

# CURIOUS TIMES WEEKLY

Age Appropriate News

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Events and Achievements

## The Blue Whale: Witnessing a Remarkable Comeback



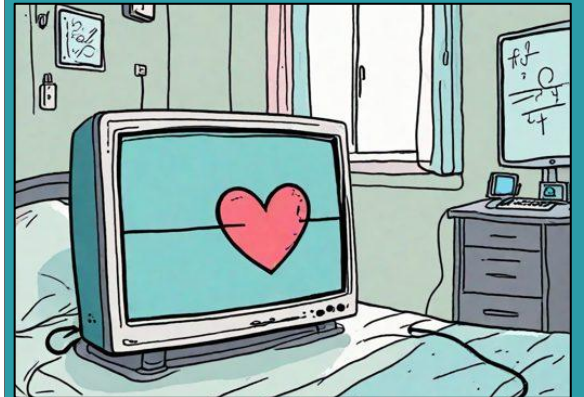
The Seychelles' waters once teemed with blue whales, their songs a timeless part of the ocean. But greed silenced them. For sixty years, their absence was a wound on the sea. Then, whispers of their return ignited a flicker of hope within us – a small band of scientists and ocean-lovers. Weeks of searching, eyes stinging with salt, and doubt gnawed at our resolve. Just as despair threatened to settle, a cry – "There!" A shimmering mirage, then a blue whale breached, its vastness dwarfing our boat. Sleek giants, their skin a map of scars and journeys, they filled us with awe. Their eyes held centuries of wisdom, and seemed to sense our reverence, perhaps even the flicker of apology within us.

Then, the music – deep, haunting songs vibrating through water and into our very beings. These were not just sounds, but a celebration of survival, the ocean reclaiming its symphony. But joy held a frantic edge – where did these survivors come from, how could we protect them? The whales moved to their own timeless rhythm, their paths as untamed as the sea itself. We analyzed their songs, tracked their journeys, and glimpsed the delicate dance they shared with krill – the unseen foundation of their survival. A profound responsibility took root; these weren't just creatures to be studied, but a living embodiment of the ocean's complex, beautiful balance. We worked with locals, fishermen and tour operators, teaching them about the fragile beauty in their waters. The whales became symbols not just of survival, but of a possible future where humans and the ocean thrive in harmony

The Seychelles became a sanctuary, not through force, but through a shared understanding woven through the community. Will it last? The ocean, like humans, is unpredictable. But with each whale song echoing across the Seychelles, hope stirs. It's a reminder that wounds can heal, that even shattered symphonies can be pieced back together, note by precious note. And perhaps, just perhaps, we humans can be part of the healing, rather than the cause of the breaking.

## WHAT'S INSIDE?

A Heart Transplant Story from Karachi to Chennai



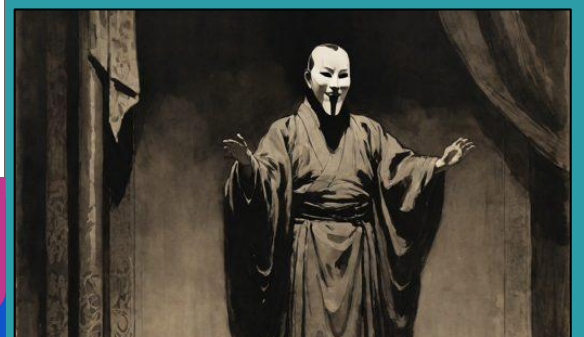
Protecting Children's Healthcare from the Dangers of Sugar



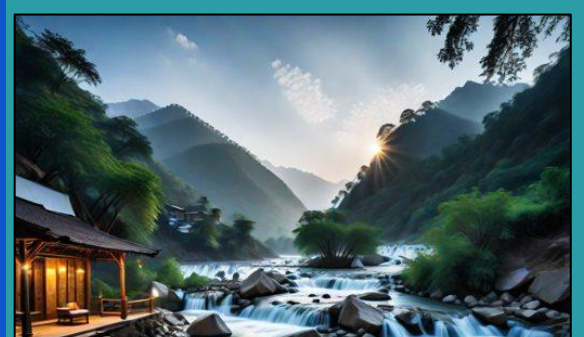
The Post Office: Packages, Letters & Occasionally, Children?



The Art of the Spectral: Exploring The Ghosts of Kabuki



Mesmerizing Uttarakhand Villages: Dream or Reality?



**& much more..**

DO NOT MISS THE AMAZING STORIES, VIDEOS AND ART FROM BUDDING WRITERS, SCIENTISTS AND ARTISTS ON MY EXPRESSIONS, JOKESPOKE, WORD OF THE DAY, TONGUE TWISTER, QUOTES AND FUN FACTS. CHECK OUT OUR EVENTS

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## SCIENCE & HIDDEN WORLDS

### Spain's Excalibur: Unearthing a Sword from the Islamic Golden Age

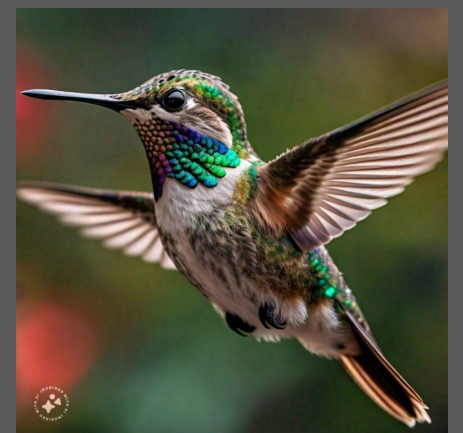


Forget knights and mists. This Excalibur is forged in the fires of the Umayyad empire, a relic of the 10th century when Spain pulsed with Islamic power. Its hilt bears Quranic verses – this blade wasn't for show, but for battle, a testament to a warrior-poet's creed.

Picture the horseman, eyes burning, his sword a testament to an empire built on blood and ambition. This is Al-Andalus – a kingdom of scholars and swords, where paradise was found on both the battlefield and in libraries. Perhaps this blade saw the empire's fall, the warrior burying it as enemies closed in, his faith shaken by defeat. Or maybe it was buried in defiance, a promise for future generations.

Now, under museum lights, it's a relic of a lost age, speaking not in words, but the echoes of clashing steel. It speaks of faith and fury, of a Spain forged in fire, not myth – a world of grit and glory far from the tales of Camelot.

### Feathers: Wonders of Form and Flight



Feathers aren't just pretty. They're marvels of design, linked to dinosaurs – some were fluffy like a chick's, others surprisingly like the wings of modern birds! Some are for warmth, others sense the world... tiny bristles help a bird feel a world we can't. But flight feathers are pure genius – light, strong, and with a clever asymmetrical shape that harnesses the wind, letting birds soar.

Owls have special feathers that muffle sound, making them silent hunters of the night. They can swoop down without their prey even hearing the whisper of their wings. Feathers help birds fly, swim, find mates... they've even inspired inventions like velcro, their tiny hooks and barbs the perfect model.

The next time you find a feather, pause. It's a piece of nature's brilliance, a testament to millions of years of evolution. Imagine the creature it belonged to, the sky it sailed through. It might just make you see even the most ordinary things in a whole new light.

### Secrets of the Mars Planet: The Spider Geysers and Inca City



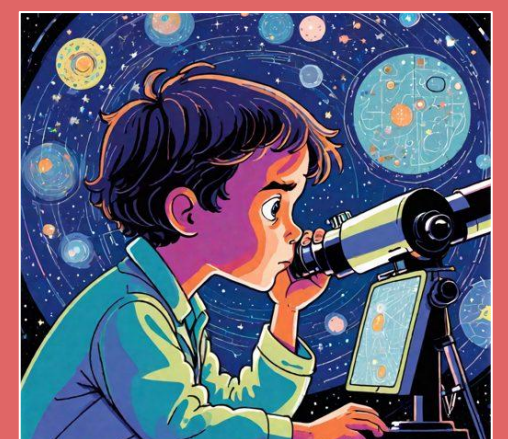
Mars isn't dead, it's just strange. Dark "spiders" creep across its surface – not creatures, but shadows of geysers erupting from under the polar ice. It's a landscape out of a sci-fi film, proof of the hidden forces still at work on this seemingly barren world.

The "Inca City" is just a trick of the light, ancient riverbeds now fossilized beneath the dust, hinting at a warmer, wetter past. Mars was once warmer, wetter... rivers carved those valleys, leaving a ghost map when the world dried.

Now, as its ice caps thaw, exploding gas blasts out black dust in those spider patterns. It's a violent, alien beauty, reminding us planets aren't static, but shift and change over unimaginable time spans. Mars mirrors our own world.

Strip away Earth's life, and you'd see a similar restlessness – volcanoes, shifting continents, proof of a molten core churning beneath our feet. Mars was never stillborn, and maybe, just maybe, life clings on there too, hidden and waiting.

### Scientists Discover One of the Universe's Oldest Stars Next Door



In a nearby galaxy, scientists found a star born in the universe's first chapter, a relic of unimaginable age. It holds clues to the Big Bang – what the first, giant stars were made of, the building blocks they scattered across the cosmos when they died. These ancient stars blazed with the purest light, unlike the more complex mixture within our own sun.

These stars were pure hydrogen and helium. Younger stars, like our sun, have more elements, forged in those early explosions. So, to find the oldest stars, scientists look for what's missing. They study the star's chemical fingerprint, searching for a unique simplicity that whispers of the universe's primal dawn.

This ancient star, hidden in a smaller galaxy, unveils a surprising diversity in the early universe. Unlike our crowded Milky Way, its pristine home preserved secrets of a bygone era, hinting at untold stories waiting to be discovered in galaxies far and wide.

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## HUMAN MIND & HEALTH

### Understanding ADD and ADHD: Embracing Busy, Brilliant Brains



Maya's buzzing brain sometimes drowned out the teacher. ADD or ADHD, whatever they called it, it was just how her mind worked. Math class turned into dragon battles, pencils vanished, and her legs refused to sit still. Her brain was a mix – thoughts could crawl or race, and it sometimes felt a bit broken.

But then she learned ADHD means different, not bad. Her brain was an idea factory! She was endlessly curious, and her feelings were HUGE – enough to reach the moon or weigh her down like a rain-soaked backpack.

Focus was tough. Homework felt impossible, her words sometimes tripped over themselves, and her room was a disaster. Feelings could tangle in a scary, confusing way. But understanding ADHD helped! She wasn't alone. She learned tricks to cope. Sure, her brain was a challenge, but also made her creative, adventurous, and big-hearted. Maya decided that was pretty amazing.

### Protecting Children's Healthcare from the Dangers of Sugar



News of sugar hidden in baby formula ignited a fire in Deepti. How could companies poison babies? Fear twisted in her gut – had she unknowingly harmed her own daughter? Sweet treats weren't just childhood joys, they were a threat to children's health!

Memories of friends battling pre-diabetes and aunts whispering of sugar-linked heart problems flooded back. It was an epidemic, fueling future healthcare crises! Deepti felt betrayed, complicit in this war on her child's health.

"Fruit instead of laddoos?" she'd plead with Riya, battling tradition and her own cravings. Change was hard, but Deepti was determined. She swapped sugary snacks, scrutinized labels, and found support online. Seeing Riya happily eat carrots fueled her resolve. Inspired, she gave talks, shared resources, and sparked healthcare conversations. Armed with knowledge and the WHO's guidelines, this mother on a mission is fighting for a healthier future.

### Human Psychology: The Power of Vulnerability



We hide our flaws, fearing judgment. But studies show we often overestimate how harshly others will see us. Sarah dreads her parents' reaction to bad grades, Liam hides his financial struggles... it's the psychology of fearing the worst.

Sharing vulnerabilities can actually deepen relationships. Maya worries about revealing a past mistake, but forgets connection isn't about perfection. True intimacy comes from accepting the whole person, flaws and all. Still, some secrets (like addiction) demand careful handling.

Despite the risks, revealing secrets can be liberating. It's how bullied Amina found support, and workaholic Ben rediscovered life beyond work. Understanding the psychology of vulnerability helps us be more empathetic. Instead of judging, can we offer a kind word, a listening ear? That's how we build a world where flaws are less frightening, and secrets a little less heavy.

### A Heart Transplant Story from Karachi to Chennai



Ayesha was just 19 when her heart began failing. The familiar world of school, family, and dreams dissolved into a haze of breathlessness. Each inhale seemed to steal a little more of her, a stark reminder that her life was slipping away.

In Chennai, a surgeon offered a chance – a new heart. But bureaucracy and money threatened to snuff out that hope. Then, compassion bloomed: donations poured in from hospital staff, even other patients fighting their own battles. They rushed Ayesha into surgery, into the possibility of a new life. Waking felt like a rebirth – each breath no longer a struggle, but a miracle.

India, once just a name, now pulses with the vibrant life she's been gifted. Yet, her story reminds us of those still waiting. It's a call to action – her new heart beats for change, for a world where organ donation is commonplace, where miracles are no longer just a dream for those gasping for breath.

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## CULTURE & ENTERTAINMENT

### 'Ausome Bites' Empowers Young Adults with ASD Disorder



Inside a cozy Kochi kitchen, six young men with autism spectrum disorder (ASD) are baking up a storm. 'Ausome Bites' is more than just delicious treats – it's a place where dreams take shape, and independence is crafted into every cookie.

Born from pandemic boredom and the support of Autism Club Ernakulam, this bakery gives young adults with ASD a chance to shine. Mothers guide with patience, finding their sons' unique strengths. It's more than just the money; it's a victory over a world that underestimates those with ASD.

Ausome Bites thrives on word-of-mouth, fueled by the sheer deliciousness and the heartwarming story behind it. Ausome Bites isn't just a bakery, it's a message: with support, people with ASD can achieve extraordinary things. One day, maybe there'll be a bustling café. Until then, each cookie sold is a step towards a brighter, more inclusive future.

### The Post Office: Packages, Letters & Occasionally, Children?

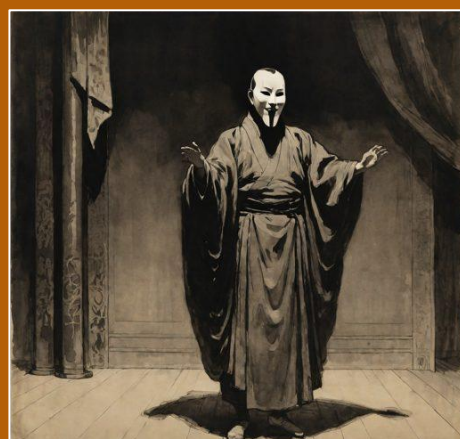


Back in the early 1900s, before helicopter parents, endless parenting blogs, and a firm grasp on child safety, the Post Office faced a most unusual challenge – kids in the mail! Desperate for a break (and cheaper childcare), rural parents got creative. You might think getting rid of the kids for a few hours would be worth the risk, but these folks took it to a whole new level. It started with little James Beagle, mailed to grandma with 15 cents postage and an insurance policy!

News spread, and soon toddlers were bundled into mailbags alongside onions. May Pierstorff, a spirited four-year-old, even traveled via railway mail with her mail clerk cousin! Postmen became unwitting babysitters, until the Postmaster General put a stop to it.

These stories are hilarious, but they show a simpler time. Isolated communities trusted their postmen implicitly. Today, trying this would get you a visit from social services! Still, it's a delightfully absurd chapter in postal history.

### The Art of the Spectral: Exploring The Ghosts of Kabuki

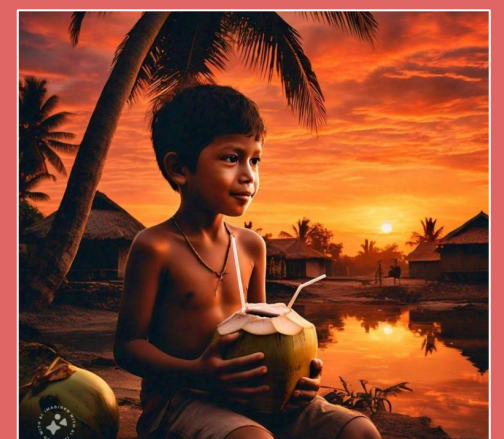


Step into a hushed museum gallery, where vibrant yet chilling woodblock prints whisper of Japan's enduring fascination with ghosts. Oiwa, the betrayed wife, stares out with haunting eyes. Her disfigured face echoes the cruelty she endured.

These images were born from kabuki theater, a spectacle where trapdoors groaned like rusty souls and ghosts meted out otherworldly justice in a rigid society. Edo Japan thrummed with tales of hauntings, and prints captured the charged atmosphere of the stage. It was a time of change, and perhaps these spectral tales offered a strange solace.

Even today, from forgotten VHS tapes to cracked phone screens, the spectral endures. People gather to share ghost stories, yearning for that shiver of fear. Perhaps, even now, the spirit of Oiwa lingers, her distorted face flickering in the shadows, a reminder that some wounds never truly heal.

### The Enchanting Versatility of the Tender Coconut



The blazing sun beat down on my village, but I had a secret weapon – a tender coconut plucked from our tree. With a satisfying thwack, I sliced off the top, revealing a pool of cool, sweet water. It tasted of ocean breezes and Grandma's stories of how coconuts floated here long ago.

Grandma called the coconut tree 'Kalpavriksha', the wish-fulfilling tree. She used every part – from the water for rituals to the flesh for sweet treats. Even the thick coconut oil, though I hated it as a child, now smells like home and the deep, quiet love of my grandmother.

Coconuts are woven into our lives – stories, festivals, the very scent of home. They embody our strength, our resilience. Like the coconut tree, we may have roots elsewhere, but here we flourish, offering all who find us shade and sustenance. As the fiery sunset fades, I know tomorrow's heat will return. But we'll be ready, with our cool drinks and old stories, bound together by the gifts of the coconut tree.

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## FEATURE CONTENT

### Mesmerizing Uttarakhand Villages: Dream or Reality?



Harsil Valley, nestled in Uttarakhand, is a hidden Himalayan gem. Along the banks of the Bhagirathi River, with its deodar forests and snowy peaks, this valley paints a picture of breathtaking beauty. The landscape itself is a work of art.

Bagori Village, with its traditional wooden houses and apple trees, seems frozen in time. Most houses are locked as villagers migrate seasonally, seeking milder temperatures. The elderly who stay cherish the peaceful life, growing their own food and finding solace in the pure mountain air.

Harsil's warmth comes from its people. They welcome you with tea, sharing stories and apricots from their vibrant trees. History lives here too – from tales of trade with Tibet to the ancient Gartang Gali bridge. Mukhwa Village, with its wandering livestock and unpicked apples, embodies a simple, contented life. As you leave Harsil, it's the kindness of the locals that leaves the deepest mark.

### Garhwali Goodness: Mountains Meet Mouthwatering



Our journey through Garhwal starts with a taste of local delights – Gahat ka Paratha and Mandua ka Bari. These hearty dishes fill us with warmth, a perfect start to our Himalayan adventure. Every bite reveals the richness of Garhwali food.

We visit Mukhwa village, where a family welcomes us with a homecooked feast. The fresh Pahari palak and Lingra ki sabzi, cooked with local spices, show us the true heart of Garhwali cuisine. Mustard oil adds a unique, delicious touch.

As night falls, the twinkling lights of Mukhwa below are a sight to behold. We dine on more Pahari dishes, savoring the flavors under the starry sky. Our journey continues, fueled by delicious food and the promise of new discoveries. We head towards Dunda village, ready for colder weather and even more heartwarming Garhwali meals. This culinary adventure is a way to connect with the culture, the land, and the warm hospitality of the Garhwal region.

### Playful Peanut: Buttering Up Health



Peanuts – the crunchy, tasty legumes that pack a nutritional punch! They're not just for snacking; peanuts add flavor and health benefits to many dishes.

Did you know peanuts grow underground? It's true! This makes them different from the tree nuts we often think of. Peanuts develop their pods beneath the soil, a unique and interesting characteristic. Inside their shells, we find the peanut seeds – a powerhouse of protein, healthy fats, fiber, and so many important vitamins and minerals.

Peanuts can help keep your heart healthy, manage weight, and even protect your body from damage. They make a great snack on their own, but also shine in everything from peanut butter to stir-fries!

Remember, store peanuts right for maximum freshness, and be mindful of allergies. With a little planning, peanuts can be a delicious and nutritious part of your diet.

### Red Roses Magic: Unique Flowers Love!



From ancient gods to your favorite dessert, the red rose is more than just a pretty flower. It's a symbol of love, a feast for the eyes, and a surprising culinary ingredient!

Steeped in myths of love and sacrifice, each shade of red holds a different meaning. Dark reds whisper of passion, lighter pinks of grace, and every number from one to a dozen sends a special message. Think of roses like a secret code, adding an extra layer of meaning to any romantic gesture or special occasion.

But it's not just the looks – that iconic rose scent has a taste! Sweeter roses bring a floral touch to jams, sugars, and syrups, adding a magical depth to classic flavors.

So the next time you see a rose, remember – it's not just a decoration. It's a story, a symbol, and maybe even the secret ingredient to your next culinary masterpiece.

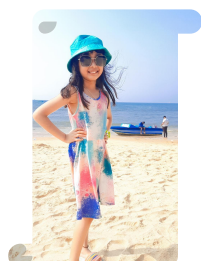
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## MY EXPRESSIONS



### Celebrating Earth Day with Miss Prashikha

Miss Prashikha,  
Delhi Public School Jankipuram Lucknow,  
Lucknow, Uttar Pradesh

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## MY EXPRESSIONS



**A Blooming Bookmark  
for Our Planet**

Kuhu Kacher  
La Martinere Girls' College,  
Lucknow, Lucknow, Uttar Pradesh

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## LABOUR DAY



### Ahamteertwaa Maity Celebrates World English Day

Ahamteertwaa Maity  
Techno India Group Public School  
Garia, Kolkata, West Bengal



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## FUNTASTIC



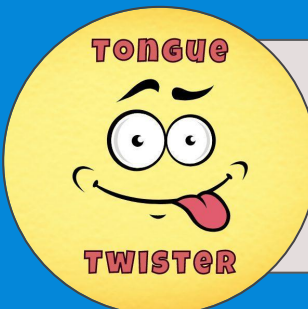
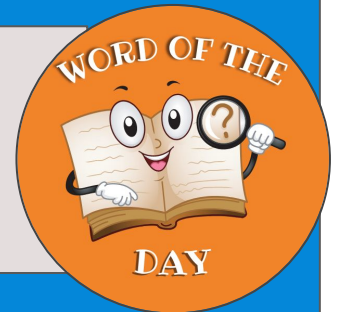
**Q: How do you make seven even?**

**A: Subtract the 'S'!**

**Q: Why are fish so smart?**

**A: Because they live in schools!**

**Perish**  
Verb | per-ish  
to die; to pass away



**Luke Luck likes lakes. Luke's duck likes lakes. Luke Luck licks lakes. Luck's duck licks lakes. Duck takes licks in lakes Luke Luck likes. Luke Luck takes licks in lakes duck likes.**

**"Reach for the moon. Even if you miss, you'll land among the stars." - Norman Vincent Peale**



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