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# Astronaut Reflects on 178 Days in Space and Reveals Eye-Opening Truth About Earth

## Description

Former NASA astronaut Ron Garan, aged 62, had a profound realization while looking down at Earth from space. He described it as a "sobering realization" that us Earthlings are "living a lie". This wasn't about the Flat Earth theory, but rather a deeper understanding of our planet's fragility and the issues we face.

Garan spent 178 days in space, traveling over 71 million miles in 2,842 orbits during his time at NASA. He experienced the "overview effect," a cognitive shift that astronauts often feel when viewing Earth from space, comparing it to a state of awe with self-transcendent qualities.

From his unique perspective on the International Space Station, Garan concluded that our focus on earthly matters is misplaced. He emphasized the urgent need to address global warming, deforestation, and biodiversity loss, rather than prioritizing economic concerns.

Reflecting on his experience, Garan highlighted the interconnectedness of all living things and the need to shift our priorities to ensure the well-being of the planet. He urged a move towards prioritizing the planet and society over the economy, emphasizing the importance of recognizing our interdependence for a peaceful coexistence.

Garan's perspective echoes that of other astronauts, such as Michael Collins and Edgar Mitchell, who also experienced profound shifts in awareness while viewing Earth from space. Their experiences serve as a reminder of the delicate balance of life on our planet and the need for collective action to protect it.

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## Vocabulary List:

1. **Sobering** /'səʊ.bə.rɪŋ/ (adjective): Causing one to become serious or thoughtful.
2. **Fragility** /frə'dʒɪl.ɪ.ti/ (noun): The quality of being easily broken or damaged.
3. **Interconnectedness** /,ɪn.tə.kə'nɛk.tɪd.nɛs/ (noun): The state of being connected with each other.
4. **Biodiversity** /,baɪ.əʊ.ərɪ'və:sɪ.ti/ (noun): The variety of life in the world or in a particular habitat or ecosystem.
5. **Collective** /kə'lɛk.tɪv/ (adjective): Done by people acting as a group.
6. **Cognitive** /'kɒg.nɪ.tɪv/ (adjective): Relating to the mental process of knowing including aspects such as awareness perception reasoning and judgment.

## Comprehension Questions

## Multiple Choice

1. How many days did Ron Garan spend in space?

- Option: 145 days
- Option: 178 days
- Option: 210 days
- Option: 250 days

2. How many miles did Ron Garan travel in space?

- Option: 50 million miles
- Option: 71 million miles
- Option: 90 million miles
- Option: 110 million miles

3. Which term is used to describe the cognitive shift experienced by astronauts viewing Earth from space?

- Option: Space wonder
- Option: Overview effect
- Option: Galactic insight
- Option: Celestial vision

4. What urgent issues did Ron Garan emphasize the need to address?

- Option: Space debris
- Option: Global warming deforestation and biodiversity loss
- Option: Extraterrestrial life discovery
- Option: Asteroid impacts

5. According to Garan what should be prioritized over the economy?

- Option: Technological advancements
- Option: Human exploration of Mars
- Option: The planet and society
- Option: Interstellar travel

6. What is the key message of Garan and other astronauts regarding Earth?

- Option: Earth is flat
- Option: Economic growth is paramount
- Option: Collective action to protect the planet is crucial
- Option: Space tourism should be expanded

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## Answer

**Multiple Choice:** 1. 178 days 2. 71 million miles 3. Overview effect 4. Global warming deforestation and biodiversity loss 5. The planet and society 6. Collective action to protect the planet is crucial

## Vocabulary quizzes

### **Multiple Choice ( Select the Correct answer for each question. )**

1. What term refers to the payment received in exchange for work or services rendered?

- Option: Connectivity
- Option: Compensation
- Option: Stabilize
- Option: Outage

2. Which term is associated with traits passed down from parents to offspring?

- Option: Inbreeding
- Option: Diversity
- Option: Genetic
- Option: Sobering

3. What process involves digging and uncovering archaeological finds?

- Option: Fragility
- Option: Interconnectedness
- Option: Excavation
- Option: Biodiversity

4. Which term describes the process of growth or advancement?

- Option: Collective
- Option: Cognitive
- Option: Development
- Option: Specimen

5. What term refers to a community of organisms interacting with their environment?

- Option: Announcement
- Option: Possibility
- Option: Development
- Option: Ecosystem

6. What term means making someone or something more known or accustomed to a particular situation?

- Option: Significant
- Option: Reception
- Option: Familiarizing
- Option: Outage

7. What term refers to a period when a service is unavailable or not functioning?

- Option: Enigmatic
- Option: Genetic
- Option: Outage
- Option: Stabilize

8. Which term denotes the potential for something to happen or exist?

- Option: Excavation
- Option: Diversity
- Option: Possibility
- Option: Locomotion

9. What term represents the state of being recognized or accepted?

- Option: Stabilize
- Option: Acknowledged
- Option: Inbreeding
- Option: Diversity

10. Which term describes the variety of life forms in a given ecosystem or habitat?

- Option: Collective
- Option: Cognitive
- Option: Specimen
- Option: Biodiversity

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The \_\_\_\_\_ of the new office building was a top priority to ensure seamless operations.

12. The efforts to \_\_\_\_\_ the economy were evident in the recent fiscal policies.

13. Ecology emphasizes the delicate balance and \_\_\_\_\_ of various species within an ecosystem.

14. The success of the project was attributed to the \_\_\_\_\_ effort of all team members.

15. Stimulating activities can enhance a child's \_\_\_\_\_ development and problem-solving skills.

16. The biologist carefully examined the rare plant \_\_\_\_\_ collected from the remote forest.

17. The sudden \_\_\_\_\_ of the iconic landmark left the community in mourning.

18. The national park was established to promote the \_\_\_\_\_ of endangered species and their habitats.

19. The documentary on climate change presented a \_\_\_\_\_ outlook on the planet's future.

20. The new product received a warm \_\_\_\_\_ from consumers during the launch event.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The political upheaval resulted in widespread chaos and uncertainty in the region.
22. The artist's abstract painting left viewers puzzled by its mysterious and puzzling nature.
23. The population exhibited signs of reduced genetic diversity due to repeated mating within close relatives.
24. The multicultural city celebrated its rich array of traditions languages and cuisines.
25. The fragmentation of the ancient manuscript made it challenging to piece together the complete text.
26. The study focused on the evolution of early vertebrates and their modes of movement.
27. Financial markets were affected by the increased regarding the upcoming company merger.
28. The conservation efforts aimed to protect the rich of flora and fauna in the rainforest.

29. Scientists are exploring the of life existing beyond our planet in other galaxies.

30. The research findings had a impact on the understanding of climate change patterns.

## Answer

**Multiple Choice:** 1. Compensation 2. Genetic 3. Excavation 4. Development 5. Ecosystem 6. Familiarizing 7. Outage 8. Possibility 9. Acknowledged 10. Biodiversity

**Gap-Fill:** 11. Connectivity 12. Stabilize 13. Interconnectedness 14. Collective 15. Cognitive 16. Specimen 17. Demise 18. Conservation 19. Sobering 20. Reception

**Matching sentence:** 1. Instability 2. Enigmatic 3. Inbreeding 4. Diversity 5. Fragmentation 6. Locomotion 7. Speculation 8. Biodiversity 9. Possibility 10. Significant

## CATEGORY

1. Sci/Tech - LEVEL6

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