

THURSDAY, AUGUST 8, 2019

THE EPOCH TIMES LIFE & TRADITION



MANY BOYS
READ ONLY
WHEN SCHOOL
REQUIRES THEM
TO DO SO. BUT
ALL OF THEM LIKE
MOVIES.

Movies Make the Man

SOME FILMS CAN HELP YOUNG
MEN LEARN ABOUT WISDOM,
HONOR, AND COURAGE

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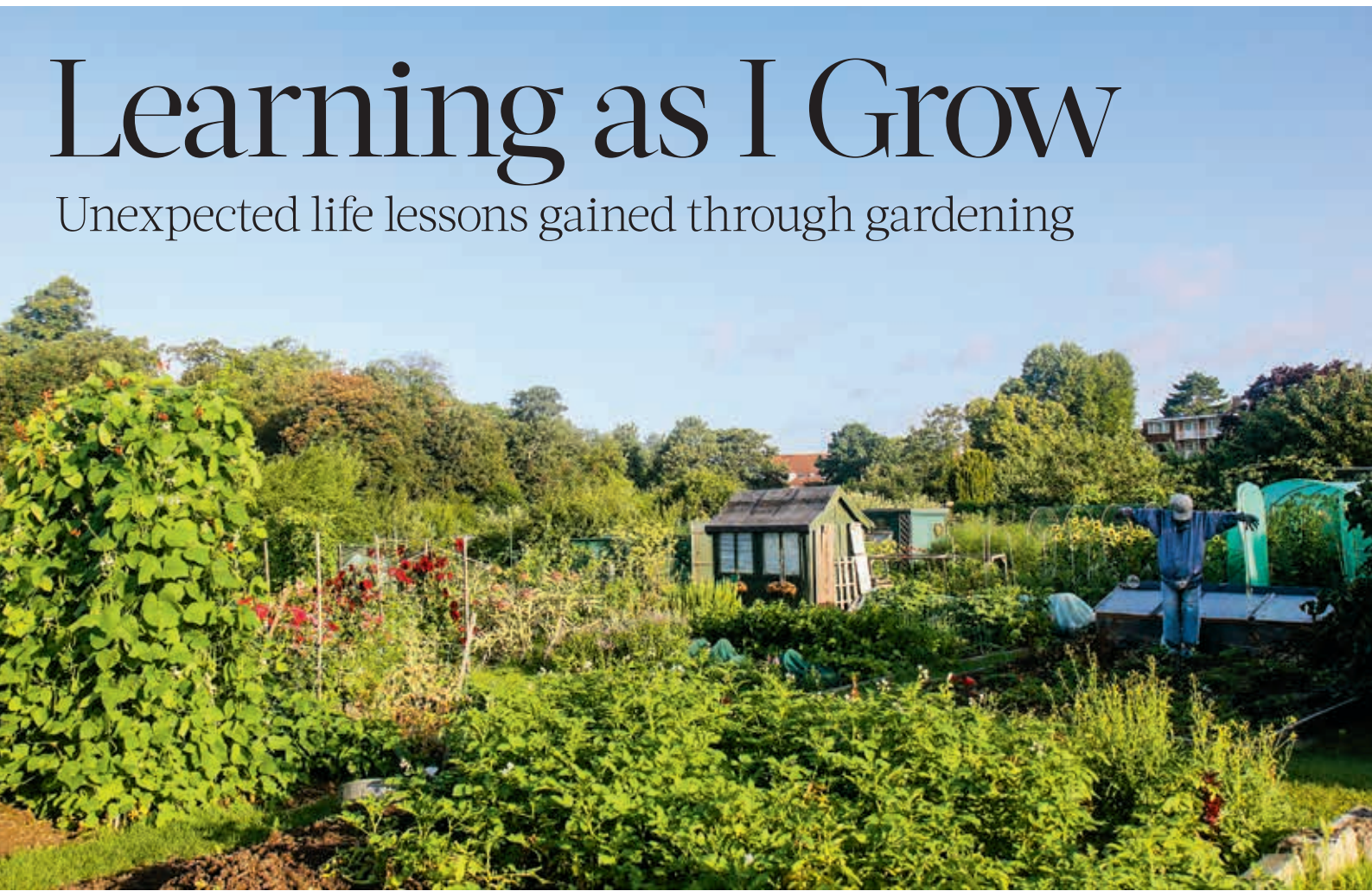
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LORRAINE FERRIER/THE EPOCH TIMES



LORRAINE FERRIER

BECKENHAM, England—The runner beans are running amok; laden with red flowers, they weave their way skyward up poles as their lower runners reach out to the green tomatoes that are fattening up, ready to ripen. Spears of corn are beginning to form, standing tall beside their favorite companion, the pepper, which continues to bloom in concert with its tiny fruits.

A welcome cluster of red and pink poppies have popped up between the sprouting broccoli, cabbage, kale, onions, and shallots, presenting a lovely burst of color among those crops I intended to grow.

All this and more I grow on a small plot at my local allotment, a piece of land divided into smaller allotment plots. Allotments can be traced back to Anglo-Saxon times, but the allotments we see in England today began in the 19th century when they were



LORRAINE FERRIER/THE EPOCH TIMES

The Wickham Road Allotments in Beckenham, England, on July 29, 2019.

(Bottom Left) Tomatoes fattening up, ready to ripen on the vine.

I've learned a lot about life through weeding. I discovered that not all weeds are equal.

made available to the working poor in order to supplement their diets. Now, anyone can rent a plot for a nominal fee from a private or public landlord.

A plot is traditionally measured using old Anglo-Saxon measurements: rods, poles, or perches, with the average plot being 10 poles. That's about half a basketball court, according to The National Allotment Society website.

My local allotment has around 100 plots that are rented to gardeners from all different walks of life: diplomats, doctors, builders, recent retirees, young families, professionals, and more.

Beyond the obvious delights of harvesting homegrown produce and being outdoors, I have discovered a surprising side effect of gardening.

Often when I kneel on the soil to sow seeds, pull weeds, or harvest vegetables, something magical happens. Little home truths spring to my mind, and suddenly I see personal growth opportunities where once I saw struggles. Gardening, it seems, is allowing me to grow. Here are a couple of those insights.

Weeds Grow Like Negative Thoughts and Emotions

As every good gardener knows, in order for produce to grow well, weeds need to go.

Surprisingly, I've learned a lot about life through weeding. I discovered that not all weeds are equal. Some weeds need little encouragement as I pull them up, their shallow roots needing just a gentle tug. Whereas other weeds are more steadfast. Sometimes I pull up tufts of weeds, and the roots remain firmly in the ground. When this happens and I'm short on time, I'm often tempted to leave those roots in the ground; after all, on the surface, it appears the weed is gone. But obviously, that weed can still grow from that root, and by dealing with only half the problem, I've just delayed its reappearance.

That's when I realized that weeds are like unhelpful thoughts and emotions, and that my mind needs as much tending to as any garden. I realized I could be a better person if I intentionally weed out any thoughts and emotions in my mental garden that stop me from being my best.

I also noticed that on my vegetable plot, the same type of weeds come up time and time again. Until I've removed every little

fragment of the plant and its seeds, these weeds will continue to grow. The same analogy can be applied to my negative thoughts. I have foibles particular to me that are harder for me to work through, just as you have yours.

Now, I'm trying to recognize any unhelpful thoughts and reject them. I don't examine the thought: I recognize it and then reject it, just as I would with a weed. Now, when a negative thought pops into my mind, instead of weaponizing it to self-deprecate, I'd like to thank the weedy thought for helping me to govern and cultivate myself.

Let Nature Take Its Course, but Not Your Bagel

I also realized that in the garden, everything has a purpose and seems to work in harmony. For instance, when some of my broad beans were covered with black flies, it looked like all was lost, but a closer look revealed that a small colony of ants, some of which had been biting me, were keeping the black flies under control.

This tiny fly and ant battleground was just one thing I witnessed. Who knows what other interactions are going on at more-microscopic levels, moment by moment?

From that black fly experience, I now make sure I grow enough of each crop so that I have plenty of produce, even if one or two plants are attacked. For plants I intend to harvest, I remove pests by hand or put measures in place, like a crushed-eggshell barrier to prevent a slug or snail attack.

The insect encounter taught me not to make assumptions and to be patient. What appeared to be a deadly situation for the broad beans actually wasn't. Nature just needed a little more time to call in the ant troops.

Honestly, I really don't mind sharing my harvest with the animals. Allowing a caterpillar or a snail to take a few bites tells me that the food is good and organic.

I do, however, have my limits.

One day while tending the plot, out of the corner of my eye I saw something boldly rummaging through my bag and run off with my bagel. Before I knew it, I was taking up the chase. I never knew I could sprint like that. Then all of a sudden, my mind caught up with what I was doing. I stopped. The fox stopped. We both stared at each other in disbelief: my bagel hanging out of the fox's mouth, hearty laughter coming out of mine. It was a "Grizzly Adams" moment if I ever saw one. I had to let it go.

The bagel thief reminded me that even though I think something belongs to me, fate can snatch it away at any moment.

Both the insects and the bagel thief taught me that when making plans in life, whether life-changing plans or for small-scale vegetable plots, we can factor in all the risks, but we can never plan for the unexpected. Perhaps the best thing to do is to live lightly, laugh more, and grow more veggies!

A Teen's Mission to Rescue Horses

ANDREW THOMAS

Avery Carlson is a bright 18-year-old from Harvard, Illinois, who first became interested in riding horses when she was 8 years old. Now, she's developed a passion for riding, and also rescuing injured and abused horses.

Carlson's first rescue occurred when she was 9, after her mother Cristen discovered a miniature horse that was blind, terrified, and possibly pregnant. Carlson fell in love with the animal and rescued it from New Jersey. To date, Carlson has rescued 20 horses.

There is a shady business in the horse world in which middlemen buy horses at auction and take them to feedlots and try to find them homes. If they can't find a home, the horses are sent off to slaughter.

"That's just really messed up. A horse is worth miles more than that," Carlson said.

Rescuing Emma

Cristen encountered a horse named Emma on Facebook, as the owners were looking to find her another home. Cristen showed Avery some photos, and she was immediately enamored.

"She had these deep eyes, and you could look right into her soul. She had these cute little ears that kind sat off to the side, and they were really furry. She was just precious, and I saw her and I'm like, 'I have to have this horse. I feel like I'm meant to have this horse,'" Carlson recalled.

Emma was in Oklahoma, and Carlson and her mother drove all



the way from Illinois in March 2017. When they arrived, Emma's physical condition was much worse in person.

Carlson noticed her severe burns and immediately began to weep. It was unclear if she had been abused or in a fire, and her wounds were raw and oozing with fluid.

But Carlson noticed a great deal of potential in Emma; Carlson thought Emma might make an excellent therapy horse for others with burn injuries.

Healing and Rehabilitation

The first priority was to manage Emma's pain and take care of her burns. If horses are in pain, it affects their diet and they won't eat.

Once they had the pain under control, Carlson and her father, who is a veterinarian, addressed the burns. Her father was able to use a high-grade therapy laser that



ALL PHOTOS COURTESY OF CRISTEN CARLSON

Avery Carlson with her horse Emma. Carlson rescued Emma in March 2017.

improved Emma's circulation and healing.

Afterward, Carlson and her father applied silver sulfadiazine ointment to help the burns heal and prevent infection.

One of the biggest challenges for Emma was learning discipline. When they first met Emma, she was stubborn, and wouldn't get into the trailer. Carlson had to teach Emma that it was inappropriate to knock people over or step on their feet.

"It was disciplining her, but also making sure she knew she was loved and she was safe," Carlson said.

Every day onward presented its own little high point. Whether a wound didn't break open or Emma didn't knock into Carlson, it was a good day. After a year of recovery, Carlson tried to ride Emma. Many people had doubts, but Carlson maintained the hope that Emma

might be able to ride again.

Positive reinforcement was the overall strategy for the training process. Every day, Emma slowly learned more and more, though she would occasionally relapse, and they would have to redo the training exercises.

Over time, Emma was able to walk and trot. She even gained the ability to jump small hurdles. After about a year of training, Emma was ready to compete.

The Blue Ribbon

In June 2019, Carlson put Emma in the trailer and took her to a horse show called "Pepper's Legacy," which was only 10 minutes from their home.

The atmosphere was calm, and the competition was accepting and aware of having a burned horse competing.

"Of course, she was a bit fright-

ened. She was pretty worried just because it was a new place," Carlson explained.

Fortunately, Carlson and Emma had developed a close bond, which helped Emma's confidence level. Once Emma entered the show ring, she began showing off to the crowd.

"Her whole personality took a whole different turn," Carlson said.

"Once she was in the show ring, she literally came alive like I've never seen her come alive before. It was like if she had a new light appear in her."

After all the horses had competed, Carlson and Emma had won the first-place ribbon. When Carlson heard Emma's name announced, she couldn't help but cry.

"I was just so proud of her. All I could do was just start crying and just hug her because she was amazing, and she knew it too. She was so proud of herself," Carlson said.

HOW MUCH DO YOU KNOW ABOUT AMERICAN HISTORY?

With the YouTube series and podcast The Sons of History, Dustin Bass and Alan Wakim are on a mission to bring history to life

CATHERINE YANG

Dustin Bass had completed a journalism degree, only to be turned off completely from the industry—he did a 180 and started writing fiction instead. From there, a fateful turn of events led him to become a history podcast co-host.

"Fate, more or less, you can call it that, or the good Lord, sort of just brought Alan and me together," Bass said, referring to Alan Wakim, co-host of the program Sons of History.

Bass had written a thriller noir for his first novel. After departing from his journalism career, he still kept tabs on current events and found himself delving into modern history to be able to explain why things happened the way they did, from the recession to the political climate.

His newfound interest in history led to an idea for a very different kind of novel to follow.

He was telling a talent-booking agent about his idea for a Korean War novel when she told him he had to meet her husband, a history buff who was carting new history books home every day. Bass and Wakim met, hit it off, and kept in touch. Later, both went on a trip to London and found out they'd missed each other by about an hour while touring famous historical sites.

"It's like God wanted us to meet and become friends," Wakim said.

Neither Bass nor Wakim has history-related professions, but their weekends, workout times, and much of any other downtime are dedicated to studying history, which they then turn into educational videos, interviews, podcasts, and articles.

It's not just a hobby, it's more of a mission; on the front page of the Sons of History website they list statistics that are rather dire.

Only 37 percent of high school students can recite one of the rights in the First Amendment, only 26 percent of high school students can name the three branches of government, and only 12 percent of high school students are considered "proficient" in American history.

Missing the Forest for the Trees

Several years ago, Wakim glanced at a Texas history textbook. He'd happened on the section about the Alamo, and found it written in a disturbing way.

All the heroes of the Alamo, who won independence for Texas, were listed, but "instead of highlighting the good things they did, what they did at the Alamo, what they instead talked about was that they owned slaves—that was what they concentrated on."

Conversations from there kept confirming that what Wakim found in that one textbook wasn't an anomaly. Young people he met knew about the negative aspects of events in history and talking points parroted in the media, but they didn't seem to know about their importance or significance. They didn't have the context to understand why the American experiment was unique.

Bass and Wakim added their own history knowledge had little to do with what they were taught or assigned to read in school.

"[Students] are getting this minute detail on maybe the negatives or just something that's hyperfocused on some small point of U.S. history, but they're definitely not getting a lot of the 'why,'" Bass said. "The most important thing is giving the whys for why things are taking place."



SONS OF HISTORY

Dustin Bass (L) as George Washington and Alan Wakim as John Adams.

Erasing the Past and Future

The implications of this loss of knowledge are striking.

"They don't know the Bill of Rights, and if they don't know the Bill of Rights, they're not going to defend their rights," Wakim said. "Right now, there's a movement to eliminate the Electoral College. Well, they don't understand why the Electoral College was created in the first place."

"I think a lot of times people think that things just happened out of out of nowhere, there is no rhyme or reason for it is, just almost like 'willy-nilly, this took place,'" Bass said.

People who don't know their history might think that back in 1776, a bunch of smart guys came up with ideas that happen to have succeeded.

"That's not it at all!" Bass said. "They studied the thinkers of their time, and before their time."

The Founding Fathers had at their disposal the histories of Athens, Rome, London, and Jerusalem; they knew the persecution of minorities that could happen under a pure democracy, or empire, or nation with an established church. With the formation of a new nation, they took Western civilization in a deliberate direction, with protections against the ills of the past. And it wasn't that things were easy once 56 signatures graced the Declaration of Independence—the majority of the signatories lost everything, and the new nation would contend to live up to its ideals every step of the way.

Bass cites the revolutionary '60s, the post-modern '20s, and even movements in the 1800s, when people who thought they knew better wanted to write the history and the future—always to destructive effect.

"People who wanted to come up with it on their own, they'll rewrite mankind, they'll rewrite nature, they'll rewrite history and start anew, and that always leads to destruction. It leads to disaster, because you're taking all of the lessons that people have learned over the past, however, many thousands of years, and shrug that aside, say 'We'll start over,'" Bass said.

"You're removing wisdom and knowledge and understanding, and then you have what happens in the French Revolution, and the Russian Revolution, and then Mao's China," Bass said.

Politicians, professors, and scientists intrigued by the chance to manipulate the course of events may rouse followers when they say "Let's just try something new." Constituents who don't understand history protest in the streets about something they don't truly grasp.

"Society should never be treated as a guinea pig," Bass said. "Typically, what takes place is devastating."

A Positive Outlook

Wakim was in middle school and his family had just moved to an upper-middle-class community when the Iran hostage crisis in 1979 happened. He is of Lebanese origin, but everyone thought he was from Iran, and bullied him relentlessly about it.

"So I was getting beaten up every day," he said. "And I mean every single day, people were picking fights with me."

The worst of it was in PE class, Wakim said, so eventually, he snuck out while everyone filed into the locker rooms and hid in the one place no kid would willingly go: the history section of the library.

He started reading the children's books on World War II, then expanded into the Korean War, Vietnam War, World War I, and then the rest of the section. High school turned out not to be much better, so he again spent periods hiding in the history section, where he read every book he could get his hands on.

"I did something positive out of negative," Wakim said. "I didn't want to be one of those people that was going to be traumatized for the rest of their lives over something like that; I wanted to make something positive happen. And I did."

It's why they put on costumes as the first presidents, wigs and all, to explain tell what happened in the American Revolution and offer entertaining, comedic explanations of the Declaration of Independence.

"We just want to educate, and we want to do it in an entertaining way," Bass said.

"We want to explain to people that historical events going on now, and what led up to these historical events that are quite significant that do you have a bearing on people's lives," Wakim said.

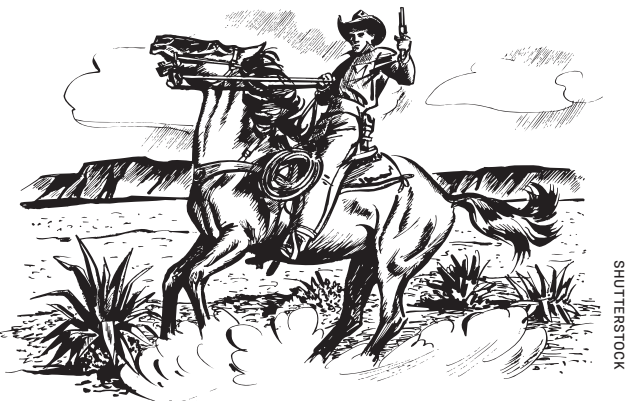
Much of the material covers American history, but the two plan to branch out more into Western civilization and world history as they develop their programs, because all of it is related, and they are keenly aware of how different events and nations are interconnected. They're interested in one day turning the programs into a television show, and making inroads in the education sector to help reverse the current disastrous trend.

Wakim goes on location to make videos sometimes, recently in New England to visit sites of famous battles and explain their significance.

"Lexington and Concord ... where the shot heard around the world took place," he says. "This is Fort Ticonderoga, which is so significant, and most people never even heard of it. They don't know that Boston was under siege for 11 months."

"When people visualize, they're far more interested than if they just read it in the book," Wakim said.

Bass said, "We've got to teach students about American history. They need to understand. If they end up not liking it, if they still end up maybe hating the country, OK, well at least they know exactly why they hate the country." "Even the ones that love the country, they need to know why they love the country," Bass said. "History is a piece of the puzzle that's important for everybody ... math, science philosophy, everything relies on history, and history relies on them. And you can't refute something if you know nothing about it."



Movies Make the Man

Some films can help young men learn about wisdom, honor, and courage

JEFF MINICK

Becoming a man can be tough these days. Manhood doesn't occur by accident or by simply growing older. Boys model their behavior on others. The lucky ones have as their exemplars fathers, uncles, grandfathers, and mentors such as coaches or Scout leaders. Yet sometimes those models are hard to come by. About 30 percent of American children grow up in single-parent households, 80 percent of which are headed by females. Fewer than 25 percent of teachers in our public schools are male, and that number drops precipitously for teachers in elementary schools. Some boys and young men lack even heroes from history, looking instead to superheroes or celebrities for inspiration.

To fail to teach our boys and young men how to become grownups brings consequences. Fewer males attend college these days than females, and that gap is widening. Males commit the vast majority of crimes in the United States, and males fill our prisons.

Many others remain adult adolescents. They can drink whiskey, find a job, and make babies, but they lack the sense of commitment and responsibility that comes with being a man. Like Peter Pan and his Lost Boys, they remain "betwixt-and-between" boyhood and manhood.

Strong men with big hearts are made, not born.

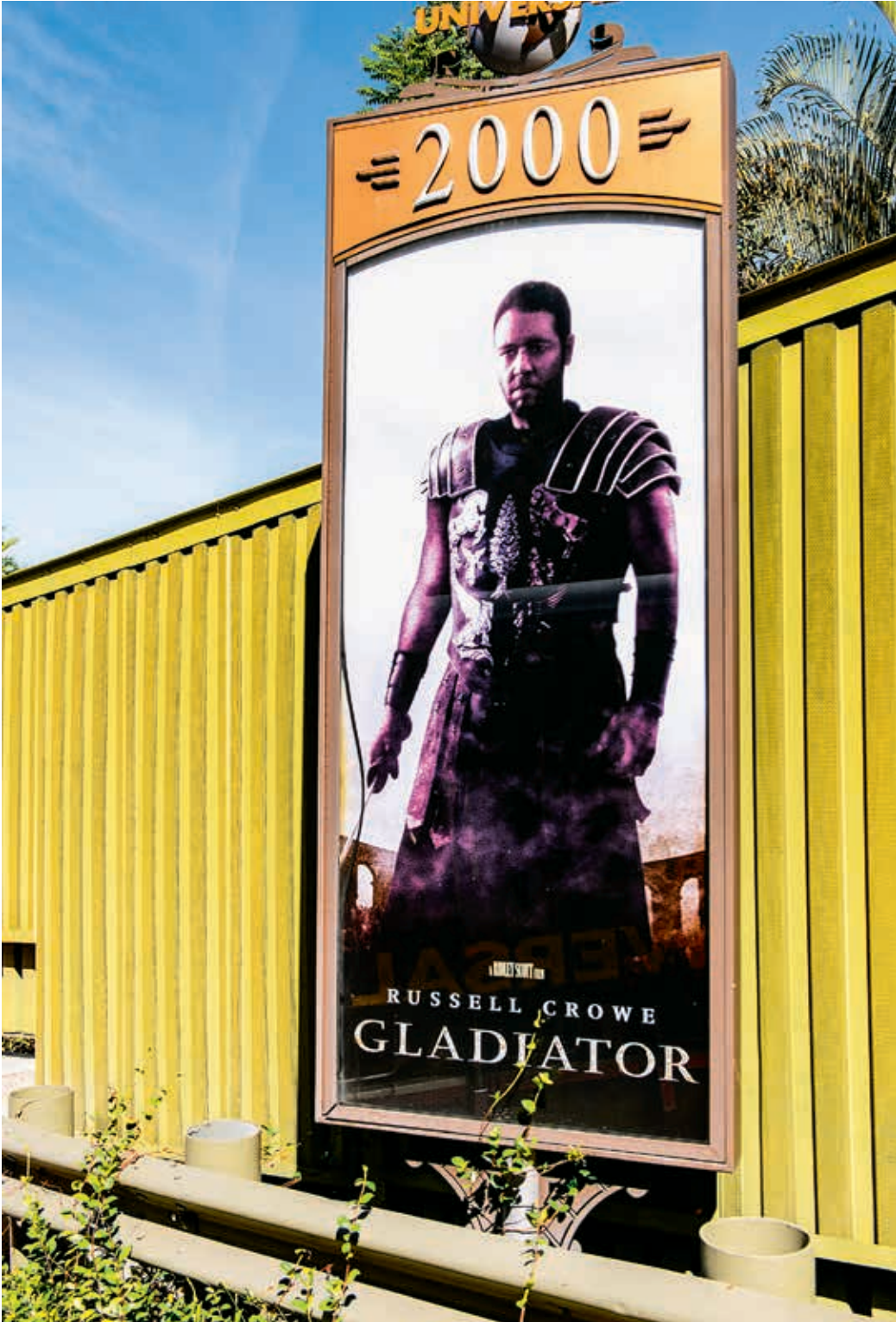
And movies can help make those men. The idea that films might serve as guides for young men came to me about six years ago, when the media offered a flurry of stories about the ways in which we were failing to help our boys and male teenagers grow up. Former female students of mine returning from college affirmed that many of their male contemporaries lacked social skills and displayed more interest in electronic games than in university life.

Given the absence of male role models for many of these young men, I thought that books might serve as their mentors. As a teacher, however, I know that many boys read only when school requires

Strong men with big hearts are made, not born.

In "Gladiator," Maximus tells his troops: "What we do here echoes in eternity."

(L-R) Walt Kowalski (Clint Eastwood), Thao (Bee Vang), Vu (Brooke Chia Thao), Grandma (Chee Thao), and Sue (Ahney Her) in a scene from the Clint Eastwood-directed Gran Torino.



them to do so.

But all of them like movies.

That realization gave me pause.

Could not some movies provide models of manhood for teenagers and even for young men in their 20s and 30s? Even if such models—a father, a teacher, a boss—had served them well, might not movies reinforce those examples? What if someone guided them through films that taught wisdom, honor, and courage, that showed them how to win a woman's heart, that displayed the ideals and virtues of manhood?

And so was born "Movies Make the Man: The Hollywood Guide to Life, Love, and Faith for Young Men."

This book features some 60 motion pictures, films such as "Shenandoah," "The Great Santini," "Casablanca," and "Hoo-siers," from which, if we study and discuss them, we can deepen manly virtues in the young. Included as well are movies like "Pride and Prejudice" and "Kate and Leopold," which are studies in relationships between men and women, and films like "Chariots of Fire" and "Signs," which address spiritual matters. To help spark conversation, "Movies Make the Man" also includes a short "Prompts for Discussion."

Let's take a look at a few of these movies.

In "Secondhand Lions," two wealthy,

eccentric, and retired adventurers, Hub McCann (Robert Duvall) and Garth (Michael Caine), take into their Texas home their young nephew Walter (Haley Joel Osmert). For Walter, deserted by his father and now abandoned by his mother, these crusty uncles become figures to emulate, men who abide by a code of honor.

Near the end of the film, Hub delivers part of the speech he gives to young men, explaining to Walter the meaning of truth and the way a real man lives by that truth:

"Sometimes, the things that may or may not be true are the things a man needs to believe in the most. That people are basically good; that honor, courage, and virtue mean everything; that power and money, money and power mean nothing; that good always triumphs over evil; and I want you to remember this, that love, true love never dies. You remember that, boy. You remember that. Doesn't matter if it's true or not. You see, a man should believe in those things, because those are the things worth believing in."

"Gladiator" features some of these same themes. Here Maximus (Russell Crowe), a Roman general and a man of honor hated by the new emperor (Joaquin Phoenix), finds himself by a turn of fate both a slave and a gladiator. His owner, Proxi-



A poster for the 1942 movie "Casablanca," starring Humphrey Bogart and Ingrid Bergman.



The dwarves from "The Hobbit: The Battle of the Five Armies."

mus (Oliver Reed), regards the world as "shadows and dust," whereas Maximus tells his troops, "What we do here echoes in eternity." Here is the place to ask of our young viewers: Which philosophy will you choose? Which of these two systems of belief, standing in violent contrast to each other, will help make you more fully a man?

"Rocky Balboa" urges young men to take responsibility for their lives. The aging Rocky (Sylvester Stallone) wants one more shot as a boxer. His son reproaches Rocky, accusing him of overshadowing his own life and of making a fool of him-

self for returning to the ring. Rocky's response is priceless:

"Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place, and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep

moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that!"

Let's wrap up these brief reviews with "Groundhog Day," perhaps the finest movie ever made about a male adolescent adult. Forced to repeat Groundhog Day over and over again

in Punxsutawney, Pennsylvania, a cynical weatherman, Phil (Bill Murray), eventually casts aside his ego-centric drive for power and money, and changes himself into a new man, a man made whole by good deeds and right ambition.

In "The Curmudgeon's Guide to Getting Ahead," a book all young people should read, Charles Murray recommends seeing "Groundhog Day" repeatedly, calling it "a profound moral fable that deals with the most fundamental issues of virtue and happiness."

Agreed.

One last thought: Whether you're a single mom or a guy in your twenties who feels a little lost, whether you're a father of teenage boys or a coach or teacher, I encourage you to gather together some young men for a monthly movie night. Serve up some pizza or popcorn, and share and discuss a movie. It's inexpensive, easy, and fun.

Best of all, you're helping yourself and others grow.

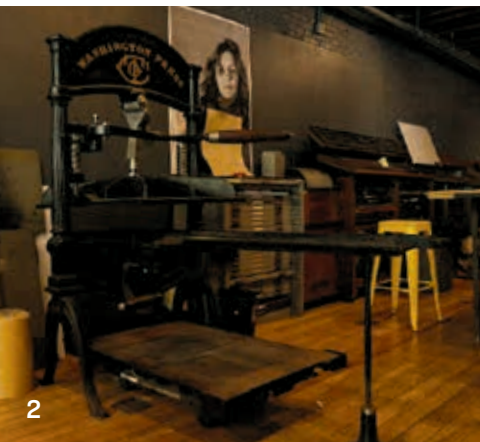
Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. Today, he lives and writes in Front Royal, Va. See JeffMinick.com to follow his blog.



ANTHONY MICHAEL RIVETT/WARNER BROS. PICTURES

MAKE ONE PHOTO CREDITS: ROCKY: SYLVESTER STALLONE; HOBBIT: JAMES HAMILTON; CASABLANCA: PUBLIC DOMAIN; GRAN TORINO: ANTHONY MICHAEL RIVETT/WARNER BROS. PICTURES; GROUNDHOG DAY: BILL MURRAY; CURMUDGEON'S GUIDE TO GETTING AHEAD: CHARLES MURRAY; THE WIND: HILTON ARCHIVE/GETTY IMAGES

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"You have to listen to it," Wilson said. "You want the ink to sound like, we call it, baby snakes."

Lo and behold, a few moments later the press has warmed up enough that the ink has distributed evenly; as the parts roll over the ink, it emits a small hiss.

The press itself is a cacophony of overlapping tunes and rhythms once in full flow. The process of working with the machine is sometimes likened to a dance. Though upwards of 2,000 pounds, one is afforded a lot of control with a manual press and it's really not dangerous at all, Wilson explains.

Wilson is the art director and operations manager of Bowne & Co. Stationers, the print shop attached to the South Street Seaport Museum in Manhattan, New York.

"We're part custom print shop, part education space," said Wilson, who the day before gave tours and talks to three separate school groups of eighth-graders, and today would be figuring

out how to print images from the plates of a historic newspaper archive for a museum client.

Bowne sits right across the street from the location of the original shop bearing the name, founded in 1775.

New Uses

Yes, letterpress printing is still in demand.

Rather than the receipts and ledgers and other financial jobs the press was known for at its founding, today, customers are looking for something unique and made with a human touch. Often this means wedding invitations, business cards with a story, or a heartfelt thank-you note—the letterpress has gone from printing the advertisements that once littered Water Street to high-end stationery. This method is characterized by the "debossed" effect, as the letters are pressed right into the paper creating an indentation.

Today, Bowne is home to 34 presses, 18 of which are in regular use, largely from

1. Robert Wilson sets letters for a bookmark into a metal frame.
2. The Washington iron handpress.
3. Robert Wilson, art director at Bowne & Co., Stationers on Water Street, operates a letterpress.

the late 19th century.

And this is where graphic design began.

A Little Bit of History

Wilson prefaces this by telling us it's all a little bit nerdy. Graphic design is a profession where you mind the flicks and corners of each letter and the spaces between them, and design school is where Wilson himself first encountered letterpress printing.

"If you think letterpress printing, starting with the invention of movable type of everything that was made before 1448, when Johannes Gutenberg invented movable type, was either carved

4. A highly decorated printing press.

from a wooden block, or handwritten or painted," Wilson said. "So the way that we think about even contemporary graphic design and digitally, is based on this kind of 500 years of printing."

Printing, handmade or not, goes back to antiquity. Then the Industrial Revolution came along, and it wasn't just that this popularized printing, it changed its purpose in many ways.

"Everything before the Industrial Revolution was focused on, in our world, the production of books," Wilson said. From the typefaces to the setting of the words, it was about, "how do I make reading more pleasurable and more beautiful?"

"Then the Industrial Revolution [happened] and now we have to advertise—now type has to be something different. Now I have to be exciting, I have to be expressive," Wilson said. "That's on the sides of buildings, and that's on the packaging of everything you buy, the posters on the subway, and it all means something. It's all trying to do something really specific."

5. The Bowne & Co. Stationers on Water Street is part museum, part gift shop, part printing press shop.
6. Bowne & Co. has 2,400 cases of type.
7. The press shop is still fully operational.

"And that idea, which is really the foundation of graphic design, starts in that 19th century period of how do we move from trying to have people read, to now how do we get people to read in a certain way, with a certain feeling?"

This is why, even to the untrained eye, a coffee shop's name on the storefront looks like a coffee shop, one barber's store might look fancier than another, and this banker's invoice looks more professional than that one. Sometimes this gets in a smoke-and-mirrors effect as well.

"It's a lot of posturing," Wilson said.

A Mindful Physicality

A red-eyed eagle stares out at us, perched atop a letterpress, standing above a serpent-like creature. There's no reason for this press to be decorated with a caduceus (a winged staff entwined in two serpents) on two sides either, but such was the aesthetic of the Victorian age.

"The industrial design at that time was to be as decorative as possible; you couldn't have a plain-looking press," Wilson said. There was a thoughtfulness in the consideration of details evident in the decoration of every visible surface. It parallels the thoughtfulness of the letterpress printing process itself.

"I love the physicality of setting type," Wilson said. "I also like the space this place gives us to have that really thoughtful design process."

Graphic design is something you can do anywhere, but Bowne, set in a museum, is both archive and lab.

"Being in a place where I can do re-

search and historical analysis and bring that together in something that's a really beautiful product—that's really fulfilling," Wilson said.

There's also the fact that it can exhaust you, working with a press for an entire day. But at the end of it, you have a stack of 1,000 posters to show for it, and there's something satisfying about the tangibility of the work.

"I think the kind of flexibility and focus of hand making that goes in with a 19th-century press, it almost forces you to do that," Wilson said. "I think it's hard to do letterpress printing where you're not being really mindful."

"Working with historic equipment just puts you in that space naturally," Wilson said. "I don't think it means if you're using modern equipment you can't do that, it might just be a little bit harder for you to put yourself in the headspace."

That sort of mindfulness is exactly what people come to Bowne for.

"We want to do everything in our power to make the most well-crafted thing, right, but greater than that is we want to give [people] something they feel invested in," Wilson said.

Many people walk through Bowne's doors wanting something that's not just unique, but comes with a story.

"A lot of people want to know where stuff came from, and we can drill down as far as you really want to with that," Wilson said. "If you want to know the name of the person who ran the mill that made your paper, we can find that out. If you want to know exactly what foundry or type was cast in, there are ways in which we can do that."

The Imperfections of Life Expressed in Handmade Craft

Artist Michael Aram finds inspiration in the living crafts traditions of India

SHIWEN RONG

NEW YORK—For Michael Aram, it was always fascinating to understand how things worked; his love for materials and his love for making things naturally led him to become an artist.

"We live in a very manufactured world where everything looks like it's popped out of a machine," said Aram.

Growing up in America, handicraft was very foreign for Aram. It wasn't until he took a trip to India in 1988, to explore the legacy of an



Michael Aram.

ancient civilization, that he really experienced handicrafts in a whole new way.

"My first trip to India was, for me, like walking into an Aladdin's cave of craft," he said. "Seeing living crafts was really astonishing."

He can still recall the moment during his trip that changed his life: A man had a shop no wider than his shoulders, using a cutting die to make soles for shoes.

"He had hand-powered bellows, and he would take the hot steel out,



Items from the Laurel collection. The plant is a symbol of peace and victory.

forge it while it was still red hot, put it back into the balance, transfer it back over and over, and over again," Aram said.

He was really impressed by his level of artisanship and his humility. Aram was immediately drawn to work alongside the craftsman.

Perfect Imperfections

His love for art drew him to organic form. The magical process of complementing the "perfectly imperfect aspect of nature" with the imperfections of the handmade process has always been a big part of his work.

"Each piece is its own work of art, you know, I can never make two pieces the same," Aram said.

Each piece, carefully crafted, captures the personality of the creator.

"These are pieces that reflect our humanity and our life," Aram added.

Aram often walks his kids to school, and sometimes they go to the beach and find little things that might be overlooked by others, or simply considered debris. But for Aram, they turn into pieces of inspiration.

One day, his son found a ripped

and destroyed feather that had washed up on the beach and showed it to him.

"The feather was all ripped and destroyed, blown around and swept up on the beach and probably washed out and swept up again who knows how many times," he said. "But I loved it because for me it evoked thoughts of what we go through in life."

In a way, it represented how we survive and become more beautiful and graceful because of what we go through in life, Aram said.

"So I chose to really celebrate all the broken edges, all the twists, the turns, and the tears of the feather," he added.

And that is what it shows—the boldness, the beauty, and the gracefulness of life.

From Deep Within

Aram opened his first store on 18th Street in midtown Manhattan 30 years ago. Since then, he's established a second home and

Aram said he chose "to celebrate all the broken edges, all the twists, the turns, and the tears of the feather" found by his son on a beach.



studio in India. Today, Aram has more than 200 artisans working alongside him.

He often tells the craftsmen this joke: "Do it with Aram," he said. "In Hindi, my name means slowly, with peace with care."

The handicrafting process is often slow because it isn't only about the skills, but the heart the creator puts into it.

He still remembers a public piece he was commissioned to make for the 100th anniversary of the Armenian genocide, four years ago.

It was a personal piece, an emotionally intense sculpture. Aram's grandmother had survived the genocide and made her way to America.

He decided to design a memorial showing the hundreds of thousands who had to leave their homes. The sculpture was an opportunity to honor his forefathers.

Aram was trying to think of a name for the sculpture. He thought of names that had

negative connotations, and considered the name "Exodus."

But another craftsman saw that I had this sort of anguished look on my face, Aram remembered. He gave Aram some advice that stuck with him, "We have to make sure that the piece has a positive message; that it has a beautiful message."

Aram was touched and inspired by the craftsman's sincerity and saw the piece for what it was really meant to be, hoping that one day the people could return to their homes. He ultimately named it "Migrations."

"It's something that reflects our own humanity," he said.

Traditional Indian craftsmanship is special in that not only does it demand expert skills, but the process needs to come from deep within.

"I always think, what do we do that has spirituality?" said Aram. "We live crazy lives, we're all busy, we're running businesses, we're trying to be creative and trying to, you know, advance our work, and advance our careers and work hard. But what are the things that we take away at the end of our life?"

Resisting the Siren Call of Temptations

What the Odyssey can teach us

ERIC BESS

Art has an incredible ability to point to what can't be seen so that we may ask "What does this mean for me and for everyone who sees it?" "How has it influenced the past and how might it influence the future?" "What does it suggest about the human experience?" These are some of the questions I will explore in my series *Reaching Within: What Traditional Art Offers the Heart*.

Have you ever wanted something you knew was not good for you? I think the answer for most of us is a resounding yes. A taste of the forbidden can seem to spice up an otherwise boring situation, but the forbidden can also lead to devastating consequences.

Book 12 of Homer's "Odyssey" might provide some wisdom for dealing with the forbidden. The story is summed up as follows: Circe, a goddess of magic and nature, informs our protagonist, Odysseus (also known as Ulysses), that he and his crew would have to sail past a group of sirens.

Sirens are dangerous creatures that use their beautiful singing to lure sailors to their doom: a shipwreck. Circe instructs Odysseus that he must prepare wax to plug his men's ears, but she encourages Odysseus to listen to the sirens' songs as long as he is bound and tied to the mast of the ship.

Odysseus does as he is instructed: He has his crew tie him to the mast, he tells his crew not to release him no matter how much he may beg and plead, and he has his crew plug their ears with wax.

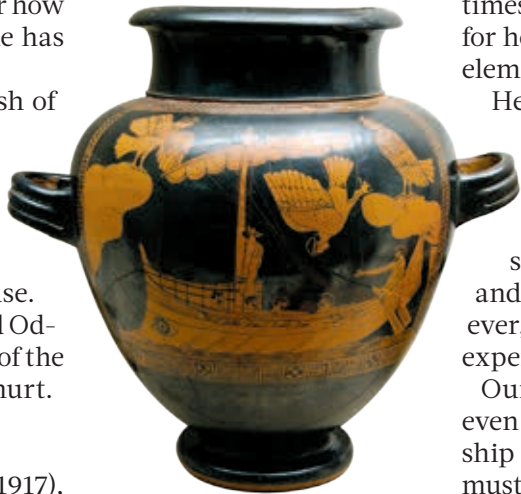
They see the bones and rotten flesh of dead sailors on the shores as they sail past the sirens. The sirens begin to sing to Odysseus. They tell him how great he is and offer to reveal the mysteries of life to him. He begs his crew to untie him but they refuse. They successfully pass the sirens, and Odysseus gets to experience the beauty of the siren song without anyone getting hurt.

John William Waterhouse's Sirens
John William Waterhouse (1849–1917),

He is bound to the mast to wood, to earth. Only his head is separated from the mast in its attempt to move toward the sirens' song.

(Right)
"Ulysses (Odysseus) and the Sirens," 1891, by John William Waterhouse, shows the Greek warrior-king bound to his ship's mast as the Sirens' song calls to him.

(Bottom)
"The Siren Vase," fifth century B.C., by the Siren Painter; Vulci, Greece. Earthenware, height: 13 3/4 inches. British Museum, London.



CC BY-NC-SA 4.0

a Pre-Raphaelite painter, created a beautiful representation of this scene titled "Ulysses and the Sirens." Waterhouse depicts the crew members with scarves wrapped around their heads to prevent them from hearing the sirens' songs. He depicts the sirens as having the bodies of birds and the heads of women.

The sirens swarm over the crew and sing their songs. One is even perched on the ship, attempting to sing to a specific crew member. Odysseus, however, stands out the most. He is tied to the mast of the ship, and the white of his shirt against the dark of the background makes him the focal point of the painting. He leans forward as if in want of the sirens' songs, but he is tied firmly in place on the mast.

This painting had a partisan reception. Some believed Waterhouse used the depiction of sirens on a fifth-century Greek vase as a reference for the depiction of his own sirens. Others believed he completely created an image of sirens that was far removed from the description in the "Odyssey."

Either way, the 19th- and 20th-century interpretation of the story concerned itself with the dangers that the allure of the feminine could have on its masculine counterpart.

Resisting Temptation

Can we delve deeper into the content for a richer interpretation? How can we interpret this episode in such a way that it may prove beneficial for our modern times? Let's look to Waterhouse's painting for help. Odysseus is the most important element in the painting, but why?

He is bound to the mast—to wood, to earth. Only his head is separated from the mast in its attempt to move toward the sirens' song. We human beings, at least for our short stay here, are also bound to the earth and what it provides. Our minds, however, can transcend our earthly cares to experience something deeper and purer.

Our minds are important here. We can even think of Odysseus as the mind of the ship and the crew as its body. The mind must instruct the body to prepare itself for



PUBLIC DOMAIN

those dangerous things that are seemingly beautiful lest they both face destruction.

This is not to say that our bodies are not important. What is most interesting here is the mind's inability to resist the sirens' songs without the help of the body. The body helps prepare for the resistance of temptation and its resulting dangers.

Let me explain what I mean: If we are experiencing cravings for what might eventually harm us, that is, cigarettes, alcohol, or playing video games instead of studying, it may be beneficial to exercise, take a walk, or meditate until the cravings subside. The body is a responsive participant and helps the mind in its efforts to resist temptation.

If the mind and body are not working together, the mind can wish to resist temptation but without success. We instead find ourselves in that familiar moment where our minds repeat, "I will not do this," but our bodies move toward temptation out of habit; or our bodies are exhausted from giving in to temptation and have had enough, but our minds continue to give in "just one more time."

So, the mind and body must work together to resist temptation and avoid potential danger. The mind must break through the habits that disconnect the body from the mind, and the body can inform the mind when engaging in specific activities that have a negative effect.

But what influences both mind and body? Circe, a goddess. It is a goddess who instructs Odysseus, who then instructs the crew. The spirit—the soul—informs the mind, and the mind informs the body. The three work together to resist temptation and avoid danger.

Waterhouse, through Homer, is suggesting for us to look within, reflect on the wisdom of our own spirits, consult our hearts and minds, and prepare our bodies to resist the dangers of desires and temptations. Maybe, if we're diligent, we will experience the intensity of the beautiful mysteries of life without hurting ourselves or others.

Eric Bess is a practicing representational artist. He is currently a doctoral student at the Institute for Doctoral Studies in the Visual Arts (IDSVA).

Healing Harmonies

J.H. WHITE

It's amazing how good music can lift your mood.

On May 10, the string quartet Brooklyn Rider performed live at public radio station WGBH's Fraser Performance Studio in Boston. For their last piece, they played the "String Quartet in A Minor, Op. 132 III. Molto Adagio—"Holy Song of Thanksgiving of a Convalescent to the Deity, in the Lydian Mode" by Ludwig van Beethoven. This third movement became the inspiration for the quartet's current project, Healing Modes, featuring five new commissions that they'll be touring with this summer and through next season.

"We took our cue from the tradition, this opus 132 quartet of Beethoven's, [which] is just one of the great works in our tradition," says Brooklyn Rider's Nicholas Cords in an interview on Classical King 98.1 FM.

I wasn't at the performance in person, sadly, but I could still feel the spirit of the quartet, and the soul of the music emanating from the video online. The piece starts slowly, with strings harmonizing, lengthening the feeling of time.

"In this idea of a convalescent addressing the Deity, I think there's a sense [Beethoven] wanted to give of timelessness, of eternity, of touching that thing that is beyond," says quartet member Colin Jacobsen. He explains that musical time can change your perception of actual time, making the 15-minute Opus 132 "seem to stretch out for an eternity."

Beethoven composed the piece in 1825, just two years before his death. He had been fully deaf for many years, drawing him further away from others, and deeply into his creative silence. But, at the time, Beethoven contracted a painful stomach ailment that would paralyze him for periods, cutting off his closest, constant companion—his music.

"He was not able to write and create, and I think that was probably the single most important thing [to him]," Cords says. His debilitating sickness interrupted the completion of Opus 132, but he eventually regained strength and finished the piece. Beethoven's battle with mortality would forever live within this composition.



ERIN BAIANO

The Brooklyn Rider quartet (L–R): violinists Johnny Gandelsman and Colin Jacobsen, violist Nicholas Cords, and cellist Michael Nicolas.

A few minutes into the 15-minute song, the tone, meter, and spirit become bright and jubilant. You can feel Beethoven's joy, and gratitude, towards God.

"The music celebrates this idea of giving thanks and actually feeling new life and new energy, [from] the body healing," Cords says. "The music represented this sense of return of the creative power, the joy of that, and just giving thanks."

It's possible the piece embodies even more than gratitude. The best way for Beethoven to convey his own exultation would be to put the listener into a state of rapture and healing.

The Healing Nature of Music

This third movement is written in the Lydian mode, a seven-note major scale where the fourth note is raised one half step. The mild sharpness of the fourth note naturally pulls your ear upward to a perfect fifth tone, effortlessly elevating and brightening the song, and a listener's spirit. It has become a favorite scale for Hollywood composers, who want to lift and inspire the audience with dramatic film scores.

"[It's] a very conscious choice on the part of Beethoven," Cords says. The Lydian mode is an old church mode, used in traditional church music.

"[The Lydian] mode has been associated with healing properties going back to the ancient Greeks," quartet member Colin Jacobsen says. He explains that the ancient Greek Pythagoras writes about music "related to religious rights and a sense of alignment with the universe."

The sixth-century B.C. Greek philosopher Pythagoras shaped Western culture forever. He was known as the "Father of Music

and Harmonics," as well as the father of mathematics, geometry, and even philosophy, inspiring successors like Plato and Aristotle.

Pythagoras was the first person in the West to prescribe music as medicine, healing through sound and harmonic frequencies.

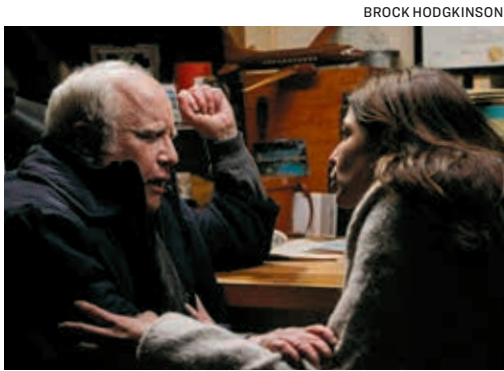
In "The Golden Verses," Pythagoras taught that the underlying purpose of life is to align oneself with the divine. The purpose of music wasn't for entertainment, but rather to express "harmonia," a divine principle that attunes a person with his divine nature, harmonizing imbalances and disorder. Furthermore, music helps people to enlighten to the structure and order of nature and the cosmos.

Two generations later, Plato echoes similar sentiments about the transformative, higher calling of music in "The Republic": "Rhythm and harmony find their way into the inward places of the soul, on which they mightily fasten, imparting grace, and making the soul of him who is rightly educated graceful," according to the Benjamin Jowett translation.

Beethoven's ability to connect us with deeper levels of existence and how that ability transforms us is why his music will never die.

"I think there's always a need for healing both on an individual and societal level, [and] it does feel to us that this is something we can all use," Cords says in an interview on Classical MPR. "Music is able to bring people together in community, in sound, in harmony, in a way that few other things are [able to]."

J.H. White is an arts, culture, and men's fashion journalist living in New York.



BROCK HODGKINSON



JAHRTHANE WALWYN-BENT



AGUTE MEDIA



BROCK HODGKINSON

(From left to right)

The film explores family relations: Angus (Richard Dreyfuss) and his daughter (Krista Bridges) argue in "Astronaut."

Angus (Richard Dreyfuss) entering a contest with an unusual prize: a free seat on a space shuttle.

Richard Dreyfuss in "Astronaut."

Sharing a dream: Grandfather Angus (Richard Dreyfuss, L) and his grandson Barney (Richie Lawrence), in "Astronaut."

FILM REVIEW

A Wistful Examination of Age and Aspirations

IAN KANE

Many youngsters gaze up into the stars and fantasize about blasting off into space one day. Having an amateur astronomer for a grandfather, I was one of the few kids who didn't, because he'd bestowed upon me knowledge about the dangers of space travel. Nowadays, due to developments in the commercial space-travel industry, spaceflight for ordinary folks is achievable.

In director Shelagh McLeod's new film titled "Astronaut," the issue of attainable spaceflight by regular civilians is fully explored, as are matters of advanced age and health.

For star-gazing youngster Barney (Richie Lawrence, "The Detail"), blasting off into the heavens is a very real ambition. Little does anyone know (including Barney's parents), that his 80-something-year-old grandfather, Angus (Richard Dreyfuss), also has had space travel as a longtime goal.

When his family begins executing their plan of tossing him into a convalescent home for the rest of his days, Angus lets Barney in on his big secret. Angus even gets his grandson to lie about the old man's age so that Angus can enter a contest that might allow him a last shot at his life's dream.

The beginning acts of the film are especially touching. Having recently lost his wife, Angus has been forced to rely on his daughter Molly (Krista Bridges, "Land of the Dead") and her family for food, shelter, and other necessities.

While he dreamed of becoming a trained astronaut during his younger days, now he merely assuages his grief (over his wife as well as his failing health) by staring out at the nightly stars.

Suddenly, the company running the competition he entered, which entails offering one free seat on its first-ever commercial flight into space, notifies Angus that he's the lucky winner. Of course, if the com-

pany knew his age and health problems, he wouldn't have won.

While the film glances at the moral issue involved—What about the other people who were eligible for that one spot onboard the space shuttle?—its thrust is on seeing the elderly as full human beings, just as able as anyone else to hold on to their aspirations, just as able to enjoy the fulfillment of their lifelong dreams.

Why Another Astronaut Flick?

I hadn't known about this film until just before seeing it. As we're in the midst of the 50th anniversary of the famous Apollo 11 mission, there have been a decent number of astronaut-themed releases with much bigger budgets.

"Astronaut" piqued my interest, however, because of its premise. It seemed like one of those quirky indie films that would be all about character development. And its message about not giving up on your dreams—no matter your age—intrigued me.

The character development was pretty decent. There were also touching bits and snatches of writing and acting that pulled on the heartstrings, without being over-the-top or melodramatic. Laughs were in short supply, yet the film didn't seem to take itself too seriously.

Dreyfuss really stole the movie and showed that he still has what it takes to suspend a filmgoer's sense of disbelief.

'Astronaut'

Director
Shelagh McLeod

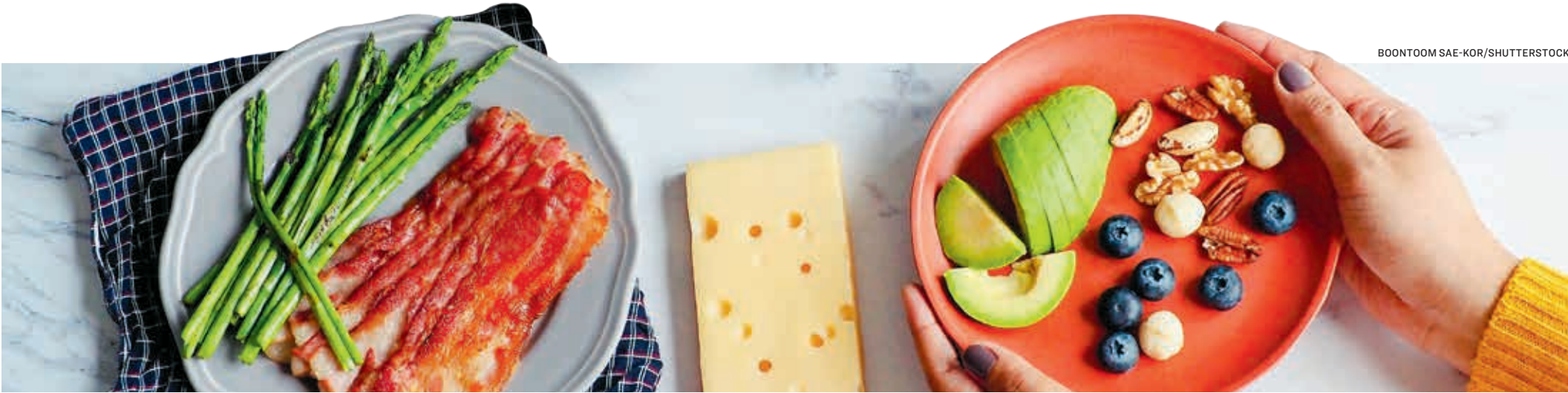
Starring
Richard Dreyfuss, Lyriq Bent, Krista Bridges, Richie Lawrence

Running Time
1 hour, 37 minutes

Not Rated

Release Date
July 26

★ ★ ★ ★ ★



Tips for Back-to-School Meal Planning

BARBARA DANZA

I don't know about you, but meal planning is often the first thing to go at my house when summertime arrives. It's easy to toss something on the grill and just add a salad, or go out for ice cream and call it dinner. While this seat-of-your-pants lifestyle is glorious, it doesn't jive as well with the busy back-to-school season on the horizon. So, a little preparation is in order.

When it comes to back-to-school, we want to provide our families with solid, sustaining nutrition and we don't have all day to cook. We want to start everybody off with a good breakfast, easily pack lunches and snacks, have healthy after-school snacks at the ready, and also make dinner each night. Maybe we should just head to the beach and stick our heads in the sand. Who's with me? The key to making this happen is shopping smart and batch cooking. We can do this.

✂ Snacks

How many times have your kids asked for a snack this summer? Have children always snacked this much? When the school year begins, having snacks at the ready becomes even more important. Not only are there snacks at school, but there's also the after-school snack (which really can be helpful for that transition time), and even snacks required for after-school activities. So many snacks.

You don't want to be scrambling every time you need to come up with another snack. Have items pre-sliced, pre-packaged, and ready to go. Healthy options include fruit, nuts (if allowed and no allergies are present), cheese sticks or slices, cut veggies, yogurt (watch the sugar content), and hard-boiled eggs. When shopping, find healthy options at big-box stores to make stocking up as easy as possible.

Protein-packed options stave off hunger and offer more sustainable energy throughout the day than carbohydrate-heavy choices.

✂ Dinner

If the question, "What's for dinner?" gives you anxiety, it's time to embrace the strategy of batch cooking. With one big effort each week, you can ensure your family has delicious, nutritious meals all week long. The key is to initially prepare a lot of food. It seems to me that if I'm making a dish that calls for diced onions, for example, I'm very likely going to make other meals that week that I'd also add diced onions to. I'm already chopping, so I chop enough for the week. Similarly, let's say we're having chicken. How many ways can we prepare chicken throughout the week? Today's grilled chicken can easily become tomorrow's chicken parmesan, with the simple addition

of sauce and cheese, and Wednesday's chicken tacos with some seasonings, toppings, and taco shells. So, if I'm grilling chicken, I'll do it once. For additional time savings, you can put your slow cooker, pressure cooker, or instapot to work to make things even easier. If you're a real overachiever, you'll plan beyond just one week at a time and store ready-to-go meals and ingredients in your freezer. Each week, pick a main ingredient (chicken, ground beef, etc.) and make a list of other ways that it can be used throughout the week. Then prep that ingredient and any others you'll use at one time. You'll be all set for an entire week of dinners. Boom.

With some advanced planning, packing lunch can be a breeze.

✂ Breakfast

Protein-packed options stave off hunger and offer more sustainable energy throughout the day than carbohydrate-heavy choices. My favorite make-ahead breakfast is the egg casserole. You can find recipes for all different versions of this, but in general, it consists of a lot of eggs and milk filled with meats, veggies, seasonings, and cheeses of your choice. Once baked your family can warm up

a slice in the mornings. No time to make a casserole? Simply having hard-boiled eggs on hand can give your family members what they need to start the day. Adding some grab-and-go fruit can make it all the more enjoyable and nutrient-rich. The key is to buy large quantities of quality eggs and make breakfast prep part of your weekend routine.

✂ Packing Lunch

With some advanced planning, packing lunch can be a breeze. No, really. The key here is to involve the kids and put a solid system in place. Define the elements of a healthy lunch and then have them ready to

take from separate bins or baskets in the fridge and pantry. Check out YouTube Jordan Page's video, "Best Kid Snacks & Lunch system! Ideas, hacks, tips, & how we do it!" about her lunch-packing system that her children manage themselves. It's brilliant.

✂ Schedule Your Prep Time

Importantly, you need to carve out the time each week to do this prep work. If it's not on your calendar it probably isn't going to happen. Perhaps Saturday morning, while everyone else is sleeping in, would be a great time to set yourself up in the kitchen and get to work. Maybe

Sunday afternoon after activities have wrapped up and you're watching football would be a good time to get it done. Make an appointment with yourself, commit to it, and enjoy the feeling that you're totally on top of things, because you are.

Homeschooling: 5 Steps for Planning the Entire Year Ahead

BARBARA DANZA

President Dwight D. Eisenhower famously said, "Plans are worthless, but planning is everything." He may have been referring to military plans, but the benefits of planning for many homeschoolers is no less important. One of the greatest benefits of homeschooling is that it can be designed to cater to the needs of any specific family, and within the family, to the specific needs of each individual student. Some families will want to have a comprehensive plan and strategy laid out in great detail. Other families will want to wing it all year, allowing their children's interests to guide them. Still other families will fall somewhere in the middle. The preference for the degree of advanced planning largely comes down to differences in personality. My preference is to plan. I'm a planner. I enjoy planning. I am much more confident and comfortable having a plan in place. I feel prepared with a plan and I feel anxious without one. That said, I also feel free to completely dis-



regard my plan at any time during the year, or to alter the plan to better suit the needs of my children as we go. I'm not beholden to the plan but it is what I fall back on. When life throws curveballs or when no better course presents itself, we simply follow the plan. For those like me, who prefer to have a plan in place, here are five steps I've found effective in planning an entire homeschool year before it begins.

Consult the Calendar

The first step is to view the year at a glance. Make sure your calendar is marked with any obligations you're committed to, activities you've already signed up for, holidays and birthdays, and the vacation time you want to take. This will define the parameters for going forward.

Number Your Weeks

Second, assign each week of the school year a number. Depending on where you're homeschooling, you may be legally compelled to be "in school" for a defined number of weeks. Perhaps you're using curriculum that will influence the number of weeks to attribute

to the school year. Whatever the case, decide how many weeks you'll school and then identify each of them from week 1 to the last week.

Set Up File Folders

The third step is inspired by homeschooling expert Kristi Clover and her YouTube video, "How to Organize Your Homeschool Curriculum: 5 Simple Systems." Clover sets up hanging files for each week of the school year. Then, for each week, she inserts a folder for each child. This is perhaps the best piece of homeschooling advice I've ever come across. This system, along with the next step, is the backbone of our homeschool.

Use a Spreadsheet

Step four is inspired by YouTuber Megan Phillips (thank goodness for homeschool moms who share their wisdom online!). Her video, "How to Plan Your Homeschool Year," walks the viewer through creating a spreadsheet where she inputs every lesson for every subject.

Put simply, the spreadsheet should consist of a header column that lists the numbered weeks, beginning with week one. The header rows should enumerate each subject that will be taught. Then the detailed lessons are filled

in. For example, perhaps you'll teach "Lesson 1" of whatever curriculum you're using in week 1 for Math. You continue filling in the spreadsheet until you have a plan to reach your goals for each subject.

Fill Folders

Once you know what you're teaching each week, you can fill your children's folders with the corresponding materials. I break up workbooks, print out information, and even add fun surprises to my kids' folders. During the school year, they begin each week with a new folder stocked with exactly what they need.

With full folders and a spreadsheet full of carefully chosen ideas, you've got a plan for the entire year. Will it be perfect? No. Will you accomplish everything? Probably not. Will you alter your plans numerous times throughout the year? I wouldn't be surprised. However, you can rest easy knowing where you're headed—you've got a map and directions—and if an unbeaten path or two call out to you, you can ditch the plan and wander. Knowing you can always find your way back to a well-paved trail is the peace of mind that will sustain you throughout the year. Happy homeschooling!

CLOUD_SEVEN/SHUTTERSTOCK



FOR KIDS ONLY

THE EPOCH TIMES

Thursday, August 8, 2019



Trees

By Joyce Kilmer

I think that I shall never see
A poem lovely as a tree.

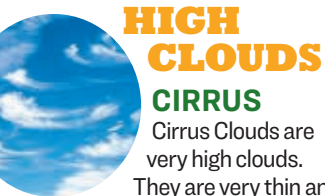
A tree whose hungry mouth
is prest
Against the earth's sweet
flowing breast;

A tree that looks at God all day,
And lifts her leafy arms to pray;

A tree that may in Summer wear
A nest of robins in her hair;

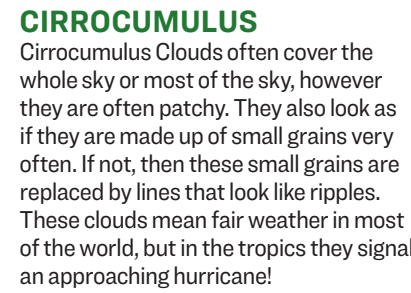
Upon whose bosom snow
has lain;
Who intimately lives with rain.

Poems are made by fools like me,
But only God can make a tree.



HIGH CLOUDS

CIRRUS
Cirrus Clouds are very high clouds. They are very thin and wispy clouds. Their name is Latin for a lock of hair, which is a rather accurate description. When they are scattered about the sky, they signal good weather, but when there are more of them, this denotes that warmer, stickier weather is coming, not a good sign in the summer.



CIRROCUMULUS

Cirrocumulus Clouds often cover the whole sky or most of the sky, however they are often patchy. They also look as if they are made up of small grains very often. If not, then these small grains are replaced by lines that look like ripples. These clouds mean fair weather in most of the world, but in the tropics they signal an approaching hurricane!



MIDDLE CLOUDS

ALTOCUMULUS

Alto cumulus clouds are very common clouds. They are whitish to gray in color, and dot the sky. They are also sometimes aligned in parallel bands. One part of the cloud is often darker than the next. They often signal fair weather, but if they are observed on a warmer and stickier morning than the weather has been, often a thunderstorm will come later in the afternoon. However, they can also signal cooler temperatures ahead.



LOW CLOUDS

STRATOCUMULUS

Stratocumulus clouds are low, puffy, patchy clouds that are gray to white in color. While they look like rain clouds, they do not normally produce rain. They forecast fair weather for the moment, but

sometimes they do signal that a storm might be on the way.

STRATUS

Stratus clouds are very plain clouds that have no features, no patchy parts, and no gaps. They are present on overcast days but only ever produce mist or drizzle. They can signal a coming storm, though.

CUMULONIMBUS

Cumulonimbus clouds are towering, dark gray clouds. They span the high, middle, and low layers of the atmosphere. They are formed when warm and wet air rises very high into the atmosphere. They build for a while, and finally all the energy contained in these clouds are released in the form of a short period of very heavy rain and thunderstorms. When Cumulonimbus clouds are seen, rain is sure to come.

CUMULUS

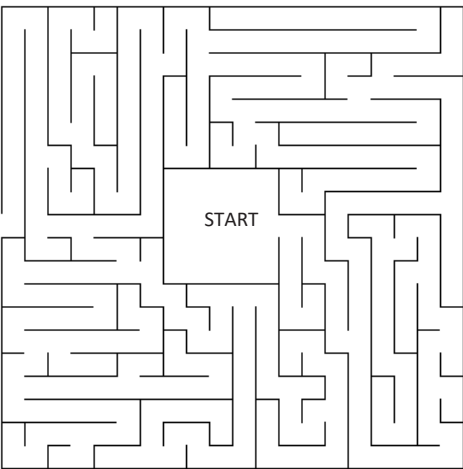
Cumulus clouds look like cotton balls in the sky. They are often the clouds we look for shapes in. Cumulus clouds forecast a fair, sunny, nice day.

ALL PHOTOS BY SHUTTERSTOCK

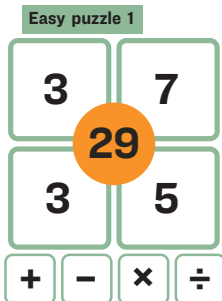
By Aidan Danza, age 13

THE 10 TYPES OF CLOUDS

AMAZING ESCAPES!



USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28



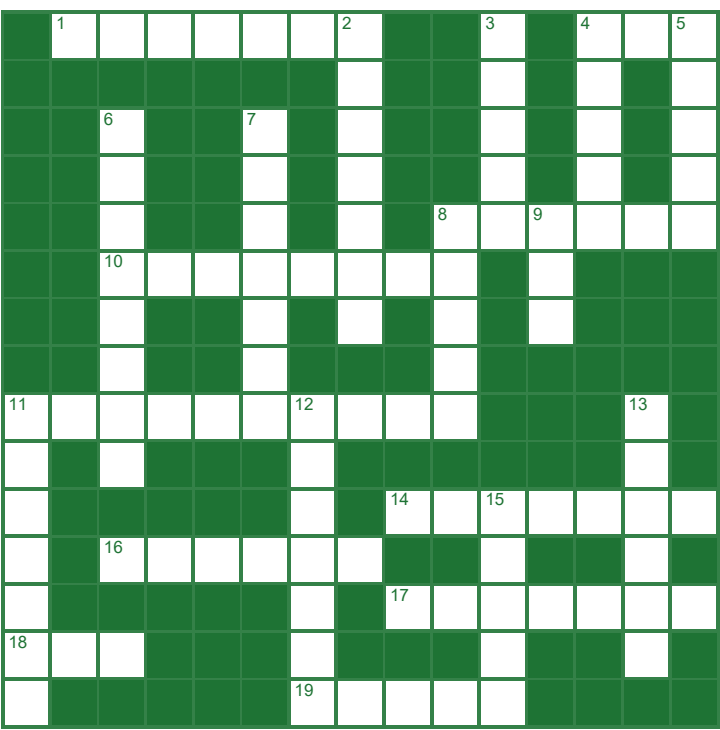
Solution for Easy 1
6 - 6 - 9 x 2
6 + 9 x 6 x 2



Solution for Medium 1
21 - 02 - 8 x 91



Solution for Hard 1
81 - 91 + 9 x 12
9 - 12 x (14 - 81)



Across

- "The ___ Tree" (Brothers Grimm fairy tale) (7)
- Baseball bat material (3)
- Bright red fruit (6)
- Buttonwood (8)
- Christmas tree, maybe (10)

Down

- California giant (7)
- Canoe builder's bark source (5)
- Birch relative (5)
- Christmas decoration (5)
- "The Christmas Song" roaster (8)
- Tree with long bean-like pods (7)
- Moth repellent (5)
- "Slippery" tree (3)
- Snoopy's favorite tree? (7)
- California redwood (7)
- Tree or grasshopper (6)
- Syrup tree (5)
- Drug source for ancient executions (7)
- Brownie ingredient (6)
- Durable wood (7)
- Common deciduous tree (3)
- "Baseball, hot dogs, ___ pie" (5)

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Stan Krzyston, pastor

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The background is a reproduction of Howard Chandler Christy's 1890 painting 'Scene at the Signing of the Declaration of Independence'. It depicts thirteen men in 18th-century attire gathered around a large table in a grand room, signing documents. In the foreground, a stack of 'The Epoch Times' newspapers is prominently displayed. The top newspaper features a large American flag and a photo of a man in a cowboy hat, with the headline 'When Police Officers Risk Their Jobs to Enforce the Law'. Other headlines visible include 'Banking Sector Profits Hit Record High', 'Democrat House Intelligence Memo Corroborates Key Claims of Nunes Memo', 'DAYS WARNING OF THREATS TO FREE SPEECH ON COLLEGE CAMPUS', 'TO ELIMINATE LEADER TEAM LIMIT', and 'NEW BORDER WALL CONSTRUCTION STARTS IN CALIFORNIA'.