

After-party on 08.05.25: Ten takeaways from Meeting 1-10

1. What do you think of misbehaving boomers? (Economist, 25.01.25)
<https://www.economist.com/letters/2025/01/18/what-do-you-think-of-misbehaving-boomers>

I've always found shared experience binds people more than age.

2. What is the smartest age? (TED-Ed, 2023, 4.52 min)
<https://www.youtube.com/watch?v=sbCvQbBi2G8&t=124s>

We'll break down the idea of "smart" into categories like creativity, memory, and learning and explore when the brain's best at each of them.

3. Coffee and what it does to your body (BBC, 2024, 6.17 min)
<https://www.youtube.com/watch?v=62wEk02YKs0>

By the time you finish watching this video, eight million cups of coffee will have been drunk all over the world.

4. History through the eyes of a potato (TED-Ed, 2015, 3.46 min)
<https://www.youtube.com/watch?v=xROmDsULcLE>

Containing high levels of proteins and carbohydrates, as well as essential fats, vitamins and minerals, potatoes were the perfect food source to fuel a large Incan working class as they built and farmed their terraced fields, mined the Rocky Mountains, and created the sophisticated civilization of the great Incan Empire.

5. Why do we have crooked teeth when our ancestors didn't? (TED-Ed, 2023, 5.16 min)
<https://www.youtube.com/watch?v=li1kO3hg4iE>

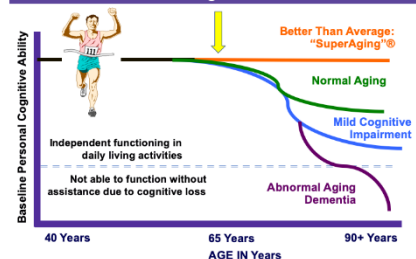
And many scientists think that as people's diets have become less chewy, their jaws have gotten smaller—and that this has led to dental crowding, resulting in dental crookedness and impacted wisdom teeth.

6. The friendship recession (Big Think, 2023, 8.01 min)
<https://www.youtube.com/watch?v=VpOan0hqDNA>

And as society changes in all kinds of ways, technologically, economically, then I think it's important that we pay attention to what is very often an underappreciated human relationship, which is the friendship.



TRAJECTORIES OF AGE-RELATED COGNITIVE CHANGE
A Race Against Time



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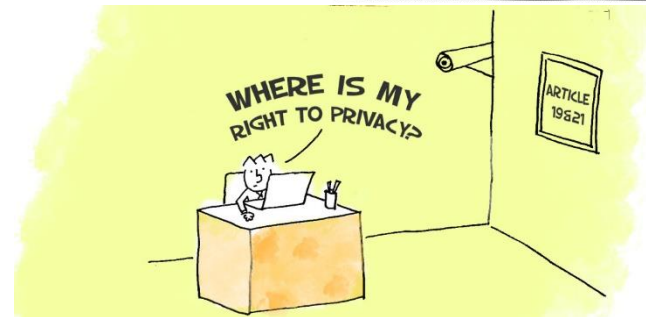
7. Why do we, like, hesitate, when we, um, speak? (TED-Ed, 2021, 5.33 min) at <https://www.youtube.com/watch?v=FsMWbVrjucg>

Hesitation phenomena can buy time for your speech to catch up with your thoughts, or to fish out the right word for a situation.



8. Rethinking privacy (TEDxYouth, 2022, 8.11 min) https://www.ted.com/talks/luca_menendez_rethinking_privacy

As of the late 1960s, there was no real regulation to the topic of privacy.



9. Hammocks: a higher form of camping (BBC, 2023, 4.30 min) at <https://www.bbc.com/reel/video/p0gbv8t7/hammocks-a-higher-form-of-camping>

The ground dwellers (= those sleeping in tents on the ground), if they haven't slept in a hammock, and they haven't done it properly, they're missing out.



10. Three tips to preserve your vision (TEDx, 2025, 9.23 min) at <https://www.youtube.com/watch?v=YuJnZgdW5Hs>

Modern lifestyles are challenging our eyes in the ways that we never imagined. There's an urgent need to prioritize eye care.

