

GENTLE.NEWS

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"Love is the absence of judgment."

— Dalai Lama XIV

Flying Cameras Help Scientists Watch Over Rivers

Scientists have found a clever new way to watch over rivers and wildlife. They use small flying cameras called drones to study rivers from high in the sky.

Researchers at the Fort Collins Science Center in Colorado are leading this work. They fly drones over rivers to take photos and make maps. This helps them see how rivers change over time.

One key scientist, Chris Holmquist-Johnson, works with partners from Oregon and Colorado. Together, they study how water levels in rivers affect tiny creatures called macroinvertebrates. These little animals are important food for fish, birds, bats, and frogs.

The team found that as rivers get lower, some parts shrink faster than others. Shallow, fast-moving sections change more quickly than deeper pools. Knowing this helps people make better choices about managing river water.

Scientists also use drones in Utah to watch over the Green River each year. The photos show changes in the riverbanks and the plants growing there. This careful watching helps protect nature for years to come. It is exciting to think that a small flying camera can do so much good for our rivers and wildlife!

Scientists Find Nine New Sponge Species in Alaska Waters

Scientists have discovered nine new kinds of sea sponges near Alaska. They were found in the Gulf of Alaska and the Aleutian Islands. This brings the total number of known sponge species in Alaska to 232.

The sponges were collected during underwater surveys that began in 2012. Researchers studied the samples carefully and wrote about their findings in two science papers. Four new species were described in one paper, and five in the other.

Sponges are truly amazing creatures. They are among the oldest animals on Earth, dating back more than 600 million years. They live without a brain, organs, or even a nervous system. Yet they survive and reproduce very well.

These tiny animals work like living water pumps. They pull water through their bodies and filter out food to eat. They also help build underwater structure on the ocean floor. Fish and crabs use sponges as shelter and hiding spots. Young rockfish, for example, tuck into tube- and barrel-shaped sponges at night to stay safe.

Scientists say the Aleutian Islands are one of the best places in the world for sponge life. Learning more about sponges helps us understand and protect the ocean. Every discovery adds a new piece to the wonderful puzzle of ocean life.

NASA's New Space Telescope Will Unlock Universe's Secrets

NASA has chosen an exciting new space telescope for its next big mission. It is called PRIMA, and it will explore the deep universe like never before.

PRIMA will use a special kind of light called far- infrared light. Human eyes cannot see this light. But telescopes can use it to reveal hidden parts of space.

Scientists hope PRIMA will answer big questions. How did planets form? How did galaxies grow over billions of years? It may even help explain how water first arrived on Earth. These are some of the greatest mysteries in all of science.

PRIMA is planned to launch in the year 2033. It will work alongside other telescopes already in space. One of those is the famous James Webb Space Telescope. Together, they will paint a fuller picture of our universe.

NASA calls PRIMA the first of a new kind of mission. It shows that humans are still reaching for the stars. Every new discovery brings us closer to understanding our place in this vast and beautiful universe.

Simple Supplement May Help Older Adults Stay Strong

A common supplement called creatine may help older adults keep their muscles strong. New research brings good news for people who want to stay healthy as they age.

Scientists studied 64 adults between the ages of 45 and 65. The study lasted 12 weeks. Some people took creatine each day. Others took a placebo, which is a pill with no active ingredients.

The results were exciting. People who took creatine gained about two and a half pounds of muscle. Their leg and arm strength also improved. This happened even for people who did not exercise during the study.

People who exercised and took creatine did even better. They gained more muscle and became stronger than those who only exercised. So creatine seemed to give an extra boost on top of regular activity.

Creatine is a natural substance. Our bodies already make small amounts of it. It helps give our cells energy. Scientist Richard Kreider from Texas A&M University has studied creatine for over 30 years. He says it may be one of the best tools for helping older adults stay strong and healthy. Always talk to your doctor before starting any new supplement.

Scientist Leads the Future of Quantum Computing

A scientist named Charles Black has spent his whole career studying the building blocks of computers. Now he leads one of the most exciting research centers in the country.

Charles studied at Harvard University many years ago. He worked with special materials called superconductors. These materials can carry electricity with no energy lost at all. He never thought he would use them again.

Thirty years later, superconductors are now at the heart of quantum computing. Quantum computers are a new kind of computer. They can solve problems much faster than any computer we use today.

Charles now leads a center called C2QA. It brings together 28 top universities, labs, and companies. They are all working together to build computers that could one day change the world. Charles says he feels like his whole career has come full circle.

"This role draws on everything I have learned," he said. It is a wonderful reminder that long years of hard work and curiosity can lead to something truly amazing. Charles and his team are helping shape the future, one discovery at a time.

Activity Time - Word Search

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

Words to Find:

ROCKFISH HABITAT QUANTUM ENERGY
ENERGY PROBE FISH

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