

GENTLE.NEWS

In Today's Edition

Science & Discovery

From Little Girl's Dream to Space Scientist

Nature & Environment

Robots Help Scientists Grow Better Plants

Technology & Innovation

Scientists Create Smart Computer Copies

Animals & Wildlife

Scientists Learn More About Deep-Diving Whales

The World Today

Study Shows How Stress Affects Our Body's Defenses

Activity Time

Word Search Puzzle

"It is a curious thought, but it is only when you see people looking ridiculous that you realize just how much you love them."

— Agatha Christie

From Little Girl's Dream to Space Scientist

A young girl in India had a big dream. When Hashima Hasan was seven years old, her grandmother woke up the whole family early one morning. They all went to the backyard to watch something special in the sky.

It was 1957, and a satellite called Sputnik was flying overhead. As little Hashima looked up at the dark, starry sky, she made a wish. She dreamed that someday she would become a space scientist.

Her dream seemed impossible then. But Hashima worked very hard in school. Her mother and teachers helped her along the way. She won a special award to study at Oxford University in England. There she earned her doctorate degree in physics.

Life took her to many places around the world. She got married and had two sons. In 1985, she moved to America with her family. That's when she got an amazing job offer.

NASA needed someone to work on the Hubble Space Telescope. Hashima wrote special computer programs to help the telescope take better pictures of space. Her childhood dream of becoming a space scientist had come true. She became the first woman to lead several important space missions.

Robots Help Scientists Grow Better Plants

Scientists have created a helpful robot that can grow plants better and faster. The robot is called SMART Plant 1.0.

The robot uses special cameras to look at plants. It can pick the right pieces of plant tissue. Then it treats the tissue to help new plants grow.

Before this robot, scientists had to do all this work by hand. It took a very long time. The robot can do the same work much faster. It might be one hundred times quicker than doing it by hand.

The robot also collects lots of information about the plants. Smart computers can study this information. This helps scientists learn how to make plants even better.

Scientists hope this will help grow stronger plants. These plants could be used for clean energy. They could also help make new materials. The robot makes plant science much easier and more reliable.

Technology & Innovation

Scientists Create Smart Computer Copies

Scientists have found a clever new way to study things. They create computer copies called "digital twins."

A digital twin is like a smart copy of something real. It could be a copy of a building, a machine, or even a factory. But this copy is special. It learns and changes just like the real thing does.

Think about the difference between an old paper map and your phone's map. The paper map never changes. But your phone's map shows where you are right now. It knows about traffic and road work. It helps you find the best way to get somewhere.

Digital twins work the same way. They get information from sensors on the real thing. They use this information to learn and make predictions. Scientists can test new ideas on the computer copy first. This saves time and money.

Scientists at Berkeley Lab use digital twins for many projects. They study lasers, buildings, and special science equipment. The computer copies help them make things work better. They can try new ideas safely before making real changes.

Scientists Learn More About Deep-Diving Whales

Scientists are making exciting discoveries about beaked whales. These amazing sea creatures are some of the best divers in the ocean.

Beaked whales are very hard to study. They spend most of their time deep underwater. They only come up to breathe for short moments. This makes them difficult to spot from boats or planes.

Smart scientists found a new way to study these whales. They use special underwater microphones. These devices listen for whale sounds for months at a time. The whales make clicking noises when they hunt for food.

The research shows that different types of beaked whales behave in different ways. Some whales dive deeper than others. Some make louder clicking sounds. Goose-beaked whales are easier to find because they dive very deep and make strong clicks.

This new knowledge helps scientists understand these wonderful whales better. Learning about their habits will help protect them for future generations to enjoy.

Study Shows How Stress Affects Our Body's Defenses

Scientists have made an important discovery about how our bodies handle stress. They found that people who face unfair treatment often may have changes in their blood cells.

Researchers looked at information from over 6,000 adults age 50 and older. They studied both surveys and blood samples from these people. The scientists wanted to see how stress might affect the body's natural defense system.

Our bodies have special white blood cells that fight off germs and keep us healthy. When people experience ongoing stress from being treated poorly, these important cells can become tired and worn out.

The study was done by researchers at New York University. They published their findings in a health science journal. This research helps doctors better understand how our emotions and experiences connect to our physical health.

The scientists hope this knowledge will help people take better care of themselves. Understanding how stress affects our bodies is an important step in staying healthy as we age.

Activity Time - Word Search

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

Words to Find:

COMPUTER

SOUNDS

WHALES

ENERGY

CELLS

STARS

BLOOD

