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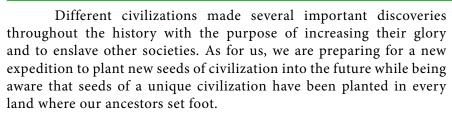
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In Beginning

New Steps of Geographical Discoveries



As Beyoglu Anatolian Imam Hatip High School, we are taking steps for a new experience everyday for our students and our future in the intersection of Asia and Europe and in the most fertile part of the river flowing from east to west. We recognize the attempts to discredit all the beauty of our world and our deep rooted civilization of knowledge. However in the hands of a youth determined to keep its core values, we are determined to further strengthen the value of our civilization.

To be the source of light for east and west and to convey the light of our hearts to both directions, we realize the need in our country to be conversant with the languages spoken in both east and west to be able to create a channel of communication. We also sadly note that the weakest area in our national education is the foreign language education. Aside from our highly admired Arabic Language education given both locally and internationally which is acknowledged by many educational institutions, we acknowledge that it is now time to open up to new horizons.

It is a known fact that our school is a well-established training institution for Arabic language since almost all our students can speak the Arabic language fluently which is the official language in 25 countries to the east of Turkey. We have been strongly feeling the need to focus on English language which has become even more necessary due to its importance in the world, particularly in the west. This magazine has been published out of this need that we felt in our school. We believe that this magazine will pave the way to the emergence of more such initiatives since we have a rich and innovative student base.

Through the leadership of our teachers and students who prepared this magazine, we hope to set up a role model for all educational institutions in our country. It is our belief that our students who are able to communicate with the societies in both east and west will be able to convey the light and faith embedded in the heart of our country to the whole world with an ever-growing enthusiasm. Thus they will venture into new discoveries to carry their seeds of civilization to other societies. I believe that this magazine will be taken as a model as our other unique projects and I congratulate all my teachers and students who contributed to this English magazine. I wish to meet all our readers in our other editions.

Mahmut YELEK Principal, Beyoglu Anatolian Imam Hatip High School

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Beyoglu Anatolian Imam Hatip High School is one of the most influential high schools in Turkey. The history of Beyoglu Anatolian Imam Hatip High School dates back to 2006. It first started functioning as a branch of Istanbul Anatolian Imam Hatip High School in 2006. Many students were transferred from other imam hatip schools from all over Turkey and officially started functioning as an individual high school in 2007. Since then we have been working constantly to actualize our vision and simultaneously increase our quality. The school is located in Sutluce Beyoglu. Access to the school is open to students with a high Nationwide

High School Entrance score. Education consists of a blend of Turkish, Arabic and English curricula.

Our mission is to raise individuals who knowledge rather acquire the than memorizing, who use the knowledge rather than storing it, who are successful not only at examinations, but also at interschool culture, art, sports, science events, who think freely and can express their ideas explicitly, who have an international vision, are committed to local values and open to universal ones, who have acquired a foreign language at the level of conducting scientific studies and who are the bright leaders of the future. At Beyoglu there is a tradition of respecting the elder brothers. The elders protect the younger brothers while the younger ones respect the elders.. After graduation, this relationship continues regardless of age, status or geographic location.



Beyoglu Imam Hatip High School provides for the students with variety of clubs, social, cultural and sportive activities.

CLUBS

- -Music club : The mission of the Music club was to give students the opportunity to exercise their musical talents with other students .
- -Drama Club improves our students' self-esteem, ability to work in a group, ability to give a speech and their personal development. It enables our students' to improve their skills and imagination.

VISUAL ARTS CLUB

The idea behind the Visual Arts Club is to bring together all the students who love painting, photographing, designing, and other artistic skills

-Calligraphy -Marbling Art -Software club

SPORTIVE ACTIVITIES

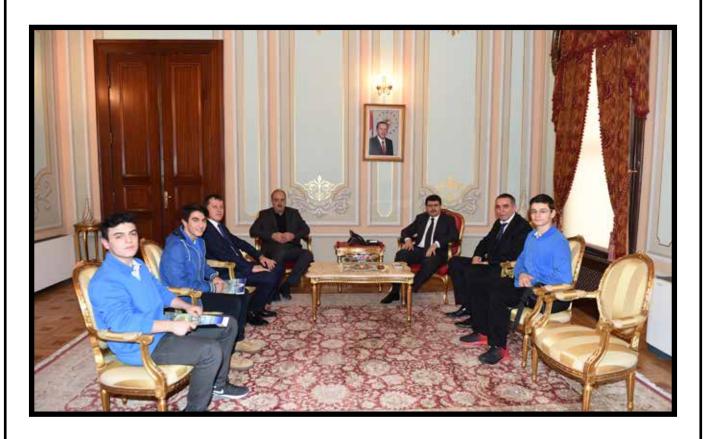
Beyoglu Imam Hatip High School students participate in many different sports including basket ball, football, volley ball, lounge football, wrestling, Ping-Pong, badminton, swimming and athletic sports.

ARCHITECTURE

The building of the school was designed in Seljuk architecture style. The school includes a football field, a basketball field, a mosque and a cafeteria near the main building.



Interview with Vasip Şahin (The Governor of Istanbul)



Interviewer: Can you please tell us about your personal and education life and your career?

Vasip Şahin: I was actually born in Bayburt but I spent my childhood and school years in Erzincan. After completing first, middle and high school in Erzincan, I came to Istanbul for my university education and I graduated from Istanbul University Faculty of Law in 1985.

In June 1986, I started to work in Erzincan as candidate district governor. I stayed in United Kingdom to conduct research and examination in 1987 for one year. Following my return to Turkey, I respectively worked as District Governor in Kastamonu – Küre, Malatya – Pütürge, Deputy Governor in Muş, District Governor in Bolu – Mudurnu, Ankara – Kızılcahamam and Deputy Governor in Düzce.

In 2003, I took the Office as Legal Advisor in the Ministry of Interior and Head of the Department in General Directorate of Civil Defence. I worked as the Deputy Director General in 2005–2008 and as the Director General in 2008-2010 in the Directorate General of Provincial Administration. Thereafter, I was assigned as the Governor of Düzce in May 2010 where I worked as the Deputy Governor before.

I was appointed as the Governor of Malatya in August 3rd, 2012, and then I was appointed as the Governor of Istanbul by a decree published on 16.09.2014. I am married. I have three children and a grandchild.



Interviewer: As you said, you worked as a governor in Düzce and Malatya before. What is the difference between being a governor in Istanbul and the other cities?

Vasip Şahin: As you know, Istanbul is not only an important city of Turkey, but it is important for the world as well. It is a world capital. Hence, as a matter of fact, I was not expecting to be assigned as the one to shoulder the responsibility of Istanbul.

It goes without saying that I felt honored by the appointment decree. Istanbul is the apple of our nation's eye, the most important city of our country and the most crucial city in our geography. It is a city with a very good reputation among world cities, a city which has attracted the attention of the world with its historical, cultural richness. It is a great honor for me and for my family to have been assigned to administer such a city.

There is a lot to say about Istanbul but living in Istanbul is one of the greatest blessings of the Supreme Being to the people in the flesh.

Interviewer: We also know that you graduated from an Imam-Hatip high school in Erzincan. What would you like to tell us about those days? Can you make a brief comparison concerning the statue of Imam Hatip schools between today and and the past?

Vasip Şahin: The progress and development of countries are directly proportional to their success in education. Social life is rapidly changing; science and technology are constantly developing. Training of individuals has become even more important in the global World.

Schools are not just important transferring education institutions. They take on an important task as the carrier in terms of individuals preparation for life. At the same time they are information and cultural centers of the area in which they are located. The surrounding residents benefit from modern, innovative and educated people introduced to the area thanks to the school. Imam-Hatip schools give religious and moral education in addition to the normal secondary and high school curriculum and educate students for university and their future profession. Imam-Hatip schools have won the admiration of people with their standing events, their attitude and behaviors towards the people. Imam-Hatip schools are also education institutions that prepare students professionally. Imam-Hatip schools graduates have the opportunities to work in Religious Affairs Directorate as imam, muezzin, Quran course instructor, personnel in the Office of Mufti and other civil services in Religious Affairs Directorate. As a matter of fact, when we look at the graduates of Imam-Hatip schools, we see respectable individuals who are involved in every aspect of life. There are many prominent Imam-Hatip graduates in science, culture, art, education, politics and the business world.

Our Imam-Hatip schools have a promising future with high standards. This rich education, which not only prioritizes students but also embraces them with social life, provides benefits for both students and the districts.





Interviewer: Last year, you made us all happy thanks to the days you have suspended from school days. Right after there were a lot of memes that were done for you. What was your reaction when you saw them?

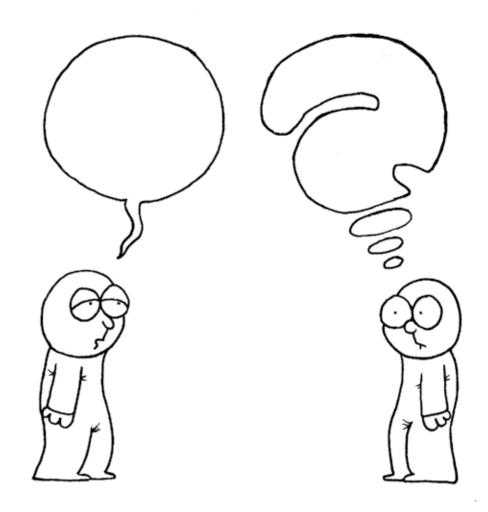
Vasip Şahin: I mostly enjoyed them. They were quite fun and made me laugh.

Interviewer: And finally, the punch line... We were wondering if there was a little more holiday.

Vasip Şahin: The answer is the weather. If it snows again, why not?

On behalf of the first English magazine, published by Beyoğlu Anadolu Imam Hatip high school, we did an interview with Mr. Vasip Şahin, the Governor of Istanbul. We are quite thankful for their approval, hosting us painstakingly and their pleasant conversation.

Furkan ÇAKMAK Yunus Emre ŞEN

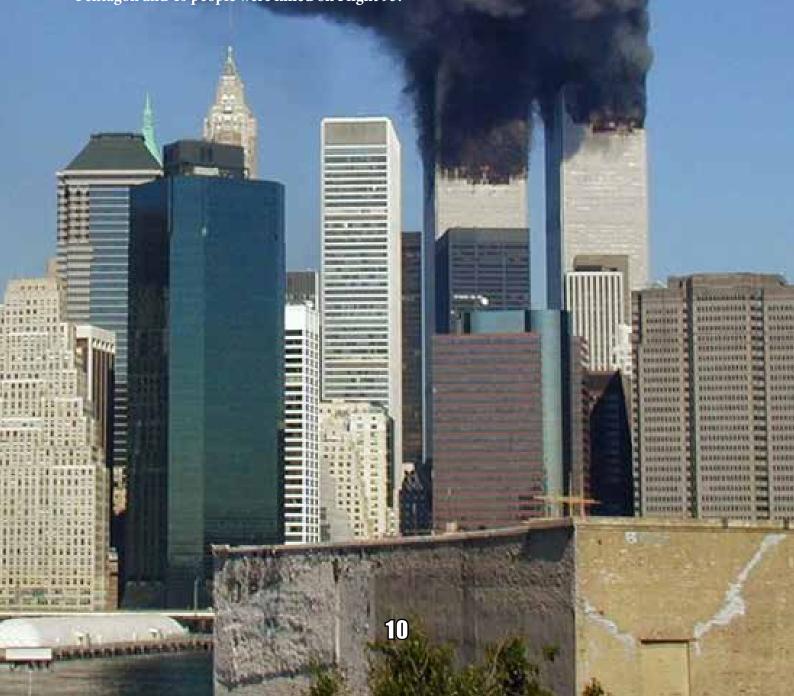


mehdi söğüt

What is 9/11?

At the beginning of the 21st century, developments of 9/11, being watched all over the world, were imprinted on people's memories. However, it still maintains its suspiciousness. What happened on 9/11 and the consequences of the event and the goals of the activists are still argued. We will try to take a different approach to the event of 9/11, which has left a deep mark on the world's history.

9/11" is shorthand for four coordinated terrorist attacks carried out by al-Qaeda, an Islamist extremist group, that occurred in the morning of September 11, 2001. The attacks killed 2,977 people. In the morning of September 11, 2001, 19 terrorists from Al-Qaeda, hijacked four commercial airplanes, deliberately crashing two of the planes into the upper floors of the North and South towers of the World Trade Center complex and a third plane into the Pentagon in Arlington, Va. The Twin Towers ultimately collapsed because of the damage sustained from the impacts and the resulting fires. After learning about the other attacks, passengers on the fourth hijacked plane, Flight 93, fought back, and the plane was crashed into an empty field in western Pennsylvania about 20 minutes by air from Washington, DC. The attacks killed nearly 3,000 people from 93 nations. 2,753 people were killed in New York, 184 people were killed at the Pentagon and 40 people were killed on Flight 93.

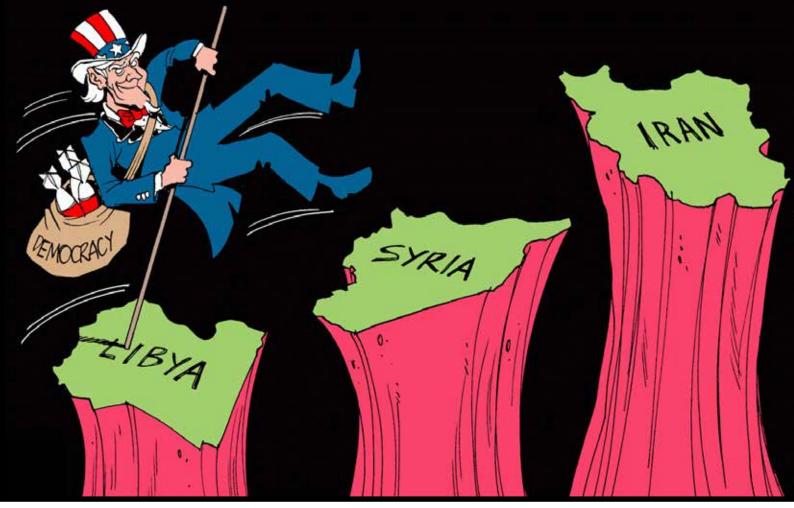




The hijacked Flight 11 crashed into floors 93 to 99 of the North Tower (1 WTC) at 8:46 a.m. The hijacked Flight 175 struck floors 77 to 85 of the South Tower (2 WTC) 17 minutes later at 9:03 a.m. When the towers were struck, between 16,400 and 18,000 people were in the WTC complex. Of those, the vast majority evacuated safely. As they rushed out, first responders rushed in trying to save those still trapped or injured. The fires from the impacts were intensified by the planes' burning jet fuel. They weakened the steel support trusses, which attached each of the floors to the buildings' exterior walls. Along with the initial damage to the buildings' structural columns, this ultimately caused both towers to collapse. The five other buildings in the WTC complex were also destroyed because of damage sustained when the Twin Towers fell.

The collapse of the buildings left the site devastated, with ruins towering roughly 17 stories and spread beyond the 16-acre site. Thousands of volunteers came to Ground Zero to help with the rescue, recovery and clean-up efforts, and on May 30, 2002, the last piece of WTC steel was ceremonially removed.

Al-Qaeda is an international Islamist extremist terrorist network founded in the late 1980s by Osama bin Laden, who was killed in a U.S. military operation on May 1, 2011, and others who were involved in the war against the Soviet Union in Afghanistan.



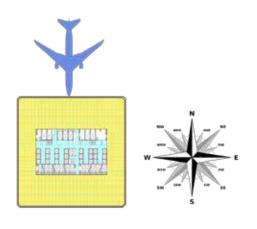
Why did the terrorists attack the World Trade Center and the Pentagon?

The terrorists did not have the capacity to destroy the United States militarily, so they

set their sights on symbolic targets instead. The Twin Towers, as the centerpieces of

the World Trade Center, symbolized globalization and America's economic power and prosperity.

The Pentagon, as the headquarters for the U.S. Department of Defense, serves as a symbol of American military power.



EXPLOSIONS:

There are a lot of statements from citizens and reporters. They say that there were explosions before and after the plane crash.

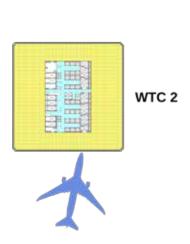
Suqami's(hijacker) passport survived in the crash and landed in the street below

The biggest question is why a country like America couldn't prevent a second third and fourth plane crashes?

And there is a cartoon which is called Johnny Bravo. This episode was shot on 27 April 2001. And there is a billboard on which is written "Coming Soon".

What Was the Purpose? Was it a hoax? Did the American Government kill its own people?

As we're looking for the answer, we will try to discuss this event from two different perspectives. Although, we can't say "the conclusion we have reached is totally true."



, we have just reached the conclusion in the light of what was done and its consequences.

Granted, the attack was planned by al-Qaeda to shoot America and to intimidate all states; we can conveniently say that the attack has failed and Al-Qaeda has paid the price of the attack. This earth-shattering action caused thousands of civilian lives and the chaos



that still continues in the Middle East. If we look from another perspective, this is the plan of America and also those who want to initiate the new world order.

Finally, whatever it was, this action is the key of America's entering the Middle East. It is quite obvious that the world will never be like it was, after this sensational action. History has shown all too clearly the deceived American people WILL support the destruction of faraway countries on phony pretexts of defending so-called freedom.

Thus the needless wars continue. Right now we watch high-tech weapons slaughter the defenseless people of Iraq. Soon it will be Iran, Syria, Colombia, Venezuela, North Korea, Egypt, Libya, Nigeria, North Korea, Pakistan, Saudi Arabia, and who knows where else. All these misguided atrocities will be possible because of the hoax known as 9/11.

9/11 was a hoax. It is a fact, supported by thousands of other verifiable facts, foremost of which are:

-The twin towers could not have collapsed as a result of burning jet fuel. Most of that fuel was consumed on impact. In the south tower, most of the fuel was spilled outside the building. Heat caused by burning jet fuel does not reach temperatures needed to melt steel. What does



stand out as particularly suspicious and still unexplained is that fires raged out of control beneath THREE of the collapsed towers for ONE HUNDRED DAYS, clearly indicating the presence of some kind of substance utilized in the demolition of the structures.

- FBI Director Robert Mueller insisted officials had no idea this kind of attack could happen when in fact the FBI had been investigating the possibility of EXACTLY this kind of attack for almost TEN YEARS. In the weeks before 9/11, the U.S. received warnings from all over the world that an event just like this was about to happen, but FBI investigations

into suspected terrorists were suppressed and those warnings were deliberately disregarded.

- The invasion of Afghanistan was presented as an attempt to pursue the alleged perpetrators of 9/11, yet it had been discussed for years prior to the tragedy and actually planned in the months before the attacks on New York and Washington.
- The president has admitted that he continued to read a story to schoolchildren in a Florida school for 30 minutes after being informed that two planes had struck New York and that the nation was under attack. He has never explained this puzzling behavior, nor how he saw the first plane hit.
- Radio communications from firefighters on the upper floors of the Trade Center towers clearly indicate that fires were under control and the structure was in no danger of collapsing.
- Why did so many people, from San Francisco Mayor Willie Brown to many employees of companies in the World Trade Center who failed to come to work that day, know in advance that something bad was going to happen on Sept. 11, 2001?

Furkan ÇAKMAK Ensar ERDOĞAN

WHY LEARN ENGLISH

If you're currently in the throes of trying to choose a language to study at school, or you are interested in learning a new language in your spare time, we're willing to give you the following words of advice: if you have to choose one additional language to learn during the course of your years at school, make it English

We speak

1. English is one of the most widely spoken languages.

Five hundred years ago, between five and seven million people spoke English, almost all of them living in the British Isles. Now, anywhere up to 1.8 billion people around the world speak English. Firstly ,English is not a "pure" language. It's derived from many different sources, all of which play a part in its modern-day universality. These include Celtic, Old Latin, Anglo-Saxon, Norse, Norman French and medieval Latin but there are many, many others. English was taken around the world by the sailors, soldiers, pilgrims, traders and missionaries of the British Empire. Then English reached all corners of the globe. Now, it comes second to Mandarin in the total number of speakers. However, English is still the language you'll be able to use most widely, as it's spoken in many countries. As well as the UK, 60 of the world's 196 countries have English as their official language: the USA, Australia, Canada, New Zealand, to name but a few. It's the language of diplomacy and the official language of the European Union. Around 1.5

2.Learning English will open up more opportunities for learners.

billion people speak English worldwide.

Being able to speak English allows you to communicate effectively in many countries, and this opens up lots of possibilities for you. You won't have to worry about getting lost when you travel to an English-speaking country, as you'll easily be able to ask for directions, and taking guided tours, ordering food and chatting to the locals will no longer be a source of stress. And also ,for better employment opportunities you have to speak English effectively. If you increase your English proficiency, you often will be able to get a new job, a better job or a promotion where you are working. Having English speaking clients is very attractive and often a necessity for millions of businesses worldwide. You may even get a higher salary or paid more hourly for speaking English fluently. Often if an employer (a business), is having trouble deciding between two potential job candidates; they often choose (or hire) the candidate that speaks proficient English rather than the one that does not.

3. English gives you access to some of the world's best universities

English is regarded as the language of higher education. Many schools and universities around the world require that their students have a basic or even intermediate understanding of the English language. Many have required courses that are taught in English.

DO YOU SPEAK ENGLISH

4. English gives you a good literature knowledge

English!

English isn't a language only, but it is also the study of literature. Literature allows people to develop new ideas and ethical thinking, and can help individuals to present themselves as educated and responsible members of society. Literature provides new sights

into the minds of people, into the mind of author. Literature is said to be the mirror of a person's behavior. In other words, if you learn English, you'll

be able to enjoy works by some of the world's most famous writers, in the language . The works of Shakespeare will take on a new meaning when you're able to speak English.

5. English allows you to get more from popular culture

Many of the world's top films, books and music are published and produced in English. Therefore by learning English you will have access to a great wealth of entertainment and will be able to have a greater cultural understanding. The world's many movies are made in Hollywood and they are made in English. Many of the most famous actors and actresses are English speaking. It is no wonder that many

people want to learn English so they can better understand movies and Tv shows in English.

Finally English is not only useful — it gives

You will never forget the moment you discovered you a lot of satisfaction: you could speak with Americans or watch TV in

You will enjoy learning English, if you remember that every hour you spend gets you closer to

Using English is fun, too, because every sentence you speak or write reminds your success. perfection.

Furkan **ERDEM**





READING

Do you remember? When was the last time you read a book or a magazine article? Lots of people's daily reading habits center around e-mails, meesages, tweets and facebook updates. If you are a person who doesn't have daily reading habits, you will miss some beauties of the world. While reading, you can live several lives. Benefits of reading can be listed like this.



1. KEEPS YOUR BRAIN YOUNG

Like any other muscle in the body, the brain requires exercise to be strong and healty. Have you ever experienced not eating in a day? Techhically you will feel weak and inactive, that is because your body doesn't get the right nutrition it needs. It is some for our brain, if we don't give it enough exercise we might regret it at the end. According to a research, adults who spent their time doing creative on intellectual activities (like reading)had a 32 percent slower rate of cognitive decline than those who didn't. Furthermore, the creative side of people can be developed by reading.

2.REDUCES STRESS

Reading is the best way to relax and even six minutes can be enough to reduce stress level by more than two third. And it works better and faster than other methods such as listening to music, going for a walk or sitting down with a cup of tea. Psychologist believe this is because the human mind has to concentrate on reading and being taken into a literary world eases the tension in muscles and the heart. The research was carried out on a group of volunteers by consultancy mind lab international at the university of Sussex.

Their stress levels an heart rate were increased through a range of test and exercises before they were then tested with a variety of traditional methods of relaxation.

- -Reading worked best, reducing stress levels by 68 per cent.
- -Listening to music reduced the levels by 61 per cent.
- -A cup of tea or coffee lowered them by 54 per cent.
- -Taking a walk by 42 per cent.
- -Playing video games by 21 per cent.

It is understood from the results losing yourself in a book is the ultimate relaxation.

3.INCREASES YOUR KNOWLEDGE

The more you read, the more open you become in your thinking. As we goin more knowledge about people, places and other people's behaviour we start to read to view things differntly. It not only helps you retoin information, but also helps you maintain that knowledge through old age. Everything you read fills your head with new information. It may be any kind of book; fiction, non fiction or book an other subjects. They all contribute to increasing our aworeness of people an society one, of cours, needs to be careful while selecting books, because a lot of unwanted stuff is available that wont give any positive benefits - but generally speaking, you may choose the books that make you broad minded and knowledgeable.

4. READING DEVELOPS THE IMAGINATION.

TV and computer games have their place, but they are more like amusement. Amusement comes from two words "a" [non] and "muse" [think]. Amusement is non-thinking activities. You are only limited by what you can imagine, and the worlds described in books, as well as other peoples views and opinions, will help you expand your understanding of what is possible. By reading a written description of an event or a place, your mind is responsible for creating that image in your head, instead of having the image placed in front of you when you watch television.

5.IMPROVE YOUR LEARNING ENGLISH

Reading books is a great way to improve your English. While you are enjoying the story, you can learn hundreds of useful words, phrases and expressions without even realising it. To improve your foreign language skills, the best advice would certainly be to read as much as possible!

Finally, why is reading important? Reading is important because words - spoken and written - are the building blocks of life. You are, right now, the result of words that you have heard or read . People, families, relationships, and even nations are built from words. Think about it.

Mehmet Erkam ÇABUK







Emir lives in Khabil with his father, his father's maid Ali and Ali's son Hasan.Emir's mother dies as she gives birth to him. Emir and Hasan are friends loving each other. They spend all their times together until Hasan gets raped by sidewalk superintendent Asef and Hasan is not able to help him. Everything starts to change after that.Ali and Hasan leaves home. Afterwards Emir and his father moves from Khabil to America. It is a difficult life waiting for them. Emir's father gets sick. Emir's father gives him in marriage with

General Taheri's daughter Süreyya. After a short time Emir's father dies. Süreyya and Emir are very hapy. But they can not have a baby and are considering to adopt a child. One day Emir recieves a letter from Khabil. The sender of the letter is Emir's father's close friend Rahim Khan. Rahim Khan is so sick and wants Emir to head to Khabil immeditaly. Emir goes to Khabil and learns the hard truths from Rahim Khan.

- Hasan's father Ali is infertile. Hasan was born in consequence of intimacy between his mother and Emir's father; In other words, Hasan and Emir stepbrothers.
- Hasan is married and has a son named Sohrab. But Sohrab is left an orphan when Taliban kills Hasan and his wife.

Rahim Khan wants Emir to find Sohrab. Emir wracks against the news in the letter. Despite being unwilling, He decides to find Sohrab eventually. Emir finds Sohrab with Ferit's help and adopts him.



DREAM OF THE HUMANITY: "FLYING"

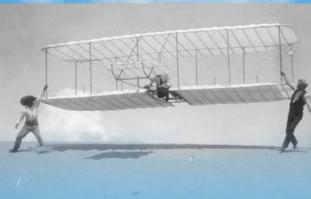
Flying.. The passion of human beings since we started observing the birds in the sky.. Emotion of infinite flight..

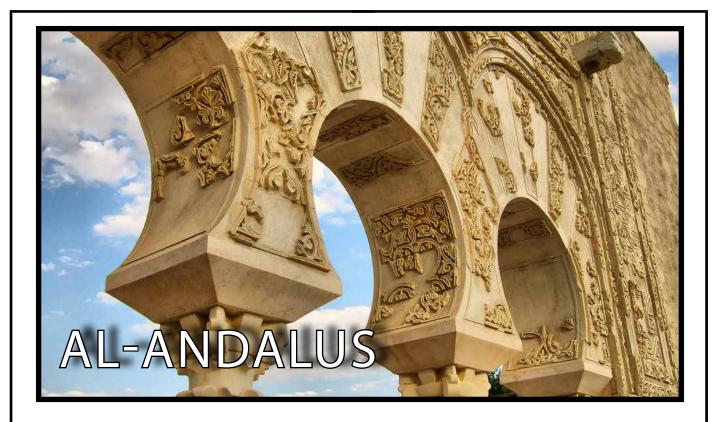
One of our biggest scientists of the Islamic History was Hezarfen Ahmed Celebi.. He was the man who tried to make his dream real. He had started with designing eagle wings for his body to fly. At first he flew between short distances and made his biggest flight happen which was between Galata Tower and Üsküdar square. He proved that flying is not impossible after he had landed in Üsküdar safely.



Three centuries later the Wright brothers, living in America, started working on developing a flying object .Firstly they invented aerodynamic wings which had lifting force of air. In spite of trying hundreds of times, they didn't give up. Their first successful flight was on 17th December 1903. Firstly they were able to fly for 12 seconds for 37 meters, but at the end of the day they managed to fly for 260 meters for 1 minute approximately. With this huge event The New Age was opened by them. In this age aircrafts improved more and started being used in the wars. They became death machines.. But there were some people who could think different about aircrafts and they established the First Air Post Carrying System. In the middle of 20th century, it was understood that aircrafts were very suitable for passenger transporting. Now, there are hundreds of airlines. Now, we fly more easily and faster than the Wright brothers did. Flying is not a dream now. We have multi-engine jets which can fly throughout the world.. But did this passion end? Of course not. There are people who look at the sky and imagine something new about flying. You can be one of them.. Fly to infinity!







Al-Andalus that means, "becoming green at the end of the summer" is referred to the territory occupied by the Muslim empire in Southern Spain, which refers to the cities of Almeria, Malaga, Cadiz, Huelva, Seville, Cordoba, Jaen and Granada. This civilization existed the eighth to the fifteenth century. Arabs established control over much of the Iberian Peninsula. After Arab conquest, Muslims called the area of the Iberian Peninsula they occupied, "Al-Andalus.

This land called Al-Andalus, hence often called "Andalusia" had at one point included Portugal, Southern France, and the Balearic Islands. Within 3 years, in 714, Muslims had occupied almost all the area. The Muslims played a significant role in the history of Spain. Their presence illuminated the Iberian Peninsula while the rest of Europe was engulfed in darkness. And so, Andalusia produced a great civilization far ahead and advanced than the rest of Europe. Under their rule, Muslims made Spain a center for learning and knowledge.

The Muslims were taught reading, writing, math, Arabic, Qur'an, and Hadith .

-Andalus became renowned for its prosperity as people who quested for knowledge journeyed from afar to learn in its universities under the feet of the Muslims. As a result, Andalus gave rise to a great many intellectual giants. Muslim Spain produced philosophers, physicians, scientists, judges, artists, and the like. Ibn Rushd, (Averroes) Ibn Sina, (Avicenna) Ibn Zuhr, (Avenzoar), Al-Kwarizmi, (Algorizm) and Al-Razi, (Razes) to name a few, were all Muslims educated in Andalus. Martin Luther, the founder of Protestantism, was also educated in Andalusia. It is from the Andalusian philosophers, Ibn Rushd, and Ibn Sina that great renowned Christian men like St. Thomas Aquinas borrowed their philosophies. Both St. Thomas Aquinas and Dante called Ibn Rushd or "Averroes" the "The Commentator" and incorporated the views of Muslims.

In any case, the list of contributions from the Andalusian Muslims is endless. The Islamic civilization had reached its peak in the 10th century, and by 1100, the number of Muslims rose to 5.6 million. There existed in Cordoba alone, 200,000 houses, 600 mosques, 900 public baths, 10,000 lamps, 50 hospitals, lighted and paved streets. Muslims introduced

public baths because of their need to wash in preparation for prayer 5x a day. Libraries and research institutions grew rapidly in Muslim Spain, while the rest of Europe remained illiterate. In Muslim Spain, knowledge from Greece and Rome was preserved. Arab scholars produced encyclopedias on medicine and astronomy in 11th century, also including astrology, psychology, zoology, biology, botany, chemistry, physics, mathematics, algebra, geometry, trigonometry, etc, which Christian scholars acquired and translated. Toledo thrived essentially because of its Muslim rule, and became the "cradle of learning," and the chief point of interaction between the Muslims, Christians and Jews.

Western scholars traveled to Spain and Sicily to learn Arabic and to make transcripts of texts in Latin. Hence, it was this Islamic civilization in Spain that was the main threshold behind the European Renaissance. During the time the Muslims set foot in Spain in 711 until 1084 (a year before Toledo was taken) Muslim Spain had become an area unique to the entire world. The Muslim artisans applied their remarkable skills to architecture in making mosques (masajid) and palaces. The Muslims mastered technique and design. The Alhambra Palace, and The Great Mosque of Cordoba, are just two of the famous magnificent architectural masterpieces of the Muslims which can still be seen today. Of the Alhambra, it is called, "a utopia, the brightest memory of a lost golden age of pleasure, poetry, tolerance, art, and learning." One Muslim poet wrote:

"A sun dwells in this place and even its shadow is blessed.

In this palace a multitude of pleasures capture the eye and suspend the intellect.

Here a crystal world teaches marvels.

Everywhere Beauty is carved, opulence is manifest."

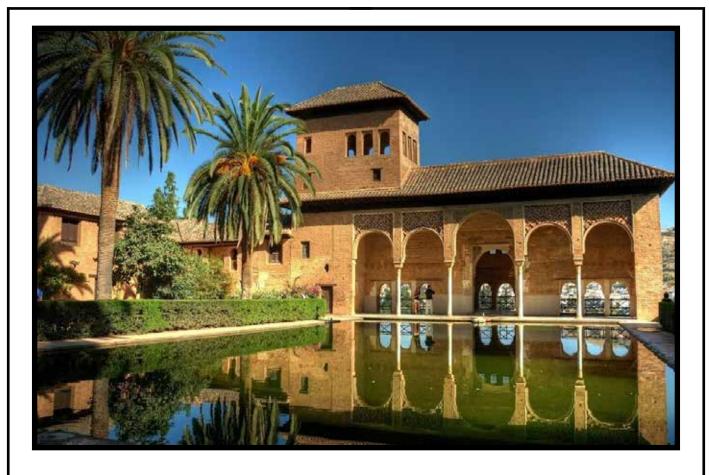
The Islamic architecture in Spain is elaborate and decorative with intricate designs. Stone, and stucco, plaster for coating exterior walls, were widely favored. Later, brick replaced stone. 20 The "Mezquita" or The Great Mosque of Cordoba and the Alhambra of Granada are two Islamic monuments that utilize this design. There are, however, not many examples of Islamic architecture remaining today in Spain because many were destroyed or converted from mosques to churches when Muslims were later exterminated (officially) in the year 1492 and beyond. The Alhambra is the only palace left nearly intact and preserved of all the Muslim masterpieces in Spain. Narrated by Ibn Abbas (RA), the Prophet Muhammad (PBUH) said:

"Whoever creates a living image in this world will be charged with putting a soul in it which he will never be able to do."



The "Alhambra" meaning the "Red Fort" or "Red Palace" is located in the city of Granada ('Gharnatah'). It is called the "Red Fort" because of the red of the surrounding landscape. Alhambra comes from the Arabic word, "Al-Hamra" meaning "the red." The construction was begun in the Nasrid period, and completed in the fourteenth century. Muhammad al-Ghalib built the foundations of the Alhambra while further construction was made by his son, Muhammad II. Inside and around the Alhambra are inscriptions of Arabic writing like "Kingdom is for Allah" and "Wa La Ghalib illa Allah," which means, "There is no Conqueror except Allah." king Abu Abdullah (Boabdil) was called by his people as, "Al-Ghalib" (The Conqueror). Yet, when recognizing his imminent defeat, he exclaimed otherwise proclaiming that none other than God was the Greatest. Hence, "There is no Conqueror except God," became the motto of his descendents. Among other verses and poetry inscribed on the Alhambra walls are poems by Ibn Zamrak who was also the chief minister to King Muhammad V, and Ibn Al-Khatib who was also a historian, and a physician.





The splendor of the Alhambra and its gardens have inspired many musicians, artists, and authors. Among them was renowned author, Washington Irving, who took up residence in the Alhambra and wrote Tales of the Alhambra. The artist M.C. Escher's interest began when in 1936 he visited the Alhambra and was fascinated with its tile patterns, and spent days sketching them. The inspiration here lay the foundation for his work - for which he is most famous for. He based his work on these intricate Arabic designs, and repetitive floral and mathematical patterns.





MOSQUE OF CORDOBA

Known locally as Mezquita-Catedral, the Great Mosque of Cordoba is one of the oldest structures still standing from the time Muslims ruled Al-Andalus (Muslim Iberia including most of Spain, Portugal, and a small section of Southern France) in the late 8th century. Cordoba is a two hour train ride south of Madrid, and draws visitors from all over the world.





Temple/Church/Mosque/Church

The buildings on this site are as complex as the extraordinarily rich history they illustrate. Historians believe that there had first been a temple to the Roman god, Janus, on this site. The temple was converted into a church by invading Visigoths who seized Cordoba in 572. Next, the church was converted into a mosque and then completely rebuilt by the descendants of the exiled Umayyads—the first Islamic dynasty who had originally ruled from their capital Damascus (in present-day Syria) from 661 until 750.

The Great Mosque of Cordoba is a prime example of the Muslim world's ability to brilliantly develop architecturalstyles based on pre-existing regional traditions. Here is anextraordinary combination of the familiar and the innovative, a formal stylistic vocabulary that can be recognized as "Islamic" even today.



http://www.hispanicmuslims.com/andalusia/andalusia.html

H. Hamza AKTÜRE

Avicenna (Ibn Sina)

Avícenna (Ibn Sína) was a Persían physician and philosopher who profoundly influenced

medieval Islamic philosophy, while his synthesis of ancient Greek and theology also had a major influence on the Western thought, especially on the medieval Christian philosophers. Avicenna worked during the Islamic Golden Age that was marked by advanced

knowledge which surpassed that in the West. The territorial expansion of the Arab Abbasid Caliphate during that time gave the Muslim scholars access to vast knowledge including that of ancient Greco-Roman, Byzantine, Indian, Egyptian and Persian civilizations which became accessible to the Western scholars only in the later Middle Ages and Early Modern Period.

EARLY LIFE

The main source of Avicenna's life is his autobiography that was written by his follower Abd al-Wahid Juzjani. He tells us that the Persian philosopher was born about 980 in the village of Afshana where is near Bukhara in uzbekistanthe present day. His mother Setareh was from the same village, while his father Abdullah who was a high official under the Samanid dynasty was from the ancient city of Balkh in today's Afghanistan. Avicenna's real name was Abu Ali al-Husayn Ibn Abd Allan Ibn Sina but he is commonly referred to under his Latinised name. In the Muslim world, he is known as Ibn Sina. Young Avicenna was educated at Bukhara and by the age of 16, he established himself as a respected physician. But besides studying medicine, he also dedicated much of his time to thestudy of physics, natural sciences and metaphysics. In 997, Avicenna was hired as a physician by Nun ibn Mansur, Bukhara's ruler who gave him access to his royal library that was considered one of the best kinds in the medieval world. Over the next months, he read everything in there and soon began writing himself. The oldest surviving works date from 1001 when Avicenna was only 21 years

His father's death and political turmoil in 1002 forced Avicenna to leave Bukhara. He went to urganj (present day Konye urgench) in today's uzbekistan but he soon moved to Gorgan in today's Iran where he started working on the Canon of Medicine which was his most famous work. But the philosopher did not stay there for long either. He moved to Rai near the Present day Tehran and after 10 years of wondering, he arrived to Hamadan where he finally settled down. There, he established himself as a respected philosopher as well as physician and composed his greatest works.



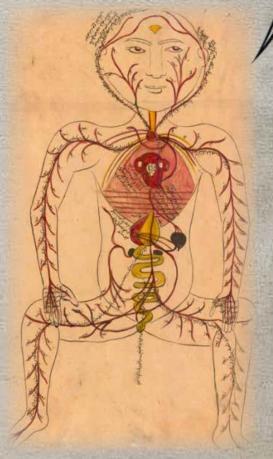
LATER LIFE AND DEATH

After the death of the Amír of Hamadan, Avicenna wrote to the ruler of Isfahav and offered him his service. When the new emir found out about his letter to the Isfahan's ruler, he had him imprisoned. He was eventually released from prison but he decided to flee. Disguised as Sufi ascetics, Avicenna, his brother, a student and two slaves left the city and arrived to Isfahan in 1025.

In Isfahan, the Persian philosopher was warmly welcomed by the city's ruler. He spent his last 12 years in a relative peace, serving the city's ruler as his advisor and physician as well as working extensively on various branches of knowledge. He died from severe colic in 1037, aged only 58.

PHILOSOPHY AND WORKS

Avicenna's philosophy dealt with some of the most fundamental questions including the origin of the cosmos, the role of God in the human existence and the universe, and divine interaction with humans and other "created" beings. He wrote extensively on logic, metaphysics and ethics, while his greatest contribution to the development of both later Muslim and Western thought was his attempt to reconcile the ancient Greek philosophy and God as the creator of all existence. Over the following centuries, Avicenna was regarded as the leading authority of the Islamic philosophy, while his synthesis of Greek philosophy and theology was later to some extent also adopted by the medieval Christian philosophers including Thomas Aquinas.



Avicenna is thought to created over 400 works on a variety of topics but only about 250 have survived. Of the surviving works, over 100 address philosophical questions, while about 40 deal with medicine. Some of his best known works include:

Book of Salvation

-The Canon of Medicine -Philosophy for the Prosodist

-Book of Healing

-Book of Virtue and Sin -Book of Sum and Substance

-Divine Wisdom

Although Avicenna's native language was Persian, most of his works were written in Arabic which was the language of the science in the Middle East in his time



The word ebru or abru stands for technique of paper marbling in Turkish. The term is derived from the word ebru which belongs to the older Central Asian languages and it means "fabric, paper" used for covering some manuscripts and other holy books.

Around the end of 16th century, tradesman, diplomats and travelers coming to Anatolia brought this art to Europe and after the 1550s booklovers in Europe rewarded ebru which came to be known as "Turkish Paper" or "Turkish marbled paper". In the following centuries of modern times, it was widely used in Italy, Germany France and England.



Technique

Ebru technique consists of sprinkling colors containing a few drops of ox-gall on to the surface of bath of water mixed with kitre (gum tragacanth) in a trough. After laying the paper carefully on the bath, the floating picture on the top of it is readily transferred to the paper; thus each ebru has a unique look. To obtain beautiful ebru results, person needs to have a light hand, refined taste and open mind to the unexpected patterns formed on the water. Ebru masters should have patience and a good knowledge of traditional culture.

Materials

Dyes: The colors used in marbling are "mineral dyes", as they are called in the classical method, and they are obtained from natural metal oxides. There are also a few herb dyes

Paintbrushes: Marbling requires the use of special, coarse horsehair bound around a rose tree stick in a manner to form a circumference with a hollow center.

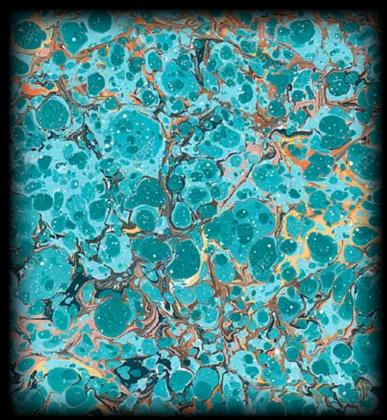
Water: Water which is used for a surface to splash the paint should be calcium free to avoid fading and ozone free to keep the gum tragacanth from foaming and breaking down.

Paper: Marbling can be done on all types of paper, cloth, wood, ceramic and glass using only mineral dyes and natural indigo and without additives. But the ideal paper is the one that is handmade has a high absorption capacity and acid-free.

Ox-Gall (Bile): This is one of the most important material for marbling. A marbling artist must understand what is gall and what is its function. It can be said that the secret of the marbling lies in the gall. Because of these solvent like matters, the gall that used in marbling prevents the dye from

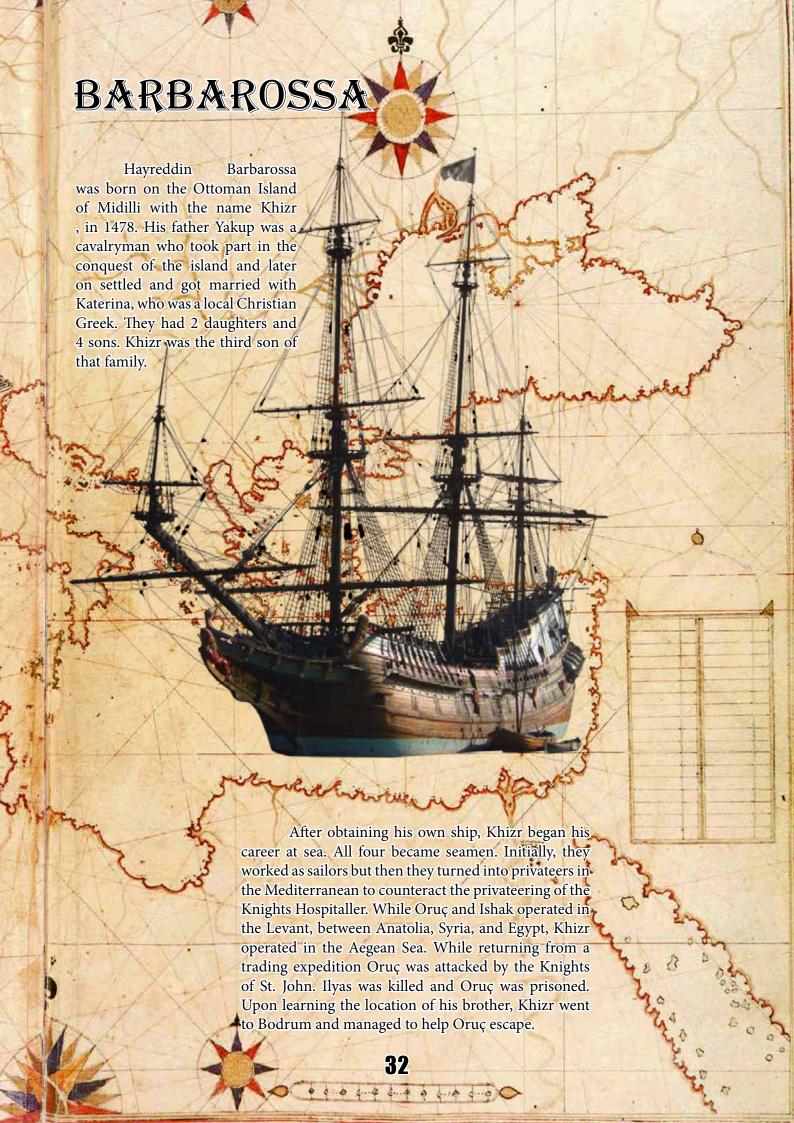


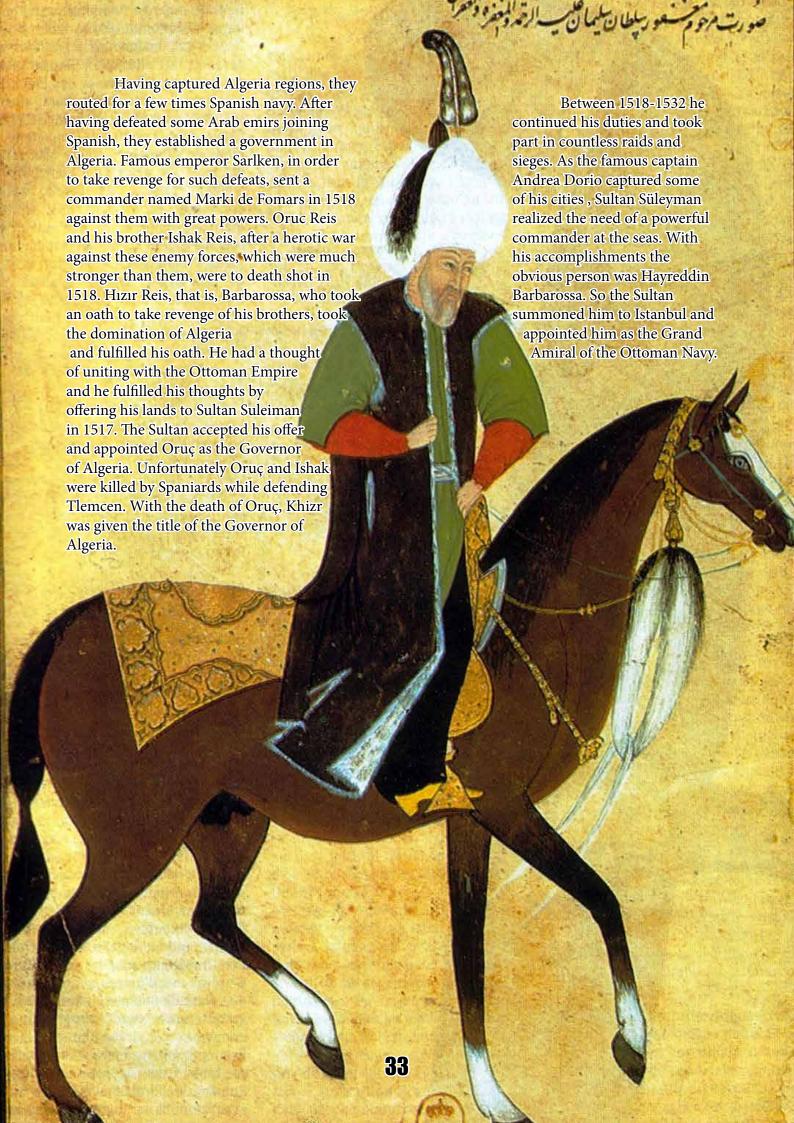
remaining on the surface of the gum tragacanth solution and avoids dispersion and color mixing Different types of galls are used to achieve different results ox gall allows the dyes to spread.



Marbling is similar to cooking, it is impossible to prescribe an exact recipe. Everyone has his own mixture of colors and patterns that he wishes to reflect to the world. The process of marbling begins with dissolving gum tragacanth in water. This water is then poured into the tank. Then the dyes to be used are emptied from the jars one after another using the brushes and are sprinkled onto the solution. Each of the dyes added, strewn one onto the other, produce attractive figures. A sheet of paper of the required size is placed on the marbling container and the image created by the dyes on the surface of the waters is impregnated on the papers. The paper is then removed and left to dry. The tank is then ready for another marbling operation.

Yunus Emire SEN



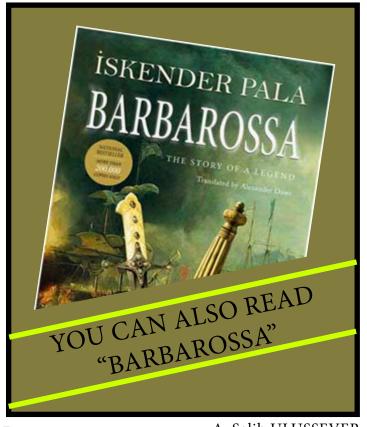




As the Grand Amiral of the navy he continued on his countless conquests. He defeated numberless enemies. In February 1538 Pope Paul the Third succeeded in assembling a Holy League against the Ottomans but Barbarossa won the biggest navy battle in the Ottoman history and defeated the combined fleet. The victory secured Ottoman dominance over the Mediterranean for the next 33 years.

The Battle Of Preveza

The battle of Preveza was a naval battle that took place near Preveza on 28 september 1538 between the Ottoman nawy commanded by Hayreddin Barbarossa and a Christian alliance assembled by Pope Paul the Third commended by Andrea Doria. The Christians had a huge fleet which consisted of 162 galleys. The number of the Ottoman galleys were only 122. Despite the clear advantage beside the Christians Barbarossa won the most glorious naval battle im the Ottoman History. The victory secured the dominonce over the Mediterranean until 1571.



A. Salih ULUSSEVER

MÂWLÂNÂ AND SAMA

Mâwlânâ Jâlâl al Din Rûmî.. One of the biggest friends of Allah, murshid-i kamil...

In spite of passing 8 years from his death until now, he is still a light of the right way for people.

After Mâvlânâ, who was respected as one of biggest scientists of Anatolia, had met Shams-e Tabrizi,

everything has changed in his life and he has become one of elders of Spirits Universe. He always sad: "We're here to associate, not to separate. Community is rahmah and mercy, not seperation." After his death, his lovers gathered around Hüsamettin Çelebi who The Mathnavi was written for and they founded the Mawlawi Order. The road that imitates his life and behaviours was named Mevleviyeh.

One of Mevleviyeh road's factors is Sama. It is a different name of mentioning Allah. Sama is a kind of worship expressing submission to eternal God by revolving around the heart. Moving and revolving are the fundamental conditions of existence. The universe and the atom exist by revolving systematically. All beings are continuously at motion performing sama all the time like whirling dervishes.

In Mawlavi language sama also means "zikir" (reciting the name of God) and the purpose is to elevate to a higher spiritual state and to progress on the way to God.

The derwish who has divine love whirls in consequence of the ecstasy as every peace of this universe is on the move by reciting. The derwish who whirls is named "Samazan" in Mevleviyeh. The first appearance of Sama is mentioned in sources as:

"After vanishing Shams-e Tabrizi, heard the rhythm which was coming

nibs started whirling on the street

Mâwlânâ was walking on the street sadly. Then he from hammers of the Jewellery Shop. Suddenly his and sad:

"In this Jewellery appeared a treasury Such a beautiful shape, such a beautiful meaning, what a beauty, what a beauty..."

Mâwlânâ Rûmî didn't specify any place to whirl the sama. On the street or at divan he suddenly straightened up and started whirling. After his death, Sama became the most important symbol of Mevleviyeh at the time of Hüsamettin Çelebi and Sultan Veled son of Mâwlânâ. Then this ritual dance and music (sound of ney) came together and Sama got his shape today.

A. Salih ÇINAR



In the early 1990, Iraq was too devastating land to survive in. When we think of Iraq, the first thing coming into our minds is the war and Saddam Hussein. However, there is another side too - it is perhaps the most notorious country in the world and it goes by the name Kurdistan.

Welcome to BEKAS.

This is a story about two homeless brothers (Zana, 7) and (Dana, 10) who live on the edge of survival. In the beginning of the story they catch a glimpse of Superman through a hole in the wall at the local cinema. Zana and Dana decide that they want to go to America and live with Superman. Once they get there he can solve all their problems, make their lives easy and punish everyone that has been mean to them. Zana, the younger brother, starts to make a list of all people he is going to tell Superman to punish. On top of the list is Saddam Hussein. Dana on the other hand makes a concrete plan for what they need to get there; money, passports, transportation and a way to get across the boarder. Unfortunately they have neither of those. But in spite of everything they decide to follow the dream.

FEED US!



Shawshank Redemption is the best movie all around the world according to IMDb. It was shot in 1994 in USA. Starring Tim Robbins as Andy Dufresne and Morgan Freeman as Elis Boyd "Red" Redding, the film was nominated for seven different Oscar Rewards.

The plot is based on Stephen King's novel Rita Hayworth and Shawshank Redemption. According to the plot, although Andy Dufresne is convicted of his wife's murder, he is innocent. He is imprisoned for years for the crime that he did not commit. He meets with Elis Boyd "Red" Redding in Shawshank State Penitentiary. Red is also a prisoner who is known as a smuggler from the outside world. He is sentenced to imprisonment for attempting murder. Actually, he accidentally drops the stolen TV on the police officer's feet. Because of that he arrests him and the judge charges him with attempted murder of a police officer and burglary.





He tries to pass the GED exams every 10 years to get his freedom back. Although he defends himself and claims that he draws a lesson from his crime, the jury rejects him every single time. Red helps Andy to escape from the prison so Andy helps Red to pass the GED exam. In the 40th year of his imprisoned life he passes the GED exam after Andy's break out. Every step he takes outside makes him feel alienated from life. Everything looks bizarre from his view. Then the papers he finds take him to Zihuatanejo where Andy lives.

The movie ends here but guess what, the story of the film has come true! Otis Johnson, who was a criminal, was released from prison after 44 years. He was sentenced to prison for attempting to murder a police officer like Red, in 1970. It was very surprising for him to see that the world has completely changed.

He went to prison when VCRs were recently introduced, The Beatles was recently broken up and he was 25 years-old. After he was released, he saw all the changes like existing of cell phones and people talking to themselves, he said about them: "I seen that everybody, or majority of the people, was talking to themselves. Then I looked closer and they seemed to have things in their ears... iPhones they call them or something like that? And I thought to my mind 'what, everybody became CIA or agents or stuff like that?".

He also shocked by the new foods, snacks and drinks. Also he says:" I eat different things now because I look at all this crazy stuff they've got. So I try it out. You know, once in a while. The funny dinners. Different colored drinks. What do you call that? The gator stuff? Pink. Blue... I started drinking that every once in a while. Just because it looks funny." Johnson says that he lost touch with his family around 1998 and that when he came out of

prison, he was all alone. He had no one to reach out to or communicate with after being released from jail. He said that losing touch with his family bothers him.

He says that he particularly misses his two twin nieces and he remembers them rushing up to see him whenever he came over. He says:" I miss my family."

Nowadays he takes part in a non-profit organization from Harlem called Fortune Society. He services in a local mosque in NY.

His dream is to one day open a shelter for women. He hopes that by sharing his story, more time and attention will be focused on providing necessary resources to former prisoners who re-enter society, specifically those who have spent decades behind bars.



Winter brings trouble, diseases and nightmares. When the temperature drops and the academic year begins, sudden temperature changes in the seasonal transitions make it easier to catch illnesses and for them to spread as well. This situation mostly affects children and even worse happens as the age decreases. Since the immune system of babies under the age of three is not fully developed, symptoms of the infections they show during a viral infection are more severe than the usual. The cold weather, sweating or feeling cold are not the only factors that leads to illnesses during winter.

Thus; these factors only make it much easier for our body to develop diseases by weakening our immune system. Primary factors of the development of diseases in our body are generally viral infections and often bacterial infections. Insufficient nutrition and lack of vitamins and minerals in our system makes our body a perfect environment for infections to develop by weakening our immune system.



How Can We Avoid Getting Infected?/ How Can We Protect Ourselves From Ilnesses?/How Can We Enhance Our Immune System?

Common viral infections are: Flu, cold, tonsillitis, bronchiolitis, and bronchitis. These viruses are generally air born or transmitted by direct or indirect contact. An infected person can transmit the virus to his/her family members and to his/her friends or co-workers simply by breathing or by direct/indirect contact and to the whole public by on public transportation. For this reason it is very important for the infected person to isolate him or herself to avoid transmitting the infection. Children especially babies should stay away from crowded places such as shopping malls. It is very important for schools and day

care centers to pay extra attention to hygiene. The first thing we should do when we come back from outdoors is to wash our hands with soap for a period of 45 seconds to 1 minute. Sufficient nutrition and a balanced diet are the most important factors for our immune system. For this reason in order to protect ourselves from illnesses and diseases, we should apply a balanced diet. Consuming products rich in antioxidants like vitamin A, C and E such as carrot, spinach, leek, broccoli, zucchini, cabbage, cauliflower, parsly, nuts, seeds and beans is also very important to enhance our immune system. a variety of liquids and minerals like milk, honey,



fruit juices, linden and sage also help us to keep our immune system healthy.

Since junk food and sweets cause pathogens to develop in the body we should avoid consuming junk food and sweets during the winter in order to maintain our health.

We have to choose our clothing according to the weather conditions to avoid getting cold and becoming ill eventually. We should wear thick clothes such as sweatshirts, coats, and

How Can We Treat The Diseases?

Most of the infections in winter are caused by viruses. These infections can be treated by applying a healthy diet, protecting ourselves from the cold weather and resting until the infection is gone. Using antibiotics wouldn't treat viral infections, worse it would weaken the immune system causing new illnesses to develop in the body. Bacteria such as flora help us by protecting our body from harmful bacterial infections.

The unnecessary usages of antibiotics kills all the bacteria in the body including beneficial ones causing new infections to develop after the treatment.



Millions and billions of bacteria live on our skin such as flora. The function of these bacteria is to prevent other bacteria from infecting our body. For this reason we shouldn't use antibiotics when there is no necessity to preserve the beneficial bacteria. During the treatment of viral infections we ought to isolate ourselves in an environment with a temperature of approximately 22 degrees, take the necessary fluids and circulate the air in order to recover, control the body temperature prevent any possible complications during the treatment procedure. Regression of symptoms of the viral infections with in the 3 to 4 days and full recovery is recorded in a period of 7 to 10 days.

Abdullah PEHLİVAN



EAT BETTER, LOOK BETTER

Would you believe that your diet can make a big difference in keeping a youthful appearance?

It seems strange to think that the food we take in could result in fewer wrinkles. Wouldn't it be better to put things on our skin rather than in our mouths?

Well, according to one scientific theory, our bodies start aging because of oxidation. This means that certain oxygen-containing molecules in our cells, called free radicals, have the capability to attach to and damage parts of our cells, including our DNA. Our bodies can repair this damage, but as we get older, these repair mechanism start to break down, resulting in the sign of aging. Free radicals are actually produced by our bodies, but their numbers can also increase due to the food we eat.

Besides avoiding foods which could potentially produce more free radicals, eating foods which contain certain vitamins and micro-nutrients can also contribute to keep us looking young. These vitamins help produce molecules called antioxidants, which actually help reduce the production of free radical. Even better, foods containing antioxidants are not rare. Common antioxidants, like vitamin A and E, can be found in many dark colored vegetables. For example; carrots, seaweed, spinach and broccoli are all excellent sources of these helpful vitamins. Also, you can eat orange-colored fruits like apricots and peaches. Vitamin A and E are particularly good for helping your skin and make it soft. However, if you really want to stock up quickly on nutrients that benefit your skin, you should eat cow's liver. One small piece of cooked cow's liver contains twice as much vitamin A as half a cup of cooked carrots.

More recently, green tea has also been tentatively added to the list of youth-promoting substances. Although research about green tea's effects on our bodies is as an early stage, scientists certainly believe that it is good for us. Scientists, however, are still cautious about predicting its capability to keep us looking youthful. But from recent experiments, its antioxidant properties seem to be able to repair cell damage already sustained as well as prevent damage in the future. In fact, green tea works even better if you apply it directly to your skin as an ingredient in facial cream.

"You're what you eat." This old proverb certainly seems to be true the more we find out about how our body works. Think about that the next time you sit down at the table;)

Furkan ÇAKMAK



Did you know that what you eat can have been a drastic effect on how you feel? We all know that what we eat it affects us physically but did you know some foods affect us mentally, too? Studies have been shown that chocolate can lift your spirits and make you feel happier. However, the effect lasts only for a short time. The high fibre foods on the other hand can be make people feel positive, energetic and think quicker. Research shows that people who they eat a high fibre diet tend to be less stressed, less thred and less depressed than people are who don't. Also, they are able to think lots more quickly. Nevertheless, other foods can that have a negative effect on us such as coffee, eggs, sugar and foods that they contain a lot of artificial flavourings and preservatives. These all foods can make us feel sad, anxious and prone to panie atacks. Foods that have been proven to lift up your spirits are oily fish, salads, fruit, cereals and nuts.

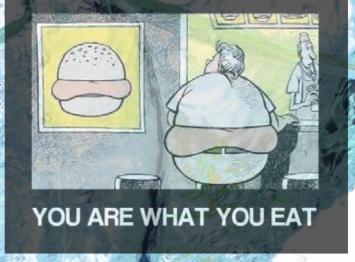


Furkan ÇAKMAK

CAN UNHEALTHY BE HEALTHY?

People often say 'You're what you eat' and we all know that to be healthy we need to eat healthy food. What is really healthy, though? All fruit juices contain high amounts of sugar. Some juices have only very low amounts of fruit in them and as much sugar as a glass of cola or a chocolate bar.

It is true that salads are full of vitamins and minerals. Creamy mayonnaise-based salad dressings, however, can contain a lot of fat, sugar and salt. To enjoy a healthy, tasty salad at home, make a dressing by adding lemon juice or vinegar to a small amount of olive oil instead of using heavy mayonnaise.



Food companies like using the words 'fat-free' or 'low-fat' on their labels. Unfortunately they often replace the fat in these 'healthier' with salt and sugar to give them flavour. It's a good idea to read the whole label.



People think chocolate is bad for them but it has some benefits. Good quality dark chocolate helps protect your heart by lowering your cholesterol. Eating chocolate also has a positive effect on how we feel. All chocolate is high in fat, so you should prevent eating it after every meal.

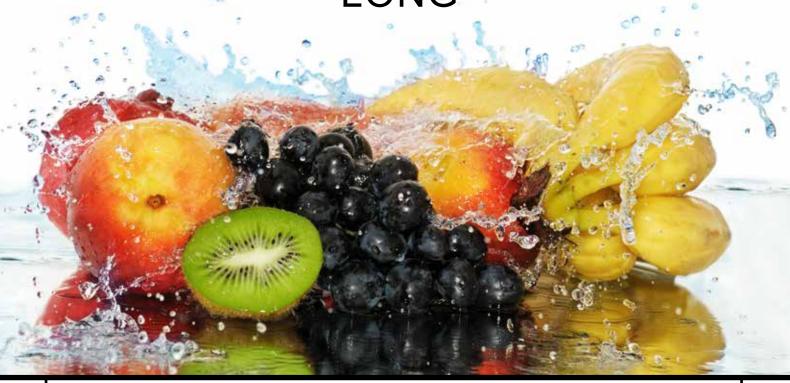
Eggs are a good source of protein and vitamins. Frying an egg is less healthy than boiling them. A fried egg contains about 30% more fat than a boiled or poached one. If you prefer fried eggs, try frying them in olive oil instead of butter.

Red meat such as beef can be part of a healthy diet. Including red meat in a meal a couple of times a week helps your body to get enough iron and protein. Just make sure you trim off the fat and buy only lean meat.



Furkan ÇAKMAK

HOW TO BURN FAT ALL DAY LONG



You eat all the right foods and do plenty of exercise, so why aren't you using and of that extra weight? Perhaps you need to think about a daily diet exercise plan which tells you when you should be eating, drinking and exercising in order to burn fat more quickly.

Try to start the day with a cup of green tea. Green tea wakes you up and gets you ready for your hectic day ahead. You will feel upbeat and active and at the same time your metabolism will be off to a good start, burning up those extra calories.

After your hot drink, think about an early morning workout. This will help to elevate your energy levels and keep you alert all day long. But wait until your body temperature has risen and give yourself time to wake up. The best time to start exercising is half an hour after you open your eyes.

The next step is to stock up on carbohydrates and liquids. This will help to give you the energy you need to get moving. Try to eat breakfast an hour after exercising so the carbohydrates will be turned into energy and not be stored as body fat. It's also a good idea to eat plenty of unprocessed carbohydrates such as fruit, yogurt and rye bread.

As you make your way through the first part of your busy schedule, don't forget that mid-morning energy boost. Eating just three meals a day makes the body store more food as fat. The secret of burning fat is to eat little amounts at regular intervals throughout the day. A banana or a kiwi fruit at around eleven will give you all the energy you need.

t around noon it's vital to drink lots of water. Water will help to take the edge off your appetite as it will fill you up. Experts recommend drinking cold water, as your body will have to use up calories just to warm it up.

It is always important to eat lunch earlier rathen than later. The later you leave it, the easier it will be to fill up on fast food to satisfy your hunger. Try to plan your lunch menu and choose light carbohydrates and proteins such as tuna or chicken sandwiches accompanied by raw vegetables or fruit. You shouldn't want to eat very much as you have already filled up with water.

Now, by mid afternoon, you will find that your stress levels are on the rise again. That means that you are in need of fuel to keep you going through the rest of the afternoon. A small sweet snack would be the perfect choice. Try dried fruit, a banana or some fruit yogurt.

Later in the day when you finish work and your body temperature is at its peak is the best time to do some fast, powerful exercise. At this time, your muscles are more flexible and your reflexes are faster than usual, so make the most of it. Go for a run or even a fast walk. Do whatever you enjoy, as long as it gets you moving and burning fat.

The next step is the evening meal. It is important to eat an hour or so after your evening workout. This will replace some of the energy you have lost so that you will be able to get up and get going again the next day.

If you plan well, this meal can be an important part of your fat-burning day. There are certain foods and spices that will actually help your body to burn up any unwanted calories, such as red peppers, chilies and ginger. These will make your nervous system work faster and raise your body temperature, which in turn will burn more calories. Don't leave your evening meal too late, though, as you need to give your body time to absorb the food before you sleep.

Then, instead of sitting down in front of the TV for those last few hours of your busy day, why not try a few deep breathing relaxation techniques. This will guarantee that your body is calm and ready for that deep sleep that you need to get ready for the next day.

If you have trouble getting off to sleep, though, don't panic. There are plenty of healthy, low fat alternatives to help you nod off. Why not try a glass of warm skimmed milk, or even a cup of chamomile tea? These natural and low-fat drinks will help you to get to sleep.

So eat regularly, drink lots of water, keep active, relax and sleep well. You too will be well on the way to a fat-burning routine that will keep you healthy and slim.



Furkan ÇAKMAK

THE TERRACOTTA ARMY

In 1974, a group of farmers in China, were digging a well when they uncovered something strange: a life-sized statues of a soldier standing ready for battle. When the area was excavated later by archaeologists, a whole army of terracotta soldiers that have been undisturbed for over 2000 years.

These statues were made to guard the tomb of Qin Shi Huang, the First Emperor of China. In ancient China, the dead were buried with their possessions because people believed that they could be taken into the afterlife with them. Qin Shi Huang wanted to be sure that he took all his working on it when he was just 13 years old. Around 700.000 men worked on building the elaborate treasure-filled tomb surrounded by an army of clay soldiers until the emperor's death.



Each one of the statues is unique. They each have their own individual facial expressions and features. Some have moustaches, others have beards and they are all different heights and builds. Some people believe that each one was modelled on the real soldiers of the First Emperor's personal army. In total, there are around 8000 soldiers all lined up for battle in different pits alongside bronze horses and chariots and an armoury of weapons spread over 50 square kilometres.





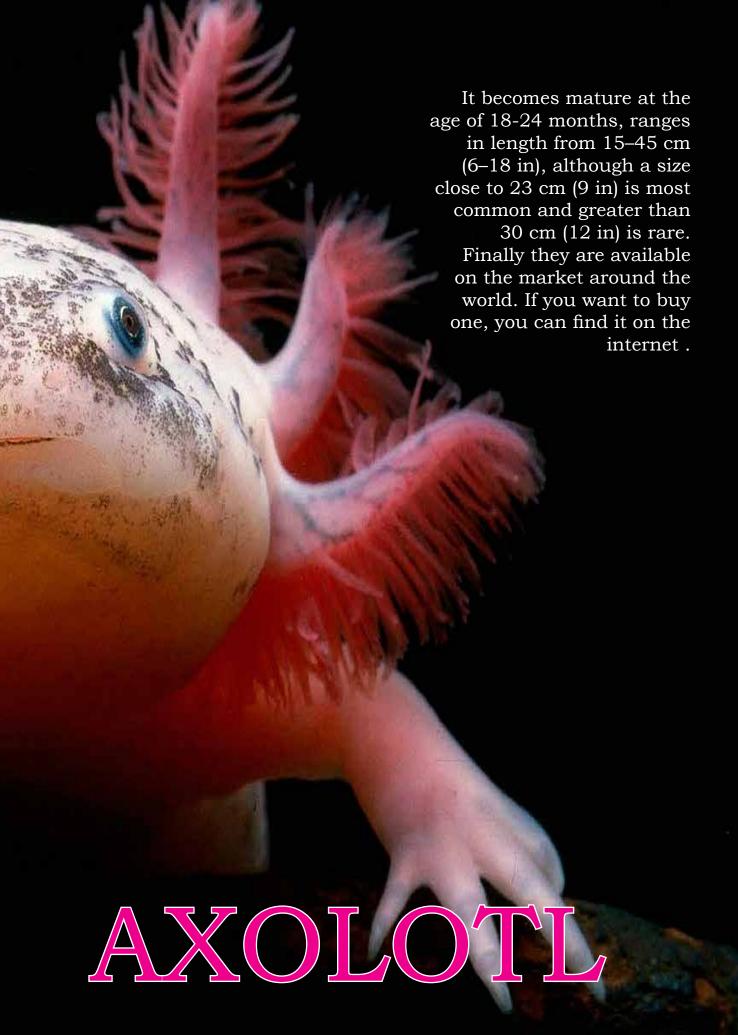
The splendour of the burial site shows just how powerful Emperor Qin Shi Huang was. During his reign he brought the different states of China together to form the first Chinese Empire and he made the written language, the money and the laws the same for everyone. The first reat fortresses that would become part of the Great Wall of China were also built during his reign. Strangely though, despite his importance and power, after

his death, the emperor's tomb was forgotten and remained untouched for 2000 years.



Today, the First Emperor's Tomb is protected UNESCO World Cultural Heritage site. Archaeologists may never uncover all the riches of the tomb, but what has been found so far is a fantastic gift to the world. Any visitors to China will be amazed by the spectacular terracotta army. It is a sight not to be missed.







PLATYPUS

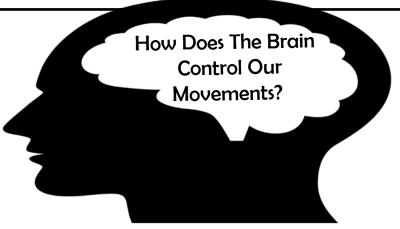
Platypus is also known as beaked mammal. Its size ranges from 39-60 cm. They can be found in Tanzania and Eastern Australia. Unlike other mammals the platypus reproduces(breed) by laying eggs. Its body temperature is normally 31 C unlike its other family members. Their tail which is 10-15 cm is used to store fats and keep hot air which is used in warming the body. Weight ranges from 0.7 to 2.4 kg. The males have spurs behind their legs which are poisonous. This venom consists of protein.

PLATYPUS CAN BE FOUND ON THE BACK OF 20 CENTS OF AUSTRALIA

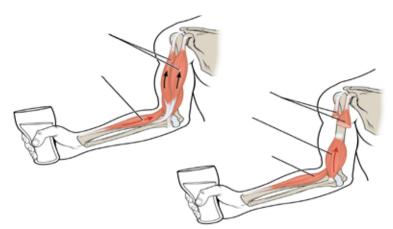
The venom is not fatal to humans but it can lead to great pain. The platypus uses it to poison or to kill small animals when hunting. Among all the mammals, it is the only animal that can detect electricity. They hunt their prey by using the electromagnetic force generated by their prey. While other mammals have XY genes, the platypus has xyxyxyxyy genes. They have 10 sex chromosomes instead of 2. Finally these species are protected in Australia.

PLATYPUS LAYS 2 EGGS AT A TIME

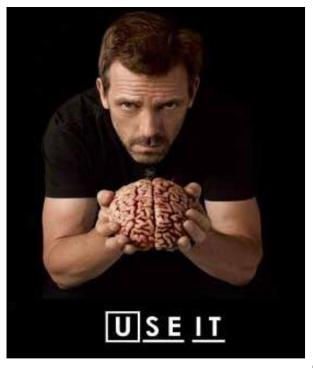
PLATYPUS CAN SWIM UNDER THE SURFACE OF WATER WITHOUT BEING NOTICED



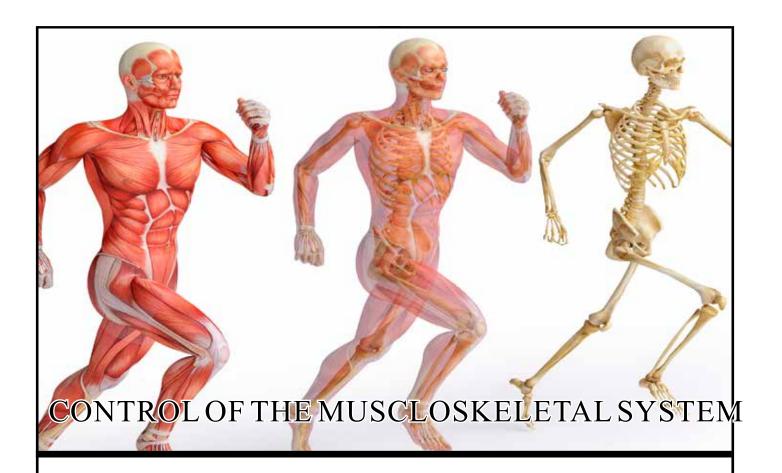
Every movement we make from walking and writing to blinking and talking requires a meticulous communication between the brain and our muscles. For instance, in order to pick up a glass of water, the brain has to figure out which muscles to contract and how to move our hand to pick up the glass and work with the motor system to plan the movements and to control the actions that muscles make.



Eyes will sense the location of the glass and send it to the visual cortex . The forward part of your brain first plans the intended movement (holding that glass of water and bringing it close to your mouth). This planning takes into account assessing information concerning the location of the glass as perceived in the visual cortex , any similar movement done in the past as stored in temporal nerve, current position of the body... This information is then conveyed to area 6 of frontal lobe which then decides which set of muscles to contract in order to accomplish the task.

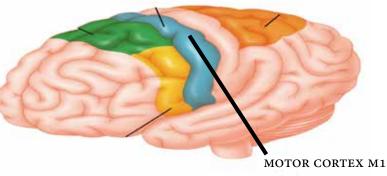


This information is then conveyed to area 4 of the Frontal motor cortex which in turn activates specific muscles or groups of muscles via the motor neurons in the spinal cord. The signals in motor nerves then reach out to specific muscles which contract to perform the motor task. In this case muscles of the arm and hand will contract to hold the glass and bring it close to the mouth. In this process, cerebellum and basal ganglia also lend great help to initiate and coordinate movement smoothly.



The muscloskeletal system is controlled by the brain signals sent from the motor cortex to the nerve receptors on the skeletal muscles. Muscles are controlled by the peripheral nervous system (PNS), an extension of the central nervous system, connecting the CNS to the limbs, organs, and other parts of the body. The Motor cortex is located in the frontal lobe of the brain. The role of the motor cortex is to generate neural impulses that control the movements. From the motor cortex

travel to the other side of the body to activate the skeletal muscles on the opposite side of the body, meaning that the left hemisphere of the brain controls the right side of the body, and the right hemisphere of the brain controls the left side of the body.





NERVES:

Nerves are sort of wires that carry communication signals or impulses around the body.

philadelphia experiment

The Philadelphia Experiment took it's name from a naval base in Philadelphia Pennsylvania. The experiment's official name was "Project Rainbow". The experiment was allegedly performed during the World War II. However, the USA government refutes this experiment. It is said that:

The experiment started at 09.00 A.M on the 22nd of June 1948. The USS Eldridge ship disappeared in a green fog after the flow was given. The generators were turned off after 15 minutes. Then the ship came back. Carl M. Allen mentioned about the experiment in his letter like this to Dr. Morris K. Jessup:

I wish to mention that somehow, also, The Experimental Ship Disappeared from its Philadelphia Dock and only a very few minutes later appeared at its other dock in the Norfolk, Newport News, Portsmouth area. This was distinctly and clearly identified as being in that place BUT the ship then, togain, disappeared and went back in its Philadelphia Dock in only a very few minutes or less. This was also noted in the newspapers but I forget what paper I read it in or when it happened.

Probably late in the experiments, may have been in 1946 after experiments were discontinued, I can not say for sure. To the Navy this whole thing

blasting effects which were so much so that efficient operation of the ship was drastically hindered and then after this occurrence it was shown the even the Mere operation of a ship could not be counted upon at all. In short, ignorance of this thing bred Such Terrors of it that, on the Level of attempted operations, with what knowledge was then available it was deemed as impossible, impracticable and too horrible I believe that had you then been working upon & With the team that was Working upon this project With yourself knowing what You NOW know, that "The Flames" Would Not have been so unexpected, or Such a Terrifying Mystery. Also, More than Likely, I must say in All fairness, None of these other occurrences could have happened without some knowledge of their possibility of occurring. In fact, They

was so impractical due to its morale May have been prevented by a far More Cautious Program and by a Much more Cautiously careful Selection of Personnel for Ships officers & Crew. Such was not the case. The Navy used whatever Human Material was at hand, Without Much, if any, thought as to character & Personality of that Material. If care, Great Care is taken in selection of Ship, and officers and crew and If Careful Indoctrination is taken along with Careful watch over articles of apparel Such as rings & Watches & Identification bracelets & belt buckles, Plus and ESPECIALLY the effect of Hob-Nailed shoes or Cleated-shoes U.S. Navy issue shoes, I feel that some progress towards dissipating the fear filled ignorance surrounding this project Will by Most surely & certainly accomplished. The Records of the U.S. Maritime Service HOUSE Norfolk, VA (for Graduated Seamen of their Schools/ Will reveal Who was assigned to S.S. Andrew Furriest for Month of either Late Sept. or Oct. of 1943. I remember positively of one other observer who stood beside Me When tests were going on. He was from New England, Brown Blond Curly Hair, blue eyes, Don't remember Name. I leave it up to you to decide if further Work shall by put into this or Not, and Write in

Very Sincerely,

Hopes there will be.

Carl M. Allen

Some Interesting Information About the Experiment

1)Magnetic Field

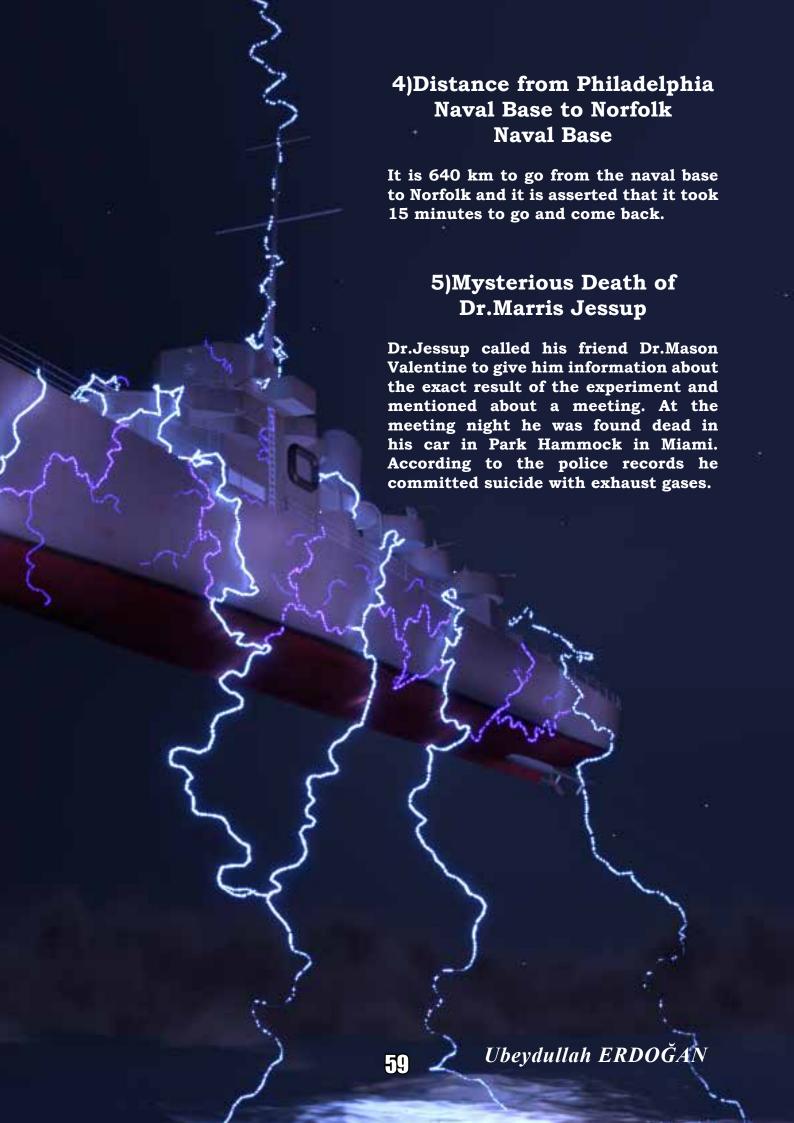
Dr.Alfred Biebek suggests that in every 10 years on the 12th of August, which is the day of the experiment, a magnetic field occurs again.

2)Invisible Men

The invisible men became visible as soon as their hand or any other limb got in contact. This phenomenon called "freeze" took days, weeks and sometimes months. Others were developed psychic problems, while walking on a street they suddenly disappeared and later came back.

3)Some Important People in the Experiment

Experimental studies started at Chicago University and continued at Princeton University. Some scientists was allegedly work in that experiment like Albert Einstein, Dr.Nikola Tesla and Dr.Johnvon Neumann.



EFFECTS OF SPACE FLIGHT ON THE HUMAN BODY

Humans are well adapted to life on Earth. Consequently, spaceflight has many negative effects on the human body. Many astronauts suffer from significant effects of long term weightlessness, muscle weakness and deterioration of the skeleton. Other significant effects include a slowing of the cardiovascular system functions which is basically the heart function, decreased production of red blood cells, balance disorders, eye sight disorders and weakening of the immune system, fluid redistribution (causing the moon face appearance typical in pictures of the astronauts experiencing weightlessness), loss of body mass and sleep disturbance.





Gear S2





A lot has happened since Samsung unveiled its first smart watch a couple of years ago. No longer is its latest version stuck with a square screen. Nor it is totally useless without your phone The new Gear S2 now looks and works like a regular watch plus some great features accessible through a much improved interface. Firstly, the customizable watch faces look the part with a clear, bright Super AMOLED screen that works just as well in bright sunlight as at nightThe 1.2-inch screen, with a 360 x 360 resolution, is worth another mention here. It's sharp enough to let you see the details, say, the small numbers aroundthe dial on some watch faces

What also sets the Samsung gadget apart, is the use of the bazel. Turn it and it scrolls through options on screen. You can swipe, as usual, with your fingers, but the bezel makes it easy

to quickly go through a long list of items on a menu. What of battery life, then? With the default screen brightness at 70 percent, the Gear S2's 250mAh power pack lasted me an entire day easily. That includes tracking a run and playing music over Bluetooth as well. I didn't have to resort to a greyscale screen to save power. It's not the cheapest but the Gear S2 has to be on your list of smart watches to check out if you are seeking one that's easy to use. Great for sports, the regular version with the silicone band goes for \$250. The classier one with a leather strap will set you back \$350.



-PYRO FIRESHOOTER-



The new Pyro Fire shooter by Ellusionist is an awesome gadget that is already available to purchase, and it gives wearers the ability to shoot balls of fire from their wrists with the simple click of a button. How awesome is that?

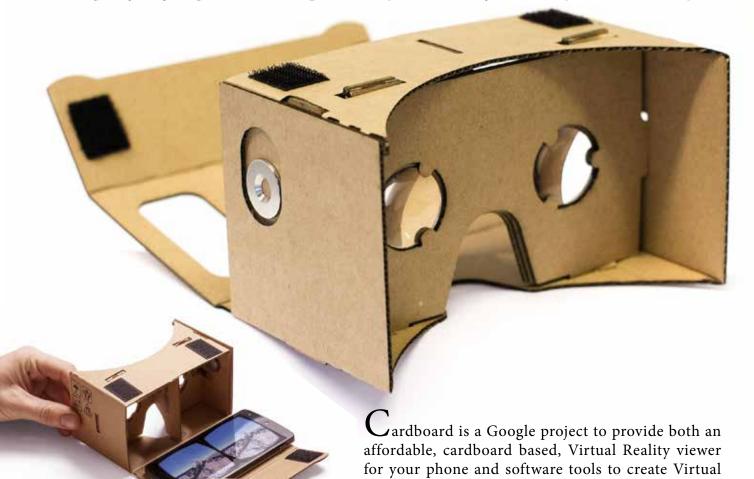
"This is not a toy," Ellusionist's Pyro website warns.

"This is a 'badass' professional device that allows you to launch fireballs from your open palm."

Pyro Fire shooter allows you to load rounds of flash paper into four separate barrels, and then simultaneously launch and ignite them one at a time, sending a ball hurling forward about 10 feet (304cm) before it vanishes.

Wake is a modern alarm clock that wakes you up with a personal sunrise and focused sounds waking up each person in a bed individually. Wake project started in March 2015 and recently raised all the money it needed to put it in production. We are looking forward to find this well designed product on the top shelves.

-GOOGLE CARDBOARD VR-

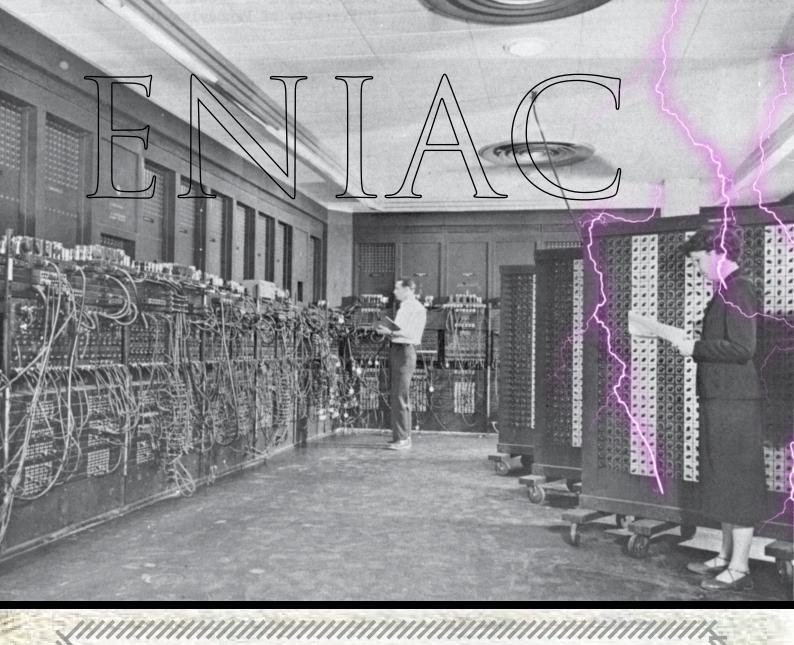


viewer places two lenses in front of the screen, and the software generates separate images with slightly different perspective for each eye, which the brain interprets as 3D. A gyroscope sensor in the phone is used to track head movement, and VR apps match the rendered image to the current view direction, allowing the user to look around in a virtual reality.



Reality experiences that can place the user in another

L umen uses heat on your thumb to power a beam of light, With a minimalist design and no buttons, the aluminium case is designed to store heat effectively, the flashlight uses a thermo electric generator, which is a small ceramic bar and produces an electric current. We can be pretty confident that there is a market for this kind of invention.

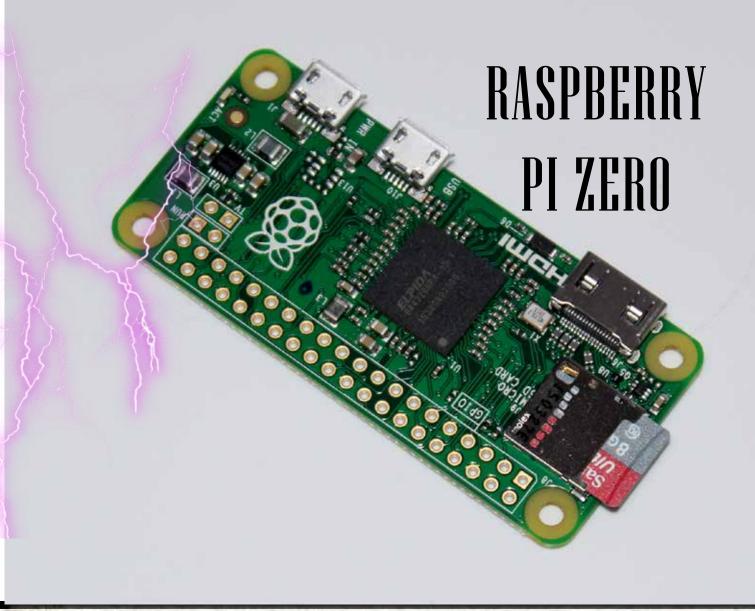


ENIAC stands for Electronic Numerical Integrator And Computer. It was a secret World War II military project carried out by John Maucly, a 32 year old professor at Penn's Moore School of Electrical Engineering and John Presper Eckert Jr., a 24 year old genius inventor and lab assistant. The challange was to speed up the tedious mathematical calculations needed toproduce artillery firing tables for The Army.

ENIAC was not compeleted until the end of The War but it operated until 1955 at Aberdeen, Md. ENIAC was enormous it contained 17.500 vacuum tubes, linked by 500.000 soldered connections.

It was filled with a 50 foot long basement room and weighed 30 tons. About 10 percent of the historic computer lives on in the same basement roomwhere it was created ENIAC's 50 th anniversary was celebrated in 1996 with a visit by Vice President Al Gore. What was left of the old computer was fired up onelast time.

ENIAC is generally closed but special arrangement can be made to see it by contacting The University's Electrical Engineering School.



The Raspberry Pi is a low cost, credit-card sized computer that plugs into a computer monitor or TV, and uses a standard keyboard and mouse. It is a capable little device that enables people of all ages to explore computing, and to learn how to program in languages like Scratch and Python. It's capable of doing everything you'd expect a desktop computer to do, from browsing the internet and playing high-definition video, to making spreadsheets, word-processing, and playing games.

What's more, the Raspberry Pi has the ability to interact with the outside world, and has been used in a wide array of digital maker projects, from music machines and parent detectors to weather stations and tweeting birdhouses with infra-red cameras. We want to see the Raspberry Pi being used by kids all over the world to learn to program and understand how computers work.

DRIVERLESS BUS

Autonomous driverless buses are going to be released and hit the streets of Switzerland in Spring next year, as a part of two years trial run that will test how well the vehicles operate in real-life traffic.

Two of the driverless buses, created by start up Best Mile, will enter service in the city of Sino. The buses will have 9 seats for passengers and will be the first test of autonomous driving technology in public transportation.

Google, Apple Tesla and many legacy automotive brands like Mercedes-Benz and Volvo

are already deep into their own development in the autonomous driving technology and semi-autonomous driving space.

Transportation authorities in Switzerland say the driverless buses are not meant to replace bus drivers entirely. But we hope to see this technology all around the World to make transportation easier.



THE GIRL MISSING AND PRESUMED DEAD FOR 10 YEARS

In China, a girl, who was missing and supposed to be dead, has been found living in an internet cafe.

According to her confession, she left home because of a row with her mum about skipping classes. She had been playing computer games all the time since she had got lost. She said that she had been sleeping and living in the internet cafe. She also paid the cost of internet cafe with the money she earned from the game "Crossfire".

The girl, who was carrying a fake ID card, was taken to the police station and questioned by police officers. After this questioning , the police fined her £5000 and contacted her parents .

Her mother told the local press she had not changed her phone number after her daughter left home so she could contact her.



"I have a stubborn personality and a short temper, so I used to scold her. But it's been 10 years and now she's an adult. I will never scold her again" she said.



AUTOMATICALLY TRANSLATING MEGAPHONE

In the TV series, Star Trek, the crew of the Star ship overcome communication barriers with aliens thanks to a universal translator.

Now , this technology is being realized by electronics giant Panasonic Company. They developed a megaphone described as "Magic", the megaphone can automatically translate what is being spoken into three different languages that are then played out through the speaker.

The loudspeaker has been called as Megaphone yakua combination of the word megaphone and the Japanese word for translation.



JAPANESE ARTIFICIAL INTELLIGENCE PASSES UNIVERSITY EXAM

A robot developed by the National Institute of Informatics is now smart enough to be accepted into most Japanese universities, but still can't get into the top university in Tokyo.

This artificial intelligence, which is called the Todai Robot Project, aims to take a high enough score on the college entrance exam for Tokyo University in 2021.

This robot named "Al" achieved an above average score on the exam including Math's, Physics, English and other subjects. Its score 511/950 gives it opportunity to be accepted by 441 private and 33 national universities.

Minstafa SAĞILAM

Hasan Çınlındi

DOOMSDAY VAULT

The Svalbard Global Seed Vault is a secure seed bank on Spitzbergen a Norwegian island. That place might save humankind someday. It's a bank build to last 10,000 years. From the outside, the vault looks like a concrete wedge pounded into a mountain. But as you walk through the door, you will cross from a hostile wasteland into a safe house for humanity.

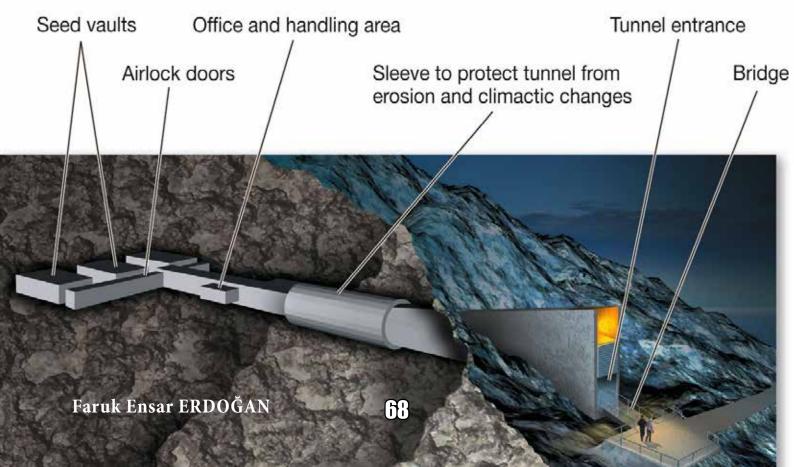
The Svalbard Global Seed Vault's mission is to provide a safety net against accidental loss

of diversity in traditional gene banks. War and civil strife have a history of destroying some gene banks. Also nature affects gene banks. The national seed bank of the Philippines was damaged by flooding.



The site was built to be disaster-proof:130 metres up the mountain in case of sea-level rise, earthquake resistant. Also the area fort his vault is specially chosen. This area is quite and isolated. Locally mined coal provides power for refrigeration.

The seeds are stored in sealed envelopes, then they are placed into plastic containers on metal shelves. The storage rooms are at -18°C. Limited Access to oxygen and the low temperature will ensure low metabolic activity and delay seed aging.



ONLINE SHOPPING

Have you ever spent hours looking for interesting birthday gifts for your friends? Now thanks to the internet, you can find unusual gifts quickly and easily. Perhaps your friends would like some snow from North Carolina. Maybe they would prefer a handful of sand from Los Angeles or a bucket of dirt from Texas. If you have enough money, you could buy them something even bigger. In December 2002, a town in California was sold on the internet for US\$1.8 million.

Shopping has become one of the most popular uses for the internet. In fact, there are millions of online purchases every day. One way of shopping online is through auction sites, where people bid for things they want to buy. Most of the things for sale online are everyday things such as clothes, CDs and books. But sometimes they can be very unusual. In the last few years, people have even tried to sell their grandmothers online!

However, shopping online can sometimes cause trouble. In May 2002, a thirteen-year-old schoolboy from Ohio, USA, got into trouble when he spent over US\$2 million at an online auction. The boy had stolen a password for an auction site from his friend's mother. During a science class at school, the boy logged on to the auction site and bought a jet plane and a helicopter. His friend's mother found out what had happened the next day when the owner of the helicopter called her to ask how she wanted to pay!

So next time you buy something unusual online, make sure you have the money to pay for it!







The greatest boxer in the world was born on January 17, 1942, in Kentucky, USA. His parents named him Cassius Clay, but he is better known as Muhammad Ali. In 1960, he won a gold medal in boxing at the Olympic Games in Rome. He was soon to become famous throughout the world, both for his boxing and his beliefs.

Soon after he won his Olympic medal, Ali became a professional boxer. During his career, he had sixty-one fights against the best boxers in the world, and lost only five of them. In February 1964, he beat Sonny Liston to become the heavyweight boxing champion of the world. In fact, Ali didn't lose a fight until 1971 when he was beaten by Joe Frazier. Ali was an amazing boxer.

He was fast, skillful and entertaining. He was also very funny. He made up poems and jokes about his opponents.

However, Ali was a controversial champion. In 1964, he threw his olympic medal into a river to protest against racism in America. In the same year, he became a muslim and changed his name from Cassius Clay to Muhammad Ali. He said that Cassius Clay was a "slave name". In 1967, he was sent to jail because he refused to fight in the Vietnam War. He said that the Vietnamese had never tried to hurt him, so he wouldn't fight them. Many of the things he said and did caused trouble and made him unpopular. Even so, when he stopped boxing in 1981, he was still telling the world. "I am the greatest!".

ITS HARD TO BE HUMBLE WHEN YOU'RE AS GREAT AS I AM

Muhada

71

Mustafa SAĞLAM

Bocce

Bocce was first started in Anatolia 5000 years ago and was played with polished stones. It was taken from the Romans. It still exists. It is known as the oldest sport in the world. Bocce was initially played among the Italian migrants but has slowly become popular. The purpose of the game is throwing balls near of the target ball (goal ball). Every ball that is closer to the target ball is awarded with 1 point. The length of a game varies by region but is typically from 7 to 13 points.

Gameplay

Matches can be played with single players or multi players. (2 or 3 players). If the game is 1v1, each player throws 4 balls. If the game is 2v2 or more, each player throws 2 balls. Bocce is generally played on natural soil and asphalt courts. The Ideal size of the court is 27.5 meters in length and 2.5 to 4 metres wide. Bocce balls can be made of metal or plastic..







Curling:

Curling was invented in medieval Scotland. The first recorded reference to curling comes from two paintings from February 1514. It was included in the Winter Olympic Games for the first time in 1924, and it has been officially considered as an Olympic game since 1998. Equipment used in curling are; special curling shoes, rock and a broom or brush.

Shoes:

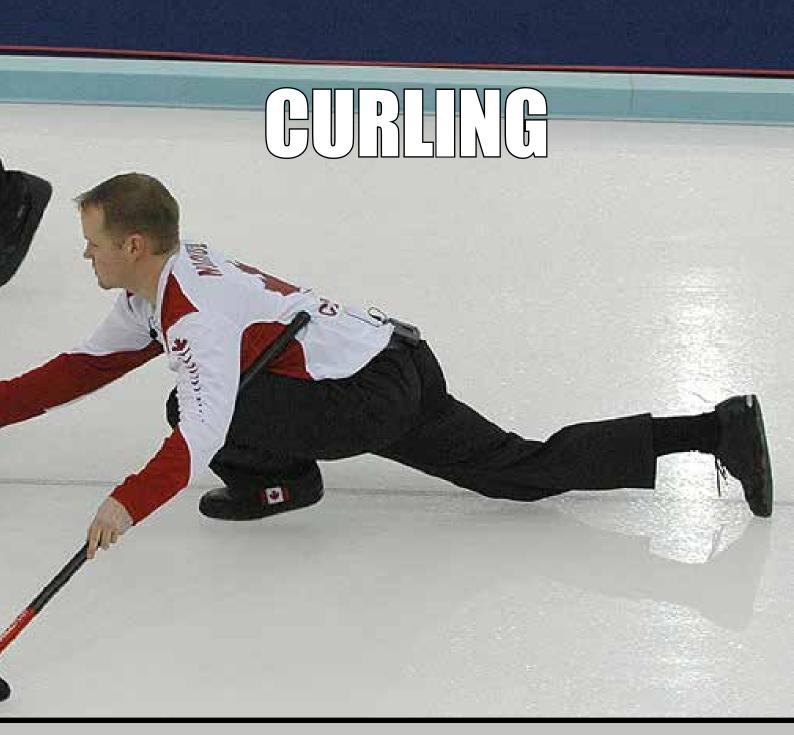
One of the shoes is designed slippery in order to let the shooter slide smoothly while throwing the ball. Teflon is used to cover the shoe, while the other shoe is designed specially to increase the grip.

Broom or Brush:

The broom or the brush is used to sweep the ice surface to create a smooth path for the rock. Some players use the brush to lean on after shooting the rock.

Hog:

The closest point which the player can shoot the stone.

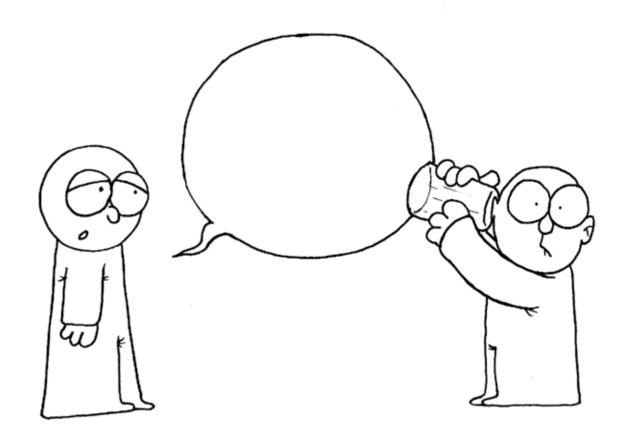


Rock:

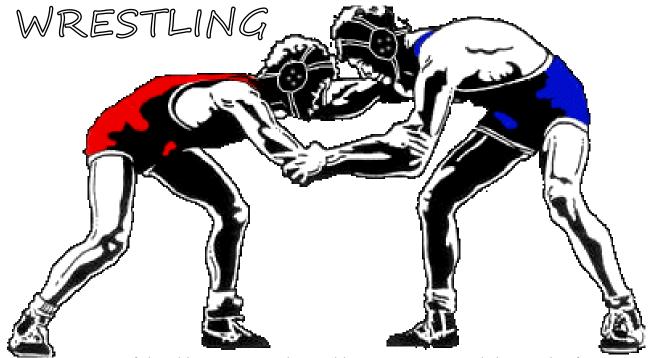
Also known as a stone is usually made of granite. It weighs 19.96 kg. There is a handle on the stone to hold the stone and give a curve to the stone. The handle also indicates the color of the team (yellow or red). A receiver is embedded in the handle to determine the hog line violation. Scots believe that the best qualified stone is made of a special kind of granite called "ailsite". Stones made of this type of granite costs approximately \$ 1400.

Gameplay:

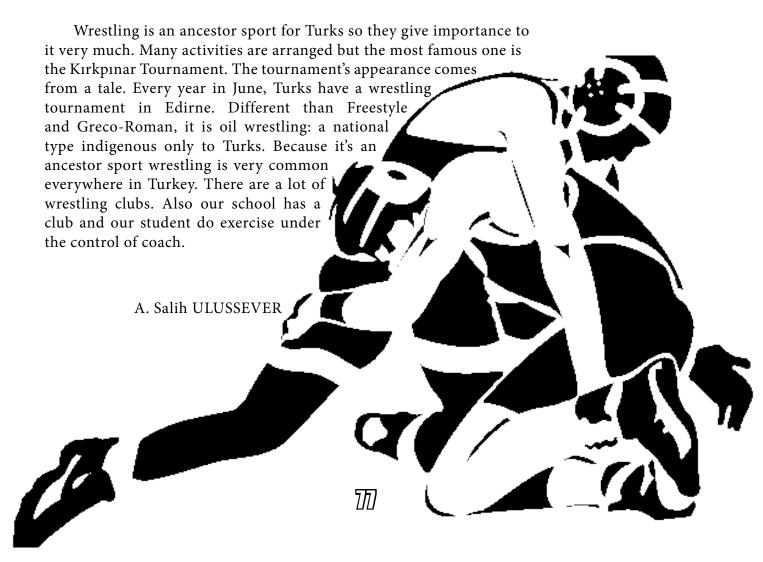
The curling ring is 42.07m long and 4.28m wide with a target called house at either end. The aim of the game is to shoot the stone to the nearest destination to the house. The game is played in two teams with 4 players in each. Each player can shoot twice in one set. The game is played in 10 sets. The team which scores the most wins the game. If the game ends scoreless, players play one more set. During the international games, each team is obliged to complete their shots in 73 minutes.



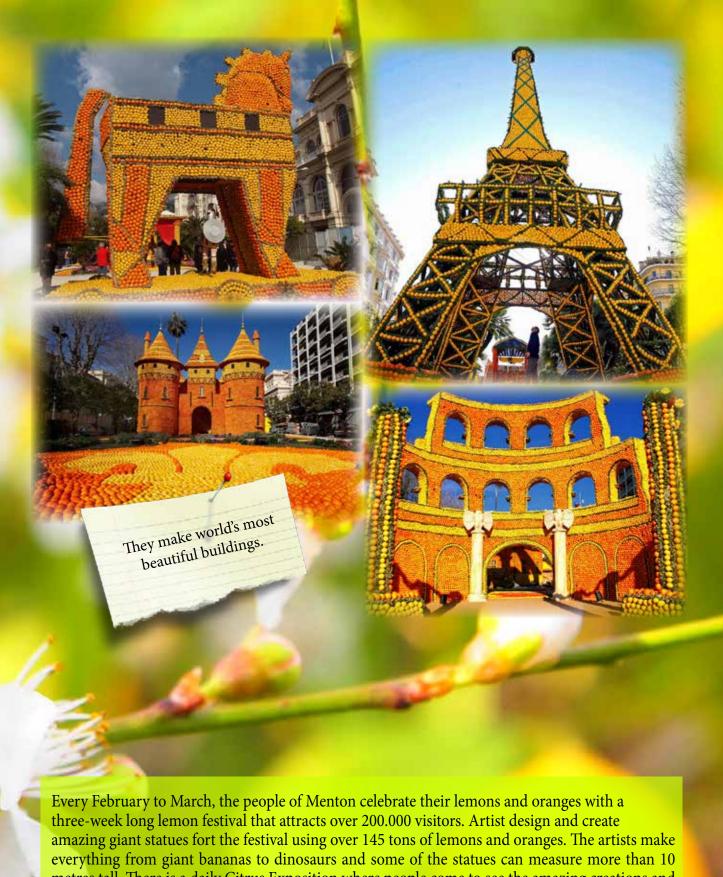
mehdi söğüt



Wrestling is one of the oldest sports in the world. It was participated thousands of years ago at Middle Asia, Egypt and Aegean. The first wrestler in history is Milolu Croton who has won 32 matches with pin around b.c.e 520 and has a title of 6 Olympic championships. The first World Wrestling Tournament was done at Paris in 1898. Wrestling was accepted to the modern Olympics in 1904 and become an official sport in 1918. The first wrestling federation was established as the French Federation in 1913. The present international Wrestling Federation F.I.L.A.'s center is located in Lausanne, Switzerland.







three-week long lemon festival that attracts over 200.000 visitors. Artist design and create amazing giant statues fort the festival using over 145 tons of lemons and oranges. The artists make everything from giant bananas to dinosaurs and some of the statues can measure more than 10 metres tall. There is a daily Citrus Exposition where people come to see the amazing creations and buy local products made from oranges and lemons. On Sundays, floats carrying the citrus statues go through the town in Parade of Golden Fruit and on Thursdays, crowds gather to watch colorful night parades with music and dancers as well as fireworks. Each year, there is a different theme and the creators let their imaginations run wild. Whether you like food and art, or simply need some vitamin C, Menton is a pretty good place to be in February and March.

Furkan ÇAKMAK

COMPLICATION

Elizabeth is a little girl who has a cracky grandpa that named Jack. She and all her cousins were all together at the thanksgiving night. Elizabeth went to his grandpa.

"Hey Grandpa, I want you to tell us a story" said Elizabeth.

Grandpa Jack: 'OK my little granddaughter gather your cousins in the nursery and wait for me there. I'll be back."

Elizabeth: "OK Grandpa... We will be waiting for you."

Elizabeth called out her cousins:

"Hey guys, grandpa Jack wants us to wait him in the nursery. Let's go there."

After all of the children came to the nursery, grandpa appeared with his walking stick.

"Hey children are you ready to listen a wonderful story? Haaa?" said Jack.

Children: "Yeees, we're."

Grandpa Jack: "Once upon a time there was a beautiful girl with a red hat. And this girl has an old grandma who lives in the forest..." said grandpa Jack and started swinging on his rocking chair. Children were tryna imagine what he says...

"Hey daughter, take these muffins to the house of your grandma please" said mother.

Girl with the red hat: "Ooooooaaaaaaah!!! Really mum? Again? I've had enough. I'm extremly tired of dealing with this damn oldie!!"

Mother: "Shhhh!!! Hey! Do never talk in this way. She's going to give all of her legacy to you babe. So you must be kind to her till she dies"

Girl with the rad hat: 'Oh c'mon mom. You've been telling me this story since I was 10. I'm 18 now and I know that she's never gonna die. She lives like she has a battrey inside of her butt."

Mother:"Be decent! Just take them to her."

Girl with the red hat: 'OK mom. I'll take them to that oldie . Probably with a poison!"

Elizabeth: "Grandpa what kind of story is this? Girl with a red hat is supposed to like her grandpa but she is trying to kill her. This is very odd."

"You will see what will happen. Be patient." said grandpa and continued telling his story.

Grandpa: "And when the peasant came to highland but there was no wolf."

Elizabeth: 'Grandpa you were telling us the story of the girl with a red hat, not the liar shepherd."

"Keep your nose out of it and lemme continue." said grandpa.



After a day shepherd heard a howling and it was real as ever. Shepherd called out the peasant but they did not reply. When he looked back, one of his sheep was already eaten by the wolf. Shepherd wandered the houses and visited Chris.

Shepherd: "Hey, hey Chris! Listen to me. Wolf came again and ate one of my sheep. We gotta do something to avoid this."

Chris: 'C'mon you liar! You promissed us not to lie again. I don't believe you anymore. Obecause im pretty sure you're lyin again."

Chris closed the door and shepherd said: "Oh please believe me. I'm not lying this time."

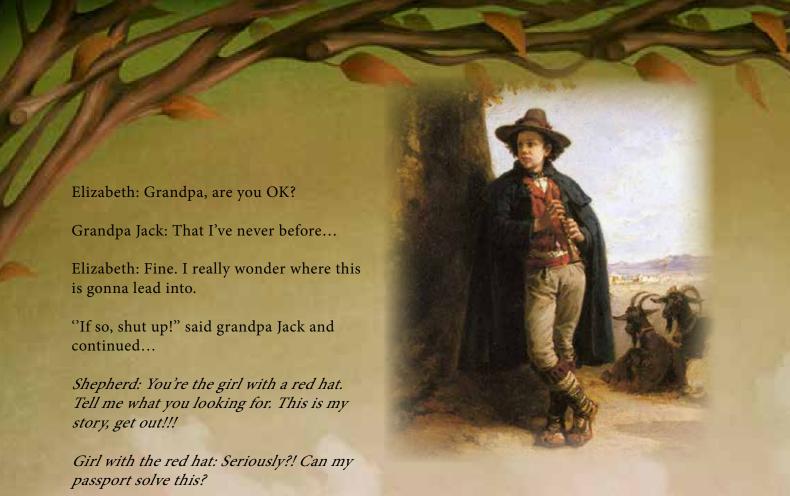
Shepherd lost his hope and went to Josh's house. Knocked the door.

Shepherd: 'Hey Jo, the damn wolf came back and ate a sheep from my flocks again. Tell me what to do. Please help me. There's no one left to help me except you. They don't believe me."

Jo: 'I don't believe you, either. Because you're always lying. Give me a good reason to believe you. I'm not gonna help you. And I'm not even sorry about this."

All hope was gone and shepherd was given up went to the forest to get some fresh air. Started talking to himself.

"I promise I'm gonna kill this wolf whatever it takes and I'm gonna prove that I'm not lying this time." said shepherd and saw a girl coming to himself from the forest road. She got closer and closer and shepherd realized that the girl coming to himself was exactly the girl with a red hat.



Shepherd: Cut the crap and get out!

Girl with the red hat: This is a national park, stupid boy! I'm going to my grandma's house. Let me go!

Shepherd: I don't mind. Go back to your story.

Girl with the red hat: Really? I'm dying to be in your goddamn story. As I said, this is a national park, not your own place.

Shepherd: Ok, ok just shut up. I can't deal with you too. And be carefull with the wolf. He was wandering over here. According to your story the wolf is gonna eat you grandma.

Girl with the red hat: I don't need your bloody advices. According to your story you must be lying but I heard you shout. So rumors say that you're not lying this time. Tell me what happened, dude?

Shepherd: Oh thanks god. At last I found someone who belives me. I'm really not lying this time the wolf ate my sheep but no one believed me. If you tell them the reality, they would belive you %100. Please help me.

Girl with the red hat: Oh wait. We don't even need to do this. The wolf is probably on his way to eat my grandma. He is already gonna eat my grandma so I will reach my goal. Now, you're coming with me and when you see the wolf was getting out of the house, shoot him down!

Shepherd: Wow, you're not as stupid as you seem.

Girl with the red hat: Well, you are! Follow me.

Grandpa: They got the way and went to the grandma's house.

Child: Grandpa, is the wolf gonna eat the grandma?

Grandpa: Noway! They are close friends.

Another child: Really? Oh c'mon guyz let's get outta here. Grandpa! You don't know the story.

And you don't know the another story, too. It's such a complication.

Grandpa: Lemme go on yeah it is complicated a little bit but its too interesting at the same time. Sit down and keep listen to me. This is the most interesting part of the story. Look what old grandma is doing.



Elizabeth: OK Grandpa. We're listening.

Grandma: Hey wolf, how are you doing today my dear friend?

Wolf: Oh you hurt me again. I told you over and over and over. I want your love. I don't wanna be friends.

Grandma: Oh come on. It's impossible. You know this relationship would be too weird. You're a wolf and I'm a human. Forget about it please. I really love you as a friend... But if you love me this much, could you please do something for me??

Wolf: Anything. I could be even your slave.

Grandma: My granddaughter -may the devil take her- will come here again to bring me muffins. I have to get out cuz I don't really wanna see her so I want you to act like a grandma on behalf of me. Possible?

Wolf: My pleasure. Give me your clothes. Take them off right now.

Grandma: Noway. You wait here I'll give you them.

Grandma took her clothes off and made the wolf wear them. Than she got out of the house. And wolf lay down to the bed and the girl with the rad hat came inside.

Girl with the red hat: Hey grandma I cooked you so delicious muffins. Shall I put them into your mouth? Oh tell me what da hell is wrong with ur mouth? It's too big and even uglier than it was...

Wolf: Nothing, just to be able to taste your muffins better.

Girl with the red hat: Ohhh I got you. So what about your eyes? To see me more clear ha?

Wolf: How could you know?

Girl with the red hat: Your ears are big becouse you wanna hear my voice more clear and your hands are bigger to feel me bla bla bla!!! I know all of these foolish things. So you gotta be the wolf. Ahahahha!! You ate my grandma? Is she dead at last? Ohhh why didn't you wait for me? I wanted to see her blood gushing out!!!

Wolf: No nonono!! Far from it! I'm in love with her. Give me a reason to kill, to eat her. Am I this villain?

Girl with the red hat: Definitely, you are. I know you ate Shepherd's sheep.

Shepherd came in and said: "You can't guess what I found." I saw them making out in the forest." said shepherd and pushed the grandma and the guy with a gardener clothes into the room. The wolf has seen it all got angry with the grandma and started howling.

"What? What did you say? How did you do that to me? Such a stupid you are." said wolf to the grandma. Grandma: Shut up. Tell me what you expected. Am I gonna marry you? With a piece of animal?

Wolf: It's over. According to the story I gotta eat you. And nothing will be able to stop this.

Wolf ate the grandma and looked back to the shepherd with a bloody mouth.

'According to the story I must be a liar. But I was an honest man, you are the one who made me known as a liar. Can you hear that? This is the scary sound of the death calling your name." said shepherd and shot him down.

Grandpa Jack: Did you like the story?

"Nooooo!!!" said the children with screams and cries.

Child: Which story grandpa? There were lots of them.

Grandpa: Oh this new generation. You don't understand the old stories.

Another child: C'mon grandpa. The girl with a red hat and liar sheepman? This is only a complication, not a story.

Grandpa: After that don't ask me to tell you stories...

Elizabeth: No one will ever!!!

Written by: Furkan ÇAKMAK



-A: Doctor, will I be able to play the piano after the operation? B: Yes, of course.

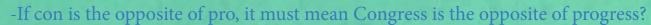
A: Great! I never could before!

-Why don't dinosaurs talk? Because they're dead.

-What is Bruce Lee's favourite drink? Wataaaaah!

-What time is it when you have to go to the dentist?

-Tooth-hurtie.



-Bad Student: One day I went into school all puzzled and said to my teacher "Miss, will i get into trouble for something I haven't done?" She said "No why" I said "Because I haven't done my homework.



-What do you call an alligator in a vest? INVESTIGATOR

-Q: Why was six scared of seven?

A: Because seven "ate" nine.

-Q: How do you count cows?

A: With a cowculator.

-A can of Coke hit a man, but he was alright because it was a soft drink.

-Q: What do computers eat for a snack?

A: Microchips!



-C.L.A.S.S. = Come Late And Start Sleeping

-Q: What did the big chimney say to the little chimney? A: "You're too young to smoke."

-Q: What did the banana say to the doctor? A: "I'm not peeling well."

-Q: What do you call two fat people having a chat? A: A heavy discussion

-Q: Why did the skeleton go to the party alone? A: He had no body to go with him!

-I haven't spoken to my wife for 18 months. I don't like to interrupt her phone call.



Helpful Informations



- -A left-handed person writes with left hand.
- -Apple INC doesn't sell apples.
- -You don't have to use laptops top of your lap.
- -If you die, you can't breathe.
- -Everybody can drink lava. But only once.
- -It can be dangerous to step on a landmine.

DID YOU KNOWS

- -Did you know the average person falls asleep in 7 minutes?
 - -Did you know 11% of people are left handed?
 - -Did you know cats spend 66% of their life asleep?
 - -Did you know honey is the only natural food which never spoils?
 - -Did you know the oldest word in the English language is 'town'?

Hasan Behi ÇELLEBİ

Riverlands Migratory Bird Sanctuary Word Search



Q	V	N	О	R	E	Η	\mathbf{S}	Y	Е	R	P	\mathbf{S}	О	\mathbf{D}	P	
L	C	Н	P	Y	\mathbf{G}	E	M	A	L	L	Α	R	D	\mathbf{G}	R	
Y	E	M	\mathbf{S}	X	\mathbf{C}	R	W	P	В	\mathbf{S}	В	G	T	R	A	
T	R	A	N	\mathbf{S}	P	О	R	T	A	T	Ι	Ο	N	F	I	
E	E	N	G	В	M	N	A	R	N	E	Н	Ο	O	D	R	
Ι	\mathbf{S}	A	X	L	Z	P	Ρ	Α	I	W	N	\mathbf{S}	I	P	I	
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Critical
Mississippi
Wetlands
Prairie
Stewardship
Recreation
Education
Waterfowl
Shorebird
Barge

Restoration Ellis Bay Teal Pond Heron Pond Pelican Heron Goose Mallard Osprey Management Tern Trails Eagle Sustainable Transportation Raptor Flyway Egret