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Kyle Maynard doing a kettlebell handstand.



Kyle Maynard hiking the Herman Gulch Trail in Colorado.



ALL PHOTOS COURTESY OF KYLE MAYNARD

‘No Excuses’

The True Story of a Congenital Amputee Mountain Climber

LOUISE BEVAN

There is really nothing one cannot achieve, and the limitation lies only in our minds. This story proves just that.

Meet Kyle Maynard. The 33-year-old is a published author, an award-winning athlete, a motivational speaker, and an entrepreneur. He was also the first quadruple amputee to reach the summits of Mount Kilimanjaro and Mount Aconcagua without the aid of prosthetics.

Maynard shared his extraordinary journey with The Epoch Times. From the depths of despair to the triumph of summiting snowy mountain peaks, his story is one of learning to live without excuses and never giving up.

How It All Began

Scott and Anita Maynard welcomed their baby son, Kyle, on March 24, 1986. He was immedi-

“I have no idea where I would be without my family,” Maynard said. “My parents really played the ultimate Jedi mind trick on me, and we didn’t focus on the disability.”

Kyle Maynard

ately diagnosed with congenital amputation. “My arms end around the elbows and legs end around the knees,” Maynard said. “To this day, I don’t know what caused it.”

As a young child, Maynard’s supportive family ensured that his physical differences never held him back at home.

“I have no idea where I would be without my family,” Maynard said. “My parents really played the ultimate Jedi mind trick on me, and we didn’t focus on the disability.”

Instead, Maynard’s parents allowed him the autonomy he needed to figure things out for himself. “My parents saw the world wasn’t going to be tailored to my needs, so they had to watch me fail, a lot, even at some of the easiest things like using a spoon to feed myself.” Reflecting back, he says, “I am so lucky that they made some hard decisions for my life when I was too young to make them for myself.”

At the age of 4, Maynard was encouraged to adapt to using

prosthetics. “I used prosthetic arms and legs,” Maynard recalls, “but back in the 1980s and ‘90s, the technology was pretty poor. They ended up disabling me more than helping, so I gave them up in kindergarten.”

Growing up, Maynard says he “liked to do what any kid enjoys.” The young boy, quickly learning to compensate for his physical differences, played video games, read books, and developed a burgeoning love of all things sports-related.

Hitting Hard Times

But at the age of 10, Maynard became overwhelmed by the limitations of his disability. He describes that time of life as “one of the darkest times for me.”

“I tried to end my life,” he said. “My family moved from Fort Wayne, Indiana, to Atlanta, Georgia. In Fort Wayne, everyone knew me as Kyle, but when I moved, I was seen as disabled.”

He was then plagued by ques-

tions from his subconscious. What type of future would he have?

Would he ever live alone, have a “normal job,” or date somebody?

However, Maynard eventually found the solace he needed in sports. “Football, and being a part of that team when I was 11, is what helped pull me out of this,” he said, “because I found purpose and contribution to something larger than myself.”

Today, he has achieved champion wrestling status and is a CrossFit-certified instructor, a competitive MMA and Brazilian jiu-jitsu fighter, a world-record-setting weightlifter, and a mountaineer, according to his website.

Maynard developed a personal philosophy: “No excuses.”

However, mountaineering, in particular, didn’t come without its challenges. Maynard started out with bath towels duct-taped to his arms and feet. But after several false starts, Maynard settled upon a carbon fiber custom shoe fit for the

task ahead. The only way was up.

Scaling Mountains, Setting Records

It was in 2012 that Maynard’s mountain-climbing expeditions began.

Inspired by a short but grueling climb with a magnificent view from the summit, he set his sights on Mount Kilimanjaro. Joined by a team of climbers, he crawled the 19,340 feet to the peak on all fours without the help of a single prosthetic.

Maynard’s 10-day ascent eventually won him an ESPY (Excellence in Sports Performance Yearly) award for Best Male Athlete With a Disability.

Four years later, he traveled to Argentina to scale a second summit, Mount Aconcagua, the highest peak in South America and a formidable 22,838 feet high.

“As a kid, my wheelchair would get stuck in thick grass or mulch,” he said. “My friends would run off

to play and I couldn’t follow them. Troubleshooting how to climb these mountains has shown me there is no place on this Earth I can’t go.”

Looking to the Future

Maynard has been living on his own in San Diego, California, since 2014. He spends most of his time traveling around the United States and to various international locations for speaking engagements. Around work, he also manages to make time for his friends and personal projects.

He lives without many adaptations to his lifestyle or routines these days. He credits his self-sufficiency to his upbringing. “One of my favorite quotes is, ‘Know your limits, but never stop trying to break them,’” he said.

When asked what makes him happiest in life, Maynard said: “Being a motivational speaker. Many people might not expect it of me; I can be pretty introverted. Some

of my biggest passions are reading and having new experiences, such as philosophy and yoga.”

While most people can only fathom how brave and courageous he is to overcome all difficulties in life, Maynard said: “I’m definitely not always positive ... and any human that claims to be is probably hiding something big.” However, “continuing to learn, finding purpose, and surrounding myself with incredible friends has helped me get through some of the darker times.”

Having conquered two of the world’s most arduous mountain climbs, and being a vocal advocate for differently abled people and the author of the 2015 New York Times best-selling book “No Excuses,” Maynard and his story continue to inspire millions.

“I see my future and legacy in helping leave Mother Earth, and the people and creatures living here, better off than where I found it,” he said.

Kyle Maynard on Day 4 at Mount Aconcagua.

How to Cope With Stress During COVID-19

Outbreak has disrupted every family in America. Here’s how parents can cope

MEG MEEKER

In a matter of two weeks, it seems life for American families has completely changed. Parents are working from home, and schools are closing, as well as restaurants, coffee shops, and playgrounds.

Due to the COVID-19 pandemic, life in our country looks very different, and every parent is wondering the same thing: Now what?

This pandemic is unprecedented compared to recent viral outbreaks, such as SARS and Ebola. COVID-19 has now spread across the globe, and the U.S. is cracking down, trying to flatten the curve with rules against gatherings of more than 10 people and the closures of schools and countless businesses in most states.

While these precautions are good and necessary, they come at a cost, especially for parents who are now trying to homeschool their children while working from home and only leaving the house to run necessary errands.

Although the situation is changing daily, and we don’t know what the future will hold, there are some



Do not expect to parent perfectly during this time. If you are a working mother, this will be a big adjustment.

With this lack of access to activities, they will get bored. But don’t fight it. Embrace it. Boredom is good for kids.

things you can do now to help ease your fears, anxieties, and cabin fever, even with your entire family in the house all day.

Embrace Boredom

Even though your child might be homeschooling or taking classes online, their sports have been canceled, along with their plays, music class, and time with friends. With this lack of access to activities, they will get bored. But don’t fight it. Embrace it. Boredom is good for kids. It forces them to use their imaginations. It sharpens their sensibilities. And it teaches them how to be comfortable with themselves.

Don’t try to fill every minute of your child’s day. Let them figure out what it feels like to be bored and learn how to fill the time productively.

Don’t Try to Be Supermom

I focus on moms here because we mothers tend to put a lot of expectations on ourselves throughout the year, but during a quarantine, this is even more tempting. Do not expect to parent perfectly during this time. If you are a working mother, this will be a big adjustment. Work will suffer; your parenting will suffer. That’s OK. You are navigating new territory, there is no map, and we are all just trying to find our way through a new norm.

Now is not the time to be comparing yourself with your friends. Even if it looks like they’re holding it together on social media, the reality is probably much different. Give yourself extra grace during this time.

Keep Conversations Open

Your kids probably have a lot of questions right now. Even if you were able to shelter them from the news of the virus at first, now that school has been canceled or postponed, this is probably not possible, and that’s OK. Kids need to hear the truth, and they need to hear it from you. Don’t alarm them but tell them the necessary facts. Tell them that a virus can’t be killed with antibiotics, so the best we can do is avoid getting COVID-19 while the experts work on testing, treatments, and vaccines.

Younger children might be especially fascinated to see a picture of what the virus actually looks like. That picture may make the virus much less scary for young children. You can also talk about how the virus spreads. This will help children take smart precautions to avoid it. The CDC website has all the updated advice.

Lastly, I want to remind you that you are not alone. Most parents are in the same situation as you and your family and are experiencing the same fears right now. In a strange way, this has united all of us, and that can be a beautiful thing. Reach out to your community. Stay connected, even if you can only do so virtually, and give yourself grace and time to navigate a new normal for yourself and your family.

Dr. Meg Meeker has practiced pediatrics and adolescent medicine for more than 30 years. She is the author of the new book, “Raising a Strong Daughter in a Toxic Culture.” You can discover more at MeekerParenting.com

World in Crisis: The Silver Linings

BARBARA DANZA

We are living through a time that will go down in history. All over the world, there is anxiety, fear, and suffering. These are hard times. These are times that call on every single one of us to be brave and to be good—to be our very best in fact.

And yet, even in the midst of worry and bleakness, silver linings can be found.

Families Are Together

As schools shutter and businesses operate remotely or not at all—in concert with the call to isolate from others—families are sequestered at home, together. Focused on getting through this crisis, they’re playing games, sharing meals, having conversations, and reconnecting.

The importance of family has been kept front and center during this unique time—as it should be. There is an opportunity here to strengthen bonds and be reminded of what’s most important in life.

Kids Are Free

Just like that, everyone is homeschooling. Children have been largely freed of the confines of school, though many are still distance-learning at the behest of their school. Still, they will no doubt have more time to read what they are interested in, create what they’re inspired to create, think in peace, manage their own time, take as long as they need to figure things out, play, tinker, and



Focused on getting through this crisis, families are playing games, sharing meals, having conversations, and reconnecting.

be themselves.

Parents supporting a free learning environment at this time are giving their children a precious gift.

Calendars Are Clear

Modern life has had us running ragged for a while.

This mandatory pause presents an opportunity to rest, reflect, and recuperate. We have time to read a book, prepare a delicious meal, take care of our home, tackle that project that has been on our list forever, take care of ourselves, or simply do nothing. What will we do with this precious time?

Divisions Are Crumbling

As the world faces the same “invisible enemy” together, the societal divisions that have been marketed and propagandized to us for far too long are losing their influence. We are all on the same team and always have been. We truly are all in this together.

Heroes Are Celebrated

The true heroes of our world—doctors, nurses, first responders, delivery people, grocery store employees, and even the politicians who are stepping up to lead us to the best possible outcome—are being supported, and celebrated, and prayed for.

Generosity Is Shining

In addition to those on the front lines, individuals and organizations of all stripes are putting their resources and talents to good purpose in service of their fellow man. From a variety of products, content, and services offered online for free, to local eateries offering free “school lunches” to those in need, to various industries offering their supplies of gloves and masks to medical workers, to actors reading bedtime stories on the internet, to locals doing the food shopping for the elderly in their neighborhoods, and on and on.

Look at the world and marvel at all of the good that is being done. It’s awe-inspiring.

Spirits Are Awakening

Stepping off the hamster wheel, facing a worldwide crisis, and hunkering down at home are leading people to reflect upon what’s unfolding, what they understand, who they are, and how they’ve lived.

They are pondering big questions, searching for fundamental truths, and seeking peace.

Crazy Haircut? Shave? Americans in Coronavirus Lockdown Try Out Makeovers

NEWYORK—Jacob Kunthara’s wife and three adult children had never seen him without the mustache he sported for 45 years. During coronavirus lockdown this week at home in Gilbert, Arizona, he shaved and covered up with a face mask, which he whipped off at dinner to shock his entire family.

Fiona Riebeling of New Haven, Connecticut, used a fork, barbecue skewer, and nail scissors to transform her sleek long hair into jaunty bangs.

Across the U.S., “stay at home” orders with no end in sight have been seen by many as a once-in-a-lifetime chance to experiment with a dramatically different look, knowing that if the new image is a flop, they have several weeks behind closed doors to grow back or restyle the hair on their faces or heads.

“This is the most radical thing I’ve done ever,” said Kunthara, 62, a civil engineer whose home is about 25 miles southeast of Phoenix.

“I thought, ‘Maybe this is the best time to try something, I’m home, we cannot go anywhere,’” Kunthara said.

Riebeling said she had to improvise her haircut after watching a YouTube tutorial and realizing she had none of the proper tools.

“I scrounged around my apartment and did it ‘Little Mermaid’ style with thingamabobs,” said Riebeling, 23, a preschool teacher, referring to the Disney movie in which a mermaid combs her hair using a fork she finds in a sunken ship.

“Being in quarantine takes off a lot of the pressure that you normally might feel going out in public and worrying about your appearance,” said Riebeling, who snipped away during a video conference call with two girlfriends also stuck in their homes, including an investment banker in New York and an occupational therapy student in Chicago.

ED MAUDLIN/HANDOUT VIA REUTERS



Selfies of Ed Maudlin taken before and after he shaved his beard during a lockdown to prevent the spread of the virus in Indianapolis, on March 24, 2020.

“We’re limited right now in our movement and what we can do. That’s scary for a lot of people. To find places where you can feel empowered and make decisions about yourself, your body, how you choose to be in the world is a great way of reminding yourself that you are in control of as much as you can be,” Riebeling said.

When an Indianapolis call center deployed staff to work at home last week, employee Ed Maudlin scratched his years-old bushy beard and thought, “I wonder what I look like under there?”

Knowing only his girlfriend and whoever he chose to share his photos with online would see him before his office reopens in “at least a month,” Maudlin in this week shaved his beard and his head.

“I decided to go with the full all-over—nobody will know,” said Maudlin, 45, who said he expects facial and head hair will grow back by the time he’s returned to a shared office.

“I figure I will come out of this looking like maybe I need a bit of a haircut rather than looking like Tom Hanks on the island,” said Maudlin referring to the role that Hanks, who this month became one of the first celebrities to test positive for COVID-19, played in the 2000 film “Cast Away.”

By Barbara Goldberg
From Reuters

Dreams and the Cost of Dreams: Making Grown-ups

JEFF MINICK

written by many college students.

For the last few months, six homeschooled girls ages 12-13 have written essays on topics I send them via email. Four are my older granddaughters, and two are the children of good friends. These students learn grammar, spelling, and rules of composition from other curricula; I am simply an add-on to their studies, a guy who appears once a week with some tips on writing and a subject for that week's composition: favorite foods, favorite books, best summer vacations, that sort of thing.

Two weeks ago, I ratcheted up their writing obligations when we began the "15-Year Essay."

The Assignment

When I used to teach seminars of homeschooling students face-to-face in a classroom, every spring I required my seventh- and eighth-grade students to write a 1,500-word essay on the topic "Where I will be in 15 years and what did it cost me to get there?" There were a good number of strictures surrounding this composition: no winning the lottery, the inclusion of details about what they studied in college or where they worked after high school, marriage and children if any, and the cost of pursuing their dreams. If they intended to go to medical school, for example, they needed to research not just the financial cost, but also the hardship of study they would undertake.

"Dream big dreams," I told them. "But ground those dreams in reality."

When you tell those seventh-graders they'll be writing a 1,500-word essay, they may look back at you without expression, but you know what they're thinking: "This guy is off-the-wall nuts! The longest essay we've ever written in this class is 400 words! Has Mr. Minick gone off the deep end?"

Well, Mr. Minick was always a little off the deep end, but in this case he had a mission and an agenda.

The mission, as stated above, was to challenge these youngsters to write a long essay, perhaps a piece longer than those

Making Writers

Now for the agenda:

First, I choose a topic that should interest them. Knocking off 250 words about your favorite sport or a slightly longer exposition spelling out your family's Christmas customs is personal, but looking at the future? Here my young students could become prognosticators, fortune tellers gazing into an orbuculum—a fancy name for a crystal ball—and giving shape to their dreams and ambitions. If nothing else, the assignment forced them to take the long view rather than wondering whether they would get together with friends on the weekend.

In addition, tackling 1,500 words would push them as writers. No more "3 Reasons Dogs Make Better Pets Than Cats" or "3 Famous People I Admire." Notice that number 3? That digit derives from the five-paragraph essay: introduction, three paragraphs in the body, conclusion. A longer composition would shatter that design and teach them that an effective essay does not depend on a set number of paragraphs, but on clear thinking, organization, and good writing.

Meeting Challenges

It was also my hope that this long essay might teach them how to break a big challenge into parts, meet the challenge part by part, and complete the task. "Divide and conquer" applies not only to military strategy, but is a great approach to any daunting task.

Once learned, we can apply this lesson to a multitude of problems, from completing assign-

ments in the workplace to getting through professional schools.

"One step at a time" became the byword as we slowly and deliberately constructed the essay. The first week we reserved for research and making an outline, the next for an introduction and perhaps the first paragraph of the body, and so on.

Because these seminars met only once a week for two hours, the students did most of the work at home. After four or five weeks, rough drafts in hand, they spent one session

editing two or three of their classmates' compositions. An older student whom I'd hired would take the essays and correct the grammar and spelling, and I would then spill more red ink on the pages. Once they had revised and retyped their essays, the students ended the semester with

solid—and sometimes spectacular—compositions.

The Hidden Agenda

Though they often didn't realize it, this essay also taught the students the acronym TANSTAAFL: "There ain't no such thing as a free lunch." These young people had to describe the physical, mental, and financial costs of their dreams. If they wanted to attend the University of North Carolina-Chapel Hill, they needed to look at the entrance requirements. If they wanted to serve in the Marine Corps, they had to investigate the enlistment requirements, including the ASVAB test. If they wanted to marry and have three children by the time

they were 27—I encouraged them to name and describe their spouse and kids—they had to tell me how they would keep a roof over their heads and

food on the table.

Finally, I wanted my students to experience in this project that sensation so readily available on a soccer field or a basketball gymnasium. I wanted them to feel a sense of victory at the end when they held their compositions—all edited two or three times, all nearly flawless in terms of grammar and spelling, all double-spaced and clean as whistles—and so take pride in what they had done. When the students and their families gathered for the end of the year party, we would put those essays on display on a table, often beneath a poster board quoting W.B. Yeats: "Tread softly because you tread on my dreams."

Battles and Victories

Because of the distance between us, my current six students and I will probably not celebrate with a party. But I will put my mind to work and make sure that somehow we honor their accomplishment. Paying homage to achievement is a necessary capstone on such a project, just as the winning team of a state rugby tournament sets aside an evening to mark their victory.

Here's the thing: Whether the challenge comes in a sports arena or in a Mathcounts competition, in a National Geography Bee or in some confrontation while at work at Chick-Fil-A, we need to encourage our teenagers to slip on their armor, take up their shield and sword, and fight the good fight against adversity. Learning to face and overcome what seem fierce and sometimes insurmountable odds can make young people stronger, less fearful, more confident, and more prepared to surmount other obstacles they will encounter in life, the inevitable dragons in the path, those disasters, major or minor, when the world knocks them to the ground and they must push themselves again to their feet.

That's how grown-ups are made.

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.

Learning to face and overcome what seem fierce and sometimes insurmountable odds can make young people stronger.



MATTHEW JENSEN/UNSP/ASH

A New Movement Called 'Caremongering' Is Spreading Across Canada

TIM JOHNSON

A few weeks ago, Abbas Mahmoud's restaurant empire was bustling, with stylish diners packing his collection of upscale cocktail bars and country saloons and upmarket gastro-pubs in Toronto and Ottawa, Canada's capital. But as the threat of this pandemic started to permeate everyday life, he started having some sleepless nights.

"It was all weekend, I just couldn't sleep. I kept listening to the news and all the seniors who are going to be at home, if they need food, what are they going to do, are they going to risk their lives?" Mahmoud remembers. "I couldn't imagine being in their shoes. It just really bothered me."

So Mahmoud took action. Taking \$40,000 of his own money, on March 16 he went out and purchased food—a lot of it—at whole-

sale prices, and started Operation Ramzieh, named for his late mother. He then set up a clearinghouse at The Waverley on Elgin, one of his flagship restaurants in Ottawa, which he had voluntarily shuttered amidst the crisis.

Putting out a call on his social media for volunteers, he says, people flooded in to help.

"It just exploded," he says. Working while using proper social distancing, these volunteers filled the posh space, now stacked up with crates and cans and pallets, packing boxes filled with essentials like pasta, bread, milk—and, of course, toilet paper. "We've sent thousands of boxes, we're opening in Toronto, and we're getting calls from cities across the country."

While dramatic, Operation Ramzieh is just one example of so-called "caremongering," a grass-

“**We had one farmer give us 1,500 pounds of potatoes. He could've sold them, but he didn't. He gave them to us instead.**”

Abbas Mahmoud

roots movement that's gaining traction across Canada in these troubled times. Intended to be the opposite of "scaremongering," volunteers simply want to ensure the safety and well-being of their neighbors. And it's all been completely spontaneous, organized through concerned individuals on social media.

Already, in these early days of the crisis, examples are numerous. The first Facebook group, set up less than two weeks ago, quickly spawned others, and within 72 hours these, collectively, had more than 30,000 members, according to the BBC. And things have grown substantially since then. The groups now range from small neighborhood pods with a few dozen members, to larger "mutual aid" groups.

Flowing from a Facebook group there, a heavily-populated region

in the eastern suburbs of Toronto set up a toll-free phone number, and volunteers respond with food, or whatever else is needed.

In the blue-collar city of Hamilton, and Calgary, a big city on the prairies, and in numerous other villages, towns and cities, the same thing is happening. On Quadra Island, a remote, rugged, beautiful place off the west coast of British Columbia with just 3,000 residents, locals, again organized through Facebook, are making pharmacy runs, cooking hot meals, even giving away items from their own homes if they're not available in stores. One group of women cooked up huge batches of borscht, a traditional Ukrainian soup, to distribute to anyone who is hungry.

Mahmoud, who says the project has already outgrown his restaurant—they moved to a community



Children do best when they connect with their caregiver in different ways throughout the day.



Most young children do best when they eat and sleep early.

How You Can Enjoy This Time at Home With Young Children

Tips from a stay-at-home mother of 2

JUNE KELLUM

As we settle into the new normal of social distancing, many families are facing a different kind of life together—one that hopefully brings new joys but certainly also new tensions. If you're not used to being home with your young one and life now is feeling difficult—and maybe you feel as though you're about to unravel—please know that you are not alone!

I am a full-time mother of a very active 4-year-old boy and an independent 2-year-old girl. I have certainly experienced my share of tensions, meltdowns, and breakdowns, but currently it's smooth sailing—lots of laughter and good cooperation and I'm really enjoying them.

However this has come about after a lot of effort, reading, learning, soul-searching, and improvement on my part.

I emphasize myself here because nearly always, children's bad behavior mirrors their environment in some way. This includes parental attitudes. For many parents, this is of course a very stressful time, so naturally our children will not be at their best. So please do your utmost to take care of yourself—physically, emotionally, spiritually.

I have found that being really tender and loving as I take care of my children can be wonderfully healing for all of us. For example, dressing and undressing can be a battle in my house, but when I approach it as a time to connect both verbally and physically—talk about how big they are growing, how proud I am of something they did, examine and kiss yesterday's boo-boos, give a foot massage with some lotion—we all enjoy the process. An additional plus, I've also

found that after connecting with me in this way, my children are satisfied and are more able to entertain themselves for longer periods.

My second piece of advice is to make sure you have the following three things in good shape: routine, boundaries, and warmth. In this article I will focus on some of the key elements of routine. Stay tuned next week for more on boundaries and warmth.

Routine

Having a routine is pretty basic parenting advice, so you've probably heard it before and probably follow it to some extent. However, it takes a great deal of dedication and discipline to stick to a routine, so now that there is nothing you need to schedule around, it may be tempting to let your routine go. Please don't, and here's why:

Routine makes children physically and psychologically comfortable. It allows their bodies to find a rhythm and sense deep down that all is right with the world—even though all is not right in the adult world now—your child's world can still be bright and beautiful.

Also, the coronavirus is inflicting terrible misery on people in certain places in the world, but thankfully and somewhat inexplicably, it is not affecting many children. So for those of us now resting chez nous, who are untroubled by it, what better thing to do than fill our homes with joy, peace, and gratitude?

Of course this is also a good time for self-reflection, and you may also feel sadness and fear but strive to be the master of these emotions. Balance them with empathy and hope.

A good routine should also give you time to follow the news, but

MY ROUTINE WITH CHILDREN AGES 4 AND 2

• **6 A.M.:** I wake up. The day goes much better if I'm awake before the kids.

• **7 A.M.:** Kids wake up, we cuddle, read, hang out.

• **7:30 OR 8 A.M.:** Start eating breakfast, then dress and I try to squeeze in morning chores (making beds, laundry etc.).

• **9 OR 9:30 A.M.:** Head outside. In nice weather we stay outdoors until lunch.

• **10 A.M.:** Light snack, like water and fruit.

• **11 A.M.:** Come inside and prepare lunch.

• **11:30 A.M.:** Eat lunch.

• **12 P.M.-1 P.M.:** Clean up and do chores.

• **1 P.M.-3 P.M.:** Rest time. We read stories together and the 2-year-old usually sleeps. After reading to them, I try to make time to meditate, read, or do chores without their help. They can play quietly if they don't want to sleep.

• **3 P.M.:** Afternoon snack.

• **3:30 P.M.-4:30 P.M.:** We usually go outside again.

• **4:30 P.M.:** Prepare dinner.

• **5:30 P.M.:** Eat dinner.

• **6:30 P.M.:** Start bedtime routine.

• **7:30 P.M.:** In bed. I work after they are asleep.

preferably not when young children are around, as the news is likely to make anyone agitated and that is not pleasant for young children. Of course if you do find yourself upset about something in front of your children, it can also be a good opportunity to model good coping skills. All I'm suggesting is that you don't make a habit of watching the nightly news in front of the kids. Actually, if you are a longtime reader of The Epoch Times, you probably know better than to watch cable news.

Here are important aspects to consider when creating a good routine for young children: timing of meals and sleep; balance of inward and outward activities; connection with you and independent play.

Timing

Most young children do best when they eat and sleep early. Young children are often hungry earlier than adults so dinner between 5 p.m. and 6 p.m. is ideal. Sometimes I find my kids need a 4:30 p.m. dinner. Early dinner means bedtime can be 7-7:30 p.m., and you get your evening free.

Activities

By inward and outward activities I mean quiet, focused play, or stationary activities like drawing, versus gross motor activities like dancing or running around outside. Note that screen time is not what I consider an activity, more of a pacifier, and my children don't have any unsupervised screen use. Once in a while we watch a few minutes of family photos or videos or something educational but I don't use screens as a babysitter. This is one of the benefits of an effective routine—your day is balanced so they just aren't necessary.

Connection and Play

As I mentioned above, children do best when they connect with their caregiver in different ways throughout the day. This could be eye contact, your taking time to really look at the block creation they built and admire it, chatting during a meal, reading a story. For my son, wrestling with his dad is also an important way to connect. I don't wrestle but have a number of other little games involving movement and physical contact that my children love. For example, they love running back and forth past me while I try to give their bottoms a pat. I also combine this with counting in English and sometimes foreign languages for an extra layer of learning.

Routine makes children physically and psychologically comfortable.

Also, work together! My son and I like to work in the garden, and my children love to help me cook. And when I approach cleaning with gusto they are usually happy to help. My husband recently had to remind me that the key to doing chores with young children is managing your expectations. They will probably be more of a hindrance than a help at first, but if you praise their efforts and teach them how to do things right, you will have spent good quality time with them now and planted the seeds for a capable child in the future.

Good luck and stay tuned for next week's article on boundaries and warmth.



(Left) The Waverley in Ottawa has turned into a clearinghouse, where volunteers come together to assemble food for those who need it. (Right) Abbas Mahmoud.

center, and today will set up shop in a convent—feels that it's all a natural, human response to suffering and especially uncertainty.

"People are sitting at home, and they're seeing all this bad news, and they want to do something," he explains, adding that other businesses have pitched in, too—hotels and other restaurants have donated their perishables, stores

have sent supplies, a flower shop even pitched in, so they could top each box with a nice, fresh bloom. And farmers have trucked their crops right to his door.

"We had one farmer give us 1,500 pounds of potatoes. He could've sold them, but he didn't. He gave them to us instead," he says.

The whole experience has already been transformative for



Mahmoud, and his volunteers too. Rebecca Sheik, who normally works as a manager at The Waverley (and who is Mahmoud's cousin) hasn't taken a day off since Operation Ramzieh started up. Answering phones, she's on the front line, and says she's fielded many calls where people are dealing with deep, serious anxiety and distress.

"They're worried about everything, everyone from single parents to the elderly," she says. "You can hear it in their voice, they're shaky." Sheik even diverts calls to her personal cell phone in the evenings, and recently answered an urgent one at 12:02 a.m. It was a widow, who lives with her daughter, both of them with health problems. Stuck inside, they had no food, and no family to bring anything to them. They talked for 45 minutes, she says, and got her a box first thing in the morning, which she received with tears and profuse thanks.

Mahmoud adds that they're reaching some of the most desperate and vulnerable, people living close to the edge who, in these extreme circumstances, risk falling off that cliff, including a single mother who called up, saying she had no baby food. She was suicidal. He personally went and bought some, and delivered it to her home.

Natib Khatib, a long-time friend of Mahmoud's, is on the frontlines too, driving the boxes to people's homes.

"Their faces just light up," he says, noting that recipients are still taking proper precautions—and then some. "Some won't open the door, so we leave it outside—then we see them spraying the box with Lysol."

Mahmoud has heard stories from other drivers (and gathered from his personal deliveries), of people who blew kisses and sang songs to his volunteers, joy and gratefulness in tough times.

Sheik feels that there are bigger lessons here. That in providing for your neighbors, day to day, everyone is discovering deeper human truths.

"During war, during tragedy, that's when the love really shows, and we know we're all in this together," she says. "That's what's going to get us through this—realizing that humanity, we're all one."

Tim Johnson is a Toronto-based journalist, who frequently covers travel, education, and other topics. He's been nominated for five National Magazine Awards and visited 145 countries on all seven continents.

Funeral Home Therapy Dog Offers Comfort to the Grief-Stricken

ROBERT JAY WATSON

Funeral director Nora Pavone knows well that for her patrons, it can be intimidating walking into the visitation room for the first time.

That is why bereaved clients who walk into the Marine Park Funeral Home in Brooklyn, N.Y., are immediately greeted by someone who “really can read emotions,” the director told People. It wasn’t another human being that Pavone was referring to but her Bernese mountain dog and canine grief therapy dog, Fiona.

Fiona has made the news recently, earning the unique distinction of being the millionth dog to receive the American Kennel Club’s “Canine Good Citizen” certificate. Passing a test that showed she could follow basic commands and actions like greeting a stranger, sitting, staying, and behaving well in crowded situations, including around other dogs, Fiona made Pavone proud, though she was not surprised.

“She really knows who’s in need of her and just gently going up to them and sitting next to them is so much more help than I could even imagine,” Pavone told Tablet.

At first, she wasn’t sure at first how the dog would fit in. The 18-month-old pup is now an indispensable part of Pavone’s op-

eration. Pavone had seen other therapy dogs interacting with people at nursing homes, hospitals, and schools, she said.

Trying out the concept of a canine comfort dog at a funeral home made sense by extension.

After deciding on getting a grief therapy dog, she knew she needed the right breed. After some research, she discovered Bernese mountain dogs, originally a hardy working breed from the Swiss Alps. Fiona, like others of her breed, is known for being “friendly to everyone, loves to make a new friend, and not shy to strangers in any way, and just gentle in everything that she does,” Pavone told News 12 Brooklyn.

After lots of training, including preparation for the American Kennel Club’s “Canine Good Citizen” certification, Pavone started introducing Fiona into the home.

“I love dogs, but I didn’t know how it would be perceived in this setting,” she told the AP. “But it seems like actually, this would be the place where it would be needed the most.”

Visitors at the home are told that they are free to pet and interact with Fiona.

“We’ll walk her around the lobby, and a lot of times, that’s when the kids will get to see her and hang out with her,” Pavone said, adding that families may also request her to be in the visitation room, where she makes laps in the room for



COURTESY OF NORA PAVONE

“She really knows who’s in need of her and just gently going up to them and sitting next to them is so much more help than I could even imagine.”

Nora Pavone, funeral director, Marine Park Funeral Home

Marine Park Funeral Home director Nora Pavone with her dog Fiona.

people in need of comfort.

“It’s amazing to see her work a room,” Pavone said. Meanwhile, positive feedback about Fiona’s presence in the home has been nothing short of overwhelming. One family let Pavone know that after interacting with Fiona, it “was the first time that their family member has smiled since the passing of one of their loved ones.”

Meanwhile, Fiona has won a devoted following on Instagram and most recently the approval of the American Kennel Club.

“We were training for a year to take the test, but we had no idea that she would be the millionth dog,” Pavone said. “When they told us, we were so surprised and excited, it made everything even more worth it.”

Nor does Fiona just stay in the funeral home; on many occasions, she has accompanied Pavone to comfort grieving people at church services, and once at a 9/11 memorial in September 2019. “Sometimes people just want to hug her, pet her, and it just makes them feel a little bit more comfortable,” Pavone said.

A Nurse Describes How Her Family Life Has Been Impacted

‘Tonight is the last night I’ll hug my kids goodnight until God knows when,’ she wrote

LOUISE BEVAN

An ER nurse has shared a moving account on the impact the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus, has had on her family life. She hopes that by sharing her story, people will start to take social distancing more seriously, protecting both themselves and their communities.

The healthcare practitioner, who goes by the moniker “One Vaxxed Nurse,” posted her personal anecdote on Love What Matters. “Tonight is the last night that I’ll hug my kids goodnight or kiss my husband until god knows when,” she began.

“Community spread is now confirmed in my area,” the nurse continued, “and being an ER nurse means



COURTESY OF ONE VAXXED NURSE

The ER nurse who goes by the moniker “One Vaxxed Nurse.”

that the odds of being exposed over and over again are now a 100 percent guarantee.”

“So I just wanted to talk to everyone stuck at home with your family, bored out of your mind, and itching to get out,” she said. “A little perspective is sometimes all you need to feel grateful for the things you have that others don’t.”

The impact of life on the front lines of the CCP virus battle, the nurse explained, follows healthcare practitioners all the way out of the hospital and into their own homes. She explained that she has had to start entering her home through the laundry room door, stripping off her clothes and washing them on “sanitize mode.” She then uses a bleach wipe to

clean anything she has touched before walking into a bedroom reserved exclusively for her, where she takes a shower. Once again, a bleach wipe extinguishes her trail.

After hand-sanitizing and dressing, the nurse can finally join her family, but not at close quarters.

“I’ll be able to sit in the family room,” she wrote, “six feet away from everyone I love, but not touch anyone; I’ll know I’ve been exposed.”

“I’ll get to talk to my husband and kids from a safe distance,” she continued, “but I won’t get to touch anyone I love. I’m not a hugger, but I anticipate that the next few weeks are likely to bring days where I could really use a hug.”

A member of the family prepares for her some food on disposable dinnerware; she answers questions about her day.

“I’ll probably have to assure my youngest, for the millionth time, that mommy will stay safe,” she wrote. “When that’s done, I’ll give the kids air hugs and wish them goodnight.”

In recounting the difficulties of the day to her husband, the nurse admitted, “I’ll probably lie a little.” She then heads to bed, alone.

On her website, she describes her-

self as a registered nurse who has spent almost two decades working at the bedsides of critical patients in intensive care and hospital trauma wards. As such, she represents one of the most vulnerable factions in the fight against the CCP virus.

According to the World Health Organization, doctors and nurses are at the front line of any outbreak, exposing them to hazards that put them at greater risk of infection than the general population. As such, they, and the institutions they work for, must adhere to strict safety protocols in order to keep both themselves and their loved ones safe.

“This will be my life, every day,” the nurse shared on Love What Matters. “So my ask of you is this, as you sit at home with your children on your laps snuggled up watching a movie, please end this thing quickly by not going out unless absolutely necessary.”

“Stay home. Hug your children, sleep with your spouse,” she wrote, “eat on porcelain plates, sip wine from a long-stemmed glass, and give thanks for the things that you can still do that some of us can’t.”

“I’m doing my part. Please do yours.”

The Coronavirus Revival of the Stay-at-Home Mom

ANNIE HOLMQUIST

A fascinating thing about this time in history is how it’s challenging many of our long-held beliefs and practices.

Take the conversation my sister relayed to me the other day. While out for a walk, she stopped to talk with a neighbor—from an appropriate distance, of course—and asked how she was handling time at home with her young children.

The woman explained that she and her husband were balancing child-watching duties with their work schedules, saying things were working out. The indicator of her true feelings was apparent on her face. The woman was beaming over the fact that she was getting to spend so much time at home with her children. Things weren’t just fine. They were wonderful!

This got me thinking. Could this little stay-at-home experiment—for all its drawbacks—have some benefits? Might all those working mothers discover great beauty in becoming—gasp—a stay-at-home mom?

Wall Street Journal columnist Erica Komisar is wondering the same thing. In fact, she implies that both kids and moms are enjoying their forced staycation:

“Mommy, I like coronavirus because I

get to spend time with you,’ a patient of mine, a lawyer, quoted her son as saying. With schools closed, social events postponed and workplaces empty, usually busy professionals find themselves at home baking cookies, playing games, watching movies and doing arts and crafts to keep their children occupied. Some are surprised to find they enjoy it.”

The last several generations of women grew up constantly being told to strive to achieve and succeed in the working world. Many have done so, breaking glass ceilings in the corporate world and managing to marry, have children, and command a household. The stress and busyness that

result are a part of normal life.

But now women are learning that there’s a difference.

Instead of slaving away to meet the demands of the working world, they’re learning that they can take a breath and enjoy the little moments with their children that will pass all too quickly.

Komisar ponders: “America’s productivity comes at a price—the emotional well-being of families and children. Maybe it takes a crisis like the Covid-19 pandemic to make us slow down and ask why we’re so intense about work. Do we need to go into the office every day? Is it so critical to be there



A neighbor beamed over the fact that she was getting to spend so much time at home with her children.

YUGANOV KONSTANTIN/SHUTTERSTOCK

Annie Holmquist is the editor of *Intellectual Takeout*. This article was originally published on *Intellectual Takeout*.

Nature and Couture Which Flower Are You?

MANY NGOM

Spring has arrived. To me, it is the prettiest season of the year because everything is blooming and so colorful.

Escape for a moment into the world of nature, and see if you feel drawn to some of these beautiful flowers. It’s said that the flower you are most drawn to can tell you a lot about your personality.

Which flower are you most drawn to? Maybe it’s not just one, but a beautiful bouquet! Ask your sister, daughter, mother, or girlfriend, and enjoy a moment reconnecting with Mother Nature, which we so often take for granted.

I’ve paired the flowers with these charming, colorful dresses to set you dreaming about the season ahead.

ALL FLOWER ILLUSTRATIONS BY SHUTTERSTOCK



Cold-Shoulder Cotton-Blend Moiré Gown by Oscar de la Renta.

COURTESY OF MODA OPERANDI



Pleated Bodice Gown by Christian Siriano.

COURTESY OF MODA OPERANDI



Accompany One-Shoulder Cady Gown by Maticzevski.

COURTESY OF MODA OPERANDI

The Cosmos Simple Yet Luxurious

The cosmos derives its name from Greek, meaning orderly, in place, or harmonious. Don’t we need that in the world right now? It also symbolizes peace and wholeness. If your personality is to bring people together and help make peace in your entourage, the cosmos is for you.

The Dress: This fuchsia Oscar de la Renta gown gracefully envelops you in a beautiful taffeta fabric.

The Rose Timeless and Impeccable

The rose is probably the most famous flower that represents love. Its lush beauty symbolizes womanhood and passion. Rose lovers are sweet and passionate about their loved ones; they are trustworthy and lead with their hearts. Soft and romantic, the rose is a timeless flower, and the same can be said of the style of a rose lover.

The Dress: This Christian Siriano gown is simple but elegant, reminiscent of the lovely petals of a rose.

The Peony Girly and Sophisticated

The peony is considered the “queen of flowers” in the East. In ancient China during the Sui Dynasty, peonies were mostly grown at the imperial palace, which is why they symbolize nobility and grace. In the West, on the other hand, Greek mythology associates the flower with shyness. Peony lovers tend to be humble and self-conscious, but with a sense of dignity.

The Dress: This Maticzevski gown shows the girly yet sophisticated side of the peony lover. The sleeves are draped like peony petals, revealing a hidden color and whimsical details.



Bow-Embellished Silk-Poplin Mini Dress by Carolina Herrera, Altea floral-jacquard trousers by Eltro.

DRESS COURTESY OF MODA OPERANDI PANTS COURTESY OF MATEHESIAHARRIS



Satin-Paneled Crepe Gown by Prabal Gurung.

COURTESY OF MODA OPERANDI



Floral-Embroidered Velvet Gown by Rosie Assoulin.

COURTESY OF MODA OPERANDI

The Sunflower Bold and Hopeful

The sunflower is bold and beautiful. Behind its boldness lies loyalty and love for the sun. For Native Americans, the sunflower symbolizes generosity and provision. Someone who identifies with the sunflower is a giving and selfless person, a person who helps those in need without expecting anything in return.

The Outfit: This Carolina Herrera mini dress, paired with pants, matches the generous yellow color of the sunflower, while the draping mimics its petals.

The Tulip Elegant and Well Put Together

The tulip is my favorite flower; I just love its elongated shape, which represents softness. Tulips come in a wide variety of bright colors, bringing positivity and cheer. Tulip lovers tend to be caring and easy-going, and look on the positive side of life.

The Dress: The color of this Prabal Gurung gown mimics the pale shade of the pink tulip, while the sleeves mimic the shape of the flower.

The Daisy Joyful and Soft

Scandinavian mythology associates the daisy with innocence and purity, as well as fertility. New mothers often are given daisies. They symbolize wellness and excellence.

The Dress: Don’t you feel the warmth of this Rosie Assoulin dress? It’s like Mother Nature is embracing you with love and tenderness.

7 Everyday Activities That Totally Count as Homeschooling

BARBARA DANZA

Homeschoolers like to say things like, “the world is our classroom,” “learning is everywhere,” and “life is learning.”

Non-homeschoolers and even new homeschoolers can sometimes be skeptical of such statements. They sound, perhaps, lazy or neglectful.

Veteran homeschoolers know, however, that they’re completely true.

So, in your homeschool, take heart on those days when nobody is having any of your big ideas or your fancy curriculum, when the routine falters and the schedule gets tossed out the window—just go about your day and watch those little sponges of yours soak up the learning.

Here are seven everyday activities that, for example, you can totally count as homeschool.



Grocery Shopping

Need groceries? Great. Set the budget. Have the kids go through the kitchen and come up with a list. Help



Doing Laundry

Kids don’t learn this in school but they sure do in homeschool. This is a huge omission in the college prep space. Teach them to do the laundry as early as possible and have them practice often.



Playing

Get your kids outside to play. They need exercise, fresh air, social interaction, and fun. Call it recess, call it gym class, whatever.



Cooking

There are so many lessons inherent in cooking. Develop their skills until they can follow a recipe and create, serve, and clean up after an entire meal. The fruits of this effort are well worth it.



Managing Money

Your kids need to understand the value of money, how to make money, and what to do with money. Teach them to save, invest, and give. Teach them to excel in their work and create value in the world that they will be compensated for. Whether it’s your 2-year-old counting coins, your 8-year-old taking out the garbage or your 15-year-old starting a business, this too counts as homeschool.



Crafting

Put down a tablecloth, break out the paints, flick on some joyful music and invite the kids to create. Anything goes. No need for formal lessons. It’ll probably get messy but you didn’t go into homeschooling thinking that wasn’t going to happen. Let them craft all day if they want.



Reading

When in doubt, make it reading time. Quiet the house, maybe put on some low-volume ambient music, and let the kids read whatever they want. There is no more important skill to practice.

Make yourself a cup of tea and enjoy the silence. It totally counts as homeschool.

ALL PHOTOS BY SHUTTERSTOCK

7 Ways to Stay Sane While Social Distancing

MICHAEL COURTER

Nothing in our lifetimes has brought about such a sudden and drastic change as the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus. All at once we have been asked to stop unnecessary travel, limit social contact, end all large group activities, and even just stay put at home and only go out for outdoor exercise and essential items. With all of these changes happening so quickly it can be difficult to make the necessary mental adjustments. So how can we adjust, survive, stay sane and thrive during this crisis?

Follow Safety Guidelines

It can be easy to tell yourself that nothing is really happening. However, if you pay close attention to what is happening around the world, you know that things can get out of control quickly, especially if we fail to prepare and take precautions. My advice is to follow the official safety guidelines and suggestions closely. This is not just for you, but for people around you. In this crisis, we have to look out for other people as much as ourselves.

Limit Exposure to News

While it is important to remain informed about the latest developments, it is also easy to get caught up in the news, which fuels more anxiety. Set limits on your news intake and continue to focus on other areas of your life.

Stay in Touch

It’s important to continue focusing on the relationships with people you are close with or even to make new relationships. These connections are important for all of our mental wellness. Especially since we will not be able to see as many people face to face, make sure you pick up the phone and keep in touch with everyone you care about, or volunteer to regularly check in with people that may be more isolated. Limit the amount of time that you spend talking about the virus.

Find Ways to Contribute

We are all in this together. How quickly and safely we get through the crisis is dependent on our collective efforts. Finding ways to contribute will shift you out of a sense of powerlessness and make you feel that you are taking actions to make the

situation better. Some ideas are: volunteer to bring groceries to someone who is at risk if they leave home, offer to take care of a child for a healthcare worker who is going to need to work long hours, or call people in your social circle and ensure they are safe or help inspire them and strengthen their morale.

Reestablish Routines

People often underestimate the importance of having a predictable daily schedule. If you find yourself staying home, out of school or work, it is very important to re-establish a routine. Many people will begin to flounder, feel lost, or engage in excessive television watching or internet surfing when they don’t have a daily program to follow. Take some time to write out things you want to do each day, including calling people, exercising, and other self-care activities. Put those in your calendar.

Tackle Projects You Have Been Putting Off

Are there any projects you have been putting off indefinitely because you never seem to have the time to tackle them? It

may be time to clean out the garage or and declutter your closets. If you do have to stay at home for a while, you might as well make the best use of your time. Decluttering and simplifying are great for your mental well-being and will save you time when your life gets busy again.

Focus on Your Faith

This crisis can be a good opportunity to focus more time on your faith and your relationship with God. Look inward and make sure your actions align with your true conscience and seek redemption for your mistakes. Call other members of your faith community to share insights and inspire each other. Perhaps after this tumultuous time is over we will emerge as a more spiritual and united people.

Michael Courter is a therapist and counselor who believes in the power of personal growth, repairing relationships, and following your dreams. His website is CourterCounsel.com. Do you have questions about relationships or personal growth that you would like Michael to address? Send them to mc@CourterCounsel.com

YOUR MONEY

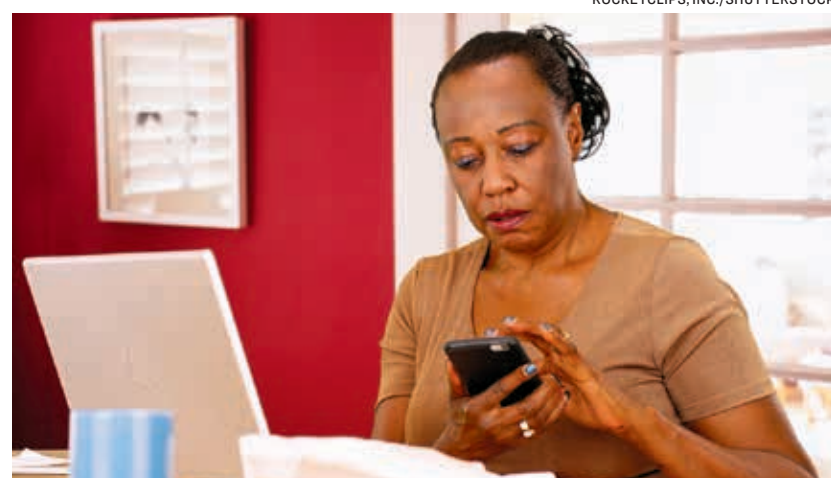
The One Document Americans Need Now: Power of Attorney

NEW YORK—If you live in the United States and really want to be prepared for coronavirus, experts say you need a fully executed power of attorney, which designates a trusted person to take over your finances should you become incapacitated.

This is not something most people want to consider right now—or ever, for that matter.

“It always felt expensive, and it’s not fun to think about your mortality,” said Heidi Schoeneck, a 47-year-old divorced mom from Connecticut, who recently completed a will online and plans to heed the warning to get the rest of her paperwork done.

A financial power of attorney is the most useful document because of the possibility that you could be put out of commission for weeks if you fall ill and are unable to take care of your financial affairs. It is followed closely by health care directives, which express your wishes about medical care and who gets to make



There are ways to execute all of these legal documents remotely, at least in states now authorizing electronic notarizations.

decisions for you, and a will, which distributes your assets after you die. Estate lawyers have seen plenty of worst-case scenarios in normal times, when a person suddenly falls ill and their loved ones are left to scramble.

“You’d have to have the person declared incompetent, and that requires a judge. In the short-run,

there’s nothing you could do,” said Michael Walsh, CEO of Cariloop, a service that helps families coordinate caregiving.

However, it is not enough just to prepare documents using online forms, if you do not properly execute them. While many Americans are under stay-at-home orders, there are ways to execute all of these legal documents remotely,

at least in states now authorizing electronic notarizations.

Howard Krooks, past president of the National Academy of Elder Law Attorneys, said new clients have been calling his Florida office during the last two weeks requesting help. Some lawyers are doing document signings in parking lots and in driveways, to maintain proper distance. The biggest challenge is trying to reach clients in senior facilities that are not allowing visitors, he said.

“Extreme times call for extreme measures,” Krooks said.

To find a lawyer, search online for a certified elder law attorney or someone with accreditation from the American College of Trust and Estate Counsel (ACTEC), Krooks said.

A full set of documents, with a will, power of attorney and advanced directives could run from \$1,500 to \$3,000. A single power of attorney should cost less.

You can also find free online help from services like FreeWill. Keep in mind that these are very generic forms and may not suit your specific needs, especially for complicated estates and guardianship issues.

FreeWill’s system will alert you if your circumstances exceed the capabilities of their documents, the company said.

For a simple power of attorney

form, FreeWill co-founder Jenny Xia Spradling said it should take about 20 minutes. Depending on the rules of your state, you can execute the document with electronic notarization, or if you need two witnesses, you can ask neighbors with proper precautions.

More than 8,000 wills were completed online via FreeWill in the last month, with an increase of about 5 percent to 10 percent per week, the company said. The average user age is 57.

Scared Straight

Krooks would like to see more younger people take estate planning seriously. In his family, as soon as anyone turns 18, he drags them to a notary and sets them up with power of attorney documents and health care directives.

Most married people hold assets jointly, but single people need to be able to designate someone legally to help them. “I’ve been preaching this my entire career,” Krooks said. “With the virus, it’s a lot easier to advocate.”

Schoeneck, a business consultant, heard that message, but she said she was less motivated by fear than by love.

“For me it was generous thing to do for my kid,” she said.

By Beth Pinsker
From Reuters



FOR KIDS ONLY

THE EPOCH TIMES

Week 14, 2020



Love Between Brothers and Sisters

by Isaac Watts

Whatever brawls disturb the street,
There should be peace at home;
Where sisters dwell and brothers meet,
Quarrels should never come.

Birds in their little nests agree;
And 'tis a shameful sight,
When children of one family
Fall out and chide and fight.

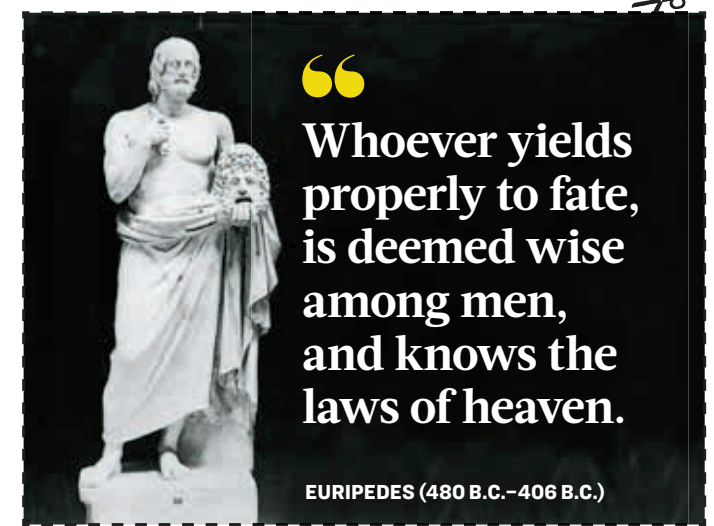
MARTIN NOVAK/SHUTTERSTOCK



WHAT BELONGS TO YOU BUT IS USED BY OTHERS?

YOUR NAME

THE FACES/SHUTTERSTOCK



“Whoever yields properly to fate, is deemed wise among men, and knows the laws of heaven.”

EURIPIDES (480 B.C.–406 B.C.)

HULTON ARCHIVE/GETTY IMAGES

This Week in History



THE FIRST CARTOON IS RELEASED

ALL PHOTOS IN PUBLIC DOMAIN

A photo of J. Stuart Blackton from 1912.

On April 6, 1906, the world’s first animated cartoon was released. It was called “Humorous Phases of Funny Faces” and was created by J. Stuart Blackton. The groundbreaking film featured chalk drawings that moved and changed. You can view the cartoon in its entirety on the website of the Library of Congress.



A single frame from the 1906 animation “Humorous Phases of Funny Faces” by J. Stuart Blackton.

By Aidan Danza, age 13

ALL IMAGES FROM SHUTTERSTOCK

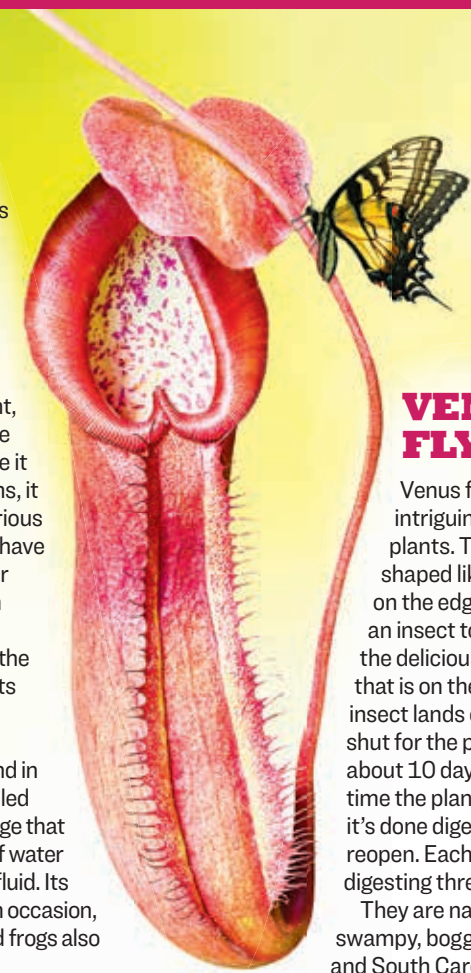
CARNIVOROUS PLANTS

Plants are normally the epitome of calm. They shift and blow in the breeze, they grow slowly, some allow you to climb them. These plants get their nutrients from the soil. However, in habitats where the soil is poor, some plants get their nutrients in another way. These carnivorous plants actually eat small insects and animals!

PITCHER PLANTS

Pitcher plants catch insects with a trap-shaped leaf filled with water and digestive fluid. The mixture smells sweet, to attract prey. When the insect begins to lick the nectar secreted by the plant, it slips down a smooth slope straight into the pool, where it drowns. Before this happens, it is kept from escaping in various ways. Some pitcher plants have downward-facing spikes for this very purpose, others rely on their very deep “pitcher.”

Pitcher plants live across the world, including many forests and swamps in the United States, and range widely in size. The largest can be found in Malaysian Borneo and is called Nepenthes Rajah. It is so large that it can hold almost a gallon of water and 3/4 gallon of digestive fluid. Its normal prey are ants, but on occasion, rats, mice, birds, lizards, and frogs also become its prey.



VENUS FLYTRAP

Venus flytraps are intriguing carnivorous plants. Their leaves are shaped like circles with teeth on the edges, and lie in wait for an insect to alight on them for the delicious-smelling nectar that is on the leaves. When an insect lands on the trap, it snaps shut for the plant to digest. It takes about 10 days to digest, at which time the plant turns red. When it’s done digesting, the trap will reopen. Each trap will die after digesting three or four insects.

They are native to a small, swampy, boggy area of North and South Carolina.

An insect caught in the jaws of the Venus flytrap.

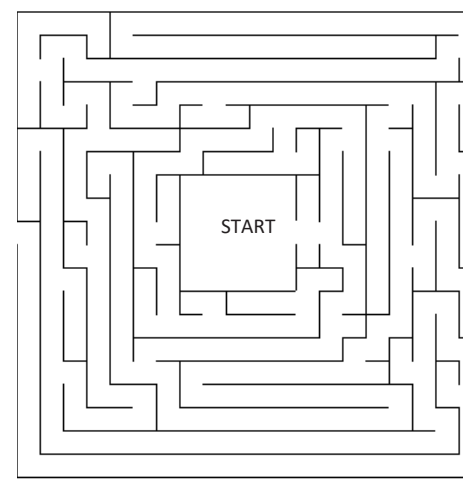


SUNDEWS

Venus flytraps are a member of the sundew family, albeit a very unusual one. Sundews trap their insects in a different way. As with the Venus flytrap and the pitcher plant, sundews secrete a sweet-smelling nectar that attracts insects to the sundew’s sticky tentacles. When an insect lands, it gets glued to the tentacle, which coils around the insect, killing and digesting it.

Sundews live in swamps, bogs, and fens across the world, with a large number of them residing in Australia.

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

Easy puzzle 1

8	10		
27			
1	10		
+	-	x	÷

Solution For Easy 1
1 - 8 + 0! + 0!

Medium puzzle 1

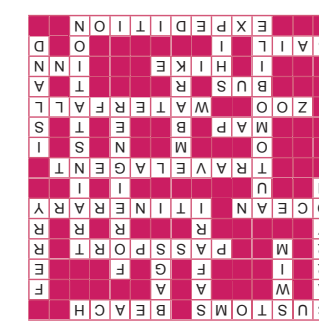
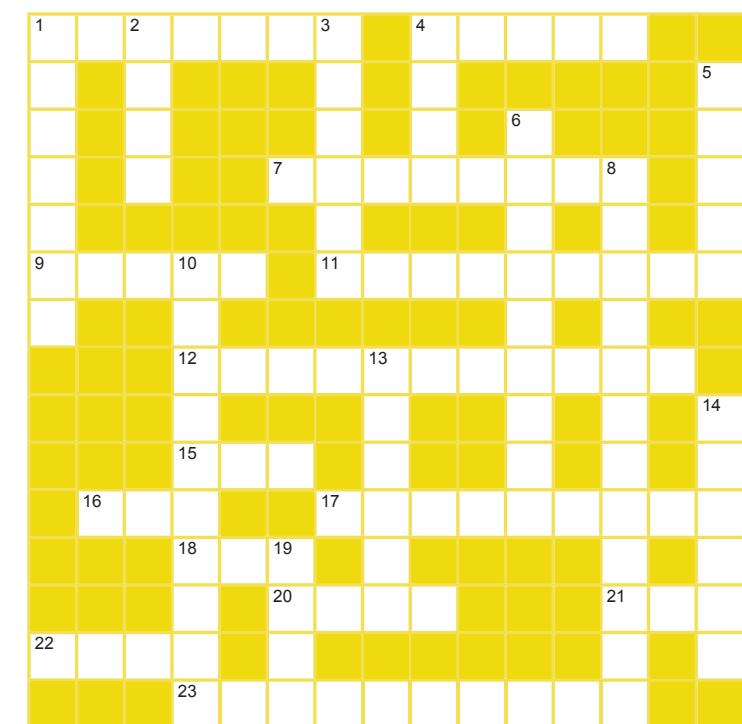
9	15		
65			
1	11		
+	-	x	÷

Solution For Medium 1
1 - 11 x (6 - 9)

Hard puzzle 1

10	25		
32			
1	17		
+	-	x	÷

Solution For Hard 1
1 x (0! - 2! + 52)



Down

- You won’t have to check it (5-2)
- Show off your strokes (4)
- East African expedition (6)
- You may have to check these (4)
- You take one to the Statue of Liberty (5)

Across

- Airport area concerned with contraband (7)
- Seashore (5)
- Visa holder (8)
- Between continents, often (5)
- Traveler’s plan (9)
- Cruise promoter, perhaps (11)
- “I wanna get from here to there” picture (3)
- Visit the animals (3)
- Sightseeing spot along a river (9)
- Plane, train & automobile alternative (3)
- Walk in the woods (4)
- Place to stay at the end of the day (3)
- Your boat may have one (4)
- Any long trip of exploration (10)

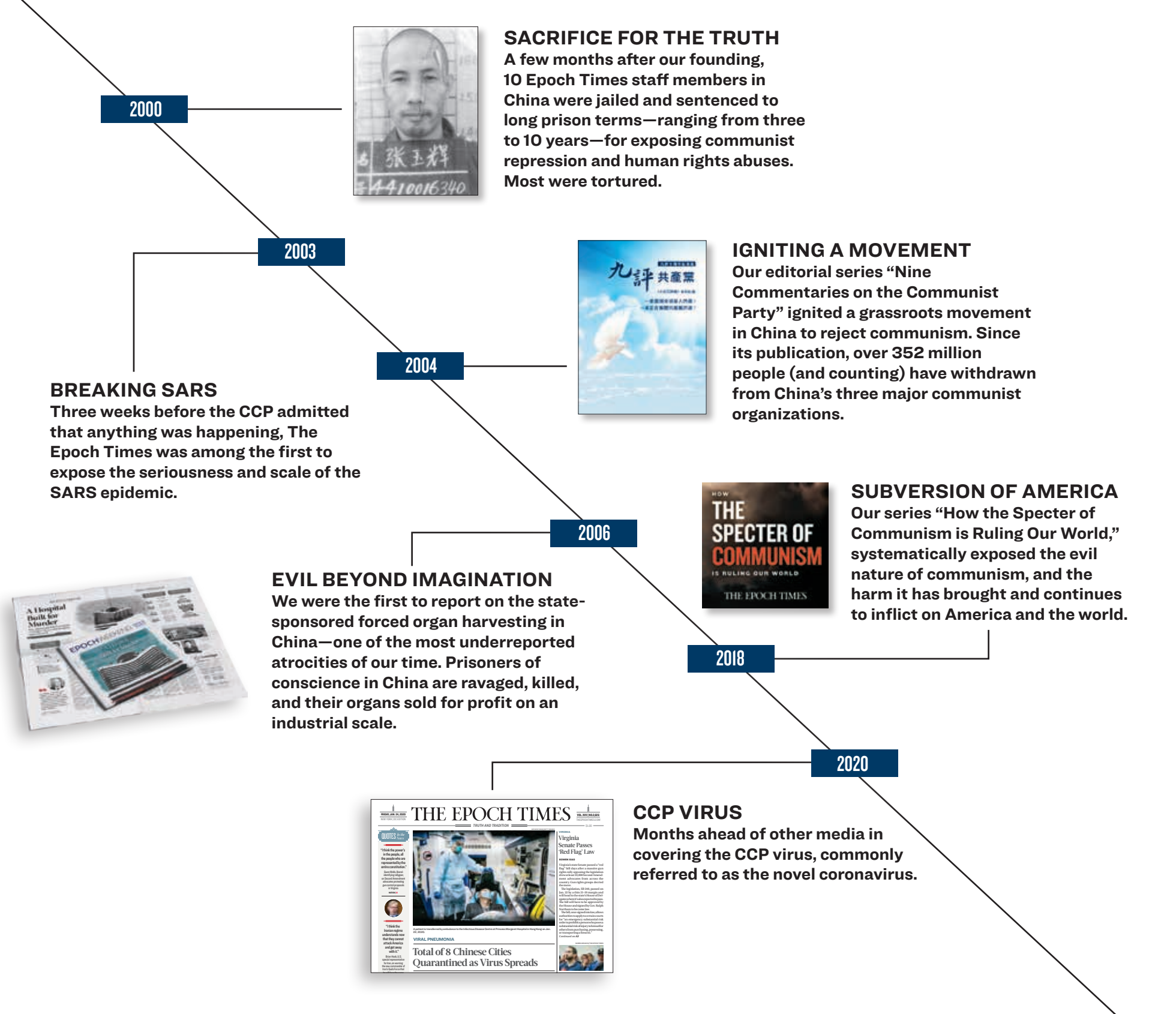
- You! (Once you get overseas!) (9)
- Penn Station, e.g. (12)
- You might rent one when you land (10)
- Board a vessel (6)
- Cuba or Hawaii (6)
- Craft (4)



TRUTH *and* TRADITION

EXPOSING THE DEADLY COMMUNIST THREAT FOR 20 YEARS

Communism is estimated to have killed at least 100 million people, yet its crimes have not been fully compiled and its ideology still persists. The Epoch Times seeks to expose the history and beliefs of this movement, which has been a source of tyranny and destruction since it emerged. We believe that investigating and exposing the truth is the only way that we can remain safe.



What People Are Saying

“I congratulate you and The Epoch Times for the work you are doing, especially with regard to keeping the menace of the communist threat in front of us.”
— DR. SEBASTIAN GORKA

“I love how this paper is referring to the coronavirus as the CCP virus. Put the blame squarely where it belongs.”
— GARY MASNER

“This is the only voice in America that correctly identifies the problem: Communist subversion. All other problems are secondary. It is a breath of fresh air in an environment of fake, politicized news.”
— RONALD LARSON



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