

THE WARBLER

AN EDUCATIONAL WEEKLY

ISSUE

25

SEPT 29, 2020

Dear Student, Artist, Thinker,

For some economists, the events of 2020 have called for comparisons to the **Great Depression** of the 1930s. Many Americans have been and are continuing to endure financial instability with few opportunities for relief. Ninety years ago, few people would have anticipated the nation's ability to climb out of its deep, economic pit, let alone become immensely prosperous again.

Some point to World War II as the reason for America's resurgence, suggesting that the collective mobilization toward the war effort lifted the country from this dark period. It doesn't have to take a global conflict to jumpstart an economy, but it does need some visionary thinkers. The New Deal of the Franklin Delano Roosevelt Administration offered, well, a new deal for suffering Americans, fundamentally changing our expectations of how a society can provide for itself. Safeguards were set for the number of hours people could be required to work (without overtime pay), and other laws banned child labor, protected collective bargaining, and regulated banks. Notably, we established social security, which was literally a lifesaver to many elderly Americans.

It's true that there were people who opposed these reforms (which may sound weird, given how much we rely on them today), but then again, it's often easier to say, "No," or "Not now," than it is to take a risk on a new idea. As difficult of a year as 2020 has been, I'm optimistic to see how our country will climb back up. What new proposals and ways of thinking will rise in response to this crisis? What new systems will make people think, 50 or 100 years in the future, "How did y'all manage back then?"

There are valuable lessons to learn from history. The ones that stand out to me are when humans learn to better care for each other, to recognize that everyone, sooner or later, needs someone else to lean on.

Kyes Stevens and the APAEP Team



WORDS INSIDE

FROM "HOW THE GREAT DEPRESSION STILL SHAPES"...

gastronomy | the art or science of good eating

wend | go in a specified direction, typically slowly or by an indirect route

yawp | a harsh cry or yelp

credo | a statement of the beliefs or aims which guide someone's actions

buttressed | strengthened or supported

haute | fashionably elegant or high-class

...

“How can you frighten a man whose hunger is not only in his own cramped stomach but in the wretched bellies of his children? You can't scare him — he has known a fear beyond every other.”

JOHN STEINBECK // American author (from *The Grapes of Wrath*)



HISTORY

Top 5 Causes of the Great Depression

By Martin Kelly | *ThoughtCo.com* | Updated March 26, 2020

The Great Depression lasted from 1929 to 1939 and was the worst economic depression in the history of the United States. Economists and historians point to the stock market crash of October 24, 1929, as the start of the downturn. But the truth is that many things caused the Great Depression, not just one single event.

In the United States, the Great Depression crippled the presidency of Herbert Hoover and led to the election of Franklin D. Roosevelt in 1932. Promising the nation a New Deal, Roosevelt would become the nation's longest-serving president. The economic downturn wasn't just confined to the United States; it affected much of the developed world.

Stock Market Crash of 1929

Remembered today as "Black Tuesday," the stock market crash of October 29, 1929 was neither the sole cause of the Great Depression nor the first crash that month, but it's typically remembered as the most obvious marker of the Depression beginning. The market, which had reached record highs that very summer, had begun to decline in September.

On Thursday, October 24, the market plunged at the opening bell, causing a panic. Though investors managed to halt the slide, just five days later on "Black Tuesday" the market crashed, losing 12% of its value and wiping out \$14 billion of investments. By two months later, stockholders had lost more than \$40 billion dollars. Even though the stock market regained some of its losses by the end of 1930, the economy was devastated. America truly entered what is called the Great Depression.

Bank Failures

The effects of the stock market crash rippled throughout the economy. Nearly 700 banks failed in waning months of 1929 and more than 3,000 collapsed in 1930. Federal deposit insurance was as-yet unheard of, so when the banks failed, people lost all their money. Some people panicked, causing bank runs as people desperately withdrew their money, which in turn forced more banks to close. By the end of the decade, more than 9,000 banks had failed. Surviving institutions, unsure of the economic situation and concerned for their own survival, became unwilling to lend money. This exacerbated the situation, leading to less and less spending.

Reduction in Purchasing Across the Board

With people's investments worthless, their savings diminished or depleted, and credit tight to nonexistent,

spending by consumers and companies alike ground to a standstill. As a result, workers were laid off en masse. In a chain reaction, as people lost their jobs, they were unable to keep up with paying for items they had bought through installment plans; repossessions and evictions were commonplace. More and more unsold inventory began to accumulate. The unemployment rate rose above 25%, which meant even less spending to help alleviate the economic situation.

American Economic Policy With Europe

As the Great Depression tightened its grip on the nation, the government was forced to act. Vowing to protect U.S. industry from overseas competitors, Congress passed the Tariff Act of 1930, better known as the Smoot-Hawley Tariff. The measure imposed near-record tax rates on a wide range of imported goods. A number of American trading partners retaliated by imposing tariffs on U.S.-made goods. As a result, world trade fell by two-thirds between 1929 and 1934. By then, Franklin Roosevelt and a Democrat-controlled Congress passed new legislation allowing the president to negotiate significantly lower tariff rates with other nations.

Drought Conditions

The economic devastation of the Great Depression was made worse by environmental destruction. A years-long drought coupled with farming practices which did not use soil-preservation techniques created a vast region from southeast Colorado to the Texas panhandle that came to be called the Dust Bowl. Massive dust storms choked towns, killing crops and livestock, sickening people and causing untold millions in damage. Thousands fled the region as the economy collapsed, something John Steinbeck chronicled in his masterpiece "The Grapes of Wrath." It would be years, if not decades, before the region's environment recovered.

The Legacy of the Great Depression

There were other causes of the Great Depression, but these five factors are considered by more history and economics scholars as the most significant. They led to major governmental reforms and new federal programs; some, like Social Security, federal support of conservation tillage and sustainable agriculture, and federal deposit insurance, are still with us today. And although the U.S. has experienced significant economic downturns since, nothing has matched the severity or duration of the Great Depression. ●



WHAT DOES MAN LOVE MORE THAN LIFE, FEAR MORE THAN DEATH OR MORTAL STRIFE, WHAT THE POOR HAVE, THE RICH REQUIRE, AND WHAT CONTENTED MEN DESIRE, WHAT THE MISER SPENDS AND THE SPENDTHRIFT SAVES, AND ALL MEN CARRY TO THEIR GRAVES?

riddles.com

Edited for space and clarity

ART HISTORY

What the Depression-Era Works Progress Administration Can Teach Us About the Arts During a Crisis

BY TONYA MOSLEY AND ALLISON HAGAN | *wbur.org* | April 29, 2020

In the 1930s, former President Franklin D. Roosevelt enacted job creation programs that put thousands of artists to work.

The best-known program was the Works Progress Administration, which led to the development of community arts centers in minority communities across the country. The WPA was inspired in part by post-revolutionary thinking in Mexico, says Ohio State University art history professor Jody Patterson.

Before FDR came into office, a cultural movement was gaining visibility in Mexico. After the military stages of the Mexican Revolution, the country's government hired artists as wage laborers to visualize history and make it accessible to the hundreds of thousands of citizens who were illiterate, she says.

"This kind of collective expression was very much the model that was taken on by the Federal Art Project and transposed into the American context," says Patterson, who authored the book "Modernism for the Masses: Painters, Politics and Public Murals in 1930s New York." Through WPA, several hundred thousand works were created by professional artists. Many Americans experienced original artwork for the first time through WPA concerts or public art such as murals, some of which still stand today.

Community art centers held traveling exhibitions and art classes, she says, which made art part of people's everyday lives. Mural painting is one successful way the program fulfilled its intention of giving Americans access to the arts, she says.

At New York City's Schomburg Center for Research in Black Culture, art history lovers can still see a set of murals by Aaron Douglas, a black artist from the Harlem Renaissance who later became an instructor within the federal art programs. Douglas' murals depict the history of life and culture for black Americans.

"That mural cycle ... is there as this kind of visual history, much like we would have had stained glass windows or frescoes in churches during earlier periods," she says. "Here is a history that — regardless of your level of education or literacy, your familiarity with fine art — is there in bold color and form."

President Roosevelt also used art programs as a way to communicate the value of democracy in the U.S. Across the world, leaders such as Adolf Hitler, Joseph Stalin and Benito Mussolini were also funding



art to consolidate their power, Patterson says.

Roosevelt needed to build support for government action and show how democracy offered citizens a "more abundant life" full of culture compared to the competing political systems of the time, she says.

Because of the coronavirus pandemic's effect on the economy, many people are thinking back to Depression-era programs like WPA. But there are significant differences between the economic crisis in the 1930s compared to now, she says.

One similarity between this era and now is that many Americans find federal funding for the arts wasteful and "boondoggling," a term used to describe Roosevelt's initiatives, Patterson says.

"Many people, as is still the case today, did not think it was the business certainly of the federal government to be getting involved in cultural matters," she says.

For decades, the cultural sector in the U.S. has been in a precarious, vulnerable position compared to other industries, she says. In the aftermath of this crisis, she thinks people may realize it's not sustainable that funding for art largely comes from wealthy elites or private philanthropy.

Though circumstances have changed since the New Deal, there are useful insights and lessons to learn from these programs, she says. She hopes the art world can build on the legacy of programs like WPA and make culture more accessible — akin to living the American dream instead of "something that's cast off into this ivory tower and left so vulnerable."

"This could be an opportunity to think about what a sustainable future for the arts might look like," she says. ●



A panel from Aaron Douglas' mural at the Schomburg Center for Research in Black Culture in New York

A mural above an entrance shows WPA workers planting trees and building parks at the World's Fair in New York on May 3, 1939.

Images from ku.edu and AP Images

● Edited for space and clarity

MATHEMATICS

Sudoku

#49 PUZZLE NO. 2960193

						3		
		8		1				2
		1	8	9	5			
				7	6			1
			1			2	8	
		7				6	3	
	1				8			
	5		9					
9	7		2	3				5

©Sudoku.cool

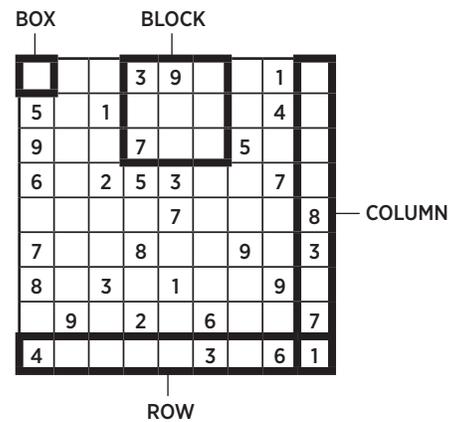
#50 PUZZLE NO. 4882646

	6				1			3
	8				9			
			7		8			9
2	7	9						4
				7	6	9		
				5				
		8		9				1
7		5		4				
			1			2	5	

©Sudoku.cool

SUDOKU HOW-TO GUIDE

1. Each block, row, and column must contain the numbers 1-9.
2. Sudoku is a game of logic and reasoning, so you should not need to guess.
3. Don't repeat numbers within each block, row, or column.
4. Use the process of elimination to figure out the correct placement of numbers in each box.
5. The answers appear on the last page of this newsletter.



What the example will look like solved

2	4	8	3	9	5	7	1	6
5	7	1	6	2	8	3	4	9
9	3	6	7	4	1	5	8	2
6	8	2	5	3	9	1	7	4
3	5	9	1	7	4	6	2	8
7	1	4	8	6	2	9	5	3
8	6	3	4	1	7	2	9	5
1	9	5	2	8	6	4	3	7
4	2	7	9	5	3	8	6	1



“The greatest generation was formed first by the Great Depression. They shared everything — meals, jobs, clothing.”

TOM BROKAW // American television journalist and author

Icons from the Noun Project

DID YOU KNOW?

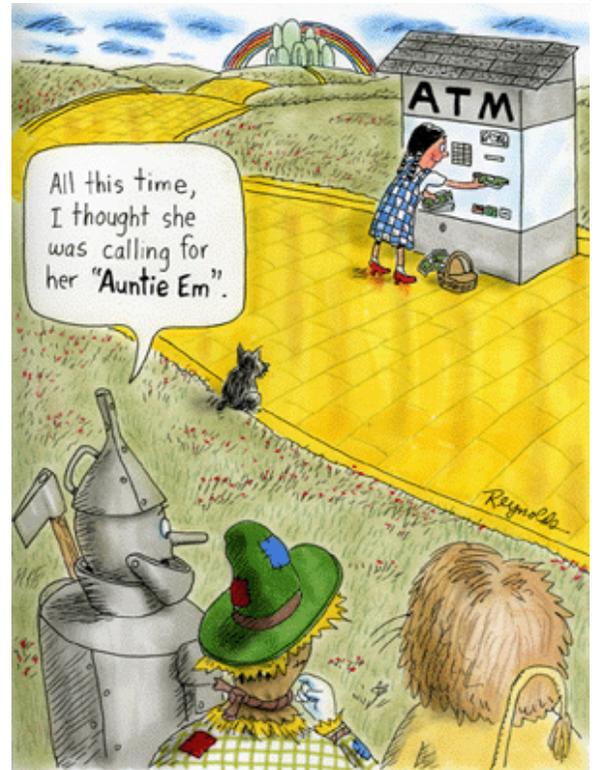
For entertainment, children and families often listened to the radio during the Great Depression. Nearly 40% of families owned a radio. Popular radio shows were *Amos 'n' Andy*, *Burns and Allen*, *The Lone Ranger*, *Sherlock Holmes*, *Buck Rogers*, and *The Shadow*.

The board game Monopoly, which first became available in 1935, became immensely popular perhaps because players could become rich—at least in their imagination.

The “Three Little Pigs”—released May 27, 1933, and produced by Walt Disney—was seen as symbolic of the Great Depression, with the wolf representing the Depression and the three little pigs representing average citizens who eventually succeeded by working together.

During the Great Depression, pack horse librarians were librarians who would ride horses to deliver library books to children.

Source: factretriever.com



Dan Reynolds' Unwrapped



WORD PLAY A Rebus puzzle is a picture representation of a common word or phrase. How the letters/images appear within each box will give you clues to the answer! For example, if you saw the letters “LOOK ULEAP,” you could guess that the phrase is “Look before you leap.” *Answers are on the last page!*

Idiom

“Kick the can down the road”

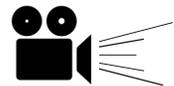
Meaning to postpone dealing with something in the hopes that it becomes someone else’s problem

Origin The phrase originally refers to a game that was played during the Great Depression. Children didn’t have access to many games and had to improvise and make their own. The game was much the same as hide and seek. Except, if someone managed to elude being caught and “kicked the can” everyone who had been caught was free to go.

It is difficult to connect this game with the idea of postponing an event until it becomes someone else’s problem. This is how the phrase is most often used in political circles. It is more plausible to believe that it relates to kicking a discarded can out of sight so that picking it up becomes someone else’s problem.

The phrase has only been used since the late 1980s and there is no definitive origin.

Source: theidioms.com



DURING THE GREAT DEPRESSION, A RECORD **60-80 MILLION** AMERICANS WENT TO THE MOVIES EVERY WEEK. ONE OF THE BIGGEST BLOCKBUSTERS WAS MERIAN C. COOPER’S 1933 *KING KONG*. OTHER POPULAR MOVIES INCLUDED *THE WIZARD OF OZ* (1939) AND *GONE WITH THE WIND* (1939).

Icons by Noun Project

ART + CULTURE

Pantoum of the Great Depression

BY DONALD JUSTICE | poetryfoundation.org

Our lives avoided tragedy
Simply by going on and on,
Without end and with little apparent meaning.
Oh, there were storms and small catastrophes.

Simply by going on and on
We managed. No need for the heroic.
Oh, there were storms and small catastrophes.
I don't remember all the particulars.

We managed. No need for the heroic.
There were the usual celebrations, the usual sorrows.
I don't remember all the particulars.
Across the fence, the neighbors were our chorus.

There were the usual celebrations, the usual sorrows.
Thank god no one said anything in verse.
The neighbors were our only chorus,
And if we suffered we kept quiet about it.

At no time did anyone say anything in verse.
It was the ordinary pities and fears consumed us,
And if we suffered we kept quiet about it.
No audience would ever know our story.

It was the ordinary pities and fears consumed us.
We gathered on porches; the moon rose; we were poor.
What audience would ever know our story?
Beyond our windows shone the actual world.

We gathered on porches; the moon rose; we were poor.
And time went by, drawn by slow horses.
Somewhere beyond our windows shone the world.
The Great Depression had entered our souls like fog.

And time went by, drawn by slow horses.
We did not ourselves know what the end was.
The Great Depression had entered our souls like fog.
We had our flaws, perhaps a few private virtues.

But we did not ourselves know what the end was.
People like us simply go on.
We have our flaws, perhaps a few private virtues,
But it is by blind chance only that we escape tragedy.

And there is no plot in that; it is devoid of poetry.

WRITING PROMPT

A pantoum is a poem of repetition. The 2nd and 4th lines of one stanza become the 1st and 3rd lines of the second stanza, and this cycle repeats until the end (a stanza is like a paragraph within a poem). In a pantoum's final stanza, your only unrepeated lines (1st and 3rd from the first stanza) become the 2nd and 4th lines. This form can be a bit challenging at first, but use Donald Justice's poem as an example. Your goal this week is to write your own pantoum about a topic that you believe is worth repeating, or remembering.

On August 12, 1925, Donald Justice was born in Florida in 1925. A graduate of the University of Miami, he attended the universities of North Carolina, Stanford, and Iowa. His books include *The Sunset Maker* (1987), a collection of poems, stories and a memoir; *Selected Poems* (1979), for which he won the Pulitzer Prize, and *The Summer Anniversaries* (1959), which received the Academy's Lamont Poetry Selection. During his life, he held teaching positions at Princeton University, the University of Virginia, and the University of Iowa. From 1982 until his retirement in 1992, he taught at the University of Florida, Gainesville. Bio from poets.org

Word Search

W	I	N	D	O	W	S	I	C	N	S	S	N	I
S	E	S	R	O	H	G	V	I	R	T	U	E	S
O	F	I	L	L	O	E	S	C	O	O	S	I	C
S	T	C	E	P	L	E	L	B	O	F	I	G	H
S	A	L	I	S	S	H	N	P	T	O	V	H	A
O	E	H	H	O	W	E	I	S	O	S	I	B	N
R	R	G	R	S	R	O	H	O	O	E	I	O	C
E	G	E	E	O	T	E	R	C	S	U	P	R	E
O	S	S	T	O	R	Y	H	R	R	T	L	S	T
H	S	T	O	R	M	S	E	E	O	O	R	S	I
C	M	I	O	A	H	E	E	O	U	S	P	N	U
B	E	L	E	E	C	N	E	I	D	U	A	L	E
D	S	N	O	I	T	A	R	B	E	L	E	C	A
R	O	N	B	T	E	S	A	F	O	G	S	S	S

- | | | | |
|---------|--------------|-----------|----------|
| STORMS | HORSES | CHANCE | GREAT |
| PEOPLE | FOG | NEIGHBORS | PORCHES |
| SOULS | WINDOWS | HEROIC | AUDIENCE |
| SORROWS | CELEBRATIONS | VIRTUES | STORY |

NATURE

How the Great Depression Helped Spare Wild Turkeys From Extinction

BY BECKY LITTLE | *History.com* | November 22, 2019

Before European settlers arrived in North America, there were millions of wild turkeys spread across what are now 39 U.S. states. But by the 1930s, wild turkeys had disappeared from at least 20 states and their total population had dropped to 30,000.

Over the next few decades, a series of reforms, conservation efforts and demographic changes helped bring wild turkeys back from the brink of extinction—making them one of the United States’ biggest wildlife success stories.

Wild turkey populations started declining in the 17th century as European colonists hunted them and displaced their habitats. By the time President Abraham Lincoln made Thanksgiving an official U.S. holiday in 1863, wild turkeys had disappeared completely from Connecticut, Vermont, New York and Massachusetts. Within a couple decades, they also disappeared from states farther west like Kansas, South Dakota, Ohio, Nebraska and Wisconsin. In an 1884 issue of *Harper’s Weekly*, one writer predicted wild turkeys would soon become “as extinct as the dodo.”

Wild turkeys, or *Meleagris gallopavo*, were not the only native U.S. species that were in danger. By 1889, there were only 541 American bison left. By the 1930s, when wild turkey populations hit their lowest, the passenger pigeon had already become extinct. The crisis in native species populations galvanized conservationists, who helped pass the Federal Aid in Wildlife Restoration Act of 1937, also known as the Pittman-Robertson Act. This act placed a tax on hunting guns and ammunition to pay for wildlife restoration efforts.

The 1930s also saw a major shift among the U.S. population that would end up benefiting wild turkeys, albeit unwittingly. The Great Depression forced many families to abandon their farms, leaving the land open for wild turkeys to expand into. “As these farms slowly reverted to native grasses, shrubs, and trees, wild turkey habitat began to emerge,” according to the National Wild Turkey Federation’s website.

E. Donnell Thomas Jr., author of *How Sportsmen Saved the World: The Unsung Conservation Effort of Hunters and Anglers*, says the decline of cotton farms in particular may have helped wild turkeys rebound in states like Texas.

Thomas’ father, who won the Nobel Prize in physiology or medicine in 1990, recalls that there was nothing but raccoons, opossums and other small game to hunt growing up in Mart, Texas during the 1930s.

But when Thomas traveled back to the area with his father around the 1960s, his father “was absolutely astounded” to see how wild turkey had flourished.

“When he grew up there, all the land was planted in cotton,” Thomas says. “Cotton is terrible wildlife habitat—nothing can eat it, it doesn’t provide good escape cover—and he was quite sure that’s the reason that species like deer and turkeys weren’t there during the 1930s. When we went back, cotton was gone.”

These changes in the 1930s provided good habitats for wild turkeys. However, their numbers didn’t really start to rebound until the 1950s, because until then, conservationists couldn’t figure out a good way to relocate wild turkeys to these habitats.

Finally, in the 1950s, conservationists realized they could safely relocate wild turkeys with rocket or cannon nets.

These are nets that shoot out and trap animals. Because of relocation efforts, there are now millions of wild turkeys across dozens of states.

Thomas speculates that one of the reasons wild turkeys are able to thrive in Montana, the state he lives in, is because of a change in ranching habits that also took place around the 1930s. During this time, cattle ranchers began to bring their cows into feedlots near their ranch houses during the winter. The change in ranching habits had absolutely nothing to do with turkeys, but ended up providing them with a reliable food source to survive the winter.

“Turkeys can eat cow manure,” Thomas explains. “They love to dig through manure, pick out undigested seeds and bits of corn and whatever the cattle have been eating... In the winter, when there’s snow, it’s not unusual to see 100 wild turkeys gathered around at a little feedlot next to a ranch building.”

Although the food source is most important during the winter, when cattle are concentrated in one area, wild turkeys also eat cow manure in warmer seasons when the cattle are more spread out. “It’s very, very common to see wild turkeys in the spring flipping over cow turds,” he says, adding, “that food source wouldn’t be here if the cattle weren’t here.” ●



A wild turkey spotted along the highway in 1975, believed to be one of several wild turkeys once planted along the South Platte River in northeastern Colorado

Image by John G. White/The Denver Post/Getty Images

● Edited for space

BUSINESS

How the Great Depression Still Shapes the Way Americans Eat

By Adam Chandler | *theatlantic.com* | December 22, 2016

It's difficult to imagine that modern Americans, at the zenith of an era of self-styled gastronomy and rampant food waste, could have much in common with their Depression-era forebears who subsisted (barely) on utilitarian liver loaves and creamed lima beans. But trendy excess notwithstanding, the legacy of the 1929 financial crisis lives on: From the way that ingredients and produce wend their paths to American kitchens year-round, to the tone taken by public intellectuals and elected officials about food consumption and diet.

The nation's hunger and habits during the Great Depression are of particular interest to Jane Ziegelman and Andrew Coe, whose book *A Square Meal* offers a culinary history of an era not known for culinary glamour. The pair not only trace what Americans ate—when they were fortunate enough to secure food—but also the divergent philosophies that guided government strategy in the battle against widespread hunger. One enduring, easily caricatured figure of the crisis is former President Herbert Hoover, a self-made tycoon who knew deprivation as an orphan in Iowa and whose rise to the White House was hastened by his heroic work to alleviate hunger in Europe following the First World War. “He was the great humanitarian,” Coe told me recently over breakfast. “He had the skills, he had the knowledge, he'd done it before. Everything was there.”

Hoover had come to power in the waning hours of the Roaring '20s, which were reduced to a yawp on Black Tuesday, less than a year into his term. Though he had helped facilitate the feeding of much of post-war Europe, when faced with the prospect of growing hunger in the United States, Hoover staunchly opposed direct governmental relief in favor of preserving the national credo of self-sufficiency. Hoover held fast to his optimism, hosting lavish White House dinners to project confidence and repeating the claim that “no one is actually starving.” But by 1931, the country's slip was showing. Droughts and floods devastated American agriculture, unemployment was on its way to 25 percent, and breadlines in New York City were dispensing 85,000 meals a day. Hoover, who had won election in 1928 by one of the larger electoral margins in U.S. history, lost by an even more lopsided one to Franklin Roosevelt in 1932.

Despite establishing the U.S. welfare system, Roosevelt also expressed ambivalence about allocating



government money for hunger relief. “[W]hile the immediate responsibility rests with local, public and private charity, in so far as these are inadequate the States must carry on the burden, and whenever the States themselves are unable adequately to do so the Federal Government owes the positive duty of stepping into the breach,” he said on the campaign trail, days before the election.

That intervention eventually took the form of the Federal Emergency Relief Administration (FERA), a forerunner to the Works Progress Administration, which was founded in 1933. But even the assistance of FERA came with its share of difficulties and paternalism: In order to receive help, state and local governments were required to establish relief offices and to help fund them, all while facing invasive audits and routine inspections. And these material efforts were buttressed by government outreach to U.S. homemakers. Building on decades of groundwork, agents of the Bureau of Home Economics—a female-dominated branch of the USDA—were duly empowered (and funded) to insinuate themselves within communities to convince and instruct households on how to efficiently prepare adequately nutritious meals on tiny budgets. Millions tuned in to hear Aunt Sammy, the USDA-devised matronly companion to Uncle Sam, who offered recipes on the radio featuring foodstuffs being distributed by the government. “As FERA prepared to distribute five million pounds of beans,” Ziegelman and Coe write, “Aunt Sammy took to the airwaves briefing homemakers on legume nutrition.”

According to Ziegelman, the Great Depression set the division between 19th-century food culture and

Lines of people awaiting food rations in Times Square, New York in 1932

Image from AP



THE COST OF MAKING ONLY THE MAKER KNOWS, VALUELESS IF BOUGHT, BUT SOMETIMES TRADED. A POOR MAN MAY GIVE ONE AS EASILY AS A KING. WHEN ONE IS BROKEN PAIN AND DECEIT ARE ASSURED.

WHAT IS IT?

riddles.com

the beginning of modern food culture. “The government takes this very active role in deciding what Americans are going to eat and it’s the beginning of a sort of nutrition consciousness,” she says. “It’s when we begin to think about food groups in terms of food groups and vitamins and minerals and evaluating food on that basis. It’s the beginning of when we look at the sides of our cereal boxes and see how many grams of sugar and how much fiber and make our decisions based on those calculations.”

In that sense, it’s not hard to draw a parallel between government’s exhortations then and, Michelle Obama’s initiatives to dot the national culinary landscape with a few more wholesome vistas. But while more recent efforts to change American dietary patterns have revolved around suggestions such as swapping potato chips with kale chips, the direness of the Depression reduced public campaigns about food to humbler aims—providing basic sustenance and battling vitamin deficiencies—which were austere championed by Eleanor Roosevelt. “In home economics, Eleanor found a way of thinking about food that was consistent with her values,” write Ziegelman and Coe. “Built on self-denial, scientific cookery not only dismissed pleasure as nonessential but also treated it as an impediment to healthy eating.”

Accordingly, ethnic foods with their (supposedly) hunger-triggering spices were vilified and considered “stimulants” along the lines of caffeine and so, in their stead came prune puddings, canned-meat stews, and dairy-heavy vegetable casseroles featuring America’s first fortified foods. And, though diminished by decades of culinary evolution, there are still vestiges of this old way of eating at tables across America. “Some of the wacky creations—the Jell-O salads, the cans of celery soup mixed with tuna fish and mashed potatoes—that’s maybe not happening here [in New York], but I think that’s very much alive more toward the middle of the country,” Ziegelman explained.

Beyond the science-driven fare and nutritionism of the Depression diet, American foodways were also reshaped by government projects that slowly pushed the United States toward recovery. “Before the Depression, America was not very well connected by roads and rails,” Coe explains. The New Deal-mandated creation of infrastructure—which also included power lines and electricity—would pull rural farm areas into larger food systems and eventually help deliver refrigerators to the masses. While canning and pickling and seasonal, farm-to-table meals may have recently come crashing back into vogue in the United States, it was these labor-intensive methods from which many households were seeking reprieve. “Farmers could now sell their produce at the nearest regional center where it would be distributed all across the country and, at the same time, they could now get out-of-season foods, canned foods, frozen foods, or fresh oranges from Florida or California all around the year,” says Coe.

Though it may seem like boom times for haute eating, there are resemblances, both subtle and obvious,

between modern-day America and its Depression-era analogue. As Ziegelman explains, parents are still trying to sneak vegetables into their children’s food while the reign of nutrition bars and protein shakes might appear to be the souped-up descendants of the technology-enabled, basic-by-design fare of the 1930s. More urgently, hunger has returned. “As of 2014, the most recent year on record, 14 percent of all American households are not food secure,” Ned Resnikoff noted in *The Atlantic* back in July, a three-point bump from pre-Great Recession levels. “That’s approximately 17.4 million homes across the United States, populated with more than 48 million hungry people.” The relative inexpensiveness of food in the United States, which has long softened the blow of stagnant wages, may fall out of reach once again. ●

🔗 Edited for space



AN IDIOT THAT BECAME RICH HAS ME. A POOR GENIUS DOES NOT. I’M UNPRE- DICTABLE AS I AM UNSEEABLE. WHAT AM I?

reddit.com/r/riddles

RANDOM-NEST

Commonly Misused Words

BY DR. TRAVIS BRADBERRY | Huffington Post | Updated Dec 06, 2017

Accept vs. Except | These two words sound similar but have very different meanings. *Accept* means to receive something willingly: “His mom *accepted* his explanation” or “She *accepted* the gift graciously.” *Except* signifies exclusion: “I can attend every meeting *except* the one next week.”

Affect vs. Effect | *Affect* means to influence something or someone; “Your job was *affected* by the organizational restructuring.” An *effect* is the result of something: “The sunny weather had a huge *effect* on sales.”

Lie vs. Lay | *Lie* means to recline: “Why don’t you *lie* down and rest?” *Lay* requires an object: “*Lay* the book on the table.” It’s more confusing in the past tense. The past tense of *lie* is—you guessed it—*lay*: “I *lay* down for an hour last night.” And the past tense of *lay* is *laid*: “I *laid* the book on the table.”

Bring vs. Take | Somebody *brings* something to you, but you *take* it to somewhere else: “*Bring* me the mail, then *take* your shoes to your room.” Just remember, if the movement is toward you, use *bring*; if the movement is away from you, use *take*.

Imply vs. Infer | To *imply* means to suggest something without saying it outright. To *infer* means to draw a conclusion from what someone else implies. As a general rule, the speaker/writer *implies*, and the listener/reader *infers*.

Nauseous vs. Nauseated | *Nauseous* has been misused so often that the incorrect usage is accepted in some circles. Still, it’s important to note the difference. *Nauseous* means causing nausea; *nauseated* means experiencing nausea.

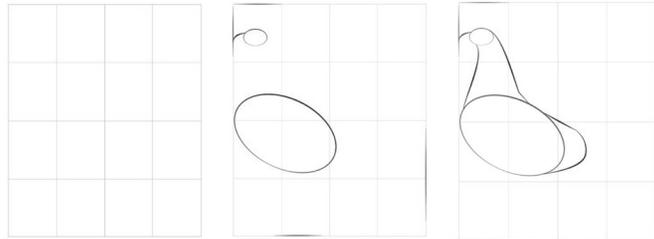
Farther vs. Further | *Farther* refers to physical distance, while *further* describes the degree or extent of an action or situation. “I can’t run any *farther*,” but “I have nothing *further* to say.”

If you can substitute “more” or “additional,” use *further*.

Fewer vs. Less | Use *fewer* when you’re referring to separate items that can be counted; use *less* when referring to a whole: “You have *fewer* dollars, but *less* money.”

HOW TO DRAW

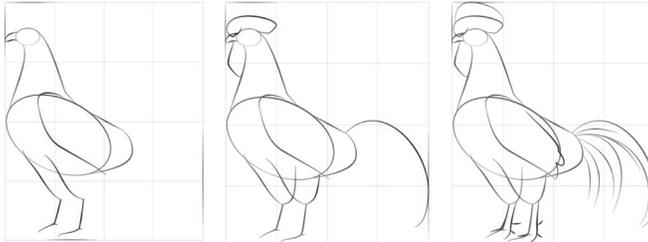
...



DRAW GRID

1

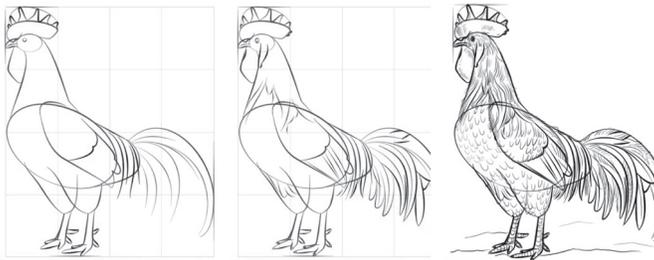
2



3

4

5



6 Draw some lines for shanks and toes. Outline the central line of the beak, and the rooster's feathers on its wings and back.

7 Work on the whole figure, paying attention to details.

8 Contour, trying to vary the thickness and blackness of the line. Draw more details and the ground. Erase all guidelines.

SuperColoring.com

Answers

SUDOKU #49

5	6	9	7	2	4	3	1	8
7	4	8	6	1	3	5	9	2
3	2	1	8	9	5	4	7	6
2	8	5	3	7	6	9	4	1
6	3	4	1	5	9	2	8	7
1	9	7	4	8	2	6	3	5
4	1	3	5	6	8	7	2	9
8	5	2	9	4	7	1	6	3
9	7	6	2	3	1	8	5	4

SUDOKU #50

9	6	7	5	2	1	8	4	3
3	8	2	4	6	9	1	7	5
5	4	1	7	3	8	6	2	9
2	7	9	8	1	3	5	6	4
8	5	4	2	7	6	9	3	1
1	3	6	9	5	4	7	8	2
6	2	8	3	9	5	4	1	7
7	1	5	6	4	2	3	9	8
4	9	3	1	8	7	2	5	6



Brainteasers

Page 2 Nothing

Page 5 Rebus Puzzle:

1. No one is perfect
2. X marks the spot
3. Snake in the grass

Page 8 A promise

Page 9 Luck

Words of Encouragement

One of my favorite quotes is “The guardians of the universe would not have put such a fragile and precious life in your hands if they did not think that you could eventually be trusted to care for it with infinite tenderness.” This is a quote by Elizabeth Gilbert, the author of the memoir *Eat Pray Love*. I’m not a religious, or even spiritual, person, but I take comfort in this quote because it reminds me that even though my circumstances, my mental state, or other factors both in and outside of my control may currently be preventing me from thriving and feeling like I’m achieving my personal version of success, this doesn’t mean that it’ll always be this way or that I shouldn’t take the time to be patient with myself, grant myself the grace I give others, and celebrate the small day-to-day victories. Take care of yourselves as best you can, and remember that you have so many people — known and unknown — rooting for you.

Best wishes,
Natasha



Send ideas and comments to:

APAEP
1061 Beard-Eaves
Memorial Coliseum
Auburn University, AL 36849