

we|you|they

MARCH - APRIL 2020 - ISSUE 20

FASHION, SHOPPING, CULTURE AND LIFE MAGAZINE

by **Özdilek**

EN

YOUR COMPLIMENTARY COPY

**SPRING VIBES
IN YOUR
STYLE**

**MINIMAL
TOUCH TO
SPRING**

**HEART OF
MESOPOTAMIA
MARDİN**

TUĞBA GÜVEN
“WE DO NOT
COMPROMISE
ON QUALITY IN
PRODUCTOIN”

**NOBLE,
SYTLISH
AND FREE
STYLES**

**CEM
BELEVİ**

**“I TREASURE MY
LONELINESS”**

**LAST JAMES BOND
DANIEL
CRAIG**





"Yes" to the Perfect Wedding for the Endless Love



Wyndham Grand İzmir Özdilek hosts perfect weddings at its chic halls with various concepts, pool side and other outdoor spaces. You may crown your love with an unforgettable wedding, organized by our professional team on the most beautiful day of your life and experience the elegance and delicacy at every detail.

EDITO



Dear We You They Readers,

We have compiled for you a fresh assortment of delightful topics bound to pique your interest as we enter a new season filled with spring breezes, April showers, and May flowers.

In this issue, we present you our talk with Cem Belevi about his career, eye-catching clips, and best of's. I am positive that you won't be able to put the interview down, and that you will be moved when you read about the most interesting place he has ever played the guitar at.

As the sunlight-kissed energy of spring trickles through our front door, we will use this year's trending colour, Classic Blue, to create a brand new atmosphere through decoration. This year, it looks as though no one will shy away from the blue tones that we anticipate on seeing across most aspects of our lives, from fashion to décor. You too can learn about how you can incorporate this colour into your home from our decoration page. If you are looking to add additional parts to your wardrobe, don't forget to gloss over our cabinet page before deciding upon chic accessories that will blow a puff of spring-time air into, as well as subtly compliment both you and your dresses, no matter the style.

One of the most intriguing of cities in South-eastern Anatolia is Mardin. I urge you to pencil it into your March and April travel plans, for it and its unique architecture will take you on a magical journey back in time. You can easily lay out your tour route in advanced by checking out our travel page.

Women play an active role in all aspects of our professional and personal lives. We recently caught up with Tuğba Güven, Özdilek's household textile specialist and long-time Director of Garments to learn more about (her unit's) production phases, trends in bathrobe set manufacturing, and her views on women's place in the work force.

Both my team—who makes a point of Mustafa Kemal Atatürk's famous line, "Everything we see in the world is the creative work of women."—and I wish all women a happy March 8 / International Women's Day. I now leave you with a new Spring Edition...

Senay Aslan
Managing Editor

Publisher

Özdilek Holding Inc.

Publisher's Representative

Emir Murat Özdilek

Chief Editor

Sedat Yamansucu

Managing Editor

Şenay Aslan

Coordinator

Ece Şentürk

Editors

Hande Dilekmen
Emine Nalbant
Gülşah Beceren

Visual Arts Director

Ceyda Uysal

Prepared By

Duma Ajans

Soğanlı Mah. İstanbul Cad.
No. 343 - 3 Osmangazi / Bursa
P: +90 224 219 60 00 / 6082



Print

Promat Basım

Yayın San. ve Tic. A.Ş.
Orhangazi Mah. 1673 Sok. No. 34
Esenyurt / İstanbul
P: 0 212 622 63 63
info@promat.com.tr

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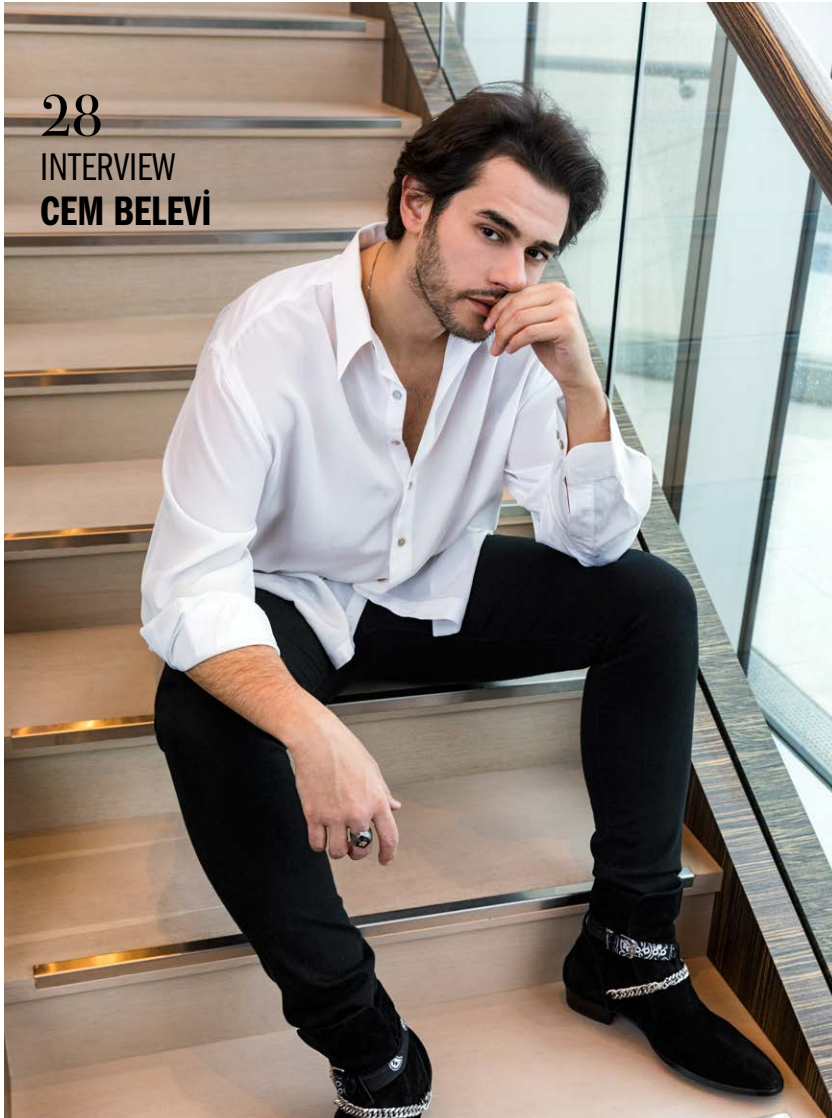
WINDOW TO PEACE

CLASSICAL BLUE

*Pantone Color
Institute that declares
the color of the year
at each December
declared the color of
2020 as Classic Blue.*

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NEWS FROM ÖZDİLEK

A Motivation Night in Wyndham Grand Istanbul Levent

Özdilek Center organized motivation night on two different dates on behalf of the employees of ÖzdilekPark İstanbul and Wyndham Grand İstanbul. CEO of Özdilek Holding, Hüseyin Özdilek, who attended the second motivation night highlighted the importance of honest work while he also mentioned how Özdilek Center has come to these days since its establishment.

Success Plaques and Surprise Gifts

In the program, Funda Bezircioğlu who is the General Manager of Wyndham Grand İstanbul Levent and Alper Çiğdemci who is the Manager of Özdilek Center evaluated the year 2019 and the first month of the new year in their speeches. They thanked the employees due to their high performance and effort. They also wished this effort and goodwill to continue. During the night, the

staff of the year who work in the most effective way to provide world class service to the guests was awarded with plaque. The employees spent fun time thanks to the live music accompanying the delicious dinner. They also had surprise gifts as a result of the giveaways.



Valuable Advices for Students from Hüseyin Özdilek

Hüseyin Özdilek, the CEO of Özdilek Holding, who frequently shares his experiences in sectoral fields such as commerce and retail in the conferences and meetings he attends gathered with the students of Gaziantep University and Okan University. This year, Hüseyin Özdilek was one of the speakers of Okan University that has been bringing important names of business world together with its students in Entrepreneurship Days since 2008. He shared his experiences with young entrepreneurs-to-be to reveal the entrepreneur side of students and to give them a visionary point of view. In the 4th Career Summit of Gaziantep University Engineering Club, Özdilek met with the students of engineering and architecture, the faculty of economics and administrative sciences along with the college of applied sciences, and he gave golden sectoral advices to the young. The students carefully listened the speech of Hüseyin Özdilek who answered the questions of students as well. The school management gave a thank you plaque to Hüseyin Özdilek.



A Happiness Movement from Özdilek: “Paw Share”

Özdilek Holding that attaches great importance to social awareness project realized the Paw Share project which they designed for the most basic need of animals in ÖzdilekPark Bursa Nilüfer and ÖzdilekPark İstanbul.

The guests of ÖzdilekPark leave their leftovers to the Paw Share boxes located in the food courts. The leftovers of the guests are collected daily and kept under proper conditions. At the end of the day, volunteer animal lovers and shelter representatives supply the collected food to street animals and the animals in the shelters. ÖzdilekParks make a great contribution to the nutritional requirement of animals which is one of the most significant requirements of them thanks to the happiness movement they created with the support of their guests.

Would You Like to Share Your Food with Me?

ÖzdilekParks that conduct their projects for constant advantage and sustainability expect the support of Shopping Center guests to this significant project started for our animal friends. You can also make our cute friends happy by leaving your leftovers to Paw Share boxes.



Children with Autism Develop with Art Therapy

Özdilek Holding that supports the education with the projects developed believing that education is the right of every child started the courses of art therapy which the students with autism can improve their motor skills and express themselves better. The courses of the project which was realized to contribute to the development of the children with autism and to raise awareness by calling the public’s attention to autism with the collaboration of Bursa Autism Association started in the lyceum of ÖzdilekPark Bursa Nilüfer. The courses which will continue for 17 weeks accompanied by a specialist pedagogue include topics to improve the behaviors of people with autism such as trusting, being recognized, being, realizing, discovering, feeling, connecting, being moved, accepting. The project aims to enable children with autism to reveal their emotions and thoughts which they cannot express with other ways through artistic productions. This project will help the children improve their mental health as well. The art therapy enables them to be in solidarity and cooperation during group studies, and it also develops behaviors such as respect, love and cooperation among children. These activities enable children to express themselves with arts such as painting, sculpture, ceramics, etc. and help them relax emotionally.

A Welcome with Fragrant Carnations

Özdilek that organizes significant events for its guests in special days in our country and the world is getting ready for traditional flower distribution on 8th March International Women's Day. Özdilek completed its preparations for Women's Day in 14 branches located in 12 cities will welcome its women guests visiting the branches with fragrant carnations during this significant day.



Özdilek is Ready for 18th March Çanakkale Victory

Özdilek Shopping Centers started the preparations for the anniversary of Çanakkale Victory which is celebrated throughout the country and is one of the greatest victories of the history. The guests will feel the spirit of the period and the enthusiasm of the victory during the events to be held in all branches of Özdilek on this significant day. The euphoria of victory will be revived in Özdilek Shopping Centers where Çanakkale Victory Exhibiton reflecting the memories of the period, living sculpture performance, zeybek dance performance and the event of The Songs That Atatürk Likes will be held during a month. On 18th March Çanakkale Victory and Martyrs' Day, Özdilek remembering the veterans who fearlessly fought for our nation will host the veterans in a special dinner invitation.



Little Scientists Are Raised in Özdilek Shopping Centers

Özdilek Shopping Centers will organize a series of events for Science and Technology Week that is annually celebrated between 8 – 14 March. Robotic Coding, Little Chemists at the Lab and 3D Coding events will be held in Özdilek branches in order to stress the importance of science and technology that affect the human life positively, open up their horizon, develop civilization rapidly. Thanks to the robotic coding training, the children will gain critical thinking skills as well as responsibility and teaming awareness. At the end of the training of 3 months, the children will be separated into groups and build robots in line with their purposes accompanied with their trainers after a presentation which will take place in Özdilek İzmir Seminar Salon with the participation of their parents. The children will make presentations for the robots they will build with toy blocks in turn. They will also make the robots move through the commands issued by coding with the tablet computers. After the presentation, participation certificates will be given to the students and their success will be recognized.



We Need Each Other

Özdilek Shopping Centers continue supporting "Blood Donation, Life Donation" activities of the Red Crescent in order to support meeting the blood need in our country and to raise awareness regarding the importance of blood donation. Özdilek raises awareness regarding blood donation in all of its branches periodically, and donated blood to the Red Crescent all day through the vehicles located in Özdilek Afyonkarahisar, Yalova and Kocaeli to support the Red Crescent. Many volunteers who have the sense of social responsibility contributed in the blood donation to give a glimmer of hope to the patients in need.





**ARTISTIC
AWARENESS
IN AUTISM**

AS ÖZDİLEK HOLDİNG, OUR ART
THERAPY COURSES, WHICH WILL LAST
FOR 17 WEEKS, HAVE STARTED FOR 8
SPECIAL STUDENTS TO DEVELOP THEIR
SKILLS IN ORDER TO RAISE AWARENESS
IN AUTISM.

Chess Tournaments Continue

The chess is of capital importance for the brain development of children and teens and it develops the individuals' skills of quick and correct thinking, being planned, accurate approach to the incidents and accurate comprehension. In this regard, Chess Tournaments which has become a tradition for Özdilek Shopping Centers were lately held in Özdilek Bursa Geçit, Manisa Turgutlu and Yalova. 50 students participated in the event in each branch during the tournaments which have been held two days in the weekend. The participants were instilled the thinking and self-confidence senses of chess and learned to develop strategy, and the ones ranked in the tournament were given a prize. Chess Tournaments which have been held by Özdilek for many years and benefiting the participants will continue in all the branches on different dates and at different periods.



Meaningful Visit to Our Elders

Özdilek that always gives particular importance to social and humane values will visit the residents of Afyonkarahisar and Manisa Turgutlu nursing and rehabilitation center for old persons. Özdilek employees will have a conversation with the elderly and let them have a nice day during their visit due to 18 - 24 March Respect the Elderly Week. Surprise gifts will be presented during the visit when joyful conversation will be made. Özdilek employees adopt the necessity to visit the elderly not only on special days but anytime during the year as a principle and they continue to remember our dear elders every day of the year and exert effort to be with them as much as possible.



Woman-handling the Özdilek Yalova

Özdilek Yalova organizes events not only for children but also for adult guests and it hosted its women guests with woman workshops. Ceramic and tile painting were performed during the art activities held free-of-charge on Wednesdays and Fridays during a month. The ladies who learned the details about ceramic and tile painting created colorful objects using their imaginations. The guests of the Woman-handling event thanked Özdilek Yalova Management and expressed their happiness for such an event in Yalova.





PAW SHARE

As Özdilek Holding, we started a happiness movement for a sustainable life. In ÖzdilekPark Bursa Nilüfer and ÖzdilekPark İstanbul we share not only our life but also our leftovers with our lovely friends thanks to our Paw Share boxes in ÖzdilekPark Bursa Nilüfer and ÖzdilekPark İstanbul.



Healthy Generations with Happy Pregnant School

Özdilek which organizes special events for mums-to-be and the mums to raise healthy generations held Happy Pregnant School project in Yalova. Emotional changes during pregnancy were addressed by Psychologist Dilara Deniz in line with the schedule determined for the curriculum of "Happy Pregnant School". Dietitian Kamile Altın talked about nutrition during and after pregnancy to stress the importance of nutrition during pregnancy and Obstetrician and Gynecologist Op. Dr. Bilgin Yurdakul addressed the postpartum period. The mums-to-be who completed their trainings were given participation certificates by specialist trainers at the end of the final lesson.



Fun with Smurfs and Kral Şakir

Özdilek İzmir hosts fun events of beloved cartoon characters; and this time, it brought the mascots of both Smurfs and Kral Şakir together with their little guests. Şakir and Fil Necati that are the beloved characters of Kral Şakir met with the children and presented them a show of laughter, dance and fun. Özdilek İzmir brought the characters of Smurfs cartoon which is loved by everyone together with the people in İzmir for the first time in their event. Özdilek İzmir organized a day that both the parent and the little cannot forget.



Where Art, There is Life

World Theatre Day which was accepted on 27 March 1961 by International Theatre Institute and started to be celebrated all around the world will be celebrated in Özdilek Shopping Centers within the meaning of the day. Özdilek branches hosts fun and educational theatre shows for their little guests not only on the Theatre Day but during the year. They take pride in having a special part for children's education and personal development. The plays are organized in Özdilek Shopping Centers in order to open the doors of different worlds to the children during a few hours, to enable them have a quality time. Parents also love these plays. Özdilek management take into consideration the positive contributions of child plays that have countless benefits to the development of the children; and therefore, to the society. Özdilek will continue bringing their little guests together with various theatre event during the year.



23rd April Spirit will be Felt in Özdilek

As in everywhere in the world, our country started to get ready for the celebrations of April 23 National Sovereignty and Children's Day which was presented to the children of the world by the Great Leader Mustafa Kemal Atatürk who is founder of the Republic of Turkey. ÖzdilekPark and Özdilek Shopping Centers determined their event programs for these special day.



The Euphoria for the 100th Year

Marching Band of the Republic will play national anthems in their concerts in all branched of Özdilek concerning the 100th anniversary of the establishment of Grand National Assembly of Turkey (GNAT) and the importance of April 23 National Sovereignty and Children's Day. Özdilek branches will be covered with Turkish flags and they will host the holiday events of the schools. The students will make Turkish flags and portraits of Atatürk in the workshops prepared for the children with the theme of April 23. The children will take pictures with Turkish flag, GNAT and Atatürk as a remembrance using greenbox technology in the photo area to be located in shopping centers.



Nostalgia in the Ramadan Streets

Özdilek branches completed their preparations for the Ramadan which will take place between 24 April – 23 May this year. The spiritual and emotional atmosphere of Ramadan will be revived in unity as in Özdilek branches as in every year with the Ramadan streets and event areas. The guests will enjoy artistic and cultural activities which will fulfill the longing for the old Ramadan periods with Whirling Dervish, Aşuk and Maşuk, Karagöz and Hacivat, Kavuklu and Pişekar, Meddah, illusion shows, fasıl concerts and Ottoman macun.



Özdilek Afyonkarahisar Has Been Making People Happy For 24 Years



Özdilek Afyonkarahisar is getting ready to celebrate its 24th opening anniversary between 17-20 April. Özdilek Afyonkarahisar has been providing service to the satisfaction of its thousands of guests for 24 years. The activities will start by cutting a cake and they will host the guests with various entertainments for two days. Fun activities will be organized for the children in the shopping centers where a special cake will be cut for the guests joining the anniversary celebration and fun marching band concerts will be organized. A musical dance show will take place with the beloved mascot characters of Pırl which is one of the popular cartoons of TRT Çocuk channel. In the "Pırl" event that the children watch fondly, the mascots of Pırl, Nazlı, Deha and Cesur will dance with the children accompanied by the most loved songs.

NEWS FROM ÖZDİLEKPARK



Aware Mothers, Healthy Generations

ÖzdilekPark İstanbul held an interview session “Mother and Child Academy” with the participation of specialist doctors in the field of mother and child health and influencer mothers. Obstetrician and Gynecologist Opr. Dr. Ebru Zülfiakaroglu, Pediatric Dr. Görkem Astarcioglu, influencer mother Kadriye Altınbaşak with her Instagram account “Mutfakta Bebek Var”, another influencer mother and the author of the book titled Masal Tadında Yemekler, Ayşegül Bayındır, participated in the event as speakers. Mothers and mums-to-be learned useful information and had the chance to consult to the specialists about their curiosities in the interview program which dealt with motherhood, child health, nutrition and child development.



Voyage of Discovery to Space

ÖzdilekPark İstanbul that organizes events for children to learn by researching, discovering and experiencing hosted Space School event. There was a large turnout to the event by the little. The event was carried for 16 days, 7 sessions per day and 25 children per session. The children were firstly informed about space and meteorites by using a hand puppet and a theatre performance was played supporting the topics in the event area where was giant decorations in the theme of space. Each little guest played a game to find lunar rock within space sands later in the event program. In the painting workshop with the lunar rocks found, rocks were colored with the imagination of children. After the event sessions of 40 minutes, a participation certificate was given to each little child and they were congratulated.



A Trip to Dreamland with the Movie Gamonya

The little stars of the movie Gamonya: Hayaller Ülkesi met with their fans in Cinetime ÖzdilekPark Antalya and ÖzdilekPark Bursa Nilüfer. This fantastic child movie is about a little child who entered a challenging adventure in a world that he does not know. Umur is introduced to a new world he does not know after an accident which grandfather go through and finds himself within a magical adventure. The children showed a great deal of attention to the premiere of the movie Hayaller Ülkesi Gamonya which the actors of Güldü Güldü Show team played. Berat Efe Parlar, Eda Döğür, Dora Dalgıç, Zeynep İlgin Çelik, Alperen Efe Esmer, Arda Şahin and Director Tuğçe Soysop met with their fans before the premiere. The actors shared their happiness they felt due to the large turnout and great interest with their fans. The actors who met with the guests at the stage watched their new movie with the audience at the cinema hall.

Kural and Cemcir Duo Continue Making People Laugh

The premiere of the movie Baba Parası was held in Cinetime ÖzdilekPark Bursa Nilüfer. Ahmet Kural and Murat Cemcir along with the beautiful actress Yağmur Tuğba Tanrıversin participated in the premiere of the comedy movie Baba Parası which began to play in Cinetime. This comedy movie was directed by Selçuk Aydemir who also directed the movies such as Ailecek Şaşkıncı, Çalgı Çengi, Düğün Dernek, and Ahmet Kural and Murat Cemcir who have worked with the director before played the leading roles. The actors who met with the audience at the floor B1 of ÖzdilekPark Bursa Nilüfer watched the movie together at the cinema hall of Cinetime. After the movie, the fans took pictures with the loved actors. The fans shared their photos taken during the premiere hosted by Cinetime ÖzdilekPark Bursa Nilüfer through their social media accounts and immortalized this beautiful day.



Entertainment Parade with Beloved Cartoon Characters

The characters of the cartoons that children watch fondly met with little guests in ÖzdilekPark Bursa Nilüfer. The mascots of Kutu, Aypa, Rupi and Enda from Kare Takımı; Pırl, Nazlı, Deha and Cesur from Pırl cartoon created a fun parade. The little children had fun to repletion in the event of music and dance performances with best-loved mascot characters. ÖzdilekPark Bursa Nilüfer that continue hosting its guests with its licensed children events left unforgettable moments all the children participating the events.



The Little Children Both Have Fun and Learn

In the Science and Art Festival organized in ÖzdilekPark Antalya, the children felt excited with the experiments they performed and spent a weekend full of fun with the puppet show. The children were firstly entertained with the puppet show called *Düşler* (Dreams) in the Science and Art Festival carried out with the large turnout of children on Friday, Saturday and Sunday. On Saturday, the little guests enjoyed the chemistry experiments and learned cause and effect relation in the experiments. The children who accompanied the experiments conducted by the experts reinforced what they learned by making their own experiments based on their knowledge. The children both experiences different things and improved their communication skills in the Science and Art Festival where science and art united.



Rafadan Tayfa Enthusiasm of Children

ÖzdilekPark Bursa Nilüfer that organizes special events for its little guests hosted the characters of Rafadan Tayfa that children love so much and await impatiently. The events were carried out with the participation of nearly 4 thousands of guests in three different sessions during three days, and the characters of Rafadan Tayfa enabled the children to spend a day that they can never forget. The families largely participated in the event which included stage shows, songs, dialogs and dances. At the end of the show, the characters did not forget to take photos with the children.



Fun Mathematics with Chinese Puzzle

ÖzdilekPark Antalya that adds a new one to the activities supporting the education of children everyday organized a tangram event contributing the mathematics and visual development of children. There are 7 pieces in different geometrical shapes representing the Sun, Moon, Mars, Jupiter, Saturn, Mercury and Venus in tangram which is also known as Chinese puzzle. The shapes which include two big isosceles right triangles, two small isosceles right triangles, one square rhomboid and one medium size isosceles right triangle were brought together in different forms which the imagination of children. The little guests who created the geometrical shapes they wished with the pieces left the shopping center happily.



The Event That Makes You Love Geometry: Geoboard

ÖzdilekPark Antalya that contributes the development of the children with mind games as well as entertaining them organized a Geoboard event. Geoboard event which will make children get interested in the geometry and enable them to make sense of basic geometrical concepts by visualizing them received thumbs up from the parents. The little guests who joined the event aiming them to love geometry enjoyed discovering geometrical shapes by having fun.



Tuğba Güven:

“We do not compromise on quality in production.”

In this issue, we met with Tuğba Güven who is Özdilek Home Textile Apparel Manager. We had a sincere and lovely interview about her Özdilek career, the most important processes of the production and how the organization is perfectly operated, increasing the effectiveness of the employees and Tuğba Güven in the social life. We hope you will enjoy this interview...

Interview Ece Şentürk **Photos** Onur Yurtsever

We would like to start with getting to know you. Can you talk about yourself?

I was born in Bursa in 1981. I spend my primary and secondary school years in Mustafa Kemal Paşa county due to the duties of my parents. I completed my high school education in Private Tan High School. In 2003, I graduated from Uludağ University Textile Engineering Department. In January 2004, I started working as a chief in Özdilek's apparel department and then I was promoted to assistant manager position. Meanwhile, I completed my master's degree in Uludağ University Faculty of Management in the field of Management and Organization. In 2017, I was promoted to apparel manager position. I always felt lucky for starting my first job in Özdilek. During my first years, I was wanting to work here for many years as well and I believed that Özdilek was the right place for me. I never searched for any other job.

Can you give us some information about your activities? How are the business processes operated in apparel?

The apparel department is the last stage of production after thread, weaving and dyehouse. The products that are sent from dyehouse and color print department in lots are went through cutting, sewing, quality control and packaging processes in the apparel department and they are made ready to be forwarded to the customer. There are

two different production lines including towel-type production and bathrobe-type production in the apparel department. Towel production consists of production based on technology including length cutting, length sewing and width sewing automats. We have 11 width sewing automats. We have a daily production capacity of 25 tons. Bathrobe production consists of layout, cutting and bathrobe sewing processes. There are two layout machines, three layout tables and one cutting machines in the layout department and we have a daily production capacity of 7 tons of bathrobe cutting. In the embroidery department, we embroider the towels and bathrobes. We can embroider 6 thousand 500 pieces of product per day with 15 embroidery machines with 18 heads.

Which units do you cooperate with when organizing and planning your unit?

We are in a constant collaboration with internal market and export sales departments since the apparel department is the last point where the products are prepared for being provided. Materials such as label and accessories should be provided before we start the production of the relevant order. We work hard with the purchasing logistics department in line with the information given by the sales departments. We enable the materials confirmed by internal market and export sales departments to be provided in order to start the production. We have programs prepared according to the order deadlines. We work

coordinately with weaving, dyehouse and planning departments for the continuity of dispatch and production processes. We maintain our works with other departments in cooperation and with the spirit of teamwork. The managers in the other departments continue their follow-ups and support until the orders are completed in the apparel department and ready to be dispatched to sales warehouses.

You follow the operation of other departments so that the production does not halt. What are your basic management principles which you apply for all the plans to be in harmony with the general planning?

The processes by embroidery, boutique, towel, set, atelier units in the apparel department are connected with each other and the other departments other than apparel. Therefore, we create monthly and weekly production programs. The programs are shared with each department and followed. We hold a short meeting every morning in order to maintain the communication among the departments and to discuss the progress of the program. These meetings facilitate our daily work follow-ups and affect our work positively. We also hold a meeting with all the departments twice a week. It is a must to be organized. It is important to inform everyone about everything and to let everyone follow the work. Because it is not useful if only you have the information, sharing is what is important.

**“IT IS NOT
USEFUL IF ONLY
YOU HAVE THE
INFORMATION,
SHARING IS
WHAT IS
IMPORTANT.”**



You are also in charge of quality and controlled progress of the production. Can we hear the criteria you care from you?

As you all know, guest satisfaction and reliability are quite important for Özdilek culture. We dispatch all our apparel production directly to the users. We cannot compromise on quality in production. All the products we have sewn go through a one-hundred-percent control process from the point of the user in terms of sewing quality and general look, and the defected products are separated. We provide high-quality products to our users by working quite meticulously during packaging and packing stages. We have a quality control department for quality follow-up, which works separately from the apparel team and checks the quality of our productions. In this regard, we work in an intense cooperation and communication with the quality team.

What are the reflections of checking every step to your private life?

I observe the effects of my meticulousness about quality mostly during shopping. If i am buying cloths, i check the fabric quality, sewing quality, the applied sewing method before checking how it looks on me. I always read the washing instructions. I consider the product if i believe it is quality in these aspects.

What do you do to strike a healthy balance between your work and private life?

I try to be planned in my private life as in work to strike this healthy balance. Time is so precious for me. I believe it is of utmost importance to use time well and correct in every field.

There are leading brands in the towel and bathrobe production and exportation of Özdilek Home Textile. How do you consider the share of apparel department in this success?

If we were to evaluate this success in terms of apparel, the most important reason is that our department is established and structured to produce with a rapid and high capacity through high technology. Therefore, we can meet the requests with high tonnage and short deadline by the sales department. If we did not have such a technology, it would not be possible for us to complete this high-tonnage production with plain machines. To give an example, it takes about then people sew one piece of product that is produced by width sewing machine. Therefore, the technology we have is quite important. Furthermore, we attach a great deal of importance for all our products to be high-quality starting from the sample production stage.

What would you like to say if you were to evaluate the textile products you export in terms of the exportation market?

Our annual exportation production is about 3 thousand 500 tons. We export bathrobe and towel. Fifty percent of our production is exportation. A major part of our export production is colored velvet beach towels which we produce to send to the USA and Europe.

Production is a process which does not accept stagnation and requires constant performance. What do you do to increase the daily production volume?

Production is a process which continues twenty-four-seven. In this process, the problems which may hinder the production should be eliminated without a delay and acting quite rapidly. In order to do so, we spend a large part of our working hours within production. We observe the processes on site. We always question how we can get better in terms of production and effectiveness. We reveal our aspects requiring improvement. In this regard, we believe we can do better and act so.

How do you coordinate your team in line with this mentality? Do you exert effort to increase the productivity of your employees?

We have a strong communication network. As well as our discipline understanding. The awareness and responsibility levels of our manager friends in the team are quite high especially in terms of productivity and quality follow-up. We teach that these issues are rather important, that everyone should do their jobs in the best way to our sub-staff all the time, and we closely follow. Nowadays, we are conducting a project with process management to increase the employee performance.

Labor force participation rate of women is very high in the apparel field. What do you consider about this as a woman?

95 percent of apparel department is woman



employees. 42 percent of the employees working in Özdilek Holding is woman. Our company ranks in the top hundred among the woman-friendly companies. If you are doing your job well and earn trust, you become a part of the team. What is important is that you do your job well.

Embroidered towels were preferred years ago but now one-color and more minimalistic designs attract people. Trends change all the time, what do you think that the users care about the most?

Yes, towels with embroidered designs and vivid colors were produced back then. Nowadays, smaller patterns and matte colors are preferred in the produced towels. Flamboyant towels with overdone pattern designs are not preferred as in the previous years. In this regard, we can say that there is a tending towards more minimalistic designs. The user both look at the quality and the appearance of the product. Of course, they also care about the raw material quality.

What do you like to do during your time out of the work?

I spend most of my time outside of work with my family. I have twin daughters who are 13 years old. I share most of my time with them. I feel so good when i read book. I have been trying to read book every night in the last one year. I also love travelling like everyone else.

As a woman who fulfilled her 16 years in the business world, what would you like to say about March 8 International Women’s Day?

Every people needs working, producing and being successful. I believe it is very important for women to take place in the business life to have a peace of mind, be pleased with themselves and live with self-confidence. Happy March 8 International Women’s Day to all the women.

Just for you at ÖzdilekPark

THE JOURNEY TO THE COLORFUL WORLD OF CHILDREN WITH FUNFAIR

With its comfortable, colorful and energetic designs, Funfair, which leads baby and children's clothing fashion as an Özdilek brand, is chirpy with its 2020 Spring collection as in every season... Since 2009, Funfair promises a smile on the faces of children with beautiful and stylish clothes and with its lines suitable for the colorful world of the children, with products that do not restrict their freedom of movement and with quality fabrics. Funfair, which includes shoes and accessories as well as children's and baby clothing in its collections, is in Özdilek stores and at Özdilekteyim.com!



PINK OF THE SEASON FITS YOUR STYLE

H&M, which offers its stylish collections to the taste of its customers every year, draws attention with its seasonal products. Pink color stands out in dresses, shirts, knitwear, skirts, blouses, t-shirts, shorts, shoes and bags in H & M's first collection prepared for the new season. The most spectacular pieces in the collection are pink jackets which are enriched with the glow of spring and the energy of pink. Jackets with woven fabric, notched lapels, mother-of-pearl buttons, front pockets with flaps, slightly tapered waist, straight-cut double-breasted lining are candidates to be indispensable for season combinations as a very stylish and sporty piece!



IT'S TIME TO BE FREE IN THE CITY WITH ALTINYILDIZ CLASSICS!

Men who prefer Altinyıldız Classics, which brings the modern attitude of the city to the style with the arrival of spring, enjoy the freedom in this season by not limiting of what they will discover, listen and wear in the new season. With the changing trends, they prefer more casual combinations even in business life, and they carry the feeling of freedom to highest level by the feeling comfortable at every moment of life. They offer stylish solutions for every day of the week and every moment of the day with a different product range. The trend of this season for the Altinyıldız Classics men, who keep the pulse of the trends that change with the season, is "to dress in layers"!





WELCOME THE SPRING WITH THE COMFORT OF PENTI

Are you ready to welcome the strong energy of the spring? Penti combined comfort with classic colors, which suits spring well. Focusing on comfort, the brand offers many different alternatives from underwear to home wear. Penti offers stunning red and relaxing gray tones to its users with pajamas, which are an indispensable part of home wear, it also offers special options for those seeking gifts. Pajamas, which comes out with romantic and striking details, draws attention with its comfort and stands out with its softness. If you want to refresh and start the season comfortably, you can say hello to spring with Penti.

A REDISCOVERY OF MAGNIFICENCE: MICHAEL KORS

The new model of Michael Kors invites you to rediscover the magnificence as the pink gold meets sparkling stones. With the color of happiness, pink, the watches attract the admiration of ambitious and brave women. Micheal Kors is presented by Saat&Saat, authorized distributor of the world famous watch brands in Turkey, and it says “I am in for the stylish competition” with its grand design. The watch, decorated with sparkling stones all around, carries a strong heart under its elegance. This new season watch with a seductive charm is the choice of ambitious women. You can find stylish models of the Michael Kors collection in Saat & Saat stores and at saatvesaat.com.tr.



ADIDAS PREDATOR 20 MUTATOR WAS INTRODUCED

adidas is presenting the Predator 20 Mutator with DEMONSKIN, a brand new technology developed to increase the ball grip of football players and maximize control. The iconic heritage of David Beckham, Zidane, and Steven Gerrard continues with the new generation of players that left their mark. DEMONSKIN consists of a textured crampon layer. The crampons cover the front and sides of the shoe so that the ball aligns with the key contacts. Thus, this new groundbreaking technology also makes it possible to bend the ball while providing the players with improved ball control and contact. Paul Pogba, Becky Sauerbrunn, Dele Alli, Marc-André ter Stegen and Tessa Wullaert will be wearing the new Predator 20 Mutator.

CEM BELEVİ:

"I treasure my loneliness."

We have brought you the unknown things about Cem Belevi, who started composing and started playing piano and guitar at a young age. We wish you a pleasant reading of this sincere interview in which we have talked about the successful career, interesting music videos, abroad experience, acting, fears and the tops of Cem Belevi.

Interview Ece Şentürk Photos İlker Sayılğan

We have known you for some time now with your successful songs and projects. What could you tell us about yourself?

I am someone that wakes up to surprises. Of course, i have had long term plans during my life but nowadays i make momentary decisions and start for a surprising day. For example, a song that we have planned and worked on for a long time can be replaced by another song immediately. I can shoot a music video for it in a few days. Changing my decisions momentarily is something that i experience a lot and i guess i owe this to my horoscope. They say that the Twins is usually indecisive but i do not accept it because i think that i think and make decisions quickly. I like to spend time with my friends, participate in social activities, in other words, i like to be social but i like reflecting on myself. I treasure my loneliness. I love being alone. I like sharing this life of mine but being alone is also something that i cherish.

You are the son of a painter mother and a pianist father. Can we say that growing up in art has affected your career?

Absolutely. What i do on stage is not so different than the things that i have done at home. When friends and relative came to our house, i would get into a character and play it or sang songs. My life in high school went that way and it is still the same.

We learned that you started composing by learning to play piano at 7 and guitar at 13 years old. We are curious about those compositions. Would you like to talk about them?

It never develops so that i can sit down and write a song, it just happens. Sometimes a melody comes to my mind, then a few words on it, a story... I want to tell it and it happens. I maybe have thousands of compositions from that time. I spent at least two hours of my time every day on playing instruments.

We have talked about your instrumental knowledge, i am sure people want you to play guitar and piano frequently. Can we learn the most interesting place that you have played guitar?

I need to think a bit. Yes, i remembered. A few years back i visited a sick child. He loved me very much. I played guitar for him at the hospital.

You released your first album in 2013. Compared to other names that get into the sector and quickly forgotten, people have been listening to you for 7 years and you continue to strengthen your place. What is your secret of being popular all the time?

It is not possible to stay relevant without producing. I think it is the same for all sectors. I continuously create and finding the source of this creation inside of me makes me stronger. We need to constantly update ourselves. Actually, i can say that doing so sometimes is a challenging process for me. Because everything has started change at a fast pace, understanding of music, the sector... Therefore, we are surprised by this rapid change. I follow every novelty but i do not feel obliged to keep up with every novelty. I can say that i follow what's current but at the end of the day, i stick to myself.



You have started acting during your music career. Is acting career inevitable for someone that is loved and is constantly on stage?

It is true that you can feed on popularity. Since acting is something that increases popularity, everyone tries it in one way or the other. I do not want to generalize by saying everyone but i guess i am trying to say most people. Of course, success is not coincidental for people on this journey. It happens once, twice but how long will it last? For me, as i said before, acting was always in me, in my childhood and my high school years... Then, i started acting after training on it but music has always outweighed the other.

Can we see you in movies in the future?

Yes, absolutely. I also want to participate in a good project. It may be a story with a deep theme. It would be nice to work with actors and actresses that can reflect the emotions of the story in the best way possible. I would want to be a part of a cast composed of truly successful people and not popular just because they are handsome or beautiful. Of course, the same goes for me. I want to participate in a drama series for television. Most of the proposals are for romantic comedy series. Of course, we can produce what we want in music but as for acting, it usually depends on the proposed projects.





Let's get back to being a musician, where you are most active. We know you follow the repertoire on stage. But, what is the song that you enjoy mumbling or singing during the day?

I love the songs of Sezen Aksu. For example, "Gidemem". I sing it both on stage and at home a lot. We tend to forget most of the popular songs anyway.

“ I TREASURE LONELINESS AND REFLECTING ON MYSELF ”

You have songs written and composed by you. We would like to learn your source of inspiration as a composer and songwriter.

As i said before, reflecting on myself and loneliness are quite important for me. I must seclude myself so that i can create something. Of course, you still need to accumulate your emotions. I start writing based on myself or the situations that have affected me. I am usually affected by the events in the society. I am also affected by a movie that i have watched or the life of someone in my inner circle. Unfortunately, it has been a long time since i wrote a cheerful song.



The music videos of your songs named *Buz Yanığı* and *Elizabeth* are extraordinary. We know that you put effort into your music videos and even work actively during the shooting process. First of all, can you tell us about subtext of the dolphin swimming in the desert that we have seen in the music video of *Buz Yanığı*?

Actually, that place is Tuz Gölü (Salt Lake) (Laughs). Music video of *Buz Yanığı* was spontaneous. As we were going to a concert, we saw that place and got out of the car. As we were thinking of going to Tuz Gölü and shooting the music video there, we shot the music video at that place without a big production and it became an unforgettable music video for me. A friend of mine, who is an immensely talented director candidate, shot that music video. It was a genuine work. You do not always need a big production and a big crew to convey the feelings to others. The music video actually takes place in one place but visual effects were added later. I must say that I love dolphins. We thought to add a bit of surrealistic atmosphere and thought of making the dolphins fly. Isn't freeze burn is a surreal pain anyway? We cannot define it but we feel the pain. We wanted this music video to tell about it.

Aside from what we know and are curious about, how is Cem Belevi at home and around his friends?

I can say, full of surprises. Especially, we can live anything with my friends without planning anything. For example, as we were talking one day, we decided to go Rome. We did not have anything to do; there was no concert, so we just moved without a plan. We did not know where we were going or which hotel we were going to stay. Things like this are ordinary in my life. I like to stay alone when i am at home and try to simplify myself without missing the life.



We know that you lived for some time in England for your studies. How was your abroad experience of 5 years?

It was the most precious time of my life. I had a good university life. Since London is a cosmopolite city, you see many people from different nationalities and cultures when you get out of your house. I worked while i was studying, played guitar. I had friends of all nationalities, learnt about new cultures, listened different stories. I missed my family and beloved ones, wrote songs. I can say that i broadened my vision in London with these events.

Is there a habit of yours that you got during your time there and still continue doing it?

Yes, i have a few habits like that. As you know, drinking tea with milk comes from the English culture. I got used to drinking tea with milk there and i still love it. I still add milk to my tea and people are excited, asking how i drink it like that but it's quite good in my opinion. There is something else; actually, a friend of mine told it to me yesterday. I said we would be there at 20:43. They asked me why it is not forty or forty-five. It is a habit that i got used to while i was in London.

We want to finish our interview with the tops of Cem Belevi.

What are the 3 things that Cem Belevi cannot stand hearing or someone doing them?

Being waited, hypocrisy, violence.

What are the 3 things that make Cem Belevi very happy and feel good?

Bright sun, laughing and "let's do it" in the open air. Whatever that "let's do it!".

What are the 3 things that Cem Belevi is mostly afraid of?

Losing the ones i love, height, losing my phone.

Spring Breeze in Your Style

Let flowers bloom on your dresses with each tone of pink, the forerunner of the spring... We have carefully gathered alternative dresses that go with any style and stylish accessories to complete your style with small touches. We wish you a season in which you will sparkle with your beauty...



YARGICI
Necklace
115 TRY



DEFACTO
Purse
34.99 TRY



KEMAL TANCA
Shoes
623.99 TRY



LCW
Earrings
49 TRY

ROMAN
Dress
1.198 TRY

MANGO
Dress
199.99 TRY



KOTON
Dress
139.99 TRY





KOTON
Dress
159.99 TRY



DIESEL
Watch
900 TRY

ALDO
Handbag
459 TRY



DEFACTO
Hairband
29.99 TRY



H&M
Dress
349.90 TRY



ADL
Dress
799.99 TRY



CHLOÉ
Perfume
658 TRY



ALDO
Shoes
300 TRY

NETWORK
Handbag
399 TRY





*Noble, stylish
and free styles!*



Whatever your style may be, feel free with the widely preferred navy blue tone of the color of the year, Classic Blue. We have compiled new season products with the most beautiful shades of navy blue, especially for classic lovers who cannot give up the noble stance of classic clothing and for men who do not compromise on the comfort of sportswear.



CHANEL
Perfume
490 TRY



H&M
Coat
299 TRY



D'S DAMAT
T-shirt
49.90 TRY



TOMMY HILFIGER
Glasses
575 TRY



MANGO
Pants
169.99 TRY



DERIMOD
Sneakers
300 TRY



AVVA
Cardigan
270 TRY



H&M
Sweat
99.99 TRY



LCW
Hat
24.99 TRY



AVVA
Trousers
225 TRY

ALTINYILDIZ CLASSICS
Wallet
129.99 TRY



DIOR
Perfume
470 TRY



H&M
Suit Vest
119 TRY

MANGO
Jacket
499.99 TRY



GUESS
Watch
400 TRY



DERIMOD
Shoes
399.99 TRY



MANGO
Trousers
269.99 TRY



DAMAT TWEEN
Shirt
340 TRY



D'S DAMAT
T-shirt
179 TRY

*Spring
Wardrobe
is at Özdilekçeyim*

*The doors of your wardrobe open to
spring with Özdilekçeyim.com
that has the brands with reviving
and soothing tones to strengthen
your style...*



FIRST COMPANY
Shirt
89.90 TRY



VERSACE DYLAN BLUE
Parfume
348 TRY

KOTON
Shirt
79.99 TRY



MAVI
T-shirt
49.99 TRY



KOTON
Trousers
89.99 TRY

EMPORIO ARMANI
Watch
1.499 TRY



KOTON
Trousers
99.99 TRY



U.S. POLO ASSN.
Bag
299.90 TRY





KOTON
Jeans
109.99 TRY



KOTON
Denim Jacket
129.99 TRY

SHEFAME
Handbag
99.90 TRY



KOTON
T-shirt
39.99 TRY



DIOR
Parfume
456 TRY



KOTON
Dress
169.99 TRY



SHEFAME
Purse
49.90 TRY



KOTON
T-shirt
34.99 TRY



MAVI
Trousers
189.99 TRY



UNITED COLORS OF BENETTON.
Handbag
279.90 TRY



MANGO
Sweatshirt
99.99 TRY

MANGO
Trousers
99.99 TRY

Cute Combinations with Soft Colors

These days, when we experience the energy of spring, cute combinations created with pastel shades that come to the fore will suit the little ones. Children will become a style icon in the new season with dresses, sunglasses, hair accessories, kerchiefs and backpacks.

LCW
Trench coat
109.99 TRY



H&M
Cardigan
59.90 TRY



KOTON
Shirt
49.99 TRY



DEFACTO
Trousers
39.99 TRY



KINETIX
Sneakers
79.99 TRY



EASTPAK
Backpack
300 TRY



LCW
Kerchief
12.99 TRY



RAYBAN JUNIOR
Sunglasses
199.99 TRY





H&M
Dress
59.99 TRY



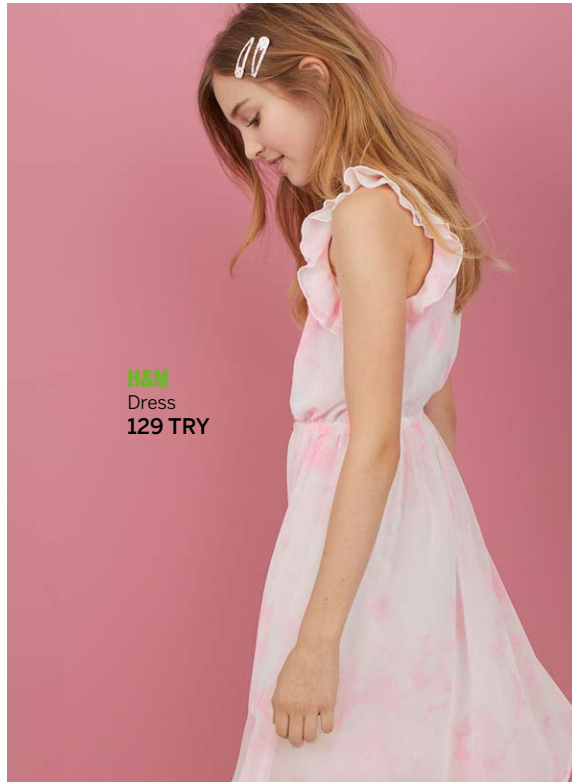
FLO
Sneakers
69.99 TRY



RAYBAN
Sunglasses
488 TRY



DEFACTO
Dress
84.99 TRY



H&M
Dress
129 TRY



LCW
Trousers
44.99 TRY



PENTI
Hair clip
24.95 TRY



KOTON
Sweatshirt
49.99 TRY



NIKE
Backpack
149.99 TRY



MANGO
Dress
169.99 TRY

THE WINDOW TO PEACE: CLASSIC BLUE

Pantone Color Institute that declares the color of the year at each December declared the color of 2020 as Classic Blue. Classic Blue, defined as timeless and lasting, provides serenity and self-confidence as a simple but elegant color. This color, enabling us to concentrate and bringing clarity to the mind, helps us embracing our thoughts. We will see Classic Blue, which brings peace to our lives, in many fields of our lives from fashion to decoration. If you are excited to code the Classic Blue, the color of the year, to your living space, we leave you with the decoration ideas that you can use at your home...





For a Perfect Harmony

Blue tones appear to be in harmony with each color but they reflect a soft atmosphere with pastel tones while achieving a stylish harmony with grey tones. According to the decoration and design authorities, you can get a more effective result by combining Classic Blue with green, brilliant white and yellow tones. You can prefer contrast colors like red and yellow to get a strong impact.

A Royal and Strong Ambiance

You have a lot of space at your home to use blue color. You can prefer blue in slip covers or apply this color to your furnitures. However, using this color too much may create a boring atmosphere at your home even though it symbolizes the royalty and kingdoms. Balance should have a lead in colors as in objects. According to the professionals, you get more effective results when you use this color with green, brilliant white and yellow tones.





A Completely Different Kitchen Style

What would you say to a completely different kitchen style rather than choosing warm colors for your kitchen? Of course, we do not mean painting the whole kitchen to blue. You can use this beautiful color in your kitchen island or in a part of it. If you have white kitchen cabinets, you can paint the lower cabinets to blue and feel spacious and light while preparing and eating delicious recipes.



Warm and Timeless Charm

You can use blue color in your chairs to have a calm atmosphere in the living room. If you are thinking how to create a warm atmosphere with a cold color, then you still haven't discovered the peaceful side of blue. You can bring your home a warm and timeless charm with the porcelain tiles you prefer in your dining room and a stone colored sofa to accompany your chairs.



Welcome the Eternal Beauty

Blue color, evoking a clear sky and calm ocean waves, is already a favourite in decorating bedrooms to have a peaceful environment. This sophisticated color covers the sea and the ocean in the bedroom as well as embracing the sensation that the classiness and convenience has blended. You can use this color that encourages a relaxing sleep in objects such as bedhead, beddings, wallpaper, painting, bedside table, mirror frame, lampshade and chandelier.



Minimal Touches

Don't be sad if you don't have the time for fundamental changes or making minimal touches with a small budget! There are many ways to include the Classic Blue of Pantone to your decoration. You can add classic blue plush pillows to your decoration and even provide a galaxy-like energy in your room by combining this color with your candles. It will especially create an ethnic environment at your home with ceramic patterned vases. If you want to add an aesthetic aspect to your home, you can use this color in lighting products and home accessories.

Minimal Touches to the Spring

Thanks to the minimal touches you will make in your living spaces with beige, cream and warm white tones, you can welcome the spring with an endlessly refreshing and simple elegance.

KOÇTAŞ
Quadruple Rack
109.90 TRY



YARGICI
Vase
143.95 TRY



TEKZEN
Floor Lamp
260 TRY

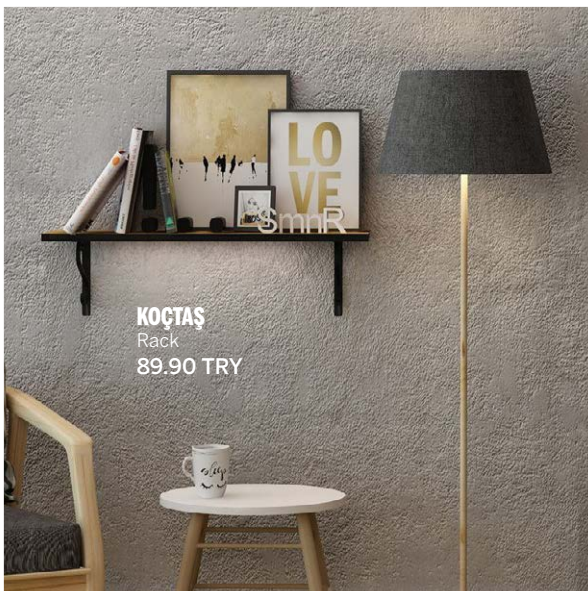


H&M HOME
Marble Vase
169.99 TRY



H&M HOME
Marble Tray
139.99 TRY

KOÇTAŞ
Rack
89.90 TRY



H&M HOME
Ceramic Statuette
169.90 TRY



PORLAND
Trinket
169.90 TRY





KÜTAHYA PORSELEN
Tableware
599.99 TRY

KOÇTAŞ
Quadruple Basket
69.99 TRY



LAV
Serving Glass
24.90 TRY



LCW HOME
Lace Pillow
39.99 TRY



HOMETIME
Porcelain Bowl
39.95 TRY



HOMETIME
Wooden Frame
119.99 TRY



LCW HOME
Coffee Table
119.99 TRY



TEKZEN
Painting Set
160 TRY



LCW HOME
Tablecloth
39.99 TRY



POLLENS TRIGGER SINUSITIS

These days, which we cannot wait for spring and the hot weather to come, are not really going well for people with allergies. The pollens in the air reduce the life quality of people by affecting the allergic body negatively. Unfortunately, risks that allergic people may encounter are not limited to these. Inflammation developed due to pollen allergy can lead to sinusitis.

Sinusitis, which is frequently encountered in spring months due to pollens, can be easily treated if it doesn't become chronic. Dr. Burak Ertaş, Rhinology of Acıbadem Maslak Hospital, shared some valuable information about the factors that cause sinusitis, long-lasting viral infections and the air travel after stating that chronic sinusitis treatment can result in surgical intervention.

The air spaces within the bones around the nose are called sinus. There are five pairs of sinuses on the human face, on the cheeks, forehead, between the eyes, front - back, and also in the nasal region. These air spaces are covered in mucosa and the inflammation of this mucosa due to various reasons leads to sinusitis.

IT HAS DIFFERENT REASONS

Obstruction of sinus tracts due to various reasons causes sinuses not to receive air and unable to discharge the secretions in this area through nose and epipharynx causes inflammation in mucosa. What is the cause of this obstruction? Rhinology Dr. Burak Ertaş summarizes the 6 reasons that cause the obstruction of the sinuses:

- Allergic rhinitis (hay fever)
- Prolonged viral infections
- Problems causing obstruction in the nose such as concha enlargement, mid nasal wall curvature, polyps, concha enlargement in children
- Pressure changes in airplane travel or diving
- Tumors
- Tooth diseases or treatment complications

BE AWARE OF THESE SYMPTOMS!

The most common symptoms of sinusitis are headache, nasal obstruction and feeling uneasiness on the face. Additionally, foul breath, coughing, ear pain or feeling pressure in the ear; toothache, mild fever, deterioration in smelling and fatigue may occur. Chronic sinusitis generally experienced with mild symptoms although the symptoms are intense at night and the early hours of the morning.

HOW TO DECIDE IF ITS ACUTE OR CHRONIC?

Sinusitis that start suddenly and lasts less than four weeks are classified as acute sinusitis. Specialist Dr. Burak Ertaş emphasizes that this type of sinusitis frequently develops after viral upper airway tract infection and adds that the infection lasting 4 to 12 weeks is considered as "subacute sinusitis". He states that sinusitis, which lasts at least 7 days or more and repeats more than four times in a year, is called "recurring sinusitis". Dr. Ertaş points out the fact that sinusitis lasting 12 weeks or more may require surgical treatment by stating that "What really concerns us is the chronic sinusitis condition".

"Poorly treated or late diagnosed sinusitis can lead to eye and brain complications!"

TREATMENT DIFFERS ACCORDING TO THE SINUSITIS TYPE

Early diagnosis in the treatment of acute sinusitis enables the opening of the nasal obstruction without using antibiotics and treatment of the disease with supplementary medications. Medications in higher doses may be needed in the treatment of poorly treated or late diagnosed sinusitis conditions due to the risks of sinusitis causing eye and brain complications and reducing the life quality of the patient. Rhinolaryngologist Dr. Burak Ertaş states that surgical treatment is preferred in recurring and chronic sinusitis where the patient does not respond to the medication treatment. Surgical treatment options are as follows:

- Removing adenoid in children
- Fixing concha enlargement and mid-wall curvature in adults
- Eliminating the anatomic abnormalities of the sinuses that disrupt the sinus discharge.

6 KEY POINTS IN PROTECTION AGAINST SINUSITIS

Specialist Dr. Burak Ertaş summarizes the precautions to be taken against sinusitis which can drastically affect the life quality:

- Try to keep your nose as open as possible with intranasal washing and medications in viral infections and hay fever (allergic rhinitis) attacks.
- Increase fluid intake.
- Try to keep the environment temperature below 24 Celsius and the humidity ratio between 50 and 60.
- If you experience chronic nasal obstruction, consider medical and surgical treatment options in order not to suffer from sinusitis.
- If you are a person that has nasal and sinus problems, do not go outside with wet hair.
- Protect your face and head area against sudden temperature changes.





The nature wakes up with the shining of the sun. The spring is ready to embrace us, what about you? We know you are excited to try new hobbies, travel destinations and beginnings that will be good for your soul and body in these warm days of the spring. It's High Time to welcome the season with the recommendations that we have gathered for you!

TO WITNESS THE SAKURA SEASON IN JAPAN

These magnificent cherry blossoms that begin to bloom at the end of the March and the beginning of the April are also a part of the Japanese philosophy. These fruitless cherry trees symbolizing the birth and death cycle celebrates the beginning of the spring by blooming with a 2-weeks visual feast. Thousands of people visit Japan to witness this beauty and join the cherry blossom festivals organized at this period. How about going to a long journey to Japan to witness this celebration and to welcome the season with the pink color?



TO START MEDITATION

It's high time to start meditation that has countless benefits such as regulating your breathing, fixing your posture, purifying your mind, increasing your awareness, supporting the immune system, strengthening the body and most importantly realize yourself! If you don't have the time or resources for a journey, you can go on a spiritual journey with a mystical atmosphere. You can improve your self-awareness and regulate your health by sleeping better in this journey to meditation.



FOR ASPARAGUS AT YOUR TABLES

Asparagus, which has numerous benefits for health, is gradually taking its place in the markets with the approach of the spring. Preparation of asparagus, which was indispensable for the tables of the kings in Ancient Greek, is also very easy. You can flavor your meat dishes with asparagus, try different soup recipes or even steam it as a garnish. You can bring color to your tables with asparagus soup, risotto and countless other dishes that you will make with this vegetable.

TO TRAVEL FOR FESTIVALS

Festivals that will cheer you up are knocking on your door with the upcoming spring. How about travelling for two different festivals at Çeşme and Urla, counties of İzmir? 6th International Urla Artichoke Festival which will be held on 24 April Friday calls you “from the bottom of its heart”. Do not forget to visit Alaçatı Herb Festival, where domestic and foreign participants will attend to, in this short journey to the beauties of Aegean. You can join this colorful atmosphere in Çeşme and stay at stone houses located in the streets with gum fragrant.



TO HAVE A BREAKFAST AT SAPANCA

You can prefer Sapanca Lake if you want to begin the day peacefully. Who can say no to having a breakfast in nature on the wooden platforms located on the river? You can witness the awakening of the nature in this season where the solar rays slowly warm our bodies and souls. You can present a beautiful day to yourself and listen to the sound of the running streams while walking between the chestnut and beech trees.

TO MAKE CHILDREN HAPPY

How about doing something to make our children happy? You can organize special events for the day to welcome the April 23 National Sovereignty and Children’s Day, which Mustafa Kemal Atatürk presented to children. Going to the movies together, eating delicious food, gifting a book or designing a simple but beautiful toy for them? You can make the children happy around you by choosing one of these things.



A CITY IN THE HEART OF MESOPOTAMIA:

Mardin

In this issue, we take you to Mardin, which has a cosmopolitan culture with its ruins, stone houses, bazaars, museums, mosques and monasteries that have witnessed over a thousand years of history. You can go on a journey to past and even do not want to get away from the magical atmosphere of the history in Mardin, where you can find a piece of history at each corner. We leave you with our pages that you can read with different emotions written on this mysterious city that is a must to see in Southeastern Anatolia.



MİDYAT

Midyat that has been the haunt of traders coming from Azerbaijan, Caucasia and Syria and the historical city of Anatolian civilizations throughout the history is an incredible area with cultural richness where church bells are mixed with the adhan sounds. Muslims, Christians and Yezidis live at Midyat and its vicinity. Midyat located on the rich soils between two rivers known as Mesopotamia is almost like an open air museum with its famous stone houses. You must get permission from the residents in order to see the inside of the houses because people still live here. Some of the centuries-old Midyat houses, which are renowned for their spacious courtyards and scenic terraces, have been converted into boutique hotels to provide accommodation services to visitors in the region. Filigree, pottery, stone carving, coppersmithing, jewelry, leatherwork and weaving are highly developed in the inns where craftsmanship reaches its peak.





MARDİN MUSEUM

Mardin Museum, located at the Mardin square, was built as a Assyrian Catholic Patriarchate by Antioch Patriarch ignatios Behnam Banni in 1895. It has been used as a place of worship for many years and later used as a military garrison, headquarters of political parties, health center and police station. The three-floored museum built with yellowish limestone has two entrances and it is one of the most important museums of Turkey with its unique stone ornaments on the vault, arches and pillars located at the outside and the artifacts in its collection. Aside from the findings found in the period from the Paleolithic Age to the 19th century, tablets, cylinder stamps, ceramics, figurines and accessories found in the Girnavaz Mound excavations are displayed in the museum. The samples of ceramics, seals, oil lamps, coins and glass bottles belonging to the Northern Mesopotamian and Southeastern Anatolian cultures during the periods of Ancient Bronze, Assyrian, Urartian, Greek, Persian, Hellenistic, Roman, Byzantine, Seljuk, Artuqids and Ottoman are displayed in the Archeology Hall. Among the works exhibited in the Ethnography Hall, there are examples of silver workmanship with a deep-rooted history especially in Midyat district, local clothes, swords, coffee (mirara) sets, Turkish bath sets, rosaries, copper objects. Of the works over 43 thousand, approximately 5 thousand will be on display and 80 thousand people visit annually.



MARDİN HOUSES

Shadows of the houses do not fall onto each other thanks to the incredible architecture of Mardin, which is one of the most interesting cities not only of Southeastern Anatolia but also of our country with its unique urban planning. Various motifs were used in the houses separated from the street, usually surrounded by walls of 4 meters height. When the city is observed from above, the buildings in the city seem to be stacked on top of each other. There are no plaster materials in these houses, which carry the medieval architecture to the present day. This calcareous formation, which is easily processed and hardens after a period of time, is still being used with same comfort in every period of Mardin buildings. The fact that wooden material was not used in the city is proof of how they embrace the tradition of stonemasons. This tradition has been embraced so much that concrete structures are still not considered good. No shadow of any house overlaps and this is just one of the many interesting features of Mardin houses...

DARA MESOPOTAMIA RUINS

Dara Mesopotamia Antique City located at Oğuz Village, which is 30 kilometers away from Mardin, has been one of the most important settlements of Upper Mesopotamia throughout history. It was founded with the efforts of Emperor Anastasius (491 - 518) in 505 as a garrison town for military purposes to protect the eastern border of East Roman Empire against Sassanians. While the surroundings of the Dara Ancient City are protected with a 4-kilometer wall, the inner fortress is located in the north of the city and on the upper plain of the 50-meter-high hill. Remains of churches, palaces, bazaars, dungeons, armories and dams are visible in the city. Furthermore, there are cave houses near the village dating back to Late Roman Period. Churches, palaces, bazaars and warehouses, dungeons, armories and dams are among the ruins of the city. Dara Ruins, which received great attention in the region after Hasankeyf, are of great importance in terms of history and cultural tourism.

DEYRULZAFARAN MONASTERY

Deyrulzafaran Monastery, located 3 km east of the city, is one of the historical and most famous structures of Upper Mesopotamia. Monastery, which was the headquarters of Assyrian Ancient community, was built in 4th century and the mosaics from that period have been preserved. One of the most important features of the three-floored building with three places of worship belonging to various periods is that there are graves of 52 Assyrian patriarchs. Monastery was built on a complex used by Romans before B.C.E as a sun temple. After the retreat of the Romans from the region, Saint Şeymun turned the castle to a monastery by bringing bones of some saints to this region. Therefore, the Monastery was previously known as Mor Şeymun Monastery. The monastery started to be called Deyrulzafaran (Saffron Monastery) because of the saffron plant that has grown around the building since the 15th century.

MARDİN CASTLE

Mardin Castle, 1 km long, 30 - 150 meters wide, was built by Hamdanis in the 10th century. The fact that the castle, which is frequented by the visitors with its view overlooking Mardin, has been strengthened with very few additions on the natural rock and this draws the interest of many visitors. The Castle, other name of which is "Eagle's Nest", has witnessed the Subari, Sumerian, Babylon, Mitanis, Assyrian, Roman, Byzantine, Umayyad, Abbasid, Hamdanis, Seljuks, Artuquids, Karakoyunlu, Akkoyunlu, Safavids and Ottoman periods. A part of the castle sits on steep rocks. Walls have been built on places where the inclination is high. A tower in the southern part of the castle has survived to this day. Ruins that were probably used for residing can be observed today. Eagle's Nest fame is so widespread that it has been an inspiration for many poets.



REVAKLI BAZAAR

Revaklı Bazaar, also known as the Sipahiler and Tellallar Bazaar dating back to the 17th century, has a layout with porticos on both sides and a line of shops behind the porticoes. In addition, a museum that can be easily accessed is located next to the Reyhaniye Mosque at the center of the city. When the architecture of the structure is examined, it can be seen that cut stone was used during construction. You can find filigree works in Revaklı Bazaar which offers an entertaining journey by both reliving the history and buying souvenirs. Filigree, which is a silver engraving art that has been inherited from the Ottoman period, is still professed in Mardin and Midyat. Even though the number of the filigree craftsmen has decreased today, accessories are still displayed in showcases and they are still popular. Jewelry made with filigree engraving such as bracelets, earrings, necklaces, brooches are ideal gift alternatives to be a souvenir from Mardin.



WHAT TO EAT IN MARDİN?

Mardin cuisine containing many dishes unique to the region is quite rich. One of them is named dobo or döbo and it is a meat dish belonging to Assyrian cuisine. Even though it is hard to make, dobo turns the lamb meat into a feast of taste with almond and garlic and it is served with rice. We strongly advise you not to leave Mardin without trying this regional taste.





THE MOST EFFECTIVE METHODS TO COPE WITH STRESS

As experts frequently highlight, it is a must to learn to manage stress. Because when it can be managed well, stress has many benefits such as activating, motivating and even keeping us alert for dangers; and it threatens health when it cannot be controlled and “defeated” by it. Psychologist Simru Kavak from Acibadem Maslak Hospital states that “Cardiovascular diseases, blood pressure and stomach diseases, immune system disorders, depression, anxiety, sleep deprivation, concentration problems, anger management issues and substance-use and certain addictions are among these dangerous psychological problems.” So, how can we learn to manage stress in order to protect ourselves from its negative results since we cannot live in a completely stress free environment? We leave you with the advices and 9 most important points of Specialist Simru Kavak on how to manage stress and how to stay strong against it.

★ Find Your Stress Sources

First of all, you can start with determining the sources of your stress. There are two types of stress: Changeable and non-changeable sources, in other words, ones that we cannot eliminate. Determine the situations that make you stressful by reviewing your one day and classify them as “changeable” or “non-changeable, not possible to eliminate” sources.

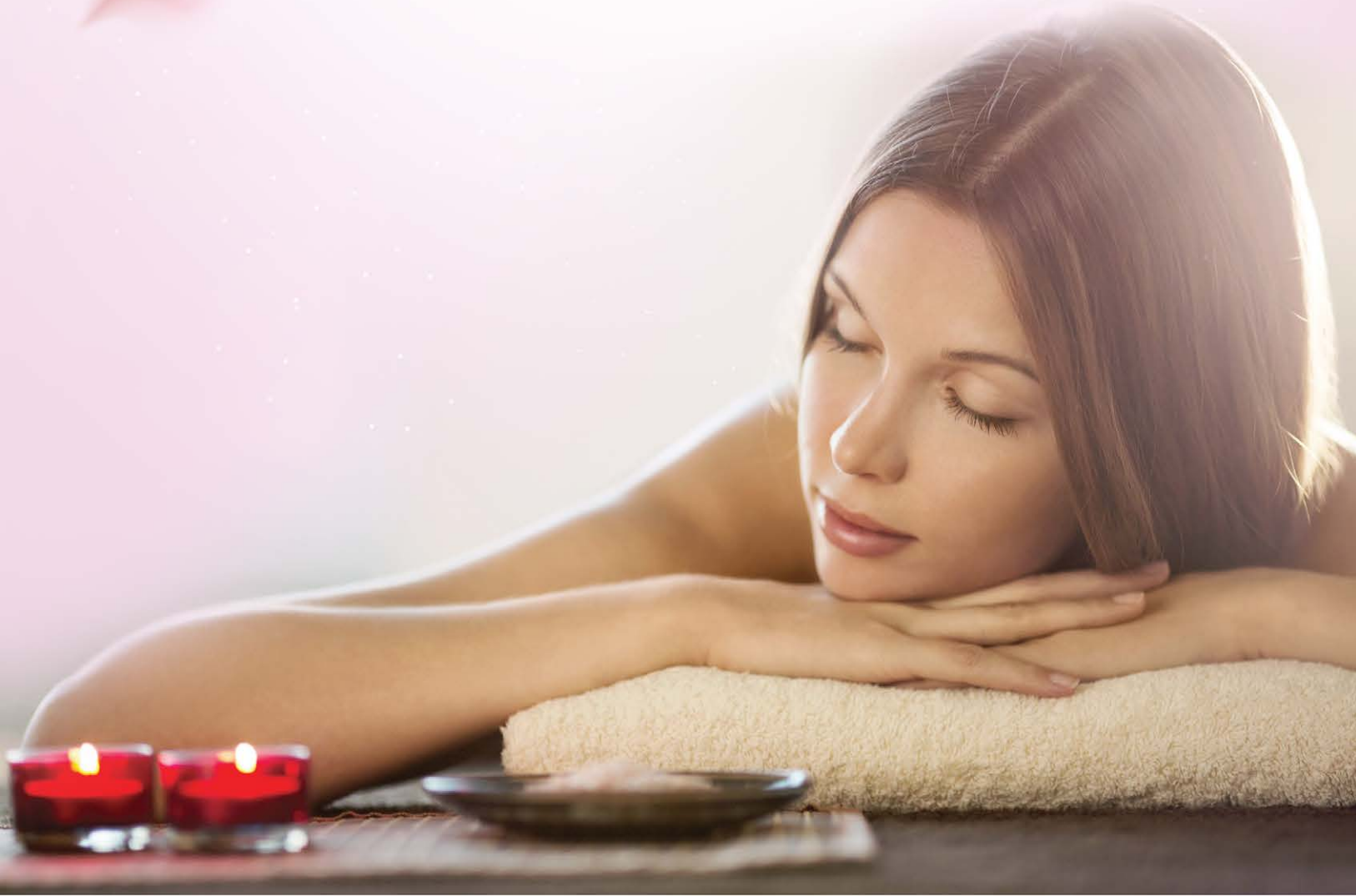
★ Prepare an Action Plan

Prepare an action plan for the changeable sources. Draw a road map for the sources that you can make changes on or you can eliminate. Do not forget that starting with little steps is a beginning and it will eventually help you reach a result.

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☆ Know Yourself

One of the most effective ways to manage stress is to prepare a special prescription for yourself. What does make me happy? What am I passionate about? What do I like to do the most? Whom do I like to do these things with? Whom do I like to spend my time with? Who does make me smile and happy? What are the things that I want to try? Then, you should increase the time that you spend on the activities or allocate your time for people according to the answers of your questions.

☆ Improve Your Kit

It may not be possible to eliminate or stay away from some stress sources. In this case, you need to increase and strengthen your own struggle tools. Be ready to determine the non-changeable stress factors related to physical, individual and organizational stress sources, to make peace and live with them.



☆ Abstain From a Sedentary Life Style

Physical activities such as walking in open air and yoga are quite effective in coping with stress. Discover the physical activities that suit you since anything you do without liking and force yourself to do will put you in more stress. You must find an activity that you would like such as swimming, cycling, pilates or tennis.

☆ Do Regular Breathing Exercises

You can prevent other negativities by controlling your breath during stressful moments. To take the diaphragm breath correctly, place one hand under the rib cage and the other hand on your chest and take a deep breath through your nose. Breathe out after counting to three. Repeat this process for five times. You can increase this number later on.

☆ Manage Your Time Well

Do not compete against time, make it your teammate. Determine immediate and important things and things that can wait in your daily plan. It will be easier to manage them if you write them down in an agenda or to your phone. Stick to your plan as much as you can. When things that you cannot control interrupt your plans, benefit from the breathing exercises.

☆ Learn to Say No

One of the biggest stress factors that we create ourselves is not being able to determine the limits in our relations with others. This condition that may arise from reasons such as being liked, being accepted or being afraid of rejected can cause a person to be in a busy routine that cannot be managed. Even though it may be hard at first, learn to say “no” when necessary. Think carefully before saying yes to a proposal.

☆ Be Patient

Most importantly, be patient to yourself and do not forget that this is a development process that needs continuity. If you just exercise for one day when you want to lose weight, you cannot see any significant change in your body. Psychological skills are just the same. Do not forget that you have a long way to follow with patience in order to see the fruits of your efforts and to change your behaviors. Appreciate yourself even for the smallest change. Be kind to yourself when things are going slower than you want to.

Carême Restaurant

Carême Restaurant offers unique delicacies from the Turkish and world cuisines to food enthusiasts with its chic decoration and flawless service quality.



 **WYNDHAM GRAND**

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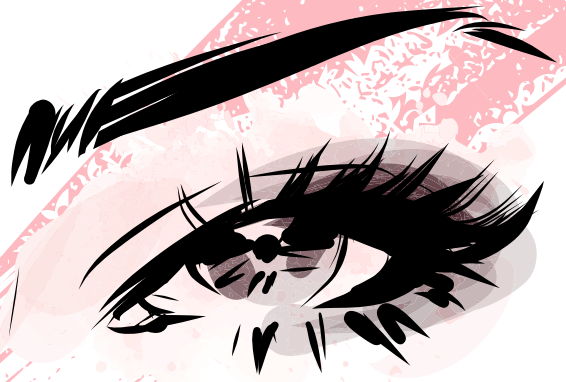
 **WYNDHAM GRAND**

Izmir Özdilek

Özdilek
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A GLOSSY LOOK TO THE SEASON

We have compiled the most successful products of the worldwide popular cosmetic brands in the new season for you. The most special tones are with you for a perfect eye make-up and charming looks... You can have a glossy look at the season with the colors that you like the most.



NARS

All eyes will be on you with the satin, matte and bright finish forms of the Afterglow eyeshadow palette of Nars Afterglow Collection. 4 of the eyeshadows are matte while 8 of them are bright in this palette that has pink



and earth tones. You can get a glamorous and impressive eye makeup by mixing the pink tones with creams and cream tones with coffee tones and you can meet the season with your fascinating eyes.

Price: 495 TRY

I HEARTH REVOLUTION



You can apply your eye makeup with Revolution Forever Flawless Eutopia with marble design in 18 matte and bright colors, and you can have a look that the stars will be envious of. You can develop your creativity with the warm fruit, deep blue and rich metallic shades that we see on the package of Revolution Forever Flawless Eutopia.

Price: 99 TRY

URBAN DECAY

Are you ready to meet the sparkling world of the eye shadow palette with Naked Honey, the newest member of the Naked family? Pure and sweet, just like how the nature intended it to be... These new 12 colors of Nars can be a candidate to be indispensable to your eye make-up. Everything you are looking for from the bright colors that you can easily use during the day to the daring colors with which you can bring out the dangerous and boldness for the night is in Naked Honey.

Price: 360 TRY



ZOEVA

Zoeva's bright and matte looking six incredible eye shadows is together. With this compact eye shadow palette, you can revive your looks with the tones of purple and pink as well as brightening your make up with gold tone. This palette has 4 bright and 2 matte eye shadows with which you can create new colors by combining these 6 colors. You can have a matte look with Adore and Dearest while feeling the brightness on your eyelids with Cherish, Idolize, Tressed and Exquisite.

Price: 130 TRY



NATURAL SMILES WITH FRUIT FLAVORS



You can provide a soft look on your lips with the colors with which you can experience the natural effect of spring and summer fruits. Refresh your lips with our products that you will have natural smiles in fruit taste...

TONYMOLY

The lip balm protects the skin from the sun with its sun screen factor (SPF15 PA) and provides a soft feeling with its apple and peach flavor. You can easily apply the product, which provides an ideal care for dry lips, with your fingers and carry it during the day with its small box. It will both provide a refreshing feeling with its fruity smell and color and protect your lips.

Price: 25 TRY



FLORMAR

Flormar Lip Balm is with you if you want to color your lips with a strawberry and blackberry aroma while you care for them! While it helps to protect the moisture of your lips with the shea butter it contains, it protects the lips from the harmful effects of the sun with SPF 15. Flormar lip balm is awaiting you with its two different colors and aromas.

Price: 20 TRY



SEPHORA

Sephora Collection Lip Balm moisturizes and nourishes your lips during the day. Each of them has an enjoyable fruit aroma and content. Almond lip balm nourishes the lips for a more comfortable feel. Watermelon lip balm is rich in antioxidants to protect lips and prevent them from drying out. And banana lip balm softens and moisturizes the lips.

Fiyat: 28 TRY



BENEFIT

Punch Pop is fun with its ultra-bright colors! Benefit Punch Pop brings everything your lips need in one product. Its soft formula provides a finish without stickiness. Your lips will have a dazzling shine and beauty. With Punch Pop, it is very easy to get a natural and sweet look on the lips with the color of the seasonal fruits.

Price: 140 TRY



SPRING PINK IS ON YOUR SKIN

It's time to bring the spring pink to your skin, lips and eyes by using products with soothing, moisturizing, refreshing effects and rich vitamin components!



PATCHOLOGY

How about saying goodbye to dry lips and having healthy lips with spring? With a smooth and soft lip mask, your lips will look much better as if you were wearing makeup. Lip Renewal FlashPatch 5 Minute Hydrogels contains a hydrogel that moisturizes your lips in 5 minutes. Niacinamide, peptides, green tea extract and antioxidant eases wounds and provide healing. Latex-free and biodegradable product is also ideal for all skin types.

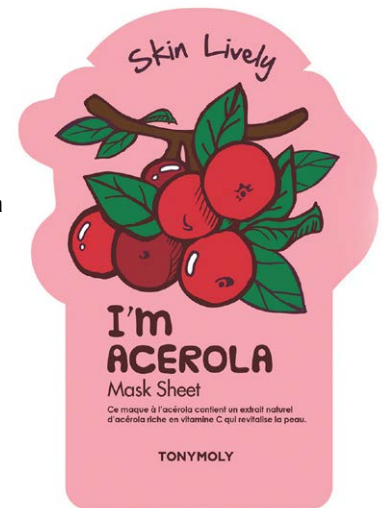
Price: 47 TRY



TONYMOLY

I'm Acerola mask, which will give your skin a soft pink color with its rich vitamin C content, contains a natural acerola extract that tones the skin. The plant, known as Acerola Barbados cherries, is a wild but very useful plant. I'm Real paper mask series is suitable for every skin type thanks to its natural extracts. The mask promises an incredible relief after application.

Price: 30 TRY



LANCÔME

Rose Sorbet Cryo Mask Anti-Pore Mask, which you need to get rid of your pores, renews your skin in just 5 minutes. It is formulated with salicylic acid, rose water and spirea extract. It renews, revitalizes and refreshes the skin. It provides a noticeable decrease in pore appearance while softening your skin. It leaves the rose pinkness on your skin, by allowing the pores to close and shrink with a floral touch.

Price: 95 TRY



NPW

Do you look tired after stress, lack of sleep and intense work pace? The practical and reusable gel eye mask will relieve you with the incredibly soothing power of cucumber. Put the eye mask in the freezer and wait for a few minutes. Apply the product, wait for it to relax your swollen eyes and help reduce dark circles. Your purple under eyes, which look like blemishes on your skin, will disappear in minutes, and your skin will retain its natural pink color in regular use.

Price: 60 TRY



THE STAR OF SHOPPING SHINES IN ÖZDİLEKPARK BURSA NİLÜFER

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ÖZDİLEKPARK
BURSA NİLÜFER

World of science with "bakalim biz"



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▶ STEP-BY-STEP TO THE TIME MACHINE



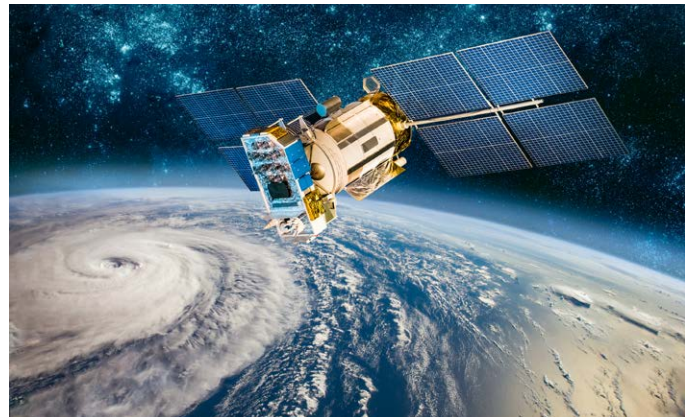
Ronald Mallett, the professor of physics at Connecticut University, declared that he created a scientific equation that is the basis of a time machine based on the general relativity theory of Einstein and that he even created a prototype device. According to Mallet, the time machine is based on the general relativity theory. According to this theory, the big objects bend space - time and the stronger gravity means slower time. Mallet stated that "If you can bend space, you also have the possibility to twist it. The space includes time in the theory of Einstein. Whatever you do to the space, same applies for the time. Whatever you do to the space, same applies for the time. Studying the type of gravitational field produced by a ring laser can offer a new way to the possibility of a time machine based on the circulating light beam." Even though Mallet is optimistic about his work, his colleagues are doubtful that this study will yield a real time machine.

▶ COUNTDOWN TO BIG COLLISION



The Earth is getting ready for the big collision of two stars which can be seen with naked eye. These two stars are getting closer to each other and according to the estimations, they will collide in 2083. The double star named V Sagittae, which is among the Sagitta constellation, has become 10 times brighter in the last century. In this century, the two stars will collide and the brightness from the collision will be seen with naked eye. V Sagittae is formed by a cold star (white dwarf) and another star which is the four times bigger. The collision will be so strong that it will shine as much as the brightest star Sirius or even as planet Venus. This brightness will last for about a month and it will start expiring.

▶ EXOPLANET WAS DISCOVERED

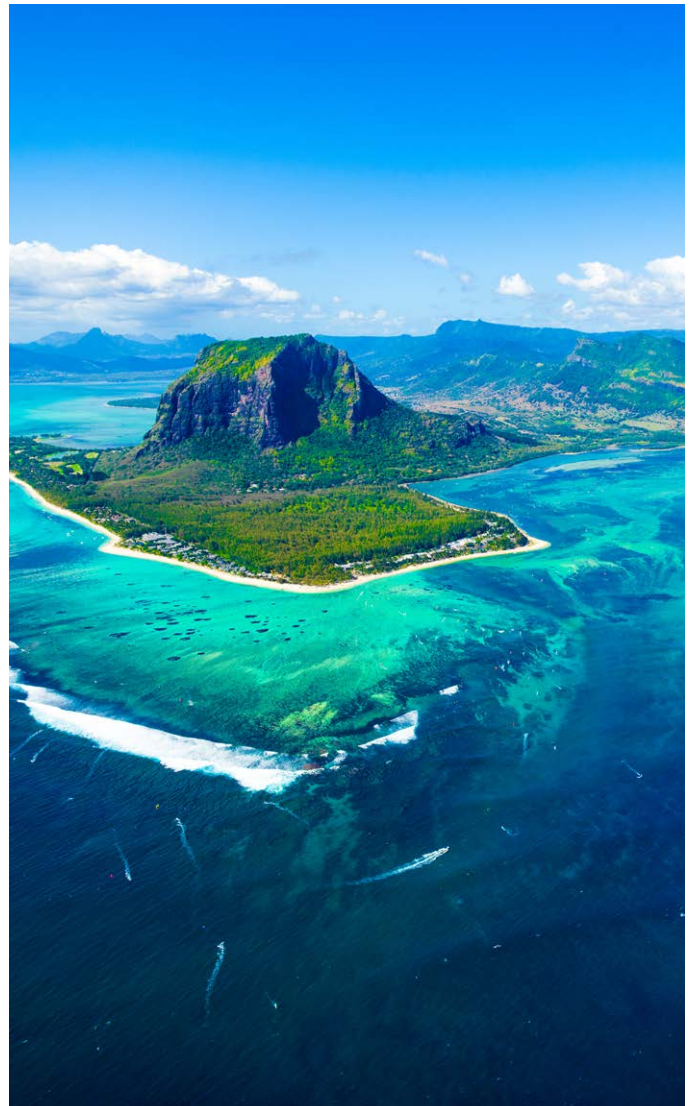


Transiting Exoplanet Survey Satellite (TESS) of National Aeronautics and Space Administration (NASA) discovered an exoplanet as big as the Earth. NASA researchers named the exoplanet as "TOI 700 d" and stated that it is away from its own star as far as it can receive the 86 percent of the energy which the World receives from the Sun. They also stated that this situation may enable habitable conditions. TOI 700 d which is located in the habitable area was recorded to be 20 percent times bigger than the Earth and that it completes its orbit tour within 37 days. Researchers highlighted that TOU 700 d is the first exoplanet which was discovered in the habitable area of its star, is nearly as big as the Earth and approximately receives the same heat energy.



▶ THE MYSTERY BEHIND THE UNDERGROUND NOISES WAS REVEALED

Scientists have been conducting various studies regarding the mysterious sounds heard around the world in the last two years. A team conducting studies within Potsdam German Research Centre for Geosciences stated that the mysterious sounds are caused by the abnormal seismic activities at the bottom of the Indian Ocean. Scientists stated that there had been thousands of earthquakes near Mayotte Island located in the east of Africa in May 2018 and that this strange noises had been heard since October 2018. Scientists revealed the source of the sounds with the examinations they made on the volcano with 5 km width and 800 meter height from the ocean floor, which was discovered by French ocean research team in 2019 near the Mayotte Island. According to the scientists, this volcanic formation was completed approximately within one year and the magma in the reservoir surfaced in this process. During these incidents, that mysterious noises were heard around the world.



▶ MONOTONE LIFE SHRINKS THE BRAIN

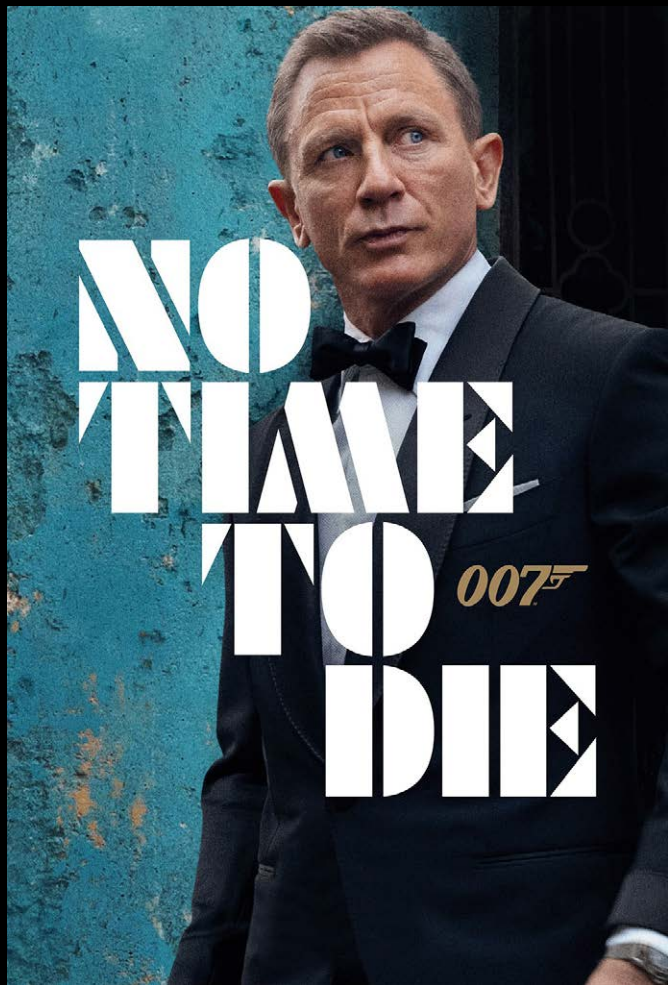
Scientists stated that the brains of the people who have lived away from the crowd for a long time shrunk in a study which they conducted in Antarctica. The research conducted on 9 scientists who went to Neumayer III Polar Research Station for discovery was mentioned in the article published in New England Journal of Medicine. 9 scientists who only saw penguins as a living creature other than themselves during the research had MRI tests before their mission and after their mission of 14 months. When both MRI tests were compared, it was detected that some parts of the brains of the scientists had shrunk during the mission. Research revealed that the biggest shrinkage was in hippocampus which is a significant zone for memory and finding direction. The research is yet at the hypothesis stage; however, it is stated that it confirms that monotone life affects the functions of the brain.

NOW PLAYING

No Time to Die

Release Date:
3 April 2020

No Time to Die, 25th movie of the Bond series in which Daniel Craig plays James Bond for the fifth time, was directed by Cary Joji Fukunaga. Bond who quit the active service tries adapting his new life. The peace of Bond who is trying to enjoy a calm life in Jamaica is disturbed when his old friend from CIA asks for his help. Bond is expected to help finding a kidnapped scientist. Bond who accepted this job which is more dangerous than he thinks goes after a bad guy armed with new technologies. Oscar-winner Rami Malek, Lea Seydoux, Ana de Armas and Billy Magnussen have also a role in this movie which is full of action and thrill.





Bloodshot

Release Date: 13 March 2020

The movie which is about Ray Garrison who is brought back to life with nanotechnology after the mariner Garrison and his wife are killed is directed by Dave Wilson. Ray Garrison who remembers nothing about his past after being revived works with soldiers who are brought back to life just like him and have super powers. Garrison whose memory starts to return after a while remembers the people who killed him and his wife so his fight changes direction. The movie is about the story of Garrison who use every means possible to reveal the conspiracy behind this murder.



Mahalleden Arkadaşlar

Release Date: 27 March 2020

The book Mahalleden Arkadaşlar that Selçuk Aydemir wrote based on his childhood and has been on the top of bestseller lists after being written in 2015 is adapted to a screenplay. Nurgül Yeşilçay, Alper Kul and Esat Polat Güler who is the little actor playing the childhood of Selçuk Aydemir have a role in the movie directed by Selçuk Aydemir. The movie takes place in a neighborhood in Küçükçekmece and it is about the warm and sincere neighborhood culture of the 90s and the adventures of Selçuk.



Tomiris

Release Date: 10 April 2020

Tomiris Hatun has gone down in the history books as the world's first female Turkish ruler—and a rather intelligent and powerful one at that! As the female ruler of the Saka Turks, both her motherhood instinct and true love for her nation, when brought together, lent her an important place in world history when it came to the battle she started against the Cyrus the Great, the King of Persia.

A biographic film starring Almira Tursyn, Adil Akhmetov, and Erkebulan Dairov, Tomiris depicts the life as well as hardships of Tomiris Hatun (6th century BCE)—including her defeat over Cyrus the Great—who not only was the largest female warrior in Turkish history to have ever lived, but who also was the granddaughter of the chief of the Saka Turks, Alp Er Tunga. Sitting in the film's director's seat was Akan Sataev; its scenarists included Aliya Nazarbayeva and Timur Zhaskyslykov.



Onward

Release Date: 3 April 2020

The animation and fantasy movie narrates the story of two young elves who lost their father at a young age. The siblings learn that they have a chance to spend one last day with their father whom they have trouble in remembering and missed so much. A spell in the world will enable them to meet their father. The siblings must not miss this chance and find a way to acquire that spell anyhow. Will the siblings who enter a tough challenge in the Disney and Pixar movie directed by Dan Scanlon be able to find the way of seeing their father one last time?



Mulan

Release Date: 17 April 2020

The action, drama and adventure movie narrates the story of Mulan who is not happy with her choices in life. The Emperor of China decides that a male from each family should serve in the empire's army to protect the country against Northern invaders. Hua Mulan who is the eldest daughter of an honorable warrior disguises as a man and goes to war instead of her sick father. The young woman who come into prominence with her abilities in the war falls in love with the commander. This turns her into an epic journey which will make her earn the respect of a grateful nation and a proud father...



Fantasy Island

Release Date: 6 March 2020

The fantasy and horror movie is about the incidents happened to a group of friends in the island where they went to have fun. This group of friends goes to the Fantasy Island to have fun as they wish and to realize many things in their dreams, and they encounter dark themes and supernatural incidents. Jeff Wadlow directs the movie in which realizing the dreams turns into a survival, and Michael Pena and Jimmy O. Yang shoulder the leading roles in it.



The Room

Release Date: 10 April 2020

The Room is a fantastic suspense thriller about a New York couple, Kate and Matt, who move to a large secluded mansion in upstate New Hampshire, leaving the big city behind to seek for a more authentic and healthy life. While repairing the old house, they find a mysterious hidden room and soon discover that the room is able to fulfil their great wishes. One they, they dare to wish a long-awaited child. However, doing so leads the couple into a live through a chain of unexpected events. Directed by Christian Volckman; starring Olga Kurylenko, Kevin Janssens, and Joshua Wilson.



A Quiet Place Part II

Release Date: 20 March 2020

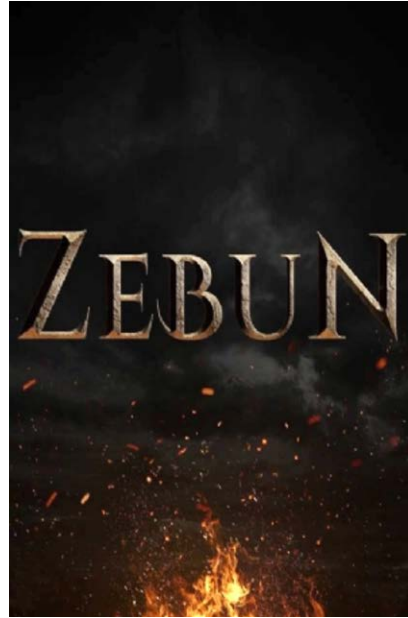
A Quiet Place Part II is the sequel to director John Krasinski's horror film A Quiet Place (2018), which was about an unknown force attacks anything that makes noise and is about to wipe the human race off the face of the planet. In this sequel, actors Emily Blunt, Noah Jupe, and Millicent Simmonds return to star as the Abbott Family, who had managed to rescue itself from that danger—or so they thought!



Müstakbel Damat

Release Date: 13 March 2020

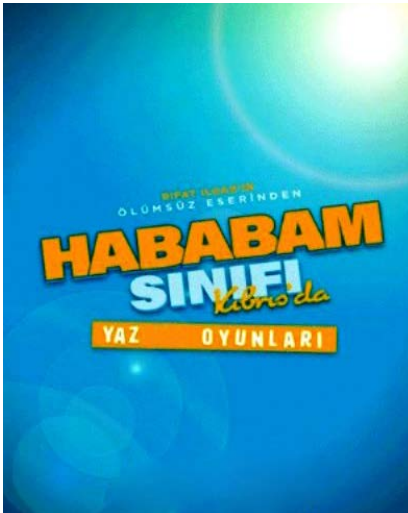
Couple Hasan and Sema make a spur of the moment decision to get married. Now they have to go to Cyprus to notify the bride's family. All of the sudden, the Istanbulite groom's happy island life is flipped upside down upon going to ask his soon-to-be-wife's Cypriot family for their blessing. The family, on the other hand, had led a pretty calm life until they met Hasan, who brings them a stroke of bad luck amidst an already nerve-racking period for all!



Zebun

Release Date: 27 March 2020

Directed by Mesut Erbaş and Hakan Yusufogulları, Zebun is a horror film focusing on the story of a young man, Kenan, whose life has been darkened at the hands of hallucinations. Kenan, a successful businessman, leads a seemingly happy life with his wife Esmâ and their small daughter. However, upon returning from a business trip, things take a strange twist. He begins to hallucinate, but blames it on his being burnt out from work until things start to spin out of control. Before long, he finds himself consoling in his good friend Burak, who in turn urges Kenan to seek the help of first psychologist and then a hodja. Alas, things will never be the same again!



Hababam Sınıfı Kıbrıs'ta: Yaz Oyunları

Release Date: 3 April 2020

Scriptwriter Doğa Can Anafarta and director Giray Altınok have teamed up to create Hababam Sınıfı Kıbrıs'ta: Yaz Oyunları, the 11th sequel in the Hababam Sınıfı comedy film series, as based on author Rifat Ilgaz's legendary book. This time around, the class has embarked on a new set of adventures Cyprus, sure to make you laugh whether you are 7 or 70. Staring Deniz Akkaya, Fırat Albayram, Toygan Avanoğlu, and Yusuf Çim.



Emma

Release Date: 24 April 2020

In this comedy-drama, Emma Woodhouse, played by Anya Taylor Joy, is rich, single, and content with her life, and of the belief that she needs no one's love or hand in marriage. Her one pleasure in life is poking her nose in other people's love lives. When she tries to find her dear friend Harriet Smith a suitable spouse—despite Mr. Knightley's many warnings—her scrupulous plans get foiled, only to then walk into an unforeseen turn of events.

LAST JAMES BOND: DANIEL CRAIG

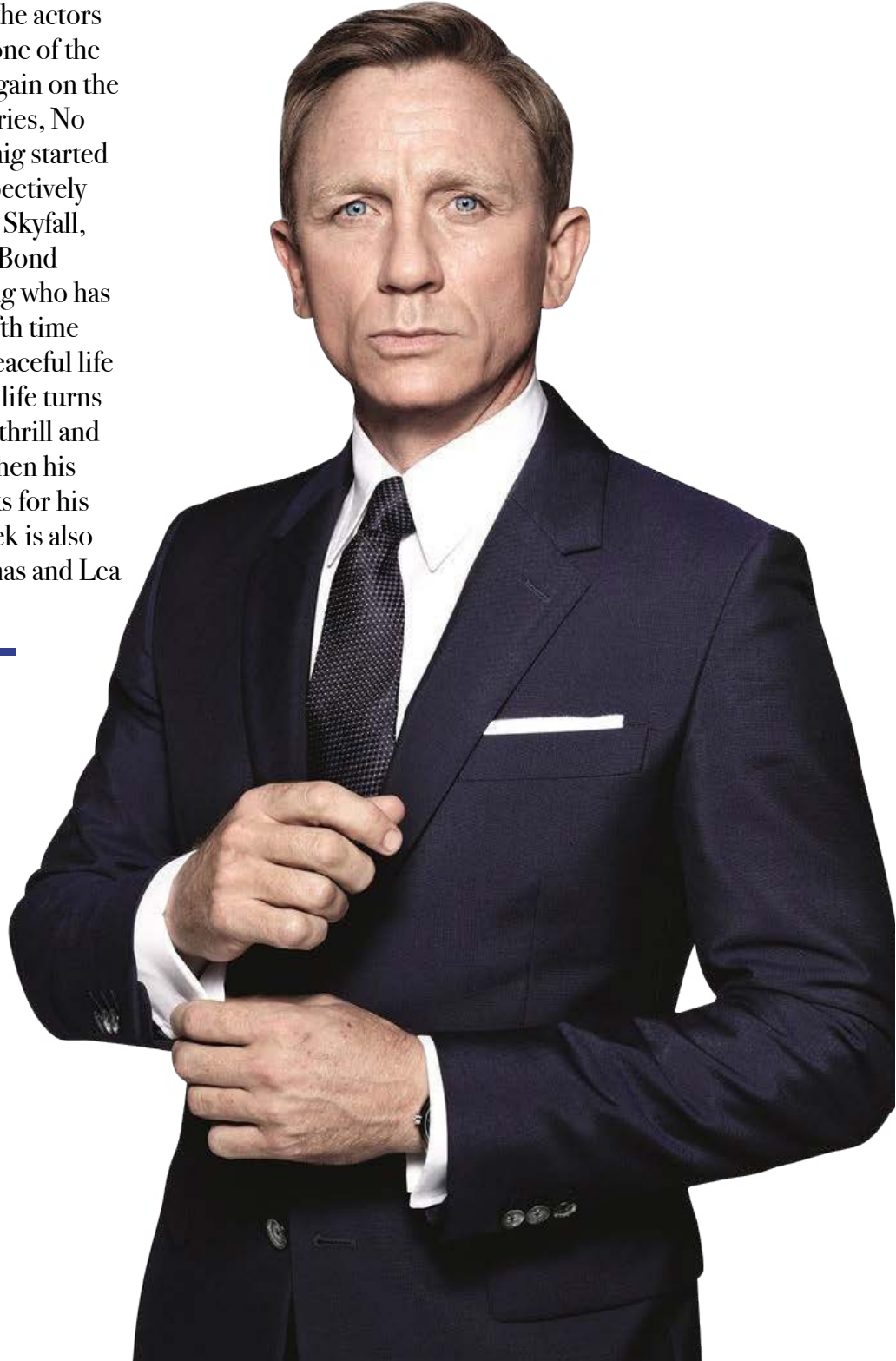
We see Daniel Craig who is one of the actors who have played 007 James Bond, one of the greatest characters of Hollywood, again on the screens in the last movie of Bond series, No Time to Die. Bond adventure of Craig started with Casino Royal in 2006 and respectively continued with Quantum of Solace, Skyfall, Spectre and hotly-anticipated 25th Bond movie, No Time to Die. Daniel Craig who has played the Bond character for the fifth time quits the active service and lives a peaceful life in the movie. His calm and peaceful life turns into scenes which are full of action, thrill and adventure as in the previous ones when his old friend Felix Leiter from CIA asks for his help. Oscar-winner actor Rami Malek is also in this movie along with Ana de Armas and Lea Seydoux.

Director: Cary Joji Fukunaga

Actors: Daniel Craig, Rami Malek, Lea Seydoux, Ana de Armas

Distributor: UIP Turkey

Genre: Action, Thriller, Spying



Daniel Craig who was born on 2 March 1968 in Chester, England is the son of an art teacher mother and pub owner father. Craig stepped into the stage after joining Everyman Theatre during high school and then he moves to London at the age of 16 to join National Youth Theatre. He graduated Guild Music and Drama School in Barbican in 1991 and took education in Royal Shakespeare Company for three years.

His first step in his career was a soldier role in a movie titled *The Power One* in 1992. The actor who quickly entered the TV scenes had roles in television series such as *Sharpe's Eagle*, *A Kid in King Arthur's Court*, *Kiss and Tell* after the series *Zorro* in 1993. Craig who managed to take part in successful productions such as *Love is the Devil* and *Elizabeth* started to gain popularity. The British actor who played many roles is known with James Bond integration. He played 007 James Bond character in the movie *Casino Royale* released in 2006 and is imprinted on memories as being the first blonde Bond. Daniel Craig started over all the criticism about his acting with *Casino Royale* break the box office records with the biggest box office gross of 2006. The British actor who was loved a lot with his performance reached the peak of his acting career by winning Empire Awards Best Actor and Evening Standard British Film Award for Best Actor.

Craig continued Bond series with *Quantum of Solace* in 2008 and he was popular with his performance in *The Girl with Dragon Tattoo* other than this series. He returned to his role as 007 Bond with *Skyfall* in 2012 and was given the award of Critics' Choice Movie Awards Best Actor in an Action Movie along with receiving the title of making the biggest box office gross of the series. The famous actor who appeared before the audience as Bond character for the fourth time with the *Spectre* movie in 2015 also take part in the productions of *Infamous*, *The Invasion*, *The Golden Compass* during the period till the last movie.

Daniel Craig has a daughter from his marriage with Fiona Loudon was selected as Most Stylish of the Year by *Esquire*.



AGENDA



SÜT KARDEŞLER

Süt Kardeşler theatre play which includes Behzat Uygur, Süheyl Uygur, Emine Ün, Nurten İnan, Ömer Yılmaz, Hakan Eke, Mesut Yılmaz and Elif Gönlüm in its casting will be staged in İstanbul Leyla Gencer Opera and Art Center on 14 Mart Saturday.

“Süt Kardeşler” which was staged by Nejat Uygur, one of the masters of Turkish theatre, for the first time is a singspiel.

Theatre play which will take the audience to 1950s with its costumes and decoration promises lots of laugh.



BAHARDA DANS

Mimar Sinan Fine Arts University İstanbul State Conservatory Modern Dance Art Major adopted as a principle to contribute to the students' authentic, artistic and intellectual development by basing on education methods oriented to body - mind - energy balance will stage its year end show titled Baharda Dans in İstanbul Enka Auditorium on 10 April Friday. In the play with two acts, short works of guest lecturers from abroad performed in master class workshops will be staged along with the works of lecturers in Modern Dance Art Major.



OVERCOAT

Selman Ada, one of the composers in Turkish opera tradition, created a brand new opera based on Gogol's The Overcoat for the libretto of Tank Günersel. The work which will be directed by Selman Ada brings successful Turkish opera singers together with the opera-lovers. The Overcoat will be staged in Zorlu PSM Platinum Stage on 13 April 2020 for the first time in the world and it will be played Gedik Philharmonic Orchestra.

ANADOLU EFES EUROLEAGUE

Basketball fever continues in Sinan Erdem Sports Hall.

Anadolu Efes competing on the road to the peak will play against Olympiacos on March, Valencia Basket on 12 March, Baskonia Vitoria Gasteiz on 20 March and Panathinaikos on 27 March. If you want to share this excitement of Anadolu Efes, you can buy tickets to the matches which will be held during March.



YILMAZ ERDOĞAN AND ÇOK GÜZEL HAREKETLER 2

Yılmaz Erdoğan and Çok Güzel Hareketler 2 team will meet the audience with the sketches written in the Beşiktaş Cultural Centre studios every Saturday during March. The team including talented young actors and actresses will play the sketches written by young writers. The show sometimes progress interactively and leaves unforgettable moments to the audience.

8 WEEKS IN THE KITCHEN

The training aiming to teach its participants everything that they have ever heard, seen or tasted about the kitchen will take place between 1 March and 19 April at İstanbul Culinary Arts Academy. Knife, pasta, sauce, soup, risotto, meat, fish, chicken, potato, rice, noodle... 8 Weeks in the Kitchen will both improve the practical skills and the technique of the people that want to have a culinary training.



METALLICA SYMPHONY BY MUSA GÖÇMEN

Musa Göçmen will present the unforgettable songs of Metallica to the metal and rock lovers with symphonic arrangement in Grand Pera Emek Stage on 25 December. Senforock Orchestra of the composer and conductor Musa Göçmen who conducts great symphonic concerts and makes significant records across the world will play legendary songs such as Master of Puppets, For Whom the Bell Tolls, Wherever I May Roam, No Leaf Clover.

TECHNO TREND

We have gathered a wide range of latest technology products that will both make your life easier and improve your life quality such as the artificial intelligence supported toothbrush, smart watch that can endure military conditions, new generation lunch box that will keep your food warm anywhere you go and the steam generator that irons out wrinkles without needing a ironing table and eliminates the bacteria.

ARTIFICIAL INTELLIGENCE SUPPORTED TOOTHBRUSH FROM ORAL-B

Oral-B introduces the Oral-B Genius X, the toothbrush supported by the most developed artificial intelligence up to date. Oral-B Genius X, ready to offer artificial intelligence supported solutions to its users, shows which parts of your tooth that you need to brush and which parts you missed while brushing by connecting to your phone via bluetooth. Therefore, brushing is completed without missing a single point. Oral-B Genius X, equipped with sensors, detects whether you apply too much pressure to your teeth or spent enough time brushing an area by recording your brushing routine. Thanks to this product equipped with an artificial intelligence, you can see which teeth need to be brushed better with the smart phone application.



THE FIRST SMART LAPTOP WITH A FOLDABLE SCREEN

Lenovo introduced ThinkPad X1 Fold which is the first smart laptop with a foldable screen at CES 2020. Lenovo ThinkPad X1 Fold has a resolution of 2048 x 1536 pixels and 13.3 inch OLED screen when full opened. The device, which can be used folded or like a normal laptop, also includes a keyboard mode. You can utilize the foldable screen while making changes in a presentation or taking notes and see the documents in the other half of the screen or make video calls.

SMART WATCH AT MILITARY LEVEL ENDURANCE FROM AMAZFIT

Amazfit, supported by Xiaomi and Huami, introduced "T-Rex", the first smart watch at the military level endurance. Amazfit T-Rex has passed the 12 stages of military standard quality test and it has a 1.3 inch AMOLED screen as well as a 20 days operating time with 390 mAh battery. The watch, which will be available for purchase in the upcoming days, can work without any problem at 70 celsius and -40 celsius degrees. Amazfit T-Rex has also passed the test after being exposed to acid and alkali material for 96 hours.





COMPACT SOLUTION TO WRINKLES BY PHILIPS

You can easily get rid of wrinkles in the clothes without needing an ironing table and achieve great results by airing your clothes with Philips' Steam&Go Steam Generator. Philips Steam&Go Steam Generator eliminates the risk of burning and has technical properties such as horizontal and vertical steam injection, 70 ml detachable water tank, fire resistant storage bag, 1300 W 24 g/dk. as well as promising usage anywhere due to its light and compact design. The product generates automatic steam with its electric pump and cleans the clothes while getting rid of the wrinkles. It eliminates the bacteria up to 99.9% by airing your clothes and helps you saving by washing and dry-cleaning your clothes less frequently.



THE FIRST ELECTRIC LUNCH BOX OF TURKEY FROM ARZUM

Arzum Foodie, the first Modern Electric Lunch Box of Turkey, offers a special experience to its users. Arzum enables you to carry the food that you have prepared with same warmth and freshness to anywhere with this mini product. You can use Arzum Foodie Modern Electric Lunch Box to continue your healthy and regular diet with nutritious homemade food and it has two lunch boxes and a plate. You can heat, steam cook and store your food thanks to the vacuumed lids by using Foodie as a single or two-layer and also boil eggs or even cook rice. Besides its fun exterior, its compact design makes it easier to carry it in your hand in its environmentally friendly carrying case.



TAKE YOUR MUSIC EVERYWHERE WITH SONY XB32 EXTRA BASS

Offering a unique three-dimensional sound experience, the Sony XB32 Extra Bass Portable Speaker creates a festival atmosphere wherever you go. Sony XB32 Extra Bass Portable Speaker weighs 900 grams with its MRC speaker strengthened with durable and light mica, 48 mm speaker unit with strong basses that boost the volume. The speaker offers approximately 24 hours of standard mode and 14 hours of extra music to the full extent, and when the Party Booster feature is activated, different sounds such as scratches, snare drums, and cowbell are also produced. The lights of SRS-XB32 can be controlled by downloading Fiestable application and control gestures in the screens of the smartphones can be used.



GURME BURGER: REAL BUR- GERS

In our new issue, we have gathered the special tastes of Gurme Burger, which serves in the boutique butcher sector with its natural products suitable for Turkish taste with over 30 years of experience, for you. In the product range of Gurme Burger, there are many alternatives from burgers to grills, from salads to desserts. We leave you with the special flavors of Gurme Burger, which will work up your appetite with its presentation appealing to different tastes...



GOURMET BURGER

Beef burger patty (160 gr)
Tenderloin (40 gr)
Halloumi cheese
Pickle

Curly lettuce
Tomato
Caramelized onion
Chimichurri sauce

NOTE:

Chimichurri sauce mainly contains parsley, red onion, garlic, vinegar, coriander, brown sugar, olive oil, dried thyme and chili peppers.





ARGENTINA BURGER

INGREDIENTS

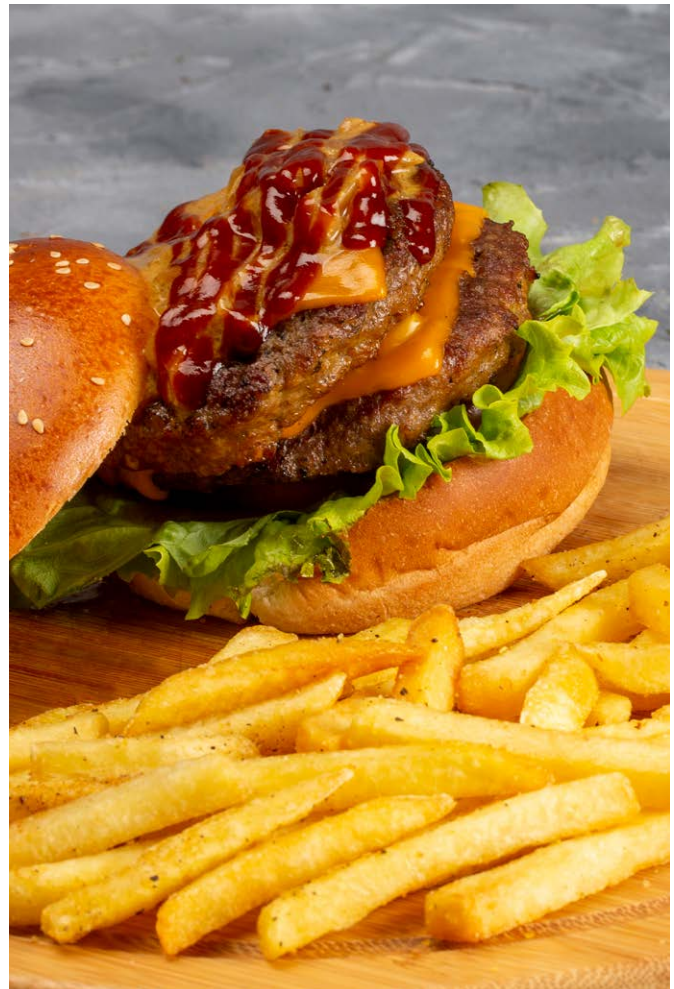
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|-----------------------------|------------------------|
| Beef burger patty (160 gr) | Curly lettuce |
| Grilled smoked meat (40 gr) | Sautéed mushrooms |
| Pickle | Cheddar cheese (80 gr) |
| Tomato | Hanimaster sauce |

NOTE: Hanimaster sauce contains honey mustard.

TWIN TOWERS BURGER

INGREDIENTS

- | | |
|--------------------------------|---------------|
| Double patty (360 gr) | Pickle |
| Double cheddar cheese (160 gr) | Curly lettuce |
| Caramelized onion with mustard | Tomato |
| Barbecue sauce | |





MIXED MEATBALL

INGREDIENTS

2 butcher meatball (64 gr) Potato
2 İnegöl meatball (56 gr) Tomato
Cheddar cheese (80 gr) Pepper
Rice



TENDER- LOIN

INGREDIENTS

- 4 pieces of tenderloin (200 gr)
- Carrot
- Broccoli
- Baby potato
- Cauliflower
- Chimichurri sauce

NOTE:

Chimichurri sauce mainly contains parsley, red onion, garlic, vinegar, coriander, brown sugar, olive oil, dried thyme and chili peppers.

CRISPY GOURMET

INGREDIENTS

8 pieces of crispy
chicken
Rice
Potato

Tomato
Pepper
Special sauce





SOCIAL MEDIA

We have compiled the Instagram account contents of social media influencers and famous names for you. Enjoy reading...



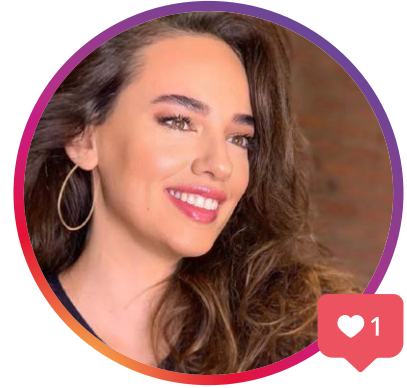
AYBÜKE PUSAT / @aybukepusat

Actress AybÜke Pusat, who had a breakout with her performance in TV shows such as Medcezir and Söz, has 2.4 million followers in her Instagram account. She shares her travels to abroad, catalogue shootings, trailers of the works she plays in as well as the photographs with her cast mates in her social media account. The beautiful actress also likes to dance and shares her dance performances with her followers.



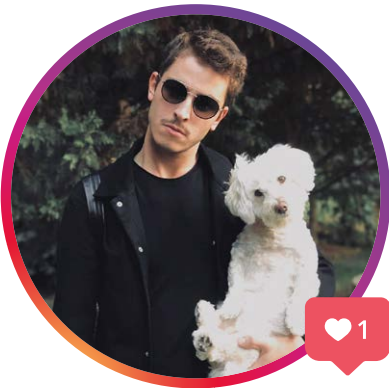
ŞÜKRÜ ÖZYILDIZ @sukruozyildiz

Şükrü Özyıldız, who has 1.2 million followers on his Instagram account, often shares the memories of his performance in Alice Musical, which has been going on for a long time and has drawn a lot of attention, on his social media account. Although he rarely shares selfies on his account, people like them a lot and he also share posts on the brands that he collaborates with.



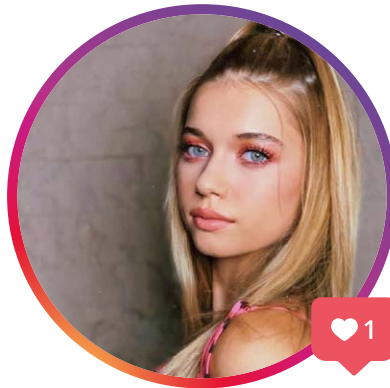
SEDA BAKAN EREL @sedabakan

Beautiful actress Seda Bakan Erel that has 739 thousand followers shares a lot of cute and heartwarming pictures with her little daughter who was born last August. The actress, who includes the most natural and sincere poses from her travels and daily life, also shares photographs from her meetings with her friends.



BORAN KUZUM / @borankuzum

Boran Kuzum, who had a breakout with his role in TV series titled Vatanım Sensin, has 644 thousand Instagram followers. Successful young actor shares photographs while hanging out with his cast mates, with his dog whom he has a fun time with, of the works that he plays in and from the magazine shootings.



AFRA SARAÇOĞLU / @afrasaracoglu

The beautiful actress Afra Saraçoğlu who uses the social media actively has 2.2 million Instagram followers. The actress is keen on exercising and she posts her trainings as well as stunning selfies behind the scenes. The actress, who posts the magazine covers that she is a guest and the shots of the brands she collaborates with, also shares special frames from the places she travels.



MEHMET GÜNSÜR / @mehmet.gunsur

Mehmet Günsür, the successful actor starring in international projects, has a lot foreign followers in his Instagram account with 882 thousand followers. Günsür's posts in different languages in his social media account draw attention. The actor has preferred to take part in digital projects lately and he shares visuals and trailers of these projects.



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