

Change Happens

Have a great day,
find your way

The Alien Life



"Just stay calm, maybe he won't see us."

Hi

Isn't every child born of courage?

Panic is a useless companion, noisy and uninvited, prone to fits of blind incoherence, disinclined to listen to reason, bereft of action.

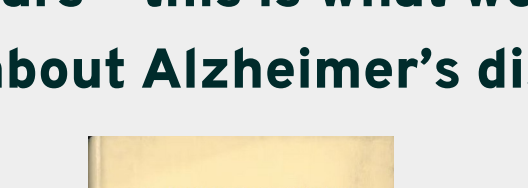
Its cousin anxiety is a different matter, while also uninvited, it prefers to linger in silence, adding nothing but a weighty blanket of untouchable dread.

Neither proposes to remain as other than unwanted, and both are forced to leave at the first sign of action taken without consideration of their lifeblood, fear.

Together, the creators and the children of fear, existing by our sanction only. They are meddlers and malcontents and only leave when they are met.

Grouches are people too

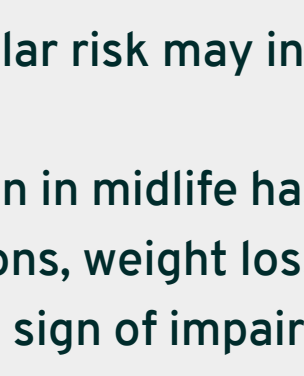
Why it pays to be grumpy and bad-tempered



" In some situations, happiness carries far more serious risks. It's associated with the cuddle hormone, oxytocin, which a handful of studies have shown reduces our ability to identify threats. In prehistoric times, happiness would have left our ancestors vulnerable to predators. In modern life, it prevents us paying due attention to dangers such as binge drinking, overeating and unsafe sex. "

The brain

We've been studying the same people for 76 years – this is what we've found out about Alzheimer's disease



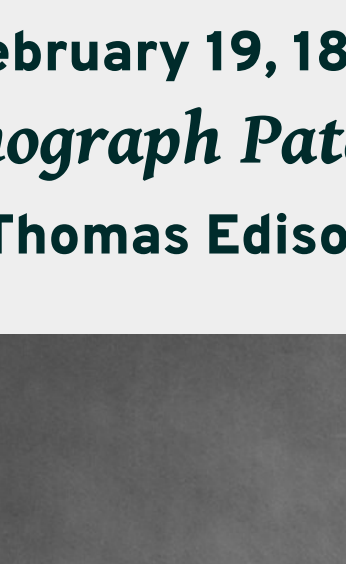
" The results from our studies have revealed several important insights, including: Cognitive function in childhood relates to cognitive performance 70 years later. Education does not just increase opportunities but is significantly associated with brain health in later life.

Midlife appears to be the time when hypertension and cardiovascular risk may influence dementia risk

While weight gain in midlife has many adverse health implications, weight loss in later life may in some cases be a sign of impaired brain health. "

He was smart

The true reason why Einstein was history's greatest physicist

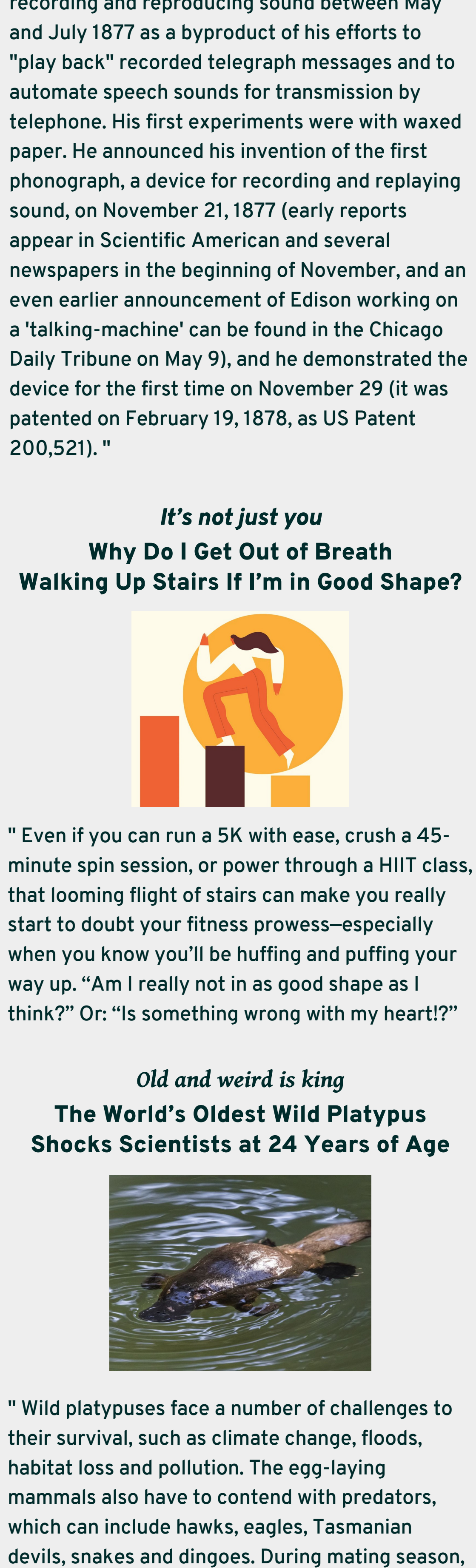


" Albert Einstein wasn't just a scientific revolutionary, he was a celebrity and cultural icon throughout most of his life in the 20th century. Famed for the relativity of motion, the constancy of the speed of light, $E = mc^2$, and winning the Nobel Prize for the photoelectric effect, he also brought us mind-bending ideas like wormholes and the EPR paradox. But it's his general theory of relativity, put forth in 1915, that sets him apart from everyone else in the minds of most professional physicists. Over 100 years later, it's still flawless. "

February 19, 1878

Phonograph Patented

Thomas Edison

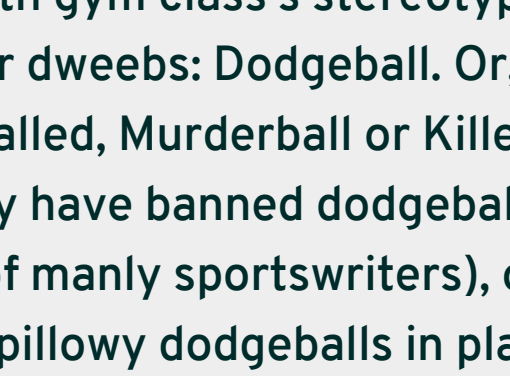


Wiki Rabbit Hole

" Thomas Edison conceived the principle of recording and reproducing sound between May and July 1877 as a byproduct of his efforts to "play back" recorded telegraph messages and to automate speech sounds for transmission by telephone. His first experiments were with waxed paper. He announced his invention of the first phonograph, a device for recording and replaying sound, on November 21, 1877 (early reports appear in Scientific American and several newspapers in the beginning of November, and an even earlier announcement of Edison working on a 'talking-machine' can be found in the Chicago Daily Tribune on May 9), and he demonstrated the device for the first time on November 29 (it was patented on February 19, 1878, as US Patent 200,521). "

It's not just you

Why Do I Get Out of Breath Walking Up Stairs If I'm in Good Shape?



" Even if you can run a 5K with ease, crush a 45-minute spin session, or power through a HIIT class, that looming flight of stairs can make you really start to doubt your fitness prowess—especially when you know you'll be huffing and puffing your way up. "Am I really not in as good shape as I think?" Or: "Is something wrong with my heart!?"

Old and weird is king

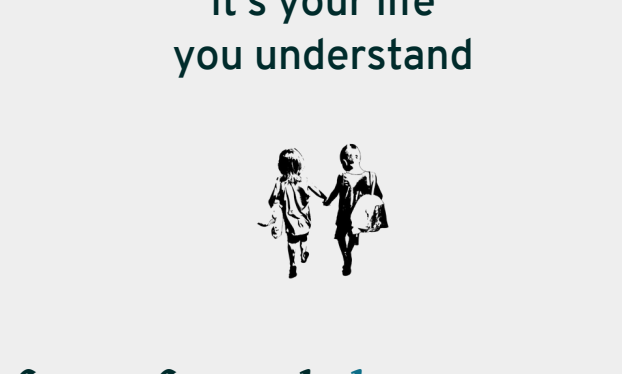
The World's Oldest Wild Platypus Shocks Scientists at 24 Years of Age



" Wild platypuses face a number of challenges to their survival, such as climate change, floods, habitat loss and pollution. The egg-laying mammals also have to contend with predators, which can include hawks, eagles, Tasmanian devils, snakes and dingoes. During mating season, male platypuses are their own worst enemies—using venomous spurs, they'll attack others of their own kind that are competing for female mates (though this doesn't seem to be lethal). This combination of threats and stressors makes the discovery of such a long-lived platypus all the more unusual. "

Shirts and skins

Ways Gym Class Used to Be So Much Worse



" Dodgeball was more extreme.

Let's start with gym class's stereotypical nightmare for dweebs: Dodgeball. Or, as it was sometimes called, Murderball or Killerball. Many schools today have banned dodgeball (much to the chagrin of manly sportswriters), or else use softer, more pillowy dodgeballs in place of the welt-leaving rubber missiles in the '80s. "

"Life shrinks or expands in proportion to one's courage."

Anais Nin

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