

THE MONTHLY TRAILER



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OCTOBER 29th

THE FOUNDATION OF THE TURKISH REPUBLIC

With the proclamation of the Republic on 29th October 1923, the doors of a new era were opened for the Turkish nation in history. Republic Day is the date when the Republic of Türkiye was established. Our great leader Mustafa Kemal Atatürk left Turkish Republics a legacy to future generations. What happened on October 29th? How did we win this victory? With the constitutional amendment made in the Grand National Assembly of Turkey on October 29th, the regime of the government in Türkiye was determined as “republic”. We continue to celebrate the foundation day of the Turkish Republic with enthusiasm and all of our hearts.



Six years after the declaration of the Constitutional Monarchy, World War I broke out. The great states of the world participated in World War I, which started in 1914. The Ottoman Empire wanted to take a neutral position in the beginning, but it soon proved to be impossible because of its geopolitical location. Ottoman Empire would have chosen to ally with France and England. But the two states did not want it as an ally as they regarded it as certain to be destroyed in the near future since its lands were shared. So, the one and only option was taken. On August 2nd

1914, an alliance treaty was signed with Germany and Austria-Hungary. According to this agreement, if one of the parties joined the war, the other state should also join the war. Germany wanted the Ottoman Empire by their side as soon as possible to lighten its own burden with the fronts Germany would open against Russia and England. The Ottoman Empire, on the other hand, was trying to gain time by declaring that war preparations were not over. At that time, two German warships in the Mediterranean which were chased by the British fleet came to the Dardanelles and asked for permission to enter. The ships were allowed to get in but the British fleet wasn't. As a result, it was reported that the Ottoman Empire had bought these ships from Germany. The warships Goeben and Breslau, which were bought from Çanakkale, were brought to Istanbul. The Turkish flag was immediately hoisted on the ships named Yavuz and Midilli. Moreover, fezes were worn on the heads of German personnel.

On October 29th 1914, these ships attacked not only the Russian ports but also the other ships there as well. The British, Greek, French, and Italian had invaded our lands. The Greek occupied Izmir, the French occupied Adana and Antep, and the Italian occupied Antalya. Believing and trusting his nation, Mustafa Kemal Pasha set off from Istanbul to Samsun on May 16th, 1919 with 18 soldiers. He got on the Bandırma Ferry and sailed to the Black Sea, but he couldn't reach Samsun due to stormy weather. Mustafa Kemal landed in Samsun on May 19th, 1919.



Amasya Circular was signed. Mustafa Kemal organized congresses in Erzurum and Sivas. He said: "There is only one kind of sovereignty and that is national sovereignty. The nation's own power will save the homeland." On April 23rd, 1920, deputies from all over the country gathered in the Grand National Assembly in Ankara. The deputies consisted of different people such as farmers, artisans, and teachers. The parliament elected Mustafa Kemal Pasha as the first president. Under the leadership of Mustafa Kemal Pasha, the Turkish Grand National Assembly started the National Struggle.



With the Treaty of Lausanne, a new state was born. The form of the government of this emerging state was not yet determined. The second term Grand National Assembly held its first meeting on August 11th, 1923. Ankara became the capital of Turkey on October 13th, 1923. Atatürk began the preparations for the proclamation of the republic, which he had been planning for a long time, after the removal of the enemy from the country and the determination of our borders. On the evening of October 28th 1923, he invited his close friends to dinner in Çankaya. He said to them "Tomorrow, we will proclaim the Republic." On October 29th, 1923, the republican government was established in our country. Atatürk became the first President of the Turkish Republic.

The proclamation of the republic was greeted with joy and enthusiasm in the country. Republic is a government in which citizens have the right to vote and be elected. The country is governed by laws enacted by the representatives of the nation. In the republican government, the word belongs to the people. Every citizen must protect and keep the republic alive and as the Turkish nation it will always be our number one duty.

**HAPPY 101TH ANNIVERSARY OF OCTOBER 29th
REPUBLIC DAY !!!**

Işık Yavuz 11/A

A New School Year Taking off in a Brand New Fall

I haven't had pumpkin spice latte yet, haven't watched Gilmore Girls, the popular TV series of the season, and I definitely hate Halloween. So, you may think that I don't like fall, but the truth is I do love it.

The atmosphere of fall is enchanting with its yellow leaves falling from their branches, its both chilly and warm weather, and the cities painted in orange. But there is another reason why fall is important to us all since it makes a big difference in our lives every year. Could you guess what it is? Today I will be writing about the school starting!

School is probably the second place where we spend most of our time, after our homes. I know that most students hate schools' opening, but one of the few things everyone looks forward to is seeing their friends again after a long break. But unlike everyone else, I have this great excitement about the start of the new school year. For me, school means learning, improving myself and growing up. Even though the stress of exam weeks and classes can be overwhelming, with the determination to learn we turn these challenges into valuable experiences. In addition, the arrival of autumn makes me motivated again with the lively atmosphere of summer giving way to the calm and friendly atmosphere of fall first and winter later. In a way, the arrival of fall makes me romanticize studying, so drinking a cup of coffee and studying is really fun and relaxing for me during fall.



Of course, apart from the lessons and studying the new school year will bring about is the joy of friendships. School is not only a source of knowledge, but also a great place to spend time with close friends and make happy memories. It is very important for me to be with my friends again and strengthen social ties.

Since every new school year is an important opportunity for us to learn new things and make new memories, we need to make good use of it. Even though it is sometimes difficult for us to wake up early in the morning, study, and take exams, these are also precious moments of our school years. I think we can make our school years delightful by knowing the importance of learning and appreciating memories. I hope you will all have a wonderful school year!

Defne Kanat 10/ A

THE BEST DAY OF THE SCHOOL YEAR: *PROPAGANDA DAY*

As we all know, last week was the propaganda week at school. Undoubtedly, many of us -including myself- love this week very much. Even though our school has various activities, the most fun among them is propaganda.

But this year's propaganda was a little different from last year's. First, the speeches given in the conference hall were canceled, which was a loss for presidential candidates. Since the installed sound system was bad in the schoolyard, there was a never-ending noise among the students and no one attentively listened to the speeches of the candidates. This year I heard a lot of people thinking that their vote had no value, which is wrong because after all a vote is a vote. And one vote can change the fate of the whole election. Students at this school have opinions and the right to choose, so it is very upsetting that they prefer not to use them.

Another issue is communication, especially between high schoolers and middle schoolers. In such a social school, the communication needs to be much stronger. Propaganda day has become boring and monotone over the years. When I was a middle school student, I envied teenagers who wore colorful t-shirts, had fun, sang and danced. I was looking forward to going to high school to be able to actively participate in the days of propaganda. But it isn't such an exciting day for me anymore. The days of propaganda shouldn't be a day when only seniors come out and shout "Lise sonlar!" while others watch from the corners. It is so much more than that! As a school we have lost our cheer and enthusiasm. To change that, the electoral system needs to change.

Our vice president, **Mehmet Doğu Çiftçi (12/C)**, who received the second most votes shared with us his thoughts about the process:

"The preparation period was difficult because it's our university entrance exam preparation year. But then, when everything started coming together and the process truly started, things got better. I think the logic behind the day of the propaganda is a bit wrong. I mean, propaganda day should not just be about the shouting of the seniors in the middle of the school. But the process was good, I think we did it well. I came second with very little difference against a dedicated opponent. The result was quite satisfying for me, because the opponent had announced that he would be a candidate long ago and had prepared for it. I was initially against middle schoolers participating in the election process but then I realized that it could actually be fun because I think the 8th graders can't communicate enough with high schoolers. The process of propaganda allows us to communicate better with them."

Finally, I hope that the days of propaganda will have their old fun atmosphere because the biggest source of entertainment for students who struggle with intensive lessons and exams is the days of propaganda.

Elif Klah 11/C

Making The Most Of Fall

The first cool breezes of the season have finally blown in, the leaves are slowly turning yellow, orange and red, which means that autumn has arrived and invites us to embrace its beauty and opportunities!

First of all, the best place to experience the seasons is outdoors because going out into nature allows us to escape from the hustle and bustle of our daily urban lives. Fall is a great season to meet nature, so before the season comes to an end, you should put on your boots and go for a walk! You will feel relaxed as you hear the crunching of the leaves beneath your feet. You can take a walk in the quiet of the morning before work or school and prepare yourself for the chaos of the day. There are some parks and valleys that are particularly beautiful in fall. For example, you should definitely visit Ankara Botanical Park in autumn. Getting out into nature can help you to feel centered, peaceful and present, while the days are getting shorter.



Speaking of peace, it's time to gather around a crackling fire. In order to truly enjoy fall, everyone should experience the warm, cozy fall evenings when the family gets together, reading a book and listening to music on a quiet evening, the combination of the fire, rain and the sound of soup boiling on the stove. To complete this atmosphere, light candles with autumn scents in your living room, make changes in your interior decorations to bring fall to your home. Bring the outdoors in with autumn leaves and flowers, decorate your coffee tables with decorative pumpkins, use blankets in shades of brown... These changes can help to keep you grounded in the present moment as you enjoy all that fall has to offer.

Fall also brings its delicious produce like squash, apples, and pumpkins. Bring autumn to your table by trying new recipes! Apple pie, pumpkin bread, candy apples... You can also celebrate Halloween, which has become one of the symbols of autumn. Prepare your costumes, carve some pumpkins and join the festivities.

Embrace all that fall has to offer and create memories that celebrate this vibrant season.

Selin Gürler 10/B

FALL: THE BOUNDARY BETWEEN THE BEGINNING AND THE END

Fall is a really interesting season because although the new year is in January, fall feels like a new year for students and most adults. It is also the end of the joyful summer break and because of that, fall can convey a sad vibe. I personally think that fall is a mixture of everything. There is joy, sadness and a bit of romanticism in it.

Finding fun is more difficult than finding sadness in fall: that doesn't mean that there is no fun one may find in fall. For example: some people like their school or work routine, so they enjoy restarting their routine. Halloween is also another fun part of autumn; carving pumpkins, dressing up as horror themed characters, playing trick or treat with people are some of the fun sides of Halloween.

Fall is known for its sadness more than its fun because of the fact that the vacation is over and that you need to return to school or work. Why do I think of fall in a sad way? Because when the new school year starts, I feel older and that makes me sorrowful. Most of you might think that this is a good thing but from my perspective, aging is sad because I do not want to become an adult so soon. Apart from my opinion, fall is the source of sadness because the nights begin to lengthen, the weather gets colder, the plants drop their leaves and become more plain and more somber colors are dominant like brown, orange and pale yellow.

I have come across a catchy phrase recently: "FALL? More like FALL IN LOVE." It represents the romanticism of fall. But why is fall so romantic? I think that fall is known for the sad mood it leads to and people do not like to experience this upsetting mood all alone and expect to date someone in this season. But the romanticism in fall is not only valuable for ordinary people. Authors like to mention and represent fall as the source of romanticism in literature. Even though Valentine's Day is always celebrated in February, I think there is no shame in moving it to some day in Autumn.

Long story short, fall seems to be a season of the year that deserves to be acknowledged as the beginning of a new year because a lot of change occurs in fall to the extent that there are indeed endings and new beginnings all at once. I am talking about schools reopening, changes in time, temperatures and colors. I hope you all will have a happy new year(!).

Selim Anneli 10/B

THE EQUINOX

One of the most important things which happens during autumn is the equinox. The date for that equinox is **September 23rd**, when day and night become equal. In the southern hemisphere, the days start to become longer than nights while in the northern hemisphere, the opposite occurs. September 23rd is considered to be the beginning of spring in the southern hemisphere while this date is considered to be the beginning of autumn in the northern hemisphere.

What if there was no axial tilt?

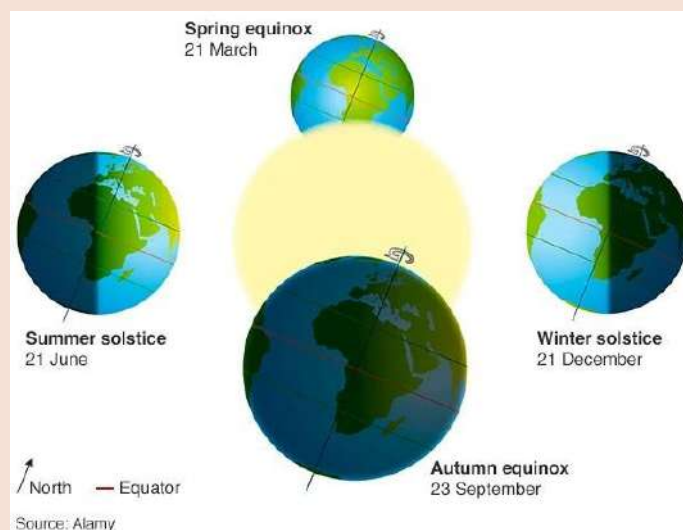
If the Earth had no axial tilt, that is, if the equinoxes did not occur, this would have caused major changes in the formation of seasons and the distribution of climates around the world. If the axial tilt didn't exist, the temperature differences between the polar regions and the equator would be much less.

What is the relationship between the equinox and nature?

With the equinox in autumn, nature gets ready to rest and begins to prepare for winter. Leaves turn yellow and plants cease their growth. This process allows plants to conserve their energy and prepare for the next period of growth. The autumn equinox is also a transition period for animals. Migratory birds migrate to warmer regions, and some mammals store food for hibernation. Nature begins a period of slowing down and conserving energy.

Besides, the autumn equinox represents a peak period in agricultural activities with the change of seasons. This is one of the most important periods for farmers, as the crops planted in spring and summer ripen and are ready to be harvested.

Yağmur BATUR 11/D



AUTUMN CELEBRATIONS AROUND THE WORLD

Day of the Dead (Día de los Muertos)

Day of the Dead is a two-day holiday (from the 31st of October to the 2nd of November) that celebrates the reunion of the living and the deceased. Families create altars (ofrendas) decorated with marigolds, photos, and favorite foods to honor their loved ones who have passed away. This holiday beautifully blends European religion and Spanish culture. People embrace the spirits of children on October 31st, and on November 2nd, it's time to pay tribute to the spirits of adults. Altars are believed to help the spirits hear the prayers and join in on the celebrations, creating a joyful remembrance of those who have passed away.



Oktoberfest

Oktoberfest typically begins on the final Friday of September and lasts until the first Sunday in October. The first Oktoberfest was held on October 17th, 1810, in honor of the marriage between the Bavarian crown prince Ludwig and Princess Therese. It was initially a week-long festival featuring horse races; then it evolved as the Bavarian Agricultural Society organized events after the royal wedding. By 1819, the city of Munich took over the planning, introducing attractions like carousels and roasting chickens. Today, Oktoberfest is the world's largest folk and beer festival, with around six million liters of beer consumed annually.

Diwali

Diwali, or Dipawali, is the biggest and most important festival of the year in India. It is a five-day long Festival of Lights celebrated by millions of Hindus, Sikhs and Jains worldwide. Diwali is a festival of new beginnings and the triumph of good over evil, light over darkness. The word Diwali comes from the Sanskrit word deepavali, meaning "rows of illuminated lamps." On this day, homes, shops and public places are decorated with small oil lamps called diyas. The festival holds equal significance for Hindus as Christmas does for Christians. Over the years, Diwali has become a national festival enjoyed by non-Hindu communities as well. To celebrate Diwali people decorate their homes with lights, diyas; prepare sweets; recite prayers; and spend time with their loved ones.

Duru Berna Bilgin 11/A

INTERNATIONAL COFFEE DAY



International Coffee Day, celebrated globally on **October 1st**, was initiated by the International Coffee Organization (ICO) at an event in Milan in 2015. The purpose of this day is not only to celebrate coffee lovers but also to draw attention to the challenges faced by everyone in the coffee production chain, particularly coffee farmers. Issues such as fair trade and sustainable production methods are also highlighted. This day also emphasizes the diverse cultural heritage that coffee represents around the world. Coffee is consumed in different ways in every country, associated with various rituals and it has cultural significance. With every cup, we experience not just the flavor of coffee but also the history, traditions and lifestyles of the culture that it comes from. I would like to explore coffee cultures around the world with a few examples from different countries, examining how coffee holds different meanings and how it is consumed.

ETHIOPIA

Ethiopia is known as the birthplace of coffee and drinking coffee in this country represents much more than just a simple habit. In Ethiopia, coffee drinking is a ritual, often an important social event where family and friends gather to chat. This coffee ceremony is an essential part of Ethiopian culture and is a time-consuming process.

Stages of Coffee Preparation:

1. Preparation: Fresh green coffee beans are roasted in front of the ceremony participants. The aroma released during roasting adds a special meaning to the ceremony. The roasting and subsequent grinding of the coffee beans are done manually.
2. Brewing: The ground coffee is boiled with water in a traditional clay pot called a jebena. This pot is one of the symbols of the Ethiopian coffee ceremony.
3. Serving: Coffee is poured into cups in three stages: abol, tona, and baraka. Each stage carries a different meaning, as it changes the strength and flavor of the coffee. The first pour is the strongest, while the last pour is lighter.

ITALY

In Italy, coffee culture is something you learn by experiencing it everywhere, at any moment. Italian coffee culture is centered around espresso and cappuccino and it is filled with specific rules and traditions. One of these rules is related to coffee-drinking times. In Italy, there is a tradition of drinking different types of coffee at different times of the day. For instance, after 11 am, you cannot find cappuccino, because Italians serve cappuccino as a part of breakfast due to its smoothness. Plus, if you want to order an espresso, you cannot order it with milk since they only consume it in the morning. Espresso or macchiato is preferred after lunch.

Another interesting fact is that Italians see coffee not as a source of pleasure but as an energy booster. As a result, their coffee is very strong and concentrated. Rather than sitting down to savor the taste, they quickly drink their coffee and get back to work. This is one of the most important characteristics of Italian coffee culture.

JAPAN

Although Japan has a strong tea culture, interest in coffee has grown quickly in recent years. Japanese coffee culture is known for its unique traditions, beautiful presentation and special brewing methods. Japan is an important part of the third wave coffee movement, which views coffee not only as a commodity but as an art form, emphasizing every stage from the origins of the coffee to the production methods. In Japan, coffee shops regularly host workshops aimed at teaching customers various brewing techniques. In these workshops, participants learn the details of coffee-making by experimenting with different brewing methods. Additionally, Japan has developed innovative methods for brewing and serving coffee. Creative coffee beverages like coffee jelly and cold brew have increased the popularity of Japan's coffee culture.

TURKEY

Turkish coffee culture is one of the oldest and richest coffee traditions in the world. Turkish coffee is not just a beverage, it is also part of social life, hospitality, and cultural rituals. Recognized by UNESCO as an Intangible Cultural Heritage, Turkish coffee has become an excuse for fortune-telling over the years. Coffee fortune-telling is considered a common and enjoyable tradition in Turkish culture. After drinking their cups of coffee, people look at the patterns left by the grounds in the cup to make predictions about the future. This activity is often done during friendly conversations or to have a good time and it is known as a ritual that has persisted through the years.

Steps for Fortune-Telling:

1. The coffee used for fortune-telling must be traditional Turkish coffee, prepared with the grounds. After drinking it, some grounds are left at the bottom of the cup.
2. Once coffee is finished, the cup is turned upside down on a saucer. It is left to cool, often, while making a wish.
3. When the cup is cool, it is carefully opened. The coffee grounds have formed shapes inside the cup and these shapes are interpreted as symbols for the future.
4. The saucer also holds significance. The shapes left on the saucer can provide insights, especially about home or family matters.

Elif Naz Nurtin 12/C

"The Forest in Autumn" by Gustave Courbet



Gustave Courbet was an important figure in the 19th-century French world of art and a leader of Realism. Courbet's works often featured detailed and realistic depictions of natural landscapes, as he believed that nature and people should be portrayed as they truly are. Courbet, with his paintings depicting village life, workers, and ordinary people, distanced himself from idealized heroes and historical subjects, and instead, he painted the world he saw.

Gustave Courbet's painting *The Forest in Autumn* is an important example of 19th-century realist art, reflecting the artist's deep connection to nature and nature's impact on humans. In his work, he represents the captivating beauty of nature and the changing of the seasons in its simplest and straightforward form. *The Forest in Autumn* illustrates the autumn season and its effects on nature. The colors used and the leaves on the ground are some of the characteristics of the season. It emphasizes the changing seasons, the variability, transience, and cyclical traits of the natural world. In this painting, Courbet portrays the innocence and tranquility of nature, and death as a natural part of life.

As for the details of the painting, the leaves have turned yellow and orange- they have started to fall. The tones of orange, yellow, and brown that come to mind when we think of autumn are dominant in the painting, which gives it a melancholic spirit. The colors used suggest a sense of calm, tranquility, and the idea that life ultimately has a peaceful end.

Courbet wants to illustrate only nature, therefore, there are no human or animal figures in the painting; this situation presents his realist side. The fallen leaves at the bottom of the painting symbolize nature's constant cycle and the transition of seasons. This shows that the cycle is approaching an end with autumn. Courbet successfully reflects this cyclical nature and transitions in his work, reminding the viewer that life is temporary. The arrival of winter after autumn illustrates that every end brings forth a new beginning. This signifies an end, or death, which establishes the melancholic atmosphere of the painting.

The story of the painting is a product of a period when Courbet was influenced by the life in his birthplace, the town of Ornans, and the surrounding nature. Thus, this painting symbolizes his love for nature and his sense of melancholy.

To sum up, Gustave Courbet's *The Forest in Autumn* is a product of the Realism movement. The painting shows the simplicity of nature, the cycle of seasons, and endings through the use of colors, conveying the melancholic atmosphere of autumn. On the other hand, the calm and quiet feeling of autumn creates a peaceful atmosphere.

Ceylin Atalay 12/C

THE RECIPES OF THE LEGEND OF SLEEPY HOLLOW

This legend is Washington Irving's 1820 tale of a headless horseman who terrorizes the real-life village of Sleepy Hollow and this legend is considered one of America's first and the scariest ghost stories.

Irving's original story follows Ichabod Crane, an incompetent and superstitious teacher determined to win the heart of a wealthy farmer's daughter, Katrina. Brom Bones, who is a popular local guy, is competing with Crane for Katrina's love. After the big party at the Van Tassel farm, where Ichabod is turned down by Katrina, Ichabod comes face to face with the vengeful spirit of the headless Hessian rider, a local restless spirit for the first time.

This legend tells that this old Hessian rider, who lost his head in the War of Independence, set out at night to look for his head. He tries to regain his head so that his body can be whole and he can rest in peace in the cemetery. "The Legend of Sleepy Hollow" symbolizes man's conflict with the supernatural.

Throughout Irving's story, Ichabod Crane is distracted by the thought of food. Here is a quote from the book: "Such heaped up platters of cakes of various and almost indescribable kinds, known only to experienced Dutch housewives! There was the doughty doughnut, the tender olykoek, the crisp and crumbling cruller; sweet cakes and short cakes, ginger cakes and honey cakes, and the whole family of cakes. And then there were apple pies, peach pies and pumpkin pies; besides slices of ham and smoked beef; and, moreover, delectable dishes of preserved plums, and peaches, and pears, and quinces; not to mention broiled shad and roasted chickens; together with bowls of milk and cream, all mingled higgledy-piggledy, pretty much as I have enumerated them, with the motherly teapot sending up its clouds of vapor from the midst—heaven bless the mark!"

-THE MENU YOU CAN MAKE-

Sleepy Hollow is one of my favorite Halloween movies, and I found a way to combine the story with my interest in cooking. But since it was difficult to cook so many extravagant dishes at the same time, I narrowed down the menu by staying true to the original. If you want to celebrate Halloween in an interesting way this year, you can try these dishes.

Cheesy Orzo Kale Stuffed Pumpkins

6 small **pumpkins**, 2 tbsp **olive oil** (plus extra for brushing), 1 tbsp **butter**, 1 medium **onion**, diced 3-4 **garlic cloves**, ½ cup **white wine**, 3 cups **vegetable broth**, ¾ cup **heavy cream**, 1 tsp **kosher salt**, ¼ tsp **nutmeg**, ¼ tsp **pepper**, 2 cups **orzo pasta**, 1 cup **freshly grated parmesan cheese**, 1 bunch chopped **kale**, 1½ cups **shredded mozzarella cheese**, extra **vegetable broth or cream** (if needed)

Cider Brined Roast Chicken

2 L **water**, 6 ½ cups **apple cider**, 1 cup **kosher salt**, ½ cup **brown sugar**, 12 -14 sprigs of **fresh thyme**, 1 tbsp **peppercorns**, 1 L **ice water**, 6-7 lb **roaster chicken**, ½ cup softened **butter**, 3 sprigs **fresh sage**, 1 **orange**, ½ tsp **pepper**, 1 tbsp **olive oil**, 1 **onion**, 3 **garlic cloves**, 3 **Gala apples**, 2 tbsp **maple syrup**, ⅓ cup **flour**, extra **chicken broth or apple cider**

Pumpkin Cheese Pie With GingerSnap Crust

175 g **gingersnap cookies**, 5 tbsp melted **butter**, 1¼ cups **pumpkin puree**, 12 oz **cream cheese**, 1 cup **brown sugar**, 3 **eggs**, 2 tbsp **flour**, 2 tsp **orange zest**, 1 tsp **ginger**, 1 tsp **cinnamon**, ½ tsp **allspice**, 1½ cup **heavy cream**, 2 tbsp **sugar**

Peach Crisp Filled Doughnuts

Brioche Dough: ⅓ cup **warm water**, ½ tsp **sugar**, 2½ tsp **traditional active dry yeast**, 3 cups **all-purpose flour**, ¼ cup **sugar**, 1 tsp **kosher salt**, 4 **beaten eggs**, 12 tbsp **unsalted softened butter**,
Peach Filling: 3 cups **finely diced peaches** (fresh or frozen), 2 tbsp **butter**, ¼ cup **peach nectar**, ½ cup **sugar**, 1 tbsp **cornstarch**, ¼ tsp **cinnamon**, ⅛ tsp **allspice**, ⅛ tsp **kosher salt**, 1 tsp **unflavoured gelatin**, 2 tsp **water**

Crisp Topping: ⅓ cup **brown sugar**, ½ cup **all-purpose flour**, ⅓ cup **large flake oats**, ½ tsp **cinnamon**, ⅛ tsp **allspice**, ⅛ tsp **nutmeg**, ½ tsp **kosher salt**, ¼ cup melted **butter**

Icing: 1½ cups **icing sugar**, 2 tsp softened **butter**, 3 tbsp **peach nectar**

To Assemble: 6-8 cups **vegetable oil**

Katrina Van Tassel's Spiced Apricot Mocktail

1 ½ cups **sugar**, 1 ½ cups **apricot nectar**, 1 **cinnamon stick**, 1 **whole star anise**, 8 **whole cloves**

Doğa Özmen 11/B

The Twisted Origins of Jack-o'-Lanterns

No one talks about Halloween without knowing of the infamous Jack-O'-Lanterns that decorate the streets on that gruesome night with their iconic faces. But did you know that this tradition also had a twisted origin? What a surprise! A tradition where people celebrate the dead with a disturbing backstory, who could have guessed?



The pumpkin was named after Stingy Jack, a figure from a Dublin urban legend in the eighteenth century. Stingy Jack was an alcoholic long ago. It was said that Jack was a beastly man, even beastlier than the devil himself, a rumor that greatly annoyed the devil. He was known for his talents as a manipulator and a deceiver, giving him quite the reputation in the land.

Upon hearing about the tales of the silver-tongued Stingy Jack, Satan, curious and mildly annoyed, decided to find out himself if Jack truly lived up to his reputation.

As he always did, Jack was wandering around in the dark streets in a drunken state when he bumped into someone. It was none other than the Devil himself, grimacing eerily over the drunkard. Jack knew that this was where it all ended, that the Devil came to fetch his soul, so he made one last request before his descent: for the Devil to let him drink before he was taken to hell. Satan took Jack to a local pub where Jack drank many alcoholic beverages until he quenched his thirst. Upon quenching his thirst, Jack asked the Devil to pay the bill because he didn't have any money with him. Jack convinced the Devil to turn into a silver coin to give to the bartender and then to change back when the old man wasn't looking. The Devil, oblivious to Jack's cunning plan, did as such. With swiftness, Jack put the Devil (the coin) into his pocket where he stored a crucifix and made an agreement with the Devil, in which he had to spare Jack's soul for ten years.

Ten years had passed and Jack bumped into the Devil again under the same circumstances. Before the Devil took his soul for good, Jack asked for an apple to feed his hunger. Naively, the Devil also agreed with this request and climbed the branches of a nearby apple tree as Jack surrounded its base with crucifixes. Satan, who was fooled again, was furious and demanded release to which Jack agreed under another condition: that his soul would never be taken to hell. With not much of a choice the Devil agreed and was set free once again.

Years passed by and the heavy drinking caught up to Jack, causing his death. Jack's soul ascended to the gates of heaven but was stopped because of his sinful lifestyle. Jack, then, begged the Devil to accept his soul into hell. The Devil, who could not take Jack's soul, gave him a hot coal to help him light his way. The coal was too hot to handle, so Jack put it inside a hollow turnip as he was doomed to wander the world between the planes of good and evil.

Since lanterns were too expensive, Jack-O'-Lanterns, which were originally turnips, were used to ward off evil spirits and even Jack. When Irish people immigrated to America, they brought the tradition with them and there they realized the popular crop pumpkin was also suitable for carvings which give birth to the modern Jack-O'-Lanterns!

HEALTH AND NUTRITION IN FALL

Fall comes, the summer vacation ends and schools open. Tree leaves start to get their unique yellow-brownish color and so begins fall. While the days start to get shorter, the nights become longer. But what other differences does fall bring? As you can guess from the title, it changes the temperature. Fall is a season of transition, so temperatures begin to get lower and lower. If we don't take precautions, we may easily get sick and exhausted. So, here are the common diseases, how we need to be nourished, and the precautions we can take against them.

DISEASES

There are two most common ones that we may catch during fall: influenza (commonly known as the flu) and the common cold. These are remarkably similar and so are their treatments.

- Influenza (The Flu)

Influenza is a very common infectious disease. It is well-known for its highly contagious feature. There are 4 types of the influenza virus: A,B,C, and D. But only type C can contaminate humans. The symptoms are fever, muscle pain, headaches, and a runny nose. Vomiting can be seen in children, too. These symptoms start in 2 to 4 days after exposure to the virus. They can be seen for 2 to 8 days depending on the person.

- The common cold

The common cold is a viral disease which affects the upper respiratory tract. This means it affects the nose, throat and sinuses. There are over 200 known viruses that can cause common cold. The symptoms are a sore throat, a runny nose, coughing and headaches. The symptoms occur within 2 days after exposure and they may last 7 to 14 days depending on the person.

TREATMENT

For the flu the most effective precaution is vaccination. Another important factor that reduces the spread is hand hygiene. Washing your hands frequently with soap will be enough. The flu can infect through the respiratory tract, so it is also a good idea not to get too close to sick people. These will significantly reduce the chance of getting caught. The common cold spreads through air like the flu. Accordingly, the prevention methods are the same. One different factor is that there is no vaccine and no cure for common cold.

NUTRITION

Nutrition has a very important role for our health. Human body needs 0.8 grams of protein per kilogram of body weight. Therefore, an average female needs 1.800- 2.400 kcal calories each day and an average male needs 2000-3000 calories per day. Other than that, we should reduce our sugar consumption and to strengthen our immunity we should add citrus, fruits, garlic, ginger, and yogurt to our meals.

We should always pay attention to our nutrition and health, not only during fall. I hope the information above will come handy one day.

Have a wonderful fall, dear reader!

Hasan Alp Korkusuz 10/B

WOMEN'S FALL FASHION TRENDS

Hello everyone!

Let's talk about all the fashion advice that you'll need this autumn. As a student, I don't like spending hours deciding what to wear but we all want to look our best because, let's be honest, physical appearance is important! And when I talk about appearance I'm talking about the way we choose to introduce ourselves to the world through our styles. And I think dressing up is such a wonderful way to express yourself. However I know that you're too busy to read all the fashion magazines, watch the fashion shows and try to keep up with what the luxurious brands have launched. But you're lucky we got your back because we have done all of that for you. So, if you're interested in looking your best while doing the bare minimum, you're in the right place.

First things first: THE COLOR OF THE SEASON BURGUNDY TAKES OVER!

The color of the season is definitely burgundy. Luxurious brands such as Chanel, Rabanne and Chloé have launched their latest collections, and we began to see the color burgundy all over the internet. I have no doubt that we will start to see it on the streets soon. We were introduced to this color from trending aesthetics such as 'mob wife' or 'femme fatale' but this time it has reached a much bigger audience. If you want to achieve that powerful feminine image then go for it! But if you want your clothes to match your energetic and colorful character you can wear lighter tones of it. And don't forget to put on a lipstick to complete your appearance.



Now we can finally talk about the micro trends SUEDE IS ON FIRE

Every piece of suede clothing, except maybe the tops, is very trendy right now. We see a lot of suede statement pieces such as cowboy boots and jackets on influencers. A suede camel jacket over a basic top would go very well with skinny jeans and a pair of matching boots. However, suede may be impractical because it gets dirty very quickly and is hard to clean. But beauty is pain, so if you have the patience, suede is for you.

KNEE HIGH BOOTS AND SKINNY JEANS

As I said, the cowgirl aesthetic is back and this means skinny jeans and riding or knee high boots are up on stage again. Skinny jeans are timeless but if you don't want to wear the same thing over and over again (since we do so at school) here's a much more comfortable alternative which is a favorite of mine: kick flare pants. And bonus points: it's essential for a HIPPIE style too.

INDEPENDENT BUSINESS WOMEN ENERGY

I have good news if you're an ambitious lady who likes to take matters in their own hands . Hyper feminine energy was fun but it became old fashioned, while the floor became trendy for workwear. Sharper features and more masculine figures got even more popular this autumn. Shoulder pads are re-trending and they are ideal for showing dominance at school meetings such as MUN conferences or club reunions. Just take a basic shirt, tuck it into your midi skirt or pants. Layer it with a blazer or throw a cardigan over your neck. And please wear a belt! I would also recommend putting your hair up since it matches the vibe.

TIP: If you're wearing a blazer, wear longer earrings, it will make your neck look much longer.



Ayşe Umay Çalışkan 9/A

Singapore Grand Prix 2024

The Singapore Grand Prix has been a highly anticipated event on the Formula 1 calendar since its inception in 2008. Singapore GP is one of my favorite races in the calendar - it's because the Singapore GP is the only night race in the calendar, and it is in Marina Bay Street Circuit - a street circuit I find enjoyable to watch. In 2024, this Grand Prix was even more exciting compared to the other years, since this year, both the drivers' and constructors' championships are more closely contested. This year, Singapore GP was Daniel Ricciardo's last race, in which he won the fastest lap, therefore, "helping" Max Verstappen by preventing Lando Norris from taking that 1 point.

This year, the qualifying was on September 21st. Norris claimed the pole position, whereas Verstappen started at P2 and Hamilton at P3. This was surprising to some fans since Mercedes and Redbull have relatively "slow cars", but considering Hamilton and Verstappen are two of the best drivers on the grid, it wasn't too unexpected to have them in P2 and P3.

The race itself was on September 22nd, and in the end, Norris won; with Verstappen and Piastri following him. Norris' pole position was arguably one of the main reasons why he won the race, another reason is that McLaren has the fastest car on the grid right now. The pole position certainly helped Norris, however, it also surprised fans, since Norris usually doesn't get to win the race when he claims pole.

McLaren's other driver, Oscar Piastri, is one of the most talented drivers on the grid. He rose from fifth place to third place, finishing in P3, and gaining 15 points. He's the 4th in the driver standings after the Singapore GP, and he's closing the gap between him and Leclerc. One of the most significant events in Singapore GP 2024 was Daniel Ricciardo getting the fastest lap, and making Norris gain 25 points instead of 26. This helped Verstappen in the drivers' championship, and Verstappen thanked Ricciardo on the radio. Furthermore, McLaren's CEO Zak Brown claimed that "he has some questions" after this, and he believes that there are some issues about RB having two teams.

Overall, the Singapore GP has always been one of the most exciting races on the calendar, but this year, it was more eventful and thrilling. It was also very sad to see Ricciardo for the last time for now, since he was one of the sweetest and funniest drivers on the grid. The next race on the calendar is the USA GP, which will take place in Circuit of The Americas on October 20th.

Selen Inal 11/A



I HAVE 1 BODY BUT 24 DIFFERENT PEOPLE LIVE IN IT

Have you ever watched the movie *Split* before? If you have watched it, you have a great taste in movies. Even if you haven't watched it yet, let me tell you about **Multiple Personality Disorder** through *Split*. In the movie, Kevin has 23 different personalities. And he has a 24th personality that we're not sure if it exists. Kevin's different personalities include:



a 9-year-old boy who is a fan of Kanye West (Hedwig),



an extroverted leader who is interested in fashion (Barry),



a man with OCD who is a cleaning freak (Dennis),



a woman with diabetes (Jade),



a very calm and creepy woman (Patricia),



a history professor (Orwell), etc.

All these personalities have their own particular identities. When we look at it from the outside, they actually all look like one person. But the interesting thing is that these personalities can change their body chemistry with the usage of their mind. For example, Hedwig has the strength of a 9-year-old child, but Dennis has the strength to knock out a young person with a single punch. But they both share the same body! Jade is the only one who needs insulin injections because of her diabetes. And the 24th and most dangerous personality (The Beast) has superhuman strength. It has a very thick skin and is not easily damaged. He can bend iron bars with his hands and climb the walls. So, is multiple personality disorder a disease or a gift that makes people superior?

Of course, it's just a movie. But it's not too far from reality. Officially, Multiple Personality Disorder or Dissociative Personality Disorder is the name given to cases where two or more personalities or identities exist in one body. These identities are different from each other, they have their own attitudes and personality traits, accordingly, they may have different emotional reactions.

Sometimes they may also have different "physical" attributes. When I say different, I am not talking about changing a part of the body. However, according to researchers, one identity can be right-handed while the other is left-handed. In some cases, the main identity may reject other identities. So, how does this situation occur? Researches show that people with Dissociative Personality Disorder are exposed to child abuse. In the movie, Kevin was abused by his mother in his childhood. Or it's caused by a type of excess that occurs due to stress. The point is: under extreme stress, a person's consciousness becomes disconnected from certain painful memories, thoughts, feelings.



This is an extremely rare disease. This leads some scientists to wonder if it is a cultural construct rather than a real disease. Others wonder if therapists cause it. A therapist who knows the disease may ask the patient, "Is there another part of you that is separate? Does he have a name? Can I talk to him?". Then, people who need therapy start to comply with their therapists, knowingly or unknowingly. This brings up another interesting point about personality changes and role taking. In fact, we all have Multiple Personality Disorder. We take on different personalities when we are alone or with our friends and family. In order to adapt to situations, life expects us to take on different roles and we comply without thinking.

Unfortunately, there is no way to prevent Dissociative Personality Disorder. It is necessary to detect symptoms as early as possible and for teachers and parents to monitor children's behavior. I don't think it's right to look at psychological disorders as just illnesses. These people, whom we sometimes exclude from society and look at with pity, may have superior characteristics and abilities greater than most of us. For example, one in 10 people with autism have extraordinary abilities to varying degrees and a very strong memory. Maybe all the differences that develop within the mind may not just be a psychological disorder but even a gift from time to time.

Elif Külah 11/C

D H U A U T U M N T
K G A E S E V A E L
O F C L M E S F N T
J B E I O E P D H K
Z Y B Z E W E P Y K
Q J S R S J E G K X
Z X T I B P E E K B
V P U M P K I N N Z
S L X O L T U M M K
P I N E C O N E D M

Answer Key for the puzzle:

- ◆ LEAVES
- ◆ PUMPKIN
- ◆ HALLOWEEN
- ◆ TREES
- ◆ PINECONE
- ◆ AUTUMN