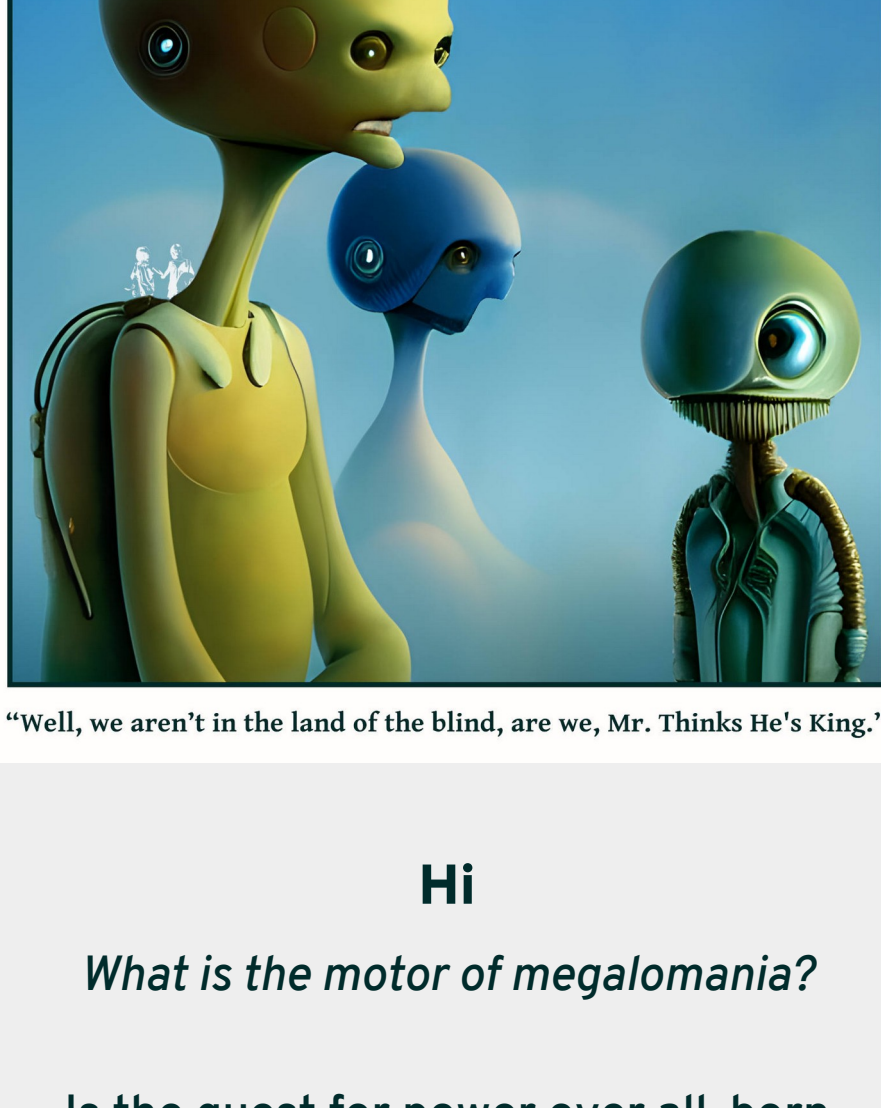


Change Happens

Have a great day,
find your way

The Alien Life



"Well, we aren't in the land of the blind, are we, Mr. Thinks He's King."

Hi

What is the motor of megalomania?

Is the quest for power over all, born inevitable or through circumstance?

Ambition without satisfaction seems a common thread, the pursuit of an always out of reach conclusion. Perhaps a vessel too empty, never to be filled

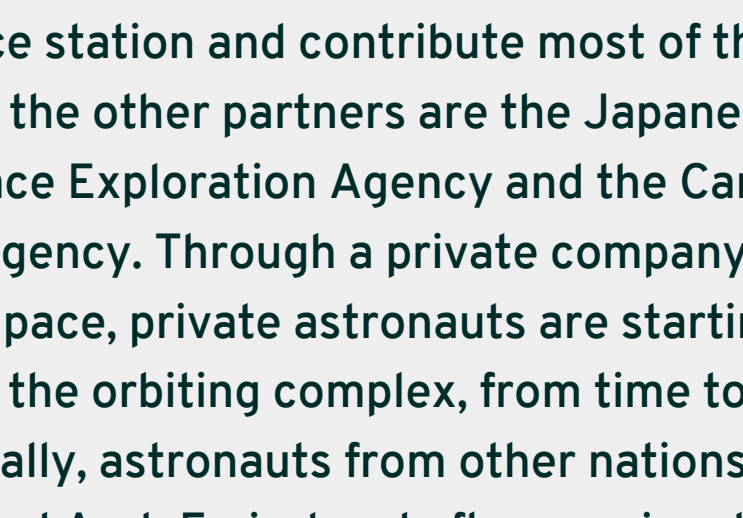
So many levels to this conceit - a low bully here, a house tyrant there. Yield, to the misplaced manager of a few, to the fully formed despot come to power armed

All disquieted by anything that lives beyond the reach of their frustration. More. More, the only direction followed in a forever effort to crest this pinnacle of need

So much damage at the hands of an emptiness that everything can't fill

Bad for bones

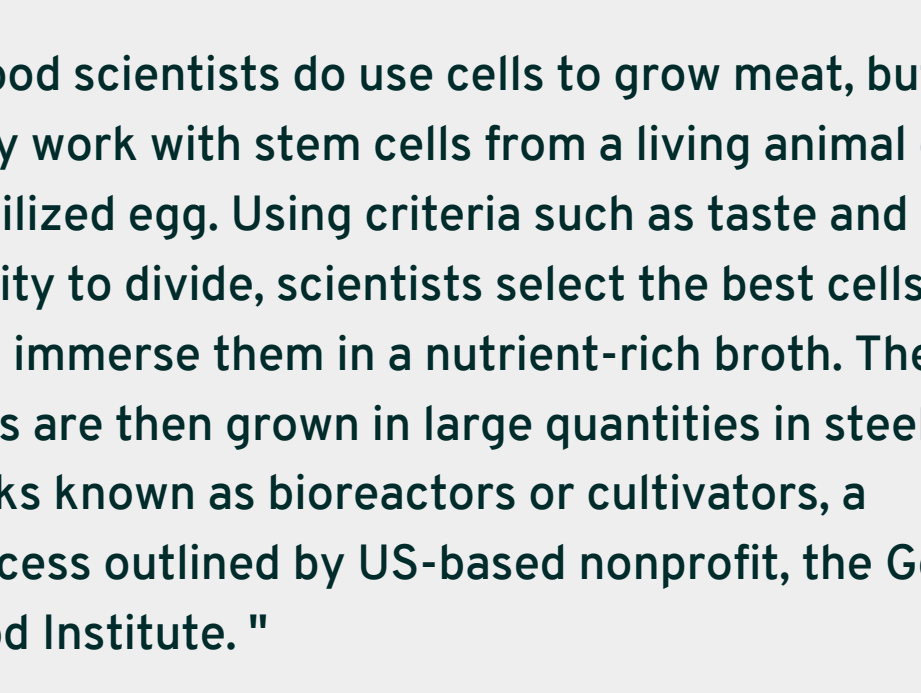
International Space Station – Everything you need to know



" The ISS includes contributions from 15 nations. NASA (United States), Roscosmos (Russia) and the European Space Agency are the major partners of the space station and contribute most of the funding; the other partners are the Japanese Aerospace Exploration Agency and the Canadian Space Agency. Through a private company called Axiom Space, private astronauts are starting to work on the orbiting complex, from time to time; additionally, astronauts from other nations such as the United Arab Emirates do fly occasionally to the ISS. "

From lab to table

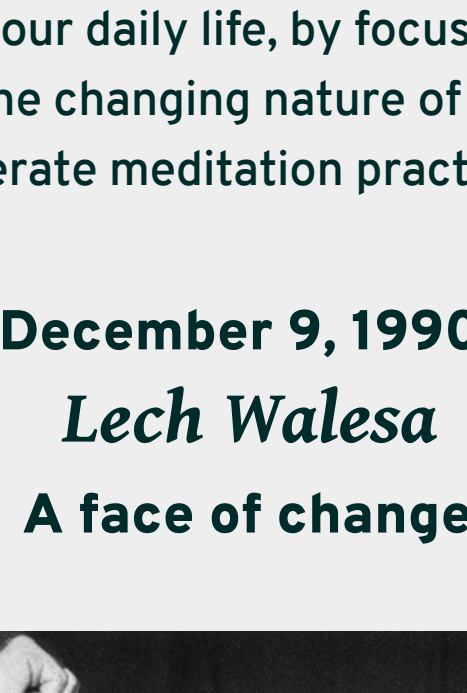
Debunking myths about lab-grown meat



" Food scientists do use cells to grow meat, but they work with stem cells from a living animal or a fertilized egg. Using criteria such as taste and ability to divide, scientists select the best cells and immerse them in a nutrient-rich broth. These cells are then grown in large quantities in steel tanks known as bioreactors or cultivators, a process outlined by US-based nonprofit, the Good Food Institute. "

Just as useful for the young

Five Ways Mindfulness Helps You Age Better

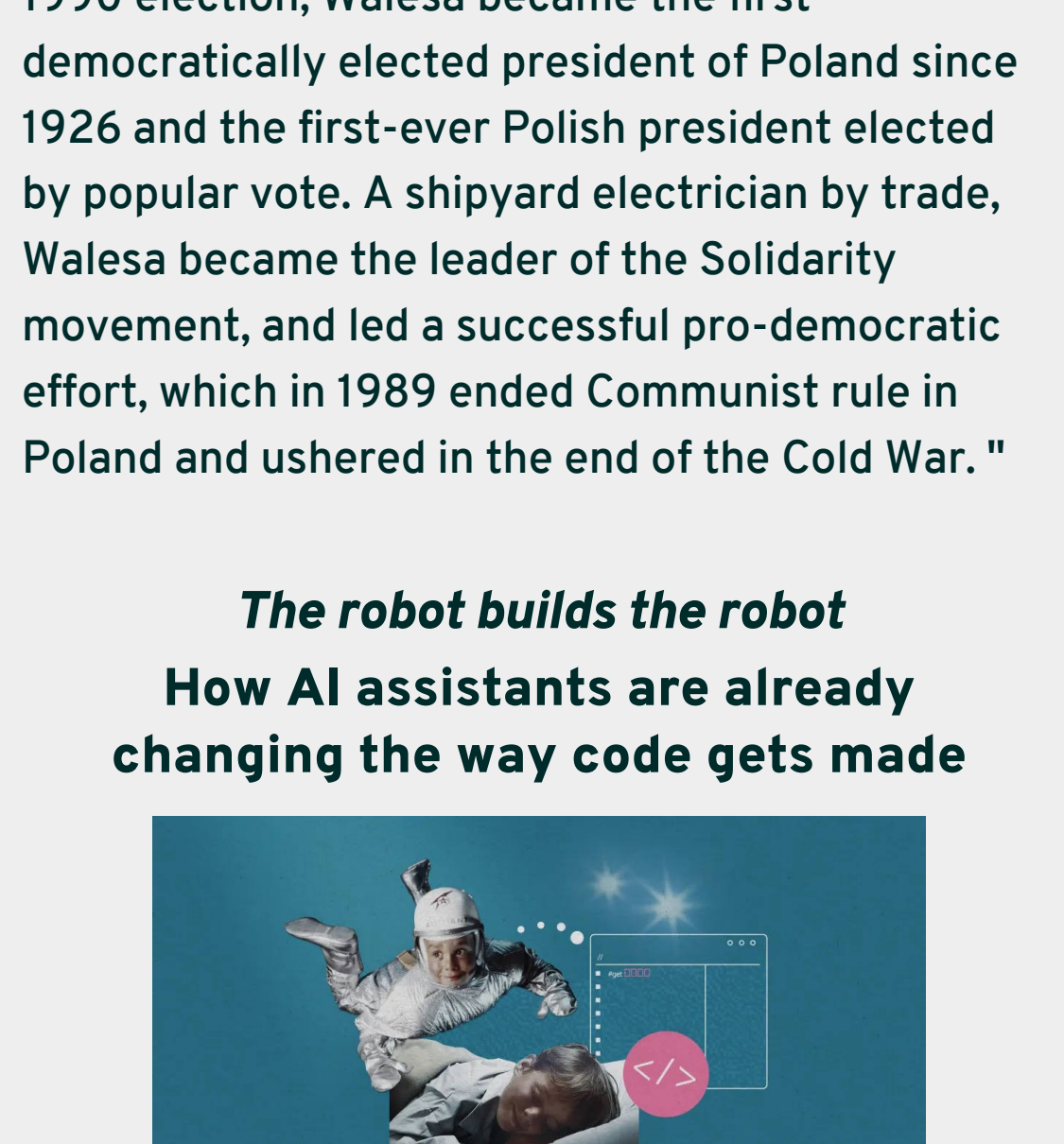


" For those who haven't heard about this yet, mindfulness is a skill that involves paying attention to the present moment—your current thoughts, feelings, and sensations—and practicing acceptance (or non-judgmental awareness) of your experience. Mindfulness can be nurtured informally in your daily life, by focusing your attention on the changing nature of experience, or through deliberate meditation practices. "

December 9, 1990

Lech Walesa

A face of change

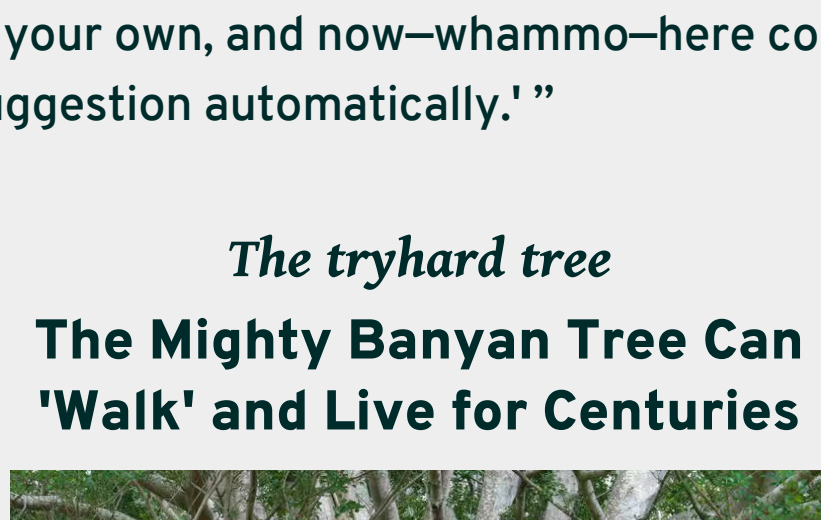


Wiki Rabbit Hole

" Lech Walesa (born 29 September 1943) is a Polish statesman, dissident, and Nobel Peace Prize laureate, who served as the president of Poland between 1990 and 1995. After winning the 1990 election, Walesa became the first democratically elected president of Poland since 1926 and the first-ever Polish president elected by popular vote. A shipyard electrician by trade, Walesa became the leader of the Solidarity movement, and led a successful pro-democratic effort, which in 1989 ended Communist rule in Poland and ushered in the end of the Cold War. "

The robot builds the robot

How AI assistants are already changing the way code gets made



"The way that I would think about it is that you have an experienced developer sitting next to you whispering recommendations,' says Marco Iansiti, a Keystone Strategy cofounder and a professor at Harvard Business School, where he studies digital transformation. 'You used to have to look things up on your own, and now—whammo—here comes the suggestion automatically.' "

The tryhard tree

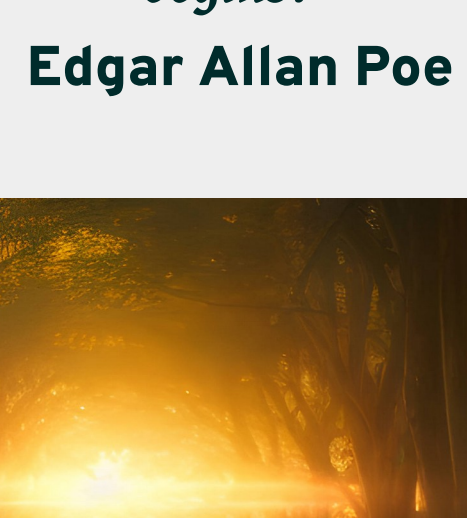
The Mighty Banyan Tree Can 'Walk' and Live for Centuries



" If you're wondering how in the world one tree could cover about 14,500 square feet (1,347 square meters) of space, grow branches as high as 80 feet (24 meters), and survive over two and a half centuries, it's time to get to know a special species known as the banyan. "

Chewable accidents

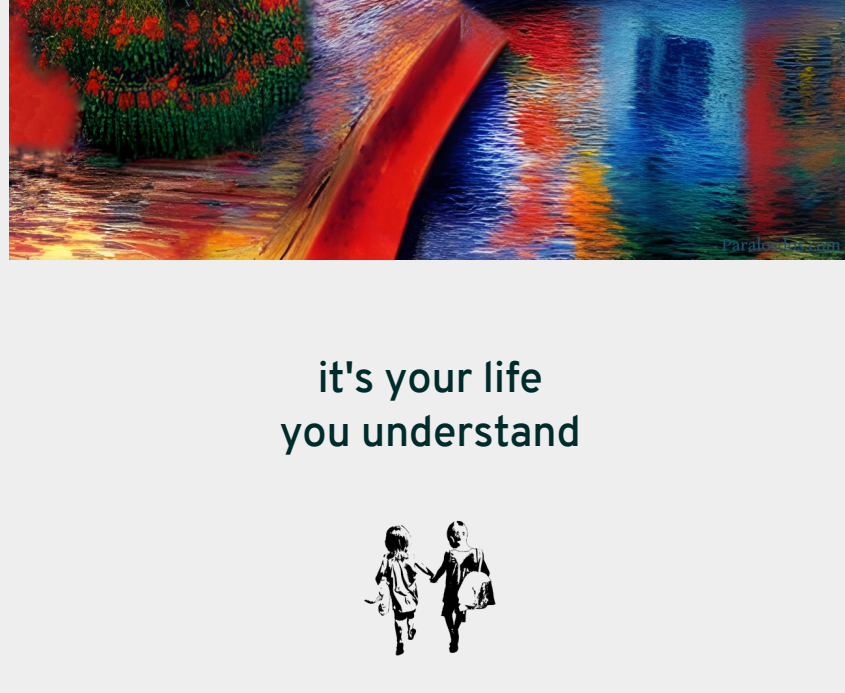
Foods That Weren't Designed For What We Use Them For



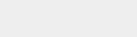
" Gum seems like a thoroughly modern phenomenon, or at least like something that was big in the 80s. But in truth, it's been around -- in one form or another -- since at least the times of the ancient Mayans, who were known to chew on various natural substances for enjoyment and potential health benefits, including one called chicle, derived from the sapodilla tree. "

"The boundaries which divide life from death are at best shadowy and vague. Who shall say where the one ends, and where the other begins?"

Edgar Allan Poe



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