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A free daily newspaper for easy reading

GENTLE.NEWS

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Happy Juneteenth!

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"When we are tired, we are attacked by ideas we conquered long ago."

— Friedrich Nietzsche

Scientists Around the World Are Protecting Our Coastlines

Scientists from many countries are working together to protect coastlines. They use a special computer system to study how storms affect the shore. This helps keep communities safe.

The system is called COAWST. It watches how the ocean, waves, wind, and sand all work together. Storms can change coastlines very quickly. This system helps scientists understand those changes.

Researchers built a big collection of studies using COAWST. Scientists from around the world have shared their findings. Each study was carefully checked for quality. Together, they help us learn more about our coasts.

The collection includes a special map. It shows exactly where each study took place. From river mouths to open ocean, many places have been explored. It is like a world tour of coastal science.

This important work helps real communities. Leaders can make better decisions about protecting their shores. Scientists and local people can work together. Our coastlines are being watched over with great care.

Whooping Cranes Are Thriving on the Texas Coast

Every winter, a very special bird visits the Texas coast. It is the whooping crane. These tall, snow-white birds travel a long way to get there.

Each summer, whooping cranes live in Canada. Then they fly 2,500 miles south to Texas. That is a very long journey! They spend winter in warm, peaceful marshes near the sea.

Scientists count the cranes each year from small planes. This year, they spotted around 540 whooping cranes. At least 57 of them were young birds, called juveniles. It is wonderful to see so many young cranes thriving.

The whooping crane almost disappeared long ago. In 1938, only a handful were left. Thanks to years of careful protection, their numbers have grown steadily. The population has grown about four percent every year since then. That is a true success story!

Everyday people are helping too. Bird watchers across Texas report crane sightings. Scientists check each report and add it to their count. This teamwork between scientists and the public is making a real difference. Together, they are helping this beautiful bird continue to grow and flourish.

Scientists Find New Way to See Inside Tiny Atoms

Deep inside every tiny atom is a busy, invisible world. Scientists at a special laboratory in New York are finding new ways to explore it.

Atoms are the building blocks of everything around us. Inside each atom is a nucleus, or center. And inside that nucleus are even tinier things called gluons. Gluons act like glue. They hold the nucleus together.

Studying gluons is very hard. But scientists at Brookhaven National Laboratory found a clever trick. They use a giant machine called RHIC. It shoots gold atoms around a huge circular track at nearly the speed of light.

Usually, scientists watch what happens when atoms crash into each other. This time, they watched near- misses instead. Even without crashing, something wonderful happens. Tiny particles of light, called photons, reach out and touch the gluons inside a passing atom.

By watching those tiny touches, scientists can now make a map of where gluons live inside an atom. It is like using a giant X-ray machine on something far too small to see. This discovery opens a brand new door into understanding the building blocks of all matter everywhere.

Exercise Helps Muscles Fight Cancer As We Age

Scientists have made an exciting discovery about exercise and cancer prevention. Staying active may help protect older adults from cancer. This is wonderful news for people of all ages.

As we get older, our muscles change. They send out fewer tiny signals to other cells in the body. These signals normally help stop tumors from growing. Weaker muscles mean fewer of these helpful signals.

Researchers found that exercise can bring these signals back. When muscles are active, they release more of these protective particles. This helps the body fight off cancer the way it did when we were younger.

The study was published in a respected science journal. Scientists from Singapore and the United Kingdom worked together on it. Their findings could lead to new treatments designed just for older adults.

The lead scientist said muscles send important messages to other cells in the body. Exercise helps keep those messages strong and healthy. Even gentle, regular movement may make a real difference. This is one more great reason to stay as active as you can each day.

The World Cup Comes to Life at the Library

The 2026 FIFA World Cup is here! This is the world's most popular sporting event. Billions of fans are watching games right now. The tournament is being held across three countries. The United States, Mexico, and Canada are all hosting games together.

This year's tournament is the biggest ever. A record 48 countries are playing. That is 16 more teams than usual. The first game was played on June 11 in Mexico City. The final will be held on July 19 in New Jersey.

The Library of Congress is celebrating in a wonderful way. Their Hispanic Reading Room has a colorful display called "For the Love of the Game." It tells the story of soccer through the decades. There are 15 special items on show for visitors to enjoy.

Some of the display's treasures are truly remarkable. A rare photo album from the very first World Cup in 1930 is featured. There are also items about soccer legend Pelé, who scored an amazing 1,283 goals. Fans of Diego Maradona will find a tribute to him as well.

Soccer is growing more popular in America every year. A recent survey found that one in ten Americans now call soccer their favorite sport. The library's display helps explain why this beloved game has captured so many hearts around the world.

Activity Time - Word Search

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

Words to Find:

EXERCISE

SIGNAL

SURVEY

WINGS

OCEAN

SHORE

PELÉ

