

GENTLE.NEWS

In Today's Edition

Science & Discovery

Four Astronauts Head to Space Station Together

Nature & Environment

NASA Catches a Rare and Beautiful Cloud in Action

Animals & Wildlife

Fish Farmers Help Feed America's Coastal Communities

Life & Culture

America's Famous Document Inspired 250 Years of Stories

Health & Wellness

Staying Connected Keeps You Healthy Longer

Activity Time

Word Search Puzzle

"Silence make the real conversations between friends. Not the saying, but the never needing to say that counts."

— Margaret Lee Runbeck

Four Astronauts Head to Space Station Together

A team of four astronauts is getting ready for an exciting journey to space. They will travel to the International Space Station. This is a giant science lab that orbits high above Earth.

The team is made up of people from three different countries. Jessica Watkins and Luke Delaney are from NASA in the United States. Joshua Kutryk comes from Canada. Sergey Teteryatnikov joins them from Russia. Together, they make a wonderful international team.

Once they arrive at the space station, the crew will get very busy. They will run special science experiments. Some of this research may help doctors treat heart disease and Parkinson's disease right here on Earth. That is very exciting news for many families.

The astronauts will also study how plants grow in space. Learning to grow food in space is important for long journeys to the Moon and Mars one day. They will also test new medical tools to help keep the crew healthy and safe during their mission.

This will be the 13th time NASA has sent a crew to the space station using a SpaceX rocket. Each mission helps scientists learn something new. The work these brave men and women do in space makes life better for all of us down here on Earth.

NASA Catches a Rare and Beautiful Cloud in Action

High above a Montana wildfire, something magical happened. A rare and beautiful cloud appeared in the sky. NASA scientists were there to see it up close.

The cloud is called a pileus cloud. Its name comes from the Latin word for "cap." It looks like a smooth, silky veil floating in the air. It draped itself over the top of a tall fire cloud like a hat.

Fire clouds form when wildfires send hot air rushing upward. This rising air can build into a huge, towering cloud. Scientists call this kind of cloud a pyrocumulus. They are impressive and powerful.

NASA scientists were flying above the fire in a special research plane. They were already studying fire clouds as part of a big science project. Then they spotted the rare pileus cloud forming right on top. It was an exciting bonus they did not expect.

Pileus clouds do not last long. They come and go in minutes. That is what makes this sighting so special. NASA cameras captured clear, detailed pictures of it. Scientists say they rarely get such a close look at this wonder. It reminded everyone that the sky is always full of surprises.

Fish Farmers Help Feed America's Coastal Communities

Some farmers don't grow crops in soil. They grow seafood in the ocean! These special farmers are called aquaculture growers. They raise fish, oysters, and even seaweed in American waters.

Aquaculture farming is good for the environment. The farmers work carefully to protect the ocean while growing healthy food. Their work also helps wild fish populations stay strong. It even helps bring back some rare sea creatures.

In Hawaii, Ron Weidenbach raises tilapia fish on his farm. He hopes his work inspires others to grow local food. He believes Hawaii can feed more of its own people through smart, creative farming.

In Massachusetts, Brenden Doyle grows oysters in the Great Marsh. He says growing oysters helps the environment and the community. His oysters also end up on dinner tables as delicious, healthy food.

In Alaska, Adelia Myrick fishes for salmon and grows kelp seaweed. She says her fishing skills transfer perfectly to kelp farming. The same boats, ropes, and knowledge help her do both jobs well. These amazing farmers remind us that the ocean can feed us and flourish at the same time.

America's Famous Document Inspired 250 Years of Stories

The Declaration of Independence is one of America's most beloved documents. But did you know it has also been a star in movies, musicals, and TV shows for decades?

In the 2004 movie "National Treasure," actor Nicolas Cage plays a man who must protect the Declaration from thieves. In the hit musical "Hamilton," characters actually rap lines written by Thomas Jefferson. It is quite a show!

Comic book fans have loved the Declaration too. Back in 1976, both Superman and Captain America traveled through time to protect it. The Declaration has also appeared in "Star Trek," "The Andy Griffith Show," and many other beloved TV programs over the years.

The Library of Congress has a wonderful new exhibit about all of this. It is called "The Declaration's Promise." The exhibit shows how this great document inspired 250 years of art, music, poetry, and stories. It helped shape what it means to be American.

The Declaration also helped create the American language we speak today. After it was signed, writer Noah Webster created spelling books that helped standardize American English. Freedom of expression became a cornerstone of American life, from the poetry of Walt Whitman to the jazz of Louis Armstrong. What a lasting gift to the world!

Staying Connected Keeps You Healthy Longer

Good news has come from researchers at Tulane University. Their study shows that staying social is very good for your health. Spending time with others helps you live a longer, healthier life.

The study followed over 277,000 adults for many years. Researchers found that people with strong social ties stayed healthier longer. They had fewer problems with depression, anxiety, and physical illness. Feeling connected truly makes a big difference.

There is an important difference to understand. Social connection means actually spending time with others. Feeling content with your relationships also matters greatly. Both things work together to support good health and wellbeing.

The good news is that small steps can help a lot. A phone call with a friend brightens your day. Joining a club or group adds joy to your week. Even a warm chat with a neighbor counts. Every connection is valuable and worth making.

Reaching out to others is one of the best things you can do for yourself. It helps your mind and your body stay strong. So call a friend, write a letter, or share a meal. Your health will thank you for it.

Activity Time - Word Search

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

Words to Find:

MUSICAL

TILAPIA

CULTURE

SALMON

OYSTER

STUDY

CLOUD

