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GENTLE.NEWS

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"Happiness is holding someone in your arms and knowing you hold the whole world."

— Orhan Pamuk

Your Arm Becomes a Touch Pad for Your Smartwatch

Smartwatches are very useful. But their screens are tiny and hard to use. Now, scientists have found a clever new way to control them.

Researchers at North Carolina State University created a system called EpiPad. It turns the skin of your forearm into a touch pad. That is the flat surface you use to move the cursor on a laptop computer.

Here is how it works. You wear a small wristband next to your watch. The band uses a tiny radar system. It watches how your fingers move and press on your arm. It can tell if you are scrolling, zooming, or clicking. It works just like the touch pad on a laptop.

When you first put on the band, it learns how you move. This only takes about four minutes. After that, it is ready to use. The system can follow several fingers at once. It can even tell how hard you are pressing.

The current version looks like a wristband with a small circuit board. But scientists believe future versions will be much smaller and neater. One day, this technology could be built right into regular smartwatches. It could make smartwatches much easier for everyone to use.

Source: Futurity.org

A Century of Discovery at Hawaii's Famous Volcano

Deep in Hawaii, there is a magical place called Sulphur Banks. It sits near the top of a great volcano named Kīlauea. When you walk through this area, you feel warm air rising from cracks in the ground. You can smell something like rotten eggs. You can see bright, colorful crystals growing on the rocks. It is quite a sight!

More than 100 years ago, a scientist named Dr. Thomas Jaggar wanted to learn more about this special place. He had a big question. Could measuring heat underground help predict when a volcano might erupt?

In 1922, Dr. Jaggar and his team got to work. They dug shallow wells near the steaming ground. The work was very hard. They carried water by hand and worked through hot steam. But they kept going, because science matters.

What they found was amazing. Just ten feet down, the ground was boiling hot. The gases below matched the gases coming up through the earth. This told scientists something wonderful. The gases came straight from deep melted rock far below the surface!

Today, scientists still visit this same spot. They keep studying the volcano's gases just as Dr. Jaggar did long ago. It is a beautiful example of curiosity and hard work paying off, one discovery at a time.

Source: U.S. Geological Survey

Army Veteran Finds New Purpose Saving Wild Salmon

A U.S. Army veteran is now helping to save wild fish in California. His name is Scot Clark. He used to serve his country as a soldier. Now he helps protect salmon and other river creatures.

Scot grew up fishing in California as a boy. He always loved being near the water. After leaving the army, he found a special program run by NOAA Fisheries. NOAA studies and protects ocean and river life. Their Veterans Corps program gives veterans a full year of paid work in nature science.

On his very first day, Scot waded into a beautiful creek in a national park. Workers were restoring the stream to help fish thrive. Scot helped scoop up tiny young fish and carry them to safety. He moved thousands of small lamprey and hundreds of baby salmon by hand. The fish were kept safe while the stream was being improved.

Scot said he had a wonderful time. "I thought it was such a neat thing," he said. "I didn't even think it was possible." A NOAA scientist praised Scot warmly. He said Scot helped rescue thousands of fish on his very first day on the job.

Programs like this help veterans find meaningful new work after military service. They also help rivers and fish populations grow strong and

Source: NOAA Fisheries

healthy. It is a beautiful thing when people and nature help each other thrive.

Source: NOAA Fisheries

Small Moments With Strangers Can Warm Your Heart

A kind word from a stranger can change your whole day. A smile or a simple "you're doing great" can make you feel like you belong. These small moments are more powerful than you might think.

A professor at the University of Georgia has been studying these little sparks of connection. His name is Joseph Hermanowicz, and he calls them "evanescent interactions." That just means brief moments when strangers share something warm and real.

He says these moments do something very special. They tell a person, "I see you. You matter. You belong here." That feeling can lift a person's spirits in ways that last long after the moment has passed.

These exchanges are more than just being polite. They are small acts of kindness that build a sense of community. When we are truly present with another person, even for just a moment, we can make them feel valued and welcome.

The good news is that anyone can do this. A warm smile, a kind word, or a knowing nod can brighten someone's day. We all have the power to help others feel that they belong. And often, that little spark of connection brightens our own day too.

Source: Futurity.org

NASA Honours Three Brilliant Stars of Science

NASA has some very special workers. Every month, the space agency honours people who do outstanding work. This month, three amazing scientists and engineers are being celebrated.

Alyssa Villanueva is an engineer who works on a project called LEIA. That stands for Lunar Explorer Instrument for space biology Applications. In simple terms, she helps build tools to study life in space. Her team says she goes above and beyond every single day. She works hard to make sure everything is tested and ready.

Steve Howell has led science teams on many space missions around the world. He helped improve the cameras used on telescopes, both in space and on the ground. His work has helped us see the universe more clearly. He recently received a very special award called the Catherine Wolfe Bruce Gold Medal. It is one of the highest honours in astronomy.

Samuel LeBlanc is a research scientist who helps plan flights for NASA science missions. He finds smart, creative ways to gather information from the air. Thanks to his ideas, NASA can do more science while spending less money. His work helps missions succeed and discover more about our Earth.

These three people show what hard work and curiosity can achieve.

Source: NASA

Activity Time - Word Search

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

Words to Find:

LAMPREY CONNECT CRATER SALMON SENSOR LUNAR STEAM

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