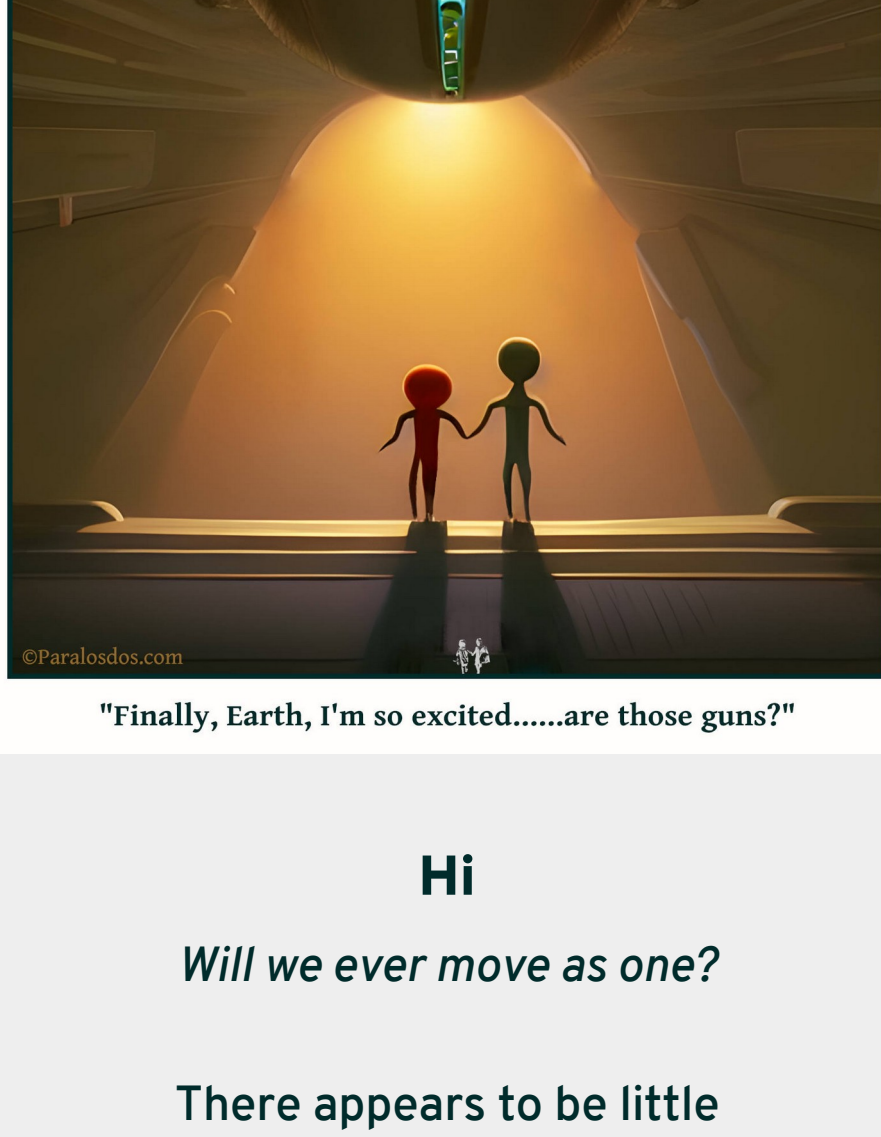


Change Happens

Have a great day,
find your way

The Alien Life



"Finally, Earth, I'm so excited.....are those guns?"

Hi

Will we ever move as one?

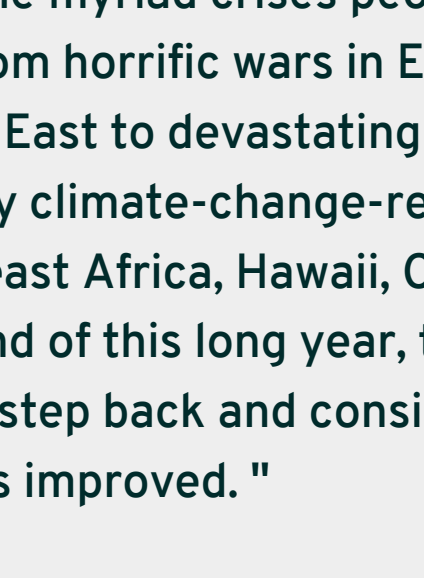
There appears to be little movement away from our many methods of mayhem.

As outrage becomes more often held toothless by the gently rising tides of ennui, we cast our discontent about and then aside, as we gather divided, agreeing only to be unheard.

Together we moved from the opening of the cave, together we go forward, knowing we have not come so far that we can't return.

There be good

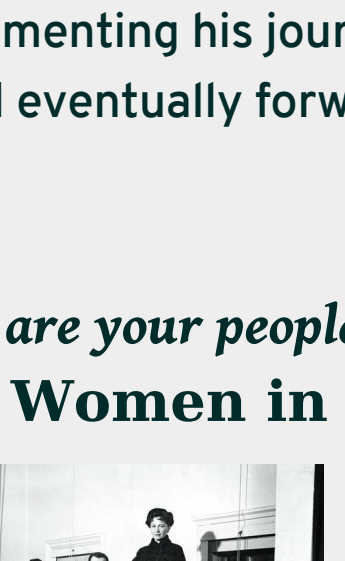
Ways the World Got Better in 2023



" As in most years, much of the media focus in 2023 was on the myriad crises people all over the world faced, from horrific wars in Eastern Europe and the Middle East to devastating natural disasters (many climate-change-related) in Turkey, Southeast Africa, Hawaii, Canada, and more. At the end of this long year, though, it's worth taking a step back and considering some of the ways things improved. "

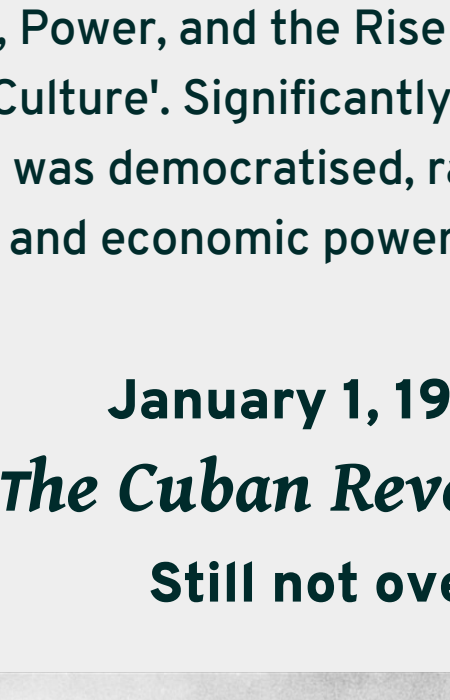
Fake people for real

A New Kind of AI Copy Can Fully Replicate Famous People



" In Southern California, tech entrepreneur Alex Furmanky created a chatbot version of Belgian celebrity psychotherapist Esther Perel by scraping her podcasts off the internet. He used the bot to counsel himself through a recent heartbreak, documenting his journey in a blog post that a friend eventually forwarded to Perel herself. "

These are your people, Irish The Only Women in the Room

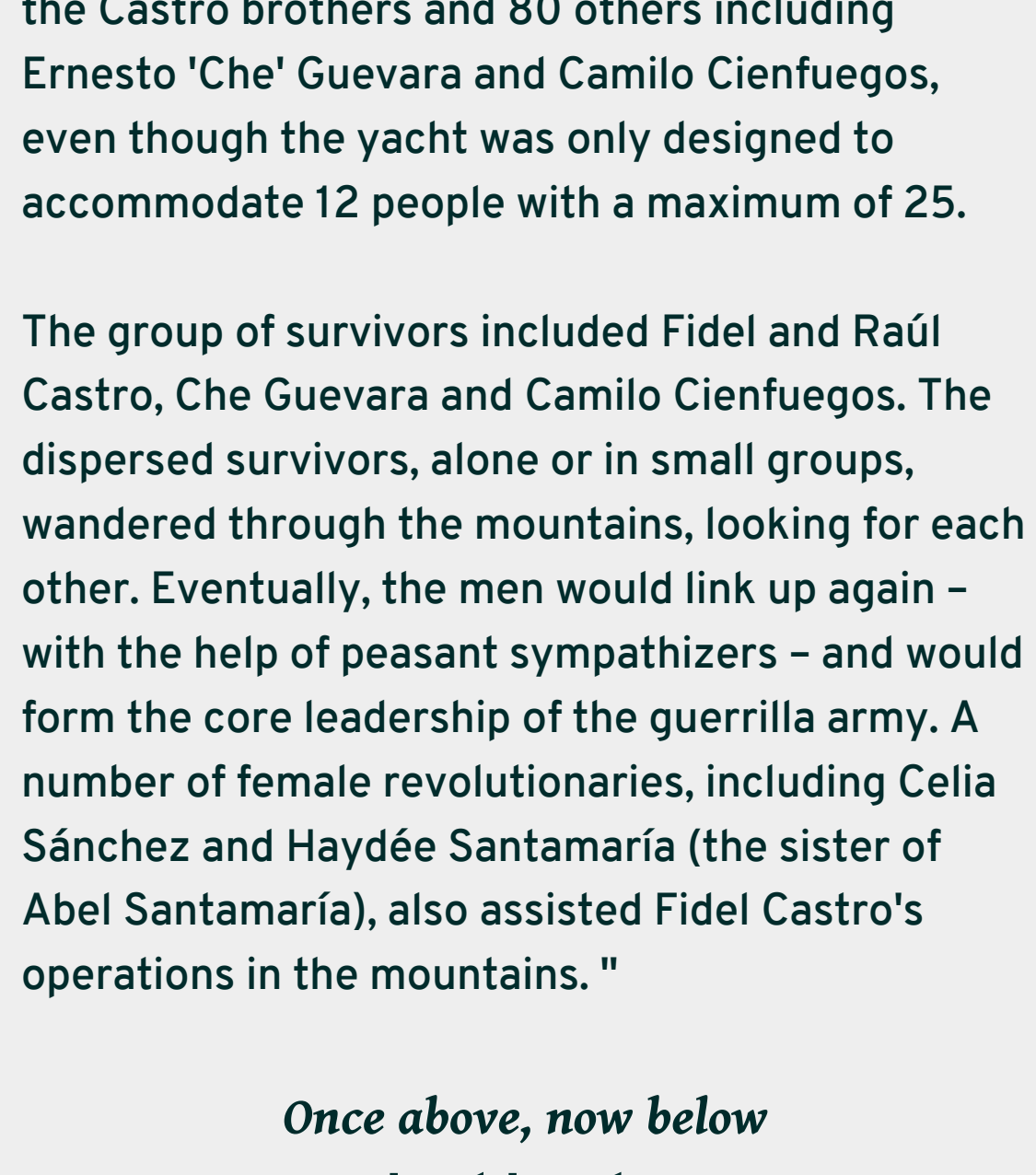


" 'The cardinal features of this culture were acquisition and consumption as the means of achieving happiness; the cult of the new; the democratisation of desire; and money value as the predominant measure of all value in society,' Leach writes in his 1993 book 'Land of Desire: Merchants, Power, and the Rise of a New American Culture'. Significantly, it was individual desire that was democratised, rather than wealth or political and economic power. "

January 1, 1959

The Cuban Revolution

Still not over



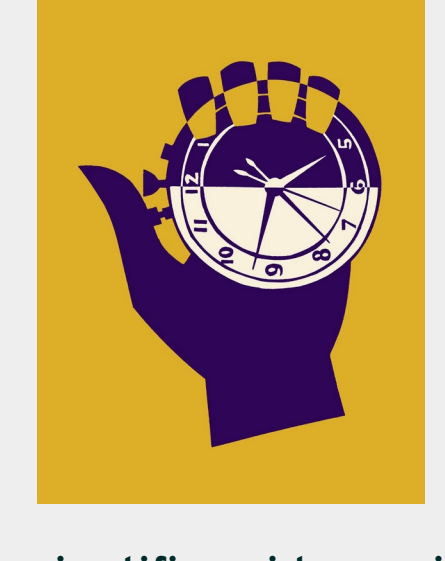
Wiki Rabbit Hole

" The yacht Granma departed from Tuxpan, Veracruz, Mexico, on 25 November 1956, carrying the Castro brothers and 80 others including Ernesto 'Che' Guevara and Camilo Cienfuegos, even though the yacht was only designed to accommodate 12 people with a maximum of 25.

The group of survivors included Fidel and Raúl Castro, Che Guevara and Camilo Cienfuegos. The dispersed survivors, alone or in small groups, wandered through the mountains, looking for each other. Eventually, the men would link up again – with the help of peasant sympathizers – and would form the core leadership of the guerrilla army. A number of female revolutionaries, including Celia Sánchez and Haydée Santamaría (the sister of Abel Santamaría), also assisted Fidel Castro's operations in the mountains. "

Once above, now below

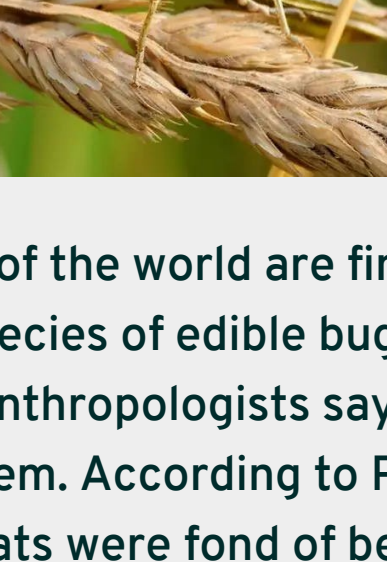
Lost Lands: Why Some Continents Go Missing



" Zealandia—sometimes referred to as Earth's eighth continent—stretches almost two million square miles (about half the size of nearby Australia) beneath the South Pacific Ocean. The majority of the continent sank about 80 million years ago, when the supercontinent Gondwana broke apart, though pieces of it still peak out above the water, most notably the islands of New Caledonia and New Zealand. "

Time well spent

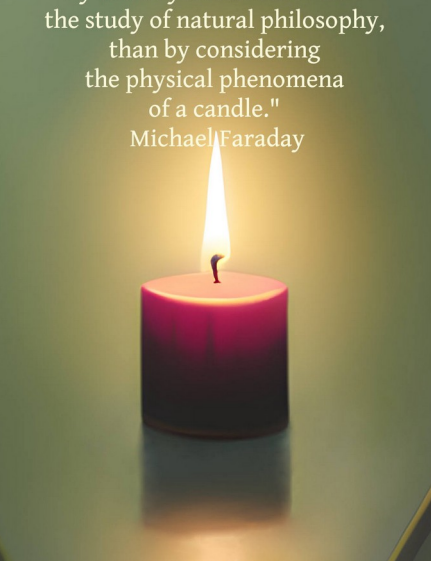
How Long Does It Take to Break a Bad Habit?



" According to scientific evidence, it can take anywhere from 18 to 254 days—and 66 days on average—to change your behavior so that you don't automatically repeat unhealthy patterns. The key to habit smashing is to start small and go at it gradually. "

Nuisance food

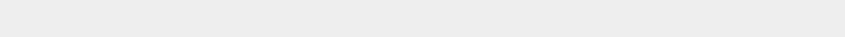
Bugs to Eat in a Survival Situation (And 4 You Want to Avoid)



" A good chunk of the world are fine eating the nearly 2,000 species of edible bugs that share the globe with us. Anthropologists say early man depended on them. According to Pliny the Elder, Roman aristocrats were fond of beetle larvae reared on flour and wine. Aristotle was of the opinion that female cicada larvae when they were "full of white eggs" were the best eating. "

"There is no better, there is no more open door by which you can enter into the study of natural philosophy, than by considering the physical phenomena of a candle."

Michael Faraday



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