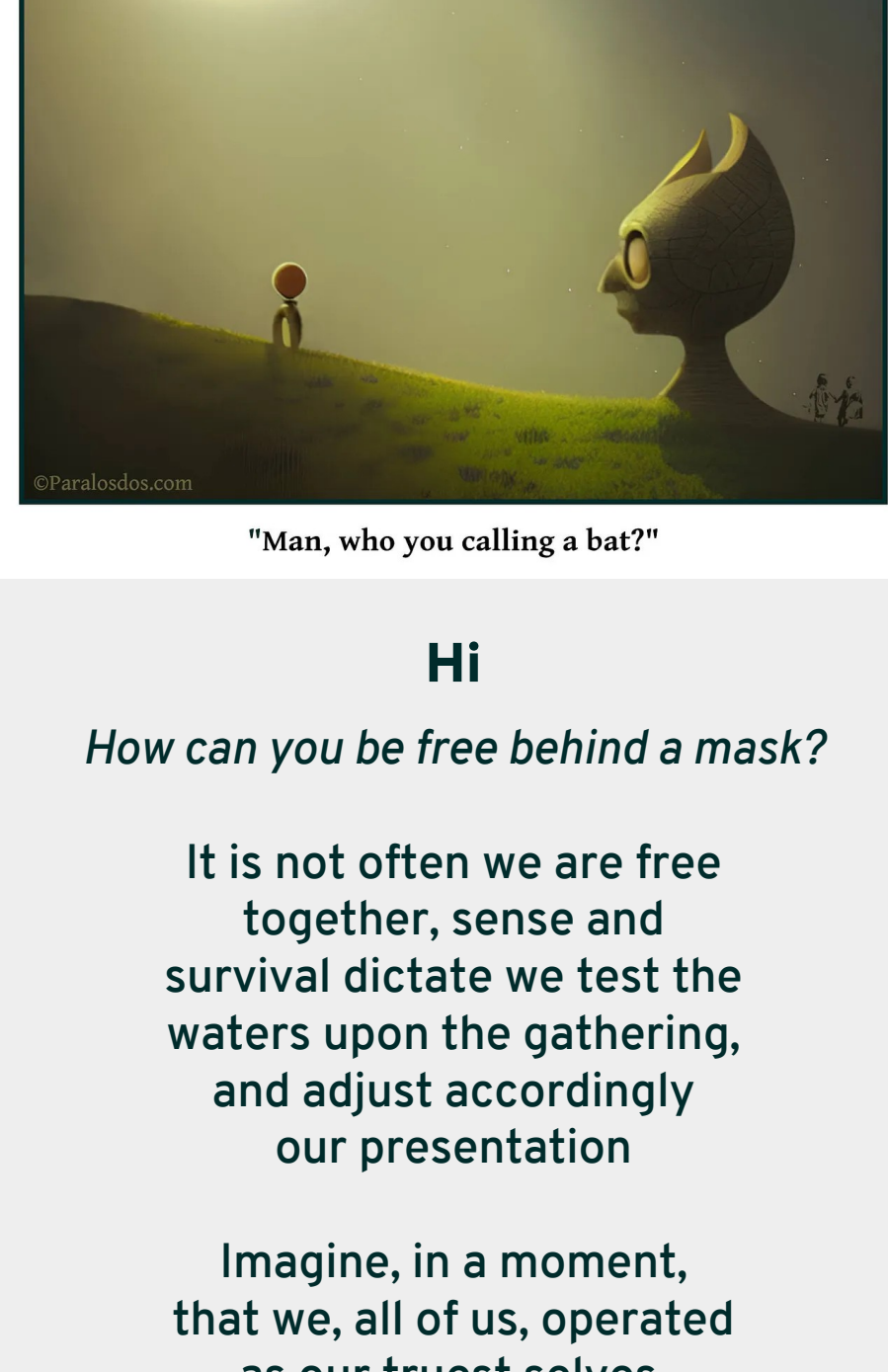


# Change Happens

Have a great day,  
find your way

## The Alien Life



"Man, who you calling a bat?"

Hi

*How can you be free behind a mask?*

It is not often we are free together, sense and survival dictate we test the waters upon the gathering, and adjust accordingly our presentation

Imagine, in a moment, that we, all of us, operated as our truest selves, the chaos would be spectacular

So we temper what is in our hearts and heads, and we respect the sacred covenant: though shalt not be too weird, today

### The past preserved

## Bear-leather shoes and Roman 'good-luck' coins: The lost worlds emerging from glaciers

"Some 5,000 years ago, a tattooed man in his 40s, with brown eyes and thinning black hair, climbed a steep mountain in the Ötztal Alps, on the border between what is now Italy and Austria, to a mountain ridge more than 3,000m (9,800ft) above sea level. He was wearing a striped goat-fur coat, a bear-fur cap, and sturdy shoes with bear-leather soles, and he seemed to be in a rush. Although he was genetically predisposed to obesity, his active lifestyle had generally kept him fit and muscular. He had some health issues – stomach problems, knee issues – but that did not stop him. Nor did his extraordinary amount of gear, some incomplete, as if packed in a hurry: unfinished bow and arrows, a precious copper axe, medicinal mushrooms, and even two portable stoves made from birch bark.

He was about to cross the high ridge, perhaps hoping for safety on the other side, when an arrow hit his shoulder, severed an artery, and killed him. Snow and ice covered his body and belongings. He lay there, undetected, for thousands of years."

- A good article looking at what the retreating glaciers are revealing to us. The main focus is on a 5000-year-old body uncovered in the Ötztal Alps. The male body, named Ötzi, was found in 1991 and is indicative of what the ice can preserve. Often thousands of years of history is at once discovered. Advances in technology allow us to learn more and more from these discoveries. We can determine how he spent his last days, what his genetic makeup was, how he lived and how he died. Essentially, organic time capsules are being found. The ice preserves things that would be long gone if they were down in the valleys. The downside, other than the alarming rate at which the ice is melting, is that things revealed quickly disappear once the preserving ice and permafrost are gone.

### Bugs tap out

## What do insects do all winter?

"There is almost no food available at this time of year and insects generally do not eat during their hibernation. Winter can last for months, so insects have evolved two strategies: gain additional weight before winter and consume this energy store slowly by lowering their metabolic rate.

Many insects live their entire life cycle (from egg to larva, pupa and adult) within a few months to a year. Losing months during winter is significant. And so, insects simply pause their development during hibernation. Which life stage species hibernate in differs from species to species. But the speckled wood butterfly, found across Europe and North Africa, turns into a pupa just before winter and develops into a butterfly several months later in spring."

- A consideration of what insects do all winter. They don't just disappear. Where do they go, how do they survive, and what is the mechanism that gets them through the winter? I thought it was interesting to consider what these little bugs are doing in the winter, they're still everywhere, in the trees and the bushes, and in the soil. For the most part, they are taking advantage of what a good insulator snow is, getting cozy somewhere and sitting out the winter. Fatten up and lower the metabolic rate, right out of chapter one in the hibernation handbook.

### The ancient cow

## The Story of the Aurochs Is More Complicated Than We Thought

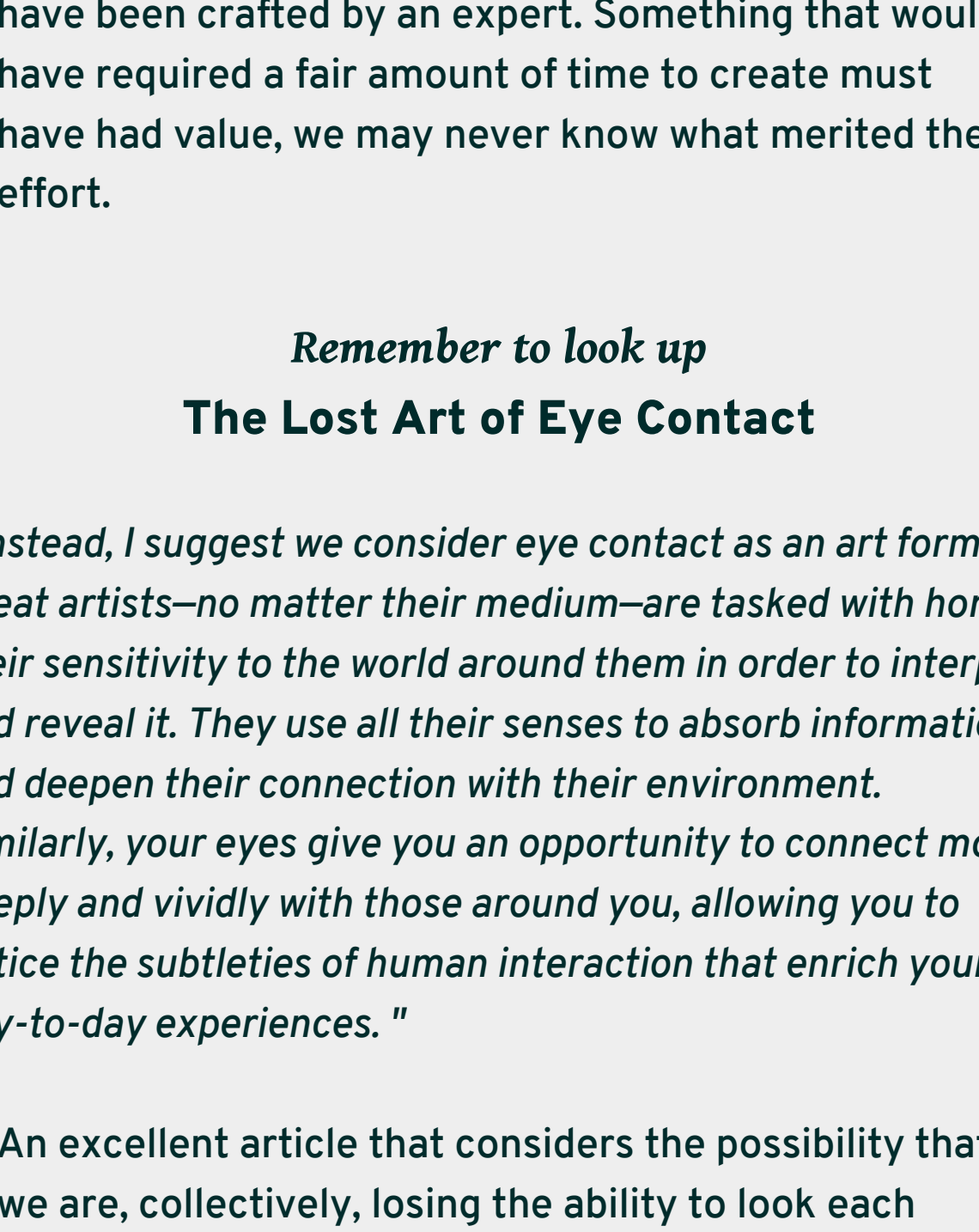
"'Cattle are one of the most important animals in human history,' says Mikkel Sinding, a postdoctoral researcher in the biology department at the University of Copenhagen. Yet for all the value cows have held for human beings past and present, Sinding says, 'we still don't actually fully know where they came from.' All we know for certain is that cattle came from aurochs, their larger, fiercer, extinct wild ancestor. In a new study of ancient aurochs genomes published in Nature, Sinding and other researchers have shed light on the deep global ties that bind aurochs and domestic cattle with humankind."

- Ancient texts describe aurochs as dangerous due to their aggression, speed, strength and lack of fear. Similar to their bison cousins, they were not inclined to run away when they felt threatened. This is a good way to become a food source when humans are involved. Genome analysis shows a complex interaction with us, it seems we, humans, and aurochs like to live in the same places. Temperate beasts when it comes to weather. The last known wild auroch died in Poland in 1627. Basically, they were wild cows. The difference between an auroch and cattle today is similar to the distance between a poodle and a wolf.

December 28, 1869

## Chewing Gum

Patent filed by dentist



### Wiki Rabbit Hole

"Although chewing gum can be traced back to civilizations worldwide, the modernization and commercialization of this product mainly took place in the United States. The ancient chewed resin made from the sap of spruce trees. The New England settlers picked up this practice, and in 1848, John B. Curtis developed and sold the first commercial chewing gum called The State of Maine Pure Spruce Gum. In this way, the industrializing West, having forgotten about tree gums, rediscovered chewing gum through the First Americans. Around 1850 a gum made from paraffin wax, a petroleum product, was developed and soon exceeded the spruce gum in popularity. To sweeten these early gums, the chewer would often make use of a plate of powdered sugar, which they would repeatedly dip the gum in to maintain sweetness. William F. Semple, a dentist from Mount Vernon, Ohio, filed an early patent on chewing gum, patent number 98,304, on 28 December 1869. Semple's gum was intended to clean the teeth and strengthen the chewer's jaw. It was not a sweet treat; ingredients included chalk and powdered licorice root. Charcoal was also suggested as a "suitable" ingredient in the patent."

### For purposes unknown

## The Mysterious Bronze Objects That Have Baffled Archaeologists for Centuries

"The first Roman dodecahedron to intrigue archaeologists was found almost 300 years ago, buried in a field in the English countryside along with some ancient coins. 'A piece of mixed metal, or ancient brass, consisting of 12 equal sides,' read the description of the egg-sized object when it was presented to the Society of Antiquaries in London in 1739. The 12 faces had 'an equal number of perforations within them, all of unequal diameters, but opposite to one another ... every facing had a knob or little ball fixed to it.' The antiquarians were flummoxed by the finely crafted metal shell, and what its purpose may have been."

- An ancient Roman puzzle that still hasn't been figured out. It's kind of amazing that a thing could be so finely worked and not have a known purpose. One thing's for sure, they are wonderfully intricate and could only have been crafted by an expert. Something that would have required a fair amount of time to create must have had value, we may never know what merited the effort.

### Remember to look up

## The Lost Art of Eye Contact

"Instead, I suggest we consider eye contact as an art form. Great artists—no matter their medium—are tasked with honing their sensitivity to the world around them in order to interpret and reveal it. They use all their senses to absorb information and deepen their connection with their environment. Similarly, your eyes give you an opportunity to connect more deeply and vividly with those around you, allowing you to notice the subtleties of human interaction that enrich your day-to-day experiences."

- An excellent article that considers the possibility that we are, collectively, losing the ability to look each other in the eye. Unfortunately, I believe this may be true. Fewer people seem capable of any kind of real eye contact in discourse. Short attention spans and a disinclination to sustained curiosity reflect morphing habits. Eye contact is increasingly the domain of the glowing boxes we carry in our hands and consult many times a day. It's a good article. The author actually offers some suggestions and ways that you could improve it. If you find that it's something you have trouble doing.

### Will reality fade?

## Striking images of 2024

"From the awe-inspiring photo of a surfer in Tahiti to the iconic shot of US President-elect Trump captured after an assassination attempt, these are 12 of the most eye-catching images of the last year."

- There are some interesting images here, culled from the year past. But it's all just personal opinion, isn't it? What one person thinks is interesting or fascinating or worth looking at, another person would easily dismiss. More than the images themselves, this made me think about what we might be losing right now. I'm already finding myself looking at images and my first thought is, is it real? Regardless of your expertise, it's becoming harder and harder to know if an image is a representation of reality or the result of an algorithm. And that's sad. It used to be, you'd see a beautiful image, and you would know that it had captured something of reality. And that's no longer the case. And that's worth considering.

**"Any fool can criticize, condemn and complain – and most fools do. But it takes character and self control to be understanding and forgiving."**

**Dale Carnegie**



it's your life  
you understand



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