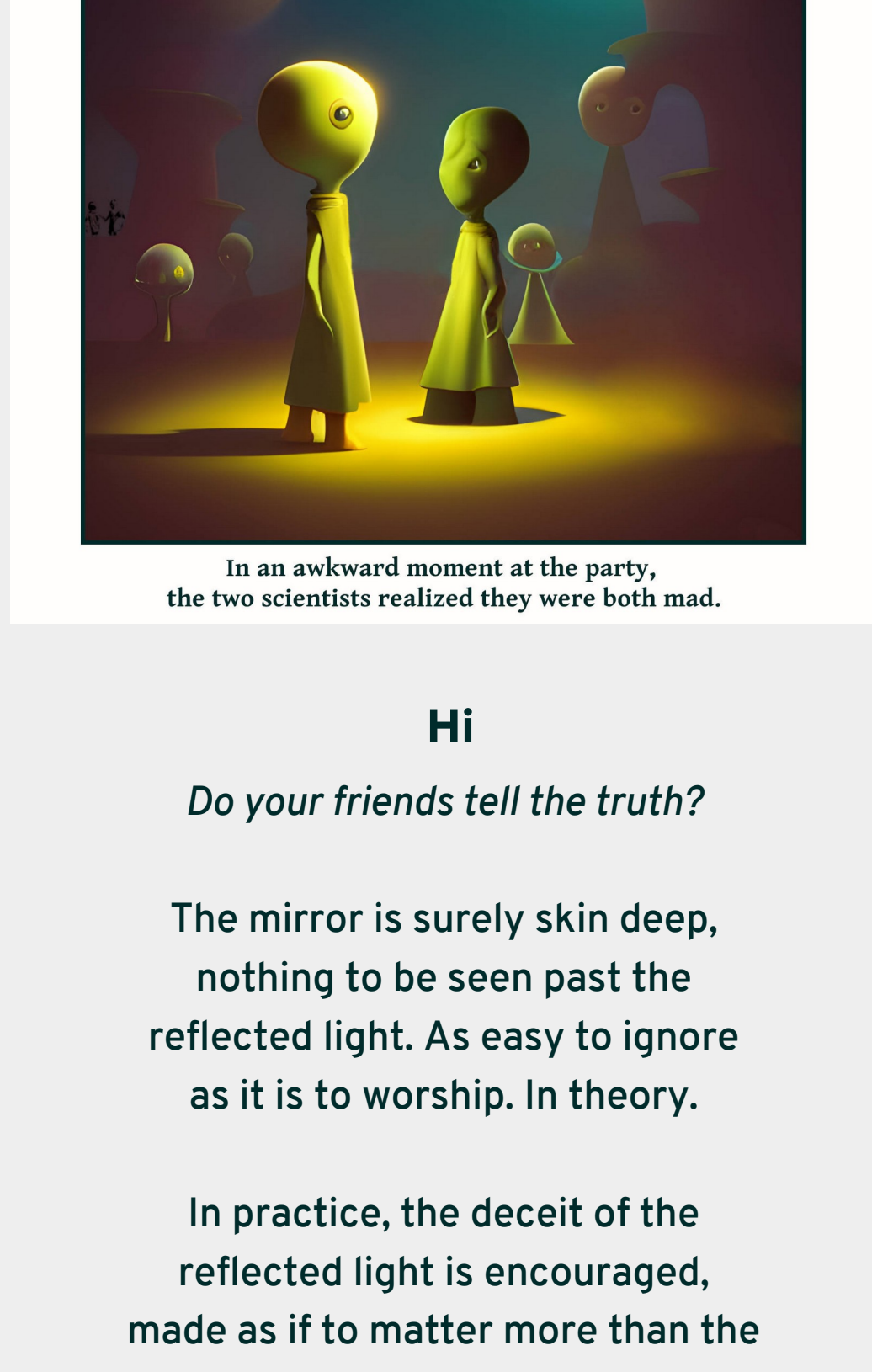


Change Happens

Have a great day,
find your way



Hi

Do your friends tell the truth?

The mirror is surely skin deep,
nothing to be seen past the
reflected light. As easy to ignore
as it is to worship. In theory.

In practice, the deceit of the
reflected light is encouraged,
made as if to matter more than the
truth behind these waves returned.

The truth that you are measured
by the company that you keep.
The mirror marks only time,
my companions mark me.

No masks on these voyages

**Columbus was neither the first
nor the nicest. But his voyage
was the most important**

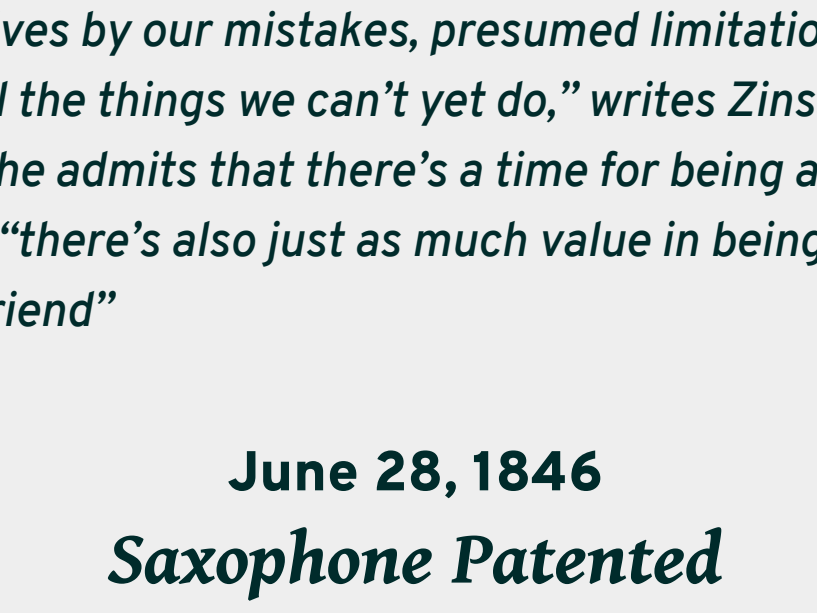


" Before Columbus, the Americas were a self-contained ecosystem sealed off from the rest of the world by two massive oceans. After Columbus came conquest and genocide but also new animals, plants, peoples, ideas, and diseases – in both directions. As this map shows, new things flowed into the New World from Europe, Africa, and Asia, and vice versa. This is the Columbian Exchange, and it made the world as we know it. Before the Columbian Exchange, there were no pineapples in Hawaii, no chocolate in Switzerland, and no coffee in Colombia. "

" Just imagine if the reverse had been the case, and the Spanish conquistadors had dropped dead shortly after landing from some unknown American bacterium. Perhaps the flow of conquest would have been reversed, and the cities of Europe would now be crowned by Aztec pyramids instead of Christian cathedrals. " A paradigm shift occurs when one paradigm theory is replaced by another. "

Not a killer

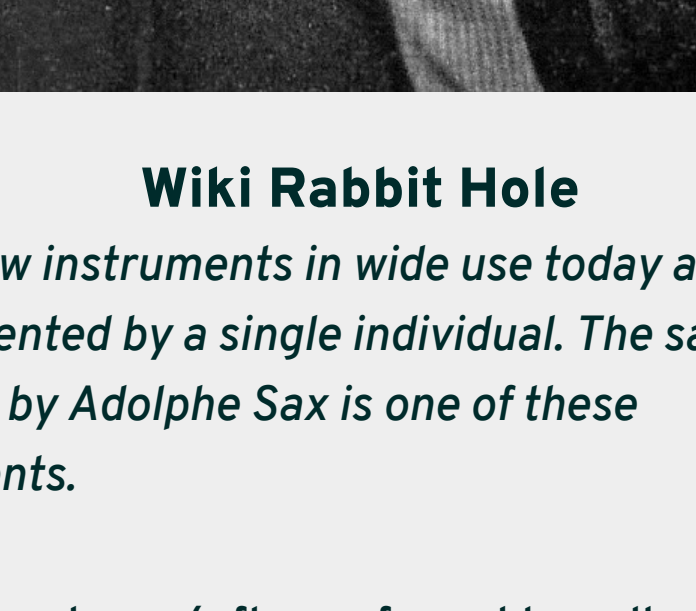
This Interactive Shark Attack Map Shows It's Safe to Go Back in the Water



" The researchers behind the map hope it will illustrate that humans pose a greater risk to sharks than the reverse. As the website reads, the risk of death by shark attack, 'is almost nonexistent. Although humans kill approximately 100 million sharks annually, sharks kill as few as five humans each year.' "

The guy in the picture knows

**How to learn
the trick of confidence**

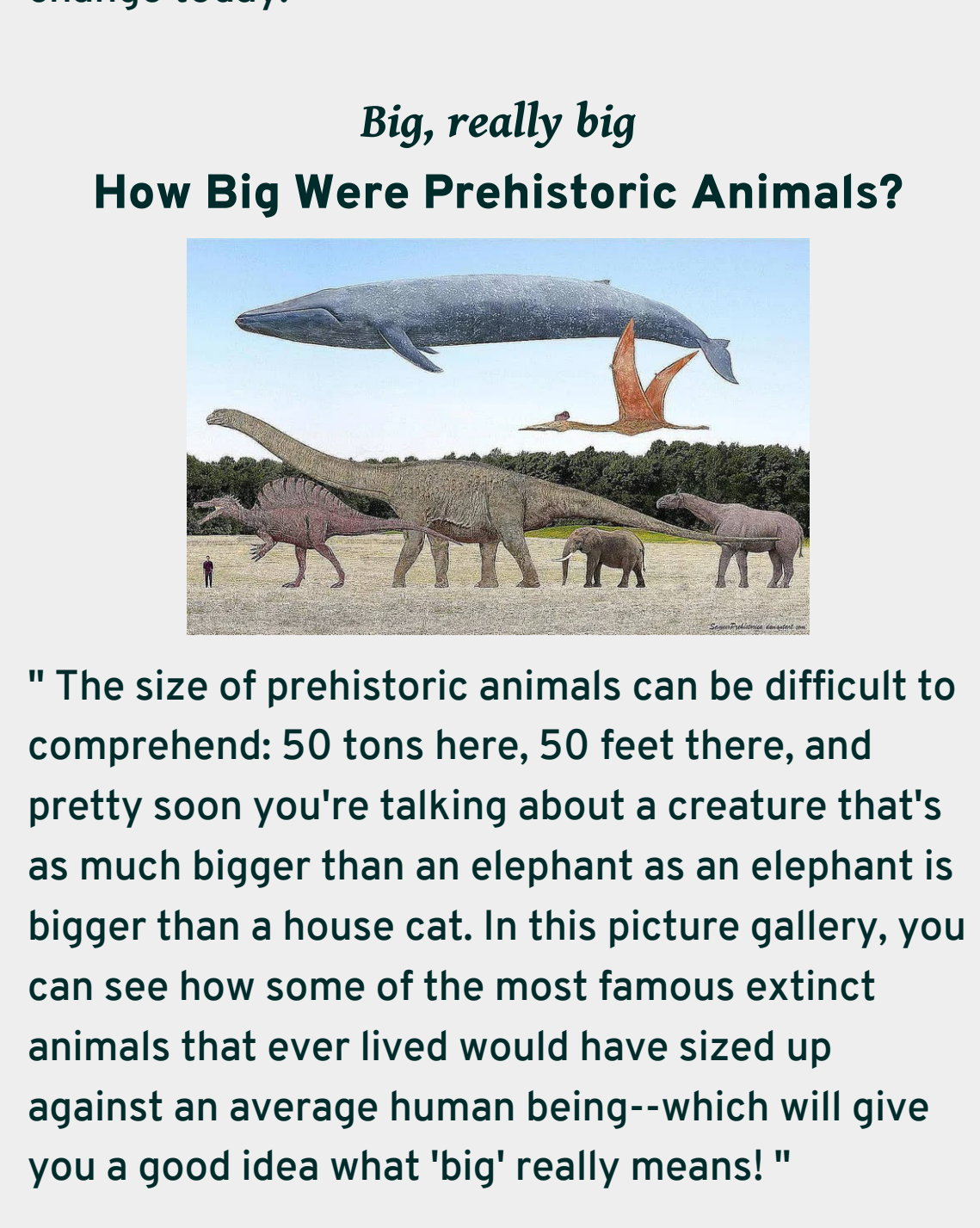


" Although we tend to think of it as a sense of belief in one's own ability, he finds this unhelpful because it neglects a crucial fact: we are hardwired to perform skills unconsciously. When we're in the zone – whether during a tennis match, maths exam or violin concerto – we're not critically assessing each movement but operating in a free-flowing state. 'If you're hung up with the mechanics, and trying to think about what you're doing as you're doing it, you access a whole lot of neural pathways that tie you up,' he says. He defines confidence, then, as having 'the sense of certainty about your ability that allows you to do something without thinking about it: that allows you to execute more or less unconsciously.' "

"There is a curious tendency in our modern world to over-identify with our shortcomings and even define ourselves by our mistakes, presume limitations, and all the things we can't yet do," writes Zinsser. While he admits that there's a time for being a harsh critic, "there's also just as much value in being one's best friend"

June 28, 1846

**Saxophone Patented
Adolphe Sax**



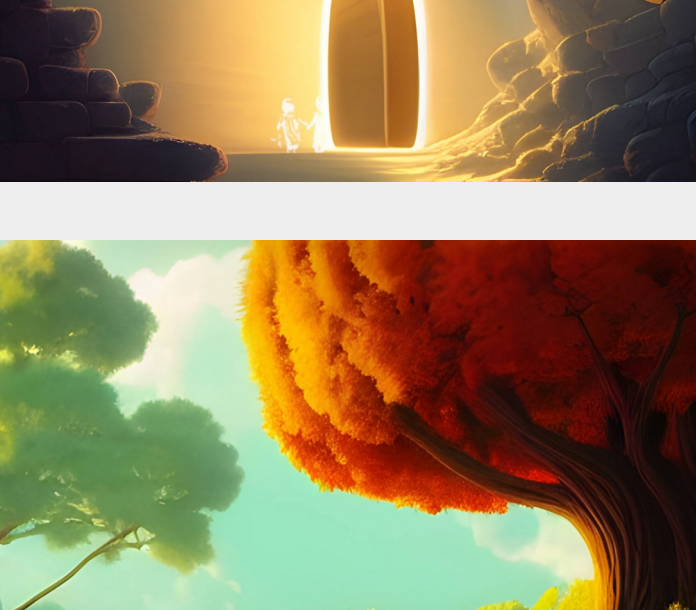
Wiki Rabbit Hole

Only a few instruments in wide use today are known to be invented by a single individual. The saxophone, invented by Adolphe Sax is one of these instruments.

" The saxophone (often referred to colloquially as the sax) is a type of single-reed woodwind instrument with a conical body, usually made of brass. As with all single-reed instruments, sound is produced when a reed on a mouthpiece vibrates to produce a sound wave inside the instrument's body. The pitch is controlled by opening and closing holes in the body to change the effective length of the tube. The holes are closed by leather pads attached to keys operated by the player. Saxophones are made in various sizes and are almost always treated as transposing instruments. "

Time Capsules

The Coolest Library on Earth



" Ice cores serve as important historical records for scientists interested in how our planet's climate has changed, whether in the distant past or more recently. Like tree rings, layers of snow that fell and formed these cores can be counted and correlated to years in the past. In a core drilled from a place that sees minimal melting, 'all those annual layers of snowfall are just in one undisturbed sequence back in time,' Steffensen says. 'The deeper you go, the farther back in time you go.' "

" The study of deep ice cores from the Arctic and Antarctica, like the ones stored in Copenhagen, has helped demonstrate how human activity, rather than natural cycles, is causing climate change today. "

Big, really big

How Big Were Prehistoric Animals?

" The size of prehistoric animals can be difficult to comprehend: 50 tons here, 50 feet there, and pretty soon you're talking about a creature that's as much bigger than an elephant as an elephant is bigger than a house cat. In this picture gallery, you can see how some of the most famous extinct animals that ever lived would have sized up against an average human being--which will give you a good idea what 'big' really means! "

For mine Irish to read
**Everything You Know
About Corsets Is False**

" The corset has a bad reputation. And unfairly so, according to Valerie Steele, director and chief curator of The Museum at the Fashion Institute of Technology, who says this undergarment of centuries past is not nearly as evil or confining as modern folks have come to believe. "

" Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable. "

Helen Keller

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