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A free daily newspaper for easy reading

GENTLE.NEWS

In Today's Edition

"The Chinese use two brush strokes to write the word 'crisis.' One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger--but recognize the opportunity."

— John F. Kennedy

Scientists Use Special Tags to Study Whales

Scientists want to learn more about whales in the ocean. But whales are very big and the ocean is huge. This makes whales hard to find and study.

Now scientists have a smart way to track whales. They use special electronic tags. These tiny computers stick to the whales safely. The tags collect lots of helpful information.

The tags record where whales swim and how fast they go. They show how deep whales dive underwater. The tags even record the water temperature around the whales.

Scientists use boats or flying drones to put tags on whales. They wait for calm, sunny weather to do this work. Only trained experts are allowed to tag whales safely.

Each tag helps scientists learn about all whales. The information shows where whales like to swim and live. This helps people better protect whales and their ocean homes.

Source: NOAA Fisheries

Tiny Space Lab Helps Scientists Learn Faster

A small lab device has arrived at the space station. It is only as big as a cell phone. But this tiny tool could help scientists in a big way.

The device is called a microplate reader. It lets scientists test things right in space. Before this, they had to wait for samples to come back to Earth. That took a long time. Now they can get answers right away.

This is part of a special program at NASA. They work with companies to make space research better and faster. The goal is to learn more about how things work in space.

The space version is much smaller than Earth versions. On Earth, these devices are as big as microwaves. The space one fits in your hand. Right now, astronauts have to run the tests themselves.

In the future, this could help keep astronauts healthy on long trips. Scientists could test their blood or other samples quickly. They could use different test kits for many kinds of measurements. This opens up exciting new ways to do science in space.

Source: NASA

Smart Leg Helpers Change How We See Ourselves

Scientists are learning amazing things about robot legs that help people walk. These special devices are called prosthetics.

A smart scientist named Helen Huang studies how people learn to use these robot legs. She works at two big universities in North Carolina. Her team made an interesting discovery.

When people first try walking with a robot leg, something funny happens in their minds. They think they look more awkward than they really do. But as they practice more, their brains start to think differently about their bodies.

Dr. Huang says this is the first study to look at how our minds work with robot legs. The research helps scientists make better walking devices for people who need them.

Nine people helped with this study over four days. They practiced walking while scientists watched and learned. This kind of research helps create amazing new tools. The scientists want to understand how people's minds accept these helpful robot parts. When someone uses a robot leg for a long time, does it start to feel like part of their real body? This question helps scientists build even better devices.

Source: Futurity.org

Cameras Help Scientists Watch Hawaiian Volcano

Scientists have been watching volcanoes for thousands of years. They use their eyes to learn how volcanoes work. Today, special cameras help them see even better.

Long ago, people wrote about big volcano eruptions. A man named Pliny saw Mount Vesuvius erupt near an old city called Pompeii. He wrote about the huge cloud that looked like a tree. Scientists still use his name today when they talk about big volcano clouds.

Native Hawaiian people watched their volcanoes for many years. They learned how hot melted rock moves inside the mountains. In 1826, a visitor named Artemus Bishop went to see a volcano crater. His Hawaiian guide knew a lot about how the volcano worked.

Today, scientists still need to watch volcanoes with their eyes. But they also use special tools. The best new tool is webcams. These cameras can watch the volcano all day and all night. Scientists don't have to climb the mountain every time.

The cameras help people around the world see the volcano too. Anyone can watch the beautiful eruptions online. This helps everyone learn about these amazing mountains.

Source: U.S. Geological Survey

Seafood Is Good for Your Heart

February is American Heart Month. It's a great time to think about foods that help your heart stay strong.

Eating seafood is one of the best things you can do for your heart. Fish and shellfish have special nutrients that keep your heart healthy. They can help lower your blood pressure too.

Doctors say we should eat seafood three times each week. Many people don't eat enough fish. But it's easy to add more to your meals.

Try swapping meat for fish in your favorite recipes. Fish has less fat than many meats. You can make fish tacos instead of beef tacos. Or try shrimp instead of chicken in your salad.

Seafood is good for the whole family. Kids who eat fish when they're young often keep eating healthy foods as they grow up. There are many kid-friendly fish recipes like baked fish sticks and tuna melts.

Source: NOAA Fisheries

Activity Time - Word Search

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

Words to Find:

CAMERAS SCIENCE SCIENCE FAMILY

DEVICE SPACE WHALE

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