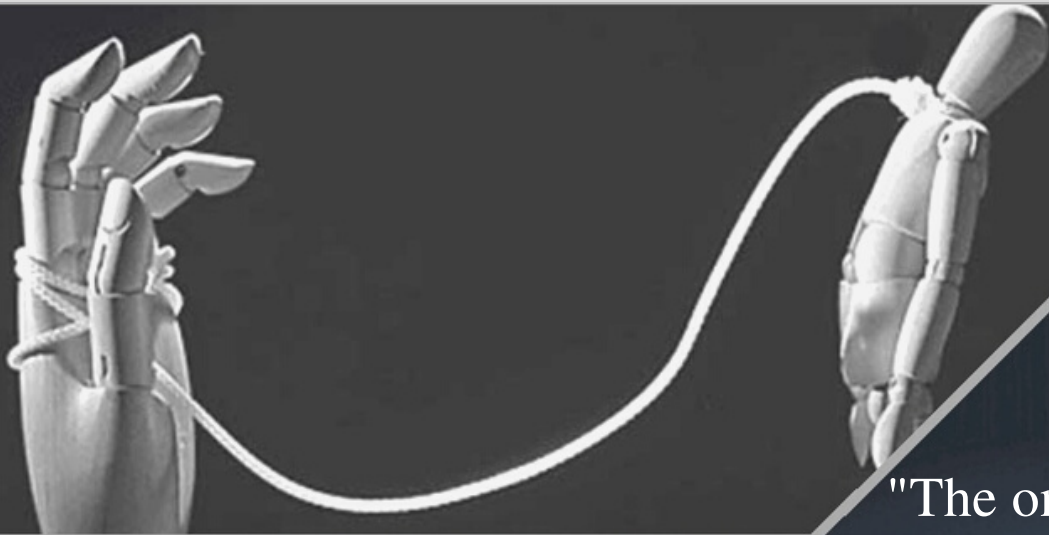


SOURCE OF INFORMATION



"The only good is knowledge, the only evil is ignorance."

Sokrates



"Science and art migrate from where that are not appreciated."

İbn-i Sina

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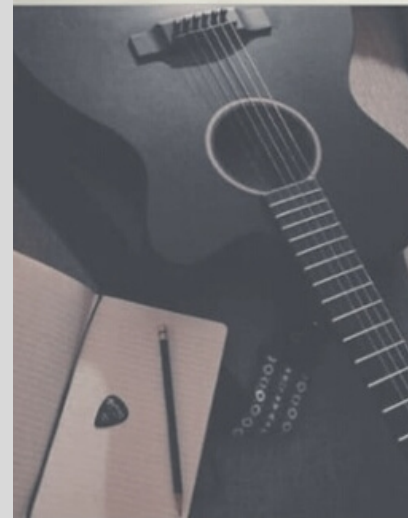
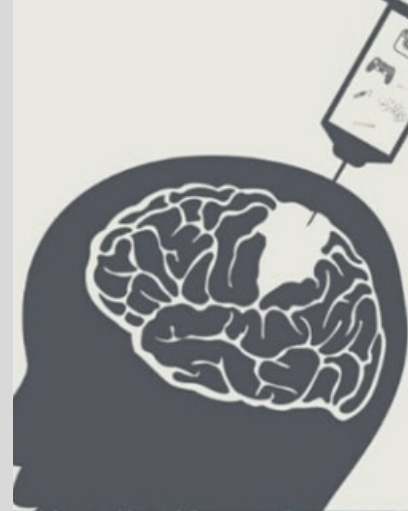
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From the Editor

Welcome to the very first edition of 'Source of Information'. As a high school magazine, we will provide you various topics that attract young people's attention and make their mind busy.

As it is very common in these day ,we write about addiction.What addiction means and how one can handle with it are the main subjects we discussed.When we say addiction ,don't think it's only about alcohol or drugs.Addiction types can vary,so read our article and learn more about it.

This copy is preaped by Gen Z, so it would be very awkward if we didn't mention about technology. We start very begining of it and end with the level it has come so far.

As our greatest leader Atatürk once said;A healthy mind lives in a healty body.Let's talk about sports but not ordinary ones.Have you heard about extreme sports?If not,now you will. We can't keep ourselves quote from Atatürk as he always made a point of universal matters and had a wisdom beyond his time.

Here the quote comes; A nation without art has lost one of its vital vessels. Not to lose our vital vessel and keep pumping blood to our life, we should grap any branches of art,like music.You know it's a medicine for soul.Let's heal together.

Thank you all those who join our journey and encourage us to create more.Special thanks to teachers and the students of Mübeccel Suphi Yavaşça Social Science High School and to our principal Fatih Menceloğlu who supports us all the time.

Enjoy!

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ADDICTION

What is Addiction?

It is a biopsychosocial disorder that occurs with the repetition of substance or behaviour that causes pleasure in increasing amounts.

It is also the fact that although a substance causes mental, physical or social problems, the intake is continued, the desire to take the substance cannot be stopped.



ADDICTION IS DIVIDED INTO TYPES;

- Technology Addiction
- Alcohol Addiction
- Gambling Addiction
- Smoking Addiction
- Caffeine Addiction

TECHNOLOGY ADDICTION

It is a type of addiction that occurs due to excessive and uncontrolled use of phones, computers and similar devices.

It is a type of addiction that occurs in one out of every 8 people.



ALCOHOL ADDICTION

Sleep disorders and waking up tired in the morning are common in people who use alcohol.

Alcohol greatly increases the risk of cancer. It causes cancers of the esophagus,pharynx,stomach and pancreas.At the same time , alcohol causes heart diseases.

When we use alcohol,we become unconscious and all kinds of wrong behaviors may appear,so it affects not only ourselves but also our environment and our family.



GAMBLING ADDICTION

In most people, gambling behavior turns into addiction. Gambling addiction is similar to alcohol addiction. Gambling addiction is not a moral weakness. Gambling addiction is seen in %3.

It can be seen in every income group. It is more common in men between ages 40 and 50. It is widespread among young people. Gambling addiction starts with enthusiasm. It can be also played online with technology. There are 2 million virtual gambling players in Turkey.

Treatment;

This treatment is a team work. This team consists at the persons family, doctor and psychologist.

One must accept the addiction as a pathological disorder. It is possible to get rid of addiction with special treatment.



SMOKING ADDICTION

Smoking is harmful because it contains substance nicotine widely in the world. There are thousands of chemical inside it. It also makes people addicted. It is known that passive smoker suffer as much as addict.

According to the researchers, the numbers of death from smoking have been increasing every year in our country. It causes a lot of diseases such as lung cancer, asthma, coah, gum disease etc. Even children start smoking in these days. This distrupts the social order.



CAFFEINE ADDICTION

Caffeine addiction is a type of addiction that negatively affects daily life. When people with this addiction do not have caffeine in their bodies, it causes headaches, fatigue, insomnia and nervousness.

Caffeine is found in cocoa cakes, tea, coffee, cola and sodas.

In particular, smoking addiction brings coffee and tea addiction at the same time. Caffeine combined with nicotine is much more likely to be addictive. The addicts' abstinence starts with the excuse "I can't wake up without coffee" and all free time of the day is filled with caffeinated drinks.



HISTORY OF TECHNOLOGY

In fact, technology can be thought of as body of information that includes tools that use design and cancturetion methods related to any industry branch.

The history of technology consist of the words “teche” meaning art/skill and “logic” meaning work. At first, it was used to mean the application of art, but now its meaning has changed.

Technology has expanded in the early 20th century to include the transformation of same processes and thoughts into different tools and machines. By the middle of the 20th century , technology was now recognized as all that man does by researching to transform his environment.



The development of technology dates back to ancient times, even to the making of the first simple tools. The modern technology period has started with the industrial revolution ,especially after the, Middle ages on the other hand, geographical borders expanded, the political formations change by following a direction parallel to the technological developments.

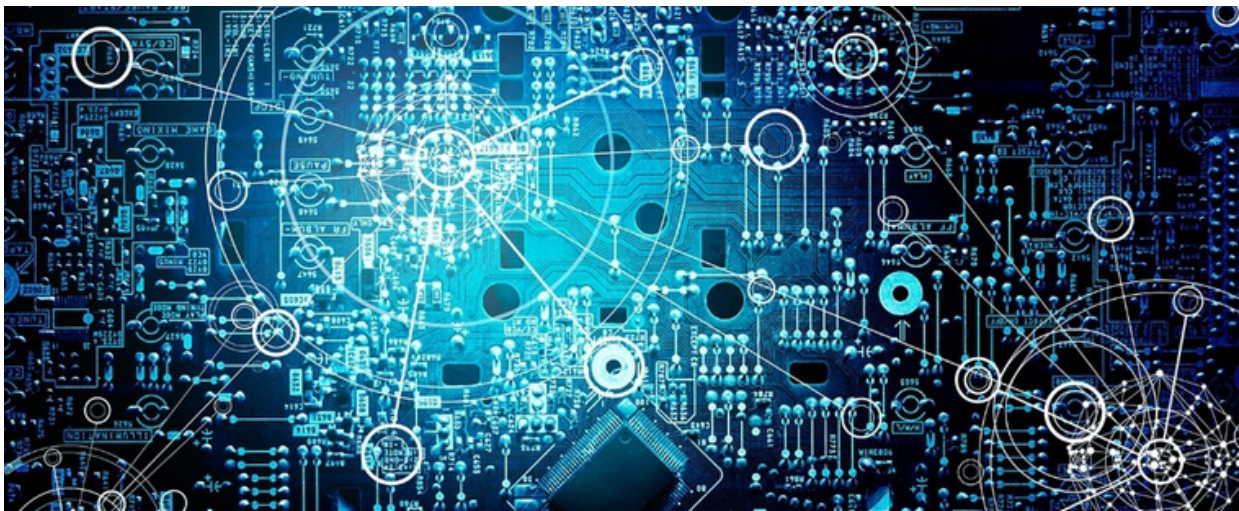


While technology affects our lives at some points, it has led to unexpected result. Considering these results,although technology may seem constructive, it is also eveluated with it's destructive results in 20th century, the rate of change demonstrated by technology has never been seen in the past of human history.

The innovation brought by technology has been effective in every aspect of peoples lives. New materials technology. With the emergence of the tram towodrs the end of the 1800s, the distance between cities decreased and foster transportation was provided.

In the early 1900s, automobile production became series. In the early 1900s great development took place in the aircraft industries offer the Wright brothers. While the transmission of the first transetlantic radio message was thanks to electronic technology, television was accepted as a new communication tool and greatly effected huma life.

In short, human life has made great progress with technology.



This progress was sometimes positive and sometimes negative. If people use this technology well, a very good life can be lived. But unfortunately, people can not use this advantage. Because of this, our life is going bad.

The Usages of Technology

People make big development to make their life easier. In this topic they make big success. And as a result of this developments they really reach big success. With the inovations that emerged from these results, they make their lives easy and enjoyable.

Some of these developments are for survival, while others are for making their lives better. In time this needs divide into sections.



Different sections in consist of for this needs.A lot of inventions which sectors bring ,they indirection each other and together make a new innovation.

In time this innovation accelerating have became a part of our lise. While there are many opinions regarding the speed of technology and these invovation ,it would not be possible to meesure it already.

Technology's Benefits and Loses

Today , technology has become one of the basic needs of people. Technology not only makes our lives easier ,but also prevents us from many things.

Coming to of the adventages and disadvantages of technology,the disadvantages are as follows;

According to research,one of the biggest horms of technology is cancer technology courser cancer.

People who are too busy with technological devices have vision problems.

It causes a disorder in anger control. It causes the person to be irritable throughout the day.

It is addictive in adults as in children.



As for its wounds;

Event if we are for ewey, thanks to technology, we can talk to everyone and have all kinds of information.

Thanks to technology, individuals lead a more comfortable and comfortable life.

Many devices, from the technological tools we use at home to the tools used in the medical field, provide convenience to our lives.

Technology can be thought of as anything created that does not occur naturally, arises from a process or enhances understanding. In my opinion, we should use everything in its dasage, neither too little nor too much.



EXTREME SPORTS

Extreme sports , action sports or adventure sports are the names sports branches that have more risks and difficulties than other sports. Also these sports require special equipments.



Paragliding, volcano boarding, zorbing, ice climbing, cave diving and rafting are some popular extreme sports.

Today we will introduce you two of the extreme sports, ice climbing and rafting.

ICE CLIMBING

Ice climbing is the sport of climbing frozen water features. Ice climbing varies around the world depending on the terrain and climate. You can get hard ice, soft ice, plastic ice. There are tones of different types.



It is one of the most difficult nature sports. But like all roped climbing styles, it's perfectly safe.

Ice climbing has become more popular in recent years. Ice climbing emerged in the early 1900s.

As you would imagine, the best season for ice climbing is winter, but you can do ice climbing all year round, not just in winter. You can ice climb even in summer.

Equipment is very important in this sport.

ICE CLIMBING EQUIPMENT CHECKLIST:

- Insulated ice climbing boots
- Climbing harness
- Climbing helmet
- Crampons to fit your boots
- Ice axes
- Belay device
- Carabiners
- Ice screws
- Rope
- Quickdraws
- Gore-Tex gloves
- Eye protection (optional)



TOP 10 ICE CLIMBING DESTINATIONS IN THE WORLD:

1. Cogne, Italy
2. Norway
3. Banff, Canada
4. Japan
5. Slovenia
6. Colorado, USA
7. Kandersteg, Switzerland
8. France
9. Slovakia
10. Iceland

In Turkey, cities such as Erzurum(Uzundere) and Van are suitable for ice climbing. There are many frozen waterfalls in Erzurum.

RAFTING

It's a water in which the athletes on the Fast-flowing rivers try to overcome obstacles such as rocks and trees by using physical power with the help of vehicles called rafting boats. It is the water sport with the highest level of adrenaline among water sports.

History:

It is said that it was first used by the US army for military exercises in 1842. It was also used for transportation purposes in the early 1900s. Landing on the shores during world war attracted attention in other countries and their production increased all over the world.

The transformation of rafting into a sport started with the opening of rafting establishments in the USA in the 1970s, and in 1973 the organization named Sobek Expedition started to organize exploratory river tours and even tried to cross the Çoruh river in 1982. The love of rafting was grown and has started to be a mother of curiosity in other countries. With the start of rafting sport in Melen Stream (in the 2000s), Melen is the first company that started this sport as rafting.



Where is Rafting done?

- Storm Creck,Rize
- Third Köprüçay, Antalya
- Dalman Çayı,Muğla
- Çoruh River, Artvin

The fastest flowing rivers in the world rafting in Turkey on the Çoruh River located between its one of the first places that comes to mind when it's cooled.

Necessary materials for Rafting;

- Inflatable rafting boats.
- Life jacket
- Helmet
- Carbon shovels
- Wet suit
- Dry suit
- Recovery throw bags

Measures that need to be taken;

- On your wrist,arm,leg or neck, don't tie any rope don't wrap it. Fall as a result this can be dangerous.
- For safety of your feet when rowing, don't put it out of line. A rock it is likely that you will be damaged when you hit a rock.



Until you get permission from your river guide don't jump. If someone falls from power you can only make them swing it over the top of the vest pull it back inside. Together with the team during the designated course, it is important to act together with the team.

The group next to you during the fall, don't grab your friend and pull the ropes of the boat it is necessary to try to keep it. It is possible to complete the boats without knocking there over it is important to protect yourself from accidents.

Our National Pride

Athletes of the Women's national rafting team which will represent Turkey in the world France on June 28-July continue their preparations in the Firtına Stream in Ardeşen district of Rize.

National Athletes Betül Karıcı, Gamze Aksoy, Öznur Fil and Sude Naz Reyhan are training twice a day in the waters of the Strom creek under the management of the rafting national team coach Aydın Aksoy aiming to represent Turkey in the best way in the world rafting championship to be held in France on 28 June and July the nationals prepare by rowing againts the current hours on the challenging track.



Çoruh River

It is the largest river of Artvin province. It crosses the borders of Georgia and exist to our country and has quite a lot of arms.

The source of the river is the masjid mountain there are long track areas in parts of one thousand kilometres. Thanks to it's challenging track, the river has a great importance in terms of tourism.



Dalaman Stream

Dalaman Stream is an important part of the Aegean in terms of rafting tourism and is also among our rivers flowing into the Mediterranean. It arises from the Green lake mountains and forms the provincial borders of Dalman and Ortaca.

It is two thousand twenty kilometres long. The fluid is quite fast. After the newly built airport, it has become one of the most attractive and preferred regions in terms of tourism sightseeing tour.



MUSIC

What is Music?

The original name comes from the Greek word for music "musica" According to many researchers, the word "music" in different cultures is a method of spiritual treatment.

Music therapy studies that have been going on through out history continue to the present day.

So much so that take the rhythm of singing improves one's physical coordination.

At the same time, the influence of music on the soul is very great. Music is a key that activates emotions. Different types of music appeal to different emotions.



People's moods, emotions are constantly changing and developing.

Listening to music or even singing during this period gives direction to the spiritual inclinations of a person. It plays an important role in suppressing suffering. So how much does music progress in our brain?

Ulas Mehmet Çamsarı, an expert doctor from the University of ABD Maryland school of medicine, said the following about the progress of music in the brain.

After the sounds that make up the music have entered the ear, it has now turned into a language that only neurons can understand. The first moment when music is understood by the individual begins here.

Sound waves reaching auditory cortex, when evaluated by an individual, on the one hand, different connections continue to be made.



By looking at the ways that sound waves travel through the brain, it is possible that they affect a person's heart rate, blood pressure, and, accordingly, a person's anxiety level. It has also been determined that music acquires a memory in the brain, and the activities performed while listening to music (tastes, smells, sensations) lead to repeated recall when listening to music. In addition, playing an instrument positively affects the size of the brain.



Dr. Erol Belgin, professor at Hacettepe University faculty of medicine, "The benefits of listening to music and dealing with music are multidimensional. Music shows the abilities of a person to express himself aesthetically and constructively increases the capacity for thinking."

As a result, music has access to the soul through the human body.

Finally, I want to say the following famous word:

Music is the food of the soul.

TYPES OF MUSIC

Rock Music

Rock music was born in the USA in 1950 rock and roll and it splint different style in the 1960. It is a music type in England and the USA. Its history dates to the 1960 and 1950 rock and roll. Electric guitar ise used in rock music.



Pop Music

Pop music is originated in the USA and England in the 1950. Pop music is often confused with popular music and popular music describes that popular and include other than pop music.

Jazz Music

Jazz first began develop in the USA . Jazz music uses blue notes syncopation ,swing multiplerhythms ,shooting and improvisation. It is African -American and western music mix .This music met the world in 1917 and Dixieland Jazz Band released their first record.

Classical Music

Classical western music history came Ancient Greek music culture and began with the collapse of the Western Roma Empire . It developed the influence of polyphony the church and court ,and vocal polyphony developed year of the renaissance.



Music;It is art of telling a number of feeling and thoughts in harmonious voices with the framework of certain rules music is one of the ways people have been telling their feelings by imitating nature of for centuries.

When some thing are added to music ,it becomes art .

Music appeals to many areas. Some of them are parting, dancing litarary theather, cinema and opera .

Music , gives a person peace of mind. Peace inspires a person if you to make picture them this inspiration is necessary. That's why painters listen to music when paintig.

Dance

Each dance has it own music, each note has its own dance movements.

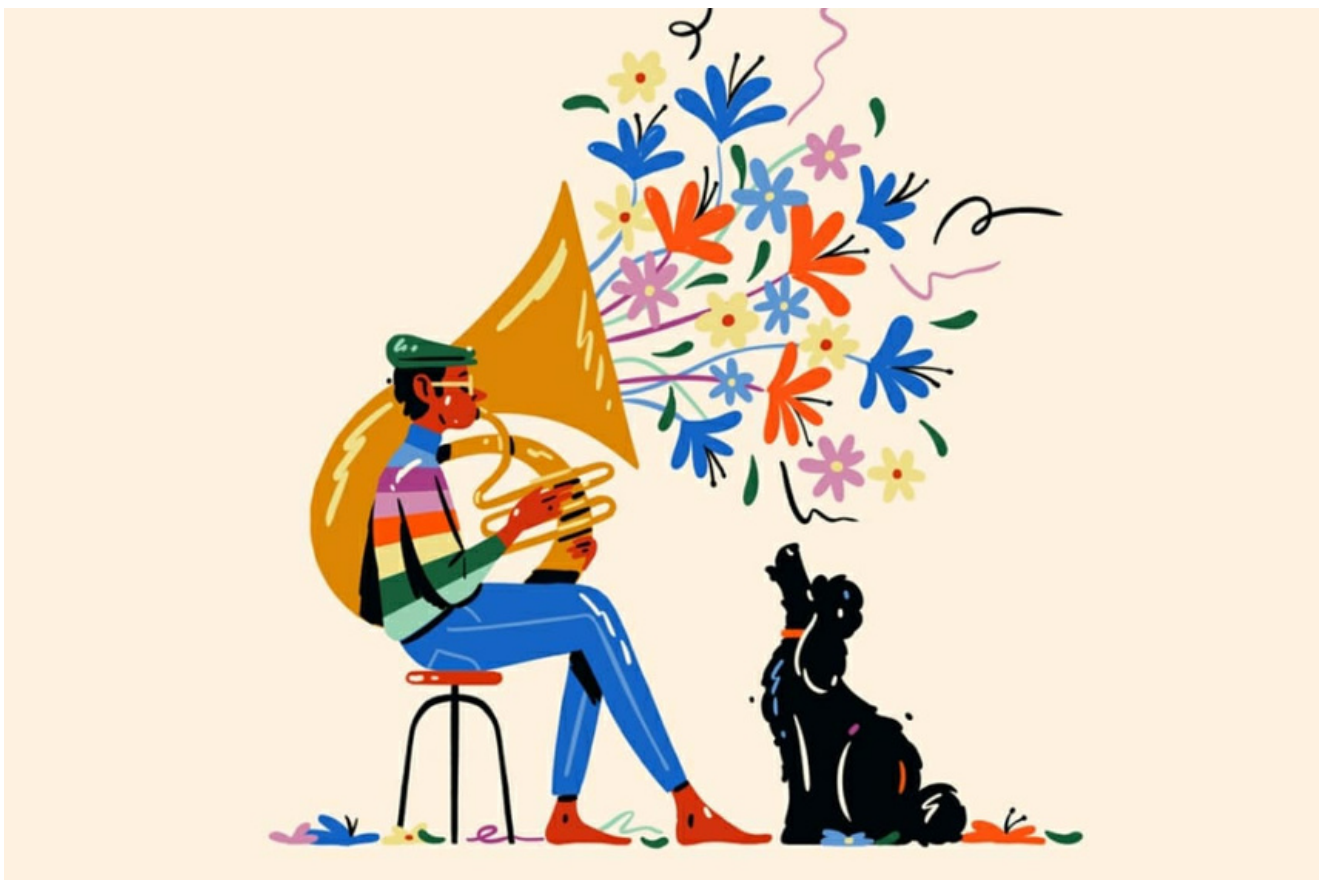
These movement reveal the soul of person, people to communicate with each other through dance movement .



Theatre and Cinema

The words music, theatre and cinema are related with each other. Just like rings of a chain. Without one the other ring of chain will also break.

Example; in a theater or movie theater music is needed to record the game and make the audience enjoy. If there is music during the game, the audience will not be bored. In short, if a dish does not have salt, it will not taste. The first things between these words is just like this.



Spent Talents

Do you have ability for music? You can't think a life without music if you passionate the music. You want to improve about this topic yourself but problems like family and environmental pressure can occur. However, the real success is resisting against obstacle for achieve your dream and to evaluate your abilities.

Today the reason why almost everyone front to music is to be famous and win more money. On the other hand, talented and passionate people can't achieve to enough possibility.

Some don't even have an instrument while some people play instrument to spread the music culture and win money on the street.



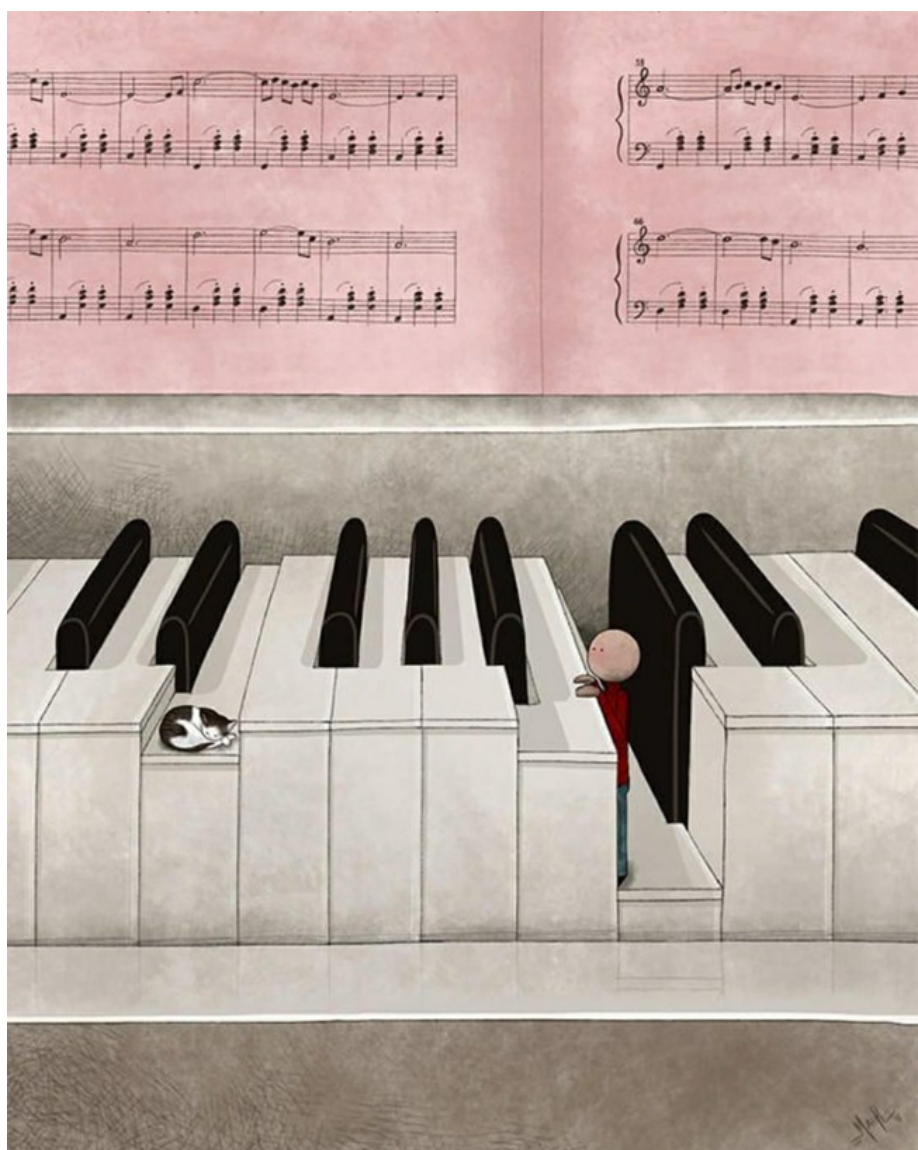
State and private education institutions should provide opportunities for talented but underprivileged people.

They exclude from society and hinder an artist is not fair while people are silent against social problems. We must respect and support artist.

From past to today, many artists have grown in our country but nowadays, music is in a different location.

Now, people come forward who don't have talent and passion but have fame and money.

We should say "Stop" this and give a chance real music.





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