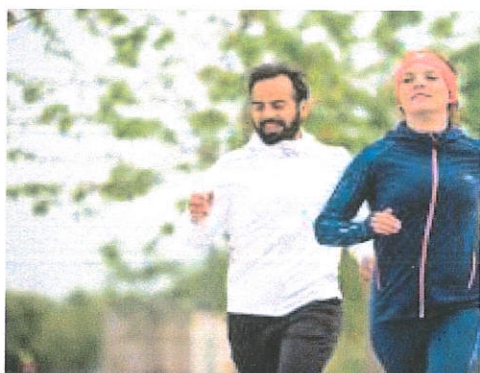


---

# EAST CAMPUS POST

---

## Healthy Living Boosts Life Span, Even for Former Smokers



---

BY AMY NORTON  
HEALTHDAY REPORTER

---

---

Eating well and exercising can make for a longer life, and that holds true for former smokers, too, a new study shows.

---



# EAST CAMPUS POST



**BY AMY NORTON  
HEALTHDAY REPORTER**

---

Researchers found that of nearly 160,000 former smokers, those who exercised, ate healthfully and limited their drinking were less likely to die over the next couple of decades.

It's well known that when smokers kick the habit, the health benefits are huge -- with reduced risks of various cancers, lung disease, heart disease and stroke.

The new findings were published Sept. 22 in the journal [\*JAMA Network Open\*](#).

Given that 52 million Americans are former smokers, that's an important message.

So ideally, when people seek help with quitting, those other lifestyle factors should be addressed, too.

The new study, by researchers at the U.S. National Cancer Institute (NCI), involved nearly 160,000 former smokers ages 50 to 69. They completed questionnaires on their medical history and lifestyle factors such as diet, exercise and drinking habits.

Over the next 19 years, more than 86,000 study participants died.

## Erdogan says Turkey will keep cutting interest rates, mocks British pound

NATASHA TURAK CNBC REPORTER

Turkey will keep cutting interest rates, its President Recep Tayyip Erdogan said, despite soaring inflation at over 80%.

The central bank of Turkey will not be raising rates, he told CNN Turk on Wednesday night.

Faced with deepening economic problems, Erdogan also took the time to throw some barbs at the U.K., saying that the British pound has “blown up.”

Erdogan doubled down on his controversial monetary plan on Thursday, saying that he told central bank decision-makers to continue lowering rates at its next meeting in October.

Erdogan said: “My biggest battle is against interest. My biggest enemy is interest. Is that enough? It is not enough.

Turkey’s central bank [shocked markets with two consecutive 100 basis point cuts](#) in the last two months, as many other major economies seek to tighten policy.

The lira meanwhile is set to fall further as Turkey prioritizes growth over tackling inflation, which is at its highest in 24 years.

As the U.S. Federal Reserve raises its interest rate and the dollar grows stronger, Turkey’s many dollar-denominated debts, and the energy it imports in dollars, will only become more painful to pay for.



# EAST CAMPUS POST



Turkish President Recep Tayyip Erdogan

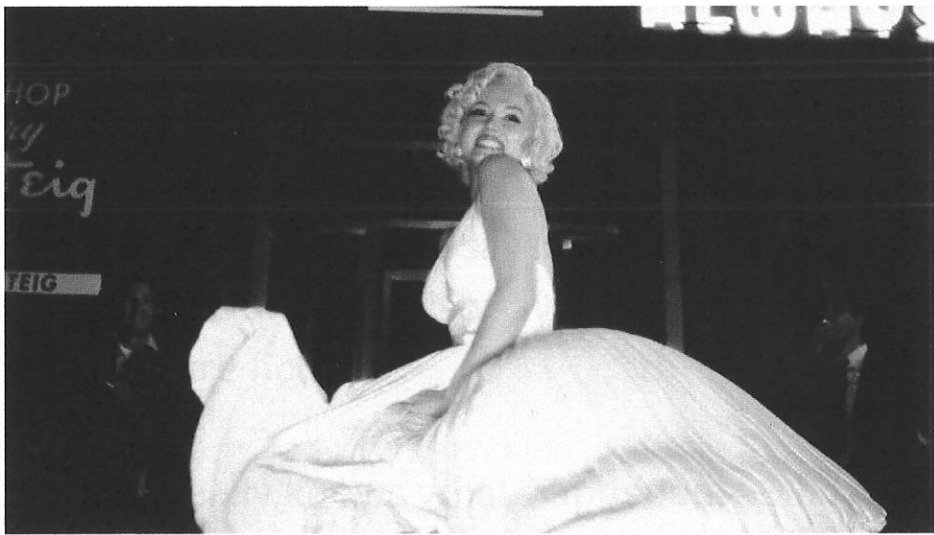
---

# EAST CAMPUS POST

OCTOBER 29 2022

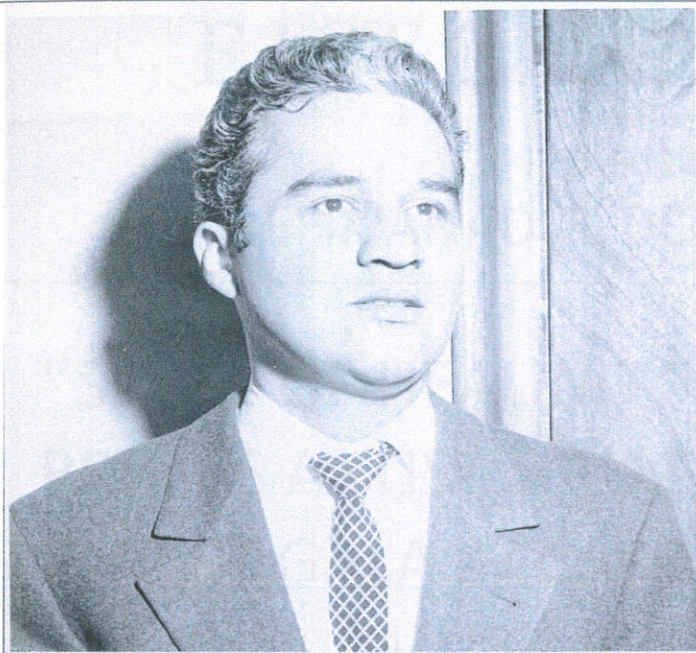
## DID MARILYN MONROE DATE CHARLIE CHAPLIN'S SON?

The highly anticipated movie is based on a novel by Joyce Carol Oates.



Blonde

explores Monroe's marriage to Arthur Miller also information about Charlie Chaplin's romantic relationship with his son.



Usually known as Cass

Chaplin. He was born on May 5, 1925 in Beverly Hills, California and grew up wanting to act. Cass Chaplin is known to be a huge fan of Monroe. It is also known that he was in love Marilyn Monroe for months.

The "Blonde's" director says about the movie how close it is to real life. The director also says that the scenes with Monroe's thoughts are fiction.

"No one really knows what happened. So I think it's all fiction." and he finished his words.



# EAST CAMPUS POST

JULY 30 2022

REFIK ANADOL DONATE UNICEF

## "SENSE OF HEALING" BY REFIK ANADOL BREAKS ARTIST'S AUCTION RECORD AT UNICEF GALA IN CAPRI



At the UNICEF summer gala held in Capri, Italy on July 30, presented by Luisa Via, the "SENSE OF HEALING" statue of Refik Anadol broke a record with 1.7 million euro. This ordered statue is the largest statue produced using human brain data. The income of this work of art will be donated to UNICEF.

Twelve editions of the artwork were sold for 120,000 euros. More than 1.4 million revenues generated that will benefit mental health.



By Lorenzo

Palizzolo



— *the last news* —

# EAST CAMPUS POST

MONDAY, 17 OCTOBER, 2022 |

---

## Death of Mahsa Amani

Who is Mahsa Amani?

Mahsa Amani, a woman who was killed in Tehran, the capital of Iran, on September 16, 2022



What is the Mahsa Amani Event?  
Died from the blow she received by the morality police

## BREAKING NEWS

Why did Mahsa Amini Die?

Killed for not obeying hijab rules

It is thought that the police were involved in Mahsa's death. This situation led to large-scale protests in the country.



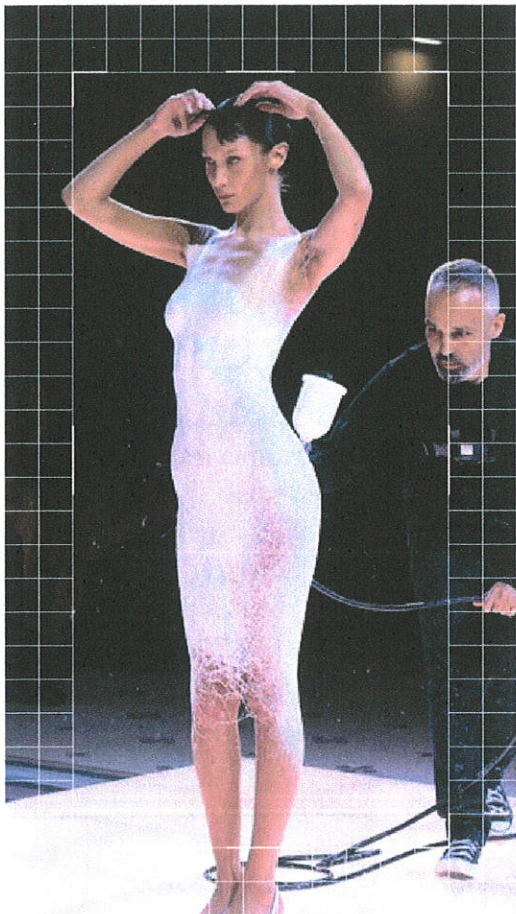
The young woman who was beaten by the Sharia police fell into a coma.



# FASHiON

○ ○ ○ ○

○ ○ ○ ○



## SPRAY DRESS FOR BELLA HADİD

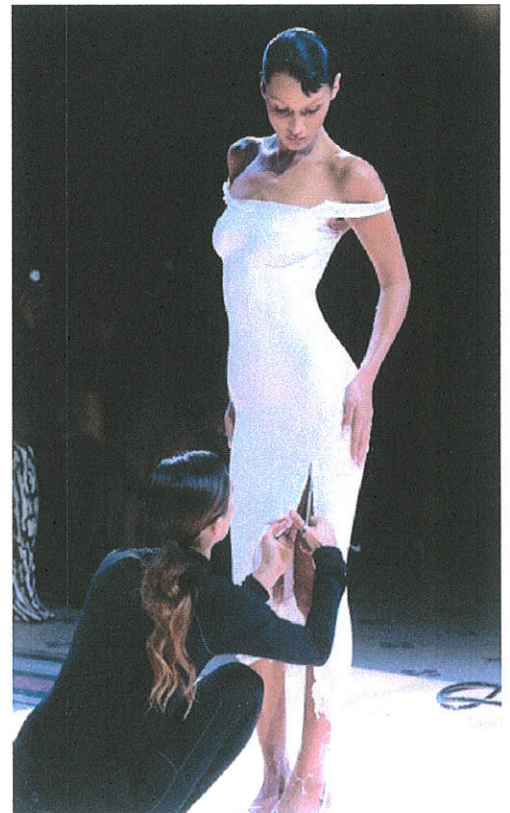
Bella Hadid designed a spray dress on it A dress was created by spraying a white paint. Cobwebs inspired the paint and the dress. All this happened during Paris fashion week. This dress is a product of technology.

## NEW GENERATION FASHiON

### INNOVATIVE FASHiON

The most surprising part of the fashion show was this performance at the end.

Testament to innovations developed over a long period of time



○ ○ ○ ○

○ ○ ○ ○



# EAST CAMPUS POST

## VALORANT CHAMPIONS 2022 ORGANIZED IN ISTANBUL

### *LOUD WON CHAMPIONS*

#### *2022 in Istanbul*

the Brazilian esports team LOUD defeated North America's Optic Gaming. The grand final treated fans at the Volkswagen Arena in Istanbul. What a story.



*MVP of champions Saadhak*

"I have no words about it, it's just so amazing," said Matias "saadhak" Delipetro, reflecting on the feeling of being cheered on by fans in the arena. "It's unreal."



VALORANT Champions winners LOUD, 2022

Tournament was Turkey's first Major tournament, so Turkish people were excited. All of the Champions 2022 Istanbul tickets sold out in 2 minutes after the sale started.

Afterwards, Turkish Valorant Community filled the stadium and showed an excellent welcome. LOUD was no one's favorite before the tournament started, people's favorite was Fnatic or Optic. Tournament started with LOUD-Letvian match and ended with LOUD-Optics Final match. Anyone couldn't predict that final. Brazilian team wrote their own story and became champion. Also NA team OPTiC was incredible but they were not as ambitious as LOUD. LOUD gave a magic touch to Champions 22 Istanbul. LOUD's celebrity was fiery. Brazilian or not Brazilian everyone became happy for LOUD became champion.

By Mikhail Klimentov

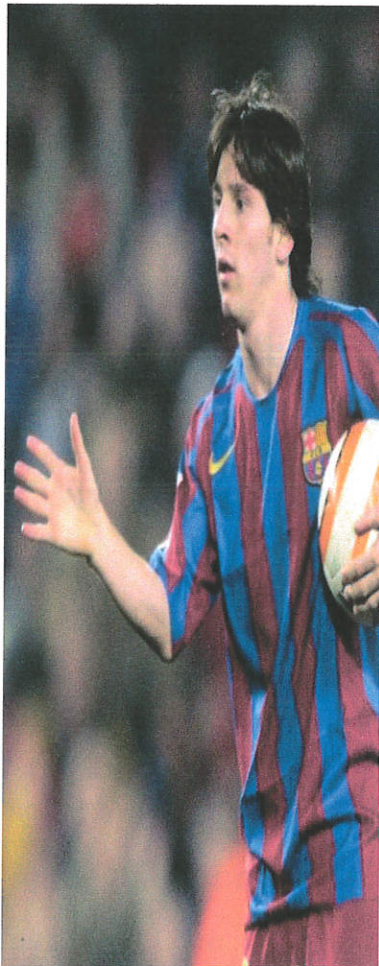


Tuesday  
October 11  
2022

# EAST CAMPUS POST

## MESSI LEAVED BARCELONA

After 21 years, Messi leaved Barcelona. Barcelona's financial problems caused that situation. Messi's Barcelona adventure started when he was 13. He played 778 match and scored 672 goals. What a performance!



Was it ethic? I don't know but I think Laporta had chance to keep Messi in the Barcelona. If you ask me why Laporta didn't do it? In my opinion, Laporta didn't want Messi to be the most important man of the Barcelona. Number of Messi lovers was increasing day by day. Laporta have known that. In my opinion when Laporta had chance of send Messi to other teams he used his chance and he became authority.



## MESSI LEAVED BARCELONA

Spain, 4 August 2021. The people thought Messi was never going to leave Barcelona. Recently some Sport Journalists said Messi may leave Barcelona because Barcelona doesn't have enough salary for Messi. People shocked about that situation. When Messi's family came back from their holiday they thought Joan Laporta would solve the problem. But the unexpected happened. Barcelona's President Joan Laporta said Messi can't play in Barcelona because even Barcelona don't give any money to Messi, still would be over the salary limit. That news upset Barcelona fans at the same time upset Messi.

Some fans of Barcelona still have believed Messi wouldn't leave Barcelona. But they lost their hope when Messi explained that he left Barcelona.







*SpaceX rocket launch*

## Turkey will send **astronaut into space.**

*Istanbul, Feb 9*

Turkey plans to send an astronaut into space. Turkey has been announced that a Turk will be sent to the International Space Station in the 100th anniversary of the Republic. If you ask 'How I can join that event?'. Applications will be received until June 23, 2022 at 20:23 at the address [uzaya.gov.tr](http://uzaya.gov.tr).

There are some requirements for your application. If you have graduated from the faculty of engineering, the faculty of science, the faculty of basic sciences or the faculty of medicine, you can participate. Also you need to be younger than 18. That's not all. You need to be shorter than 190cm and taller than 140cm. If you meet these requirements, you can participate. Who knows, you will be the first astronaut of the republic of Turkey.