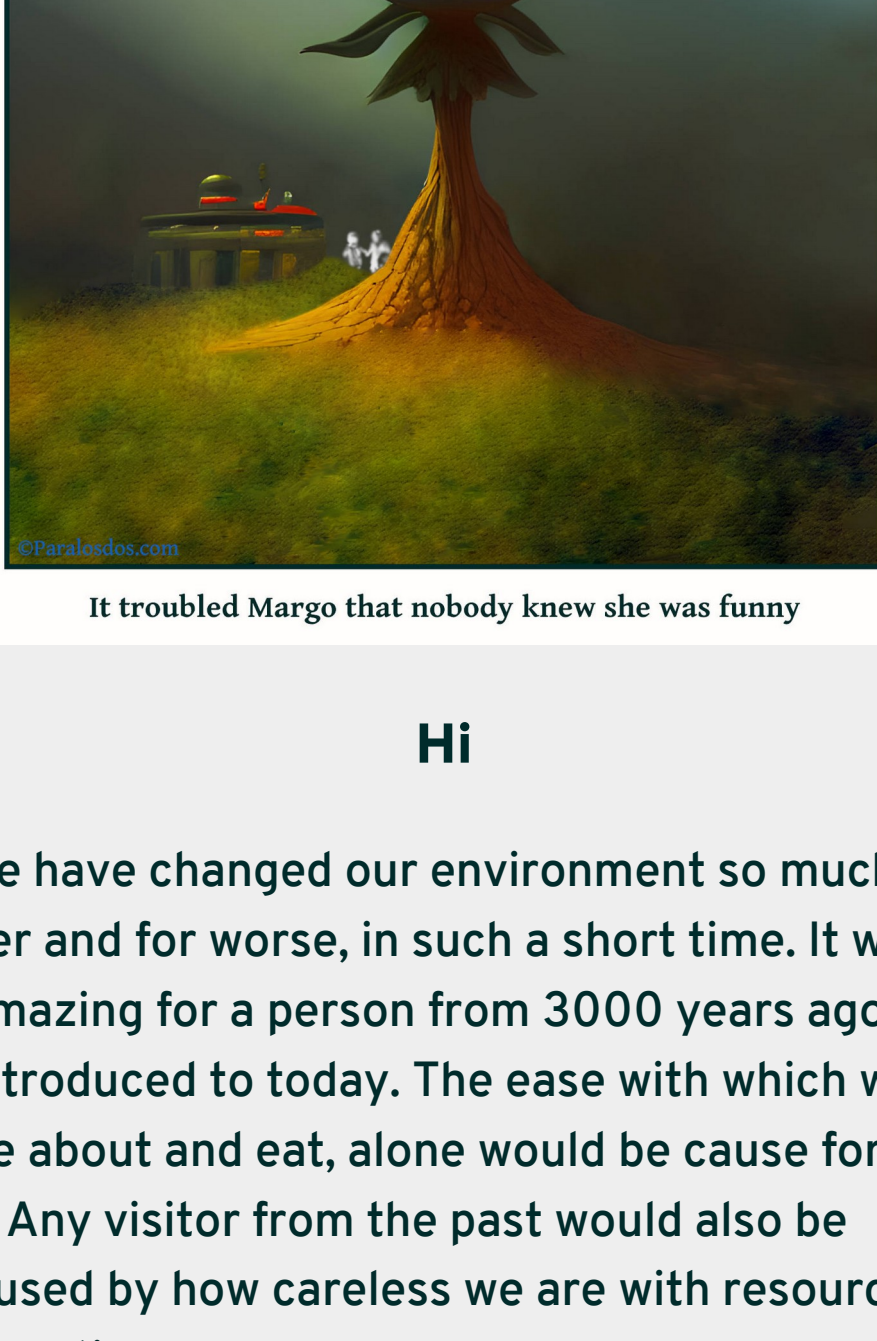


Change Happens

Have a great day,
find your way

The Alien Life



It troubled Margo that nobody knew she was funny

Hi

We have changed our environment so much, for better and for worse, in such a short time. It would be amazing for a person from 3000 years ago to be introduced to today. The ease with which we move about and eat, alone would be cause for awe. Any visitor from the past would also be confused by how careless we are with resources and our time.

With gestures, we could try to explain the juxtaposition of the disgrace that is the junkyard of Everest now, with the elegance and beauty of some of our creations. Maybe even explain our penchant for wasting endless time and energy on trivialities and virtual distractions, while flying into outer space. It would be a remarkable encounter for all.

They don't make them like they used to

The world's oldest pants are a 3,000-year-old engineering marvel



" With the help of an expert weaver, archaeologists have unraveled the design secrets behind the world's oldest pants. The 3,000-year-old wool trousers belonged to a man buried between 1000 and 1200 BCE in Western China. To make them, ancient weavers combined four different techniques to create a garment specially engineered for fighting on horseback, with flexibility in some places and sturdiness in others. "

This does not always mean that

An Illustrated Guide to Mouth Gestures and Their Meanings Around the World



" We might believe that the seat of speech (without considering ventriloquists and flatulists) has no need for the assistance of hand gestures when it comes to expressing emotions and sensations. Numerous adjectives confirm this to be true: foul, open, loud, smart, foaming, pouty, watering – the mouth can be all of these things and many more still. "

The wonderful world of weird

The strange survival of Guinness World Records

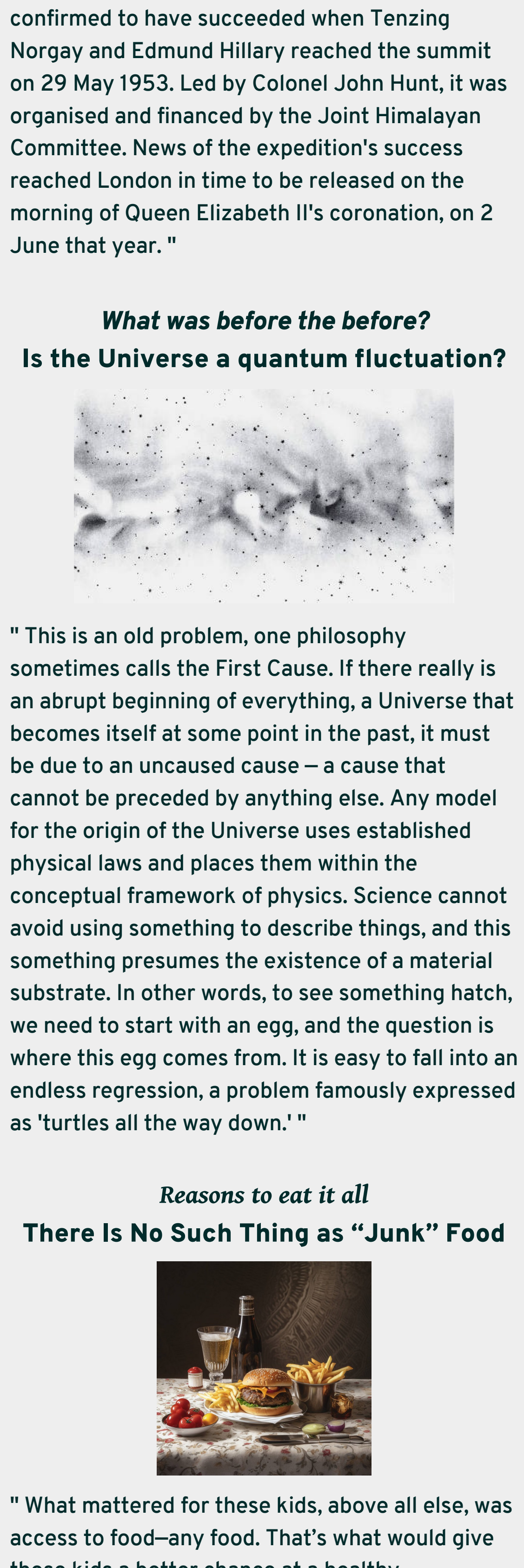


" It is strange to think of Guinness World Records – a business named after a beer company, which catalogues humanity's most batshit endeavours – as the kind of entity that could sell out. At first glance, it seems like accusing Alton Towers or Pizza Express of selling out. But the deeper I delved into the world of record breaking, the more sense it made. In spite of its absurdity, or maybe because of it, record breaking is a reflection of our deepest interests and desires. Look deeply enough at a man attempting to break the record for most spoons on a human body, or the woman seeking to become the oldest salsa dancer in the world, and you can find yourself starting to believe that you're peering into humanity's soul. "

May 29, 1953

British Mount Everest Expedition

Tenzing Norgay

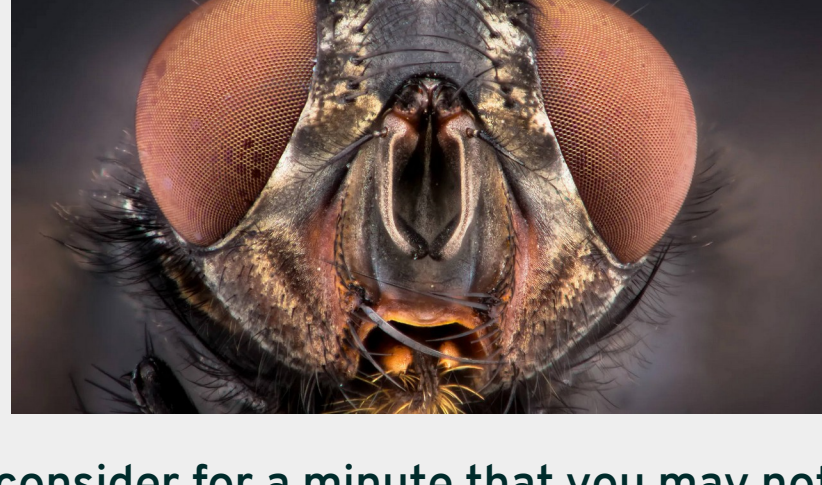


Wiki Rabbit Hole

" The 1953 British Mount Everest expedition was the ninth mountaineering expedition to attempt the first ascent of Mount Everest, and the first confirmed to have succeeded when Tenzing Norgay and Edmund Hillary reached the summit on 29 May 1953. Led by Colonel John Hunt, it was organised and financed by the Joint Himalayan Committee. News of the expedition's success reached London in time to be released on the morning of Queen Elizabeth II's coronation, on 2 June that year. "

What was before the before?

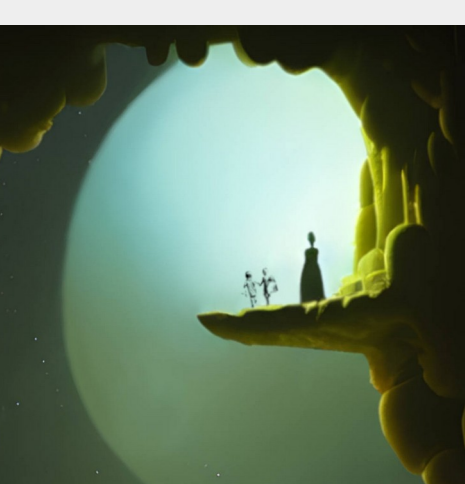
Is the Universe a quantum fluctuation?



" This is an old problem, one philosophy sometimes calls the First Cause. If there really is an abrupt beginning of everything, a Universe that becomes itself at some point in the past, it must be due to an uncaused cause – a cause that cannot be preceded by anything else. Any model for the origin of the Universe uses established physical laws and places them within the conceptual framework of physics. Science cannot avoid using something to describe things, and this something presumes the existence of a material substrate. In other words, to see something hatch, we need to start with an egg, and the question is where this egg comes from. It is easy to fall into an endless regression, a problem famously expressed as 'turtles all the way down.' "

Reasons to eat it all

There Is No Such Thing as “Junk” Food



" What mattered for these kids, above all else, was access to food—any food. That's what would give those kids a better chance at a healthy, productive, rewarding life: not going hungry. Surely, vitamins and minerals are important. But sometimes the junky foods can actually aid health conditions: One of the best ways to combat a migraine, for example, is drinking a Coke. Or they help with parenting: Some kids, including those with sensory issues, need food in whatever form they'll consume it. Chicken nuggets are fantastic protein bombs. A cup of apple juice can keep a chronically constipated kid's bowels regular. Some people, regardless of age, need more salt in their diet, not less; some people need more fat, or caffeine, or dairy, or none at all. And others just need more things in their lives that are delicious—that remind them of the true bounty and delights of being human. "

More explaining than defending

In defence of flies. Yes, really.



" But consider for a minute that you may not really know flies. Or rather, the flies you likely do know – the house flies, the mosquitos, the gnats – are just a tiny, tiny fraction of an enormous group of insects that is, on the whole, quite wonderful. It also supports our very existence. "

" Flies are also anatomical marvels, Hartop said. In addition to a pair of wings, they have special balancing organs called halteres that function like gyroscopes, allowing flies to turn sharp corners, hover, and land upside down. 'They're called flies for a reason,' Hartop said. 'They are amazing aerial acrobats.' "

“How vain it is to sit down to write when you have not stood up to live.”

Henry David Thoreau

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