

THE WARBLER

AN EDUCATIONAL WEEKLY

ISSUE

132

OCTOBER 19, 2022

Dear Student, Artist, Thinker, Friend,

This week we are bringing you Rabbits. When I think about bunnies I think of the cute and fluffy little animal. But as you will learn in this weeks edition of *The Warbler*, rabbits are not always cute and fluffy. For some regions, they have become an invasive species and for others they spread deadly diseases. They are cartoon characters and they are very social animals.

I read something this week that kind of surprised me about rabbits. There are more people in the world than there are rabbits. I guess I always just think of bunnies and how fast they can multiply and so it was interesting to me that there are less of them than of us. Currently there are more than 709 million rabbits in the world and they are located in different regions on our planet. No matter your feelings on rabbits, we hope you find something in this issue that peaks your interest.

Tammy and The APAEP Team

WORDS INSIDE

FOUND INSIDE "THE PECULIAR HISTORY OF THE ENERGIZER ..."
doppelganger | a biologically unrelated look-alike or a double of a living person

FOUND INSIDE POEM
pylon | a tower used for carrying power lines high above the ground

FOUND INSIDE "HOW EUROPEAN RABBITS TOOK OVER ..."

warrens | an underground network of tunnels

FOUND INSIDE "HISTORY AND ORIGIN OF RABBITS ..."

eocene (period) | the geological epoch that lasted from about 56 to 33.9 million years ago, refers to the dawn of the modern fauna

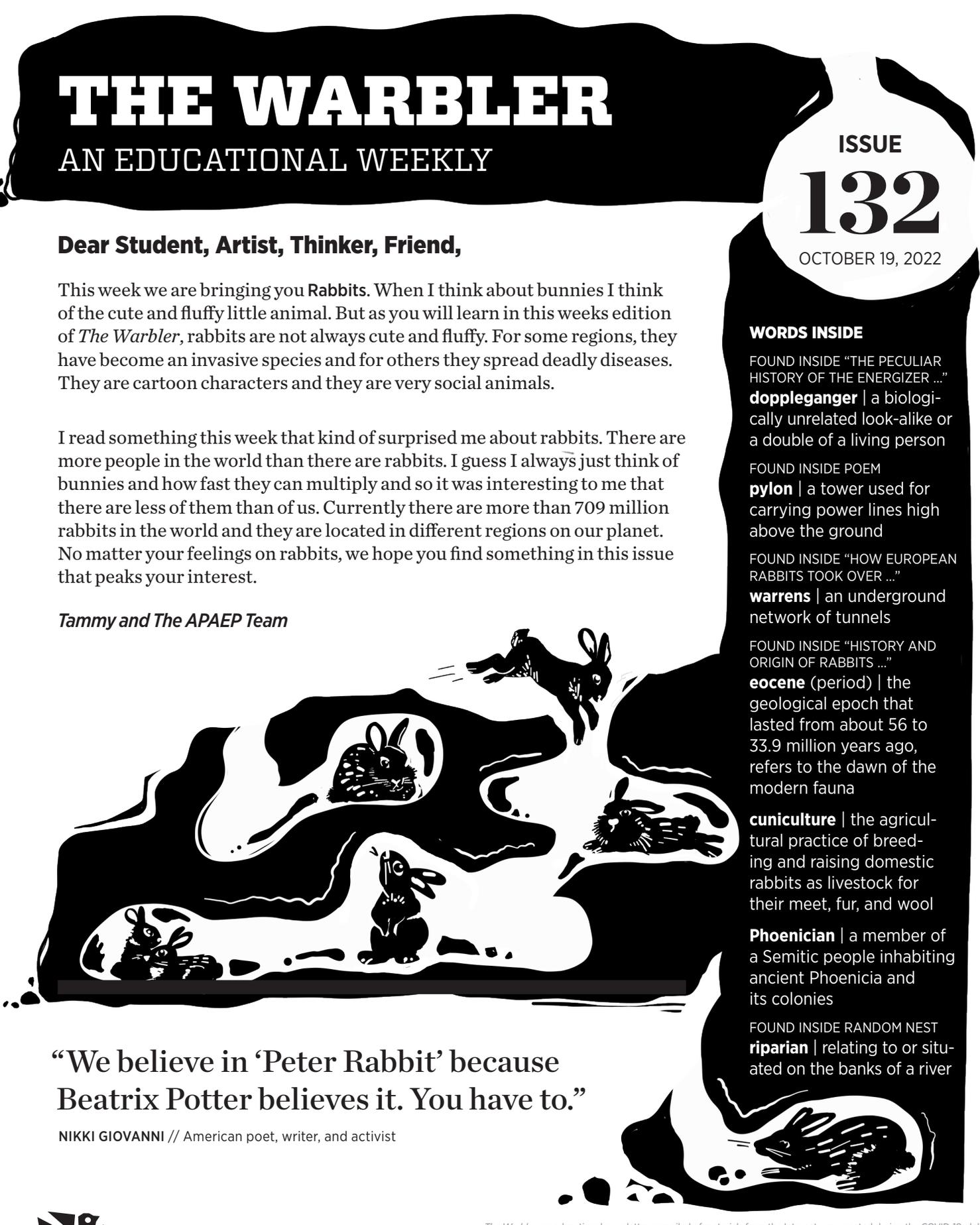
cuniculture | the agricultural practice of breeding and raising domestic rabbits as livestock for their meat, fur, and wool

Phoenician | a member of a Semitic people inhabiting ancient Phoenicia and its colonies

FOUND INSIDE RANDOM NEST
riparian | relating to or situated on the banks of a river

"We believe in 'Peter Rabbit' because Beatrix Potter believes it. You have to."

NIKKI GIOVANNI // American poet, writer, and activist



BUSINESS

The Peculiar History of the Energizer Bunny

BY CHRISTOPHER SIKKENG | *awkward human* | May 24, 2017

Surprisingly to those of us in North America, this story actually begins with another battery manufacturer, Duracell.

In 1973 Duracell used a slew of pink bunny toys in a commercial to advertise that the longest lasting battery was their own. The ad ran for many years. Thus it became recognizable enough to parody. Energizer decided to poke fun at the copper top battery behemoth with a pink bunny rabbit that would literally run circles around Duracell's drumming toy.

Some people believe that Duracell wasn't phased by the parody ads in the beginning because it would most likely confuse the consumers into buying more Duracell batteries. After all, by the time Energizer gave their cool cottontail life, Duracell had been using their heralding hare for 16 years. Yet, Energizer went all-in, they trademarked their pink plushy in the U.S. Nearly 30 years later, the Energizer Bunny is still working for the company and Americans have often used it to describe someone with incredible endurance. Of course across the pond in the Europe, people use "Duracell Bunny" to describe someone with a lot of stamina because the pink bunny has continued to work there since its inception.

How did this pink bunny battle get territorial? That Energizer trademark in the U.S. paved the way for the two companies to come to an agreement in 1992. Energizer took North America and Duracell was given the other countries. This 1992 agreement came to light recently when some Duracell packaging showed up in the U.S. displaying their pink mascot. Energizer filed a lawsuit citing the "confidential" agreement.

The Duracell Bunny has continued to grow and evolve throughout the years. While still claiming to have mad drummer skills, the fuchsia figure has become sporty. The bunny dropped the toy look for a sleek appearance for running, boxing, skiing and of course, soccer. Currently, Duracell plays up the fact that their mascot was created by a NY advertising agency in 1973. The character even has his own biography.

Meanwhile, the Energizer doppelganger has stuck with the Ray-Bans, Joe Cool aesthetic. Much of the official timeline on their site is filled with coverage of his pinkness. "Look at me, I'm on social media, I was in the Macy's parade and fought Darth Vader." In a way, comparing to the two corporate characters is

like the contrasting the countries where they work.

In 2016 Energizer brought a suit against Duracell because some packages intended for the European market supposedly ended up in the States. Furthermore, they've gone after Rayovac for packaging that was suspiciously close to their own.

One question, why are bunnies the chosen mascot? Are the companies tapping into that old fable, "The Tortoise and the Hare?" Being faster than a turtle isn't something to brag about. That's like saying you're smarter than an inanimate object. The only other thing that comes to mind is that rabbits are known for their ability to multiply. Apparently, it really comes down to the lazy marketing of Energizer. "Hey, Duracell's been doing that pink bunny thing for 16 years. Let's do that too." Like Android and iOS or Windows and MacOS stealing interface ideas from each other, Energizer decided to not pay for creative marketing ideas. They simply said, "See that? Do it."

That's the tale of the battling battery bunnies, at least for now. That 2016 case is not yet resolved. Duracell claims that Energizer is trying to exploit a distribution issue to renegotiate the 1992 agreement to carve up territory. Meanwhile, as we wait to learn the fuchsia fallout from the case, the number 3 battery seller keeps creeping upwards towards rival manufacturers. It would seem that many people have no interest in pink bunnies and simply *keep going and going* to stores to buy house brand batteries.

Updated to show that the editor could not find if the above lawsuit was ever settled, but another two lawsuits were mutually filed between Duracell and Energizer over battery life. These two lawsuits were dropped in 2020. ●



"My gigs are built on improvisation: I go out there and I'm like the Energizer bunny."

MEAT LOAF // American Singer and actor

INSPIRATIONAL

How a Rabbit Saved My Life

Another kind of bunny rescue

BY GEORGIANA HALL | *House Rabbit Society*

For decades, I have loved rabbits. About eight years ago, I bought one at a pet store, not knowing too much about them. Snowball soon died of an unknown health problem, so a vet friend convinced me to get another one, but to adopt from a shelter. Cocoa, a dwarf black bunny, came home with me and soon had another rescue pal named Muffin, a tiny Holland Lop. Pumpkin was rescued from a pet store. Pepper was the “toy” of some neighborhood children until they relinquished him to a better life with me. My family room was an extension of the kitchen and had plenty of space for the rabbits’ pens.

About the same time I took in Pepper, I agreed to foster a rabbit from the shelter. He was a dwarf mix, white with brown spots and big brown eyes. Somehow his assigned name of “Tucker” seemed too mundane. I renamed him “Hershey” because the color of his eyes was the same as Hershey’s Cocoa powder. He turned out to be a charming little guy with a big personality. He could binky right up onto my couch and was especially good at this when I was drinking cranberry juice. Soon he and Pepper became “buds.”

My husband left for a month-long hiking trip last July, so I decided to take a dance class at the local college in the evenings. I arrived home late one evening famished from the workout. I decided to scramble some eggs. What a treat they would be.

Retreating to my bedroom with my snack, I gobbled it down and quickly fell into a deep sleep.

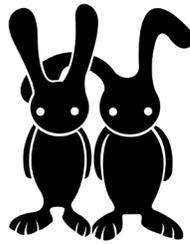
Probably about half an hour later, I awoke to loud thumping. Rabbits, of course, thump their hind legs when they sense danger. My rabbits would rarely thump in the middle of the night, unless something, such as an outdoor cat, had their attention. I knew immediately that something was wrong.

I stumbled out of bed half awake and somewhat confused. The thumping continued. I flicked on the hallway light and ran into the kitchen. By now, smoke was coming out from the kitchen. The pan I had used to cook my eggs was smoking. I immediately grabbed a towel and threw the pan into the sink. Then I cranked open the windows and opened up all of the sliding glass doors. How stupid could I be to leave the pan on the burner and not turn off the stove?

As the smoke cleared, I glanced over at Hershey. He was hunched in a corner of his pen, stomping his hind legs. His eyes were wide with fear as he continued to thump; the other rabbits hid in their cardboard boxes. As the smoke finally dissipated, I realized the worst: the smoke could have killed Hershey and the other rabbits. I sat down on the floor beside him and stroked the soft fur on his back, assuring him the warren was safe.

Most people don’t realize that rabbits can make intelligent, adorable pets who can be taught to come when called and adore affection. And after Hershey probably saved me and my home, I can honestly say that perhaps they are good watchmen as well! ●

🔗 Edited for space



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!

HEAR__G	partypartypartypartyparty	CUU_
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MATHEMATICS

Sudoku

#263 PUZZLE NO. 3073522

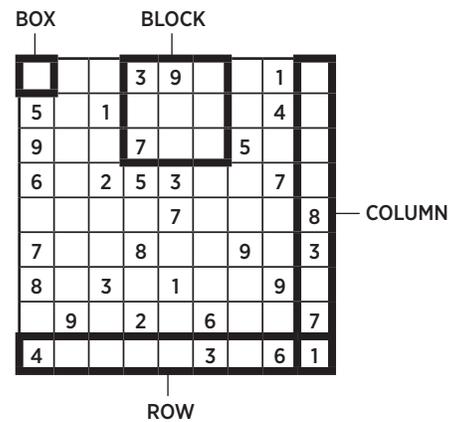
			3					
7					2		8	
		9	4	6			3	
	6	4				3	7	
	1			2				
		7		4	3	8		
2	9							
8					9			
					5		1	4

#264 PUZZLE NO. 4975891

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

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



“C’mon Roger, let’s go home.
I’ll bake you a carrot cake.”

JESSICA RABBIT // Cartoon character

DID YOU KNOW?

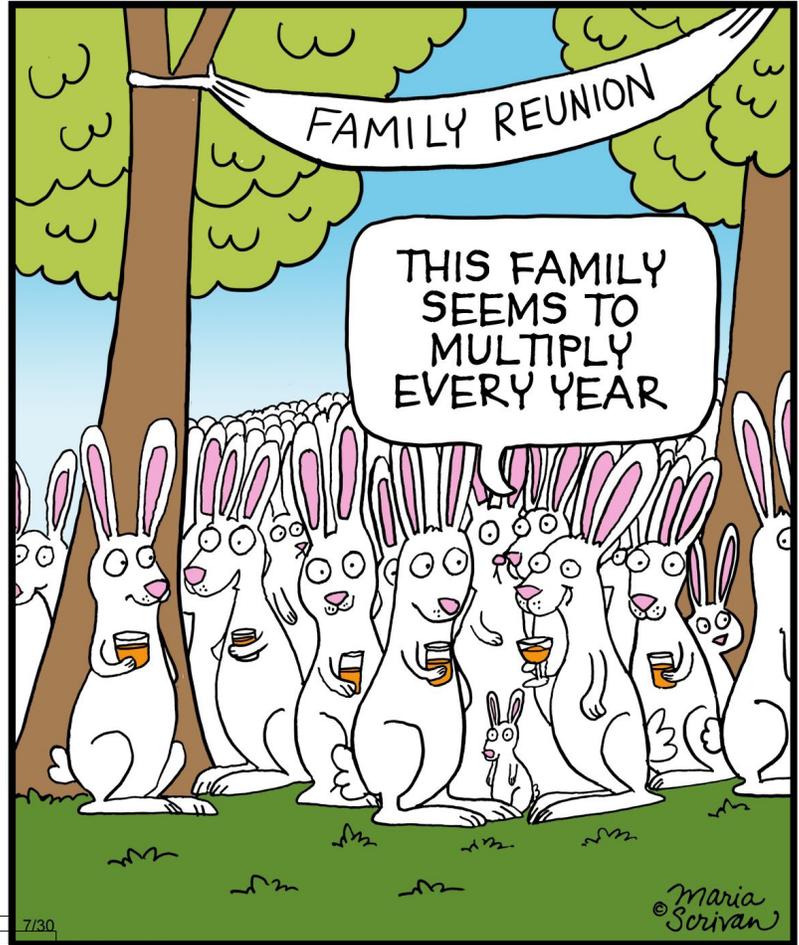
A baby rabbit is called a **kit**, a female is called a **doe** and a male is called a **buck**.

Rabbits are very social creatures that live in groups. They live in **warrens** — a series of tunnels and rooms that they dig underground.

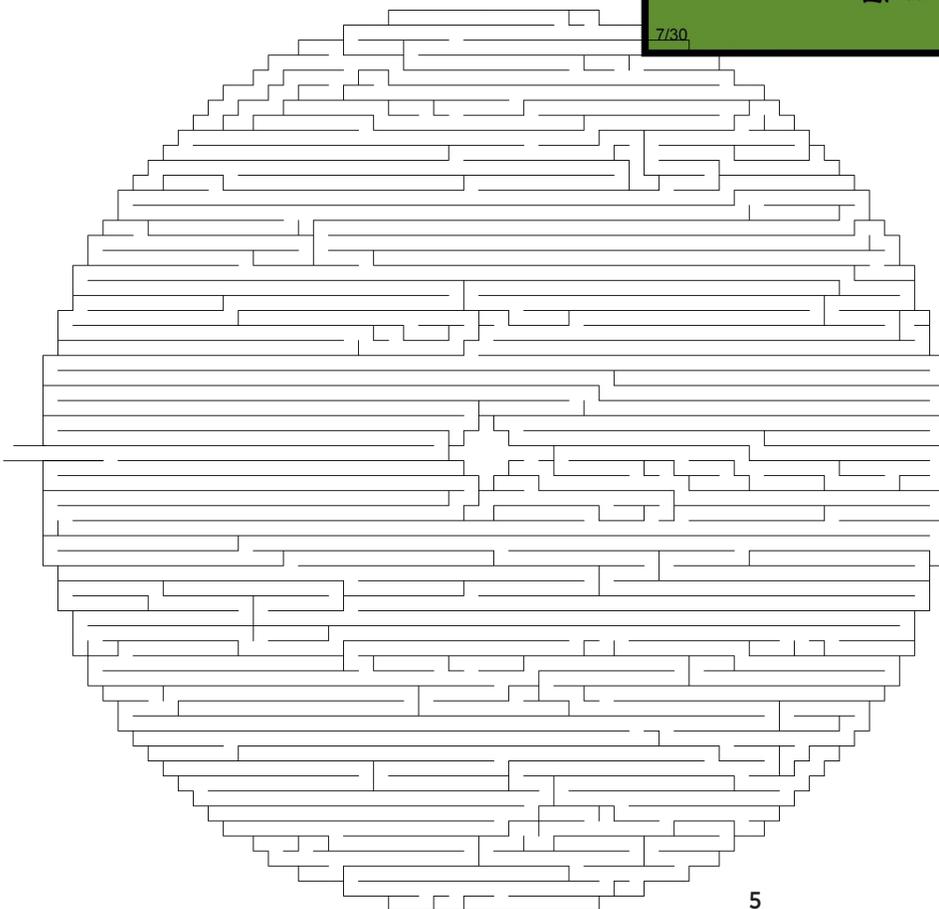
A rabbit's **teeth never stop growing!** Instead, they're gradually worn down as the rabbit chews on grasses, wildflowers and vegetables — meaning they never get too long.

Rabbits' **eyes are on the sides of their head**, meaning they can see almost all the way around them. This helps them to keep a close watch for predators while they're going about their business!

Source: *National Geographic Kids*



cartoonstock.com



◀ Maze

This maze is a collection of paths, where there is both a start and ending point. The player starts from the start point and follows a path of their choice, which leads to the end point.



RABBITS PERFORM AN ATHLETIC LEAP, KNOWN AS A 'BINKY,' WHEN THEY'RE HAPPY — PERFORMING TWISTS AND KICKS IN MIDAIR!

ART + CULTURE

The Rabbit and the Moon

BY KIM MOORE



Let me tell you the story of a *high, lonely place* where *sight and sound* carry with the pylon that gives its shadow to the hill, and the farm many fields away, and the long straight road.

A bird calls *kehaar, kehaar* to the moon and trains are falling, falling into the night. The black rabbit waits outside the caravan and come morning, the booted feet of gulls

will be telling us to leave, but if we stay the dogs will lie like rugs at our feet. Somewhere, there are other rabbits, and a river to sail away on. Somewhere, there's a boat.

WRITING PROMPT

The Rabbit and the Moon imagery was drawn from the famous book *Watership Down*, which told of a community of rabbits attempting to flee as their home is destroyed by humans. Using this as a prompt, illustrate or create a poem, short essay, blog, or illustration that draws from a favorite story or writing that you might have.

Kim Moore was born in Leicester, England. She is the author of the full-length poetry collections *All The Men I Never Married* (Seren, 2021) and *The Art of Falling* (Seren, 2015), which won the Geoffrey Faber Memorial Prize and was shortlisted for the 2022 Forward Prize for Best Collection. Moore earned a PhD in 'Poetry and Everyday Sexism' at Manchester Metropolitan University, where she was awarded a Vice-Chancellor's Bursary to carry out her research. She lives in Cumbria, England, and is a Lecturer in Creative Writing at Manchester Metropolitan University. She also serves as the codirector of Kendal Poetry Festival, hosts a monthly reading series for Wordsworth Grasmere, and runs regular writing workshops for young people and adults.



Word Search

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

- SUNRISE
- TRAVEL
- SHADOW
- RABBITS
- PROGRESSION
- RIVER
- MORNING
- MOBILITY
- STRENGTH
- CARAVAN
- SOUNDS
- LONELINESS

HISTORY

How European Rabbits Took Over Australia

BY NATIONAL GEOGRAPHIC SOCIETY | *National Geographic* | May 20, 2022

In 1859, European rabbits were introduced into the Australian wild so that they could be hunted. Thomas Austin, a wealthy settler who lived in Victoria, Australia, had 13 European wild rabbits sent to him from across the world, which he let roam free on his estate. From this one backyard sanctuary, it took only around 50 years for these invasive rabbits to spread across the entire continent.

Their numbers became so large that they destroyed crops and land, leading to soil erosion. They also negatively affected agriculture and plants by overgrazing. Not only did the rabbits wreak havoc on Australian croplands, they contributed to the decline of native plant and animal species. Even the Commonwealth Environment Protection and Biodiversity Conservation Act 1999—the Australian government’s main environmental legislation—lists the various effects of feral rabbits, such as land degradation, as a “threatening process.”

These rabbits are extremely adaptive, which has played a role in their spread across the Australian continent. All the rabbits need is soil that is fit to burrow and short grasses to graze on. Since these conditions are fairly easy to come by, they can adapt to new habitats such as the deserts and plains of Australia as easily as the meadows of Europe.

Not only are European rabbits adaptable creatures, they are also known for rapidly producing large quantities of offspring. They can reproduce at a young age, and they can reproduce all year round. European rabbits, or hares, can produce more than four litters each year, with two to five kits (baby rabbits) per litter on average.

Efforts to Deal with Invasive Rabbits

A few decades after the rabbits first arrived in Australia, they became a major problem for farmers. Initially, both farmers and the government built fences to keep the rabbits from destroying their crops. The government even commissioned the construction of a fence that stretched across Western Australia, from the north to the south. However, fencing did little to deter the rabbits. In the case of the Western Australia fence, it merely fenced in rabbits already living in the state.

Farmers have also been known to destroy rabbit warrens in an effort to control the population. Destroying the warrens takes away the place where rabbits are able to safely breed and raise young. Today, farmers continue to use the warren destruction method, which is effective for controlling rabbit populations found on accessible lands.

In the 1950s, the government turned to biocontrol. They released rabbits infected with myxoma—a rabbit-specific virus—into southeastern Australia. The myxoma virus was the first ever virus to be purposefully introduced to the wild to eradicate an animal. Australian scientist Peter Kerr said of this release, “Thus, inadvertently, began one of the great experiments in natural selection, conducted on a continental scale.” The myxoma virus leads to myxomatosis, a disease that only kills rabbits. Although the myxoma virus did lead to the deaths of many of the rabbits in Australia, the rabbits eventually developed an immunity to the virus, rendering it ineffective. If the scientists wanted to eradicate these invasive rabbits, they were going to have to try something else.

Rabbit Hemorrhagic Disease Virus (RHDV) is another rabbit-specific pathogen that scientists began to describe in the 1980s. In 1995, this virus escaped a quarantine facility and made its way to the wild. After its official release to control the population in 1996, RHDV lowered rabbit numbers in Australia by up to 90 percent in especially dry areas. Because flies serve as the viral vector, the disease does not affect European rabbits that live in Australian regions that are cooler and receive high amounts of rainfall. As with the myxoma virus, these rabbits have begun to develop resistance to RHDV.

Viruses were not the only population-control measure used on European rabbits; poison proved to be another popular method. One of the main chemicals used to poison rabbits is sodium fluoroacetate, which has a very high mortality rate—more than 90 percent.

Introducing viruses into the wild seems to be the best, most cost-effective way to lower European rabbits’ numbers. Currently, researchers are studying more deadly strains of RHDV that may be even more effective at preventing the rabbits from overwhelming the Australian environment. Since the European rabbits are an invasive species, and are extremely disruptive to the local environment, finding a solution to rein in and control their populations is imperative. ●



European rabbits hurt Australia’s native species and crops. Besides their lack of natural predators on the continent, their success is aided by quick breeding: They can birth more than four litters a year with as many as five kits (baby rabbits) each.

Photograph by Mitch Reardon

“I knew I shoulda taken that left turn at Albuquerque!”

BUGS BUNNY // Cartoon Character

Edited for space

FEATURE

History and Origin of Rabbits

BY BUNNYHUGGA | May 15, 2010

Rabbits belong to the order of mammals called Lagomorpha, which includes 40 or so species of rabbits, hares and Pikas. Fossil records suggest that Lagomorpha evolved in Asia at least 40 million years ago, during the Eocene period. The break-up of continents during this period may be responsible for the wide distribution of differing species of rabbits and hares around the world, with the exception of Australia. There are currently more than 60 recognized breeds of domestic rabbit in Europe and America, all of them descended from the European rabbit, the only species of rabbit to have been widely domesticated. It is a separate species from other native rabbits such as the North American jackrabbits and cottontail rabbits and all species of hares.

The European wild rabbit evolved around 4,000 years ago on the Iberian Peninsula, the name 'Hispania' (Spain) is translated from the name given to that area by Phoenician merchants, meaning 'land of the rabbits'. When the Romans arrived in Spain around 200BC, they began to farm the native rabbits for their meat and fur. The Romans called this practice 'cuniculture' and kept the rabbits in fenced enclosures. Inevitably, the rabbits tried to escape and it is perhaps no surprise that the Latin name 'Oryctolagus cuniculus' means 'hare-like digger of underground tunnels'. The spread of the Roman empire, along with increasing trade between countries, helped to introduce the European rabbit into many more parts of Europe and Asia. With their rapid reproduction rate, and the increasing cultivation of land providing ideal habitat, rabbits soon established large populations in the wild. The European rabbit continued to be introduced to new countries as they were explored, or colonized by European adventurers and pioneers. Wild rabbits thrived in many new locations, and populations grew rapidly in countries with suitable habitat and few natural predators. The European rabbit became widespread in North America and Australia, for example, where the wild rabbit has become a troublesome pest to farmers and conservationists.

Wild rabbits are said to have been first domesticated in the 5th Century by the monks of the Champagne Region in France. Monks were almost certainly the first to keep rabbits in cages as a readily available food source, and the first to experiment with selective breeding for traits such as weight or fur color. Rabbits were introduced to Britain during the 12th Century, and during

the Middle Ages, the breeding and farming of rabbits for meat and fur became widespread throughout Europe. Sources suggest that some women among the Medieval gentry even kept rabbits as pets. The selective breeding of European rabbits meant that distinct breeds arose in different regions, and the origins of many old breeds can be traced back several centuries. For example; paintings from the 15th century show rabbits in a variety of colours, some even with white 'Dutch' markings; 16th century writings suggest that the Flemish Giant was already being pure-bred under the name Ghent Giant, in the Flemish speaking Ghent area of Belgium; 17th century sources tell of the arrival of 'silver' rabbits in England and France, brought from India and China by seafarers and influential in the Silver and Champagne de Argente breeds; 18th century sources suggest a breed known as Lapin de Nicard once existed in France and weighed as little as 1.5kg (3½ lbs.), some consider this to be the forerunner of all dwarf breeds; the English Lop can also be traced back to 18th century records, and is considered the ancestor of all the lop breeds. By the middle of the 19th century, the widespread practice of selectively breeding domestic rabbits had resulted in a large variety of breeds, ranging from the tiny Polish rabbit to the huge Flemish Giant.

Up until the 19th century, domestic rabbits had been bred purely for their meat and fur, but during the Victorian era, many new 'fancy' breeds were developed for the hobby of breeding rabbits for showing. Industrialization also meant that many people moving from the country to the expanding towns and cities, brought rabbits with them; apart from poultry, they were the only 'farm' animal to be practical to keep in town. Although many of these rabbits were bred for meat, it became increasingly common among the rising middle classes to keep rabbits as pets. Rabbits were connected with the countryside and the animals they had left behind, and became considered almost sentimentally. Rabbit wares were promoted in connection with children, and the romantic attitude towards rabbits persists today in the association of 'bunnies' with newborn babies, and the idea of rabbits as a children's pet. By the 20th century,

“Be proud to be Latino and never lose that pride!”

BAD BUNNY //
Puerto Rican
Rapper and singer



rabbit breeding had become a popular hobby across Europe, with many rabbit fanciers developing new varieties and colors. Some breeds, such as the Himalayan and Rex, came about as the result of naturally-occurring genetic mutations which were then fixed or enhanced through a selective breeding program. Others were developed through cross-breeding, particularly with rabbits imported from other countries as a result of increasing travel in Europe. Many breed societies and clubs were established, with some breeds undergoing dramatic swings in popularity, often due to changing fashions for fur and commercial uses. Although the European rabbit arrived in America with European settlers, and established a large wild population, rabbits were mostly hunted in the wild until the late 19th century. Domestic rabbitry did not become popular in the United States until around the turn of the century, when many European breeds began to be imported, and breeders also developed some American breeds.

During the two World Wars, governments in both Britain and the United States encouraged people to keep rabbits as a source of homegrown meat and fur, both for themselves and to help feed and clothe soldiers. After the wars, many people continued to keep rabbits in their gardens, and they become commonplace as household pets. Rabbits have become the third most popular pet after cats and dogs in the UK, unlike cats and dogs however they are traditionally seen as ‘children’s pets’,

and often sadly misunderstood. During the last 30 years or so, attitudes towards rabbits as pets have been undergoing a gradual shift. The promotion of rabbit welfare is fostering a greater understanding of rabbits; from their basic needs to their intelligence, personality and behaviour. Rabbits are increasingly seen in the same way as cats and dogs, as a rewarding companion or family pet, and provided with the same level of care and attention, from routine vaccinations and healthcare, to greater freedom and interaction with their owners. ●

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RANDOM-NEST

Swamp Rabbits

BY OUTDOOR ALABAMA



The swamp rabbit is the largest of the rabbits found in southeastern United States. It is two times the size of the cottontail and darker in color with a cinnamon colored ring around the eye.

Swamp rabbits are found in riparian zones, swamps and marshes in the southeastern United States and occur throughout Alabama. Populations are decreasing across the South due to a loss of habitat, such as bottomland and riparian hardwoods.

Swamp rabbits can adapt to different habitat types, but prefer woodlands, brush, grasslands, and cultivated lands near or adjacent to a water source. Cover is a major requirement for their survival. Small food patches or linear strips located near cover are effectively utilized by swamp rabbits. Brushy fence rows, honeysuckle thickets, blackberry patches and brush or slash piles are excellent sources of cover.

Swamp rabbits feed mainly at night or in low light conditions. They prefer aquatic plants and grasses and will feed in water 3 to 4 feet deep. Other preferred foods include: sedges, sprouts, leaves, fruits, buds and bark. They also eat legumes (plant) and waste grain such as corn and soybeans left in agricultural fields.

Swamp rabbits build a nest in a small depression on the ground using twigs and leaves and lining the inside with fur. They produce two to three litters per year with two to five young per litter, but can produce up to eight litters. The gestation period is 36 to 38 days. Young stay in the nest for 14 days and are then strong enough to fend for themselves. Nest success is very low mainly because of nest predators. The potential lifespan of a swamp rabbit is eight to 10 years but most only live four to six months.

Predators, parasites and diseases are the major limiting factors of swamp rabbits. They are preyed upon by numerous species: foxes, bobcats, red-tailed hawks, red-shouldered hawks, broad winged hawks, barred owls, great-horned owls, coyotes, alligators, snakes, dogs, feral house cats, skunks, crows and raccoons. Swamp rabbits readily take to water to flee predators. Swamp rabbits are infected by numerous parasites, the most prevalent being bot fly larvae commonly referred to as “wolves.” They also contract fibromas which are warty growths spread by ticks, mosquitos, and other biting insects. Tularemia – the major disease contracted by the swamp rabbit – can spread quickly and cause significant mortality.

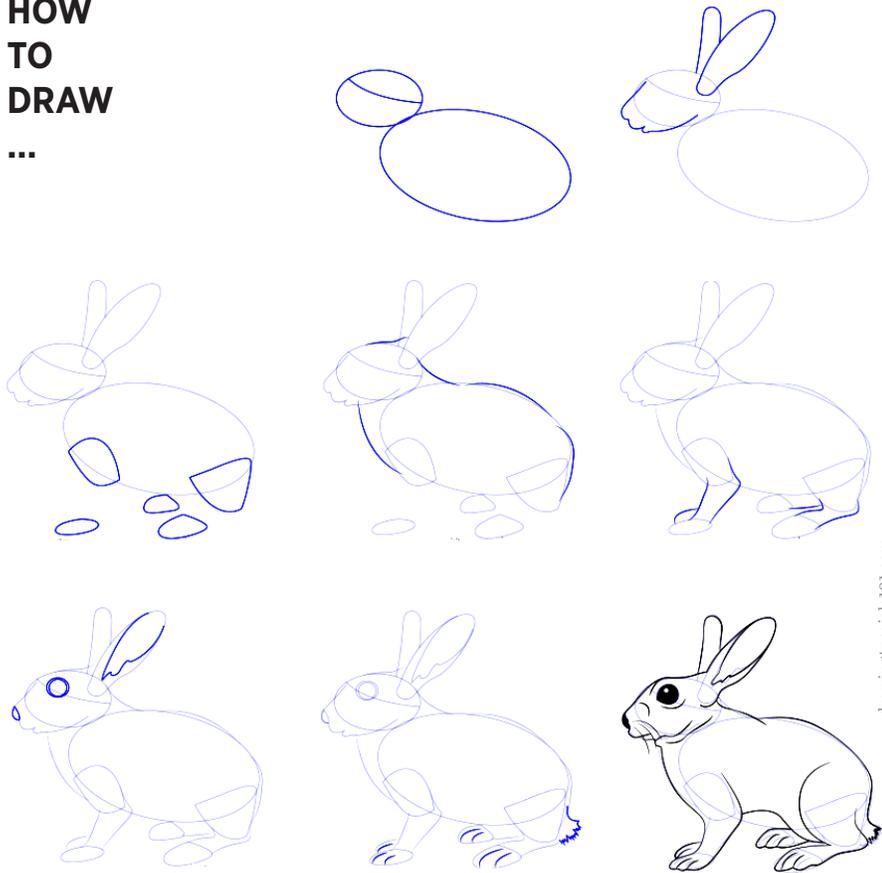
Resources

Listed below are a few organizations able to offer support, community, and engagement for persons who have been or are currently incarcerated. Please contact them with concerns or questions you might have. These organizations are primarily volunteer organized and operated, so please allow time for response. We would also love to hear from you. Feel free to write to us at **APAEP**. 1061 Beard-Eaves Memorial Coliseum Auburn University, AL 36849

OAA (Offender Alumni Association) Based out of Birmingham and able to offer resources for individuals currently incarcerated and those who have been released. 1000 24th Street South Birmingham, AL 35205

FICGN (Formerly Incarcerated College Graduate Network) supports persons who have been or are currently incarcerated and are involved or looking to get involved in post-secondary education (college). They offer access to job and internship opportunities, job fairs, and other educational resources. 600 Park Offices Drive, Ste 300 #54 Durham, NC 27709

HOW TO DRAW
...



drawingtutorials101.com

Words of Encouragement

Unlike rabbits, people can't operate properly off little sleep. Bunnies are crepuscular, meaning they are active during the day and night. As cool as it would be to be able to function on little to no sleep, that's just not beneficial for our bodies. This week, I want to take some time to discuss the importance of sleep. The recommended amount of sleep for adults between the ages of 18 and 64 is about 9 hours of sleep. Sadly, this time is not reached by most. I know it can be hard to initially fall asleep at times, so I wanted to share something that helps me relax, allowing me to get to reach my slumber faster.



One trick I've learned is called the 4-7-8 trick. The idea is to breathe in for 4 seconds, hold your breath for 7, then exhale slowly for 8 seconds. This will reduce your heart rate, leaving you feeling more relaxed. We hope you have enjoyed this week's edition of *The Warbler!* Have a great week!

Abigail and the APAEP Team

Answers

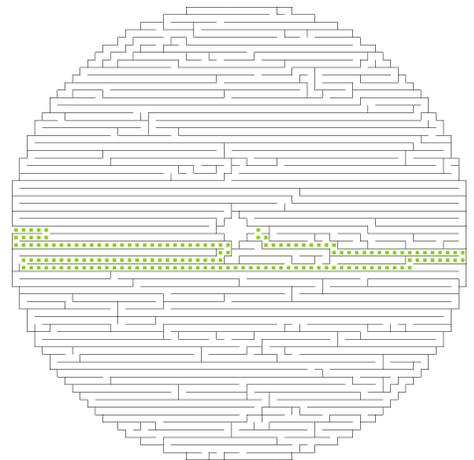
SUDOKU #263

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

SUDOKU #264

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

Page 5 MAZE



Rebus Puzzle

Page 3

1. Slight Hearing Loss
2. Party Line
3. Short Cut

UNTIL NEXT TIME !