

# GENTLE.NEWS

---

## In Today's Edition

---

### **Technology & Innovation**

Scientists and Fishermen Work Together to Help Fish

### **Science & Discovery**

NASA Prepares Amazing New Space Telescope

### **Animals & Wildlife**

Helping Salmon Find Their Way Home

### **The World Today**

Vitamin D Shows Promise for Preventing Diabetes

### **Nature & Environment**

Taiwan's Small Farms Create Beautiful Patterns

### **Activity Time**

Word Search Puzzle

*"Don't be satisfied with stories, how things have gone with others. Unfold  
your own myth."*

— Rumi

## **Technology & Innovation**

---

### **Scientists and Fishermen Work Together to Help Fish**

Scientists and fishermen are working as a team. They want to learn more about fish in the ocean. This helps keep fish healthy for the future.

The team collects fish samples all year long. They study different types of fish like herring and haddock. They also look at sea creatures like squid. This helps scientists understand how fish grow and have babies.

Since 2009, they have studied more than 35 types of fish. They work with over 70 fishing boats. Fisherman Mark Philips says he enjoys learning about squid biology. He likes working with the excited scientists.

The scientists also help with fish measurements. Fishermen catch fish and weigh them. Scientists count how many fish were caught. They use math to figure this out. They measure fish length and weight.

This teamwork helps everyone understand ocean life better. It makes sure there will be plenty of fish for years to come. Both fishermen and scientists learn new things together.

### **NASA Prepares Amazing New Space Telescope**

NASA is getting ready for an exciting space mission. A new telescope called Roman will launch in September. It will take amazing pictures of space like we have never seen before.

The Roman telescope is very special. It will help us learn new things about the universe. Scientists are very excited about what it might discover.

Right now, workers are preparing a special building at NASA. The telescope will visit this building before it goes to space. The building must be perfectly clean. Even tiny bits of dust could hurt the sensitive telescope.

NASA fixed up the building with new equipment. They installed better air systems. These blow clean air on people before they enter. Workers wear special suits to keep everything clean.

The telescope is so sensitive that people are the biggest source of dirt. That is why NASA takes great care. They want Roman to work perfectly when it reaches space. Soon this wonderful telescope will be ready. It will show us beautiful new views of stars and planets. What an amazing time for space discovery.

## **Animals & Wildlife**

---

### **Helping Salmon Find Their Way Home**

Salmon are amazing fish that take very long trips. They swim 900 miles from the ocean to the mountains of Idaho. This is like running a very long race.

These strong fish swim up rivers and climb over dams. They are looking for the perfect place to have their babies. They need cold, clean water in the mountain streams.

Sometimes small barriers block their path. Things like pipes under roads can stop them. Even tiny baby salmon need to move freely in the streams.

Good people are working hard to help these fish. They are fixing the waterways so salmon can swim through easily. Teams are removing old barriers and making the water cleaner.

The Snake River used to have millions of salmon. Now there are fewer, but people care about bringing them back. These beautiful fish are getting the help they need to reach their mountain homes safely.

### Vitamin D Shows Promise for Preventing Diabetes

Scientists have good news about vitamin D. A new study shows it might help some people avoid getting diabetes.

Many Americans have a condition called prediabetes. This means their blood sugar is higher than normal. Without changes, they might develop diabetes later.

Researchers gave vitamin D pills to over 2,000 people with prediabetes. They used a high daily dose of 4,000 units. The results were encouraging for many participants.

People with certain genes got the most benefit. They had a 19% lower chance of getting diabetes. The vitamin D seemed to protect them better than others.

Dr. Bess Dawson-Hughes led the study at Tufts University. She explains that delaying diabetes is very important. "We can stop some harmful effects or make them less severe," she says. The research team found that blood levels between 40-50 ng/mL worked best. At these levels, people had much lower diabetes risk. This gives doctors new hope for helping patients stay healthy.

## Nature & Environment

---

### Taiwan's Small Farms Create Beautiful Patterns

A space camera took a beautiful picture of farms in Taiwan. The photo shows many small fields next to each other. They look like colorful patches on a quilt.

Taiwan is an island in the Pacific Ocean. It is about the same size as Maryland. Even though it is small, Taiwan grows lots of food. The farms there make about 18 billion dollars worth of crops each year.

The farms in Taiwan are much smaller than farms in America. Most Taiwan farms are less than two acres big. American farms are usually much larger. The small size makes pretty patterns when you see them from space.

Taiwan has many mountains. Only about one-fourth of the land is flat enough for farming. Most farms are on the southwest side of the island. The soil there is very good for growing crops.

These small farms have been in families for many years. When parents get older, they often split their farm between their children. This is why the farms stay small. The farmers grow many different types of food in these tiny fields.

## Activity Time - Word Search

---

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

### Words to Find:

HEALTH

SALMON

FARMS

STARS

SPACE

RIVER

FISH

