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GENTLE.NEWS

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"Fill your paper with the breathings of your heart."

— William Wordsworth

Scientists Measure Giant Lava Fountains at Hawaii Volcano

Hawaii's Kīlauea volcano has been putting on quite a show. Over the past two years, it has shot up 56 lava fountains from its summit. Scientists have been busy measuring how tall these fountains grow.

Some fountains reach just over 100 yards high. Others shoot up more than 500 yards into the sky. That is taller than many skyscrapers! Watching these fountains is exciting work for volcano scientists.

Scientists use two ways to measure the fountains. First, they watch special cameras called webcams in real time. They use a scale on the camera image to estimate how high the lava is shooting. This helps them share quick updates with the public.

After the fountain stops, scientists hike to the edge of the volcano. They collect pictures from timelapse cameras placed around the area. These cameras take one photo every minute, day and night. The pictures give very accurate measurements for science records.

This kind of camera work has a long history. Scientists used timelapse cameras at Kīlauea back in the 1980s. Back then, photos were stored on film. Today, modern memory cards make the job much easier. It is wonderful to see old tools updated with new technology.

Source: U.S. Geological Survey

Soldier Finds New Mission Protecting Pacific Salmon

A soldier spent 24 years serving his country. Now he has found a wonderful new way to serve nature.

Matthew Harrison was in the Washington Army National Guard for over two decades. When he retired, he wanted to keep helping his community. He found the perfect answer in fish conservation.

Matthew joined a special program that helps veterans find new careers. It matched him with the U.S. Fish and Wildlife Service in Washington State. His job? Helping to protect salmon in local rivers and streams.

Salmon are very important fish. They feed wildlife, feed people, and keep rivers healthy. Matthew worked with tribal partners who have protected these fish for generations. Together, they monitor salmon populations to make sure the fish stay strong.

One of Matthew's most exciting tasks was tracking Chinook salmon on the Nisqually River. He floated 30 miles in a small raft, rowing by hand the whole way. He used special radio equipment to find tagged fish hiding in the water. It was hard work, but he loved every moment. Matthew says this new chapter feels just like his military service. It takes teamwork, focus, and dedication. Best of all, he is protecting the beautiful rivers of the place he calls home.

Source: U.S. Fish & Wildlife Service

Hubble Telescope Reveals Secrets of Ancient Stars

The Hubble Space Telescope has sent us a beautiful new picture. It shows a stunning group of stars called Messier 30, or M30 for short.

M30 is what scientists call a globular cluster. That means it is a ball-shaped group of stars. It can hold thousands or even millions of stars. They all stay together as they travel through space.

M30 is very, very far away. It sits about 27,500 light-years from Earth. It lives in a part of the sky called the constellation Capricornus. Even so, Hubble can see it clearly and in great detail.

Star clusters like M30 float around the outer edges of galaxies. They drift slowly around the outside, like moths circling a bright light. Our own Milky Way galaxy has at least 150 of these clusters. The closest one is about 6,000 light-years away.

These ancient star groups help scientists learn how galaxies formed long ago. Each cluster is like a history book written in starlight. Hubble has been reading these books for over 30 years, and it is still making wonderful discoveries for all of us.

Source: NASA

Ocean Farmers in Alaska Love the Sea and Community

In Alaska, some hardworking people grow food right in the ocean. They raise oysters and kelp on special floating farms. It is a peaceful and rewarding way to make a living.

Oyster farming in Alaska has been going on for more than 50 years. Kelp farming is newer, starting in 2016. Both types of farming produce healthy, fresh food for many people to enjoy.

Scientists from a group called NOAA visited these ocean farms recently. They wanted to learn how the farms work. They also wanted to make sure sea animals like whales and seals stay safe nearby.

The good news is that no sea animals have ever been harmed by these farms in Alaska. The farmers care deeply about the ocean and work hard to protect it. That is very encouraging.

The farmers spoke warmly about their love of the sea and their communities. They are proud to grow food in a way that is good for the ocean. Alaska's ocean farms are a true success story worth celebrating.

Source: NOAA Fisheries

Doctors And Patients Work To Improve Health Talks

A new study has found something interesting about how people talk to their doctors. Some patients feel they are not being heard when they visit their doctor's office.

Researchers at the University of Utah looked at this problem carefully. They want to help doctors and patients talk better with each other. Good communication is very important in health care.

The study found that many people feel strongly that only certain medicines will help them feel better. Sometimes patients worry that if they don't get the right treatment, they cannot return to work or care for their family.

Doctors and researchers are now working on new ways to help. They want patients to feel confident that their concerns are truly heard. They also want doctors to fully understand what their patients are feeling and going through each day.

The goal is a warmer, clearer conversation between doctors and patients. When people feel listened to, they feel much better about their care. Researchers are hopeful that simple changes in communication can make doctor visits a more positive experience for everyone.

Source: Futurity.org

Activity Time - Word Search

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

Words to Find:

FOUNTAIN HABITAT CAMERA HUBBLE

OYSTER RIVER FISH

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