

THE EGE EYE



ISSUE 233
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Hoş geldin 2024

Wishing all Members of The Ege Eye a very Happy and Peaceful New Year. 2023 was a difficult year, so I am hoping next year will be better.

It can be said that problems began in late 2019 with the Covid-19 outbreak, however there are countless troubles taking place in many countries around the world which have a knock-on impact on human suffering and the economy.

Our planet and its inhabitants face existential threats on two fronts: Global warming and Global warmongering.

Here in Turkey on the 6th February we saw massive destruction and loss of life both in Turkey and Syria.

Across Turkey most New Years Municipality celebrations were cancelled in honour of the twelve soldiers who were killed in Iraq.

As we leave 2023 behind, let us look forward farewell the ups and downs of 2023, and looking forward with hope and for a brighter, blissful, healthier, peaceful NEW YEAR in 2024.



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Many of these departments will now come under 112

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With the arrival of the winter months, there is a significant increase in complaints of conditions such as flu, cold and cough.

With the arrival of the winter months, there is a significant increase in complaints of conditions such as flu, cold and cough. Accordingly, the cold weather almost triggered such diseases. Unknown facts about cough, which is transmitted even from people around you, started to emerge one by one. Especially "winter tea", which is the indispensable drink of the winter months, stands out as the biggest factor that saves you.

Did you know that there are 15 different herbs in winter tea? Moreover, these plants provide significant resistance against diseases. With the increasing number of flu and colds, winter tea containing 15 different herbs is healing like medicine. The cough of people who consume winter tea, which is highly recommended by herbalists, stops instantly.



With the arrival of the winter months, the weather has become colder in most cities. In the process that starts with the common cold, we encounter many different illnesses such as cough, flu and flu. Especially people who do not want to use antibiotics are looking for a solution in winter tea. The reason for the biggest concentration in herbalists lately is seen as winter tea.

Herbalists say that linden is given first, but in cases where it does not help, winter tea consisting of 15 different herbs is given. Winter tea contains many different herbal products such as cinnamon, ginger, linden, chamomile and marshmallow.



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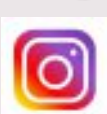
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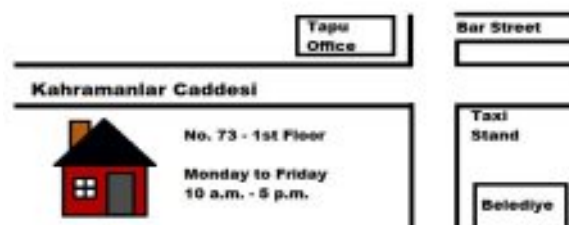
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An expat abroad: Cultural musings on Britain, Türkiye

by Leyla Yvonne Ergil

Sometimes it takes getting out of our familiar space to understand the values and cultural norms we live according to. A trip from Türkiye to the U.K. for the holidays has done just that by offering a truly different perspective on how people live their lives.

While I have lived in Türkiye for nearly 20 years now, I am actually an American citizen, who grew up in California with parents of Irish and Turkish descent.

Perhaps due to this heritage and having spent significant time in all three different cultures: the U.S., the United Kingdom and Türkiye, I have always felt like an alien. While it means I have never really had a true homeland, it also primes me to be an observer of all of the quirky national norms and differences between the different countries. Thus, spending the holidays in the U.K. this year has provided a wealth of insight into how in many cases the cultures clash.



10 ways Türkiye and the U.K. differ:

The landscape: Let's face it, there truly is a world of difference between Türkiye and the U.K., which becomes plainly evident the moment you plop down in either country. But for starters, in the U.K., all the houses and structures look alike with the classic Tudor style and brick and mortar homes, all of the gardens are landscaped and well-kept, the roads are pristine and there isn't a single piece of trash. Türkiye of course differs. The architecture ranges significantly from small village homes, villas, apartment buildings and blocks, which are built from stone or cement and can all be randomly placed on the same streets.

The gardens: Most homes in England have uniform gardens for their neighbors and a topic for gossip can definitely be whether or not the neighbor upkeep their hedges. Not keeping on top of the garden is considered an affront to neighbors. That said, in addition to being driven to keep up with the Jones', the weather in England is so wet that the gardens are luscious and grassy lawns are par for the course. In Türkiye, which experiences four true seasons, having grass year-round is near impossible due to the upkeep, ie. watering, required in the sweltering summer. As for the fruit, the U.K. has spectacular berries and all sorts of forest fruits, yet Brits ache to find juicy oranges and tasty tomatoes, which Türkiye is overflowing with.

The trash: Litter, as in the lack of it, is a wonderful obsession in England. Not only is there no trash to be seen on the streets anywhere, but there is an intricate trash and recycling system in place that everyone follows. Every household has three separate bins designated for general rubbish, garden waste, and recycling and collectors come around on specific days of the week to pick it up. In Türkiye, trash collection takes place at all hours of the day and you simply place your trash in a nearby bin or just leave it on the side of the road. While a widespread recycling system is not necessarily in place, for decades, Türks have always recycled with individuals making it their self-elected job to collect recyclable goods such as paper, plastic, glass, iron and metal that they then trade in for payment.

The post: While the U.K. is trailblazing when it comes to recycling, as for the post, being in England feels like having taken a time machine back to an earlier era. You see, Christmas cards are a solid tradition in the U.K. with each household sending out and receiving dozens of holiday cards, which are delivered by the old-school post. Even better, to combat the rising lifestyle costs, this year, many people are opting to hand deliver their cards which means pulling up to people's homes and pushing the card through the mail slot. What's funny is that friends and family will come as far as the door to deliver a Christmas card and slip it through the slot, but then they disappear without even saying hello. In Türkiye not only is the regular postal service being eclipsed by the convenience of cargo, and mail slots through the door and even post boxes in front of the home are nearly existent, but for someone to come as far as the door and not popover is near unheard of.

Individualism: In England, individualism is often celebrated, whereas in Türkiye there is a stronger emphasis on collective identity and community bonds. Failure to launch is a foreign concept in Türkiye where children are encouraged to live with their families as long as they want and certainly alongside the elderly, who are revered with the highest respect. In the U.K., leaving home at 18 is not only encouraged, but scorned if not the case, and the elderly are mostly left to live independently or in old age homes.

Social etiquette: In England, there is an emphasis on politeness, queuing and respecting personal space. This means that in the U.K., there's a general expectation of queuing in an orderly manner. Personal space is highly respected, with people doing their best to avoid coming into contact or walking by in close proximity. Anything contrary is deemed impolite and public displays of emotion may be subdued. Whereas in Türkiye, public spaces can be more vibrant and bustling. Expressive gestures and animated conversations are common, and people may stand closer in queues or to the aghast of many foreigners, may brazenly cut in line. Such actions are not considered as offensive as they are in the U.K. and Turks tend to act out of compassion first rather than reacting negatively to such public infringements.

Communication: While in the U.K., politeness and indirect communication are often valued, in Türkiye, communication can be more direct and animated, with gestures frequently used. Warmth and hospitality are highly valued, personal space may be closer and people may engage in lively conversations. English humor is often characterized by wit, sarcasm and dry humor, whereas Turkish humor can be lively and often involves wordplay, minus the sarcasm, which in Türkiye is something simply lost in translation.

Approach to time: Punctuality is highly valued in England, and meetings and events typically start on time. If dining out reservations are made and adhered to and any delays either way would be considered a lack of respect and capability. In Türkiye, there is a much more relaxed approach to time, and events might start a bit later than scheduled. **Continued on page 8**

Bread prices increased in Aydın

Bread prices have increased in Aydın's Kuşadası district. After the price increase, 200 grams of bread started to be sold for 8 liras, and 400 grams of bread started to be sold for 16 liras.

The economic crisis in Turkey also hit bread prices. Finally, bread prices were increased in Aydın's Kuşadası district. After the price hike decision, 200 grams of bread started to be sold for 8 liras and 400 grams of bread started to be sold for 16 liras.



Some more increases coming January

Minister of Transport and Infrastructure Uraloğlu announced that the use period of mobile devices brought to the country along with Turkish citizens living abroad will be extended to 180 days.

On Wednesday, January 3, 2024, a minimum increase of 2.75 TL ÖTV will be imposed on engine and petrol. Otogaza (LPG) da var ÖTV zammı.

SGK premium for 2024 is 4800.60 tl.

Increase in taxes for 2024 likely to be 58.46% covering Motor Vehicle Tax, vehicle inspection fees and property taxes.

The price of grocery bags has increased to 60 cents. However, it will continue to be sold to customers for 25 cents. Although we want to say that the markets will pay the difference, everyone knows that the markets will reflect the difference to other products.

According to the announcement published in the Official Gazette, there was a 58% increase in Motor Vehicle Tax.

Single entry fee for applicants from visa free countries now 5476 tl.

President Erdoğan: In 2024 minimum wage will be implemented as net 17.002 TL with 49% increase.



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Turkey lifts visa requirement for six countries

Turkey on Dec. 22 lifted the tourism visa requirement for United States, Bahrain, United Arab Emirates, Canada, Saudi Arabia, and Oman nationals. Tourists from the six countries will no longer need visas to spend up to 90 out of 180 days in Turkey.

A Dec. 22 presidential decree lifted Turkey’s visa requirement for United States, Bahrain, United Arab Emirates, Canada, Saudi Arabia, and Oman nationals. Tourists from these countries can spend 90 of 180 days in Turkey without a visa.

The decree was published in the Official Gazette dated Dec. 23 with Turkish President Recep Tayyip Erdoğan’s signature.

Turkey previously required the foreign nationals of the six countries to obtain an e-visa for tourism and trade purposes. The electronic visa costs between 61.50 to 78.50 US dollars depending on the applicant’s nationality.

According to Article 18 of the Turkish Law on Foreigners and International Protection, Turkey’s president holds the right to unilaterally lift visa requirements of certain nationals, implement visa convenience measures, and determine visa durations. Source: Duvar English



The volunteers and staff would like to wish Cathie a very happy retirement.




Honouring your 10 years of excellent service to our team and celebrating the legacy of hard work and commitment you leave behind.

Retirement is the world’s longest coffee break. Enjoy your coffee!


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We hope that your retired life is the best part of your life.

You will be missed by us all and by many people in Kusadai who you have helped over the years.






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Full English Breakfast
Steak
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Seafood
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Traditional Turkish Kebabs
Traditional Fish & Chips

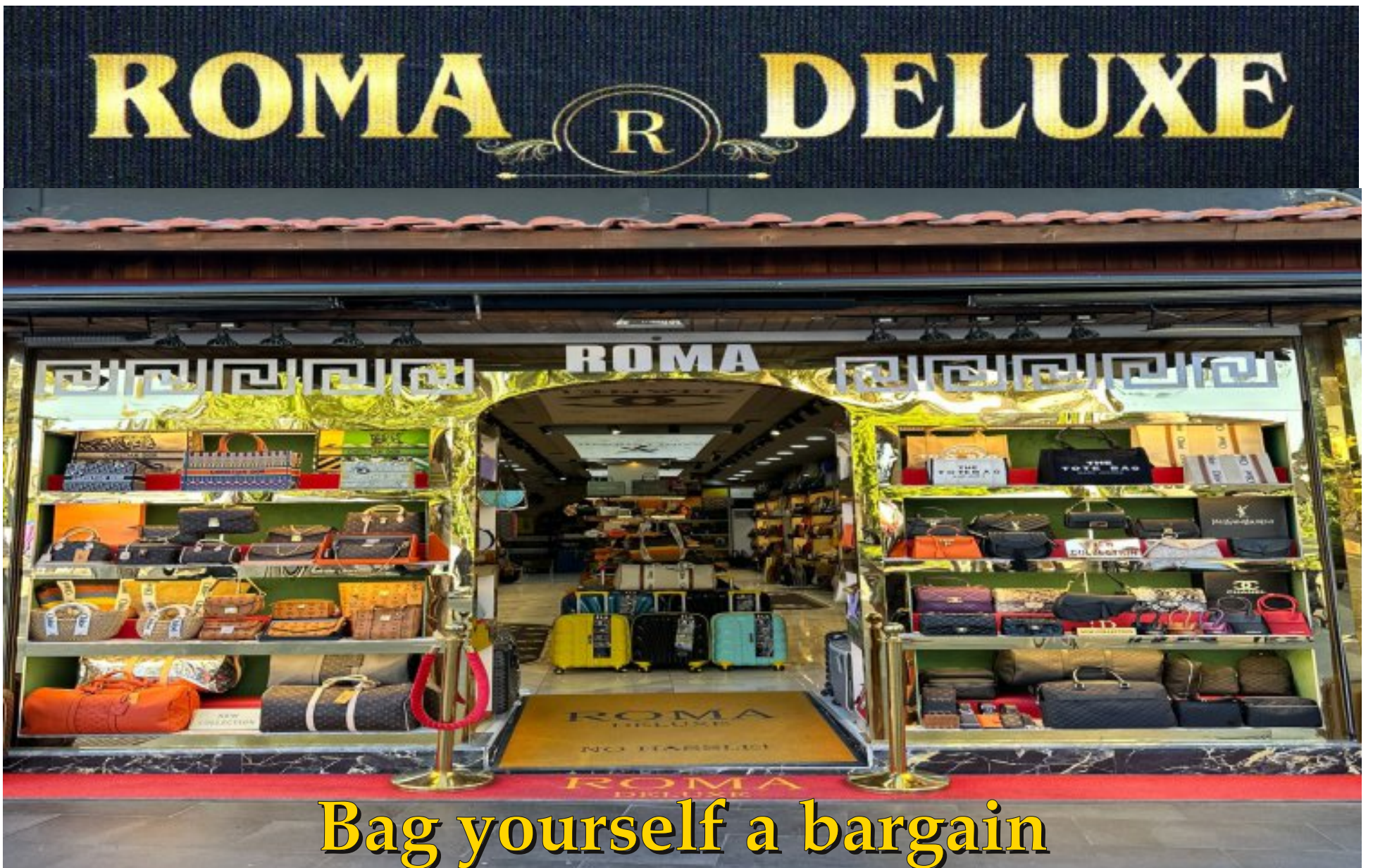




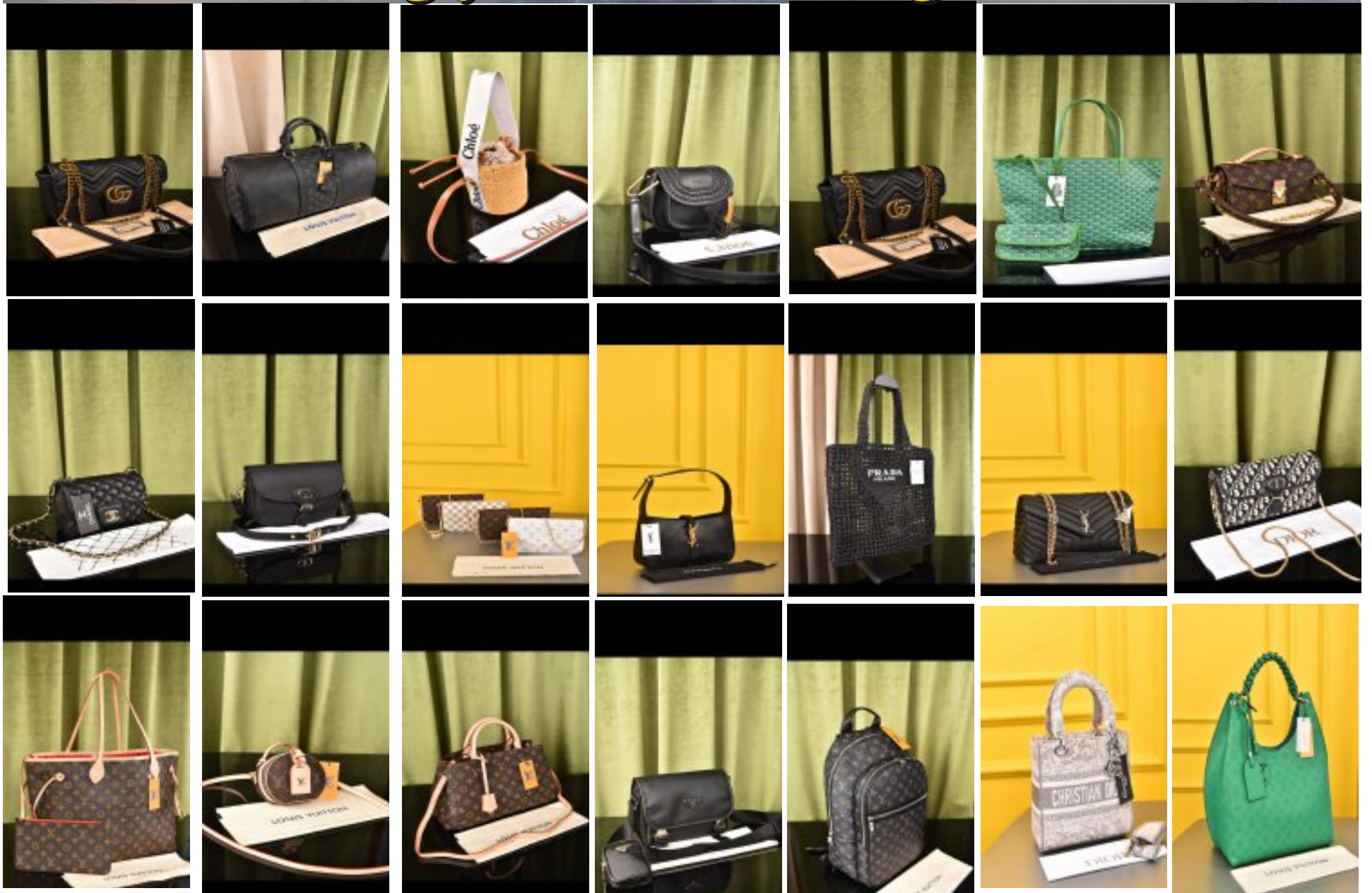
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Bans to be implemented on election day have been determined

In local elections, the sale of alcohol and drinking in public places will be prohibited from 06.00 to 23.59 on the voting day, and entertainment venues will remain closed.

The decision of the Supreme Electoral Board (YSK) determining the bans to be applied from 06.00 to 23.59 on the voting day in the Local Government General Elections to be held on March 31, 2024 was published in the Official Gazette.

Accordingly, the sale of alcoholic beverages and the consumption of all kinds of alcoholic beverages in drinking establishments and public places will be prohibited from 06:00 to 23:59 on the election day.

No one other than those who are responsible for protecting security and public order can use the weapons specified in subparagraphs 1, 2, 3 and 5 of paragraph f of Article 6 of the Turkish Penal Code (firearms, explosive materials, all kinds of cutting, piercing objects made for use in attack and defense). or bruising devices, caustic, corrosive, injurious, suffocating, poisonous, nuclear, radioactive, chemical, biological substances that cause permanent disease) in villages, towns and cities.

During the voting period, all public entertainment venues such as coffee houses, coffee houses, cafes and internet cafes will remain closed, and only food will be served in restaurants that qualify as entertainment venues.

Weddings can be held after 18.00 on the voting day, provided that election bans are observed.

Broadcasts will be free after 21.00

It will be prohibited for radio stations and all media outlets to make news, predictions and comments about the elections and election results until 18.00 on the voting day.

Between 18.00 and 21.00, only news and communiqués to be given by the YSK regarding the elections can be broadcast on radio and all media outlets.

All broadcasts will be free after 21.00, but if the YSK deems it necessary, it may be decided to release broadcasts before 21.00.

Media organizations will ensure equal opportunities between parties and candidates

With another decision, the YSK determined the broadcasting principles that press and broadcasting organizations must comply with in the period from January 1, 2024 until the end of the election.

In the decision, "Radio and television organizations and written, oral and visual media, which are obliged to act in accordance with the principles of impartiality, reality and accuracy, cannot make one-way, biased broadcasts, and that these organizations must ensure equality of opportunity between political parties and independent candidates within the framework of democratic rules in their broadcasts." place was given.

New Tennis Club coming to Kusadasi

The construction of the Tennis Club that we built in an area of 6 thousand square meters is continuing at full speed.

It will be a comfort zone for our citizens with 4 tennis courts with international standards, training courts, changing booth and shower areas, audience tribune, sports equipment and cafeteria.

Women's Denizi Quarter, Kasim Yaman Street



Continued from page 4: While Brits invited to a party would arrive on the dot of the expected time, in Türkiye the time given is just a general framework and it would be quite unusual for anyone to arrive or for any event to start on time.

Smoking: In England, smoking is nearly non-existent. I have been here a week and have only seen two people smoking a cigarette. The entire nation has pretty much completely kicked this unhealthy habit, and sensibly so, as a pack of cigarettes can cost upward of 13 pounds, which if you do the math is nearly TL 500. There is an initiative to stop selling cigarettes altogether to the younger generation in England, whereas in Türkiye, smoking is still quite prevalent.

Rules and regulations: While the police and military presence that exists on the roads in Türkiye is not visible in England, there seem to be a lot of rules and regulations that people must strictly abide by. From waiting at crosswalks, not littering and recycling to needing to purchase a license to watch television, the U.K. feels very controlled and orderly and you would be hard-pressed to hear someone so much as honk their car on the road, whereas in Türkiye, a car horn can be considered just part of the driving process and there seems to exist this mentality that rules were made to be broken.

A new era in restaurants, cafes and patisseries

The Ministry of Commerce made changes to the Price Label Regulation and made it obligatory for restaurants, restaurants, cafes, patisseries, and similar food service establishments to put price lists on the entrance gates and tables.

The amendment to the Price Label Regulation entered into force by being published in the Official Gazette, effective from January 1, 2024.

In the first paragraph of the 8th article of the regulation, the obligation was imposed on workplaces providing services without discrimination, such as restaurants, patisseries, etc., to place price lists in easily visible places.

In the new regulation; It has been stipulated that restaurants, restaurants, cafes, patisseries and similar establishments that provide food/beverage services must place price signs in front of the entrance door and on the service tables.



In the statement made by the Ministry of Commerce, it was stated that the regulation is important in terms of protecting the economic interests of the consumer and informing them correctly, and added: "There are continuous price increases in the prices of goods and services offered by restaurants, restaurants, cafes and similar businesses, well above the inflation rate and costs, and "Recently, many complaints have been received from our consumers that these price changes prevent the realization of the aim of protecting the economic interests of consumers by providing full and accurate information to them through price lists and tariffs."

In the statement, it was stated that there was a need to change the regulation in order to prevent complaints and grievances, and said, "With the regulation that will come into force on January 1, 2024, our consumers will be able to see the tariffs and price lists in workplaces offering food and beverage services before entering the workplace, and will be able to make choices by making price comparisons, thus informing our consumers and protecting their economic interests." It is aimed to protect it at the highest level and prevent possible grievances."

The statement continued with the following statements:

"Consumers must be accurately and completely informed about the qualities and prices of goods and services before purchasing, and there must be no difference between price tags and lists and cash register prices.

Inspections were carried out by our Ministry of Commerce in 65,375 different companies in the first 11 months of 2023, and a total of 37,021,761 TL administrative fines were imposed on 20,209 companies.

Widespread and intensive inspections on price tags, tariffs and price lists will continue unabated in 2024. Source: Aydin Post

Van bears defy hibernation, raise concern among scientists

Bears in the eastern province of Van raise eyebrows among scientists as they defy their natural hibernation patterns due to global warming and the availability of food all year round, warns professor Dr. Lokman Aslan, the director of the Van YYU Wildlife Conservation and Rehabilitation Center.

The pristine geography of the Van Lake Basin, located in the Eastern Anatolia region, hosts a diverse range of wildlife, including numerous brown bear species. However, the failure of bears to hibernate on time or at all in recent years has become a concerning trend. Researching the matter, Aslan attributed this to the bears' ability to access food year-round in the face of global warming.



Aslan, who informed that bears usually feed and fatten during the warmer months and slow down their metabolism by going to their dens over a period of four to seven months for hibernation, stated, "In recent years, they have been experiencing delays in hibernation due to global warming and changes in food habits. The reason for this is the disruption of the ecological balance. If you provide the bear with food, it does not need to hibernate. A bear that can access food for 12 months of the year does not go into hibernation. They have reduced the winter hibernation to two-three months due to our food waste left in nature, the slightly warmer winters due to global warming, and the bears' constant access to food."

Aslan emphasized the potential conflicts that may arise if humans continue to intervene and feed bears. He stated that bears who are unable to find food might resort to searching for it near human settlements, leading to dangerous encounters. Source and Image Hurriyet Daily News

Baked pasta with courgettes, cheese and béchamel – Kabaklı peynirli fırın makarna

Ozlem Warren

This is a delicious, easy, comforting pasta bake that you can prepare ahead. Dried mint adds a refreshing touch; I used medium cheddar, though you can use any melting cheese you like – I love grated halloumi here too. I try to squeeze in vegetables into my pasta bakes and bountiful courgettes work well here; feel free to use other vegetables in hand too.

Author: Ozlem Warren

Recipe type: Vegetarian pasta bake

Cuisine: Turkish / Mediterranean

Serves: 6-8

Ingredients

2 medium courgettes, grated
3 garlic cloves, finely chopped
2tbsp olive oil
1tsp dried mint
Sea salt and freshly ground black pepper to taste
450g penne (or pasta of your choice)
110g grated mild cheddar (to sprinkle on top)
For the white sauce:
480ml warm milk (I prefer whole milk)
110g grated medium cheddar
45g unsalted butter
3tbsp plain flour



Instructions

1. Place grated courgettes in a bowl, sprinkle salt over top and leave to drain for 10 minutes. Then squeeze out the excess moisture, leave a side.
2. Pour olive oil in a wide pan, stir in the courgettes and garlic; sauté over medium to high heat for 5-6 minutes. Season with salt and pepper and add dried mint, combine well and set aside to cool.
3. Cook the pasta al dente (as suggested on its package), drain, and place on a large mixing bowl. Drizzle a little olive oil and combine so it won't stick. Set aside.
4. Preheat fan oven to 180C/350F.
5. Make the white sauce by melting the butter in a medium sized pan, on a low to medium heat. Add the flour and beat well. Slowly add the warm milk whisking continuously to get a smooth consistency and cook for about 3-4 minutes, until the sauce is thickened. Stir in the sautéed courgettes and cheese and combine well. Turn the heat off.
6. Combine the sauce with the cooked pasta in the large bowl, mix well. Place and spread the mixture in a 30x25cm baking dish. Sprinkle 110g grated cheese over and bake in the preheated oven for 18 – 20 minutes, until it is golden on top.
7. Let it cool for 10 minutes, then slice and serve with a refreshing salad. Shepherd's Salad, Coban Salatasi, from Ozlem's Turkish Table cookery book, for instance would be a wonderful match served aside.

Please kindly note that this pasta bake is not included in my cookery book. Afiyet Olsun.



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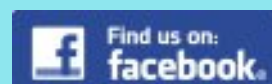
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How well do you know your own Mahallesi in Kuşadası?

Klaus Jurgens

Born and bred Londoners when asked up North 'where are you from?' often reply by stating a particular borough, for example Camden or Ealing instead of London, as this is the part of the city they identify with most; London consists of 32 such boroughs. Granted, a borough can be rather big so even within that area chances are you would not be able to recall each and every street or tube station names, respectively. But if your very own neighbourhood is located in that particular borough - fair enough to make you 'an Ealing woman or Ealing man'. Above all else, any borough would be a complete microcosmos with schools and shops and public transport, with friends and neighbours and green parks and most certainly your friendly local public house where they know you by first name what seems to be for ages.

Fast forward to Türkiye, newcomers to our fine resort Kuşadası might be surprised to learn that a similar system of public administration exists over here, too. Needless to say, there are some differences between town hall and other regulations when compared with London but as a matter of fact, Kuşadası has 23 somewhat comparable smaller entities, called 'Mahallesi' which in its purest version translates best as neighbourhood. We mentioned Camden and Ealing, let us here and again without any ranking whatsoever introduce Kadınlar Denizi Mahallesi and Türkmen Mahallesi.



As our town is of course not as big as a metropolis we would in all likelihood when prompted about our fixed abode in other parts of Türkiye or abroad initially say, Kuşadası, and only as a next step for example Türkmen Mahallesi/Neighbourhood.

However, and what this first contribution to The Ege Eye for a new year which has just begun is all about is a related topic which your friendly columnist has thought about quite a bit – let us call it 'neighbourhood characteristics' or perhaps even more accurate, 'neighbourhood dynamics'.

Mahallesi dynamics

The part of town from where the idea for this piece originated belongs to Türkmen Mahallesi indeed. It is a rather extended neighbourhood so what I started to do is to try and divide it into smaller parts giving each a certain focal point. By doing so the fascinating undertaking of so much better understanding our shared resort became truly enjoyable. In other words: each smaller neighbourhood within a bigger neighbourhood is a world in its own, ticking according to particular traditions and unwritten and at times even written rules, please let me explain.

Opposite our block of flats is a night market, indispensable everywhere in this fine nation ready to serve us long after chain supermarkets closed for the day. Yet exactly one of those branded stores is a mere five-minutes-walk away, too; both types of business exist in perfect harmony here in town. If we would look in the other direction a bakery sells many different forms of bread and cookies and other delights. On our way to the main street a grocery store awaits with fresh produce including fruits and vegetables. Still basically around the same cluster of flats and small streets interconnecting with each other a beauty salon, a barber shop and a chemists ply their trades. The nearest ATM is still within that five-minutes-radius and so is a minibus stop.

Add another five to ten minutes and you would reach the waterfront, this stretch of it belonging to Türkmen Mahallesi as well.

Finding everything we need for our basic and even more exquisite daily needs right at your doorstep – perhaps a cliché elsewhere but certainly not here; amazing.

Now let us add what according to me is probably the most important aspect in all of this: the neighbourhood would not be a Mahallesi without its inhabitants. Once we have started to frequent our local shops whenever we would not need their bigger brothers and sisters so to speak; once we have started to pause for just that moment or minute longer and ask 'how are you today?', mention the weather, bid farewell we have started to become a part and parcel of our Mahallesi. Soon we know the opening times and we recognize the face of our top floor neighbour when we cross our paths outdoors. Soon we take a look not like in tunnel mode rushing around as if the outside world is something to avoid but we look up - we discover the way balconies are decorated with plants and flowers, we understand that the best way to dry ones laundry and the most economical and figuratively speaking is to use solar power. We meet and greet the hardworking town hall staff who day in, day out, rain or shine come and collect our rubbish of which let us be honest we dispose of far too much.

One word of caution though – this is no soap opera where an entire lifespan is spent in an extremely limited space of no more than a few blocks of flats and one watering hole. This neighbourhood way of life is for real!

Of course - we must go and appreciate and explore the full diversity our resort has on offer and private or public transport are to be found literally everywhere. But from the moment we have become part of a particular neighbourhood from which we depart and later on in the day – or during the night – return, we have truly arrived.

Hoping you started the New Year 2024 in joyous and splendid fashion let me express my wish that it will continue like that – lots of luck and health and happiness to you All.

The most commonly used rice is actually the most dangerous! How many calories does rice have?

One of the foods we consume most in daily life is undoubtedly rice. There are many types of rice that can be used in pilaf, stuffing, stuffing, and even soup. However, the most preferred rice in Turkish cuisine is the type with the highest calories.

Glycemic rate is very important when choosing rice. When choosing whether rice is suitable for the nutritional list, its starch value is also taken into consideration, as is its calorie content.

HOW MANY CALORIES DOES RICE have?

OSMANCIK: It is generally the most preferred type of rice in Turkish cuisine. It is a type of rice that has plenty of starch and is 72 kcal.

BALDO: One of the most preferred types of rice in Turkish cuisine is baldo rice. The calories of baldo rice are 34 kcal.

JASMINE: One of the rice types that is not preferred very often. Jasmine rice, which has a unique aromatic taste, 48 kcal. www.posta.com.tr

BASMATI: Basmati is the rice most recommended by dietitians. Basmati rice, which is 58 kcal, has very little starch.

WHOLE WOOD: Whole wheat rice is both healthy and delicious. Whole wheat rice, which is low in starch, 18 kcal.

BLACK: The rice that is not found very often and is the least used in Turkish cuisine is black rice. Black rice, which has 27 kcal, has a low starch content.

NOTE: Rice kcal calculations are based on one tablespoon. Source: Aydin Post



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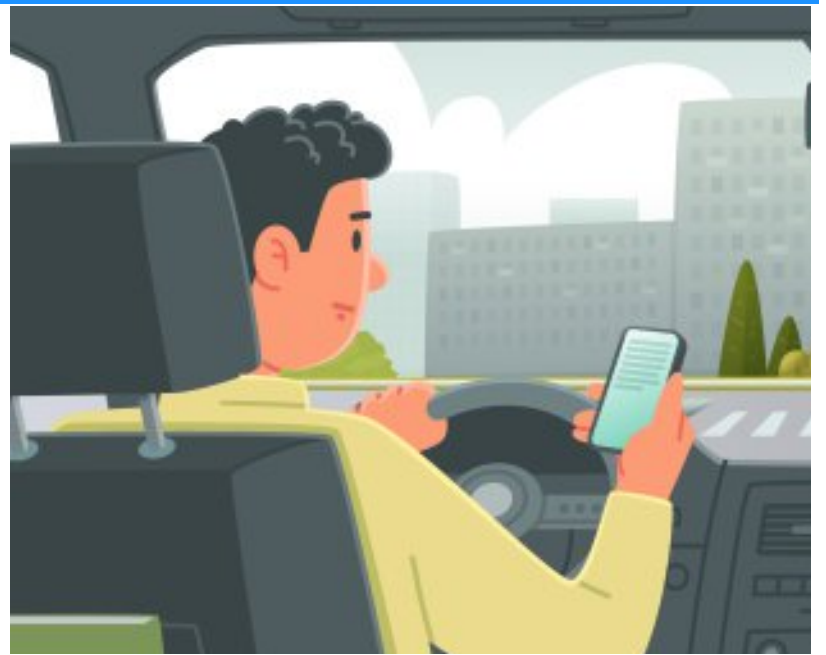
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We have one of the most dangerous road traffic! Here are the most dangerous road traffic countries

In which countries are the most dangerous and safest roads in the world? According to research, our country has one of the most dangerous traffic in the world. Türkiye ranks eighth among the countries with the most dangerous traffic!

Zutobi, a world-renowned driving training company, conducted a detailed traffic research covering 53 countries. As a result of this research, Turkey became the eighth country with the most dangerous traffic among 53 countries! So, what data were these studies conducted on? Here are the details in the rest of the news...

Zutobi, a world-famous driving training company, conducted detailed traffic research for 53 countries. As a result of this research, Turkey became the 8th country with the most dangerous traffic among 53 countries.



Well, how was the research conducted and how was this conclusion reached? Many data were taken into consideration in the research; the average number of fatal accidents of all countries, highway speed limit, belt wearing rate, accident rates caused by drunk driving and finally blood alcohol. A list was designed by calculating the data in the form of ratio.

According to the data obtained from the research, the most dangerous traffic in the world is in South Africa. Only 31 percent of South African users are accustomed to seat belts, and 57.5 percent of fatal accidents are caused by alcohol-induced accidents.

One of the factors that causes Turkey to remain at the bottom of the list is the extremely low seat belt habit. For example, only 40 percent of users in Turkey have this habit.

Although the USA ranks 3rd on the list, 90.4 percent of users have the habit of wearing belts. Only 3.3 percent of accidents in Turkey occur due to drunk driving. The record in this regard is held by Ireland and Cuba, after South Africa.

The safest road in the world is in Norway. The automobile market in this country is also quite low and belt usage is 97.8 percent in the country. Only 1 out of 100,000 people who travel to traffic a year dies. In our country, this figure is six.



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Health News

It is good for skin diseases such as psoriasis and eczema. It is 2 times more effective when applied at night

Problems such as deep wrinkles, fine lines, blemishes, and sagging are considered the most obvious signs of aging. You should adopt a good skin care routine to prevent premature aging of your skin and prevent the formation of wrinkles. However, sometimes you may not get the results you want from the anti-aging products you use. At this point, you can benefit from natural oils. Because some natural oils provide 100 percent effect on wrinkles.

Having young skin is everyone's dream... However, over time, signs of aging may become visible on your skin. To prevent this, you should adopt a regular skin care routine.

Aging is considered a natural process. As you get older, the appearance of your skin also changes. Because your body's collagen production decreases.

When collagen production decreases, wrinkles and fine lines become more visible. Sometimes, even at a young age, wrinkles may appear on your skin. One of the best ways to prevent this is to do regular skin care and protect the skin from the harmful effects of sun rays.

You can prevent skin aging by eating a correct and balanced diet, staying away from stress, taking care according to your skin type and needs, and protecting the skin from the harmful effects of sun rays. Apart from all these, you can also get support from natural methods.

Thyme oil is one of the natural oils that have become popular in skin care in recent years. Thyme oil is also good for many health problems.

Thyme oil applied to a clean face with a cotton ball before going to sleep at night acts as a tonic and cleans the skin deeply. Thyme oil applied to the skin also helps cleanse the skin from blackheads and acne and remove wrinkles on the skin.

After the thyme is carefully collected and dried, pure extra virgin olive oil is filled on the plant. It is tightly closed to prevent air and kept in a cool place for a month. During this process, the mouth of the bottle is never opened.

Otherwise, the oil will lose its acidic properties. At the end of a month, thyme oil becomes ready for use. If you do not have the opportunity to collect thyme yourself, you can try making oil by purchasing fresh thyme plants sold in markets.

THYME OIL RENEWS THE SKIN

Thyme oil prevents premature aging of the skin with its cell regenerative properties. It helps the skin maintain its natural moisture balance. Thus, your skin becomes more resistant to external factors. www.posta.com.tr

Thyme oil, one of the sources of collagen, increases the elasticity of the skin when applied to the skin. It is used very frequently, especially for the treatment of problems such as acne, acne and blackheads.

It is used in the treatment of fungi because it has antiviral properties. It is a very powerful oil in drying out acne. It is effective in reducing the scars that occur after acne. It may be effective in reducing wrinkles by helping to renew skin cells.

BE CAREFUL BEFORE APPLYING THYME OIL TO THE SKIN!

It is not recommended to apply thyme oil alone to the skin. Since it is a powerful oil and has caustic properties, you should use thyme oil by mixing it with other oils.

Since it may cause irritation on sensitive skin, a specialist doctor's opinion must be obtained before using thyme oil.

Thyme oil is usually applied to the clean face with a cotton ball before going to bed at night. In this way, the oil acts as a tonic and cleanses the skin deeply.

Another way to use it for the skin is a steam bath. You can take a steam bath by dropping two drops of thyme oil into boiling water. Thyme oil; You can use it in aromatherapy applications by mixing it with sesame and almond oil.

SKIN WHITENING THYME OIL MASK

If you want to get rid of acne and post-acne spots on your skin, you can make a mask using thyme oil. You can tighten your skin and prevent wrinkles by using thyme oil at home using natural ingredients.

To make the thyme mask;

Mix 2 or 3 spoons of strained yoghurt, 1 teaspoon of olive oil, 1 teaspoon of honey and thyme oil well in a bowl.

Apply this mixture to your clean skin by massaging it. Then leave the mask on your skin for 20-30 minutes.

After waiting, wash it with warm water. Then dry it with a soft towel. Apply this mask to your skin regularly, once or twice a week.

IMPORTANT! If you have sensitive, allergic skin, consult a specialist before applying thyme oil or other natural oils to your skin.



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Directions: If you are a first-time visitor to Kusadasi you would go under the arch towards the seafront. Ask anyone and they will tell you where the arch is. Walk until you come to Turk Telekom on the right side. Take the next right into the old town and the shop is about 10 metres on the right.

Supporting local charities

This morning was Animal Rescue Kusadasi's (ARK) annual New Year Days swim in aid of the street animals.. If you would like to help or donate to our street animals, you can by clicking on the link. <https://arktr.org/>



Well done everyone and the one brave dog who joined in

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You can contact our volunteers any time from Monday to Friday between 10 am and 5 pm (Turkish time)

For out-of-hours emergencies call 0256 612 3207, or our UK number 0207 078 7443 or our Ireland number 01 657 1475 or call, SMS or WhatsApp 05066 620 185 – 24 hours a day 7 days a week.

We also would appreciate if you could do the same for our Ege Eye Facebook group.

<https://tinyurl.com/5n6vrjd2>

One last request, The Ege Eye is a public group. You do not have to join to view our articles. I would be grateful if you would join and pm me your email address so that you can receive our regular monthly newsletter. Send your email to lucy@theegeeye.com or inbox me on messenger.

Regards Lucy



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