

# THE MONTHLY TRAILER



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### **EARTHQUAKE IN TURKEY**

*It's such a tragedy, such a horror... It truly broke each and every one of us into pieces that countless people lost their homes and many precious lives were gone while the rest are both physically and mentally destroyed. We can eat and not think of those who are hungry nor can we sleep knowing that many have lost their warm homes and are facing the freezing cold. Earthquakes are a reality of life, more specifically of Turkiye caused by the geographical reasons. But this was more than just a "natural disaster". It destroyed our lives. We, as the people of Turkiye, get united one more time to help as much as we possibly can for our own that are in need.*

*As the editor of the Monthly Trailer gazette, I would like to offer my condolences to everyone. We didn't just lose lives and belongings but a big part of our country, our history and sadly our loved ones. I hope that this won't be forgotten and it will become a lesson well learnt for other natural disasters which might happen, thus lightening our way to achieve the very basic human right to lead a better and a safer life.*

*I would also like to take the opportunity to thank every member of our school for their tireless efforts to organize the aid campaigns immediately after the incident. The first part of aid collected has already been distributed and the school administration is still going on with active aid campaigns.*

*I am proud of being a part of the Tevfik Fikret community, I am sure so are you.*

*The Editor of the Monthly Trailer  
M. Rania Ercan*

**POEM: Dependant Love****By Beyza Tanalp**

When I'm just fashionably late  
I'm still waiting on you  
Sitting and waiting and you're  
Ten feet away- and it feels like miles  
It'll take hours and minutes  
And days until you're here  
Finally, next to me  
To look at you is such a privilege  
I couldn't imagine touching you  
My blood seems so peasantly red  
In contrast to your royal rivers and pure oxygen  
Spring vibrance and perfection  
Every time I inhale, it's hard  
To breathe it out and lose it again  
When you're not around I'm all fine  
It's when you leave that really stings  
And then I might need a shot of serotonin  
To pull out the stinger  
That punctured a loss-shaped hole  
In my heart that froze over  
When you whispered it your goodbyes.

# LOVE: HOW MANY VERSIONS?

**By Doğu ÇİFTÇİ**

“I love you” is a bold sentence. There, what does one assume to have in mind by being in love with? Does such a word cover all the grounds that you claim to feel inside? Or else, can things also be our love?

Ancient Greeks had several words for different types of love. For instance, eros for romantic-passionate love, philia for friendly love and storage for unconditional love or familial love. I believe that this categorical distinction inside a general umbrella may be used to make our query easier.

Hunger is an instinct that can be categorized as a type of lust. However, just as the way we do not experience lust for something when we are hungry, in reality we are unable to love things either. Love, as an emotion, takes form and materializes in objects, people or actions. It becomes a ‘feeling’ only when it is transformed into a relation with the feelable. What you feel about things is actually the feeling itself. You don’t feel the object in its own being - for example - hot, you just feel the difference in temperature in-between. In terms of the sentence “I love X”, you’ve simply made an attachment to the same object in another manner. Your philia towards someone could turn into an eros or your ludus (playful love) could become pragma (committed-love) depending on circumstances.

In this dialectic, the feeling you experience when you define it “love” is only the form of attachment between the subject and the object. Love is one of the many ways the subject makes the object de-subjectified, in other words, a special way to objectify the subject-matter of the feeling. However, their relationship is not one-sided. For things to take the form of our love, they must also become surjective over the essential frame and qualities of the feeling. For example, loving a specifically red object means that the red object with its separate quality of being red takes the form of your feeling. It indirectly becomes what you feel, because your feeling only exists within its borders. Now, your feeling (or love) is in a cage defined by the object. As we have seen in previous demonstrations of its nature, feelings are fluid, they are bound to change and mold into your subjective shape like water. Therefore, just as water takes the form of the box it is in, your feelings change depending on what they are tied to.

Next time you tell someone you love them, I suggest you do not keep this in mind. But when you feel that you are in love with something or someone, you can now understand that it didn’t appear from nowhere. Your brain has already had it somewhere in itself before.



# GAME REVIEW: JOURNEY

## by Zeynep ÜNSAL

Journey is a game that will take only a few hours of your time while leaving long-lasting memories and new perspectives behind. Unlike other games Journey doesn't have a scorekeeping or statistical system. It's indeed more of a calming art-like experience with the goal of playing with your most vulnerable and emotional side in a positive way. We can say that it's not a game but an emotional investment like many of thatgamecompany's works.

In the game your only goal is to reach the shining mountain you see far away as a nameless, ageless and genderless traveler. This side of the character really makes you identify with him however you want, giving you the opportunity to reflect who you are in real life. You can think of the character as whoever you want it to be.

Another interesting thing about the traveler is its clothing. Our traveler has a big robe with a scarf which is charged by specific things and it allows us to jump higher as long as we keep charging it.

The game takes place in a desert that has buried buildings of an ancient city under its sand. By collecting pieces of clothing around the map, we get to briefly fly and jump around these ancient city's ruins to reach our destination. As the traveler approaches the mountain, they find the remains of a once thriving civilization that have been destroyed by time and sand that has blanketed its ruins. While having our own journey in the game as the traveler we also get to know an ancient civilization's journey.

The game doesn't contain any words or dialogues in it other than the title screen and end credits. Most of the experience comes from unexpected conclusions you get after playing a bit and by the soundtrack. It's almost like the game has its own language that's created by music. It's basically a story that's completely told by the cutscenes and the gameplay.

Along with its aesthetically made visuals, it is a game that can be appealing to anyone who craves a calming gaming experience. So I recommend Journey to anyone who is into different types of indie games. It is currently available on Steam with a reasonable price. So it's pretty easy to access the game for anyone who wants to try it.



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## **MOVIE REVIEW:**

### **“SLEEPLESS IN SEATTLE”**

**By Eylül Sangu**

The last film I watched was “Sleepless in Seattle”. The film is set in the late 80’s in the United States. The story is about a beautiful woman called Annie and a young widowed man, Sam. The movie tells the story of them loving each other without ever seeing one another. It is a very sweet and romantic tale.

The story begins when Sam, who is driven into depression after the death of his wife, moves to Seattle with his child. Meanwhile, Annie introduces her family to the man she is engaged with, Walter. In other words, they both continue their lives completely unaware of each other.

However, on Christmas Eve, Sam’s son calls a radio show in order to find his father a wife. That’s why Sam has to speak on the show. Annie is fascinated by Sam’s speech as Sam talks about how much he misses his ex-wife and how magical it was to be with her. Annie realizes she doesn’t have the relationship of her dreams with her fiancé. So, she begins to dream about this emotional man she only heard on the radio, and even writes him a letter proposing that they meet on top of the Empire States building on Valentine’s Day. Jonah, Sam’s son, gets excited about this letter and he decides to do whatever it takes to bring her father and Annie together. Will he be able to make the magic happen and bring them together?

I really loved the film because the story is stunning and absorbing. Along with the narrative, the acting is also dazzling, the cast bring their characters to life with an unforgettable performance. Moreover, the music is also well-matched with the story. From this film, I learned that unplanned things can always happen in life, especially when it comes to love. I think this movie managed to put love into the picture from different angles and tried to understand it deeply. This film is important for people to remember the base of love. I would definitely recommend this production, especially if you are keen on movies with pure romance. It will have you on the edge of your seat until the end and I am sure you will not regret watching it.

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## **Meet the Shoujo Genre**

**By Mina Mercan AKÇORA**

As we all know, there are some special days that are repeated every year. These are spread throughout the year, for example: teachers’ day, mother’s day, international women’s day... Many of them are celebrated in different months, and in February we celebrate the most famous of these days: Valentine’s day!

February 14th is a wonderful day to celebrate “love”. It is also a very good marketing strategy and sales opportunity. We can see the effect of this more or less in every sector in business. The zone of discounts and advertisements, which starts before that special day comes, continues until the end of the day. The reason why these products are so popular is that people have a hunger for these products at that time. It also applies to anime and manga. People enjoy February 14th with new or already released books, movies and series. And of course there is a certain type they prefer and hence, set the trend. This is the Shoujo genre that feels like it was created specifically for Valentine’s Day. Moreover, if you haven’t met this genre yet, this February could be a good meeting point for you!

Shoujo is a Japanese word meaning little girl and is an anime-manga genre consumed by female audiences and readers. Shoujo stories are usually series in which the protagonist is a girl, and friendship and love relationships are in focus.

Shoujo, which started its publication journey with manga magazines, first appeared in the Shōjo-kai magazine published in 1902, then appeared in 1906 with Shōjo Sekai and in 1908 with Shōjo no Tomo. Nobuko Yoshiyo, Yumeji Takehisa, Jun'ichi Nakahara, and Kashō Takabatake were most influential in acquiring Shoujo drawing style (girls with big bright eyes and cute design). When it comes to more modern illustrators, the following names can be exemplified: Rumiko Takahashi, Natsuki Takaya, Matsuri Hino.

So where do we start with this genre when we have thousands of different series and stories? Below, I have listed 2 series with their topics for beginners. You can find these series in both manga and anime, and you can choose any of them and start the fun right away!



### 1- Kamisama Kiss

Nanami Momozono is a high school student who is homeless and in trouble with the debt her father left for her. She rescues a man trying to escape from a dog in the park. So they start talking and Nanami explains her situation to the man, and he offers her to stay at his house as a gratitude gift. When Nanami arrives at the man's house, she realizes that it is a temple. She then tries to escape, but is captured by two spirits and a fox man. It is understood that it was Mikage, the god of the temple, who sent Nanami there, and the spirits caught Nanami thinking she was him. So, the fox and spirits think that Mikage may have sent Nanami as a replacement god to replace him, then the events begin.



### 2- Kaichou wa Maid-sama

Misaki Ayuzawa is the first female student council president and works tirelessly to be better than everyone else. She is also known as the "Demon President" among the students as she is very strict especially towards male students at school. One day, she meets a crying girl in the hallway, and when she finds out that she was rejected by a student named Usui, Misaki goes to talk to Usui, but Usui pretends nothing happened. The story then continues with an unfortunate encounter for Misaki. Misaki runs into Usui at the Maid cafe where she works as a secret. To make matters worse, Usui starts visiting Misaki there regularly. If you are curious as to what happens next, then Kaichou wa Maid-sama is just for you!

[https://myanimelist.net/anime/7054/Kaichou\\_wa\\_Maid-sama?q=Kaichou&cat=anime](https://myanimelist.net/anime/7054/Kaichou_wa_Maid-sama?q=Kaichou&cat=anime)

[https://myanimelist.net/anime/14713/Kamisama\\_Hajimemashita?q=Kamisama&cat=anime](https://myanimelist.net/anime/14713/Kamisama_Hajimemashita?q=Kamisama&cat=anime)

[https://en.wikipedia.org/wiki/Shōjo\\_manga](https://en.wikipedia.org/wiki/Shōjo_manga)

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# **A BRIEF BOOK REVIEW: METRO 2033**

**By Orkun AYDINCILAR**

## **INTRODUCTION**

Metro 2033 can be described as a surreal post apocalyptic adventure centered around survivors hiding from the radioactive fallout in metros beneath Moscow. However, this is not a story about how the bombs dropped, but rather it is a story about one's journey and exploration of one's will to live when faced with both physical and psychological threats from the outside world.

## **SUMMARY**

It has been some decades since the bombs have dropped. Few people who are old enough still remember how life had been before the remnants of humanity took shelter in the metro tunnels that run beneath Moscow. Life in this new world is dark, depressing and tough, requiring many to do horrible things for the sake of survival. However, that's not to say civilization is completely destroyed, as certain stations have now become miniature cities, some with strong military foundations and some with trade centers. Yet some have developed into almost cult-like foundations. Political factions still exist, as well as bandits and madmen, not to mention the strange creatures and anomalies that control the surface and undiscovered dark tunnels.

Artyom, our protagonist, is given a mission to deliver a message from a mysterious and inspiring man to a man called Melnik in a station called Polis. It is a mission brought about by visits of twisted humanoid creatures to this humble station that Artyom has been living in. These creatures cause death and madness. Story revolves around Artyom's journey from station to station with his encounters with the anomalies and factions and madmen mentioned.

## **CHARACTERS**

As with most stories following a long journey, there are too many characters to talk about. This section will cover certain key characters.

First, Artyom: he is a character who has a sense of duty when it comes to his mission. He understands the threat of these creatures to have visited his stations and despite being no more than a worker at the station who helps chop mushrooms or stand guard, he decides to approach his mission with a sense of great importance. Artyom is only 21 years old but growing up in the metro has forced him to experience many dark things, making him tough and even wise beyond his years. Most of the experience he gains during his journey comes from the tense moments during the events of the story.

Another character you meet early in the story is Hunter. Hunter is a character who gives his mission to Artyom despite having only met him. Artyom finds Hunter's bravery and his determination inspiring and quickly idolizes him for his traits.

Thirdly we have Sukhoi who is not only the caregiver of Artyom but also the embodiment of the emotion which is most common in the tunnels of Moscow: Hopelessness. Sukhoi, especially since the arrival of this new threat known as the "Dark Ones", has felt the terrible funk of depression for a long time. Life never got better for him and he feels that the coming of the Dark Ones will bring the end of humanity. Of course this view of hopelessness also latches on Artyom as it does to everyone else in the metro.



These are not the only views Artyom will encounter though, he'll encounter many characters who will help or hinder him, each with their own views and goals. These encounters will affect the perspective of Artyom as he will find that certain characters' views are more sensible to him than others.

Characters in this book are realistic enough in the boundaries of this universe. Even those who have been driven mad in this world have been given proper motives to act the way they do. There are so many ways to explain certain characters' lack of grip on the reality of the world they live in.

## THE WRITING STYLE

The writing style is very easy to follow, although it can sometimes be too blunt and straightforward. It is hard to be lost and confused in the storytelling due to this simple way of storytelling. Occasionally, it is very descriptive to properly convey the environment and the atmosphere. Like most post-apocalyptic fiction, Metro 2033 includes many dark scenes. It is a story that doesn't bog you down with incorrect and slow pacing.

## CONCLUSION

Metro 2033 is a great example of post-apocalyptic fiction. It has supernatural elements, it has multiple and constant threats towards the continuation of the human race and it is filled with adventure.

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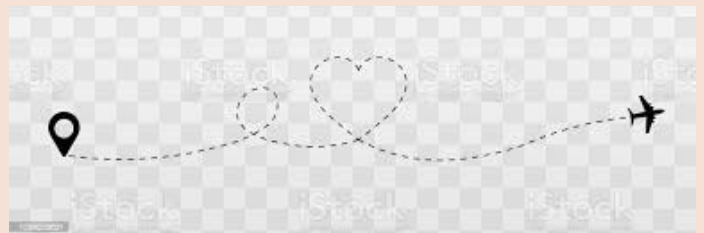
# A Love Song By Simla KALAÇ

Love and music are inseparable. Everything you expect from love you also expect from a music piece. To illustrate, look for the meaning you attribute to the word "love" in someone's eyes, and check if you understand the meaning you impute on music from the impact of its tune and lyrics.

Many songs are written about love. Some loves are won and some are lost. Some couples declare and enclose some songs as their own. Love is a very rich feeling, you experience so many emotions at once, sometimes you can't express your feelings to anyone, then the lyrics fit everything you want to say in three minutes and you calm down and be happy. In fact, every emotion one can encounter within love has already been described in music which has been with us since the beginning of time, so you can find a song for every moment you live through.

The definition of the word love is the feeling of extreme love and attachment to someone or something, and there are a lot of music pieces that describe this feeling. Some people talk about the pain they experience about love, some about the happiness they experience every day, some about their sad losses, some about their happiest days and these songs symbolize some of the true stories of their lives.

I think the power of love comes from music at some point, because that passion in music strengthens love and adds meaning, which makes the world a more meaningful and bearable place for the person who is in love, even for a few minutes. So music for love, love for music is essential. Where there's music, love is always sprouted.



# THE COLOR OF LOVE

By Ela ARIKAN

Colors have a huge impact on our emotions, perceptions, and mental and physical health. The colors you prefer can affect the psychology of both you and the people around you. Once you understand the meaning and power that a color carries, you begin to use it to amplify the desired effect. Red means much more than being the color of love and lust. Red is considered a symbol of love, passion and ambition. It is also said that the color red has the effect of quick thinking and quick decision making.

Red symbolizes concepts such as heat, fire, blood, lust, love, dynamism, power, excitement, perseverance and aggression. It can speed up blood pressure and breathing. It has the effect of encouraging people to make quick decisions and increase expectations. Red is a striking color. Words and objects in red immediately attract people's attention. It is important that the red objects are perfect when decorating and designing because people will immediately notice these objects

So why is the color red so effective? The answer to this question is not yet fully known. When we look at the recent history of humanity, it is possible to attribute this effect to conditioning, traditions or habits. But according to some researchers, there are some evolutionary reasons for this effect. For many animal species, the color red symbolizes sexual power and maturity. Red also corresponds to positivity. In fact, seeing the color red can inspire us to take action. It has the effect of elevating our spirit and energizing us when we are down. With its magnetic energy and undeniable vitality, the color red motivates everyone who meets it.

When we feel like our risks will not be accompanied by rewards, red tells us otherwise. This healthy dose of optimism may be why the color red is so appreciated.

In a study published in 2008 (1), men were shown an image of a woman and asked to rate her attractiveness. Some men saw a woman in a red shirt, while others saw the same woman in a blue shirt. The results showed that men found the woman in red more attractive than the same woman in blue.

Another research on colors (2) focuses on red as follows: "The formation of perceptions about red is related to important events and experiences. Red is the color of ripe fruit, of the angry face, of sexual arousal." This is why red has always been associated with survival. Maybe we're confirming a situation our ancestors first realized when they painted their bodies: There's nothing like red.

Then why not wear red on your February 14th date with the person you love?

(1):<https://pubmed.ncbi.nlm.nih.gov/18954199/>

(2):<https://pubmed.ncbi.nlm.nih.gov/23647454/>

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# Traditions of lovers all around the world and time

## By Nehir Yirci

“Love”, as the cultural meaning resonates all around the world, has a giant significance in the hearts of people no matter what kind of love they experience and towards whom it is felt. Now, what all cultures basically agreed on as a celebration of biological signals of procreation was to officialize the attraction as a lifelong commitment called marriage. This obligation of marriage did not, however, leave that much place to other celebrations to be shown in public. Public displays of affection, shortly PDA was not and is not very common in most cultures. This is because monogamous love is between two people that share a very special personal connection. And sometimes, the language isn't enough for the person's lovers across the globe. For this reason they have created their own signals and gifts of emotions: entire holidays and days to celebrate this divine feeling towards a person of your close social entourage. Today we will look at some of the traditions of valentines and lovers from many times and places.

**Chocolate:** It is theorized that the association of love and chocolate started as early as 16th century America where the Aztecs observed the aphrodisiac effects of drinking fermented chocolate beverages. Other than that, in my very personal opinion, I would melt in happiness like chocolate in a microwave if anyone gave me some chocolate so it does make sense that people would lure potential love interests with even just the smell of it. To take you back to the historical context, though, since you might have noticed the 16th century is pretty relevant to the history of Europeans' stealing stuff from exquisite and rich cultures of the New World, it's safe for you to correctly assume they stole chocolate too. Now, in the heart of a consumerist capitalist culture, small heart shaped boxes covered in synthetic cheap satin with low quality chocolate in them are an indispensable part of Valentine's Day.

**Wife Carrying Championships:** Finland hosts world's largest and only wife carrying competitions where couples complete a series of parkours with husbands carrying their wives on their backs, the wives having clung on to them by their thighs around their husbands', hanging from the back. Please do create a mental image of this because it's just so ridiculously cool. If you're an athletic couple, you might add this to your bucket list of couples' activities. Though think of the responsibility that comes with it. What if you drop her? What if he drops you? It requires serious trust and team spirit so it definitely is a good bonding activity.



**Alternative and different variations of Valentine's day:** Like the Qixi festival in China or the Dragobete festival in Romania, there are many days in the year where people in different parts of the world celebrate love. Every country, even those who have accepted the widely accepted date 14th February, has their own traditions harmonized with their local culture. I have examined the dates for them in correlation with natural happenings, for example the coming of the spring; but I failed to find a prevalent compilation of dates that indicated any specific natu-

ral association. It appears as though humans have found something to love every time of the year and stories to remember from any time in history.

**Diamonds:** Spending large amounts of money is one of the most common and valid ways to show someone the eternity of your love in modern ages. Hence, the world's most durable crystal diamond is used to signify the durability of a relationship by taking it to a whole new level, marriage. People go out of their way to spend tens and thousands of liras just for a small special moment that will be carried on the ring finger for a couple of years then be replaced for a golden one.



**Pont des Arts:** For a long time, in Paris, there used to be this bridge on the river Seine covered in padlocks and in countless stories of love locked in time with hopeful lovers who want to commemorate their togetherness by locking padlocks on the sides of this bridge and throwing the key into the river,

so as to say nothing will ever manage to get their love untied. Sadly, in 2014, the bridge collapsed from all the weight... a year later the government banned the clasping padlocks on the bridge, so uhm... love is dead.



## A Scientific Approach to the Love By Selen İNAL

We tend to believe that love is in the heart. People usually say "Listen to your heart when you fall in love.". But is it actually the heart that feels or decides when we're in love?

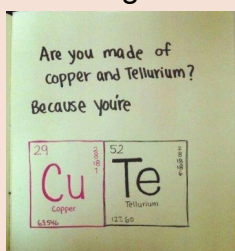
The answer is no, just like other emotions and feelings, love is in the brain, not in the heart.

Scientifically, we fall in love in 12 split seconds – one-fifth of a second. Meanwhile, 12 different regions in our brain are stimulated. These 12 regions cause the release of dopamine, vasopressin, oxytocin and adrenaline. These hormones create euphoric feelings. They may make us feel "too" optimistic, for instance.

When we fall in love, our brain releases dopamine, vasopressin and oxytocin. Oxytocin is known as the love hormone, it has a big effect on attachment and trust. It also affects the pain center of the brain, thus increasing tolerance for physical pain; so just looking at the photo of the person you love can give you a little morphine effect.

It reduces stress too, that's why we can feel less stressed when we're in love. But when we're in love we also secrete cortisol, another hormone, which can increase the levels of stress and activate fight or flight mode. Vasopressin has an effect on feelings of attachment and trust just like oxytocin.

As the secretion of dopamine increases, the secretion of serotonin decreases. Serotonin is effective in many conditions such as appetite, sleep and mood. When our brain secretes less serotonin, we may begin to sleep less, we may experience loss of appetite. According to many researchers, love is similar to an addiction. The way dopamine takes in our body when we're in love is similar to the way it takes when we're addicted to something. The similarity between being in love and being addicted is also because both activate the reward system in our brain.

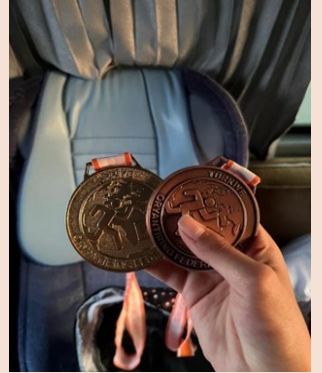


**MAPPING AND RUNNING: ORIENTEERING****By Elif KÜLAH**

Most people love to watch the Olympics. While watching it, our interest in different versions of sports increases and they become popular. Orienteering is a well-known sport but it hasn't yet taken part in the Olympics. This month, I would like to share my interviews on why this sport is so much loved and preferred, how it is done and the last competition our school team participated in. Here goes the questions and answers:

**Q:How and why did you start orienteering?**

A: I started orienteering 2 years ago thanks to our physical education teacher Ms. Sevda Yalçın. She asked me to try. When I did, I realized that I loved it so I continued. **(Ada Selin Yurduşen)**



A: I started orienteering thanks to our physical education teacher Ms. Yalçın. She guided me and gave me information about orienteering. Since it is a different sport, it attracted me and I went on with it. **(Aren Ardıç)**

A: I thought of orienteering with the advice of Ms. Sevda Yalçın. Although it took a long time for me to participate, I started to practice this year. When I began, it became something I loved very much. Instead of being in a closed space, we are outside and I really enjoy doing this sport in the woods. Orienteering also enables us to see forests and villages of different cities. **(Nilüfer Coşkun)**

A: I started orienteering thanks to my P.E. teacher Ms. Sevda Yalçın. But I am still very inexperienced. **(Hakan Sürebıçer)**

**Q:How is orienteering done?**

A: We can practice orienteering both in the woods and in the neighborhoods. Our aim is to reach the targets which are given us on a map in the shortest and fastest way. While doing orienteering we need to use both our muscles and brains. **(Ada Selin Yurduşen)**

A: Orienteering, in the most summarized way, aims to reach the given targets as soon as possible by using the map and a compass. The time we start running is called the exit time. We do our warm-ups prior to the exit time. When they announce our names we start running. There are maps of the terrain (forest, village, park etc.) which are drawn with special colors and have been drawn before. We get our map just before we start running. **(Aren Ardıç)**

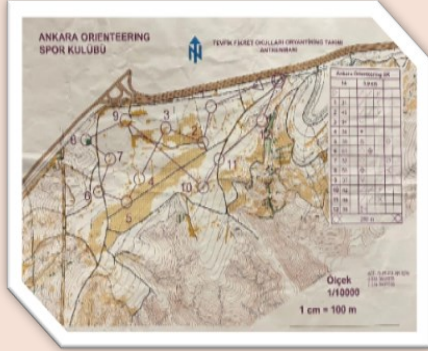
A: Orienteering is a sport that we do with the help of a map and a compass, usually in the forest. Unlike some other sports, there is a big variety of age groups. Children and old people can do this sport too. Of course, it is nice to be able to participate in any competition for entertainment. But serious training is required to participate in important competitions. In conclusion, those who have a license come, compete and have fun while doing this sport. **(Nilüfer Coşkun)**

A: It includes finding targets in the woods and urban areas in the shortest time. Besides the need of being able to read maps, we also have to run fast. **(Hakan Sürebıçer)**

**Q: How was your last competition?**

A: In the last competition, there was a forest and neighborhood running. The forest was sloping and difficult, I mean there were a lot of bushes and slopes, I got a little more tired than I expected. But on the second day I ran a long distance and it was very enjoyable. The last day was also beautiful but tiring. Meanwhile, there was a friendly team atmosphere that made the participants love sports. The environment motivated me a lot. Although I didn't get a degree, I was happy to run.

**(Ada Selin Yurduşen)**



A: It was a nice and beautiful competition. **(Aren Ardiç)**

A: This competition was organized to commemorate the martyrs and I saw people of all ages. We were all separated until a certain hour. There were some friends who left the track early and who left late in the morning. Then, there was a food sale and the music played. During this time we walked around, played games, sat and chatted. We spent time on our own since we were empty handed until the award ceremony. We had fun during the competition, it was a free and comfortable process. **(Nilüfer Coşkun)**

A: The competition was very enjoyable. Two forests consisted of one *sprynt* (It is a kind of competition. You have to run fast and you mustn't stop.). It was beautiful and fun. We went to Osmaniye. We stayed in a dormitory. It was a different experience for me. **(Hakan Sürebiçer)**

**Orienteering** is a sport that encourages the usage of brain and muscle strength all at once. It also improves the ability to use maps and compasses. I hope orienteering will become more popular and we will see some games in the 2024 Summer Olympics.

## **PATRIARCHAL PATTERNS BEHIND VALENTINE'S DAY**

**By Almıla Dora KOYUNCU**

Valentine's Day: the day of love and lovers. The day of pink and red everywhere from stores to schools, malls to restaurants. The day of overpriced flowers, chocolates, and expensive gifts. There is a lot of beauty in being reminded that love is all around us. Love, in its most basic definition, reminds us that there is a reason for this chaos that we call life. Although it's pink and adorable, Valentine's Day brings out a great deal of archaic and patriarchal ideals when it comes to romantic relationships.

Throughout February, we can see countless quotes, comics, and gifs that have flooded our social media networks, images that attempted to be romantic, but in reality, they held deeply patriarchal undertones that may be disturbing. More than anything, these images contribute to the damaging gender roles currently upheld in society, which then lead to the toxicity in our romantic relationships. They're the kind of posts that showcase the weak woman, ready to sacrifice anything for love or the possibility of love.

I'm sure you know what I'm talking about. You must have seen it too. This leads to an image of a woman who holds her man down, who is there for him through thick and thin, who is there for him even when he cheats or harms her. Worst of all, they may come to imply that if you're a woman that refuses to center a man around your life, then you are worth less.

My issue is not with Valentine's Day, but with everything it brings: an archaic and toxic idea of love, one that paints a woman as sacrificial. From a very young age, most women have been hinted that the only thing they should aspire to is marriage. We're indirectly told first by fairy tales then with women's magazines that we should dream about our Prince Charming on the white horse coming to marry us so we could run off to the castle of our dreams and give as many babies as we can to live happily ever after.

On top of that, we are continuously suggested to lower our standards, to sacrifice ourselves, our dreams, our needs, our longings, and even our futures, not just for love – but the simplest possibility of it.

Valentine's Day brings out a lot of the patriarchal codes that modern women attempt to dismantle. We know that Valentine's Day is just another landmark day – a trick to fuel capitalism. Despite knowing the fact, no matter where I turn my face during this week of “love,” I am reminded of the old society's ways with the pictures of a so-called weak woman, ready to sacrifice it all for a romantic partner. Gender roles, straight normativity, patriarchy: these things are around us every day, but somehow they increase in number come Valentine's Day.

It is almost as if we're saying that love cannot be real, unless it's patriarchal and damaging to women. These kinds of advertisements say that women do not deserve healthy love, the kind of love that they really should expect

Under any circumstance, a woman's standards should not be at stake in order to be valued. Real love should not be denied to couples by the harmful patriarchal standards as traditional societies convey. Valentine's Day or not, I hope we all find our way to love and be loved in return within healthy, non-damaging and non-toxic ways.

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## **Dark Energy and Dark Matter** **by Nehir Özcan**

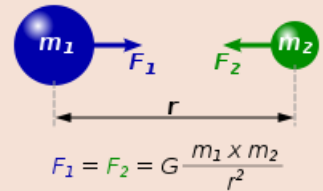
In the 15th century, our world seemed to be at the center of the universe, and that had become a dogma. Later, Nicolaus suggested to Copernic that the sun was in the center, which, however wrong, prompted many people to investigate. In the 20th century, the concept of isotropy was used. That is, the universe is independent of direction.

It was thought that the theory of space, that is, space is a void, so that the universe would be fixed or that the universe would shrink with the things that spread after the big bang, but neither of them happened, and even the opposite happened. It is a fact that the universe is accelerating and expanding with the latest observations. But how? The answer is dark energy.

The Newton's law of gravitation

where:

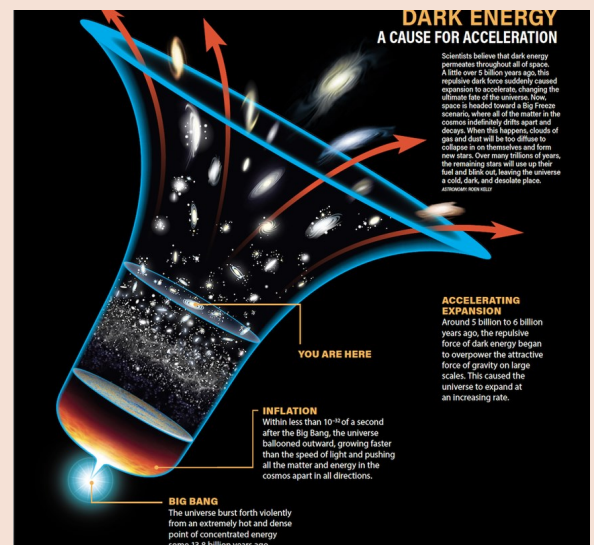
$$F = G \frac{m_1 m_2}{r^2}$$



- *F* is the force between the masses
- 
- *G* is the *gravitational constant* ( $6.674 \times 10^{-11} \text{ m}^3 \text{ kg}^{-1} \text{ s}^{-2}$ );
- 
- *m*<sub>1</sub> is the first mass;
- 
- *m*<sub>2</sub> is the second mass;
- 
- *r* is the distance between the centers of the masses.”(1)
- 

which explains as you get closer to the center, the velocity of the materials should increase. This law is a universal law. For example, in our galaxy, the speed of the planet increases as we approach the center, that is, the sun. However, this does not apply to stars. The speed of stars does not change as they approach or move away from the center of the galaxy, and some even increase as they move away. This is because the matter is filled with dark matter and the stars are under its control.

(1): [https://en.wikipedia.org/wiki/Newton%27s\\_law\\_of\\_universal\\_gravitation](https://en.wikipedia.org/wiki/Newton%27s_law_of_universal_gravitation)



## Turkey's Wetlands Are in Danger of Extinction by Işık YAVUZ

Three quarters of the earth's surface is covered by wetlands. Many creatures from these areas use it to continue their life cycles. Aquatic life is secluded, abandoned to its fate. Human activities cause habitat degradation and make it difficult for local creatures to survive. In the last few years, Turkey's aquatic life has faced mass deaths and massacres of marine animals (Marine Pollution).

Over the last four decades, the Black Sea has undergone significant changes caused by human activities. 162 million people live in the Black Sea basin, placing extraordinary demands on its resources. The wastes of towns and cities, farms and factories flow into the Black Sea; some come directly from the coast, but most flow non-stop from the region's main rivers, the Danube, Dnieper, and Dniester. Therefore, future trends will largely depend on man-made threats. Depending on the place and time, ecologists were mainly concerned with eutrophication, heavy metals, synthetic chemicals, radionuclide precipitation, acid rain, and hot water.

(1)



Picture (1)

### **1-A special threat comes from many large ships or oil tankers.**

Every year, 95,000 tons of oil waste pollutes the Black Sea during accidents and transportation activities. In addition, the amount of anthropogenic waste reaching the Black Sea is an estimated 571 million m<sup>3</sup>. In the Black Sea, where a total of 3,774 sea creatures have been listed to date, there is no life at a depth of more than 180 meters due to the high lack of oxygen. For this reason, only 10-13% of the Black Sea has a suitable environment for marine life.

### **2. Are we aware of the waste water hazard?**

**Waste Water:** The water discharged from houses, industrial facilities, different commercial enterprises, institutions and similar buildings after use is defined as waste water.

As a result of domestic, industrial, agricultural and other uses, water that has been polluted or whose properties have been partially or completely changed is called wastewater. In cases where pollution occurs, the polluter is obliged to take the necessary measures to stop the pollution and to eliminate or reduce the effects of pollution. The output values of the water used in homes or industry are limited according to the standards of the receiving environment, and the discharge values of those that do not comply with the limit values should be reduced below these limits after the processes to be carried out in the wastewater treatment plants. The near or distant environment such as lakes, rivers, coastal and sea waters and underground waters, where wastewater is discharged or indirectly mixed, is referred to as 'receiving environment'.

**Domestic Waste Water;** Although there are colored, nasty-looking and some soluble and insoluble substances in it, the other parts are composed of organic and inorganic mixtures where 99% is water. There may be pathogenic microorganism species such as bacteria, protozoa, viruses, helminths in wastewater. Pathogenic organisms found in wastewater are discharged by people infected with the disease or who are carriers of a particular disease.

The world's water resources are rapidly decreasing. Among these resources, water resources of drinkable quality have also decreased and come to the point of depletion. On the other hand, wastewater that is left to the receiving environments without being treated somehow causes pollution of water resources, the amount of which is decreasing day by day. For this reason, wastewater should be treated in order not to pollute existing water resources and to use water resources more efficiently.

### **3. Are we aware that the aquatic ecosystem of the Black Sea, like many other ecosystems, is in danger?** (1)

The Black Sea is one of the most threatened marine ecosystems in the world. The relentless pressure of the effects of the fishing industry and tourism activities is destroying the natural life that attracts thousands of people to the region every year.

As a result of the natural life restrictions in the Black Sea, overfishing and the pollution caused by the waste water reaching the sea, approximately 80% of the fish species identified in the last 30 years have been exhausted. The average amount of fish caught in the countries bordering the Black Sea is between 300,000 and 400,000. 75% of this is caught in the Turkish coasts. According to the data of TURKSTAT (Turkish Statistical Institute), fish species caught in Turkish seas are ;

Anchovy, Bluefish, Gray mullet, Whiting

### **4. How do we reproduce life in the Black Sea? (2)**

(Five Regions in the Black Sea are Proposed as Marine Protected Areas)

The creation of marine protected areas is of great importance for the continuation of marine biodiversity and sustainable fisheries in the region. Currently, there is no marine protected area established on the Black Sea coasts of Turkey. Determined in the Biodiversity Conservation protocol to which our country is a party; Considering the criteria such as the existence of endangered and threatened species, rare and sensitive habitats necessary for the life of these species, areas where biological production deteriorations can be repaired slowly, five points of ecological importance in the region are recommended as Marine Protected Areas.

- It creates an area where fish can spawn and grow.
- 
- It also increases fish numbers in nearby areas by allowing fish stocks to recover.
- 
- Helps preserve local fishing culture and economy
- 
- 1.
- Region = Igneada
- 2.
- 3. Region = Şile and Kefken
- 4.
- 5. Region = Cide and Doğanyurt
- 6.
- 7. Region = Deltas of Kızılırmak and Yeşilirmak Rivers
- 8.
- 9. Region = Haddock Cliff – Trabzon

10.  
In order for a country to be water rich, the annual average amount of water per capita must be at least 10 000 m<sup>3</sup>. With an annual usable water amount of 1642 m<sup>3</sup> per capita, Turkey is not a water-rich country as it is thought.

At the international level, it emerges as an issue that has more reasons for cooperation than war on bordering waters. Looking at the last 50 years, it is seen that 37 disputes have occurred between countries on water, and most of them are disputes arising from “water reasons”. However, during this period, more than 200 agreements were negotiated. (3) Are we willing to leave a dead black sea to our children? Let's not forget that the key to the future is hidden in water.

Resources :

(1) : <https://www.wwf.org.tr/?1335/karadenizcocuklarindir>

(2): <https://tudav.org/calismalar/deniz-alanlari/karadeniz/karadenizde-deniz-koruma-alani-onerileri/>

(3) : <https://www.sloganlar.org/su-ile-ille-sloganlar/>

## REALLY, HOW SMALL IS IT?

By Duru ÇAĞATAY

People usually don't care much about things that are small and whose effects can't be easily observed with the eye, such as batteries. We can see this from the fact that there is so much unconscious use and people do not prefer the use of recycling bins, which is an easy process. But can the environmental and human harms of batteries, which are considered so unnecessary to decompose, also be so despised?



☞ A man in Tegal, Indonesia, uses a hammer to break up used lead-acid batteries by hand. Photograph: Larry C. Price/Pure Earth

## Batteries in Short

These devices convert chemical energy into electrical energy, powering many devices, ranging from mobile phones, laptops and simple watches.

When depleted batteries are thrown into the trash, they deteriorate over time in the landfill, releasing some dangerous and harmful substances into nature. According to the Toxic Substances and Diseases Registry Agency, toxic metals such as Nickel and Cadmium contained in batteries are known human carcinogens. (1) Mercury, which is another of the substances in these batteries, does not deteriorate in nature. Therefore, it is very dangerous and toxic in terms of public and environmental health. One of the other heavy metals found in batteries is lead. Lead enters the body through breathing, drinking water and the food chain. According to the researchers, "The lead entering the body reaches the lungs and is absorbed gradually in the lungs and enters the blood. Lead spreads to organs and tissues through the bloodstream" (2). Especially children in the age group of 0-6 are affected by lead pollution at least 4 times more than adults. According to another study, it has been determined that Mercury, Cadmium and Lead contained in batteries, which deteriorate over time and discharge occurs in the body, cause cancer, anaemia, kidney and brain inflammation, infertility and emotional mental retardation in children in the first place. (3) On the other hand, misplaced lithium batteries can be very unstable. Lithium when reacted with water, causes explosions or causes landfill fires that can burn for years. In order to show how polluting batteries are, I also wanted to include in my article the following sentence that I found during my research: "A.B.D.in solid waste landfills, 88% of mercury and 54% of cadmium come from batteries. In Germany, 10% of the Zinc in household solid waste, 67% of the Nickel and 85% of the Cadmium come from batteries." (3)



Picture (2)

## Measures and Solutions

Consumer behaviour is a critical point for sustainable management of the waste batteries. Because the first solution is battery recycling. TAP (Association of Portable Battery Manufacturers and Importers) is the only organization authorized by the Ministry of Environment and Urbanization that deals with battery recycling in Turkey. According to TAP, " Recycling waste batteries of the portable type has 3 main objectives (5). These are:

- To protect receiving environments from harmful emissions that may arise from waste batteries,
- To prevent heavy metals from entering the soil or water
- To create economic profit by recycling some precious metals in batteries.

According to the Battery University, "Several organizations are working on programs that make it convenient to collect all batteries. Currently, only 20 to 40% of the batteries in mobile phones and other consumer products are recycled. The purpose of recycling is to prevent hazardous substances from entering landfills and to use the recovered materials in the manufacture of new products." (6)

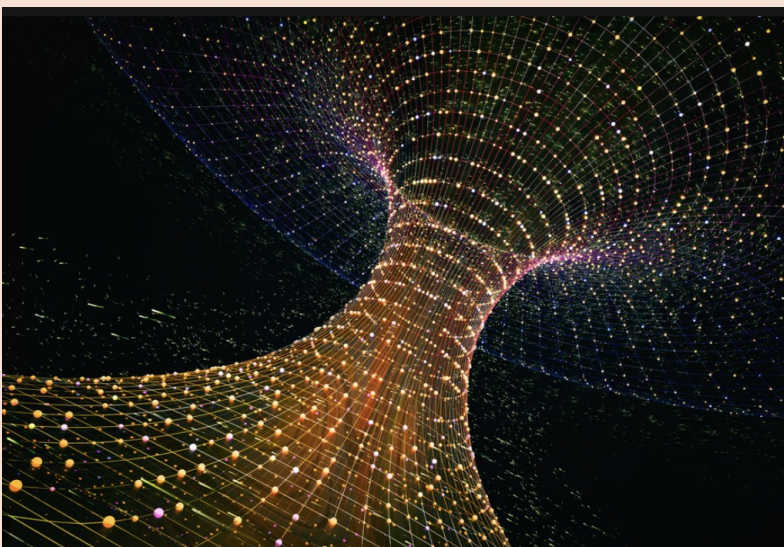
"The Waste Batteries Disposal Facility" established by TÜBİTAK MAM in Turkey has the distinction of being the first integrated facility in the world where both separation, crushing and recovery are carried out. Within the scope of the project, it is planned to add value to our economy by recovering zinc carbon, alkali and nickel cadmium batteries, which constitute about 90% of the waste batteries. It is expected to provide added value for different recovery processes with the knowledge gained from the project. (7)

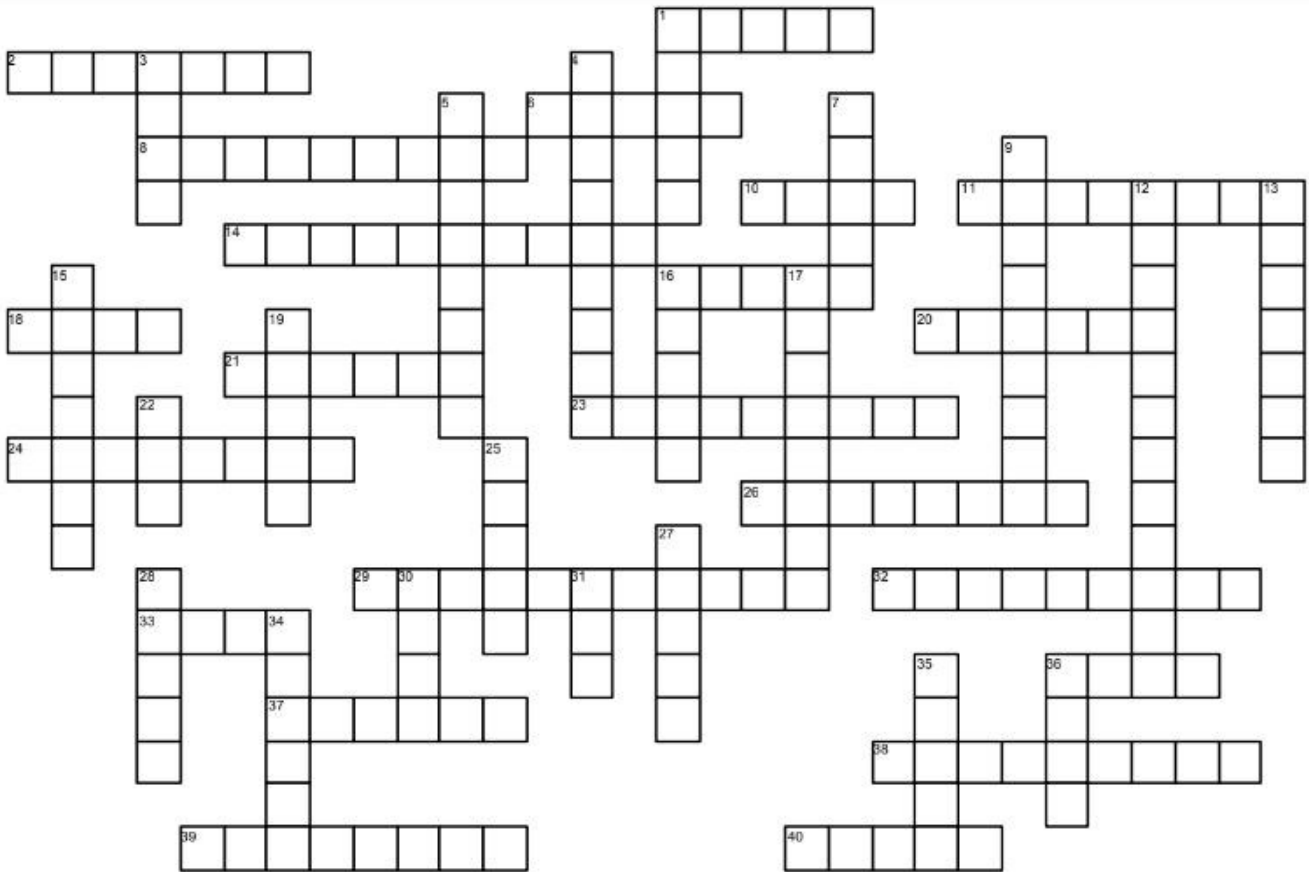
# THE UNKNOWN WORLD OF PHYSICS

By Ekin Akman

It all started with “packages”. In 1905, German Physicist Max Planck published the groundbreaking study of the effect of radiation on a “blackbody” substance, that groundbreaking article that was the first step in the journey to the quantum universe. So what was this article talking about? In his writings, Planck showed with his experiments that energies provide us with information about the properties of matter in certain situations. According to classical physics, energy was only a continuous phenomenon, independent of the properties of physical matter. Planck's theory argued that radiant energy consists of particle-like components known as "quanta". The theory helped unravel previously unexplained natural phenomena, such as the behavior of heat in solids and the nature of light absorption at the atomic level. This basic but not detailed article has led to the work of important scientists in the field of quantum, such as Einstein, Bohr, Schrödinger, and De Broglie. Their work also made the development of quantum mechanics possible, a mathematical application of quantum theory, which argues that energy is both matter and waves depending on certain variables. Quantum mechanics therefore takes a probabilistic view of nature, in sharp contrast to classical mechanics, in which all the exact properties of objects are in principle computable.

Today, the combination of quantum mechanics with Einstein's theory of relativity is the foundation of modern physics. The equations that De Broglie, who came after Einstein, put forward to explain wave-particle duality, Niels Bohr's questioning of teleportation by putting quantum entanglement forward, the metaphor we use to determine the location of a particle with Schrödinger's cat, serve to explain current events. Everything starts with the existence of light in packets, called quanta, and is a huge pool of information that disproves our assumptions about the formation and functioning of the universe. As impossible as it is to understand what's going on, it's to be commended for the effort quantum physicists have put into the explanation of phenomena. These scientists and quantum actually give us a very important message. They've taught us for too long that foundations we're absolutely sure of can be wrong and that questioning is more important than knowing. As Richard Feynman said “ I would rather have questions that can't be answered than answers that can't be questioned.”





**ACROSS**

- 1 He shoots invisible arrows to make people fall in love.
- 2 Did the mail carrier leave any Valentines in your \_\_\_\_\_?
- 6 The legendary St. Valentine is believed to have lived in the \_\_\_\_\_ century after Christ.
- 8 This era is considered the golden age of the Valentine.
- 10 "Be \_\_\_\_\_."
- 11 A piece of jewelry worn around one's neck.
- 14 A safe place to store jewelry. (Two words.)
- 16 "\_\_\_\_\_ Valentine's Day!"
- 18 In "XOXOXOX," an X represents this action.
- 20 Cupid's wife.
- 21 Someone disappointed in love is said to have a \_\_\_\_\_ heart.
- 23 St. Valentine's \_\_\_\_\_ was on the eve of the Roman festival of Lupercalia.
- 24 This Valentine symbol consists of graceful loops, often in the shape of hearts, with no beginning or end. (Two words.)
- 26 Valentine's Day falls on \_\_\_\_\_ 14.
- 29 Two people in love.
- 32 \_\_\_\_\_ and girlfriend.
- 33 The Greek name for Cupid.
- 36 The most popular flower for Valentine's Day.
- 37 St. Valentine is known as the patron saint of \_\_\_\_\_.
- 38 "Will you be my \_\_\_\_\_?"
- 39 These people banned Valentine observances in Great Britain during part of the 17th century.
- 40 This popular Valentine's color symbolizes purity.

**DOWN**

- 1 School children often exchange these on Valentine's Day.
- 3 "I \_\_\_\_\_ you."
- 4 My friend gave me heart-shaped box full of \_\_\_\_\_.
- 5 According to one legend, St. Valentine was executed for secretly \_\_\_\_\_ young couples in defiance of the emperor's orders.
- 7 Children may read and eat \_\_\_\_\_ hearts.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 12 A "disease" that affects anyone struck by Cupid's arrows.
- 13 A couple that have promised to marry one another are said to be \_\_\_\_\_.
- 15 A man often purchases this gemstone for the woman he wishes to marry.
- 16 Bees make this substance, which is also a nickname for someone who is loved.
- 17 On Lupercalia, young people drew names to find \_\_\_\_\_.
- 19 Bow and \_\_\_\_\_.
- 22 This popular Valentine's color symbolizes warmth and love.
- 25 These birds that mate for life are a symbol of love.
- 27 School children sometimes celebrate with a Valentine's Day \_\_\_\_\_.
- 28 In Roman mythology, Cupid is the son of this deity.
- 30 Husband and \_\_\_\_\_.
- 31 In "XOXOXOX," an O represents this action.
- 34 Gold and \_\_\_\_\_.
- 35 This organ of the body is the most common symbol of love.
- 36 A piece of jewelry worn on one's finger.