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Esfahani Smith, who wrote the bestseller "The Power of Meaning," brings together traditional wisdom from the past and findings from the social sciences.

# Emily Esfahani Smith

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PSYCHOLOGY ON A JOURNEY  
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# Emily Esfahani Smith

## Melds Wisdom and Psychology on a Journey Toward Meaning

CATHERINE YANG

Emily Esfahani Smith had never felt the need to embark on a great quest for happiness, but when she began college, she soon saw that it was this very quest that was making so many people on campus unhappy.

"I'd just never been as oriented toward happiness as I was toward meaning," said Esfahani Smith, who wrote the bestseller "The Power of Meaning."

Esfahani Smith has said her early experiences growing up in a Sufi meetinghouse in Toronto primed her search for meaning; it was a place of meditation, singing, and sugared tea; it was also a place of great connection and love and compassion. And though many who came through the meetinghouse had lived very difficult lives, she remembered they were forward-looking and lived a deep and meaningful existence.

When Esfahani Smith's family left the meetinghouse and moved to the United States, daily life was instead filled with a sort of "busyness." So Esfahani Smith turned to the great thinkers of the past in her search for meaning, and ended up studying philosophy and psychology.

### 'Crisis of Meaning'

What traditional wisdom offers, the social sciences are now just starting to catch up with, and her research and writing, Esfahani Smith melds the humanities and psychology in a fruitful way. Our modern way of life has brought unprecedented prosperity and more ways of life to choose from than ever, but it has also brought unique modern ills, which necessitate new and intentional remedies.

As we eschew traditional ways of life, Esfahani Smith also explores the organizations created as "cultures of meaning," such as the oral history project StoryCorps and Encore.org, which helps people reframe retired life as a time of using "the skills and experiences they've accumulated over a lifetime to improve society."

We don't need to look far to see that there is a "real crisis of meaning," as she puts it, and it has been one that has been growing for decades. The outcomes are things like the loneliness epidemic, plaguing both older and now younger generations, as well as something more sinister, such as radicalization, as some people turn to extremist groups as cultures of meaning.

Esfahani Smith defines happiness as it is defined in psychology, as a state of positive emotion. Happiness is fleeting, but a life worth living must have meaning—which may actually necessitate many moments of unhappiness (consider caregivers, for instance).

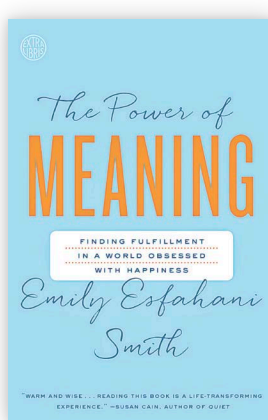
In her research, as she details in her book, Esfahani Smith came to differentiate between four sources of meaning. She calls them pillars, and we can think of them as foundational support structures.

"You don't have to have all four of the pillars for your life to be meaningful," she said. "I definitely think the more pillars you have, the more stable your sense of meaning is." Meaning is what inoculates us from



Esfahani Smith delivered a TED talk, "There's More to Life Than Being Happy," that has been viewed more than 9 million times.

COURTESY OF EMILY ESFAHANI SMITH



Emily Esfahani Smith's book "The Power of Meaning."

Zookeepers rank high in terms of having a sense of purpose. In this file photo, an Asian elephant is measured by zookeepers during a baby animals inventory at Hagenbeck Zoo in Hamburg, Germany.

crumbling under adversities, as researchers studying why some people move forward and others can't after traumatic events have also found.

Think of adversity as an earthquake, she said. If the building is strong, "if you have more, richer sources of meaning in your life," the building doesn't come down.

### Four Pillars of Meaning

The four pillars are belonging, purpose, storytelling, and transcendence. Esfahani Smith found these universally present in philosophy, psychology, literature, film, religion, and popular culture.

Belonging ranks as the most important driver of meaning according to research, whether it is with strong familial ties or a created community based on shared values. In her book, Esfahani Smith travels from the Tangier Islands to the Society for Creative Anachronism, a community of people who study and recreate medieval arts, and explores how belonging can happen by chance or by intentional effort. There are different levels of social bonds as well, from knowing you have a place in a community to instances of intimacy, "high-quality connections," that can happen in the day-to-day even between passing strangers.

The dangers of not having this pillar of belonging are serious: Chronic loneliness compromises the immune system and leads to early death, as she writes, detailing a study of mid-century orphanages where babies were literally dying from despair.

The second pillar is purpose, which includes both a long-term goal and a contribution to the world. When people have purpose, the mundane and day-to-day have meaning in moving them toward that purpose, even if to the outside world, cleaning out animal waste (zookeepers rank high in having a sense of purpose among professions) or being sleep-deprived with a newborn seems far from glamorous. When people don't have purpose, they drift through life unmoored, and statistically tend to engage in "risky behavior" that's detrimental to their health—mental or physical—and society.

The third pillar is storytelling, which is how we as humans make sense of our lives. If we view our lives as a collection of disparate facts, we live with the belief that our existence is incoherent and lacking meaning.

Esfahani Smith explores the different stories we tell ourselves about ourselves, including how these stories change. When one man's story went from being about how an accident put an end to his life of high-flying success, to how an injury woke him up

from how adrift he had been and showed him a path of light and service, his life changed accordingly. Likewise, when our stories change from positive to negative, we as a result start to live our lives that way. Stories are how we create our identities.

The last pillar is transcendence—a pillar Esfahani Smith is particularly drawn to.

Transcendence is the feeling of being in awe and connected to something much greater; you simultaneously feel a sense of unity with something beyond, and feel very small and likely humbled. Some people attain this through intensive deep meditation, or hallucinogens, as Esfahani Smith writes, but also through more accessible experiences such as staring up at the starry night sky. People who have experienced transcendence talk about a "high" that doesn't last, but the experience almost inevitably changes the person in a deep way, and they carry that change with them for the rest of their lives.

"That being said, you can definitely live a meaningful life without all four pillars," Esfahani Smith said. The pillars we lean on also change throughout our lives as circumstances change, and different people naturally "lean toward certain pillars for meaning more than others."

"Some people just have something in them that draws them toward transcendence and spirituality and awe and wonder. Someone else might not be at all turned on spiritually speaking by those instances," she said. "Some people really need rich relationships as part of their daily lives, others are a little bit more introverted or just need less time with others in order to fulfill their need for belonging."

### Our Pursuit of Happiness

Esfahani Smith, who is pursuing a doctorate in clinical psychology, is now researching the changing views of success in our culture.

Before her research on meaning, Esfahani Smith had even wondered whether there was something wrong because she didn't experience that constant state of happiness that advertising would have her believe she should. Our quest for happiness goes back quite a ways, and though it is possibly by necessity that man naturally gravitates toward the positive, perhaps there are pertinent answers to meaning if we look at how our definition of happiness and success has evolved.

"Aristotle said that the ultimate end of man was eudaimonia; that gets translated as happiness today, but actually a better translation is flourishing, or meaning,"



MONKEY BUSINESS IMAGES/SHUTTERSTOCK

she said. "But the point is, [eudaimonia] is what the ultimate end of man is—everything that we do lies in the service of that one goal... the implicit assumption is that pursuing these different forms of success is in the service of happiness."

Even the founding document of our country includes a line that says human beings have an inalienable right to life, liberty, and the "pursuit of happiness."

"And interestingly, Jefferson was kind of echoing the philosopher John Locke who wrote that humans beings have the right to life, liberty, and property," she said. "There's ambiguity there, does the pursuit of happiness involve material prosperity? ... That's just something that I've always wondered about."

"At the same time, part of what the founding project was about was offering people an opportunity to come somewhere where the old distinctions of class and rank weren't going to determine their future the way they did in the old world of Europe," she said. "Here you could come and you could really be your own person, you could strive to make a life for yourself and the way that was becoming defined was through the pursuit of success."

Her recent reading brought her attention to three "strands" of success, defined in different ways, each promising a different type of happiness.

"One was this kind of acquisitive strand, that success lies in these extrin-

## Meaning is what inoculates us from crumbling under adversities.

sic goals like, wealth, status," she said. "And I think that's been the dominant strand today, when we think of success."

"The other strand goes back to the Puritan Protestant roots of many of the colonies," she said. "The idea of success was that you lived out a calling, where you serve mankind and God through the work that you did and fulfilling your duties and playing a certain role."

"On the one hand it was socially rigid because it suggested that your place on earth, your role in life was ordained by God, so you shouldn't be ambitious because that would be hubris and sinful. On the other hand, it was pretty democratic and hopeful because it gave everyone a chance to experience this form of success, of living out a calling because it affirmed the dignity of all work, all labor you put forth in the world, whether it was paid work or unpaid work, and it dignified those," she said.

"There are remnants still, in psychology today, meaningful work and the research on calling. It's been very secularized but it's kind of this outgrowth of this Protestant conception of success."

The third strand was one that Thomas Jefferson was a proponent of, as was Ralph Waldo Emerson, and writer and historian James Truslow Adams, Esfahani Smith said. "He [Adams] was the one who actually coined the term 'the American dream,' and the way he defined it was that it was a dream of reaching, be-

coming the person you were meant to be, reaching your potential."

"I think that each of these different strands promised a sort of happiness," Esfahani Smith said. "The first strand was a kind of material happiness, the second strand was this sort of spiritual happiness, and the third was also this spiritual and psychological fulfillment. There was this promise that if you pursued these things you would become fulfilled."

Sometimes "happiness" and "meaning" are conflated, but Esfahani Smith says research shows that though there is overlap, there are also important differences, and she points out many in her book. Psychologist Viktor Frankl famously wrote about surviving the Holocaust because he had something to live for, and no one would assume those were times of happiness.

Esfahani Smith discusses the rise of positive psychology in recent decades, along with the "happiness frenzy" in recent years. Thousands of books are published promising happiness every year, and society isn't happier for it.

As a result, many positive psychologists and writers stress the importance of meaning, but wrap their messages up in happiness.

"The word happiness is a word that's really alluring to people," she said. "There is this real happiness zeitgeist in our culture."

Belonging ranks as the most important driver of meaning, according to research.

## DEAR JUNE with June Kellum



## When Your Teen Spends Too Much Time Alone in His Room

→ Advice on guiding isolated young teen

**QUESTION:** Dear June, My young teenager is spending too much time in his bedroom during this pandemic. He has many interests: longboarding, motorcross, cooking, acting, weight lifting, drawing, and

building computers, and he loves to make others laugh. He also really likes his phone and video games. When school was in, even though he didn't like getting up at 6 a.m. or homework, he loved seeing his friends and going to football games, school dances, and school plays.

He is also a bit of an introvert and keeps a very small group of friends. He has one best friend and has lost contact with most of his friends during this pandemic. I have noticed that our relationship has improved during all this time with him out of school, but most days he chooses to spend his time alone in his room on his phone or playing video games. I have no choice but to work long hours every day. I would love to foster his interests. It takes a lot of persuasion to get him out of his room. I've talked with a lot of other parents who are also worried about their young teens spending so much time alone in their rooms during this pandemic.

I would love your insight on how working parents can foster young teens' interest and guide young teens toward a healthy mind, body, and spirit during this pandemic.

Kelly M., North Carolina

**ANSWER:** Dear Kelly, A structure for his day is probably a good idea here, one with activities that engage his body, mind, and spirit before screens come on. For example, maybe he does a workout, reads a good book, and does some chores.

You also are well within your right to limit his screen time because he is still young, and it is in his best interest. Of course, the way you present this to him is important; listen to his side, perhaps negotiate some things, but stay firm on what you believe is best for him. He cannot fault you for setting firm and loving

boundaries.

With limited screen time, he will have to choose between boredom and exploring other interests. Hopefully, he will surprise you both with a new passion or skill level and you can both get excited about his accomplishments.

As for spending time alone, I would not think this is necessarily a bad thing as long as he is not all day on screens. As an introvert, this may be very enjoyable for him, and he may be learning about how he is when away from peer influence. But if your mother's intuition tells you that something is amiss, then listen to this and investigate.

About helping foster his interests, maybe you can talk about which ones he might want to develop in the coming year, and if a significant budget is involved, he can do extra chores to earn it. He will better appreciate what he has worked for—and this, of course, is good for his body, mind, and spirit.

Sincerely, June

**QUESTION:** Dear June, How can I help my 10-year-old only child granddaughter make friends? Because of her parents' work, she has had to move around to different schools and neighborhoods, not spending more than two years in each place. This also means new neighborhoods. While she's not shy, she seems to be having problems connecting with other kids. Any suggestions and/or books you could recommend? I pray your column will be very successful.

Susie C., Ohio

**ANSWER:** Dear Kelly, If it's not shyness, what other internal or external factors may be getting in her way? Perhaps start by observing her. Does she

seem happy, or is something weighing on her? Is she willing to talk with you or her parents about her feelings?

If nothing seems amiss, it might simply be that making friends will take some more time. At 10, children are much more self-aware compared to 7- and 8-year-olds, and social interactions can be more complex. Perhaps she is also the kind of person who prefers deeper friendships, which can take more time to develop.

As for external factors, the zeitgeist of this year is not very open and welcoming. With high anxiety, mask requirements, social distancing, and many activities being canceled, the social environment is not ideal for making new friends.

If she has encountered another child whom she would like to know better, maybe her parents could arrange a get together with a special attraction such as an art project, crafting, or baking, or maybe a fun outing or workshop.

This may also be a good time for her father to give her some special attention, as fathers play a very important role in building self-esteem in their daughters. The book "Strong Fathers, Strong Daughters" by Dr. Meg Meeker has more on this.

Sincerely, June

*Do you have a question for our advice columnist, Dear June? Whether it's a frustrating family matter, a social etiquette issue, a minor annoyance, or a big life question, send it to DearJune@EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001*

*June Kellum is a married mother of two and long-time Epoch Times journalist covering family, relationships, and health topics.*



SEBASTIAN WILK/GETTY IMAGES

INER CASTELLANO/UNSPLASH



## TRAVEL

# When COVID Cancels the Vacation

RACHAEL DYMSKI

At the beginning of 2020, my husband and I sat down with a calendar and a glass of wine one evening after our girls went to bed and mapped out all the places we wanted to go this year. Like many parents with children under two, we wanted to pack in as many flying trips as we could while our youngest daughter could still fly free. We planned to go to England to visit my grandparents, to picnic on beaches, and drink hot cups of tea in museum cafes. We dreamed about skiing out West with my parents, our legs sore from navigating deep powder you can't find at an Eastern resort.

The place we most looked forward to going was Idaho. Specifically Coeur D'Alene, which has been the topic of our family's conversation for almost a year. My dad, an Englishman with an unquenchable love for skiing and the Rockies, planned for all his children and

grandchildren, 14 in total, to spend a week with him enjoying Idaho's mountains and lakes in the summertime. My mom found a house through VRBO that overlooked the lake, where we could spend our days on kayaks and paddleboards, teaching the younger children to sit in a canoe or jump off a dock. We planned to visit breweries and farmers' markets, to go hiking and mountain biking, to eat outside without the humidity.

A lot went wrong in 2020, and it sometimes feels petty to mourn the loss of vacation among everything else. Canceling our ski vacation in March felt easy after hearing about the layoffs and cutbacks our friends were going through. Canceling our trip to England to see my grandmothers felt harder, as I began to wonder how long it would actually be before my daughters could hold the hands of the women they are named after. As my siblings and parents began to experience a taste of the hardship the rest of the nation was under, we said to

▲ Taking time to rest and visit with the people we love provides nourishment, fresh perspective, and so much joy.

one another that if we could just get to Idaho in the summer and be together, it would be OK.

Then, as numbers and travel restrictions started going up among the states, we began to realize that even our trip to Idaho might not happen. We FaceTimed one another a week before the trips and came to the realization that, for a variety of reasons, we would not be able to take this long-awaited trip.

When you're juggling a lot, sometimes it feels like a small thing can tip the whole balance. We, like so many others this year, had shouldered months of job uncertainty, of working from home with young children, navigating the unrest and division within our country. Canceling this vacation made us realize how much we really need to get away, even when there was nowhere to go.

We decided to have a staycation at my parents' house in upstate New York. We turned off our phones, stopped reading the news for five days, and slept with our children in my childhood bedroom. We played outside, went for hikes, swam, and stayed up late talking. My children built forts and sandcastles with their cousins, enjoyed a dance party in the kitchen every night after dinner, and spent hours digging for worms and bugs near the creek. My siblings and I all took turns cooking, and we still enjoyed long nights after the children went to bed, sitting around the table outside. For the first time since the pandemic began, we were able to all sit with one another in person, rather than over a Zoom call, and it felt like drinking water from a deep, cool well.

So many of our friends have dealt with the disappointment of canceled plans this year, be it weddings, long-awaited trips, or milestone birthday parties. It's one of the many side effects of everything we're experiencing this year. Celebrations and vacations always seem like extras when life presses us. But, I am realizing this year that celebration and vacation are essential to life in so many ways, particularly in that they give us opportunities to spend time with the people who mean the most to us. Taking time to intentionally rest and visit with the people we love provides nourishment, fresh perspective, and so much joy.

We realized, at the end of our week together, what a toll the social distancing has taken on us this year. It felt so good to be in one another's proximity, to experience the people we love as their whole selves. Maybe the gift in this pandemic is that none of us wanted to even look at a phone while we were together. We realized how precious and important time away together is, no matter where you take it.

We didn't get to see mountains this summer, or swim in glacial lakes, or visit new, exciting breweries. There will hopefully be time for that another year. What we did get to do was vacation at home, and still enjoy what we really would have gone to Idaho for: each other.

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

When you're juggling a lot, sometimes it feels like a small thing can tip the whole balance.

## EDUCATION

## Abolishing History From the Classroom Is What Got Us Into This Mess

ANNIE HOLMQUIST

History's time in the classroom has come and gone. At least, that seems to be the view of an Illinois state representative.

According to NBC, Rep. La Shawn Ford of Chicago claims that the citizens of Illinois have been subjected to "miseducation" in their history curriculum, and as such, he demands "immediate action by removing current history books and curriculum practices that unfairly communicate our history." Ford's press release quotes

Meleika Gardner of the organization "We Will," saying, "It is urgent that [the miseducation of our children] comes to an end as we witness our current climate become more hostile. Miseducation has fed and continues to feed systemic racism for generations."

There's a good point here: Miseducation does seem to be at the heart of the hostile environment we're currently experiencing. But I would argue that removing history from the classroom is not the answer. Far from it. In fact, a more thorough knowledge

A more thorough knowledge of history may actually diminish the hostility and chaos surrounding us.

of history may actually diminish the hostility and chaos surrounding us.

Thomas Jefferson makes this point in his Notes on the State of Virginia in 1784. Writing on the subject of education and the role of public schools in America, Jefferson encourages education of "the poor as [well as] the rich" for the well-being of the nation. Such education is necessary for maintaining a generation of thinkers, who will in turn keep the population safe by being "the ultimate ... guardians of their own liberty."

In his education plan,

## PARENTING

## Being Present With Your Kids

The more I try to be present with them, the more I feel I enjoy them

TAMARA EL-RAHI

I've realized something recently about the way I parent. As a stay-at-home mom, the kids are always with me, but my default is very much for them to follow me around as I do the things I need to do. I'm not very good at just stopping, and playing, and being. Last week, I brought it up with one of my best friends, and someone who I thought would struggle with this too since she is very much a "doer": someone very driven, more career-oriented than me and always thinking about the next step or the next goal.

However, it turns out that this act of being present with her daughter is something her husband really encouraged from the start, so she was able to teach me a lot about stopping and enjoying one's child. She helped me to understand that sometimes this is more important and has more long-term effects than getting to those tasks right this very minute, or checking my phone for the millionth time.

I also spoke about it with another close friend who has her own makeup artistry business, and who has recently launched a podcast, too. How was it that she gets all this done but when I give her a call during the day, she is

spending relaxed time with her almost 1-year old? She shared with me that she's been waking up super early to get in a few hours of work before her baby wakes up. That way, during the ups and downs of the day, she could prioritize her daughter without rushing to get to the next thing. I was so impressed by this effort to be a truly present parent.

Many articles are quick to point out that we are a more physically present generation of parents, but perhaps one that is less emotionally or mentally available.

Many articles are quick to point out that we are a more physically present generation of parents, but perhaps one that is less emotionally or mentally available. Compared to my parents' generation, for example, mine is distracted with our smartphones

and screens, we aren't as willing to give up our careers and busy social lives, and we are trying to live up to the seemingly perfect social media moms out there.

I've noticed that the times I find my kids the most frustrating are the times when I am thinking about me—when I'm trying really hard to relax with that cup of coffee, or that book, or that TV show. There is such a tension between being more selfless in our moments together versus fulfilling my own needs. I don't think there is any harm in waiting for their nap or bedtimes, or when I'm out without them, for my time. I know I'm not a bad parent, but I'd really like to be more present with them now as they grow up, and to foster a strong relationship.

All my daughters want is my attention: for me to watch what they're doing, to have a tea party with them, to chase them around or be silly or throw a ball with them. "Mommy, watch this!" is something that comes out of their mouths multiple times a day, and I want to listen with both my ears and my eyes, as I've heard it said. And to be honest, the more I try to be present with them, the more I feel I enjoy them. I've had one week of intensive effort in this area and I really feel like I've truly delighted in them much more than usual. They're not pests buzzing around but funny, interesting little humans who I can develop a real friendship with, and help form to be their best selves with a little bit of my time.

I think a story from a page I follow on Facebook, For Want of Wonder—A Life with Trisomy 21, sums it up the best. Mom of three kids, Amelia, talks about waking up earlier than usual one morning, much to the delight of her eldest:

"Cecilia couldn't believe it ... From that point she was so excited. She rolled and jumped around in our bed and could hardly contain her eagerness that I was up to watch her favourite show with her. When I went into the kitchen to get coffee she followed me just to be by my side. She chattered all morning and it was clear that me being up to spend the morning with her was just the best ...

It did just highlight how MUCH my kids love my time and company. If she got nothing else all day but me, it would be the best day ever. One hour of extra time with her today made her giddy with excitement.

So today I made sure I moved a little slower and spend a little more time on her level. I know that's not always easy—because kids are exhausting and let's face it, relentless. Sometimes it seems like it never ends.

But today I was reminded that, with littles, the days are long but the years are short."

Tamara El-Rahi is an associate editor of MercatorNet. A journalism graduate from the University of Technology Sydney, she lives in Australia with her husband and two daughters. This article was originally published on MercatorNet.



MYBOYS/SHUTTERSTOCK



Checklists can teach kids about taking on responsibility and help things run a little smoother.

## BACK TO SCHOOL

## 7 Lists for a Smoother Back-to-School

BARBARA DANZA

make that list.

"OK, kids, time to get started." "Don't forget to brush your teeth." "Grab your jacket, put on your shoes, and let's head out." "Time to clean up." "Did you finish your math assignment?" "What do you need for soccer practice?" "Wash your hands!"

Any parent can relate to the constant need to remind your children about what needs doing over and over. As a parent, though, if your children rely heavily on you to carry out every minute of responsibility they shoulder—every day—you are going to become tired of the sound of your own voice very quickly (and so are your kids).

A better way to allow your children to take on responsibility and learn self-sufficiency is to create a system of checklists that they consult and manage on their own. These lists can grow in their complexity as their age allows. Even the youngest of children can begin using lists with pictures on them to begin good habits.

With just a little bit of training and guidance at the beginning of the school year, lists can help everything run more smoothly.

Here are a few types of lists that may help you. I recommend inserting them into transparent dry-erase pockets so they can be used over and over.

**Morning Routine**

Teach each child to begin his or her day with a set routine. Such a list may include making the bed, getting dressed, hygiene practices, and perhaps a chore or two. When the list is all checked off, they can come to the breakfast table.

**Nighttime Routine**

Similarly, you can have a list of things that children should do before bed: perhaps bathing, brushing teeth, putting clothes in the hamper, cleaning up their room, and choosing a bedtime story might make the list. When the list is checked off, they make their way to bed and, perhaps, enjoy some reading time before Mom and Dad read aloud to them and tuck them in.

**Field Trip Checklist**

If you homeschool and field trips are a regular part of your life, you likely have a number of steps you take and things you gather before departing your home. Steps like washing up, packing snacks, and filling water bottles, along with gathering items such as nature journals, art supplies, field guides, backpacks, hats, and jackets might

**Weekly Assignments**  
Allow your children to track their own progress in the school subjects they work on each week. The lessons of time management that can be learned from offering a little flexibility and freedom here are invaluable. They're sure to experience the stress that follows procrastination as well as the reward of finishing early.

For example, if their math work for the week includes watching a video lesson, completing four practice worksheets, and taking a quiz, encourage them to decide for themselves when they'll do each thing over the course of the week.

**Chore Chart**

Taking care of the home is a character-building concept you can incorporate into your day-to-day. Display a chart of daily responsibilities assigned to specific children and allow the kids to check off their duties as they go.

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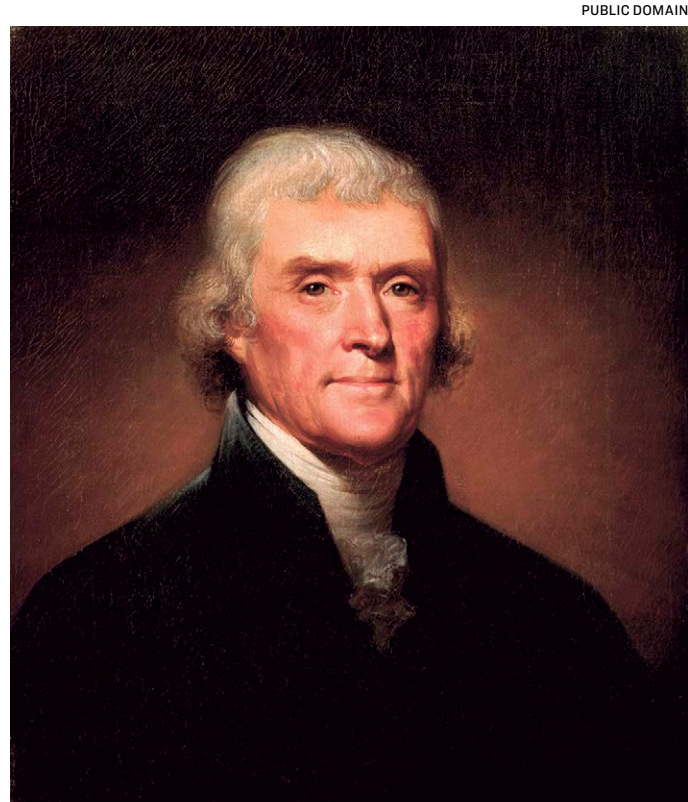
**Extracurricular Checklist**

If your children participate in extracurricular activities they likely need to bring specific items each time and, perhaps, wear specific things. Make your children a checklist for their specific extracurricular needs and relish never having to run down the list yourself while waiting at the door again.

**Habit Tracker**

If there are certain habits you're trying to instill or habits your children are trying to establish for themselves, a habit tracker is an easy and motivating way to track progress. Set up a grid for each month, with the numbered days across the top and the list of habits along one side. When each habit is maintained on a given day, have your kids shade or mark off the box for that habit for that day. Good habits might include: play outside, eat three servings of vegetables, or do something kind for someone.

Remove nagging and put the responsibility on the shoulders of your children. The lessons learned will benefit them for a lifetime.



PUBLIC DOMAIN

Thomas Jefferson wrote in "Notes on the State of Virginia," that "History by apprising them of the past will enable them to judge of the future ... it will enable them to know ambition under every disguise it may assume; and knowing it, to defeat its views."



Polish defense near Milosna, in the village of Janki, in August 1920.

## HISTORY

# The Battle of Warsaw: Celebrating the Centennial of a Polish Victory

## LAWRENCE W. REED

This month marks the 100th anniversary of one of the most important military engagements of the 20th century. It will be celebrated in Poland, the country that won it decisively.

The losing country, Vladimir Lenin's nightmarish gulag known as the Soviet Union, is thankfully extinct. Free people everywhere should be grateful to the Poles for the victory.

From 1795 until 1918, Poland disappeared as Austria, Prussia, and Russia partitioned it into pieces for themselves. Upon its reemergence as an independent nation (an outcome of World War I), a reconstituted Poland immediately faced an existential challenge from Moscow. Lenin's Bolsheviks were still consolidating power at home but their territorial appetites were well known to Poles and their new Chief of State, Józef Piłsudski. The fateful Polish-Soviet War broke out in February 1919.

Making war against Poland was more than a local affair to the Soviets. They made it plain that the Poles were simply in the way of their larger goal: exporting communism to the rest of Western Europe. Germany, gripped by post-war economic and political chaos, seemed ripe for a Marxist revolution if only Soviet troops could move in and assist, but Poland would have to be disposed of first.

Nicknamed "the Red Napoleon," Soviet commander Mikhail Tukh-

achevsky ordered, "To the West! Over the corpse of Poland lies the road to worldwide conflagration. March upon Vilnius, Minsk, Warsaw, and onward to Berlin over the corpse of Poland!"

Bolshevik theoretician and Lenin confidant Nikolai Bukharin publicly declared that the campaign would take communist forces "straight to London and Paris." In a letter to Joseph Stalin, Lenin himself suggested the Red Army should attack Romania, Czechoslovakia, and Hungary for the purpose of provoking a communist revolution in Italy, to which Stalin replied in the affirmative.

Both Tukhachevsky and Bukharin, by the way, were executed during Stalin's purges in 1938, but they were at Lenin's side and at the pinnacle of Soviet power in 1920. Lenin died in 1924 and was eventually succeeded by Stalin.

Soviet victories in the summer of 1920 looked unstoppable, as Moscow's Red Army pushed to within striking distance of the Polish capital. From Aug. 12-25, the Battle of Warsaw raged. Foreign observers expected the imminent collapse of Poland. Then, the tactical brilliance of Piłsudski and his chief of staff, Tadeusz Jordan-Rozwadowski, plus the legendary courage of Polish fighters combined to produce what Poles call "the Miracle on the Vistula."

Author Michael Peck writes in *The National Interest*:

"Just as all seemed lost, Marshal Piłsudski unleashed his masterstroke, a move worthy of Robert E. Lee or Rommel. While the central Russian armies were fixated on Warsaw, a Polish strike force side-slipped to the south of the city, and then turned north in a left hook into the exposed Russian flank. Surprised, demoralized, and out-manuevered, the Russian armies disintegrated, with some retreating back to Russia and others fleeing to German territory to be interned. Piłsudski's counteroffensive was assisted by the breaking of Russian codes, a Polish specialty that they later used to crack the Nazi Enigma machine."

For the next two months, a string of additional Polish successes produced what Lenin lamented as "an enormous defeat" for his forces, leading to a peace treaty in mid-October. Against all the odds, Poland had crushed the Soviet Union's revolutionary expansionism dead in its tracks. There would be no Bolshevik Western Europe.

Poland is an incredibly special country to me personally, not only because of its 1920 achievement, but also because of the pivotal role it played 60 years later in bringing the evil Soviet Empire to a well-deserved end.

I saw Polish bravery against communism first-hand when I spent time with the Polish underground in 1986, and later raised the money for a Polish edition of Milton Fried-

man's "Free to Choose" to circulate by the thousands under the noses of the communist government. In the list of additional readings below, I am posting links to some of my own articles about Poland and famous Poles.

This October, I plan to visit Poland for my seventh time—to keynote a conference in Gogolin sponsored by the Freedom & Entrepreneurship Foundation. Among the conference events will be a screening of a fantastic, new, Polish-produced movie about the life of Austrian economist Ludwig von Mises. I intend to raise a glass and toast the centennial of the Miracle on the Vistula, as well as the many contributions of this remarkable country to the cause of human freedom. You can learn more about the conference at [Miltonalia.pl](http://Miltonalia.pl)

Thank you, brave Poland, for what you did in 1920 and for what so many of your citizens did and continue to do for freedom in the century since!

## For Additional Information, See:

- "When Lenin Invaded Poland" by Christopher Sylvester in *The Telegraph*
- "A Revolution to Always Remember but Never Celebrate" by Lawrence W. Reed
- "The Epic Life of Lenin's Personal Enemy and One of Tolstoy's Favorite Authors" by Mikolaj Pisarski
- "How Poland Saved the World from Russia" by Michael Peck
- "Adam Heydel, a Mises Student from Poland" by Marcin Chmielowski
- "Blinking Lights for Freedom" by Lawrence W. Reed
- "Witold Pilecki: Bravery Beyond Measure" by Lawrence W. Reed
- "The Polish Underground" by Lawrence W. Reed
- "Jerzy Popieluszko: Witness to Truth and Freedom" by Lawrence W. Reed
- "Marie Curie: Trailblazing Scientist" by Lawrence W. Reed
- "Stanislaw Lem: Science Fiction and Communist Reality" by Lawrence W. Reed

*Lawrence W. Reed is president emeritus and Humphreys Family senior fellow at FEE, having served for nearly 11 years as FEE's president (2008-2019). He is author of the 2020 book, "Was Jesus a Socialist?" as well as "Real Heroes: Incredible True Stories of Courage, Character, and Conviction" and "Excuse Me, Professor: Challenging the Myths of Progressivism." His website is [LawrenceWReed.com](http://LawrenceWReed.com). This article was originally published on [FEE.org](http://FEE.org)*



Amateur actors take part in a re-enactment of "The Miracle on the Vistula" battle on Aug. 14, 2010, in Ossow near Warsaw. The Ossow battle was the decisive battle of the Polish-Soviet War, which began soon after the end of World War I in 1918 and lasted until the Treaty of Riga (1921). The battle was fought on Aug. 12-25, 1920 as Red Army forces commanded by Mikhail Tukhachevsky approached the Polish capital of Warsaw.

# Raising Well-Adjusted Children in Spite of the Pandemic

## ANNIE HOLMQUIST

"My mom is seriously thinking of homeschooling this fall," a friend recently told me. This was a surprise, for although the family had previously homeschooled, they had chosen traditional schooling for their children in recent years.

Curious, I asked my friend if her mother found traditional homeschooling different from the distance education that most families experienced in the spring of 2020. "Totally!" she replied. Her mother had concluded that juggling expectations from multiple teachers is much harder than navigating the homeschooling scene as the teacher. Faced with this knowledge, and wary of the potential disruptions of classroom-based learning, the mother decided to do the teaching herself once again.

Judging from recent headlines, this mother is one of many choosing to educate at home. This may be a bit surprising, especially since many parents were so stressed out by the home learning system forced upon them by COVID-19. Many may indeed continue to struggle as they attempt to juggle work, life, and now teaching.

Could it be that parents are willing to endure this stress because they are seeing that the benefits of this new model may outweigh that stress? Quite possibly. Dr. Peter Gray breaks down some of these benefits in a recent article from *Psychology Today*.

Gray bases his article on a survey from the organization "Let Grow," which questioned parents and children on their experiences during the lockdown. I came away with the following takeaways from his synopsis of the survey, which sheds an encouraging light on how our children are really han-

dling the upheavals in society:

**1. Relaxed Children**

Almost 50 percent of children surveyed reported being "more calm" now than they were while in school, while only 25 percent felt the opposite.

**2. Creative Children**

As Gray notes: "Prior to the pandemic, with so much busyness imposed by school, homework, and adult-run after-school activities, children had little opportunity to be bored." Yet when these things got canceled and boredom set in, kids naturally found ways to fill their time. The survey shows that many children started new hobbies, enjoyed the outdoors, pursued physical activities, and even tackled the big c-word: chores.

**3. Efficient Children**

Although many children found distance schooling to be a challenge, they also discovered that they were able to get their work done much more quickly. The median time spent on schoolwork, Gray reports, "was just 3 hours," a fact some children attributed to home having "fewer distractions and less time wasted" than the classroom.

With these takeaways in mind, I can't help but think that this is exactly what we want to see our children become: well-adjusted, happy, independent, and helpful individuals who take responsibility. Those who learn these lessons as children will be ready to hit adulthood running.

Which leads me to a second thought. We've been bemoaning for some years now the fact that the young people who have



According to a survey, when faced with boredom, many children took up new hobbies, enjoyed the outdoors, and even tackled chores.

that their children can get a better, more efficient education at home. Whatever the case, parents need to look at the options in front of them and then decide which will give their children the best education. In doing so, perhaps John Taylor Gatto's thoughts on what makes a good education will be helpful. In "Dumbing Us Down" he explains: "Whatever an education is, it should make you a unique individual, not a conformist; it should furnish you with an original spirit with which to tackle the big challenges; it should allow you to find values which will be your road map through life; it should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whenever you are with; it should teach you what is important: how to live and how to die."

There's a lot of discussion these days over whether schools should reopen, and now it's looking like many will stay closed for a while, falling back on remote or hybrid learning plans. Given the results of the above survey, perhaps that's a good thing. Maybe parents will realize that they like the individual their child is becoming when cut loose from the educational institution. Maybe parents will even realize

that their children can get a better, more efficient education at home.

Whatever the case, parents need to look at the options in front of them and then decide which will give their children the best education. In doing so, perhaps John Taylor Gatto's thoughts on what makes a good education will be helpful. In "Dumbing Us Down" he explains:

"Whatever an education is, it should make you a unique individual, not a conformist; it should furnish you with an original spirit with which to tackle the big challenges; it should allow you to find values which will be your road map through life; it should make you spiritually rich, a person who loves whatever you are doing, wherever you are, whenever you are with; it should teach you what is important: how to live and how to die."

As we make these last-minute decisions about school for the year, we should keep Gatto's statement in mind and ask ourselves: Which schooling option is most likely to do this for my children?

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

# Lingua Latina: Reasons, Resources, and Tips for Learning Latin

## JEFF MINICK

In Evelyn Waugh's "Scott-King's Modern Europe," a school's headmaster and Scott-King, the classics teacher, discuss the declining enrollment in Latin and Greek classes. The headmaster wishes to do away with the classics: "Parents aren't interested in producing the 'complete man' any more. They want to qualify their boys for the modern world." He then asks if Scott-King might teach history and economics. He refuses.

"Then what do you intend to do?"

"If you approve, headmaster, I will stay as I am here as long as any boy wants to read the classics. I think it would be very wicked indeed to fit a boy for the modern world."

"It's a short-sighted view, Scott-King."

"There, headmaster, with all respect, I differ from you profoundly. I think it the most long-sighted view it is possible to take."

Is the headmaster correct? Is there any reason to study Latin today? After all, why spend all that time and energy learning declensions and conjugations and memorizing vocabulary when no one speaks Latin anymore? Cui bono? (To whose good?) Let's take a look.

**Inflection**

Latin is an inflected language, meaning the grammatical function of words in a sentence depends on the endings of those words. Many beginners try to translate a Latin sentence following the rules of English word order, which simply doesn't work. Here's an example.

"The sailor loves land" is the only way we can render that sentence in English with any coherent meaning. But in Latin, because grammar and meaning depend on word endings, inflection is king. A common equivalent Latin sentence for "The sailor loves land" is "Nauta terram amat," with the "a" on "nauta" indicating a subject, the "am" indicating a direct object, and the "i" on amat indicating an indicative active present tense third-person singular verb.

Because of these word endings, however, we can also write "Nauta terram amat" in the following ways, and any first year student of Latin will know they all translate, "The sailor loves land."

Nauta amat terram.  
Amat nauta terram.  
Amat terram nauta.  
Terram amat nauta.  
Terram nauta amat.

So, you may wonder: What's the big deal? Why is this a reason for undertaking Latin? The big deal is that study of an inflected

language forces us to learn a good deal of grammar. Unlike French and Spanish, which like English depend on word order to make a sensible sentence, Latin demands we understand language in a different way, with inflection forcing us to open the hood and get at the mechanics of language. Students have often told me they learned more grammar from studying Latin than from English grammar workbooks.

**Other Advantages**

As a result of this difference, Latin also provides a gymnasium for the mind. It exercises our brain. Like calculus, like chemistry, the study of Latin trains us to think more clearly and logically. By coming at language from a different angle, students engage in arduous but rewarding mental gymnastics.

## Well over half of all English words are derived from Latin, and the longer the word, the higher this percentage grows.

Moreover, Latin provides a great introduction to Romance languages. French, Spanish, and Italian are all related to Latin, and knowledge of the language of Cicero and Aquinas makes learning these other languages much easier. Former students of mine who took even two years of Latin excelled in other foreign languages in college. Latin opens windows on the English language. Well over half of all English words are derived from Latin, and the longer the word, the higher this percentage grows. A great majority of our four- and five-syllable words are rooted in Latin soil.

Nor should the historical significance of Latin for Westerners be overlooked. Not only will students learn the language spoken and written by the ancient Romans, but they will also be taking part in an education common to men and women from Caesar to Thomas Jefferson, from Virgil to Dante and Luther. For 1,400 years after the fall of the Roman Empire in the West, scholars, ecclesiastics, and statesmen read and spoke this ancient language. Even just a century ago, many colleges required Latin for entry.

To study Latin makes us a part of this great tradition.

**Resources**

Because families approach learning in different ways, I am uncomfortable touting specific Latin programs. Here are some thoughts at large.

First, you can find programs at educational companies like Memoria Press that begin Latin in early elementary school. I once taught fifth and sixth graders using that outfit's "Latina Christiana." We would finish Book I of the program and then the next year proceed to a high school text and go at a slower pace than normal.

That high school text was "Henle Latin First Year." You can find it online along with tests, answer keys, and a teacher's manual. Henle appealed to me because of its logical approach to learning Latin forms and its limited use of vocabulary. Still in print after 70 years, "Henle Latin" first introduces students to all the noun and adjective forms, then verbs, and then other grammar.

Its disadvantages? "Henle Latin" says very little about the culture of Ancient Rome, and some students, especially the girls, disliked the focus on military affairs. As a result, when we finished "Henle" in the middle of our second year of study, I would switch to the used copies of "Latin For Americans" I kept in my classroom.

Those who prefer a less grammar-focused, reading curriculum should look at such texts as the Cambridge and Oxford Latin series. Though I'm not a fan, many teachers and students enjoy the stories in these books and the focus on Roman culture.

If you know a homeschooling family or some other Latin student or teacher, ask them for recommendations.

Finally, keep in mind that the internet offers a boatload of Latin resources. Don't understand the ablative case? Google it on YouTube. Want company chanting verb parts? Ditto.

**Tips for Success**

Study Latin daily. As is true of any foreign language, spending time each day on your Latin is one of the keys to mastery.

"Repetitio est mater studiorum." ("Repetition is the mother of studies.") Latin and memorization go hand in hand. To succeed in Latin, you must memorize the vocabulary and the word endings. This can be done in short sessions. If you're learning the forms of the first declension noun "terra," for example, set a watch and see how many times you can say "terra, terrae, etc." in one minute. Probably you

can get through it eight or nine times in 60 seconds. Say that form aloud two minutes a day, five days in a row, and you will have memorized the declension.

Never go on to a lesson if you don't understand the previous lesson. Latin is like math, a cumulative acquisition of knowledge. You wouldn't begin algebra if you had never learned multiplication. Latin operates the same way.

On index cards write out your Latin vocabulary words on one side and the English translation on the other. When you write nouns, be sure to include the genitive case: terra, terrae—land, of the land. When you write verbs, be sure to include the principal parts: amo, amare, amavi, amatus—I love, to love, I loved/I have loved, loved/having been loved. Review the cards frequently, and stick those words in your head.

If possible, form a study group. Often camaraderie makes studying easier. Work out the exercises together.

When translating, avoid saying "This sentence doesn't make sense." Instead, say "I can't make sense of this sentence." The sentences do make sense, and it's your job to decipher them.

Finally, be positive in your approach. Latin offers challenges, but you can face those challenges, overcome them, and become not only more proficient at Latin, but also a stronger person.

**Reassuring Grandma**

Studying Latin carries with it a certain cachet.

Suppose your grandmother, suspicious of homeschooling, asks you what foreign language you are learning. If you reply, "Spanish," she might say, "Well, that's very practical these days." Should you answer "French," she may remark, "French is a beautiful language." If, however, you respond, "Latin," your grandmother will probably make one of two comments. She may first ask you why anyone would study a dead language, in which case you should cite the above arguments. But she may just as likely say: "Latin? Latin? You must be smart."

And so you are.

*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](http://JeffMinick.com) to follow his blog.*



# Back to School: Homeschool Resources

BARBARA DANZA

As homeschooling grows in popularity, the volume of resources available to homeschoolers has exploded. A new homeschooler may find the wealth of options both a joyous discovery and an overwhelming one.

Truth be told, you can do an outstanding job homeschooling your kids with the strategic use of a library card, field trips, and free online content. To the new homeschooler, especially one who is coming from the public school environment, such an idea may sound hard to believe. For most homeschoolers, curriculum and other learning tools enhance the homeschool experience for parents and children alike.

We could fill this newspaper and not be close to highlighting all of the copious, wonderful tools and materials available to homeschoolers. (Parenting hack: These resources can be useful to non-homeschoolers, too!)

Here are some worth considering as you gather, plan, and prepare for the new school year ahead.

## THE ENVIRONMENT

Charlotte Mason, the late 19th-century educator and inspiration to many modern-day homeschoolers said, "Education is an atmosphere, a discipline, a life." Attention to the atmosphere of your home can make a bigger impact than you might guess.

Here are some items that could enhance the atmosphere of your homeschool environment and assist in the education of your children.

### • WALL POPS MAPS

Wall Pops maps of the United States (\$20.99) and of the world (\$29.99) are the perfect size (24 by 36 inches) to invite curious minds to locate the setting of a story they're reading or the area they're studying in history. They are dry-erasable for planning road trips or plotting the voyage of their favorite explorer, and they can be removed from the wall without damage. The amount of geographical knowledge that will naturally occur from simply displaying maps in your home might just surprise you.

### • GLOBE

Likewise, having a globe to reference paints a full picture of what this world we live in looks like. Check out the beautiful, 12-inch, illuminated world globe by Replogle (\$111.25).

### • MESSAGE BOARD

Write happy notes, a silly joke, the quote of the day, or this week's schedule on a chalkboard like the one from Artez (\$69.99). This A-Frame, magnetic chalkboard measures 40 by 20 inches and is double-sided. Any homeschooler can tell you that homeschooling doesn't just happen in one room of the house, but most of them. This portable chalkboard is just the thing to keep everyone inspired and informed.

### • INSPIRATIONAL DECOR

Whatever you're studying in homeschool, use your wall and shelf space to display informative and inspirational art like vintage posters from Cavallini Papers (\$24.95).

In Amazon, searching "school poster"

and then the subject you're focusing on will typically reveal a wealth of options.

### • BOOKSHELVES

If you're just diving into this homeschooling gig, you're going to want to make room for a whole lot of books. When it comes to most physical items around the house, less is probably more. But books are exempt from that rule in my, well, book. A homeschooling family can never have too many books.

So, you need to store all of these books, preferably in one, neat, central location. Unless you're going to spring for fancy built-ins, I recommend the Billy bookcase from IKEA (prices vary depending on dimensions). Measure your room, configure the best version of this line to fit, and get ready to put together some bookshelves. They're sturdy, adjustable, and hold a lot of books.

### ORGANIZATION

Every parent juggles a lot. Homeschooling adds complexity to that fact.

Two YouTube videos helped me figure out how to get organized and devise a big-picture plan when I was just starting out as a homeschooler: "How to Organize Your Homeschool Curriculum: 5 Simple Systems" by Kristi Clover and "How to Plan Your Homeschool Year" by Megan Phillips. If you're someone who enjoys having a solid plan in place, these might be helpful to you as well.

When it comes down to managing the day-to-day, there are many planners out there—both analog and digital—that can help you contain everything. I recently sampled the homeschool planner from Plum Paper (prices vary). This customizable planner has everything a homeschool parent would want to stay organized and maintain solid records. This would also be a great option to, as homeschooling expert Julie Bogart puts it, "plan from behind." More on that in her podcast (Blog.BraveWriter.com/2018/11/26/podcast-s5e4/here).

### • ART CART

In homeschool the urge to create can strike at any time. It's helpful to keep a well-stocked supply of art supplies on hand.

We use the Lexington wheeled, three-tier rolling cart from Michaels (\$29.99) for our "art cart." It neatly stores the tools we use most and goes wherever we want it to during the day.

### • BASKET

If you're unfamiliar with the concept of a "morning basket," take a look at the advice from Pam Barnhill, host of a number of podcasts and author of "Better Together: Strengthen Your Family, Simplify Your Homeschool, and Savor the Subjects that Matter Most," which covers the concept of a morning basket.

Simply put, a morning basket contains the materials and tools you share with your family during a combined learning time, often in the morning. They may include read-alouds, curriculum pieces for subjects you teach "family style," games, simple worksheet or art projects to keep hands busy during read-alouds, or whatever serves this designated time.

Of course, you can use any basket you have on hand. If you're looking for something special, check out the beautiful

baskets by Colonial Mills, hand-made in the United States.

### CURRICULUM

When it comes to curriculum choices, your child's learning style and your family's values should guide you. Here are some specific options to consider.

### • LANGUAGE ARTS

Language arts is the umbrella term for literature, writing, spelling, handwriting, and grammar. An abundant library of high-quality fiction and nonfiction, along with an environment that encourages writing of all sorts can go a long way toward developing your child's language arts proficiency.

To find the best books for your children's library, there are a number of book lists out there to guide your choices. Consider the categorized book lists from Sarah MacKenzie of Read-Aloud Revival (ReadAloudRevival.com/recommends), the searchable and linked booklet from Simply Charlotte Mason (apps.SimplyCharlotteMason.com/resources), and The Good and the Beautiful Book List (GoodAndBeautifulBookList.com), for starters.

To dig into the mechanics of each aspect of language arts and make it a regular practice in your homeschool, check out the gorgeous language arts curriculum from The Good and the Beautiful. Amazingly, levels 1–5 of this curriculum are available for free download. They offer curriculums through high school level 2. High School 3 is in the works, according to their website. (Note that the content espouses Christian values and belief in God. This is done in a generalized way and many non-Christians also use this curriculum.)

The Good and the Beautiful also offers a wonderful series of handwriting workbooks. They set just the right pace to encourage careful formation of, first, print and then cursive writing.

For little ones attempting to first form their letters, the handwriting practice boards from Magnatab (\$24.99) might be just the thing to get the mechanics down.

### • MATH

Math-U-See (MathUSee.com) is a fantastic curriculum choice for visual learners. Each level comes with video lessons, a student workbook, a teacher's guide, and a test booklet. There are helpful manipulatives as well that bring the concepts to life. The sequence is a bit different than a typical math program in the elementary years, but grounds students well in fundamentals, getting them ready for algebra and advanced maths.

Saxon Math (hnhco.com/programs/saxon-math) is another excellent choice, especially for the child who is very strong in math or who benefits from a rigorous approach.

For a gentle introduction to elementary math, The Good and the Beautiful has a lovely curriculum, complete with games, manipulatives, and the beautiful content the company is known for. They also produced Musical Multiplication, a series of songs and accompanying books to help young children memorize their multiplication facts.

### • ARTS

Simply Charlotte Mason is a curriculum

company that provides tools and resources for homeschoolers who want to follow the Charlotte Mason method of education. They have videos and podcasts on their website if you'd like to learn more about that.

One idea Charlotte Mason taught was the importance of the "picture study," in which students are encouraged to focus on and enjoy a work of art. Simply Charlotte Mason's picture study packets (\$18.95) include beautiful, full-color prints of the works of some of the greatest artists ever known, along with a biography of the artist and some other information.

An online resource that can be very helpful to a parent aiming to create a thriving art education for their child is Smarthistory (Smarthistory.org) from Khan Academy. Though aimed at adults, researching periods, artists, or specific works here can lead to inspiring lessons in your homeschool.

### • SCIENCE

The exploration of science and the natural world should be an absolute joy. Stock your homeschool with a good science reference book like the Kingfisher Science Encyclopedia and then use gathered resources to explore specific topics. Documentaries, field trips, and books are the best way to dive into the topics your kids are curious about.

The Good and the Beautiful science units are an excellent way to bring structure to the study of a specific topic. They cover a number of interesting subjects including meteorology, space science, chemistry, marine biology, botany, the human body, and more.

### • HISTORY

One key to getting a solid understanding of history is to tell it like a story should be told—from beginning to end. "The Story of the World" is a four-volume series by Susan Wise Bauer of short historical accounts that does just that. Also available in audio format, this series can provide an excellent spine to your study of history, from which you explore more deeply—especially when the children show a keen interest.

There are also student workbooks you can use with each volume. The best parts of the workbooks, in my opinion, are the literature recommendations to accompany the lesson, along with the noted pages in history encyclopedias such as the Kingfisher History Encyclopedia. Coupling these elements with documentaries, visits to historical sites, and the projects in the workbooks makes for a robust and delightful exploration of history from ancient times to the modern-day.

One more great add-on to a history study would be the Classical Acts & Facts History Cards from the Classical Conversations, a Christian curriculum company (ClassicalConversationsBooks.com). The cards in particular offer a beautiful depiction of historical events on glossy, 5-by-8-inch cardstock. They feature gorgeous works of art and other important images on the front and detailed information on the back. They are worthy of display or simple reference. There are four sets including Ancient World, Medieval World, New World, and Modern World.

# FOR KIDS ONLY

THE EPOCH TIMES

## Young Dandelion

from "The Adventures of A Brownie, As Told to My Child" by Miss Mulock

Young Dandelion  
On a hedge-side,  
Said young Dandelion,  
"Who'll be my bride?"

Said young Dandelion,  
With a sweet air,  
"I have my eye on  
Miss Daisy fair."

"I'm a bold fellow  
As ever was seen,  
With my shield of yellow,  
In the grass green."

"Though we may tarry  
Till past the cold,  
Her I will marry  
Ere I grow old."

"You may uproot me,  
From field and from lane,  
Trample me, cut me,—  
I spring up again."

"I will protect her  
From all kinds of harm,  
Feed her with nectar,  
Shelter her warm."

"I never flinch, Sir,  
Wherever I dwell;  
Give me an inch, Sir,  
I'll soon take an ell."

"Whate'er the weather,  
Let it go by;  
We'll hold together,  
Daisy and I."

"I'll ne'er give in,—no!  
Nothing I fear,  
All that I win, O!  
I'll keep for my dear."

"Drive me from garden  
In anger and pride,  
I'll thrive and harden  
By the road-side."

"Not a bit fearful,  
Showing my face,  
Always so cheerful  
In every place."

Said young Dandelion  
On his hedge-side,  
"Who'll me rely on?  
Who'll be my bride?"

## WHY DID THE M&M GO TO SCHOOL?

HE WAS TRYING TO BECOME A SMARTIE.

BORIMAT PRAKAEW/SHUTTERSTOCK

**“ Education is the key to unlock the golden door of freedom.”**

GEORGE WASHINGTON CARVER (CIRCA 1864–1943), FORMER SLAVE TURNED SCIENTIST AND INVENTOR

PUBLIC DOMAIN

## This Week in History

### MESSAGE RECEIVED

A portrait of George Parker Bidder from the Illustrated London News



On Aug. 21, 1815, the oldest known message in a bottle ever discovered washed ashore in Germany.

108 years prior, George Parker Bidder, a British scientist conducted an experiment—dropping



1,020 bottles into the sea. This bottle was found by Marianne Winkler in Amrum, Germany, with a postcard inside accompanied by a request to send it back to the Marine Biological Association of the United Kingdom.

By Aidan Danza, age 14

## THE HIGHEST-FLYING BIRDS

### We humans, being locked to the ground for most of our history,

have always admired birds and their ability to fly. Birds are indisputably the rulers of the skies, no matter how many airplanes go from New York to San Francisco every year. Some birds are outstanding among them, however, in their ability to fly to amazing heights.



### BAR-HEADED GOOSE

The bar-headed goose is a truly outstanding flyer. It migrates from its breeding grounds in Mongolia and China to Northern India. To achieve this, it must fly over the Himalayas, the highest mountain range in the world. Bar-headed geese have been recorded clearing Mount Everest, making their height 29,000 feet.

The bar-headed goose is also quite outstanding in the looks department: They are a cloudy gray overall, but have a white head and neck with black stripes, hence the name. Their bill and legs are bright orange. Much like other geese, they eat mainly plants, including grasses, roots, stems, grains, tubers, and seaweed.

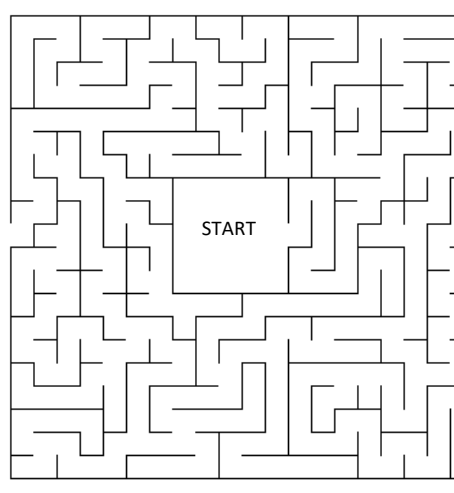
### COMMON CRANE

The common crane is another Himalayan migrant. From Russia and Central Asia, its breeding grounds, flocks of cranes make the journey over Tibet and the Himalayas to winter in Nepal and Northwestern India. They have been recorded flying at 33,000 feet, which is 4,000 feet above the summit of Mt. Everest. While populations of common cranes make the journey over the Himalayas, other populations winter in Spain, Morocco, Italy, Greece, the Balkans, Egypt, the Arabian Peninsula, and Eastern China.

### RUPELL'S GRIFFON VULTURE

Vultures are nature's cleanup crew. They eat carrion, or dead animals. Vultures in the Americas locate carrion by the smell of meat, while the vultures in Eurasia and Africa locate carrion by sight. In order to do this, the Rupell's griffon vulture, which lives in Africa, soars to very great heights to survey its surroundings for miles. The Rupell's griffon vulture has been recorded at the height of 37,000 feet, which is more than a mile above the peak of Everest.

## AMAZING ESCAPES!



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

Easy puzzle 1

4	5		
15			
4	4		
+	-	x	÷

Solution For Easy 1  
 $5 - 7 + 7 + 7$

Medium puzzle 1

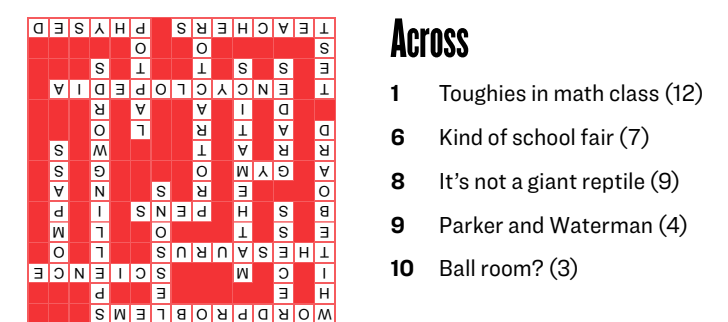
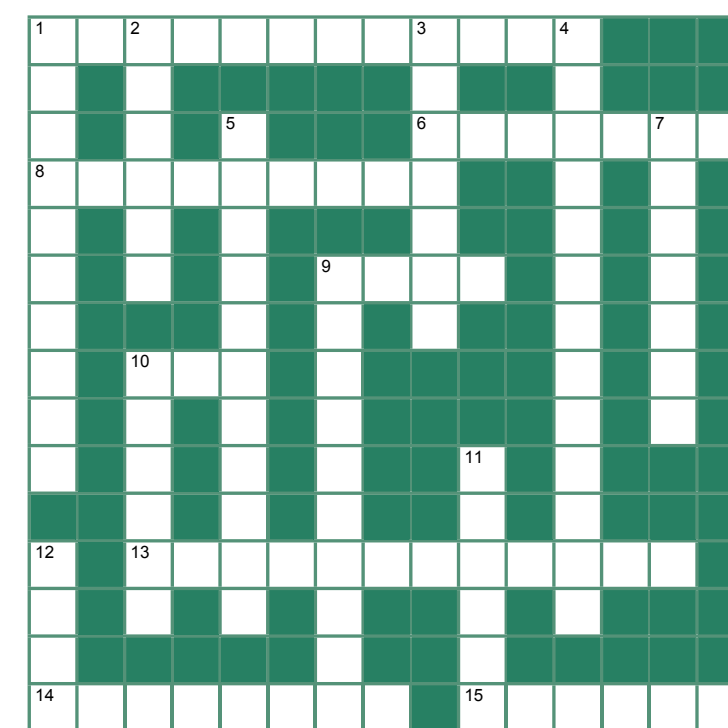
5	13		
80			
2	10		
+	-	x	÷

Solution for Medium 1  
 $9 \times (01 - 2 \times 5)$

Hard puzzle 1

11	30		
66			
2	17		
+	-	x	÷

Solution for Hard 1  
 $11 - 21 + 2 \times 08$



- ### Down
- 1 Classroom room feature (10)
  - 2 Alcove (6)
  - 3 Class struggles? (7)
  - 4 Vocabulary builders (13)
  - 5 Long division, Multiplication, etc. (11)
  - 7 Circle-drawing aid (7)
  - 9 Angle measurer (10)
  - 10 A to F (6)
  - 11 Portable computer (6)
  - 12 It comes at the end of a Chapter (4)
- ### Across
- 1 Toughies in math class (12)
  - 6 Kind of school fair (7)
  - 8 It's not a giant reptile (9)
  - 9 Parker and Waterman (4)
  - 10 Ball room? (3)
  - 13 Reference book before Wikipedia (12)
  - 14 Members of the greatest profession (8)
  - 15 Athletics class? (4-2)



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