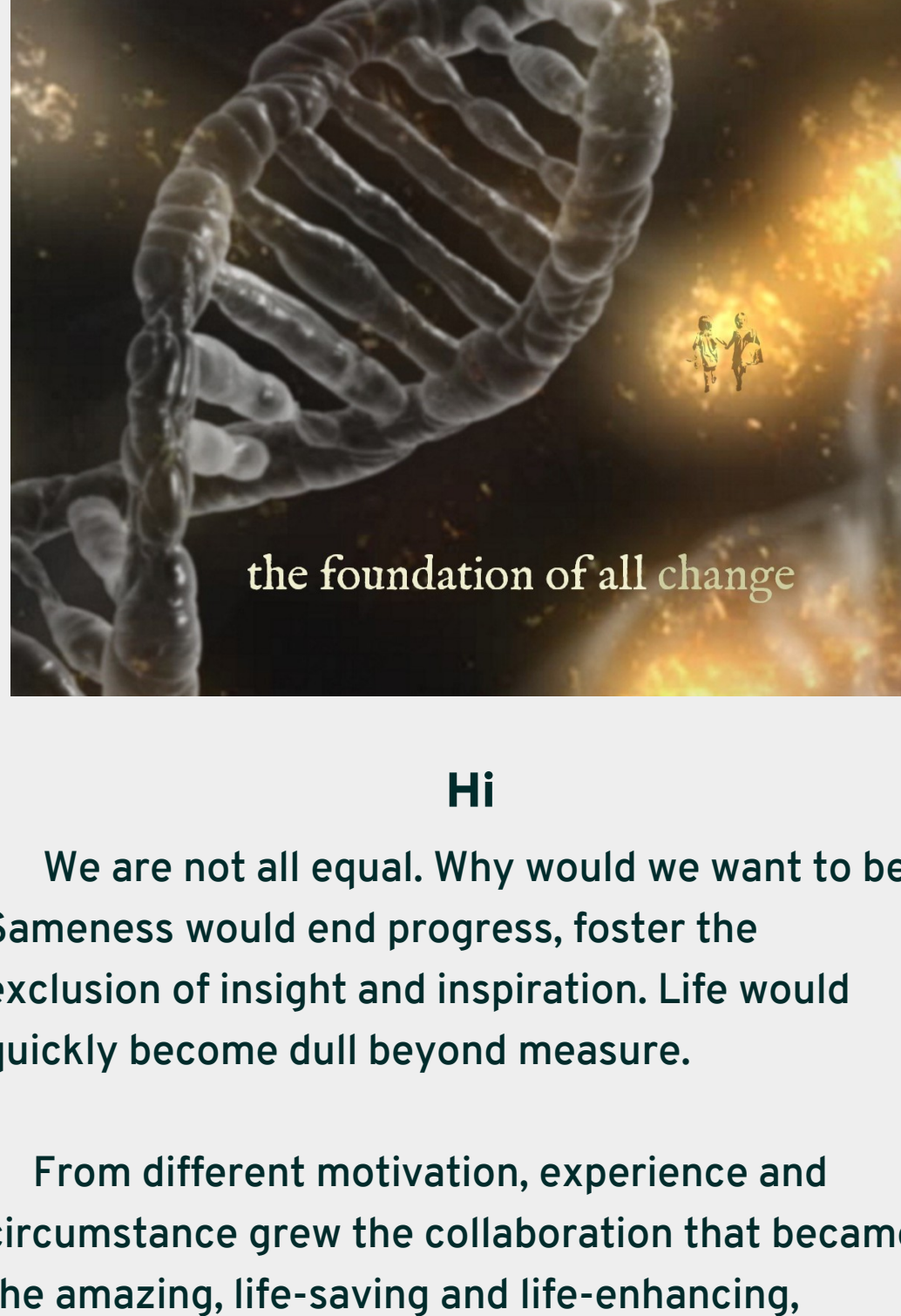


Change Happens

Have a great day,
find your way



Hi

We are not all equal. Why would we want to be? Sameness would end progress, foster the exclusion of insight and inspiration. Life would quickly become dull beyond measure.

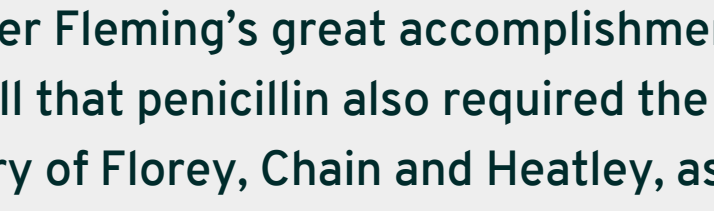
From different motivation, experience and circumstance grew the collaboration that became the amazing, life-saving and life-enhancing, discovery of penicillin.

From the ambition and daredevilry of a little girl in Kansas we have the inspiration that has powered the possibilities for generations of other little girls, and boys. Maybe they don't know the girl from Kansas, but they have heard that you can fly by yourself if you have the courage to try.

Our differences move us along the path. Finding that which we have in common brings us together, looking for value in that which we don't is at the heart of growth.

A group effort

The real story behind penicillin



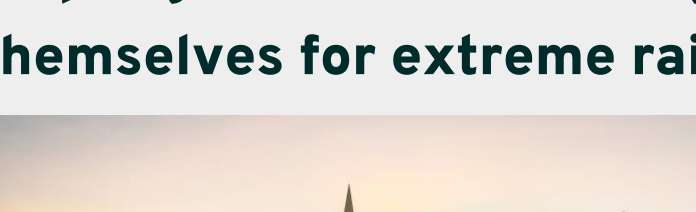
" The discovery of penicillin, one of the world's first antibiotics, marks a true turning point in human history – when doctors finally had a tool that could completely cure their patients of deadly infectious diseases. "

" As Dr. Fleming famously wrote about that red-letter date: "When I woke up just after dawn on September 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did." "

" Maybe this September 28, as we celebrate Alexander Fleming's great accomplishment, we will recall that penicillin also required the midwifery of Florey, Chain and Heatley, as well as an army of laboratory workers. "

Your food is on drugs

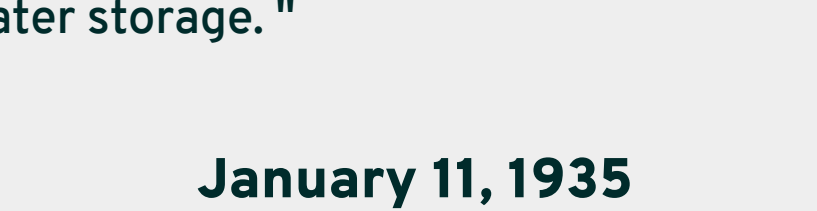
Big Meat just can't quit antibiotics



" For decades, evidence had amassed that the widespread use of antibiotics to help chickens, pigs, and cattle grow faster – and survive the crowded conditions of factory farms – was causing bacteria to mutate and develop resistance to antibiotics. By 2009, US agriculture companies were buying up two-thirds of what are termed medically important antibiotics – those used in human medicine. This in turn has made those precious, lifesaving drugs less effective for people. "

Save the water

How 'sponge cities' are redesigning themselves for extreme rain



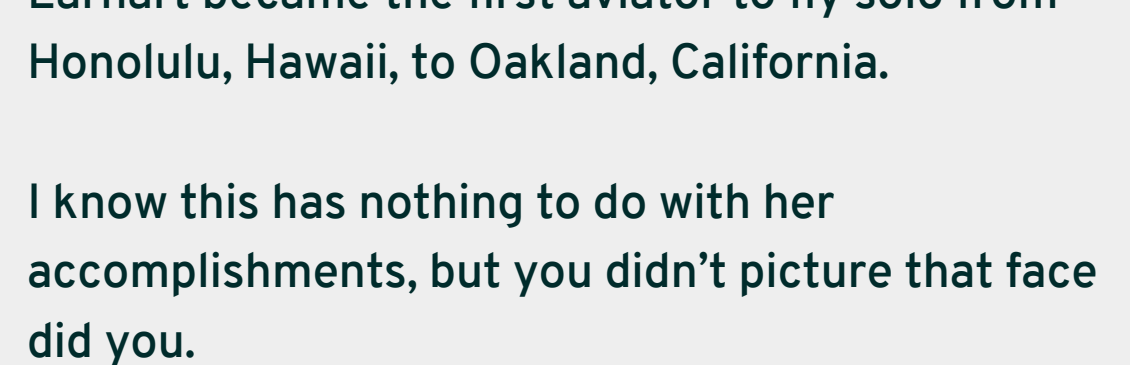
" Most of it isn't being captured for later use, despite the drought. It's also causing floods, a problem compounded in some areas by sea level rise and sinking land. But better urban design could help. "

" In Copenhagen, one project is creating reservoirs in a city park—in areas that people can use when it's not raining—and a new channel will lead extra water to city lakes. On nearby streets in the neighborhood, rain gardens help soak up water to avoid overloading the sewer system. In other neighborhoods, sunken gardens double as rainwater storage. "

January 11, 1935

Amelia Earhart

Transoceanic Flight



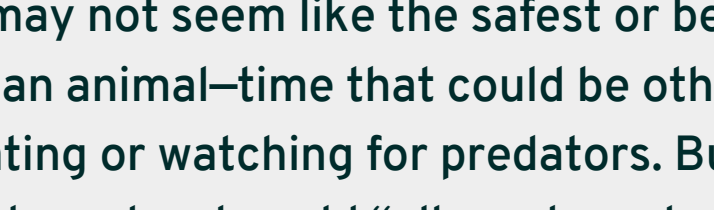
Wiki Rabbit Hole

Earhart became the first aviator to fly solo from Honolulu, Hawaii, to Oakland, California.

I know this has nothing to do with her accomplishments, but you didn't picture that face did you.

All sleep is circumstantial

These birds nap while they fly—and other surprising ways that animals sleep



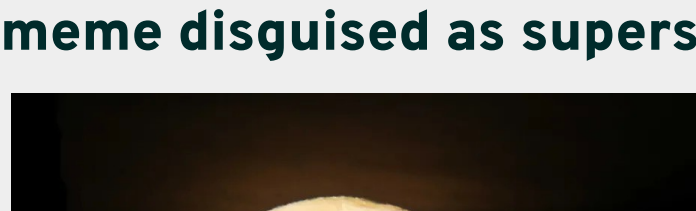
" For humans, sleep is a necessity, a mystery, and a luxury. It's not known why we need it but we do—and an hour more or less of it can make your day either great or grumpy. "

" If dolphins are only sleeping with one side of that brain at a time, Siegel says, it begs the question: 'Does that mean they're asleep or awake? There's no simple answer there.' "

" Sleep may not seem like the safest or best use of time for an animal—time that could be otherwise spent eating or watching for predators. But, Siegel says, in the natural world "all you have to do is pass your genes on. "

How to move through space

What causes motion sickness – and how can you prevent it?



" Sensory conflict happens when your body feels the heaving of an ocean ferry or the jolting motion of a bus winding through the mountains and your eyes, ears, and other senses can't catch up. This results in symptoms like a dry mouth, dizziness, upset stomach, or a pounding headache. "

" The easiest way to combat motion sickness is to prevent it from happening in the first place. Hydrate and keep fresh air flowing while traveling, either by opening a window in the car, turning on the air vent above you on the plane, or heading to the deck on a cruise ship. "

It gets weird after dark

Friday the 13th isn't unlucky.

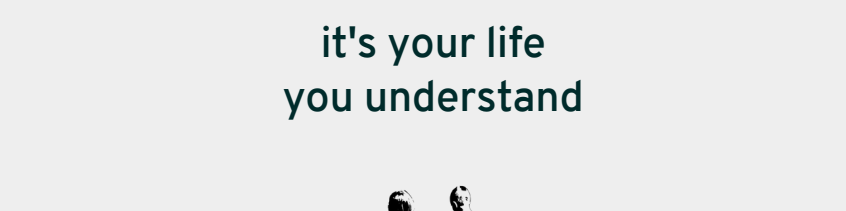
It's a meme disguised as superstition.



" Nothing says spooky quite like Friday the 13th – that quirky day when all our superstitions and phobias come out to play. This Friday the 13th may seem even spookier than usual, given current world events: On top of all the "regular" superstitions around the day and the number, lately things have felt, shall we say, mildly apocalyptic. "

"Mostly it is loss which teaches us about the worth of things."

Arthur Schopenhauer



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