4-16

I am watching way too much news. It’s important to know what is going on in the country and the world, but it’s easy to overdo it! What have you watched recently that boosted your mood? I DVR’d “Saturday Night Live” and watched it last night. Justin Timberlake’s “Bring It On Down to Veganville” made me laugh out loud and boogie in my recliner!

**ELA** Let’s focus on the news today. Where are you finding your news these days or are you ignoring it? Do you rely on parents or friends to tell you what is going on? National Public Radio is a good resource. They are not as political as some of the mainstream media sources. I listen to NPR on my car radio. There are many very thought-provoking programs on this channel. Read two articles today. What new insights did you gain? What surprised you? Saddened you? Presented you with an *aha* moment? https://www.npr.org/sections/news/

**SUPPLEMENTAL READING** What does it mean if someone is a “vegan”? Go to: <https://www.vegan.com/> and investigate this lifestyle. Are you a sometime vegan…I am! Do you think that, if you tried to eat more of a vegan-like diet, you’d improve your health? What if you just do it once a week? Twice? Find some recipes and recommend them to the cook in your home. Bon appetit!