

EB_WedUpdate_052020_630p

Hello again. It's hump day and the ducks are still happy. Can't wait until the sunny weekend!

Day 32 of required instruction—5 ½ more days and counting. Continue doing your best—don't give up. You are almost there.

Day 41 for CN— 1800 breakfast and 1800 lunch meals were prepared and delivered today. Our kids are so blessed to have you providing for them each and every day.

Are you ready for the answer to yesterday's riddle? (A group of bunnies were having a birthday party. What kind of music were they listening to?) What do all bunnies listen to? *Hip hop* of course! Bunnies are really, really cool.

Today's riddle. When is a door not a door? We'll find out tomorrow!!

More about our dolphin friends. I like taking naps—don't you? I bet everyone does. Guess what—dolphins are excellent nappers. Dolphins cannot breathe underwater, so they have to swim up to the ocean's surface to get air. So . . . how do they sleep without drowning? Dolphins are champion power nappers. Rather than sleeping several hours at a time like us, they take 15 to 20-minute power naps throughout the day and night. The dolphin's brain doesn't rest all at once like we do. Our brain has two hemispheres—the left and the right—and each hemisphere is responsible for performing different tasks. Scientists have discovered that instead of falling asleep and entering an unconscious state, a dolphin will rest one hemisphere of its brain at a time. While one hemisphere is resting, the other is still active so that the dolphin can be sure to open its blowhole above the water. Whichever brain hemisphere is active, the opposite eye will remain open. This is good for both swimming to the surface to breathe and for keeping a look out for predators. This means that dolphins literally sleep with one eye open!! What amazing and interesting facts.

Benefit #12 of 15 reasons why we should read every day—It gives you inner tranquility—another word for tranquility is peace. Having inner peace helps to lower blood pressure or improve your mood. Whatever inner state you are seeking, there is always a book to help you get there. So, to get inner peace, *just pick a book you like and read every night!!*

I hope you've had a great day—the week is half over. Sleep well, and snuggle up with your book before turning out the lights. Yes friends . . . I'll be back tomorrow!!