

## SPECIAL RESTORATION FOR THE 107-YEAR-OLD DIKİLİTAŞ

A special restoration has been started for the 107-year-old Dikilitaş\* Monument, which was built in the name of First Corps Commander Mehmet Ali Pasha in Istanbul Bakırköy. Istanbul Metropolitan Municipality (IBB) officials, who made a statement to DHA, expressed that a signage and lightings will be made around the monument, and its use as a parking lot will be prevented.

The Dikilitaş Monument, located on the İncirli Street, was damaged due to its location on a route with heavy traffic. This condition of the historical monument was brought to the public agenda by İlknur Türkoğlu, the Head of the Department of Conservation and Restoration of Cultural Heritage of Istanbul Gelisim University (IGU). Having been carrying out conservation works in the Dikilitaş Monument in the past months, Istanbul Metropolitan Municipality (IBB) stated that a lighting and information sign will be placed in the coming days, thus preventing its use as a parking lot.

### CARRYING RISK OF ACCIDENTS IN THE DAY, THE MONUMENT IS A CAR PARK AT NIGHTS

Speaking to DHA, Dr. İlknur Türkoğlu stated that there should be a strip around the monument in order to protect it against accident risks and to pass it on to future generations. She also said, "We were happy with the restoration, but it was a problem that it was so unprotected and there was no information about the building." Reminding that the monument was surrounded by an iron cage before, Türkoğlu said, "İncirli Street is also a busy street with heavy traffic. The people of Bakırköy just pass by the Dikilitaş. Some even park their cars here at night."

Türkoğlu suggested that the monument can be arranged as a park by building banks around it and said "This place can also be considered as a small park that can be used by the public. It's a beautiful place with trees. Even if it is not a large area, a small public park with banks can be built. I think that there should be a place where a monument that is very important for the history of Bakırköy will be arranged in a more prominent and sheltered way."

### IBB: RESTORATION WILL BE COMPLETED IN THE FOLLOWING DAYS

IBB officials stated that the work on the Dikilitaş monument will be completed in the coming days, and said, "The monumental stone, whose previous intense protection cage was removed by the IBB Cultural Heritage Protection teams, has been taken to the level it

deserves. Conservation has been done by our teams. Additionally, a work that will introduce the monument and prevent parking around it will be completed in the coming days.”

**Translator's Note (\*)**: Dkilitaş means obelisk in English language.

### **"UYGHUR TURKS WILL DETERMINE AFGHANISTAN'S FOREIGN POLICY"**

Stating that the United States' (US) departure from Afghanistan brings opportunities and risks for China, Sociologist and International Relations Specialist Dr. Bahlul Aliyev said, “One of the most important concerns of China is the attitude towards the Uighur Turks. This is also an issue that will determine Afghanistan's foreign policy under the Taliban control.”

Stating that China has been in negotiation with the Taliban for a long time and that China's contacts with the Taliban in Afghanistan are based on both regional security and economic reasons, Sociologist and International Relations Specialist from Istanbul Gelisim University, Asst. Prof. Bahlul Aliyev said, “It was already clear that the US would leave the region. The fact that the administration would be left to the Taliban had also become a frequently discussed topic in the political backdrops since 2017. China had been in contact with the Taliban through its ally, Pakistan, by applying shuttle diplomacy in 2014. China, which joined the Quadrilateral Coordination Group and the Moscow format in 2015, hosted the negotiations between the Taliban and Afghan officials in Urumqi, the capital of Xinjiang, in the same year. In general, China managed to establish good relations with the Taliban during the meetings held many times between 2014 and 2018. A few hours after the Taliban took over Kabul, the Chinese Foreign Ministry secretary formally announced that China is ready for friendly cooperation with the Taliban and is ready to play a constructive role in restoring war-torn Afghanistan. Thus, China-Afghanistan relations have been moved to the level of realpolitik.”

### **AYŞE BEGÜM ONBAŞI WILL COMPETE FOR THE GOLD MEDAL IN EUROPE**

Aerobic Gymnastics European Championship begins. Aerobic Gymnastics World Champion Ayşe Begüm Onbaşı will also compete for the gold medal in the tournament, taking place in Pesaro, Italy, between 16-19 September.

Aerobic Gymnastics World Champion, Istanbul Gelisim University student and Ankara Metropolitan Municipality EGO Sports Club athlete Ayşe Begüm Onbaşı will compete in the Aerobic Gymnastics European Championship in single women and with her partner Emir Erişik in doubles.

### “OUR GOAL IS TO HAVE OUR NATIONAL ANTHEM SUNG”

Making statements before the Championship, Ayşe Begüm Onbaşı said, “I am very excited that we will participate in the European Championship after the World Championship. Our goal, of course, is to have our National Anthem sung in both categories.”

Emir Erişik, who will compete with Ayşe Begüm Onbaşı in doubles, said, “We will fight to have our National Anthem sung and represent our country in the best way in the competition, this is my only wish.”

### “WE ARE REWARDED FOR OUR EFFORTS”

Stating that their efforts have paid off this year, Trainer Mehmet Ali Ekin said, “We are proud and happy to bring the World Championship, which is our first goal, to our country with the right planning and hard work. Now we have the European Championship ahead of us, we work hard for this championship and we want to return with many medals this time. The goals are higher now. In addition to the gold medal goal with Ayşe Begüm Onbaşı, Ayşe Begüm and her partner Emir Erişik will compete in the doubles category and the men's singles category, and we want to return to our country with the first gold medals of our history in the adult category. Okay Arsan, Şimal Seyman and Göktürk Balcı, who followed Ayşe Begüm's path in this championship, will also compete for the gold medal in the youth category. In this competition, we will sing our National Anthem, raise our glorious flag and return.”

### **WITH THE OPENING OF THE SEASON, EXPERTS WARN: WATCH OUT FOR BROWN-FLESHED FISH**

Food Scientist Asst. Prof. Member Murat Doğan said that especially brown meat fish can cause health problems such as allergies and poisoning. Emphasizing the importance of fresh consumption in particular, Doğan stated that fish can cause health problems such as allergies and poisoning, and said, “When you keep the fish waiting, the bacteria in its intestines turn histidine into histamine. This causes problems in the body, such as nausea which we call inflammation, vomiting, dizziness, respiratory standstill.”

With the opening of the fish season, experts warn citizens against conscious fish consumption. Food Science Specialist from Istanbul Gelisim University, Asst. Prof. Murat Doğan stated that allergies and poisoning are the main risks in fish consumption in terms of food safety and explained the fish species that may cause them. Doğan also gave information about the symptoms seen.

## BEWARE OF THESE FISH

Providing information about fish that can cause allergies or poisoning, Doğan said, “There are allergen and histamine-induced poisonings that can be caused by fish. Both are different from each other. There are staple foods in the world. These are foods such as eggs, milk, soy, peanuts, flour. Fish is one of them. One in a thousand people may have a fish allergy. The reason for this is the protein structures in it. Of course, this may not be a problem for everyone, but the point to be considered is to stop consuming fish quickly if there is a similar allergic condition. Of course, the protein structures we mentioned are not found in all fish. It usually occurs in brown-fleshed fish such as anchovy, horse mackerel, mackerel, chub mackerel, silverfish, sardines and bonito. So we need to pay more attention to them.”

## CONSUME THE FISH IMMEDIATELY, DO NOT KEEP IT

Noting that fish can cause poisoning, Doğan drew attention to the importance of fresh consumption. Doğan said, “There is a histamine found in fish. We also have it in our body. However, when you keep the fish for consumption after 3 days, the bacteria in its intestines turn histidine into histamine. This causes problems in the body such as nausea which we call inflammation, vomiting, and dizziness. The main thing to do in order not to experience these problems is to consume the fish fresh,” and emphasized that it is not right to keep the fish for a long time.

## WHAT SYMPTOMS OCCUR?

Doğan gave the following information about the allergic symptoms of fish:

“Symptoms may occur a few hours after consuming the fish. In the human body, there are antibodies in protein structure. Some children and adults are sensitive to such protein structures. Because of this sensitivity, symptoms such as nausea and vomiting are seen within a few hours. It is similar to food poisoning, but not exactly the same. These are allergic reactions. There may not be swelling in the arm, throat or conditions that progress to anaphylaxis, but if there is a very large reaction, it can go up to respiratory standstill, which is a situation seen in a thousand. But those with an allergic reaction should be more careful.”

## EARLY TREATMENT OF MAXILLARY STENOSIS IMPROVES SLEEP QUALITY IN CHILDREN

Stating that upper jaw stenosis is an oral and dental health problem that should be treated especially in childhood, Orthodontist Specialist Asst. Prof. Muhammet Birlik said that

the ideal treatment age is around 7-8. Birlik said, "If it is detected and treated early, nasal breathing and sleep quality will increase, and it will benefit many ailments such as hearing loss."

Mentioning that two factors play a role in maxillary stenosis, Orthodontist from Istanbul Gelisim University Faculty of Dentistry Asst. Prof. Muhammet Birlik said, "They are genetic structure and mouth breathing. In particular, mouth breathing due to large tonsils, curved nasal bones, adenoids, swollen mucous membranes due to reasons such as allergies and sometimes bad habits such as thumb sucking causes a narrow upper jaw and a long face, which causes breathing through the mouth rather than the nose."

Giving information about how to understand the narrowness of the upper jaw, Birlik said:

"When we look at the mouths of children, single or double-sided cross bite in the teeth, a deep palate, protruding upper incisors can give us an idea about this. However, these findings are often overlooked by parents. Apart from the mouth, purple eyes, a long face and a tired facial expression attract attention. Although there are symptoms, the easiest finding that parents can detect is crowding in the teeth. The narrower the jaw, the more crowding will be seen in the permanent teeth."

#### IDEAL TREATMENT AGE IS 7-8

Emphasizing that the ideal treatment time for maxillary stenosis is around 7-8 years of age, Birlik said, "While children diagnosed at an early age can be treated with removable expansion appliances, fixed orthodontic appliances are used after 12-13 years of age. If this period is missed, surgical-assisted jaw expansion is generally preferred after the age of 16."

Explaining the benefits of maxillary enlargement, Birlik said, "As a narrow maxilla prevents the lower jaw from growing ideally, it causes the lower jaw to lag behind. If detected and treated early, the lower jaw continues to grow normally. The depth of the palate and the protrusion of the incisors decrease, cause the crowding to decrease spontaneously, because it causes the airway to expand, intranasal volume and therefore nasal breathing increase. With the return to normal and natural nasal breathing, the quality of sleep increases, as well as the blood oxygen level, and it is beneficial for many ailments such as hearing loss."