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# GENTLE.NEWS

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*"If you would tell me the heart of a man, tell me not what he reads, but what he rereads."*

— Francois Mauriac

## Students Help NASA Dream Big About Space

NASA has been traveling across America on a special tour. The goal is to get people excited about space exploration. At each stop, college students play a big part in the fun.

In Iowa, NASA's leader visited Iowa State University. Students showed off their space research projects. Some are working on ideas for a base on the Moon. The students were thrilled to share their work with NASA.

"The excitement among students was incredible," said Sara Nelson, the Iowa Space Grant director. Students from groups like Cardinal Space Mining and CySat explained how their research could help future missions.

In Arizona, students showed NASA some truly amazing work. They are building small satellites and special cameras that can see deep into space. Some students even launched balloons high into the sky to gather information. Arizona students have helped NASA for many years.

NASA runs a program called Space Grant at universities all over the country. It gives young people a chance to do real space science. These bright students may one day help send people back to the Moon. It is wonderful to see the next generation reaching for the stars.

Source: NASA

## Scientists Unlock Secrets of the Speedy Squid

You may know it as calamari on a restaurant menu. But the longfin squid is also a fascinating sea creature that scientists are working hard to understand.

Longfin squid live along the East Coast of the United States. They are caught mostly between Rhode Island and New Jersey. These amazing animals live for less than one year. Yet they grow very quickly in that short time.

Squid are always on the move. In the fall, they swim south into deeper water. When spring arrives, they return north and closer to shore. Scientists have found it hard to track such busy, fast-changing creatures.

Now there is wonderful news. A team of scientists just completed a major study of longfin squid. They worked closely with fishermen to gather better information. Together, they built two new science models. These models do a much better job of tracking how squid grow and move through the seasons.

This teamwork between scientists and fishing crews is something special. It means we now have a much clearer picture of these lively little creatures. The new findings will help people make smart, careful decisions about caring for squid in the ocean. It is a big step forward for everyone who loves the sea.

Source: NOAA Fisheries

## Going to Bed Earlier May Help with Weight Loss

Did you know that going to bed earlier could help you lose weight? A new study found a helpful link between bedtime and body weight. The findings come from researchers at New York University.

Scientists studied nearly 200 adults who wanted to improve their health. Some joined a healthy lifestyle program. Others joined the same program plus special sleep coaching. The sleep coaching helped people fall asleep earlier and feel less tired during the day.

People who went to bed earlier were more likely to lose weight. Researchers believe this is because earlier bedtimes help stop late-night snacking. Our bodies handle food better earlier in the evening. Eating late at night is harder for the body to manage well.

Sleep coach sessions taught simple habits for better rest. Participants also learned about healthy eating and staying active. They met with researchers each week by video call. Many found the program easy to follow and enjoyable.

The lead researcher said that when we fall asleep matters just as much as how long we sleep. This is a simple and positive step anyone can try. Going to bed a little earlier each night could be a gentle, easy way to support a healthier weight and a healthier life.

Source: Futurity.org

## Ocean Traditions Keep Pacific Island Communities Connected

The Pacific Islands are home to some of the world's most beautiful fishing traditions. For thousands of years, people in Hawai‘i, American Samoa, and the Mariana Islands have fished these sparkling blue waters.

The ocean connects these island communities. It provides food, livelihoods, and a deep sense of pride. A single fishing trip can feed a family, supply a market, and bring neighbors together all at once.

When fishers return with their catch, the sharing begins. Some fish go to market. Some go home for dinner. The rest is often shared with the whole community. This tradition builds strong bonds between people.

For 50 years, a special law has helped protect these precious fisheries. It lets ocean experts and local communities work together. Their goal is to keep the waters healthy for future generations.

As one community leader said, Pacific fisheries are much more than an industry. They are food, heritage, and hope. The ocean gives people a voice and a way of life worth celebrating and protecting.

Source: NOAA Fisheries

## Smart Computers Make X-ray Images Faster and Clearer

Scientists have found a clever new way to take better X-ray pictures. They are using smart computer programs to help with their research. This is very exciting news for science!

Researchers at several big science labs are working together on this project. The labs are spread across the United States. They share ideas and tools to help each other do better work.

The smart computer programs can look at information very quickly. They help scientists get clearer pictures faster than before. This saves a lot of time in the lab each day.

Before this new method, scientists had to wait a long time to see their results. Now the computers help build the pictures almost right away. Scientists can make better decisions during their experiments.

This teamwork between computers and scientists is making discoveries happen faster. Better X-ray images help us learn more about tiny things we cannot see. This research could one day help make better technology for all of us to enjoy.

Source: Brookhaven National Laboratory

## Activity Time - Word Search

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

**Words to Find:**

STUDENT SURVEY HEALTH ROCKET

IMAGE OCEAN TUNA

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