ICS NEWSPAPER

No: 6 Editor in Chief: Fatih Selçuk Assistant Editor: Samyar Sadat Akhavi Friday, 30 May 2025

International Canadian School Students Visit İstanbul on School Trip



High-school and some middle-school students from our school recently visited the city of İstanbul. This was an incredible and perhaps once-in-a-lifetime opportunity for them. They had the privilige to learn about and see many -if not all- of the historical artifacts and locations. So, in this month's issue of the ***ICS Newspaper****, we will be taking a look at İstanbul's incredible history and the experiences our respected teachers -Fatih Selçuk and Ilgaz Dolğun- and precious friends.*

Hereby we, ***The ICS Journalism Club****, are sending our regards to our dearest school who made this bedazzling trip possible for us. Hats-off to our administrative staff who were kind enough to plan this trip in the first hand.*

İstanbul Trip

Three weeks ago, we explored Istanbul's vibrant neighborhoods and rich history—from the nostalgic Hababam Sınıfı Museum in Üsküdar to breathtaking views of the Maiden's Tower. We visited the peaceful Ecumenical Patriarchate Church, admired vintage cars and trains at the Koç Museum, and soaked up the lively atmosphere of Taksim and Istiklal Avenue. In Sultanahmet, the enchanting Hagia Sophia and mystical Basilica Cistern offered unforgettable moments steeped in history. Our visit to the ornate Beylerbeyi Palace by the Bosphorus perfectly captured the city's grandeur and beauty. Discover Istanbul through our eyes — a city where past and present come alive.

More about this on pages 2 & 3.

International Workers' Day

Every year on 1 May, millions around the world observe International Workers' Day — a celebration born from the 1886 Chicago strikes and the fight for the eight-hour workday. Established by the international labor movement, May Day has become a symbol of solidarity, struggle, and progress. Recognized by governments and even the Church, it honors the strength and unity of workers everywhere and the ongoing fight for fair labor rights. Discover the story behind the day that shaped labor history and still inspires millions today.

More about this on page 6.

The History of Galatasaray

Born in the heart of Istanbul in 1905, Galatasaray Sports Club began as a dream among high school students and rose to become a powerhouse of Turkish sports. With its iconic yellow and red colors, the club has left its mark not only in football but across many athletic fields. From early local victories to the historic UEFA Cup and Super Cup triumphs in 2000, Galatasaray has played a leading role in shaping Turkish football. Through decades of glory, challenges, and transformation, it remains a symbol of national pride — driven by its legendary spirit and devoted fans known as "Aslanlar."

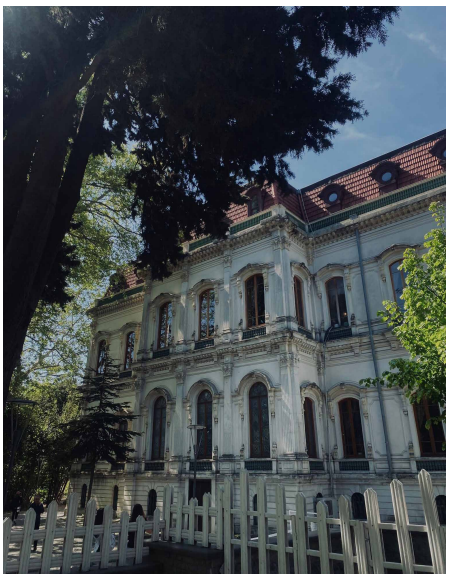
More about this on page 3 & 4.

Overview: ICS İstanbul Trip

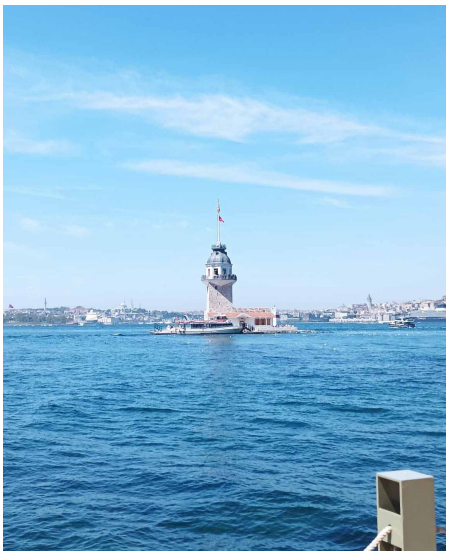
by ***İdil Kalyencioğlu (10A)*** *&* ***Öykü Naz Çetin (10A)***

Three weeks ago, we took a short trip to ***Istanbul***, a city brimming with history and vibrant culture.

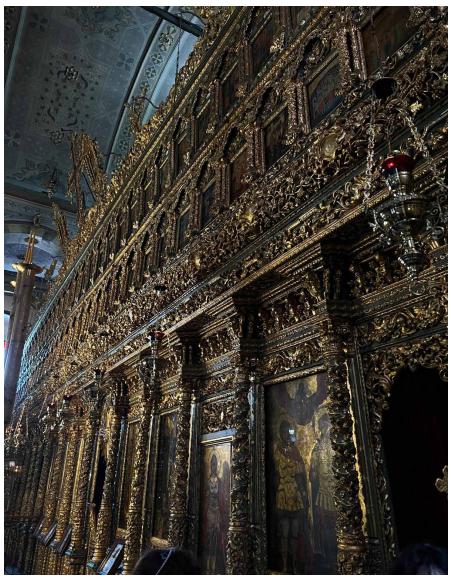
Our first stop was Üsküdar, where we visited the *Hababam Sınıfı Museum*. Walking through the classrooms brought back nostalgic memories of the beloved movie scenes. It was a delightful way to start our journey.



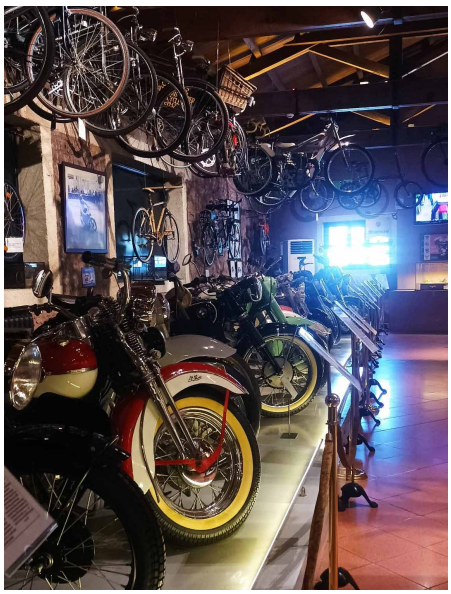
From there, we caught a distant view of the iconic *Maiden's Tower*. Although we didn't go inside, the sight from the shore was breathtaking and truly picturesque.



Next, we visited the *Ecumenical Patriarchate Church*. Lighting candles and making wishes in this sacred space was a unique experience for me, especially since I had never heard of it before. The church's interior contrasted sharply with the mosques I'm familiar with, offering a tranquil and distinctive atmosphere.



We then explored the *Koç Museum*, where vintage cars and trains captivated our attention, showcasing a fascinating glimpse of Turkey's industrial past.



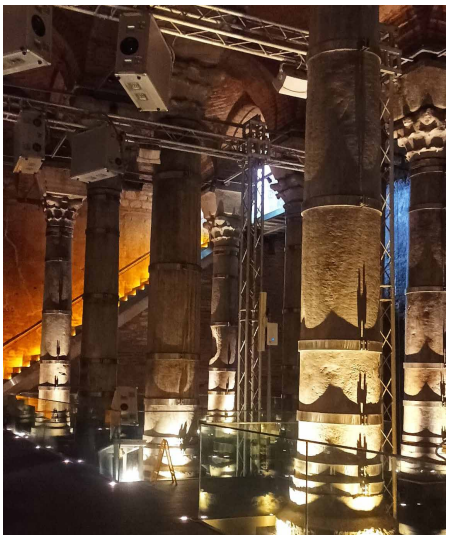
No visit to Istanbul would be complete without a stop at *Taksim Square*. Though bustling with crowds, walking along *Istiklal Avenue* was a joy. We immediately snapped a photo of the charming old tram and continued on foot all the way to the *Galata Tower*, where more photos and stunning views awaited us.



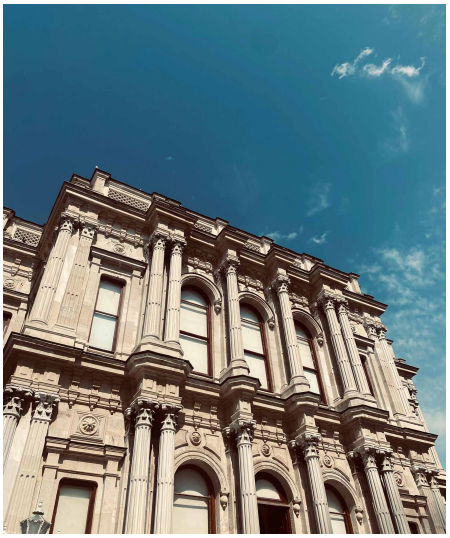
Our adventure continued in Sultanahmet, a historic heart of the city. The square there is steeped in history, and visiting the *Theodosius Cistern* was an impressive experience, especially since it lies underground. Nearby, the *Hagia Sophia Mosque* stood majestically, blending the essence of a mosque and a museum. Its interior was truly enchanting.



We also ventured into the *Basilica Cistern*, where rows of columns stood submerged in water, illuminated softly to create a mystical ambiance. Walking quietly through the cistern was peaceful, and the accompanying light show left a lasting impression.



Finally, we visited the *Beylerbeyi Palace*, situated right on the Bosphorus. The grandeur of this Ottoman palace was evident in every ornate room, with stunning wall paintings that fascinated us all.



Istanbul is a vast city filled with countless places to explore. Its rich and beautiful history never ceases to amaze visitors.

The History of Galatasaray

by ***Bora Yağız Uymaz (8A)***

Galatasaray Sports Club is one of the oldest and most successful sports clubs in Turkey. Founded in 1905 in Istanbul by students of Galatasaray High School, the club has become one of the most prominent representatives of Turkish sports. With its colors being yellow and red, the club has achieved great success not only in football but also in basketball, volleyball, and many other sports branches. Let us take a closer look at the major milestones in Galatasaray's history and how the club reached these achievements.

Foundation and Early Years

Galatasaray Sports Club was established in 1905 by Ali Sami Yen and his friends. While studying at Galatasaray High School, Ali Sami Yen came up with the idea of founding a sports club associated with the school's name. At that time, it was the final years of the Ottoman Empire, and sports were still developing in Turkey. These young pioneers founded Galatasaray with the aim of promoting football in a period when the sport was not yet widespread. In its early years, the club was active not only in football but also in wrestling, basketball, and volleyball.

Football and Major Achievements

Galatasaray began to gain prominence in Turkish football after establishing its football division in 1911. The club won its first championship in the 1911–1912 season and played a significant role in popularizing football in the country. By the 1950s, Galatasaray began to stand out even more on the football fields. During the 1960s and 1970s, the club contributed greatly to the development of Turkish football, especially by producing many players for the Turkish National Football Team.

In the 1990s, Galatasaray led the rise of Turkish football. After winning the Turkish Cup in 1993, the club went on to claim the Süper Lig title in 1994, marking a major achievement. However, one of the club's greatest triumphs came in the year 2000.

Under the management of Fatih Terim, Galatasaray won both the UEFA Cup and the UEFA Super Cup, securing the most important success in its history. This victory elevated Galatasaray to the ranks of the most powerful football clubs not only in Turkey but also in Europe.

Success in Europe and the 2000s

By winning the UEFA Cup in 2000, Galatasaray achieved the greatest international success in Turkish football history. This moment became one of the brightest in the club's legacy. The subsequent UEFA Super Cup victory further demonstrated the club's strength. Galatasaray earned international respect for Turkish football and helped establish a more prominent position for Turkish clubs in Europe.

In the early 2000s, Galatasaray continued to succeed in the Süper Lig. The club maintained its prestige through league titles and Turkish Cup wins. However, it also went through challenging times marked by managerial and financial issues. Nevertheless, Galatasaray made significant strides both on and off the field.

Recent Years and Present Day

In recent years, Galatasaray has drawn attention with frequent managerial changes and transfer strategies. Despite occasional difficulties, the club has continued to achieve success in the Süper Lig and national cup competitions. Galatasaray remains one of the most iconic names in Turkish football.

The club focuses on investing in young players and aims to build a strong foundation for the future. Moreover, its powerful bond with its fans gives Galatasaray a unique identity. The fan group known as "Aslanlar" (The Lions) fills the stadium with great enthusiasm and unwavering support for the team.

Conclusion

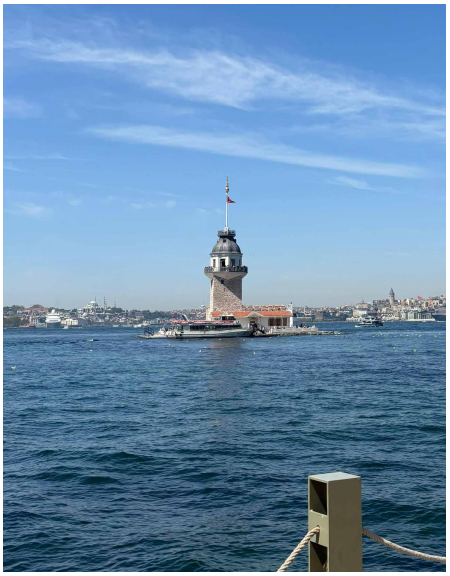
As one of the oldest clubs in Turkish football, Galatasaray has achieved remarkable successes throughout its history. It has contributed significantly to the development of Turkish football and has played a pioneering role in promoting Turkish sports on the international stage.

Historical Locations in İstanbul

*by **Ezra Güreş (8A)***

Maiden's Tower (Pearl of the Bosphorus)

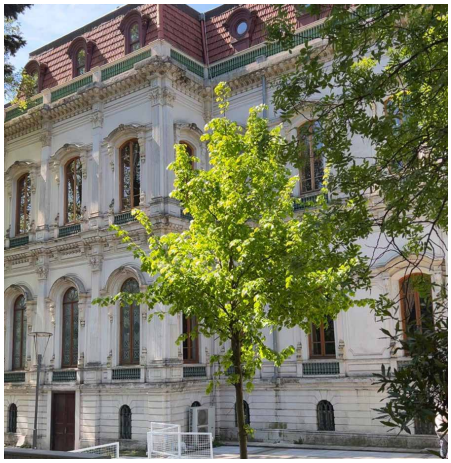
Originally built as a watchtower in the 5th century BC, the tower was later used as a defense tower, lighthouse, and radio station during the Byzantine and Ottoman periods.



The most famous legend about the tower is that a king imprisons his daughter in the tower after learning from a fortune teller that she will be killed by a snake, but loses his life when a snake emerges from the food basket he brings to the tower.

Adile Sultan Pavilion

It was built for Sultan Abdulaziz's sister Adile Sultan. In the past, it was used as a summer palace and school. It is currently used as a museum and cultural center. One of the famous Kemal Sunal's movies, "Hababam Sınıfı" was shot here.



Galata Tower

The tower, built during the Byzantine period, is still standing in the same form as it was built by the Genoese today. It was generally used for observation and defense purposes. Half of the tower was destroyed by earthquakes and fires and was rebuilt with other stones.



Obelisk (Historical work of Egypt and Rome)

It stood in front of the Luxor Temple built by the Egyptian pharaoh *Thutmose III*. It was brought by the Roman Emperor Theodosius I and erected in Sultanahmet Square. During its time, this square was used as the *"Hippodrome"*, or the place where horse races were held. The inscriptions on it are Ancient Egyptian hieroglyphs, and below it are reliefs from the Roman period and the stone's own story about how it was brought.



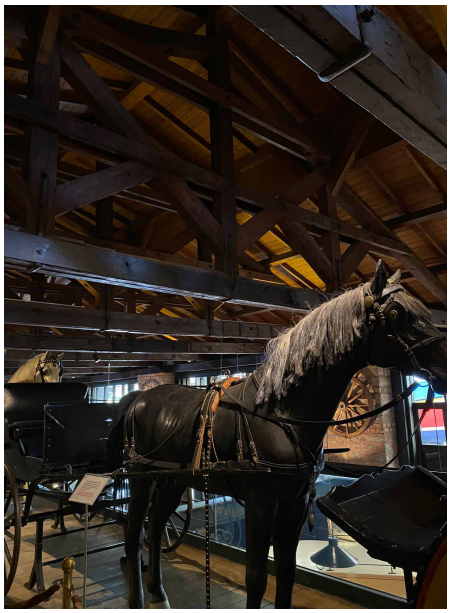
Hagia Sophia Mosque

Since it was initially built as a church by the Byzantine emperor, it contained mosaics in accordance with Christian art. When it was converted into a mosque by the Ottomans after the conquest of Istanbul, most of these mosaics were covered with plaster because depictions of living creatures were not tolerated in places of worship. Only the face of the Seraphim angel was revealed over the years. The dome contains Islamic writings, mosaics, and historical columns.



Rahmi Koç Museum

Images Only







International Workers' Day

*by **Meiling Kamilova (10A)***

International Workers' Day, also called Labour Day in some countries and often referred to as May Day, is a celebration of labourers and the working classes that is promoted by the international labour movement and occurs every year on 1 May, or the first Monday in May.

Traditionally, 1 May is the date of the European spring festival of May Day. The International Workers Congress held in Paris in 1889 established the Second International for labor, socialist, and Marxist parties. It adopted a resolution for a "great international demonstration" in support of working-class demands for the eight-hour day. The date was chosen by the American Federation of Labor to commemorate a general strike in the United States, which had begun on 1 May 1886 and culminated in the Haymarket affair on 4 May. The demonstration subsequently became a yearly event. The 1904 Sixth Conference of the Second International, called on "all Social Democratic Party organisations and trade unions of all countries to demonstrate energetically on the First of May for the legal establishment of the eight-hour day, for the class demands of the proletariat, and for universal peace".

The 1st of May, or first Monday in May, is a national public holiday in many countries, in most cases known as "International Workers' Day" or a similar name. Some countries celebrate a Labour Day on other dates significant to them, such as the United States and Canada, which celebrate Labor Day on the first Monday of September. In 1955, the Catholic Church dedicated 1 May to "Saint Joseph the Worker". Replacing another feast to St. Joseph, this date was chosen by Pope Pius XII in 1955 as a counterpoint to the communist International Workers' Day celebrations on May Day. Saint Joseph is the patron saint of workers and craftsmen, among others.

Labor Celebration days existed in some European countries since the end of 18th century – sometimes on January 20 (France, 1793), sometimes on June 5 (France, 1867).

On 21 April 1856, Australian stonemasons in Victoria undertook a mass stoppage as part of the eight-hour workday movement. It became a yearly commemoration, inspiring American workers to have their first stoppage. 1 May was chosen to be International Workers' Day to commemorate the 1886 Haymarket affair in Chicago. In that year beginning on 1 May, there was a general strike for the eight-hour workday.

In 1889, the first meeting of the Second International was held in Paris, following a proposal by Raymond Lavigne that called for international demonstrations on the 1890 anniversary of the Chicago protests. On 1 May 1890, demonstrations took place in the United States and most countries in Europe. Demonstrations were also held in Chile and Peru. International Workers' Day was formally recognized as an annual event at the International's second congress in 1891. Subsequently, the May Day riots of 1894 occurred. The International Socialist Congress, Amsterdam 1904 called on "all Social Democratic Party organisations and trade unions of all countries to demonstrate energetically on the First of May for the legal establishment of the 8-hour day, for the class demands of the proletariat, and for universal peace." The congress made it "mandatory upon the proletarian organisations of all countries to stop work on 1 May, wherever it is possible without injury to the workers."

Weather Forecast for İzmir

Today in İzmir, expect **mostly clear** skies with a few clouds later in the day. Temperatures will peak around ***24°C*** (75°F) and drop to about ***18°C*** (64°F) overnight. Winds will be light from the northwest at ***12 km/h*** (7.6 mph), and humidity will hover around ***56%***. No rain is expected, making for a pleasant and mild spring day.

Phone Addiction (Nomophobia)

by ***Cemre Karabıyık (9A)***

Phone Addiction (Nomophobia) refers to the symptoms experienced by individuals when they are separated from their smartphones, such as panic, restlessness, a constant need to check their phone, and feelings of despair. The smartphone is often in the person's hand, and they find it difficult to put it down. Phone addiction (Nomophobia) can also lead to various physiological problems. These may include back pain, posture disorders, vision problems, headaches, and carcinogenic effects due to prolonged exposure to radiation.

Effects of Technology Addiction

- Head, neck, and back pain
- Carpal tunnel syndrome
- Insomnia
- Weight gain and obesity
- Neglect of personal care and hygiene
- Dry eyes and other vision problems
- Cardiovascular diseases

To overcome this addiction, it is important to limit daily usage time, turn off unnecessary notifications, engage in digital detox, find alternative activities, dedicate time to real social interactions, use technology more consciously, and establish a healthy sleep routine.

7 Symptoms of Mobile Phone Addiction

1. Constant feelings of depression
2. Guilt over tasks not done or not done due to phone use
3. Anxiety disorders
4. Displays of anger or withdrawal symptoms
5. Feelings of inadequacy due to constant procrastination
6. Fear of engaging in real life
7. Difficulty managing time

In our country, 78% of people are known to check their smartphones immediately after waking up. Even those who believe they are not addicted can have screen times of 4–5 hours per day. Screen exposure is not recommended for children under the age of 2. We recommend limiting screen time to 30 minutes for children aged 2–4, 1 hour for ages 4–7, again 1 hour for ages 7–10, and 1.5 hours for those aged 10–14.

Positive Aspects of Technology

- Phones help us communicate.
- Computers allow us to conduct research.
- Computers help us see our loved ones who are far away.
- Cars enable us to travel.
- Refrigerators help us store our food.
- Printers allow us to print out our homework quickly.

Smartphones, tablets, computers, and other digital devices make our work easier, speed up access to information, and strengthen our social connections.

In addition to voice and text communication, smartphones offer video calls, video messages, music players, video games, internet access, data transfer, and even office applications. Mobile phones can also be used for internet and mobile banking services.

May 5th Marx's Birthday Anniversary

by ***Meiling Kamilova (10A)***

May 5th is the anniversary of the birth of Marx, the great mentor of the proletariat. In Highgate Cemetery in London, there is a highly anticipated cemetery where Karl Marx, the great mentor of the proletariat and founder of scientific communism, lies quietly.

Marx was born on May 5, 1818, in a lawyer family in Trier, Rhine province, Germany. He was admitted to the University of Bonn in 1835 to study Greek and Roman mythology and art history. In 1836, he entered the University of Berlin to study law and philosophy, and joined the Young Hegelian Group to begin studying Hegel's philosophical works. In 1841, he obtained a doctoral degree in philosophy. In 1842, Marx joined the Rheinische Zeitung as an editor and expanded the influence of the newspaper with brilliant social commentary articles. The following summer,

summer, he married Yanni and moved to Paris, where he began to establish connections with progressive worker groups.

History

In 1844, Marx and Engels met in Paris, and from then on, these two great mentors fought to-gether for the cause of the proletariat worldwide. The two of them co wrote the work "The Holy Family" criticizing the "Young Hegelian School", which for the first time proposed the great historical mission of the proletariat to liberate all mankind. In early 1845, Marx was expelled from France and moved to Brussels, Belgium. In 1847, Marx and Engels were invited to join the League of Justice and reorganized it into the Communist League. Marx and Engels also drafted the famous manifesto "Communist Manifesto" for the alliance. The publication of the declaration marked the birth of Marxism.

In 1864, Marx founded the International Workers' Association, also known as the First Inter-national, in London and became the leader and soul of the organization. In 1867, Marx pub-lished the first volume of his economic masterpiece "Capital", which was the result of his self-less labor and tenacious exploration for 25 years. The book expounded the theory of surplus value and revealed the laws of economic movement of capitalism. Marx himself once said: 'Capital' is the most powerful projectile fired by the working class at the heads of capitalists and landowners.

In 1871, the Paris Commune Revolution broke out. Although Marx did not approve of this ac-tion beforehand, when the people rose up to struggle, he unconditionally stood on the side of the commune soldiers and gave them enthusiastic support and assistance. In order to summa-rize the experience and lessons of the commune revolution, he wrote the book "The French Civil War", which demonstrated the principles of violent revolution and developed the theory of proletarian revolution and proletarian dictatorship. The failure of the Paris Commune led to the International Workers' Association being unable to exist, and the association was officially dis-solved in 1876. But the seeds it sowed have blossomed and borne fruit. Most countries in Eu-rope and America have established socialist political parties, and Marx's influence is increasing day by day.

The persecution by the reactionary government, the poverty of material life, and the hardships of theoretical work seriously damaged Marx's health. In his later years, although he suffered from various illnesses, he still devoted himself to helping the growth of workers' political parties in various countries and conducting theoretical research, writing famous works such as "Cri-tique of the Gotha Program".

On March 14, 1883, Marx passed away at his desk.

Thank you for reading, and supporting the ICS Journalism Club.

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The ICS Journalism Club, 2025.