

GENTLE.NEWS

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*"A purpose of human life, no matter who is controlling it, is to love
whoever is around to be loved."*

— Kurt Vonnegut

Young Scientists Explore Ocean Mysteries This Summer

Every summer, young people across America get a chance to study the ocean. This year, 22 students joined a special science program. They came from 10 different states and 11 colleges and universities.

The students worked on exciting research projects. Some studied fish and how they find food. Others looked at tiny pieces of plastic in the ocean. A few explored how the ocean is changing over time.

One student named Kayla loved using a microscope. She looked at tiny plastic pieces found inside mussels. These pieces are so small you cannot see them with just your eyes. Under the microscope, they looked amazing and fascinating.

Another student named Tebyan studied ocean water and soil science. All the students got to work with expert scientists as their guides and teachers. They learned new skills they could never get in a classroom.

The students also enjoyed making new friends. They shared their ideas and learned from each other every day. These young scientists are helping us understand and protect our oceans. That is very good news for all of us.

NASA Helps Students Reach for the Stars

NASA is helping young people dream big. The space agency recently gave \$10.5 million to schools across America. The money supports a program called Project ORBIT in Florida.

The goal is to prepare middle and high school students for exciting careers. Students can learn about aerospace, robotics, welding, and building. They also study computers and aviation. These are the skills needed to build rockets and aircraft.

A NASA leader named Elaine Ho visited three Florida schools to see students in action. She watched young people use tools, build robots, and explore flight. She was proud of what she saw. The students impressed everyone with their hard work and talent.

The Space Florida Academy started just two years ago. Back then, 23 school districts took part. Today, that number has grown to 42 districts. More young people than ever are getting a chance to learn these skills.

One teacher said it best. "There are far more ways to be part of the space industry than students realize." NASA wants every young person to know that space is not just for astronauts. It is for builders, coders, pilots, and problem-solvers too. The sky is truly just the beginning.

NASA Tracks Earth's Tiny Wobble With Satellites

Did you know Earth has a center of mass? It is like the planet's perfect balancing point. Scientists at NASA work hard to find exactly where it is.

Here is something surprising. Earth is always moving its weight around. Water flows between the oceans and the land with every season. Snow melts in spring. Winter air becomes heavier and denser. All of this shifts Earth's balance ever so slightly.

Because of this shifting, Earth's balancing point moves around. It wobbles back and forth by just a few millimeters. That is smaller than the width of your fingernail! Yet NASA can measure it with amazing precision.

Why does this matter? Satellites in space use Earth's center of mass as a key reference point. GPS systems and elevation maps all depend on knowing exactly where it is. Getting it right helps keep our navigation systems accurate.

A team at NASA's Jet Propulsion Laboratory in California found a clever new way to track these tiny movements. Their findings were published in a respected science journal. It is a wonderful reminder that even our whole planet is alive with gentle, constant motion.

Team Saves Rare Fish From New Mexico Wilderness

Deep in the mountains of New Mexico lives a very special fish. It is called the Gila trout. Only five small groups of this fish still exist in the wild. Scientists have worked for years to protect them.

In 2026, wildfires swept through the Gila National Forest. The fires burned thousands of acres of forest. They also destroyed the only trail leading to the creek where the fish lived. The fish were in danger.

The danger came from heavy rain expected after the fires. Rainwater can wash ash and mud into streams. This can harm the fish living there. Scientists knew they had to act fast to save the trout.

A large team of experts came together quickly. They had planned and practiced for moments just like this. Working as a team, they carefully rescued 78 Gila trout. The fish were moved to a safe place.

Fish biologist Eileen Henry helped lead the rescue. She said her team was always ready when fires burned near the trout's home. Thanks to smart planning and great teamwork, these rare and beautiful fish are safe today. Scientists will continue caring for them.

Vitamin D May Help Protect Memory and Thinking

Scientists have found some good news about brain health. A new study suggests that vitamin D may help keep our minds sharper. This is especially hopeful for people who have early memory concerns.

The study looked at 54 adults with mild memory and thinking challenges. These adults also had trouble sleeping. Both of these can be early signs of dementia. Researchers wanted to see if vitamin D made a difference.

People who took at least 5,000 IU of vitamin D each day did better on memory tests. They scored more than 13% higher than those who took less or none. That is a meaningful difference in brain performance.

Researchers say timing matters a great deal. Acting early, before serious decline begins, may offer the best chance to protect brain health. Vitamin D is easy to find and simple to take. That makes it a very accessible option for many people.

It also did not matter which type of vitamin D people took. Both plant-based and animal-based forms worked equally well. Scientists at Emory University led this hopeful research. They believe finding simple ways to support brain health is very important as more people age.

Activity Time - Word Search

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

Words to Find:

ROCKET

FOREST

RESCUE

MUSSEL

CREEK

BRAIN

ORBIT

