

Dear MEF IS students and teachers,

Welcome to the MEF IS Post. Here, we will try to appeal to everyone's hobbies and interests. We talk about past and current events and we also have a sports section, an economics section, and many more interesting articles! This month's theme was Christmas/New Year with the hopes of increasing this spirit even during these hard times. We hope you enjoy our newspaper. Have a great winter break!

Your editors

What can you find in this issue:

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Holiday Spirit

2020 has been a complicated year, passing by so fast and yet so slow. It felt as if every month brought bad news, most recently how the school was returning to online learning again. By the looks of it, there were a lot of students as well teachers who enjoyed going back to school, seeing everyone again and talking to each other in person. Overall, it was a short but great time.

Online classes aren't by any means easy. They can be very stressful, but there are many upcoming events to look forward to that bring us a new wave of energy and excitement.

Besides events in school, there's many upcoming holidays to be excited about.

Whether it's New Years or Christmas, we should still celebrate and have fun. Usually we'd be exploring other countries and spending time with loved ones. This year will be a lot different, but that doesn't mean the holidays are ruined. Some ideas could be an online zoom call for holiday! You could play online activities and have a wonderful time!

I wish everyone spends this holiday relaxed and filled with joy. It hasn't been an easy year. Let's all make the best out of it, and see what 2021 has to offer!

Eda Okatan

Past and Current Events

Even during these hard times, our amazing teachers and fellow students are trying their best to make sure we are entertained.

Most recently, we have had our '12 Days of Fitness Challenge'. Congratulations to the winner **yellow** team and to all participants! Thanks to our amazing teachers Mr. Ibbotson and Ms. Kate and our team captains, it was a fun and motivating experience which got everyone active.

This week was also our spirit week, where we had many enjoyable days

brought to us by our hard-working StudCo which included PJ day, Among Us day, Anime day, Historical Figure day and Grinch day. This week was also the last week of our three week photo competition.

Our talent show this year is on January 20th. Don't forget to send your auditions to Fatima Abdinova (abdinovaf@stu.mefis.k12.tr) by January 4th.

During the break you also have a chance to watch the wonderful winter concert. Just go to the MEF IS website and enjoy.



How to Have an Eco-Friendly Christmas

Every year more than 2 billion people celebrate Christmas. That's a lot! Now we all know what Christmas is about, but how does it affect the environment?

All the beautiful papers used to wrap your presents usually go to waste. In the UK alone, 108 million rolls of wrapping paper are thrown away each year.

Be more careful when opening your presents and you can save that paper for the next year. It is not much, but it will help the environment.

What is Christmas without a Christmas tree? Americans cut down around 15 million fir trees just for Christmas. That could make a whole forest. Instead of cutting down a tree, buy a plastic one, it looks just as good as the real thing, and you will be helping the environment a

great deal. Besides, you won't have to buy a new one next year.

Another thing that is bad for the environment which happens around Christmas is all the extra mail being sent out. Again a lot of paper is used, but also more carbon is released into our atmosphere as the letters have to be transported by a van, plane or boat. We know it's nice to send your family a Christmas card, however, you can use a digital one instead and ensure less harm to the environment.

Everyone loves Christmas decorations and it's hard to resist buying new ones when all the shops are filled with them, but remember that if your decoration isn't compostable or recyclable, it will head straight to the landfill to pollute the planet. So, try to stick with well made decorations, which will last for years. They will bring you happiness longer and won't harm the environment.

Christmas is a fun time of the year but we also have to remember that we need to be eco-friendly. So, maybe this year cut down on wrapping paper or buy a fake tree and become a Christmas eco-warrior!

Maisie Ewell



Christmas Season Is Coming!

What are some of the most unique Christmas traditions around the world?

Sweden

Unique Tradition :

Sweden's Gävle Goat (Yule Goat)

Description :

The Gävle Goat is a big goat decoration made out of straw and ribbons. In the 17th century, the Gävle goats were small Christmas symbols. It wasn't until 1966 when this tradition of the giant Gävle Goat started. It is more than 42 feet high, 23 feet wide, and weighs 3.6 tons.

Where to find it :

The Gävle Goat is located at Slottorget (Castle Square) in Gävle, Sweden. However, you can also see smaller Gävle Goats as decorations on Christmas trees in households.



Japan

Unique Tradition :

Eating at KFC

Description :

On Christmas day, families go dine out at KFC. The tradition first started in 1974, after a highly successful advertising campaign, 'Kentucky for Christmas'. Due to its popularity, some people reserve orders for KFC months in advance. You can even see two-hour long lines outside KFC on Christmas day!

Where to find it :

Approximately 3.6 million families in Japan visit KFC restaurants over at Christmas.



Ethiopia

Unique Tradition :

'Tsome Nebiyat' (Fast of the Prophets)

Description :

Ethiopians take part in a special fast in the 43 days leading up to Christmas. Starting from November 25th, they eat one vegan meal each day. Foods such as meat, dairy, eggs, and wine aren't allowed.

Where to find it :

These meals are usually eaten in homes, for Christmas diners.



Jennifer Lee

How to Make New Year's Resolutions More Realistic

As we get closer to 1st January, most of you are probably deciding on a New Year's Resolution. Many people consider the new year as an empty page and want to change their bad habits or achieve new goals. However, it would be no surprise to you that more than half of the New Year's resolutions actually fail. This is because creating a new habit is much harder than it might seem. So, what should you really do? There are several steps that could make it easier for you to keep your resolutions.

Firstly, be **S.M.A.R.T.** (Acronym coined by Journal Management Review). In other words, specific, measurable, achievable, relevant, and time-bound:

Specific

If your goal is to read more books then you should be specific and say "I will read two books a month." instead of just saying "I will read more books" because it makes your goal more concrete and clear.

Measurable

This is necessary so that you could observe your progress. And at the end of every small success, you can reward yourself to get even more motivated.

Achievable

Making your goals achievable does not mean that you should not have big goals but instead, your goal should consist of small steps you can take one at a time. This way, you won't wear yourself out quickly and give up. And as you achieve the small steps, you will feel more confident and motivated.

Relevant

Your goal must be relevant because you should know if it really is important for you. If you want to lose weight because you are unhealthy then it is relevant but if you only want to lose weight because you think of societal norms then it would not be a lasting progress since the aim does not mean anything to you.

Time-bound

Time bound and commitment - your goal should have small steps to take

which would make it more realistic and easier to achieve. As motivational speaker, Tony Robbins, says, "In essence, if we want to direct our lives, we must take control of our consistent actions. It's not what we do once in a while that shapes our lives, but what we do consistently."

Secondly, learn from the past. When you make a mistake or fail to make progress, think about the reason that made you fail.

you will be more successful in your future goals. Since you can't go back and change it, focus on considering it as a chance to learn a lesson. This way, you will be more successful in your future goals.

We hope that this helps you come up with more achievable New Year's resolutions, and we wish you and your improved self all the best!

Dilay Kalinoglu

Christmas Song Suggestions

Top 5 songs to listen to in December:

1. All I Want for Christmas is You by Mariah Carey
2. Last Christmas by Wham!
3. It's Beginning to Look A Lot Like Christmas by Michael Bublé
4. Let It Snow! Let It Snow! Let It Snow! By Dean Martin
5. Snowman by Sia

Christmas Movie Suggestions

Movies to watch in December:

1. Home Alone directed by Chris Columbus
2. Tim Burton's The Nightmare Before Christmas directed by Henry Selick
3. It's a Wonderful Life directed by Frank Capra
4. The Polar Express directed by Robert Zemeckis
5. Last Christmas directed by Paul Feig



Christmas Book Suggestions

Books to read during December:

1. *Little Women* by Louisa May Alcott: A coming of age story of 4 young sisters who are trying to find love and their place in the world.
2. *One Day in December* by Josie Silver: A book about friendship, love and lost opportunities all linking to a small encounter on a December day.
3. *The Greatest Gift* by Philip Van Doren Stern: A man who has lost all his hope in life will learn a very important lesson in Christmas: life is a gift.
4. *Seven Days of Us* by Francesca Hornak: Olivia Birch, who treats patients in an Ebola-like Haag epidemic, decides to go home for Christmas. Afraid that this deadly virus might be present, the whole family decides to quarantine together for a whole week. Sounds familiar?
5. *Hercule Poirot's Christmas* by Agatha Christie: A good book for one's that like a thrilling mystery. Join Hercule Poirot this Christmas Eve in the Lee family reunion as he uncovers the secret of Simeon Lee's death.

Melisa Civelekoglu

Christmas Gifts You Can't Go Wrong With

Christmas is getting closer and at this point of the year many people find themselves stressing about what gift to buy their loved ones. Finding the perfect gift for a person can be very hard - you never know what they would like or need - and if the gift is for a special someone you'll want to get the right one. But don't worry! Here's a list of ideas for christmas gifts that everyone will enjoy!

1. **Books!** This may sound like a lame idea but if you get the right book it can actually be an amazing gift - if a person is interested in a particular genre of books, or in a particular topic (for example art, history or sports) a bunch of books about that specific topic will be very appreciated.
2. **A Kindle.** A Kindle is more expensive than a book, but you could divide the expenses with your friend group and surprise your book-addicted friends.
3. **A Polaroid camera.** Just like a Kindle, a Polaroid is fairly expensive, but sharing the expenses with a few more people will make it affordable! Even if the quality of a Polaroid photograph is usually not as good as other types of photographs, they can still capture the moment and make great memories.
4. **Make-up.** This gift is not suitable for everyone as many people prefer not to wear make-up, however, if the person is into it, they will definitely enjoy it.
5. **LED lights / LED light bulbs.** These have become very popular lately and they would make a lovely gift. You can either get a LED light wire that can be attached to the ceiling, or a LED light bulb that can be put inside a lamp - these can usually change colour!
6. An alternative to led lights could be to get a **disco light bulb.** These are usually plugged in into an electric socket and they project disco-style lights onto the ceiling.
7. **Bath bombs.** These have beneficial effects on a person's skin and create a beautiful and colourful effect in the water. If someone has a bathtub at home, a set of bath bombs is an adorable present.
8. **Video games.** These are, again, not suitable for everyone, however, if you know someone who enjoys playing video games you can consider getting them one or two.
9. **Gift cards.** If you know someone is very interested in something, for example, books, but you don't know exactly which genre and you don't want to get it wrong, you can get them a gift card for a bookshop so that they can buy themselves whichever book they enjoy the best!
10. **Clothes.** If you are unsure of what to get to someone or of what they would like, buying them clothes is always a good solution.

Now go get your loved ones amazing gifts!

Giulia Improta



SPORTS INSIDER

Welcome to Sports Insider: the MEF IS Post column where you get to read about a sport and decide the focus for next month's sport.

This month's selected sport is: **Snowboarding**.

Method:

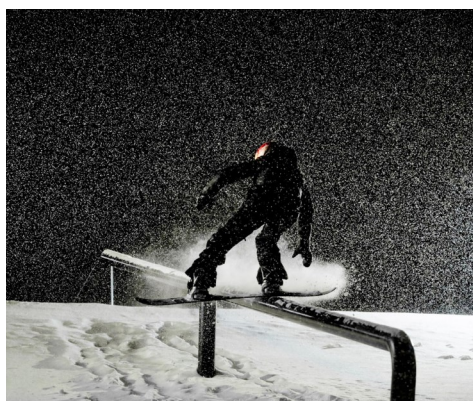
Point your snowboard straight down and glide forward. Shift your weight to the front foot and over your toes. Move your hips over the toe-side edge as you flex your ankles and knees.

Interesting facts:

- * A fellow named Sherman Poppen invented the snowboard in 1960 and called it snurfing.
- * Until the 1980's, snowboarding was illegal.
- * During the winter snowboarding makes up 30% of resort revenues.

Recommended Exercises for snowboarding:

- Russian Twists
- Front Squats
- Alternating lunges
- Jump lunges and squats
- Single leg deadlifts



Scott Kingham

Most famous snowboarders:

- ◇ Shaun White - 3 time olympic gold medalist
- ◇ Terje Håkonsen - considered the most influential snowboarder of all time
- ◇ Travis Rice- #13 on the top 20 most influential snowboarders

Recent snowboarding news:

Travis Rice and LIB tech collaborate and partner up for Orca Conservancy. The Orca Conservancy is an organization that is committed to the recovery and preservation of the southern resident whale population and its habitats. Every Travis Rice orca snowboard sold goes into their efforts.

Rating: Snowboarding is a fun and active sport, and one doesn't have to take too long in order to get down the basics. So the rating for this month's sport is (7/10).

Choices for Next Month's Sports:

1. Ice Skating
2. Tennis
3. Rock Climbing
4. Chess Boxing
5. MYSTERY SPORT

ECONOMICS EXPLORER

Hello dear MEF IS readers, you are reading the Economics Explorer. Here we will dive into this month's economic event while expanding our knowledge and interests in economics.

Macroeconomics News of December: A New Covid-19 Stimulus for Japan's Economy

Japan's Prime Minister, Yoshihide Suga, has announced a new stimulus to better the Japanese economy as the Covid-19 crisis continues to decrease Japan's economic growth.

The stimulus package will include 73.6 trillion Yens (approximately 709 billion dollars) which will primarily be used for carbon reduction, restaurant businesses, the technology industry (digitalization), and the domestic traveling sector. Around 384 billion dollars of this stimulus

package will directly subsidize the businesses sectors.

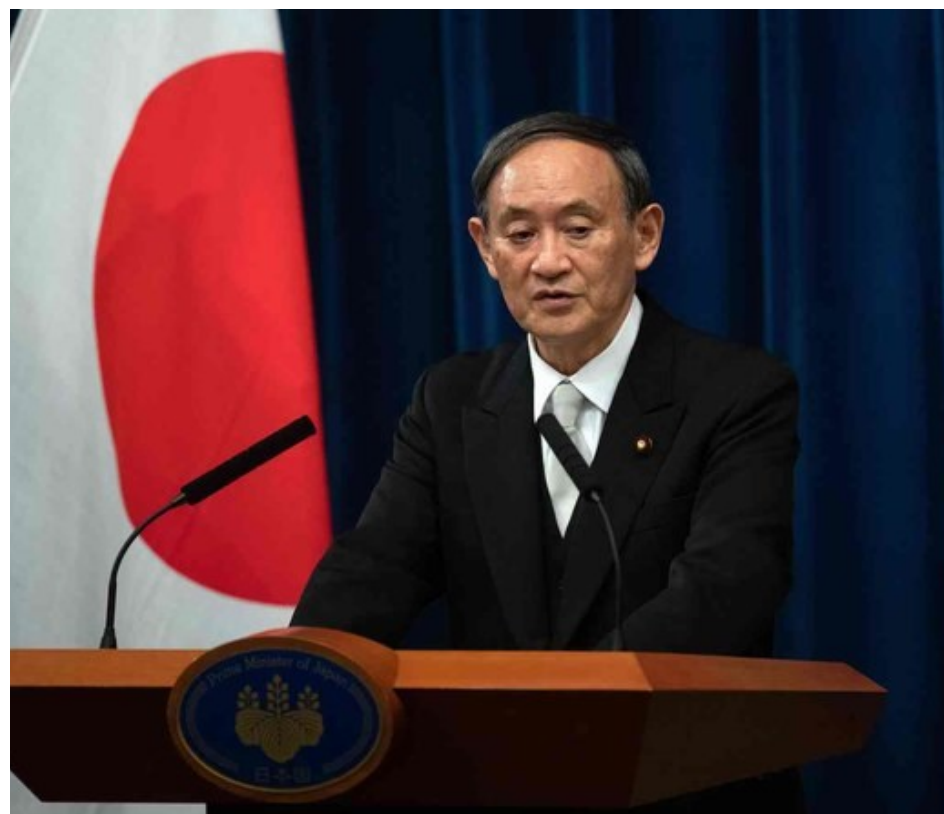
Here is what Prime Minister Suga's said about the package:

"We have compiled these measures to maintain employment, sustain business and restore the economy and open a way to achieve new growth in green and digital areas, so as to protect people's lives and livelihoods."

Interesting fact: Along with the addition of the new stimulus package, Japan has spent a total of 3 trillion dollars on stimulus packages in only 2020. The stimulus packages are prevalent in 2020 to overcome the harsh effects of the Covid-19 pandemic.

Look out for more economic news in our next issue. Stay curious.

Alper Özkara



How to Make Mulled Wine

Want to boost your Christmas spirit? Then check out this recipe on preparing a hot drink that smells like cinnamon and makes all your problems go away!

Mulled wine (also called spice wine, Glühwein or Glögg) is a traditional beverage made with grape juice and spices and is served during winter, especially around Christmas time. It can often be found at Christmas markets all around Europe.

To make non-alcoholic mulled wine you will need:

- Grape juice or cherry juice
- Spices: cinnamon, cloves, anise, cardamom, coriander, nutmeg, or any combinations of those (you can also buy a spice set with all of them included)
- Oranges or tangerines/mandarins
- You can add apples or grapes if you feel like it

Steps:

1. Slice the oranges, peel the tangerines and chop the apples (be very careful when using a knife).
2. Combine all your ingredients in a saucepan and put it on the stove (make sure to check with your parents first and be safe around the fire).
3. Keep the mixture on low-medium heat for 15 to 25 minutes. You can taste it and see if you would like to add any extra spices or sugar.
4. Once the mixture is hot enough (or when you don't feel like waiting any longer because of the wonderful smell of the spices), turn off the heat.
5. You can either serve it as is or pour it through a mesh strainer.
6. When serving, add an extra slice of orange and a stick of cinnamon.

Voila!

Enjoy your drink!

Kate Leonova



Fancy a Treat?

Best Cheesecake Places to Order From:

1. Padoca Bakery, Sarıyer → 4.5 stars
2. B-Block Bakery, Beşiktaş → 4.3 stars
3. Rafine Espresso Bar, Kadıköy → 4.3 stars



Get to Know Your Fellow Students

This section of the newspaper is going to have an interview with one of the wonderful students at MEF IS.

If you want an interview with you to appear in the next issue, send an email to leonovak@stu.mefis.k12.tr

Melisa Civelekoglu

Describe yourself in three words.

Hard-working, kind, helpful.

Do you think your friends would describe you the same way you did?

I think so. I usually am like a "big sister" in my friend group: kind, understanding and giving good advice.

What do you like to do in your free time?

I like to read books- especially mystery, thriller and crime novels. Other than that, I usually enjoy writing stuff while listening to some music.

On all these occasions of course, coffee is a must.

What are you going to do during the break?

I will probably read a lot of books and try getting off screen as much as I could. I will also try to go ice skating, hopefully they will let me enter the ice rink.

What is the last book you have read? Give us a little description of it.

The last book I read was Little Women. I already added it to the book suggestions section. You can go check it out there:)

Do you do any sports?

I have been playing tennis for almost 9 years and have been doing figure skating for a few.

Ice-skating? Fascinating. Tell us about it.

I haven't been skating for a very long time, but my trainer always said that I had a huge potential.

As a hobby, it brings along fun times, but if you really want to succeed then it is an extremely hard but enjoyable sport. I think a part of why I loved ice skating so much was because I loved winter, and just the thrill of feeling that cold breeze on my face was enough.

When did you start?

I actually started skating when I was very small, but due to reasons out of my control, I had to quit. One day, after many years, I just decided that I wanted to continue skating.

Did you ever want to be a professional figure skater?

I did want to be. Of course it would have been easier if I hadn't quit when I was younger, but my trainer always motivated me. I was doing intense training for several tournaments before the lockdown happened in March, but since then I haven't really been able to go much.

You are one of the editors of the newspaper. Why did you decide to create a newspaper in our school?

My friends and I wanted to create a platform where we could make students' voices heard by other students while also making it entertaining. I think that this is especially important in our school as the student body consists of many people that come from all around the world.

Why do anything?

You only have one life to live. And I realized that at the end of the day, I would rather do something

I want -no matter what other people say or how hard it may be- than look back and regret not being able to do it.

What is your biggest dream?

I would say I have a lot of big dreams, but the biggest will always be being happy no matter what.

If you could be anywhere right now where would you be?

I would want to be in a winter cabin, watching the Northern Lights, probably accompanied by some coffee.

Would you rather choose...

To ride a bike, ride a horse, or drive a car?

Depends on where I am.

Dog or cat?

I can't choose:)

Chess or backgammon?

Chess.

Chocolate or ice-cream?

Chocolate.

Pirates or ninjas?

Pirates.

Unicorns or zombies?

Zombies.

Thank you to **Melisa Civelekoglu** for participating in this interview.

We hope you liked getting to know a fellow student. Again, if you want an interview with you to appear in the next issue, you can send us an email to leonovak@stu.mefis.k12.tr. You can also choose to give an interview anonymously.

Are You Staying Healthy?

Coronavirus has changed many things. Students can't go to school because of the lockdown, and many shops are closed. Nowadays, we have to be careful in order to avoid the getting the virus. In this article, I will talk about how to stay healthy in this pandemic.

Firstly, you have to wear masks wherever you go. The virus enters through your nose and mouth, and later flows into your lungs which will infect you. In order to prevent this, you have to wear masks. Masks basically act as filters and will filter out viruses to provide clean air for you and for the ones around you. I know that wearing masks could sometimes be very uncomfortable but it's really important to protect yourself and others.

A way of keeping your hands clean is using a sanitizer. The alcohol present in these hand sanitizers kill viruses with its sterilization effect. Many shops have hand sanitizers in front of their entrances. Using a hand sanitizer is a good habit to keep you healthy.

Another way of keeping yourself clean is by washing your hands. Washing hands is simple and yet very important. Don't forget to wash your hands with soap when you get back home; the government suggests that you

wash 8 times per day for between 15-30 seconds.

Lastly, another way of staying healthy is by social distancing. Even when we try our best to stay away from others, we will always find ourselves in places like shopping malls or markets. Here, it is crucial to keep social distance. The minimum distance recommended is about 1-2 meters. Keeping social distance helps prevent viruses from spreading.

The 4 ways of keeping yourself healthy in this pandemic mentioned in this article were wearing masks, using hand sanitizers, washing your hands, and social distancing. Protect yourself from viruses and stay healthy.

Seojin Kim



This newspaper was created by Alper Özkara, Dilay Kalinoglu, Eda Okatan, Giulia Improta, Jennifer Lee, Kate Leonova, Maisie Ewell, Melisa Civelekoglu, Scott Kingham and Seojin Kim.

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