

GENTLE.NEWS

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*"Dance, when you're broken open. Dance, if you've torn the bandage off.
Dance in the middle of the fighting. Dance in your blood. Dance when
you're perfectly free."*

Animals & Wildlife

Louisiana Wetlands Come Back to Life

Something wonderful is happening in Louisiana's bayou country. A special project is bringing back important wetlands that had been lost over many years.

The Upper Barataria Marsh Creation Project has built over 1,200 acres of new marsh habitat. Workers moved millions of cubic yards of river sediment to create these new wetlands. It's like building a whole new home for wildlife.

The results are amazing. Just one year later, shrimp, blue crabs, and red drum fish have moved into their new habitat. Many birds are also finding safe places to nest and feed in the restored marshes.

This project helps fix damage from the 2010 oil spill. But it does much more than that. The new wetlands protect coastal communities from storms. They also clean the water naturally.

As the marsh plants grow stronger, even more wildlife will call this place home. Fish, birds, and other animals will have a thriving ecosystem for generations to come.

Scientists Learn More About Alaska's Ice Seals

Scientists have exciting new information about seals in Alaska. They studied four types of seals that live on sea ice. These seals are called ice seals.

The seals like to rest on ice during the day. They also come out more when the weather is nice. Wind and cold keep them in the water.

Scientists used special cameras on airplanes to count the seals. They took pictures from high above the ice. But some seals stay underwater and cannot be seen.

Now scientists know more about seal habits. This helps them count all the seals better. They can guess how many seals are hiding underwater.

The seals use sea ice for resting and caring for their babies. Spring is their favorite time to be on the ice. May and June are the busiest months for seal watching.

Scientists See How Our Bodies Fight Illness

Scientists have made an exciting discovery about how our bodies stay healthy. They used special cameras to watch what happens inside our cells when we get sick.

Our bodies have amazing alarm systems. When germs try to make us sick, these alarms go off right away. They tell our body to start fighting the illness.

The scientists watched these alarm systems work for the first time ever. They saw that the process looks very different than they expected. The alarm system forms a thick, jelly-like cluster inside our cells.

This discovery could help doctors create better medicines. The new medicines might help people with diseases that cause too much swelling in their bodies.

The scientists worked together from three different universities. They published their findings so other scientists around the world can learn from their work. This research helps us understand our amazing bodies better.

Why We Love Sweet Treats

Do you wonder why you love sweet treats so much? Scientists have found some interesting answers.

Our brains are naturally made to enjoy sugar. This happens because our brains use sugar as their main fuel. When we eat something sweet, our brain feels happy and wants more.

Chocolate is extra special to our brains. That's because it mixes sugar and fat together. This combination makes our brain feel really good. No wonder chocolate bunnies are so popular at Easter time!

It's okay to enjoy candy on special holidays. But eating too much sugar every day can cause problems. Health experts suggest keeping sweet treats as occasional pleasures.

The American Heart Association has a helpful tip. They say added sugar should be less than 10% of what we eat each day. For most people, that's about the same as eight marshmallow Peeps. Children should have even less sugar so they can grow strong and healthy.

Scientist Wins Award for Teaching Young Researchers

Mike Jensen is a weather scientist who studies clouds. He works at a big research center in New York. Mike just won a special award from the government.

The award honors Mike for being a great teacher. He helps young people learn about science. Mike shows them how to study weather and clouds. He teaches students who want to become scientists too.

Only four people in the whole country got this award. It is brand new this year. The government wanted to thank good teachers at science labs. They picked Mike because he does such a good job helping others learn.

Mike works at Brookhaven National Laboratory. This is a place where many smart people study science together. They have special tools and computers to learn about nature. Mike leads a team that studies how clouds form and move.

The government will have a celebration for Mike and the other winners. They want other teachers to learn from these good examples. Teaching young scientists helps our country have smart people for the future.

Activity Time - Word Search

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

Words to Find:

CLOUDS

SPRING

SUGAR

CRABS

BRAIN

BIRDS

BODY

