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EDITORIAL

We are happy to meet you with the “Blossom” magazine which is a product of our intensive, exhausting, devoted and self-sacrificing work.

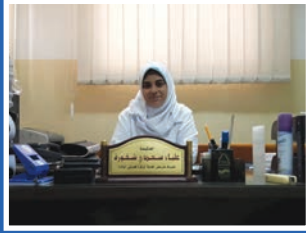
Our magazine, which consists of a separate labor on every page, is the product of the thinking and the study and also it is a work of our students and our valuable teachers.

Especially, our students put forward studies by their entrepreneurial, enthusiastic and hard-working attitudes. Our valuable readers, we hope you will undoubtedly appreciate of our effort.

Canan AKARSU
ELT Teacher

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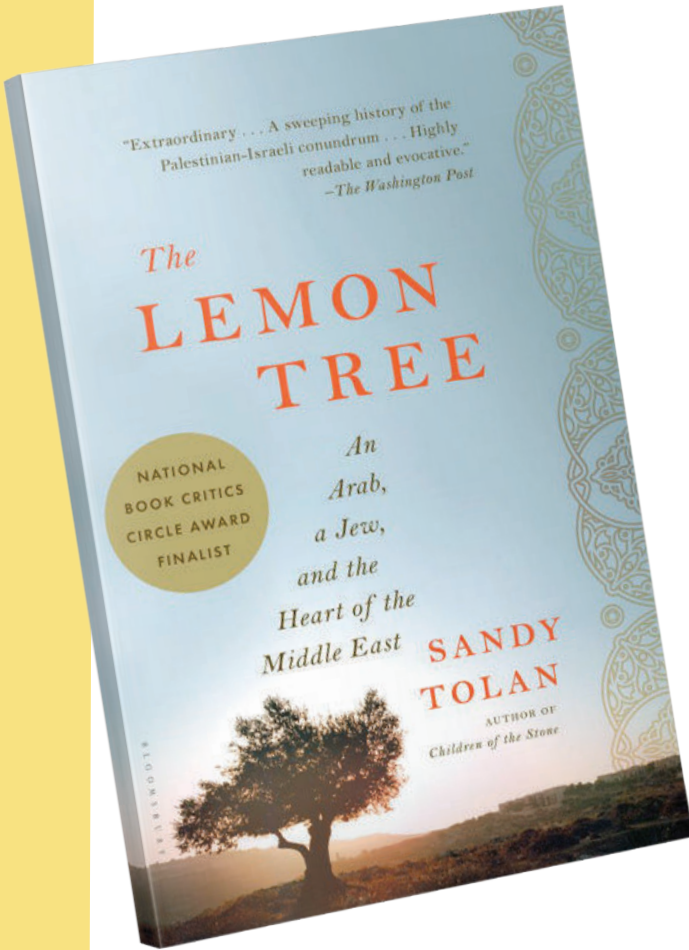
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A Book Review

PREPARED BY: ALPEREN KIRAN - 10/B

LEMON TREE



The Lemon Tree is a novel written by Sandy Tolan. And it is based on a true story. Sandy Tolan is an American author and he has written several books including: The Lemon Tree and Children of the Stone. Sandy is a professor at the University of Southern California (USC)'s Annenberg School for Communication and Journalism in Los Angeles. And his book The Lemon Tree may be considered as one of his greatest works.

The Lemon Tree is about the recent problem of the Middle-East: The Palestinian and Israeli territories.

The book is written in complete objectiveness, no sides nor ideologies are promoted. But what makes this book even better is that the book is not formed as formal fact book, which would be really tedious but all the knowledge is given in a real story of two people, a Jew and an Arab.

Bashir Khariri the first son of Khariri family who then would be the greatest activist of the Palestinian front and be tortured for defending his sovereignty.

Dalia Eshkenazi is the daughter of a Jewish family who used to live in Bulgaria faced tragic events because of Nazis pressure on The Bulgarian Government yet raised happily and safely compared the other Jews in Poland.

The story starts with Bashir and his 3 cousins travelling Al-Ramla where Bashir's origins are. And knocking on Dalia's door, who is a Jew and whose family escaped from Nazis.

After the Israeli occupation in 1948 or Nakba as Bashir and others call it, everything changed in Khariris' life. They lost their valuables, their home and their dignity because as it is said Motherland, is everything for the one, living without it you have nothing. And that was also the way Bashir was thinking.

Dalia always stood against discrimination. Even at middle school when her friends are discriminated Spanish originated Jews because of their colors, she stood against her friends. And when Bashir was on her door she was very hospitable and warm.

She was nice to them and asked about their story because she really did not believe what was told to her at school. She did never believe in that someone could leave these beautiful lands on their own. She asked to Bashir about his story nevertheless she was expecting that a question may tempt Bashir but she just couldn't help herself. But unlike her expectation Bashir was not tempted. He told what were the former residents of this house were like. He told Dalia that his father Ahmad and his mother Zakiyah with their 10 children lived there, that his father furnished the bricks and laid the foundation of the house, planted a lemon tree and added really long story to be told here "Why don't you visit us one day?"

Dalia was pleased to learn more about the former history of the house that she was living in. And she offered to give some lemons as a keepsake which was appreciated, the Khariris.



The Khariris were so pleased and happy because a bunch of lemons were now the only thing that connects them with their homeland. And it was everything for them, even Ahmad Khariri when he was suffocated and felt sad at nights came and smelt lemons.

One day Dalia paid a visit back to Khariris. She came to listen the whole story. When she saw the lemons she gave on the sideboard she understood what this all really meant for them. She had utmost sympathy and understanding for them because she knew "statelessness" She knew how it feels when you have nowhere to belong because she did not feel like she belongs to Israel nor Bulgaria. But she wanted to have somewhere to belong. She wanted to live in harmony with Arabs and all the other folks. And she wanted to make a deal about house's future because she knew they had also right to decide what was going to happen to their house. Bashir wanted to turn his home back but he knew that it was impossible They together decided the house to become a kindergarten for both Arab and Jew kids. Which they think is the best solution as well as hoping it might be of some hope for the future...

The lemon tree? Well now it died but the Arab and Jew students planted it again owing it to become a symbol of peace again.

Gaza: An Open-Air Prison



Can you please tell about yourself?

My name is Aliya Shaqqura Dinlen and I am from Palestine, Gaza city. I am 43 years old. I completed my education in Nursing. And I was working in Shifa Hospital as the supervisor in Neonatal department from 2000 till 2016. I have settled in Turkey after I got married in 2016. Since then, I am living in Ankara.

I have experienced three wars in Gaza and witnessed many terrible events both at the hospital and also on the street. I have shahid in my family, my nephew who was only 6 months old that time. And my sister and another nephew were also wounded at the war in 2014.

Can you summarize us the situation in Gaza and its historical background simply?

In 1967, Israel launched a war against its neighbors. During this war, it conquered the rest of Palestine – the West Bank and the Gaza Strip, which remain under military occupation up to this day. The Palestinians, who live under Israeli rule, but have no voice in the Israeli government, causing many to term this an Apartheid-like occupation. Israel has stolen great swaths of Palestinian land and built



housing for Israeli Jews, called settlements, in which Palestinians and other non-Jews are not allowed to live. Over 1 million Gazans and 750,000 Palestinians in the West Bank are refugees from 1948 and their descendants the same till now.

During the summer of 2005, Israel "disengaged" from the Gaza Strip, claiming to finally ending its occupation' of this land. It dismantled its settlements, resettling the inhabitants in Israel and the West Bank (where settlements continue to expand).

In reality, though, Israel's occupation of Gaza did not end. Instead, Gaza became a huge open-air prison, with Israel controlling all exits and entrances, its air space, and its sea ports. As routinely decried by aid agencies, Israel does not allow any food, medicine, and other essential supplies needed by the population of Gaza to prevent a humanitarian disaster. It also routinely prevents patients in desperate need of medical care outside of Gaza to leave, leading to numerous deaths.



Israel did not accept the results of the official and free election in Gaza. Together with Israel and its supporters started to ignore Gaza. Life in Gaza became even more difficult, as the entire population stands on the verge of a wide-scale man-made disaster.

How the people especially the youngster are affected from the situation in Gaza?

Every home has a story about the war. The same story is valid from grandparents to grandkids. Almost every home has a shahid from





happening in Gaza and they are all so brave. How this has been established?

Children in Gaza can be described as the bravest children in all over the world. They lived three very difficult wars, (2008, 2012 and 2014) in their city which is a little piece of land. They were involved in the situation and noticed with their eyes what is happening in front of them. Some of them; their houses have been distorted, demolished or rocked down by the Israeli army rockets. Some of them lost their all family members in the war. Some of them lost parts of their bodies and became handicapped. Some of them lost the chance to live a normal life as they deserve. Despite all of what I mentioned above, the children in Gaza continue their lives and go to schools to seek knowledge and education because they know this is

their families. Palestine people are educated but there is no job.

Many of the young people are in jails of Israel, many of them are handicapped due to Israel attacks, and many of them are suffering from poverty. And many of them had to leave the country.

Despite of all these negativities, still I should mention that they are very patient and keeping their hopes for the future.

We see from the news and the documentaries that even kids of Gaza have a very good understanding of what is





the best way to fight against their enemies.

What is the best way of helping Gaza?

This is a big question to answer. Because Palestine needs the support from the highest level of all Muslim countries top management/rulers.

But simply, I can say, the first thing is to pray for Palestine people since the prayers between Muslim sisters and brothers are accepted and second could be financial support.

And I should also mention that the psychological support is also very important which is showing

reaction and raising the voice against Israel actions.

And one more thing is to have awareness about Palestine case and the importance of Al Quds as a holy land. Because the more you know, the more you can support.

You are here in Turkey for three years and you had visited Turkey before, what is your observation about Turkish people's awareness of Gaza and Al Quds?

During these three years I have been here in Turkey, I have noticed that most of the Turkish people whom I have a relation with, support the Palestinian people and consolidate with their case. On the other hand, some of Turkish people

don't even know what Palestine is or what is happening in this piece of land.

Did you know that the Palestinian people who are the truly owner of the land; have been suffering from the Israeli occupation since 1948?

Did you know that the Palestinian citizens in Jerusalem, which is the capital city of Palestine, are not allowed to build their houses on their own lands? And if they build their houses without the permission from the Israeli municipality; their houses would be destroyed.

Or did you know that even small Palestinian little kids are suffering from the Israeli soldiers?



HEALTHY DIET



We interviewed with Mervener Çaglar. She is a dietician. We asked some questions about health.

PREPARED BY : AYŞE SILA YILMAZ

What is a healthy diet?

A good diet is important for our health and can help us feel our best. Our diets should contain a variety of different foods, to help us get the wide range of nutrients that our bodies need.

How does eating fast food affect the health of teens?

Many teenagers eat junk food every day. This might be sugar-sweetened drinks like fizzy

drinks and foods like potato chips or french fries. However, your body can't run properly on poor fuel. Eating too much junk food can leave you feeling sluggish. Eating healthier will boost your vitality and help to keep your skin clear.

Should teenagers take a vitamin supplement to meet their energy level up?

It is useless to give a vitamin supplement unless the teenager

is on a low-calorie diet. It is always preferable to take vitamin organically from fruits, vegetables and healthy fats.

What proportion of meal is best for a teenager? 3 large meals over a day or a 6 small meals a day?

Teenager's metabolism is higher than an adult; it is advisable to give them a small meal at regular interval rather than large meals at longer duration. It will

What should be diet of a person who wants to lose weight?

To lose weight diet should be-

- Low in carbohydrate: To lose weight quickly, you can have a small portion vegetables and one piece of fruit per day and consume around 20-50 grams of carbohydrate
- Reducing calorie and fat intake
- Don't skip meals and breakfast- it will tempt you to eat more and may lead into excess weight gain
- Food high in fibre and less in calories
- Drink a lot of water through the day and keep yourself hydrate



help them to keep their energy level high all day and prevent them overeating at meals.

What is the best vegetable to eat?

All fresh vegetables are best for your diet; it comprises of all essential nutrients like fiber, potassium, folic acid, vitamin A, vitamin C and most important range of anti-oxidant, which can reduce the risk of cancer.

Is meat bad for good health?

Meat is an excellent source of protein, iron and other essential nutrients. However it should be roasted or grilled instead of frying to derive maximum health benefits.

If you don't drink milk because of lactose intolerance where you can get calcium?

If you are not consuming milk due to lactose intolerance, you can get calcium from fat-free cheese and yogurt, canned sardines, orange juice and cereals.

What are the benefits of spices in food?

Spices not only adds taste to our food, but also it accelerates our metabolism.

Explain what is BMR?

BMR means Basal Metabolic Rate; it is an energy expressed in calories that the body requires to keep it functioning at rest.

We specially thank Mervener Çaçlar for her patience and contributions to us. If you want, you can make contact with her via instagram:dytmervener.

What is the formula to calculate BMR (Basal Metabolic Rate)?

The Harris benedict equation

For Men: $[13.75 \times \text{weight}] + [5 \times \text{height}] - [6.76 \times \text{age}] + 66$

For Women: $[9.56 \times \text{weight}] + [1.85 \times \text{height}] - [4.68 \times \text{age}] + 655$



AN INTERVIEW WITH PRINCIPAL MR. KADİR ÇIRAKOĞLU

Esteemed readers in this part of our magazine you'll read our interview with our headmaster "Kadir Çirakoğlu". I am Mücahid Alperen Kiran and my associate is Zehra Neval Ertoğral, a dear friend of mine. I hope that we will have delightful and productive interview.

My honorable principal please let me start with congratulating you for the new position of you, I sincerely hope that our school will accomplish a great number of success as it did all over the past years.

If I may, I'd be pleased to act as a gentleman and let my friend Neval ask the first question.

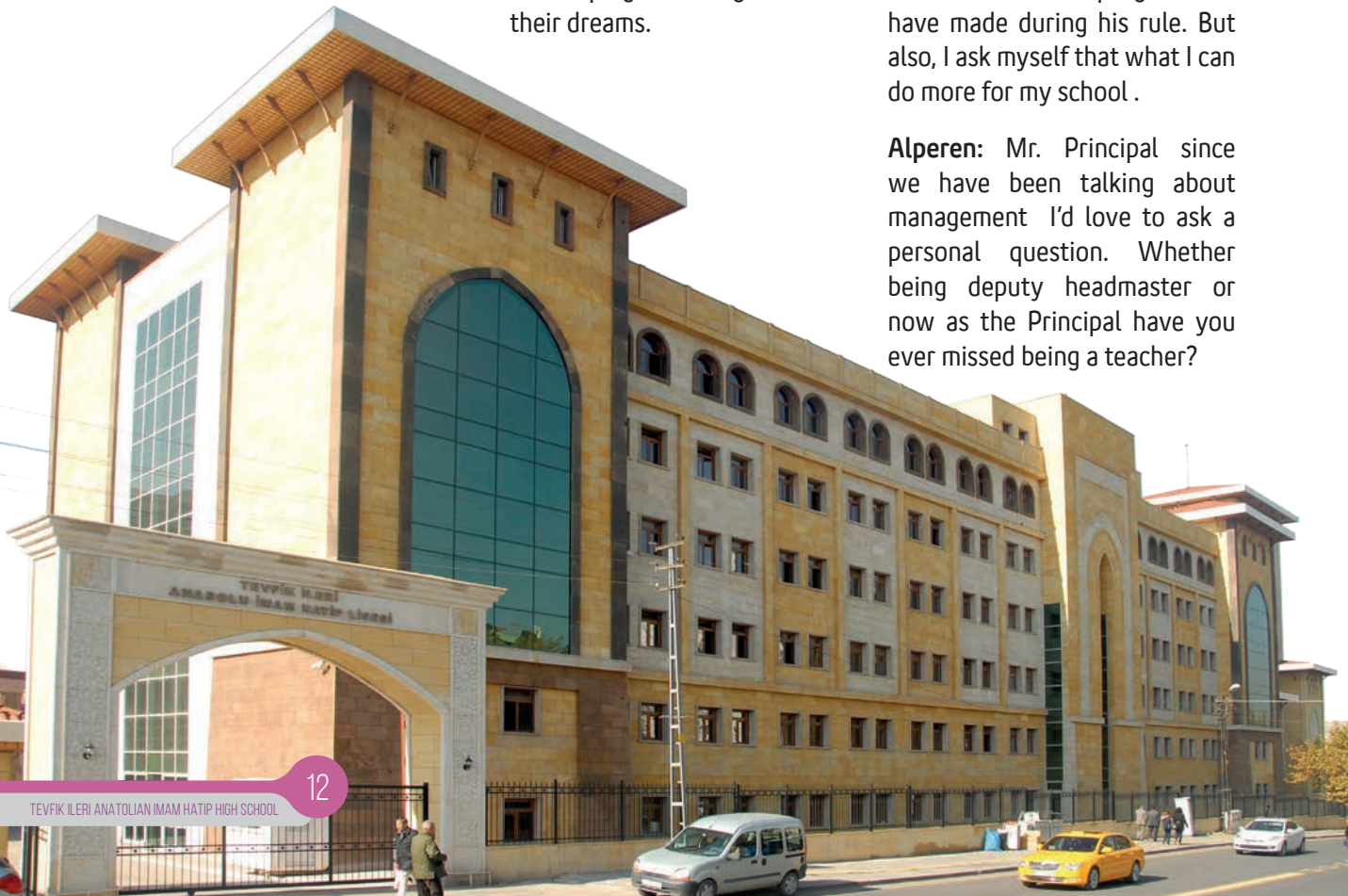
Neval: Mr. Principal, how would you describe the importance of the role of headmasters in management. How would you describe your own mission?

Mr. Principal: A ruler shouldn't be just a ruler but he should be also a leader. Being a leader is the moment when you not only rule and give orders but be a true leader who inspires the crowd and leads them to the target. Because giving orders is simple. I think that true leaders are those who gives the opportunity to dream to the people who he governs. So what my mission is that, providing my students opportunities to dream and helping them to get on with their dreams.

Alperen: Mr. Principal, in the past you also served at our school as deputy headmaster. Now you are the headmaster, and I wonder what your plans are as the new headmaster?

Mr. Principal: First of all let me say that I have got 4 years of wonderful background in our school. I mean our school is a school that has accomplished more than it aimed during this 4 years of process. This record is acquired all thanks to former Principal Muhammed Fatih Zengin. Under his leadership we had really good progress. My first duty is to maintain all the achievements and the products of the successful progress we have made during his rule. But also, I ask myself that what I can do more for my school.

Alperen: Mr. Principal since we have been talking about management I'd love to ask a personal question. Whether being deputy headmaster or now as the Principal have you ever missed being a teacher?





Mr. Principal: I always miss being a teacher. I have never put being a teacher into background. In my social life when I introduce myself I don't say "I am a headmaster", I always say that "I am a teacher". My actual profession is teachership not administratorship. Teachership, it is a part of us that we can never separate with.

Neval: Mr. Principal what virtues do you applaud in your students, both as a teacher and a headmaster ?

Mr. Principal: Pupilage is one of the greatest periods of life. You'll understand this when you become elder. For our students this period of time may seem a period of time, full of problems, duties and responsibilities. However this is a time period that you'll be longing in the future. Pupils need to realize that. I can count some

cliché qualifications like honesty, or high morals or diligence. But these are pre-qualifications everyone would demand. I expect something different. To all these questions, like "What should be our greatest virtue?", "What kind of person should we become in the future?" There's only one answer : Let's be humane.

By this I mean we all should have the fundamental and humane virtues that The Almighty Lord blessed us all with. Everything starts with being humane, having basic morals and ethics.

Only upon humanity we can lay the foundation of belief, diligence, honesty. But if you are not humane none of the positive virtues we are able to grow in you. Look at all the constitutions of the world the morality issued in the same way, differences we have: our languages, our

geographies, our methods but not the understanding of the basic ethic.

Alperen: Mr. Principal I want to ask a question that most of my friends have been wondering. Do you think the sportive and cultural activities are sufficient? Do you have extra activities that you plan to have on our school's agenda?

Mr. Principal: I think nothing is sufficient. I mean if everything was sufficient we wouldn't be having this conversation here. Because my services wouldn't be needed in that condition. We can actually can construe this "inadequacy" in 2 ways. Let me tell, if only we could answer every simple demand of our pupils, but sometimes lack of opportunity doesn't let us to fulfill every single demand. Also this lack of opportunity can be also classified as

interior opportunities and exterior opportunities. Secondly sometimes when we organize an event the attendance always doesn't have as much as attendee as we expected. So as I exchanged opinions with every (coterie) group of teacher as I also exchanged opinions with P.E. coterie. Our process of developing new projects for the next year is continuing . If there's demand for sure we'll do our best to provide it. But there's one problem when our pupils are locked on their academic success they can't take part in both cultural and sportive activities. Hereby this causes lack of interest. But I truly understand this situation.

Neval: Mr. Principal as you already know our teachers, apart from the curriculum teach us the necessity of having dreams for the future. Mr. Principal may I ask what you dreamed of when you were younger? Were you able to get your dreams into reality?

Mr. Principal: About dreams, this has 2 sides. Dreams about my profession and my personal dreams. Let's talk about my dreams about my profession. One interesting point about humans is that we never stop dreaming. Do you know what my dream was? In May 2014, our school was rebuilt and it was going to start public service in that September. When I was passing by I wished to be a teacher here in the last few years of my service. Then I heard

my inner voice telling me that I'd never be bestowed to serve in this school. After a few months I got a phone call, proposing me a job in the school administration. Being a part of administration in this school was even beyond my dreams. And I have been bestowed by it. Shouldn't I be thankful? Being an administrator in a school like ours, there's nothing further I imagine.



Neval: Mr. Principal If I may I'd love to ask a personal question. What do you miss most about being a student? How would you describe yourself as a student?

Mr. Principal: Frankly speaking I wasn't a bright student. Me being a teacher has an interesting story attached with a wish of a teacher of mine. As I said I hadn't been a bright student and I'd troubled a teacher of mine who passed away. (May he rest in peace) I argued with him I said to him "Of course you can't understand us, you can order us what to do or not , you may or may not like our assignments ,you are a teacher you can do whatever you want!" He tried to explain but I didn't care and kept pushing. Then he said to me: " Son, I hope you become a teacher one day too

and find yourself in my shoes." I am not sure if it was a good or bad wish but it occurs to me that it was a good wish, even it was a bad one it became a good one for me. For sure my childhood was gamesome and I believe we did what was expected from us at that age. There are a lot of memories in my pupilage that are unforgettable. So it's hard for me to answer this question.

Alperen: Mr. Principal as you know our great leader and the founder our modern republic Mustafa Kemal Atatürk expressed his trust and belief in the Turkish Youth, he trusted us with protecting the Turkish Republic. We the Turkish youth are insurance of our country for a better future and we represent the future of our country. Mr. Principal what is your greatest expectation from Turkish Youth who are insurance for our country ?

Mr. Principal: we should not forget about their history! Because if you forget about it, you will no longer have an inspiration to invest in your future. Our (mighty) history shall always be with us. One of my greatest concerns is that if the new generation is bonded with their future enough or not. They shall not forget who we were. Today if some people think that The Turkish State have some imperfections, it is not because of The Turkish State but it is because of those people who don't know the history well. Today we might have some imperfections but

at the time our country was a "dreamland". We were the leading country in science, in medicine, in culture, in transportation etc... We have to keep our bonds strong with our history. In my point of view one of the advantages of Imam - Hatip schools that they set up strong a connection between past and present and opening a path for us that leads a brighter future by the guidance of the past.

Alperen: Mr. Principal as you know The Right Honorable Minister of Education expresses his ideals of lowering the weekly course hours and making some efficient changes every time. What do you think about this issue? As you also know, In Finland where is the most successful country in education, weekly course hours are lower than Turkey. How do you think the course hours and free time must be arranged?

Mr. Principal: The change is behindhand. It should have been done earlier. Because if you examine the education systems of developed countries you'll see education systems that help the students draw their path in their lives. I think soon in our country we'll have an education system like this. We educate our children same regardless of their abilities and their interests until they are 18. But the age 18 is an age when a person's abilities should have been defined already. Let me give an example. We ask our pupils to decide what they want to do in the future when they are 15-16 but we are actually overdue at that time to ask our pupils make such a choice. A child has ideals, abilities and dreams. We need a system where our students can reach their dreams by developing their own abilities and not being forced to do things they are not capable of. So I support these changes The Right Honorable

Minister is planning to do.

Neval: Mr. Principal lastly do you have an afterword?

Mr. Principal: Yes. There is one thing. You and your friend didn't interview with Kadir Çırakoğlu indeed you interviewed with the principal in the name of Tevfik İleri İmam-Hatip Highschool. I hope after reading this interview they'll believe in me and the positive things I will be doing during my term. I believe that people's positive thoughts and their prayers will help. We need their positive thoughts and prayers. I'd be happy if they give us their positive thoughts.

Alperen: My esteemed Principal thank you for allocating us your worthy time. It was a such a bliss We enjoyed interview as we hoped. Me and my friend Neval are extremely grateful and pleased. I hope you also enjoyed our delightful interview...





AN INTERVIEW WITH TAHA ÇAĞLAROĞLU

PREPARED BY : ALPEREN KIRAN - 10/B

Hello everyone! As you all know our school has a vision of developing students' social abilities as well as helping them to reach academical success. Today I am with Taha Çağlaroğlu teacher of Turkish Literature to ask him a few questions about his student club where he has constructive conversations with students and argue with them about life, beliefs and interesting topics. He aims to enlighten a path for his students and also want them to have fun there moreover he helps students to erase their question marks in their minds about any matter.

How did you decide the name of the club?

I named after the club the founder of our school (May him rest in peace) the former minister of education Tevfik İleri.

In your point of view what matters can count under the scope of thinking?

It is impossible to scrutinize Literature despite thinking and philosophy. Art can not exist without ideas, ideas help the

art to be born. There are 2 kinds of art; one that is for desire and the other one that is for soul. Psychology is also within our ambit.

Why did you need a club like yours in our school?

In our school we have so much talented students. Our club has so many "ateliers" where we focus on some subjects. We have atelier of writing and atelier of psychology and atelier of philosophy. With these ateliers we help students to develop students' skills. Shattered hearts, the problem of malignancy and fatality, narcissism seeking a meaning in our lives are the greatest problems that we may concern. Our club is about talking and making the students talk.

How long has your club been active? What have you done during this period of time.?

I came this school in Fall 2016. By the beginning of the winter

we found our club. The school administration gave us a room to work in. At early times it was just an empty room but bit by bit it became a more beautiful, useful room. By the help of our former students and some of parents we bought bookshelves, sofas. We always have tea and coffee to treat. We are subscribed plenty of literature magazines aiming our students to follow the art agenda regularly. We also invited some artists. Therewithal, 6 students and I started a project with the support of The Ministry of Youth And Sport whereby we want to advertise the beauties our beautiful countries.

What are your plans for the future?



We want to continue our recent activities in the future, our atelier of philosophy thrills us, we want to keep talking and thinking too.

As I see there are many books in your room which may be sign for your book love. What do you advice the students to do?

Reading lifelong, together with sharing our ideas.

As a teacher what do you want to advice your students?

As a teacher as Halil Inalcık I want to advise myself to care every single student of mine. As it said every student has some talents and interest that needs to be promoted no one should be ignored and thought talentless.

This has been a delightful interview! Thank you for that!



METİN YİĞİTBAŞ

ARCHERY

MY LIFE STLE

I was born in 1975, in a freezing month of winter in the family moved from the countryside to a big city to find a job. I had had quite a healthy babyhood until I was one year old, when I was infected with a contagious disease, poliomyelitis, first symptoms of which was fever. As a consequence of this infection one more barrier was added to my already tough, bumpy life, and it was the start of my disabled life.

In my life, I have gone through plenty of struggles and hardships, either material or psychological. But every time I was knocked down by drawbacks, I didn't give up, I didn't lose spirit and hope even knew I might also fall down again. I managed to rise again and again.

"I didn't let pains defeat me."

These helped me to choose a branch of sports, archery, demanding a lot of physical strength and effort as well as spiritual. But once you succeed, it makes your beliefs, values and determination stronger.

In spite of difficulties, I never gave up archery, nor gave in. I didn't stop pursuing my real dreams and I did it.

I achieved many successes and became a member of Turkish National Archery Team.

And now my new goal, my new dream is to participate in Paralympic Games which will be held in Tokyo, in 2020. I'm doing my best, pushing new boundaries externally and internally, backed up by people who trust me, sacrificing time that I could spend with my daughter and family.

Who knows, maybe at the time you'll be reading these lines, I'll have had my dream come true, have raised the Turkish Flag (while the national anthem will be playing) and brought the gold medal to my country.



NOTHING IS IMPOSSIBLE

Dear Youths,

We face numerous difficulties in our lives, but keep in mind "NOTHING IS IMPOSSIBLE".

As long as your intentions are pure and you know what you are in it for, be patient in painful times, try hard and never stop praying. Allah hears your hearts and grant you more (if it is good for you) than you imagine.

Archery is accepted to be one of the difficult sports, which demands a physical balance. And to meet it you have to work hard to succeed on purpose. I did it, I did it standing on my leg, single leg.

You must struggle to reach your goals and be psychologically and mentally strong to steady your aim, launch the arrow and hit the target.

I have always ignored what people around me said; I overcame all the overwhelming obstacles, discouragements and impossibilities.

Nothing can hold me back from pursuing my dream; to raise our Turkish Flag, to play The National Anthem and I say you:

"Don't Let Obstacles Stop You"

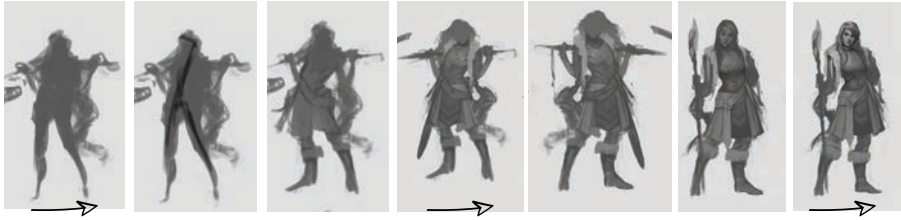


PREPARED BY: AZİZ ÖNDER - 9/B

ARE THE VIDEO GAMES ART

Today everybody from young to old plays video games and most of us think video games are entertainment products, but video games are more than we think. Actually, certain video games have more artistic features than many movies and books.





First of all what is art ?

Art can be defined as "The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power." and it is an expression created for specific community or civilization's understanding and pleasure standard.

Certain video games extract us scenarios, beauties and emotions of the games, because gamers must have bond with games. They generally establish that bond, because they are affected by the sentimental moments and appealing scenes. If it doesn't happen, gamers lose their ambition to play. Moreover, some particular video games producers have an obsession for their games' and they want to make a real artwork not just a foolish game like which are made for earning money.



Video games have reflections and bear traces from which the community they adopted. Yakuza is a good example for those. Yakuza is a video game made by Japanese creators, so this game carries a lot of cultural values of the Japanese society and we can examine the architecture of Japan and etc.

Acceptable branch of arts and video games

The arts can be divided into literature, performing arts and visual arts. If the video games were accepted as a type of art, they would be a visual art like cinematography. Auditorial items and visual items must be used in the video games greatly. These items are not copied from somewhere else. They are specially designed by the artists. Therefore, a lot of art work might be found in the video games.



As a result ;

In my opinion, certain video games might be considered as an art, but not all of them. Even if they are not art, they contain thousands of artistic features.

BOSNIA TRIP

PREPARED BY: ZEYNEP TUBA TURHAN - 9/H ŞEVVAL KORAL - 9/H



Imagine a country; the one who lived the war, who had thousands of martyrs, and who flourished with it. It also hosts many cultures so you can see a mosque on side, and church on the other. **WELCOME TO THE BOSNIA-HERZEGOVINA!**

In 1993, 8372 Bosniaks were slaughtered. They thought that Serbs would help Muslims. But the Serbs killed them. It's been 23 years since the massacre. We have seen many martyrs there. Especially in the garden of mosques. Some child parks were turned into martyrs. Even today, researches continue to find corpses of that time. We were in Srainbrenica last year. We watched the martyrs being buried with saying "Allahuakbar". After the funeral we had a chance to visit the Battery Factory where the massacre took place. Most people who know about the Bosnian war, still thinks Bosniaks are exposed to bad behaviour. But based on our experience there, we can say that if Muslims can go to Friday Prayers, this is a proof that something has changed. Alija Izetbegovic, the most important leader of Bosnia, worked hard



to make this change. He left Bosnia as a legacy to Muslims. We Muslims must have this heritage. These architectural and natural beauties can not be ignored.

Although Bosnia is behind Turkey in terms of technology, they are very rich in terms of Ottoman Architecture. You can still see the traces of gunpowder

or bullet from the past on most buildings. In particular, it's not possible to forget the traces of building near the Public Library. The trace of the war were sufficiently detailed on those buildings.

It looks like Blacksea Region, in terms of natural beauty. There are many places to visit. Our first stop in Bosnia was the 'Life





Tunnel' in Sokolac. At the time of war, Bosniaks dug this tunnel to help each other. The corridors of the tunnel is quite narrow and the ceiling was low. Considering that Bosniaks are very tall, it must be extremely difficult to get through this tunnels in that time. If you want to understand challenges of the Bosnia when of the Bosnian war, one of the place you should see in Bosnia is the Life Tunnel.

There is one place in the Public Library in Sarajevo that stood in the middle of Bosnia with it

excellent architecture. It is on the road of "Head Market". It was fun for us to get around Head Market and get to know the people and different cultures there. Bosnia has many mosques that were built by Turks. Foundations have an important role because nongovernmental organizations are founding the buildings. We visited mosques that have been completed or have not been completed yet by these foundations. Those mosques are source of hope for Muslims in Bosnia. Kayseri Mosque is one of the mosque

that influenced us with its architecture and history.

One of the places where anyone travelling in Bosnia should visit is Mostar Bridge. The Mostar Bridge is built by a student of Mimar Sinan. We were especially fascinated by the moment we stepped onto the Mostar. The view was perfect and you could see the whole view from the minaret. We were told that we could see the whole Mostar completely, and we decided to climb that minaret. Although the idea of climbing was not scary at





first, we realized that we were scared. It was an experience we were happy to live despite everything. One of the things that made Mostar Bridge memorable for us was the ice cream we ate there. Sounds like a simple ice cream but it was the best ice cream we've ever had. About Bosnian cuisine, we should also mention Bosnian coffee. We had this coffee for the first time at a restaurant in Hercegovacko-Neretvanski. This coffee presented to us with a special presentation. It was absolutely delicious. In fact, many meals in Bosnia were delicious and the Turks were happy to taste the plate. Even if you are not used to eat different food you can easily taste Bosnian cuisine. The weather was very variable. We were told before going there that in Bosnia it was raining and the sun was shining at the same time. But luckily, it was only rainy on the way back from the Vrelo Bosnia National Park which was one of the places where we were stunned beauty of there. There were a lot of places to travel and take pictures and get into the water. It was one of the place where we had a lot of fun. One of these places was undoubtedly Travnic.



The tour guide that drove us said that we could fit eight minaret into a photo frame on the top of Travnic. Although we couldn't take that picture we had a lot of fun climbing the top of Travnic. Even the ordinary streets of Bosnia, apart from the special sights and historic buildings were always capricious.

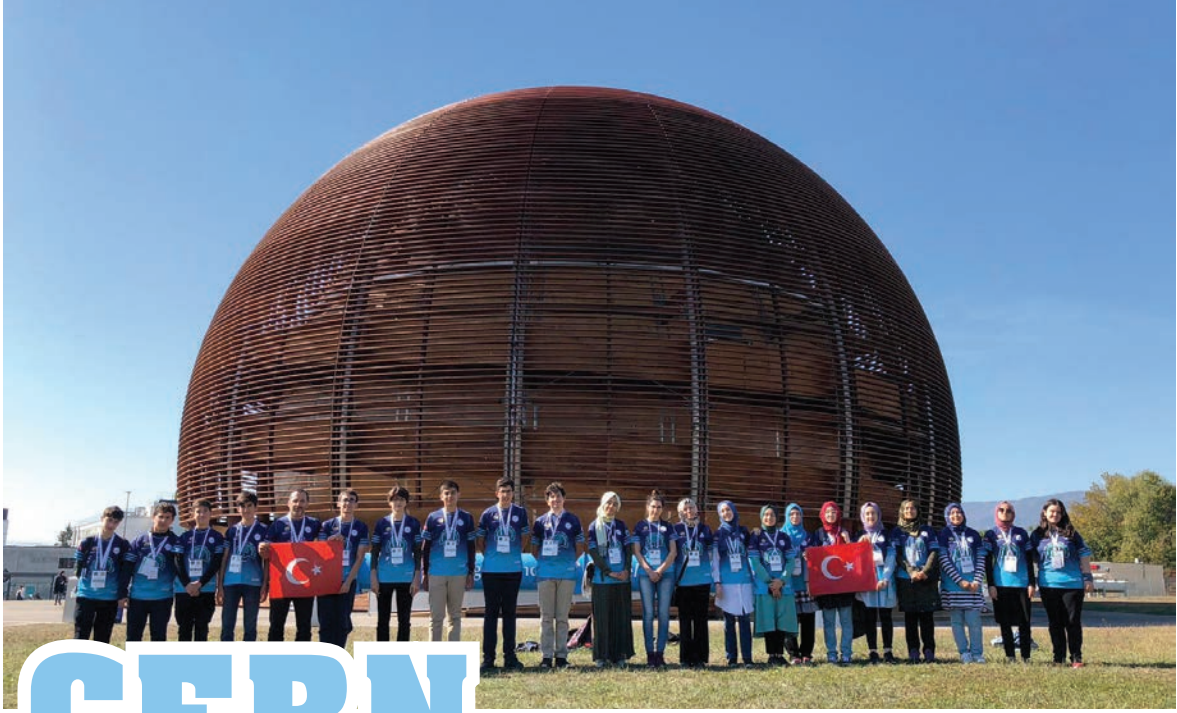
Bosnia was an excellent experience for us. If we have an opportunity to go there again, we'd definitely be glad. The reason for this is that the atmosphere of the ratio is not only experience of going abroad alone but also Bosnia's private history. A quick tour in six days. But we learned everything we could learn about a country

in that days. We had so much pleasure from this trip although we were tired.

We think people who want to go there should know a little information about the history of it. If they learn a little, it will certainly be more useful and enjoyable journey for them. They must be careful when preparing to go to Bosnia. For example, they should not forget to put umbrella in their suitcases, incase the weather changes. In spite of many different stories, Bosnia has no difference in sincerity from Turkey. If you get the chance to visit there, take it. We're sure you won't get regret this visit.

It was a very different experience for me. Because it attracted me with its atmosphere and history. Greenery, friendly people and exceptional Ottoman architecture. I was a little nervous about going abroad because it was my first time to go abroad. But the people were so hospitable that I never felt stranger there. For example, every seller knows a few Turkish words. That was great, because I figured out that we didn't only add our culture there but also We left traces there. Some mosques were stil preserved their history and location. It's a unique feeling to pray inside those mosques.

ZEYNEP RANA KARAMAN 9/i



PREPARED BY : FATMA ZEHRA BİRCAN - 10/J
MERYEM SENA PENEKLİ - 10/J

GÜLSÜM KESİK - 10/J
SUDE KIZILKUYU - 10/J

WHAT IS CERN ?

(Conseil Européen Pour la Recherche Nucléaire)

Cern is the European Organisation for Nuclear Research and is the world leader in studying the basic matter of the universe.

Founded in 1954 and based in Switzerland, the technology at Cern allows the scientists, academics and researchers based there to study fundamental matters – the stuff that makes up the universe.

WHAT DOES CERN STAND FOR?

Cern is an acronym for Conseil Européen pour la Recherche Nucléaire, which translates to the European Council for Nuclear Research.

CERN AND THE WORLD WIDE WEB

Cern was the birth place of the world wide web. In 1989 Tim Berners-Lee, a British scientist, developed it to help information sharing between academics and universities.

WHAT EQUIPMENT DOES CERN USE?

To find out more about the particles, the staff at Cern make the particles collide together at extremely high speeds – close to the speed of light.

In order to do this, there are particle accelerators and detectors to create the environment and record the results. The most well known accelerator is the Large Hadron Collider (LHC).



HOW IS CERN FOUNDED ?

CERN's 21 member states each pay a contribution towards CERN's activities.

WELL, WHERE DID IT ALL BEGIN?

Scientists in Europe and North America identified the need for Europe to have a world-class physics research facility. After the Second World War, CERN planned.

CERN's purpose is advancing the frontiers of technology. One of the greatest achievements of CERN is the Higgs Boson. Our school Tevfik İleri Anatolian Imam Hatip High School organized a trip to CERN. The purpose of this trip was to broaden the students' horizons.

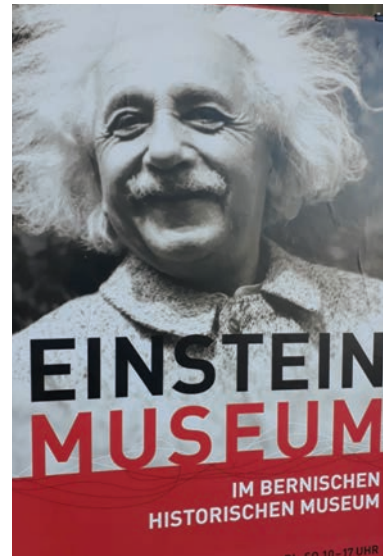
When we go to the CERN a Turkish engineer kept us company. The guide made a presentation about CERN and answered our questions. He showed the first collider and told us their works. After taking the necessary information we took a souvenir photo and entered the souvenir shop.

Our physics teachers Neslihan Aygün and Mustafa Özer organized a trip to CERN. And we went to this trip by plane. We visited CERN, Technorama Science Center, Euro Space Center, European Parliament, Pourshe Museum, Einstein Museum, Nestle Chocolate Factory, Chillon Castle, Wilhelma Zoo and Botanical Garden, Manneken Piss. Our trip lasted for a week.

My favourite places were Chillon Castle and Chocolate Factory. Chocolate Factory's present was great. We ate a big amount of chocolate there. And our trip's purpose was CERN... It was great. It was very nice to be there. I recommend you to see Chillon Castle and Wilhelma Zoo. At Wilhelma Zoo there are many different animals and flowers. A small reminder: souvenirs are very expensive. But you will abundantly buy

presents to your friends and family. I deeply regret for not to have bought more souvenirs. If I can go again I just want to buy souvenirs.

Our teachers' goal about this trip has been reached since it was both educative and entertaining. I understand how science is valuable. I learned other country's cultures.



PREPARED BY : MUSTAFA BAHADIR ZENGİN - 9/C



TRIP TO ÇANAKKALE



I will mention you about my feelings and experiences in the Çanakkale trip which was organized between January 12-14. Let me begin with the questions of that how this travel was conducted and how participating students were elected?

This trip was conducted by Ministry of Education. The students who were successful in the exams at school were chosen for participating this trip. When the exact trip date was

determined, some certain procedures obtaining permission from parents and filling the necessary documents were done. Now, we were ready for the travel.

We were told to meet in the school garden at 7.30 on the travel date. When we came to school garden, there were a lot of buses some of which would go to the camps for 12th grade students. Two buses were reserved for the travel. After the pray, our bus took the road of Çanakkale.





Time passed very well on the bus. Quran was recited by the hafiz, chants were sang, students prayed. By this activities, our pleasure about the travel increased so much. After the bus travel which took 10 hours, we arrived Çanakkale. Then we arrived Çanakkale guest house we would stay during the trip. Many students had come here

all around Turkey. The place we would stay was nice. As the next day would be an exhausting day and we would visit more than 10 places, our teachers told us to go to bed early.

Next day, we woke up for morning pray, had a breakfast and went to the bus. We began our city trip by going to Castle

of Kilitbahir and Kanuni Tower with a guide. Our teacher told us on the road that this was not an ordinary trip; conversely, this was a remarkable travel for remembering our martyrs who made sacrifices for us and our country.

After visiting Castle of Kilitbahir and Kanuni Tower, we took the road of Namazgah bastion. The informations that our guide gave us during the road made the visits very attractive. At this point you may ask what a bastion is. Bastions are military constructions holding victuals and ammunition and built for the aim of protecting and defending a region. The Çanakkale bastions had an important role to defend the sea during the Çanakkale War. An interesting thing about bastions is that a ship which sails, cannot see anything except a hill. The Namazgah bastion was one of the memorable places for me. However, there were disrespectful and rude writings on the walls of the bastions, which bothered me.

Our next stop was Şahindere Cemetery. Our guide informed us about the cemetery and let us walk in the cemetery. I was very impressed in the cemetery.





People who came from all around Turkey and became a martyr for the country... The words which are written on the tombstone of lieutenant Mustafa, "Fatiha to the spirit of him with tears", were also very striking and impressive. There were also some martyrs

whose names are still unknown. I understood that our country was not saved easily.

Then, we visited additional three cemeteries such as Şahindere Cemetery. I felt the same emotions again and again in all of the three cemeteries. Later, we came to the Monument

of Çanakkale Martyr's before the lunch. It was the biggest cemetery compared to the others and also a well-marked fact for the ships. We took photos, commemorated our martyrs again and returned the guest house for the lunch.

After the lunch, we went to the Simulation Center of Çanakkale War. We entered a simulation that describes Çanakkale War. The one hour-simulation was informative. Next destination was the cemetery of 57th regiment. On the road, we saw martyr graves surrounded with fences. The fact that graves are everywhere in the region shows that the war was such a great and tough war. We prayed, recited Quran and we were informed by our guide as in the other cemeteries.



The last place to visit was Conkbayırı zone. It was one of the most fascinating places for me. In Conkbayırı, Mustafa Kemal said to his troops "I don't command you to fight, I command you to die" and our soldiers ran to the death without hesitating and defeated the attack. We went into the trenches and imagined the enemy standing in front of us and attacking us. I also thought that there were soldiers in the army who were the same age as me, I felt the strength in my body to do the same sacrifices as those young soldiers. After visiting there, we returned the guest house.

Our travel finished. Next morning, before leaving Çanakkale, we visited Aynalı Çarşı and Trojan Horse. Souvenirs were bought, photos were taken in the region of Trojan Horse. Finally, the returning voyage began.

We did the same things on the bus as going to Çanakkale, but this time the voyage was not as fine as before, even boring. Because everybody was sad about leaving Çanakkale.



To summarize, this journey was a good reminder for us. I am very pleased about this journey. May Allah blesses everybody who works and spends effort for this trip. I learned from this trip that our

country was not saved easily, our country is so worthy, we must work very hard for the country and we must not hesitate to die for this country which is a heritage to us from our ancestors if necessary.



A FILM REVIEW

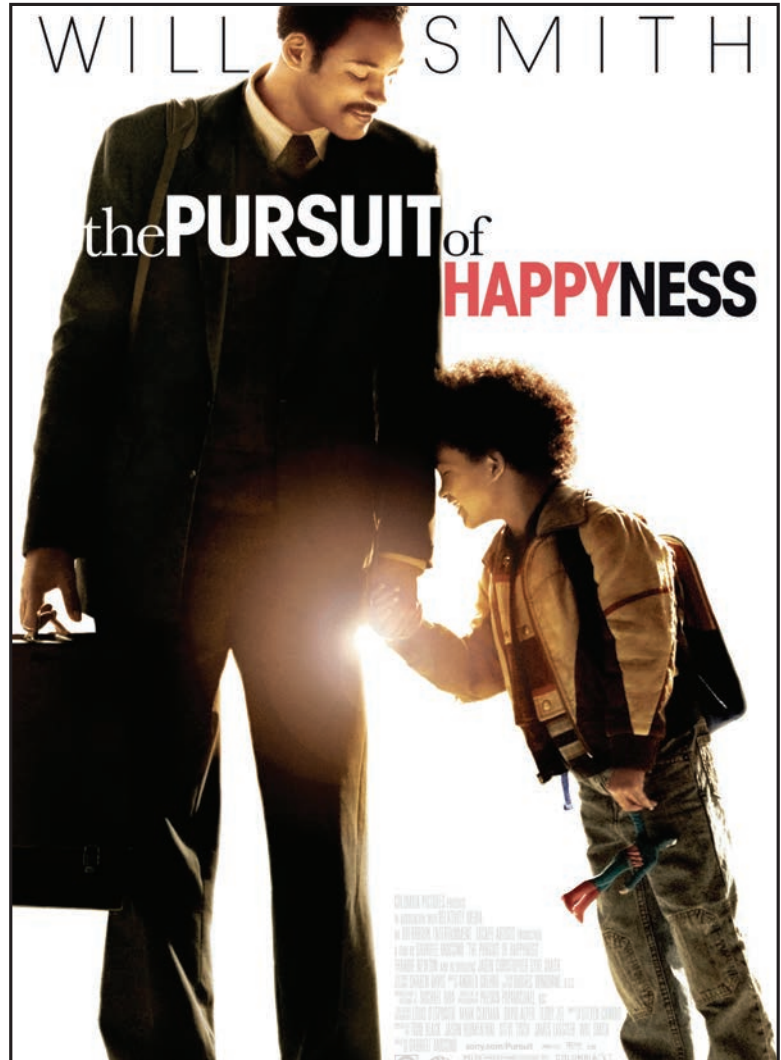
PREPARED BY : BETÜL BOZKURT - 10/F

A film directed by Gabriele Muccino and written by Steve Conrad.

Thomas Jefferson mentions "the right to live, liberty, and the pursuit of happiness." What does "the pursuit of happiness" mean? Is happiness a pursuit?

Luckily, the movie "The Pursuit of Happiness," brings out the answers of these questions with emotional story of what a man can do for his family.

The movie was released in 2006. Chris Gardner, the main character, is acted by Will Smith who has known from hit movies like "I am Legend," and "I-Robot". Also, Jaden Smith, Will Smith's son, acts as the son of Chris Gardner who vows to take care of him in the movie. This drama movie, inspired by the true story of Chris Gardner, shows us a man who tirelessly struggles to save his family. Even though he loses wife and home, Chris doesn't give up searching for happiness. Will Chris survive from his problems and save his family?



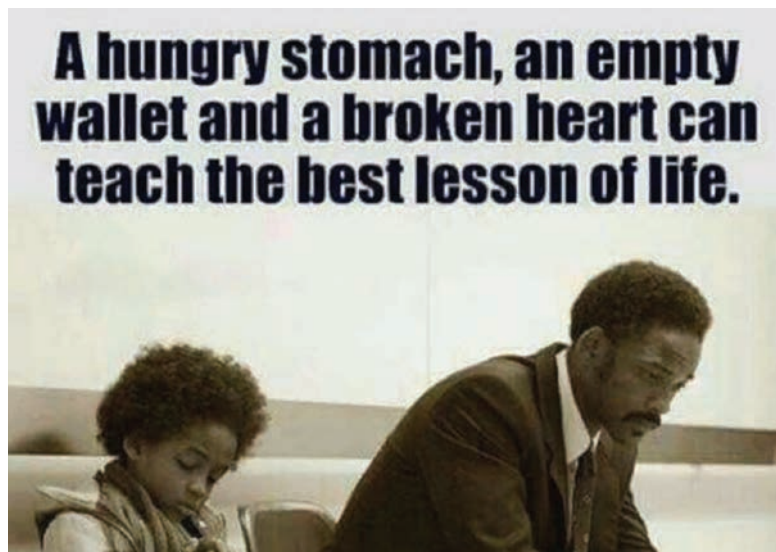
The movie takes place in San Francisco during the year of 1981. Chris, a struggling sales man, tries to support his family, but he hasn't got any success

in his career since he started his job. He tries new things to make money but it always ends up badly. Then his wife finally decides to leave home with their son to work in New York. But Chris doesn't let her take his son away. But meanwhile Chris loses his rental house because he cannot afford to pay the rent and Chris and his son starts looking for a place to stay in. Chris hasn't





got enough money to stay in any place asking for money so every evening they try to find a church that offers bed and bathroom for people in need. One day while Chris walks down the street, he saw a man getting out of an expensive car. Chris asks him how he earns so much money to be able to drive a car like that. The man tells Chris that he is a stockbroker and works for Dean Witten Company. At that moment Chris decides to be a stockbroker and hopes for a good future for his son and himself.



Does Chris and his son make it after being broke and sleeping wherever they find? I cannot tell you that but I'm sure this movie will definitely worth to watch. So, sit back and enjoy two hours of heartwarming emotional movie.



Will Smith is the producer of this movie, which did not surprise me since he has produced many of his own movies. The thing that I found interesting was the way he added his own son into the story. I think the decision of acting alongside with his son was a very successful and a good idea, because they were so natural together. There is one

scene in the movie where Chris makes up an imaginary game with his son to hide the reality of sleeping in a subway bathroom while they were struggling to find a place to spend the night. This heartbreaking scene was an excellent example of the acting talents of Will Smith, because it truly made me feel sad.

effects, and nonstop comedy that will keep you laughing all night, still it will make you feel happy, sad and then happy again.

Although the movie doesn't have fast paced actions, special

Finally, I would rate this movie with four stars. If I was a big drama fan, I would probably rate it five. If you want to spend some good time by watching a film at home together with your family "The Pursuit of Happyness" can be great choice.

2019 IS THE PROFESSOR FUAT SEZGIN YEAR

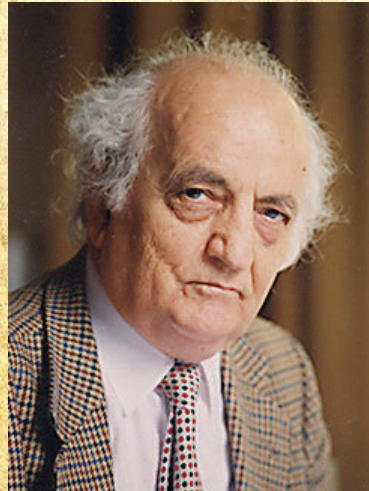
Turkey declared 2019 as the year of Fuat Sezgin, a world-renowned late Turkish historian, under a circular published in the Official Newspaper.

PREPARED BY: ELIF ÇELİK - 10/H



Prof. Dr. Fuat Sezgin was born in Bitlis on 24 October 1924. He graduated from the middle and high schools in Erzurum and then came to Istanbul to study mathematics and become an engineer according to his first plan. On the advice of a relative, Sezgin attended a seminar in the Institute for the Oriental Studies at Istanbul University that was given by the German orientalist Hellmut Ritter, who was one of the most renowned specialists in his field. This caused Fuat Sezgin to change his plans radically. Under the influence of what Hellmut Ritter talked about, the following day Fuat Sezgin went to the Institute

to enroll on the courses. Neither the expired deadline for enrollment on the courses nor Hellmut Ritter's warnings regarding the difficulties of the field dissuaded him the decision.



In 1947, after Sezgin finished his thesis about the development of the science of al-Badii, under the supervision of Hellmut Ritter, he prepared a second thesis regarding the philological exegesis in Abu Ubayda Ma'mar ibn al-Musanna's Majaz al-Qur'an. While Fuat Sezgin was working on the Majaz al-Qur'an for his doctoral thesis, he noticed that some places in Majaz al-Qur'an were also found in the hadith book by al-Bukhari. Al-Bukhari's use of written sources proved that the claims of the previous academics regarding hadith scholars just using oral traditions were wrong. Fuat Sezgin published in 1956 his



dissertation titled "Studies in the Written Sources of al-Bukhari".

In 1965, he wrote his second doctoral dissertation on Jabir ibn Hayyan in the Institut für Geschichte der Naturwissenschaften at Frankfurt University and one year later received the title of professor.

In the same year he married to Ursula Sezgin, who is an orientalist like him. In 1970, their daughter Hilal was born. In 1967, he published the first volume of *Geschichte des Arabischen Schrifttums* which, the beginning of the history of science until today, is the most comprehensive book in its field. At that time he was writing the 18th volume of his multi-volume

book. Some subjects in different volumes of this comprehensive book are as follows: Qur'anic Sciences, sciences of hadith, history, Islamic law, dogmatics, sufism, poetry, medicine, pharmacology, zoology, veterinary, alchemy, astrology, meteorology and relevant topics, grammar, mathematical geography and cartography in Islam.

A committee consisting of more than 10 academics interested in the improvement of *Geschichte der Arabischen Literatur* by Carl Brockelmann understood the importance of GAS and, by deciding to transfer the improvement of GAL to Fuat Sezgin, it abolished itself. In the same year, when Fuat Sezgin sent a copy of the first volume

to learn his teacher's opinions a specialist's perspective, the experienced orientalist celebrated Fuat Sezgin by saying "no-one has ever written such a work before and will never write in the future."

In 1978, Fuat Sezgin received the King Faysal International Prize for Islamic Studies. When this award was presented to him, he used it to found the Institut für Geschichte der Arabisch-Islamischen Wissenschaften, affiliated to Goethe University in Frankfurt, and he was the head of the institute. The German physicist Eilhard Wiedemann, wishing to introduce the scientific instruments in Islam to people as models extracted the books, started to make the models of

these scientific instruments in 1900. In nearly 30 years of his life was able to make models of five instruments until 1928. Prof. Dr. Fuat Sezgin started to work wondering "Can I make 30 instruments? Can I fill a room, even though not a museum?" In fact he had been able to make over 800 instruments at the Museum of History of Islamic Science he founded in Frankfurt. At the museum, 800 specimens of the inventions and instruments of Muslim scientists- based on the written sources which were made by Fuat Sezgin- were exhibited. In the same building there exists the History of Sciences

Library of 45.000 books which he founded, carefully chosen and in spite of all difficulties. This library, which contains some books that are unique copies, is a reference library. In 2008, a second museum, containing nearly 700 objects, was founded by the extraordinary efforts of Fuat Sezgin. All these objects were gained as a gift to Fuat Sezgin and are displayed in the building inside Gülhane Park. These museums present comprehensively the inventions and discoveries which are Muslim scientist's gift to humanity, the evolution of the history of

science in its different disciplines, and innovations in their field. The objects are exhibited attractively and in a systematic order, and they cover the fields of astronomy, geography, navigation, timekeeping, geometry, optics, medicine, chemistry, mineralogy, physics, architecture, instruments and military technology. They show the great inventions and discoveries of the Islamic sciences and present to the visitors the fact that those inventions and discoveries in different ways reached Europe and were received and assimilated there. Thus in realistic and objective



ways, far away the feelings and prejudices, the museum demonstrates that the history of sciences is a unified whole.

Prof. Dr. Fuat Sezgin wrote a five-volume work of 1.121 pages entitled Science and Technology in Islam which introduces the instruments in these museums. Such a comprehensive work, could be written for the first time and was translated into four languages; Turkish, English, German and French.

In 2010, The Prof. Dr. Fuat Sezgin Research Foundation for History of Science in Islam was established with the aim of supporting the activities of the Istanbul Museum for the History of Science and Technology in Islam and The Prof. Dr. Fuat Sezgin Institute for the History of Islamic Science affiliated to the Fatih Sultan Mehmet Vakif University. The Prof. Dr. Fuat

Sezgin Research Foundation for the History of Islamic Science gives a scholarship of 1.000 TL. per month to the undergraduate students and as well as 1.400 TL. per month to the master of arts students at the Institute. The revenue achieved through the sales of Fuat Sezgin's books published by the foundation is assigned to the student scholarships.

Prof. Dr. Fuat Sezgin, who is a member of a variety of international academies, was considered worthy a number of important awards and medals. Some of these are The Academy of the Arabic Language in Cairo, The Academy of the Arabic Language in Damascus, The Academy of the Kingdom of Morocco, The Academy of the Arabic Language in Baghdad and honorary membership in The Turkish Academy of Sciences. He has the Goethe Plaque

of the City of Frankfurt, the Great Medal for Distinguished Service of the Federal Republic of Germany, The Iranian Book Award for the Islamic Sciences, The Hessian Cultural Prize, and The Presidency of the Republic of Turkey Great Award for Culture and Art. Atatürk University, Süleyman Demirel University, Erciyes University and Istanbul University have given honorary doctorates to Prof. Dr. Fuat Sezgin.

The Istanbul Museum for the History of Science and Technology in Islam, founded under the direction of Prof. Dr. Fuat Sezgin, with the status of an institution, was chosen for the 2016 Ministry of Culture and Tourism Special Award due to high-grade objects and original activities.

He died on 30 June 2018.

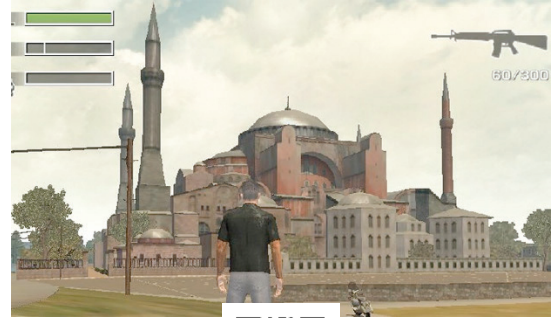


ISLAMOPHOBIA IN VIDEO GAMES

Islamophobia is the fear, hatred of, or prejudice against the Islam or Muslims generally. Today it is a big problem in every part of the world, but we will talk about Islamophobia especially in video games. We will give six examples of it;

DRIV3R 3 [2004/Ubisoft]

In 2004 all gamers were really excited about this game because Driver was a good game series in 2000s but we will talk about DRIV3R . DRIV3R 's story takes places in 3 different cities. Miami , Nice and Istanbul . Istanbul is a beautiful city in DRIV3R and there are beautiful mosques. But there is something wrong with the Azan. You can hear the Azan in one scene but it's not the real Azan. They used some arabic words and showed it like the Azan in our religion.



DEVIL MAY CRY 3[2005/CapCom]

Devil May Cry is a popular video game series .It's a kind of science fiction game. The game has a lot of missions. But we will talk about 3rd mission in DMC3. There is a big door which opens to the Devil's Tower. The door of the devil is a big door and it is like Kaaba's door.

SERIOUS SAM [2001/CRO Team]

Serious Sam is accepted as a good action game. But like other games we mentioned, this one has adverse publicity about Muslims ,too. I think it is one of the biggest islamophobic game ever because the problem isn't a scene or a place . The problem is the game. The enemies spawn in Hz. Ali's tomb and the mission is destroying this tomb. It is a very irreverent game for all Muslims.



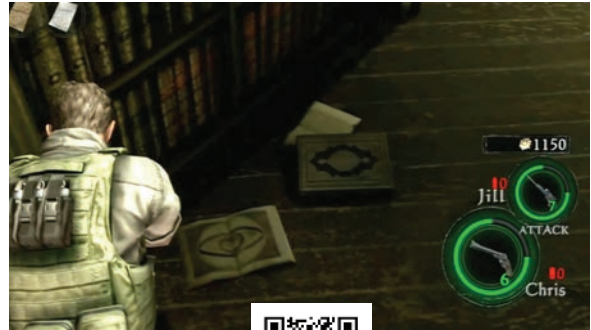


CALL OF DUTY 2 (2004/Activision)

This is the second game of Call Of Duty series. This game is very thrilling for gamers because it's about World War II. But there is something wrong in game. There is a mission in El Daba in Egypt and it is called "The end of the beginning". When we enter the city we can see a mosque's minaret. Then a combat plane flies down, bombs the minaret and flies away. Like all the other parts, this one is also really disturbing for us.

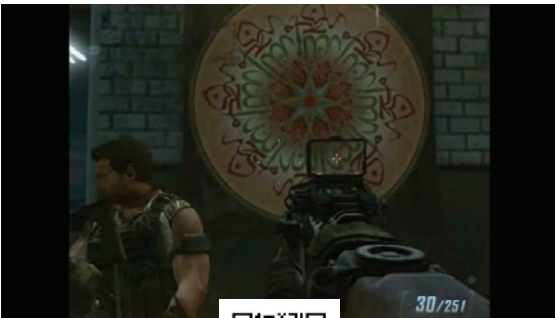
RESIDENT EVIL 5 (2009/CapCom)

If you like zombies, you can play this game but sometimes you need to look closer to see the real message. In one of the stages in the game, you're in a library. When you look at the bookcase, all of the books are on the shelves except one. One book is on the floor. Guess what?! The holy book of Muslims, The Holy Qur'an is on the floor. Is it a mistake? I don't think so. Somebody did it on purpose.



CALL OF DUTY BLACK OPS 2 (2012/ACTIVISION)

There are lots of small details about islamophobia in games. But this game is a bit different. Because it is not just a small detail. The problem is the game. In this game Muslims are using their technology to fight a battle against the world and there are lots of "ALLAH" and "MUHAMMED" phrases in Arabic in the game. Also this game was banned in Pakistan and Afghanistan because people in those countries were shown as terrorists.



What to do when you see an Islamophobic scene in a game

Playing video games is one of the most popular things among teenagers in these days. If you see an Islamophobic game please take a screenshot or a clip or write a feedback and send it to Ministry of National Education Youth and Sports website. They are trying to find Islamophobia in games. You can learn a lot of things about Islamophobia in their website. Website's adress is here: <http://www.oyunlardaislamofobi.com>





JUJUBE / HÜNNAP

PREPARED BY: CANAN AKARSU - ELT TEACHER

What is Jujube?

It is a delicious fruit that belongs to the Buckthorn and Rhamnaceae family and is also referred to as Ziziphus. Jujube contains a slew of impressive nutrients, vitamins and minerals, all of which are required for health growth and development. It is largely produced by the China and is native to Southern Asia. Plus it was used to create herbal medication in ancient times.

Although you may have only seen red jujube, the fact is this fruit comes in a variety of colors such as brown and purplish black and is similar to dates in size. If you have ever tasted this fruit you may have noticed that the flesh of the fruit tastes just like an apple.

Amazing Health Benefits of Jujube

1. Treats Sleeplessness

The seed found in jujube is considered as an essential nutrient for treating sleeplessness and those suffering from insomnia. The high concentration of organ content in jujube helps you to feel relaxed and comfortable. It also calms the nervous system as it contains flavonoids, polysaccharides and saponins.

2. Helps Treat Bone illnesses

With the passage of time your bones become weak and including jujube in your diet can help you to stay away from bone diseases such as osteoporosis. As it contains rich amounts of calcium, minerals, phosphorous and iron, eating the fruit daily can help steer your clear of a lot of bone related health complications.

3. Good for Eliminating Anxiety and Stress

People who suffer from anxiety and long term stress are recommended to consume the fruit raw or in juice form. The fruit contains a good amount of anxiolytics, which help soothe the body and are known positively impact your hormonal levels, preventing the body from the effect of stress hormones such as cortisol.



4. Anti Cancer Effect

The presence of bioactive compounds in jujube prevents your body from falling prey to free radical cell development, which cause symptoms associated with cancer. The antioxidant property of jujube makes it effective in combating cancer and other heart diseases.

Apart from medical intervention, you can combat cancerous cells with jujube tea as it carries plant glucosides and saponins, which have the ability to kill cancerous cells by disrupting all cell membranes. It essential combats the bad cells in your body, eliminating tumor growth.

5. Promotes Healthy Digestion

According to a scientific research, consuming 40 milligrams of jujube in a day prevents your intestinal mucosa from harmful compounds such as ammonia. And it also helps to excrete toxic substances that accumulate in your body thanks to contaminated food. It also improves your gastrointestinal health.

6. Maintain Adequate Blood Pressure

Jujube is a rich source of potassium, which is required for maintaining your blood pressure. It relaxes your blood vessels and regulates blood flow preventing you falling prey to hypertension. You can add jujube in your diet, which fulfill the 15% daily recommended dose of potassium.



7. Powers the Immune System

The main cause of chronic illnesses and acute illnesses is due to the presence of free radicals and toxic substances in the body. But thanks to the antioxidant properties of jujube, your body can stay clean and free radical cell-free. Also, the presence of Vitamin C in jujube regulates the production of neutrophils, which is responsible to protect your immune system.

8. Controls Obesity

Jujube provides fiber and protein to the body with a low calorific value. And you are well aware of the fact that a low amount of calories prevents the body from fat accumulation in arteries and reduces cholesterol levels. If you want to lose excess weight than try jujube with other hydrated vegetables in your regular diet.



Apart from the listed benefits, jujube helps exert harmful impact on people suffering from diabetes as it contains plenty of complex carbohydrates – which in turn can increase the total that raise the blood sugar level. It is advised you to consult your physician before adding it in your diet to ensure it is safe for you to consume.

9. Good for Skin

You can use it as home remedy to treat skin inflammation and skin irritation such as eczema, acne and psoriasis. A part from its topical application you can also consume it to guard your skin from pimples, wrinkles, pigmentation and spots. It also promotes blood circulation and provides oxygenated blood to the skin.

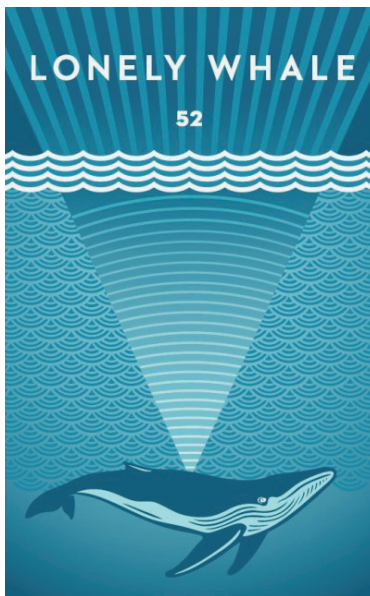
10. Treats Respiratory Infections

Medicinal science has proven it as natural treatment for respiratory illnesses. The abundance of Potassium, Vitamin A and Vitamin C makes it effective fruit to improve immunity. Consuming jujube tea with ginger and licorice helps treat the common cold, flu, coughs and soothes rough and achy throat.



WHALE 52

PREPARED BY: AYSEL İLHAN - 10/L



This whale isn't belong to a tribe, hasn't got neither a family nor an equal. Although voices of whales are normally between 12-25 hertz. This whale's voice is 52 hertz. So other whales can't hear its voice.

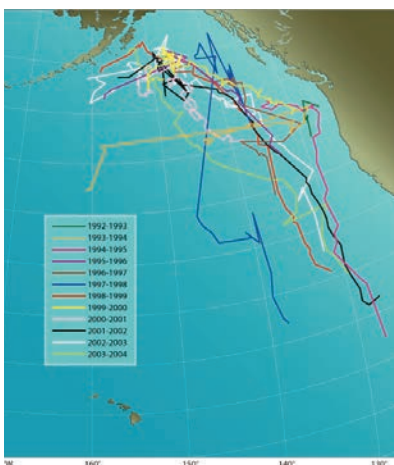
In 1989, an unfamiliar sound was heard in the Pasific Ocean. The United States has placed special microphones in the ocean floor at various locations in the ocean. The voices of the depths of the ocean, had been listened; especially the voices of the whales. This voice, which was heard in 1989, was detected in this way. But the man who recorded the whales voice; realized the difference this time. This difference was confirmed when the technical measures were subsequently checked again. The frequency of sound was 52 hertz. But whales voices are usually between 12-25 hertz. Scientists gave the



name "52 Blue" because of the frequency of the voice.

Researchers have published a scientific report since they watched it from such distance for exactly 12 years. The report also says "We could not hear any other calls with similar characteristics. Only one sound at a time, a call at 52 hertz. There has never been any call of an answer that with its." A whale alone in the spectacular ocean. And no one can hear the voices that its sound.

Actually it is a unique whale but this unique property of it gives the reputation of "the loneliest whale of the world".



KONYA CUISINE

PREPARED BY: NEFİSE BETÜL TOPAL - 10/F

Konya cuisine is a wonderful formation that comes from the Seljukian palaces to the present. Konya cuisine, one of the roots of Classical Turkish Cuisine, has various local delicacies. Mevlevi tradition has shaped this cuisine because the kitchen was the most important part of the Mevlevi convents.

This cuisine which has a very rich food culture is mainly dominated by pastries and the dishes that are cooked with lamb and sheep meat. Pita with minced meat and Turkish kebab in brick oven are at the top of the list of classical dishes. Except from these, okra

soup, chicken soup with paste, mevlana pate and from the desserts, hosmerim dessert and sacarası dessert are some of the popular flavors. The traditional Konya cuisine is divided between invitation dishes, homemade flavors and bazaar dishes.

Konya cuisine has spread all around Turkey, you can taste at least one dish from this cuisine in any city. This cuisine reflects the palate of Turkish people. I guarantee that after reading this article you will be craving for it.



Pita With Minced Meat

Pita with minced meat is the most popular among the others. Bıçakarası, also called Satırarası too, is also one of famous species of Pita with minced meat.

Pita with minced meat is a dish which is identified with Konya. You can eat it everywhere, but you cannot find that delicious

taste like in Konya. This dish which is prepared by adding the minced meat, tomato, onion and pepper on top of a very thin dough, gives people a fantastic gusto. And of course, a glass of 'ayran' goes perfectly with it. Even though it may remind you lahmacun, they are definitely never and ever the same.

Turkish Kebab in Brick Oven

Turkish kebab in brick oven is a wonderful flavor, which is cooked by putting roasted lamb or sheep meat to the top of a hot 'pide'. And it is served with grilled tomatoes and peppers. In Mevlana's writings it is mentioned about kilns that were used to cook kebab.



The tactic is easy: the more meat you add tastier it gets. The way of cooking Turkish kebab in brick oven varies from the meat that is added, to the kilns which is used to cook it. So, even if you are in Konya, you should choose a special place to eat it.



Tirit (boiled minced meat sauce poured on diced stale bread)

Tirit is an important and popular dish in Konya like in other Anatolian cities. This dish is one of the favourite dishes served in weddings and special invitations.

Okra Soup

It is the most popular dish in Konya. It is a must-served soup in weddings and special invitations. Okra Soup; since it is a sour soup it is served as an appetizer to prepare the guests' stomach for the main course. Its main flavor comes from the dried okra and small chopped beef meat with lemon juice.



Chicken Soup with Paste

It is a spicy and hot chicken soup. In general, it is prepared with a whole chicken cooked in a pot. The most important ingredient is its dough. The water is boiled with salt and then added the flour, and it is mixed until it becomes custard, then it is poured to a tray and left it to rest for a while. It is as satisfying as a main dish.

Hosmerim Dessert

Hosmerim dessert is cooked in different ways in different cities but it is cooked like a traditional 'halvah' in Konya. This traditional dessert is prepared by cream, milk, sugar and special type of flour. It can also be served with honey instead of sugar.



Sacarası Dessert

A very special and light dessert which is prepared especially for weddings, in Konya. The sprinkled pistachio between the specially prepared phyllo doughs makes it more delicious. It can be served with cream or ice cream. In old times this dessert was cooked between the two sheets of metal. And its name comes from those times. Nowadays, this method is not used too much. It's cooked in the modern ovens and served.

Mevlana Pate

Mevlana pate is one of the main flavors for breakfast and afternoon snack. It is prepared by putting onions, minced meat and parsley in a triangular 'yufka'. Mevlana pate is a very soft, a fantastic flavor. Mevlana pate is served with tea.





A seminar on "Puberty Time Problems and Communication" for the parents

A seminar on "Puberty Time Problems and Communication" was given to parents by Kadriye IŞIKLAR PÜRÇEK on February 19, 2019. Thank you for your participation.



OUR STUDENTS CONTINUE TO EXCEL ATHLETICALLY WITH NEW SUCCESSES

One of our students, Musa GÜNER, has won the third place/position in male Judo contest on February 12, 2019, in the city of Ankara in the 2018-19 education year, and get the chance to attend regional contest in the city of Isparta.



FUAT SEZGİN PANELBOARD

Our students prepared panelboard due to the 2019 Fuat Sezgin Islam Science History Year.

Fuat Sezgin is granted numerous important awards such as Turkish Presidency Culture and Art Great Award. He speaks 27 languages, has many publications that were translated into a variety of different languages, and

has a worldwide popularity with his studies in Islam Science History. Further, he was a role model scientist with his life and professional discipline. The panelboard, where Fuat Sezgin's photographs, books, sayings, rewards, and writings about him took place, was displayed in A and B block entrances.



OUR HELP AND SUPPORT TO YEMEN ARE INCREASING EVERY DAY

The fundraising project titled, "BE THE HOPE FOR THE YEMENI OPPRESSED/SUFFERED", is getting more attention, and contribution by the students is increasing incrementally. We submitted the cash contributions to the IHH Ankara department two times already, and delivered a third one on February 15, 2019. With this last delivery amount of 11.538, it will be 28.371 Turkish Liras in total. We are grateful to the teachers, parents, and students who contributed for this cause.



SEMINAR BY TURKISH NATIONAL POLICE (EGM) ON FIGHTING AGAINST TERRORISM

Turkish National Police officials shared knowledge with the 10thgraders about the activities, recruitment, and risks of terrorism. We thank Turkish National Police for this support.



THE ROAD TO GOOD MORALS (ETHICS)

Educator and writer Semiha Bahadır spoke about "Trip to Moral Beauty". Ufka Yolculuk Ankara City Coordinator Ahmet Gürbüz provided information about the contest. We thank them for their participation.



THE LEGACY OF OUR PRINCIPAL M.F. ZENGİN

"NAME OF THE PLEASANT SERVICE: MUHAMMET FATİH ZENGİN"

From the day he took up the flag of Tevfik İleri Anatolian Imam Hatip High School, our director went out of his way to start a new mission with the pride of succeeding in carrying our school to a different future until the day he passed the flag. We wish him a great success.



ANOTHER SUCCESS IN ATHLETICS

In the 4th World Taekwondo Presidential Cup, held in Antalya, Ankara Central Imam Hatip High School Youth and Sports Club athlete Nisanur Alkan has been the champion in 59 kg Star Women. Nisanur has been granted the right of direct participation in the European Taekwondo Championship. We congratulate her. Tevfik İleri Anatolian Imam Hatip High School, which has the responsibility of bringing its students to the highest level and providing them all the opportunities according to their ability while preparing their students for the future, is a school that always tries to be the best with its administrators and qualified teachers.



THE INAUGURAL MESSAGE OF OUR NEW PRINCIPAL KADİR ÇIRAKOĞLU

Our school, with its 68-year long history, leads the students to the future by making them feel the responsibility of being a student of İmam Hatip Highschool.

On January 21, 2019, we took over the job from our esteemed director Muhammet Fatih Zengin, who has been with us for four years. My colleagues in the administration and I took

over the task of services that has been done with courage and sincerity so far, to move forward.

I am well aware of this heavy responsibility of this task and determined to work with it.

The burden on our shoulders has pros as well as cons (difficulties). Your prayers will be the greatest support in overcoming these challenges. I believe that we will achieve many more successes with the help of my students, the vast experience of my teachers and the support of the parents.



THE WORKSHOP ON 2023 EDUCATION VISION WAS HELD IN OUR SCHOOL

Ankara Governor Vasip Şahin, Deputy Governor Ali Sözen, City Director of National Education Turan Akpınar, Municipal Governor Selda Dural, district governors and school principals participated in the workshop, organized in our school within the scope of 2019-2023 education vision. They got briefing from M. Fatih Zengin, about the school and met with the students, as well.



THE FLAG CHANGE / HANDOVER AT THE TIAIH HIGH SCHOOL

Our school principal, Muhammed Fatih Zengin, who passed on the flag he took over four years ago to Kadir Çırakoğlu today, made a farewell speech to our school teachers.

In his speech, he said that he felt the same emotions today as he felt during his very first day at school, and that each teacher made an extraordinary endeavor during his tenure.

In addition, Muhammad Fatih who also asked for forgiveness (helalleşme), said his heart will always be with Tevfik İleri Anatolian Imam Hatip High School.

He also added that Mr. Kadir Çırakoğlu, who would take over the flag after him, would continue his mission in the best way. After his speech, some flowers were presented by the mathematics teachers Ahmet Özdemir and Yeşim Özdemir. We are grateful to our esteemed principal, Muhammed Fatih Zengin, for all the efforts and services he did for our school.



OUR FEMALE 11TH AND 12TH GRADERS WERE SENT TO THE CITY OF SAMSUN

Our male 11th and 12th graders were sent to the City of Mersin

One of the activities of our school was sending approximately 157 students and 25 teachers to "INTERSESSION UNIVERSITY PREPARATION CAMP" between the dates of 12-18 January in the frame of preparing students for

university entry exam. We would like to thank our teachers and administrators who participated in the camp and wish success to our students. We would like to thank to the president of the Association of the Parent-Teacher, Fatih Ünal, and its members, and Alumni Association (MİHVAK) President Sinan Aksu and its members for their support in preparing this program.



THE HOLY LANDS

We organized travel for the students, who were successful in national and international levels and the ones who reached the goal in memorizing Koran (hafızlık), to Umrah (a type of pilgrimage to Macca and Medina) program as a reward. This year, we held the Umrah program for the third time, and teachers as well as parents attended along with the students. The number in that program is increasing every year. We would like to thank the president of the

Association of the Parent-Teacher, Fatih Ünal, and its members, and Alumni Association (MİHVAK) President Sinan Aksu and its members for their support in preparing this program.



IN THE PRESENCE OF OUR ANCESTORS IN ÇANAKKALE

With the intention of contributing to our students' consciousness within the framework of national and spiritual values, we organized trips, two buses between the dates of 12-14 January and two buses between the dates of 14-16 January, for 180 students, teachers and administrators to Çanakkale to show respect to our ancestors.



SEMINARS ON "EFFICIENT STUDYING, LEARNING STYLES AND TEST SOLVING TECHNIQUES"

Our School Guidance Counselors gave our students seminars on "Efficient Studying, Learning Styles and Test Solving Techniques" separately according to their grade levels.

It was observed that these seminars were quite beneficial in terms of using their time effectively, gaining working habits and motivation. We thank the guiding services' teachers for their work.



A SEMINAR ON "THE USE OF SAFE INTERNET AND CONSCIOUS SOCIAL MEDIA"

A seminar on "The Use of Safe Internet and Conscious Social Media" was given to parents on December 18, 2018 within the scope of Project of 'Home Closer to School'.

The presentation of the seminar was made by the experts from Community Oriented Policing Department of the Ankara City Police Department. In particular, we would like to express our gratitude to the lieutenants and police officers who conducted the seminar.



CONTESTS OF DEBATES/DISCUSSIONS IN ENGLISH

As a result, six teams out of 12 teams where 36 students in total participated in the school-wide English debate contests, made it to the semi-finals. We would like to thank the participating students and wish success to the finalists.



SEMINAR ON HIGHLY TALENTED/SKILLED STUDENTS

A seminar on the "Approach to Highly Skilled Students and Effective Communication Skills" was given to our students by the Psychological Counselor, Mürşid Ekmel AYBEK. We would like to thank this esteemed teacher for his visit and invaluable contributions.



VICE MINISTER OF NATIONAL EDUCATION, MR. İBRAHİM ER, VISITED OUR SCHOOL

Vice Minister of National Education Mr. İbrahim Er visited our school on Thursday, December 21, 2018. He got briefing from our administrators about the school. He visited our classes and met with our students, as well. We would like to thank Vice Minister Mr. İbrahim Er for his visit.



SPEECH/SEMINAR BY THE MINISTER OF NATIONAL EDUCATION

Our Minister of National Education, Mr. Ziya SELÇUK, made a pleasant, sincere, and touching speech to our teachers and parents in the conference hall about "Building the Future with Education". This speech was made possible with the support of MİHVAK president, Mr. Sinan AKSU, and our foundation. We would like to thank all the participants, education administrators, teachers and parents.



BÜYÜK BAŞARI! 6 PROJEMİZ BÖLGE FİNALİNE KALDI

SIX OF OUR PROJECTS WERE SELECTED TO GO REGIONAL FINALS IN TÜBİTAK 2204 HIGH SCHOOL RESEARCH PROJECT CONTEST

Our six projects were selected to go regional finals in TÜBİTAK 2204 High School Research Project Contest. We congratulate the students and their guiding teachers and wish them success.

In the regional finals, we participated in the TÜBİTAK 2204 High School Students Research Projects Competition, which was held for the 50th time this year, with six projects. In the regional contest, two projects got the first rank/place, and two others got the third rank/place. We congratulate the teachers that contributed to and the students who conducted the projects, and wish them success in Turkey national finals.

Regional Successes/Prizes

- Regional First Prize/Place - Nusret Atif Göbütoğlu, Supervisor / Adviser Duygu Hakimoğlu (Mathematics)
- Regional First Prize/Place - Talha Kuran, Supervisor / Adviser Murat Fıtil (Geography)
- Third Place for Documents - Emre Kubilay and Çetin Eren Karıslı, Supervisor Sabahat Şen Şahin (Geography)
- Third Prize for Documents - Ayşe Demir, Supervisor / Adviser Ayşe Tarlacı (History)

HISTORY OF NEY

PREPARED BY: ALPER BİDAK - 9/B

THE NEY'S PLACE IN RELIGIOUS MUSIC

Ney gives holiness and is described as a whole. The Mevlevi kind is the most perfect of these reed instruments, they call it nay-i sharif. The history of the Ney goes until the Hz. Muhammad's time. According to the documents, the Hz. Muhammed (p.b.u.h) tells Hz. Ali a secret while they were chatting and Ali tells this secret to an empty well. Then the water from the well begins to emerge and reeds squirt around it. Then a shepherd cuts one of the reed and starts to pierce and blow in certain places. That sounds great. Our Prophet Muhammad hears the voice and from there, The Ney becomes an interpreter of the divine love.

MYSTICISM OF THE NEY

The story of ney as Sufism is as follows;

Ney was once in a reed zone with its fellows. They cut it off from there, for ripen it up, put it in a pile of fertilizer to empty it. Ney, remains in a dark and dirty place, shows patience. In the end it becomes hollow, its color becomes bright yellow. They get it out, drill holes on it.

When it is blown from mouth part, it starts with a sound that deeply affects you in the hearts. The seven holes on Ney actually



represent seven holes in the human head, such as the eye, ear, nose and mouth.

NEY'S FABRICATION

There are 22 types of ney, including basic, "mağbeyn" and "nisfiye". According to its pitch, each type of ney takes a different name, such as "kız", "mansur" and "süpürde". The Turkish ney has three main parts:

- 1-) Kamış (Cane)
- 2-) Parazvane
- 3-) Başpare

Ney is made from a kind of solid cane that grows in hot climate and wetland. The most suitable cane is grown in the Mediterranean region, in particular Samandağ (Hatay). Cane is harvested in October-December. Then the outer surface of the cane is peeled and left to dry. As newly harvested cane is green and wet, it should be left in the sun

until it becomes dry. If there is curvature in the reed, firstly it must be straightened. The most beautiful method of this is traditionally straighten it on the knees. The cane is primarily wetted or lubricated. It is then heated by turning it over the fire and trying to straighten it by pressing lightly on the inside of it. After the smoothing is completed, the inner part of the cane is cleaned by using a long rasp up to its sound box. Then the sound box is opened with a short rasp. The cane is cut at the necessary parts to adjust the pitch. The pitch's location is determined and drilled. The ney's pitch and intonation is controlled by the diaphragm. To avoid cracking, the metal ring (parazvane) is fixed on the cane. Finally, the mouthpiece (başpare) is fixed. Though the başpare is usually made of buffalo horn, today it can also be made of plastic.

PATH TO QUR'AN

Human, the most significant intellectual entity was created by Allah. The first and most important quality for being an exceptional human is being competent. Therefore, being educated and literate is the most logical way to it. First verses of Holy Quran are from the sura al-Alaq which can be translated :

- 1) Read, in the Name of your Lord who created,
- 2) Created man from a clinging clot.
- 3) Read: Your Lord is the Most Bountiful.
- 4) Who thought by the pen.
- 5) Thought man what he did not know.



These verses have been implemented by human beings since they were recited by the angel Gabriel to Muhammed the prophet. There are two main ways of preserving Quran. First one is by hand writing. Second one is by memorizing which is also one of the most valued devotion to Islam.

The person who memorized the whole suras and verses of Qur'an is called "Hafiz or Hafize" respectively for male or female, which means "memorizer" or "guardian".

After these steps a person starts memorizing all Qur'an. While memorizing in Turkey we

use the Ottoman style. Qur'an consists of 30 parts and in each part there are 20 pages. In this method Qur'an is memorized by studying the last pages of each 30 parts. By this way, the person who finishes the first round has 30 pages of memorization. It takes 20 rounds the complete memorization.

There is another method used in Arab countries. They generally memorize Qur'an from the first page to last one. This whole process generally takes from six months to two years.

Memorizing Qur'an is an ageless process. Any person can take this valuable path, regardless of their gender or age as long as they set their minds to do so.

Today all around the world thousands of people have memorized or are still memorizing Qur'an. May Allah help all people who are passengers of all paths of Quran. Inshallah Qur'an will continue to enlighten all humanity as an endless magnificent source of life.

There are some stages of preparation before memorizing the Holy Qur'an. Learning the letters of Qur'an

1. Learning tajweed
2. Learning how to pronounce letters correctly
3. Reading Qur'an nicely and smoothly
4. Memorizing short surahs
5. Trying to memorize some pages in Qur'an.

HISTORY OF CHOCOLATE

PREPARED BY: BERİL AŞCI - 10/K BETÜL KILIÇ - 10/K

Chocolate is the most popular sweet treat in the world. People around the world consume more than 3 million tons of cocoa beans a year, according to the World Cocoa Foundation. And, not only does eating chocolate make you feel good, it may also be good for your heart and your brain.

What is Chocolate?

Chocolate is prepared from the fruit of the *Theobroma cacao*, a tropical tree whose name means "food of the gods" in Greek, according to "Chocolate: Food of the Gods," an online exhibit by the Cornell University Library.

Theobroma cacao trees are native to the Amazon and Orinoco river basins in South America. The trees are widely distributed from southeastern Mexico to the Amazon River. They thrive in hot, humid areas within about 20 degrees of the equator, according to Cornell. As the popularity of chocolate spread, growers established plantations in other regions, such as West Africa and South and Southeast Asia. Today, Ghana, Côte d'Ivoire, Nigeria, Indonesia and Brazil account for 79 percent of the world's cacao production.

Cacao trees bear fruit that are about the same size and shape of a papaya, according to Patric Chocolate. These bumpy, lumpy berries, or pods, are full of up to 50 sour seeds, or beans, covered in white pulp.



Cacao seeds are harvested by hand because machines could injure the trees, according to Cornell. Workers remove the pods, which are orange when they are ripe, and open them with a machete. The seeds are placed in large fermentation trays that are stacked and covered in banana leaves, where they are left for two to seven days. Fermentation produces the chocolate flavor and aroma. It also destroys the seed's embryo, preventing unwanted germination, and causes the white pulp to fall away from the seeds.

After fermenting, the beans dry out on sunny platforms. Workers

turn them several times a day for three to five days to complete drying. The beans can dry faster in rotary driers but sun-dried beans taste the best.

Next, the beans are taken to the chocolate factory, where they are cleaned and debris is removed. The beans are roasted in large, rotating ovens. The roasting draws out flavor and removes the beans from their hulls. Roasted beans go into a winnowing machine, which cracks the beans and removes hulls. The remaining part of the bean is called the nib. Nibs become chocolate.

WHO IS RACHEL

CORRIE?

PREPARED BY: BÜŞRA KELEŞ - 10/F

The Israeli-Palestinian conflict is something that we are all familiar with. Since 1947, Israel, which is an occupying force, has carried out invasive and oppressive policies against Palestine and many conscientious people all around the world has stood up against this cruelty.



Rachel Corrie was one of them. Rachel Corrie was a university student and an activist from the U.S.A. who came to Gaza in 2003 for a school project. She joined the protests in Gaza Strip and supported Palestinians when there was a chaotic atmosphere.

Once, in one of the protests that was reflected in the press, Corrie

shattered the U.S.A flag, even though she was its citizen. She joined the protests to criticize the Israel policies of her country.

The second month after she arrived in Gaza, she went to city of Rafah and continued her actions there. One day, she stood in front of the bulldozers that were there to ransack the

local people's houses illegally and warned them to retreat.

The bulldozer, under the control of the Israeli forces, ignored this call and drove the vehicle over the young activist's body. Corrie died there after the incident because of the heavy damage in her skull and ribs. Despite the first attempts of her friends





to save Rachel, she could not survive.

Israeli officials claimed that what happened was an "accident" and the bulldozer driver had not seen Corrie. Corrie's friends who were there and witnessed everything said that the bulldozer was consciously cast on her. But the court rejected all cases filed by the Corrie family.

Rachel Corrie, with her life and death, has become a symbol for Palestinians and for citizens of the World who support the Palestinian rights.

WHAT CAN WE LEARN FROM THIS?

If there is an unfairness and cruelty in the World, it is the duty of all human beings to resist to it. No one has right to escape or turn blind eye to it.

But unfortunately, the whole world except some few people don't even care. It's like we are playing the "three monkeys"; we don't see, we don't hear and we don't know!

Rachel Corrie was one of those people in the World who we know or don't know. She is one of those who did not accept to stay quiet. She did not pretend like nothing happened. She chose to raise her voice and stood against the violence. She was not a Muslim but she didn't hesitate to help Palestinians and defend their rights.

One of the most important things that I realized when I learned about this event was the "spirit of resist". Today, a young girl who is from the other side of the World took over this responsibility that needs to be assumed by Islamic

World firstly. Rachel aimed to help people, she said that she wants to end the hunger in the World and to help the oppressed children in one of her speeches that she gave when she was 10 years old, in her primary school alumni ceremony. She died for this purpose but left behind something we need to think about:

A purpose where we will devote our lives and an action to die for.

All of us need to stop and think at least once in our lives. When our brothers and sisters are in need and wait for our support, we just can't stay still. There are a lot of things to learn from Rachel.

We must take responsibility of our plea and add a significant value to our lives to die for.

ROBOMEDIC

Advancements in medical technology are creating a world where robots may play a bigger part in treatment of the patients. We can give many examples of robotic technology used in medicine. Davinci robotic systems, endoscopic capsules exoskeletons are some of the robotic facilities used in medicine. Below we discuss these new technologic devices.

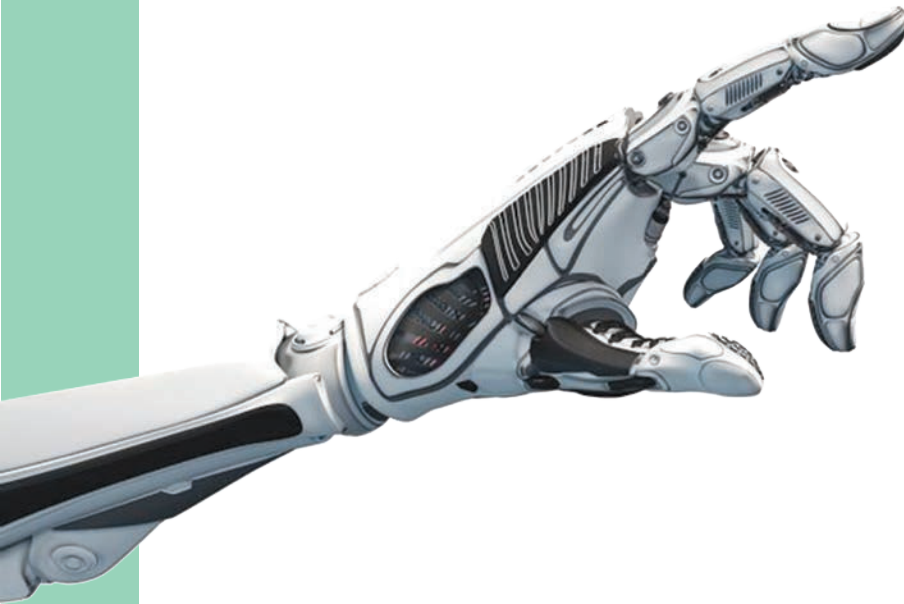
1) DaVinci Robotic Systems

Several operations can be done with very small incisions by using the daVinci system. Robotic arms enter the body using these small incisions and mimic the hand of surgeon. During the surgery; the surgeon sits down and controls the operation from a screen. The results are less bleeding, faster healing, and a reduced risk of infection. And also surgeons spend less energy for the operation.



2) Robotic Arms

Patients who lost their hand or limb have many physiological and psychological problems. To overcome these problems new actuated robotic limbs are developed. These robotic arms can track their positions in three dimensional space. Also bionic skins and neural implant systems can be implanted on these systems.





3) Endoscopic Capsule

An endoscopy is a process to visualize the inside the body like stomach, bowel urinary tract and bladder. It is performed by using small camera systems. But it is an uncomfortable procedure. So pill sized capsule endoscopic procedures are popular in these days. This capsule travels through the digestive system and takes photographs to diagnose the disease.



4) Exoskeletons

They are used to help paralyzed people walk again after a brain or spinal cord injury. They also help the patients with weak muscles to move. They can do these by providing weak muscles with the extra help they need.



5) Targeted Therapy Microrobots

These microrobots use microscopic mechanical particles to localize a drug or other therapy to a specific target of the body. This could be used to deliver radiation to a tumor, or to reduce side effects of treatment.



6) Disinfectant Bots

These robots move autonomously and sterilise the room by giving high-powered UV rays for several minutes until no microorganism is left alive.



7) Artificial Intelligence For The Diagnosis Of Disease

This system uses facial recognition software programmes to screen patients for diseases and rare genetic disorders .



MODEL OIC SUMMIT

(Model Islamic Cooperation Organization)

PREPARED BY : EDANUR KÜÇÜKER - 11/K ŞEYMANUR DULKADİROĞLU - 11/K



The ICYF initiated Model OIC is an academic simulation of the Organization of Islamic Cooperation (OIC), which aims at educating participants about current trends in theory and practice of International relations, effective communication and multilateral diplomacy.

In cooperation with the General Directorate of Religious Education of the Ministry of National Education, in collaboration with Beyoglu Anatolian Imam Hatip High School, Beyoglu Education and Culture Foundation and the Youth Forum of the Organization of Islamic Cooperation, MODEL OIC

2019 (Model Islamic Cooperation Organization Summit) with the theme of "Reconstruction of the past, the Construction of the future in the light of the history of Islamic science " was organized in 12-15 April 2019.

In this symposium, which was organized in order to contribute to the development of foreign language skills of students, analytical thinking and the ability to produce solutions to the problems, the theme of "Reconstruction of the past, the Construction of the future in the light of the history of Islamic science " has been studied as 2019 is the year of Fuat Sezgin.

224 delegates consisting of high school students from 56 countries who are members of the Organization of Islamic Cooperation have participated in this program. Also The aim of this symposium is to increase the awareness and sensitivity of the students about the problems of the world and Islamic geography, and to offer solutions in the framework of the policies of the country they represent. In addition, it has a great importance in terms of sociocultural effects in the current period when we need a unique fiction in the world in terms of the legislation of the program and the feelings of brotherhood.





In this regard, the Symposium Advisory Board determined the current situation of the Islamic countries and the sub-topics related to the future. The issues that identified in the committees were discussed by the delegates in English and Arabic. In this process, the problems which identified by the students were put on the agenda, solutions were prepared and the final declaration of the symposium was established.

On Saturday, April 13, 2019 diplomatic simulation sessions were held In the Human Rights Committee; about The struggle against human rights violations as the basic value of Muslim identity; In the Youth Committee; about Empowering young people by offering better opportunities for social and economic development, In the Cultural Committee; about The evaluation of the scientists who direct the history of Islamic Science, In the Economic Committee, about towards the establishment of the Joint Market of the Organization of Islamic Cooperation using Islamic financial instruments. On 14 April 2019 Sunday, a general assembly session was held and decisions were made.



We participated to this organization with this regard. We've represented Somalia and the Ivory Coast in the economy committee. As the leaders of the future, we tried to find solutions to the economic problems in the Islamic geography. It was a great place to improve our speaking skills. The accommodation was very good, the meals were also good. Social activities were also a lot of fun. We did a city tour and Bosphorus tour. We've made new friends there. In short, every detail was very nice and it was a great honor to be one of 224 people.





INTERVIEW ABOUT TAEKWONDO

Taekwondo is a Far East sport. It is known as the oldest defense art in the world and it's Korean origin. Tae means foot, and Kwon means hand. Do is a form of thought and behavior that must be followed to achieve morality and virtue. Taekwondo is a sport that literally consists of defenses and strike techniques which applied with hands and feet, and contributes to the glorification of moral values in sportsmen. Even though it is an art of defense it is based on philosophy. We have interviewed with Nazım Cihad Bilen. Here is the interview.

How did you practice until you get to this level? How was your diet?

I practiced every day without exceptions. I have never had a diet. I'm just eating healthy food. I've never drunk coke or carbonated beverages since I started taekwondo with the effect of my coach.

How many pounds do you contest?

78

How do you prepare yourself psychologically for the competitions?

I used to talk to myself. But nowadays, I do not do anything for the last competitions.

Is there a movement that you have difficulty in doing it?

No.

What is your favorite movement? Who is your favorite senior and why?

Pandatolyo is my favorite movement and Servet Tazegül is my favorite senior. We watched the Olympics in 2012. He won the competitions there, also in Turkey, Europe and Balkans. And then when I went to

Antalya with the national team, I met him in person.

What does taekwondo mean to you?

It is like writing a poem. You should know how to make the right movement like you should know where to put the right words in a poem. For me, it is completing yourself physically and spiritually.

What did you feel when you won the championships last year? Were you expecting such result?

Yes. I've won it before. But I was very happy in the last 10 seconds. The



couldn't stand to lose. It made me more ambitious.

Do you have a funny memory about the competitions?

It is not funny but I fell on the floor once at the competition, and the boy hit me because he had a grudge. I passed out, then I was taken to the hospital.

Do you have a memory that you could not forget?

The first Ankara Championship. A lot of my relatives came to support me and I won it with a big difference.

And Turkish Championship. When I and the whole team were travelling together by a car, me and some of my friends sang songs together.

Have you ever had to defend yourself on the street with taekwondo?

Yes. I've not fought much on the street. But my environment was bad. So, I sometimes had to defend myself. In secondary school, kids were fighting with me because of I was practicing taekwondo.

What was the most important championship you have joined?

International Championships. I practiced a lot. But I broke my foot in training. It was the first time. I couldn't do anything with a cast.

Are you interested in other sports other than taekwondo?

Not professionally.

Do you have siblings? Are they interested in any sports?

I have a sister in 4th grade and a brother in 7th grade. They have also started to taekwondo in our club last year.



results were about to be announced and everything was obvious.

How were your family and friends' reaction?

My father couldn't do martial arts when he was young. And he made me started. I was already interested in martial arts because of the movies, so I wanted too. My relatives are taking my medals. They have most of them.

Do you consider of joining again to the competitions?

No. I broke my foot 4 times in these last 3 years. And there will no more improvement in terms of healing.

In the future, do you consider teaching Taekwondo in addition to your profession?

No. I can only teach my children.

How did taekwondo contribute to your life?

Practicing every week put my life in order. I was feeling happy.

Was it hard to do taekwondo in addition to school works?

No. It was helpful in secondary school. I developed a very good studying habit. I had to study at 5 o'clock in the morning because of I had training at 7.

How did you feel when you lost competitions?

At the first matches, it didn't mean too much to me. But when I improved myself, I

WHAT IS SPORT?

PREPARED BY : DILAN SU AŞKAN

We asked some questions to a sport trainer about the importance of the sport in adolescence. Here is the interview;

What is sport ?

Sport (or sports) is all forms of usually competitive physical activity which, through casual or organised participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators.



Is there any age to start sport?

There is no specific age to start sports, sports can be done at any age.

Why do we do sports ?

We should do sports to protect our health, to be succesful and to achieve our goal. Sport teaches us how to focus, and achieve coordination. And it also can be done to relax.

What is the importance of sports in adolescence?

Clearly, sports can help you reach your fitness goals and maintain a healthy weight. However, they also encourage healthy decision-making such as not smoking and not drinking. Sports also have hidden health benefits such as lowering the chance of osteoporosis or breast cancer later in life.

What is the importance of a balanced diet in sports ?

A balanced diet is important because your body's organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems. Bad eating habits can continue for the rest of their lives.

Rising levels of obesity and diabetes are prime examples of the effects of poor diet and lack of exercise. 4 of the top 10 leading causes of death are directly influenced by diet. These are: Heart disease, Cancer, Stroke, Diabetes

What kind of food do athletes eat ? What kind of food should athletes avoid?

An athlete's diet should be similar to that recommended for the general public, with energy intake divided into:

- more than 55 per cent from carbohydrates
- about 12 to 15 per cent from protein
- less than 30 per cent from fat.

Athletes should avoid from these food; Sports Drinks, Energy Drinks ,Soda Pop, Alcohol, White Breads & Foods, White Sugar or Non-Nutritive Sweeteners, Baked Goods & Desserts, Candy, Fried Foods, Conventional Protein Powders, Any Foods Containing Trans Fat.

What is your suggestion for adolescents?

They should Reduce pressure and stress with sports. Exercising is a natural way to loosen up and let go of stress. You can also make new friends who can be there for you as a support system. When you feel under pressure or stressed, call up a teammate, head to the gym to talk and play it out.