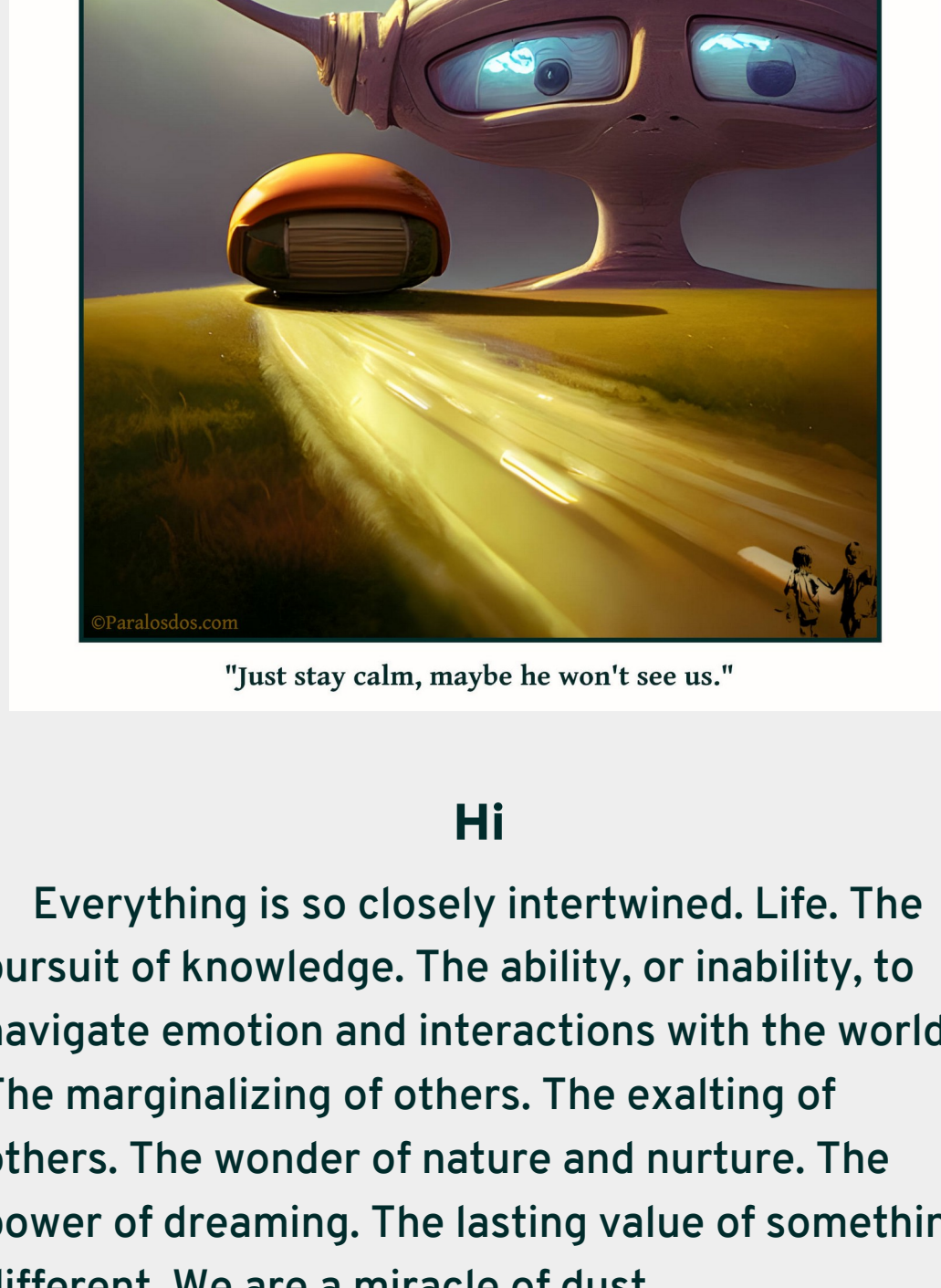


# Change Happens

Have a great day,  
find your way



## Hi

Everything is so closely intertwined. Life. The pursuit of knowledge. The ability, or inability, to navigate emotion and interactions with the world. The marginalizing of others. The exalting of others. The wonder of nature and nurture. The power of dreaming. The lasting value of something different. We are a miracle of dust.

## Learn

### How to Get Smarter Every Day, According to Neuroscience

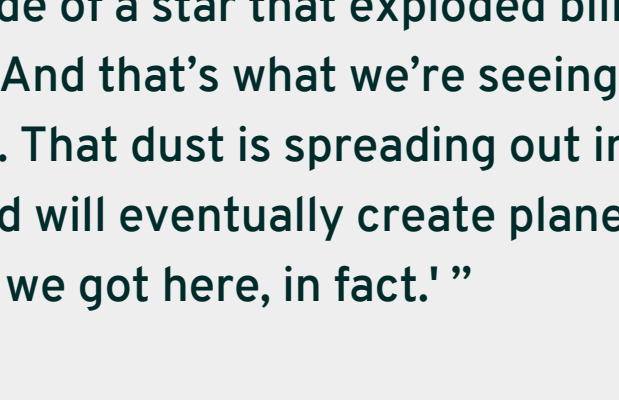


"Once you've mastered a new game, a new process, a new skill, a new anything--move on to something new. At work. At home. Anywhere. Just keep challenging yourself."

"The more you learn, the more likely you will be able to associate "old" knowledge to new things. Which means you only have to learn differences or nuances. And you'll be able to apply greater context, which also helps with memory storage and retrieval, to the new information you learn."

## Stardust, for real

### James Webb Telescope's Rare New Image of a Dying Star



"Studying Webb's image of WR 124 may also help scientists understand the universe's early years. Early stars forged heavy elements in their cores and, when they died, they spread those elements throughout the universe—including some found here on Earth."

"'This is one of the most beautiful concepts in all of astronomy,' said NASA astrophysicist Amber Straughn this week at the conference, as reported by CNN's Ashley Strickland. 'This is Carl Sagan's stardust concept, the fact that the iron in your blood and the calcium in your bones was literally forged inside of a star that exploded billions of years ago. And that's what we're seeing in this new image. That dust is spreading out into the cosmos and will eventually create planets. And this is how we got here, in fact.'"

## You are who you are

### The Superpowers of Sensitive People



"No doubt, sensitivity evolved to help people survive. If you could easily absorb information from your surroundings, you could be more alert to dangers and opportunities—like an approaching predator or a nearby water source."

"Even though many people have this trait, it's not uncommon for sensitive people to be criticized. People may say you're "too sensitive" in a pejorative way, assuming it's a weakness—especially if you're a sensitive boy or man."

"'Rather than seeing sensitivity as a weakness, we need to start seeing it for what it actually is—a strength.'"

March 19, 1911

### International Women's Day Not that long ago



## Wiki Rabbit Hole

International Women's Day (IWD) is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women. Spurred on by the universal female suffrage movement, IWD originated from labor movements in North America and Europe during the early 20th century.

The UN observes the holiday in connection with a particular issue, campaign, or theme in women's rights. In some parts of the world, IWD still reflects its political origins, being marked by protests and calls for radical change; in other areas, particularly in the West, it is largely sociocultural and centered on a celebration of womanhood. Some people say this day is not needed while others say it is a necessary step towards the representation of women, equal rights and justice.

## Nurture over nature

### 'Extraordinary' sighting of orca with baby pilot whale astounds scientists



"Orcas, or killer whales, are apex predators, best known for their ferocious hunting techniques. So when a female was seen apparently caring for the offspring of another species, it came as a bit of a surprise."

"The question researchers have been unable to answer is whether the calf was adopted after being orphaned or abandoned, or whether Sædis stole the calf from its parents."

"Although this is the first time this behaviour, called interspecific alloparenting, has been observed in orcas, it has been seen in other cetacean species. Short-beaked common dolphins, common bottlenoses, Indian Ocean humpbacks and Indo-Pacific humpbacks have all been observed looking after the young of other species."

## How alike we are

### What Your Dreams Mean, According to Sleep Experts

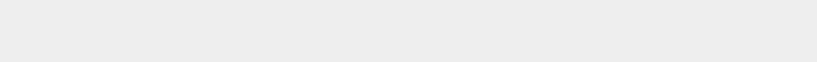


"Other common dreams, which may or may not be archetypes depending on what's happening in your life at the time you have the dream, include:

- Showing up late for something important
- Being chased by someone or something
- Flying
- Dreams about sexual relations that shouldn't happen in real life (such as you or your partner engaging in relations with someone else)
- Encountering someone who has died
- Being lost
- Being paralyzed or unable to speak
- Being naked or embarrassed in front of a crowd

## A way with words

### Phrases You Use Without Realizing You're Quoting William Shakespeare



"William Shakespeare devised new words and countless plot tropes that still appear in everyday life. Famous quotes from his plays are easily recognizable; phrases like 'To be or not to be,' 'wherefore art thou, Romeo,' and 'et tu, Brute?'" instantly evoke images of wooden stages and Elizabethan costumes. But an incredible number of lines from his plays have become so ingrained into modern vernacular that we no longer recognize them as lines from plays at all."

"Archeologists have discovered new 1000 year old paintings in a cave, and guys, they're bad."

Michael Che



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