



Washington State Fair - New Exhibit POPnology: Celebrating Pop Culture's Impact on Science and Technology

The POPnology Exhibit at the Washington State Fair, running from August 30 to September 22, 2024, is an immersive experience that delves into the fascinating world of science fiction and its influence on modern technology. This exhibit showcases how ideas from pop culture—ranging from movies and television shows to comic books and literature—have inspired real-world innovations and technological advancements.

Visitors to the POPnology Exhibit can explore a variety of interactive displays and artifacts that trace the evolution of technology from the realms of imagination to practical applications. The exhibit features iconic elements from sci-fi culture, including robots, futuristic vehicles, and concepts like space travel that once seemed purely fictional but have since become part of our reality.

Highlights of the exhibit include:

Robots and Artificial Intelligence: Discover how the depiction of robots in popular media has influenced the development of AI and robotics in the real world.

Space Exploration: Learn about the connections between space-themed entertainment and actual advancements in space technology, including missions to Mars and beyond.

Futuristic Transportation: See how concepts like self-driving cars and flying vehicles were first imagined in movies and books and are now being developed by tech companies.

The POPnology Exhibit is a captivating blend of entertainment and education, offering a glimpse into how creativity and innovation go hand-in-hand in shaping our future.



VASHON REPERTORY THEATRE Presents an Original Play by Bryan Willis...
5th Anniversary Season
Original music written & performed by Kat Edgerstone
Oscar's Journey: The Fall & Rise of the Bird King
August 23, 6:30 pm; 24, 4 & 6:30pm & 25, 4pm
The Heron Meadow at VCA
Pay What You Will at the Gate
SDF THE NORCUTT FOUNDATION

Our GM, Steven Sterne, will appear in this production. Click on the image for info & tickets.

Upcoming Events for August - September

August 23 - 25
Oscar's Journey: The Fall & Rise of the Bird King
A Story of the Vashon Troll's Origin
Vashon Center for the Arts
Vashon Island, WA
(Click troll image for info)

August 30 - Sept 2
Pax West Gaming Con
WA State Convention Ctr
Seattle, WA

August 31 - Sept 1
Bumbershoot Arts & Music Festival
Seattle Center
Seattle, WA

September 1 - 29
Titanic: The Exhibition
Maritime Building
Seattle, WA

September 7
Arts-A-Glow Light Fest
Downtown Burien, WA

September 10 - 11
Mariners vs. SD Padres
September 17 - 19
Mariners vs. NY Yankees
T-Mobile Park, Seattle, WA

September 14 - 15
Electrify Expo
Electric vehicle festival: Demo cars, motorcycles, bikes, scooters & skateboards
Marymoor Park
Redmond, WA

Note: Check official websites and venues for details.



Office Chair Yoga: Wellness Stretches for the Busy Worker

Since sitting is the new smoking, getting some healthy stretches in while you're seated makes total sense and will hopefully lessen the effects of extended sitting.

What's the difference between regular stretching and yoga stretching? Regular stretching usually pinpoints a certain muscle or group of muscles to increase flexibility, where yoga stretching usually involves the whole body getting into a stretch 'pose', where muscles are being strengthened as others are being stretched. Yoga poses also incorporate breath work, which usually includes a few deep breaths per pose which deepens the stretch, increases circulation, and engages mental focus.

There are many free resources/articles online that give good directions for doing simple chair yoga. Similar poses might be called different names, depending on the source. We offer these poses you can do while at work or in your home office.

Cat/Cow – sit up straight, hands on knees, alternate arching your back and rounding your back, deep breath in when arching (cow), long breath out when rounding (cat). Do this a few times.

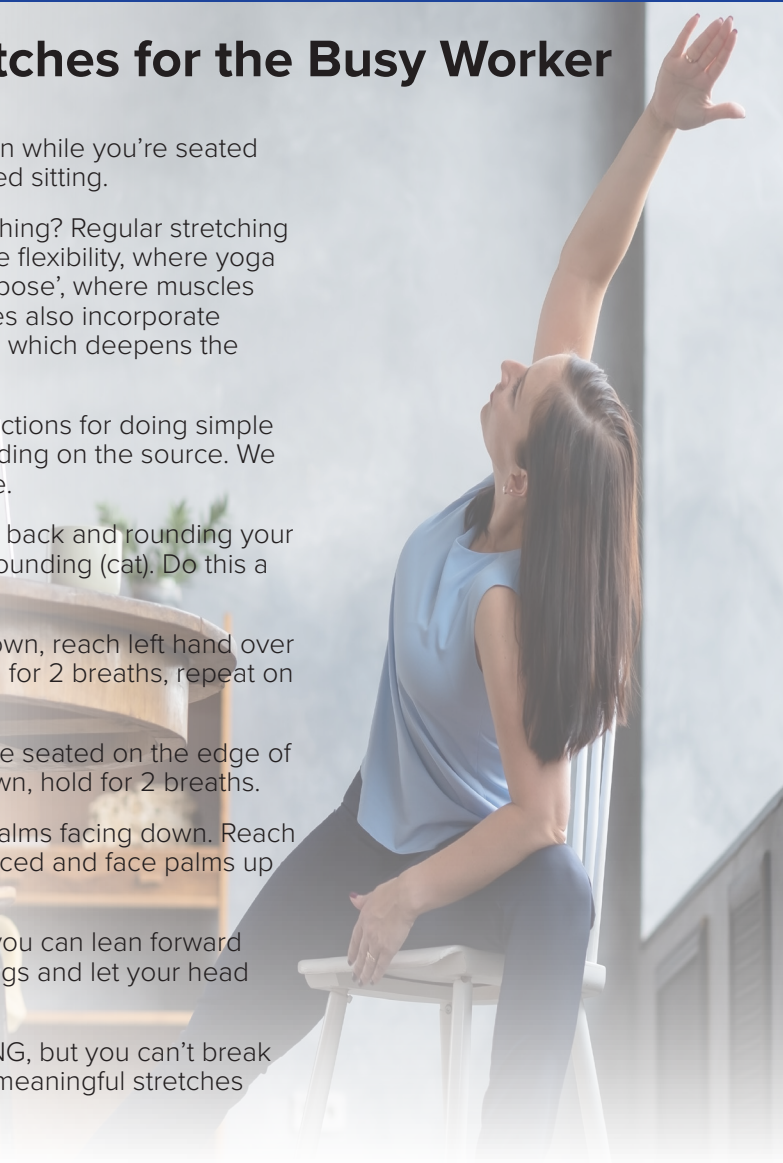
Twist – sit up straight, close to the edge of the seat, shoulders down, reach left hand over to right thigh, twist to the right using chair back for leverage. Hold for 2 breaths, repeat on other side.

Interlace Fingers Down – interlace fingers behind your back while seated on the edge of your seat, arch back and move shoulder blades together and down, hold for 2 breaths.

Interlace Fingers Up – raise your hands up and interlace them, palms facing down. Reach as high as you can, for 2 deep breaths. Now, keep your fingers laced and face palms up for 2 more breaths, reaching as high as you can.

Forward Fold – sit on your seat with legs open wide enough so you can lean forward comfortably, bending at the hips. Let hands rest on your feet or legs and let your head hang down. Hold for a few breaths then slowly come back up.

So, next time your helpful smartwatch reminds you to GET MOVING, but you can't break away from your desk, consider taking a few minutes to do some meaningful stretches while seated to make a healthy difference in your day!



Quiet Collaborative Spaces Inspiration



Contact us for more details on these and other renderings published in previous issues.

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