

THE WARBLER

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Dear Student, Artist, Thinker,

Few people have heard of Felipe Guaman Poma de Ayala, but he did something rather incredible. An indigenous Andean who lived roughly 400 years ago in what we now call Peru (after the fall of the Incan Empire to the Spanish), Guaman Poma wrote a letter to the king of Spain, Phillip III, in which he celebrated Incan culture and criticized the exploitations and abuses by the Spanish government.

There are a number of things that make this letter so incredible: first, its length (composed of text and drawings, it totaled 1,200 pages!); second, it was written in a combination of Spanish and Quechua, Guaman Poma's native language, which up to that point did not exist in written form; and third, Guaman Poma's willingness to challenge and reimagine history, society, and the status quo. For example, he described a version of Christianity with its stories tied to Andean history (making Cuzco, the Incan capital, the holiest of cities instead of Jerusalem), and also explained a system of government that held Incans and Spanish as equal partners.

Unfortunately, it is unlikely that this letter ever made it to King Phillip's hands (it wound up being archived in Copenhagen, Denmark, of all places. No one is really sure how it got there). Still, its discovery by modern historians offered a completely new way of understanding the viewpoints and values of some indigenous South American people, whose experiences had long been filtered through European lenses.

Guaman Poma's efforts to speak on equal terms with a foreign king are not a failure. Rather, they are a testament to the enduring power of the written word and a thoughtful, creative mind. While his work didn't reach his intended audience, it still exists today, with his ideas lasting far longer than he probably imagined. We at APAEP always think it is worth the time to put pen or pencil to paper and write!

Kyes Stevens and the APAEP Team

Self-portrait of Felipe Guaman Poma de Ayala, who is listening to the relationships and legends of the ancient Indians.

Source: Wikipedia

“The really magical things are the ones that happen right in front of you. A lot of the time you keep looking for beauty, but it is already there. And if you look with a bit more intention, you see it.”

VIK MUNIZ // Brazilian photographer and artist

WORDS INSIDE

FROM "GALAPAGOS PENGUIN"...
latitude | the distance of a place north or south of the earth's equator

invasive | tending to spread prolifically and undesirably or harmfully.

FROM "MEET ARGENTINA'S FIRST FEMALE GAUCHOS"...
brazen | bold and without shame

inadvertent | unintentional

cerise | a moderate shade of red

anachronisms | things belonging or appropriate to a period other than that in which they exist, especially a thing that is conspicuously old-fashioned.



NATURAL SCIENCE

Intriguing Lime-Green Blobs Appear in the Andes Mountains. Are They Alive?

BY ROBERT KRULWICH | npr.org | May 18, 2014

Oops.

Someone dropped lime sherbet on the desert — and it's melting. Who's going to clean this up?

Nobody. Because this — believe it or not — is a plant. It may look like a glob of goo, but it's not at all gooey. It's solid to the touch — so solid that a man can lie on top of it and not sink in, not even a little.

What kind of plant is this? In Spanish it's called *llareta*, and it's a member of the *Apiaceae* family, which makes it a cousin to parsley, carrots and fennel. But being a desert plant, high up in Chile's extraordinarily dry Atacama, it grows very, very slowly — a little over a centimeter a year.

Think about that. If you asked one of these plants, "What did you do during the 20th century?" it would answer, "I grew a meter bigger." At that rate, plants rising to shoulder height (covering yards of ground, lump after lump) must be really, really old. In fact, some of them are older than the Giant Sequoias of California, older than towering coast redwoods. In Chile, many of them go back 3,000 years — well before the Golden Age of Greece.

They look like green gift-wrapping. One imagines that they are mold-like, wrapping themselves around boulders. But that's wrong. The truth is much weirder. That hard surface is actually a dense collection of tens of thousands of flowering buds at the ends of long stems, so densely packed, they create a compact surface. The plant is very, very dry, and makes for great kindling.

As one Bolivian guide explains, *llareta* is such good fuel that, even though it's very ancient, people regularly use it to start campfires and even, back in the day, to run locomotives. (That's 3,000 to 4,000 years of captured sunshine thrown into a steam engine for a quick ride — I'm trying not to think about that.) It's also good for muscle pain.

The best thing about *llareta* is what it looks like. It's like nothing else. You climb 10,000 to 15,000 feet



Images courtesy of Terrace Lodge

up into the Andes; there are boulders, loose rocks, jagged edges all about, and suddenly you come upon this soft-looking round thing that resembles a lime-green beach ball, and you think, "What *is* this?" When artist/photographer Rachel Sussman saw her first *llareta*, she apparently did a little happy dance. As she writes in her new book, "Every once in a while you see something so ludicrously beautiful that all you can do is laugh."

Me too. ●

Edited for clarity

PROFILE

Meet Argentina's First Female Gauchos

BY SARAH MARSHALL | Telegraph.co.uk | March 8, 2019

Brazen, nonconformist and resigned to a solitary, windswept existence, the gaucho is a folkloric South American figure who commands both awe and respect. Eulogised by 19th-century Argentine poets, the skilled horse rider and cattle herder was a symbol of freedom, champion of the rural working classes, an inadvertent political activist.

Although instantly recognizable in a uniform of woollen poncho, loose bombachas trousers and a boina hat slumped rebelliously to one side, the gaucho takes on many forms: entertainer, grafter, fighter or cowboy. Whatever the guise, there's one common factor: the gaucho is typically a man.

Yet, as I try for the umpteenth time to rouse my lackadaisical horse, Gitana, into action, the accomplished rider galloping to my aid beams at me with an unmistakably feminine smile. Wearing a floppy cerise boina like a queen does a crown, 18-year-old Laura Arratia has ambitions to follow in her father's footsteps and become a gaucho. Laura joins a swelling pool of female horse whisperers and stablehands, proudly working with their fathers and brothers, and refining what it means to be a gaucho today.

Many live and work in northern Patagonia, north of Bariloche in the Neuquén province, where exposed, semi-arid grasslands cling to rocky valleys created by ancient lava flows, and low rainfall means very little grows. A land once considered too tough for men was regarded as almost impossible for a woman.

Dispelling that myth is Laura's boss Jane Wood Williams, an accidental cattle ranch owner who arrived from London 40 years ago and has never quite made it back. Leaving behind a career as a civil engineer, she found herself branding cattle and herding sheep; and decades of running a 15,000-acre property almost single-handedly have left her with a resolve tougher than the sun-beaten leather chaps hanging from her porch.

Along with determination and a touch of self-confessed blind ignorance, a dry sense of humour has helped her muddle through.

"Look at that," she sighs. She's pointing to churned soil on her pristine lawn; the work of wild boar that have proliferated in the area. "The problem is they have no natural predators," she continues in a crisp British accent, as her two energetic Jack Russells nip at my ankles. Pausing, she mischievously grins: "Except me."

Jane first came out here in 1980 with her husband, Walter, whose family have owned and operated the estancia since the thirties. But when he died in 1990 their plans for a tourist enterprise became her responsibility.

Now guests come to ride her 35 Criollo horses

and to experience life on a working ranch. Operating off-grid, she harnesses electricity from a turbine, and has become almost self-sufficient, producing her own meat, eggs and vegetables.

"You just get on with it," she shrugs. "Walter always said there was a fine line between bravery and stupidity." When we herd cattle the following morning, however, Jane demonstrates she knows exactly what she's doing. Tasked with rounding up 200 animals and shifting them to another field, an all-cowgirl crew has gathered. Laura is joined by her equally horse-mad mother, Mariana Roa, and aunt, Erica Chandie, who've temporarily abandoned their roles in the kitchen.

"Vamos vacas!" shrieks Mariana, in her element. The women laugh, squeal and tease each other amid swirls of dust, taking selfies as they ride. Cloaked in a poncho and shades, Jane calmly leads the charge, while I lag behind; ignoring my every command, Gitana has already figured out who's boss.

It's all good fun and the women have nothing to prove, but Jane admits the role of the gaucho is changing, with several traditionally macho habits fading into anachronisms. The lasso, for example, has been deemed an ineffective tool for corralling livestock. "Although ask one to demonstrate, and they'll all come running," she laughs.

Most importantly, education has elevated the profession by raising literacy rates; while the internet and social media means no one is ever totally alone.

Introduced by Europeans, horses were soon adopted by the indigenous Mapuche, and today children on the San Ignacio reservation use four-legged transport between home and school. In a place where distances are vast, it makes sense. On an early morning trail ride, steep gullies and craggy ascents are light work for Naranja, my new, wonderfully compliant mare.

"We have a saying that people living here are NEC," says Josefina Cayol, a slender, warm-hearted horsewoman and Huechahue guide, who grew up on a nearby estancia. "Nacido y crecido — born and bred."

Liberated by wide-open steppes and big skies, Patagonians are a product of their environment. Gauchos or gauchas, there's no distinction; they are all the salt of their dusty earth. ●



The women refining what it means to be a gaucho today

Photo by Renato Granieri



WHAT WAS THE LONGEST RIVER IN THE WORLD BEFORE THE AMAZON RIVER WAS DISCOVERED?

riddles.net

Edited for clarity and space

MATHEMATICS

Sudoku

#45 PUZZLE NO. 2959705

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

©Sudoku.cool

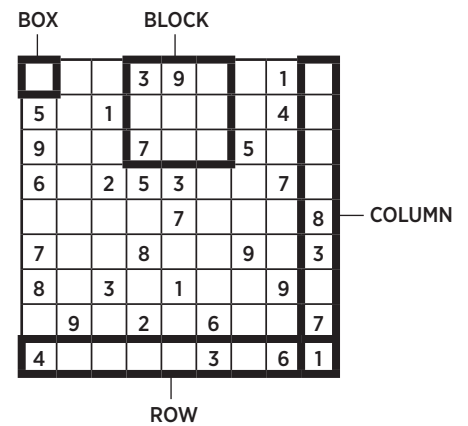
#46 PUZZLE NO. 4881538

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

©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



“I grew up in this town, my poetry was born between the hill and the river, it took its voice from the rain, and like the timber, it steeped itself in the forests.”

PABLO NERUDA // Chilean poet, diplomat, and politician

DID YOU KNOW?

Colombia | is the home country of several notable cultural figures, including Shakira, Gabriel García Márquez, and John Leguizamo.

Guyana | is the only country in South America where English is an official language! With close ties to the Caribbean region, Guyana is one of the few non-Spanish speaking areas in South America. Other languages spoken here include Hindi, Chinese, and Guyanese Creole, an English-based dialect with African, Dutch, and Indian influences.

Chile | witnessed the largest earthquake on record in 1960. On May 22nd of that year, a magnitude 9.5 earthquake devastated the city of Valdivia, a prosperous port city with an elaborate fortress complex built in the Spanish colonial era. Part of the Ring of Fire, Chile endures major volcanic eruptions and seismic activity on a frequent basis.

Venezuela | The largest lake in South America, Lake Maracaibo, is in this country. It spans 5,100 square miles. Between 26 and 30 million years old, it's also one of the oldest lakes on Earth.

Paraguay | the place where homes have no doorbells! Instead, people clap their hands to announce their arrival. The weather in this country is so hot that residents always leave their windows open, allowing them to hear the clapping of visitors.

Uruguay | banned salt shakers from restaurants and schools in an effort to tackle the nation's rising obesity rates. You also won't see any ketchup or mayonnaise in these places. If you want a high-sodium condiment with your meal, you'll have to ask your waiter.



BAD MAP PROJECTION #358: OOPS, ALL SOUTH AMERICAS!

xkcd.com

Idioms from Brazil

“descascar o abacaxi”

Portuguese to English Translation to peel a pineapple

Meaning When Brazilians have to cope with a tricky or complex issue, they descascar o abacaxi. Almost everyone has faced this before: ‘Everyone left work early, leaving me to peel the pineapple!’ or in other words, to solve the problem.

“procurando chifre na cabeça de cavalo”

Portuguese to English Translation to search for horns on the horse’s head

Meaning When someone looks for problems where there are none and keeps poking around looking for any whiff of an issue, they are procurando chifre na cabeça de cavalo (searching for horns on the horse’s head).

“joga verde”

Portuguese to English Translation to throw in the green

Meaning When someone joga verde, they hint about something they are sure is true to get the other person to admit the truth.

Source: theculturetrip.com



A BRAZILIAN BEAUTY, I WAS BROUGHT IN AS A DECORATIVE PLANT. RACCOONS AND BIRDS SPREAD MY SEEDS, NOT THE TINY-TINY ANT. EVENTUALLY THE NATIVE TREES DIE BECAUSE THEY ARE UNABLE TO SURVIVE. A CHEMICAL FROM MY LEAVES STOPS THEIR GROWTH, ALLOWING ME TO THRIVE. **WHAT AM I?**

nps.gov

ART + CULTURE

In Brazil

BY TRACY K. SMITH | for Adélia Prado

Poets swagger up and down the shore, I'll bet,
 Wagging their hips in time to the raucous tide.
 They tip back their heads and life sears a path
 Down the throat. At night they dance, don't they,
 Across tiles that might as well be glass, or ice.
 And if they don't want to spend the evening alone,
 They don't. And if they want to wear snow-angels
 Into the sheets of some big empty bed, that's
 What they do, until a dark form takes shape
 On the ceiling overhead. Then they put on a robe
 And kick around looking for some slippers.
 When the poem finally arrives, it grins
 And watches back with wide credulous eyes.

From poets.org

Tracy K. Smith served as the 22nd Poet Laureate of the United States from 2017 to 2019. She received the Academy of American Poets Fellowship in 2014, the James Laughlin Award in 2006 for her second book, *Duende*, and the 2012 Pulitzer Prize for Poetry for her collection *Life on Mars*.



I'M NOT AS POPULAR AS THE AWARD FROM HOLLYWOOD. I CAME FROM SOUTH AMERICA AND SPREAD AS FAR AS I COULD. I LOVE CANALS AND WATER CONSERVATION LAND, AND I AM LOVED BY EVERY FISHERMAN.

WHAT AM I?

nps.gov

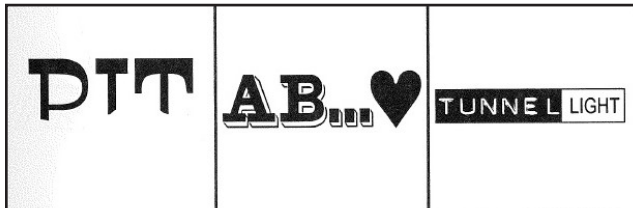
WRITING PROMPT

First think of a job or a profession (like a poet!) and then think of a far-off land where you believe things might be more interesting. What do the farmers of Japan do? Or the street musicians of Egypt? Make guesses, assumptions — explore the fantasy. Show the reader why life is so amazing there!

Word Search

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

- | | | | |
|-------|--------|----------|-----------|
| GRINS | ANGELS | RAUCOUS | DANCE |
| TILES | HIPS | GLASS | WAGGING |
| PATH | SEARS | SWAGGER | CREDULOUS |
| TIDE | NIGHT | SLIPPERS | CEILING |



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!*

WILDLIFE BIOLOGY

Galapagos Penguin

FROM OCEANA.ORG

The only penguin that lives north of the equator is the Galapagos penguin. This small-bodied species is restricted to the Galapagos Islands, which straddle the equator, if only by a few degrees of latitude. The Galapagos penguin is closely related to the other temperate penguins (that live on the coasts of South America and Africa) and more distantly related to the Antarctic penguins.

This species is able to survive at the equator because of the unique biogeography of the Galapagos Islands. Cold, productive water travels from Antarctica via the Humboldt Current, which flows to this island group.

Like many animals near the equator, Galapagos penguins breed year round. Unlike the Antarctic penguins, Galapagos penguins do not need to worry about their eggs freezing. Instead they have to worry about them overheating or being attacked by egg predators. Galapagos penguins nest along the shoreline, and when nesting, one parent feeds while the other cares for the egg. Incubation takes longer than one month. Galapagos penguins form strong pair bonds and remain with the same partner for their entire lives. They are foraging predators that primarily eat small fishes. They forage relatively close to shore, as they are prey for the large marine predators of the Galapagos Islands, namely sharks, fur seals, and sea lions.

Based on their small geographic distribution, their already naturally low numbers, and their decreasing population size, Galapagos penguins are considered endangered (highly vulnerable to extinction). Some individuals are accidentally caught by fishers targeting other species, but the two biggest issues for Galapagos penguin populations are climate variability and invasive species. The cyclical, large-scale climate phenomenon known as El Niño significantly reduces the amount of food available to Galapagos penguins, causing them to skip nesting. In severe cases, these events can lead to starvation of the adults. While El Niño is a natural phenomenon, there is some growing evidence that human activities acting on the climate system as a whole may increase the severity or frequency of El Niño events.

Perhaps a greater risk to this species is the introduction of two very different species, both of which threaten adult and juvenile Galapagos penguins. Introduced cats attack and eat these penguins and have contributed to a direct reduction in population size. Introduced mosquitoes carry avian flu, a virus that is particularly deadly to Galapagos penguins and



its close relatives. An outbreak of this flu could easily spread through large swaths of the remaining Galapagos penguin population. Finally, as Galapagos penguins (like all penguins) are air breathers that regularly come to the sea surface, an oil spill in the Galapagos Islands could be a major threat to this rare, coastal species. Scientists estimate that there are fewer than 600 breeding pairs of Galapagos penguins alive today, so without continuing conservation measures, the species could be at risk of being lost. ●



The Galapagos Islands, part of Ecuador, are located 600 miles off the mainland

Image from npr.org

Perhaps one day tired of circling the world I'll return to Argentina and settle in the Andean lakes if not indefinitely then at least for a pause while I shift from one understanding of the world to another.

CHE GUEVARA // Argentinian revolutionary and author

ECONOMICS

Bolivia Eyes Lithium in Picturesque Salt Flats as Country's Big Moneymaker

BY AUDE SOICHET, DURRELL DAWSON, VICTOR OQUENDO, AND KELLY MCCARTHY | ABC News | September 21, 2018

Near the crest of the Andes mountain range in Bolivia lies the Salar de Uyuni, the largest salt flat in the world. The stunning location is a growing international tourist destination and was recently used as the setting for an epic battle scene in “Star Wars: The Last Jedi.” What can at times look like a snow-covered wonderland is actually several dried-up, prehistoric lakes that formed salty pentagon patterns on the surface. But beneath the crust is lithium, the precious metal element, that could potentially provide a better economic future for Bolivia.

“Nightline” traveled to the Salar de Uyuni to get a closer look at the 4,500 square miles of the world’s largest deposit of lithium, which powers batteries, electric cars and phones. For perspective, the Salar is nearly 100 times larger than Utah’s Bonneville Salt Flat. As one of the poorest countries in South America, Bolivia hopes the global need for the element will revolutionize its economy and it’ll become “the Saudi Arabia of lithium.”

The Salar’s barren landscape is a robust worksite where families have mined salt for generations.

Two brothers, Moises and Erick Chambi, are known as “saleros” or salt pickers. Their work is physically demanding. They chop, saw and stack salt blocks directly from the earth’s crust for sale across Bolivia. “(The Salar is) not 10 or 20 years (old),” Moises Chambi said while pointing to lines in the salt blocks. “This is the accumulation of thousands of years.” He explained that the brown lines between the layers of salt were indicative of periods of flooding in the Salar and, similar to rings of a tree trunk, each spaced out area could span hundreds of years.

Running his fingers along lines in the ground, he shared that “the Salar is like a human being that breathes through these cracks,” Moises Chambi said. “It’s also like a living plant. That’s why we also have to respect it and take care of it. For us it is sacred.” Consumers across Bolivia once sought out the Chambi brothers’ business, but these days the product mostly goes to making salt licks for cattle and bricks for construction.

The Salar’s popularity with tourists has been a boon for local hotels, especially ones made of the Salar’s most popular ingredient. The exquisite five-star Luna Salada and Palacio de Sal hotels have walls, floors and furniture made entirely of salt detail and salt blocks, similar to those sold by the Chambi brothers. They sell each of their salt bricks for about 50 cents and while

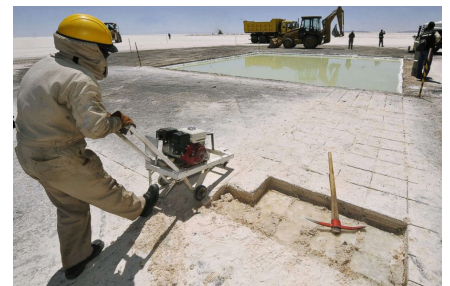


it won’t make them wealthy, it is enough to support their young families.

An hour’s drive from the Chambi brother’s work site sits a bustling lithium carbonate processing plant, run by the Bolivian government. The plant exports the natural resource for roughly \$25,000 per ton to a number of countries, including the U.S., Russia and Japan.

Marco Antonio Condorety, head of implementation and engineering, oversees each step of the production process and gave us a tour of his site. Wells tap nearly 100 feet deep to source the Salar’s lithium-rich brine, running it through a system of pipes that span miles into one of the plant’s many pools. The brine sits in those pools for approximately six months where the sun and constant wind help separate lithium from the salt and other impurities through evaporation. In one of the final stages the lithium gets processed and separated from another by-product: potassium, which the plant also sells.

This factory is projected to process 200 tons of lithium in 2018. That number will explode by nearly 750 percent to 15,000 tons when a neighboring government plant wraps construction next year. Despite some concerns that lithium processing could take over the Salar, Condorety assured that this vast location will remain largely unaffected. “The lithium we take out now is very little. Therefore if we are going to expand, we are not going to affect the Salar.”



More than just a tourist destination | Bolivia’s salt flats (top) are key to its future. Bolivia hopes it will revolutionize its economy by becoming “the Saudi Arabia of lithium” as global demand for the resource explodes.

A worker cuts salt bricks from Uyuni — the largest salt flats in the world (bottom), at the state-run Lithium Pilot Plant in Rio Grande, Bolivia, Oct. 29, 2009.

In fact, only up to 4 percent of the Salar has been set aside by the government for mining and processing, he said. Due to the plant's remote location, it is also home to its employees who live on site for two weeks at a time, followed by a seven day break. To keep plant employees busy and healthy, the location offers a hangout area and workspace, including a gym, pool tables, even a clinic. As for the living arrangements, Condoretty said employees share their living quarters, sleeping in shared rooms like dormitories that sleep up to three people per room.

The entire plant is proudly run and operated by Bolivians only, with, until very recently, foreigners completely shut out of development and production. That's because Bolivia is holding fiercely on to its natural resources, limiting foreign involvement following centuries of foreign exploitation of its silver, gas and oil. Condoretty acknowledges this may have hampered their production and ultimately, their sales, but claims "we are doing it ourselves. This means generating income only for Bolivians. Our achievement is that it took us longer, but we [are the ones who] did it."

When asked whether the local salt pickers might have a future at the expanding plant, Condoretty replied, "the salt pickers can create a future here, and in reality, all the people of Bolivia have a future here to work, because this plant belongs to them."

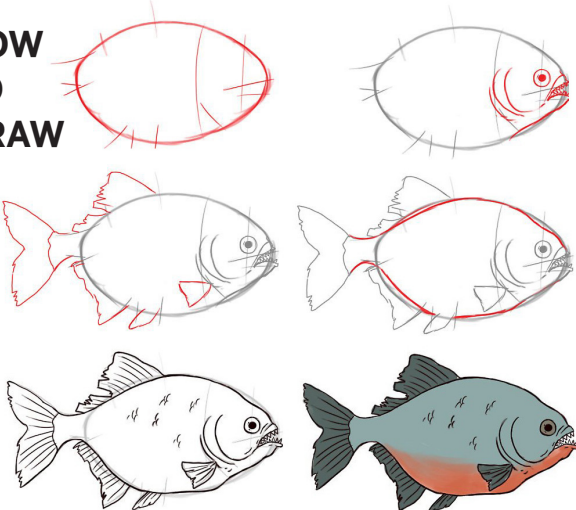
Despite its previous heavy emphasis on limiting foreign involvement, the plant recently announced a \$1.3 billion dollar deal with a German company, ACI Systems, to expand local production. With a 51 percent majority stake, the new deal adds promise to Bolivia's gamble that lithium could one day lift its economy.

And as the global demand for lithium-powered lives seemingly increases daily, the future in the Salar de Uyuni seems brighter than ever. ●

🔗 Edited for clarity and space

HOW TO DRAW

...



Piranha by wikihow.com

RANDOM-NEST

Common Spanish Phrases for Your First Conversation With a Native Speaker

BY IVY DO CARMO | MIMICMETHOD.COM

GOOD MORNING AND OTHER GREETINGS

Hola | Hello
 Buenas | Hi (informal)
 Buenos días | Good morning
 Buen día | Good morning (less common, used in Argentina)
 Buenas tardes | Good afternoon
 Buenas noches | Good evening
 Bienvenido | Welcome
 Adiós | Goodbye
 Chao | Goodbye
 Hasta luego | See you later
 Hasta pronto | See you soon
 Hasta la vista | See you next time
 Hasta mañana | See you tomorrow
 Nos vemos | See ya
 Buenas noches | Good night
 Que tengas un buen día | Have a good day
 Que te vaya bien | Have a good day
 Cuidate | Take care (informal)
 Cuidese | Take care (formal)

HOW ARE YOU?

¿Qué tal? — How are you?
 ¿Cómo estás? — How are you?
 ¿Cómo está usted? — How are you? (usted is more formal)
 ¿Cómo te va? — How are you?
 ¿Cómo te ha ido? — How have you been?
 ¿Qué pasa? — What's up?
 ¿Qué cuentas? — What's up?
 Estoy bien, ¿y tú? — I am fine, and you?
 Bien, ¿y usted? — Good, and you? (usted is more formal than tú)
 Estoy estupendo — I am great.
 Estoy muy bien — I am very well.
 Estoy así así — I am okay.
 Estoy más o menos. — I am so-so.
 Estoy regular — I am regular.
 Estoy mal — I feel unwell.
 Estoy fatal — I am terrible.
 Estoy un poco cansado — I am a little tired.
 Estoy exhausto — I am exhausted.
 Estoy enfermo — I am sick.

INTRODUCING YOURSELF

¿Cuál es tu nombre? | What is your name? (informal)
 ¿Cuál es su nombre? | What is your name? (formal)
 ¿Cómo te llamas? | What is your name? (informal)
 ¿Cómo se llama? | What is your name? (formal)
 Me llamo ... | My name is ...
 Mi nombre es ... | My name is ...



Words of Encouragement

“The sea is not less beautiful in our eyes because we know that sometimes ships are wrecked by it.” SIMONE WEIL

“Treat your words and your person kindly. They have traveled a vast distance over the span of human history to be with you.” E. J. KOH

I am teaching a comedy class right now. I chose the topic before Covid-19 set in. I was writing comedic stories, and I thought it would be a more authentic class if I was learning beside my students. Now I find myself writing dark poems and trying to “teach” an art form that’s all about surprising yourself. But as I researched for the class I found all of this evidence that comedy is a natural anti-depressant, it reduces anxiety, increases the immune response, and a study in Norway concluded that it actually extends your life! It gave me and the students some permission to laugh. We’re still allowed to laugh. It’s even good for us and good for others! The first quote here, by Simone Weil, also gives me permission. Beauty is not gone when the sea is wild. So I am looking for it in the awkward jokes my students make and they, I hope, are looking for it in the even awkwarder (not a word) jokes I make. The comedian Michael Jr. said that everything changed for him the moment he stopped trying to “get” laughs and instead tried to “give opportunities” for laughter. Not just his comedy changed, his whole life did. Which brings me to the second quote here by E. J. Koh. Giving can be applied to the self too. That is possibly my greatest lesson of adult life. It’s not selfish to treat your words and your person kindly. The cup overflows and it extends to others. I’ve been trying to learn to soften my muscles, breathe deep for a few minutes, and say a kind thing or two to myself each day. This year I got the advice from a writer to write letters to myself from love. It’s an amazing practice because love doesn’t give advice, love doesn’t offer answers, love doesn’t care if I make wrong decisions. Love is just there no matter what. In total acceptance. So please don’t listen to any of my advice! That couldn’t have been love talking. She’s happy with you in any state. But I do wish you permission.

Jess



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Answers

SUDOKU #45

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

SUDOKU #46

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



Brainteasers

Page 3 The Amazon (it was still the longest even before anyone discovered it!)

Page 5 Brazilian pepper

Page 6 Oscar (a tropical fish)
Rebus Puzzle:

1. A bottomless pit
2. A bleeding heart
3. Light at the end of the tunnel

Send ideas and comments to:

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UNTIL NEXT TIME !