



## New Zealand

Sümeyra Nur ACAR 7B

New Zealand is composed of two main islands as well as many small islands. The names of these two main islands are the North Island (Te Ika-a-Mau) and the South Island (Te Waipounamu).

If you're looking for a good reason to visit New Zealand... there are no snakes on the island.

*on Page 2*

## Canada

Aylin YILMAZ 6D

Capital : Ottawa  
Surface area : 891,163 km<sup>2</sup>  
Population : 34 million  
Official languages : French and English



*on Page 3*



## Let's Talk About Rules & Numbers!

Emine Betül SARICI 11B

Have you ever realized that numbers in English seem like they have an order but it is so easy to find exceptions ?

For example when a number is between ten and twenty you say the number and add "-teen". It looks simple. But then you have eleven, twelve, thirteen and fifteen which don't exactly go by the rules.

*on Page 10*

## What is Sleep Deprivation?

Research by Birtan ÖZTÜRK

Sleep deprivation occurs when a person is not able to get enough sleep. The amount of sleep needed to feel refreshed and function well depends on the individual and varies across ages. Getting enough sleep every night is important. Some experts also believe that sleep gives our body a chance to repair itself, so the lack of sleep can have harmful health effects.

*on Page 5*



## Movie Reviews

Irmak OKTAY 8B



Bird Box is a thriller movie by Netflix starring Sandra Bullock and Trevante Rhodes. It's directed by Susanne Bier. The film focuses on the struggle of a woman and two children against supernatural creatures.

*on Page 6*

## Language Learning is Like Falling in Love

Steve KAUFMANN (A Polyglot)

Recently, I had to give a short talk in Japanese to about 30 members of the Japan-Canada Chamber of Commerce. I am a Director of this Chamber, which consists mostly of recent Japanese immigrants to Canada who are involved in their own businesses here. Here is what I said in Japanese.

Language learning is like falling in love. In fact, you have to be in love to learn a language well.

*on Page 4*

# New Zealand



By Sümeyra Nur Acar 7B



New Zealand is composed of two main islands as well as many small islands. The names of these two main islands are the North Island (Te Ika-a-Maui) and the South Island (Te Waipounamu).

If you're looking for a good reason to visit New Zealand ...there are no snakes on the island.

30 % of the country is covered with forests.

Edmund Hillary of New Zealand was the first person in the world to climb Everest Mountain.

A wingless bird called Kiwi is a symbol of New Zealand.

Queen 2<sup>nd</sup> Elizabeth is also the official queen of this country.

If you have decided to learn English in New Zealand, you'll enjoy seeing the sun in one of the first places in the world where you can see the sun every day before your friends and family.

A quarter of the population lives in the North Island, and the rest lives in Auckland.

The longest name in the world, Porangahu, is the hill "Taumatawhakatan-gihangakoauauotamateaturipukakapikimaungahoronukupokaiwenuakitanatahu" in the Hawkes Bay. It is a Maori (New Zealand Native) name, known as a land eater, a man with a big knee who slides into the mountains. If you admire the movie "Lord of the Rings", you will have the opportunity to see many things you want to see with tours of the country where the film was shot.

Although it has almost the same size as Japan, New Zealand is one of the most sparsely populated countries in the world, with a population of 4 million.

If you like beaches and surfing, New Zealand is a great place for you. The island has a coastline of more than 6000 kilometers and you are no more than 128 kilometers from the sea, no matter where you are in the country.

New Zealand has two official languages: English (the most common) and the Maori language spoken by the native Polynesian people of New Zealand.

New Zealand is one of the rare countries in the world where the steering wheel is on the right as it is in the United Kingdom.

New Zealand is a fairly liberal country in the world to grant women the right to equality in gender relations.



# Canada

Aylin YILMAZ 6D

Capital: Ottawa

Surface area: 891,163 km<sup>2</sup>

Population: 34 million

Official languages: French and English



Toronto

## World Rankings

Canada has been selected as one of the ten best countries in the world by the UN and EUI since 1994. In the UN survey, Canada ranked particularly high for reasons such as non-formal education opportunities, average length of life (due to a universal health care system), low crime and violence rates. Besides, the city of Vancouver, Toronto and Montreal are ranked as the best cities to live and work in the world, thanks to their safety, cleanliness, cultural activities in addition to attractive lifestyles.



Capital Ottawa



## Galata Tower

Zeynep Begüm OKTAY 8A

It's one of the oldest towers in the world and one of the most beautiful views of Istanbul. It is hundreds of years old. It was built by Constantinople's Emperor Anastasi-us as a lighthouse tower in the Galata district in 508. The tower was called the "large horoscope" during that time.

It was damaged during the Crusades in 1204. The Genoese rebuilt it by stone at 1348. It was the longest building in Istanbul at those times. After Istanbul was conquered in 1453, the tower's key was given to Sultan Mehmet the Conqueror. In 1510, the tower was damaged because of the earthquake which was called the "Little Apocalypse". This damage was repaired by Murat b. Hayrettin. The tower was used as a prison during the reign of Suleiman The Magnificent. An observatory was installed on top of the tower at the rule of Murat III. In 1638, the scholar Hezarfen Ahmet Çelebi flew from Galata Tower to Üsküdar with the wings he made himself. The Tower was damaged due to fires in 1734 and 1831.

There are many rumors, stories, poems, myths about the Galata Tower. One of them is a poem written by Ümit Yaşar Oğuzcan to his son who committed suicide by jumping from the Galata Tower.

"June 6, 1973, it was a sparkling summer day, it was bright and nice world. A man fell that day from the Galata Tower, suddenly left himself in the void, and shattered all the hopes in his life's spring. A man fell that day from Galata Tower. That man was my son."

Another legend about the tower is "Whoever you go up to the tower first, you marry him/her. However, if one of the pairs go to the tower before, the talisman breaks down."

The other story is the love of Galata and Maiden's Tower. According to the story, the handsome Galata Tower loves beautiful Maiden's Tower. The sea between them will tell their love to each other. Galata writes his feelings, put into words by writing letters. Before Hezarfen Ahmet Çelebi flew to Üsküdar, Galata put his letters in Hezarfen's pockets and whispered his love to Hezarfen Ahmet Çelebi. Hezarfen went through near the Maiden's Tower, he left the letters to the tower. Maiden's Tower received the letters and she understood that she was not alone in her love.

Nowadays the tower serves as a restaurant with a viewing terrace and it's located in the heart of Galata between Karaköy and Taksim.

# Language Learning is Like Falling in Love

Steve KAUFMANN (A Polyglot)



Recently, I had to give a short talk in Japanese to about 30 members of the Japan-Canada Chamber of Commerce. I am a Director of this Chamber, which consists mostly of recent Japanese immigrants to Canada who are involved in their own businesses here. Here is what I said in Japanese.

Language learning is like falling in love. In fact, you have to be in love to learn a language well. I mean in love with the language. You have to have a love affair with the language. You do not have to marry the language. You can have an affair and then move on to another language after a period of time.

But while you are learning the language you have to be in love with it. And

you will learn faster if you are faithful to the language while you are studying it.

Just as when you are in love, you want to and need to spend as much time as possible with the object of your love. You want to hear its voice and read its thoughts. You want to learn more about it, the many words and phrases that it uses to express itself. You think of the language wherever you are. You start to observe the object of your love closely. You notice all the little things it does, you become familiar with its peculiar behavior patterns. You breathe it. You hear its voice. You feel it. You get to know it better and better, naturally.

Just as in a love affair, there are things about the object of your love that you do not like. You ignore these. You only think about the things that you love. You do not question the object of your love. You just accept it. You do not ask why. You do not ask why it behaves a certain way. You do not seek to understand the secrets to its structure. You just want to be with it, and even to imitate it, the highest form of appreciation.

Loving a language is a one-sided love affair. You love the language. It does not love you back. But the good thing is that it is not jealous of you, of your other previous love affairs. It really does not care if you carry on another love affair at the same time. But, as with people, doing so can create problems.....The language does not criticize you. You can use it however you want, as long as you enjoy yourself.

You are not jealous of other people who love the language you love. In fact, you like to meet people who love the language you love. It is a lot less bothersome to love a language than to love a person, because the love of the language is its own reward. You do not care what the language thinks of you. You are enjoying your affair with the language and do not expect anything in return. As long as you have that relationship, you will learn and improve in the language.

If you just use a language without loving it, you will not improve. If the goal is only to get a better job or to pass a test, you will not improve. People are the same way. You cannot have a love affair with someone just to get a better job, although..... This has been my approach. So when I learn a language I spend most of my initial time just listening and reading and building up my words and phrases. I just want to get to know the language, enjoy its personality and get used to it. I do not want anyone to question me, or explain my love to me. I do not want to speak in the language before I have really gotten to know the language, because I know that I will not do justice to my love. I only speak in the language when I want to, when I am ready.

I practice what is known as the "silent period" approach to language learning. Right now I am learning Russian and have been doing so for one year. I read and listen to many different kinds of content, including simple stories, podcasts, and Tolstoy. I love it. I do not yet speak Russian. I could if I wanted to. I have been using the latest version of our language learning system, [LingQ](#), which enables people to learn any language they want.

If any of you are interested in having a love affair with a language, read more on my blog and subscribe to my [YouTube channel](#) to hear this podcast and more!

You can also improve your English, Spanish, Italian, and 11 other languages today! [Visit LingQ.com](#)



# What is Sleep Deprivation?



Research by Birtan ÖZTÜRK

Sleep deprivation occurs when a person is not able to get enough sleep. The amount of sleep needed to feel refreshed and function well depends on the individual and varies across ages. Getting enough sleep every night is important. Some experts also believe that sleep gives our body a chance to repair itself, so the lack of sleep can have harmful health effects.

## How common is sleep deprivation?

Sleep deprivation is very common.

- 35% of adults in the US sleep less than 7 hours during a typical day.
- 73% of US high school students get less than 8 hours of sleep on school nights.
- 58% of US middle school students get less than 9 hours of sleep.

The National Sleep Foundation recommends the following sleep duration for different age groups:

Age	Recommended duration of sleep
Newborns (including naps)	14 to 17 hours
Infants (including naps)	12 to 15 hours
Toddlers (including naps)	11 to 14 hours
Preschoolers (including naps)	10 to 13 hours
School-aged Children	9 to 11 hours
Teenagers	8 to 10 hours

## What causes sleep deprivation?

- poor sleeping habits
- circadian rhythm disturbance (e.g. delayed sleep phase syndrome, jet lag when traveling across multiple time zones, late shift work)
- sleep disorders like insomnia, restless leg syndrome and sleep apnea
- use of medications or drugs

In children and teens, causes of sleep deprivation can also include:

- the onset of puberty
- large adenoids and tonsils, which can cause breathing problems during sleep
- disorders such as Attention Deficit Hyperactivity Disorder (ADHD) or autism.

## What are the common signs and symptoms of sleep deprivation?

- feeling sleepy during the day, especially while performing quiet activities, like watching TV, or reading
- changes in mood (irritability, depressed mood)
- forgetfulness and difficulty learning new concepts
- inability to concentrate or focus on a task
- weight gain

## What happens to me with sleep deprivation?

- feeling unusually sleepy during the day
- accidents from lack of attention,
- mood changes
- change in appetite.

Also,

- Reducing your sleep time by even 1 hour can affect your thought process and reaction time the following day.
- Lack of sleep can lead to chronic fatigue, which can affect work or school performance.
- Sleep deprivation also causes several medical conditions including:
  - diabetes
  - heart disease
  - stroke
  - high blood pressure
  - kidney disease, and mood disorders.

- Sleep deprivation also causes a decrease in growth hormones, which can lead to decreased height growth and poor weight gain in children.

## How can we sleep better?

- ✓ Make sleep a priority every day. Get 7-9 hours of sleep each day or enough sleep so that you wake up feeling refreshed.
- ✓ Follow good sleep habits.
- ✓ Talk to your healthcare provider if you think you have a sleep problem and are not getting enough sleep.



## Resources

American Thoracic Society  
[www.thoracic.org/patients](http://www.thoracic.org/patients)

- Circadian rhythm
- Healthy sleep in adults
- Healthy sleep in teens
- Healthy sleep in children
- Insomnia
- Sleep and performance
- Obstructive sleep apnea

National Sleep Foundation

<https://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/sleep/>

Sleep education—American Academy of Sleep Medicine

[www.sleepeducation.com](http://www.sleepeducation.com)





### Ayşe Nur KARADENİZ 8B

**Director:** M. Night Shyamalan

**Budget:** 130 million \$

**Cast:** Will Smith, Jada Smith

**Scenario:** M. Night Shyamalan, Gary Whitta

**Time:** 100 minutes

**Release date:** 27 July 2013

#### Review

The film takes place in a future far from today and in a purely fictional world. The Earth had been abandoned and people had begun to live on other planets. Kitai and his father Cypher, crash land on Earth after a severe disaster during their space flight. No man has ever stepped foot on Earth since it had been abandoned a thousand years ago and declared as a very dangerous quarantine zone for humans. Cypher is seriously injured during the landing. In this long-abandoned world, the father and son are forced to struggle with strange creatures and dangerous events. Now their life is in Kitai's hands.



### Irmak OKTAY 8B

**Director:** Susanne Bier

**Budget:** 19.8 million \$

**Cast:** Sandra Bullock, Trevante Rhodes, John Malkovich

**Scenario:** Eric Heisserer (screenplay), Josh Malerman (novel)

**Time:** 124 minutes

**Release date:** December 14, 2018

#### Review

Bird Box is a thriller movie by Netflix starring Sandra Bullock and Trevante Rhodes. It's directed by Susanne Bier. The film focuses on the struggle of a woman and her two children against supernatural creatures. Bird Box was the most-watched production in its first 7 days on Netflix, with over 45 million views during the first week of its release. Also, the film won an MTV award for the best scary scene. I was impressed when I watched this movie. The soundtrack of the movie is also impressive. I watched this movie with my family and it kept us in suspense. This movie really deserves praise. If you're looking for a good thriller movie, I would definitely recommend this one.



### Birtan ÖZTÜRK

**Director:** Jeffrey Jacob Abrams

**Budget:** 130 million \$

**Cast:** Daisy Ridley, Adam Driver, Carrie Fisher, Mark Hamill, John Boyega,

**Scenario:** George Lucas, J.J.Abrams

**Time:** 144 minutes

**Release date:** December 20, 2019 (Turkey)

#### Review

This is the last episode of the famous Star Wars saga which started almost 40 years ago with the first release of Star Wars – New Hope in 1979. I was 8 years old when I watched it for the first time in 1985. I remember how impressed I was by this movie just like everyone who watched it in those years. This is the 9th episode of the long-running saga and I have to admit that the previous episodes 7 and 8 weren't what I expected, and I know that there are many fans who share my disappointment. However, this final episode was much better than its predecessors and is worth watching. And this time it offers not only impressive CGI (computer-generated imagery) but also a good storyline which concludes the legend.



# Book Review Follow Your Heart



Zeynep HIYAMLI – 11C

*Follow Your Heart* is a book that sticks in your mind even after you finish reading it. It contains life-lessons letters, from Grandma Olga to her Granddaughter Marta which were never sent. In the letters, Olga brings back her granddaughter’s childhood and the warm relationship memories they’ve had and she complains about her life after Marta left.

Another point that Olga complains about is the relationship between herself and her daughter Ilaria. Olga was raised by bourgeois parents and because of that, she was never able to have a healthy relationship with Ilaria. So when Marta was born and her mom was gone, Olga felt like she had a second chance at raising a child.



Marta becomes the most important thing she ever had. She tries so hard to make everything right. When Marta tells her grandma that she’s going to study abroad and while she’s there, she doesn’t want to make any contact with her, Olga falls apart. Even though she doesn’t want to, she finds herself writing a letter to Marta someday. To me, one of the most dramatic things in the book is not knowing if the letters were sent somehow and if Marta came back.

I’d like to end my article with Olga’s words:

*“Wait. Wait quietly and listen to your heart. Stand up when it talks to you and follow your heart.”*

### Susanna Tamaro

Susanna Tamaro was born in a family of a middle class in 1957, Trieste, Italy. She had a rough childhood. She had a terminal illness when she was 25 and it left a scar on her. She started writing at 27. After a couple of unsuccessful tries, she became famous with *Just For One Voice*. In 1994, she wrote *Follow Your Heart* and it became the “Most Sold Italian Book In XX Century.”

### Enzel Ebrar ALBAYRAK 11B

**Director:** Jennifer Lee, Chris Buck

**Budget:** 150 million \$

**Cast:** Kristen Bell, Idina Menzel, Josh Gad

**Scenario:** Jennifer Lee

**Time:** 103 minutes

**Release date:** November 22, 2019

### Review

Frozen 2 is an American computer-animated musical fantasy film produced by Walt Disney Animation Studios. Frozen 2 has had the biggest opening for an animated film in history at the worldwide box office. The Disney sequel grossed \$ 350.2 million in its first three days, and the film was released simultaneously in countries such as the United States, Britain, China, and South Korea. The film also beat the box office record previously held by Toy Story 4, which opened to \$240.9m worldwide in June. The first Frozen movie, released in 2013, grossed \$110.6m worldwide in its opening weekend. In the USA alone, Frozen 2 grossed \$127m in its first three days, easily beating an array of newcomers including the Chadwick Boseman, *Vehicle*, *21 Bridges* and the Tom Hanks comedy-drama *A Beautiful Day in the Neighbourhood*.





# Marie CURIE (1876-1934)

İclal BOR 8A

Marie Curie was born on November 7, 1876, in Poland. Her sister helped her learn math and physics. After one and a half years, she graduated as the first of her class in physics. She also studied math. She started working on radioactivity in the 1890s. She discovered polonium and radium. She is the first woman to receive a master's degree in science. She shared the Nobel Physics award with her husband Mr. Curie, and their colleague Mr. Becquerel. She received a Nobel Chemistry award in 1911. She was the first scientist to receive two Nobel Prizes, and she is still holding this title. Curie died in France, because of cancer on July 4, 1934. She was exposed to lots of radiation during her life which caused her cancer. After she died they called her "the woman who died for science".

*"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."*

Marie Curie



# Alfred NOBEL

Azra KULOĞLU 11C



Alfred Nobel was born in 1833 in Stockholm, Sweden. After he was born his father went to Russia to work. His father worked with the government and made machinery and explosives. Several years later his family moved to Russia. Alfred and his two older brothers liked to watch their father while he was working in his laboratory.

Several years later he started working with his two older brothers and his father on the explosive gunpowder for the Russian military. A chemistry professor showed Alfred a heavy oily liquid and he realized the potential of it. This liquid was called nitroglycerin. Nitroglycerin was a powerful explosive and it was dangerous to work on. That's why some governments started to ban nitroglycerin. But that didn't stop Alfred. He continued his experiments to make nitroglycerin safer.

While they were working in the laboratory Alfred's brother was killed by an accident on the same day his dad died eight years earlier. But Alfred didn't give up and continued to work. In 1867 he discovered a new material to mix with nitroglycerin to make it safer. He was also interested in weapons, but he wanted to make something that could stop the wars. He wanted people to remember him as a man of peace. He wrote a will and started the Nobel Prize. Now people know Alfred Nobel for his efforts to make the world a better and more peaceful place.

The Nobel Prize is one of the greatest honors in the world today. Once a year people win this prize for their work in science, medicine, literature, economics, or world peace. Each winner receives a gold medal, a diploma, and about one million dollars.



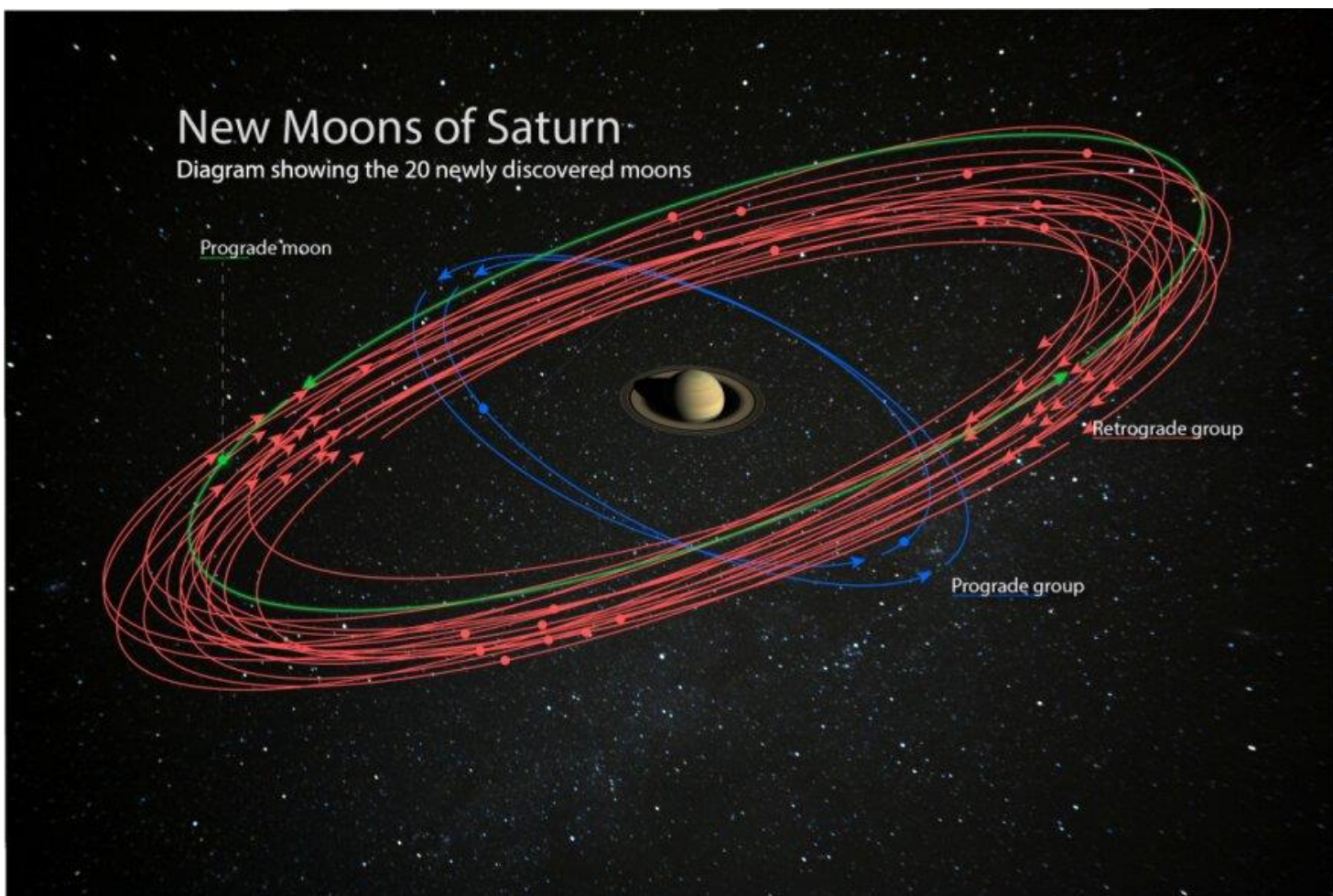


# Saturn's 20 New Satellites Discovered



Cemre Su SUSAM & Sudenaz AYAR 6D

A group of astronomers from the Carnegie Science Institute discovered 20 new satellites of Saturn. The planet with the most satellites to date was Jupiter with 79 satellites. However, Saturn, where the number of satellites rose to 82 in total, surpassed Jupiter. The diameter of each new satellite is about 5 kilometers. Two of them complete a tour in orbit around the planet in about 2 years. The tour of the orbit of the other 18 satellites lasts more than 3 years. Astronomers think that newly discovered satellites may be the remains of a previously fragmented large satellite.



## Land Diving in Vanuatuan Islands

Vanuatuan Islands are in the north-east of Australia. On these islands, young men must prove their courage by jumping from a wooden tower of about 30 meters. First they need to climb up the tower and jump head-first down to the ground and the only thing that keeps them alive are vines tied to their ankles.





# LET'S TALK ABOUT RULES & NUMBERS!

**Have you ever realized that numbers in English seem like they have an order but it is so easy to find exceptions?**

For example when a number is between ten and twenty you say the number and add "-teen". It looks simple. But then you have eleven, twelve, thirteen and fifteen which don't exactly go by the rules. These are not the only examples. When you multiply a number by 10 you get stuff like sixty and seventy so you think that the rule is writing the number and then adding "-ty." But then twenty, thirty and fifty do not abide by the rules either. You probably didn't think about this very much since English has a lot of irregular words and exceptions but these actually have interesting explanations.

## **10 Let's start with numbers between ten and twenty.**

The rule that we mentioned earlier about these numbers actually makes sense. In old English the suffix "-teen" meant "10 more than", so any number when added the suffix "-teen" would mean 10 more than the number. For example six-teen means six more than 10.

## **11**

## **12**

## **13 So why don't we say one-teen, two-teen, three-teen**

## **14 and five-teen?**

Well the answer for thirteen and fifteen it's very simple. Because in old English "thir" meant three and "fif" meant five. So three more than 10 was thirteen and five more than 10 was fifteen. And it simply didn't change. But 11 and 12 are a bit different from all other numbers. Not because they come from old English but because they come from old German. They make sense in old German grammar, with a suffix used after a number to make it "ten more than" the number. So that's the answer: eleven and twelve are words that mean ten more than one and ten more than two in old German.

## **15**

## **16**

## **17**

## **18**

## **What about twenty, thirty and fifty?**

Again 30 and 50 are easy to explain with the rules of old English. The "-ty" suffix we use today used to be "-tig". For example if you were to say seventy you would say "seven-tig" which would mean ten lots of seven. So "thir" and "i" became thir-tig and fif-tig. Overtime the suffix changed and they became thirty and fifty.

## **But twenty?**

Once again, it's about old English. In old English "twegen" meant two and when the "-tig" suffix was added, would be "twegentig" which became twenty over time.

60

50

40

30

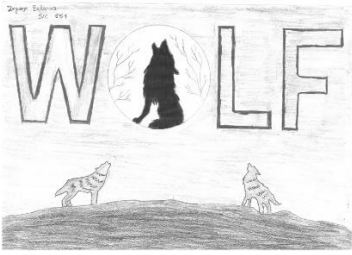
20

10

Emine Betül SARICI  
11B




# BEST OF SNAPWORDS



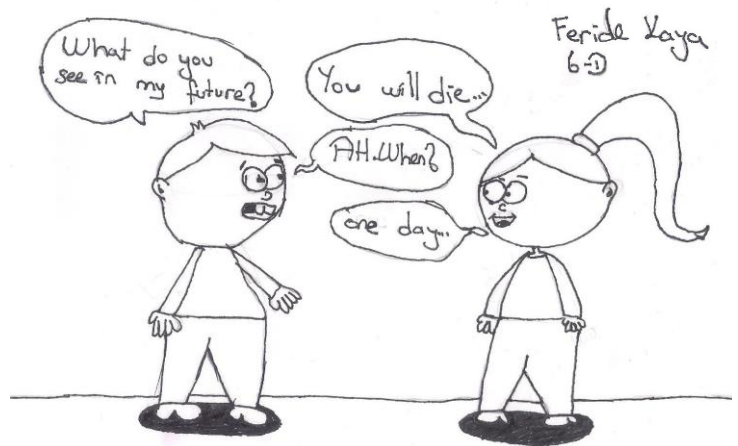
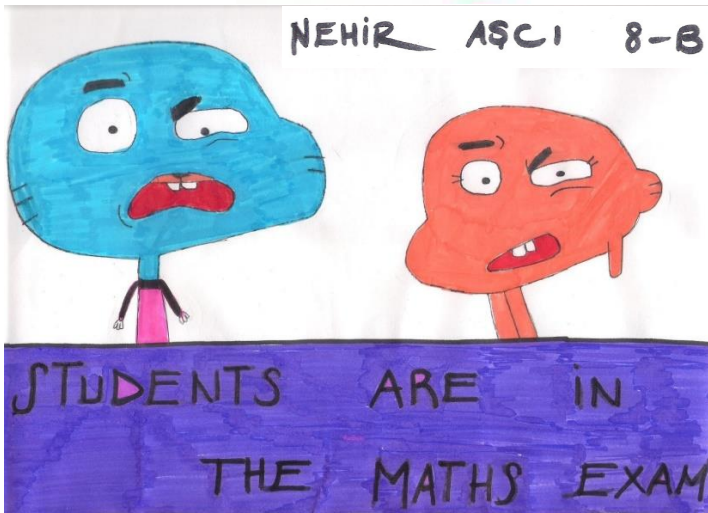
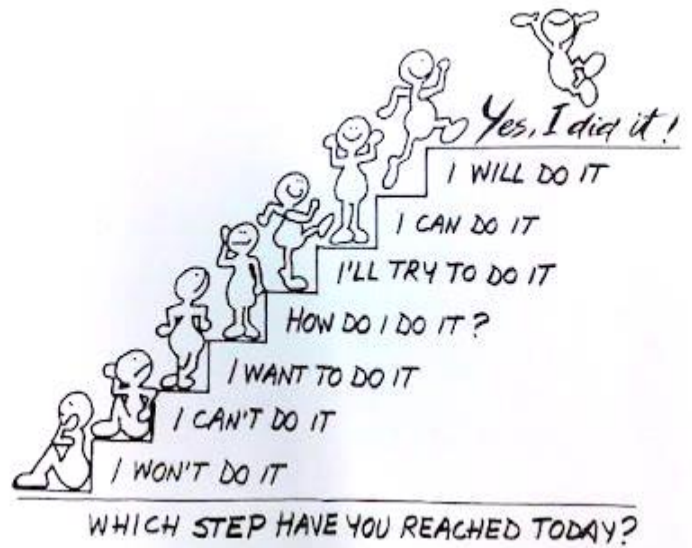
Page 026  
#02/14/11

2008-2009

Z. Zimra, Student



They say we learn from our mistakes.  
That's why I'm making as many as possible.  
I'll soon be a genius!



# The difference between school and life?

In school you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

~Tom Bodett

There's no  
NEXT TIME.  
It's **NOW** or  
NEVER.

This newspaper was brought  
to you by

ABC English Team   
We share because we care

Designed by BÖstürk