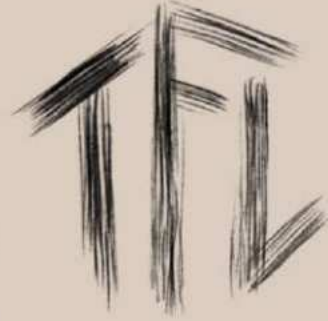


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THE BEGINNING OF WORLD WAR II

Causes

World War II started in 1939. It was one of the biggest wars in history. The Treaty of Versailles, after World War I, was one of the most important causes. It punished Germany and made the country weak and angry. This helped Adolf Hitler and the Nazi Party come to power.



Adolf Hitler had very dangerous ideas. He believed that Germans were a “superior race” and must control other nations. He hated Jews and blamed them for Germany’s problems after World War I. His book “Mein Kampf” showed his plans for expansion, dictatorship, and racism. These ideas became the Nazi ideology and were one of the main reasons for World War II and the Holocaust.

Another cause was the weakness of the League of Nations. It couldn’t stop Japan, Italy, or Germany when they attack other countries. Britain and France also tried to avoid war by giving Hitler what he wanted.



The war began when Germany invaded Poland in September 1939. Then Britain and France declared war against Germany.

The effects of World War II were very big. Millions of people died, and many cities were destroyed. The Holocaust showed terrible human cruelty. After the war, the United States and the Soviet Union became superpowers.

What did our country do?

As we all know, thanks to Mustafa Kemal and İsmet İnönü, Türkiye stayed almost neutral during most of the war. The government didn’t want to join the fighting, but in 1945, Turkey declared war on Germany and Japan. This was mostly a “symbolic act” for joining the United Nations.

World War II ended in 1945. First, Germany surrendered in May after Hitler killed himself in Berlin. Then the war continued in Asia. In August, the United States dropped two atomic bombs on the Japanese cities of Hiroshima and Nagasaki. After this, Japan also surrendered. The use of atomic bombs was shocking for the world and showed the terrible power of new weapons. With these events, the war was finally over.

In conclusion, the winners of World War II were the Allies. The war killed millions of people, destroyed cities, and showed the cruelty of the Holocaust. After 1945, the United Nations was created to protect peace. World War II changed the world forever.

By Yiğit YILDIRIM

WELCOMING THE NEW EDUCATION YEAR

The beginning of a new school year is always an important moment for students, teachers, and even parents. While many people look forward to the fresh start, others feel nervous or even stressed. Like most things in life, the reopening of schools has both positive and negative sides.

Every September, students feel mixed feelings when school begins again. Some of us are excited because it's a new year, new friends, new adventures, fresh memories, a step closer to university. But some of us are sad because the holiday has come to an end. Who wants to wake up at 7 at the morning?

One of the biggest advantages is meeting with friend again, or making some new ones too. After a 3 month of break, who isn't excited to see their classmates, sharing experience and spending time together? It feels great to talk, laugh and share stories with each other. Being with friends makes school less boring or more enjoyable. Also, this helps with student's mental, it helps them feel less stressed.

At school time, we don't realize that school also helps us being organized. Returning to a regular routine after a long break is actually a big positive, even if we don't realise it. Learning new things can actually broaden our perspective on the world. The various subjects we study at school actually help us to better understand events or things that occur in real life.

However, the new school year also has some disadvantages. The most common is waking up early. At the summer break, most of us usually wake up at noon, but when the school opens, our alarm is set for 7 o'clock, or even earlier for some of us.

Homework can seem easy for parents but for students, it's getting pretty tiring and hard after some time. Many of us have sports practice, rehearsal, private lesson, and doesn't have time to do homework. With the arrival of exam week, this stress and anxiety can increase even more.

Some students may find it difficult to make friends. For example, if they have moved to a new school, they may feel excluded because they are shy or unable to adapt to the environment.

In conclusion, school time has both advantages and disadvantages for a student. It depends on which side you are looking at. I hope every student has a successful year.

By Alya GÜNER

Rose of the Lovers of October

Tears become river.

River becomes blood.

Mountains shiver

Under October's cold breath.

The sun rips itself open,

A red wound in the sky,

Spilling glory,

Spilling lovers' blood.

Glaciers of ignorance melt,

Ignorance floods away.

From the fracture

A single rose rises,

Its thorns burning,

Its petals, blood red.

Children of snow,

Lovers of fire,

Bear it with bare hands.

One blade of the rose

Enters every heart.

Union bleeds,

But the wound is love.

Every drop is a sun.

Every sun is a story.

Every story is untold,

Unfinished,

Waiting.

By Ali Berk KESKİN

AUTUMN IN ANKARA



Do you enjoy traveling and exploring new places? If so, I have some great suggestions for you. If you love autumn, I'd like to offer a few suggestions for the most beautiful places in Ankara. They say each season suits Ankara in its own way, but autumn is something else entirely. If you'd like to experience the harmony of orange-hued leaves falling from the trees, raindrops, and the breeze, away from the crowds of Ankara and closer, I have a few great places for you.

Seğmenler Park

Seğmenler Park, with its paths carpeted with yellow leaves, captures the essence of autumn at its very core. I'm sure you'll feel the deepest sense of peace. The harmony of birdsong and the scent of wet earth is truly unique in Seğmenler. I recommend grabbing a cup of salep or tea and reading a book in the tranquility. Rest assured, time will slow down on its own.

The Lake of Eymir

The Lake of Eymir transforms into a painting in autumn. Yellowing trees are reflected in the lake, and the sky is painted in pastel hues. If you're looking for a fun time with loved ones, renting a bike and taking a tour around the lake, or sitting in one of the small tea gardens by the lake to watch the leaves fall is a must-do activity.

Kuğulu Park

Now it's time for the most peaceful spot in Tunalı, Kuğulu Park. Every season is beautiful in Kuğulu Park, but autumn is even more special. It transforms into a romantic haven. As the leaves from the surrounding trees turn into a blanket of yellow, the fluttering of pigeons and the joyful sounds of children in the park will transport you straight to happiness.

And of course, there are the swans, dazzlingly graceful, gliding across the lake. Sitting on one of the benches by the lake and enjoying this harmony will clear your mind.

Sit on a bench with a hot cup of tea from the tea vendor at the corner of the park. Your family walking beside you, elderly couples strolling hand in hand, the joy of children... all make this season even more meaningful. Here lies a small park but with a big soul.

Autumn is the slowest yet most profound season of the year. It's an invitation to live a little more. Ankara's streets, its yellowing parks, and the quiet lakes are the perfect places to hear this call. The sun beats softer, the wind carries a cool breeze. Every corner is filled with a touch of nostalgia, a little reflection of your walk. No crowds, no noise. Just you and the serenity of the season. Because autumn is lived without rushing. And Ankara is the perfect backdrop for this slowness.

By Selin Naz AKTAN

YOU GOT THE SPIRIT!

It's that time of the year, Halloween! Spooky costumes, pumpkins, candies.. Such a shame we don't get to celebrate it in our country. But no worries, with this article and the guideline at the end of it, you can bring your own Halloween to your house!

Samhain is where Halloween got its start. It was believed that the boundaries between the living and the dead would blur and that spirits might make a comeback to Earth on this night. To defend themselves, the villagers lit bonfires and dressed in costumes; these traditions are still followed during festivities today.

But of course it's not the case nowadays. Children amuse themselves with trick or treating, with costumes of princesses, fairies, villains and superheroes while adults are at home relaxing or quite the opposite out there in costume parties. Either way, from children to old people Halloween is a celebration which *brings everyone together. It creates a sense of community, the trust of being a part of something; it brings joy, it helps us to forget our problems. More than just a fun night, Halloween has become a tradition that helps imagination develop and mixes it with nostalgia, togetherness and hope.*

While we envy this celebration which is unfortunately not celebrated in our country, we miss the part where we can actually do things to celebrate it ourselves. Maybe it won't be like it is in the US or other countries but at least you will be having fun with your family and friends.

So here is the guideline to make your own unforgettable Halloween:

Firstly, we need carved pumpkins! To make carved pumpkins, you need to find yourself the right pumpkin. Don't underestimate it, it actually is the most important part of your job! The next step is to get your supplies ready, which include a marker, a big spoon, and a sharp knife. To prevent the lid from falling inside the pumpkin, you must carefully cut out the circle you drew around the stem at an angle. Then take out the pulp and seeds.. Then draw whatever face you like on the pumpkin and carve it carefully.

After you have your pumpkins ready, you need to find some costumes for you and whoever you're celebrating Halloween with. Go to a costume store and choose whatever you like, a doctor costume, a policeman's outfit and many more, it's up to you to think about that part!

So, to sum up, yes maybe Halloween is not commonly celebrated in our country but if you really want to celebrate it, all you need is to have the Halloween spirit!

By Melis Derin KALEM

Samhain: The Ancient Roots of Halloween

When people think of October, most imagine Halloween: candies, pumpkin lanterns, costumes, masks, scary stories, and much more. But what is the origin of this holiday? When and how long ago did it first appear? In fact, this celebration is over 3,000 years old. Originally called **Samhain**, this mythological tradition is the root of today's Halloween.

The Celts were a people who lived in Central Europe during the prehistoric and early ages. About 4,000 years ago, however, they migrated and settled in various places, including Great Britain, Spain, and Gaul. (Today's France)

According to Celtic mythology, October 31st was one of the most important turning points of the year. This night, called **Samhain**, marked the end of the summer and harvest season, and the beginning of a long, dark winter. For the Celts, on this night, the boundary between the world of the dead and the world of the living grew thin, and spirits and humans could cross into each other's realms. Spirits would visit the mortal world to see their ancestors or families. However, according to their beliefs, these spirits were not always benevolent. This day was also one when malevolent spirits could roam the world of the living. To protect themselves from these evil beings, people lit great bonfires, wore masks, disguised themselves, and left food outside their homes.



Of course, this night was not only about fear. In Celtic mythology, it was also a sacred and meaningful day. It symbolized respect for the cycle of life and death. For them, winter was not an ending but also a new beginning. Samhain was the best reminder of nature's eternal cycle: every ending meant a new beginning.

In Celtic mythology, Samhain was not only a festival but also a sacred time when the gods would appear. The god of abundance, **Dagda**, would meet the goddess of war and fate, **Morrigan**, and together they would foretell the battles to come to the gods and humans. This meeting symbolized the balance of death and rebirth. In Welsh myths, the god and ruler of the underworld, **Arawn**, would make contact with humans on Samhain night, and with his hounds, he would call souls back when their time had come. On this night, the power of the sun god **Lugh** weakened to its lowest point, while dark forces rose.

This is why Samhain was not just a seasonal transition for the Celts, but a magical night when the worlds of gods, spirits, and humans came together.

By Nazlı İŞİKOĞLU

THE FESTIVAL THAT THOUSANDS ATTEND EVERY YEAR:

LE ROI DE L'OISEAU

Today, I am going to talk about my experiences and my thoughts on the Renaissance Festival that I participated in.

First of all, let me briefly describe the event. The Renaissance event is a trip organized by our school, which we started to attend 11 years ago, thanks to one of our previous French teachers at our school who lived in and spent his childhood in Le Puy en Velay, France, where the festival takes place. The trip is a total of 8 days, while the festival, "Le Roi de L'Oiseau" takes 5 days in total. We participate in the festival as the ambassadors of Suleiman the Magnificent and also as the only school in the event. It is basically a festival where people act, live, and dress like they're living in the Renaissance era for approximately a week. We're accompanied by our French teachers, Ms. Haydar and Ms. Yazar. But as it was our 10th year in the event, our deputy director, Ms. Ayaz also joined us.

Now, passing to my turn of participating in this festival, let me start with the first day, where most of our time was spent travelling by airplane and bus. After our arrival, we were given some free time to eat, and after our meal, we went to visit the Cathedral of Notre-Dame du Puy, accompanied by a guide. We didn't have much time, that's why the cathedral was the only place that we visited. Then, for our dinner, we met the chef who was going to cook for us for the whole week. I can't really say that my first night in France was great because I got sick, but let's move on to the second day now.

When I went down for breakfast, I learned that I wasn't the only sick one, and almost half of us were sick just after the first day. Maybe the diseases were one of the few negative points of the festival. After the French breakfast, which had a lot of pastry products and cheese, we headed towards the bus, which was going to take us to the Fortress of Polignac, the second visit of our trip. The fortress had multiple sections to visit and also provided us to try some ancient games. The view was amazing because the whole city was visible from the fortress, which was located on what might be one of the highest points of the city. After being given some more free time to have our lunch, our schedule was followed by the cooking atelier, with three chefs, and that day, some of us prepared the dinner for us and for some of the organizers of the festival. The others who weren't cooking, including me, were preparing special presentations to explain the atelier, the meals of the Renaissance timeline, and the tools that were used for cooking in that period. Luckily, the presentation and the serving of food went smoothly. But, unfortunately, I missed a big part of the tasting and also the exchange with the French high school Simone Veil the next day due to my health condition.

I rejoined my friends after a bit of resting in the morning. It was time for the longest free time of the trip, so we decided to take a walk around the city after we ate. Some used their free time as an opportunity to go and shop in an outlet that was a bit far away. Then, we started preparing and wore our costumes for the opening parade. The parade was incredible as hundreds of people were watching us and as everybody welcomed us. After the parade, we watched a short show, which I could tell was the opening ceremony. We went to eat our last meal of the day at the usual spot.

The next day started with a visit to the Crozatier Museum, where there were many beautiful paintings and sculptures, as well as some stuffed animals and pieces from the history of old cinematography. The famous painting, "Tiger Hunt" also took place in the museum for a certain time, and we were lucky enough to see it before it went away. After the visit and the lunch, we once more got dressed and started visiting the Renaissance camps where some people voluntarily stayed for the week as if they were living in that period. There are diverse jobs and professions such as ensuring justice, archery, fine writing arts, blacksmithing, and way more. We were given the mission to write an article after we interviewed them and got informed about how they lived, aligned in the Renaissance, and also how much these people care about this festival, as we heard they have been participating voluntarily for years now. Then, we watched a spectacle picked by our teachers where 3 men were singing with the crowd interacting, and after that, we went to eat as usual.

The fifth day, Friday, was the day that we started our repetitions and preparations for our own dance show. In the morning, we went to the stage where we would perform, and started to work on our dance show. After a heavy session of dancing, we continued our camp visits about our article and finished them. And once again, we went to dinner, then to another spectacle, where it was a light show with fireworks and utilisation of technology. I think my favorite part was when they carried a dragon and played it through the crowd.

The other day was the big day for us: the show day. We started by practicing in the hotel's parking lot, as we couldn't use the stage from the previous days. I am not complaining though, because it was really a fun experience for me as I love dancing and I can practice anywhere at any time. After the end of the practice, we started preparing for another parade which, as the ambassadors of Suleiman the Magnificent, we would make our speech, agree, and present our gifts to Francis I. Compared to the opening parade, there were even more people watching and recording as more than thousands of people from all around the world came to see the festival. After the parade, we had some time to relax, then we started preparing ourselves both physically and mentally for the show. We walked to the building where the show was going to take place, and started waiting backstage for the spectators to come. The show went pretty smoothly, and it was pretty fun. Unfortunately, the time on the schedule that everyone knew and the actual time of our show wasn't the same, as it was changed after the time of the parade of Francis 1, and our show overlapped, so there weren't many people who came to see us. It wasn't a big deal as we danced for fun and ourselves only. After the success of our show, we went to eat. We didn't go to a spectacle as usual that night, as we took part in the Renaissance Ball, where there were many group dances of the period. We danced for a long time, but as it was getting kind of late and we were tired from all of the events that had happened throughout the day so we left.

The last day of the festival, Sunday, started with a special invitation dedicated to us in the city hall, as we had completed our 10th year at the festival. It was raining cats and dogs that they had to cancel the closing parade, so we had a little more free time. My roommates and I decided to go sit at a café. After that, almost everywhere was closed, so we went to buy some small gifts for our parents from the supermarket. After finishing our shopping, we went back to the hotel and to dinner from there with our teachers. As it was our last night, we prepared our suitcases.

And after we had our breakfast early in the morning, we headed towards the airport by bus. There was a lot of traffic, so we thought that we were a little late and moved pretty quickly. Luckily, we caught the plane and arrived in Istanbul safely. After having a little snack, we got on the second plane, which was the biggest plane that I had taken and seen until now. We arrived in Ankara and were welcomed warmly by our parents after a fun but just as exhausting trip. Like every good thing coming to an end, the end of this trip also had its own bittersweetness.



By Derya İrem TEMİZSOYLU

IS TIME JUST AN ILLUSION ?



Is time just an illusion? Yes and no. This question has been debated on for centuries, and yet it doesn't have a clear answer.

First of all, to understand this question, we need to look at what time is . Time is a dimension that allows us to "know what is going on". By comparing events, durations, and understanding what is going on in life at a moment. Now that we have a structured idea of what time is, let's get into specifics.

So there are two different mentalities to define time. Science (Physics etc...) and Social Sciences

Take Science for example. Newton said that time is established and fixed in place dimension, so basically he pointed out that time is not an illusion and it is always ticking the same and cannot change, but there are some scientists who don't agree with the idea of time being fixed in place such as Einstein. Einstein said that the flow of time varies from person to person. According to him, a person can see an event happening in a flow while another person might not experience that. He called this phenomenon the 'Theory of Relativity'. On the other hand, Social Sciences pinpoint that time is not structured and it can change. As an example, when a person is stressed, they feel that time is moving more slowly compared to a person who feels that time is passing way faster than normal when they are enjoying something. So, they say that time is an illusion.

In conclusion, the question of 'Is time just an illusion' can vary from person to person, and it doesn't have a clear answer; it's up to a person's own ideology to have an answer to that question.

By Mete Serdar AKBULUT

How Can We Romanticize Being Academically Successful ?

Don't ask yourself, "Why do we study?", "Where will I use what I learn in Biology, Geography, and Math in my daily life?", "What good will this learning do me?"

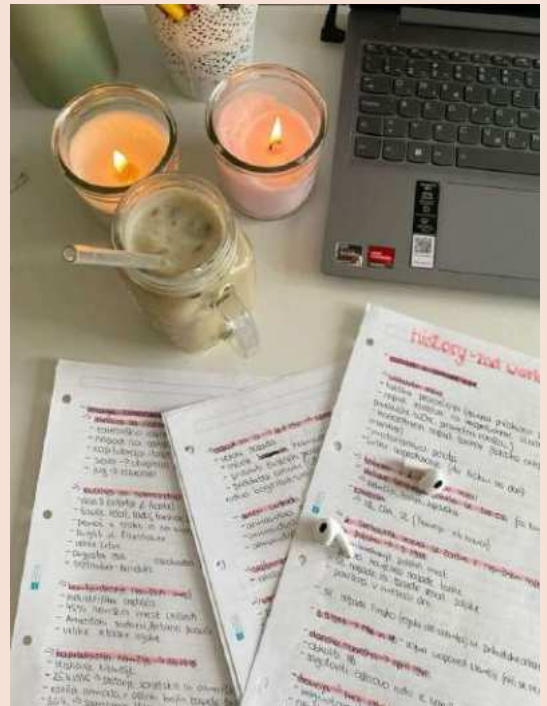
In fact, what we learn throughout our educational life is of great importance for our future lives. We do not just do homework and take exams; what we do will create our future life, our career, our freedom, and our dreams. We're chasing our independence as adults.

So, are you bored of studying alone at home?

Change your environment. Studying at the library can motivate you. Seeing other people working like you can increase your desire to study. Or you can go to a cafe with a friend and have a cute drink- studying together and spending time together will also distract your mind, and maybe seeing how your friend studies will give you new study tactics.

Create a ritual you'll look forward to

When you first sit down at the desk, adjust the light, light a candle, prepare tea or coffee for yourself while you study, prepare a playlist that will help you focus on the lesson, and make weekly or daily plans. Then make sure your mind is



Make your notes beautiful to you

Hours spent taking notes in a notebook are not just a boring task; they become steps on the way to academic success. I'm not talking about clichés like using colored pencils and drawing patterns when taking notes. It doesn't have to be calligraphy. Use color to remind you of important information, and use layouts or doodles that make you feel like your notes.

To put in a nutshell, romanticizing academic success is about turning studying from a burden into a meaningful and even enjoyable journey toward the life you dream of. Academic success is one of the best feelings. Be the winner!

By Nar BAŞDOĞAN

WE WANT TO BREAK FREE!

Today, it is normal for many students to feel constantly tired. In fact, when you look around, it is easy to see how common this problem has become. Many of them wake up already tired and spend the whole day without real energy. This situation is not only physical but also mental, and it can affect both their health and their success in school.

The first reason for this situation is an irregular sleep schedule. Studying until late at night or spending time on social media, etc, takes away their energy. Because of this, when the day starts without enough sleep, it usually continues with tiredness. Their concentration in class becomes weaker, their ability to focus on new information decreases, and even simple daily tasks start to feel heavier. Over time, this lack of proper rest builds up into constant exhaustion. The other reason is stress. Students try to prepare for the university exam (YKS) and also do extra activities for their CVs. This creates a lot of pressure. For example, thoughts like “What if I can’t finish on time?” or “What if I fail?” make them feel mentally tired. These thoughts often repeat in their minds, especially late at night, making it even harder to relax or sleep peacefully.

And after the lessons, things are not very different. Instead of resting, having fun, or spending time on hobbies, many students have to study again. Even when school hours are over, their responsibilities are not. They go to private courses, join extra lessons, or attend study groups. By the time they return home, there is often very little space left for personal life. As a result, not having time for themselves lowers their motivation.

With all of these (busy schedules, homework, exams, etc), students get both physically and emotionally tired. That is why, sometimes they really need just a little break, to relax and give some time to themselves. Even short pauses, like taking a walk, spending an hour with friends, or simply resting without guilt, can make a huge difference.

By İdil UYSAL

ATTENTION DEFICIT PROBLEM IN YOUNG PEOPLE

These days, teenagers' attention span is decreasing because of the effect of growing up in the age of technology. They prefer spending their time more in the virtual world than in the actual world. They don't read books as often as they used to, and they can't focus on one thing for a long time. Because any kind of information, any kind of work that requires effort can be done quickly and easily on the internet, young people's patience level is lowering, as well as their attention span. So what causes that? They watch reels, TikTok, shorts, and short videos so they don't get bored easily, and their attention never shifts from the apps. It's consuming their energy and their ability to focus on something. As a consequence, when they try to focus while studying, while doing an activity that they like, or even watching a long movie, they get bored easily. Social media algorithms' aim was exactly that to happen. They designed it to keep teenagers attached to their app. But they are not the only attention-seeking things: online games and instant messaging also contribute to impatience.

Online games are designed to engage and reward players by offering quick achievements, competitions, and rewards. This creates an addiction that causes a reduction in their ability to stay patient in real life situations where results come slowly.

Instant messaging-like WhatsApp allows people to send and receive messages immediately. This constant flow of notifications interrupts teenagers' concentration. They also get used to fast replies, which also creates impatience and lowers their tolerance.

This problem in adolescence also harms their creativity, since they don't spend their time thinking deeply.

It may also trigger stress and anxiety because of the overload of information. Their brains stay busy all the time. The pressure of always feeling the need to respond quickly or not to miss anything increases the level of stress.

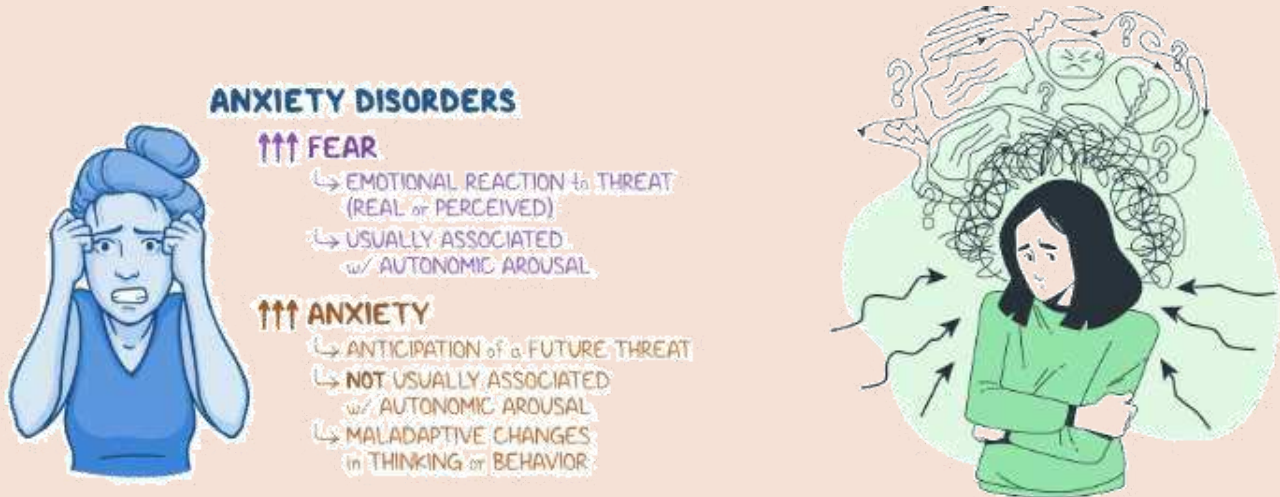
Why is this issue more common in teenagers than in adults? Teenagers' brains are still developing, so they cannot fully control themselves and can't focus easily. They are more sensitive to rewards from phones and social media. Also, they deal with multitasking, fear of missing out, and irregular sleep worsen attention problems. Adults are less affected because their brains are more mature, so they can handle these distractions better.



By Günay Nesil ARSLAN

WHAT IS SOCIAL ANXIETY?

Social anxiety is a common condition where people feel extremely nervous or worried about social situations. It's more than just feeling shy or awkward; it involves a deep fear of being judged or embarrassed in front of others.



People with social anxiety often avoid things like talking in public, meeting new people. This might mean worrying about how you look, what you're saying, or how others will react. It's not uncommon for people with social anxiety to feel like they are always being watched, criticized, or made fun of, even when that's not the case.

EFFECTS OF HAVING ANXIETY

-Having social anxiety might affect people with physical symptoms like sweating, shaking, feeling like passing out.

-It can also affect people with mental symptoms; feeling like everyone is staring at you or feeling like everyone is judging you, and this makes them uneasy to focus or concentrate. Over time, this fear can cause someone to avoid social situations altogether.

HOW TO MANAGE IT?

People with anxiety try to get through it by going to therapy sessions, meditating, practicing relaxation techniques, and self-compassion.



IN THE END..

Social anxiety is a challenging but manageable condition. It can make people feel isolated or like they're always being judged, but with the right support, it's possible to reduce the impact it has on your life. Therapy, medication, relaxation techniques, and gradual exposure to social situations are all helpful strategies.

If you experience social anxiety, remember that you're not alone, and seeking help is a strong and important step toward feeling better.



By Dora YÜCEYALÇIN

THE EMMY AWARDS 2025



The Emmy Awards are annual awards given to incredible success in television programming. Also, the Emmy Awards are similar to the Peabody Awards, but the focus is more on entertainment. The Emmy Awards are equal to the Academy Awards for film, the Tony Awards for theater, and the Grammy Awards for music. The origin of the Emmy Awards is the United States of America. The name of 'Emmy' comes from 'Immy', a nickname for an 'image orthicon' (a camera tube used in televisions).

The first Turkish actor who won an Emmy Award was Haluk Bilginer. He has won an International Emmy Award for his work in television and acting.

At the 77th Emmy Awards this year, the winners have been;
'The Pitt (HBO Max)' and the remaining order is;
'Andor(Disney+)
'The Diplomat(Netflix)
'The Last of Us (HBO Max)
'Paradise (Hulu)
'Severance (Apple TV+)
'Slow Horses (Apple TV+)
'The White Lotus (HBO Max)'.

According to critics, this year's winner, "The Pitt," deserved the win. Critics generally praise the series as an outstanding and successful production. Its realism is also worthy of appreciation. The most striking aspect of the series is its intense, near-real-time depiction of a single 15-hour shift in a hospital emergency room. Many healthcare professionals said that the series successfully captured medical accuracy and the cruel pace of the emergency room. In contrast, there were some bad criticisms; some people felt that some of the other series deserved the award more. Other strong drama productions, particularly Andor and Slow Horses, also had strong supporters.

But in the end, the majority thinks that 'The Pitt ' deserves his success and his win wasn't a big surprise. I think its sense of reality won "The Pitt" the Emmy.

By Elif Çınar KOÇAK

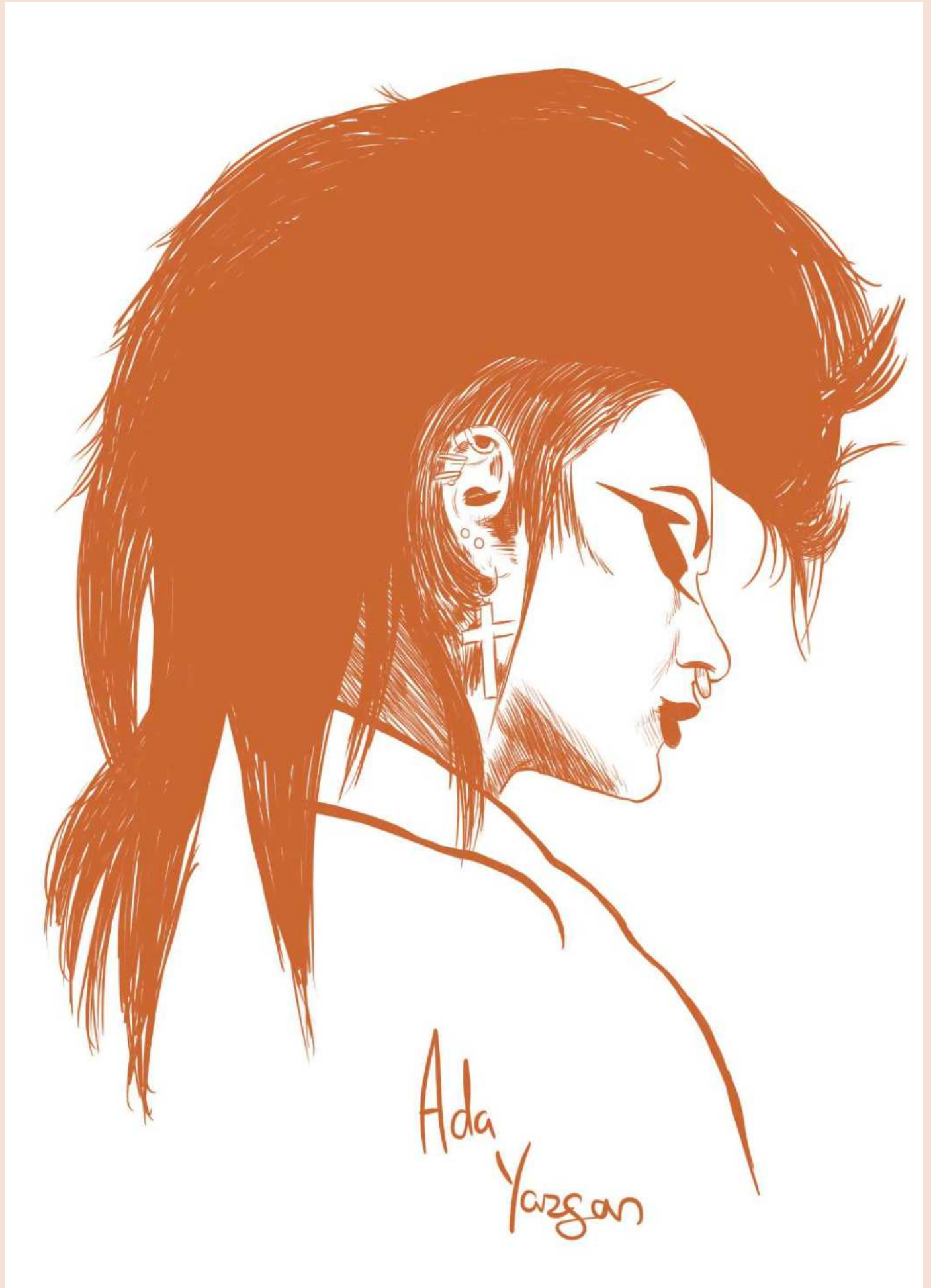
How Has Artificial Intelligence Changed Our Understanding of Beauty ?

Have you ever realized that artificial intelligence is starting to change your thoughts about yourself when you look into the mirror? According to the most recent research, many people are starting to feel that they do not match the society's beauty standards. The interest in the beauty industry has increased more than ever compared to the last fifty years. But why? Nowadays, almost everyone knows what artificial intelligence is. People are generally focused on the benefits of artificial intelligence, but there are lots of impacts on people's points of view in their daily lives that they may not be aware of. It's probably something that people can't control, even if they want to because AI is everywhere. As an example, when you open any social media application like Snapchat, TikTok, or Instagram to take some pictures, it will suggest you to apply some beauty filters on your face. The filters are generally designed to make your face look smoother, brighter, shinier, or thinner. Especially for the teenage girls who are discovering themselves, it could be really harmful to see that everyone on social media has the perfect bodies with flawless faces. In my opinion, every face has started to seem alike. What I mean is, everyone who wants to fit the beauty standards does the same things. They get their lips filled out, dye their hair, and get several surgeries, such as rhinoplasty and facial fat removal. And as far as I know, once you get plastic surgery or any kind of filler to your face, you end up wanting to get more of them. With that being said, people get basically addicted to being beautiful. There's a big role of artificial intelligence in changing our understanding of beauty.

There is a disease called body dysmorphia- you may have heard of it. Body dysmorphia is a mental health condition where people become overly focused on flaws in their appearance, even if these flaws are very small or not noticeable to others. People are getting more insecure day by day because of social media and society's impact. In the past, people did not measure beauty by strict or universal rules as they do today. A person's value was rarely reduced to how well they fit into a single image of perfection. Is there a solution for all that? Scientists are still doing research about how they can reduce the effects of the beauty industry. Awareness and education are really important topics to start a change for the societies perception. Teaching media literacy at schools, on social media, and in society can help people understand how artificial intelligence affects beauty standards. In schools, lessons can show students how images are edited, how AI filters work, and how advertising can create unrealistic ideals. Or maybe we can support the natural beauty trends where people can feel more comfortable. For example, a new trend which is called "Clean girl aesthetic" has become really popular because of its effortless chic structure. It's basically a trend based on simplicity. Slick back buns, less makeup and a cleaner vibe are more shown in that trend. Supporting new trends like this can make people feel way better and not judge themselves wildly.

I love being well-groomed, but this generation's beauty standards are getting out of hand. People are setting up high limits that they can't reach, and when they can't, they get upset, and it may cause anxiety, which is really harmful to people's health. In conclusion, artificial intelligence has changed how we see beauty, but by learning about media, accepting ourselves, and appreciating diversity, we can feel better about our own appearance and challenge unrealistic beauty standards.

By Alya Cingi



ALTERNATIVE CULTURE: FASHION AGAINST MAINSTREAM

If you see people dressed like crazy in the street, they might be part of “alternative culture”. But what is alternative culture? Alternative culture is a reaction against the mainstream challenging social norms. Groups of people that have different lifestyles, different art styles and value systems, people that choose to express themselves by means of fashion- clearly, people who are excluded from society which curse them as freaks, losers! But they are just a bunch of people that have ideas against popular culture.

In 1960 a sunshine was born. "**The hippie movement**" They represented themselves as children of nature. They believed that peace and love could solve everything, every problem in the world. They made big protests against the war in Vietnam. They were known with their colorful looks, long hair braids and peace symbol necklaces, peaceful music.

In 1970s alternative culture evolved as unrecognizable- "**The punk movement**". They were known with their rebellious and rule-breaker attitude against the government and the mainstream. Ripped clothes, spiked-leather jackets, messy dyed hair, black boots, spike bracelets, lots of piercings. The music got heavier. Also, the goth fashion was born here from post-punk music a.k.a goth music.

In 1980s music got heavier and heavier and here comes the "**heavy metal movement**" Rock music from 60s evolved as heavy metal music with ear straining, annoying scream vocals. Dio and Black Sabbath gave music their own features. Years gone by metal got heavier and heavier and got a big fan group called Metalheads. Metalheads wore patch jackets called battle jacket or vest, bullet belts, and obviously band shirts.

In 1990s "**the grunge movement**" was born with a new fashion style. Messy, ripped clothes, plus size sweaters, out of heels looks. The most famous grunge was Kurt Cobain.

In 2000s with the revival of the internet alternative culture continued as emos and scenes. People that wore lots of belts, colorful socks, long bangs different but related people. Alternative culture also includes hip-hop, skaters, body-builders (not all of them, though).

Today there are so many people that live alternative. I don't have an opportunity to write all millions of subculture but if you see a crazy looking person on street you can say yeah she/he is definitely living alternative.

by Ada YAZGAN

FALL FASHION ON

GOSSIP GIRL

It's officially fall.

Vibrant colors are now giving way to cooler tones. Coats, boots, and sweaters are coming out from the depths of our closets. Our iced lattes are being replaced by pumpkin spice lattes. A classic, *Gossip Girl* is one again on our screens. So, what are the two fashion icons of this series this fall?

Serena van der Woodsen manages to look effortlessly chic in everything she wears. Messy hair, glowing skin, and flowing outfits. She's feminine, yet undone. Like she woke up looking fabulous. Messy, but iconic.

Blair Waldorf, on the other hand, is the embodiment of elegance. For her, looking amazing makes her feel amazing. She always wears clothes that make her feel powerful. To her, fashion is the most powerful form of art.

Serena always carries a distinct sense of femininity in the way she dresses, yet she never looks like she tried too hard to achieve it. Her outfits appear effortlessly put together, as if each piece naturally fell into place, and yet she always manages to look stylish and captivating. With the arrival of fall, we see more of those beloved brown tones take over her wardrobe. Shades like cinnamon, camel, and chocolate brown show up in her coats, bags, and boots, each piece adding warmth and texture to her look. At first glance, the outfit may seem quite simple. But what truly elevates it is Serena's undeniable confidence. That's what sets her apart: her ability to wear the most minimal ensemble and still turn it into a fashion statement. The most striking thing about her style is the harmony she shares with her clothes, as if they have been made for her, and the way she makes it all look so effortlessly iconic.





Blair, as always, manages to look elegant and polished no matter what she wears. For her, style is never just about clothing; it's a complete expression that includes her perfectly styled hair, flawless makeup, graceful posture, and carefully chosen accessories. The fact that her hair is always impeccably done speaks volumes about her philosophy: looking great on the outside reflects feeling strong and confident on the inside. That's what makes her style not just beautiful, but intentional and powerful. This fall, like Serena, Blair has embraced one of the season's most iconic shades, brown. She incorporates it into her wardrobe with her signature sophistication. While Serena may wear the color in a more relaxed, bohemian way, Blair uses it in classic silhouettes. In the end, Blair perfectly captures the essence of fall while staying true to her polished and commanding fashion sense.

Here, we see Serena on her way to school. As usual, her hair is tousled and effortlessly beautiful, giving the impression that she just rushed out the door, yet she still manages to look incredibly stylish and put-together. Her outfit, much like her hair, appears unplanned and casual at first glance, but it's actually a well-coordinated look that reflects her unique fashion sense. We can see tones of brown and grey in her ensemble, two colors that perfectly embody the mood of fall. Perhaps she's wearing an oversized grey sweater paired with brown boots or a leather bag. The overall look is cozy and relaxed, yet it carries a sense of confidence and individuality. That's what makes Serena's style so iconic: it's always effortless, yet it leaves a lasting impression.





As for Blair, she appears graceful, elegant, and perfectly put-together as always. For her, elegance isn't just about outer appearance; it's a reflection of her personality and values. She uses fashion as a way to express who she is- confident, poised, and unwavering in her principles. In this scene, her outfit captures a sense of both seriousness and sophistication. The color palette she chooses leans toward the classics: black and grey dominate her look, echoing her refined yet commanding presence. Every element of her outfit is thoughtfully chosen; nothing is accidental. From her perfectly styled hair to her shoes and jewelry, everything speaks of intention and precision. It's clear that, for Blair, style is not just about what you wear, it's about how you present your strength through every detail.

"You know you love me. XOXO, Gossip Girl."

By Eylül ERDOĞAN

WHY ARE CATS SO WEIRD ?



Cats are not like other animals. They do things that make no sense to us. For example, one minute they are calm and quiet and the next minute they run across the room like they are in a race. Cats also have a habit of jumping into bags, boxes, or even the sink. It doesn't matter if it is comfortable or not. They just like it. Sometimes they sit in high places and look down at people like they are the boss of the home. Another funny thing is how they show feelings. A dog will wag its tail when it is happy, but a cat may scratch you and then come back for cuddles. They change their mood very fast. And their sleeping is weird too. They can twist their bodies into strange shapes.

Another weird thing is what they play with. A small piece of paper? One of the best toys in the world. A tiny hair tie? Hours of fun. My cat once played with one piece of dry noodle for twenty minutes. It's a big mystery.

Cats run around at night because they are naturally active during the night. Long ago, cats were hunters, and they looked for small animals in the dark. Even house cats today still keep this instinct, so they sometimes act crazy when people are trying to sleep.

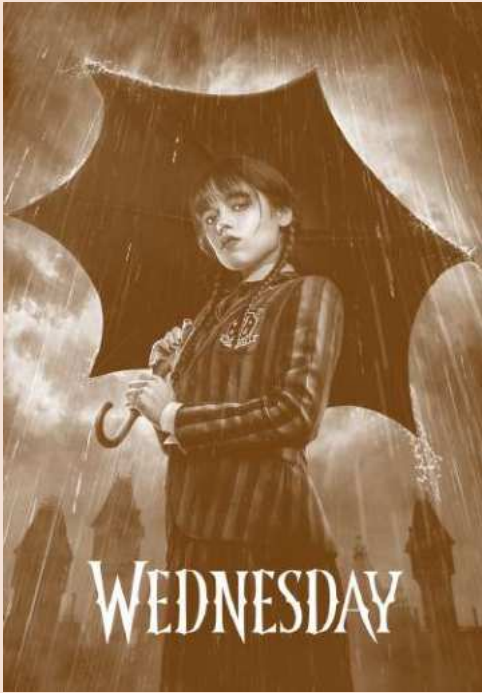
Cats also love boxes and small places because it makes them feel safe. In the wild, cats hide in small spaces to protect themselves from bigger animals. When a cat sits in a box, it feels comfortable and protected, even if the box looks too small for us.

Cats stare at nothing or bring strange gifts because of their instincts. They stare because they are very alert and notice tiny movements that humans cannot see. They bring gifts, like bugs or mice, because in their nature, cats share food with their family. To them, their human is part of their family.

By İdil Mücella İMİRZALIOĞLU

A Quick Look at Tim Burton's Latest Work:

Wednesday



Wednesday is one of the most famous series on Netflix. The series starts with a well-known actress, Jenna Ortega, as Wednesday Adams, who is already known from "The Addams Family". The story gives a dark but also iconic feeling that makes every watcher addicted to the series. With a mystery, humor, teenage drama, and a dark vibe, it quickly became a hit among teenagers, kids, and young adults. Also, the older fans who like The Addams Family watch Wednesday a lot. It is not a show for young adults; it's a new trend that everyone enjoys watching.

The story begins in Nevermore Academy. A one-of-a-kind academy for unusual students. Different types of students at this Academy are as follows: werewolves, sirens, vampires, gorgons, pixies, goblins, swarmers, and hydes. While Wednesday tries to find out about her talents and her psychic powers, she's also trying to fit in at her new school. But, unfortunately, Wednesday is not a lucky person.. While she is trying to fit in, she finds herself at the center of a murder mystery, and she decides to solve it. She finds out that the academy is more than just an academy, and her parents hide many things from her and her brother.

Like the school, the teachers are unusual too. The school is filled with teachers with different talents and it makes the story even more exciting. What I love about the is that it is a combination of school life, friendship, and dark mystery which all create a completely unusual atmosphere.

Thanks to Jenna Ortega, Wednesday gives a strong and memorable performance as an older sister, a detective, and a friend. She has a protective and a reckless personality at the same time, which makes the story even more humorous and interesting. She has a smart and funny side, but also a serious, unconcerned, stable side that makes everyone think twice. Wednesday doesn't smile a lot in the series, but her friend Enid, her colorful, energetic werewolf roommate, brings the importance of friendship. Enid teaches Wednesday what a friend can do for her friend and makes Wednesday more sensitive about other people's feelings.

Wednesday's family also has a really important place in the story. Her parents, Morticia and Gomez Addams, appear with an unusual standard for their kids, like all the Addams do. They try to make their kids sharp, frightening to the outside world, but lovely and thoughtful for their family. Wednesday can't stand her family, like all the teenage girls, and this is one of the reasons why teenage girls like the series too much. Because the series shows a weird story, but it keeps some key points, like in the normal world. Her mom has a protective personality for her family, especially for her husband and her children, and tries to hinder Wednesday's research for the murder mystery. But Wednesday doesn't listen to her mother like a real teenager. The actors play the roles perfectly, so viewers can feel all the emotions so clearly.

Wednesday tries to understand her family, her emotions, and her powers. She also tries to understand her feelings, the academy, and, most importantly, herself. She is trying to understand who she is and why she came to the world. The show also explores trust, showing how important it is to find the true person who understands and supports you.

Another important theme is to be different. Like all the students in Nevermore Academy, Wednesday is different too. She has her own style, her own color, and her own interests. The series shows that not being like others is something to be proud of. The story teaches that everyone is different and has their own qualities. No one is normal, or no one is weird. They just have their own abilities that make them special. These themes make the story even more meaningful for the audience.

In conclusion, Wednesday is not just a series for teenagers. It's more than just a TV show; it is a mixture of humor, mystery, teen drama, and darkness. With a strong cast, I think Wednesday gives an important message to all teenagers. It has very important themes and also has a unique gothic style that every viewer is entertained to watch. The show shows that even the darkest character can be interesting, what people can do for their relationships, for their families, and for themselves. Wednesday has something for everyone. If you like dark humour, detective stories, or stories about growing up, you can find a fascinating piece in the story.

By Dolunay ÖZGÜL

ONE GIRL, TWO BROTHERS AND ENDLESS DRAMA



Love triangles are not only in old stories or classic books. We can also see them in today's movies, series, and novels. One of the most famous examples is "The Summer I Turned Pretty", which is a book written by Jenny Han. They decided to turn the book into a series, and it became one of the most popular series of recent years. This series shows how love can be wonderful but also confusing when three people's feelings are mixed together.

The main character is Isabel "Belly" Conklin. Every summer, she goes to Cousins Beach with her family and the Fisher family. For her, Cousins Beach is not only about the sea and the sun. She thinks it's a place full of memories, family tradition, and feelings. It is where she grows up, changes, and discovers love. The Fisher brothers, Conrad and Jeremiah, have always been in her life. But as Belly grows up, their feelings for her change. This is when the love triangle starts, and it turns every summer into a drama.

Belly has always liked Conrad; he is the older brother, handsome, quiet, serious, and sometimes distant. Sometimes he hides his feelings and looks cold, but inside, he really cares. For Belly, he is not just a crush. She sees him as her first love.

Jeremiah, the younger brother, is very different. He is literally the opposite of his brother; he is very friendly, funny, and honest about his feelings. Jeremiah makes Belly feel safe and happy. With him, everything looks fun and easy to Belly. Because of this, Belly is in a hard situation. With Conrad, she feels passion and mystery. With Jeremiah, she feels warmth and comfort. Both boys love her, and she doesn't know who to choose. This creates a love triangle: Belly loves Conrad, but he does not always show that he loves her back. Jeremiah clearly loves Belly, but she doesn't feel the same passion for him as she feels for Conrad. Conrad and Jeremiah are brothers, so their love for the same girl starts a war between them. The triangle is painful because any of the choices is simple. If she chooses Conrad, Jeremiah will be heartbroken. If she chooses Jeremiah, she might always think about her feelings for Conrad. And if she tries to keep them both in her life, the relationship between the brothers could be destroyed.

Fans of the series also argue about this love triangle. Some people are Team Conrad. They believe Conrad is Belly's true and first love, even if he's not always open about his emotions. They also believe that his love is purely for Belly and that they are soulmates. Other people are Team Jeremiah. They say that Jeremiah is the better choice because he treats Belly kindly, makes her smile, and shows his feelings. The debate is very popular on social media. People share their opinions and fight about who is the best for Belly. For me, Conrad is the better brother because he doesn't look at Belly in a lustful way, and he is way more mature than Jeremiah. As for me, I think Jeremiah is very childish and sometimes disrespectful to Belly. He cheated on her twice, which shows how immature he is.

To sum up, the Belly-Conrad-Jeremiah triangle is the heart of "The Summer I Turned Pretty". It shows how love can be exciting but painful, how choices can hurt people, and how feelings can get complicated when there are three people. This is why it is one of the most popular love triangles nowadays.

By Özgü SAYINER

ARE WE LIVING IN A SIMULATION ?

Are we living in a simulation? The general idea is that everything around us may not be real and has been a repeating image throughout history. On the other hand, the modern view is inspired by our digital world. Perhaps we live in a computer simulation.

In ancient China, philosophers thought that we cannot know if we are human beings dreaming of being butterflies or butterflies dreaming of being human beings. The Aztecs imagined that we exist in a painting created by some kind of deity.

Reality as we perceive it, may be the invention of a technologically sophisticated civilisation running on an extremely powerful computer by which one can turn us on and off. This is the simulation hypothesis, which nowadays has gained momentum, especially in computer science.

When compared with the recent past, today's computers are incredible. Nearly 50 years ago, one of the first computer games, which was called 'Tetris' was about moving blocks on each side of the screen. Today, we have virtual worlds filled with computer characters that all seem to move and behave as they should. So, are we really living in a simulation created by computer programmers who are thousands of years ahead of us?

Computers with this kind of processing could also have other abilities. If they could simulate a universe, recent AI research indicates that they would have no problem simulating a brain. Such a super AI would be like a god to us, and what it chose to do might be beyond our understanding or control.

Furthermore, if it were possible for sufficiently advanced civilisations to create complex simulated worlds, then it is more likely that we would be living in one of the many simulations rather than the original reality.

According to another argument, even if we had the computers, the simulations would take billions of years of computing time to run. Why would we want to do that? We're more likely to invent artificial gravity or teleportation than to simulate the entire universe or super-intelligent brains in the next hundred years. And we're much more likely to destroy ourselves before through environmental disasters!

All the above-mentioned arguments require significant testing and verification before even being considered plausible. Perhaps, the most important thing today should be to develop technology for the benefit of human beings, whose lives are threatened by the danger of disappearing, rather than worrying too much about science-fiction scenarios of the future. Otherwise, there'll be no future to worry about.

By Defne BAŞPINAR

WHAT IS MANIFESTING ?

Manifesting has become a popular social media trend over the past few years. Especially after the pandemic, a time during which people were in search of hope and motivation. It felt simple and positive, which made it easy to spread, which also made people question what it is and how it works. So what is manifesting?

Manifesting is turning your dreams and goals into reality by focusing on your thoughts, feelings, and beliefs. It might be a strong word, but doing it is just as simple. The idea is easy: you think about something you want, act, and feel like you have it, and take action about it. Even though it seems like a ritual, some people even do it without acknowledging it. For example, a musician who dreams about performing on a big stage. This makes him practice with more hope and excitement. Over time, his hard work and effort will open big opportunities for his dreams.

Even though manifesting is a common thing, it can be viewed from very different perspectives, which may cause confusion. Some people believe manifesting as a spiritual practice, such as “law of attraction”, meaning when you send out energy, the universe sends it back with a similar one. There are also some people who see it in a psychological way. They say that when you really care about something and focus on it, the brain naturally pays more attention to it, which helps us to notice more and take more actions, which helps a lot in reaching our goals.

By Beril ŞAŞMAZ



October 4th Animal Protection Day

Founded in England in 1822, the Society for the Protection of Animals aimed to provide better care and protection for our animal friends. The Society for the Protection of Animals was founded in 1908 in Turkey to ensure that people treat animals well and protect them. This organization declared October 4th as Animal Day to raise awareness of animal species threatened with extinction worldwide.

Animal Day is as important as any other day we celebrate. It aims to raise awareness and remind people that animals deserve respect and that animals living outside face difficult conditions, which is why it is so important and meaningful.

Instead of celebrating this day like other days, we help animals by donating and distributing food, creating posters, organizing fundraisers, and organizing walks.

Some important items from Universal Declaration on Animal Welfare are as follows:

ARTICLE 28: Anyone who kills an endangered animal shall be punished with imprisonment of one to five years; anyone who destroys an animal species shall be punished with imprisonment of five to ten years.

ARTICLE 14: Intentionally mistreating animals, committing cruel and inhumane actions, beating, starving, depriving animals of food, exposing them to extreme heat and cold, neglecting their care, and inflicting physical and psychological suffering shall be punished.

Our country does not fully comply with the rules in Article 14. Although we are trying to address this situation, in some cities, animals are collected from the streets and subsequently killed in shelters. Animal lovers decry this situation, but it persists in some cities.

The rules in Article 28 are also not followed, not only in our country but in many other countries. Again, attempts are being made to prevent it, but we are more able to prevent it than under the other article because the penalties are severe. The WFF application can be used to support this article.

By Yağmur Ada ÇİÇEK



TÜRKİYE'S ACHIEVEMENTS IN SPORTS IN 2025

This year, sports are very important in Türkiye. Two big teams played important games. The women's volleyball team is "Sultans of the Net," and the men's basketball team is "12 Giant Men." Many people in Türkiye watched them.

SULTANS OF THE NET

The Sultans of the Net are the national volleyball team. They played many matches this year. They won many games. They went to the World Championship final.

In the final, they played against Italy. The game had five sets. The first set was for Türkiye. The second set was for Italy. The third set was again for Türkiye. The fourth set was for Italy. The last set was very close. Finally, Italy won 15–13. The score was 3–2 for Italy.

Star Players:

Melissa Vargas: She is the biggest star. She makes many points with strong spikes and serves. She jumps very high. She is the top scorer on the team.

Eda Erdem: She is the captain. She blocks very well. She helps young players. She gives motivation.

Zehra Güneş: She is tall and blocks well. She scored an important point in the middle.

The team plays with a good system: pass, set, and spike.

12 GIANT MEN

The 12 Giant Men are the national basketball team. They played in EuroBasket this year. They won many games and went to the final.

In the final, they play against Germany. The score after the first quarter is 20–18 for Türkiye. In the second quarter, Germany made more points. In the third quarter, Türkiye fights. The score was close, 65–63.

In the last quarter, Germany scored many three-point shots. Türkiye tries fast attacks. The game was very close. At the end, Germany won 88–83.

Star Players:

Cedi Osman: He scores many points with drives and mid-shots. He plays fast.

Alperen Şengün: He takes rebounds. He scores under the basket. He plays strongly in defense.

Shane Larkin: He is fast. He makes assists. He scores three-point shots.

The team plays with big energy and never gives up.

NEXT GAMES

The Sultans of the Net will play in the Nations League. The 12 Giant Men will play in World Cup games. Coaches say the teams will train more.

Players say they will play for Türkiye, and they want to win.

CONCLUSION

Both teams are very important for Türkiye. They don't always win but they always play hard. The teams show good spirit. People in Türkiye follow every match and wait for the next games.

SPORT TERMS

Spike: In volleyball, you hit the ball hard and down.

Rebound: In basketball, you catch the ball after a missed shot.

Assists: In basketball, you pass the ball to help a teammate score.

Mid-Shots: In basketball, you shoot the ball from the middle distance.

By Can SÜSLÜ

TWO CONTINENTS, ONE RACE

The Bosphorus Cross-Continental Swimming Race, held annually in the Bosphorus Strait, is a unique event that stands out as one of a kind worldwide. Organized by the Turkish National Olympic Committee since 1989, this event sees thousands of local and international swimmers undertake a cross-continental journey, swimming from Asia to Europe. The approximately 6.5-kilometer course usually starts in Kanlıca and ends in Kuruçeşme.

Taking place in the Bosphorus's choppy and cool waters, the race requires not only physical endurance but also strategy. The event is open to amateur and professional swimmers of all ages and takes place every year in an atmosphere of great excitement and festival spirit. This race, which is an unforgettable experience for participants, plays an important role in promoting both the geographical beauty and the sporting culture of Istanbul.

The race starts from the starting point just off Kanlıca Pier, located on the Anatolian side. And the race finishes at the European leg of the Bosphorus Bridge. In the morning of the racing day, at early hours, swimmers are transported by boat to the designated starting area, and the start takes nearly one hour because of the number of participants. Participants take advantage of the strong currents of the Bosphorus to head southwest, towards the European coast. In the first stage, swimmers progress with the Beykoz hills on their left and the high slopes of Sarıyer on their right. Throughout the race, participants pass underneath Fatih Sultan Mehmet Bridge. In the middle section of the course, the currents begin to pose a greater challenge to the competitors. Therefore, it is strategically important for swimmers to use the currents correctly. One of the most critical tactics of the race is to avoid getting too close to the shore because of the currents, and even to swim a little further out in some places.

The 37th Bosphorus Cross-Continental Swimming Race, held this year, took place in the Bosphorus Strait with great enthusiasm and broad participation. Organized by the Turkish National Olympic Committee, the race attracted approximately 2,800 swimmers from 81 countries. This year saw a much higher turnout than previous years. This year's winners were determined with times of 56 minutes 49 seconds for the men's overall classification and 58 minutes 54 seconds for the women's. Although the current is usually very strong, this year it was almost non-existent. This made it more challenging for the swimmers. Despite the rain that affected Istanbul before the race, the event was completed as planned.



The reason I am bringing this up is that a 12th grade student from our school, Yağız Çınar, participated in this year's race, which led to my involvement in this organization. Yağız completed the race in 62 minutes, placing the 14th among in his own class and 17th overall. 2800 swimmers participated in the race. . As the slogan of the race is "Two continents, one race" it makes different cultures come together. This race encourages connections among swimmers from different nationalities. Also, it is an excellent competition to display our culture.

By Damla ÇINAR