COVID-19 Update Revised 2020.03.21

These are difficult and uncertain times, no doubt about it. In the lifetimes of your parents and grandparents many countries and cultures around the world have been through times like this, and worse.

As with WW I and WW II and the “Spanish Flu” of 1918-1919 (which didn’t actually have much to do with Spain; it was called “the Spanish flu” at the time by our politicians and their “fake news” of the day to deflect criticism of their political actions), and the Great Recession, and the 2008 Great Recession II, we will endure and persist and especially if we work together on the problem.

My good friend, Robin Blagburn, Vice President of Bass Brewing, the largest brewery in the world at the time, and former British Army officer in Berma, used to remind me that when people recognize a problem and have the will to solve it, they can and do.

Anxieties and pain nevertheless remain. Don’t ignore that, recognize it, and deal with it the best you can. And wash your hands; wash your hands. And remember lots of folks are available to help out.

We, and by that I mean myself and the folks at the University of Minnesota are here to help, and we will. Be sure to speak up when you need to. My e-mail is easy to remember: troufs@d.umn.edu.
As with all of your other classes at the direction of Joan Gabel, the University President, we have shifted all of your other classes to a 100% on-line format for the remainder of the semester.

You should soon be given an option by the UM Administration of how you would like your final grade for this course to be entered. As I understand it, the choice will be yours, although in other universities they have shifted classes to all P/N (S/N). If you would like guidance on doing that, when you get the information from the UM, please e-mail.

I have been teaching 100% on-line courses longer than almost anyone at the University of Minnesota. They are different, to be sure, but they do have some advantages, as you probably have already noticed. About 10 years ago the Anthropology of Food course was designed by Vrushali Moghe, now in Australia, from the ground up as a 100% on-line course.

One of the things guiding our on-line course development was that even by then, ten years ago, research pretty well had shown that the lecture is the LEAST effective way to learn. (Note I said learn, not transmit facts and simple pieces of information. When Vrushali first told me that, I was each term teaching classes of 195 students in Life Science 175, and, I thought, doing it very well. I taught Prehistoric Cultures to over 28,000 students, in large lecture halls, including Ed 90. I have taught more individuals than anyone else in the history of UMD, largely in lecture format. Vrushali was essentially telling me that I was doing that in the least effective way possible. And although we had excellent video production facilities available (a whole department, in fact), she would not allow taped lectures to be included in "our" course.

So, thanks to Vrushali, we will continue not have home-movie type lectures in this class. This includes the scheduled appearances with our
three guests, which have been cancelled. We will hear from HRH Prince Charles, however, who has the last word—in a lecture—in this class. As we have been doing here on the on-line Food course, the subject matter content of the remainder of this course will remain basically delivered with videos and slides. I will, as usually, update some of the case-based asynchronous discussions, and add an extra “live chat” or two.

If you have done an Independent Study course it might help if you think about this on-line course(s) being similar to an Independent Study course where from time-to-time you communicate with others in the course, and always communicate directly one-on-one with the instructor whenever you have a question or need clarification.

OK?

The materials for this week follow.

"Local Digestion: Making the Global at Home"
and
Real People . . . Real Places . . .

1. Video Explorations:

“Booya Kings: Dads & Sons”
From St. Paul, MN
(video clip, 10:32 min.)
Anthropology of Food, Week 10, p. 4

2. “Freelisting” Assignment

3. Other Assignments

- Readings for the Semester
- Class Slides for the Semester

Discussion This Week:
- Michael W. Twitty’s Open Letter to Paula Deen
- For Fun Food Trivia
1. **Video Explorations:**

This week we meet the

“Booya Kings: Dads & Sons”

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

Booya is a big event in Minnesota . . .

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**Required reading for Packer Fans:**


The class Boovah Web Page is at <http://www.d.umn.edu/cla/faculty/troufs/anthfood/afbooya.html#title>

**Traditional Wisconsin Booyah** -- Simply Whisked (13 March 2019)

**Green Bay Bullfrogs are now officially the Green Bay Booyah** -- WTMJ-TV Milwaukee (14 November 2018)

**Booyah, baby! Central Minnesotans stirring up for this fall classic** -- SC Times (30 September 2018)

**Booyah, a hearty Belgian soup-stew, is revered tradition in Green Bay** -- Journal Sentinel (25 September 2018)
What the Heck is 'Boovah'? -- Milwaukee Magazine (29 May 2018)

Booya contest in South St. Paul is losing its longtime organizer: Walter Books, who christened South St. Paul the "booya capital of the world," is stepping down -- StarTribune (08 October 2016)

Fall is generally booya “season” and the Twin Cities papers always carry information on where to get some . . .

- Annual Boovah | Saint Paul Vulcans, 2019
- 2019 On The Road Again Booya – CD2 Action, October 5, 2019
- Booya - Facebook
- Booya & Fall Fiesta / Booya & Fiesta Otono, Highland Park, Sunday, October 6, 2019
- FallFest 2019 – St. John the Baptist Catholic Church, Booya and Polka Mass, SEPTEMBER 27, 28, 29 2019
- Brooklyn Park's Palmer Lake VFW Dishes Up “Booya”, Friday, October 11, 2019
- Men's Club Booya Preparation | Church of Saint Bernard, Friday, October 4, 2019

(video clip; 10:32 min.)
And we’ll meet the **Soul Food Junkies**
in "a Film about Food, Family, and Tradition" featured on the PBS *Independent Lens* series.

![Soul Food Junkies poster](https://example.com/soulfoodjunkies.png)

(ca. 60 min., CC, 2013)

Visit the **Soul Food Junkies website** and have a look around.

And visit the class **Soul Food** WebSite...

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

“. . . 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. . . .”

“In *Soul Food Junkies*, [filmmaker Byron] 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.”

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

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

AF Discussion:  
**Michael W. Twitty's 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:  
**The Cooking Gene: A Journey Through African-American Culinary History in the Old South**  
At the Nobel “Making Food Good” Conference at Gustavus two of the speakers talked about obesity in America at the very beginning of their presentations—Marian Nestle (no relation to the company) reviewed the now-common information that Americans (and people in the industrial world in general) have been growing obese over the last couple of decades to the point where over 70% of the adults are now clinically overweight or obese, while Jeffrey M. Friedman, talking on “. . . the biologic base of obesity” began his talk stating that the figures were misleading [no pun intended], and, even if they weren’t, genes basically control body weight.

But as Robert H. Lustig, M.D., points out, “We even have an epidemic of obese six-month-olds!” (Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease. Hudson Street, 2012, 4). The human gene pool hasn’t substantially changed in the last few decades, so the cause cannot be genetics, or even primarily a laps of individual self-control.

And it’s not just in the United States. In England they had to buy some new ambulances because some of the guests will not fit into the current ambulances. And if one doesn’t fit in the ambulance and is off to the morgue, the same problem awaits. In 2013 one chap in the morgue wouldn’t fit into the morgue’s cooler and they left him start to decompose on the autopsy table. . . .

'Too big' body left to decompose -- BBCNews (09 March 2012)

Ambulance service buys vehicles for obese patients -- BBCNews (23 January 2012)

Obese patient needs bigger ambulance -- BBCNews (03 February 2011)

The National Health Service in Great Britain now puts obese patients at the end of the surgery queues, denying them routine surgery. . .

Obese patients and smokers banned from routine surgery in 'most severe ever' rationing in the NHS -- The Telegraph (02 September 2016)

Speaking of obese bodies . . .
'Overly obese' body sparks Ohio funeral home fire -- BBCNews (27 April 2017)

Not so long ago in my hometown of Winsted, MN, they added a wing to the “leisure home” and purchased doublewide wheelchairs, and hoists to get the guests in and out of bed and bath. The medical staff are not able to lift newly-arriving residents.

On a flight I was on not so long ago there was a passenger who physically took up two seats in the business class section. If he gets any larger, he may need help from the flight attendants to “shoehorn” him into the plane through the boarding door. (I don’t think airlines allow passengers to ride in the cargo hold—yet.)

The airplane problem has gotten so bad that airlines are starting to charge obese passengers more to fly . . .

Should obese passengers pay more to fly? -- BBCautos (20 October 2016)

And calls for a “Sugar Tax” and sweetened soda rationing continue to mount . . .

Climate change: German MPs want higher meat tax -- BBCNews (08 August 2019)

California wants to help fight climate change by charging diners more -- The Guardian (02 May 2019)

Tax junk food high in sugar and salt, says top doctor -- BBCNews (21 December 2018)

Sugar tax: Will paying more for fizzy drinks and alcohol make us healthier? -- BBCNews (01 May 2018)

Obesity is now a world-wide problem . . . and not all that long ago in the United States the American Medical Association declared obesity to be a “disease” . . .

About 40 percent of U.S. adults are obese, government survey finds -- MPRnews (27 February 2020)
Half of Us Face Obesity, Dire Projections Show -- The New York Times (11 February 2020)

Mother and daughters told 'too big' for business class -- BBCNews (07 February 2020)

Poorest countries facing both obesity and malnutrition -- BBCNews (16 December 2019)

Obesity almost doubles in 20 years to affect 13 million people -- The Guardian (13 November 2019)

In the war on plastic is Coca-Cola friend or foe? -- BBCbusiness (25 October 2019)

Fat found in overweight people's lungs -- BBChealth (18 October 2019)

Obesity: Ban snacking on public transport, top doctor says -- BBCNews (10 October 2019)

250 million children worldwide forecast to be obese by 2030 -- The Guardian (02 October 2019)


Obesity 'causes more cases of some cancers than smoking' -- BBCNews (03 July 2019)

A Daunting Operation Offers Relief to Obese Teenagers -- The New York Times (16 May 2019)

Obesity poised to overtake smoking as leading preventable cause of cancer -- USA TODAY (30 April 2019)

Obesity: Study of 2.8 million shows increased disease and death risks -- BBC News (29 April 2019)

This Genetic Mutation Makes People Feel Full — All the Time -- The New York Times (18 April 2019)

In 2016, we reached the “tipping point”, so to speak . . .

More obese people in the world than underweight, says study -- BBCNews (01
Michael Moss’ book that came out in 2013, *Salt Sugar Fat* was on *The New York Times* hardcover nonfiction list for several months. Moss is quoted by Martha Rosenberg in the article mentioned above. And it created quite a stir. Here are some commentaries and follow-ups from the release . . .

Michael Moss, *Salt Sugar Fat*

**Michael Moss on 'Salt Sugar Fat,' how we got so addicted** -- MPRNews (1 March 2013)

**Book pick: 'Salt Sugar Fat' by Michael Moss** -- MPRNews (26 February 2013)


![Salt Sugar Fat cover image]


**Why Is Sugar So Addictive?** -- BBC News (22 March 2013)

**How much sugar is hiding in your food?** -- BBC News (22 March 2013)

And, as Dr. Lustig notes, the problem is *fructose*, and, of course high-fructose corn products are in tens of thousands of items, literally, in a typical American super market.
No wonder Big Food is spending millions of dollars fighting to keep information on “added sugars” off of the food label. (They argue, in effect, that their customers are not smart enough to understand what “added sugars” means.) And the sugar industry has been carrying on a campaign of misinformation and disinformation FOR THE LAST 50 YEARS . . .


Make 2020 the Year of Less Sugar: One of the best things you can do for your health is to cut back on foods with added sugar. Our 7-Day Sugar Challenge will show you how. -- The New York Times (30 December 2019)

'Sugar overload' warning for festive hot drinks -- BBCNews (03 December 2019)

In the war on plastic is Coca-Cola friend or foe? -- BBCbusiness (25 October 2019)

Singapore bans advertising for high-sugar beverages -- Beverage daily (14 October 2019)

Dental surgeons urge England's schools to go sugar-free -- BBCnews (15 August 2019)

Study: Sugar ruins teeth, rules the world -- MPR News (20 July 2019)

Give children 'less sugar and more veg in baby food' -- BBCNews (27 June 2019)

It's not just salt, sugar, fat: Study finds ultra-processed foods drive weight gain -- MPR News (16 May 2019)

Children 'exceed recommended sugar limit [for an 18-year-old] by age 10' -- BBCNews (03 January 2019)

So, take your pick: Genes control body weight, or food intake/lack of moving controls body weight, or, the fact that your brain doesn’t respond to fructose to let you know when you have had enough to eat results in chronic overeating, or all of the above.
And we’ll meet the
The Two Fat Ladies

who thumb their noses at the lot. We’ll meet the Two Fat Ladies 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”.

We will see them in action in the Highlands of Scotland in a half-hour program, “Timber!”.

(30 min., 2008)

Two Fat Ladies slides (.pptx)

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 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.

This week, in the other materials, we’ll continue to have a look at globalized industrial food; in *Eating Culture* we’ll have a look at Food Sovereignty and Food Security, and a look at Localizing Global and Globalized Commodities.

This week you can pick from a *smörgåsbord* of ideas on what Gillian Crowther calls “Gastro-Anomie”—obesity, as well as Food Sovereignty, Food Security/Insecurity, Cuisines, and other side topics.

The Two Fat Ladies were into “Slow Food” and “Locavorism” before either of those 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](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](http://www.d.umn.edu/cla/faculty/troufs/anthfood/aflocavore.html).

A little later on in the semester we’ll have a look at the slides on the other chapters (Chs. 1-7) of Sherri A. Inness’ *Secret Ingredients: Race, Gender, and Class at the Dinner Table* (.pptx). Time permitting, we’ll have a look at some of the slides from the last chapter of Sherri A. Inness’ book *Secret Ingredients*, Ch. 8, “Thin Is Not In: Two Fat Ladies and Gender Stereotypes on the Food Network.”

This week we’ll have a closer look at the last chapter of *Secret Ingredients* (Ch. 8) as we visit with the Two Fat Ladies. And speaking of the Two Fat Ladies, 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. As time permits, we’ll have a look at some of the slides on Obesity and on Eating Disorders . . .
While you are watching *The Two Fat Ladies*, do a

2. “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*. Freelistings 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. . . .)
Speaking of **Super Size**, the film by that name is available for **Extra Credit**. **Super Size Me** continues to be one of most frequently watched documentary films on-line.

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 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!”

Have a look at . . .

3. Other Assignments

. . . this week as they are listed on your **Calendar**.

They are also listed on the **Syllabus** section of your *canvas* folder, if you prefer to have them in another form (see below).
This Week’s "Calendar"
REM: Links on screenshots are not “hot” (active)

AND REM: Clicking on “Agenda” will give you a listings view

Click “Agenda” for listings view

The links to the on-line movies are on your Canvas Syllabus
The “Syllabus” version is found here:

In the “Syllabus” version the assignments look like this:

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Assignments</th>
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</thead>
<tbody>
<tr>
<td>Sun Mar 22, 2020</td>
<td></td>
</tr>
</tbody>
</table>
  - AF What's Happening Week 10?  
  - AF Wk 10 For Fun Food Trivia: Is Former President Obama's Chili a Winner? |
| Mon Mar 23, 2020 |  
  - AF Wk 10 Readings  
  - The links to the on-line movies are on your Canvas Syllabus  
  - AF Wk 10 Video: Soul Food Junkies (ca. 60 min.)  
  - AF Wk 10 Video Clip: Booya Kings: Dads & Sons -- A "male bonding ritual" in St. Paul, MN (10:32 min.)  
  - AF Wk 10 (optional) Tim Roufs’ article on Booyah (optional, except for Packer Fans) |
| Tue Mar 24, 2020 |  
  - AF Wk 10 Video: Two Fat Ladies (30 min.) |
| Wed Mar 25, 2020 |  
  - AF Wk 10 Three Major Perennial Debates (.pptx) |
| Thu Mar 26, 2020 |  
  - AF Wk 10 Discussion: Michael W. Twitty's Open Letter to Paula Deen from Afroculinaria |
For Fun Food Trivia
this week . . .

Is Former President Obama's Chili a Winner?

Photo credit: The Guardian

Answer

President Trump ". . . by all accounts, is not all that interested in food".

Donald Trump greets college football champions with McDonald's once again
-- The Guardian (04 March 2019)
Donald Trump's fast food banquet – feeding the people Whoppers, as ever
-- The Guardian (15 January 2019)

Donald Trump Is The Fast-Food President
-- David Jamieson, HuffPost (05 August 2017)

Donald Trump as foodie in chief
-- Helena Bottemiller Evich, POLITICO (16 January 2017)

If you have any questions right now, please do not hesitate to post them on the Canvas Course “Chat”, or e-mail troufs@d.umn.edu, or stop by Cina 215 [map].

Best Regards,

Tim Roufs
<http://www.d.umn.edu/~troufs/>