OCTOBER 2025 | SEA TURTLE

KNOWLEDGE

Learning something new so you can be better at whatever you do



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NEWSLETTER

Knowledge
OCTOBER 2025



SAY IT:

Knowledge: Learning something new so that you can be better at whatever you do

KNOW IT:

ASK A GROWN-UP:

- What are some topics you feel you have a lot of knowledge about and how did you gain that knowledge?
- What are some topics you would love to increase your knowledge about and why?

ASK A KID:

- About which subject at school do you feel you have the most knowledge?
- What are two topics you would love to learn more about?

SEE IT:

Organize a family game night. Learn a new card or board game or pull out some family favorites and talk about how strategy comes into play with many games. Another outstanding knowledge game is trivia. Trivia is a fun way to learn new things while admiring how much each family member knows about all kinds of interesting topics. You may want to ask some of these trivia questions to test your knowledge and learn something new:

- https://www.fatherly.com/entertainment/best-trivia-questions-for-kids
- https://parade.com/944584/parade/trivia-questions-for-kids
- https://www.buzzfeed.com/kellyrissman/trivia-questions-for-kids

BE IT:

As a family, pick some topics that you would love to learn more about. See if you can find some trivia questions about these topics or create your own. If you have a quiz or test coming up at school, write some trivia questions about the subject and see if this can help you learn new things and make you better at whatever you want to do. You may have heard the popular quote: "Knowledge is power." Work together to build your knowledge and your power to do great things.

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing…physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will…

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.

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KNOWLEDGE // **SEA TURTLE** // MOCHA

Trick question: What color is a green sea turtle? Turns out its body fat is green because of its diet, but the top of its shell, called the carapace, is olive brown or gray. The underside is yellow or white. Most sea turtles are omnivores, but adult green sea turtles are herbivores, dining on sea grasses and algae.

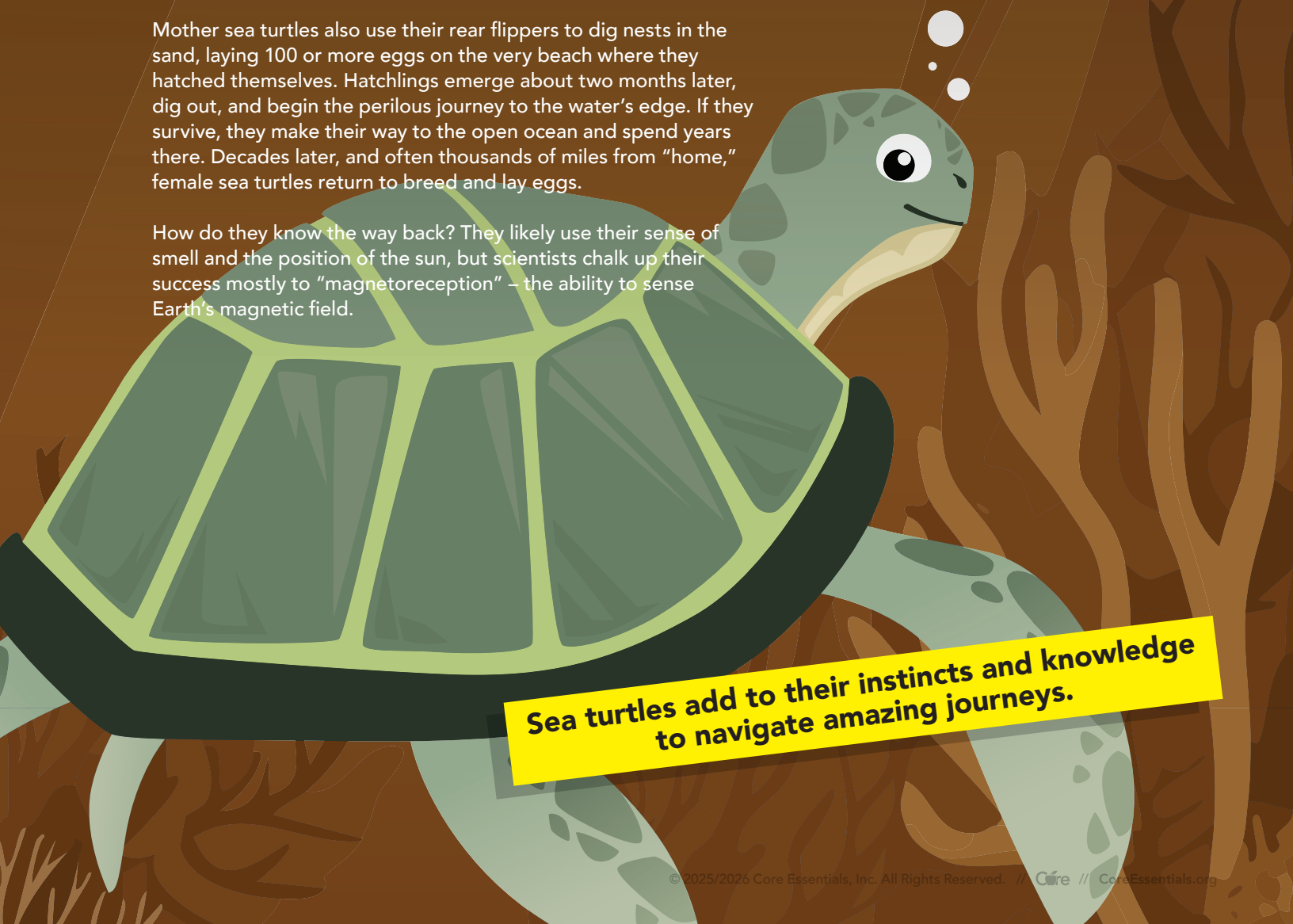
Sea turtles have been around for 100 million years. While they are born with some amazing instincts, they continue to learn as they grow up and navigate the world's oceans, except in the Arctic and Antarctic regions. Their mighty flippers and streamlined bodies make them terrific swimmers. They use their rear flippers to steer, like rudders. They can stay submerged for hours underwater, even sleeping below the surface. A sea turtle cannot retract its head into its shell, as other turtles can.

Mother sea turtles also use their rear flippers to dig nests in the sand, laying 100 or more eggs on the very beach where they hatched themselves. Hatchlings emerge about two months later, dig out, and begin the perilous journey to the water's edge. If they survive, they make their way to the open ocean and spend years there. Decades later, and often thousands of miles from "home," female sea turtles return to breed and lay eggs.

How do they know the way back? They likely use their sense of smell and the position of the sun, but scientists chalk up their success mostly to "magnetoreception" – the ability to sense Earth's magnetic field.

A sea turtle has something like an internal compass as well as another sense that allows it to interpret the "maps" that are the ocean's geomagnetic fields. As the turtle grows older, it learns more details about these magnetic maps. Green sea turtles can live 70 years or more.

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Sea turtles add to their instincts and knowledge to navigate amazing journeys.

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Mocha is a rich, creamy brown with burnt orange undertones. Colors in the brown family suggest stability, consistency, and warmth. These earth tones are associated with nature and reliability. In the food and beverage world, mocha promises the flavors of chocolate and coffee in creamy goodness. Design industry leader Pantone chose "Mocha Mousse" as its 2025 Color of the Year, noting, among the color's many associations, "thoughtful indulgence," as well as a desire for connection and harmony. More than a drab brown, mocha evokes sophistication and a sense of calm.

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