

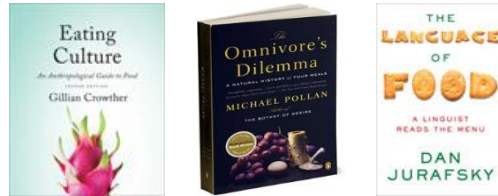
# UNIVERSITY OF MINNESOTA

Duluth Campus

Department of Studies in Justice, Culture, and Social Change  
College of Arts, Humanities, and Social Sciences


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Duluth, Minnesota 55812-3306  
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ZOOM: <https://umn.zoom.us/my/troufs>  
10 October 2021


## Anthropology of Food Week 7



Direct Link  
to Canvas

Available on-line in your  canvas folder at

2021 [Canvas Modules](#)   
[Module 7](#) 

(click links for details)  
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Tim Roufs Inspecting Durians in Singapore Market, 2017

## What's Happening Week 7?

Canadian Thanksgiving, Monday, 11 October 2021

United Nations World Food Day, 16 October 2021

Review Midterm Exam

Soul Food

## **THIS WEEK'S HIGHLIGHTS**

(click links for details)

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### **GENERAL COMMENTS FOR THE WEEK . . .**

**This week is a busy, but interesting week.**

**This week, in addition to celebrating Canadian Thanksgiving and the UN FAO World Food Day, we look further into “How People Get Their Food in Industrial Societies”. We meet the Police and Firefighter Booyah kings (and their courts) doing some male-bonding in St. Paul, MN.**

**And we’ll and venture into the world of genuine “Soul Food”, more specifically, Soul Food Junkies. And we take a minute to look at the traditions of Afroculinaria—and other aspects of food and race. Week 9 we’ll explore food and class and gender.**

**And you’ll meet my favorites, the Two Fat Ladies.**

**This week take a little time to go over your Midterm Exam, and if you have any questions or comments please let me know. Going over the Midterm oftentimes helps when it comes to preparing for the Final Exam.**

**If you haven’t taken the two very short Selective Attention Test, please do that this week. And please also complete a brief Student Survey.**

**And finally, your Promissory Abstract for your Project is due by the end of the week.**

(optional) **LIVE CHAT: OPEN FORUM / OFFICE HOURS . . .**

(Tuesday, 7:00-8:00 CDT, or E-mail)

[Contact Information](#)

**VIDEO EXPLORATIONS WEEK 7 . . .**

**Real People . . . Real Places . . .**

[Videos for the Semester](#)

**Soul Food Junkies**

***"A Film about Food, Family, and Tradition"***

(ca. 60 min., 2013)



**"Booya Kings: Dads & Sons"**

(video clip; 10:32 min.)



**Two Fat Ladies: "Timber!"**

Series 4 Episode 23

(30 min., 2008)

**Freelisting**



## **WEEK 7 SLIDES ...**

[Class Slides for the Semester](#)

**Two Fat Ladies Slides**

(.pptx) [↗](#)

[click [↑](#) here]

After: Sherri A. Inness, *Secret Ingredients: Race, Gender, and Class at the Dinner Table* and friends Ch. 8

## **READINGS FOR WEEK 7 ...**

[Readings for the Semester](#) [↗](#)

[Textbook Information](#) [↗](#)

## **OTHER ASSIGNMENT INFORMATION ...**

[Main Due Dates](#) [↗](#)

f2021 [Module 7 – Week 7](#) [↗](#)

**REM:** If you haven't already done so, take the two very short

**Selective Attention Tests**

(2X <2 min.)

**REM: Take the Student Survey**

## **MIDTERM EXAM ...**

**Go Back and Look Over your Midterm Exam**

**Grades**

**DUE: PROJECT INFORMATION ...**

[Basic Information](#) 

[Main Due Dates](#) 

**DUE: Your Project Abstract and Working Bibliography**

**DUE: DISCUSSION WEEK 7 ...**

**Michael W. Twitty's (Now-classic) Open Letter to Paula Deen from Afroculinaria**

(optional) **FOR FUN FOOD TRIVIA ...**

[Food Trivia HomePage](#) 

(optional) **“Is Former President Obama's Chili a Winner?”**

(optional) **EXTRA CREDIT ...**

[Basic Extra Credit Information](#) 

**OTHER (OPTIONAL) ...**

**QUESTIONS? / COMMENTS?**

# General Comments for the Week

This week is a busy, but interesting week.

It's . . .



## Canadian Thanksgiving

Monday, 11 October 2021  
[Second Monday in October]

And . . .



## FAO World Food Day

Food and Agriculture Organization of the United Nations

Saturday, 16 October 2021

**This week, in addition to celebrating Canadian Thanksgiving and the UN FAO World Food Day, we look further into “How People Get Their Food in Industrial Societies”. We meet the Police and Firefighter Booyah kings (and their courts) doing some male-bonding in St. Paul, MN. And to celebrate, this week we have a Booyah special just for Packer fans.**

And we'll venture into the world of genuine "Soul Food", more specifically, Soul Food Junkies. And we take a minute to look at the traditions of Afroculinaria—and other aspects of food and race. Week 9 we'll explore food and class and gender.

And you'll meet my favorites, the Two Fat Ladies.

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### **"How People Get Their Food in Industrial Societies"**

As mentioned last week we'll spend much of the rest of the semester examining how people get their food in industrial cultures, and in exploring the social, corporeal, sacred/religious, psychological, political, economic, and cultural aspects of food—that's the holistic anthropology approach (you remember that from Weeks 1 and 2).

And hopefully, also as noted last week, in the remainder of the term you will be **applying your analytical anthropological skills** that you have been developing and honing in the first six weeks of the course—including your perception skills which you should check with the **Selective Perception Tests**. We will be visiting many parts of the globe in the process—so you will have lots of opportunities to practice your skills.

## Food Design Next Week

Next week we'll also have a look at how your food is designed nowadays . . . basically how it's engineered, and how it's sometimes engineered to match your bio-physical cravings—that is, to be “addictive”. Martha Rosenberg has pointed out that foods nowadays are *engineered* to be *addictive*, and, hence, fattening . . .

### 5 Unhealthy Foods Engineered to Be Addictive

-- Martha Rosenberg, *Hungry for Change* (10 July 2014)

And that's all related to your basic bio-physical makeup. But, take your pick: Genes control body weight or food intake/lack of moving controls body weight, or, both.

**Meanwhile, The Two Fat ladies thumb their noses at the lot.** And Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore's Dilemma*, “The consumer: a republic of fat.”

**So this week we'll have an antidote to the up-tight approach to food, from The Two Fat Ladies** when we have a look at Episode 23 of their TV program, “Timber!” And we'll also see them in the slides . . .

(optional) **LIVE CHAT: OPEN FORUM / OFFICE HOURS . . .**

[Contact Information](#)

Tuesday, @ 7:00-8:00 p.m. (CDT)

**“ZOOM”**



[click ↑ here]

or

e-mail anytime: <mailto:troufs@d.umn.edu>

[click ↑ here]



Live Chat is optional.

## VIDEO EXPLORATIONS WEEK 7 . . .

**Real People . . . Real Places . . .**

[Videos for the Semester](#)

**“How People Get Their Food in Industrial Societies”**

**"Local Digestion: Making the Global at Home"**

 ***Soul Food Junkies***

***"A Film about Food, Family, and Tradition"***

(ca. 60 min., 2013)

[Kanopy Link](#)

[click ↑ here]

or

[UMD Library Link](#)

[click ↑ here]

[course viewing guide](#)



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### About the Film *Soul Food Junkies*, from the Producers

“Filmmaker Byron Hurt grew up eating lots of soul food: grits and scrambled eggs covered with cheese, buttered biscuits smothered with gravy, bacon, collard greens seasoned with ham hocks, fried pork chops, macaroni and cheese, deep-fried chicken, fried fish, barbecue chicken and **ribs, candied yams coated with cinnamon and brown sugar, and other delicious but fatty foods** right out of the black southern tradition.”

“Both of his parents are from Milledgeville, Georgia, a small southern town. It’s a place where soul food is beloved by black and white folks alike. Soul food is a long held culinary tradition passed down from generation to generation, and is a source of pride for many black people. Some soul food, depending on how it is prepared, can be good for you. But when it is cooked with lots of fat, sugar, and salt — which is often the case — it can lead to obesity and other health issues.”

“Hurt can speak from personal experience. From his earliest memories, his father was overweight, his mom the soul food chef. As an adult, growing concern about his father’s health prompted Hurt to confront him about his eating habits, but to no avail. Eventually, his father made small changes to his diet and began to exercise more, but the changes came too late in his life. In 2004, doctors diagnosed him with terminal pancreatic cancer, a virulent disease that disproportionately affects black people. Statistically, black Americans are more likely to die of the disease than whites; figures for 2001 to 2005 from the National Cancer Institute show that blacks had a 32 percent higher death rate. One of the risk factors for developing pancreatic cancer is a high fat, meat-based diet. Hurt’s father died in 2007 at the young age of 63. This is sadly a common story in the lives of many African American families in the U.S. — losing loved ones too soon from a nutrition-related illness.”

“In *Soul Food Junkies*, Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, the film puts this culinary tradition under the microscope to examine both its positive and negative consequences. Hurt also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options, and meets some pioneers in the emerging food justice movement who are challenging the food industry, encouraging communities to “go back to the land” by creating sustainable and eco-friendly gardens, advocating for healthier options in local supermarkets, supporting local farmers' markets, avoiding highly processed fast foods, and cooking healthier versions of traditional soul food.”

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part of a "male bonding ritual" in St. Paul, MN.

Booya is a big event in Minnesota . . .

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Fall Fundraiser  
Booya**  
*(a thick soup of Belgian origin —  
loaded with meats and vegetables)*

**Friday  
September 21st  
5 - 6:30 p.m.  
at Union Church**  
401 Lake Avenue, Hackensack

Linnea's  
Organic  
Sourdough Bread

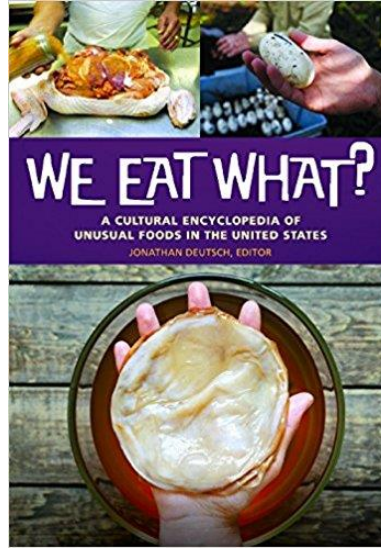
**Soup Meal with Bread, Dessert and Beverage**  
\$10 Suggested Donation      **Live Music Fun**  
with Larry Kimball & Friends

*Part of Hackensack's Chainsaw Weekend Sept 21-23rd*

**Faith in Action for Cass County**  
218-675-5435    Toll Free 866-675-5435  
email: [cassfia@uslink.net](mailto:cassfia@uslink.net)  
[www.faithinactioncass.com](http://www.faithinactioncass.com)

**Booya changed to curbside event with Faith in Action**

-- PineandLakes Echo Journal (02 September 2020)



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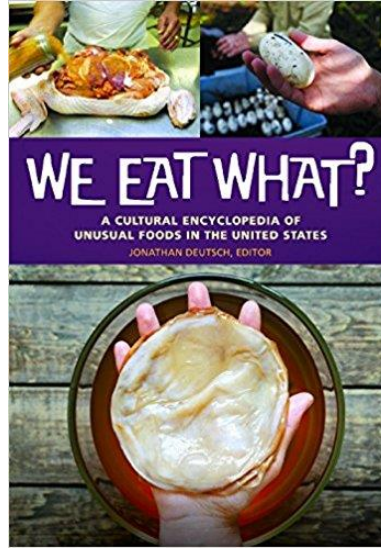
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## ▶ *Two Fat Ladies*

### "Timber!"

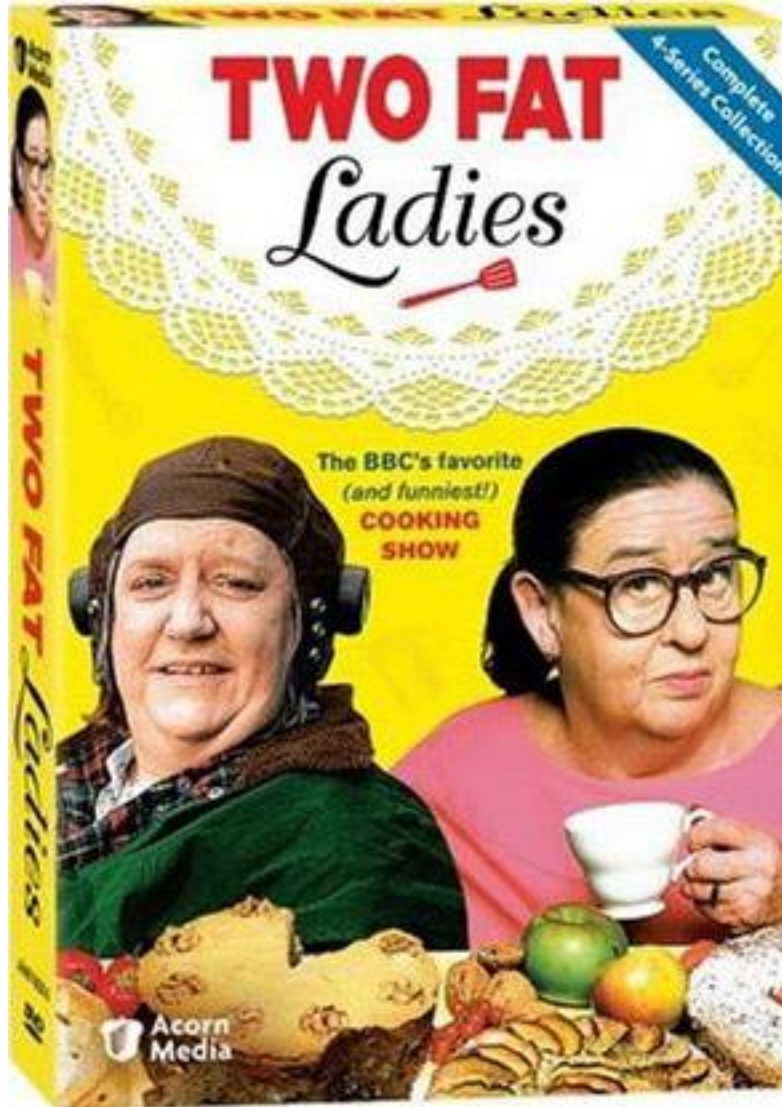
Series 4 Episode 23  
(30 min., 2008)

[YouTube](#) [View On-line](#) [↗](#)

[click ↑ here]

[course viewing guide](#)

not available for streaming from UMD  
DVD TX717 .T86 2008



This week we meet the

## **The Two Fat Ladies**

who thumb their noses at the lot. We'll meet the Two Fat Ladies again next week. And, as you have seen, Michael Pollan adds his two cents worth in Ch. 6 of *The Omnivore's Dilemma*, "The consumer: a republic of fat".

This week we will see the Two Fat Ladies in action in the Highlands of Scotland in a half-hour program, "Timber!", and we'll see them in the Two Fat Ladies slides when we'll have a look at what Sherrie Inness has to say about them in the last chapter of her book *Secret Ingredients*, in Ch. 8, "Thin Is Not In: Two Fat Ladies and Gender Stereotypes on the Food Network".

**The Two Fat Ladies were into "Slow Food" and "Locavorism" before either of those items were trending. Slow Food** information, including the latest information from **Slow Food Lake Superior**, is available on the class page at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afslowfood.html>. If you're interested in Slow Food you are also likely interested in local food, information about which is also available online in the class WebPage **"Locavore"** <http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflocavore.html>.

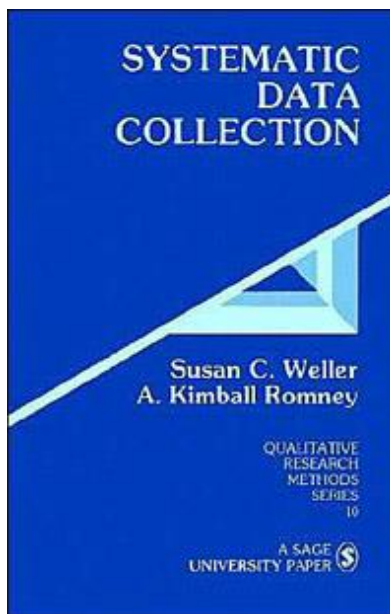
And speaking of the Two Fat Ladies, next week we'll also have a look at the paradoxical simultaneous burgeoning of obesity and anorexia, in the U.S.A.—and throughout the much of the industrial world—at a time when an estimated 925 million people or so are malnourished.

A little later on in the semester we'll have a look at the slides on the other chapters (1-7) of **Sherri A. Inness' *Secret Ingredients: Race, Gender, and Class at the Dinner Table*** ([.pptx](#)).



While you are watching *The Two Fat Ladies*, do a  
**“freelisting” assignment**

of the things that *The Two Fat Ladies* talk about or mention *that are not specifically related to the actual cooking of the meal in the kitchen*. Freelisting is a technique commonly used by anthropologists when doing fieldwork, and it’s basically just making a list of the things you’re focusing on—but a complete list. (Don’t miss the gorilla. . . .)



[Freelists -- Steve Borgatti](#)

**“Freelisting” Assignment**

**WEEK 7 SLIDES . . .**

[Class Slides for the Semester](#) 

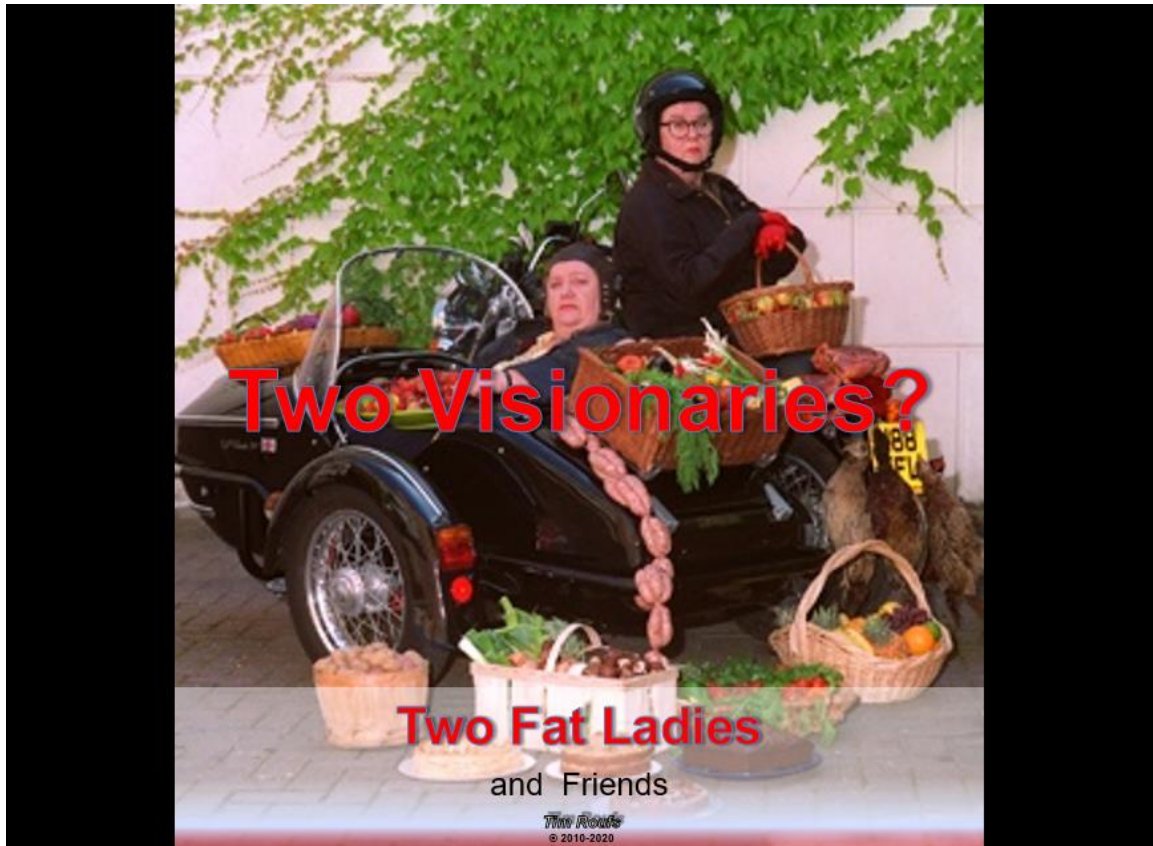
**Two Fat Ladies slides**

(.pptx)

[click  here]

After: Sherri A. Inness, *Secret Ingredients: Race, Gender,*

*and Class at the Dinner Table* and friends Ch. 8



Whatever your take on obesity and the “obesity epidemic” in America, which is rapidly spreading to all of the industrialized nations of the world, the **startling multiple paradoxes remain**: in a world that produces more food than people need or can eat, two-thirds of the world’s citizens are overweight while about 925 million people or so are undernourished while in America about 1000 Anorexics die each year of complication related to excessive weight loss thinking they are fat. . . .

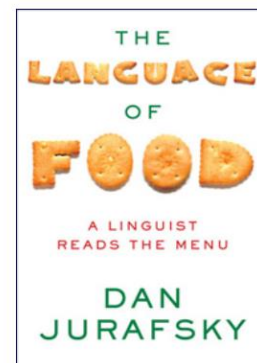
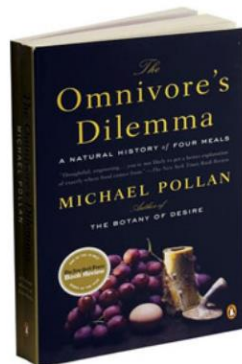
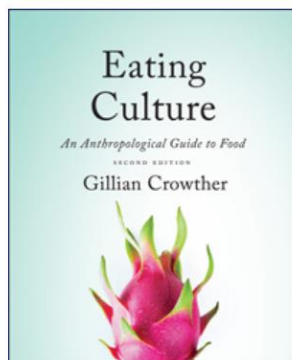
We’ll have a look at these issues next week, and in Ch. 8 of *Eating Culture*, “Gastro-Anomie: Global Indigestion?” For the present, to get your thought processes working on the many and complex problems associated with obesity, have a listen to what the Two Fat Ladies and Sherri A. Inness and Michael Pollen and others have to say next week and the week after.



## READINGS FOR WEEK 7 . . .

[Readings for the Semester](#)

[Textbook Information](#)



- **Eating Culture, Second Edition, Gillian Crowther**

- CHAPTER SIX: EATING-IN: COMMENSALITY AND GASTRO-POLITICS

- **Omnivore's Dilemma, Michael Pollan**

- Introduction: our national eating disorder
- Ch. 5 "The processing plant : making complex foods"
- Ch. 6 "The consumer: a republic of fat"
- Ch. 7 "The meal: fast food"

- **The Language of Food, Dan Jurafsky**

- (Review)

## OTHER ASSIGNMENT INFORMATION . . .

[Main Due Dates](#) 

f2021 [Module 7 – Week 7](#) 

### Take the Student Survey

For this week our course developer, has prepared an on-line survey of the class. Please help us by filling it out honestly, and promptly. Your views are very important in the future development of this course.

REM: If you haven't yet done so . . .

### Selective Attention Tests

(2 X <2 min.)

And hopefully, also as noted last week, in the remainder of the term you will be **applying your analytical anthropological skills** that you have been developing and honing in the first five weeks of the course. We will be visiting many parts of the globe in the process—so you will have lots of opportunities to practice your skills.

Speaking of skills . . . this week, after you are finished with your Midterm Exam, take the two short minute-and-a-half **tests of your observational skills** before you continue your intensive look at the wide variety of Anthropology of Food video materials. You should take those short tests this week, but wait until after you have finished the Midterm Exam (you will have enough to do before the Exam).



**After the Exam Take the Two (Very Short)**

## Selective Attention Tests in Preparation for Watching Remaining Videos.

(Be sure to take both tests. Read the instructions carefully.)

First, take the . . .

### Selective Attention Test

<http://www.youtube.com/watch?v=vJG698U2Mvo> 

Read and follow the directions carefully.

(Be sure to also count the *bounce* passes.)



When you are finished with the Selective Attention Test,  
watch . . .

### The Monkey Business Illusion

[http://www.youtube.com/watch?v=IGQmdoK\\_ZfY](http://www.youtube.com/watch?v=IGQmdoK_ZfY) 

(It too is short: 1:42)

Again, read and follow the directions carefully.

(And as with The Selective Attention Test, be sure to also count the *bounce* passes.)




## MIDTERM EXAM . . .

### Grades

## Review

This week take a little time to go back over your Midterm Exam. That oftentimes helps when it comes to preparing for the Final Exam.

**If you have any questions or comments about the Midterm Exam please let me know.**

If you took the exam, check for the results are in your  **canvas** Gradebook (check the left-hand Course Navigation column on your “Home” page).

2021 Fall (08/10/2021-01/...

# ANTH 3888 (080) Anthropology of Food (Fall 2021)

Edit

Home

Announcements

Modules

Syllabus

People

NameCoach Roster

Discussions

Chat

Collaborations

Quizzes

**Grades**

Rubrics

Library Course Page

Check Accessibility with UDOIT

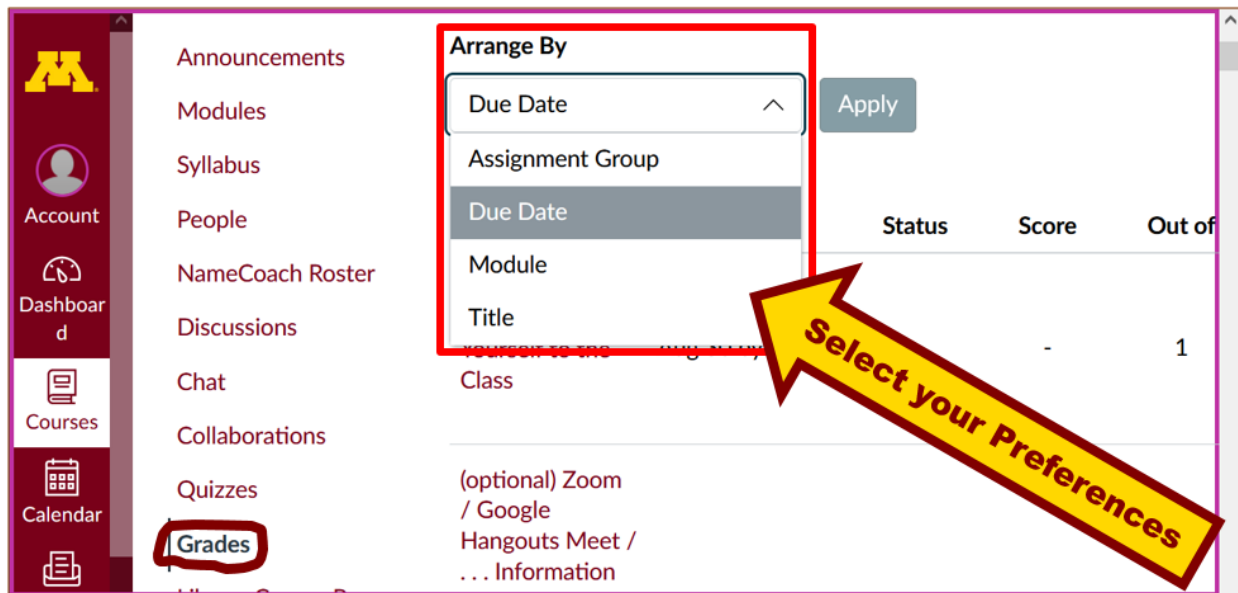
Google Drive

Subject Index:

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#)  
[P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

## Welcome!

Set your “Arrange By” preferences in your  canvas Gradebook:



**Prof’s “grading” exams is a lot like an ump in Major League Baseball calling balls and strikes.** The Major League rules are clear <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afgrades.html#strikezone> as are the stated criteria for written projects and exams [http://www.d.umn.edu/cla/faculty/troufs/comp3160/criteria\\_for\\_grading.html](http://www.d.umn.edu/cla/faculty/troufs/comp3160/criteria_for_grading.html).

But, in the end, they are both human judgments.

The biggest difference between a Major League Umpire calling balls and strikes and a professor calling a grade is that you get ejected from the baseball game if you argue balls and strikes (see Section 9.02 Official Baseball Rules [http://mlb.mlb.com/mlb/official\\_info/official\\_rules/foreword.jsp](http://mlb.mlb.com/mlb/official_info/official_rules/foreword.jsp)) and one *should* really question the prof if they didn’t like the call, and that is especially true for midterm exams as one can often learn quite a bit that is helpful for the Final Exam by looking over and discussing a midterm exam.

Maybe a better analogy would be judging **Olympic Figure Skating, or Gymnastics, or Ski Jumping, Diving** and the like . . . <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afgrades.html#gymnastics>.





If your style is to look at charts, the grading “chart” is at

<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afgrades.html#gradingpolicies> [↗](#).

So if, for whatever reason, you didn’t like “the call,” e-mail, or stop by Cina 2015 if you are in the neighborhood.

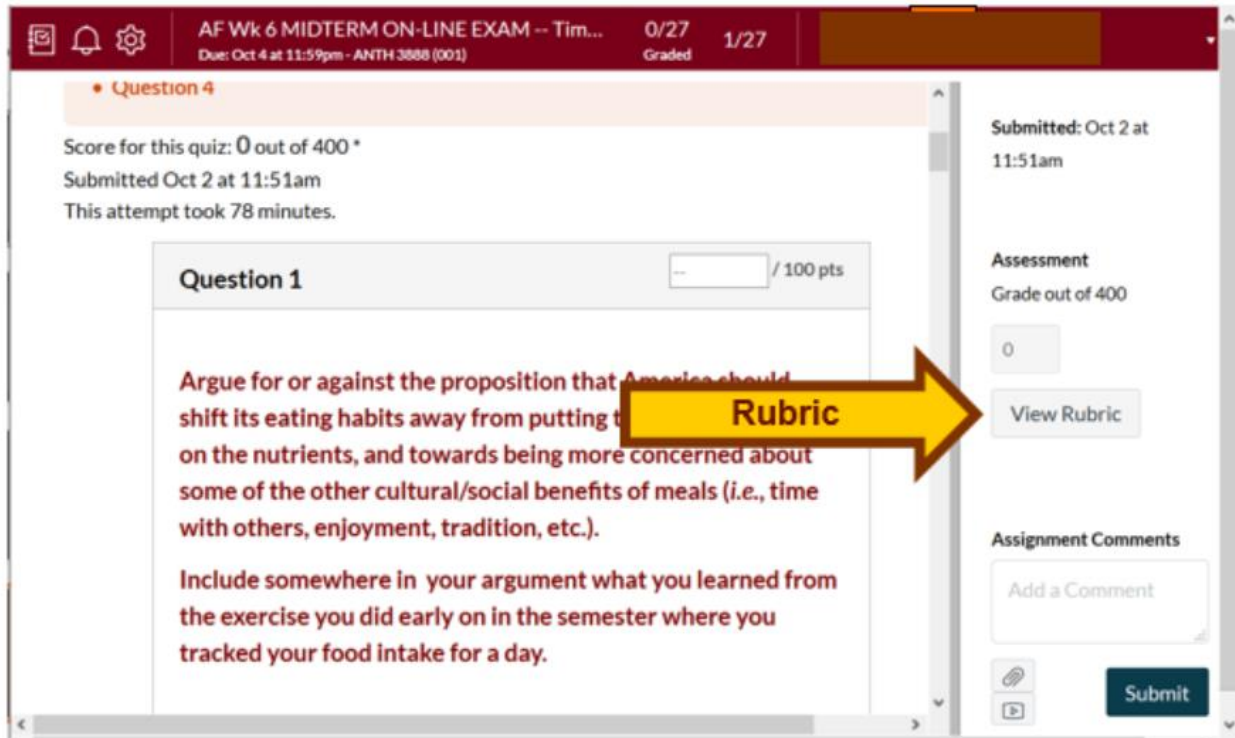
**Go back and look over your Midterm Exam [↗](#),  
including your answers.**

**Midterm Exam General Information**

[http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams\\_midterm.html](http://www.d.umn.edu/cla/faculty/troufs/anthfood/afexams_midterm.html) [↗](#)

**Please pay attention to what the numbers mean** in terms of the final course letter grade. Click **“View Rubric”** on the exam page for details.

REM: Links on screenshots are not “hot” (active)



Review . . .



[Writing Essays for Exams](#)

[Test Taking Strategies](#)

If you have any questions about the [Final Exam](#), please let me know, or bring them up in  canvas.

**DUE: PROJECT INFORMATION . . .**

[Basic Information](#)

[Main Due Dates](#)

REM: **Your Project Abstract and Working Bibliography is Due  
this Week**

## **"Abstracts"**

Maxine C. Hairston<sup>1</sup>

### **The Uses of Abstracts**

### **Writing the Abstract**

### **Length of Abstracts**

What you will be doing for your paper is  
a "Promissory Abstract"

- **Promissory Abstracts**
  - **Writing the Promissory Abstract**
  - **Length of Abstracts**
- **Summary Abstracts**
  - **Writing the Summary Abstract**
  - **Length of Abstracts**

see also



### **Writing Report Abstracts**

<<http://owl.english.purdue.edu/owl/resource/656/01/>>

### **Abstracts and Executive Summaries**

<<http://owl.english.purdue.edu/owl/resource/726/07/>>

### **Journal Abstracts**

<<http://owl.english.purdue.edu/owl/resource/752/04/>>

## DUE: DISCUSSION WEEK 7 . . .

Speaking of  
**Race (and Gender, and Class),**

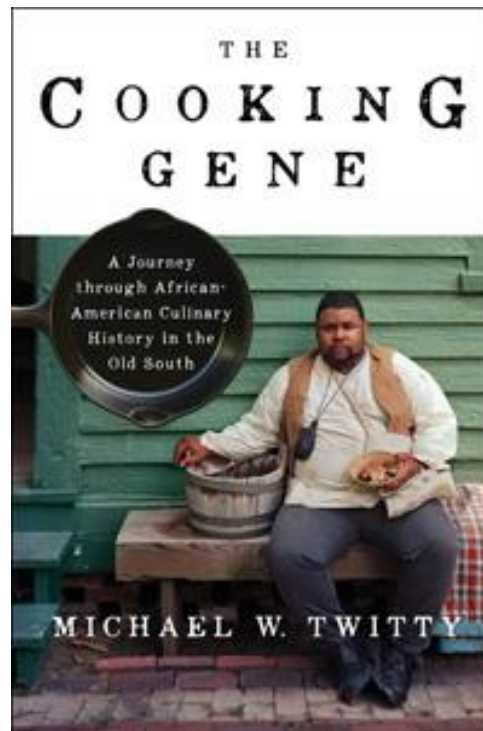
be sure to have a look at the now-classic . . .

**Michael W. Twitty's Now-classic Open Letter  
to Paula Deen from *Afroculinaria***

**Twitty's letter is a well-written—now quite famous—piece.**

and, more on Michael Twitty,  
**This Historian Wants You To Know The Real Story Of Southern Food**  
-- Michael Twitty, [NPRTheSalt](#) (01 October 2016)

Michael Twitty's book is also a classic: *The Cooking Gene: A Journey Through African-American Culinary History in the Old South* (NY: Harper-Collins Amistad, 2017) . . .



(optional) **FOR FUN FOOD TRIVIA . . .**

[Food Trivia HomePage](#) 

(optional) **“Is Former President Obama's Chili a Winner?”**



[Commander-in-Chef](#)





[Answer](#) 

(optional) **EXTRA CREDIT . . .**





[Basic Extra Credit Information](#) 

If you didn't do quite as well as you might have liked on the Midterm Exam, or if you did better than you even hoped on the Midterm exam but want to “bank” some insurance points for your final course grade, think about doing one (or even two—one of each) of the optional extra credit papers.

There are **two Extra Credit options: (A) a case study**, and/or **(B) a review of a lecture** (such as one of the Nobel Conference 46 “Making Food Good” lectures, or the Harvard University School of Engineering and Applied Sciences Series on Food Science) **or a food film** (*other* than one of the films we see in class). For the review option you may also *compare* two or more food films. (Remember from Week 1, one of the main features of anthropology is that it is *comparative*?)

- **Details on the extra credit** are on-line at  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afextracredit.html#title>> 
- **The Nobel Conference 46 lectures** are on-line at  
<<http://gustavus.edu/events/nobelconference/2010/archive.php>> 
- **Harvard Food Science Lectures** from the School of Engineering and Applied Sciences, Harvard University  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflectures.html#harvardlectures>> 
- **Other Lectures, including TED lectures are on-line at”**  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflectures.html#otherlectures>> 



- A list of **food films** is on-line at  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/affoodfilms.html#title>> 
- Details of the **Case Study Extra Credit Option** are on-line at  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afextracredit.html#casestudy>> 
- Details of the **Film/Lecture Review Extra Credit Option** are on-line at  
<<http://www.d.umn.edu/cla/faculty/troufs/anthfood/afextracredit.html#filmreview>>   
and at <[https://www.d.umn.edu/cla/faculty/troufs/anthfood/afvideo\\_schedule.html#extracredit](https://www.d.umn.edu/cla/faculty/troufs/anthfood/afvideo_schedule.html#extracredit)> 

## **OTHER (OPTIONAL) . . .**

**(optional) Study Abroad? Explore the World? Do it. . . .**

Check it out at [<https://studyabroad.d.umn.edu/>](https://studyabroad.d.umn.edu/) 

## QUESTIONS? / COMMENTS . . .

If you have any **questions or comments** right now, please do not hesitate to post them on the  canvas “Discussions”, or e-mail [troufs@d.umn.edu](mailto:troufs@d.umn.edu) , or ZOOM <https://umn.zoom.us/my/troufs> . (E-mail is fastest, and most generally best as quite often URLs need be sent.)

Best Wishes,

Tim Roufs

[<http://www.d.umn.edu/~troufs/>](http://www.d.umn.edu/~troufs/) 

<https://umn.zoom.us/my/troufs> 

[<other contact information>](#) 