

## Rosen Verified: Natural Disasters

The information that people receive about natural disasters can sometimes be confusing. The news might report one thing, while others might say something different. It's important for everyone to know the facts about the natural disasters that might affect them. The volumes in this highly informative set provide readers with the most essential information about some of the most dangerous and destructive natural disasters on Earth. These guides are designed to give readers the facts about natural disasters and help them understand the information they find in the news and online. The text in these volumes is intended for older readers who read at a lower level and have interest in this pertinent information.

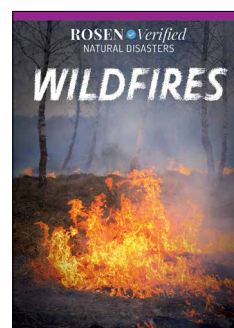
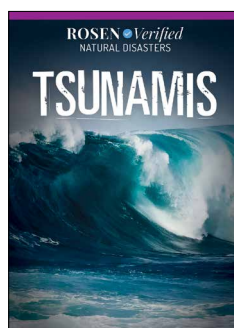
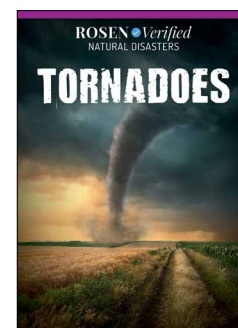
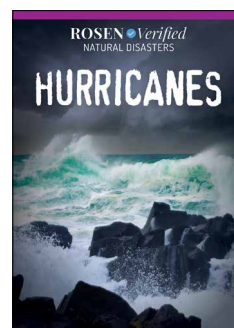
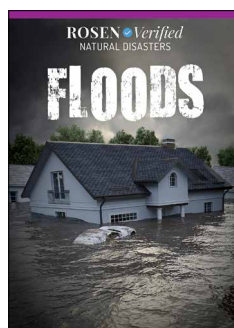
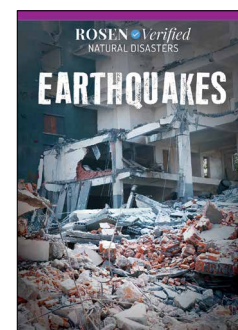
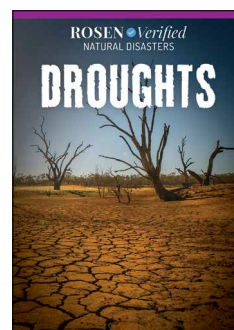
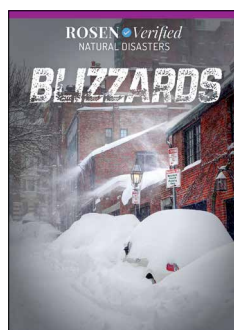
- High/low resources for struggling teens
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Scientists use many tools when they're predicting weather that could lead to a flood. Radar is a tool that uses radio waves to find out where something is and how fast it's moving. It's used to measure how fast and in which direction precipitation is falling. The measurements of many radar systems are used together to get a full picture of the weather in a place.

**Satellites** are used to watch areas that don't have many weather-predicting tools nearby. They also help scientists see weather over a big area, such as across oceans and mountains.

**FAST FACT**  
Rain gauges are tools that measure rainfall in one place.

**VERIFIED**  
The National Weather Service website shows where rain is falling and where flooding may occur in the future.  
[www.weather.gov](http://www.weather.gov)

On weather radar maps, light rain is shown in green. Rain that's a bit heavier is in yellow. Very heavy rain is in red.

**DOPPLER RADAR**  
Doppler radar is a tool used to follow weather systems. Doppler can show meteorologists what kind of precipitation is falling. It can show where it is and how it's moving. This can be used to figure out how that weather might move or change.



## Coping

An all-new design complete with updated content and photos makes the new edition of Rosen's popular *Coping* guidance series a must-have for your collection. Young people today can have a lot to deal with. School, home life, world events, and many social issues can add up to be a heavy weight to carry. This set provides caring real-world advice about many obstacles readers may face, along with information on seeking help from others when dealing with these challenges. Each volume features facts and statistics as well as practical counsel about coping with serious problems such as homelessness, sexual harassment, and body shaming. Features include thoughtful questions to ask specialists and a section that debunks common misconceptions about the issue.

- Advice and information about difficult topics are delivered in a gentle but realistic manner
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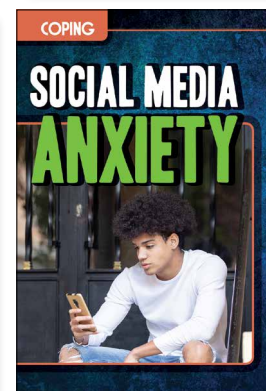
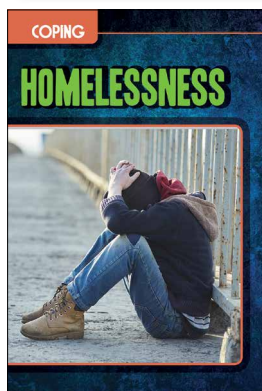
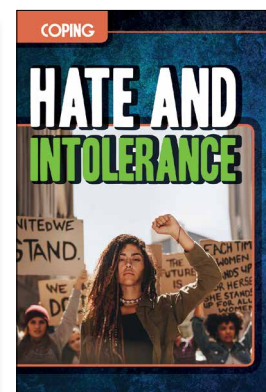
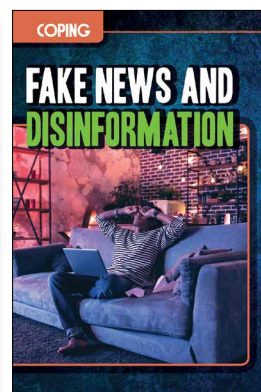
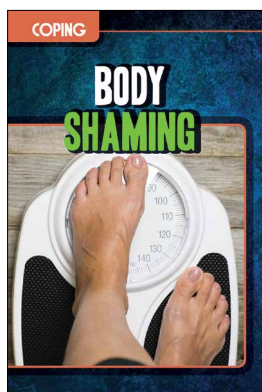
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**UPDATED  
EDITION!**



Reading Level: 5–6 Interest Level: 4–6

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- Helpful illustrations accompany the steps to complete each project
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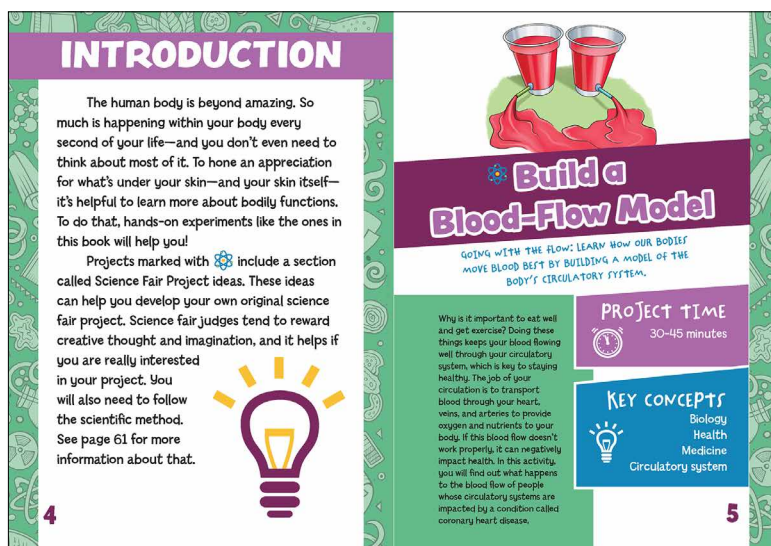
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Reading Level: 5–6 Interest Level: 4–6

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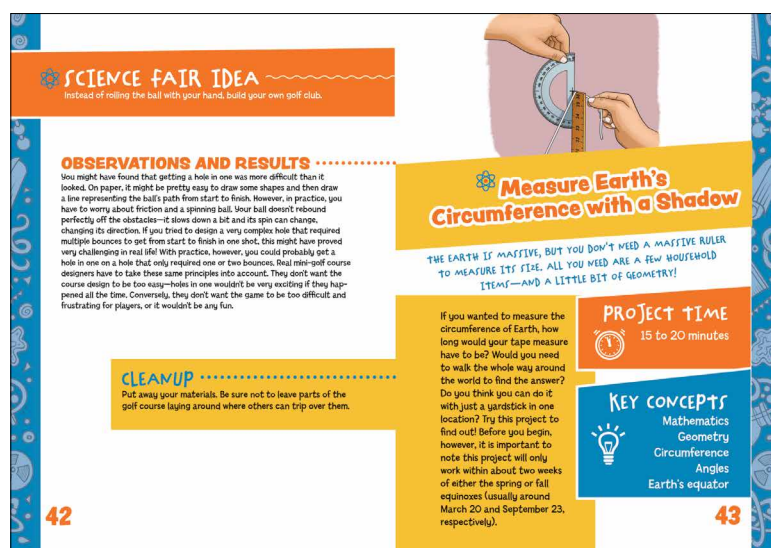
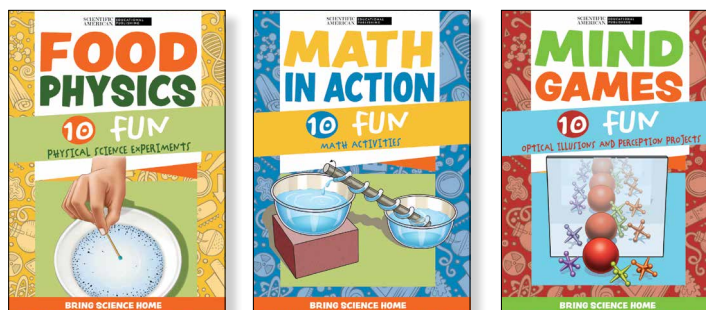
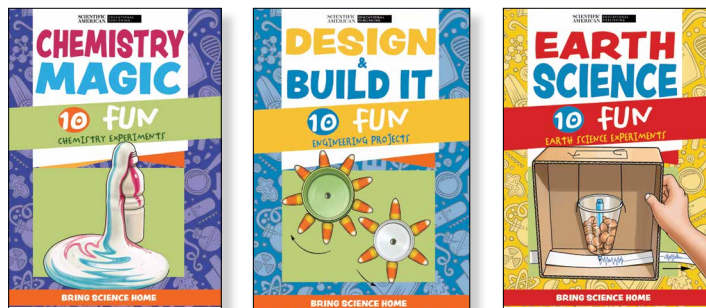
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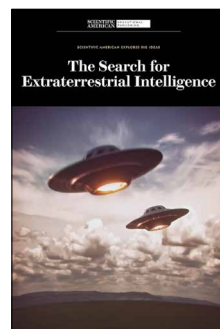
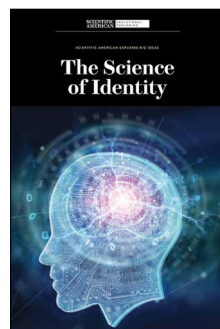
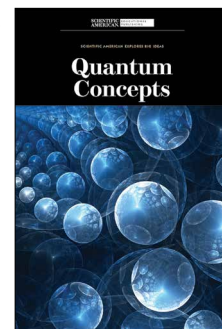
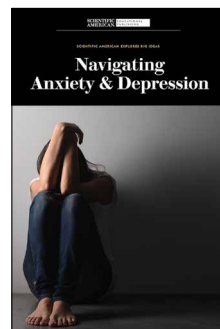
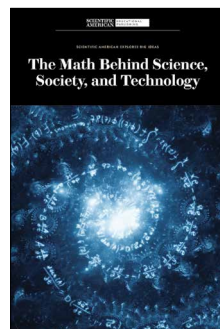
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#### INTRODUCTION

Anxiety and depression have affected people throughout human history, but despite how common these conditions are there is still much about them that is misunderstood. In fact, some would argue that depression and anxiety—among other mental health conditions—are becoming increasingly common, creating a mental health crisis. A number of variables are blamed for this uptick, including escalating climate change, racism, the COVID-19 pandemic, and increased social media use. However, while the causes of anxiety and depression may seem to be multiplying, the potential treatment options for these conditions also continue to expand. These treatments cover the spectrum of mental health care, ranging from new types and ways of delivering behavioral therapy to new drugs and medical treatments.

The articles in this book attempt to catalogue and examine the knowledge and attitudes surrounding these mental health conditions today. They present contemporary opinions and studies on the causes of anxiety and depression, and consider a range of potential new treatments for these conditions. Section 1, "The Evolving Landscape of Anxiety and Depression," examines how our understanding of these conditions has shifted in recent years. Section 2, "Causes of Anxiety and Depression in Today's World," looks at how conditions of present-day society affect mental health. Section 3, "Novel Medical and Drug Treatments for Anxiety and Depression," examines new medical procedures and medications—as well as drugs that already existed but were not used to treat these conditions—that are presented as potential new treatment options. Section 4, "New Therapies and Lifestyle Changes for Anxiety and Depression," looks at new types of behavioral therapy, new ways of offering therapy, and changes that could be made in daily life to help fight anxiety and depression. Some of the therapies examined in these articles may even present the opportunity for a brighter tomorrow in the field of mental health.

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#### Section 1: The Evolving Landscape of Anxiety and Depression

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By the Editors of *Scientific American*
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- 14 Bad News for the Highly Intelligent  
By David Z. Hambrick, Madeline Marguardt
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- 16 Is Chronic Anxiety a Learning Disorder?  
By Daniel Barron
- 17 Faulty Circuits  
By Thomas R. Insel

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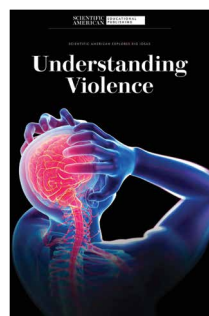
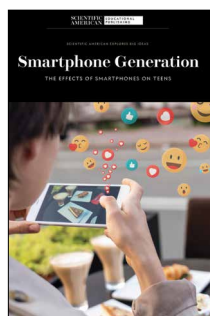
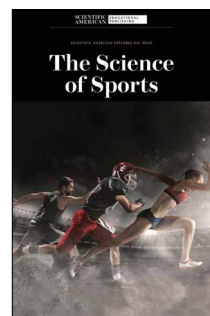
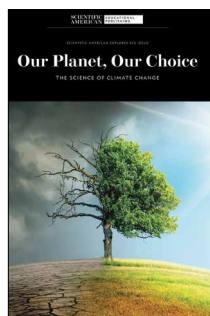
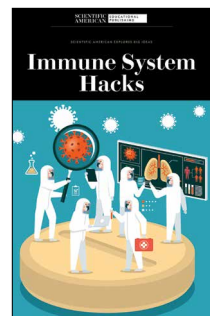
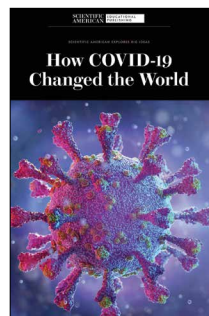
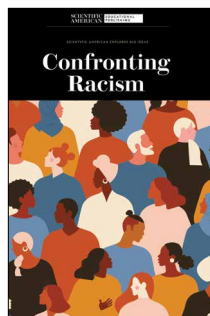
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### Pandemic-Era Research Will Pay Off for Years

By Britt Clausminger

After COVID appeared, a huge number of virologists, biochemists, cell biologists and immunologists shifted their work to the coronavirus, and because of that, the world got what it was desperately hoping for: a vaccine, in record time. Everything worked out better than we could have dreamed—several parallel vaccines, all with high efficacy. We are seeing antiviral treatments roll out, too.

Scientists can leverage all this effort to better understand other viruses and diseases. Never before have we been able to simultaneously test multiple vaccine platforms, head-to-head, in massive global clinical trials. Usually you are lucky if you get one vaccine to trial, and if it fails, you will not really know whether the concept or just the one platform failed.

I anticipate that scientists will use all the COVID research infrastructure to build more vaccines against other pathogens, such as cytomegalovirus and respiratory syncytial virus, and to create mRNA vaccines for flu. Furthermore, most of the coronavirus research has been collaborative. That will stick with people. It will make future work pay off more than if all those individuals went back to just their own niches.

This is not going to be the last spillover pandemic we see. It is not going to be the last public health crisis. I hope that COVID has given the public a sense of how important it is to have sustained investment in science. We don't know what discovery we will stumble on that will be the lifesaver the next time.

#### About the Author

Britt Clausminger is a molecular virologist at the University of California, Berkeley, and the Howard Hughes Medical Institute.

### Some Pandemic Health Habits Deserve to Stay

By the Editors of *Scientific American*

When the COVID pandemic finally retreats, the world will be different. We will have lost millions of lives—a tragic disaster that will devastate families and communities for decades to come. Other changes, of a less catastrophic nature, may not be bad things. For example, we will have lost some traditional habits and gained new ones. Take the way we greet one another: In March 2020 handshakes and cheek kisses were abruptly put on the do-not-do list to slow the spread of the virus. Once we're given the all-clear to resume those behaviors, however, we might still be wise not to do so. Even if COVID dwindles to become a mostly seasonal illness like influenza, both potentially deadly afflictions will still be with us. Do we really want to go back to rubbing our germy hands on one another or exchanging virus-laden kisses at close quarters? Not if we're wise.

Greetings are just some of the deep-seated habits that have been cast in a new light by the year of COVID. The virus has taught us that we need a major culture change when it comes to basic public health hygiene. We learned, for example, that mask wearing is incredibly helpful in stopping the spread of all kinds of respiratory illnesses—something people in many Asian countries have known for years. Flu cases have been at record lows this year—the U.S. had at least 24,000 flu deaths during the 2019–2020 season, for instance, but so far about 450 this season. Although it is likely that many factors affected these rates, such as lockdowns, school closures and decreased travel, experts say masking has probably played a significant role. Now that most of us have impressive mask collections and lots of practice wearing them correctly, there is no excuse not to don one in public when you're under the weather. "It's considerate," says Angela Rasmussen, a virologist at the Georgetown Center for Global Health Science and Security. "I really hope that