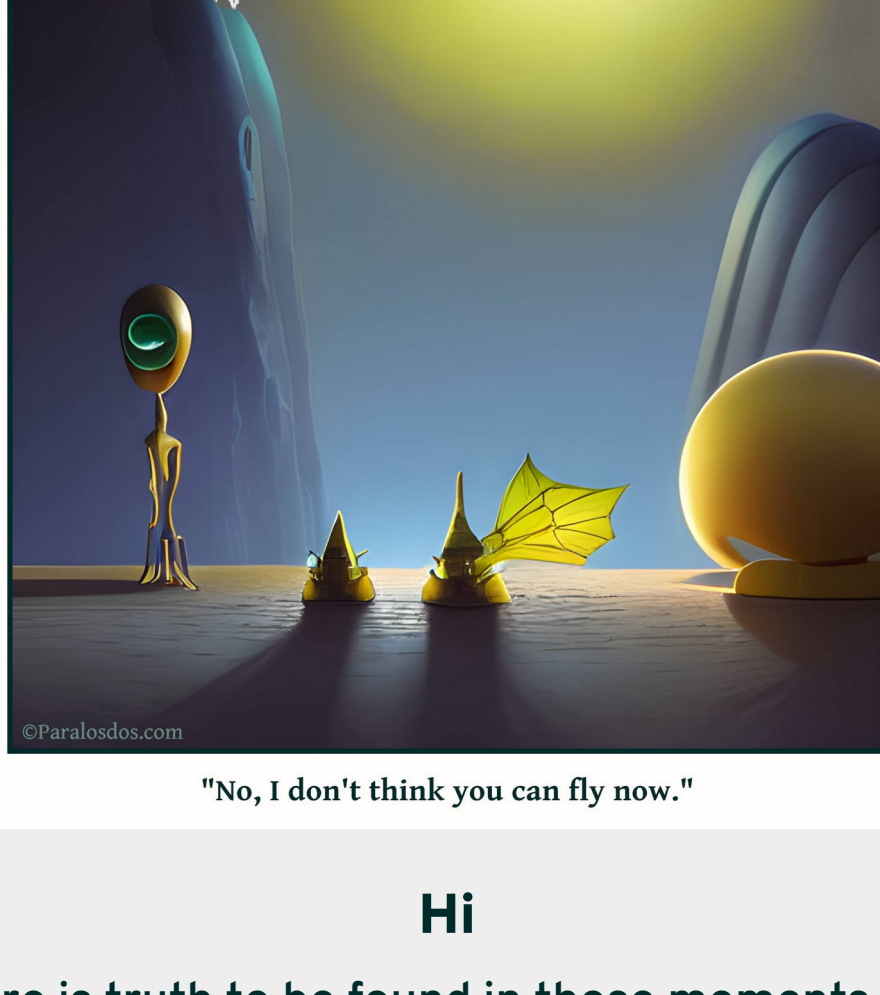


Change Happens

Have a great day,
find your way

The Alien Life



"No, I don't think you can fly now."

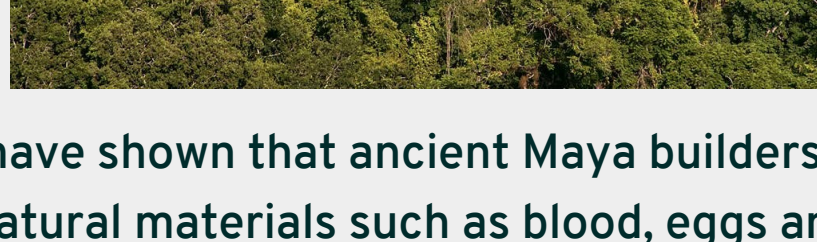
Hi

There is truth to be found in those moments between awake and asleep. Moments of perfect clarity.

Which we then embrace or ignore, as the truth easily drifts away in this state. Especially if unpalatable.

Built better

Rubber and tree sap: How ancient Maya cities have withstood the ravages of time



" Studies have shown that ancient Maya builders used a range of natural materials such as blood, eggs and natural rubber obtained from local trees when preparing mortar. For example, when in 2018 researchers analysed mortar taken from stones at the main pyramid at the Witznah archaeological site near Yucatán, Mexico, they found traces of saturated fats typical of degraded natural rubber. The researchers believe the Maya masons obtained the rubber from local trees and used it as a binder along with a fine-grained clay to create a durable mortar to bind the stonework together. "

He knew things

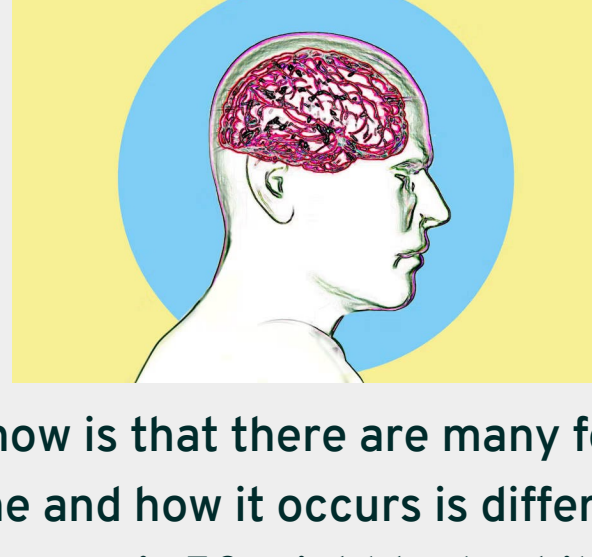
What we get wrong about Leonardo da Vinci



" Perhaps the biggest misconception about da Vinci is that he was a man of his time, a product of the Renaissance and its renewed interest in the art and science produced during classical, pre-Christian antiquity. In truth, some of his biggest breakthroughs resulted from him ignoring the erroneous beliefs of his contemporaries and going back to the source, to nature. "

Keep learning

When Does the Human Brain Peak?



" What we do know is that there are many forms of cognitive decline and how it occurs is different for everyone. One person's 50 might look a bit like another person's 80 when it comes to working memory whereas it could be reversed when it comes to, say, problem-solving. "

November 2, 1936

Canadian Broadcasting Corporation

Still free



Wiki Rabbit Hole

" In 1929, the Aird Commission on public broadcasting recommended the creation of a national radio broadcast network. A major concern was the growing influence of American radio broadcasting as U.S.-based networks began to expand into Canada. Meanwhile, Canadian National Railways was making a radio network to entertain its passengers and give it an advantage over its rival, CP. This, the CNR Radio, is the forerunner of the CBC. Graham Spry and Alan Plaunt lobbied intensely for the project on behalf of the Canadian Radio League. In 1932, the government of R. B. Bennett established the CBC's predecessor, the Canadian Radio Broadcasting Commission (CRBC). "

For weird relief

Some people love to scare themselves



" This physical reaction is crucial when facing a real threat. When experiencing controlled fear – like jump scares in a zombie TV show – you get to enjoy this energized sensation, similar to a runner's high, without any risks. And then, once the threat is dealt with, your body releases the neurotransmitter dopamine, which provides sensations of pleasure and relief. "

He never said it back in the day

What in Tarnation Is 'Tarnation'?



" There are plenty of ways to convey incredulity and confusion in just a few words. What in the world?, What on Earth?, and What the heck? all do the trick, as do a couple other less kid-friendly iterations of the expression. But when it comes to sounding like a pistol-toting, Stetson-wearing outlaw, none of those options can compete with What in tarnation?." "

Not a bear

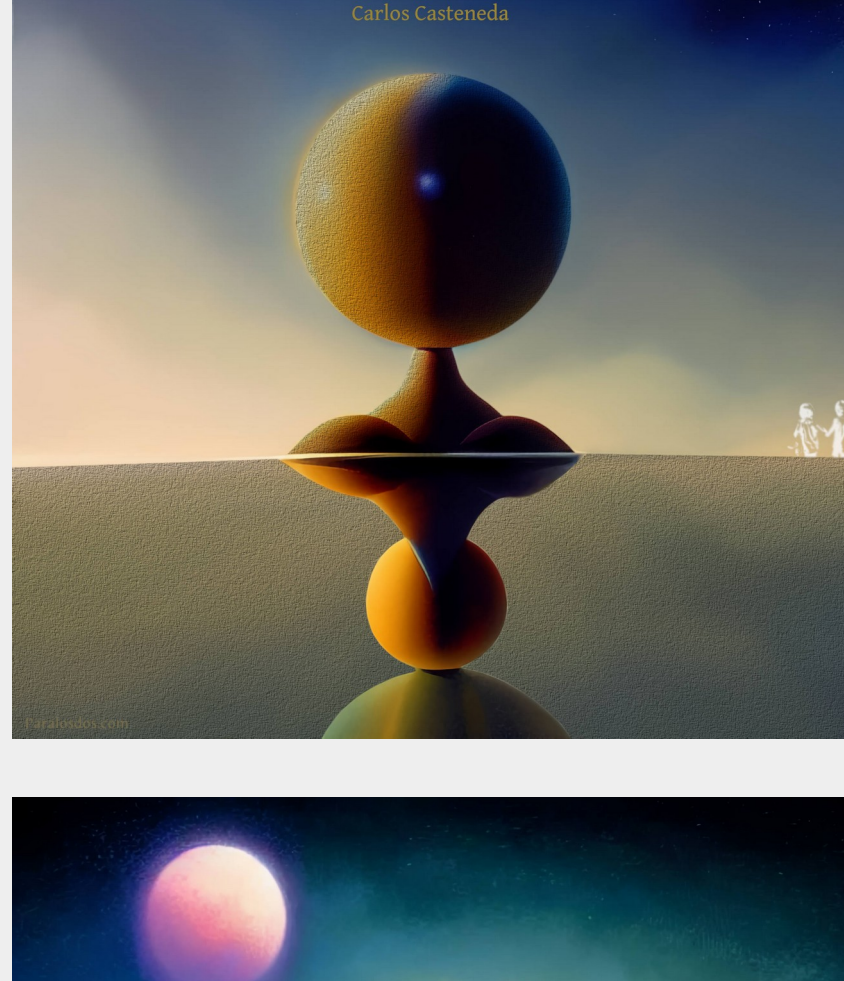
Koala



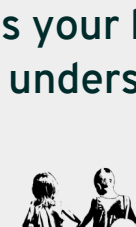
" The koala is one of the world's most iconic animal species – right up there with the panda, tiger, elephant, dolphin, and polar bear. With their round bodies, large fluffy ears and distinctive spoon-shaped noses, koalas are not only loved around the world but treasured symbols of Australia. "

"We either make ourselves miserable, or we make ourselves strong. The amount of work is the same."

Carlos Casteneda



it's your life
you understand



Please feel free to forward *Change Happens* to anyone you think might enjoy it and have a most excellent day