

## BREAKFAST

4/10/15

Up early (0400) today so I went to breakfast. I suspect God is answering my prayer even though my laziness is opposed to what is good for me.

I was concerned about not having time to study, pray and exercise. So now I have a new cellist that must go to med-line for medication at 4 a.m. Of course the early morning movement and bumps and noise wakes me up.

So rather than fighting against him, I'll just roll with it and try to turn it into a positive. The problem for me is that sleep (rest) is critical. After 4 or 5 days without proper rest I become really irritable, anxious and hypersensitive to even the slightest noises. It can easily lead to altercations in this environment where you are bombarded all day long with some very stupid behavior. When I'm well rested I am better able to tolerate all the attacks.

There is so much movement and noise, I find it impossible to sleep during the day. I am jealous of those who can sleep with the constant yelling and banging that goes on.

There is a coal mine about 3-miles from here and once a month for 2-nights I wake up from the vibrations of the earth movers being adjusted. It always makes me think of Tank or Trac treads

rumbling. Of course no one else seems to notice.

So my 10-minute morning breakfast, wrapped around 40-minutes of waiting, moving, stress and listening to the sheer foolishness of 30-year old selfish children... also means giving up 3-hours of sleep (rest)

I have to adjust though... Writing this letter, going to early morning yard twice a week and extra study time is healthy and productive.

Wm D. C. C. C.