

'burg Blogs » **Message in a Bottle**

Posted [June 13, 2012](#) at 2:35 pm by [Stephanie Lawler '11](#)



Sunset

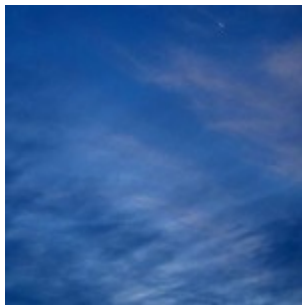
These past few days on the Bellows have been absolutely amazing. After finally getting my sea legs and adjusting to my new schedule I think I have actually gotten into the flow of things.

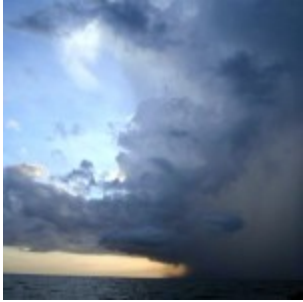
A normal day for me begins with my first shift starting at 4am and ending at 8 am (science crew members were designated a shift 4 hours on 8 hours off. This allows for a continuous 24 hour watch). Personally this timing does not bother me as our group is the only one awake for breakfast. I have to say having an amazing breakfast, great cup of coffee, and a beautiful sunrise is my kind of morning. After completing our shift we normally return to our rooms for a nap. You'd be surprised how much sleep you need when you're on a boat constantly taking seasickness medicine. Luckily I have not had any sea sickness issues, however the week is not up yet...

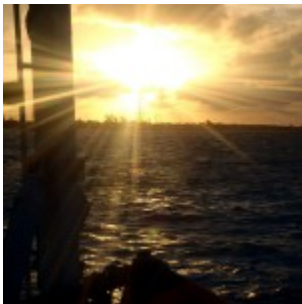
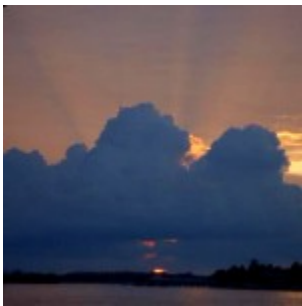
Once lunch time comes around, many of us find ourselves reading and eating a great meal. I have gone through several books on this trip including the entire Hunger Games series, a Nicholas Sparks book, and several Microbiology journals. After finishing lunch I usually find a scenic place outside to continue my reading and listen to music. During my first two days on the Bellows I managed to forget that light reflected off the water. Needless to say I will be spending the remainder of my trip looking like a lobster with raccoon eyes. (Note to self: Sun Block is a must!)

The last bit of my day is spent admiring our surroundings and prepping for my next shift from 4 to 8pm. This is the perfect time to relax from our day and get some work done. It is also the best shift to see the sunset which provides amazing photo opportunities.

We are so fortunate to be where we are, surrounded by beautiful blue/green water. The weather has been amazing and has provided us with some of the best views I could ask for. I look forward to seeing what the next few days of our trip holds in store.







Sunset

