

# Weekly Digest

During the coronavirus shutdown

May 25th, 2020

Did you know...

Have you heard a bird cycling through a bunch of different calls? Does it sound like that bird can't decide what song to sing? You just might be listening to a Northern Mockingbird! They can mimic other birds, frogs, even human machinery.

Visit [audubon.org](http://audubon.org)

for more

entertaining facts!

## BIOLOGY!

### ~~Chemistry~~ in the Kitchen: What is Yeast?

In the very first Weekly Digest, we discussed yeast; how it makes bread dough fluffy & it is a live, single-cell fungus. But where does yeast come from? In fact, yeast lives all around us; in the air, on our skin, on the tree outside, on the fruit on the kitchen counter. There is no shortage of yeast around us! Even if the grocery store is sold out, you can harvest your own. Interestingly, different regions have different types of yeast. Ever heard of San Francisco sourdough? That bread is made with yeast found only in the San Francisco Bay Area. Want to harvest some local yeast from the air? Halfway through this [National Geographic Article](#), you'll find instructions on how to do just that! Then, use that yeast to [make your very own sourdough](#) from scratch! Yum!

## Check this Out!

Platypuses, polar bears, & penguins, oh my! Check out the [San Diego Zoo's live cams](#), which they've set up in several exhibits throughout their zoo.

Have a penchant for puzzles and all things Harry Potter? Try your hand at this [Hogwarts digital escape room](#) & see how you do!

Want to build an awesome blanket fort, but need inspiration? Check out [these instructions and diagrams](#) from the one-and-only Ikea!

Logical Fallacy of the Week

## No True Scotsman

**"All bakers make brownies with butter." I replied, "But my uncle is a baker & he makes brownies with olive oil." "Then he's not a true baker," she said.**

"A general claim may sometimes be made about a category of things. When faced with evidence challenging that claim, rather than accepting or rejecting the evidence, such an argument counters the challenge by arbitrarily redefining the criteria for membership into that category."

An Illustrated Book of Bad Arguments, Ali Almosawi, 28, [bookofbadarguments.com](http://bookofbadarguments.com)

## Craft Corner

Creating art out of the things you find in a place? Welsh artist Jon Foreman creates mesmerizing sculptures out of natural objects that he finds in a location. Many of his sculptures are by the ocean, and as the tide rises, they get washed out to sea. Check out his art at [SculpTheWorld.smugmug.com](http://SculpTheWorld.smugmug.com).

This week, enjoy making a little order out of the chaos. What can you sculpt out of what you find in your house or backyard? It can be big or small. Take a photo when you're done!

Happy Pic Of the Week

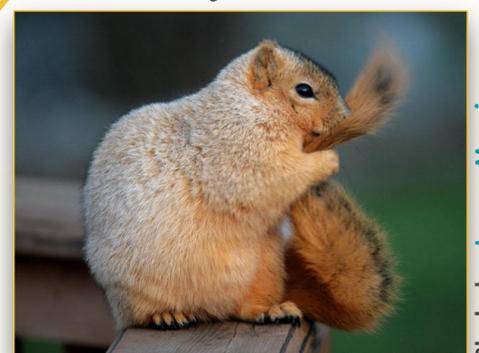


Photo by James Marvin

Want to learn more about the cute habits of squirrels? Check out [this guide!](#)

## Taking care...

Finding that sheltering in place has made you more stressed or harder on yourself? You're not alone. This week, try out one of these exercises of self-compassion recommended by Dr. Chris Germer & Dr. Kristin Neff in the article "10 Self-Compassion Practices" at [CenterForMSC.org](http://CenterForMSC.org)

Culture during COVID-19

Ever wanted to visit the museums in Paris? In a huge combined effort, the museums of Paris have put over a hundred thousand images online. Check it out at [ParisMuseesCollections.paris.fr/en](http://ParisMuseesCollections.paris.fr/en)

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