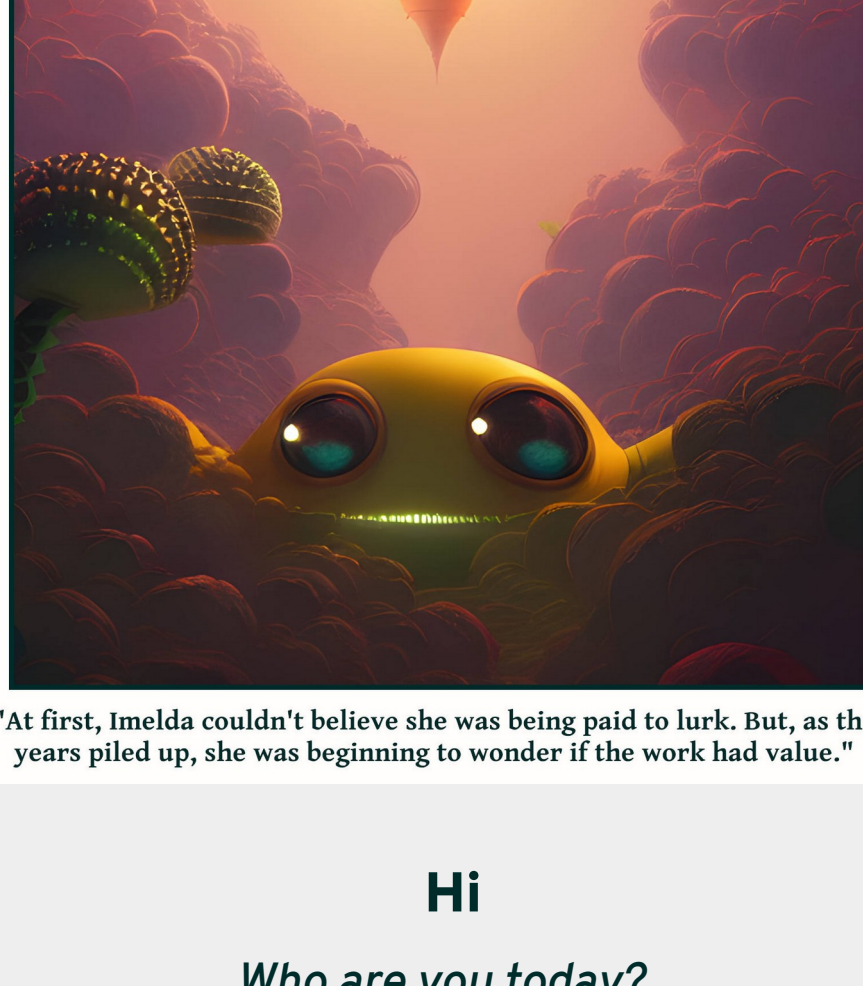


# Change Happens

Have a great day,  
find your way

## The Alien Life



"At first, Imelda couldn't believe she was being paid to lurk. But, as the years piled up, she was beginning to wonder if the work had value."

Hi

*Who are you today?*

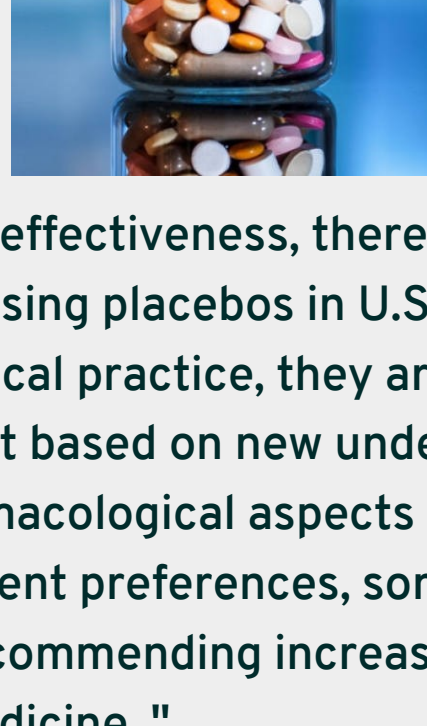
I spent many days in the bush,  
it was magnificent, without artifice,  
most often only the ground  
beneath my feet. And well met by  
everything alive within the woods.

If I could say I left no mark behind,  
I would prefer that be true. In the  
moment I did no harm, I moved with  
caution and respect. So carelessly  
I moved with caution and respect.

I'm always welcome in the forest still,  
no need to remember who I used to be,  
it cares for only who I am. Always it  
restores to what it was before we met,  
and I am always more when I return.

*The healing game*

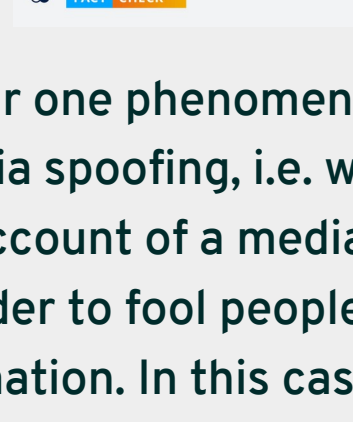
## Placebos have a powerful healing effect on the body and mind



" Despite their effectiveness, there is stigma and debate about using placebos in U.S. medicine. And in routine medical practice, they are rarely used on purpose. But based on new understanding of how non-pharmacological aspects of care work, safety and patient preferences, some experts have begun recommending increasing the use of placebos in medicine. "

*What don't you see*

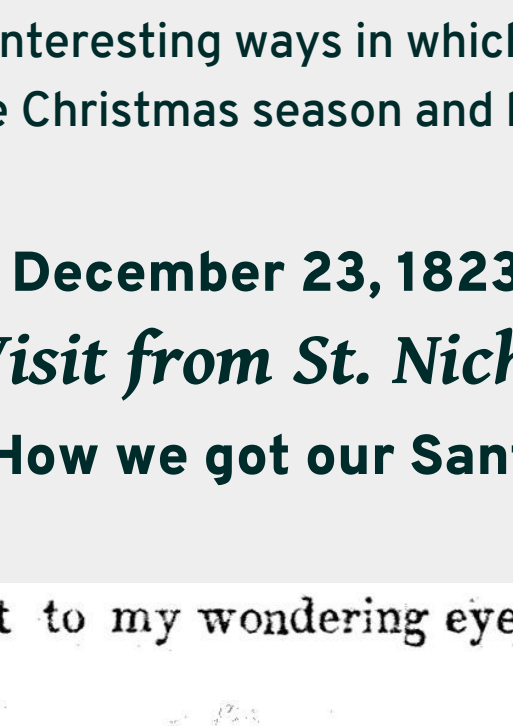
## How do I spot a deepfake?



" In the past year one phenomenon that has been recurring is media spoofing, i.e. when someone creates a fake account of a media outlet, using their name in order to fool people and maybe even spread disinformation. In this case they copy the profile photo and use similar usernames to the original to make their fake accounts look as realistic as possible. "

*Settling Christmas differences*

## Christmas traditions around the world, from fistfights to KFC



" Around the world, the traditions are as diverse as the countries in which they originated. From flying fists to crispy chicken wings, here's a look at some of the interesting ways in which people celebrate the Christmas season and beyond. "

**December 23, 1823**

## A Visit from St. Nicholas

**How we got our Santa**

When, what to my wondering eyes should appear,  
But a miniature sleigh, and eight tiny rein-deer,  
With a little old driver, so lively and quick,  
I knew in a moment it must be St. Nick.  
More rapid than eagles his coursers they came,  
And he whistled, and shouted, and call'd them  
by name :

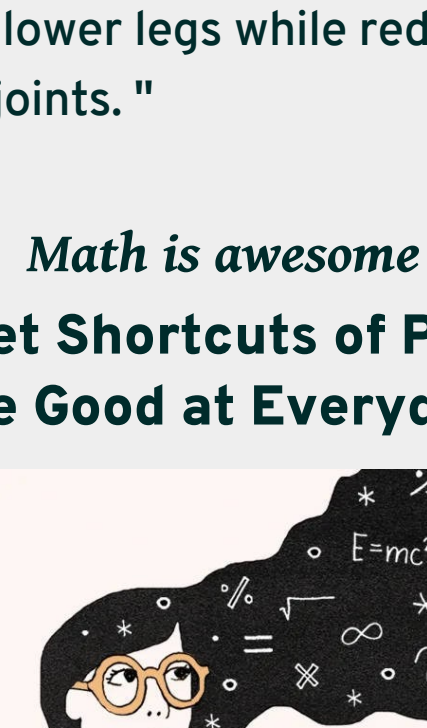
“ Now ! Dasher, now ! Dancer, now ! Prancer,  
and Vixen,  
“ On ! Comet, on ! Cupid, on ! Dunder and  
Blixem;

**Wiki Rabbit Hole**

" The poem has been called 'arguably the best-known verses ever written by an American' and is largely responsible for some of the conceptions of Santa Claus from the mid-nineteenth century to today. It has had a massive effect on the history of Christmas gift-giving. Before the poem gained wide popularity, American ideas had varied considerably about Saint Nicholas and other Christmastide visitors. A Visit from St. Nicholas eventually was set to music and has been recorded by many artists. "

*Plus, it's fun*

## Walking backwards has a surprising number of health benefits



" One of the most well-studied benefits of walking backwards is improving stability and balance. Walking backwards can improve forward gait (how a person walks) and balance for healthy adults and those with knee osteoarthritis. Walking backwards causes us to take shorter, more frequent steps, leading to improved muscular endurance for the muscles of the lower legs while reducing the burden on our joints. "

*Math is awesome*

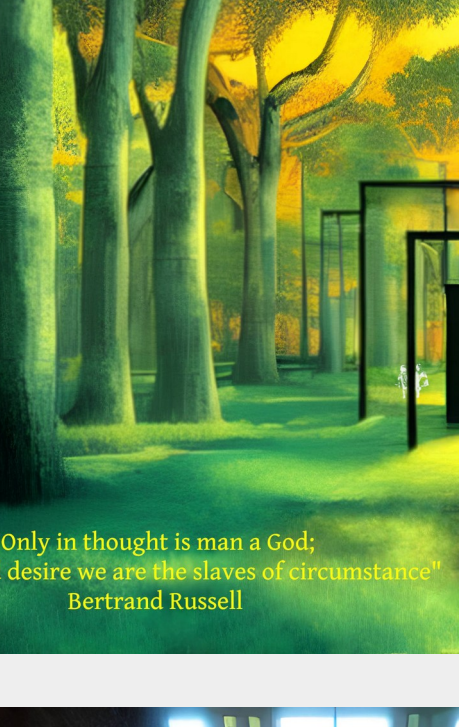
## Secret Shortcuts of People Who Are Good at Everyday Math



" Even in an age of smartphones, crunching numbers quickly – and getting good at it – can give you snappy, useful answers to pressing real-life math questions such as, Is this shirt a good deal? or How much should I tip my Uber driver? Here are some good mental math shortcuts to keep under your hat. "

*Some odd birds*

## Weirdest birds: meet 12 strange and weird wonders of the avian world



" Surely either the head or the body of the gaudy king vulture really belongs to another bird? Its vibrant head and neck give way to a white body and black wings, and you have to wonder where the colour has gone as it feels like nothing matches. "

*"Only in thought is man a God; in action and desire we are the slaves of circumstance"*

**Bertrand Russell**



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*