

# AYDIN *Young* PRENS



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## Life is beautiful

Live life with all its beauty. Each day is a new beginning to seize opportunities and make up for lost times. With beautiful and unforgettable views, colorful and amazing scenes, shadowless and light-hearted lives may not always be the way we want, but who knows what will happen next? Life will be beautiful if we think and accept that everything has an underlying wisdom. We can engrave good memories in our minds and throw the rest away. Remembering the beauty of life can be exhilarating till the end of our lives.

Moreover, our attitude and expectations from life can influence and shape each moment of our lives towards happiness. We can see beauty in autumn. Never refer to autumn as "fall" because life isn't falling apart, even though everything and everywhere looks yellow and brown and it is vanishing. Just as the dry branches make the mellow sound of our footsteps, the rustle of these leaves are also euphonious. "Life is beautiful in all its colors even the darker ones, they're here for a reason." Problems always exist in our lives, but it is us who can change our view-

points and take them as easily as possible. Going and continuing in just one way is not always useful and effective. Sometimes we have to change our path and dare to choose new methods. We may be able to win in every aspect of life by doing so.

Accordingly, there are many ways to solve problems, provided that your aims and hopes are connected to each other. We should accept that we are responsible for our own actions and never forget to have compassion and sympathy for others. This brings real joy to our souls and we can reach the peak of tranquility when we admit that life can be meaningful and more precious by helping others. We have to have desire for peace, guts to work on it and ability to spread it to others. This is the way to overcome difficulties and gain ultimate victory and happiness. We must endeavor to seek for tomorrow and learn from past experiences.

Truly, despite all hardships and problems, life is still beautiful.

**Sadaf WAZIRY**



"Where do you stand about love & money?"

**Page 2**

"Read the latest on climate activist Greta Thunberg"

**Page 3**

"Eco - tourism the new trend for holidaying"

**Page 9**

"Long ago witches suffered much"

**Page 14**

"Keep up with English Prep School social activities"

**Page 15**



## Which is More Important in Life: Money or Love?

**M**oney and love are two big topics that often get conflicted. For some, they think that money is important because without money, their relationship will fail. On the other hand, some people think that love is more important than money, and the reason being is that money can't buy love and love is what makes the world go around.

For those who think that money is more important than love, they believe so because they believe that money is the glue that keeps the couple together. Without money, they cannot buy the house to move in together. Without money, they cannot watch movies in theatres and go for a date night. Without money, they cannot plan for having babies and building a happy family.

Now, what about love? Isn't it that love should be the most important since money can't buy love? Without love, everything you do seems meaningless. Without love, you will live empty inside. Without love, you will feel like you are incomplete. More importantly, there will be no one there to celebrate with you even if you are rich and have all the money in the world, so does this make love more important than money?

First, let's look at money again. Money makes your life comfortable and creates more opportunities for you. It can also help others and give you time, freedom and mobility.

And now let's look at love. Love allows you to connect with others and is the source of emotional energy and motivation. It makes you healthy, happy and kind. Love also leads you to self-discovery.

So, is love or money more important?

Ceren PEKER

# A Cardiologist's Memory

In early 1969, a little baby opened his eyes in a small village where life was very simple, education was primitive, resources were limited, and ideas hardly went beyond the mountains surrounding the valley. Medical services were poor, and it was hard to find a doctor when needed. In such a community, mother and child mortality rates were high. There was a lack of vaccination and medication. Consequently, change was crucial. The baby's family decided to travel abroad to one of the neighbouring countries where life was stable, the economy was established and education was better arranged in the way we see today. So it was possible for him to start studying primary school and as the years passed by, he graduated secondary school, and

finally registered in Medical School. He had to continue his studies in a third country away from his family. Six years later, he graduated and qualified to start practicing medicine. However, he continued to study and achieved a higher degree in his field supported by extensive training and experience in cardiovascular medicine, a specialty which was growing fast and had a very demanding career. He was assigned as the consultant cardiologist and head of department.

Everybody has an aim in life. Aim or ambition is the inner desire of man. No man can do anything in the world unless his aim is set. So all of us should be very clear about our aims in life. I have already fixed the aim of my life and I want to be a doctor.

A doctor lives a noble life. He is always at the service of suffering people. A sick man looks at him with the only hope of getting cured. The smiling face of a doctor makes the patient cheerful. A good doctor is respected everywhere. As I grew older, I gained experience that shaped this childhood assessment of a doctor's job into a more realistic perspective. The more I learned about research and clinical work the better my perspective developed.

To sum up, the advice that I can give to readers of our magazine is that the secret of becoming a successful doctor or achieving success in any other profession, is to do it with ambition and the love you have for what you do.

Anas Abdulaziz Hamdan



## Origins of the Days in English

Damla DEMİR

*Monday*

Moon's Day

*Tuesday*

"Tyr's Day" the day dedicated to Tyr, one of the Scandinavian gods.

*Wednesday*

"Wodan's Day". Wodan/Wotan/Odin the father of everything in Scandinavian mythology, the god at the top.

*Thursday*

"Thor's Day" the day dedicated to Thor, one of the Scandinavian gods.

*Friday*

It changes between three Scandinavian gods depending on where you look. Freya, Freyr and Frigg, the day dedicated to one of the trio.

*Saturday*

"Saturn's Day". The day dedicated to Saturn, the God of Rome.

*Sunday*

"Sun's Day". In Latin dies solis, sun day. Festival day dedicated to the Sun-God in Rome.



# MAGICAL WORLD OF AVIATION

## HOW TO BECOME A PILOT

Hakan AYDIN

**H**ave you ever dreamed of becoming a pilot? Are you in love with the sky? If yes, I have good news. The Aviation industry is becoming more and more popular, so all airlines are in need of new pilots. Besides, aviation festivals and demonstrations around the world also increased interest in this sector. If you would like to work in the aviation sector, first of all you should speak English fluently.

Here are some of the other qualifications you need to become a pilot.

#### Personal Characteristics:

Being honest, decisive, punctual, brave, polite, responsible, smart, confident, etc.

#### Physical Features:

To work as a pilot in Turkey, your height must be between min 157 cm/ max 195 cm.

#### Documents:

To be a pilot in Turkey, you need: A Valid ATPL License (SGHM approved), a valid Class 1 Health Certificate, TOEFL 60 points required, IELTS 6 points required, The candidate shouldn't have a criminal record. Exams like DLR-1 and CRM as well as the decision of the board are required.

#### Pilots' Salaries:

Newly graduated: Around 11000 TL  
Experienced captain pilot salaries: Around 55000 TL

#### Some flight academies in Turkey:

Turkish Airlines Flight Academy, Atlantic Flight Academy, Atlas Jet Flight Academy, ER-AH Aviation Academy. Pegasus also provides flight training.



## How Dare You?

A teenager activist fights against global warming

As we all know, climate change is one of the most important problems of our world. Nevertheless, we can't say that we are doing our best to minimize the damage. However, thanks to 16-year-old teenager Greta Thunberg, most of us have started to think about this huge problem.

Greta Thunberg was born on 3 January, 2003. She grew up in Stockholm. She was known by environmentalists because of the school strikes she had arranged and now she is known by the entire world with her brave speeches against politicians at the most important conferences. "You have stolen my dreams and my childhood with your empty words."

"This is all wrong. I shouldn't be standing here. I should be back in school on the other side of the ocean," she added "yet you all come to me for hope? How dare you!"

After her speech, a lot of people, especially teenagers, made fun of her and said she is overthinking for a girl who is 16 years old. But

actually when we look at her life, we understand that she is a sensitive and self-conscious teenager. When she was eight, she encountered climate change and global warming terms. She watched a lot of documentaries and read so many books about these topics. Unlike her peers, these things affected her deeply. When she learned that all these were the result of human beings' actions, she got depressed.

She started her fight by changing her own family's lifestyle. She became a vegan and she has been guiding her family to become vegans. Her father changed his car with a Tesla for his daughter's cause and her mother stopped travelling by plane.

Despite all those bad comments about her, she has been helping a lot of people to make them aware of climate change. By December 2018, more than 20,000 young people joined her strike with the #fridayforfuture hashtag.





# The Real Source of Human Energy

What is energy? What is its source in this universe? Is it possible that the universe is based on contradictions only? The answer lies in the questions themselves; this universe is built on contradictions that in turn are the source of energy. The question, the hypothesis, and the pursuit of the answer to it is the primary catalyst for understanding the universe further. Thus, if we are to know the real source of human energy, we must ask some logical questions and develop hypotheses that may simply motivate us to find the real answer.

What is this human? Is this human created from something physical or from nothing? The human being is made up of two natures, which are material and spiritual. Humans are responsible for reforming and building the land and striving hard to develop all aspects of life, and to innovate everything that facilitates the ways of life. They do this through working in many professions such as

trade, industry, etc. This definition is one of many different definitions that humans have given themselves.

How does energy work in the human body? If we approach the body of this human, we find something called the mind, which is the commander of this body's physical, material aspects and moral, spiritual aspects. Physically, it regulates our body by mixing light electrical circuits that connect its corners to one another, which leads to chemical secretions that have many names. This comprehensiveness is easy for the mind and is programmed even before birth in the months of pregnancy. The moral part that is acquired after birth, is polarized through sensory receptors in the human task of transferring accepted ideas to the brain for analysis and archiving them in an orderly fashion in the internal memory. These ideas are supposed to be a reproduction of social norms developed from where the individual grows up, some of which are dogmatic and result from divine orders and some that are developed by humans.

Do emotions affect human energy? What factors affect emotions? How do these factors affect these emotions? The ideas acquired by an individual over time have the greatest impact on our actions and are the ideas that determine the proportion of our energy production with age, unlike the ideas that come to us by instinct. For example, this difference can be observed between children and adults. Children have very common ideas and actions among themselves and their ideas are largely logical and correct, while adults display a vast difference in ideas and actions between individuals.

Our acquired ideas are inspired by the reality in which we live, divided into what we need to repair this land in which we live, and what we need to maintain its continuity. If we are to reform this world, we may need common laws and regulations

that we adhere to. Most of these laws are inspired by religions or so-called faith. These religions are the patrons of the laws of peace and the call to do good, and faith is a tangible thing that is in the form of information acquired by the mind to analyze, store, and reuse in the form of orders and then energy. As for continuity, we need to reproduce. Reproduction needs both sexes, and in order to approach each other a couple must have something shared, and this thing is called love. Love is also something sensible in the form of information stored by the mind to be recycled as energy. So, faith is the thing in charge of organizing our lives that gives us the energy to overcome the problems we face. Love is the complement to harsh or negative energy. If faith and love come together, a new being emerges from us. But what is the nature of this new being?

If we go back to the hypothesis of contradictions, we can understand this being as follows. If an individuals' ideas concerning love and faith are true, individuals will cultivate positive spiritual energy. With this positive spiritual energy, an individual's actions will positively affect the outside world. After researching and questioning more than fifty people of different nationalities and different age groups about the role of love and faith, 75% of them agree that it is their faith that helps them to overcome their problems and difficulties in life. 95% agree that they gain more energy when they feel love.

After defining the human being and explaining how energy works in the human body and confirming the impact of the acquired ideas on producing energy within the human body, the hypothesis of faith and love in relation to the extent of our need for it in our lives and maintaining the continuity of humanity, we can conclude the following. The real source of human energy is a symbol or information divided into two parts. Humans have an instinctively preserved portion which accounts for material aspects, and an acquired part that, although sometimes makes a mistake, is stored in the brain as spiritual aspects. All of this information is gathered in the brain to produce commands that lead to energy production. So, what we need to do is to think about all our lives positively so that the ideas in our brains are coherent. This coherence will produce maximum energy and then improve productivity at all levels in our working lives. Ultimately, we can work towards achieving our goals and desires.

**Khaled HOUJEIRY**



## THE HEALTHIEST FRUITS OF 2019

Would you like to get fit? Well, you can eat healthy food and get fit. Here are the healthiest fruits of 2019.

### GREEN APPLE

Apples contain a lot of fibre. When you are hungry, you should eat a green apple because green apples appease your hunger. And if you want to lose weight, you can eat green apples.

### ORANGE

Oranges have a reputation for being loaded with vita-

min C. We should consume oranges a lot in the winter. In this way, we don't get cold and sick very often. We can brew and drink tea with orange shells. Oranges also help increase metabolism.

### AVOCADO

Avocado is different from other fruits because it has healthy fats instead of carbohydrates. Avocado isn't delicious but it is very healthy for humans. If we eat one avocado a day, our immune system will be stronger.

**Muhammed GÜNEY**



# DIABETES

**D**iabetes is a disease in which your blood glucose, or blood sugar levels are too high. Glucose comes from the food you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. You can also have prediabetes. This means that your blood sugar is higher than normal but not high enough to be called diabetes. Having prediabetes puts you at a higher risk of getting type 2 diabetes.

Also, there are some monthly tests for diabetics. For example, people can check the ketones in their blood. A ketone test measures the level of ketones in your blood. Ketones are substances that your body makes if your cells don't

get enough glucose (blood sugar). Glucose is your body's main source of energy.

Ketones can show up in blood or urine. High ketone levels may indicate diabetic ketoacidosis, a complication of diabetes that can lead to a coma or even death. Presence of ketones in your blood test can prompt you to get treatment before a medical emergency occurs. Another common test which is used for diabetic control every day is a blood glucose test. A blood glucose test measures the glucose levels in your blood. Glucose is a type of sugar. It is your body's main source of energy. A hormone called insulin helps move glucose from your bloodstream into your cells. Too much or too little glucose in the blood can be a sign of a serious medical condition. High blood glucose levels may be a sign of diabetes, a disorder that can cause heart disease, blindness,

kidney failure and other complications. Low blood glucose levels can also lead to major health problems, including brain damage, if not treated.

If you are a diabetic, then you need to change your habits. You have to eat healthy, you should eat less carbohydrate, you need to sleep well because diabetics need more care.

I have been a diabetic person for 8 years. I got used to living with it. But for me, the most difficult thing is always people's attitude. Most people don't know anything about diabetes. For instance, when I give myself an injection, some people look at me as if I were sick. But actually diabetes isn't a sickness. At least, we, diabetics, don't like to say it is a sickness. So I want to say to people "Please don't look at us as if we were monsters."

**Zehra AKAN**



## EFFECTS OF CYBERBULLYING

There are so many bullies in the world but with the current technology, they now have new ways to bully people through digital platforms. Cyberbullying is a form of bullying and harassment using technology by sending or posting mean messages to someone online. It can occur anywhere such as in social media, emails or texts. Cyberbullies use the internet to humiliate you. They also usually spread rumors or make fun of your appearance, religion or skin colour. They know the effects when doing these bad actions. It can be alarming because those kind of people are usually anonymous. They do this mostly because they envy you, try to run away from their own problems or they want to feel powerful by hurting other people. Some of them even create social media accounts just to hurt you or make you feel that you are not enough.

They can make a person afraid, isolated, hopeless, and lonely. Their actions affect your mental health too. You can suffer from mental problems such as depression, anxiety, low self esteem, and sleep difficulties. Sometimes, it even makes some of those bullied commit suicide. Students who have experienced bullying or cyberbullying are nearly two times more likely to attempt suicide.

If you are bullied, you don't want to face the world and just want to hide because you think that you are not enough. You can feel as though everything has lost its meaning.

And yet, you need to know that you are not alone. Don't try to hide yourself because the more you hide, the more you lose yourself. You shouldn't be ashamed of what and who you are because you are one in a million. Don't bully the person who bullied you because that person has feelings too.

If someone texts that you are ugly, recall that there are so many things in you which you can be proud of. If you are being cyberbullied, you can call special numbers for support. Or, take a break from social media.

**Rumeysa ÇOLAK**

## THE MANDALORIAN

A new TV series called "The Mandalorian" has been launched. We know that it's been created by John Favreau and directed by Dave Fioni but what is it?

The Mandalorian is a bounty hunter who fights alone. His location is in an area that the New Galactic Republic cannot control. One day, The Mandalorian crosses Cara Dune, who is known as one of the soldiers who is loyal to the Republic. When Cara interacted with The Mandalorian, he was busy trying to get used to his new location. The Mandalorian's task is to fulfil the task of a bounty hunter. There are lots of cute stuff with the show, too. For example, Baby Yoda. The baby is not exactly "Yoda" but it comes from the same species with Yoda. All around the world, people are now asking for a "baby Yoda" plush toy. If you watch the series, you won't regret it.



**Sena PALA**



## What is Minimalism?

**M**inimalism can also be called simplicity. In the concept of simplicity, appearance is actually a value. If it doesn't have a function, in this case the feature should not be included in the appearance. In a minimalist piece, everything has a reason and an explanation. There are many prominent details of minimalism, such as redundancy removal and functionality. If you want to simplify your life and reduce stress, follow these "Golden Rules of Minimalism."

### The Golden Rules of Minimalism

- **Realize your major needs:**  
Think about how much unnecessary stuff you own that you don't

have the heart to throw away, but you don't touch for days, weeks, months, or maybe years. Isn't it time to get rid of it? Make an "indispensable things" list. Anything that isn't on this list, you can let go of. Thus, you can see what is taking up unnecessary room in your living space.

- **Donate stuff you don't use:**

There may be someone who needs your stuff that you don't use and you easily throw it in a corner. Instead of having a pile of clutter in the corner of your room, consider donating. There are many reliable donation sites on the internet that communicate with needy people. You can research sites like this and you can make a difference in their lives.

- **Get high quality products, but get them less often:**

One of the biggest mistakes many of us make is buying a product without thinking about its quality. What we think about when we buy a bag, for example, is merely the price. There is little consideration for the quality. That bag is going to become dysfunctional after a week and it won't be of any utility. How sensible is that? However, if we get quality goods, we get rid of the unnecessary piles of stuff and we won't waste our money.

- **Eat less, but high quality:**

Pay attention to eating less, but focus on healthy and quality foods. The more quality but less quantity of food you eat, the more you will feel pleas-

ure. If you carry out these steps, your stomach is not unwillingly forced to digest foods.

- **Finally, be grateful for what you have:**

We need to embrace the feelings of gratitude and humility, and then we should continue to incorporate them into our lives. The minimalist lifestyle is not something that can be adopted in a day or two. You just need to be patient and make an effort. You will quickly realize a difference and try to keep making progress.

**Esmanur ŞİRANLI**







## KARIM RASHID PRINCE OF PLASTIC!

### Who is Karim Rashid?

Karim Rashid is an Egyptian-born and Canadian-raised industrial designer. His designs include luxury furniture, lighting, surface design, brand identity and packaging.

He was born in Cairo, raised in Toronto, and now he is based in New York City, where he's married with a daughter.

Time magazine has described him as the "most famous industrial designer in all the Americas" and the "Prince of Plastic" because he uses this material so successfully.

Karim's attention to detail was evident with everything from the high-design furniture from his collections, to the layout of the space, to the execution of construction.

### How did Karim start his career?

Karim says "My father encouraged me to explore the arts and be a pluralist! He was a creative man. I saw him create furniture, make dresses for my mother, paint canvases, design sets for television, etc."

He was torn between studying architecture, interior design and fashion, yet ended up study-

ing Industrial Design at Carleton University in Canada. After university, he went to a one-year graduate program in design in Italy. After that, he did a one-year internship in Milano and he also took night classes. His small projects such as lamps and coffee machine designs really helped him to enter the world of design.

Karim has also designed interiors for projects such as the Morimoto restaurant in Philadelphia Semiramis Hotel in Athens NH hotels in Berlin; Universita Metro Station, Paraiso Bayviews in Miami; MyBrickell in Miami, Resort & Spa in Mexico; and Switch Abu Dhabi; amongst others.

### What is Karim's favorite color?

He loves pink and techno colors—colors that have a vibrancy and energy of our digital age.

### Becoming Karim Rashid

1960: Rashid enters the world at his parents' home in Cairo. His Egyptian father, Mahmoud, and his English mother, Joyce, are told he might suffer developmental delays.

1982: At Carleton University,

Rashid studies industrial design, and spends a lot of time focused on domestic products — like how to make a good alarm clock. After graduation, he studies design in Naples.

1984: Rashid takes a job with a famous Canadian firm called KAN Industrial Designers. One of his designs is a plastic snow shovel for Black & Decker. Later, he designs a new line of mailboxes for Canada Post in 1985.

2001: Rashid does his first interior design project for the Philadelphia restaurant.

Three years later he designs his first hotel, Semiramis, in Athens.

2014: Rashid opens an office in China. At this point, the only industrial design jobs he is getting are furniture, lighting and packaging. "If I didn't open an office in China, I wouldn't be doing any industrial design anymore." Rashid says.

If you are interested in design, you must definitely have a look at Karim Rashid's work for inspiration. Don't you think he is an amazing designer? What a career!

Leen KHALEFA



## INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

"71% of all human trafficking victims worldwide are women and girls, and 3 out of 4 of these women and girls are sexually exploited"

"1 in 3 women and girls experience physical or sexual violence in their lifetime"

As we all know, violence against women is increasing day by day. To combat and create social awareness of violence against women, the United Nations declared November 25th as the International Day for the Elimination of Violence Against Women.

But why has this date been chosen? What is the significance of this date?

The date is actually based on the date of the assassination of the three Mirabal sisters in 1960, Patria, Minevra and Maria, who opposed the dictatorship and therefore had been involved in many activities against the regime in their country the Dominican Republic.

On November 25, 1960, the three sisters' dead bodies were found at the bottom of a cliff. The following day, the newspapers said that their deaths were due to a car accident. But the truth was different. The secret police forced them to get out of their car. The sisters were raped and murdered after being tortured. The Mirabal sisters had been fighting for political liberty in their country, the Dominican Republic, against the dictator Rafael Leonidas Trujillo. For this reason, they had been sent to prison so many times before they were assassinated. Their assassination was ordered by Rafael Trujillo. November 25th is not an ordinary day. It is now an occasion to commemorate these three brave activist women. The United Nations General Assembly has designated November 25th as the International Day for the Elimination of Violence Against Women.

Yüsra NALBANT



# THE GREATEST OF ALL TIME



Muhammad Ali is considered one of the greatest athletes in the world because of his outstanding achievements in boxing. He was also a philanthropist and was a committed advocate for Parkinson's disease which he also suffered from.

Cassius Clay (popularly known as Muhammad Ali) was born on the 17th of January 1940. He was an Afro-American legend with ancestral roots from Ireland. He was 12 years old when he tried and started boxing. On the 12th of October 1954, his father bought him a red bicycle as a Christmas present but it was stolen. Ali went to a police officer and said that he wanted to beat up the thief. "You better learn how to fight before you start challenging people," said the police officer. And that was how Cassius got into boxing. He learned how to box under that same police officer who also trained other young boxers at the local gym. He participated in different boxing matches and when he won a gold medal in Rome in 1960, he made his first step to the professional league from the amateur level.

As you can guess, those times were so hard for people who were black. One day after he had already won many matches, he and his close friend Ronnie King went to a restaurant in Louisville, Kentucky. But the waitress said she wouldn't serve anything to Cassius. Without being rude, he said "Miss, I am Cassius Clay, the Olympic boxing champion." But it was clear from the girl's face that this changed nothing. It was so frustrating that even the medal and honors he won for his country meant nothing. And he wasn't that kind of man who could accept racism.

Another interesting event in his life was when he was being followed by a black teenager. This teenager wanted to take Cassius with him to show him something. Cassius was curious so he agreed to follow the teenager. He took Cassius to a place where Malik el-Shahbaz (known as Malcolm X) was making a presentation. Malcolm X believed in freedom with all his heart. In 1964, Malcolm X announced that he joined the Hajj and that he found real brotherhood there. He used to believe that only black people deserved freedom but he managed to erase white hate from his heart after he went to Hajj. Malcolm X started to believe in freedom for every color. That was something Cassius was looking for. He was so impressed by Malcolm X. Cassius' brother had become Muslim earlier than him but Cassius became a Muslim too and they became Rahman Ali and Muhammad Ali.

In 1955, the Vietnamese War started with the North Vietnamese supported by the Soviet Union and China and the South Vietnamese supported by the American government. A lot of soldiers lost their lives in this war. But Cassius, now

called Muhammad Ali, refused to join this war in 1967. He said, "I don't have any problem with the Vietnamese. I won't leave my house to help kill and burn poor people." And because of this, his championship and boxing license were taken. He was also sentenced to five years of prison and fined for 10.000 USD. He appealed this case in court and in 1970, he won and returned to boxing. He lost three years from his boxing career because of this particular incident.

He became the world champion after beating Sonny Liston in 1964. After that, he announced that he became a Muslim but unfortunately, this made everything worse and people's reactions were bad. People still called him Cassius Clay.

Other significant incidents in Ali's life was when he went for a match in London to fight Henry Cooper. Queen Elizabeth invited Cooper to the castle but didn't accept Muhammad Ali. About this, Ali said "I will win the match and be the king of boxers." At that time, he didn't know that he was also going to meet with someone he would never forget. That person was Nevzat Yalçintas from the Islam Institute. Nevzat Yalçintas went to London to be with Muhammed Ali. When he arrived at the hotel's lobby where Muhammad Ali was staying, he saw Ali with other boxers. Muhammed Ali also recognized Nevzat Yalçintas and walked towards him. They greeted and hugged each other. But Ali didn't want to let go of this man when they were hugging each other. He was crying. Yalçintas thought he made a mistake or that he might have been rude. But Muhammed Ali said "You did nothing wrong. You are the first white man who hugged me."

In 1978, he fought with Leon Spinks twice. He lost in his first match, won the second one and became the world champion for the third time. He also became the first person to have won three world championships. He left boxing while at the top that same year. He only lost five times throughout his professional boxing career. He won 56 matches and 37 of them were knockouts. He used to provoke his opponents before matches by teasing them. Actually, he was mostly provocative when he was on camera and you'll understand better when you read the quotes.

"I done wrestled with an alligator, I done tussled with a whale; handcuffed lightning, thrown thunder in jail; only last week, I murdered a rock, injured a stone, hospitalised a brick; I'm so mean I make medicine sick."

"I'm so fast that last night I turned off the light switch in my hotel room and was in bed before the room was dark."

"Don't count the days. Make the days count."

He acquired and fought Parkinson's disease for a long time. After 2014, his health problems got worse. On the 3rd of June 2016, he died because of septic shock. But he has remained a legend in everyone's mind.

Burcu İLZE



# ECO-TOURISM

## AN ALTERNATIVE WAY TO HOLIDAY PLANS

Where do you usually go on holiday? Do you go to the beach or a hotel with a pool? It's not so difficult to guess! Aren't you bored of doing the same things every year? If you are, there's just the right thing for you. If you want to try something new, give eco-tourism a chance.

While we are on holiday, we swim in the sea, go sightseeing, sunbathe on the beach, have a picnic in the woods and so on. Unfortunately, many people have no idea that they can damage our natural habitats doing all those simple activities. As a response to this problem, many different kinds of tourism ideas have appeared, and one of them is eco-tourism.

Let's start with what eco-tourism means. It is a form of tourism and a sustainable form of travel that can be adapted anywhere. In a general sense, eco-tourism mainly involves travelling and visiting natural areas in the world without causing any damage to nature. In a deeper sense, it focuses on socially responsible travel, personal growth and environmental sustainability and

contributing to the local economy.

Eco-tourism has many benefits to nature. First, it raises awareness in people about natural animal habitats. This means, people can become more sensitive and protective of nature. Second, by being an eco-tourist, we can help protect the natural beauty of the world, and while doing so, we can learn about naturally-historical places. Eco-tourism does not only benefit nature, it is also effective in empowering local communities around the world to fight against poverty and to achieve sustainable development. For instance, eco-tourism can provide job opportunities for local communities and it can support the economy in this way.

What can we do when we go on an eco-touristic holiday? Eco-tourism has many enjoyable and interesting activities. For example, going hiking is an ideal way to see nature and it is also an activity that even beginners can enjoy, or you can go see wildlife views. It doesn't matter if it is an animal safari, whale watching or bird watching. Wildlife viewing can be an ideal way to

witness nature in action while reducing the environmental impact. Moreover, if you want to let the wind and current take you for the ride of your life, sailing can be the best eco-friendly activity you can experience. Maybe you can go scuba-diving, too. Exploring underwater is one of the most enjoyable activities. Additionally, there is no public transportation on an island so if you really want to explore an island, you might want to rent a bike for a day. These are only a few activities. There are many activities you can do without damaging the environment and nature while having a unique and amazing experience.

In conclusion, there are a lot of natural beauties that we must go to and see. If we want to do something different instead of a typical holiday, we should go travelling and try eco-tourism. It is the best way to be aware of our natural beauties and habitats. Besides, who doesn't want to protect nature and witness its beauty at the same time?

**Nihan Irmak KARADUMAN**

# THE ANCIENT COMMUNITY OF THE SYRIACS

## THEIR HISTORY

Syriacs are a community dating back 5,000 years, which has adopted Christianity. Their mother tongue is Syriac (Suryoyo). Syriacs who originated from Mesopotamia are known as Arameans and Assyrians. With a population of over five million, they are now located almost everywhere. But in the 20th century, they began to spread to the West. There are approximately 25,000 Syriac people in Turkey, living especially in Istanbul, Mardin (Midyat), and Diyarbakir. Due to their ancient Syriac language which was used during the first rituals in Jerusalem and the fact that they believe Jesus spoke in this language, this community is seen as mysterious and exclusive.

## THEIR TRADITIONS AND HOLIDAYS

The most important aspect of their community that makes them wealthy is producing wine in Midyat and surrounding towns. They still use the same method as they did in the past. Filigree is also important for them. This type of hand-crafted silver metalwork is still alive in their culture. They also continue stone printing, which is a lost art that dates back to the Assyrian era. It is a mold which is prepared beforehand and dipped into paint, then pressed into the material which will be stamped out. Finally, you obtain amazing patterns that are breathtaking. Syriacs also have holidays that they cherish. One of them is Doomsday. On this day, they believe Jesus reared up. Before this holiday, they fast for 50 days. Throughout the 50 days they can't eat animal products. It generally coincides with the month of April. Even though they are not well-known for their rich culture, they have seen many successes and they have not abandoned their culture, religion, and traditions. If you want to see these friendly people and experience some of the aspects of their culture that I have summarized, I invite you to Midyat.

**Lorin DİKMEN**







## Stop Wasting, Recycle Bread

When we think about “waste” what is the first thing that comes to your mind? If I have to give the first answer, it would be “bread” for sure. You might think “Is that really important?” or “Do we really waste bread?” But as you can guess, we do it a lot of times.

For example, the annual waste of bread in Turkey alone is 1,700,000,000 yearly, according to Bendevi Palandoken, President of the Confederation of Turkish Tradesmen and Craftsmen (TESK). This means that 4,900,000 loaves of bread are thrown in the trash every day. Look at that rate! What a huge waste for only one country!

Based on the findings of the European Union (EU) Commission in 2010, the EU’s annual bread production is 32 million tons, but 30% of the bread is wasted. This means that 32 billion loaves of bread are wasted per year.

Now that we know the rates of wasting bread, we can think about what we can do about it. First of all, we can stop eating bread if we’re on a diet. Or, we can just eat less bread than we normally do. But if you say “I don’t want to stop eating bread” you can try something different where you eat more than normal! If your bread is not fresh anymore, you can still eat it in very delicious ways. But HOW? Let’s look at the different recipes!

In Turkey, when people say “the bread is not fresh”, the first thing that comes to mind is undoubtedly “meatballs”. There is a lot of recipes about meatballs using bread, so when you search for them you can find a recipe according to your taste.

And for breakfast in our childhood, we ate French Toast “bread soaked in egg” lots of times and aside from the eggs’ bad smell, it tasted delicious. Here are the instructions:

- Cut the stale bread into thumb-thick slices.
- Beat the eggs. Add salt, pepper, thyme, mint and chili peppers. Beat it a little bit more.
- Heat the pan over medium-high heat. Add sunflower oil and wait for the oil to heat up.
- Dip the bread slices into the egg mixture. The bread dipped in egg gets cooked immediately.
- Turn the bread upside down and cook until golden. Let it rest for 1 minute on a paper towel and serve.

Damla DEMİR

## What’s Going On Between Eminem & Nick Cannon?

Nowadays everybody is talking about the beef which is happening between Eminem and Nick Cannon, also #ripnickcannon tag is leading #1 on Twitter in some countries. ( USA, England etc. ) Actually, this beef has started 10 years ago.

As you know Mariah Carey and Nick Cannon were a married couple. The problem first started when Mariah cheated on Nick with Eminem. After this secret relationship was exposed, Mariah said nothing had happened between her and Eminem. After all these Nick decided to “diss” Eminem, then Eminem made fun of them on his 6th studio album Relapse, he “dissed” the couple several times in his album. As soon as that happened, Mariah released a song named “Obsessed”. Mariah targeted Eminem in the music video. There was a guy who was dressed like Eminem, who acted like him, but there was one difference in the actor’s physical appearance, the guy who played Eminem had a goatee. In the music video, the guy was always following Mariah and hung her poster his room, and Mariah says in that song “I was like, why is he so obsessed with me?”. I think you all already know Eminem’s hit song “The Real Slim Shady”, song’s hook goes like this:

“I’m Slim Shady, yes I’m the real Shady  
All you other Slim Shadys are just imitating  
So won’t the real Slim Shady please stand up  
Please stand up, please stand up?  
‘Cause I’m Slim Shady, yes I’m the real Shady  
All you other Slim Shadys are just imitating”  
So won’t the real Slim Shady Please stand up, Please stand up, Please stand up?



She decided to target these bars too when she used the lyrics in the “Obsessed” song “Will the real M-C please step to the mic?”

When did Eminem decide to release a Diss track named “The Warning”? Eminem used Mariah’s phone call records in the track and said “This is just a warning shot, if you guys keep aiming at me, I will release more medias.”

As we can see this Diss track was enough to shut their mouths for almost 7 years.

I said “almost 7 years” because Nick Cannon started to mention Eminem in every Interview or radio show to get attention. Eminem preferred to be quiet but after Revival and Kamikaze drops, Nick criticised Eminem harshly several times. Whereupon Eminem decided to sing a verse on Fat Joe’s retiring album “Family Ties” then Eminem dissed Nick on “Lord Above” song with a lot of wordplays. After that, Nick made a Diss track named “The Invitation” which targeted Eminem with 4 Rapper. Nick went too far and dissed his ex-wife and his daughter.

(Fun Fact: Every Rapper dared say his daughter Hailie’s name killed by Shady. Just like: MGK, Benzino, Canibus, Everlast etc.) Nick claimed he had a tape with his chauffeur. After that Eminem tweeted twice. He said:

“U mad bro? Stop lying on me. I never even had a chauffeur, you boogie.”

“I demand an apology Nicholas, you’ve made my gardener so jealous!”

After that, Nick released one Diss Track too with 4 Rapper named “Pray For Him”. Upon this Eminem’s close friend Mr. Porter announced that Eminem was not going to respond him, because Nick was not even a real MC for Eminem, but Eminem fans are quite sure that he is going to mention Nick in his next album and Shady is going to bury him.

Onur TELLIOĞLU



# GLOBAL WARMING

These days, the entire world is significantly affected by global warming because of humanity's irresponsible behaviors. We consume a lot of things which damage the air, the environment, and the natural living areas which in turn also bring serious harm to the ozone layer that is vital for us to go on with our lives. Some people damage the environment without being aware, however there are others that despite knowing everything about global warming, they still continue to damage the environment and seriously endanger our future. There are many reasons why people cause global warming; but the main ones are the increasing level of carbon dioxide emissions (CO<sub>2</sub>) caused by human actions and the development of technology. The continuous increase in these main causes will affect all living beings on the planet - humans, animals and plants too.

Carbon dioxide's level is becoming more dangerous day by day because humanity does not care about its effects on the environment and they choose to continue using all the things that add to the ever increasing levels of greenhouse gases. Initially, the people living in this century use lots of things which emit carbon dioxide which is hazardous to the environment and this action plays an important role in the evolution of global warming. For example, fossil fuels or machines which emit carbon dioxide significantly increase the level of warmth or the climate's temperature. Also, according to recent research, two trillion tons of carbon dioxide has already been emit-

ted by people who have used fossil fuels since the Industrial Revolution since the 1750s. In addition, using chemicals for farming increases the level of carbon dioxide. As a matter of fact, agricultural activities are responsible for approximately 10% to 12% of greenhouse gas emissions. Thirdly, due to the fact that people cut, use or simply use plants and trees in the forests which absorb carbon dioxide, their reduction means the increase of carbon dioxide. For instance, these days, because of having fewer forests than we used to have in the past, the levels of carbon dioxide and the emission of greenhouse gases have changed climates all around the world. In brief, if we do not decrease our addiction to fossil fuels, chemicals for farming, or if we continue to destroy forests, we will be having more hazardous results in the future. Even today, many effects have taken place and are ever growing because of the fact that we do not care and we are not aware of the real threat.

Another important aspect of increasing global warming is the swift development of technology. In this era, we have become people who rely on and use technology in all parts of our lives, yet we may not be really aware of its risks on the world. For example, with the development of technology, we use various means of transportation and these transportation vehicles emit carbon dioxide and nitrogen oxides from their exhaust pipes which directly affects the increase of greenhouse gas in the world. Furthermore, technological devices, which we use in our daily life, are also part of the main causes

of global warming because they emit many dangerous gases that damage the ozone layer. In fact, the adverse gases which are emitted by refrigerators and air conditioners damage the ozone layer in a very grave, ominous way. In short, technology may be useful for our lives, but it can also be harmful to our environment. If we want to use technology, it should also include ways to be more helpful to the environment so that we can live good lives. To protect and save our world against global warming, we have to find ways to develop and use technology which does not damage the environment.

We are the ones who are either not really aware of the effects of global warming or instead of being aware, we choose to ignore its dangerous effects. Although there are lots of menacing effects from global warming in the world, the most significant effect is the extinction of life, which includes those of many animals and plant species. Due to the fact that global warming affects all living beings, the extinction of certain animal species is also increasing day by day. The animals' extinction is happening mainly because of the damage that is being done to their natural habitats such as the forests and glaciers where they cannot fully survive. Despite creating special areas with specific environmental properties to save and counter their extinction, the animals cannot adapt to these new settings and die out in many cases. In this regard, we are directly responsible for their extinction. Secondly, industrialization, urbanization, farming and humans' activities cause tremendous

damage on the environment. As a matter of fact, the extinction of forests, especially rainforests, significantly affect our lives and biodiversity on a huge scale because the rainforest balances the climate's temperature and is also considered the lungs of our planet by many. Thirdly, lands which are near the sea coasts are disappearing with the rise of the oceans, which means that many sites, may they be historical or simply habitats, might be lost forever. For instance, Kenya and the Maldives are in danger of extinction because of melting glaciers and according to research, these countries can disappear in a few years due to rising sea levels. Extinction whether animal, plant or even land, is the most serious effect of global warming. We cannot survive without living areas, animals and forests. That is why from now on, we should really stop and ponder about what we can do to protect and save our world against global warming and take definite actions.

In conclusion, our world has lots of beautiful places to live in and it is perfectly balanced to make itself livable. We must become aware of the fact that our worlds can become extinct because of our irresponsible behaviors. Global warming will affect all living creatures, including us, at greater levels in the not so distant future if we do not take actions against it. Instead of being watchers of all of these circumstances, we should act to help our environment and our world to insure our own survival and that of our world as well as everything else living in it.

**Esma TOKSUN**







## STORY OF MY MOTHER

All of us know that Anatolian women are stoic. Each of them have their own special story. I want to talk about my mother's story even though it is not easy to tell it in only a small number of paragraphs.

My mother is a true peasant woman. She is hardworking, brilliant, active and practical. She isn't literate but she knows time, currency, dates, years, and the seasons in a year. Throughout her life, she has worked hard, had lots of challenges and agonies, suffered, and got tired a lot.

She had experienced her first loss at nine years old in a river which washed away her father with its high waters and fast currents. This event affected her whole life. Then when she grew up and became a beautiful girl, she got married to a person she hardly knew and had many children after. She thought that this happened because of her father's absence.

One time, she met with the people in a village where she didn't even know their cultures. My mother is a real Yuruk and because of this, she was always despised in my father's village.

She had four sons and two daughters. She raised them with lots of difficulties, made them study and learn and provided for them by working hard. But one of her sons was martyred and that made my mother sad. Lastly, the same river which caused her father's death made some of her other descendants die too. Could you handle such challenges at that point? Do you know how these experiences felt?

After all these suffering, she acquired many illnesses and had lots of operations. My mother is 83 years old now. Thanks to God, she still has a useful brain even if she can't walk without somebody's help. She is a lovely grandmother to be respected, always dignified and has a hopeful attitude, always praying for us. And she is my sole mother.

Hande ÇAĞATAY

## THE STORY OF CHEERS DARLIN

On a rainy day, Damien Rice bumped into a charming lady and instantly said: "Can I offer you a drink? To relay my apology." She didn't want to refuse his offer, and that was how it all started. They went to a small, cozy bar and drank a glass of wine. While they were drinking their wine Damien realized that he fell in love with the girl. After the first glass Damien offered one more glass, but this time the young girl was not so sure and thought about leaving. Anyhow, Damien convinced the girl for one more glass of wine. Damien learnt which bus she was waiting for, coincidentally it was Damien's bus too. He thought: "If we drink one more glass we will miss the bus and walk home together" That's why he didn't tell her the time. In the meantime Damien had ran out of cigarettes and was smoking from the girl's pack. They drank more and more throughout the night. Finally, the girl realized that they missed the bus. Damien pretended like he didn't know, then he asked: "We missed the bus. What shall we do?" She answered: "That's not a problem, my boyfriend is going to take me home." At that moment Damien felt like he was going to die, but he tried to put a good face on, and said: "Oh! That's okay!" Two minutes later Damien went to the toilet and when he got back he couldn't see the girl. He realized that she had gone. He came back to the table and saw three cigarettes which the girl had left on the

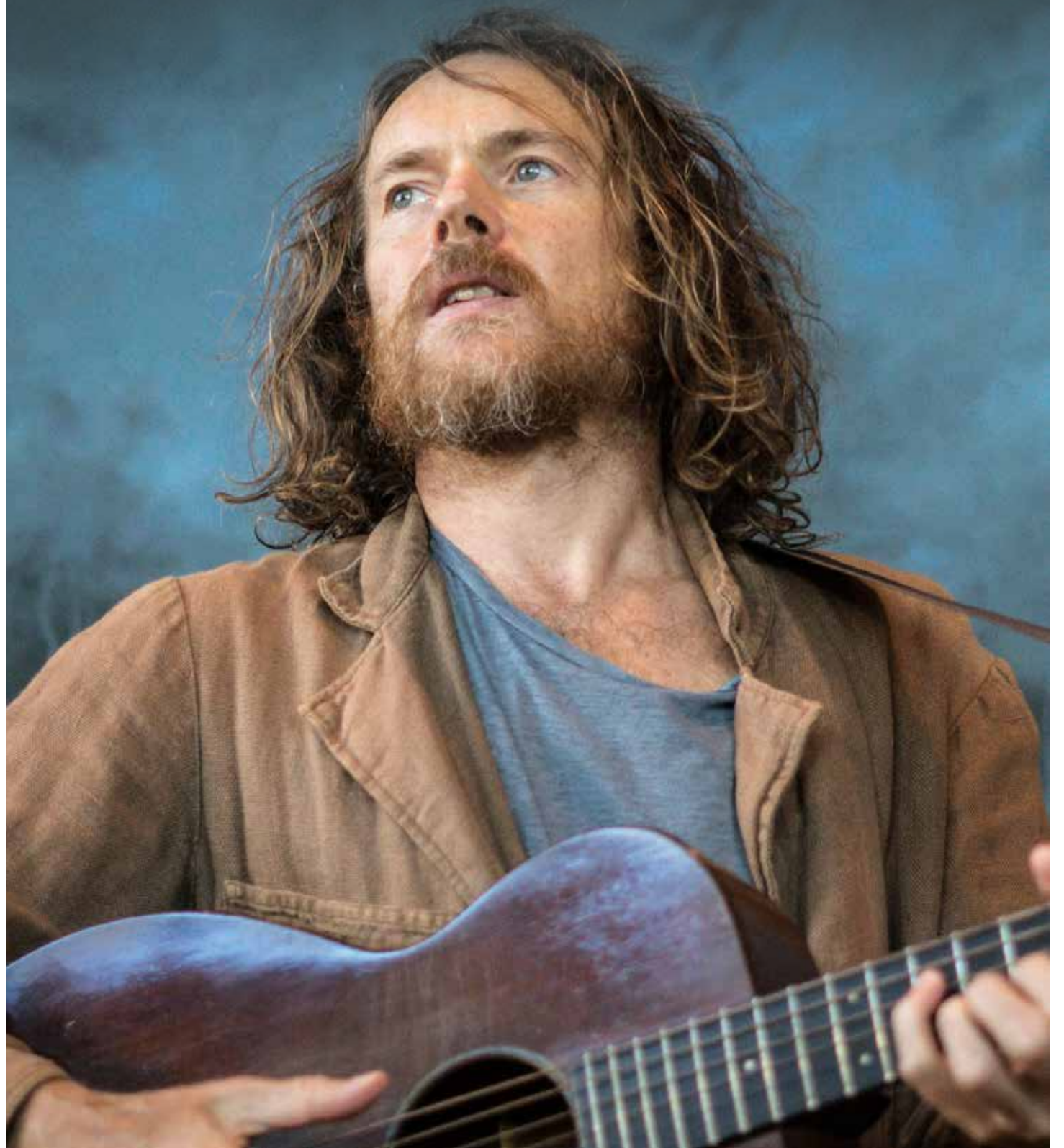
table for Damien . That night Damien got drunk and took the wine bottle label. He began writing this song. That was the story of how "Cheers Darlin'" was written.

Damien Rice revives that night in his concerts. He chooses a girl among the audience, places the girl opposite him at the table, serves her a glass of wine and tells the story. So as much as we understand Damien Rice cannot forget that girl and their story. He wrote a song when he was drunk and we still listen to his song full of emotions.

Here is the lyrics of the song;

Cheers darlin'  
Here's to you and your lover boy  
Cheers darlin'  
I got years to wait around for you  
Cheers darlin'  
I've got your wedding bells in my ear  
Cheers darlin'  
You give me three cigarettes to smoke my tears away  
And I die when you mention his name  
And I lied, I should have kissed you  
When we were running in the rain

Sena HASRET





# JEFF BUCKLEY: ONE OF THE GREATEST MUSICIANS OF ALL TIME!

Jeff Buckley or Jeffrey Scott Buckley is an American songwriter, singer, and guitarist who was born in 1966 and died in 1997. Scotty Moorhead began his music career and later became known by his own name. His father, Tim Buckley, was a well-known musician. Unfortunately Tim Buckley died at the age of 28. Maybe that's the fate of the Buckley family. Who knows?

When we look at Tim Buckley, he had a musical structure that a normal person can't reach. That's why we need to take a closer look at his family. We said Buckley's father was already a well-known musician, but how about his mother? Mary Guiber, whose origins are in the Panama Canal region, carries Greek, American, French and Panamanian blood. Buckley was raised by his mother and stepfather. Buckley's stepfather's name is Ron Moorhead, who had a brother from this union, Corey Moorhead. The biographies that have been written show that this affected Jeff Buckley in a negative way.

At the time, the family lived in California, but they moved a lot in and around Orange County. It's hard to predict the damage these moves can do to the depths of his soul.

He was known as Scotty in the family. That's why he started his music career with his family name and his stepfather's last name. He only met his biological father, Tim Buckley, when he was 8. Almost everyone will understand what kind of trauma this might cause in a child's small world.

Why didn't Jeff Buckley continue his music career as Scotty Moorhead? According to biographies, after his father died of a drug overdose in 1975, he decided to continue his career with his original name from his birth certificate to give him reference.

In some biographies, Buckley told that his last name was his father's last name because he thought he could open some doors to the music world. However, I don't think that's the case. I've never found any information about this in important biographies.

It is very common for a young man whose childhood and youth are extremely troubled to try to start over, being part of a life he almost never knew in order to change his life. Looking at Buckley's life, it's easy to see why he wanted to start over.

It wasn't hard for Jeff Buckley to meet music. His mother was a musician who could play cello and piano. She studied classical music. His father, Tim, is also said to have influenced his music. However, the most influential person in Jeff's musical life is his stepfather. In his early years, he listened to important ensembles such as Led Zeppelin, Jimi Hendrix, The Who, and Pink Floyd. He was only five when he started playing a guitar he found in his grandmother's closet. Led Zeppelin's Physical Graffiti album is the first album that his stepfather gave him.

He knew what he wanted to be in his early adolescence: a musician! At the age of 12, his parents bought him his first electric guitar. He was fascinated by the black color of the guitar.

Like his mother and biological father, Tim, he attended Loara High School and played guitar in a jazz band. After finishing school, he moved to Hollywood and studied music theory at a music institute.

In his interviews in the following years, he said that he had spent a year in vain.

For six years, he played guitar in various third-rate venues, performed with various ensembles, and even went on tour with a reggae musician. He also worked as a studio musician on some records. Funk, reggae, jazz, rock and even heavy metal, you'll understand that it was a complete mess. If you pay attention to Jeff Buckley's concert performances that aired in different periods, it's easier to see the differences that had occurred over the years.

He eventually managed to get the attention of one of the record labels. Clive Davis of Columbia Records met him, and they shook hands in 1992. His album *Grace* was released on August 23, 1994. It received very little attention during its early release, but it has achieved significant sales success over time. In 2004, an extended version called "Legacy Edition" was released.

I don't want to talk about the songs one by one and write a commentary for the album. I'd like to talk about the music on vinyl edition, which has just been introduced into our country by Equinox Music.

So, if you haven't acquired this album so far, it's a good idea to buy it right away. As can be seen from the differences when compared to the 2008 edition, the difference is immediately noticeable, especially at the level of detail and quality.

*Grace* is an intrinsic album in terms of its structure and an album where silence is important because of the structure of the arrangements. It's one of those albums I don't want to crack. In recent years, *Grace* has been imported into our country. Of course, the incoming records soon ran out.

The new print from the Dutch company on vinyl is ready to come to our country and to be sold at a reasonable price. If you don't have the three album set, make sure you get it.

When you listen to how Jeff sings on the album, it's like Jeff Buckley felt he was going to die. It's a very impressive album which is such a reflection of a complicated life story that you'd say it was recorded in that state of intense emotion. The record printing is extremely successful. Finally, Jeff Buckley has guided my life and impressed me deeply with his music. Please, play any song by him after reading this article, preferably with headphones. You can thank me later.

**Birol SEKİZ**







## Video Game Review Life is Strange

'Life is strange' is a story-based, adventure game where the players' choices play a key role and your actions determine how the story unfolds around you. It's based on 'the butterfly effect' and your choices have consequences.

You are free to do whatever you want. If your choice changes something in the future, the game will let you know with a notification.

What is the "butterfly effect"? The idea of the butterfly effect is when small things can cause big, unpredictable differences. The concept can be imagined with a butterfly flapping its wings and causing a typhoon.

The main character, Maxine Caulfield who is known as max, has a nightmare while she is in the classroom. A tornado comes and destroys the town.

To feel better, she goes to the bathroom. Everything starts there. Max witnesses a classmate, Nathan Prescott, who is known as the rich guy who can buy the whole school, murders a girl.

All of a sudden, she rewinds the time and returns to the classroom at the time that the homicide hadn't happened. She knows what's going to happen next so she wants to rescue the girl with her recently developed ability.

Max saves the girl, and it turns out the girl is max's childhood best friend that she has to leave without saying anything. Max finds out she has the power to rewind the time when she uses it to save her old friend, Chloe, from being shot by Nathan Prescott.

Max tries to find out more about her ability. She also figures out the reason for Kate's sudden change in mood and behaviour. She discovers the ability to stop time itself to save her friend Kate from a suicide attempt.

They decide to break into the school at night to find more information about Rachel Amber's disappearance. They discover that Rachel kept many secrets and she was not the person Chloe thinks she knows.

Max and Chloe work together to expose Nathan Prescott drugs Kate. But they discover much more than that. The real reason of the storm is Max's power. She uses her power to change the fate of the people she knows. She prevents some problems but causes bigger ones.

**Yaren KAYA**

# Witches and Witchcraft

There are a lot of definitions about witches and witchery but there is one common definition: a witch is a person who has a supernatural power used to achieve bad intentions. Witches are described as women with black cloaks, steeple hats and a broom-sticks to fly on. Witchery is an art of exploring the universe through the power of nature. For witches, it's quite important to be in harmony with nature and utilize its wisdom. They get in contact with nature using the four basic elements that form nature. Witches are directed with the power that comes from within. In addition to this, magic is important too. The work of magic is similar to the work of nature. That's why magic is pretty important to them. They explore the internal power of magic. Contrary to common belief, there were more male witches than female. Although male witches were more in number, female witches had stood out too much and had broken the silence. In the middle ages, more male witches than female had been burned. A priest who hated women wrote a book with the title 'Malleus Malificarum'. Because of this book witchcraft was identi-

fied with womanhood. Naturally as a result of the book's influence, the rate of burning female witches had increased. This book had many defamations about women and female witches. For example, 'if you are an ugly, old woman, you are a witch.' 'If you are very beautiful and seduce a priest, again you are a witch.' 'A woman walking alone in the forest, could be burned as a witch.' Witchery is connected with witchcraft. Every single sorcerer is not a witch but a witch has to be a good sorcerer. They mostly appear between the 15th and 17th Centuries. Witches have existed in so many countries and cultures such as India, Africa, Middle East and Europe, in short all around the world. Witchery can be defined in different names and ways in so many countries and cultures around the world. For example, Macumba is the name of magic in Africa. On the other hand, Voodoo is the name of magic in the Haiti Islands.

Witchery is associated with mysticism. People who are interested in mysticism explain witchery as: 'Witches are bad, negative and devastating. They can change the flow of events and people's lives destruc-

tively. Their purpose is reaching a great deal of richness and this can be achieved only by damage for others. They can agonize, make people sick and even kill people who challenge them.'

There are some experiments to reveal if someone is a witch or not. For example, the water test. A person who is thought to be a witch, is thrown into water with hands and arms tied at the back. If this person did not drown then she would be determined to be a witch and they would kill this woman by burning her on the stake. If the subject drowns, then she is cleared of the accusation. However, there were a lot of victims who drowned accidentally although they were innocent. There are also some other tests. The Prayer test, touch test, cake of witch test, sign of witch, pinprick and dint tests and the witchcraft test. These are the names of the tests to determine witches.

In conclusion, nowadays there are still witches who are practicing but they do not do so openly. Though they want to practice freely but they are afraid of being killed for witchery.

**Ayşen CİVELEK**





# SCHOOL ACTIVITIES

## Charity Club

"I am because you are" African Philosophy of Ubuntu, meaning 'We depend on connection, community, and caring – simply, we cannot be without each other.' On-Campus Charity Club encourages philanthropy for iGen (Gen Z)... Engendering a broader sense of social responsibility, Charity Club has been playing a growing role to organise communal events for schools in need in an Eastern city, Kars, such as providing a range of materials/resources for students... Those who are actively engaged in this club also provide remedies for hearts/souls implying that fundamental changes need to be done...



## Teachers' Day

"I was desperately trying to go unnoticed, because I had some big deficits, like atrocious handwriting (experts now call it dysgraphia) and a comically messy desk. And I was trying to hide the fact that I liked to read – something that was cool for girls but not for boys. She pulled me out of my shell by sharing her love of books" narrated Bill Gates on his personal blog sharing how his teacher took him under her wing.

It is a teacher who shapes the life of an individual.

It is a teacher who instills passion in a student's life.

It is a teacher who awakens intelligence within students.

It is a teacher who moulds lives with love, hard work and dedication.

It is a teacher who .....

Words fail to describe and define a teacher!

To honour the teachers for their hard work and endless contribution to people's lives, The English Preparatory School Music Club students performed on the stage as a token of love and appreciation for their teachers.



## 10th of November, Commemoration of Atatürk

"To see me does not necessarily mean to see my face. To understand my thoughts is to have seen me".

Mustafa Kemal Atatürk

Istanbul Aydın University English Preparatory School kept the tradition going and commemorated the father of our Republic on his 81th death anniversary with respect and longing... The ceremony was organized by Lecturer Zeyno Bingör and was attended by many lecturers and students.



## October 29, The Republic Day of Turkey

"Sovereignty rests unconditionally with the nation" ... The motto has echoed since the Republic of Turkey was founded in 1923. Following the proclamation of the Republic, Atatürk embarked on reforms in the aspects of politics, economy, and culture that we are proud of their legacy bequeathed to us. Marking the 96th anniversary, Republic Day was celebrated with performances presented by the English Preparatory School students paying respect and tribute to Mustafa Kemal Atatürk, the Republic's founder.



## New Year's Celebration: Bells Ringing for a New Decade: 2020

During your walk into school, the first thing catching your eyes is the New Year decorations the richly adorn the classrooms. Incomplete without exchanging gifts with your loved ones on the eve of the New Year, so students kept up the tradition and gave each other gifts with warm wishes for the new year. The coming of 2020 was welcome enthusiastically with performances staged by students, lighting up the atmosphere under the roof.

How did you ring in the New Year and the New Decade?

Lecturer Tülay DAĞOĞLU





# AYDIN *Young* PENS



# ASTROSCOPES

## Thoughts Become Reality

Have you ever heard about the "Law of Attraction"? This term has become more popular in recent years. Simply put, the Law of Attraction says that you will attract into your life whatever you focus on. So if you stay focused on positivity, you will automatically attract positive things in your life but if you are focused on negativity, then that is what will be drawn into your life. In this way, you can make your dreams come true.

When we look at the history of the Law of Attraction (LOA) we see that it had been developed by Buddha.

"What you think, you become.  
What you feel, you attract.  
What you imagine, you create."

This is what he said almost three thousand years ago.

The LOA isn't scientifically proven but many quantum physi-

cists have some explanation. They say that it's about energy vibrations. No wonder it's more complex and miraculous than this definition so I strongly suggest that you watch the movie "The Secret" or read the original version of the book to understand what the Law of Attraction or LOA really is and how to use it effectively. You can see and have real experiences with it.

Ever since I've watched it, I've been learning how to manage my life better. Most of the great people are also known to have used or are using LOA like Shakespeare, Newton, Oprah Winfrey, and Mark Zuckerberg.

Some people say that it doesn't make sense and they don't believe it. Somebody has said that, 'Just because you don't understand something doesn't mean you have to reject it. You probably don't understand electricity either yet you take advantage of it.' I mean, why don't you give it a chance? We're like artists, creating pictures of our lives. However, you have only one canvas, so create your best!

### HOW LOA WORKS

#### 1) Want and Focus

Think what you want to have and focus on it. Then dream like it's already yours. Don't use "future" use "present" For example, if you want a good relationship, you have to say "I have a good relationship." Do you want success? Then say "I am successful." not "I will be successful." Feel that it has already happened. This the most important part.

#### 2) Be Thankful

Of course, don't forget to be thankful for what you have. If you always want something, you'll be focused on shortcomings. It contrasts with the Law of Attraction.

#### 3) Trust

Now send your thoughts completely to the universe. Do not get stuck on them. Be patient. Just believe that the universe is working for you. Enjoy your life...

**Bilge Doğa COŞKUN**



### ARIES

The first sign of the twelve zodiacs. It represents the start of all things and shows a powerful urge to lead. Aries is risk-taking, lively, spearheading, and brave. Arians consistently need to be on top. They are generally straightforward and open but they are also egotistical and obstinate. Arians love experience and nearly has no dread.

### GEMINI



The third sign of the zodiac. It represents the speed of thought. Geminis are great communicators. They are dynamic and cunning. Geminis are versatile, flexible, open, clever, scholarly, and smooth. At some point they can be cynical and it is brought about by their dualistic nature. They generally keep the principles of the game.



### CANCER

Cancers are defensive, customary, and enthusiastic. Cancer is probably the most emotional of all the signs. This causes Cancers to be sentimental and modest. Occasionally they can be forceful in obtaining what they need. They can be happy and melancholic in just a minute. The core of their character is affectability. They feel secure when they are with their families.

### LEO



Leos are similar to lions. They are vivacious, free, and autonomous. They like completing things. Leos are brilliant pioneers due to their truthful and courageous character. They are faithful to others. They are outgoing. They also like giving presents.

### SAGITTARIUS

They have vigorous and dynamic character. Sagittarians want to know it all and everybody. They like travelling and being close to nature. They are loyal to others. They are also understanding, so people can share their problems with Sagittarians. They are not sentimental. They can adapt themselves to any environment.

### CAPRICORN



Capricorns do not make the same mistakes again. They are cautious and frugal. Their relationships may be affected negatively by their reserved personality. They are always loyal to their family and friends. They are also kind and affectionate but this is stifled by their shyness.

### AQUARIUS



Aquarians are delicate and affectionate. They are not amiable. They like being alone or they prefer the companionship of their close friends. That is the reason why they choose their close friends cautiously. They like getting praises and are usually forgiving. Generally they are quiet and genuine.

### PISCES



Pisces are free and mysterious. They are emotional and adoring. Adapting themselves to any situation is easy for them. They can be very colorful at times and this causes them to negate their own principles and standards. They can deal with a number of assignments without a moment's delay and succeed in every one of them.

### TAURUS



The second sign of the zodiac. It represents development and improvement. Taurus is tolerant, dependable, caring, adoring, and steady. Taureans don't like changes much and this determines their cautious and realistic nature. They show an incredible enthusiasm for every single physical issue. They are also dedicated to their companions and sweethearts.

### VIRGO



When someone goes against them, Virgos like attacking back. Attention, reverence and appreciation is what Virgos need. They are skilled and powerful. They are also reasonable. They can tackle issues quickly. They do not do it for praises. They are thrifty. As they are perfectionists, they like everything to be in order.

### LIBRA



Libras are good-natured and being part of a group is joyful for them. They have delicate and refined characters. They like being applauded and spoiled. They are also sticklers. They are faithful, mindful, and versatile. In terms of friendships and relationships, they are very trustworthy.

### SCORPIO



Scorpios have complex character. They are intelligent, considerate, and self-protective. They give a lot of importance to money. They can be intuitive at times. They can feel things by instinct that others cannot. They are faithful to their friends and family. They can easily adapt themselves to new situations.

**Erkam ZORKİRİŞÇİ**



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