

Messier 13 is located in a constellation called Hercules

This is the globular star cluster in the constellation Hercules also known as Messier 13 (M 13). It is located 25,000 light years away and has a diameter of about 145 light years.

A globular cluster is a group of stars that are tightly bound together by gravity. They lie around the galactic center and above or below the galactic disk, and can contain anywhere between tens of thousands of stars to many millions. The intense gravitational attraction gives the globular cluster their spherical form. Globular clusters are associated with all galaxies and in the Milky Way there are approximately 200 of such star clusters.

In the photo we can see a wide view of the Hercules

COLUMNIST



CARLOS ROTELLAR

globular cluster in the right upper corner and a close up in the center. It was first discovered by Edmond Halley in 1714. He wrote: "this is but a little patch, but it shows itself to the naked eye, when the sky is serene and the moon is absent." In 1764 the French astronomer Charles Messier catalogued the star cluster as M 13.

He described it as a round, beautiful and brilliant object and, surprisingly, added "Je me suis assuré qu'elle ne contient aucune étoile." I'm

sure it does not contain any stars!" It was in 1787 when Sir William Herschel wrote "A most beautiful cluster of stars exceedingly compressed in the middle, and very rich."

M 13 is about 11 billion years old and contains between 300,000 to half a million stars.

To the upper right of M 13 we can see a small galaxy (IC 4617) located 550 million light years away! Its radial velocity (how fast it is moving away from our solar system) is 17 million miles per hour.

— Dr. Carlos Rotellar is a Bowling Green nephrologist who has had an interest in astrophotography and has been taking images of the universe from his driveway for several years. Website: Skyastrophotos.com.



CARLOS ROTELLAR

The globular star cluster in the constellation Hercules also known as Messier 13 (M 13) is shown.



JACQUELYN MARTIN / AP

Yury Navas, 29, of Laurel, Md., kisses her 2-month-old baby Jose Ismael Gálvez, at Superbest International Market in Laurel, Maryland in 2022, while looking for formula.

Art in a Waffle House

Waffle House. My waitress has a bunch of tattoos. The women customers in the booth behind mine are talking about it in voices loud enough to alter the migratory patterns of waterfowl.

"Did you see ALL her tattoos? Our waitress?"

"I know."

"Why do they DO that to themselves?"

"I know."

COLUMNIST

I personally do not have tattoos. I come from teetotaling fundamentalists whose moms ironed our Fruit of the Looms. If I had come home with, for example, a Superman tattoo on my chest, the proverbial fertilizer would have hit the proverbial oscillating fan.

But I don't dislike tattoos the way some do. No, tattoos weren't in fashion when WE were young, but if they had been, believe me, we'd have them.

I know this because during my youth members of my generation were clambering to purchase \$10 polo shirts with \$90 alligators embroidered on the fronts.

My friend Pete and I were the only ones in the entire fifth grade who did not own Izod polo shirts. So Pete and I took matters into our own hands. Pete's mom had an embroidery machine. We begged her to craft a dozen alligator patches to sew onto our Kmart polos and—voilà!—instant cool factor.

We gave Pete's mom DETAILED instructions, then left her unsupervised. Which, looking back, was a mistake. Because Pete's mother delivered 12 polo shirts bearing colorful patches of Snoopy, Papa Smurf, and four of the original seven dwarves.

The waitress was visiting each table, warming up coffees. She visited two ladies behind me. The ladies represented my generation. Their conversation kept growing louder.

"They just look so trashy."

See ART, 3C



SEAN DIETRICH

FORMULA UNDER REVIEW

Kennedy has ordered an investigation of baby formula, here's what you should know

By JONEL ALECCIA
AP Health Writer

As federal health officials vow to overhaul the U.S. food supply, they're taking a new look at infant formula.

Health Secretary Robert F. Kennedy Jr. has directed the Food and Drug Administration to review the nutrients and other ingredients in infant formula, which fills the bottles of millions of American babies. The effort, dubbed "Operation Stork Speed," is the first deep look at the ingredients since 1998.

"The FDA will use all resources and authorities at its disposal to make sure infant formula products are safe and wholesome for the families and children who rely on them," Kennedy said.

About three-quarters of U.S. infants consume formula during

the first six months of life, with about 40% receiving it as their only source of nutrition, according to the Centers for Disease Control and Prevention.

Formula has been widely used in the U.S. for roughly six decades, feeding generations of infants who have flourished, said Dr. Steven Abrams, a University of Texas infant nutrition expert.

The broader scientific community has been calling for a reevaluation of infant formula for years and is "fully supportive of this idea of a comprehensive look," he said.

Current formula products in the U.S. continue to be safe and nourishing, he said.

"But there's been a lot of science and we want the FDA rules to align with the most recent science from around the world," he

said.

Here's what you need to know about Operation Stork Speed:

WHAT IS INFANT FORMULA AND WHY DO SO MANY BABIES CONSUME IT?

Infant formula is a manufactured product, usually made from cow's milk or soy, that is intended to mimic human breast milk for kids up age 12 months. It may be the sole source of nutrition or supplement breastfeeding.

FDA regulations require that infant formulas contain 30 specific nutrients, with minimum levels for all and maximum levels for 10 of them.

The ingredients vary, but all formulas must have a balance of calories from protein, carbohydrates and fat that mirrors what's found in human milk.

Federal guidelines recommend that babies be exclusively breastfed for the first six months of life and that parents continue breastfeeding for the first year or more while adding new foods to the child's diet.

Parents use formula when a mother cannot or chooses not to breastfeed for a wide range of reasons, including medical conditions, work conflicts, to allow other family members to help with feedings and other situations.

WHY IS THE GOVERNMENT REVIEWING BABY FORMULA NOW?

Kennedy announced the review of infant formula in March as part of his "Make America Healthy Again" agenda for the U.S. food supply.

See FORMULA, 3C

Scientists: Record amount of seaweed hits Caribbean, nearby areas

By DÁNICA COTO
The Associated Press

SAN JUAN, Puerto Rico — A record amount of sargassum piled up across the Caribbean and nearby areas in May, and more is expected this month, according to a new report.

The brown prickly algae is suffocating shorelines from Puerto Rico to Guyana and beyond, disrupting tourism, killing wildlife and even releasing toxic gases that forced one school in the French Caribbean island of

Martinique to temporarily close.

The amount — 38 million metric tons — is the biggest quantity of algae observed across the Caribbean Sea, the western and eastern Atlantic and the Gulf of Mexico since scientists began studying the Great Atlantic Sargassum Belt in 2011, said Brian Barnes, an assistant research professor at the University of South Florida who worked on the report published on Monday by the University of South Florida's Optical Oceanography Lab.

The previous record was set in June 2022, with some 22 million metric tons.

"The peaks just seem to keep getting bigger and bigger year after year," he said.

But scientists don't know why yet.

"It's the million-dollar question," he said. "I don't have a supremely satisfying answer."

Three different types of sargassum exist in the Caribbean and nearby areas, reproducing asexually as they remain afloat thanks to tiny air sacs. They thrive in

different ways depending on sunlight, nutrients and water temperature, factors that scientists are currently studying, Barnes said.

Experts also have said that agricultural runoff, warming waters and changes in wind, current and rain could have an effect.

While large clumps of algae in the open ocean are what Barnes called a "healthy, happy ecosystem" for creatures ranging from tiny shrimp to endangered



ALEJANDRO GRANADILLO / AP

Piles of sargassum stretch across the shore in Playa Lucía, Yabucoa, Puerto Rico, on Monday.

See SEAWEED, 3C