

GENTLE.NEWS

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"One cannot think well, love well, sleep well, if one has not dined well."

— Virginia Woolf

NASA Finds Ice in Space Between Stars

Scientists have made an amazing discovery in our galaxy. They found huge areas of ice floating in space between the stars.

NASA uses a special telescope called SPHEREx to look at space. This telescope can see things our eyes cannot see. It takes pictures using different kinds of light.

The ice areas are much bigger than anyone expected. They stretch across vast regions of our Milky Way galaxy. The ice appears bright blue in the special pictures.

These icy regions are in the same places as space dust. The dust and ice work together to help form new stars. It is like a cosmic recipe for making stars.

This discovery helps us understand how stars are born. The ice and dust create the perfect conditions. Scientists are excited to learn more about these space glaciers.

Scientists Help Keep Ocean Animals Healthy

Scientists around the world are working together to help ocean animals stay healthy. They study how diseases spread in the sea.

The ocean is home to many wonderful creatures. Colorful coral reefs provide homes for fish. Sea stars crawl along the ocean floor. Schools of herring swim through the water.

Sometimes ocean animals get sick, just like people do. When the water gets warmer, germs can spread more easily. Scientists want to understand how this happens.

Researchers use special tools to study ocean health. They make maps and use computers to track diseases. They share what they learn with other scientists.

This teamwork helps protect sea life for the future. Scientists published their findings in a special book. Their work shows how knowledge and caring can help heal the ocean. Every discovery brings new hope for keeping marine animals healthy and strong.

Scientist Builds Computer Brain for New Machine

Seth Nemesure has an exciting job at a science lab. He builds computer programs that control a huge new machine. The machine is called the Electron-Ion Collider.

Seth works at Brookhaven National Laboratory in New York. His job is like building the brain for a giant robot. The computer brain watches thousands of signals. It tells different parts of the machine what to do.

The new machine is very special. It will help scientists learn about tiny pieces that make up everything around us. These pieces are smaller than anything we can see. The machine spins them around very fast in a big circle.

Seth says his computer system is like a brain and nervous system. It has to be very smart to control such a big machine. The machine's circle is over two miles around. That's bigger than most towns!

This new machine will help scientists make important discoveries. It might lead to new inventions that help people. Seth feels proud to build the computer brain that makes it all work.

Heart Health and Strong Bones Go Together

Scientists have made an exciting discovery about women's health. They found that taking care of your heart also helps keep your bones strong.

The study looked at women after menopause. Women who had healthier hearts were less likely to break their hips or other bones. This connection was especially strong in women under 65 years old.

Doctors used a special scoring system to check heart health. Women with the highest heart disease risk had almost twice the chance of breaking a hip. Those with medium risk had about one-third higher chance of fractures.

This discovery could help doctors better care for their patients. They might suggest bone tests for women who have heart health concerns. Both strong bones and healthy hearts are important as we age.

The research shows how connected our body systems are. Taking care of one part of your body helps other parts too. This gives doctors new ways to help keep women healthy and active.

Animals & Wildlife

Fishermen Help Scientists Study Ocean Fish

Fishermen and scientists are working together to learn more about ocean fish. This teamwork helps everyone understand sea life better.

The scientists collect fish samples from fishing boats. They study over 35 different types of fish and sea creatures. The samples help them learn how fish grow and have babies.

Fisherman Mark Philips enjoys this work. He says working with scientists taught him new things about squid. The scientists are excited about their research and support the fishermen.

Scientists need to count how many fish are caught, not just weigh them. They use special math to figure out fish numbers from their weight. This helps them take better care of ocean fish.

This partnership started in 2009. More than 70 fishing boats help collect samples. The work helps make sure there will be plenty of fish in the ocean for years to come.

Activity Time - Word Search

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

Words to Find:

HEALTH

CIRCLE

BOATS

SPACE

OCEAN

HEART

STARS

