

GENTLE.NEWS

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"A book must be the axe for the frozen sea within us."

— Franz Kafka

Hubble Telescope Finds Beautiful Spinning Galaxy

The Hubble Space Telescope has taken a stunning new picture of a galaxy far away. The galaxy is called IC 486. It looks like a glowing swirl of light against the dark night sky.

This galaxy is 380 million light-years away from Earth. That means the light we see today left the galaxy 380 million years ago! The galaxy sits near the constellation called Gemini, or the Twins.

IC 486 is shaped like a spiral with arms that curve around in graceful circles. It has a bright bar of stars across its center. The spiral arms stretch out from this central bar like ribbons.

Hubble's sharp camera shows us amazing details. The center of the galaxy glows with pale light from older stars. Around the edges, small blue spots show where new baby stars are being born.

Thin threads of cosmic dust weave through the galaxy like delicate lace. This dust helps create the conditions for new stars to form. The whole galaxy looks like a cosmic flower blooming in space.

Technology & Innovation

New App Helps Expecting Parents Hear Baby's Heartbeat

A new phone app will help expecting parents listen to their baby's heartbeat at home. The app is called DopFone. It turns any phone into a special listening device.

Many parents worry about their baby between doctor visits. Now they can check on their little one anytime. The app uses the phone's speaker to find the baby's heartbeat. It works just like the machines doctors use.

Alex Adams created this app with his wife Elise. He teaches at Georgia Tech university. Alex wanted to help other families after their own difficult experiences. He says there are great tools in hospitals but not much help at home.

A student named Poojita Garg helped build the app. She tested it with 23 expecting mothers. The app worked very well. It measured heartbeats almost as accurately as hospital equipment.

The app fills an important gap in baby care. Soon parents will have peace of mind between doctor appointments. They can bond with their baby by listening to that precious heartbeat whenever they want.

FDA Helps Share Medical Research Results

The Food and Drug Administration is working to help people learn more about medical research. They want companies to share all their study results with the public.

When scientists test new medicines, they learn important things. Sometimes the medicine works well. Sometimes it doesn't work as hoped. Both kinds of results are helpful to know about.

The FDA found that many companies only share good results. They don't always tell people about studies that didn't work out. This makes it hard for doctors and patients to make the best choices.

Now the FDA is reminding over 2,200 companies to share all their results. There is a special website called [ClinicalTrials.gov](https://clinicaltrials.gov) where this information goes. Doctors can look at this website to learn about medicines.

When all results are shared, everyone benefits. Doctors get better information to help their patients. Scientists can learn from each other's work. This helps make medicine safer and better for everyone.

Scientists Find Where Earth's Building Blocks Come From

Scientists have made an exciting discovery about our planet Earth. They found out where all the materials that built our world came from.

For many years, scientists wondered about this mystery. They thought that Earth was made from materials that came from far away places in our solar system. They believed stuff from beyond the planet Jupiter helped build our Earth.

Two smart scientists from Switzerland decided to solve this puzzle. They looked at rocks from space called meteorites. They also studied rocks from Mars and other space objects. They used special tools to examine tiny parts of these rocks.

What they found was amazing! All the materials that make up our Earth came from nearby places in our solar system. Very little came from the far away parts. This was a big surprise to everyone.

This discovery helps us understand our home planet better. It shows that Earth was built from materials that were close to the Sun. The scientists were very excited about solving this old mystery about how our world was made.

Teams Teach Fish Protection Around the World

American ocean experts are helping people in other countries protect their fish. They travel to places like Africa and Asia to share what they know.

In January, teachers from America went to Botswana in Africa. They met with 37 people from six different countries. These people work to keep fish safe in their home waters.

The American teachers showed them how to check shipping containers. They learned to look at papers and open boxes properly. This helps them find fish that were caught the wrong way.

In Thailand, the teams practiced on a real fishing boat. They learned how to safely board and check vessels. These hands-on lessons help people remember what they learned.

The program teaches many useful skills. People learn about fishing laws and how countries can work together. They also practice checking boats and containers. When people from different countries share ideas, everyone gets better at protecting ocean fish. These training programs happen in many places around the world. The goal is to keep fish populations healthy for future generations.

Activity Time - Word Search

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

Words to Find:

RESULTS

HEART

STARS

BOATS

PHONE

OCEAN

BABY

