

## Summer greets us with the Seagull Nebula

During this summer, space greets us with the giant Seagull Nebula located 3,600 light years away in the constellation Monoceros and 100 light years across. It was discovered by Isaac Roberts, a Welsh astronomer, in 1890. Its shape resembles a seagull in flight, with the “body” and “wings” formed by the glowing gas and dust clouds.

bright intricate filaments of gas and dust, with regions of intense star formation. The radiation of the new stars causes the surrounding hydrogen gas to glow with a reddish color. It contains several OB stars which are massive, very hot and luminous stars. They are among the most

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energetic and influential stars in the universe due to their brightness and powerful winds of up to 6 million miles per hour. OB stars burn through their nuclear fuel very quickly due to their high mass and temperature.

Their lifespans are relatively short and their powerful stellar winds and

eventual supernova explosions help distribute heavier elements into space, seeding future generations of stars and planets.

— Dr. Carlos Rotellar is a Bowling Green nephrologist who has had an interest in astrophotography and has been taking images of the universe from his driveway for several years. Website: Skyastrophotos.com.



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The Seagull Nebula was discovered by Isaac Roberts in 1890.

## Open for travel



Tourists on a whale watching boat tour take photos at sea near Nuuk, Greenland, on June 17.

PHOTOS BY KWIYEON HA / AP

## Be all that you can be

There are a lot of things you can be. In fact, you can be anything you want in this life.

You can be social, or you can be anti-social. You can be an introvert, be an extrovert, or be an ambivert—which is both.

You can be alone. Or you can be a friend.

You can be cautious, be adventurous, be carefree.

Be exhausted, or be lively. Be wild, be peaceful, or you can be aggressive—be, be, aggressive!

You can always be right. A lot of people like to be this. They prefer to be an authority on every subject. These are probably the same people who were told by their parents to “be smart,” “be a winner,” or “don’t be an embarrassment.”

Meanwhile, some people would rather be quiet. Be in the background.

You can be other things, too. You can be a hard worker, be prepared, be responsible,

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be on top of things, be ready, or be a doer. Or you can be easy going, be chill, or be as lazy as a house cat.



SEAN DIETRICH

Then again, you could also be what other people want you to be. You can be a pleaser. You can be obligated. You can be busy, fulfilling everyone else’s needs. Be dutiful. Be committed to all causes but your own.

Or you can just be yourself. You can be free. Be empowered. Be comfortable with who you are. Be invested in your own life.

Likewise, you can be angry. Be upset. Be a victim. Be rageful. You can be crisis-centered. You can be the star of your own life’s movie.

Or you can be selfless. You can be nice. Be humble. Be part of the solution rather than the problem.

Be a helper, instead of a critic. Be a peacemaker instead of a devil’s advocate. Believe me, the devil has enough advocates.

You can be inclusive. Be gracious. Be sweet. Be a good listener. Be optimistic. You can always, always, ALWAYS be cheerful.

Or not. You could be negative. You could be constantly looking for how society has wronged you. You can be another casualty in life’s perpetual game of unfairness.

But you could also be hopeful. Be resilient. Be totally, unashamedly, unflinchingly okay.

You can even choose to be sick, physically. “Being sick” is a choice, you know. Even when your body is biologically unwell, even when your physiology is failing you, you can STILL choose what you will be.

This lesson was demonstrated to me by a teenage girl who had a list of maladies longer than a roll of toilet paper. This

## Greenland has a message: Come visit

By KWIYEON HA  
The Associated Press

NUUK, Greenland — Greenland has a message for the rest of the world: We’re waiting for you.

“Come visit Greenland,” said Nukartaa Andreassen, who works for a water taxi company in the capital city, Nuuk. “Learn about it, learn about us. We love to have you. We love to tell our stories and our culture.”

The mineral-rich Arctic island is open for tourism. Whale-watching tours, excursions to the iconic puffin island and guided charters through remote settlements are just the beginning of what Greenland has to offer visitors. Locals want to show what makes the island unique beyond a recent diplomatic dustup with U.S. President Donald Trump.

“Our goal and mission is to present and be the ambassadors of Greenland,” said Casper Frank Møller, the chief executive of Nuuk-based tour guide company Raw Arctic, “and to show what beauty you can experience while you’re here.”

The tourism industry is expected to see a boom this year following the launch of a new route between Nuuk and Newark, New Jersey. The inaugural flight June 14 was the first direct travel from the U.S. to Greenland by an American airline.

### TRAVELING TO GREENLAND

Before the direct flight, air passengers departing from the U.S. needed a layover in Iceland or Denmark to reach Greenland. The change benefited travelers like Doug Jenzen, an American tourist who was on the United Airlines plane from New Jersey.

“I came with the purpose of exploring some of the natural sites



Tourists kayak at sea in front of Nuuk Cathedral in Nuuk, Greenland, on June 16.

around the world’s largest island, hoping to support things like ecotourism and sustainable travel while supporting the local economy,” Jenzen said.

Cruise ships can already dock on the island but they bring less money to businesses catering to tourists because passengers sleep and usually eat on board.

Some 150,000 tourists visited Greenland in 2024, according to Naaja Nathanielsen, Greenland’s business minister.

“We really want to grow the tourism sector. It’s a very good fit for many in Greenland,” Nathanielsen added. “Tourism is about good vibes. It’s about sharing culture, sharing history. It’s about storytelling. And as Inuit, that’s very much part of our heritage.”

### THE TRUMP EFFECT

Greenland gained worldwide attention when Trump earlier this year announced he wanted to take control of the semiautonomous Danish territory, through a purchase or possibly by force.

Denmark, a NATO ally, and Greenland have said the island is not for sale and condemned reports of the U.S. gathering intelligence there.

Despite the diplomatic tension, Frank Møller of Raw Arctic sees an upside.

“It has kind of put Greenland on the world map. And it’s definitely a situation that Raw Arctic has used to our advantage,” he said.

Still, beefing up the tourism industry should happen at a pace that prioritizes the voices and com-

fort levels of the roughly 56,000 people on the island, he added.

Andreassen, of Nuuk Water Taxi, agreed.

“It’s very important for me to tell my own story. Because I always feel like when I meet new people, I always introduce a whole Greenland,” she said. “It’s important for me to show our own culture, our own nature. Not by television, not by other people from other countries.”

### ‘UNFORGETTABLE MOMENT’

In June, Pinar Saatci, a 59-year-old Turkish tourist, saw several whales breach the ocean surface during a boat tour.

“It’s very exciting to be here, at

See GREENLAND, 3C

See DIETRICH, 3C