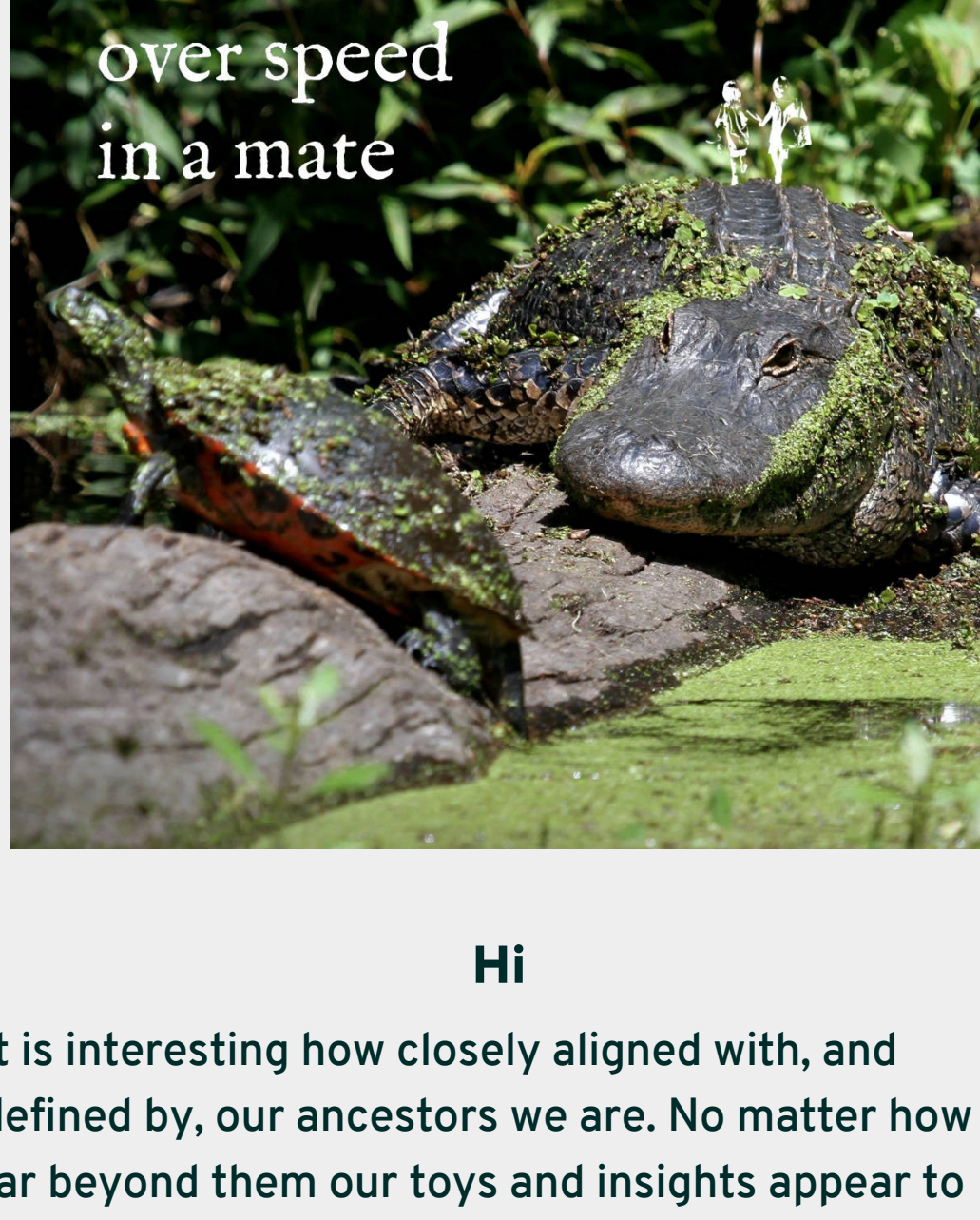


Change Happens

Have a great day,
find your way

turtles value awareness over speed in a mate



Hi

It is interesting how closely aligned with, and defined by, our ancestors we are. No matter how far beyond them our toys and insights appear to take us they remain wholly recognizable.

Will we be recognizable to our descendants in 70,000 years?

Machines have not fundamentally changed our existence, we are our ancestor's children still.

Machine learning is about to change our existence fundamentally.

It seems that as long as external power is being generated we will continue to, collectively, resolve ourselves into our machines.

We are fully in the time of an existential crossroads. There will be nothing boring about the next few hundred years.

It appears our ancestors may have been foodies

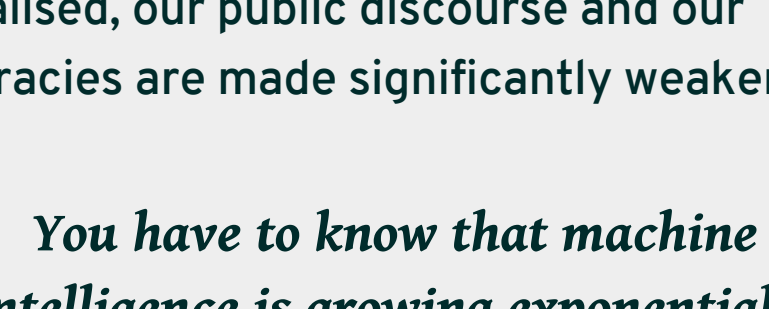
Neanderthals cooked meals with pulses 70,000 years ago



" Stone Age cooks were surprisingly sophisticated, combining an array of ingredients and using different techniques to prepare and flavor their meals, analysis of some the earliest charred food remains has suggested. "

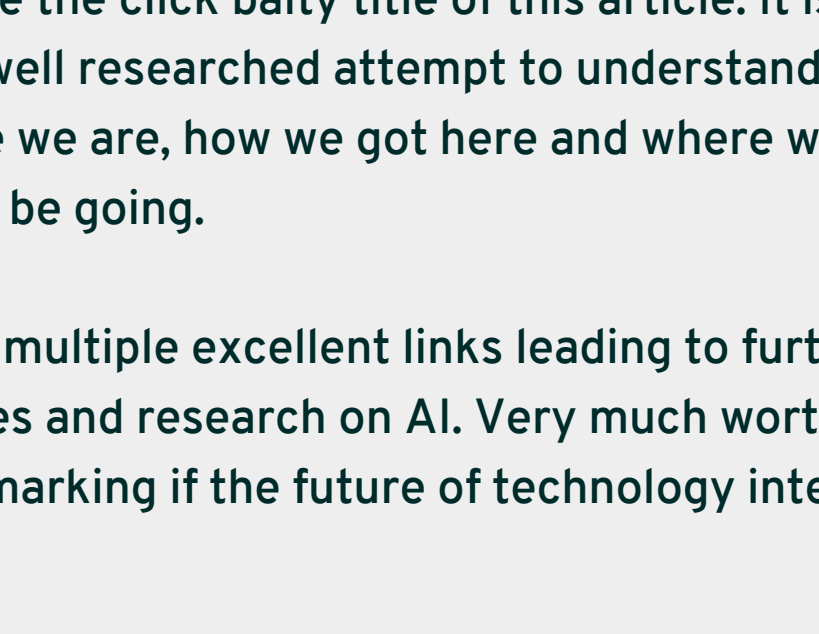
" Sophisticated techniques of food preparation had a much deeper history than previously thought. "

'Publishing is not a crime': Media groups urge US to drop Julian Assange charges



" Obtaining and disclosing sensitive information when necessary in the public interest is a core part of the daily work of journalists. If that work is criminalised, our public discourse and our democracies are made significantly weaker. "

You have to know that machine Intelligence is growing exponentially AI experts are increasingly afraid of what they're creating



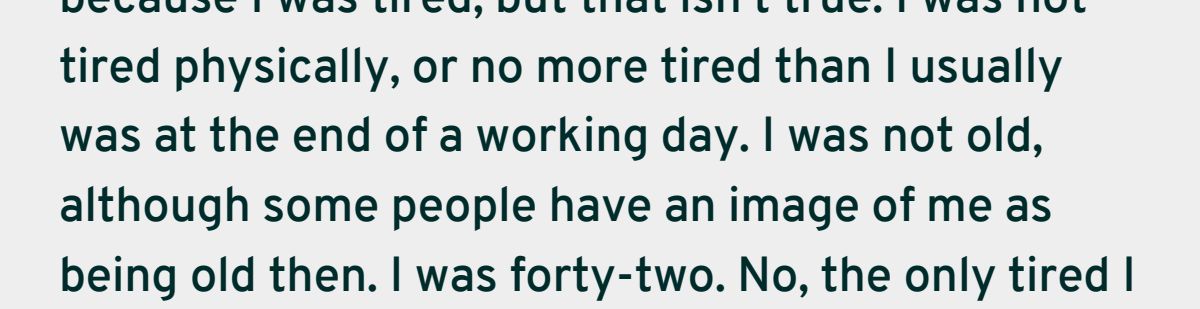
Ignore the click baity title of this article. It is a very well researched attempt to understand AI – where we are, how we got here and where we might be going.

It has multiple excellent links leading to further articles and research on AI. Very much worth bookmarking if the future of technology interests you.

December 1, 1955

Rosa Parks

One Person Can Make A Difference

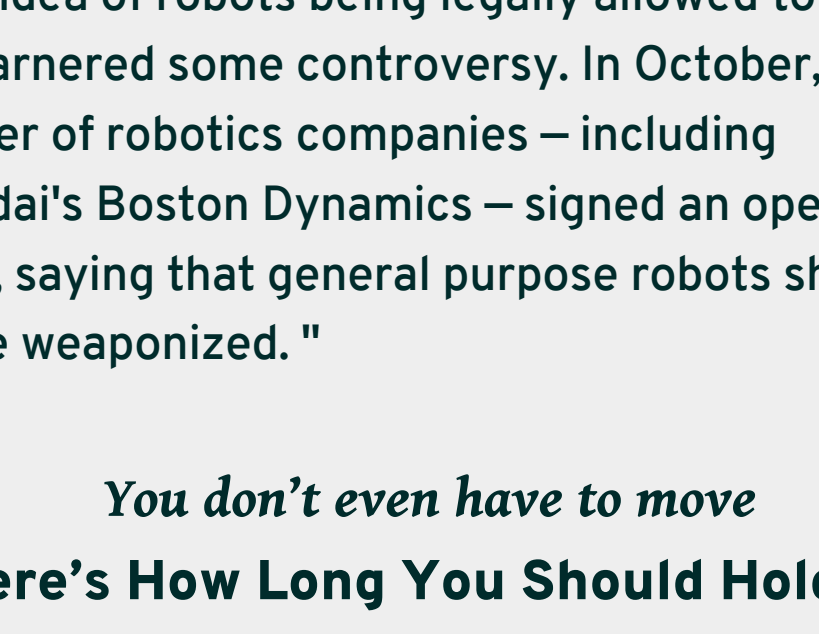


Wiki Rabbit Hole

" People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was forty-two. No, the only tired I was, was tired of giving in. "

Dystopian nightmare scenario aside, this just seems like a bad idea

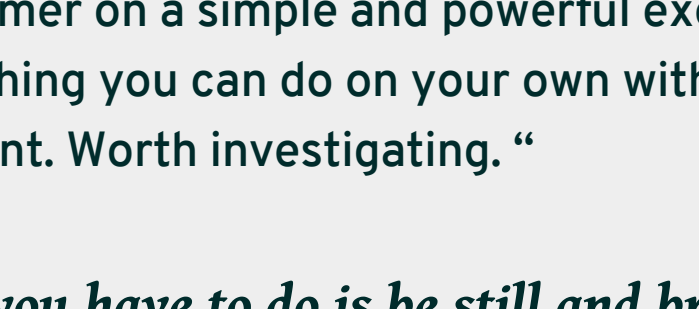
San Francisco considers allowing law enforcement robots to use lethal force



" The idea of robots being legally allowed to kill has garnered some controversy. In October, a number of robotics companies – including Hyundai's Boston Dynamics – signed an open letter, saying that general purpose robots should not be weaponized. "

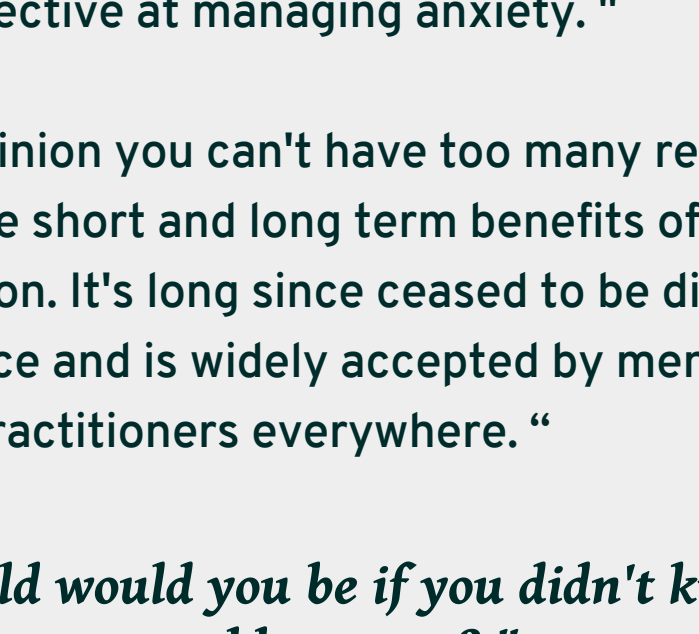
You don't even have to move

Here's How Long You Should Hold A Plank For A Stronger Core



" A plank exercise primarily targets your core muscles, but recruits your shoulders, back, glutes, and leg muscles for support. "

All you have to do is be still and breath Daily meditation may work as well as a popular drug to calm anxiety, study finds

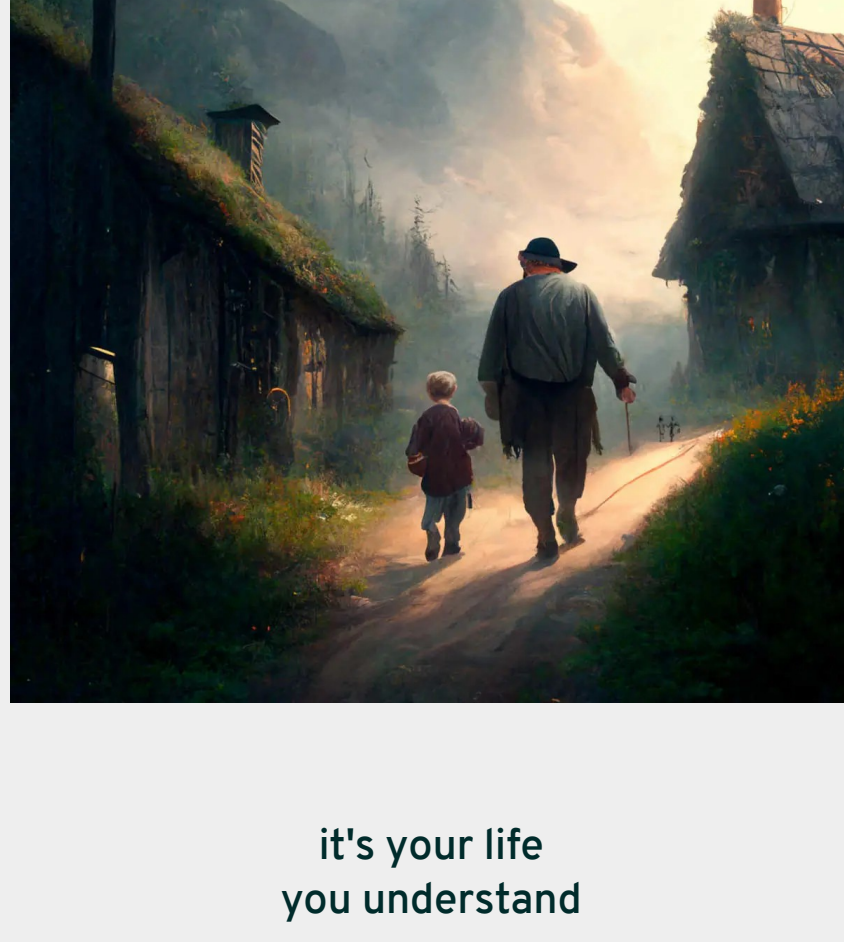


" Meditation is a well known method of calming anxiety, but now there's new evidence showing it to be effective at managing anxiety. "

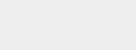
In my opinion you can't have too many reminders about the short and long term benefits of meditation. It's long since ceased to be dismissed by science and is widely accepted by mental health practitioners everywhere. "

" How old would you be if you didn't know how old you are? "

Satchel Paige



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