

# THE EPOCH TIMES LIFE & TRADITION

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# Tani Adewumi

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# How to Start a Backyard Garden

BARBARA DANZA

As families aim to make the most of stay-at-home orders and social distancing, spring just happens to be springing.

What better activity to enjoy with your family than to start a garden?

Whether you have a green thumb or have never planted anything in your life, we've got the information you need to get a backyard garden started. We asked Levi Gardner, the founder and co-executive director of Urban Roots, for his advice to do just that.

**The Epoch Times:** What benefits might a family enjoy by growing and nurturing a garden in their backyard?

**Levi Gardner:** In addition to the satisfaction of growing and eating food from your own garden, research has shown the biophysical and psychological benefits of being in the elements. From touching the soil to soaking up the sunshine, gardening has multiple positive effects for individual wellness in both its product and its process. This phenomenon is sometimes referred to as biophilia, and it's the explanation for the innate tendency humans have toward mimicking life and lifelike processes.

Furthermore, no place can be as educational as the garden. From learning about soil biota to solar paths, from thermodynamics to geometry, a wide variety of topics can be covered in the garden. For more information, check out LifeLab.org.

**The Epoch Times:** How should families prepare their backyard for a garden?

**Mr. Gardner:** There are a few really important elements. If you live in the city, you should always soil test for toxicity prior to growing anything.

Assuming you have a backyard where something is already growing, you can till but we strongly recommend no-till methods. What this often means is using sheet layers of cardboard covered with compost. Ideally, this can be in a raised bed if you desire, but most beds are only about 8 inches to 10 inches tall, while the taproot on a carrot can easily be more than 2 feet deep! We strongly recommend folks do what's called "double-digging," which you can learn more about in this video (bit.ly/2UGNUPQ).

Start small, with easy-to-grow crops, and go from there.



“**Simple staple garden vegetables like lettuce, tomatoes, and peppers are ideal.**”

Levi Gardner, founder, Urban Roots



If you do use a raised bed, I strongly recommend you still cover the base with cardboard (remove the tape first!). As it breaks down, it will smother weeds, trap moisture, and help develop a better root zone for your veggies.

**The Epoch Times:** What about those in urban settings? What types of gardens can city dwellers create?

**Mr. Gardner:** Using biointensive methods, families can actually grow a lot more in a small space than they may imagine. Even one bed that is just 50 square feet (approximately 4 feet wide by 12 feet long) can easily yield more than 100 pounds of produce.

For those without a backyard, use as many large buckets and planters (as possible) on your patio—always taking care to provide fertility to your plants, whether through compost or organic fertilizers.

Sometimes, it's not about horizontal space, but vertical space as well. Concepts like vertical growing, trellising, and inter-planting can help urbanites get the most out of their small areas.

**The Epoch Times:** For the absolute beginner, what are the fundamental steps of starting a garden?

**Mr. Gardner:** Start small. It's easy to build on success, it's hard to bounce back from too many failures. Start with a small area, do it really well, and then add upon there. Use compost, use the right tools, use appropriate irrigation methods. Start each year with just a few easier crops to grow, and keep a journal.

You'd be amazed at what you forget at the end of the year. A journal and a diligent hand will go a long way. Also, we have a lot of resources on our webpage to help with those sorts of questions: Urban-Roots.org/gardeners-resources.

**The Epoch Times:** What types of plants do you recommend newbie gardeners grow?

**Mr. Gardner:** We, of course, grow arugula to zucchini, but it's ideal to grow

a combination of (1) the things you are excited to grow and (2) the things that are more rewarding or offer an easy return.

Simple staple garden vegetables like lettuce, tomatoes, and peppers are ideal. Root crops including beets, carrots, or turnips are enjoyable but also require a little bit more intention with soil preparation.

Also, for kids things like peas, pole beans, and melons can be most enjoyable and tasty.

**The Epoch Times:** What common mistakes do people make in creating and caring for their garden?

**Mr. Gardner:** This is such a large question—I could write a book on this! Some of the biggest mistakes people make, though, is thinking that there is something “wrong” with the plant. There is almost never anything “wrong” with the plant. Plants grow—it's what they do. However, if they aren't getting the resources they need (be it soil fertility, drainage, sunlight, or good soil media) it looks like something is wrong with them.

When the plant doesn't look healthy, focus on the things you can change. And most likely, you won't be able to change them this year—so learn for next year. I've been growing for over a decade, and every mistake is the opportunity to learn something new.

Also, I can't stress this enough—put the energy into preparation. You can't change the soil profile once you are into your season, so remember that each season is an opportunity to have a few successes and a few failures; the failures are what you learn from!

**The Epoch Times:** What are the keys to ensuring a successful garden throughout the season?

**Mr. Gardner:** Think like a living being. You don't “build” a garden, you nurture it, steward it, support it, cultivate it. It's more like a child than a building. So treat it that way. Use worthwhile tools. Adapt with the season. Have fun. Learn something new!

# In a Pinch: How to Set Up Your Home Workspace

BARBARA DANZA

In the age of social distancing, workers of all stripes are suddenly finding themselves working from home. Our new co-workers may be furry friends, suddenly homeschooled kids, or spouses in the same boat.

We're asking a lot of the spaces in our homes.

So, how can we properly set up our new workspaces? I asked Jonathan Puleio, a certified ergonomist and vice president of consulting for Humanscale, for his advice on setting up a home office. The company makes ergonomic workspace products.

**The Epoch Times:** What are the key elements to consider when setting up a home workspace?

**Jonathan Puleio:** After getting set up with all of the hardware and software you need to be productive at home, focus should then shift to optimizing your health and comfort.

Optimizing your monitor and keyboard position will have the greatest impact on how you feel throughout the day. Setting your moni-

tor height such that the top line of text is at or slightly below eye level is recommended for accommodating your natural 15 degree downward viewing gaze. Positioning your monitor at arm's reach while tilting the screen away for your body will optimize visual comfort.

Aligning your keyboard and mouse with your seated elbow height will significantly reduce shoulder, hand, and wrist discomfort. Flattening your keyboard will promote straight wrists and reduce the risk of carpal tunnel syndrome. Simply bringing your keyboard and mouse closer to your body enables the use of the chair backrest and is often a cure for lower back discomfort. If you have an adjustable task chair, unlocking the backrest will help promote movement.

**The Epoch Times:** What are some mistakes people tend to make when setting up a workspace in their home?

**Mr. Puleio:** Many home-based workers underestimate the importance



Don't underestimate the value of a proper work setup. It doesn't need to be a big investment but should focus on your health and comfort.

of a proper setup. We see workers setting up their laptops on raised kitchen countertops, coffee tables, and even beds. These types of setups are prone to high-risk postures and are simply not sustainable over the long-term. Fixed standing workstations are also prone to high levels of discomfort levels because they do not support the ability to sit.

Alternatives to traditional task chairs such as exercise balls, kneeling chairs, benches, and stools aren't recommended for prolonged sitting because they don't support the back.

Work-from-home employees might appreciate being able to work for hours without interrup-

tions, however, this benefit comes with unintended health consequences as prolonged static postures, no matter how close to optimal, will lead to significant discomfort. We recommend getting up from your desk two to three times per hour, even if just for 60 seconds at a time.

Lastly, residential lighting levels are often significantly lower than found in traditional offices. While this is a benefit for viewing a monitor, reduced ambient light levels can compromise one's ability to view paper-based work. Investing in a quality controllable task light is the best way to offset this issue, especially for those over 40.

**The Epoch Times:** Working from home is a temporary arrangement for many. How can a workplace be set up that doesn't bust the budget?

**The Epoch Times:** Small spaces can offer unique challenges. What advice would you give someone setting up an office in a small home or apartment?

**Mr. Puleio:** Luckily nearly any sized work environment can be equipped with ergonomic work tools. That said, there are some recommended strategies for freeing up additional space.

Flat-panel monitor arms, for instance, are effective in creating additional usable work surface area by lifting the monitor off the desk.

Articulating keyboard supports can also free up desk space by clearing the desk of the keyboard and mouse. The additional space can be used to position reference material directly in front of the body. In a small home or apartment, maximizing vertical space with shelving can be an effective strategy for storing items that would otherwise crowd the desk.

**The Epoch Times:** Working from home is a temporary arrangement for many. How can a workplace be set up that doesn't bust the budget?

**Mr. Puleio:** If you value comfort over aesthetics and are on a budget, cardboard boxes, reams of paper and stacks of books make highly effective monitor stands and footrests. A rolled-up bath towel can serve as decent lumbar support if you find your chair's backrest is a mismatch with your spinal curvature. Throw pillows can be used either to cushion a hard surface or as a means to raise your effective seated eye height.

Proper body alignment can be achieved without the need for investment. We recommend aligning the midline of your body with the space bar on your keyboard and the center of your monitor. Raised kitchen counters can be utilized as short-term standing workstations provided they align with your standing elbow height.

Humanscale is offering online ergonomic consultations for anyone setting up their home workspace or for employers looking to support their remote teams in working from home.

# Child Chess Champion's Family Tells Their Story of Miracles

CATHERINE YANG

**T**ani Adewumi was just in first grade when Boko Haram knocked on his father's door and turned their lives upside down. A couple years later, the story of this son of a Nigerian prince turned homeless refugee turned prodigy chess champion warmed hearts the world over, and since then, the miracles have only continued.

The family tells their story in detail in the book “My Name Is Tani ... and I Believe in Miracles” written with author Craig Borlase, which hits shelves April 14, along with a young reader's version. A movie adaptation of Tani's life is in the works at Paramount.

Last year, the 9-year-old Tani had only been playing chess for one year when he won the New York State Chess Championship. Tani, his parents, and his brother, Austin, were living in a homeless shelter at the time, and his chess coach reached out to a reporter with their story. It went viral, and goodwill started pouring in: a car, an apartment, prayers, and more than \$250,000 raised in an online fundraiser the family then put into a foundation to pay it forward.

In truth, during those night visits from Boko Haram, Tani said, he was asleep for much of the time. But in the process of writing the book and hearing the full story from the perspectives of his parents, as they escaped the terrorists and created a new life in America, Tani was in awe.

His father, Kayode Adewumi, and mother, Oluwatoyin Adewumi, continue to count their blessings and pay it forward.

“Life has changed tremendously,” Kayode said. “The gravity of what has happened is still going on. At times, when I look on Google, it's like the news came out yesterday. After that year has gone, what God has done has continued. God has already changed our life completely for good.”

**Leaving Home in Fear**

Kayode says the miracles began the day he set eyes on his wife—not his wife yet, as they hadn't even been introduced, in fact. But he spotted her across the street in a beautiful headscarf and greeted her, and told her one day they would get married. She laughed.

In December 2015, schools in Abuja, Nigeria, had sent children home because Boko Haram attacks were growing in frequency and intensity. Kayode was the CEO of a successful printing business, until he got an order for 25,000 copies of something on a flash drive.

It was a poster with a logo of guns, and the words in Arabic reading “Kill all Christians. Death to Western education.” Kayode realized they were Boko Haram, and tried to return the drive and turn down the order.

But they didn't let Kayode go easily—though their sons, Tani and Austin, knew little of what was going on at the time, Kayode and Oluwatoyin faced four heart-stopping visits from Boko Haram that drove them out of town, and then out of the country.

Each time, the only thing that stood against them was a single door, and prayer.

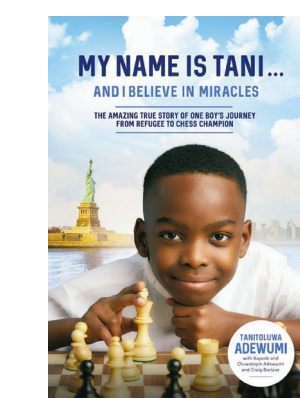
But after the fourth time, it became clear this was no way to raise their chil-



The Adewumi family: (L-R) Kayode, Tani, Austin, and Oluwatoyin.

Nine-year-old Tani Adewumi had only been playing chess for one year when he won the New York State Chess Championship, in his age group, last year.

**Tani's interest in chess hasn't waned a bit, and he says there isn't anything he doesn't like about chess—even losing has its lessons.**



“My Name Is Tani ... and I Believe in Miracles” by Tani Adewumi with Craig Borlase.



dren. A tourist visa to the United States they had applied for months ago turned out to be a huge blessing, and the family moved to Dallas to stay with Oluwatoyin's uncle. Obstacles of a different sort arose in Dallas, and the family moved to New York for a fresh start, determined to reach self-sufficiency through hard work and humility, while honoring their roots and where they came from.

**Discovering Chess and Perspective**

Tani, an inquisitive and passionate child, was introduced to chess by his older brother, Austin. Austin had seen the game played by others, and though he didn't know the rules, created a makeshift chessboard in order to play with and pass time with his brother.

The two of them are best friends, Kayode said, and are always playing together.

Once Tani started school in New York, he took a chess class, where he learned the real rules of the game. His curious mind took to the puzzles immediately, and his interest only kept growing as he discovered the strategies of past and present chess legends, and how to develop his own style.

Through hard work, a lot of passion, and what Kayode says he “can only call genius,” Tani became an overnight champion. His coaches Russ and Shawn chess camp and tournaments, and the young player now has a rating of 2,000, up from 1,500 when he won the state championships.

In chess, there is a rating system based on performance against other players, and the U.S. Chess Federation ranks Class A at 1800–1999; Experts are 2000–2199, a National Master is 2200–2399, and Senior Masters are 2400 and up.

“I'm improving a lot,” Tani said. His interest in chess hasn't waned a bit, and he says there isn't anything he doesn't like about chess—even losing has its lessons.

“Three and a half hours a day; I play, play, play, play, I don't stop. It's a very good game,” Tani said. “I'm focusing on improving my endgame, opening space endgames are very hard.”

“Chess teaches you about life,” Tani said. How to deal with losing, changing strategy, being flexible, and moving in your desired direction are things that

apply both to the game and in a broader sense, he explained. “I think chess teaches you different strategies.”

**Little Things Add Up**

Life in New York was difficult at the beginning, but Kayode and Oluwatoyin said they were able to make ongoing sacrifices as they focused on family and faith. They had made all their big decisions by considering what would be best for their sons' futures, and Kayode said it has led to a wonderful life in the country the whole world looks to, by the grace of God.

Kayode says he hopes that if their story serves as inspiration, it will be so also to parents, to remind them to be dedicated to their children, to focus on them as the future, and not just have faith themselves, but teach their children faith as well.

“If we did not come together in support of Tani, we might not be where we are today,” Oluwatoyin added. Even though the Adewumis were pressed for time and money, and had no idea the levels at which chess is played when Tani started playing, she went out of her way to take him to trainings and accompanying him to competitions because of his passion.

People often remark to Oluwatoyin how well-behaved her sons are, and she reminds us it's important to mind the details. In raising their sons, she never fails to remind them to thank God for their blessings, and to remember who they are and go through life with dignity, humility, warmth, and good manners.

When the online fundraiser went live, and thousands upon thousands of dollars poured in, it was through small donations of \$5 or \$10 from countless strangers. Many were anonymous, including the person who gifted the Adewumis a car, and they may never be able to thank them personally. But the little things added up and turned into life-changing miracles.

“So many different people came together in ways we could not even imagine; we believe it is God-sent,” Oluwatoyin said. “In all these little things that we don't think counts, God can make a way. I want everybody to know that God can make a way when you think there is no way.”





Some ideas for building warmth might include beginning the day with cuddles, some massage, a good story, or even some rough-and-tumble games on the bed if you're up for it.

## PARENTING

## Boundaries and Warmth: How to Enjoy Time at Home With Young Children

JUNE KELLUM

The worldwide spread of COVID-19 is both scary and concerning. It has brought us all a lot of uncertainty, but as many of us are now staying at home, we have unexpected and precious time with our families.

If your children are young, I hope you are cherishing this closeness with them. However, increased closeness almost always brings new tensions into play, and if you're not used to hanging out all day with toddlers, you may be feeling like you're about to unravel. If so, please read further.

I'm a stay-at-home mom of two and I've unraveled my share of times, but from these painful experiences I've learned two things: All uncomfortable dynamics with toddlers are fixable, and that, as the parent, I have full control to fix it—if I'm willing to find my shortcomings and put in the effort to fix them.

### If your children are acting out, they are probably reacting to the environment you have created for them.

Now you may be thinking that since only one of your children is causing the issues, it must be that child and not you, because the rest are fine. Please don't compare your children with each other or with other kids. If you are blessed with difficult children (and some children seem to come that way) then you are truly blessed because they will help you get to the depths of your heart and soul, and the love and wisdom you will gain from parenting them well will be immense.

The second thing to consider is that if your children are acting out, they are probably reacting to the environment you have created for them. Elements in the environment to consider include diet, the cleanliness of the home, the number of toys, and your parenting style and moods.

If you're in need of some motivation I recommend watching some episodes of British super nanny Jo Frost and/or dog trainer Cesar Milan. The common theme

running through both of these is that children and dogs with very strange behaviors or consistently aggressive or obsessive behaviors change dramatically when their parents/owners step up their game.

I wrote last week on the importance of finding a rhythm in your day. This article will discuss two other key elements to child happiness: good boundaries and warmth.

These two are very much connected because if you don't have clear boundaries with your children, then you will not enjoy them, and it's nigh impossible to feel warm and loving toward them.

## Boundaries

After babies are born, we quickly become accustomed to meeting their every need right away. However, when they become toddlers, we start needing to discern their wants from their needs, which is not always easy! So it may be only after they age that we see with clear hindsight, and learn what certain behaviors we should have nipped in the bud.

With boundaries, my general rule of thumb is don't let your children do things you don't like them to do. However, as you well know, it does not work just to tell a young child to stop or change their behavior. You will have to teach them—model the behavior you want to see and have clear consequences if they don't. You will also need to consider if your behavior is unknowingly encouraging theirs.

For example: your child won't sit through a meal. You might need to first consider the quality of the meal environment. Are you sitting with them or are you bustling around? If they see you moving, they probably see no reason to stay put. I try to eat with my kids as often as possible. We say a little blessing before the meal, which many young children really seem to love, and then we talk about things or read stories (after every page they eat a bite), or I bring a small toy to the table for a little puppet show. This of course takes some patience and dedication on my part, but I've been rewarded with kids who look forward to mealtimes and eat well.

It will take some careful consideration on your part to understand how to set correct boundar-

## WHAT BLOCKS WARMTH

- **Looking at your phone.** Kids don't like it, and it's always annoying to be interrupted.

- **Checking social media.** It's very easy to be triggered by things, and you are not in control of what you see.

- **Consuming news.** Same as social media, news can be triggering. I don't let my children listen or watch the news because I think it's important that while young, their world is bright and beautiful.

- **Not being disciplined with time and money.** This will leave you feeling stressed or guilty.

- **Lack of sleep.** It's a no-brainer, but just a reminder to make it a priority.

ies in problem areas. An excellent and concise book for setting good boundaries is: "Love and Logic Magic for Early Childhood."

Some key principles for good boundaries from the book are: "Replace anger and frustration with empathy."

"Replace threats and warnings with simple actions."

"Set limits you can enforce."

"Give away control you don't need."

An example of simple actions from the book: baby spits out food that he normally likes. You determine that the food is not spoiled, and he is testing the limits. You say with "gentle, sweet sorrow" something like: "How sad. Lunch is over." Then calmly put him in his crib and clean up.

Another key to effective boundaries discussed in the book is that children need to feel the consequences of their actions. As the parent, you can look forward to their mistakes because they are a wonderful occasion for children to learn valuable lessons. Making lots of mistakes makes kids wiser.

## Warmth

Warmth is the real key to enjoyable and productive interactions with young children. In fact without it, no technique will produce a happy cooperative child.

It's a similar principle to good customer service—when the agent takes your problems seriously and tries to be helpful, you want to do business with the company again. If the agent is curt, you will probably go elsewhere. Children can't choose to take their business anywhere else, but they will reflect our grumpiness right back at us, often in unexpected and maddening ways.

"Take her clothes off!" my 4-year-old screamed today, referring to the apparel I'd just put on his younger sister. I had spent too long on a video call with my family and had ignored the early warning signs that he was reaching his limit. He certainly didn't care what she had on; he was upset because I was paying attention to her while he needed TLC.

Warmth is what fosters a deep connection with a child and is very healing and fortifying—something we all can use right now. It can be expressed quietly with eye contact, a smile, or with enthusiastic praise; it comes from a place of calm and optimism. When you increase your warmth toward young children it builds

a wonderful buffer for the inevitable conflicts.

Of course you will not always be able to find warmth during a conflict, but if you make the effort to practice warmth when times are easy, it will increase your capacity during the tough times.

And there is nothing quite like seeing the joyful sparkle in a child's eye when they feel appreciated and loved.

I have had great success gaining cooperation too by increasing my efforts to connect in a loving way with my children during the day.

Some ideas for increasing warmth: beginning the day with cuddles, some massage, a good story, or even some rough-and-tumble games on the bed (if you're up for it) get things off on a positive note; singing together (as long as you enjoy it); taking care as you dress them; noticing and commenting on their interests during the day; and offering sincere praise for their good behavior and accomplishments.

In order for you, the adult, to maintain warmth, it's of course important to be kind and gracious with yourself as well as disciplined. These are tough times and you may be under a great deal of stress for many reasons, including finding yourself squeezed between full-time childcare and working from home.

If this is the case, I suggest waking early to work and working when they sleep. Young children have little tolerance for watching us stare at a screen.

Now maybe mornings and evenings are usually your "me time"? As many of us stay-at-home mothers have found, you probably need to recalibrate self-care. Right now, you may not be able to take time in the evening to relax and entertain yourself because you have to work. But I encourage you to find great relaxation and calm during the day. This is much easier if you have a solid routine and you can find small ways to increase your moments of enjoyment. For example, allow yourself 15 minutes of reading with a hot beverage. Listen to your favorite show as you clean up at night. I like to meditate next to my kids as they fall asleep, as I find it relaxes and refreshes me for the night's work ahead.

A good book to further explore warmth is "Joyful Toddlers and Preschoolers: Create a Life That You and Your Child Both Love."

Good luck! I wish you great enjoyment and parenting success in the time ahead.

## Let's Bring Back the Thank You Note

CULTURA MOTION/SHUTTERSTOCK

JEFF MINICK

A retired teacher meets a former student, learns she is discouraged about her life, takes down her address, and mails her a copy of Charles Murray's "The Curmudgeon's Guide to Getting Ahead." A woman works 12 hours a day from her home, writing memos and editing reports sent to her by her supervisor, trying her best to keep the company afloat in this time of quarantine. A husband and wife struggling to pay their rent are given \$1,000 by a friend's father.

So what do the teacher, the secretary, and the friend's father share in common?

None of them receives a thank you note. The retired teacher never hears a word back from the student. The supervisor stops by the young woman's desk when the office reopens and offers a word of appreciation. The husband and wife text a brief thanks to their benefactor.

## Words on Paper Work Best

Thank you notes for all sorts of gifts—money and presents, advice, help of some kind—were once commonplace. The recipients put pen to paper, wrote out their letters, thanked the givers, explained how they would put the gift to use, and popped the note into the mail.

Given our age of high technology, a note of thanks sent through the post office has likely gone the way of the Remington Electric Typewriter and landline telephones. Few people write letters of any kind these days, corresponding instead via the Internet or by cell phone.

This is unfortunate, as receiving a personal letter in a mailbox is rare and an event to be celebrated. This past New Year's, for example, I resolved to send letters to two of my grandchildren every week—I have a multitude of them—and from toddlers to teens, this gang delights in getting their own special message from Grandpa in the mail.

So a written or typed thank you, even one delivered by hand to a co-worker or a note left on the bed pillow of your spouse, is a special event. Those words on paper tell the recipients you cared enough about the gift to set some time aside, write out your thoughts, and put a stamp on an envelope.

## Alternatives

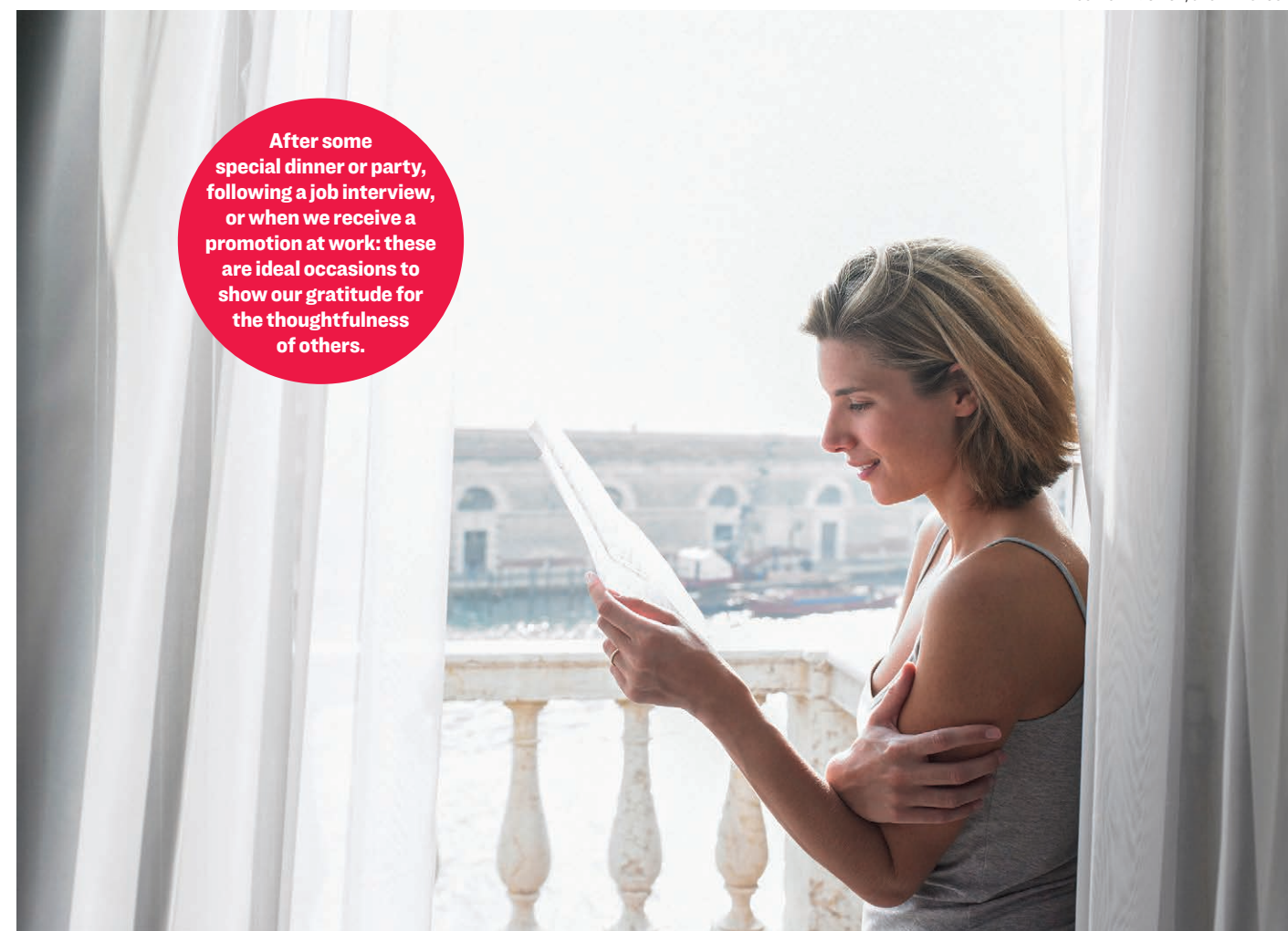
The next best course is to send an email of gratitude. Here again, the person you are writing will be happy to hear from you and will appreciate your gesture.

Even a phone call can work. Recently, I missed sending a birthday present to an 8-year-old grandson. After about a week, I realized my mistake, ordered him a child's tool belt with real tools from Amazon—I had noticed how much he liked hammering nails into boards on my last visit—and received an excited call from him three days later. "So did the tool belt fit?" I asked. "I haven't tried it on yet, Grandpa," he said. "I wanted to call you first and thank you."

The excitement in that kid's voice brings a smile every time I think about him and that tool belt, and in this particular case beats a written note any day of the week.

Of course, some gifts don't oblige us to write such notes. No one in my family

After some special dinner or party, following a job interview, or when we receive a promotion at work: these are ideal occasions to show our gratitude for the thoughtfulness of others.



### Given our age of high technology, a note of thanks sent through the post office has likely gone the way of the Remington Electric Typewriter and landline telephones.

gives formal thanks for gifts exchanged at Christmas. Most birthday presents may receive a thank you in person or via phone. Intimacy and the occasion preclude a formal gesture of gratitude.

In most circumstances, however, the thank you note allows us to deepen our connection with another person. After some special dinner or party, following a job interview, or when we receive a promotion at work: these are ideal occasions to show our gratitude for the thoughtfulness of others. Sometimes, too, we can write to those who have given the gift of themselves: our parents and grandparents for their guidance; siblings, other relatives, or friends for their love and fidelity; a coach or mentor who has touched our children's lives; the neighbor who stepped up to the plate and babysat our children while our spouse was ill.

## Some Suggestions and Guidelines

For those who find writing a grocery list, much less a letter, burdensome, please know there is plenty of online help. In "Thoughtful Wording for a Thank You Note," for instance, Debby Mayne offers some helpful tips, even giving her readers specific wording to use in their letters. She takes us step-by-step through this process, reminding us that in such notes we should express our gratitude, mention specifically the gift we received, and describe how we intend to use it or how it benefited us.

That last point is key. It is important we tell others not only of our gratitude, but whenever possible also explain why that gift, whatever it was, meant so much to us. After my wife died in 2004, and until her death last year, my mother-in-law sent me a check every year for my birthday. That money was always needed, and when I wrote her back, I made sure to describe exactly how

it would be used: college tuition for some of my children, repairs on my Honda, visits to the dentist, and so on.

These notes can be short and to the point. Recently, I learned that the newspaper for which I write book reviews is struggling to keep the doors open. The paper depends on advertisers for its revenues, and the pandemic had panicked them into reducing or eliminating their advertising. To help out my friends at the paper, I sent a small donation and received back a brief reply from the editor expressing his gratitude and telling me he would use the money to help meet the payroll. To hear that from him, to know that in some small way my money might help people I'd known for years, was gratifying.

## The Radiance of Gratitude Expressed

Though we should try to write such notes within a few days of receiving a gift, it's really never too late to write and express our gratitude to someone. In my mid-40s, when I was teaching homeschooling seminars, I wrote to my ninth-grade English teacher, with whom I hadn't communicated since I was 14, to thank him for some of the projects he had assigned us and to tell him I was introducing similar projects into my classroom. He sent back a delightful note of encouragement about teaching, telling me as well how much my letter had meant to him.

A thank you note may seem a small and even trivial thing, but it lights one more candle in a world often in need of light.

*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 Jeff-Minick.com to follow his blog.*

## THE LIGHTER SIDE

## Owner Sends His Dog to Buy Cheetos From Shop Amid Lockdown

LOUISE BEVAN

A Mexican man in self-isolation during the CCP virus outbreak has found an ingenious solution to satisfying his junk food cravings.

Rather than leaving the house to get his snack fix, the man employed a pint-sized helper to get the job done. He sent his chihuahua, Chokis, on the shopping trip in his place.

Antonio Muñoz, of Pesquería, Mexico, then took to Facebook on March 18, with the following message: "Day three of quarantine. I wanted my Cheetos."

Muñoz wrote a note, affixed it to his little dog's collar, and sent the pup out of the house to retrieve the coveted item: a packet of cheesy Cheetos chips.

"Hello Mr. Shopkeeper," the handwritten note began. "Please sell my dog some Cheetos."

"The orange kind," the note continued, "not the red ones, they're too hot. She has \$20 attached to her collar."

Muñoz then added a gentle

warning about his occasionally temperamental chihuahua to the bottom of his note, "She will bite if not treated right," before signing off, "Your neighbor across the street."

Evidently, the note worked. In his post, Muñoz added a series of snaps of Chokis crossing the street with a bag of orange Cheetos in her mouth, exactly the type that Muñoz had requested. While it remains unclear whether the little dog managed to carry her owner's change back across the street, the snack-collecting mission was an undeniable success.

To date, Muñoz's canine caper has amassed over 252,000 shares on Facebook.

According to Bored Panda, after the hilarious photos of Chokis were shared on social media, many social media users left comments praising Muñoz for his bright idea and the little dog for her obedience.

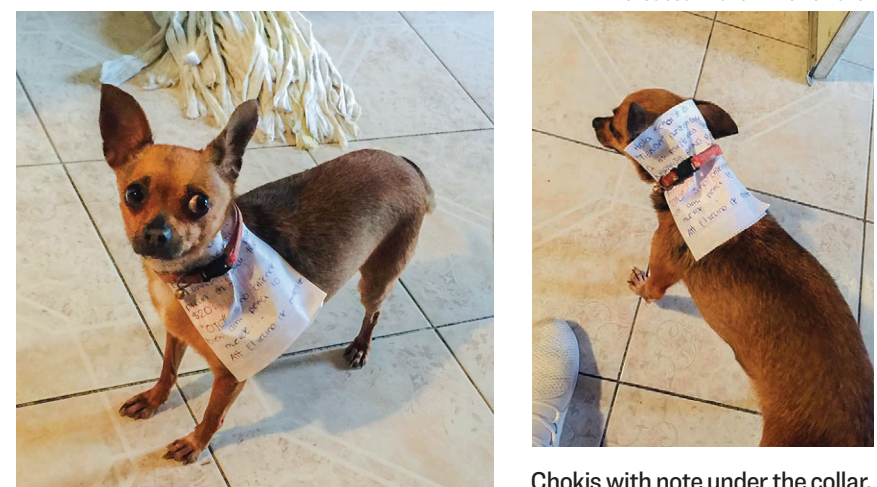
"This absolutely made my day," one person commented, while another said, "I can't stop laughing."

"Low bar: dog gets you a beer from the fridge," another person wrote. "High bar: dog commutes to get you snacks, returns with change."

After Muñoz's post went viral, the dog owner told Metro UK, "Chokis delivered the Cheetos this time and on two other occasions." The two other occasions, Muñoz added, were for different potato chip flavors.

According to the CDC, there is currently no evidence that companion animals, including pets such as cats and dogs, can catch or transmit the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus. As such, Muñoz's miniature snack messenger may just be the perfect solution to shopping during the isolation restrictions.

During what is for many people a stressful, uncertain time, creative stunts like Muñoz and Chokis's Cheetos mission are providing levity and comfort to social media users around the globe.



PHOTOS COURTESY OF ANTONIO MUÑOZ

Chokis with note under the collar.



(Left) The note for the shopkeeper: orange Cheetos, not the red ones. (Right) Cheetos-buying mission accomplished.



# Former NYPD Transit Chief Recovers From COVID-19, Spreads Hope

CATHERINE YANG

Joe Fox was inside his house in Rockaway Beach, N.Y., looking out over at the happy children playing on the boardwalk, and he felt the same happiness he did two weeks ago, even though two weeks ago he had just come down with COVID-19.

"I found myself looking out the window, seeing people on the beach, walking by. I remember thinking 'Wow, they're so lucky, they're not sick,' because so many people in so many other places are," said Fox, 63. "But that just got me in touch with, I guess, a feeling of empathy with those who are not overall healthy."

It was his empathetic and caring nature that led Fox into a career of public service, as an NYPD transit chief and leadership coach, but Fox said he felt even deeper empathy at that point. He thought about what it must be like for a child confined to a wheelchair, or someone handicapped by a chronic illness.

"It was a very grounding feeling for me," he said. "And it's like a seed that's been planted, and I don't know where it'll go yet."

Fox has spent his life driven by a mission to do good, and since he started recovering, he has been brimming with ideas to give back.

"I'm going to do some research to see if I can help, whether it's testing, or antibodies, even volunteering some place," he said. "I feel like I've been almost gifted by having this, assuming that's true I can't have it again, now I'm less restricted in a way ... that means I can possibly do things, maybe even go into hospitals."

## A Sudden Fever

Fox was out shopping on March 14 when he suddenly got a fever, and went directly home.

"It didn't come on slow, that's why I suspected this was it right away," Fox said. Usually colds start out with



Joe Fox recovered from COVID-19 and shared his story to try to help give others hope. He says our fears should not end up making us feel worse than the virus itself.

a sniffle or a cough, but Fox felt his fever before his temperature even registered it. Half an hour later he took his temperature again. It had gone from normal to 101 degrees.

The fever lasted less than 24 hours, and then it was gone.

Fox went to his doctor and got tested the next day because he had underlying health issues and had asthma most of his life. He wasn't able to get the test results quickly, and ended up needing to get tested at a lab a few days later where it was confirmed he had the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus. Later, his initial hospital test came back positive as well.

Over the next few days, Fox experienced fatigue and fever on and off. He realized he must be one of

the lucky ones, not having lost his sense of taste and smell or having body aches. Then about a week in, Fox started coughing so much he couldn't even have a conversation, and then he got worried, because living alone he wondered whether he could call 911 himself if he needed to be hospitalized. Luckily, he was prescribed cough medicine, and that started to help. By day 13, Fox said he was starting to feel better.

"And then by day 14, I felt better, 110 percent myself," Fox said.

"I feel a kind of relief that it's behind me. But at the same time I feel very, very fortunate because it was not nearly as bad an experience as many people have had, I mean everything from death to hospitalization," he said. "I'm hoping I can be more productive now, even more

than I could have been before. I will be careful, but I think there are certain things I could do [with immunity]."

**Fear**  
Fox took to social media to share his good news, and comments started pouring in.

He has been active on social media for a long time, and he knows that his posts will typically get at least five times more likes than comments, but when he shared his story of recovery, he got hundreds more comments than he normally sees.

There were well wishes, but there were also a lot of people expressing what Fox could only call fear.

"There's a lot of emotions and feelings," he said. "The fear of the CCP virus itself—not just the virus—has

become a life-or-death challenge in the minds of many, Fox explained, as we are projecting and treating it as such.

Don't let your new normal be worse than the virus that caused it, he advised.

"That's one of the reasons I wanted to make [my post] public, I wanted to be mindful of the people who are struggling. And people have died, but at the same time, [for] so many people who get this, and the experience is not life-threatening, and really not even life-changing," Fox said. And he is correct; according to the Centers for Disease Control and Prevention, the vast majority of people recover without special treatment in roughly two weeks.

"There's a fine line between crippling fear and due diligence," he said. "I just want to suggest to them that they live their lives differently and carefully, but live their lives."

## Self-Care

He also hopes people will remember to practice self-care, as it's one thing that helped him personally.

Maybe this means turning off the television so you don't have to hear the same bad news for hours, or not going on social media that day so you don't have to scroll through polarizing posts that only make you more upset.

"It's as simple as knowing what's good for you," Fox said. But some of us are so deep into what's bad for us—the media or habits that are making us sadder and sadder—that it becomes our new normal. For example, he said, if you stop eating fast food for six months, when you have it again you actually feel a little sick—because your body's reaction is telling you this is bad for you. We don't want to mute those natural responses.

This is not a new realization for Fox, who lost people during 9/11 and attends the memorials, and the reading of their names. But he doesn't stay for the whole event or force himself to watch all the news about that tragic event.

"And so my advice is, don't let this fear of this thing actually put you in a worse state of mind than if you were actually sick. Exercise self-care, as far as what we do with our time and what we expose ourselves to," Fox said.

MANY NGOM

Working from home can be tricky. The environment is relaxed and we keep watching the news to monitor the evolution of the pandemic. That can easily put us in a "oh-my-the-world-is-crazy-now-I-can't-work" mood.

The dress code you choose for yourself every day will help you manage your time well and stay productive.

Here are some tips for those telecommuters—whether you're a boss, an employee, or self-employed—who may be scratching their heads as to what to wear.

## For Bosses

It's not easy for company leaders to see suspended operations or unwanted lay-offs. But they still have to get going, and motivate and inspire staff.

Choose an outfit that is office-appropriate and professional. Ladies can ditch the heels and switch to flats, like ballerinas. You don't have to wear a suit; a nice blouse and dressy pants will do. It is spring and you are working from home, so your blouse can be a bit casual; try one with delicate prints or small florals, a nice alternative to the dark suit required at the office. Makeup should be light.

For men, a blazer is "de rigueur." This must-wear item means business and reinforces the professional dress code. But again, gentlemen, you are working from home and the situation is more relaxed, so you can wear your blazer with a dark T-shirt or a crisp white shirt.

Grooming is essential; not shaving for days might send a message of despondency or loss of motivation to the team. It is very important to appear strong in front of your team members to reassure them. Another tip: ironing is critical, whether you opt for a T-shirt or a formal shirt—no creases allowed.

(Top) Slim Fit Virgin Wool Blazer by Paul Smith, \$1,095.

(Bottom) Printed Blouse by Luisa Cerano, \$205.



## For Employees

Employees can opt for a casual-chic style, especially if you have multiple video conferences during the day.

Ladies, choose colorful tops, to show your enthusiasm. For bottoms, you can get away with casual pants, like dressy joggers or khakis, or a skirt. The most important item is your top and its vibrant tones. You can wear jewelry with these bright colors, but opt for a natural look for your makeup (red lipstick should be put in quarantine).

For men, a nice flannel shirt with khakis will do. A flannel shirt is neither too dressy nor too relaxed; it's the perfect item to wear for video meetings. Grooming is also important. Nails should be clean and your hair well-trimmed.

(Top) Short Sleeves Knitted T-shirt by Dolce & Gabbana, \$975.

(Bottom) Chest Pocket Cotton Blend Flannel Shirt by Dunhill, \$380.



## For the Self-Employed

Ladies, with no video conferencing to do, no one knocking on your door, and the fridge and pantry full, yes, you can lounge in your pajamas. Keep your look nice, though, just to remind you that, after all, you are the CEO of your own company. Opt for silk PJs, or light, soft flannel if it's still cold.

Gentlemen, you can don your favorite lounging clothes—a henley shirt and sweatpants. Make sure the pants are in good condition, without holes, discolorations, or ironing burns. At some point during the day, you will go out for a walk or do some errands, and you want to look decent. Complete the look with a nice pair of running shoes.

No matter what style you opt for when telecommuting, what is most important is to separate your private life from your professional one. Remember to take breaks, and not work too late, just because you are home.

(Top) Indigo Long-Sleeve Henley T-shirt by Orlebar Brown, \$225.

(Bottom) Bianca Striped Cotton Poplin Pajamas by Emilia Wickstead, \$780.



Elana Koenig with Dr. Wexler during her period of cancer treatment.

## Cancer Survivor Gives Back, Raising Money for Hospital PPE

CATHERINE YANG

During Elana Laila Koenig's long battle with cancer, she and her mother Rena Koenig received immense support at the Memorial Sloan Kettering Cancer Center. So much so, that the center has become like a second home to Rena Koenig, even after her daughter's recovery.

Over the weekend, Rena was at the cancer center to drop off a goodie bag for another child patient, and while she was there, hospital workers approached her and shared their concerns about running out of personal protective equipment (PPE).

When she got home, she got an email from one of the doctors she had worked with over the years, about the same thing: PPE shortages.

Rena's thoughts were about all the hospital staff that had worked with her daughter during their long battle with cancer.

"Dr. Wexler saved our daughter's life," said Rena, who is a business manager at the digital agency Glow. "I want to help keep him safe."

"My daughter went through cancer treatment when she was almost 8 and spent one and a half years in the hospital. The hospital people are amazing—the nurses, the doctors themselves. He [Dr. Wexler] treated our child as his own

child," Rena said. "She [Elana] would send him emails and he would respond to her emails, with emojis and explaining things to her, making her feel better not only in terms of answer her physical questions, but emotionally he was helping her to go through the experience."

**“Dr. Wexler saved our daughter's life. I want to help keep him safe.”**

Rena Koenig

Elana's cancer days were dark days. She was spending 75 percent of her time at the hospital during those one and a half years.

"Her cycles were three weeks. One week she would get chemo in the hospital. The second week she would feel chemo's effects; immediately she would get a high fever, a life-threatening fever. And then the third week she would feel recovered from that and we would be in the house," Rena said. "Then there were times she went through surgery, and then five, six weeks were in the hospital nonstop because she had a 12-hour surgery. Can you imagine how much time you need to recuperate from that?" So when the pandemic turned hos-

pitals into a crisis zone, it hit home for Rena. People who had stood by their family as a support system were in need of support now, and she and Elana wanted to give it.

"If they are not safe, the children are not safe," Rena said.

Rena happened to have a classmate who has worked in the medical supply industry for years, and so when she heard about the PPE shortages she contacted him to see if there was any way she could help.

He told her that a bulk order could be processed much more quickly than a small order, and so Rena spent the bulk of her weekend setting up and promoting a fundraiser on GoFundMe to provide New York City hospital staff with approved PPE, with a goal to raise \$10,000.

In fact, this is not the first time Rena and Elana have helped raise funds for medical needs. After Elana beat cancer, she emerged stronger and with the heart to give back.

When she heard that she was confirmed cancer-free, "it was one of the best days of my life," Elana said. "I was stuck in that hospital with all the needles and the surgeries, and I was in pain, and I hated it so much. And when the words were spoken that I got to be released, I was so happy, I was crying and jumping up and down."

Elana participated in fundraising and advocacy work, raising over \$1 million in fundraising events for children fighting cancer. Then one day, Elana attended an event where children cancer patients and survivors got together. She ran into a friend of hers who was still undergoing treatment and did not have a wheelchair to get around.

Elana turned to her mother and said, "Mama, it's time to open the foundation, it's time to help other people," Rena said. They incorporated the Koenig Childhood Cancer Foundation just this February, and Rena said it came just in time to help them support those on the frontline to battle COVID-19.

Besides raising money for PPE, the Koenigs have been helping buy and deliver necessities to cancer families self-quarantined at the Ronald McDonald House and in their neighborhood.

"What I learned from this experience is that people look at things from a bigger point of view. People unite, they become closer to each other, emotionally closer to each other. And don't take things for granted, be nice to each other," Rena said.



BOOK REVIEW

# Afraid of Public Speaking? Here's a Book for You

WILLIAM F. MARSHALL

Finally, after a lifetime of waiting, there arrives a book for all of us who've dealt with the dreaded prospect of having to stand before an audience and deliver a speech. And what a wonderful book it is. It would have been the perfect complement to the most valuable class I took in college.

I'll never forget that day I stood before a classroom full of freshmen, myself a senior, shaking like a leaf as I had to read a paragraph from a sheet of paper. It was the first in a series of 14 increasingly difficult exercises in a required public speaking class that I'd managed to put off for four years. By the time the course concluded, I was able to deliver an entertaining, informative 30-minute presentation on the proper technique for washing your dog.

The class was taught by an amazing teacher, the stern yet kind Robert Leo Sheppard, who spent 56 years as the "Voice of Yankee Stadium." Over his long career, he announced over 4,500 Yankee baseball games. He was also the stadium voice of New York Giants football games and a movie and television voice actor. But perhaps his most selfless work was as a professor of speech at St. John's University in Queens, N.Y., where I had the pleasure (and fear) of being his student. Professor Sheppard was a remarkable man, who over many decades taught countless frightened undergraduates the art of public speaking.

Now comes a superb new book that Professor Sheppard could eas-

ily have assigned as a textbook to accompany his class, written by an equally decent, talented, and engaging individual, James Rosebush.

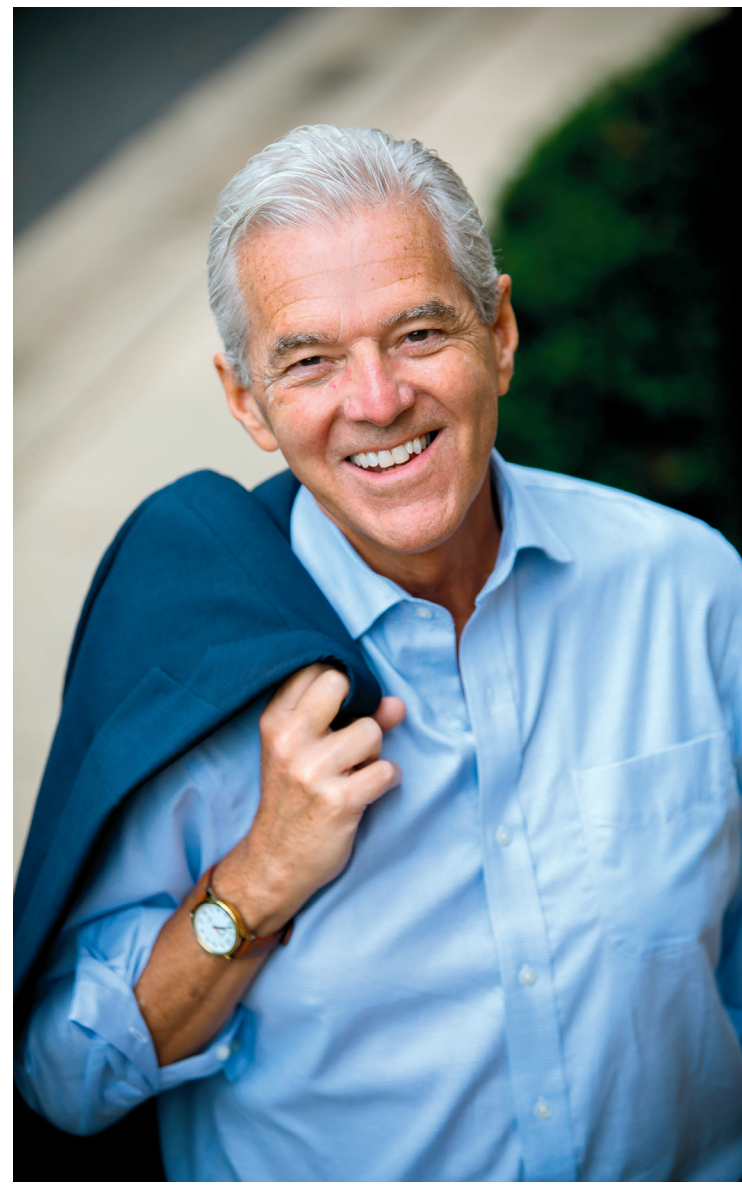
Rosebush learned his craft of public communications from that most talented of communicators, President Ronald Reagan, for whom Rosebush served as deputy assistant, as well as chief of staff to Nancy Reagan.

### A Tour de Force

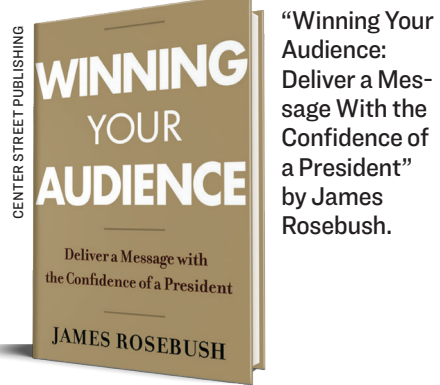
The book, "Winning Your Audience: Deliver a Message With the Confidence of a President," is a tour de force of not only public speaking, but public presentation. Rosebush has selflessly taken a half century of highly developed talent, honed in the rarefied halls trod by presidents, prime ministers, and corporate titans, and condensed it into a remarkably comprehensive and informative book written for everyone.

Eminently readable, it intersperses anecdotes from Rosebush's time in the Reagan White House, with historical references, to Greek orators and vignettes from students Rosebush has taught as a speaking coach over the years, with soup-to-nuts lessons in everything one must consider when delivering public speeches.

He takes us from the consideration of the proper attitude to adopt when being invited to speak to a given audience, to clothing choices, lighting and audio considerations, voice projection, audience eye contact, research on the speech attendees, speech content and structuring, to question-and-answer period sug-



COURTESY OF JAMES ROSEBUSH



"Winning Your Audience: Deliver a Message With the Confidence of a President" by James Rosebush.

a political candidate. As he writes: "Finding your authentic self and your success at public speaking are cause and effect. Understanding who you are in relation to a profession, performance, skill, or life experience can help turn you into an effective speaker. And this in turn will materially increase the level of your performance at any of these jobs, or as a platform speaker or salesperson, preacher or webinar educator. Your genuine authenticity is what will ultimately win your audience."

Indeed, it is Mr. Rosebush's own authenticity which so clearly calls out from every page of this volume. A highly regarded public speaking coach and CEO of a Washington, D.C., consulting firm, Mr. Rosebush served throughout the Reagan administration, working with his advance team in staging the president's public appearances, which were highly orchestrated affairs. He writes, "Reagan's communications team was larger than that of any of his predecessors. The stage management of Reagan's speeches was extensive, intricate, precise, ambitious."

### The Power of Imagery

President Reagan understood the power and importance of imagery perhaps better than any president since Lincoln, and he would use that understanding to great effect. Whether it was delivering his "Mr. Gorbachev, tear down this wall" speech in Berlin, mourning the Challenger astronauts killed in the space shuttle explosion from the White House, or saluting Lenny Skutnik at the 1983 State of the Union speech for heroically diving into the icy cold Potomac River to rescue passengers from the Air Florida jet crash, Reagan grasped the raw popular emotion that could be galvanized at moments in time through speech. James Rosebush touches on all of these as examples of Reagan's brilliance to connect with a vast audience.

Many of us go through our entire lives without any formal training in, or having read any books about, effective public speaking. That is a tragedy, given the importance of this skill in so many occupations, or just in everyday life. I was fortunate to have had Robert Leo Sheppard as a speech professor. And now I'm fortunate to have read James Rosebush's "Winning Your Audience," which was released in hardback and audiobook on April 7.

gestions (avoid them whenever possible).

As valuable as his tips are for the mechanics of good speechifying, however, just as importantly, Rosebush conveys the philosophy of effective public speaking. He describes, for example, the criticality of the personal connection between the speaker and his audience. Oftentimes, Rosebush explains, an invisible wall is erected between public speakers, often consumed by their own egos, and their audience. This barrier, of which they are not consciously aware, is perceived by their listeners and prevents them from hearing, or being convinced by, the argument offered by the speaker.

▲ Author James Rosebush.

### Authenticity

Rosebush goes on to explain the importance of authenticity on the part of the speaker, which Rosebush does an admirable job of explaining is the most critical factor in a speaker effectively persuading his listeners of the merits of his case—whether the purpose of his speech is to sell a policy idea, a product, a service or

*William F. Marshall has been an intelligence analyst and investigator in the government, private, and non-profit sectors for more than 30 years. He is a senior investigator for Judicial Watch Inc., and a contributor to Townhall, American Thinker, and The Federalist.*



MIKE SARGENT/APF VIA GETTY IMAGES

President Ronald Reagan addresses the people of West Berlin at the base of the Brandenburg Gate on June 12, 1987. "Tear down this wall!" were the famous words Reagan said to Soviet leader Mikhail Gorbachev. The address is considered by many to have affirmed the beginning of the end of the Cold War and the fall of communism.

YOUR MONEY

## How to Adjust Your Autopay Spending During the Pandemic

NEW YORK—It is time for cash-strapped Americans to rethink automatic spending habits.

Are you turning off that monthly parking pass? Your gym membership? What about the balance due for summer camp?

You may have many recurring charges on credit cards you do not even notice most months, what experts refer to as gray charges.

"This is a time more than any other that people need to be aware of where their money is going," said Haroon Mokhtarzada, co-founder and chief executive of Truebill, a free service that evaluates your spending and helps you cancel services you no longer want.

Automation is usually helpful in personal finance, but it makes things tricky with the economy on pause.

Ramit Sethi, author of "I Will Teach You to Be Rich" and one of the chief proponents of this approach, is now hosting fireside chats on YouTube to coach his followers on how to turn off some of those payments and ask for help (https://bit.ly/3avUzbz).

waiving payments altogether."

If you want help with everyday expenses, you will need to dig a little deeper. Here is how to handle some scenarios:

"Commuter benefits  
If you have pre-tax deductions taken from your paycheck for rail passes or parking, log onto the website that administers the service, like WageWorks, and shut it off. Wait times could be long for a customer service agent if you cannot figure out how to do it electronically.

WageWorks advises that normal refund policies are still in place. If your pass does not expire, just hold on to it for now, the company said.

"Gym memberships  
Many national fitness chains have COVID-19 information pages available online, although messaging varies.  
Some, like LA Fitness, immediately paused all billing and waived all freeze fees. Members inadvertently billed during the freeze will get their membership time extended, said Jill Greuling, president of club operations for the chain.

Others have evolved. 24 Hour Fitness said in a statement that it closed gyms on March 16, and effective April 16, it will suspend all membership billings, and that could damage your credit score.  
"Summer programs  
Like many summer programs, Camp



KEVIN C. COX/GETTY IMAGES

Some gyms, like LA Fitness, have paused all billing and waived all freeze fees.

days from March 17 through April 15 will "receive additional days of club access" added on to the end of their membership.

Gym memberships are notoriously hard to cancel.

"Some you have to come in person to cancel, and bring a form," noted Adam Dell, head of digital product management for Marcus by Goldman Sachs and founder of Clarity Money. So for now, you might want to accept the freeze.

Beware of simply canceling the automatic payment through your credit card. Because you are under a contract, the gym could send your account to collections, and that could damage your credit score.

"Summer programs  
Like many summer programs, Camp

High Rocks in Brevard, North Carolina, moved back its "pay in full" date, which parents often set up to autobill to credit cards.

Payments that had been due in April are now postponed—with some camps extending the due dates to June. There is a big question mark hanging over whether there will be summer camp at all for children across America, as schools remain closed.

"We tell parents that if we can't open, we'll refund the money," camp director Don Gentle said. Ideally, families will take up the offer to roll over the deposit to 2021.

So far, only two families out of about 500 have canceled, one because of job loss. Some camps may also offer cancellation insurance, much like trip insurance, said Susie Lupert, executive director of the American Camp Association of New York and New Jersey. Your individual camp would know the details.

As a parent, Lupert said she was doing the same thing as everyone else, waiting to see what happens.

"We're under the assumption that they're happening, and if they don't, we'll deal with it," Lupert said.

By Beth Pinsker  
From Reuters



## FOR KIDS ONLY

THE EPOCH TIMES

### Here Comes Peter Cottontail

by Steve Nelson and Jack Rollins

Here comes Peter Cottontail  
Hoppin' down the bunny trail  
Hippity hoppin', Easter's on its way

Bringin' every girl and boy  
Baskets full of Easter joy  
Things to make your Easter bright and gay

He's got jelly beans for Tommy  
Colored eggs for sister Sue  
There's an orchid for your mommy  
And an Easter bonnet too

Oh! Here comes Peter Cottontail  
Hoppin' down the bunny trail  
Hippity hoppity, happy Easter Day



PAZARGIC/LIVIU/SHUTTERSTOCK

### WHAT DID THE EASTER BUNNY GIVE HIS WIFE FOR EASTER?

A 14-CARROT-GOLD NECKLACE

AFRICA STUDIO/SHUTTERSTOCK

### Today is Easter, but what does it mean? It's a time of renewal for each and everything.

SHARON GARDNER, FROM "HOLIDAYS IN POEM FOR THE HEART OF A CHILD"



ALIAXANDR BARDOUSKI/SHUTTERSTOCK



## CONFEDERATES SURRENDER

Lee's surrender 1865. "Peace in Union." A reproduction of a painting by Thomas Nast.



NYFWP/SHUTTER

On April 9, 1865, in the town of Appomattox, Virginia, General Robert E. Lee and more than 26,000 Confederate troops surrendered to Union Lieutenant General Ulysses S. Grant, effectively ending the

United States Civil War. Grant and Lee respected each other and Grant offered favorable terms of surrender, allowing the men to keep their weapons and horses if they agreed to follow federal law.

By Aidan Danza, age 13

## CREATURES OF THE DEEP

**T**he oceans are the largest part of the earth, and yet they are the most unfamiliar and strange to us humans.

Even though people have sailed across most of the surface of the ocean, the black bottoms of the oceans are mostly unknown to us. As time goes by and more submarine and scuba expeditions are held, we are getting to know what lives in these deep, dark places. Let's explore two creatures that inhabit the deep ocean.

### MEGAMOUTH SHARK

Megamouths are very rarely seen, and were only discovered in 1976 when one became entangled in an anchor off Hawaii. It is one of three sharks that feed on plankton, and though it is normally around 15 feet long, it is actually the smallest shark of this group. They have been sighted mostly

in the Pacific and Indian Oceans, and are speculated to live at depths 500 to 3,500 feet, which is a bit higher than where many anglerfish live. Megamouths swim towards the surface at night, at around 500 feet; when the sun shines they swim toward the bottom. This is known from a study where scientists tagged a megamouth for two days off of the coast of California and monitored its activities.

### ANGLERFISH

Anglerfish are the fish that go fishing! These grotesque-looking fish live where it is so deep that no sunlight reaches them. Anglerfish use this to their advantage.

If you saw Disney's "Finding Nemo," you may recall that they have a stalk coming out of the front of their head, like a fishing rod, at the end of which is a ball that glows. In the darkness, a victim fish would swim towards the

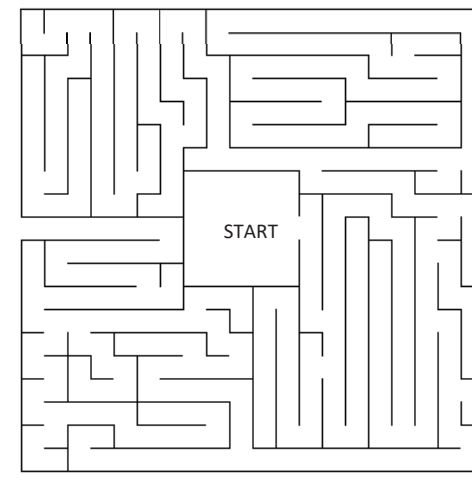
light to see what it was, only to be snapped up by the angler's huge jaws. The anglerfish's shape varies greatly, but most have a fat front with a huge mouth and sharp teeth, small eyes with the fishing equipment between them, and a body that tapers to the tail. Female anglerfish can be large, up to three feet in length, but most are shorter. There are actually 200 species of anglerfish, and they come in varying shapes, sizes, habitats, and behaviors.



SCRIPPS INSTITUTION OF OCEANOGRAPHY MARINE VERTEBRATE COLLECTION

SUZ44/SHUTTERSTOCK

## 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  
1 8  
22  
1 7  
+ - x ÷

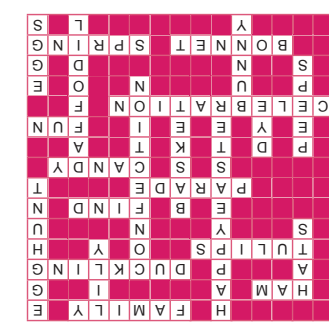
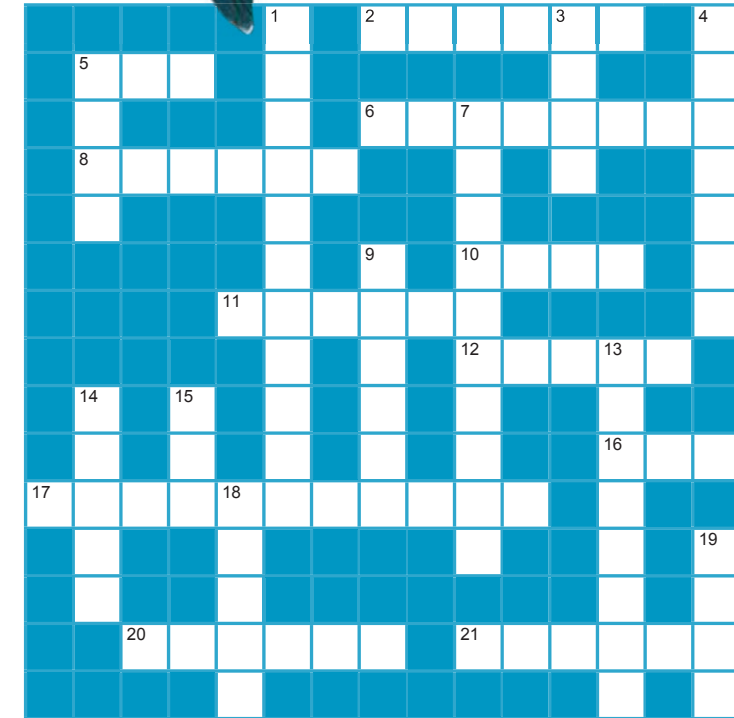
Solution For Easy 1  
8 + 2 = (1 + 1)

Medium puzzle 1  
3 20  
52  
2 14  
+ - x ÷

Solution For Medium 1  
91 - 6 = (2 + 02)

Hard puzzle 1  
10 31  
38  
2 17  
+ - x ÷

Solution For Hard 1  
01 + 2 = (11 - 18)



- Down**
- 1 Subject of this Puzzle! (11)
  - 3 Showy flower (4)
  - 4 Activity that may follow dyeing (7)
  - 5 Tops (4)
  - 7 Bonbon (10)
  - 9 Where we put our eggs (6)
  - 13 One of the first flowers of Spring (8)
  - 14 Yellow Marshmallow treats (5)
  - 15 What we use to color eggs (3)
  - 18 Who delivers the eggs? (5)
  - 19 Colorful Easter decorations (4)

- Across**
- 2 Mother, Father, Brothers & Sisters (6)
  - 5 Lunch entree (3)
  - 6 It may hatch about this time (8)
  - 8 Dutch export (6)
  - 10 Discovery (4)
  - 11 Fashion event on Easter (6)
  - 12 Kisses, possibly (5)
  - 16 Kicks (3)
  - 17 Easter, for example (11)
  - 20 "In your Easter \_\_\_\_" (6)
  - 21 "It Might As Well Be \_\_\_\_" (6)



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