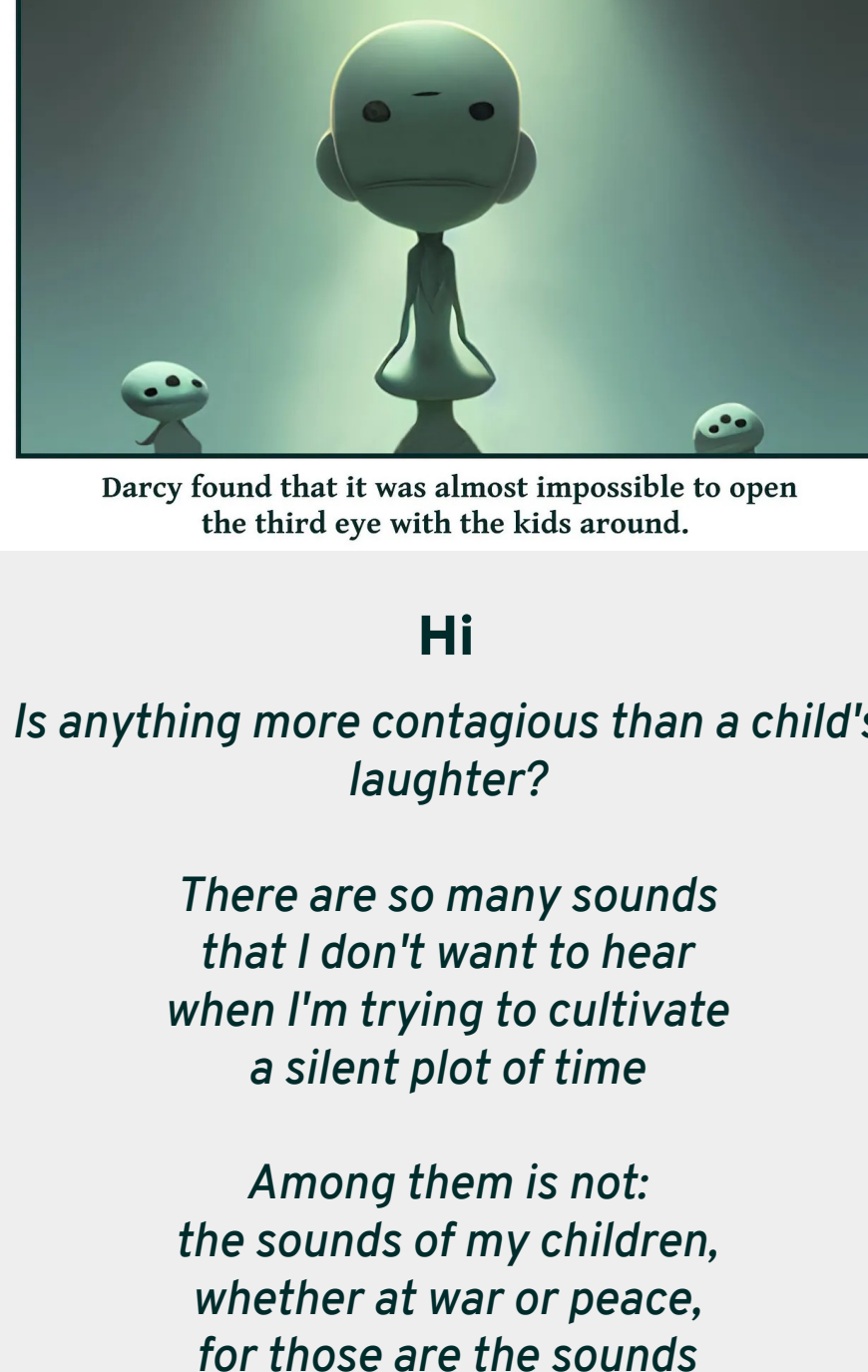


# Change Happens

Have a great day,  
find your way

## The Alien Life



Darcy found that it was almost impossible to open the third eye with the kids around.

**Hi**

*Is anything more contagious than a child's laughter?*

*There are so many sounds that I don't want to hear when I'm trying to cultivate a silent plot of time*

*Among them is not: the sounds of my children, whether at war or peace, for those are the sounds of life in all its noisy glory*

*One day will come, in a plot of silent time, too much space between the sounds of life, I am in no hurry to find that much silence*

## Because he can Why the old man dances

"It was a very dangerous year for Rome. The Carthaginian general Hannibal, their greatest enemy, was bearing down upon southern Italy, threatening to destroy the Republic. The festival, aimed to assure divine protection, was held at the Great Circus, a large area in the middle of Rome where cult practices, horse races and mass entertainment intersected. During the ritual, Livy tells us, 'the people watched wearing garlands, and women said prayers'. But the grammarian Festus explains that, upon hearing that the Carthaginians were approaching, people left the Circus in a hurry in order to fight the enemy. When they came back, they discovered that an old man had been dancing all along and exclaimed the words that became proverbial: 'The matter is safe: the old man dances.' Hannibal came close, but he never conquered Rome."

- An examination of the role that dance played in ancient Rome. As they kept such extensive records, along with preserved images and artifacts, we have a pretty good idea of the role that dance played in Roman culture, society, life and ritual. Rhythmic movement of the body has probably played a part in life for as long as there has been life. Throughout the rest of the animal world can be found many examples of music and movement being created and used for various purposes. Including, it would seem, simply for joy. It's a bit of a niche article. This will be well received by all of you dance loving history buffs out there.

## More hours awake

### The ones who need little sleep

"Natural short sleepers, as they are called, are genetically wired to need only four to six hours of sleep a night. These outliers suggest that quality, not quantity, is what matters. If scientists could figure out what these people do differently it might, they hope, provide insight into sleep's very nature.

"The bottom line is, we don't understand what sleep is, let alone what it's for. That's pretty incredible, given that the average person sleeps a third of their lives," says Louis Ptáček, a neurologist at the University of California San Francisco."

- The upshot of this is that there are people who are genetically predisposed to needing less sleep. They call them natural short sleepers. If you want your labels infused with poetic whimsy, you won't ask a scientist to do the naming. Two for two on nerd articles here this week. This one's interesting in that it definitely underlines how little we know about sleep and sleep patterns. It lends itself to considering that there is more than one 'right' way to sleep. Many things factor into what sleep you may need to function at the highest level. This article is particularly interested in the role genetics plays in the ongoing mystery of slumber.

## What we really worship

### How Electricity Works

"Alternating current simply means the current flow backwards and forwards in a circuit as the terminals are constantly reversed. This is a bit like the tide of the sea, it goes in and out repeatedly. Alternating current is the most common type of electrical power and this is the type of power available in the power sockets of your home.

Direct Current simply means that the current flow directly in only one direction. This is what's provided from batteries and Photovoltaic panels etc. This is most commonly used in portable electrical goods.

We can convert between AC and DC using inverters, this is how the AC power from our household power sockets can be used to charge our mobile phones which use DC power."

- There was some discussion around the house about static electricity, and it made me curious to refresh my understanding of how electricity actually works. I doubt if it is possible for a thing to be more relevant, and yet less considered, than electricity is daily. It is the single most defining characteristic of modern human existence. Which is kind of concerning on some levels. The article is for anyone who prefers their science visual, but it doesn't skip on details. Nice insights into what electricity is, it's basic principles. It's more specifically about electricity itself, not so much the process of how we turn solar, water or coal into power. An investigation of electricity itself, how it actually works as the basis of a process that ends up with our phones being charged or our lights turning on.

**December 9, 1965**

## A Charlie Brown Christmas

### If Winnie the Pooh levelled up



## Wiki Rabbit Hole

"The program premiered on CBS on December 9, 1965, at 7:30 pm ET (pre-empting *The Munsters*), and was viewed by 45% of those watching television that evening, with the number of homes watching the special an estimated 15,490,000, placing it at number two in the ratings, behind *Bonanza* on NBC. The special received critical acclaim: *The Hollywood Reporter* deemed the show 'delightfully novel and amusing,' while *the Weekly Variety* dubbed it "fascinating and haunting.' Bob Williams of *the New York Post* praised the "very neat transition from comic page to screen,' while Lawrence Laurent of *The Washington Post* declared that 'natural-born loser Charlie Brown finally turned up a real winner last night.' Harriet Van Horne of *the New York World-Telegram* hailed the scene in which Linus recites scripture, commenting, 'Linus' reading of the story of the Nativity was, quite simply, the dramatic highlight of the season.' Harry Harris of *The Philadelphia Inquirer* called the program 'a yule classic [...] generated quiet warmth and amusement,' and Terrence O'Flaherty of *the San Francisco Chronicle* wrote, 'Charlie Brown was a gem of a television show.' Ben Gross of *the New York Daily News* praised the special's 'charm and good taste,' while Rick DuBrow of *United Press International* predicted, 'the Peanuts characters last night staked out a claim to a major television future.'"

## From the water

### Why do humans like to swim?

"Humans, unlike other animals, have the ability to use complex tools. That means we can craft boats, build bridges and retrieve things from the bottom of the water without getting wet. Even ancient people could do these things. But ancient people could and did also swim.

There is at least some evidence for the practical in ancient life: safety. It's a life skill. If you end up in the water—or in too deep—by accident, swimming will save your life. In fact, Greek philosopher Plato said of the unwisest in society, 'they spell not neither do they swim!' He said this as if it was a familiar saying, which suggests that in his society, learning to swim was just common sense."

- There was a report released by the World Health Organization, you know, WHO, that figures more than 300,000 people die from drowning every year – and that nearly all of these cases are preventable. They also think that this number is probably on the low side of accurate, as many water based deaths not getting reported. This is a good overview of swimming and why we do it. Or should know how to do it. Comparatively, we are not really made for swimming, we're made for walking and running. Our two-legged upright movement sets us apart from the other mammals, who, generally, are natural swimmers. It's an odd thing that we humans don't swim naturally, yet the water is our ancestral home.

## A way of life

### How to start farming with no money

"Money can be the gateway to most things in life. Unfortunately, if you don't have much to spare it can make things tricky. Starting a farm with no money can be especially hard because the income from farming is notoriously low which makes getting started and finding loans hard. But don't be defeated! For those of us with the drive (and rather a lot of creativity and inspiration) there are ways to get into farming even if your bank balance treads the tightrope between red and black."

- This one's for you, bud. A nice little article that considers what would be necessary, or what steps would you need to take, if you wanted to start a farm. If your dream is to have a little plot of land and live off of that, is that still a viable thing today? Is that still a dream to dream? Seems like it would be less of a world if it became impossible to live simply off the land.

## Real

### Things You Might Not Know About Reindeer

"Historically, the Eurasian reindeer and American caribou were considered to be different species, but they are actually one and the same: *Rangifer tarandus*. There are two major groups of reindeer, the tundra and the woodland, which are divided according to the type of habitat the animal lives in, not their global location. The animals are further divided into nine to 19 subspecies, depending on who is doing the classification."

- A look at reindeer and the myths surrounding them. What they actually are. I always thought it was interesting that reindeer and Caribou are the same thing. We tend to think of reindeer as some sort of mythical North Pole creature. Basically, they are deer that have acclimatized to the far north regions of the world. Canada has a large, and threatened Caribou population. Santa doesn't have the market cornered.

"And yet it also pleases me and seems right that what is of value and wisdom to one man seems nonsense to another."

**Hermann Hesse**



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