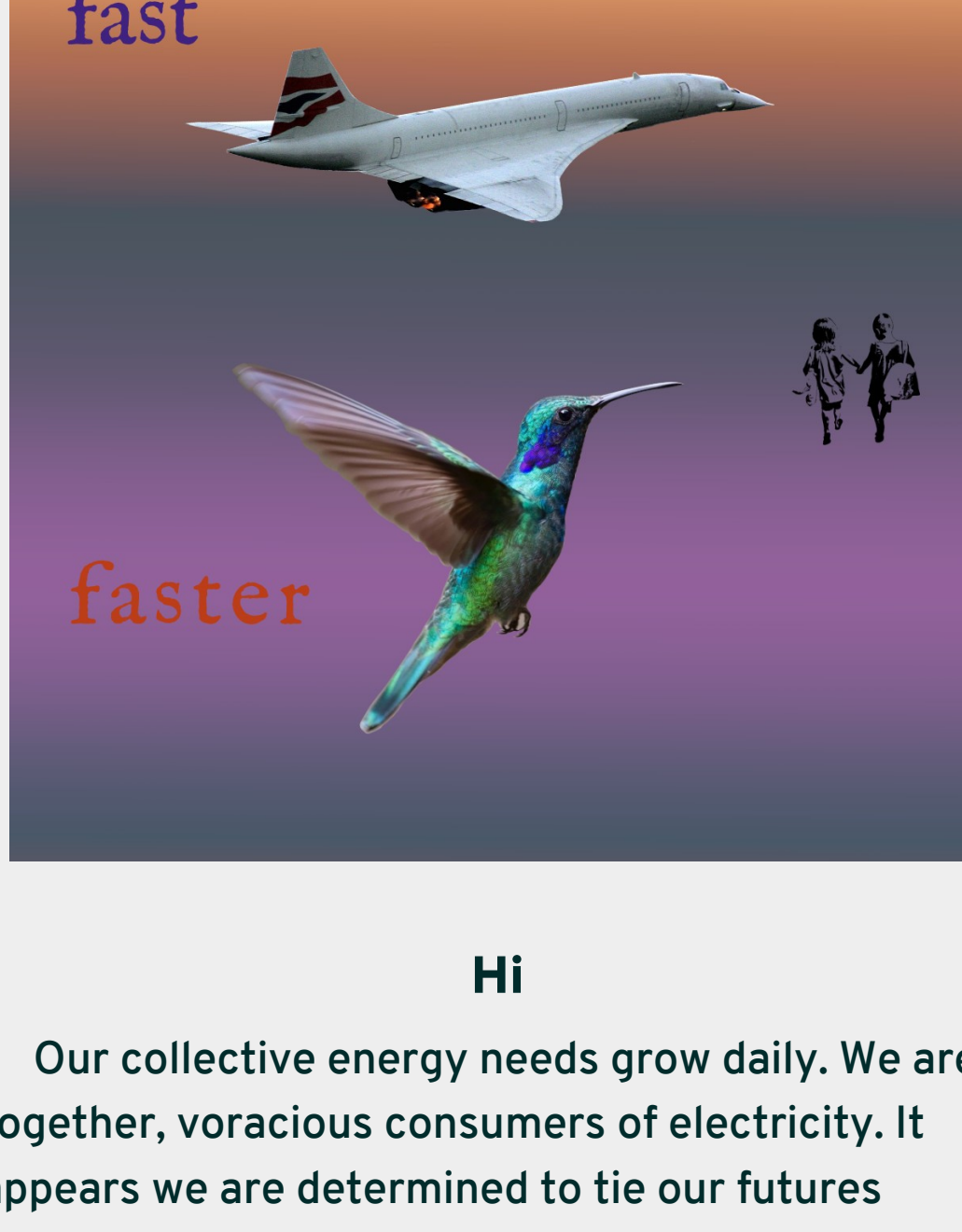


Change Happens

Have a great day,
find your way



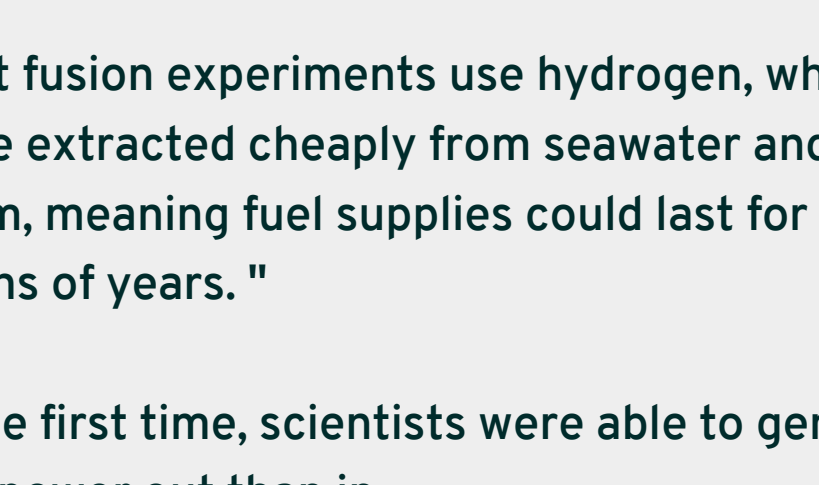
Hi

Our collective energy needs grow daily. We are, together, voracious consumers of electricity. It appears we are determined to tie our futures entirely to machines.

Just over a hundred years removed from the first flight and here we are – the possibility of nuclear fusion. The very real possibilities of an almost unlimited, and clean, source of energy.

This is the future of energy

Nuclear fusion breakthrough – what is it and how does it work?



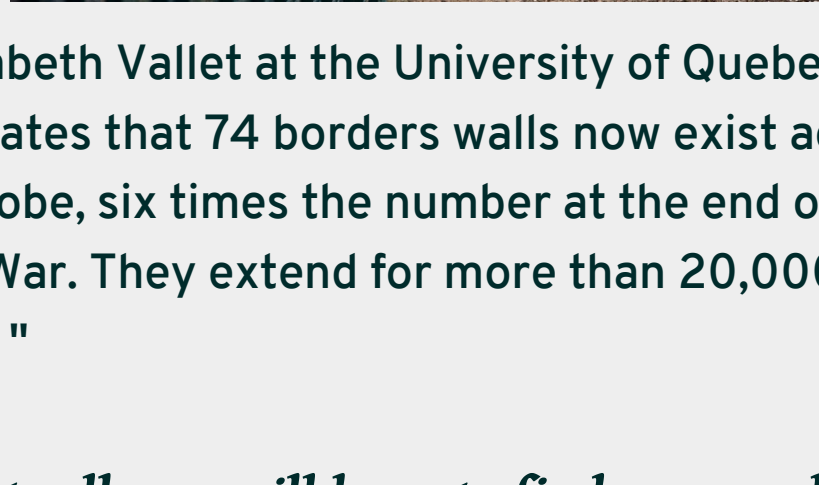
" Nuclear fusion doesn't need fossil fuels like oil or gas. It also doesn't generate greenhouse gases, which trap the Sun's heat and are responsible for climate change. "

" Most fusion experiments use hydrogen, which can be extracted cheaply from seawater and lithium, meaning fuel supplies could last for millions of years. "

For the first time, scientists were able to generate more power out than in.

20,000 miles of fence

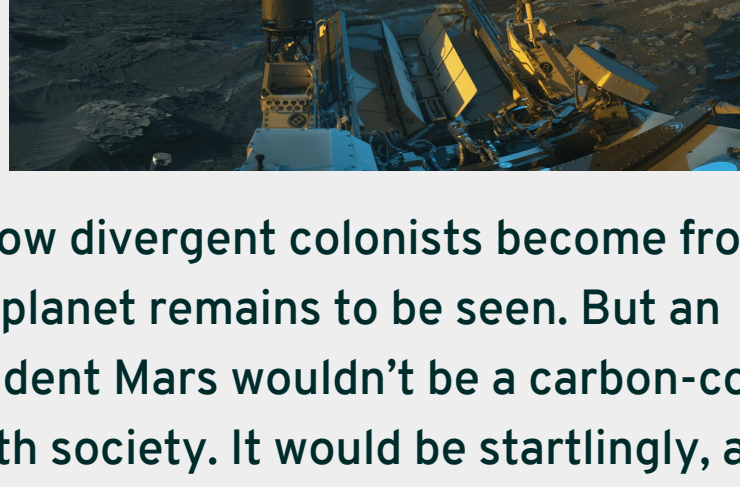
Fenced In: How the Global Rise of Border Walls Is Stifling Wildlife



" Elisabeth Vallet at the University of Quebec calculates that 74 borders walls now exist across the globe, six times the number at the end of the Cold War. They extend for more than 20,000 miles. "

Eventually we will have to find a new address

Thriving on Mars



" Just how divergent colonists become from the mother planet remains to be seen. But an independent Mars wouldn't be a carbon-copy of any Earth society. It would be startlingly, and profoundly, alien. "

This is an excellent article that examines the incredibly complex calculations and preparations that would be necessary to colonize Mars. Really interesting for the science minded, the dreamer and the nerd.

December 17, 1903

The Wright Flyer

First Sustained Flight



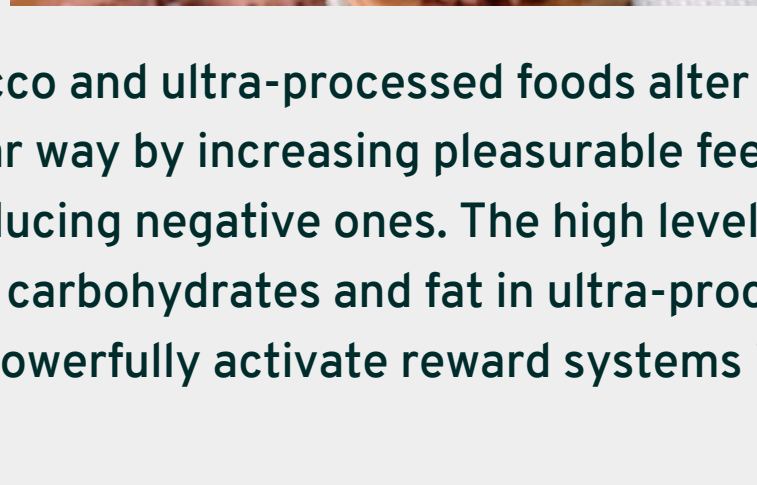
Wiki Rabbit Hole

On this day in 1903 near Kitty Hawk, North Carolina, brothers Orville and Wilbur Wright made the first successful sustained flights in an airplane – Orville first, gliding 120 feet (36.6 meters) through the air in 12 seconds.

Invented and flown by the Wright brothers, it marked the beginning of the era of human aviation.

Tobacco companies, and their approach to health, are profoundly part of food production and distribution

Foods high in added fats and refined carbs are like cigarettes – addictive and unhealthy



" Tobacco and ultra-processed foods alter mood in a similar way by increasing pleasurable feelings and reducing negative ones. The high levels of refined carbohydrates and fat in ultra-processed foods powerfully activate reward systems in the brain. "

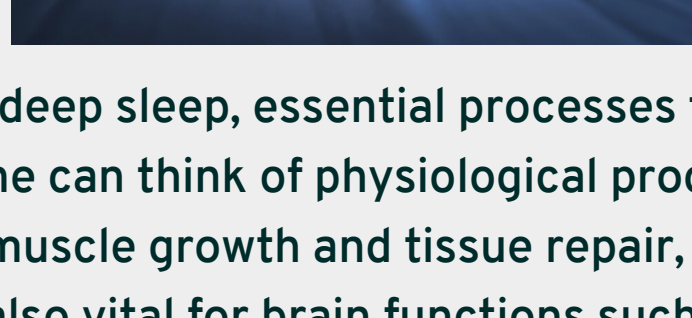
" The addictive nature of these ultra-processed foods undermines consumers' free will and health in the service of profits. Yet, there is an important difference between tobacco and ultra-processed foods. We all have to eat. "

(<https://www.pbs.org/wqbh/pages/frontline/shows/settlement/big/owns.html> – This link is outdated, but it shines a light on the vast scope of ownership that big tobacco has in the food industry)

There is no number — get the sleep you need

Why you don't actually need

8 hours of sleep



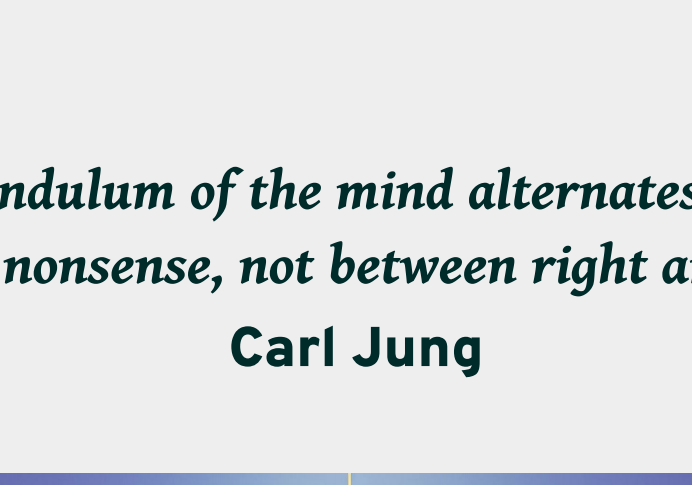
" During deep sleep, essential processes take place. One can think of physiological processes such as muscle growth and tissue repair, but deep sleep is also vital for brain functions such as memory. Not getting enough deep sleep can compromise all of these processes and on top of that, you will be sleepy and listless the next day. "

" Most people function just fine on less than 8 hours of sleep a night, as long as they get enough deep sleep. Try not to fixate on 8 hours of sleep. It's better to have a short deep sleep than a long, restless, and light sleep. "

You have to laugh

No Two Alike:

Pictures of the year: Oddly



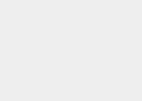
A mostly pleasant collection of images depicting the weirdness of humans, and other animals.

" The pendulum of the mind alternates between sense and nonsense, not between right and wrong "

Carl Jung



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