Thursday, November 19, 2026

A free daily newspaper for easy reading

GENTLE.NEWS

In Today's Edition

Science & Discovery

Rocket Delivers Supplies and Science to Space Station

Nature & Environment

Even Tough Cacti Need Help in a Changing World

Health & Wellness

New Drug Brings Hope for Rare Brain Disease

The World Today

America's Seafood Industry Is Thriving

Animals & Wildlife

Army Veteran Finds New Purpose Saving Wild Salmon

Activity Time

Word Search Puzzle

"One of the advantages of being disorganized is that one is always having surprising discoveries."

— A.A. Milne

Rocket Delivers Supplies and Science to Space Station

A rocket blasted off from Florida carrying a very special cargo. It delivered supplies and science experiments to astronauts living on the International Space Station. The spacecraft is called Cygnus XL, and it carried about 11,000 pounds of goods.

Two NASA astronauts helped bring the spacecraft safely to the station. They used a large robotic arm called Canadarm2 to grab it and pull it close. The arm worked perfectly, and the cargo was soon ready to unload.

The supplies include some very exciting science experiments. Researchers sent tools to study better ways to deliver medicine to people with cancer. Other experiments look at how to treat muscle loss and bone disease.

Scientists are also studying how to grow food in space. This will help astronauts on very long journeys in the future. Learning to grow food in space is an important step toward exploring farther than ever before.

The Cygnus XL spacecraft will stay at the space station for many months. During that time, astronauts will carry out all the experiments inside. It is a wonderful reminder of how hard people work to explore the stars.

Source: NASA

Even Tough Cacti Need Help in a Changing World

Cacti are some of the toughest plants on Earth. They survive in hot, dry deserts where little else can grow. But scientists have found that even these hardy plants may be in trouble.

A major new study looked at nearly 1,000 kinds of cactus plants. Researchers from universities in Florida and Arizona led the work. They found that many cactus species could lose most of their natural habitat by the year 2100.

The problem is not just rising temperatures. It is also the longer, more intense droughts that come with a warming world. Scientists say these extreme dry spells are happening more often. Even drought-loving cacti may struggle to survive them.

More than a quarter of the cacti studied could lose 80% of their suitable habitat. That is a very large loss. Areas in Chile, Peru, and Brazil could be hit especially hard. These places are home to a great variety of cactus species today.

Researchers say this study is a wake-up call for all plant life. Many plants could face similar dangers that scientists have not yet fully measured. By understanding these risks better, we can work harder to protect the natural world we all love and cherish.

Source: Futurity.org

New Drug Brings Hope for Rare Brain Disease

Scientists and doctors have exciting news. The U.S. Food and Drug Administration has approved a brand new medicine. It is called Infilbray. This is a very big moment for patients with a rare disease.

The disease is called Type 3 Gaucher disease. It is a condition a person is born with. The body cannot break down certain fatty substances. Over time, these substances build up in the brain. This can cause problems with balance, speech, and memory.

What makes this medicine special is how it works. It can travel through the brain's natural protective barrier. Most medicines cannot do this. Once inside the brain, Infilbray reduces the harmful buildup. This helps protect the brain and nervous system.

Before this approval, there was no treatment for the brain symptoms of this disease. Doctors could only treat other parts of the body. Now, both children and adults can receive this new help. Patients must weigh at least 33 pounds to receive the medicine.

The FDA tested the drug carefully in a clinical study. Dozens of patients took part in the research. The results showed real improvement. Doctors and families are grateful for this breakthrough. It brings new hope to people living with this rare condition.

Source: U.S. FDA

America's Seafood Industry Is Thriving

The United States is a world leader in healthy, sustainable seafood. That is great news for everyone who enjoys fish and shellfish at the dinner table!

American fishermen and seafood farmers work hard every day. They bring fresh, safe seafood to families across the country. This holiday season is a perfect time to celebrate their efforts.

A important law called the Magnuson-Stevens Act turned 50 years old this year. This law helps protect fish in our oceans. Because of it, fish populations are healthier than ever before. Nearly all fish species being tracked are thriving and not being overfished.

Seafood farming is also growing in the United States. Scientists are finding better ways to raise fish and shellfish responsibly. This helps coastal communities stay strong and keeps seafood available for everyone.

Adding seafood to your holiday meals is a lovely way to honor the hardworking people who catch and farm it. Whether it is a simple fish dish or a grand feast, every bite supports American fishing families. There is so much to be grateful for this season!

Source: NOAA Fisheries

Army Veteran Finds New Purpose Saving Wild Salmon

A U.S. Army veteran named Scot Clark has found a wonderful new life working with fish and wildlife. He grew up fishing in California and always loved the water. Now he is putting that love to work.

Clark joined a special program called the Veterans Corps. It gives military veterans a full year of paid, hands-on work in nature and science. The program helps veterans learn skills for exciting careers in conservation and wildlife.

On his very first day, Clark waded into a cool creek in Redwood National Park. He scooped up tiny baby fish called Pacific lamprey from the streambed. He carefully moved them to safety. Then the team used a gentle device to briefly stun salmon so they could be moved safely too.

Clark helped rescue thousands of lamprey and hundreds of young salmon that day. Workers were fixing the stream to make it a better home for fish. Clark made sure no fish were harmed during the important work. "I had a blast," he said with a big smile. "I didn't even think it was possible!"

The Veterans Corps is a true win for everyone. Veterans gain meaningful work in the great outdoors. And nature gains caring, dedicated people to help protect it for years to come.

Source: NOAA Fisheries

Activity Time - Word Search

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

Words to Find:

STATION HABITAT SEAFOOD OCEAN

CARGO CREEK FISH

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