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GRAND OLD FLAG

A SALUTE FOR THE FOURTH OF JULY

Page 4

MENTAL HEALTH
AND ADDICTION:
CONFRONTING
THE STIGMA

Page 5

RETURNING TO YOUR BEST HABITS

Page 3

As a young businessman, Mariotti got mugged by teenagers. It led him to teach high school students about the lifechanging power of entrepreneurship.

CHANGING LIVES BY TEACHING ENTREPRENEURSHIP

Page 6



Musical Connection

Encore Creativity for Older Adults is the country's largest choral organization for adults age 55 and over.

A choral program for older adults is providing camaraderie and fun

ANDREW THOMAS

ncore Creativity for Older Adults, a choral organization, is provid-ing seniors 55 and older with a creative outlet and the opportunity to make new friends.

Since live rehearsals have been canceled since March 12, 2020. Encore is offering a virtual summer course called Encore University, which will feature rehearsals as well as a variety of music classes. The show must go on, as they say.

Encore prides itself on its accessibil- As a result, Kelly started the nonprofit

in and they're happy. Our singers are just happy," said Jeanne Kelly, the founder and creative director.

How Encore Started

In 2001, Kelly, who has over 40 years of professional vocal experience, was hired to be the conductor in a study on creativity and aging. The purpose of this part of the study, which was funded by the National Endowment for the Arts and the National Institutes of Health, was to observe the physical and psychological effects of singing on older adults.

For the study, health professionals interviewed older adults before and after they started singing for a year. Researchers discovered that after the first year of the study, the participants' overall health had improved. They took less medications, they had fewer hospitalizations, fewer doctors' visits, higher morale, and less depression. In addition, singing provided valuable exercise for an aging pair

The study continued for another two

years, and the researchers kept adding participants. That's when Kelly decided she wanted to continue to work with older adults for the rest of her career. She had been a professional classical singer herself and had taught singing to older

"I decided something needs to happen that gives these older singers a challenge, that gives them respect, and that gives them an opportunity for teamwork," Kelly said.

ity. No auditions are needed, and the organization Encore Creativity for Older Adults. In the beginning, Encore had "We have empowered these people to do three traditional choruses, but it rapidly their best, and we have empowered these grew to become the country's largest people to look forward to life. They come choral organization for adults age 55 and over. Now, there are about 1,400 singers in Maryland, Virginia, Washington D.C., and New York. There are now 22 different choruses, including six rock n' roll choruses, a chorus focused on the Great American Songbook, and a chorus for those with Alzheimer's and other types of dementia. The program has a 15-week semester structure where each choir rehearses for one and a half hours per week, followed by a live community concert at the end of the semester. All of the

"It gives the singers a chance to show the public that older adults can really sing. They can put on a great concert,"

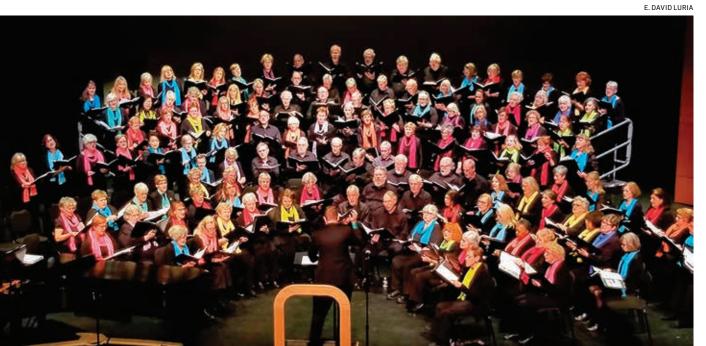
Sandra Quinn from College Park, Maryland, is just one of the many singers at Encore. Quinn, 68, is a professor at the University of Maryland and is the chair of the department of family science at the school of public health. Quinn signed up in 2014 after seeing an announcement at the Smithsonian and has not missed a semester since. She had a passion for



the founder and creative director at Encore Creativity for Older Adults. (Right) Sandra Quinn has been singing at Encore since 2014.

When I would walk out of rehearsal, I felt so energized. I felt like a new woman.

Sandra Quinn



Encore is offering a virtual six-week summer course starting on July 6, 2020.



singing before Encore, but hadn't sung with a group since high school.

"In any given group there will be people who have been singing a long time, there will people who read music well, and there will be total novices. Somehow, they move us in that 15-week period to where we need to go," Quinn said.

Quinn's experience at Encore has allowed her to forge new friendships and has given her the opportunity to interact with people she might not otherwise encounter.

"We socialize under normal circumstances, and it's not just one group. I have a couple of different kinds of groups that I socialize with," Quinn said. "It has bolstered my social network even outside the rehearsal hall."

Quinn said each week she leaves rehearsals happier and more relaxed. They have helped her live in the moment, given her a sense of camaraderie, and made her more confident. She is also constantly learning.

"When I would walk out of rehearsal, I felt so energized. I felt like a new woman," Quinn said.

Summer School

On March 12, 2020, as a result of the pandemic, Encore had to stop all of its live rehearsals and eventually moved its rehearsals online via Zoom.

Kelly received numerous emails from singers saying how the virtual rehearsals helped them during the pandemic, especially the older adults who live alone.

Normally singers would attend one of Encore's sleep-away summer programs, but since this was not a possibility anymore, Kelly was determined to do something. The organization is now offering a virtual Encore University Summer School, which is open to all adults 55 and older. The summer school is six weeks ong, and classes and rehearsals will be

The courses include "Musical Masterworks," "Vocal Techniques," and "This Is Your Brain on Music." The summer school costs \$50 and includes all of the classes. Almost 600 singers have signed up for the summer school so far. The deadline to sign up is July 3, 2020, at *EncoreCreativity*. org/programs/summer-programs

Returning to Your Best Habits

BARBARA DANZA

Lockdown restrictions are easing, social interaction is expanding, and the external demands vying for our time are on the rise. The good habits we once relied upon to keep life humming along may have fallen by the wayside while we were "staying home."

To get back on track, summertime is the perfect season to ease into the habits that allow us to live healthy, productive, and fulfilling lives.

Here are a few tips to return to (or establish anew) your best habits.

Study Habits

I'm not talking about your study habits. I'm recommending that you study habits. A famous quote by writer Will Durant, and commonly misattributed to Aristotle, says, "We are what we repeatedly do. Excellence, then, is not an act, but a habit.'

Indeed, habits are powerful. Understanding how habits form and the significant role they play in our lives can be both motivational and practical.

My favorite books about habits are "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones" by James Clear and "The 7 Habits of Highly Effective People: Powerful Lessons In Personal Change" by Stephen R. Covey. I'd read the latter first.

Look in the Mirror

Before you decide which habits to work on, a little introspection is in order. Give yourself the time and space—away from distractions and technology—to think and journal about the different aspects of your life.

Consider how you're doing physically, mentally, and spiritually. How are your relationships, your home, your health, your finances, and your work in the world? Are you nurturing your talents and strengths? Are you acting as a responsible

steward of your resources? Do you see a purpose for your life?

Big questions like these can point you toward the habits you'll want to work on.

The key to establishing (or re-establishing) habits is to start smalltiny, even—and work on only one at a time.

Choose One

Before picking

on a habit to

work on, make

time for some

introspection.

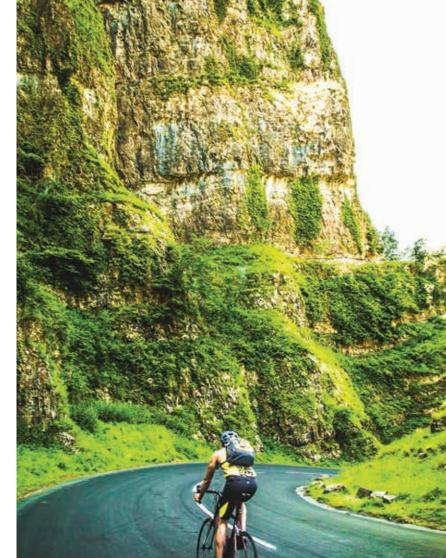
Once you're motivated with a firm understanding of the power of habits and a clear direction you want to steer your life in, it may be very tempting to try to make a lot of big changes all at once. Don't do it. The key to establishing (or re-establishing) habits is to start small—tiny, even—

and work on only one at a time. Some habits will be more powerful than others. Charles Duhigg, author of "The Power of Habit: Why We Do What We Do in Life and Business," de-

fines keystone habits as "small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives." Keystone habits, he says, "start a process that, over time, transforms ev-

erything." In choosing which habit to start out with, consider which may have the greatest impact across different dimensions of your life. For example, developing a habit of a daily walk

for improved fitness, may also increase the energy you have to work productively, improve your confidence and happiness in personal interactions, and may encourage you to reduce the amount of meals you eat outside your home, improving your monthly budget. That would make it a keystone habit.



ALL PHOTOS BY UNSPLASE

A keystone habit, such as exercise, is one that impacts many aspects of your life.

Be Kind to Yourself

Listen, we've all been through a rather traumatic period of time. Be patient with yourself as you take the steps toward increased activity, stimulation, and demands. It may be surprising how challenging you find the adjustment. Take it slow. Pick yourself up every time you fall. Do not give up no matter how long it takes, and be kind to yourself all along

Memorials Are More Than Stones

squinted at the stone memorial in the bright sun, trying to hold back my hair L as the wind blew it around my face. My husband, daughter, and I had just pulled up to a small green building located behind the Thurleigh Airfield in Bedford, England. Aside from the memorial I saw in the cor-

ner of the fenced lot, the field was empty. But that small marker was why we had come; why we had driven out of our way from the Cotswolds to my grandmother's house in Kent to see it. This plaque, which read, "Always First: First U.S.A.A.F. Unit Over Germany," was the physical remnant of the stories my husband had grown up hearing about his grandfather's service

'Reich Wreckers'

in the war.

Andrew's grandfather, Edmund "Ted" Deeter, served as an accountant in the 306th Bomb Group, known as the "Reich Wreckers," during World War II. In 1943, at the age of 22, Ted left his country for the first time to sail across the ocean on a military ship that slept people five high in bunks. He was stationed in Bedford for the next two years, where he experienced homesickness, victories, and deep per-

Ted was a lover of history, and as Andrew grew up, he would take him to places such as Gettysburg and Valley Forge. He passed on to my husband his love of George Washington, the American Revolution, and the

'It's so far from home, Andrew said, after he had stared at the memorial for a solid two minutes. I understood

what he meant.

Edmund "Ted" Deeter Jr., served as an accountant in the 306th Bomb Group, known as the "Reich Wreckers," during World War II, circa 1943-45.

Civil War. Ted loved to visit statues and When I stood at this memorial that hon memorials, to honor the places that paid tribute to those who had given to their

I met Ted when I was in college. After finding out my family was from England, he talked animatedly with me about cups of tea, double-decker buses, and the smell of the sea. I asked him if he would ever want to go back to Bedford. That's when I found out no one in his family had seen the place where he was stationed; the man who loved to visit memorials where history was made hadn't visited his own.

Ted had a tag on his license plate that referenced his time in the 306th Bomb Group. A few years before our trip, we came across letters that he had written to his mother during his time overseas, talking about the rations and the food he missed from home. Before his death, he and one of his sons had traveled to England, but Ted, like so many other soldiers, wasn't emotionally ready to revisit the place where he had watched so many friends leave on a mission and not return.

Power of Place

I've walked past memorials my whole life. I've had picnics next to them, I've used them as a meeting place, I've walked by them and thought they were interesting. But I wasn't prepared for the way it would feel when you know the person for whom the memorial was erected.

The meaning changes entirely when the memorial is personal.



ors the 306th Bomb Group, one of its members being the man who played a vital role in my husband's life, that stone became a touchpoint of our family's story. Memorials are a testament to the power of a place. The Thurleigh Airfield and its surrounding area looked entirely different

than it had in the 1940s, but the memorial was a marker for who had been there, and what they had given. I looked around the green lawn wondering, how many memories were stored up here? How many people were changed because of their time at this airfield?

"It's so far from home," Andrew said, after he had stared at the memorial for a solid two minutes. I understood what he meant. We live in the same small town in Pennsylvania where his grandfather grew up. Most of his family has stayed in that area. To imagine his grandfather so far away from anything familiar at such a young age, fighting a war against a tyrannical power gave us a new insight into what so many men and women were willing to give up.

Since that day in the airfield, I look at memorials differently. I understand that they are place markers, but that to somebody, they are also deeply personal. They are a way honoring the value of a person's life, of thanking them for what they were willing to give up.

While Ted never saw the tribute to the 306th Bomb Group in person, it made Andrew and me so proud to know that it was there. The memorial honored the deep, painful sacrifice Ted chose to make for his country, and it honored the person he became after the war—the kind, thoughtful, family-oriented man he remained his whole life.

The memorial was a tangible testament to what we already knew: Edmund M. Deeter Jr. and the rest of the 306th Bomb Group lived those years with bravery and persistence, and our world today is better

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



A man waves an American flag while riding in a carriage in a Fourth of July parade, in Alameda,

Grand Old Flag: A Salute for the Fourth of July

JEFF MINICK

ecently I read of a man who said of the American flag: "It's just a symbol." His comment was unintentionally funny. Symbols are never "just" anything. They can possess enormous power. A wedding ring evokes ideas of love and fidelity, and Grandmother's china collection brings memories of her every time we bring it out for special meals. My online dictionary defines a symbol

as "a thing that represents or stands for something else, especially a material object representing something abstract."

Stars and Stripes

So let's take a look and see what abstractions we can find in the Stars and Stripes.

First, there are the visible symbols of the flag. As we all know, its 13 white and red stripes stand for the original 13 colonies. Each of its 50 white stars on a field of blue represents a state. The colors are also symbolic, with red standing for courage and grit, white for purity, and blue for vigilance and justice. The stripes signify the sun shining down on the nation, the stars a constellation that will stand "forever."

But the real symbolism inherent in the flag, a material object, is this abstraction: the ideals, values, and citizens, living and dead, of the United States of America.

That flag flies at the White House and from the front porches of homes in my neighborhood. That flag stands in the frozen wastes of the South Pole and on the

surface of the moon. That flag drapes the caskets of veterans to pay them honor for their service to their country. Protesters who burn that flag are not just setting fire to a piece of cloth, but to America itself.

Think of everything that flag symbolizes. In those stars and stripes, we find embedded the American Dream. We are the country that, having once gotten rid of a king, has spent the last 244 years trying to make every man of us a king, every woman a queen, monarchs who have charge of their own lives. We are the people whose Constitution and Bill of Rights gave us a republic that recognized that certain rights came not from any government but were natural to all mankind.

When we pass that flag waving from a pole beside the post office or courthouse, we have the opportunity to remember the men and women whose brains, brawn, and courage created the greatest free country in the history of the world. Stitched into those Stars and Stripes are George Washington and Thomas Jefferson, Daniel Boone and Davy Crockett, Sojourner Truth and Susan B. Anthony, Theodore Roosevelt and Dwight Eisenhower, and thousands of others who reside in the pantheon of our nation's history. Alongside them are the hundreds of millions of others whose unheralded efforts built a bastion of liberty.

When we look at that flag, we should see the beauty and grandeur of the land for which it stands: the majesty of the Rocky Mountains, the sublime beaches of our national seashores, the vast, silent prairies and deserts, the rolling hills of Piedmont Carolina, the forests of Appalachia. That



CHIP SOMODEVILLA/GETTY IMAGES

The flag raised during the World War II Battle of Iwo Jima on display at the National Museum of the Marine Corps on Nov. 2, 2006, in Triangle, Va.

flag should inspire us to look with new eyes at the skyscrapers and public parks of Manhattan, Chicago, or Los Angeles, or at the quaint streets and shops of tiny Flint

That flag stands for liberty. Examined objectively, our entire history is about increasing freedoms for our citizens, the blacks who were once enslaved, the women once forbidden the vote, the rights of all Americans to "life, liberty, and the pursuit of happiness." We've failed on this journey many times, faltered or stumbled, and ours is a long and torturous history of mistakes made and opportunities lost, yet if we look backward in time, really look, we can see how far we've come.

The real symbolism inherent in the flag, a material object, is this abstraction: the ideals, values, and citizens, living and dead, of the **United States of America.**

Are We Worthy?

That flag should also act as a question mark. Are we worthy of those who came before us, who believed in America and in some cases, died for her? Do we have the can-do pluck of the pioneers who spent months trekking across mountains and prairies to find a home for themselves, the stouthearted determination of African-Americans who under the leadership of Martin Luther King Ir. ended segregation and won full citizenship through peaceful protests, the boisterous American spirit that believed in progress and the freedom of opportunity? Under that flag we Americans even walk differently than other people. Some writer I read long ago—was it William F. Buckley?—

recounted an escape from communist East Germany. Those slipping out of the country spoke excellent English, and had been provided with fake American passports and American clothing. The day before they were to attempt to pass through a guarded checkpoint, one of the men said, "Now you must teach us to walk like Americans."

I personally witnessed this difference. In the late 1980s, when Soviet Russia was still a reality, five Russians stayed at my bed-andbreakfast in Wavnesville, North Carolina, to learn the operations of a nearby Dayco factory, a manufacturer of hoses for automobiles. Friends would say to me, "I saw your Russians downtown today," and when I asked them how they recognized them, they all said, "You can tell by the way they walk." Compared to the communists of Germany and Russia, Americans walked as if they owned the earth, captains of their souls and destiny.

From some quarters these days, the flag and the republic it represents are under attack. Once upon a time, the words "It's a free country, and I'll say whatever I want" were as common in America as backyard barbecues orice cream sundaes. Today, some among us want to limit that freedom of speech. They despise our customs and institutions, call for radical changes to our laws and government. and encourage hatred, hoping to divide us into irreconcilable tribes as a strategy for destroying our way of life.

Regrettably, many others among us have grown so accustomed to the liberties, privileges, and advantages of our Americanism that we've forgotten to remember that these are unique blessings. At our peril, we take for granted what others would take away.

In "Ragged Old Flag," singer and songwriter Johnny Cash wrote in praise of the American flag, using it as a symbol to remind us of our own story. Here are a few lines taken from the stanzas near the end of this song that should speak to us this Independence Day:

"In her own good land here she's been abused She's been burned, dishonored, denied, and refused

And she's getting threadbare and wearing thin But she's in good shape for the shape

'Cause she's been through the fire before

And I believe she can take a whole lot So we raise her up every morning We take her down every night We don't let her touch the ground and we

fold her up right On second thought, I do like to brag 'Cause I'm mighty proud of that ragged

God bless America. And God bless Old Glory.

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

Mental Health and Addiction: Confronting the Stigma

ANDREW THOMAS

ental health and substance abuse are arguably two of the most stigmatized subjects in our society. The terrible irony is that talking about these subjects is the first and most important step to helping those who are struggling. Jay Shifman experienced confronting both of these struggles, and now he's dedicated his life to opening the conversation. Shifman, 33, lives on Daniel Island,

South Carolina. Shifman grew up in Amberley, Ohio, a predominantly Jewish suburb of Cincinnati. Growing up, Shifman was blessed with loving parents and three younger brothers.

"It was pretty much the idyllic childhood for the late 80s, early 90s," Shifman recalled.

Mental Health

When Shifman was 11 years old, he was diagnosed with ADHD, and for the first few years after his diagnosis, he tried a variety of treatments. He was the "class clown" in school and was never a great student, but his ability to focus improved after he was prescribed medication. In the beginning, taking prescribed medication made Shifman feel ashamed and he would only discuss it with other people who were on medication as well.

"It was definitely not the kind of thing that I was wearing as a badge of honor the way that I do now being somebody in recovery," Shifman said.

With the support of his grandmother, Shifman slowly started to take steps in the right direction.

Around age 14 he began struggling with depression and anxiety. He felt moody, found himself in a funk that was difficult to escape, and struggled to find joy in everyday life. The anxiety caused him to focus on all of the potential problems and negatives in life, and made him imagine the worst possible scenarios. He also struggled, and continues to struggle, with OCD, which caused repetitive thoughts and behaviors. He discovered, eventually, that the ADHD medication sues he faced.

"A lot of it was fueled by these medications I was on," Shifman said.

Shifman was prescribed antipsychotics and benzodiazepines for these mood disorders when he was 19. By the time he was in college, Shifman began abusing his prescription medications. At a certain point he was on six different daily medications, but he would take well over

the prescribed amount and was filling month-long prescriptions in a matter of two weeks. By his junior year of college, he had failed out of school.

By age 22, his addiction had reached a serious level. If he didn't take a pill immediately in the morning, he would find himself on his bathroom floor going through withdrawal. He eventually resigned from his job as a coordinator at a nonprofit, and he began to lose his friendships as well. The friends that he still had were also using drugs with him, and he found himself smoking marijuana and using cocaine. In the meantime, he could not maintain a handle on his abuse of his prescriptions. Ultimately, he would reach his Jay Shifman hosts

Breaking Point

breaking point.

In summer 2009, Shifman attempted to take his own life for the first time. He had just returned from following one of his favorite bands on tour, and fell into despair. He was disappointed in the life he was living and felt isolated except from people who were also in the throes of substance abuse.

One night, he poured what he thought was surely an overdose amount of pills, and called a friend to tell her what he was about to do. Fortunately, his friends reached him before he could take the pills. The following night, he took the pills before he called the same friend She called the police, and an officer placed him in handcuffs and led him out of his home before slamming his head into the side of the police car. He was taken to the University of Cincinnati Hospital and remembers being handcuffed to a gurney after he arrived. After that, he didn't remember anything until the next day.

"The next thing I knew I came to, and I was in a lockdown unit in Cincinnati the next day. I had been out of it for about 24 hours," Shifman recalled.

After three weeks in the hospital, Shifman was released to his parents, who sent him to a long-term rehabilitation facility in Massachusetts where he spent three months. During his time there, he met other patients with mental health issues and substance abuse. He started to realize that his struggle resembled those who had struggled with substance abuse more than those who had mental health condi-

"Medication was helping other people It wasn't helping me, and it made me start to wonder, was it possible that these [medications] were actually making things worse for me, not better?" Shifman said.

Shifman met with a therapist at the facility and suggested to him that he try to get off of all of the medications he was on. The therapist agreed, however, only under the condition that he try new medication. Shifman wasn't on board with that plan. His idea about his own treatment was different from what his therapists were recommending, and he checked himself out of the facility after three months.

> He was not all well and would still experience detox and withdrawal.

After he checked him self out of the facility he began driving cross country to live with his grandmother in Cornville, Arizona. On the way he got into a car accident and found himself alone in Johnstown, Pennsylvania, in a motel on Jan. 2, 2010. "That's what I consider my

rock bottom moment, where I sat there on this dirty carpet the podcast "Choose feeling more alone than I ever had in my life," Shifman said.

Removing the Stigma

through a long withdrawal from the variety of prescription medications he had been abusing.

"It was a very trying time physically [and] mentally," Shifman said.

Once he made it to Cornville, he went

During this time Shifman took small steps toward getting through his withdrawal on the path to recovery. At first he struggled to get out of bed, and then after a little while, he was able to walk to the mailbox. With the support of his grandmother, Shifman slowly started to take steps in the right direction.

"I really credit my grandmother because I have no idea what that was like to watch," Shifman said.

After three months, he was off of the medications. Once he was healthy enough to leave his grandmother's house he moved in with a friend in Dayton,

Ohio, and started working at the family's coffee shop. The largest milestone for Shifman was when he ultimately graduated from college. It would take five years for his brain to recover, and during that time he slowly started to understand his true self. He has not touched a prescription pill since spring 2010. He still is able to have a drink, but can control his drinking, unlike his prescription drug addiction, which is an important distinction that Shifman makes. He still contends with anxiety and depression, and works with a variety of therapists to address his mental health.

Since, Shifman has dedicated his life to making a difference about the stigma surrounding mental health and addiction. He recognizes how fortunate he was to have had a second chance, and shares his story to help open up the conversation about mental health and addiction. He is now an addiction and mental health speaker, writer, consultant, coach, and host of the podcast "Choose Your Struggle."

"It boggles my mind and it makes me incredibly sad when people aren't even willing to talk about them because it is so shortsighted and so foolish to think if we don't talk about them, then they won't happen," Shifman said.

"Choose your struggle" refers to the fact that for a long time Shifman's struggle was to avoid withdrawal. Now that he's in recovery, he gets to struggle for what he's passionate about, which are the topics of mental health and addiction. He encourages others to choose their own struggle and help them discover what makes them happy and fulfilled.

"I love telling my story because it starts conversations that are incredibly necessary. I believe that any time that we can talk about it we: a) end the stigma, which is the most important thing, and b) it helps change some attitudes," Shifman said.

ALL PHOTOS COURTESY OF JAY SHIFMAN

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Jay Shifman (C) has dedicated his life to removing the stigma associated with mental health and

Jeffrey Olrick and Amy Elizabeth Olrick.

When Summer Break Looks Different

BARBARA DANZA

his summer will look and feel different for many families who just wrapped up "distance learning" and are now facing a summer of canceled plans. I spoke to Amy Elizabeth Olrick and Jeffrey Olrick, the authors of "The 6 Needs of Every Child: Empowering Parents and Kids Through the Science of Connection," about their advice for parents during this different-looking summer. Here's what they said.

THE EPOCH TIMES: With a calendar of canceled plans before them, what can parents do this year to ensure a mentally and emotionally healthy summer for their kids?

JEFFREY OLRICK: Many things we expected or were looking forward to aren't happening now, so both parents and kids are dealing with losses. Families will have an easier time switching gears and embracing new possibilities f they first name the things they're disappointed about. Then, after grieving together, we encourage families to have a conversation that maps out a new vision for the summer. Talk about the fun things everyone would like to

do individually and as a family, and like allowing more screen time than name people's needs and responsibilities to consider how to support

AMY ELIZABETH OLRICK: Many parents will be working from home this summer without childcare. If this is the case for you, invite your kids to help problem-solve how to get through this. For instance, during the strictest days of quarantine, we told our kids we were having a hard time keeping up with our work while also helping them with school work. Hearing this, our two older boys offered to cook dinner two nights a week to help free up some of our time. Even very young children can participate in family functioning in small ways, and guiding and encouraging their participation builds their sense of belonging. Sometimes the support our kids offer is messy or imperfect, but valuing it not only helps us, it also shows children what they're

JEFFREY: On their own, we encourage parents to name the expectations they have for themselves and their children this summer and then wonder if those expectations are realistic. This is a stressful time for everyone, and to get through it well, our kids need to feel our love for them. If doing things normal alleviates your stress and reduces conflict, that's OK. This situation is hard. Try to give yourself and your kids grace as you make it

THE EPOCH TIMES: Your book is all about connection. What can parents do this summer to enhance their relationships with their children and meet their needs for connection? JEFFREY: After you and your kids make a plan for the summer, be intentional about checking in with them regularly to ask how they feel things are going. What is working well, and what do they wish they could change? Kids are observant and often have good insight, so take what they have to say seriously.

Our kids thrive when they feel our love, so setting aside uninterrupted time to spend together is a great way to stay connected.

AMY: With young kids, even small amounts of focused time can make a big difference. Sometimes spending 20 minutes together after lunch doing an activity of a small child's choice will help you to avoid an afternoon of meltdowns. Older children are more likely to open up around casual interactions, so be intentional about making time to be together. Invite your kids to join you for walks, plan a movie marathon, set up some new art supplies on the kitchen table, or make ice cream sundaes to eat outside under the stars. Little beautiful things often connect us the most, and this summer is still a good time to make wonderful memories.

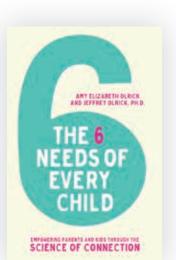
THE EPOCH TIMES: What unique challenges might parents prepare for this

JEFFREY: To limit the spread of COV-ID, most people will have to maintain changes in their personal behavior this summer. Some of these changes are restrictive and hard to maintain, and kids are likely to grow tired of them. They also may not understand why they're necessary. If your kids see other people choosing not to make changes themselves, they may be confused and even angry. Older kids may decide that if others aren't following the rules, they won't either. The potential for parent-child conflict over

that many kids will be feeling are real,

so telling them that you understand

these issues is high. AMY: As an adult, you have knowledge and insight your kids don't have. Talk to them about the choices your family is making and how those choices can affect and protect others. The frustration, loneliness, and sadness



"The 6 Needs of Every Child: Empowering **Parents and Kids** Through the Science of Connection" by **Amy Elizabeth Olrick** and Jeffrey Olrick.

this situation is hard and you also JEFFREY: Many children will be hapwish it were different will help you get through this together.

THE EPOCH TIMES: What benefits might families enjoy this summer, under the unique circumstances? **JEFFREY:** Our busy modern world tends to reserve family connection time for special occasions. In typical daily life, parents and kids have separate activities and go in different directions. This altered situation invites us to share more of our lives and our needs with each other, which could also be an invitation to greater connection.

Asking kids questions like, "Are things working?" "Did we miss something?" "What do we need to change to make things work better?" will begin to build a collaborative system in your family. **AMY:** Collaborative systems tap into children's internal motivation to be in good relationship with their parents, which is the most powerful and enduring way to make positive change. In the face of adversity, love and connection will bring out our best selves as parents and help our children to grow and thrive, too.

THE EPOCH TIMES: What can parents do to best prepare their children for going back to school (or not) in the fall? py to return to school and see their friends again. But some children are Little beautiful going to have heightened anxiety. They may worry they've fallen behind academically or about the social pressures they'll face and the possibility of sickness. Have open conversations the most, and with your children about how they are feeling about going back. Ask them if they have any specific worries or fears. Follow their lead.

AMY: Children mostly look to us to find out how they should feel about new things. If they're having specific fears, tell them you'll advocate for them and that you'll help keep them safe and get caught up academically Amy Olrick when it's time to integrate

back into school.



Changing Lives by Teaching Entrepreneurship

CATHERINE YANG

teve Mariotti is a prominent advocate of entrepreneurship. He's taught nearly 40 years, first in some of the worst classrooms in the country and then all around the world by invitation, and seen these skills transform students' lives.

"I have 170 letters from students that I taught, who five years later, 10 years later, 30 years later would write me these beautiful letters," Mariotti said. "I have each one framed and almost each one memorized. And each one's worth a billion dollars to me

First, students are intrigued that Mariotti is telling them how to make money. But almost immediately they recognize there is more value than just money, because the moment they understand what the entrepreneur mindset is, their world has already changed. They are, as Mariotti quotes from the poem "Invictus" in one book, now the captains of their souls, the masters of their fate. By celebrating the students' individualism, Mariotti helps them see their circumstances and, more importantly, themselves in a new light. "Empowerment" has become little more than a buzzword these days, but that is exactly what the students feel, in a real and actionable way.

Mariotti's work has won him several awards, including America's Top High School Business Teacher and Best Economics Teacher of the Year in New York State early in his career. He founded the nonprofit Network for Teaching Entrepreneurship (NFTE), which has expanded globally and boasts 1.2 million graduates, and more recently started a charity to teach these same skills to senior

He authored several textbooks on entrepreneurship after being unable to find any to teach from, and last year he came out with a memoir, "Goodbye Homeboy: How My Students Drove Me Crazy and Inspired a Movement," and has been exploring stories of entrepreneurs around the world, and through times of war and genocide, through documentary filmmaking. He was nominated for a Pulitzer Prize for his work chronicling lives of entrepreneurs, and for a Nobel Peace Prize for his work in teaching entrepreneurship. But it's those decades of classroom teach-

ing that mean the most to him. "I actually felt like I was helping people, and there's no joy like that ... the joy of feeling that you helped somebody. And a lot of Steve Mariotti is the founder of the nonprofit organization **Network for Teaching** Entrepreneurship (NFTE), which has 1.2 million graduates. He is now focused on teaching entrepreneurship skills to seniors.

Every entrepreneur has a great failure story. **Sometimes** it's a dramatic **business** failure, but often it is a personal and formative story.



Mariotti was named America's Top High School Business Teacher and Best Economics Teacher of the Year in New York State early in his career.



An Early Entrepreneur

Every entrepreneur has a great failure story. Sometimes it's a dramatic business failure, but often it is a personal and formative story. Mariotti had an early interest in entrepreneurship and started a handful of businesses before college because the opportunity was right in front of him. Mariotti grew up in Flint, Michigan; it was a middle-class, booming auto town, but union rates made it hard to find a job, so as a teenager he had labeled with behavior problems, and he was to be creative. Sometimes it was as simple as selling flyaway golf balls back to golfers

"I always loved money, to be honest with you," he said. But then the business worked, and it was like a switch turned on. "There is such a freedom, knowing that there is a way to make a livelihood. ... I think psychologically it really liberated me."

Mariotti is convinced everyone goes through seasons in their lives where, for a time, maybe as short as a month, they are very good at some specific thing. For Mariotti, there was a period where he says he was just gifted at economics.

During those self-employed days, his grandfather would send him books, often on economic theory, and he read for hours. This led to a paper that won him a scholarship to study with economist F. A. Hayek, which then led to a coveted job at Ford's headquarters, where as a young economist he was on the fast track. But this was short-lived, as less than two years later, he wrote a memo suggesting Ford (which was apolitical) should not be selling to South Africa's apartheid government, which used the company's technology to track down a dissident. Ford ultimately made a similar call, but Mariotti came under such scrutiny at the corporation at the time that he couldn't stay.

Looking for a fresh start, he moved to New York City and took charge of his life as an entrepreneur would. He started his own import-export company that took him around the world, connecting with interesting artisans who wanted to bring their wares to New York. He enjoyed the freedom of being his own boss, setting his own hours, following his interests, and turning a profit.

Then he got mugged.

From Bad Teacher to Life Changer In broad daylight, knife-wielding teenag-

ers he remembers as probably seventh- or eighth-graders jumped Mariotti and threatened to toss him over the railing and into the river. He couldn't fight them off, and it was doubly humiliating because it all happened in front of his girlfriend. The event haunted him; it caused sleepless nights, days filled with anxiety, and his business suffered for it.

Mariotti later learned he had PTSD. He also realized after the event how insane ing for opportunities to improve your life.

these teenagers' behavior was—all this just for the \$10 bill he had on him. His therapist said he should face his fears, and teach these troubled kids, so that's what Mariotti did. He became a special education teacher and was immediately put in some of the city's worst schools. It was chaos.

Week 27, 2020 THE EPOCH TIMES

"It was torture," Mariotti said. As a special education teacher, he worked with students "a C, C-plus at best, kind of teacher." He'd lose control of the classroom, be terrorized by the students, and things would descend into disruptive madness. Mariotti felt trapped—something he'd soon realize the students felt about their own circumstances.

"I'm 25 and stuck in a job that I thought was making me worse rather than better, becoming more frightened," Mariotti said. He couldn't quit because he felt he owed it to the giants that had got him there in the first place: his grandfather was Ayn Rand's lawyer and had introduced the two, and the famous writer had then bullied the famous psychologist Albert Ellis, a hero of Mariotti's, into taking an appointment with Mariotti in the first place.

Things got so unbearable one day that Mariotti walked out in the middle of class. He stood in the hallway with his head down, praying for a way out, until he caught sight of his wristwatch and had an idea. He stormed back into class with the watch held high, and asked the class how much they would pay for the watch.

Now they were interested. Suddenly the class was having an interesting discussion about the watch's value, and Mariotti with his knowledge of production was able to teach them about business, wholesale versus retail, negotiation, money, and by exten-

That was the day Mariotti stopped being scared, and the event is seared into his mind. After that, he started teaching students about entrepreneurship, and he saw firsthand how the mindset liberated them, just as it did for him. These were low-income inner-city schools, where many of the students had been trapped in generational poverty and had broken families.

"They had, through no fault of their own, very painful lives," Mariotti said.

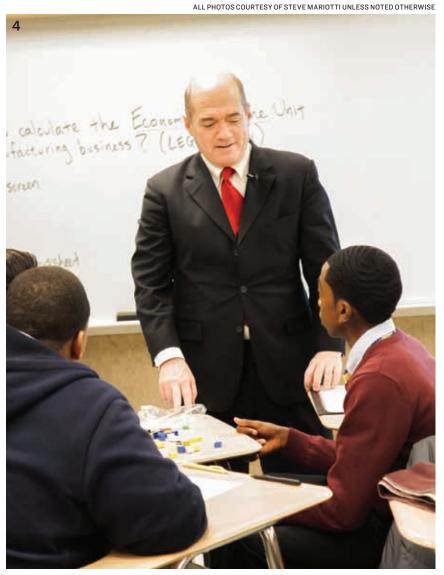
"How do you get people that are left out of ownership, entrepreneurship, the capitalist system, and all the great things that in my opinion come from that: freedom of speech and religion, empowerment, self-actualization—how do you get people that are never exposed to that exposed?" he asked.

He began developing a vocabulary to teach them "the entrepreneurial mind frame, which basically means chronically look-











It doesn't have to be money. It can be time, it can be any way to make your life, or your family's life, or your community better." And the students were enthralled, not ac-

tually because of money, but because sud-

An Individual's Self Worth

denly, they realized they had time.

There are these two pages from Hayek, Mariotti said, that have forever been stuck in his mind.

"It was that everybody has unique knowledge of time and space," he said. Mariotti starts with this idea, and the students realize they are, each of them, the owner of unique knowledge, and they change their

"To give you a radical example, one kid in the class ... couldn't get a business idea," he said. Mariotti asked him to think about what goes on each hour of the day in the place he lived. The student happened to live in the projects, and kept odd hours, and he took the assignment quite seriously, logging what went on in the area every hour of the day.

"It took him a week, I'll never forget it," he said. "He really just analyzed what went on in that half-block, and he realized that there was no way to get food or drink after about 8 o'clock, because even the bodegas would close down when it got dark. So in the winter, you'd have to go a mile, mile and a half. He built a \$36,000 business that year, on that insight."

"It is a powerful frame of reference, to realize that [you have unique knowledge],' Mariotti said. "It changes self-esteem—even among kids who had no sales, but they were the main owner, the owner of an idea, the sole proprietor of something nobody else has. That redefines ... changes how they look at themselves, and it is liberating ... Once you've had it, once you've touched it, you never really go back."

The beauty of entrepreneurship is that it is non-hierarchical, Mariotti said, because as an entrepreneur you're always looking at things from outside the established hierarchy. Suddenly these students weren't the kids with the worst English grades or the ones in last place in soccer or whatnot, they've changed the playing field and realize they have the power to change it again. Mariotti saw that their self-esteem changed, but it was a researcher who pointed out to him that the students' whole bearing was different once they changed their minds. They would now make direct eye contact. They would hold themselves higher literally.

"A lot has been written on why certain societies or communities are wealthier than others, and pretty much the consensus is time," Mariotti said. A famous example of this is the "Marshmallow Test," where young 1. Steve Mariotti speaks at the NFTE graduation in 1996.

2. Steve Mariotti at the 2016 NFTE gala.

3. Mariotti at his desk in 1998. He wrote a memoir about his early career, "Goodbye Homeboy: How My Students Drove Me Crazy and Inspired a

4. Of all his endeavors, his decades of classroom teaching have been the most meaningful to him.

5. Steve Mariotti on a Times Square billboard.

It changes self-esteemeven among kids who had no sales, but they were the main owner, the owner of an idea, the sole proprietor of something nobody else

Steve Mariotti

has.

children who are capable of exercising restraint for greater delayed gratification went on to, over a decade later, be more successful than the children who couldn't wait.

"It is critical, it enables you to save, it enables you to plan. And the future really is your savings, not just materially, your money, but your savings in your thoughts, your knowledge, your skills," he said. You are no longer looking at life through a 10-minute cycle ("short time preference"), but looking road, and you are able to have vision.

After Mariotti realized this was a topic that not just engaged but liberated his students, a principal gave him the opportunity to teach an entrepreneurship class. He was given a list of 25 students who'd left school, and he succeeded in getting 24 of them to come back to his class, where they learned math and English by way of entrepreneurship lessons and were able to graduate with a special education degree.

"I always taught positioning, which is your comparative advantage," Mariotti said. You never want to be directly competing with what someone else is doing, because then you have a commodity.

"Then I would teach what's the strategy, the strategy really is what are the primary things that are important in terms of time and money. How do I get from here to there over five years, ten years?" he said. "And then tactics, which are how you compete in the short term, or what you have to do to get the strategy done."

Then comes the key question: how to get students to put it into action? For some kids, it is an internal message, Mariotti said. He gets them to write down all the things they would be doing if they weren't in his class, and sometimes there is an undiscovered passion. He remembers one student in his accounting class who was just a whiz at accounting and had beautiful penmanship, and Mariotti told him so. The student stopped coming to school just weeks before the end of the year, but Mariotti remembers seeing him at graduation, holding his report card and in tears.

Mariotti asked why he was crying, and the kid hugged him. "And this is not a kid that would ever hug somebody," he said with a laugh. "He showed me his report card and it was all failures except in accounting, where he got A-plus. Fast-forward 20 years, and he becomes a partner at top accounting firms and starts his own small accounting firm in the Bronx. ... I think of it almost every day."

For others, the key to action is what Mariotti calls an "external message," looking outside of themselves to analyze others' problems and needs, and tapping into some unique knowledge they can capitalize on,

like the student from the projects with his food business.

"They're both powerful methods, and I really teach both. And out of that discussion, it's really self-awareness. It's not like I give them a list of hundreds of businesses. It's almost spiritual; they have to find it," he said.

The Freedom of Ownership

Mariotti developed an educational program so successful that it's been used all over the world—including in a number of socialist and communist countries, presenting a really interesting dilemma when people realize the communist culture is directly at odds with his free-market ideas.

"Bizarrely, in 1988, I went to Russia," Mari-

One of the biggest reasons businesses fail is because people don't understand the economics of one unit, Mariotti said, so this is something he really makes clear from the get-go. Business owners need to know the true cost of just one unit of whatever their product is, including not just the cost of production, but the shipping and packaging, otherwise they will never price it quite right. But pricing is tricky business under different economic theories of value.

"None of the kids [in that Russian class] could do a mark-up, because say if a scarf costs \$5, as a rule you double it, sell at \$10. As you learn the business, you can change the price," he said. "Well in Russia, as in all communist countries, it's against the law to make a profit. So there I was with four KGB agents, all of whom became friends, at a state-of-the-art facility ... but all the business plans would be, it costs \$10; I'm going to sell it for \$10."

Entrepreneurship by definition is about making a profit, but in Russia, this was illegal. In fact, it had a different name: "black marketeering." The year before Mariotti went there to teach, 1,000 people had been executed for black marketeering.

Communism uses the labor theory value, which means that the value of a product is determined by the amount of labor required to produce it. It butts heads with the subjective theory of value, which essentially means that value "is in the eye of the beholder," Mariotti said, adding that by extension, this means "I can't tell you how to think about your money."

"Many government struggles are over this debate," Mariotti said.

"The irony is, labor theory came out of a book widely seen as the start of entrepreneurship," Mariotti added. Adam Smith's "The Wealth of Nations" did in fact inspire Karl Marx.

In his work, to illustrate his point, Smith asks why diamonds have more value than

"His answer was originally correct, it was about scarcity and supply and demand. But if you're in a desert, what's more valuable? Water or the diamond?" Mariotti said. "Tragically, when the book went to the printers, in 1776, he changed his mind last minute and he changed the paragraph to [say the diamond is more valuable] because more labor went into getting the diamond. And that—if I had to change one thing in history, literally, I would change that he changed that. Out of that paragraph came this whole line of thought that there is a scientifically determined price for every product. That means another person can tell you what you have to pay for something."

If value can be objectively determined, someone is doing the determining, which is shorthand for central planning.

Without subjective value, there's no profit, and the ideas of ownership and private property tied up in that fall by the wayside

"Whoever owns has huge power. ... Every tyranny I've ever known, the concept of ownership is always footnoted with 'If the government, if the state doesn't like you

owning this then you can't own," he said. Mariotti was keenly aware that he was teaching something that didn't translate unilaterally across all cultures; it doesn't work in places where the culture is hostile to ownership, or ownership for certain groups or individuals. This is present in America as well, as poverty traps people in the sense that once they own above a certain threshold, they can lose existing benefits. It puts people in poverty in that "short time preference" mindset, because people by nature tend to want to protect themselves from losses rather than risk what they have for a

After years of teaching troubled teenagers, Mariotti realized many senior citizens are in a similar position, and now in his 60s, he is trying to reach seniors.

potentially greater reward.

"The outside perception and their own perception of themselves is 'Oh, I'm not supposed to do that. Someone else is supposed to be the owner," Mariotti said.

"But those in their 60s, 70s, and older, they don't just have unique knowledge, they have more of it. "The wisdom that people get over the years ... and those groups are never encouraged to think about starting a business!"

Parents don't need to be experts in every subject. Learning alongside their children, the entire family can grow together.

Veteran Advice for Potential Homeschoolers

A conversation with LaNissir James

BARBARA DANZA

After a year like no other, parents everywhere are considering a variety of educational alternatives for their children. At the top of many lists is the option to homeschool.

I asked LaNissir James, a homeschooling mom of seven, for her advice to parents at this very unique time. James is also a high school consultant at the Home School Legal Defense Association (HSLDA), which supports homeschooling families. Here's what she said.

THE EPOCH TIMES: Please tell us about your homeschooling journey: When did you begin homeschooling your children and what prompted you to do so?

LANISSIR JAMES: My three daughters attended a private school, and after they completed fourth grade, kindergarten, and preschool, we decided to homeschool. My children were A students in school but emotionally their needs were not met. We looked for alternatives in education and came across homeschooling with the initial intent to homeschool our children for one year until our oldest daughter reached middle school.

We fell in love with all the progress, possibilities, and benefits of homeschooling, and we never looked back. When we started homeschooling, we had three kids. We now have a total of seven homeschool kids from ages 4 to 22 years old. That fourthgrade daughter is now a college graduate and her sister is heading to college in

THE EPOCH TIMES: Many parents find themselves considering the option of homeschooling for the first time right now. What advice would you give potential homeschoolers in making that decision?

MS. JAMES: There has never been a better time to homeschool. My advice to firsttime homeschoolers is to find mentors who are homeschooling the way you want to homeschool your child. If you want to take your kid on more field trips to learn educationally, then find that homeschool field trip mom. If you want to build a student who performs well in STEM, then find that mom who loves STEM.

Also, I recommend that parents get connected to homeschool leaders at HSLDA. org so that they can speak with an educational consultant in high school, special needs, or toddlers to tweens to support your specific homeschool needs. I encourage parents to customize their child's education to help their student grow to new heights.

THE EPOCH TIMES: Other parents have decided that they will surely homeschool next year for the first time. What steps do you recommend they take to prepare for their first year of homeschooling?



You know what's best for your child. There are so many resources available in homeschooling so you don't have to be an expert in every subject.

LaNissir James



There are many ways to teach subjects, such as math.

MS. JAMES: Parents who are preparing to homeschool next year for the first time should do some important prep such as identifying the academic areas where their child needs the most attention. Let this area be your No. 1 focus so that breakthroughs happen during your first year. If your child needs help reading, read more. If your child needs help in math, do more math.

Another important step for first-year homeschoolers is to decide what method you want to use to educate your child. Do some homework on different types of educational approaches many homeschoolers use-traditional, eclectic, classical, Charlotte Mason, or Montessori. This will help you select the right curriculum for your homeschool style.

Also, you'll want to check out what your state's homeschool law requires-whether for withdrawing your child from public school, notifying the school you are homeschooling, being sure to teach any required subjects, or arranging testing and evaluation.

THE EPOCH TIMES: Still other parents are worried that their children may have fallen behind academically given the way this school year transpired. What tips would you recommend parents borrow from homeschoolers that might make their children's summer more educational?

MS. JAMES: A tip that I recommend parents borrow from homeschoolers is to be flexible and relax on how you teach a subject especially during the summer. There are many ways to learn math. For example, you could spend the summer incorporating math in your daily routine. You could teach your student to learn the practical importance of understanding percentages by learning how to calculate the taxes on every summer purchase, or your child could create the summer family budget. If you have little kids, they could learn to identify coins and make change using coins from their piggy bank.

THE EPOCH TIMES: Is there any other advice you'd like to offer parents who are considering pulling their children out of school and homeschooling this fall?

MS. JAMES: My advice would be to believe in yourself. You know what's best for your child. There are so many resources available in homeschooling, so you don't have to be an expert in every subject. I encourage parents to be willing to learn alongside their child in a way that causes the entire family to grow. Identify your why for homeschooling, and know that you are not alone.

Connect with us at HSLDA—we are here to help you get started and have the resources and consultants to make homeschooling possible for every family. You can learn about your state's homeschool law, identify your child's learning preferences, and more in our free homeschooling guide at HSLDA.org/QuickStart.

How to Control College Costs in the Age of COVID-19

NEW YORK-Tina Smets had long thought about getting a college degree, but that seemed impossible

As a mom of three kids, waitressing nights at a local restaurant in Kearney, Nebraska, the 31-year-old did not want to saddle her young family with tons of student debt.

But then she heard about "Nebraska Promise," a new University of Nebraska program that covers tuition for families below a certain income level.

"I don't think I would have considered it otherwise," Smets said of her planned business administration degree. "I actually didn't believe it at first."

Stories like Tina Smets are becoming more common in this strange COVID-19 era. Facing the prospect of declining enrollment, many colleges are becoming more creative in order to attract and keep potential students.

"Every senior leadership team is on their whiteboard right now, thinking about eight or nine or 10 different options to help more students be able to enroll," said Jim Hundrieser, vice president for consulting services at the National Association of College and University Business Officers.

The University of Nebraska program covers tuition for families earning less than \$60,000 a year. The University of Maine is offering in-state pricing for outof-state students whose colleges have had to shut down.

Some schools have frozen their tuition rates, including the University of Minnesota, Colorado State, and the University of Colorado. Some colleges offer discounts for students hurt by the economic crisis, such as the 30 percent tuition discount offered by Georgia's Thomas University for online undergraduate programs.

The measures are aimed at stemming a fall enrollment decline of up to 20 percent, according to a survey by consulting firm Simpson Scarborough. More students are considering a gap year, and the number of international students could drop through the floor.

"Families don't want to pay tens of thousands of dollars a year just to have their kids stay home all day," said Mark Kantrowitz, publisher and vice president of research for Savingforcollege.com.

As a result, many colleges are proving more flexible on admissions and pricing, welcome news for incoming students. Tuition and fees have rocketed more than 25 percent in the last decade, according to The College Board, leading to a whopping \$1.6 trillion in student debt.

'Colleges Need Students'

There are other potential silver linings. For those whose dream college might be just a bit beyond reach, this could be their lucky year. "This is going to be the best year to be admitted off the waiting list," Kantrowitz said. "Colleges need students, and it will be easier to get in."

Currently, 776 colleges report having space available for the upcoming academic year, according to the College Openings Update from the National Association for College Admission Counseling. Last year? Only 422, said Kantrowitz.

Financial aid will also be affected by the crisis. Original offers for the upcoming academic year as calculated using the Free Application for Federal Student Aid (FAFSA) are based on financial data from 2018.

So if your family's financial circumstances have changed, you can appeal the award in a bid to secure more aid. With some colleges behind the eightball because of squeezed budgets, most students can take their time in order to make the right call financially.

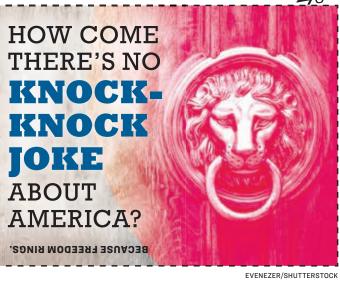
"Out of 4,000 institutions across the country, maybe 400 or 500 require that you make your decision by a certain date," Hundrieser said. "But the other 3,500 are very understanding with what families are facing and want to help as you consider all your choices."

Hundrieser suggests that with many families wary about residential options, this might be the perfect year to opt for a low-cost community college close to home. Students could potentially transfer to their dream college later on—having racked up credits in the meantime.

By Chris Taylor From Reuters













n July 4, 1776, the United States Congress proclaimed independence from Britain in one of the most famous documents ever written. The U Declaration of Independence began: "The unanimous Declaration of the thirteen united

States of America, When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

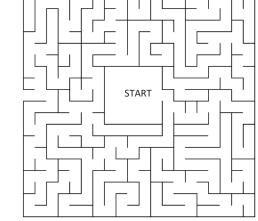
By Aidan Danza, age 14

THOMAS JEFFERSON (1743-1826)

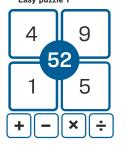
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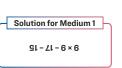
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: $6 + (7 \times 3) + 1 = 28$ and $1 + (7 \times 3) + 6 = 28$



Solution For Easy 1

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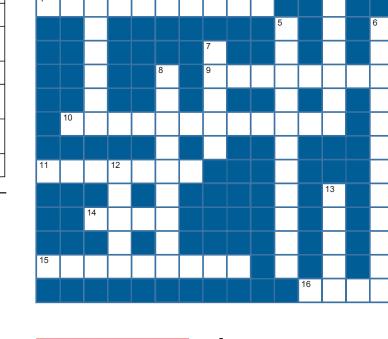




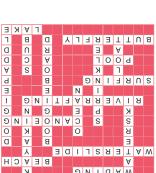


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- 1 At the end of one's rope? (5,3)
- 2 How Eskimos travel (8) **5** Early waverider's prop (6,5)
- 6 Everybody's first stroke (6,6)
- 7 The Atlantic or Pacific (5)
- 8 "Let-us-spray" device (9)
- **12** Don't drown (5)
- **13** Kind of dive (5)



Across

- Getting one's feet wet (6)

9 Camper's activity (8)

- **3** Seashore (5)

4 Amusement-park feature (5,5)

- **14** Freestyle site (4)
- **15** Swimming stroke (9)

11 Riding the waves! (7)

- 16 Water-skiing locale (4)

10 Tom Sawyer's water adventure (5,7)

LIFE & TRADITION THE EPOCH TIMES Week 27, 2020



Preserving Our Values for the Next Generation

Unimaginable Change

You know about the state of our nation.

Day after day, freedoms are taken from us. The words, and even the reputations, of our Founding Fathers are being twisted.

The concepts of life, liberty and the pursuit of happiness have morphed into something working to silence and bind us.

What's more is that our nation is experiencing an erosion of family values, the desecration of morality-and most of all, the increasing dominance of socialist and communist factors in our government and broader society.

Our great nation, with its ideals of individual liberty and the freedom to build our own lives, is becoming "free" in name only and slowly being dragged down by the specter of communism.

At this rate, our grandchildren may grow up in a country that's far different from the America we knew.

An Antidote

This potential future worries us. But it also drives us to work harder-because our work here at The Epoch Times is part of this poison's antidote.

Our society's demoralization comes down to one source: communist ideology in its myriad forms and with its ultimate goal of destroying human morality. When we as Americans clearly see and heartily reject this evil force, we can win this battle.

Massive Challenges

For months, Americans faced the threat of the Chinese Communist Party (CCP) Virus. More

than 100,000 Americans lost their lives, while millions more lost their livelihoods. In a matter of weeks, our booming economy took a massive hit.

And before we were able to recover, the communist-extremist group Antifa took advantage of civil unrest. They began to incite violence, burning homes and small businesses across dozens of cities. These extremist movements now call for radical changes to America's legal system-including abolishing the police.

The Root Cause

These happenings remind us that communism did not disappear with the fall of the Soviet Union. It's still alive today, and its aim is to silence people, crush our spirits and destroy the traditional values of our human society.

Despite having taken on different forms throughout the past century, communism's destructive nature never changes. Communism is a poison which aims to snuff out the best parts of humanity using any and all tactics: the ends always justify the means.

The Epoch Way

We've lived through this before. Many of us here at The Epoch Times have been victims of communism and have witnessed firsthand how fear and ignorance are manipulated-turning good, decent people into willing slaves.

Our motto is "Truth and Tradition," the opposite of communist thought. From our founding, we've stood against the lies, deceit and rejection of humankind's collective history that communism foments.

A Bumpy Road

In 2000, soon after we began publishing, the Chinese Communist Party arrested, jailed and tortured 10 of our China-based journalists.

Over the years, our journalists have been shot at, threatened and imprisoned. Our offices have been robbed and even set on fire. They keep trying to silence us, but we will never be silenced.

Our journalists have the courage and fortitude to investigate and report stories that most media won't. And because we call into question the "established" narratives when facts don't seem to line up, we've been further attacked, demonetized and de-platformed by some giant tech companies, legacy news outlets and service providers.

So what we're doing is not simply reporting stories or conducting investigations.

We are holding the line.

And it's working. Despite major resistance, we've become the fastest-growing newspaper in the United States.

The Honest News Renaissance

If you're looking for an honest source of news that brings you the facts and let you make up your own mind, then The Epoch Times is your best choice. Your subscription won't only bring honest news directly to your doorstep-it will also contribute to the revival of American journalism and help safeguard our freedoms for future generations.

In Truth and Tradition, The Epoch Times

WHAT PEOPLE ARE SAYING



I enjoy reading The Epoch Times daily and share links, stories and "real news" updates whenever I can. Because of this, several friends and family members are now subscribers and have thanked me for sharing "real news" that is going on globally.

DELINDA FORSYTHE



The Epoch Times truly has a neutral stance on news events in comparison to large media companies and enables me to create my own opinions about issues.

CORBIN LUBIANSKI



I recommend the paper, usually on Twitter, and in person. I never expected the wealth of articles on health, aging, parenting, communications, American history, and more.

LINORE ROSE BURKARD



I saw a Facebook ad that pulled me in. I do not have a local paper that doesn't read like the whole thing is an opinion piece. Having true factual reporting and an opinion section for opinions is so refreshing. I enjoy reading The Epoch Times as it shows me how a newspaper should be and I'm grateful for it.

ABBY LONDON

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TRUTH AND TRADITION =