

GENTLE.NEWS

In Today's Edition

Animals & Wildlife

Fish Travel Amazing Distances to Find Home

Science & Discovery

Beautiful Galaxy Shows Off Colorful Spiral Arms

Technology & Innovation

Student Wins Award for Helping Communities

Health & Wellness

Depression Screening Works for Everyone

The World Today

Brazilian Farmer Saves Seeds and Grows Gardens

Activity Time

Word Search Puzzle

"Welcome to the wonderful world of jealousy, he thought. For the price of admission, you get a splitting headache, a nearly irresistible urge to commit murder, and an inferiority complex. Yippee."

Animals & Wildlife

Fish Travel Amazing Distances to Find Home

Every year, millions of fish swim incredible distances to get home. They travel through oceans and rivers to reach the perfect spot. These amazing fish include salmon, trout, and sturgeon.

Some fish swim thousands of miles on their journey home. They are looking for the right place to lay their eggs. This special trip is called migration.

Scientists work hard to help these traveling fish. They remove old dams and barriers that block the fish. They also clean up rivers and streams to make them healthy again.

In California, fish can now swim freely in Alameda Creek. For 50 years, barriers stopped them from reaching their homes. Last year, these barriers were finally removed.

Other rivers are getting help too. The Snake River and Yakima River now have clearer paths for fish. The Roanoke River also has better connections. These improvements help millions of fish complete their amazing journeys safely each year.

Beautiful Galaxy Shows Off Colorful Spiral Arms

Scientists have taken a stunning picture of a faraway galaxy. The galaxy is called Messier 88, or M88 for short. It sits 63 million light-years away from Earth.

The Hubble Space Telescope captured this amazing image. Hubble floats in space and takes pictures of stars and galaxies. It has been our eye in the sky for many years.

M88 looks like a beautiful spiral. It has arms that curve out from its center in perfect patterns. These arms sparkle with bright pink and blue stars. Clouds of cosmic dust create lovely designs throughout the galaxy.

The center of M88 glows with a warm, golden light. This glow comes from older, reddish stars that live near the middle. The whole galaxy looks elegant as it spins slowly through space.

M88 belongs to a large group of galaxies called the Virgo Cluster. Like dancers in a cosmic ballet, these galaxies move together through the universe. This beautiful journey has been going on for hundreds of millions of years.

Technology & Innovation

Student Wins Award for Helping Communities

A smart young woman is using computers to help make her community better. Jessica Moylan is a graduate student who works at a science lab in New York.

Jessica won a special award for women leaders. The award celebrates women who use their skills to help others. She works at a place called Brookhaven National Laboratory.

At school, Jessica studies something called operations research. This means she uses math and computers to solve everyday problems. She likes finding ways to help people in her town.

Jessica looks at information that people report to the city. For example, when someone calls about a pothole in the road, that creates data. Jessica studies this information to find patterns.

By looking at all the reports together, Jessica can help cities fix problems faster. She can show which streets need the most help. This makes neighborhoods safer and better for everyone who lives there.

Depression Screening Works for Everyone

Doctors have good news about checking for depression. A common test works well for all people. This includes those with ongoing pain.

Some doctors worried the test might not work right. They thought people with chronic pain might get wrong results. The test asks about sleep and feeling tired. These can happen with both pain and sadness.

Researchers studied almost 32,000 adults across America. They used data from a big health survey in 2019. The team used careful methods to check if the test was fair.

The results were clear and positive. The depression test worked the same way for everyone. It gave good results for people with pain and without pain. There was no difference between the groups.

This means doctors can trust the test results. They can help all patients who need mental health support. The lead researcher says doctors should not worry about offering help. Good mental health care helps everyone feel better.

Brazilian Farmer Saves Seeds and Grows Gardens

Geraldo Gomes loves to sing and play music. He lives in Brazil with his mother, Dona Rita. They live in the same house where his family has lived for many years.

Geraldo is 62 years old. He has been a farmer since he was seven. His father and grandfather taught him how to grow plants. They showed him that gardens should be like forests with many different plants.

Geraldo has saved over 200 types of seeds. He grows rice, peanuts, sugarcane, and many other plants. He keeps his seeds in jars so other farmers can use them too.

He makes tasty drinks from his plants. He uses pumpkins, bananas, corn, and other fruits. He has made about thirty different kinds of drinks from his garden.

Geraldo's house is full of good things from his garden. His walls have family photos and certificates from farming classes. He loves sharing his knowledge with others.

Activity Time - Word Search

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

Words to Find:

JOURNEY

STUDENT

SPIRAL

HEALTH

SEEDS

STARS

AWARD

