

GENTLE.NEWS

In Today's Edition

Science & Discovery

Astronauts Help Scientists Learn About Space Health

Nature & Environment

Beautiful Snow Blanket Covers North Carolina

Technology & Innovation

Scientists Use Smart Computers to Study Nature

Health & Wellness

Food Companies Can Now Use Natural Colors More Easily

Life & Culture

Italy Gets Ready for 2026 Winter Olympics

Activity Time

Word Search Puzzle

"Love is an irresistible desire to be irresistibly desired."

— Robert Frost

Astronauts Help Scientists Learn About Space Health

Four astronauts are getting ready for an exciting trip to space. They will live on the International Space Station for many months. While they are there, they will help scientists learn important things about staying healthy in space.

The astronauts come from different countries around the world. They will work together as a team. Their mission is called Crew-12. They will do many science experiments while floating in space.

One special study will look at how blood moves through the body in space. On Earth, gravity pulls blood down to our feet. In space, blood floats up toward the head instead. Scientists want to make sure this does not cause health problems.

The astronauts will use special machines to take pictures of their blood vessels. They will also take their blood pressure and collect blood samples. Doctors on Earth will study all this information carefully.

This research will help keep future astronauts safe and healthy. Someday, people may travel to the Moon or Mars for long trips. Scientists want to learn how to protect them during these amazing journeys.

Beautiful Snow Blanket Covers North Carolina

A winter storm brought beautiful snow to all of North Carolina in late January. The white blanket stretched from mountain towns to beach cities.

NASA satellites took pictures from space on February 2. The photos show snow covering the whole state. This was the first time in more than ten years that all 100 counties got snow.

The western mountains got the most snow. Some places had more than a foot! Charlotte got almost a foot of snow too. That was the most snow there since 2004.

Cold air from the north mixed with moisture from a storm. This created perfect conditions for snow across the state. Even parts of South Carolina got about 5 inches.

The snow created a lovely winter scene. People could see the white blanket from the mountains all the way to the coast. It was a special winter treat for everyone in North Carolina.

Scientists Use Smart Computers to Study Nature

Scientists are using smart computers to learn more about plants and animals. They want to understand how nature works so they can make helpful things.

A team of researchers is working on a special project called OPAL. They use robots and computer programs to study tiny parts of living things. These computers can learn and make decisions on their own.

The scientists are building very powerful computer programs called foundation models. These programs can learn about different plants, animals, and how they work. Once trained, the programs can help with many different jobs.

This work is part of a bigger project to use smart computers for science. The goal is to solve important problems and make new discoveries. The computers can work much faster than people alone.

The team hopes their work will help create new medicines and better ways to grow food. They also want to find new materials that nature can help make. This could lead to many helpful inventions in the future.

Food Companies Can Now Use Natural Colors More Easily

Good news for people who care about what they eat! The government is making it easier for food companies to use natural colors instead of artificial ones.

In the past, companies could only say "no artificial colors" if they used no added colors at all. Now they can use this label when they avoid petroleum-based colors. This change helps companies switch to safer, natural alternatives.

The government also approved two new natural color options. Beetroot red gives foods a lovely red color. Spirulina extract, made from a natural plant, adds beautiful blue and green shades.

These changes mean more food choices for families. Companies can now explore natural ways to make food look appealing. Natural colors come from plants and other safe sources instead of chemicals.

This is the sixth new natural color option approved recently. The goal is to help Americans eat healthier, more natural foods every day.

Italy Gets Ready for 2026 Winter Olympics

Italy is preparing for something very special. The 2026 Winter Olympics will take place in beautiful northern Italy.

The games will happen in many different cities and towns. Milan and Cortina d'Ampezzo are the main host cities. But events will spread across eight places in total.

This makes these Olympics very unique. They cover more ground than any Olympic Games before. The planners did this on purpose to save money and help the environment.

Most of the sports venues already exist from past events. Some buildings were used way back in 1956 for earlier Olympics. This smart planning means less new construction.

About 2,900 athletes will compete in 116 different events. The games will last 19 exciting days. Famous performers like Mariah Carey and Andrea Bocelli will help celebrate the opening ceremony at San Siro Stadium on February 6.

Activity Time - Word Search

Find the words below in the puzzle. Words go across or down only.

Words to Find:

ANIMALS

WINTER

NATURE

PLANTS

SPACE

SNOW

FOOD

