



"News for the Turkish coast since 2005"

Ukraine - how it may affect us

In a perfect world it would be great to publish only up-lifting articles, but the last few years have seen the world suffer from the coronavirus pandemic. Although quite a few of us were probably shocked, others were not all that surprised by the events which unfolded in the Ukraine during the last week of February.

The pressure had been building for some time, but when it finally erupted it left many of us stunned by its rapidity and the reality faced by those in the path of Russian attacks.

It is only natural for us to be concerned about the effect this will have on us. For example, if you live in the UK and have a summer holiday booked, is your holiday in at risk? Or, if you are a resident here in Turkey, are we going to feel the aftershocks of the situation.

It is very difficult to guarantee anything in the world we are now living in. Events are still unfolding and indeed events on the northern shores of the Black Sea are likely to remain pretty unpredictable for the weeks, even months, to come.

It must be remembered that Ukrainians and Russians make up a large percentage of the tourists who visit Turkey and travel bosses are saying that they have already noticed a sharp decline in bookings. These two countries helped to shore up tourism in 2020 and 2021 when European travelers either stayed at home or were unable to travel due to the coronavirus. It could be that this trend is reversed in 2022 but, it also depends on how willing Europeans are to travel.

Bookings from the UK are all up and at present there is no reason to believe the conflict in Ukraine will change that. A lot will depend on how the situation will unfold. If there is a quick end to the fighting, Russia will probably revert to normal quite quickly. **Continued on page 5**



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Many of these departments will now come under 112

editor@theegeeye.com (0256) 6123207

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Green light in Istanbul's skies, meteor: Space agency

The light beam was filmed on Istanbul's skies late on Feb. 1, causing excitement on social media.

Social media users started discussing the seconds-long light beam after a driver uploaded a video showing the beam descending in the sky while passing on a bridge with his car.

From UFOs to shooting stars, users made many speculations until the Turkish Space Agency said it was a meteor.

The agency said citizens saw the meteor shedding green light in several provinces.

" Meteors crash with many molecules after entering the Earth's atmosphere and vapor of magnesium and sodium atoms occur," it added.

Due to the chemical structures of the meteors, these vapors occur in different colors like green, blue, red, and yellow. Source: Hurriyet Daily News



Hopes running high in tourism sector after promising data received

Foreign tourist arrivals in Turkey soared 94 percent to 24.7 million people last year while the country's tourism revenues surged 103 percent to \$24.5 billion, despite the ongoing COVID-19 pandemic. Industry representatives said that the target for 2022 is to reach the levels seen back in 2019 and break new records in terms of visitors and revenues in 2023.

Four years ago, Turkey welcomed more than 45 million foreign tourists. As the COVID-19 pandemic and the pandemic-related restrictions hit the global travel and tourism industry, foreign tourist arrivals in Turkey dropped to 12.7 million in 2020. Turkey decoupled from its main competitors in tourism, mainly thanks to cooperation between the public and private sector, said Erkan Yağcı, head of the Mediterranean Touristic Hoteliers and Investors' Association (AKTOB).

After the pandemic broke out, Turkey launched the Safe Tourism Certificate scheme to lure holidaymakers to the country. Under the program, officials visited hotels and other tourist venues to check if those establishments meet the requirements to ensure a safe stay for their guests.

Yağcı said that this "latest data is cause for optimism and that we should remember we reached those figures last year under the pandemic conditions".

The targets, which were set for 2021, were attained even though the tourism figures were still short of what the country saw back in 2019, said Müberra Eresin, head of the Hotel Association of Turkey (TÜROB). But the momentum is there. Given the strong demand for Turkey, we are optimistic that things will improve further starting the second half of 2022, we maintain our expectation for double-digit growth in tourism". Source: Hurriyet Daily News



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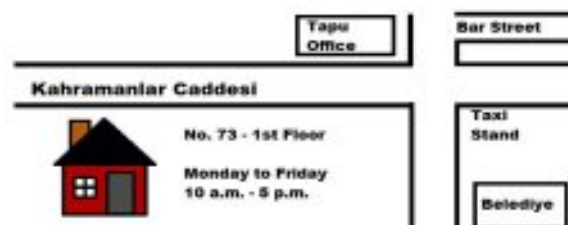
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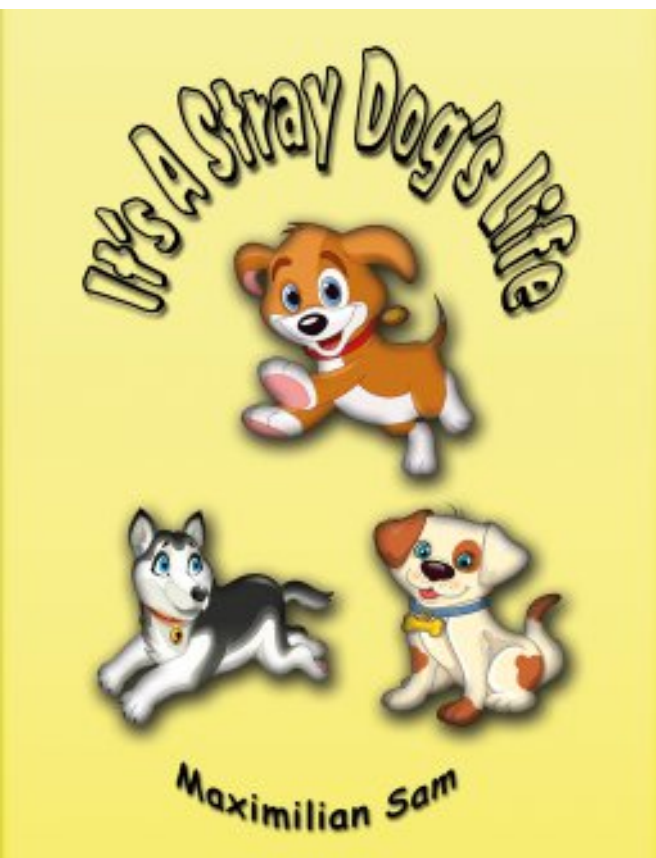
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DIDIM RESIDENT PUBLISHES FIRST CHILDREN'S BOOK ABOUT STRAY DOGS

Maximilian Sam, a British resident in Didim, will publish his first children's book "It's A Stray Dog's Life" on 28 February.

The children's book focusses on the lives of three stray dogs – Princess, Buster and Snowy – as they interact with humans and other animals and follows them through their many adventures. The stories show how dogs and humans have to learn basic rules of behaviour such as everyone being different, bullying is wrong and being crazy is good up to a point!

"It's A Stray Dog's Life" is split into 3 sections with each dog having its own story to tell. Each section consists of 7 chapters of, roughly, equal length making it perfect for the 'chapter before bedtime' reading experience for both children and parents (or grandparents). It is also a helpful tool for those improving their English in a fun way.



Maximilian Sam said, "All the dogs in the book exist. Princess currently lives in a tent in my garden with two cats she appears to have adopted. The stray dogs around Didim have given me so much pleasure over the years that it feels a true honour to be able to tell their stories to the wider world. It's also my first book so will always be very special to me."

"It's A Stray Dog's Life" by Maximilian Sam is available to buy in paperback and ebook format at:
www.maximiliansam.com
www.austinmacauley.com/book/its-stray-dogs-life
 Online retailers and in all good bookshops.

You can also follow Maximilian Sam on his website (www.maximiliansam.com), Facebook, (authormaximiliansam), Twitter, (authormaxsam) and Instagram (authormaximiliansam).

Review copies of the book are available upon request. For further information please contact Maximilian Sam at maximiliansam@maximiliansam.com

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Turks 'very meticulous' in house cleaning: Report

Dyson, a British technology company, conducted a "global dust study" with 12,309 participants from 11 countries around the world, and Turkey was included in the research for the first time this year.

The research shows that two out of every five people living in Turkey clean their house five to seven times a week, and four out of every five people do a deep, comprehensive cleaning at least once a month.

It also reveals that people are very worried about the hygiene in their homes due to the COVID-19 pandemic, and those who are the most worried around the world about this issue are living in Turkey.



While 46 percent of the participants believe that they clean their houses more often than before the pandemic, the highest rate in this regard again belongs to Turks with 66 percent.

Looking at the research in general terms, it turns out that Turks are more sensitive about cleaning than the participants from other countries.

Some 44 percent of respondents said they get motivated to clean only when their homes are dusty or there is visible dust and grime on the floor.

While 56 percent of the participants saw cleaning as a routine activity, 29 percent said they were more concerned about bringing dust and pollen to their homes from outside.

People living in China, France and the United Kingdom attach more importance to wiping their clothes before entering their houses, according to the study. Source: Hurriyet Daily News



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Continued from front page: The situation in the Ukraine may be different especially if the country's infrastructure is extensively battle-damaged.

Turkey itself must be concerned about an additional flood of refugees. The country is seen as a partner state both by Ukrainians and Russians, so neither is likely to sanction any hostile act towards Turkey itself.

Turkey however, is also a member of NATO, which has imposed sanctions on Russia.

Over the next few weeks, who knows what the outcome will be. For Turkey, it seems like it is well-positioned in the middle as it tries to pursue a diplomatic approach between the two countries.





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Twelve Camels For Your Wife – On the road with George Dearsley

Originating from Hackney, London, George Dearsley tells of his love affair with Turkey in his book "Twelve Camels for your Wife. In February he gave a talk about his eventful and often hilarious past when he visited Kusadasi.

George who calls himself a working-class lad attended St Paul's primary school where he won a prize which took him to an all-boys school, Christ's Hospital, Sussex and from there to Oxford University.

It was here at Oriel college where he met Chris Ball who was to be his co-traveller on his trip east and their original destination was to be in Japan. Another fellow traveller was to be Jeremy Ward who wanted to hitch a ride to Iran via Istanbul.

The day arrived when the three companions set off in their modified Bedford van. They went from Dover and motored straight to Brussels, stayed the night, and drove on to Luxembourg and Germany. As they continued their journey, they had many mishaps which you can read about in the first chapter of the book.

They parted with their friend Jeremy in Greece as he wanted to take a quicker route to Istanbul. Monday 24th April in George's own words "saw us arrive at the Turkish border at Erdine. I knew nothing about Turkey and was quite unprepared for the excitement and wonder that awaited us. I had no idea I was about to set foot in a country that was to captivate me and shape the rest of my life".

Amazon says that George was "charmed by the fulsome hospitality of strangers, enthralled by breathtaking archeological sites, dazzled by beautiful beaches and scenery the author fell in love with Turkey in 1972. The lifelong romance that followed has included many incredible, sometimes sad but more often comical situations as a regular holiday destination later became a permanent home. They include being arrested as a spy, watching a man swallow a snake, judging a beauty contest, being given a front row seat at a circumcision and seeing Turkey's most famous criminal crash a plane".

It would be impossible for me to tell everything about George's travels in one article, however, if you buy the book, you are in for a treat.

One story stood out for me although it did not take place in Turkey. At an interview he did as a journalist with Oliver Reed, George told us of how they met in a pub then went to a wine bar, had a few beers then went and had a few bottles of wine. Oliver suddenly remembered he was to appear on a live broadcast, however, he decided he would have another bottle of wine. You can see the video on YouTube – Oliver Reed, The Word.

Here follows a few snippets:

I sat down one day in Kusadasi at a hotel with Carolyn, Charlotte and Sophie to have a drink. I ordered a beer, Carolyn and Sophie ordered Coca Cola and Charlotte a glass of white wine. A waiter brought the drinks. After a couple of sips Charlotte said: "Hey dad, can you taste this? I think it might be off." I drank a little. In fact, it didn't taste of anything.

"I think this beer has been watered down," I replied. We called the manager and he examined the bottle, then took a sip himself before disappearing. A few minutes later he reappeared with a glass of genuine pinot grigio and an explanation. Apparent a waiter who has recently left had decanted the wine from about ten bottles and filled them all with water before carefully re-corking them and replacing the metallic cover. Jesus's miracle in reverse.

Apart from the occasional dose of the runs and the odd allergy we rarely fell ill in Şile. We had a scare once when daughter Charlotte, then ten, fell and hurt her leg and we took her for an x-ray to the local hospital. After confirming that she had not broken any bones, a man tied up the x-ray with a pink bow and gave it to us as a souvenir. Actually, that's not quite the full story. When we arrived, we were confronted by a man in his forties in jeans and a tee-shirt. After explaining about Charlotte's slip on the beach he organized the x-ray. But afterwards he made her sit on a bench in reception. He then took out a metal tape measure and checked the lengths of both her legs. I had not seen that done on Holby City or Grey's Anatomy.

"Everything is ok," he said confidently. When I asked if we could also have a photograph of him as a keepsake, he beamed a wide smile, disappeared for a few seconds and returned wearing a white doctor's coat, with a stethoscope in the top pocket. As we left the clinic, I began to wonder if he was actually a doctor or a cleaner or security guard who just happened to know how to work the x-ray machine. Maybe he had simply given us an old x-ray image from the archives. Who knows?

I myself am a book junkie, especially literature from the late 60's and 70's. At times the book left me feeling a bit like I was on a journey with Ken Kesey and "The Merry Pranksters", minus the LSD of course.

George has a great way with words, and I am sure that everyone who attended the talk will agree that we had a very entertaining evening. The book is available on Amazon and you will find it by copying the following link: tinyurl.com/kktvp25p

I would say that author Jack Scott, sums up George when he said: "George Dearsley's account of a longstanding love affair with the country is a real delight – an astute, beautifully-penned story of an Englishman abroad".

George also has a supply of paperbacks here in Turkey. So any expats in Turkey can buy directly from him. Cheaper than buying a paperback from Amazon. Price on demand (will vary with exchange rate).



Disney+ to launch in Turkey

Media giant, The Walt Disney Co is preparing to launch its streaming service Disney+ in 42 countries this summer.

The service will enter new markets in Europe, West Asia and Africa, making it the biggest expansion since it launched.

The Turkey stretch of this expansion was previously discussed with Turkey's Radio and Television Supreme Council (RTÜK) in December last year, securing a 10-year license to run in the country.



While the confirmation and list of countries has been released, the exact dates for each country and the prices have yet to be announced.

In late 2015, Disney launched a streaming service in the United Kingdom called DisneyLife to test the streaming market. It was eventually replaced by Disney+ on March 24, 2020.

The full list of countries in alphabetical order is: Albania, Algeria, Andorra, Bahrain, Bosnia-Herzegovina, Bulgaria, Croatia, the Czech Republic, Egypt, Estonia, Greece, Hungary, Iraq, Israel, Jordan, Kosovo, Kuwait, Latvia, Lebanon, Libya, Liechtenstein, Lithuania, Malta, Montenegro, Morocco, North Macedonia, Oman, Palestine, Poland, Qatar, Romania, San Marino, Saudi Arabia, Serbia, Slovakia, Slovenia, South Africa, Tunisia, Turkey, the United Arab Emirates, Vatican City and Yemen.



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If you're planning to travel around in Turkey in any conveyance and at any speed faster than a walk, then there are advantages to keeping your eyes open. On the roads, it could easily save you from having an accident, which experienced drivers will tell you can happen in any place and at any time. As a general philosophy, expecting the unexpected when driving will stand you in good stead.

That said, keeping an eagle eye out also means you occasionally glimpse the truly wonderful. Whether on foot or bike, in a car, on the bus or travelling by boat, there are plenty of opportunities to see things that bring a smile with their cheerfully unique Turkish eccentricity. Make do and mend is a fundamental philosophical bedrock, and this album contains one or two prime examples that I've seen over the years.

"Evening, Mr Shifter!" Moving house in Fethiye. This was taken through the windscreen of our car as we followed this lorry out of Fethiye late one summer's afternoon. The two passengers were there to make sure nothing fell off the back. **Image 1**

This ingenious but hardly aerodynamic winter tent is designed to keep out the cold and wet. Sadly, that level of protection is not extended to anything slung in the front basket. I thought the roll-up sides were particularly clever. **Image 2**

Seen many years ago in the mountains near Denizli, this ancient Transit flatbed was struggling up a long hill. Seven men were packed around two horses to stop them moving about too much. Horses are heavy – see how far down the suspension is depressed at the back. Love Dobbin's purple and gold coat. **Image 3**

You never know what you're going to find in the middle of a road, including Fethiye's famous 2000-year-old Lycian pillar tomb. Although it's been there for an awfully long time, the dead bollard suggests at least one motorist still didn't see this well-designed and very substantial structure. **Image 4**

And while we're on the delicate subject of hitting things, I saw this in Seydikemer. The electricity supply people are occasionally inclined to park their concrete poles in the most inconvenient of places, which in this case is in the middle of road junction. Clearly, someone has lumped into it on at least one occasion, and in response a civic-minded individual has tied these large truck tires to the pole to soften the impact the next time someone else takes their chances – which they will. **Image 5**

Easy Rider Fruit & Veg Man on his rounds with this homemade, motorbike-powered conveyance. His customer is lowering a basket with a shopping list and money, then hauls up her order. Well, saves wearing out her knees on all those stairs, doesn't it. **Image 6**

This grand old lady may have seen better days but still must be of great value to her owner – the anti-theft saddle feature remains fully functional. That'll sting in the morning! **Image 7**

Hybrid home-made – er, something. The front third is a ladies bike complete with bell and basket, the middle bit is presumably the battery compartment and the rear third comprises a cannibalized electric scooter, complete with a rack. Three things immediately sprang out at me when I spotted this gloriously inventive vehicle. Firstly, believe it or not, someone thinks it's worth locking to the tree. Secondly, the only way to stop it is to use the front brake designed for a bicycle, and thirdly, it's actually got a tow ball on the back! Seeing this reaffirmed my faith in Turkish ingenuity. **Image 8**



Image 1



Image 2



Image 3



Image 4



Image 5



Image 6



Image 7



Image 8

Some 20 pct of foreign real estate buyers seek citizenship: Study

Some 22 percent of the real estate purchases by foreign nationals were conducted to obtain citizenship, a study has showed.

Foreign nationals, who buy a property worth at least \$250,000, can apply for Turkish citizenship.

Last year, foreigners purchased a total of 68,168 real estates, including homes and other properties, and 22.1 percent of those transactions were made with the aim of obtaining citizenship, according to Eva Real Estate Appraisal Consultancy.

In 2021, foreign nationals invested in 15,000 real estate assets, apparently to benefit from the citizenship for real estate purchase scheme and 80 percent of those purchases were made in Istanbul, the country's financial and commercial center. In the previous year, 41,000 real estates were bought by foreign nationals and around 28 percent of those transactions, or 11,600 real estates, were made for obtaining citizenship, according to the study.

Iranians top the list of real estate purchases for citizenship, followed by Iraqis, Afghans, Yemenis, Chinese. Egyptians, Jordanians and Pakistanis. Russians also bought Turkish real estate to be eligible to apply for citizenship. Istanbul was the most preferred city in terms of foreign purchases of real estate.

The popular holiday destination Antalya, on the Mediterranean coast, the capital Ankara, the northwestern province of Yalova, İzmir, the country's third largest city on the Aegean coast, and the southern province of Mersin were other popular locations among foreigners. In Istanbul, foreigners purchased 31,478 real estate in 2021 and around 38 percent of those transactions were made in order to apply for citizenship.

Last month, Turkey made some changes in the conditions for obtaining citizenship through real estate purchases. Accordingly, the amount of the property will be determined in a foreign currency and this sum should be sold to the Central Bank. Foreign nationals cannot sell the real estate they bought in Turkey for three years if they want to apply for citizenship.

The Turkish Statistical Institute (TÜİK) reported last month that home sales to foreign nationals increased by 43.5 percent in 2021 from the previous year to a total of 58,576 units, which corresponded to 3.9 percent of all homes sales in the country last year. Foreigners bought some 26,500 homes in Istanbul in 2021, according to the TÜİK data.

In December 2021 alone, foreign nationals purchased 7,841 homes in Turkey, marking a strong 77 percent rise from the same month of 2020. Source: hurriyet Daily News



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Penalty for picking snowdrop in Mt Spil rises to \$8,070

Anyone who picks up an endemic snowdrop in the national park on the Aegean province of Manisa's Spil Mountain will be fined around 110,000 Turkish Liras (\$8,070), the Directorate of Nature Conservation and National Parks has announced. The penalty was 80,000 Turkish Liras (\$5,870) last year.

The nature park, which is home to some 120 endemic plants, is known for its wild tulips, mushroom species, rosehips, chestnuts, and pine species, but mostly snowdrops.

"Now yellow and white snowdrops sprouted and blossomed. This is a harbinger of spring," Halil Ernalçacı, the head of Mount Spil Nature Park, told daily Milliyet on Feb. 18.

"Our visitors should be cautious when they walk in the park. They should look for where they take their steps," he said.

Located some 25 kilometers from Manisa city centre, the park, is a popular place for campers, trekkers and picnic lovers.

Species of wildlife living in the park include bears, jackals, roe deer, foxes, badgers, wild goats, vultures, and eagles.
Source: Hurriyet Daily News



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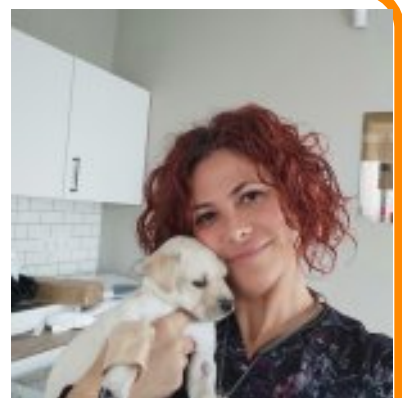


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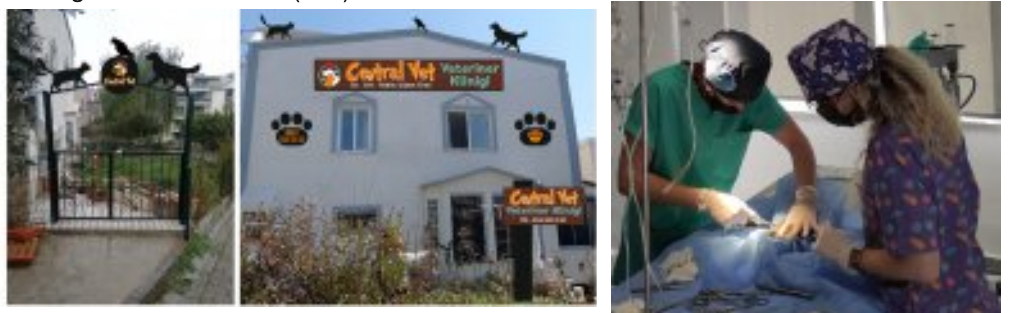
Located in central Kuşadası, Central Vet clinic provides "Examination, Laboratory (Biochemical & Hemotologic), Surgical operations, Vaccinal, Grooming, Blood tests, Radiographic & Ultrasonographic imaging, Intensive Care" services with lots of care.

Dr. Didem EREN, has 18 years of experience and is also known as for her passion towards animals. She is dedicated to her career and always keeps up on recent developments of animal care by joining both national and international seminars.

Her expertise is Surgical Operations & Radiographical viewing also currently working on cats "Spinal Cord imaging on Computed Tomography (CT) and Magnetic Resonance (MR)" thesis.



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Sean Penn visits Ukraine to make documentary on Russian invasion

U.S. actor and director Sean Penn is in Kyiv making a documentary about Russia's invasion, the Ukrainian president's office said on Feb. 24.

The double Oscar-winner was photographed attending a government press conference in Kyiv, and could be seen meeting with Volodymyr Zelensky in a video posted to the Ukrainian president's official Instagram account.

"The director came to Kyiv specifically to record all the events taking place in Ukraine and as a documentary filmmaker to tell the world the truth about Russia's invasion of our country," said a post in Ukrainian on the presidential office's Facebook page.

"Today, Sean Penn is among those who support Ukraine while being in Ukraine. Our country is grateful to him for such a display of courage and honesty."

The post added that "Penn demonstrates the kind of courage that many others, including Western politicians, lack."

Penn, who previously visited Ukraine and met with military staff in November, spoke with journalists and soldiers and "saw how we defend our country," the president's office said.

The 61-year-old star of "Milk" and "Mystic River" is making a documentary for Vice Studios, according to NBC News.

Neither Vice nor Penn's representatives immediately responded to AFP's requests for comment.



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Economic News

Turkey to ramp up its share in \$150 bln gaming industry

Turkey aims to increase its share in the global \$150 billion gaming sector from \$1 billion to \$10 billion in five years, the Technology Development Zone (Bilişim Vadisi) General Manager Ahmet Serdar İbriahimcioğlu told daily Hürriyet.

“The United States and China get almost half of the cake. We have a volume of \$1 billion. We have enough strength to increase it,” he said. “I believe that Turkey will achieve a great level in software exports in five years and we will reach the targeted numbers in the gaming sector easily,” he added. Some 10,000 young game developers have attended camps organized by the Digital Animation and Gaming Center (Digiage) within Bilişim Vadisi, according to İbriahimcioğlu’s remarks. “Entrepreneurs who have participated in the last two camps have attracted \$5 million in investments. We have created nearly 50 start-ups. So, these young people attended the camps and then established their own entrepreneurship. And two of them moved to the U.S. to operate on the international level,” he said.



The third Digiage gaming camp ended on Jan. 29, when 40 games developed by the participants were presented, according to a post on Digiage’s Twitter account. The camp brought together public officials and authorities, representatives of the gaming ecosystem, academics and investors at Bilişim Vadisi, it said.

Turkish game developers have achieved great success in recent years on the global scene. Last year, Dream Games, which was founded by Soner Aydemir, became a unicorn - a newly founded private company valued at more than \$1 billion. A game developed by the company - Royal Match - was among the games with the highest revenue rate in 2021.

In the meantime, Royal Riches-developer Spyke Games managed to get \$55 million in its latest investment round.

Peak Games, the first gaming unicorn of Turkey, was sold to U.S. giant Zynga for \$1.8 billion in 2020.

Gram Games, Masomo, SkGames and Mobge are other promising Turkish game developers.

A five-member team that participated in the third Digiage gaming camp created a new game in five days. “We have made an unprecedented computer game. We started here and finished in five days. The theme of our game is climate change and metaverse,” said 21-year-old project manager Muhammed Can Adigüzel.

There are more than 100 startups at Bilişim Vadi’s incubation center and the number is expected to hit 150 this year. “Our door is open to everyone with a technology-based idea,” said İbriahimcioğlu. “Every person who has a research and development, software or design project can apply to us via our website,” he also said. Turkish startups attracted investments totaling about \$1.5 billion last year, according to a report released by Startup Centrum last week.

The total volume of investments in Turkish startups increased by ninefold in 2021 compared to the previous year, said Startup Centrum, a digital community that gets startups, talents, investors and incubators together. Source: Hurriyet Daily News

Turkey unveils new economic package, lowers taxes on basic foods

Turkey’s Minister of Treasury and Finance Nureddin Nebati revealed Turkey’s new economic package on Feb. 12.

Nebati said Turkey aims to decrease inflation by increasing production and exports.

Speaking at the Turkish Economy Model New Steps and Inflation Measures Promotion meeting, Nebati announced new measures aimed at getting households to bring gold holdings into the financial system.

Turkey to lower taxes on basic foods

Turkey’s president also announced a 7 percentage-point reduction in taxes added to basic food supplies as the country faces rampant inflation.

President Recep Tayyip Erdoğan said value-added tax would be lowered to 1% from 8% on food purchases. His decision would be published in the Official Gazette and go into effect immediately.

Erdoğan said that, in addition to the tax discount, the government “expects” food companies to lower their prices by 7%. He said these foods play a significant part in inflation.

“We will not let inflation crush our nation,” Erdoğan said.

Source: Hurriyet Daily News



HEALTH NEWS

Turkish health care firm develops treatment for acute deep vein thrombosis

A Turkish health care firm has developed a treatment for acute deep vein thrombosis (DVT).

The MANTIS Thrombectomy System has been developed by INVAMED-RD Global, which continues to increase its investments and research and development studies for the advancement of health technologies and stands out as an effective method primarily preferred by experts in the interventional treatment of acute DVT, it said in a statement.

Acute DVT usually occurs when a blood clot (thrombus) forms in one or more of the deep veins in your body, usually in your legs, causing severe pain, tension and swelling.

A pulmonary embolism, which is one of the complications of acute deep vein thrombosis, occurs when a part of the clot breaks off and travels to the lungs and can become life-threatening if not treated early.

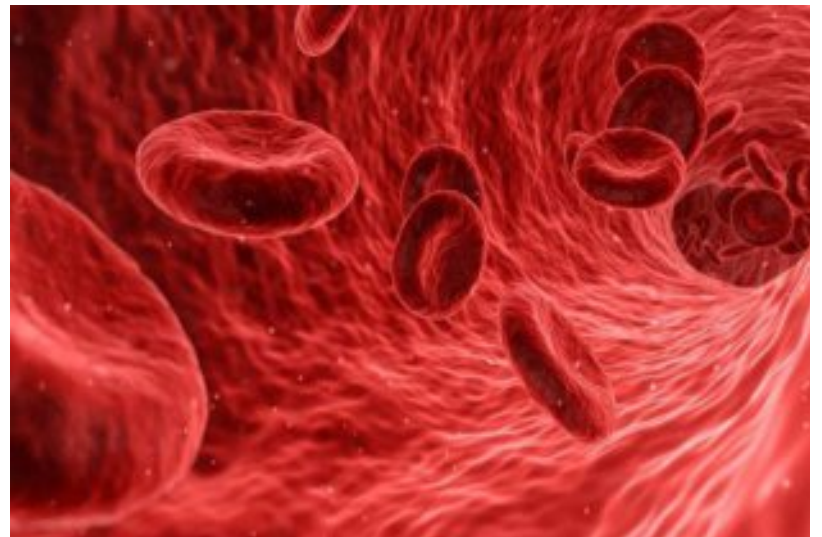
One out of every three untreated pulmonary embolisms result in death, and 10% of these deaths occur before the diagnosis is made within the first hour of the onset of symptoms, it added.

Post-thrombosis syndrome occurs in approximately one-third of patients with acute DVT who are not treated effectively.

While the MANTIS technology reduces the risk of endothelial damage with its active tip specially designed to dissolve the thrombus, it effectively softens the thrombus adhering to the wall while disintegrating it with strong rotational movement in the vessel and removing the blockage.

The thrombolytic and contrast agent infusion provided by MANTIS through the three-way internal side port and the distal side allows the thrombus to be dissolved by mixing with the drug, thus allowing a rapid result with high efficiency.

MANTIS significantly reduces the dose of thrombolytic therapy and prevents the occurrence of post-thrombolytic syndrome. MANTIS is also considered as a comfortable treatment option that allows the patient to recover faster, feel less pain while recovering, and shorten their hospital stay. Source: <https://www.aa.com.tr/en/health/>



Insufficient efforts among Turks for 'healthy life'

Only 5 percent of Turks exercise regularly, while 29 of them "do nothing" for a healthy life, according to a study that examines what people in Turkey pay attention to for a healthy life.

The latest study by Areeda Survey, an Istanbul-based research company, has shown that Turks do not give importance to healthy living.

Nearly 34 percent of the participants in the research pay the most attention to "healthy nutrition" for a healthy life, while it was followed by "regular walking" with around 31 percent.

Some 4.8 percent of the participants stated that they regularly do sports activities such as fitness, swimming, boxing, wrestling, football or volleyball. However, the rate of those who stated that they do not "do anything" for a healthy life was around 29.3.

The research showed that the young population aged between 18 and 34 regularly exercises compared to the elderly, according to the results.

The figures also revealed that 29.7 percent of the youth regularly take walks, and 8.5 percent regularly spare time for sports activities such as fitness, swimming, boxing and wrestling.

The study concluded an outcome that more importance was given to sports for a healthy life in parallel with the increase in the level of education. However, it was noted that those between the ages of 34 and 55, regardless of education, both eat healthily and regularly exercise at almost the same level.

In terms of gender, it was observed that 3 percent of women and 6.6 percent of men regularly exercise.

Revealing that women are more careful and meticulous about a healthy life, at 44.4 percent, than men, the study also showed that the rate of women who are careful has reached twice that of men.

More than one-third of Turkish lakes dried in 50 years

Around 10,000 square kilometers of wetland have dried in Turkish Lake Regions in five decades due to pollution and the overuse of water, an expert of the Society of the Protection of Turkish Nature (TTKD) has said.

"The Turkish Lakeland had some 17,000 square kilometers of wetlands in the 1960s. Now the region is maximum 5,000 square kilometers in size in the summers," Erol Kesici, a key scientific consultant of RRKD, told Demirören News Agency, adding that more than one third of the region has dried.



The Lakes Region is an area with a series of tectonic lakes within the folds of the Taurus Mountains in Turkey's southwest.

The Lakeland is located between the provinces of Burdur, Isparta, Antalya, Denizli, Afyonkarahisar and Konya.

With a report he wrote for "World Wetlands Day, Feb. 2," Kesici stressed, "We are losing the lakes at this geographical location which once hosted the world's biggest wetlands. According to the expert, many of these lands in the region have also been dried purposely as they housed mosquitos and frogs and were "marshy lands." "All these lands dried due to different reasons and were indeed sources of natural life and the ecological balance," he remarked.

According to research published in 2021, the region "once" consisted of more than 70 lakes. The number decreased rapidly "in time." Today the major lakes in the region are Acıgöl (Sanaos), Akşehir (Philomela), Beyşehir (Koralis), Burdur (Ascanius), and Eğirdir (Akrotiri).

Ekici especially drew attention to the regions between the Korkuteli and Elmalı districts of the southern province of Antalya. "Five lakes around Elmalı and eight lakes in Korkuteli have totally dried." The situation is not different in the region between Acıgöl and the province of Burdur. "Five small lakes there have dried and six lakes witnessed a huge loss of water," he said.

He rules out global warming and the climate crisis as the main causes behind the drying up of the lakes. "They are totally human errors, and the overuse of water is leading the list of errors," he added. Source: Hurriyet Daily News

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Having specs made in Türkiye, or: the day I got my eyesight back

Klaus Jurgens

'Beware of the fine print' is what we learned to live with when buying a new car as all important – or shall we say surprising – sales details were usually shifted to the lower bottom section of an otherwise glossy contractual document made up of enormous fonts. For many of us there was however another sizeable obstacle attached: could we ever make out those miniature letters telling a puzzled customer that warranty was reduced from two years to three months and that the sales price was stated without VAT...



Shrugging it all off until we started to realize that not only figuring out important information before parting with hard-earned cash is a problem, but that trying to decipher an access code for an online bank-transaction leads to a frenzy of unsuccessful attempts as well, we reluctantly embarked on a multi-layered path of making a life-changing decision.

'I am too young for specs' is probably what for most of us came as the initial reaction. 'If I start wearing specs, I need to change my driving license or lose it altogether' although the latter point completely fake a certain second worry. And then of course, 'I heard that buying specs is a complicated and above all else costly undertaking'. Paired with cheap sets of excuses such as 'How often do I buy a new car' and 'Let my spouse and kids take over online banking' we successfully neglected our eyes justified demand for proper treatment until another year or as in your friendly columnist's case, another decade or two.

Until nothing worked out anymore including reading fellow commentator's articles in their newspapers' printed editions or walking the aisle to the correct seat on-board a train proudly displaying my reservation yet without the slightest clue where to sit down.

A lot of research ensued and with the practical advantage of calling more than one country home specs and their prices and how and where to obtain them were per due diligence compared and analysed.

The word shock would describe reactions as understatement of the year – not only is an eye-test obligatory as only that machine could read your eyes deficiencies so to speak; there is no self-service counter for specs as a doctor ultimately must decide what is appropriate for a patient to start seeing again and not the patient's vague 'well, I cannot read properly anymore'.

Does it come for free? Not where I inquired unless you agree to buy your specs from that very (chain) opticians thereafter. How to figure that one out? By hoping the sales staff lets us in on the secret before committing because you would have assumed so, we were unable to read the fine print anyways.

Not amused it was on to another sales outlet and here the eye test would have been for free but in turn the specs on display were made for Paris Hilton or George Clooney – lookalikes. Even if that were a true mirror reflection for many of our dear readers having the fitting wallet readily available to pay for designer products or at least in my case certainly was no option.

Health cover to the rescue and a further trip to the optician asking about the reimbursement of our insurer made me happy – yes, they will pay – and unhappy at the same time as the further reply duly stated 'only if you pay for specs from a certain elevated price tag onwards'. Hence pay for 400 Euros and you get back 100 Euros so the actual net cost just above 300 Euros. Thank you, but no, thank you.

Then of course and to add injury to insult and me of course the complete novice I learned that even these prices were only for the actual glasses but not the frame...

Another ten years of walking in the dark? No way I declared, and my lovely Turkish family came to the rescue. Have you ever considered getting your specs delivered in Türkiye? Off to a recommended private eye clinic which I thought would be overly expensive, but it was not at all, setting me back 300 TL to be precise for eye test and doctor's face-to-face recommendations and a further test. Verdict: short sighted only, long distance view like an eagle. Notification in hand and off to an opticians of choice. Eyesight checked once more so that everything prescribed would work out in my favour, then on to a wide range of models including basic frames and yes indeed, designer frames made in Italy or Japan, too. I hesitated and having learned my Hilton/Clooney – lessons as mentioned earlier on in this column I almost opted for the basic still nice-looking model until the lady told me the designer frame price. Quickly calculating and comparing with the Euros alternatives no more questions: perfect quality, perfect service, perfect quality-price ratio, and I was on my way having agreed to settle at just under 1600 TL.

For roughly one third of the price the other end here one gets a high-qualityproduct and to top it all off, a free two-year warranty shipped in for good measure. Did we unfairly benefit from unjust exchange rates? Not really, as after all me buying in Türkiye is supporting the local economy. Buying local is good for our shops; their friendly staff, and our neighbourhoods to keep shops and businesses open.

And even if what is expected by economic forecasters that the FOREX will settle somewhere around the 10 TL for 1 EURO margin, we still support the local economy whilst paying half of what we would have to pay in other parts of Europe.

That said please do not be surprised if you spot me in town or along Ladies Beach in one of our fine eateries proudly displaying a small black specs carrier bag next to me. Once the menu has arrived you would see a smile on my face as finally, I manage to actually read what is printed on it instead of guessing or having memorized the order of dishes from previous visits.

Have a wonderful early spring in Kusadasi, have a good time.



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