

NJ Social Studies Network News

A Publication of the New Jersey Council for the Social Studies

A print copy is available on our website, www.njcss.org

September 2018

<mailto:hb288@sasmail.rutgers.edu>

Register for our NJCSS Fall Conference for K-12 Social Studies Teachers

The Times They Are a-Changin!

Remembering Important Anniversaries

House of Burgesses - 400 years!

Armistice Day - 100 years!

Universal Declaration of Human Rights - 70 years

Vietnam Era- 50 years!

Monday, October 22, 2018 - Rutgers University - Busch Campus (7:30 a.m. - 1:00 p.m.)

Online and Print Registration forms are on our website, www.njcss.org

Designated Sessions in Psychology, Economics, U.S. History, and Elementary Education

Keynote Speakers!

Dr. Michael Adas - Author of *Everyman in Vietnam*

Presidential Lies, Working Class War, and a Nation Divided: The Enduring Legacy of the Vietnam Debacle

Dr. Gary Lewandowski Jr. - Hook-ups to Heartbreak

Dr. Anne Morrison Piehl - The Economic Inequalities in our Criminal Justice System

Dr. Michael Hattem - Using the Many Lives of Benjamin Franklin to Teach American History

Plus 30 workshops - World History, Civics, Technology, Teaching Strategies

NJSSSA (NJ Social Studies Supervisors Association)

The next meeting of the NJSSSA is Friday, October 12, 2018 at the NJ PSA complex in Monroe Twp.

Congratulations

National History Day Winners

<https://www.nhd.org/winners>

Senior Individual Documentary

Third Place

Title: The Crown Heights Riots: From Rage to Reconciliation

Student(s): Alexander Fezza

School: Biotechnology High School, Manalapan, New Jersey

Senior Individual Website

First Place

Title: *The Iran Hostage Crisis: When Compromise Fails*

Student(s): Laura Mills

School: Kent Place School, Short Hills, New Jersey

History in the Federal Government

Category: Senior Paper

Title: Conflict and Compromise in the Nullification Crisis of 1832-33: Sectionalism and a Revived Constitutional Debate

Student: Alex Li

School: West Windsor-Plainsboro High School North, Princeton Junction, New Jersey

Gilder Lehrman Teacher of the Year

New Jersey



Erica Galinski

Freehold Township High School

CONGRATULATIONS!!!!

The state winners from all 50 states, Department of Defense schools, Washington DC, and US territories have been narrowed down to 10 finalists for the 2018 National History Teacher of the Year Award:

Alabama: Erin Coggins, Sparkman High School

Colorado: Deirdre Boyd, Steamboat Springs High School

Illinois: Mark Foley, Urbana High School

New Jersey: Erica Galinski, Freehold Township High School

New Mexico: Diane Ball, East Mountain High School

Oklahoma: Jane Williams, Centennial Elementary

Pennsylvania: Joseph Welch, North Hills Middle School

Tennessee: Connie Lopez-Fink, University School of Nashville

Virginia: Russell Carlock, Albemarle High School

Wisconsin: Chuck Taft, University School of Milwaukee

Professional Development

National Council for the Social Studies

www.socialstudies.org

Chicago Conference

NCHE National Conference

Exercising Power:

Individuals and Institutions in History

Washington, D.C.

Crystal Gateway Marriott

March 14-16, 2019

Keynote Speaker: Bettany Hughes

NCHE welcomes Bettany Hughes, an award-winning historian, author and broadcaster, who has devoted the last 25 years to the vibrant communication of the past. Her specialty is ancient and medieval history and culture. A Scholar at Oxford University she has taught at Oxford and Cambridge Universities.



NCHE invites proposals from K-12 and University teachers, historians, public history and education professionals for our 2019 National Conference in Washington, DC.

Are you interested in presenting a Breakout Session, Poster Session or Mini Session at the conference?

[Click Here to Submit a Proposal](#)

Application Deadline: September 24, 2018

TEACH EUROPE – FRIDAY, October 26, 2018

Hold the Date – Free Continuing Education Opportunity for teachers of History, Languages, and Social Studies

**Center for European Studies,
Rutgers University, New Brunswick**

Note – Registration is OPEN at https://rutgers.ca1.qualtrics.com/jfe/form/SV_eJUIPUELS8eVLwx

Teach Europe is an annual workshop for teachers hosted by the Center for European Studies at Rutgers University that is scheduled for Friday, October 26, 2018 (9:15am-2:30pm). The program is designed for teachers of languages, social studies, and history with interests in Europe and provides 5 continuing education credits. As in previous years, the talks and workshops are free to teachers and are supported by a number of European consulates and language studies associations.

The program is below. Please note that this year's program will be held at Cook Student Center, 59 Biel Road, New Brunswick, NJ 08901. As before, it will include a continental breakfast and lunch. Parking permits will be mailed out before the program.

Current Schedule (Teachers choose ONE of the workshops):

9:15 Breakfast, Registration, and Welcome

10:00 Opening talk: Jeffrey Shandler (Jewish Studies), "Seeing As Believing: Watching Videotaped Interviews with Holocaust Survivors"

11:00 Workshops – teachers choose one; workshop titles subject to change

Workshop # 1: Migrant Stories, Ethel Brooks (Sociology)

Workshop # 2: Pronunciation as Cultural Fluency, Joseph Casillas (Spanish and Portuguese)

12:30 Lunch and Lunchtime talk: R. Daniel Kelemen (Political Science), "European Union Update"

2:00 Evaluations

2:30 End of Workshop

Resources for Teachers

United States Holocaust Memorial Museum 25th Anniversary Year

NEW EXHIBIT - Now through 2020!

GROUNDBREAKING US HOLOCAUST MEMORIAL MUSEUM EXHIBITION

AMERICANS AND THE HOLOCAUST EXPLORES AMERICANS' RESPONSES TO NAZISM

<https://www.ushmm.org/information/press/press-releases/museum-opens-new-exhibition-americans-and-the-holocaust>



The exhibition:

- Presents public opinion polling from the era to examine how World War I, the Great Depression, isolationism, and anti-Semitism shaped American attitudes and both reflected and affected leaders' decisions.

- Includes new research and artifacts illustrating the many obstacles European Jews faced on both sides of the Atlantic while they tried to flee Europe and enter the United States.

- Chronicles what the US government—from President Roosevelt to Congress and government agencies—did and did not do to respond to Nazism and the persecution and mass murder of Europe's Jews.

- Sheds light on how much information was available to Americans in their local communities both early on and during the war years about the threat of Nazism and the Holocaust.

FORD'S THEATRE

2018-2019 SEASON ANNOUNCEMENT

Our season begins in September with the 1940s comedy *Born Yesterday*. We'll then present our holiday tradition, *A Christmas Carol*, with Craig Wallace returning as Scrooge. In January, we will produce the classic American drama *Twelve Angry Men*.

Born Yesterday - September 21 to October 21, 2018

In this sharp-edged satire, opportunistic tycoon Harry Brock arrives in Washington with his naive girlfriend Billie Dawn to game the political system. With the help of an idealistic reporter, Billie wises up and fights back to end the corruption.

A Christmas Carol - November 15 to December 30, 2018

Join the ghosts of Christmas Past, Present and Future as they lead the miserly Ebenezer Scrooge on a journey of transformation and redemption.

Twelve Angry Men - January 18 to February 17, 2019

Behind closed doors, tensions run high as a lone juror argues the innocence of a teenager accused of murder. In this provocatively resonant American drama, 12 jurors from all strata of society revisit the evidence, debate the issue of reasonable doubt and confront each other's personal biases.

Into the Woods - March 8 to May 18, 2019

In Stephen Sondheim's imaginative, darkly comical remix of the beloved Grimm fairy tales, a baker and his wife set out to reverse a witch's curse in hopes of having a child of their own. The couple's quest takes them into the woods, where they encounter Little Red Riding Hood, Jack and his beanstalk, a cautious Cinderella, a sequestered Rapunzel and a couple of lovelorn princes.

The New York Historical Society

170 Central Park West at 77th Street

<http://www.nyhistory.org/>

[Walk This Way: Footwear from the Stuart Weitzman Collection of Historic Shoes](#) - April 20, 2018 - October 8, 2018

[Black Citizenship in the Age of Jim Crow](#) - September 07, 2018 - March 03, 2019

[Harry Potter: A History of Magic](#) - October 5, 2018 - January 27, 2019

Also - Visit their online Exhibitions!

Western History Association Conference

October 17-20, San Antonio, TX

<https://www.westernhistory.org/2018>

Imagine A World Outdoors

Friday, September 28, 2018

8:00 am - 4:30 pm

Duke Farms Coach Barn

80 US 206 S

Hillsborough, NJ 08844

<http://anjee.org/autumn-conference.html>

For more than three decades, ANJEE has organized one of the leading annual conferences for environmental education professionals in New Jersey, designed to promote innovation, networking, learning, and dissemination of best practices. This fall we are excited to present our second annual Autumn Conference: a day full of programs for educators at Duke Farms, a model of environmental stewardship that inspires visitors to become informed stewards of the land. **\$60**

Classroom Resources

Japanese American Incarceration in World War II

Japanese American Incarceration in World War II draws students into the history of Japanese American incarceration in the United States. To better understand this history, students examine U.S.-Japanese relations before World War II, the varied experiences of incarcerated Japanese Americans, and the ways that members of the Japanese American community and others in the United States have remembered and continue to remember incarceration.

Download Free Unit: http://www.choices.edu/curriculum-unit/japanese-american-incarceration-world-war-ii/?utm_source=Choices+Newsletter+List&utm_campaign=f3aca64c3b-EMAIL_CAMPAIGN_2018_01_17&utm_medium=email&utm_term=0_af2c96b5f0-f3aca64c3b-81156281&mc_cid=f3aca64c3b&mc_eid=ab39401034

For Students

The Spirit of America's Story

Nov. 12 - 18, 2018

(10:00 a.m. to 8:30 p.m. M-F and 1:00 - 4:00 Sunday)

Bethlehem Lutheran Church

155 Linwood Avenue

Ridgewood, NJ 07450



The 70 foot "Wall" is a richly illustrated visual story of America's struggles for freedom, a visual walk through our country's history, and our fight to be free. The goal is to capture and preserve the spirit, the sacrifices and rich history of the American people. The traveling exhibit honors the men and women in uniformed service who have and are currently serving and protecting our way of life, liberty, and the pursuit of happiness both here and abroad. The exhibit is free and sponsored by the [Ridgewood American Legion Post #53](#).

Focus on Civics

Constitution Day - September 17, 2018

President Trump's Cabinet

(Names in red indicate a change from 2017)

<i>Secretary of State</i>	Mike Pompeo	<i>Secretary of Commerce</i>	Wilbur Ross
<i>Secretary of Treasury</i>	Steven Mnuchin	<i>Secretary of Education</i>	Betsy DeVos
<i>Secretary of Defense</i>	General James Mattis,	<i>Secretary of Energy</i>	Gov. Rick Perry, Texas
<i>Secretary of Homeland Security</i>	Kirstjen Nielsen	<i>Secretary of Health and Human Services</i>	Alex Azar
<i>Secretary of the Interior</i>	Ryan Zinke	<i>Attorney General</i>	Jeff Sessions
<i>Secretary of Veterans Affairs</i>	Robert Wilkie (pending)	<i>U.S. Ambassador to the United Nations</i>	Gov. Nikki Haley
<i>Secretary of Agriculture:</i>	Forest Lucas	<i>Federal Reserve Bank</i>	Jerome Powell
<i>Secretary of Housing and Urban Development</i>	Dr. Ben Carson	<i>Speaker of the House of Representatives:</i>	Paul Ryan (R)
<i>Secretary of Transportation</i>	Elaine Chao	<i>President of the Senate</i>	Vice President Michael Pence
<i>Secretary of Labor</i>	Alexander Acosta (pending)	<i>President of the Senate pro-tempore</i>	Orrin Hatch (R)
<i>Environmental Protection Agency</i>	Andrew Wheeler (pending)	<i>Director CIA</i>	Gina Haspel (pending)

<i>Japan</i>	Prime Minister Shinzo Abe	<i>UN Secretary General</i>	Antonio Guterres (Portugal)
<i>Britain</i>	Prime Minister Theresa May	<i>European Union Commission</i>	Jean Claude Juncker (Luxembourg)
<i>France</i>	President Emmanuel Macron	<i>European Central Bank</i>	Mario Draghi (Italy)
<i>Russia</i>	Vladimir Putin	<i>China</i>	President Xi Jinping
<i>Germany</i>	Chancellor Angela Merkel	<i>Taiwan</i>	President Tsai Ing-wen
<i>Italy</i>	Prime Minister Giuseppe Conte	<i>South Korea</i>	President Moon Jae-in
		<i>North Korea</i>	President Kim Jong-un

Focus on Economics

Unemployment, Deficits, GDP

The Trump administration expects annual budget deficits to rise nearly \$100 billion more than previously forecast in each of the next three years, pushing the federal deficit above \$1 trillion starting next year. This usually causes interest rates to increase making it more difficult for borrowers to pay off revolving loans and increases interest payments for savers.

The budget proposal released in February showed annual deficits totaling \$7.1 trillion over 10 years. The latest revisions increase these cumulative deficits by \$926 billion, to \$8 trillion.

The Trump Administration has said stronger economic growth would allow recent tax cuts to generate more revenue over the long run, offsetting initial declines in receipts from rate cuts. However, the current projects, which do not include any possible effects from higher prices as a result of new tariffs.

The White House budget office reported in July that the deficit will rise to nearly \$1.1 trillion in the fiscal year that begins this October, or 5.1% of gross domestic product, up from \$984 billion projected in February's budget proposal. The U.S. ran a deficit of \$666 billion for the fiscal year that ended Sept. 30, 2017, or 3.4% of GDP.

Since World War II, the U.S. has posted budget deficits that exceeded 5% of GDP in just two periods—in 1983 and from 2009 through 2012. Both of those episodes followed periods of significant economic stress, including the only recessions in which the unemployment rate rose to at least 10%. The unemployment rate, currently at 4%, is projected to decrease to 3.7% next year.

The deficit projections would have swelled even higher if not for the strong employment report which provides increased tax revenue from higher household incomes and less money for unemployment benefits.

The Bureau of Labor Statistics reports unemployment data by educational level. This is important for students to understand the utility of their high school education. The current Unemployment Rate is 4% (July 2018) for all people in the labor force.

Less than a High School Diploma:	5.5%
High School Graduates:	4.2%
Some College or an Associate Degree	3.3%
Bachelor's Degree and Higher:	2.3%

Focus on U.S. History

Excerpts from President Trump's State of the Union Constitution Day - September 17, 2018

As Prepared for Delivery –

Chief Justice Roberts, President Carter, President Clinton, President Bush, President Obama, fellow Americans, and people of the world: thank you.

We, the citizens of America, are now joined in a great national effort to rebuild our country and to restore its promise for all of our people.

Together, we will determine the course of America and the world for years to come.

January 20th 2017, will be remembered as the day the people became the rulers of this nation again.

At the center of this movement is a crucial conviction: that a nation exists to serve its citizens. Americans want great schools for their children, safe neighborhoods for their families, and good jobs for themselves.

These are the just and reasonable demands of a righteous public.

The oath of office I take today is an oath of allegiance to all Americans.

And spent trillions of dollars overseas while America's infrastructure has fallen into disrepair and decay.

The wealth of our middle class has been ripped from their homes and then redistributed across the entire world.

Every decision on trade, on taxes, on immigration, on foreign affairs, will be made to benefit American workers and American families.

We will build new roads, and highways, and bridges, and airports, and tunnels, and railways all across our wonderful nation.

We will get our people off of welfare and back to work – rebuilding our country with American hands and American labor.

We will follow two simple rules: Buy American and Hire American.

We will seek friendship and goodwill with the nations of the world – but we do so with the understanding that it is the right of all nations to put their own interests first.

We do not seek to impose our way of life on anyone, but rather to let it shine as an example for everyone to follow.

We will reinforce old alliances and form new ones – and unite the civilized world against Radical Islamic Terrorism, which we will eradicate completely from the face of the Earth.

When you open your heart to patriotism, there is no room for prejudice.

The Bible tells us, “how good and pleasant it is when God's people live together in unity.”

We must speak our minds openly, debate our disagreements honestly, but always pursue solidarity.

The time for empty talk is over.

Now arrives the hour of action.

We stand at the birth of a new millennium, ready to unlock the mysteries of space, to free the Earth from the miseries of disease, and to harness the energies, industries and technologies of tomorrow.

Your voice, your hopes, and your dreams, will define our American destiny. And your courage and goodness and love will forever guide us along the way.

Together, We Will Make America Strong Again.

We Will Make America Wealthy Again.

We Will Make America Proud Again.

We Will Make America Safe Again.

And, Yes, Together, We Will Make America Great Again. Thank you, God Bless You, And God Bless America.

<https://www.whitehouse.gov/briefings-statements/the-inaugural-address/>

Focus on World History
Metternich
The Lessons of History: Austria First!



Students of world history understand that in every century since the Protestant Reformation in the 16th century, European liberal and democratic ideas have been challenged by the forces of state power. The Leviathan of Thomas Hobbes feared human nature enabling kings, monarchs, chancellors, and czars to become a temporary source of salvation from economic hardship, political instability, loss of privilege, and the influx of people from other states.

The 16th century was dominated by the reactionary ideas of the Council of Trent, the 17th century with the influence of divine right monarchs, the 18th century was dominated by the economic nationalism of mercantilism, the 19th century by the pillars of monarch, aristocracy, privilege, and church, and the 20th century by totalitarian governments. It is an interesting calculus that these authoritarian movements were not able to survive as the people supported independence, democratic socialism, and universal human rights!

This year is the 200th anniversary of the Congress of Vienna, next year is the bicentennial of the restrictions on free speech, press, and assembly in the Carlsbad Decrees, and 2020 marks the anniversary of Metternich's Political Confession of Faith. Klemens von Metternich ended the democratic ideals of life, liberty, and fraternity. <https://history.hanover.edu/courses/excerpts/111met.html>

Below are some excerpts from the Political Confession of Faith written by Klemens von Metternich and published in 1820. They reflect his vision of a strong executive, attacks on existing institutions, the evil and corruptible nature of people, the false security of a stable economy, and controlling information and influencing independent thinking.

[1] **Man's nature is immutable.** The first needs of society are and remain the same, and the differences which they seem to offer find their explanation in the diversity of influences, acting on the different races by natural causes, such as the diversity of climate, barrenness or richness of soil, insular or continental position, &c. &c. These local differences no doubt produce effects which extend far beyond purely physical necessities; they create and determine particular needs in a more elevated sphere; finally, they determine the laws, and exercise an influence even on religions.

[2] It is, on the other hand, with **institutions as with everything else. Vague in their origin, they pass through periods of development and perfection**, to arrive in time at their decadence; and, conforming to the laws of man's nature, they have, like him, their infancy, their youth, their age of strength and reason, and their age of decay.

[7] . . . We will place among the first **the feebleness and the inertia of Governments**. It is sufficient to cast a glance on the course which the Governments followed during the eighteenth century, to be convinced that not one among them was ignorant of the evil or of the crisis towards which the social body was tending....

[10] **We are convinced that society can no longer be saved without strong and vigorous resolutions on the part of the Governments** still free in their opinions and actions. We are also convinced that this may yet be, if the Governments face the truth, if they free themselves from all illusion, if they join their ranks and take their stand on a line of correct, unambiguous, and frankly announced principles.

[11] **By this course the monarchs will fulfill the duties imposed upon them by Him who, by entrusting them with power, has charged them to watch over the maintenance of justice, and the rights of all, to avoid the paths of error, and tread firmly in the way of truth.** Placed beyond the passions which agitate society, it is in days of trial chiefly that they are called upon to despoil realities of their false appearances, and to show themselves as they are, fathers invested with the authority belonging

by right to the heads of families, to prove that, in days of mourning, they know how to be just, wise, and therefore strong, and that they will not abandon the people whom they ought to govern to be the sport of factions, to error and its consequences, which must involve the loss of society. The moment in which we are putting our thoughts on paper is one of these critical moments. The crisis is great; it will be decisive according to the part we take or do not take....

[14] Let [the Governments] in these troublous times be more than usually cautious in attempting real ameliorations, not imperatively claimed by the needs of the moment, to the end that good itself may not turn against them - which is the case whenever a Government measure seems to be inspired by fear.

[15] Let them not confound concessions made to parties with the good they ought to do for their people, in modifying, according to their recognized needs, such branches of the administration as require it.

[16] Let them give minute attention to the financial state of their kingdoms, so that their people may enjoy, by the reduction of public burdens, the real, not imaginary, benefits of a state of peace.

[17] Let them be just, but strong; beneficent, but strict.

When discussions about nationalism or patriotism were expressed by students and others in the German and Italian provinces, The Austrian government issued the **Carlsbad Decrees in 1819**. One example of the power of this law against teachers is: "The confederated governments mutually pledge themselves to remove from the universities or other public educational institutions all teachers who, by obvious deviation from their duty, or by exceeding the limits of their functions, or by the abuse of their legitimate influence over the youthful minds, or by propagating harmful doctrines hostile to public order or subversive of existing governmental institutions, shall have unmistakably proved their unfitness for the important office entrusted to them. No teacher who shall have been removed in this manner shall be again appointed to a position in any public institution of learning in another state of the union." Carlsbad Decrees (1819). https://en.wikipedia.org/wiki/Carlsbad_Decrees

Focus on Geography

Drain or Not to Drain the Hetch Hetchy Reservoir in Yosemite Park?

A visit to the Hetch Hetchy Reservoir in July by Secretary of the Interior Ryan Zinke sparked a continuing debate about the geography of Yosemite National Park and if the Trump administration will support or reject the draining of an important water source for San Francisco.



Between 1908 and 1913, Congress debated whether to make a water resource available or preserve a wilderness when the growing city of San Francisco, California proposed building a dam in the Hetch Hetchy Valley to provide a steady water supply. The Hetch Hetchy Valley was within Yosemite National Park and protected by the federal government, leaving it up to Congress to decide the valley's fate. National opinion divided between giving San Francisco the right to dam the valley and preserving the valley from development.

At the heart of the debate was the conflict between conservationists, who held that the environment should be used in a conscientious manner to benefit society, and preservationists, who believed that nature should be protected, saved from human interference. Siding with the conservationists, San Francisco citizens argued that the reservoir was necessary for the health of

their city. On the other side, preservationists, led by John Muir, argued that Congress should protect the Hetch Hetchy Valley from destruction. Muir and his allies believed that nature should be enjoyed for its beauty, and not merely used for its resources.

Hundreds of individuals and organizations from across the country submitted petitions to Congress regarding the valley. These petitions, some of which are included below, bear witness to the birth of environmental activism as citizens weighed in, expressing multiple opinions about the proper use of National Park land and the relationship between local interests and national values.

In the end, Congress passed legislation that enabled the creation of a dam in the Hetch Hetchy Valley. President Woodrow Wilson signed the bill into law on December 19, 1913. Although the preservationists lost this battle, the damming of the Hetch Hetchy Valley raised public awareness about the importance of preserving nature, and helped justify the creation of the National Park Service in 1916. For The 1917 Raker bill and other documents, visit the National Archives website:

<https://www.archives.gov/legislative/features/hetch-hetchy>

Restore Hetch Hetchy lost a lawsuit first filed in 2015 to have the dam declared an unlawful diversion, and the case is now being appealed to the California Supreme Court. San Francisco City residents in 2012 voted down a measure to study the idea, with 77% voting against it. Draining is also widely opposed in the surrounding Bay Area, in part because recent droughts have raised concern over water supplies and because the quality of San Francisco's supply—piped directly from the Sierra Nevada mountains—is considered one of the highest among Western cities.

Dismantling would “cause enormous environmental damage and put at grave risk the reliable water and clean energy supply for more than 2.5 million residents and businesses...”

It would take about two years to drain the granite-walled valley and five years for enough grass and wildlife to return to attract visitors. San Francisco's water, he added, could be stored elsewhere downstream of the Tuolumne River such as by enlarging other reservoirs or banking underground.

Focus on Psychology

The Psychology of Well-Being is a topic being discussed at the NJCSS Fall Conference on October 22, 2018

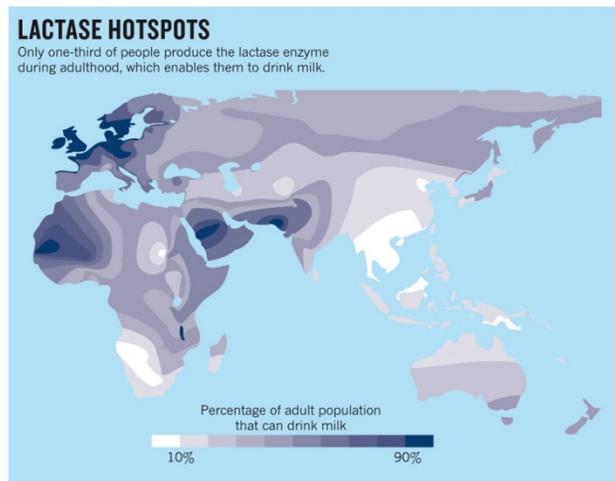
1. Please rate your levels of **self-acceptance**, which refers to the degree positive attitudes you have about yourself, your past behaviors and the choices that you have made. Someone with high self-acceptance is pleased with who they are and accepting of multiple aspects of themselves, both good and bad. In contrast, individuals with low self-acceptance are often self-critical, confused about their identity, and wish they were different in many respects.
2. Please rate the overall quality of **your relationship with others**. An individual with positive relationships feels connected, respected, and well-loved. They can share aspects of themselves, experience intimacy, and usually feel secure in their relations. In contrast, individuals with poor relationships often feel unappreciated, disrespected, unloved, disconnected, hostile, rejected, or misunderstood. They tend to feel insecure and sometimes alone or distant from others.
3. Please rate your **sense of autonomy**. Individuals with high levels of autonomy are independent, self-reliant, can think for themselves, do not have a strong need to conform, and don't worry too much about what others think about them. In contrast, individuals low in autonomy feel dependent on others, are constantly worried about the opinions of others, are always looking to others for guidance, and feel strong pressures to conform to others' desires.
4. Please rate your **sense of mastery over the environment**, which is the degree to which you feel competent to meet the demands of your situation. Individuals high in environmental mastery feel they have the resources and capacities to cope, adjust and adapt to problems, and are not overwhelmed by stress. Those with a low level of environmental mastery may feel powerless to change aspects of their environment with which they are unsatisfied, feel they lack the resources to cope, and are frequently stressed or overwhelmed.
5. Please rate your level of **personal growth**. Individuals with high levels of personal growth see themselves as changing in a positive direction, moving toward their potential, becoming more mature, increasing their self-knowledge, and learning new skills. Individuals low in personal growth feel no sense of change or development, often feel bored and uninterested in life, and lack a sense of improvement over time.
6. Please rate the level of your **sense of purpose in life**. Individual with a high sense of purpose sees their life has having meaning, they work to make a difference in the world, and often feel connected to ideas or social movements larger than

themselves. Such individuals have a sense that they know what their life is about. Individuals low in this quality often question if there is a larger purpose, do not feel their life makes sense, and attribute no higher meaning or value to life other than the fulfillment of a series of tasks.

Excerpts taken from an article in *Psychology Today*: <https://www.psychologytoday.com/us/blog/theory-knowledge/201405/six-domains-psychological-well-being>

Focus on Anthropology

Milk - it may not be the Breakfast of Champions!



Americans tend to lack imagination when it comes to breakfast. The vast majority of us, surveys say, start our days with cold cereal — and those of us with children are more likely to buy the kinds with the most sugar. Children all over the world eat cornflakes and drink chocolate milk, of course, but in many places they also eat things that would strike the average American palate as strange, or worse.

Breakfast for a child in Burkina Faso, for example, might well include millet-seed porridge; in Japan, rice and a putrid soybean goop known as natto; in Jamaica, a mush of plantains or peanuts or cornmeal; in New Zealand, toast covered with Vegemite, a salty paste made of brewer's yeast; and in China, jook, a rice gruel topped with pickled tofu, strings of dried meat or egg. In Cuba, Brazil and elsewhere in Latin America, it is not uncommon to find very young children sipping coffee with milk in the mornings. In Pakistan, kids often take their milk with Rooh Afza, a bright red syrup made from fruits, flowers and herbs. Swedish filmjolk is one of dozens of iterations of soured milk found on breakfast tables across Europe, Asia, the Middle East and Africa. For a child in southern India, the day might start with a steamed cake made from fermented lentils and rice called idli. "The idea that children should have bland, sweet food is a very industrial presumption," says Krishnendu Ray, a professor of food studies at New York University who grew up in India. "In many parts of the world, breakfast is tepid, sour, fermented and savory."

Parents who want their kids to accept more adventurous breakfasts would be wise to choose such morning fare for themselves. Children begin to acquire a taste for pickled egg or fermented lentils early — in the womb, even. Compounds from the foods a pregnant woman eats travel through the amniotic fluid to her baby. After birth, babies prefer the foods they were exposed to in utero, a phenomenon scientists call "prenatal flavor learning." Even so, just because children are primed to like something doesn't mean the first experience of it on their tongues will be pleasant. For many Korean kids, breakfast includes kimchi, cabbage leaves or other vegetables fermented with red chile peppers and garlic. A child's first taste of kimchi is something of a rite of passage, one captured in dozens of YouTube videos featuring chubby-faced toddlers grabbing at their tongues and occasionally weeping.



Children, and young omnivorous animals generally, tend to reject unfamiliar foods on the first few tries. Evolutionarily, it makes sense for an inexperienced creature to be cautious about new foods, which might, after all, be poisonous. It is only through repeated exposure and mimicry that toddlers adjust to new tastes — breakfast instead of, say, dinner. That we don't put pickle relish on waffles or eat Honey Bunches of Oats for supper are rules of culture, not of nature. As children grow, their palates continue to be shaped by the food environment they were born into (as well as by the savvy marketers of sugar cereals who advertise directly to the 10-and-under set and their tired parents). This early enculturation means a child in the Philippines might happily consume garlic fried rice topped with dried and salted fish called *tuyo* at 6 in the morning, while many American kids would balk at such a meal.

Sugar is the notable exception to “food neophobia,” as researchers call that early innate fear. In utero, a 13-week-old fetus will gulp amniotic fluid more quickly when it contains sugar. Our native sweet tooth helps explain the global popularity of sugary cereals and chocolate spreads like Nutella: Getting children to eat sugar is easy. Teaching them to eat slimy fermented soybeans, by contrast, requires a more robust and conservative culinary culture, one that resists the candy-coated breakfast buffet. <https://www.nytimes.com/interactive/2014/10/08/magazine/eaters-all-over.html>

Focus on Sociology

Caring for Aging Parents

Today, an estimated 34.2 million people provide unpaid care to those 50 and older. These caregivers, about 95% family, and long the backbone of the nation's long-term care system, provide an estimated \$500 billion worth of free care annually—three times Medicaid's professional long-term care spending—and help keep people out of costly institutions, according to a 2017 Merrill Lynch study.

But the supply of these caregivers is shrinking just as the nation needs them most. **Every day, 10,000 people turn 65. In 2020, there will be 56 million people 65 and older, up from 40 million in 2010.**

“Families have fewer children, older adults are more likely to have never married or to be divorced and adult children often live far from their parents or may be caring for more than one adult or their own children,” noted a 2016 study by the National Academy of Sciences.

The private sector isn't an option for many older adults. Demand for private home health aides is expected to exceed supply by more than three million in the next decade. Many can't afford it even if it was available. A full-time home-health aide costs, on average, \$49,000 a year, according to a 2017 Cost of Care Survey by Genworth, a long-term-care insurance company.

Public support hasn't kept pace either. Medicare and other government programs provide a fraction of the long-term supportive services that people need to remain in their own homes. Medicare generally doesn't pay for long-term care stays in nursing homes, which can cost close to \$100,000 a year for a private room.

After a person has spent down resources, like bank accounts and stocks, Medicaid, a needs-based state and federal program, will pay for most nursing home costs, but coverage and eligibility varies by state.

Between 1990 and 2010, the divorce rate among adults ages 50 and older doubled. That means fewer spouses are available as caregivers.

One-third of middle-age adults are heading toward their retirement years as singles. Women, in particular, are likely to stay or become single as they age.

About 14% of frail older adults, or two million people, are without children and the number is expect to double by 2040, according to the AARP Public Policy Institute. “ Excerpts from an article in the *Wall Street Journal*, July 17, 2018.

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