

GENTLE.NEWS

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"Of all the trees we could've hit, we had to get one that hits back."

— J.K. Rowling

Wild Places Are Being Restored Across America

America's wild places are getting some wonderful care. Wetlands, rivers, and coral reefs are being cleaned up and restored. These natural places are home to fish, birds, and many other animals. Healthy wild places also help keep our drinking water clean.

One exciting story comes from Florida. A 700-acre area called Robinson Preserve used to be old farmland. Now it has been transformed into a beautiful coastal nature preserve. Fish are thriving there, and about 240,000 people visit every year to enjoy it.

Young people are also helping protect nature. Four college interns are spending their summer working on projects to help the Chesapeake Bay. This large and beautiful bay is home to many kinds of fish and wildlife. The interns are learning and making a real difference.

Rivers are being helped too. On the Roanoke River in North Carolina, scientists worked with an energy company to help fish thrive near a dam. By making small changes to the water flow, they found ways to help both people and nature. Fish populations are already improving.

It is wonderful to see so many people working together to care for nature. When we protect wild places, fish and wildlife can flourish. Clean rivers and healthy wetlands make life better for all of us. America's natural treasures are in good hands.

Good News: Kindness to Earth Is Good for You Too

Scientists have found a happy secret about keeping our world clean. When people learn that helping the environment is also good for them, they are more likely to pitch in.

Researchers asked more than 1,000 people about picking up litter outdoors. The people shared what they thought they might gain from helping out. Many said things like: "I would meet new friends" or "I would feel more fit."

It turns out that positive messages work better than scary ones. Telling people they will gain something is more powerful than warning them they might lose something. That is a wonderful finding for all of us.

Picking up litter while walking outdoors can help your heart. It can lower stress too. You get fresh air, gentle movement, and the joy of making your neighborhood look beautiful.

Researchers say this is especially good news for beaches and coastlines. When people feel good about helping, they are more likely to do it again and again. A cleaner beach means healthier oceans for everyone to enjoy.

Salmon Return to the Klamath River After Dams Removed

Something wonderful is happening in the Klamath River. For the first time in over 100 years, salmon can swim freely through its waters again.

Four large dams were removed from the river between 2022 and 2024. This was the biggest dam removal project in U.S. history. The dams had blocked the river along the border of Oregon and California.

Salmon need to travel upriver to lay their eggs. The old dams made this impossible for a very long time. Now, young salmon can swim through more than 400 miles of cool, clean river water. This gives them a much better chance to grow and thrive.

Scientists are watching the young salmon very carefully. They want to see how the fish travel toward the ocean. They are also checking if the water is clean and cool enough. Early signs are very encouraging and full of hope.

Workers are also helping the land heal where the dams once stood. Seeds of native plants have been spread across 2,200 acres of newly uncovered ground. The river and the land around it are slowly coming back to life. Nature is healing, and the salmon are leading the way home.

NASA Satellites Reveal Earth's Poles' Amazing Seasons

Two tiny NASA satellites are giving us a stunning new view of Earth's polar regions. They are measuring hidden heat at the top and bottom of our planet.

The satellites are part of a mission called PREFIRE. They began collecting data in July 2024. Since then, they have recorded two full years of seasonal changes at both poles.

The satellites measure infrared energy. This is a type of heat we cannot see with our eyes. Special instruments turn this invisible heat into colorful maps we can all enjoy.

The Arctic and Antarctic have very different seasons. When it is summer in the Arctic, it is winter in Antarctica. In the Arctic, warm summers melt ice and snow across wide open lands. In Antarctica, it stays very cold even in summer.

These colorful maps show temperatures shifting with the seasons. Dark blue means very cold. Red and orange mean warmer. Watching the colors change is like seeing our planet breathe. Scientists say this helps us understand how Earth takes in and releases energy from the sun. It is a beautiful reminder of how alive and dynamic our planet is.

Purple Corn Creates Safe, Natural Food Colors

Scientists have found a wonderful use for purple corn. Researchers at the University of Missouri are turning this colorful grain into natural food dye. This could replace the artificial dyes used in many foods today.

Purple corn grows naturally in South America. Its deep, rich color comes from special plant pigments called anthocyanins. These same pigments give blueberries and red grapes their beautiful colors. Best of all, anthocyanins are good for your health. They help reduce inflammation and support a healthy heart.

One challenge with natural dyes is that heat can destroy them. Food must be cooked at very high temperatures. At first, about 75% of the color survived the heat. That was a good start, but the team wanted even better results.

So researchers wrapped the pigments in a protective food-safe coating. This worked beautifully. Nearly 97% of the color survived after heating. The team can now make the dye into a shelf-stable powder. This makes it easy to store and ship to food makers.

This discovery is great news for everyone. Artificial dyes are made from petroleum, which is crude oil. Many people prefer to avoid them. Purple corn offers a colorful, healthy, and natural choice instead. Foods could soon look bright and beautiful using only ingredients found in nature.

Activity Time - Word Search

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

Words to Find:

HEALTH LITTER BEACH COLOR
POLAR RIVER CORN

H	O	J	I	L	J	C	Q	Q	N	X
L	T	L	F	Y	L	L	J	B	N	M
R	I	V	E	R	A	I	E	L	T	X
B	P	O	L	A	R	T	S	A	S	K
K	O	Q	A	I	C	T	Q	U	M	A
L	W	W	Z	M	B	E	A	C	H	K
L	Y	O	B	A	U	R	N	J	W	Y
J	L	I	U	W	G	C	O	L	O	R
S	S	B	V	U	E	P	P	Z	Q	E
T	Z	U	O	V	T	C	O	R	N	W
O	H	E	A	L	T	H	N	I	H	G