THE EPOCH TIMES THE EPOCH TIME

BECOMING SUPERMOM

Page 5

His latest bestselling novel 'Devoted' harnesses his gift for mesmerizing storytelling that honors essential virtues and values. DOUGLAS SONDERS

TERRY GILES ON TURNING ADVERSITY INTO LASTING SUCCESS

Page 4



What's Your Story?

Improve your life by honing your personal story

BARBARA DANZA

Linda Olson has quite a story. An author, speaker, and coach, she has shared her story and what she's come to understand about the power of stories in her impactful TED Talk and in her book "Your Story Matters: Own Your Story and Tell It With Clarity, Confidence & Impact."

Experiencing a sudden and unimaginable tragedy as a child led Ms. Olson along a journey of healing, introspection, and forgiveness. She has since come to understand the power of stories and their ability to connect with and help others. Today, Ms. Olson works to help companies and individuals formulate and tell their own stories for better connection and impact.

As we collectively face the impact of a global pandemic, many of us are turning inward and becoming more introspective. Reflecting on our own lives, finding the courage to look at the pivotal moments and sharing our stories with others can foster deeper connections and greater insights for all. Might we gain wisdom from attempting to articulate our own stories?

I asked Ms. Olson how one might begin to unwrap one's story, gaining greater wisdom and meaning from our life experiences. Here's what she said.

THE EPOCH TIMES: In the face of a terrible tragedy, you pulled yourself out of despair and overcame it. Can you tell our readers a bit about your story? LINDA OLSON: My story began as a terrible tragedy but fortunately didn't remain there.

At 14 years of age, through a tractor accident, my precious 2-year-old brother was killed. I was the one driving the tractor. How do you go on when you've just faced your darkest moment?

The first step is always the hardest. For



Linda Olson.

me, it was simply getting out of bed and putting one foot in front of the other. Getting out of bed meant facing fear behind every corner; the fear of facing my family whose lives I had also crushed, the fear of facing our small community of 500 people where news spread quickly, the fear of facing reactions of friends going back to high school.

However, there was something deep within that gave me the courage to go forward; it didn't matter how small the step was. My parents had modeled for me the need to persevere through hard times, and this was the biggest test of all, for me and my family. Somehow, we each took baby steps and refused to get stuck in our story.

THE EPOCH TIMES: What benefits are there to sharing our story? MS. OLSON: There are many benefits to

sharing our story but it often comes down to three main benefits.

First, story is the number one way we connect with people. When told well, a story will grab our attention and draw us in to what the speaker or person is saying Second, story is the number one way to influence or impact someone. We can share many facts and figures but nothing will make the impact like a great story or

testimonial. Third, story is the number one way someone experiences you. The more vulnerable we are, the more someone will experience us, especially when our story impacts them. Our vulnerability often gives our listener permission to be vulnerable as well. When that level of connection happens we are experiencing one another with a deep level of trust. Sometimes that happens with someone we have just met.

66

When we remember who we are, we can function from a place of strength rather than weakness and reach out to those who are deeply hurting.

Linda Olson

During this time of world crisis we don't have to look far to see or know of someone in need. As we reach out in kindness we not only brighten up someone else's story but that experience of giving, often brightens our story as well.

THE EPOCH TIMES: What is the very first step you'd recommend someone take in trying to assemble their story?

MS. OLSON: I suggest reflecting on your life and writing down the turning points, in other words, the significant things that happened in life that created a shift in your direction, in your thoughts, in your life.

THE EPOCH TIMES: In the midst of a crisis like the one we're currently facing, do you think it's an opportune time to try to develop one's story?

MS. OLSON: It's certainly an opportune time to first take a look at our story. What we do with one thing, we do with all things. Are we reacting or responding to things around us? If we are reacting to the many changes we need to make during this time, filling our mind with the negative news, it is likely we react to smaller crises in our life as well. If we are responding to the changes and doing our best to stay safe, make the necessary adjustments, and offer a helping hand wherever we can, it is likely what we do when we encounter other crises in our life.

It is also an opportune time to strengthen or develop our story. We can do that through several simple ways that will make all the difference. One way is to focus on an attitude of gratitude. I woke up this morning grateful that I am alive, I am healthy, and I am safe.

Secondly, we can strengthen our story through courage. We are all being affected by this crisis one way or another. When we remember who we are, we can function from a place of strength rather than weakness and reach out to those who are deeply hurting.

Thirdly, we can strengthen our story through clarity. Clarity comes out of crises, as it is through the crises that we often stop to evaluate our life and changes we need to make. Clarity will position us to give from a generous heart, show us the next step, and allow us to step forward in confidence, connecting with those that need our help.

75 Years On, Remembering the Liberation of Jersey

(Top)

Reenactment

of the raising

in Jersey, file

of the flag,

(Above)

U.K.

Liberation

Square, St.

Helier, Jersey,

RACHAEL DYMSKI

HISTORY

The Channel Island of Jersey in the U.K. is rich in both its soil and its history. A nine- by five-mile patch of land that sits just off the coast of France but bears loyalty to the Crown, Jersey has long been a desirable place to live, visit, and own. From its hedge-lined country roads to its 40-foot tides, sand dunes, and rocky beaches, to the rich ice cream made with milk from the Jersey cows that graze peacefully in fields, it is difficult to find an inch on Jersey that is not beautiful.

The island, though peaceful and serene today, harbors a turbulent past of other countries vying for its land. The ownership of Jersey was passed back and forth among nations for centuries, so that if you put your ear to the ground, you can almost hear the hurried footsteps of the Vikings, the victory calls of King John's men in 1204, the eerie hush brought over by Nazi Germany in 1940. Castles and bunkers dot the island as reminders of their history. This month, Jersey will celebrate its most recent return to English hands: the 75th anniversary of the Allied Liberation from Nazi Germany.

The Channel Islands, comprising Jersey, Guernsey, Sark, Alderney, and Herm, are unique in that they were the only land belonging to the U.K. to be occupied by Nazi Germany during the war. During the month of June 1940 leading up to the war, Winston Churchill made the difficult decision to demilitarize the islands in the hope of protecting islanders in the case of conflict. Islanders were given just a few days to decide whether to stay and potentially face occupation, or evacuate to England. Just a week after the islands were demilitarized, the German Air Force, mistaking potato trucks for army trucks, bombed the islands of Jersey and Guernsey, killing 44 people and injuring many more.

Thus began five long years of Occupation, years I've learned about from both history books and my own family, whose Jersey roots go back seemingly as far as the island itself. My grandparents were children during the Occupation, and I spent my childhood on their laps, reliving those life-shaping events through them.

My great grandad's photography shop in the town of St. Helier was damaged in the bombings. He used to tell me about the way the light caught the shattered glass of the broken window on the floor of the shop. After the bombings, the Germans dropped flyers containing ultimatums all over the island, demanding complete surrender. The islanders were to signify their compliance by hanging a white flag outside their window. My spirited great-granny chose to hang out her dirtiest white sheet after cutting several holes through it.

In the following years, islanders faced strict curfews, food shortages, and lack of news from the mainland after radios were forbidden. As the Occupation wore on, food and materials became scarce, and islanders had to become increasingly resourceful. My granny wore shoes made out of rubber for tires. My grandad remembers his pet rabbit disappearing one day, and rabbit stew being served to him the next.

Hitler was paranoid that the Allied forces would attack the Channel Islands, and worked to make it an impenetrable fortress. As part of his Atlantic Wall, he ordered thousands of forced laborers to be brought over from Russia, Poland, Spain, and France. They were used to build antitank walls, bunkers, and tunnel complexes. Their conditions were abysmal, and many workers lived on the brink of starvation.

Brave and heroic islanders helped in ways they could. One of my granny's friends told me she used to put large pots of Jersey bean crock at the end of her lane so that workers could reach in and grab a handful of food as they were marched to and from construction sites. Another friend found an escaped laborer raiding his vegetable garden. Instead of turning him into the





authorities, this friend took the laborer in and hid him in his barn for the remainder of the war.

Liberation Day Liberation Day Events

In May 1945, the Channel Islands were liberated by British troops after the Germans surrendered. Islanders covered their homes and balconies with flags and decorations in anticipation of their liberation. Five years of tax and trial were brought to a victorious close when the swastika flag was taken down from the Pomme d'Or hotel and replaced with the Union Jack.

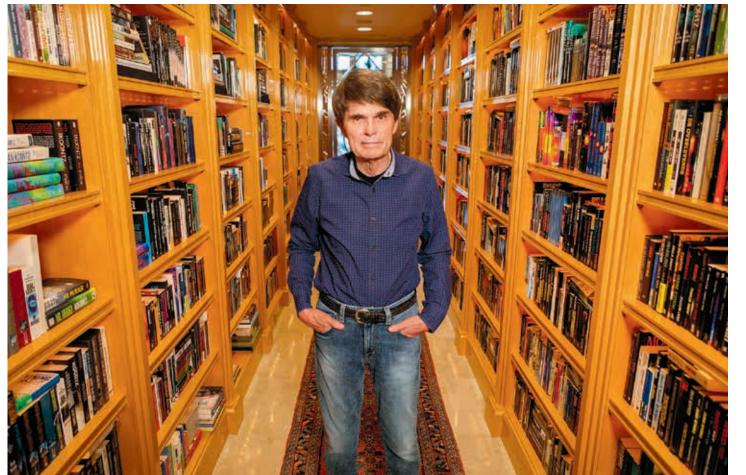
Every year on May 9, Jersey's Liber-

ments take place on the island. This year, the 75th anniversary looks a little different due to the global pandemic, but in characteristic resilience and fortitude, the islanders are carrying on with the celebrations.

The events will be live-streamed (Facebook.com/Lib75Jsy/). The iconic moment of British soldiers climbing up the Pomme d'Or hotel to hand the flag, thus marking the island's liberation, will be reenacted. Islanders are invited to host their own pop-up Liberation Day parties, in their gardens or on virtual platforms.

In this trying time of restrictions and social distancing, it seems poignant to honor and remember the islanders of wartime occupied Jersey: their difficulties, trials, and ultimately, their victory. Remembering the Occupation can give us the perspective and hope so needed in this current season.

Rachael Dymski is an author, florist, and mom to two little girls. She is currently writing a novel about the *German occupation of the Channel* Islands and blogs on her website, RachaelDymski.com



he books he wrote.

THE AMBASSADOR OF GOOD FICTION

Dean Koontz: On Devotion to His Craft

FRED J. ECKERT

"Devoted," Dean Koontz's latest bestselling novel, has several characters none of us would ever think to be avid readers, yet he writes of one of them:

"Bella could not live without stories. Stories were the blessing of intelligence. They were food for the soul. They were medicine. You could live a thousand lives through stories—and learn to shape your own life into a story of the best kind."

Consider yourself blessed if you are among the millions who have discovered how extraordinarily entertaining, enriching, insightful, and intelligent Dean Koontz's stories are.

He is a phenomenally prolific novelist-more than 100 novels so far, including ones he wrote under 10 different pen names early during his 52 years as a published author. He has also published novellas and collections of short stories and been a poet and a screenwriter.

He is as popular as he is prolific his books having sold more than 500 million copies in 38 languages. For vears it has been routine to see Dean Koontz novels on bestseller lists, often in the top spot. Many have been adapted as major films.

Koontz may well have had himself in mind when he wrote that through stories you can "learn to shape your own life into a story of the best kind." He came from a very poor family, and his father was a violent alcoholic. He has said that in reading stories he escaped and learned that other lives were different, and this motivated him to strive to make a good life for himself. By any measure, he has succeeded spectacularly.

"Devoted" is a cross-genre or multigenre work, as unusual to find in most novels as it is classic with Koontz, who has been called "a literary juggler." What an eclectic mix this novel blends together: mystery, fantasy, thriller, crime, suspense, actionadventure, science fiction, romance, and horror.

And what a cast of characters: a genius autistic 11-year-old boy who doesn't talk and has uncovered via hacking that his father's death was not accidental but murder; his devoted mother; her long-ago boyfriend, now evil and wealthy and on the run in the wake of a heinous crime, bent on taking her with him, all the while experiencing increasingly more bizarre changes in body and mind caused by a life-extending experiment gone catastrophically wrong; a billionaire who will stop at nothing in pursuit of his creepy goals; corrupt law enforcement officials; murder-forhire operatives; a good-guy ex-Navy SEAL; and a golden retriever dog with human-level intelligence and a heart of gold who can communicate with humans and with a network of similarly gifted dogs by telepathy and who picks up signals that the boy is in grave danger and sets out to rescue him from it.

Characteristic of Koontz, "Devoted" is a novel that runs deep, harnessing his gift for mesmerizing storytelling honoring essential virtues and values.

Though never preachy, his works explore "the divinely inspired moral imperative to love" that he believes "we carry within us." They celebrate triumph of good over evil, the dignity of the individual, the hope of becoming better, and the wonders of the world around us and within our minds. It is a body of work that is incisive, deep, brilliant. I interviewed Dean Koontz from his home in Southern California:

AMBASSADOR FRED J. ECKERT: How would you sum up what you try to accomplish in your novels? DEAN KOONTZ: I want to extravagantly entertain readers while making them feel the wonder of life and consider its profound mysteries. I want readers to feel that meaning—therefore hope—is woven into the fabric of the physical universe, which in fact the sciences from quantum mechanics to molecular biology confirm.

AMB. ECKERT: Even though you are not prone to stand on a soapbox proclaiming your religious beliefs, would it not be correct to characterize your works as reflecting a worldview deeply rooted in spirituality, more specifically by a strong belief in your Roman Catholic faith? MR. KOONTZ: Perhaps some will con-

sider me an apostate when I say the church and the faith are not always one and the same. When the leadership of the church steers it to secular causes antipathetic to its foundational message, which has happened often in my lifetime, I am not of the church but always of the faith. Some writers without faith tend to produce works that are angry and despairing. I'd rather never have been a writer than to spend my life in the grip of such negative emotions.

AMB. ECKERT: You have said, "The desire to write well can never be fulfilled without hard work." Describe how you work at your writing. MR. KOONTZ: I rise at 5:00, shower, walk the dog, have breakfast at my desk with The Wall Street Journal, and work from 6:30 until 5:00 p.m., without lunch. I do this six days a week. Long work sessions allow me to fall away into the fictional world and to rewrite each page from 10 to 20 times.

AMB. ECKERT: That does not seem to leave much time for you to enjoy the abundant fruits you have harvested from your years of great laboring. You are, after all, very wealthy, and come July 9 will turn 75. Any plans to, if not stop, at least slow down the pace of your output. Any places you would much rather be visiting than your office at home? What do you like to do when you are not working at writing? MR. KOONTZ: Talent is a grace. Having done nothing to earn it, I feel a moral obligation to refine it and employ it to the greatest extent I can. I am slowing down a bit. I enjoy spending time with my wife, with friends, walking and playing with our dog, collecting art deco and Japanese art. I'm not much of a gadabout. I know people

who've spent their whole lives in a small town yet are more enlightened and sophisticated than world travelers whose journeys have brought no enlightenment.

AMB. ECKERT: Talk about what it took for you to make it big as a writer. MR. KOONTZ: Each writer needs perseverance and a determination to remain true to a certain worldview in spite of the endless naysayers. In my case, the most important factor was that I married Gerda, who offered to support us for five years while I took a shot at writing full-time. That was an expression of love that humbles me to this day. My career is really our career, as we have been two dray horses pulling the wagon together every step of the way. We've been married for 53 years.

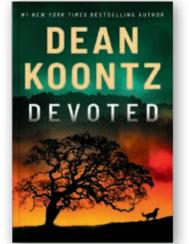
AMB. ECKERT: Where do you get your plot ideas? How do you then proceed to write the book? MR. KOONTZ: Ideas can come from a

line in a Paul Simon song or seemingly out of nowhere. It's wonderfully mysterious. I don't outline. Novels start with an intriguing premise and, more important, with characters who intrigue me. If the characters have depth, they take the story places I never planned.

AMB. ECKERT: Which current writers do you enjoy reading—and why? DEAN KOONTZ: Kate DiCamillo is at the top. Ostensibly, she writes for middlegrade kids and young adults, but books like "The Miraculous Journey of Edward Tulane" are for all ages, wise and timeless.

AMB. ECKERT: How big a role does research play in giving you ideas for books and in giving you the confidence to cover the variety of subject matters in your books? MR. KOONTZ: I enjoy the research, always learning something new and often complicated, which keeps the mind sharp. And it's a must. If I make a mistake, one expert or another will write to take me to task, and I prefer not to be mortified.

AMB. ECKERT: Your novels show a reverence for the ideals of the American Revolution—at age 11, you won a national essay contest on "What It Means to Be an American"—and, while never embracing any particular persons or policies, they seem to show sensitivity for traditional political conservatism. What say you? MR. KOONTZ: It's a rare politician whom I fully trust, on either side of the aisle, so I stay away from political issues in favor of writing about humanity's yearning for freedom, fulfillment, and truth. The beauty of the American Revolution is that it didn't promise justice, which means different things in different times and cultures, but was instead based on the undeniable truth that we enjoy certain inalienable rights that are not granted by government and therefore can't be taken away by it. The definition of justice can be corrupted, but truth is what it is.



DOUGLAS SONDER

'Devoted' Dean Koontz Thomas & Mercer 369 pages, hardcover

Dean Koontz surrounded by

AMB. ECKERT: You have said you agree with Vladimir Nabokov that Sigmund Freud and Karl Marx were the two greatest evils influencing our times. What makes you think this? MR. KOONTZ: In short, Freud strove to relieve the individual of responsibility for his actions, and Marx strove to make each of us a servant of the state. The consequence of each ideology and especially the two in concert—is mental disorder, moral insanity, society-wide despair, and mass murder.

AMB. ECKERT: You have said you are no Pollyanna, but you are an eternal optimist. Our country and the world are seriously troubled. What gives you optimism?

MR. KOONTZ: I have lived long enough to see that evil can work in the short term but never in the long term. Sometimes the short term can be three-quarters of a century, as with the Soviet Union, and new evils always arise, but Earth is a long-term project. The human heart may be deceitful above all things, but it is also capable of love and self-sacrifice.

AMB. ECKERT: So many of your fans rank "Watchers" as their favorite Dean Koontz novel, and you once said that while there are a few you like as much, there is not one you like more. To those who have already enjoyed "Devoted" or are about to and might want a recommendation for another dose of Koontz, would you join me in suggesting "Watchers"? MR. KOONTZ: Yes, but I have come to like "From the Corner of His Eye" better, plus "Odd Thomas" and "Life Expectancy" and certain others fully as much.

AMB. ECKERT: What advice would you give an aspiring novelist? MR. KOONTZ: Don't scope the market to see what the public wants. Write what you're passionate about, and they will discover they want that.

AMB. ECKERT: What is coming next from Dean Koontz? MR. KOONTZ: A book titled "Elsewhere"—a scary, funny, and I hope moving novel about the power of family. Following that, a rather dark—but hopeful!—contemporary take on Orpheus and Eurydice.

AMB. ECKERT: What are your hopes and dreams for the years ahead? MR. KOONTZ: To write a little less and a little better, and to share many more years of peace, companionship, and love, with Gerda, for as long as possible in the company of a dog.

The "Ambassador of Good Fiction" series will be recommending to our readers a work of fiction, giving information not just about the novel but also what makes its author worth checking out—and, when possible, interviewing that author.

A writer and favorably reviewed novelist himself, Fred J. Eckert has been a member of Congress and twice served under President Ronald Reagan as a United States ambassador.

4 | LIFE & TRADITION

Terry Giles (R) with his wife Kalli at a fundraiser in Houston in 2019.

Giles working late one night in 1991 when he was the chairman of Pacific National Bank.



Giles, age 29, at a press

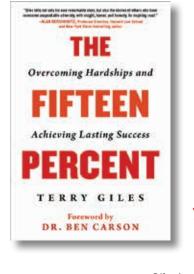
ALL PHOTOS COURTESY OF TERRY GILES







conference.



Giles's recent book "The Fifteen Percent: **Overcoming Hard**ships and Achieving Lasting Success.'

Terry Giles on Turning Adversity **Into Lasting Success**

CATHERINE YANG

erry Giles is a serial success story. He built one of the L the state of California early Percent: Overcoming Hardships in his career, owned 35 businesses and Achieving Lasting Success," he from cars to computers to a castleturned-hotel, and went back to law in the civil realm with great success as well.

But this is all despite incredible adversity, and throughout his career, Giles met many high achievers who similarly overcame huge obstacles to be at the top of their field.

It was during a case defending 150 sex abuse victims of the Catholic Church about a decade ago that Giles learned there was a term for this psychological phenomenon.

Many of the victims were, as expected, traumatized. They were debilitated by their pasts even years later, unable to move on. But one articulate man stood out to the lawyers because of how he had moved on to create a stable, productive, and meaningful life and family.

"When I started dealing with the psychiatrists, that was the first time I'd heard that within psychiatric science that when someone goes through extreme hardship 85 percent of the time they are negatively impacted—sometimes destroying their life," Giles said.

"But for some reason, 15 percent come out the other side stronger and better off than if they hadn't gone through the hardship at all," Giles said.

The theory came up again when Giles was serving as chairman of the Horatio Alger Association's Scholarship Committee, one of the nation's largest need-based privately-funded college scholarship providers, and asked what they were looking for in applicants.

"And without hesitation, they said, 'Oh, that's easy, you're looking for the 15 percent," Giles said. He wondered, was it DNA? Luck?

A skill set that one is forced to learn? Looking into it, Giles realized he was exactly one of these cases, and, delving into the common charac-

teristics of these "15 percenters," he

determined there were teachable

lessons anyone could apply.

Teaching Resilience and Optimism

top criminal-law firms in In Giles's recent book, "The Fifteen uses his own story as a lively case study, sharing both the good he's

done and the mistakes he's made. He introduces us to his childhood self, who in third grade had to walk home during a tornado because his dad couldn't be reached. The family would move constantly—on the run from bill collectors—and he remembers miserable childhood and teenage years. But hindsight is 20/20, and as Giles put together the book, he was able to pick out all the right choices he had made that brought him to where he is today. The first rule of success he gives

is: "Don't be stopped by fear or failure." In many 15 percenters, he noticed a low fear factor. But this rule is not the same as fearlessness, it is the willingness to keep going despite fear or failures.

"When we all go through hardship, and I don't care who you are, you will have a tendency to say, 'Why me? Why did this happen to me?' Everybody does that," he said. "But the biggest mistake one can make is getting stuck there."

The 15 percent who succeed are the ones who continue to push forward, because they manage to find a way. Giles gives advice about how to make the unconventional choice, how to learn from and do better because of mistakes, and how in the right frame of mind "nothing" can become everything.

Giles is an optimist: Left to nature, 85 percent of us suffer in adversity. But if we teach these lessons about resiliency and living outside our comfort zone, especially to young people, one day that 15 percent will be 25 percent, or 35, or 50, or more, Giles said.

Unfortunately, Giles said, "as a young person, you hear the word no a lot."

"No, you can't do that. No, that won't happen for you. No, that's impossible. We hear 'no' a lot more than we hear 'yes,' and I think that's



For some reason, 15 percent come out the other side stronger and better off than if they hadn't gone through the hardship at all.

Terry Giles

why there's only 15 percent that ignore that and somehow come things, there's no reason that we "I went through a [spiritual] recouldn't have more of the popu- naissance, I would say, in my 20s," lation achieving greatness even Giles said. "When I was a kid and though they go through hardship." "And wouldn't it be a better world, if that were the case?"

Success Tempered With

Integrity, Not Arrogance Giles's story is a cinematic one, with tales that sound almost too incredible, which he credits to perhaps karma, or fate, or some grand design. There's an instance where going out of his way to return \$4,000 cash turned into a gift twice over, and businesses booming or failing because of decisions of integrity. The theme of character and conduct played into his first career change, where after five years into building a successful criminal law firm that was making headlines in the paper more days in a year than not, Giles defended a man involved in creating snuff films and realized he was using his talent to help bad people.

He left criminal law to go into a completely new business, and seemed to find overnight success. "I think inherently, deep down,

we know if what we're doing is the right thing or the wrong thing. It's probably just as easy as saying, 'Would I want somebody else to know I'm doing this thing?' and if the answer is no, maybe you're doing the wrong thing," he said. "Then it's just a matter of being disciplined and being willing to do the good, even though it may seem to be leading to a negative result."

"If you're doing good, what might seem like a negative is going to reverse," Giles said. It requires admitting your mistakes and making up for them. "And that's hard, that's painful.'

"But if you do that, you come out the other side better, stronger, and great things will happen in your life and make up for it," Giles said.

Positive Thinking Giles, who has been baptized four

times in different denominations because his grandmothers and out of the other side better," he mother were of different faiths, says said. "But if we could teach these his view is spiritual, not religious.

> a teenager, life was pretty miserable for me. But when I went off to college, from that point on, life got pretty good. I mean, a lot of what I consider to be miracles happened in my life."

> "Every time I needed something good to happen, it seemed to happen, and so I began to think about whether or not I had some control over my life, that I wasn't at the mercy of life," he said. It was something his mother said often when he was growing up, but now he was believing it. "And the more I started to believe that, the more I wanted to know: Where does positive thinking come from?"

Positivity can be taken lightly, but it can also lead somewhere very deep, and spiritual.

Giles, speaking by phone while in voluntary quarantine in the apartment above his horse ranch, said taking stock of his life and the right choices and mistakes he made while writing the book was, in short, cathartic. Above his ranch, he has filled many more notepads with an assessment of his life and what is truly important to him— "spending time with family, not just because we're quarantined together!"

"I hate the coronavirus and I think it's a tragedy on a number of levels," he said. But it is forcing the world into taking a time out, and maybe we need to spend some time with ourselves. With a negative attitude, the isolation might feel hellish. But with a positive attitude, you can come out stronger.

"If in taking this time out, if we can not feel sorry for ourselves, but use the time to reflect, to maybe realign our goals, to take into account those things that are really meaningful to us both as a country as a state as individuals, this can end up being a very good positive, even though it looks like a very dark cloud right now," he said.

Up Close and Personal: 2 Moms and Me

JEFF MINICK

 \top ot long after my wife died in 2004 at age 52, a friend walked into my bookstore, and we struck up a conversation. Nearby, my 9-year-old boy, our youngest of four children, sat reading a book. My friend and I spoke for several minutes, and then she gestured to my son. "I guess you'll have to be Mom and Dad to him now," she said.

When we were driving home that evening, I asked my son if he'd overheard my friend's comment. He nodded.

"I want you to understand something," I said. "I can never be Mom and Dad to you. I promise you I'll be as good a dad as I can be, but I can't take the place of your mother. Her love for you was different than mine. Hers was a mother's love for you. I'll love you just the way I always have, and I'll take care of you, but I'm your dad and I can't replace your mom. I want you always to remember all the ways she loved you."

Harsh? Perhaps. But I wanted the kid to know his mom was special.

A Little Background

My wife had her flaws, many of which my children and I still laugh about today. She disliked housekeeping, and cooking up a box of mac-and-cheese was for her the height of culinary arts, which meant that for the 20 years we operated our bed-andbreakfast I was chief cook and bottle-washer, and often maid and laundress.

She was terrible at managing our accounts, and though I would have been worse at that task, even I could see that on the financial front we were fighting a lost battle.

Once, when the house was in great shape and business was reasonably good, I convinced her we should sell the bed and-breakfast, which also served as our home. The realtor was sitting with us in the kitchen, going over plans to show the house, when I realized Kris had vanished. I excused myself, wandered down the hallway, and found her weeping in the living room.

Without a word passing between us, I returned to the kitchen and said to the realtor, "I'm afraid the house is no longer for sale." He departed, disappointed and confused, and that concluded our opportunity to escape our war with the bank. (I am always a sucker for a woman's tears.)



On Mother's Day, buy her a gift, present her with flowers, treat her to a meal, but best of all, tell her how much she has meant in your life.

A Mother's Love

I loved my wife and can't speak highly enough of her as a mother. For that matter, neither can her children. She could be strict—she investigated the movies they wanted to watch, asked many questions about their friends and where they were going, and despised deception—but she was always in their corner, and they knew it. She pushed them to do well in school, went to their dance recitals and soccer games, loved taking them on vacations or on visits to their grandparents' house in Milwaukee, listened to them when they had problems with friends, encouraged them in their religious faith, and worried over them when they were ill. Now, let's journey back in time to 1968

and another mom.

Mom Becomes Real

I was a junior in high school, a guy with big plans, and was talking to my mom in our kitchen when I cracked a joke I've since forgotten. My mother thought it was hysterical, laughed long and hard, and turned into a human being right before my eyes. Until that moment, she was a part of the background, someone always in my life but invisible in a way, hidden behind the title of Mother. She'd raised me, read me bedtime stories, picked me up after school activities, cared for me in sickness and in health, and I loved her, but I had never beloved heart of our clan.

really looked at her as a real person, only as my mom. And yes, I'm ashamed to write those

words But her whoop of laughter opened my eyes, and magically, she became real.

My mother thought it was hysterical, laughed long and hard, and turned into a human being right before my eyes.

Mother and Best Friend

From that point on, my mother became my friend—eventually, one of my best friends. Even after my father left us and divorced her, a circumstance forcing her to find a job while raising my younger siblings, Mom was always there when I needed her. After I married until her death in 1992, we talked weekly by phone, she came often to stay with my family, and we discussed everything under the sun: politics, religion, education, the lives of my siblings and their spouses. In the eyes of all her children, Mom took on the status of matriarch, the and writes in Front Royal, Va. See Jeff-

So attached was I to her that for months after her death, when her grandchildren would do something funny, or when I really needed someone to listen to me or advise me about a problem, I would think, "I should call Mom."

But there was no phone service to the land where she had gone.

This Mother's Day

All of you reading this column have a unique relationship with your mothers. Some of you may identify with my fond memories of the two mothers I knew best in my life. Others of you may find your relationship with your mothers insufferable, fraught with arguments, or blighted by bad or even horrific memories of a broken childhood. A few of you may not have spoken to their mothers in years, divided by a mountain of anger and misunderstanding.

Still, Mother's Day is that Sunday when we honor the women who conceived us and brought us into this world. If there are wounds, this day, in particular, provides as good an opportunity as any to bind up those injuries and let the healing begin. If instead of wounds, there is intimacy and affection, this day is a great occasion for telling Mom how much you love her. Buy her a gift, present her with flowers, treat her to a meal, but best of all, tell her how much she has meant in your life.

Better Make That Call While You Can In a vintage Bear Bryant commercial for a telephone company, the famed Alabama football coach tells viewers he strongly encourages his players to stay in touch with their families, having them write letters and postcards, and making phone calls. At the end of this short advertisement, Coach Bryant looks into the camera and says, "Have you called your mama today?" He pauses, and then says, "I sure wish I could call mine."

I sure wish I could call mine, too, Coach. And I know my children wish they could do the same.

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 Minick.com to follow his blog.

Becoming Supermom

JUNE KELLUM

According to "The Motherly Guide to Becoming Mama," "[Motherhood] means you have an opportunity to nurture, not lose, your true sense of self. You'll discover superpowers you never knew you had. You'll endure greater challenges than you've ever known."

I can attest to this. My eldest is now 4 years old, and the person I am today is so much more capable, efficient, content, and loving than the pre-mom me.

And if I'm honest, it's really been the challenges that have made me improve (and continue to do so), as well as the love. Motherhood is so perfectly and elegantly designed to help us reach our potential. It challenges us to our core, yet at the same time, the love we have for our little ones gives us the strength and motivation we need to meet those challenges.

Comparison has its limits because what's easy and natural for some may be difficult for others.

Accepting the Challenge One of the lessons of motherhood is to accept that your challenges as a mother will

always be unexpected, and sometimes very different from the challenges of other mothers around you.

Comparison has its limits because what's easy and natural for some may be difficult for others, whether that's due to character, life experience, or life circumstances.

I have a perfectionistic and idealistic bent to my character, and this has made it hard for me to accept some of my shortcomings.

For example, when my second child was born, I found it very challenging to manage my very active toddler with my hands full with the baby. I wasted a lot of breath cajoling and threatening consequences. With the pure logic of toddlerhood, my son soon realized that Mommy was no longer able to back up her words with immediate actions, so he learned he didn't have to listen.

For a long time, I had nagging mom-guilt about this weakness in my parenting and wondered whether I messed up something crucial in him during those critical, early formative vears.

I don't have this guilt anymore. I do regret my poor parenting moments, especially when I see him copying my exasperated tone of voice during minor conflicts with his sister. But I no longer worry that he might need therapy at 35 to overcome my bad parenting.



Motherhood challenges us to our core, yet at the same time, the love we have for our little ones gives us the strength and motivation we need to meet those challenges.

come to see the amazing ability of people to grow and thrive when faced with challenges.

Reflection and Transformation

When we become mothers, we necessarily fall back on our own upbringing—both the wisdom and, in our low moments, the neurotic patterns—as a foundation on which to build our own mothering.

This has left me very grateful for my own upbringing and humbled at how difficult it is to raise another human being with patience and kindness.

Of course, there are things we won't be able to change, such I don't worry because I've as our innate dispositions, but

no matter where we start, we can model earnest striving and improvement

Hans Watson of Elite University, who specializes in reproductive psychiatry, said he advises his patients to strive to be "good enough parents."

"When you boil good enough down,' it is: if you teach your kids to self-reflect and then to be willing to change in ways that make your weaknesses become strengths, you will have a rock star of a child," he said.

This is the key to resilience, something we really need our kids to learn if they are to succeed in life and be happy.

Part of resilience, though, is also understanding our limits. Watson said that if you are finding yourself unable to have good days, it may be time to reach out for help. He also said that mental health during pregnancy and after birth can be very volatile, and sometimes you just need outside support.

And it can be a sign of strength to admit when you can't do it alone-because none of us really can.

I have a lot to improve on in my mothering. Patience and kindness are top of the list these days. I get excited when I think about how calm and happy I can be in the future if I dedicate myself to these virtues. And this vision gives me strength in the present to be more so.

So I wish you Happy Mother's Day and hope you find your own version of supermom.

FOR NEW MOMS

Over the past couple of months, I've been thinking about women who are now becoming mothers for the first time during the uncertainties of this pandemic.

I reached out to Diana Spalding, a certified nurse-midwife, pediatric nurse, and co-author of "The Motherly Guide to Becoming Mama," about how new mothers can better cope with the additional stresses of this time.

She said: "This is potentially one of the most stressful circumstances under which one can make their journey into parenthood—but that means it's the most profound. You'll dig deep, and realize that you are stronger than you could have ever imagined. And ultimately, when you dig deep, you'll realize that the most significant emotion of all, is love. You love your baby, and your baby loves you, and that, it turns out, is the thing that matters mostduring a pandemic or not."

Watson also shared a few practical tips: No. 1, after birth, if you are feeling

overwhelmed or stressed by your child and it's time to breastfeed, do it! The oxytocin that's released will reduce your stress and anxiety and help you bond.

No. 2, keep reminding yourself to be good enough: With an infant, this means that you are meeting your child's basic needs and working on improving some aspect of your parenting.

No. 3, reset your expectation of what a good mom looks like. You won't right away be as good as your mother was because what you remember is the end of her child-rearing years, after she had years of practice! You are starting from square one and the best way forward is to learn.



In the Ring: Boxing in Newark Gives Youth a Healthy Outlet

ANDREW THOMAS

Sports are a great way to keep young people such as discipline, work ethic, and respect. In the Ironbound neighborhood of Newark, N.J., Mike Steadman is teaching and coaching boxing to young people in his community for free.

Steadman, a United States Naval Academy graduate, is a three-time NCBA light heavyweight boxing champion. After graduating from the academy in 2010, he went on to serve as a Marine Corps infantry officer in Afghanistan, Japan, and the Philippines. After his service, Steadman moved to Newark and began coaching boxing at St. Benedicts Preparatory School. But he found he wanted to do more than just coach his students. He wanted to offer free boxing to more of the city's at-risk youth.

"When I moved to Newark I never wanted to just impact the kids at St. Benedicts. I to represent the United States in an Olympic ed to impact the broader Newark community," Steadman said.

Growth

Over the last five years, 122 young men between the ages of 15 and 24 have been murdered in Newark. Steadman's primary mission is to provide a safe space for youth in the community to exercise, learn important life values, and have fun. After receiving a grant from the city and finding an old The Fighters recreation space he outfitted the boxing Two of Steadman's current fighters are

gym himself.

As the gym has grown, it has given youth in the city a healthy outlet and has created out of trouble, while instilling critical values a sense of camaraderie among the fighters, and their family members have become involved.

Steadman has also expanded the organization with a for-profit arm that teaches boxing classes focused on employee wellness and engagement to corporate clients such as WeWork and Spotify.

"I wanted to be more out in the community. I really wanted to get a feel for Newark and being an anchor of the city," Steadman said. "Over the last few years we've consistently proven ourselves that that's who we are and that's what we're about," Steadman said.

The mission is larger than boxing itself. Steadman uses the sport as a vehicle to put young people in a position to be successful in life. Steadman has sent one of his fighters gualifier boxing tournament in Spain. Another former Ironbound boxer is currently attending the United States Naval Academy, and another is now a professional trainer for the organization's for-profit arm. As the brand has grown, Steadman has been able to afford to travel to different cities with his boxers for competition, and represent Newark.

17-year-old Keith Colon Jr. and 15-year-old Wilkins "Nano" Candelario. At an early age Keith's father, who is a cofounder of Ironbound Boxing, was incarcerated. Growing up without his father was difficult at first, and violence in the neighborhood was commonplace. He always had to be aware of his surroundings, and try not to get mugged or caught in a crossfire.

"I always had to prove myself on everything just because I was the smallest kid," Keith said.

Keith had boxed before, but joined Ironbound after his father cofounded the organization with Steadman. Even though it can be challenging to have a coach who is also his father, Keith Colon Sr. looks out for his son and has his best interests in mind. The most rewarding part of boxing for Keith is the camaraderie.

"It's not just a gym. It's more like a family," Keith explained.

Before Nano started boxing, he focused and stay there. His parents didn't want him to leave the house because of his dangerous neighborhood. Like Keith, Nano too maintained a heightened sense of awareness when he was outside. In an effort to get out of the house and keep himself busy, Nano joined Ironbound Boxing. The relationships he has made with fighters and coaches have been one of the most rewarding parts of his time at Ironbound Boxing.



(Top) Fighters spar at Ironbound Boxing. (Above) Mike Steadman (R) observes training.

(Left) Mike Steadman (R) trains with one of his fighters Wilkins "Nano" Calendario.

"Before that I didn't really have friends like that, but now I've got Keith to talk to and Mike and all my other friends from the gym," Nano said.

Both Keith Colon Jr. and Nano have learned the value of discipline, work ethic, dedication, patience, and focus from their time at Ironbound. Boxing has also impacted both young men's futures and life outlooks. Keith is currently an honor student at St. Benedicts Preparatory School, and he credits his success in school to boxing. Nano and one of his teammates aspire to open their own restaurant. Both young men look up to Shakur Stevenson, a professional boxer from Newark, who never forgot where he came from and often returns to the city.

One of Steadman's proudest moments was at a competition in Washington D.C. at Head Bangers Boxing Gym when Keith fought in the main event against the gym's best fighters in 2019.

"When Keith Jr. got in that ring and they on staying out of trouble. He would go to announced 'Fighting out of Newark, New school, and then immediately come home Jersey,' I never felt so much pride," Steadman recalled.

> In an age of social distancing and quarantines, Steadman has put one of the Marine Corps mottos into practice: Improvise, Adapt, and Overcome. Ironbound has now gone digital, with classes online for corporate clients as well as its young fighters. "We're not going anywhere. We're going to figure this thing out to the end," Steadman said.

Taking Up Hobbies, Old and New, to Pass Time in Quarantine

ANDREW THOMAS

To remedy the boredom resulting from isolation, people have been turning to hobbies—playing the guitar, knitting, brushing up on a foreign language-to pass the time. Some are discovering new hobbies, while others are honing their crafts.

Zack Hall is a 28-year-old software engineer from Melrose, Massachusetts. When he's not building websites, he's working with wood. His hobby started a year ago because of an oddly shaped home office space. His wife works from home sometimes too, and he needed to design a desk that would fit the space, and that two people could use.

After watching numerous Youtube tutorials, he was ready to undertake the project. He went out and bought a table saw, but he had just moved into a condominium and had to build the desk in his living room.

"It kicked up so much dust. It was an absolute mess," Hall recalled.

After completing the desk, he realized he could build a lot of other pieces of furniture for his home instead of buying them. He also enjoyed being able to use furniture that he had made himself. Fortunately, a makers space opened up

nearby and he was able to pursue his passion for woodworking outside of his living room.

Hall has made a variety of pieces, including an entryway table and a cabinet for their cat's litter box. His next project is going to be an entryway storage space and a bench for shoes and jackets. Hall

works with maple, oak, and pine. "It's mostly things around the home that we want to build that are sort of driving what pieces I'm designing and

putting together," Hall said. During quarantine, Hall has had to adapt because his makers space is closed. He's moved his work back to his driveway, and has been using hand tools and a little portable workbench. He's recently built a dovetailed box by hand, without using any drills or power saws, that is shaped to hold a bottle of wine.

"The result is really cool, and it's kind of charming. You have a lot of craftsman marks on the box," Hall said. During this time of quarantine and lockdown, woodworking has provided Hall a calm respite from the fast-paced nature of his job. Woodworking lets him slow down and forces him to be deliberate about what he's doing. And while it's been a nice way to pass the time, for



Zach Hall, a software engineer, has taken advantage of the quarantine time to hone his woodworking skills.



Examples of Hall's homemade pieces: a furniture and a wine box.



Jamie Thomas's supplies and candles

Hall, the end result is the best part. "It also feels really rewarding to have something that you can feel at the end of it. You can tangibly point to the project you made," Hall said.

Back to Basics

On the West Coast, Jamie Thomas is also working with her hands to hone her craft. In her free time, the 43-yearold from Redmond, Washington, the executive director of a non-profit, makes her own soap, shampoo, and candles.

After she took a work trip to Borneo, she saw how the palm oil industry was harming the rainforest. The experience left a lasting impression on her, and when she returned home she began looking for ways to make products that don't use palm oil.

She opted to use soy wax instead. She melts the flakes down using a double boiler system and adds in different colors and scents. She then centers the wick in a reusable glass or metal container and slowly pours in the wax. The candles are left to set for two weeks and are then ready to use.

Not only does she enjoy the products herself, but she also enjoys giving them to friends and colleagues.

"I like the freedom of being able to go back to basics, and recognize that all of these chemicals don't need to go into these products to make them useful, beneficial, and most of all healthy," Thomas said.

STYLE

How to Dress According to Your Body Type

MANY NGOM

alented women designers create looks and trends that rule the fashion runways every season. You and I share something in common with these women: we all have a particular body type.

As much as I want to discuss their latest styles, here I will focus on their body types, to help guide you in dressing better, and with confidence. When you learn how to dress according to your body shape, you can create your own personal style—one that is beautiful and harmonious.

Body shapes can be categorized into different letters: O, A, H, V, and X. Each shape has its pros and cons, but the key is to apply the right rules of dressing to showcase your natural beauty.

able with yourself and know what you like to types your body matches most closely.

wear. Once you're ready to identify your body shape, stand in front of the mirror and study your body with kindness, focusing on your hips, shoulders, waist, chest, and posterior. See which designer has the closest body shape For a winning look, you need to be comfort- to yours, and determine which of the body

A Shape Maria Grazia Chiuri

Maria Grazia Chiuri, a former designer at Valentino and currently the creative director at Christian Dior, has an A body shape. This is the most common shape among women. Women with this body type are shaped like a pear or the letter A; the bottom of the body is heavier or wider than the top. In general, they usually have narrow shoulders, a smaller chest, and a flat tummy, but wider hips.

WHAT TO WEAR: To harmonize your silhouette, opt for printed or embellished tops to draw the attention away from your hips. As for dresses, choose sleeveless ones to showcase your shoulders. For bottoms, opt for a straight leg pair of pants or culottes. The latter are cropped pants shaped like an A-line skirt; they're the best way to hide wider hips. For skirts, make sure to pick ones that flare out at the hips, rather than ones that tightly hug them.

AVOID: Prints on pants or skirts, pencil skirts, and ruffles.

O Shape Mary Katrantzou

Greek designer Mary Katrantzou has an O-shaped body type, voluptuous and round. The chest is on the heavy side, the hips and shoulders are rounded, and the waist is not defined. Women with this body shape can wear many different types of clothes; the key is balance.

WHAT TO WEAR: Opt for high-waisted dark pants; they will lengthen your legs and the high waist will contain and flatten the tummy. For skirts, the best style is the pencil skirt, with or without a slit. Dresses are a good choice as well; go for long and lean maxi wrap dresses or empire-waisted dresses, which will add femininity to your style. As for tops, V and nautical necklines are best.

AVOID: Mock necks, low-rise pants, and vertical stripes.

V Shape Stella McCartney

Designer Stella McCartney has a V-shaped body type. V shapes have larger shoulders and a small waist.

WHAT TO WEAR: To balance the top of the body with the bottom, vou need to create volume at the hips. Choose skirts with details at the hip area, such as pleats or big pockets. For pants, opt for a low-rise style with a boot cut or flared bottom. Choose asymmetric tops, either with one sleeve or an uneven neckline.

AVOID: For tops, avoid thin straps, nautical necklines. and embellishments on the shoulders.

H Shape Tory Burch

Fashion designer Tory Burch is petite, and her body shape is like an H, or a rectangle. The hips and shoulders are aligned, and the waist is not defined, or only a little. Whether tall or short, women in this category are usually slim. The chest and posterior are both flat.

WHAT TO WEAR: The key to this body type is to create shape and volume. For tops, opt for peplums and round or heart-shaped necklines. For dresses, go for the ones that have an A-line skirt; they will give you the illusion of an X shape. Pants should be worn below the waist. Have fun with skirts in maxi, fluid styles, or with ruffles. **AVOID:** Baggy clothes; your tiny body will just disappear in them.

X Shape Ulyana Sergeenko

Russian fashion designer Ulyana Sergeenko's body shape is X, or hourglass. The shoulders and hips are generally aligned, while the waist is very defined. This very harmonious silhouette is usually associated

with femininity. The goal is to play with your curves,

highlighting their natural beauty in an elegant, classy way. **WHAT TO WEAR:** Clothing that accentuates the waist is the way to go. A pair of pants with a corset-like waistband will do. Simple fitted dresses are enough to show your natural curves and trapeze dresses will enhance the natural hourglass shape. Choose tops that are cinched at the waist; the best accessory is a wide belt!

AVOID: Boxy and baggy clothes, as they will draw the attention away from your waist.















MONSE



BRANDON MAXWELL

MAX MARA





JIL SANDER

GABRIELA HEARST



ALTUZARRA

ANNA OCTOBER



GANNI

GABRIELA HEARST



CECILIE BAHNSEN

THE ATTICO

GOAT JUNO



GUCC

ANNA OCTOBER

BROCK COLLECTION

HALFPOINT/SHUTTERSTOC

5 Ways to Sail Smoothly Into Online School

While there are some disadvantages to online learning, the fact that you get to set up your study space is a plus.

Keeping your room tidy, turning your phone on airplane mode, turning off social media notifications, and closing your email tab are all ways to limit distractions.

SAPPHIRE COURTER

ike many students across the world, you've most likely been making the shift from in-person to online classes. This transi-

tion may be a little daunting, especially if you've never taken an online class before. As someone who switched to virtual learning almost three years ago, I remember that feeling. Over time, I developed the following five strategies to become successful.

Make Yourself Comfortable

While there are some disadvantages to online learning, the fact that you get to set up your study space is a plus. If it helps you concentrate, turn on some music. Do school work from the comfort of your favorite chair or from your bed! Make some snacks, whatever you need to feel relaxed and ready to work.

Limit Distractions

One of the biggest struggles of doing school from home is that it requires a lot of self-motivation. Instead of going to class at specific times, you can do your work wherever you want. It's hard to make yourself do school work if you are surrounded by things and people vying for your attention.

Make sure that your workspace is designed to limit those distractions as much as possible. Close the door to your room. Tell everyone in your house, "I'm going to work on my English class now, please don't interrupt me."

More disruptive are self-created distractions. Maybe right as you turn on your computer, you notice your room is messy and you must clean it. Keeping vour room tidy, turning your phone on airplane mode, turning off social media notifications, and closing your email tab are all ways to limit distractions. Also, keep school supplies within reach. Even a 30-second distraction to dig your calculator out of your backpack can be disruptive.

Figure Out When Things are Due and **Plan Accordingly**

When you're taking five classes at once, it can be challenging to know which one to start on. The first thing you should do is create a calendar of when all of your assignments are due that week. Some distancing-learning websites, such as Canvas, have a calendar built with all your due dates, which is a good starting place.

If your distancing learning site does not have this, you'll need to create one from scratch. Look at the syllabus for your classes and figure out what is due when. Then look at all the assignments for the next week and carefully read the instructions. Some might have multiple parts, such as "write your answer to the discussion question by Sunday and respond to someone else's response by Wednesday." Both parts should be added to your calendar. Most built-in calendars will only have the final due date. The times the assignments are due should also be included. Most will probably be due by midnight, but not all. I have found that different classes nearly always have things due on different days. Therefore, assignment due dates for your different classes will be spread out across the week. While some days might have more due than other days, seeing it all laid out should give you a good idea of what to work on each day. While this may be time-consuming for the first few weeks, eventually you will get a good feel for what is due when and follow a similar pattern every week.

Don't Cut Corners

Since it is impossible to monitor students as closely with distancing learning, it can be hard to resist the temptation to not do everything required. If I can use the internet on my phone during a test, why would I take notes? Maybe I can watch Netflix and my teacher's lecture at the same time? Why would I read all of the supporting documents if I only have to respond to one? This may work as a short-term strategy, but probably not in the long-run. Perhaps, while you have unlimited time on the quizzes, on the test itself you will not have the time to look up every answer. Maybe your lack of knowledge will show on a written assignment. At some point, cutting corners will reflect on your grades and by then it will take more effort to catch up than it would have if you hadn't cut corners.

Don't Be Afraid to Ask for Help

Since you might not even see your professor's face for the duration of the semester, it can be hard to remember that there is an actual person teaching you. Throughout the school year problems and confusion are bound to occur. If you misunderstand an important concept early in the vear because something wasn't worded clearly, that class can start making about as much sense as ancient Greek.

If you're unsure about something or aren't certain about the exact requ ments of an assignment, it's much better to ask your teacher than have your grades suffer. Just like in an in-person class, your teacher will be happy to help and most respond in a timely manner. They can even help with issues such as turning in an assignment late or technical difficulties. If you've avoided cutting corners and they know you are an honest student, they'll be willing to work with you any way they can.

Sapphire Courter is currently a business major at Butte College in California. She has been doing all of her studies online since the beginning of the school year.

Are Young Boys 'Benevolent Sexists'?

ANNIE HOLMQUIST

Little boys are sexist.

At least, that's what recent headlines want us to believe.

A new study hit newsstands the other day, claiming that young children, boys especially, exhibit indicators of sexism even into early middle school. This sexism, however, is not likely to be aggressive, mean-spirited behavior toward females. In fact, it could be far worse. Benevolent sexism, the study implies, can look harmless on the surface, but it still "undermines women."

Just what does benevolent sexism look like? Apparently, it's been around for a 1. Men need to protect women from danger long time—we've just known it by another name: chivalry. David McGlynn's conversation with psychologist Peter Glick in The 3. Men are only truly happy when they mar-New York Times reveals how chivalry became an aggressive attack on women:

"One thing you want to be careful of," he said, 'is teaching boys to be chivalrous. We need to stop socializing boys to see women as needing protection.

my mother's lessons about holding open ing up a seat, this list largely indicates that doors and giving up my seat on crowded little boys are thinking about women in a buses. I'd long taught my sons to show re-kind, mannerly way, genuinely desiring to change the relations between men and

spect, especially to women. 'Isn't chivalry a good thing?'

'Holding doors and giving up seats are prime examples of courtesy,' Peter said. 'Of course those are good things. But the idea that women should be cherished and put on pedestals fosters what's known as benevolent sexism, which subtly demeans women as fragile and less competent. It reinforces a sexual script in which a man takes charge while a woman remains passive."

Just how did researchers discover that little boys exhibit tendencies of benevolent sexism? They read them the following statements, which many little boys agreed with:

2. Women should be rescued before men when there is an emergency like a fire.

ry the love of their life. 4. Good women should be rewarded and

given nice things by their husbands. 5. Fathers should work as hard as they can to take care of their families.

'Wait a minute,' I said, remembering Funny. Along with holding a door or giv-



Just what does benevolent sexism look like? Apparently, it's been around for a long timewe've just known it by another name: chivalry.

treat them well. Maybe I'm weird, but I have trouble figuring out what female would not want to be treated kindly by men—young or old—who are looking out for her welfare.

Why is such behavior frowned upon? Perhaps it has something to do with the spirit in which it is received. According to Christopher Lasch in "The Culture of Narcissism," close contact with feminist thinking may lead women to reject the natural, kind behavior of men, causing cognitive dissonance when it comes to finding a marriage partner:

"On the one hand, feminism aspires to

women so that women will no longer be forced into the role of 'victim and shrew,' in the words of Simone de Beauvoir. On the other hand, it often makes women more shrewish than ever in their daily encounters with men. This contradiction remains unavoidable so long as feminism insists that men oppress women and that this oppression is intolerable, at the same time urging women to approach not men simply as oppressors but as friends and lovers.'

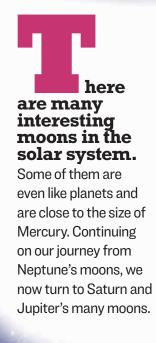
This type of thinking clearly causes problems for women—but what does it do to men? When we teach little boys to be kind, gentle, mannerly, and gracious to others, then turn around and tell them that such manners are benevolent sexism, what kind of message are we giving them?

If little boys grow up and throw up their hands in despair, retreating from women and mannerly behavior altogether, then we'll know exactly what kind of message we've sent. When that happens, we shouldn't be a bit surprised, either.

Annie Holmquist is the editor of Intellectual Takeout, an online magazine and sister publication of Chronicles. This article was originally published on Intellectual Takeout.



THE FABULOUS MOONS OF THE SOLAR SYSTEM



HYPERION

Hyperion is a rather strange moon. Where most things in our solar system assume either a spherical shape or a completely irregular one as many moons and asteroids do, Hyperion looks like a sphere that has been squashed into a potato-like shape. It is also the largest of Saturn's nonspherical moons. Hyperion's rotation is irregular, owing to its odd shape. Its "tumbling" rotation has an

in resonance with Titan, which means that when Titan and Hyperion pass each other in orbit, they affect each other's orbit. Hyperion has a heavily, deeply cratered surface that makes it look like a sponge. Water ice may be present on Hyperion's craters; this is suggested by a distinctive shine on the crater walls.

EUROPA

We now turn to Jupiter and its many interesting moons. The largest and most captivating of Jupiter's moons are called the four Galilean moons: Europa, Io, Callisto, and Ganymede Europa is a planet of water ice—a light blue with strange orange-brown streaks running over the icy surface. Below this surface of ice, there is the strong possibility of a large ocean. Voyagers 1 and 2 provided scientific data that indicates this may be the case and the Galileo probe reinforced

this idea. Europa is about the size of our moon, but because of the ice surface, it reflects ight very well and thus looks very bright. The structure of Europa is thought to consist of the ice crust, then the ocean, and then a rocky

Stay tuned next week for Part III!

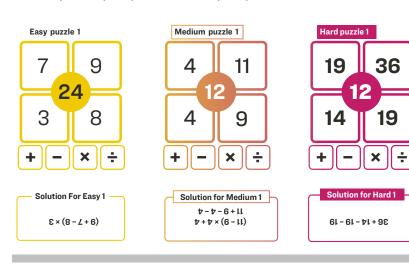
(PART II)

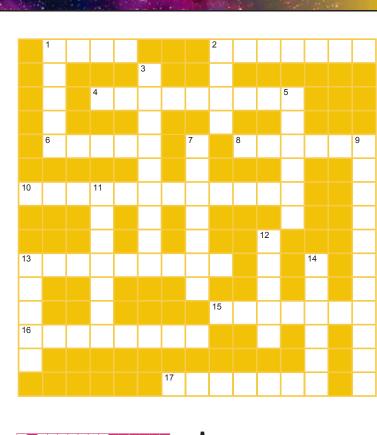
Down 1 Mothers make us ____ (5)

- 2 A mother's hugs are ____ (4)
- 3 When we were small, our mother was our (9)
- 5 Mothers taught us that "__ is more mportant than receiving" (6)
- 7 "A child's first _____ is its mother" (Peng Liyuan) (7)
- 9 When we explain our troubles, mother ___ (11)
- 11 What children show their mothers (and fathers) (7)
- **12** "_____ thy father and mother" (5)
- 13 When you think of your mother, do you __? (5)
- 14 A mother is a _____ for life (6)
- 8 Mother's guidance (6)
- **10** We show our _____ for our mother's
- care (12) **13** A soccer mom is a _____ (9)
- - **15** How mothers nourish their families (7)
 - 16 When you have a problem, mom is a good
 - 17 Mothers are _____ to their children (7)



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







Across

- "There is nothing as powerful as a mother's ____" (4)
- 2 Hardly the carefree sort (7)
- A mother's "super power" (9)
- "A mother carries you for 9 months in her belly, 3 years in her arms, and forever ir her " (5)

mantle and an iron core.

affect on its orbit around Saturn. It is als

10

Subscriber Resources Guide

Welcome to a different kind of news

i there, Epoch VIP! It's a pleasure to finally meet you. We're really excited to have you here so you can experience The Epoch Times for yourself – and see if we live up to the hype.

You may already know that we do journalism a little differently; maybe that's why you're here. In our reporting, we always try to distill a story down to the facts and get readers as close to the truth as we can. We like to think that it's the greatest responsibility we shoulder as media in today's rapidly changing world (and we're quite proud of it!).

But of course, we're not here to tell you what

to think about us. That's not what we think media should do.

Instead, we'd suggest you find some quiet time, take a comfortable seat and have a look at our content – from news and opinion to food, mind & body as well as life & tradition. We're firm believers in letting our work speak for itself, which leaves room for our readers to be the true judges of whether we've done a good job.

That said, we're always open to feedback as being media isn't simply about disseminating information: it's about participating in a bigger societal conversation. And there'd be no conversation if someone wasn't on the other side reacting to our articles. The way we see it, we're always in a partnership with our readers-with your suggestions and support, we hope to deliver a more improved reading experience for you every week.

All this is why when you subscribe, you don't just become a subscriber: you become the newest team member in our journey to bring back traditional, fact-based journalism.

And we'd love to have you onboard. Judging by the fact that you're reading this letter now, we think you have excellent taste.

In truth and tradition,

The Epoch Times

DID YOU KNOW?

- We work with the USPS nationwide and disparities from place to place can exist.
 If you don't receive your print paper by Tuesday at latest, please contact us at 917-905-2080 and we will immediately investigate.
- 2. If you ever miss an issue of the paper, you will be granted a subscription extension for the missed issue(s).
- 3. Subscriptions, except for gift subscriptions, will **automatically renew every term** (monthly, quarterly, biannually or annually).

COMMONLY USED RESOURCES

HELP CENTER

Visit our newly launched Help Center at **ReadEpoch.com/help** to find answers to the most commonly asked questions. You can also find the Help Center buttons on **TheEpochTimes.com** homepage.

CUSTOMER SERVICE HOTLINE

917-905-2080

CUSTOMER SERVICE BUSINESS HOURS

Monday – Friday 9 a.m. – 8 p.m. (EST) Saturday 10 a.m. – 3 p.m. (EST)

CUSTOMER SERVICE EMAIL

subscribe@epochtimes.com

- 4. Read our complete FAQ at **ReadEpoch.com/FAQ**.
 - What are the fundamental differences between The Epoch Times and other media?
 - Why do I need to subscribe to The Epoch Times?
 - What are the cancellation and refund policies?
 - How much am I going to be charged after my one-month trial? And more...
- 5. Read the complete Terms and Conditions at **ReadEpoch.com/Terms**.

SELF-SERVICE PORTAL

Manage your subscription by logging in to your account at **TheEpochTimes.com**. Make subscription changes or update personal information by clicking on the "Log In" button in the page's upper right corner to enter your username and password. After login, click on the person icon to access your account.

Once logged in, you can additionally:

- Change subscription plans
- Update account information
- Update payment information
- Refer a friend
- Request sample papers

- Quickly and easily manage your account by logging in at TheEpochTimes.com.
 From there you can view or print your billing history, file delivery complaints and update the following information:
 - · Shipping and billing addresses
 - Email address
 - Phone number
 - Credit card details and more

ADDITIONAL LINKS

Subscription: ReadEpoch.com Referral Program: ReadEpoch.com/friends Gift a Subscription: ReadEpoch.com/gift Donation: SupportEpoch.com Sign a Petition: CCPVirusTruth.com Online Shop: EpochShop.com Reader Community: EpochReaders.com

MAILING ADDRESS

Subscription Department The Epoch Times 229 W. 28th St., Fl. 7 New York, NY 10001, USA



THE EPOCH TIMES

TRUTH AND TRADITION