

"God Speed!" by Edmund Blair Leighton, 1900.

# Treat Her Like a Lady: Let's Bring Back Chivalry

### **JEFF MINICK**

Tou've finished a lovely dinner together, enjoyed a bottle of wine, and now you're walking through the restaurant's parking lot with your date, Maggie, who last week won her black belt in karate.

Suddenly a big man, cursing, clearly intoxicated, and fist raised, lurches toward you from the shadows. Do you 1. duck behind Maggie, who is smaller than you but trained in hand-to-hand combat or 2. step in front to protect her?

When I used to put this question to my male students, they might shift uncomfortably at their desks, but none of them ever voted to push Maggie toward the attacker. They gave numerous reasons—"Karate is overrated," "The dude might be armed," and "Maggie's too small"—but always one or two of them would blurt out, "Guys just don't do that sort of thing."

Guys don't do that sort of thing.

### **Lost Knights?**

Eleanor of Aquitaine (1122–1204), who by the standards of her time was a feminist, helped devise the idea of a gentleman-knight, a standard of ideal conduct soon planted throughout Europe by troubadours. For 35 generations, this code of chivalry regarding women and how men should treat them was a given of Western civilization. It evolved, becoming more refined and attuned to changing times and circumstances, but the essentials of the code remained.

A woman who acted like a lady while passing through Texas on her way to California in 1880, for example, was treated as such by the roughnecks and cowboys she met along the way.

In our own time, this long-practiced etiquette has taken some hits. Our postmodernist society has declared chivalry dead, and some have locked the white knight in

bus to a woman, and you may be called a misogynist. Compliment a co-worker on her appearance, and you may well find yourself in a meeting with the HR department, facing termination from your job. Many colleges and universities have issued exacting and specific guidelines regarding relationships between males and females, reducing the sweet calculus of romance to joyless elementary school arithmetic.

the dungeon of his castle. Offer a seat on a

### Is Chivalry Dead?

Google that question, and you'll discover a battlefield of opinions. Some feminists contend that once-common gentlemanly acts—pulling out a chair in the restaurant for your date, opening the door of the car, paying the tab at the wine bar—demean women, making them appear the weaker sex, reinforcing the view that women need men to help them.

In opposition, Suzanne Venker writes that "chivalry is dead because women killed it," but then defends chivalry and urges women to bring it back if they wish to encourage the making of "mature, respectful, marriageminded men."

She adds: "Women have the power to turn it all around—because they are the relationship navigators. Men only changed because women did. That's because men are born to please women. Modern women don't know this, for they've been conditioned to think of men as oppressors ... Instead, embrace chivalry. Praise chivalry. Praise men, for God's sakes!"

Venker may be correct that only women, as did Eleanor of Aquitaine, can produce an etiquette between the sexes that will give us more mature and responsible men and women. If we wish to see such a restoration, however, we men also must do our part. Here are some tips gleaned from living, conversations, movies, and books that have helped me along the bumpy path of

**For 35** generations, this code of chivalry regarding women and how men should treat them was a given of Western

civilization.

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.

relationships with the opposite sex.

We can win the love, friendship, and trust of women with one simple tool: listening.

To many women, men—and I very much include myself—are often obtuse creatures when it comes to communication. Sam listens to Martha complaining about her workday and immediately offers suggestions as to how to improve the situation, unaware that Martha doesn't want solutions, but just wants Sam to listen to her. In a situation taken from real life—I have changed the names—Steve wonders aloud to his wife of 30 years whether they're too old to go on celebrating Valentine's Day. Here, I will leave the conclusion to that conversation to my reader's imagination.

Long ago, my wife and I were meeting with a real-estate agent in the kitchen of our bed-and-breakfast to put the place on the market. I knew Kris was reluctant to sell, but thought she and I had come to an agreement. She was standing beside me, but when the agent handed me a pen to sign the papers permitting him to show the property, I realized I was suddenly alone. I went to the living room, found Kris weeping by the fireplace, returned to the kitchen, and said to the agent, "I don't think we'll be selling the house any time soon."

What Kris and I experienced was, as the line from the movie "Cool Hand Luke" goes, "failure to communicate."

When Kris and I were engaged, we met an elderly couple in a German language class at our local community college. When they learned of our engagement, they expressed their delight, and the husband leaned toward me to say, "43 years married," he said. "And you know why? Respect."

Listen, truly listen, and you show respect.

### Sense and Sensitivity

Many women want their male companions to "express your feelings." We men are often awkward about doing so-few of us would ever press our male friends to "let it all hang out"—and when we do enter into the auditorium of emotions we hem and haw, tonguetied and inept as a shy schoolboy required to give a speech to his classmates.

We fear saying the wrong thing, we can scarcely keep up with the thoughts and nimble speech of this woman we love, and we frequently find ourselves with words in our head that we somehow can't push to our tongues.

But there is an antidote to our awkward, tumbledown speech: Sincerity.

In the film "Kate and Leopold," the sophisticated English gentleman Leopold (Hugh Grant) offers these words to a young American friend Charlie, who is pursuing a woman: "Everything plays a farce to you. Women respond to sincerity. This requires pulling one's tongue from one's cheek. No one wants to be romanced by a buffoon." Sincerity, not adept speech, wins the hearts of most women.

### **Mysteries and Manners**

Sigmund Freud once asked, "What does a woman want?"

The question is absurd on two levels. First, it lumps together more than half the world's population, asking them what they want. Second—and this is from my own experience—women want from a relationship what men want: respect, love, affection, a listening heart, and a companion.

Yet mysteries and differences also abound. Playwrights, poets, and novelists have celebrated those mysteries and differences throughout our history. The Greek playwrights, Chaucer's pilgrims, Shakespeare's characters, Jane Austen's brilliant portraits of men and women all reveal the conundrums existing between male and female that postmodernism can never erase.

Some men and women I know, puzzled by the behavior or opinions of the opposite sex, become frustrated. They ask, as Professor Higgins did in "My Fair Lady," "Why can't a woman be more like a man?" and viceversa. As for me, however, I delight in these enigmas, preferring in this case mystery to dissection.

Accept the mystery, or better still find joy and amusement in the gulf between women and us, practice manners, and enjoy the ride.

### A Final Note

When we treat the women in our life—family, friends, strangers, and that one we love like ladies, we not only transform ourselves into gentlemen, we also help shore up and repair the walls of our broken civilization. We bring a dash of civility and grace into a world much in need of both.

Of course, we must always remember and practice the most basic way we men can honor the ladies in our lives.

In a song from the play "Camelot," Arthur remembers asking Merlin, "How to handle a woman?" Merlin responds by advising his young charge that "the way to handle a woman is to love her ... simply love her ... merely love her ... love her ... love her."

Guys do that sort of thing.

### **DEAR NEXT GENERATION:**

## Dear Next Generation: 'Don't sit around waiting for good things to happen, make good things happen'

### → Advice from our readers to our young people

ello from a 78-year-old grandma. Here are a few words of advice for the next generation: ■ Begin each day with thoughts

of gratitude, for life, for health. There is always something that deserves our gratitude. Have a conversation with your Creator. He's listening.

Keep close track of your finances, daily expenses as well as long-term goals. Plan for regular savings, however small. Savings bring peace of mind.

Never stop reading to educate yourself. Read biographies of successful people, read opposing viewpoints, read classic literature. Make books and articles part of daily life.

Find a volunteer project where you can share your talents with your community. You need each other.

Search for an exercise or sport you can pursue throughout your life for your health. It can be a part of daily life while increasing energy and fitness.

Refrain from judging others. You can do it! Dwell on happy thoughts. It's a choice. Sending love to you,

— Ruth Varner

Always remember from whence you Protect your reputation, your character,

and especially your name. Act with honor, be truthful and wise; Resist the temptation to be "one of the

Follow your dreams and act with your Use reasoning and judgment to be truly

smart. Just because you CAN do something doesn't mean that you SHOULD. Before you act, ask yourself, "What will be the good?"

Make the Golden Rule your ethic, take a high moral stance;

Let your conscience be your guide when you decide to take a chance.

Control your anger and recognize fear,

Courtesy, honesty, dignity, and respect—

Selfishness and greed are the products of what you TAKE;

Own your decisions and never shift

Possessions/fame/fortune and happiness

Respect the rights of others, from the strong to the meek;

someone else speak. Tolerance and acceptance are not nearly

Avoid derisive comments or holding an-

Keep your attitude in check, don't expect to get your way;

new every day. Follow these concepts, the time-tested

Become an adult from a well-rounded youth.

I have successfully counseled young adults with the following adage of my own cre-

Always keep compassion and empathy

Fundamentals you should always strive to perfect.

Accomplishment and fulfillment come from that which you MAKE.

Lead by example to teach others to do the

Listen carefully and learn before using your voice;

Your life is what you make of it, your actions are your choice.

do not equate; Serenity and success come from your own

Don't interrupt, hold your tongue, and let

the same;

other out to shame. Shouting and screaming to be the center

of the crowd Doesn't make you right, it just makes you

Strive to be your best, learn something

truth;

— Dena Hawes

Dear Future Leaders.

ation: "There is an ETERNAL CONSE- have substituted their sensibilities. They

Remember, you cannot hide from your misdoings. You cannot hide from anything, since eventually you will have to face the fabricated by mankind. consequences of everything you think (the secrets of your mind), say (the secrets of your heart), and do (the secrets of hidden actions). Although you may hope you can get away with "something," you cannot avoid the ETERNAL CONSEQUENCES of everything you THINK, SAY, and DO. Live life with joy and peaceful satisfaction knowing that your life is clean, pure, and without regrets.

— Louis V. Carlson

Dear Next Generation,

Advice to the next generations is no differ-

ent from the past generations. Have faith that good shall always rise above evil.

Be considerate, thoughtful, and understanding, and have empathy toward your fellow man.

Don't sit around waiting for good things to happen, make good things happen. Educate yourself to the end of time.

Listen to what is being said; we might learn from it.

We can also learn from the past. — Sharon T. Morley

Dear Next Generation,

The best and most profound advice I would like to give to the younger generations is to rid yourselves of those harmful personal digital devices. You can do it! Before the 21st century, those expensive personal digital devices did not exist.

People at that time used their ears to hear, eyes to see, and mouths to speak. Send your advice, along with your full These senses, bestowed upon us by God, are essential and natural for us to convey our feelings, emotions, compassion, and

In today's society, personal digital users

QUENCE for everything you THINK, SAY, text, tweet, email, blog, and Skype as substitutes for moral excellence while living and communicating in cyberspace. The virtual world of reality was designed and

> It has made users lazier, narcissistic, and unhealthy. Users are now addicted to their sinister personal digital devices. That is

> not progress. There is no upside to having personal digital devices. Sure, those gadgets make it easier and faster to find and do things online. Sadly, so are predators, unreliable sources, and deviant behaviors found on-

No matter the excuses given that might benefit each user, the facts remain that those personal digital devices are corrupt,

toxic, and not necessary. Shopping, education, gambling, and gaming are just a few online attractions that steer users to digital addiction on their devices. The app store is filled with dysfunctional items and misinformation. I do not text, tweet, email, blog, Skype,

or have a website. I am enjoying life in the real world created by God. Try it!

— Ronald Gerard

### What advice would you like to give to the younger generations?

We call on all of our readers to share the timeless values that define right and wrong, and pass the torch, if you will, through your wisdom and hard-earned experience. We feel that the passing down of this wisdom has diminished over time, and that only with a strong moral foundation can future generations thrive.

name, state, and contact information to NextGeneration@epochtimes.com or mail it to:

Next Generation. The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001

## Fighting the Industrialized School System One Grandparent at a Time

## **ANNIE HOLMQUIST**

Last spring found my neighbors unexpectedly homeschooling their grandchildren. The little ones racing by my house on scooters at "recess time," grandparents in tow, were soon joined by a couple of older stu-

Upon inquiry, it was discovered that their homeschool had expanded to another fam-

ily caught high and dry by the lockdowns. This grandparent-operated homeschool reopened for business this week and now includes a couple of neighbor children whom teacher-grandma feared were slip-

ping through the cracks. Such a scenario isn't only a delight for me to see, it's also a delight for these homeschooling grandparents. Discussing it earlier in the spring, they admitted it was challenging, yet they also couldn't say enough good things about the quality outcomes homeschooling provides.

Grandparents like my neighbors are taking the bull by the horns and actively involving themselves in children's lives despite the global pandemic. This is just the tack that Robin Marantz Henig suggests grandparents take in a recent article for The Atlantic. Older, retirement-age adults, Henig explains, are craving interaction with others, and have an immense desire to be needed.

"Teachers and principals," she suggests, "could recruit grandparents as collaborators in figuring out the new normal of pandemic schooling."

It's a classic win-win: The elders get a way to combat loneliness and bring a sense of purpose to their days, teachers and parents get teammates with experience and time, and children get another grown-up to help them through the difficulties of remote learning. Henig also discusses how grandparents

can make up for the lack of attention children receive when lost in a classroom of nearly 30 other students. The grandparent would act as an advocate for the child,



In a classic win-win, kids get individualized help while helping elders fend off potential loneliness

providing extra support on assignments and learning concepts, and making sure important messages make their way from teacher to parents.

The funny thing about this is that schools have spent a number of years seemingly trying to separate the old from the young and children from their families. Former teacher and author John Taylor Gatto claims the United States has become a "nation of insti-

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

tutions," rather than one of communities. "By isolating young and old from the working life of places and by isolating the working population from the lives of young and old." Gatto writes, "institutions and networks have brought about a fundamental disconnection of the generations. The griefs that arise from this have no synthetic remedy; no vibrant, satisfying communities can come into being where young and old are locked away."

### Grandparents like my neighbors are taking the bull by the horns and actively involving themselves in children's lives despite the global pandemic.

We've complained a lot in recent months about the isolation which has grown up between extended families, churches, friends, and communities. It's good we are realizing the problems such isolation causes, and we should continue to push against it. But while we wail about the current isolation, we seem to have forgotten about the isolation that has been taking place for years, the

isolation Gatto speaks of. He goes on to say: "Since the logic of family and community is to give scope to variety around a central theme, whenever institutions intervene significantly in personal affairs they cause much damage. By redirecting the focus of our lives from families and communities to institutions and networks, we, in effect, anoint a machine our king."

As we wait for life to right itself, teachers, administrators, parents, and children will find ways to adjust to the new normal. Perhaps more grandparents, like my neighbors and the author of The Atlantic article, will step in to smooth the way, reconnecting the generations and restoring the reins of life to family and community in the process. In so doing, it may be that we find this new freedom from industrialized institutions refreshing and decide never to return.

### **CATHERINE YANG**

hen the internet made it onto the consumer market, William Lind said he wouldn't use it.

Lind was working for a U.S. senator when the office brought in computers with internet, and these clunky early machines seemed far from efficient. He declined to use one and was even willing to resign over the issue if forced.

It didn't come to that, and in fact all his coworkers were frustrated that Lind always completed all his work before them. Later, he joked that whoever could invent a computer terminal that would give you hard copies in real time would make a fortune—they all agreed, then realized that was exactly what Lind's typewriter did.

"So naturally, I never let it into my home," Lind said. Not only did Lind not adopt the internet at the beginning, to this day he doesn't use a computer and hasn't brought the internet into his home.

Following the fallacy that whatever is new is better, most people swapped their typewriters for computers, connected those to the internet, and then adopted smartphones that put the world wide web into their back pockets.

But people are increasingly tired of incessant newness and all it brings—smartphone addiction, the 24-hour news cycle, clutter—and an interesting cultural trend is on the rise. Colonial-style furniture, '50s-style fashion, retro-themed establishments and lifestyle brands, new homes built with big front porches, and even entire neighborhoods and towns being built in Victorianstyle architecture are becoming more common. Advertisers, designers, and developers all seem to have caught on: People want to capture the somehow feelings of the "good old days."

Lind calls it retroculture, and though he's lived it all his life and often gone against the grain to do so, now he's seeing that it's on the verge of becoming mainstream.

### More Than Nostalgia

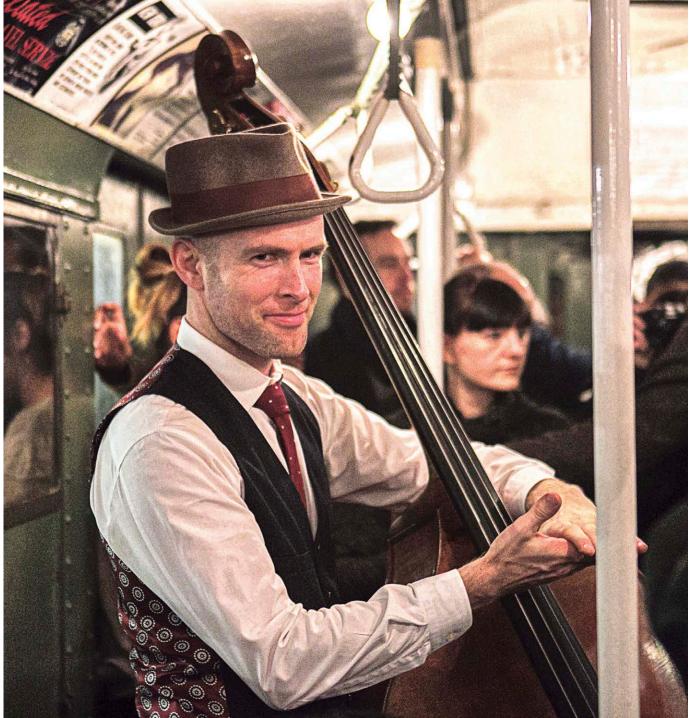
These days, one might see a couple who wants to dress and dance like they're in the 1940s living in a restored Victorian-style home, next to someone who built his own and attends historical re-enactment clubs but also drives a car, flies on a plane, and goes to the movies.

Retroculture is not about living in the past, but rather about bringing the good things found in the past into your own life. It's different from nostalgia, which is a yearning for some imaginary past that can never be recaptured, Lind explains in his book "Retroculture."

"As everything falls apart around us today, what makes sense is to go back; this is what people have always done when things have gone broadly wrong," Lind said. The Renaissance was a revival of the beautiful and dignifying parts of the classical world, and the Reformation was an attempt to revive the early church and remedy rampant corruption. These grand movements sought wisdom from the past not to recreate it but to find a way forward.

Retroculture is about recapturing real styles of living, whether that's the '20s, the '40s, or the Victorian era. In every era of the past, fashion was a tyrant, Lind writes, but we don't have such restrictions today. People can pick and choose what eras and aspects to adopt, and to what degree.

With successful and beautiful towns like



A musician dons period clothing on a vintage subway car in New York City on Dec. 8, 2013.

Seaside, Florida, designed to have the look and feel of a community from the past, an explosion of vintage-style bars, the return of train travel, and widespread interest in sustainability, "retroculture" is here to stay. People want to buy beautiful things that last, instead of throwing things away constantly to keep up with trends. They want to be able to connect with people and find communities.

Some might adopt retroculture only in fashion or aesthetically at first, but it's soon apparent that what they are after is not just the props that remind us to heed the manners of yesteryear, but the civility and sound values that came with it.

### More than Material

In "Retroculture," Lind gives plenty of practical advice and items for consideration should you want to live a retroculture lifestyle, move to a retroculture neighborhood, or get your family on board (if you have children, you're in luck, because retroculture is currently quite trendy, and something they'll actually see as cool and fun). He captures the lifestyles of various people who relatives what their stories are).

The things are not what is truly important, Lind said—values are.

We miss things like "civility, sound values, strong family life, and neighborhoods, towns and cities that are pleasant places to live," he writes. Retroculture is about lifestyle, but it's also about the values and standards that guide the behavior governing a lifestyle. If you asked the people from these eras we might seek to emulate what was most important to them, Lind said they would likely tell us it was what they believe, things like charity and craftsmanship and stewardship, and that these values are expressions of deeper beliefs and their faith.

These morals, and standard middle-class values, start with the Ten Commandments, Lind explained. He adds in his book that people of the past didn't live up to all of them, but it is only in our present throwaway culture that we have people declaring that if we can't attain this standard we should throw the standard out.

When we look to the past, many see the

## Advertisers, designers, and developers all seem to have caught on: people somehow want to capture the feelings of the 'good old days.'

ugly horrors of it, such as prejudice and hvpocrisy, and Lind said no one is advocating we bring that back. Neither are people advocating that we should live without air conditioning and modern medicine. Rather, with the best innovations from the past and present, we can combine them with timetested values to find a way forward.

### **Those Stuffy Victorians**

Lind has always been interested in the past, so in a way his entire life has been research for his book; he has also spoken many times with historian Gertrude Himmelfarb, who

era, starting in the 1960s, they've steadily gone up. That tells us something."

Lind references the Victorians several times in "Retroculture." People might think of theirs as a strange and stuffy period of culture, but Lind details several ways in which they got things right. They focused greatly on improving life, in contrast to today's emphasis on economic growth; they fought for business practices that would support rather than strain families; and they believed in the

importance of service to the public good. Lind grew up in the 1950s, a good and prosperous decade that comes up often in

"The '50s didn't spring fully grown from the head of Jupiter. They are the product of the Victorians," Lind said. He knew Victorian women growing up, his grandmothers and their friends, and had always been interested in the period. One of the great accomplishments of the Victorians was the spreading of standard middle-class values. "They originate in 17th-century Holland

and 18th-century England," Lind said. They were values like modesty; honesty in business dealings; delayed gratification and saving, as in the building up of human, physical, and intellectual capital over the generations; and the importance of workthe belief that work is a good thing in and of itself, not just something we need to do to make money.

By the middle of the 18th century, these values were embedded in the English middle class, but it was really the Victorian era that saw these values become widespread. Lest we forget, we had very rough societies before the prim and proper Victorians.

"They make middle-class values essentially universal," Lind said. Up through the 1950s, even if you were poor, you saw the importance of hard work, saving, and honesty, and conspicuous consumption was frowned upon among the wealthy as well, he said. "That's not to say it didn't happen, but it definitely didn't help you rise on the social ladder."

The values worked, and perhaps even more interesting, they are unique.

"They create a society that is safe, stable, prosperous, and free at the same time," Lind said. Many times in history we've seen cultures that were orderly, and there have even been a handful that were both orderly and prosperous. But these middle-class values "gave almost a unique combination of order, prosperity, and freedom," Lind said "Because middle-class values understand that freedom is not ... the right to do whatever you feel like at the moment and suffer no consequences.

"Freedom is the right to substitute selfdiscipline for imposed discipline. And that's what the old culture did; it did it by social sanction, overwhelmingly, not by law."

### Remembering Who We Are

When Lind was 8 years old, he would take the train by himself up to his aunt's house in Meyersdale, Pennsylvania.

"That was my great refuge as a kid," he said with a laugh. "Nobody thought anything of an 8-year-old traveling by himself then. I'd have a week before my parents got there, and Aunt Lulu would make as many of the rich, wonderful desserts I love as I could eat, and there was no limit until my mother got there."

Even as a child, Lind was keenly aware that he was "living in a world where the good things were gone or going."

Not the desserts, but the steam locomotives and the streetcars he loved riding— Meyersdale, in his aunt's time, was home to two railroads, and on the weekends would be packed so full you could hardly walk down the sidewalk. Today, it's a somewhat depressed town.

Lind's love of history and affinity for retroculture is steeped in his family roots. His



### What family memorabilia

or items from the past do you hold dear in your life? What timecherished rituals have you kept going? Tell us at tradition@ epochtimes.com or The Epoch Times, Life & Tradition, 229 W. 28th St. Floor 7, New York, NY 10001. and Lind still has his diary, his musket, and the letters he wrote. He also has a diary of that Civil War soldier's mother. Lind's greatgreat-grandmother; she began writing it in

"My mother's family, the Sturgesses, our

motto is 'If we once had it, we still do,'" Lind said. "My house is filled with family memorabilia going back before the Civil War in some cases; these remind me who we are." "And when I was young, one of the main admonishments that young people who

we are." But somehow between one generation and the next, we forgot. Lind and others often point to the cultural collapse of the '60s, when youth culture said "don't trust anyone over 30," join the sexual revolution,

What we had, Lind said, was a generation of young people reared in prosperity who thought the wealth and stability and freedom they had was just a given, combined with the cultural Marxism that had been making inroads since after World War I.

and reject of your parents' lifestyles.

The influential writers of the time included Herbert Marcuse, who "successfully dumbed down the often very obtuse intellectual works by the other Frankfurt School members in works like 'Eros and Civilization' and then injected it into the Baby Boomers, this generation that had grown up in prosperity and with good order and so it

did not want to fight the Vietnam War and that latched onto an ideology that justified this desire. "Those two things came together and gave us the disaster of the 1960s, and since then that counterculture has become the mainstream, largely through the Baby Boom generation. They absorbed cultural

Lind has written plenty about what went were misbehaving got, from their parents wrong and how it went wrong, but "Retroculand grandparents, was 'Remember who ture" isn't about that. It focuses not just on solutions, but on the fun and positive ones. This isn't policy and partisan politics; it's about asking your grandparents how they lived their lives, demanding beauty in everyday

> "It does no good to offer another dystopia," Lind said. In fact, he's written one, a fictional novel, under the pen name Thomas Hobbes. Lind's "Victoria" is an update of the philosopher Hobbes's "Leviathan," he takes a look 50 years into the future of this country as it falls apart, but the story ends with retroculture and "rebuilding based on what we know worked in the past," Lind said.

"People need something positive to engage with; you can't get anywhere just by condemning everything." And that's exactly what people who've discovered retroculture are engaging in.

"You've got to give people something posi-

POST OFFICE SEASIDE, FL when in fact they were only a generation The town of Seaside,

deep," Lind said. This was a generation that Marxism as students and have since promulgated it to succeeding generations."

Fla., was designed to

look and feel

like a classic

mixed use

and public

spaces that

neighbors and

community. Seen above is

the Seaside

post office.

connect

neighborhood

development

purchases so as to buy less, and maintaining civility and raising that standard around us.

**DEAR JUNE** with June Kellum



# How to Set Boundaries in a Wise Manner

→ Advice to manage your time and relationships

### Dear June,

I don't think I am good at setting boundaries for myself. Not having boundaries has resulted in problems like over-scheduling, having too many relationships I can't do justice to, and taking on more jobs than I can actually do because I can't say no. I like the idea of having firmer boundaries because I think it prevents a lot of problems, both for myself and others. But I worry that when I start setting stricter boundaries, I will come off as cold or uncaring when I say no. How do I know when I'm setting boundaries out of selfishness versus practicality and good forethought?

### Gail K., New Jersey

### Dear Gail,

For starters, you can defer decisions until you have time to think them over. This means not saying yes to an invitation or job offer on the spot, but letting the other party know you very

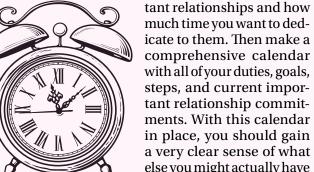
much appreciate their offer and need some time to think it over. The decision may be clear immediately when you are no longer face-to-face with the other person. Then you can find a way to graciously decline, which will prevent you from seeming cold. If the decision is not clear immediately,

you will need to do more reflection. You could do this either intuitively, which will address the question of selfishness, or logically, which would address the question of forethought.

The intuitive approach would be to sit quietly and listen to all the thoughts and emotions you have around the decision; it may help to free write. Then try to discern the superficial from the wise.

Some people thrive on superficial relationships, but for others, a few close friendships are what is most enriching. If you are in the latter category, then politely decline social invitations with people you don't feel you want to get to know better. This is not selfish—it's saving your time and energy for the people and things that matter.

A more logic-driven approach would be to write up your goals for your life, including career and relationship goals. Think about a timeline for these goals, then break down the steps you need to achieve these goals, and a timeline for these steps. Include your most impor-



much time you want to dedicate to them. Then make a comprehensive calendar with all of your duties, goals, steps, and current important relationship commitments. With this calendar in place, you should gain a very clear sense of what else you might actually have time and energy for. One final thought: As

humans, we all need to learn to operate in a balance of cool-headed logic and sincere, warm empathy. Neither extreme is desirable. People who are warm-hearted but not level-headed often are not dependable, and when logic is disconnected from empathy, we err toward cynicism, perfectionism, and harsh judgment. Usually, the people we trust and admire have a balance of both.

Sincerely, June

### Dear June,

I seem to have a hard time sticking to a schedule. What is the best way to discipline myself with this?

### Tatianna D., Virginia

### Dear Tatianna,

A good schedule is one that allows every one in your family to be happy and successful. It should reduce stress by making sure the most important things get done but not be so rigid that it directs life. Effective schedules are actually built on good habits, so you will want to consider your daily routines and adopt new habits if the current ones are not serving you.

Secondly, consider why staying on a schedule is so hard for you. Do you like schedules, but life seems to always work against them? Is it a willpower issue where you get distracted by social media or other things? Or is it that you feel happier when your life has more spontaneity?

If life seems like it's working against a schedule—maybe you are a caregiver, for example—it might help to create a simpler schedule. Plan to tackle fewer things in a day so you have more time to deal with unexpected events. You may also want to plan head for those times when the day is really off track so you can still be organized.

If it's willpower that is holding you back, you will want to do some things to strengthen it. Examples might be doing the hardest thing in your day first; setting a timer and making yourself finish a task in the set time; or setting a workbefore-play rule. Even doing the same thing at the same time every day (it can be a small, quick thing) can help build strength of will.

If it's your love of spontaneity at the heart of the issue, then first accept that this is probably part of your nature some people love an unplanned day. Then create a schedule that allows you to fulfill your obligations but also leaves time for freedom. For example, maybe you batch prep all your dinners for the week so that you can be sure they are always timely, and then you have evenings free for other things.

### Sincerely, June

Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@EpochTimes. com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York,

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



# The Civility Project Is Helping Dial Back the Vitriol

### **CATHERINE YANG**

s we head into the 2020 elections, politics dominate the conversation, and with increasing incivility. We certainly can't turn to political leaders as examples of civil discussion, and it certainly won't abate after the elections no matter who wins, so to prevent an unbearable 2021 that echos the breakdown of civil conversation we witnessed during the last election, we all really need to make an effort, according to Nolan Finley and

Stephen Henderson. Many see Finley and Henderson as a strange pair; a self-professed staunch conservative and liberal Democrat, the two journalists talk politics on a regular basis and see their differing opinions as something of value, rather than a cause for ending a 12-year friendship. They held the same position at competing newspapers in Detroit: Finley is the editorial page editor for The Detroit News, a paper that leans conservative, and Henderson was the editorial page editor for The Detroit Free Press, which leans liberal, and is now the host of "Detroit Today" on WDET.

For about five years, the two threw bourbon parties, bringing people together with different political beliefs for drinks and discussion. People who wouldn't otherwise became friends, and with each passing year, Finley and Henderson saw real value, and some rarity, in what they were doing.

After the 2016 elections, there was "a real deterioration in the quality of dialogue, and I think since then, we've really come to value what we are able to do, which is still talk to one another and talk about politics, and not resort to the nastiness that we see in other places," Henderson said.

In 2017, NPR's StoryCorps van came to Detroit, and Henderson decided to bring Finley to record an hour-long recounting of how they developed their views and how, despite those widely different views, they have stayed friends. Afterward, they decided they could help others do exactly what they have, and The Civility Project was born. The idea was to give 30- to 90-minute workshops on civility and bring people together for constructive conversations.

"Our society and our country is very divided—we've always been divided but we seem more maliciously divided today, and there seems to be much more hate," Finley said. "We want to demonstrate to people that you can talk across this divide and you can have friendships across this divide, and just because you disagree with someone, in terms of your opinion and their opinion, doesn't mean you can't have friendships and that you can't talk about these important issues without reaching pragmatic solutions.

"We feel that's where we are today, this inability to talk toward compromise and to talk toward pragmatic solutions. We hope that we can diffuse some of the hate and some of the hostility."

Think of the number of people who say they can't even talk to family members anymore, or avoid conversation in their own neighborhoods and communities for fear of differences, Henderson said.

"I think there are a lot of people who are feeling that and don't like it," he said. "They feel like there's something wrong with that dynamic, and they're really eager to hear about ways to approach this differently and to take the emphasis off the differences they might have and really try to build relationships that allow those differences to exist without hostility, without anger, without

this disrespect that we see constantly." "I think there's a hunger for it; I think





Despite holding often conflicting views, journalists Stephen Henderson and Nolan Finley not only maintained their friendship but have been encouraging civil conversations—and giving people tools to do so.



Stephen Henderson is a former editorial page editor for The Detroit Free Press, which leans liberal. He is now the host of "Detroit Today" on WDET.



Nolan Finley is the editorial page editor for The Detroit News, a paper that leans conservative.

You hear a lot of people talking about civility, but there's not a lot of knowhow about how you get to that point.

Nolan Finley, editorial page editor, The Detroit News

people recognize we're in a very bad place," Finley said. "You hear a lot of people talking about civility, but there's not a lot of knowhow about how you get to that point. Steve and I, we go through a very specific exercise, we ask these people to do what we've done."

### Listen and Learn

After a workshop held last year, a pair of women stood up and said they came as friends—they walked together for years, yet they had never talked about politics. One was a conservative and one was a liberal, and they avoided politics, so as to not disrupt the friendship.

"And they had made assumptions about each other based on their politics," Finley said. "Once they sat down and talked about the reasons they made the political decisions they made, they had greater understanding, and they dropped their assumptions."

The first thing Finley and Henderson ask everyone to do is to get to know the other person as a person.

"Sit down across from each other, and before you even talk about anything that divides you, try to find out who the other person is, what motivates them, how they came to form their values, what their experiences are, that formed their opinions," Finley said.

"They come to their opinions the same way, with facts and data and analyzing them in a very honest way and coming to an opinion that's informed by their values vision segments in which they're pitted

"And if they come up with a different opinion than you, it doesn't make them evil, it doesn't make them stupid, it doesn't mean they hate America, it just means they're different."

The workshops took place in person, but have moved online since the pandemic and the conversations haven't suffered for it—1,200 people have attended since March. The Zoom workshops allow people to break into small groups and talk face to face as if they were still across from each other, and right across from Finley and Henderson,

instead of watching them on stage. In some cases, the people some want to build a relationship with isn't a complete stranger, but perhaps a family member they no longer speak to because of differing political opinions. It can be more difficult with family, Finley and Henderson said, but the

tools used in the workshop are still valuable. "One of them is the art of listening," Henderson said. "A lot of us don't know how to listen, or want to listen. I think a lot of the times we feel like if you're not talking, you're listening. ... It's a little more complicated than that. The truth is that active listening really is trying to understand what someone else is saying and where they're coming from that's different."

Finley said the key is to go into any conversation, whether it's with a stranger or with someone very close to you, with the idea that you may not be right, and you may learn something from that conversation.

"There's value in having a civil conversation with someone you disagree with," he said. "If you decide to listen and honestly weight the things they're saying.

"Go in trying to get a better feel for why the person feels the way they feel, thinks the way they think. If you go into a conversation thinking you can win it or convert someone, it's not an honest conversation anymore.

"In order to have an honest conversation you've got to lose the self-righteousness, you've got to lose the smugness. You've got to avoid the condescending and actually sit there and say, 'Where is the value in what the other person is saying?'

"The other thing that we've learned early on is that we both want the same outcomes; we both want a better world, a safer world, a

better community—we have different ideas about how to get there but we want the same outcome."

Week 39, 2020. THE EPOCH TIMES

Henderson adds that the goal should be to have the kind of relationship where the differences are acknowledged, and the differences matter, but they don't matter more than the relationship itself. We do this through understanding why people believe what they believe, and understanding the experiences and values that shaped them.

### **Building Friendships**

Politically, there is little that Finley and Henderson agree on.

"Nolan and I can have really intense arguments and debates, and there's no holds barred there, there's no holding back," Henderson said. They get angry with each other too. "But when we're done, we never get up from the discussing saying, 'Well, I'm finished with this person, I'm never going to talk to this person again, I don't want to have this discussion again.'

"We always are looking for the next opportunity to have that exchange and because we value that exchange and what you get out of it that. There is something to be learned from this other person, that there might be different ways to see things that you can get from that other person and that's why you keep coming back."

In fact, because of their similar positions at rival papers, they get asked to do teleagainst each other. People expected them to fight, but they didn't expect them to become friends.

"The more we did that I think, first of all, we enjoyed it, we both have a real respect for each other's point of view even if we really disagree with it," Henderson said. They quickly realized they had plenty in common outside of their politics and stayed good friends.

"And I think there was a kinship about that job; whoever is in charge of Opinion at the paper tends to be pretty unpopular. And just over time we learned that the work between us was better the more we became friends, the more we started knowing each other, and find space for an actual relationship, the work relationship really benefited from that and grew in value."

Finley added they have respect for each other, and each other's work.

"I don't really agree with much of what Steve writes or talks about but I really admire the way he presents his arguments. I think he's one of the best writers around and so I enjoy his arguments and enjoy reading his train of thought even if I didn't agree with it," he said. "I think you come to appreciate that in other people."

Their friendship is certainly unlikely today, and it was more or less at the begin-

"We've had a lot of folks feel they have a right to pass judgment on us being friends, and well, it works for us. It felt natural to us, I think, though I know it did bother people even at the beginning," Finley said. Years ago, he was at an upstate Republican convention and after having a conversation with Henderson at the bar, two women came up to Finley and asked how he could possibly be friends with Henderson, that he was such a terrible person, and so on.

"And I said, 'Have you talked to him?" Finley said. The women had never even met Henderson, and Finley encouraged them to go over and introduce themselves—and they did. Two hours later they came back all smiles, "Oh, he's so wonderful!" they told him. People are more than their politics.

"There's something to getting to know someone before passing judgment about how you feel about them," Finley said.

# Melania Trump's Iconic Style

### **MANY NGOM**

When Melania Trump—then Knauss—was asked in a 1999 ABC interview if she could picture herself as first lady, she answered yes, adding that she would be very traditional, like Jackie Kennedy. And indeed in matters of fashion, Trump has embraced a traditional, elegant, and timeless sense of style. Here's a review of her style over her years as first lady.







Polka Dots Polka dots have been trending for a while now. Is it because of the first lady? It might be—she transformed this simple pattern into a chic and elegant business attire must-have.







Plaid Plaid traces its history back to men's shirts (think lumberjacks) and Scottish tartan. The first lady adds a feminine twist to the checked pattern, playing with different shapes and colors.







Floral The first lady blooms in floral patterns. These dresses can be worn again and again, as their style is timeless.













Black or White White is usually very hard to wear, but Trump pulls it off by reinventing the Little White Dress. She looks just as elegant in black, especially when she pairs it with another neutral color, such



A conversation with Anne Crossman of The Homeschool Expert

### **BARBARA DANZA**

As many parents navigate their new roles as homeschoolers this year, they may find themselves battling self-doubt and worry. The road less traveled is rarely an easy one.

Who better to seek wisdom from than The Homeschool Expert, Anne Crossman A former homeschool student, Crossman attended Stanford and Duke, taught in public school, authored a few books, and circled back to homeschooling as a mom

I asked her about her experiences as a homeschool student and teacher. Her insights may be just what the new homeschool parent needs to hear.

THE EPOCH TIMES: You were homeschooled yourself. What was your experience as a homeschool student like?

ANNE CROSSMAN: Homeschooling saved me. Prior to that, I was enrolled in a school that turned out to be a socially toxic situation. It was 1986, and there weren't a lot of other options back then, so even though it was barely legal to do so and resources were limited, my parents decided to homeschool me. I am immensely grateful they did.

My parents academically educated my two brothers and me on a frugal budget, investing significantly in experiences outside our home interacting with people from all walks of life. The real world was our best classroom. We were encouraged to push ahead in subject areas of strength—so that, at times, I was able to complete two math books in a year because I loved the subject so much. To dive deep into subject areas that were compelling and unusual, such as learning a less popular language or doing significant research into subjects like poisonous plants or comparisons of classical composers, and to spend extra time on subjects that didn't come as easily without feeling like "less" for doing so. Homeschooling also gave me the opportunity to restore some

elementary years. As for friends, I am so grateful for the other homeschooled students in our circle. Those outside the community may not realize that there is a disarming openness to homeschooled children—eager to welcome new friends, no matter their age, grade, or label. As a child, I found that

of my lost confidence from those early

Learning from home gave me space to grow and decide who I wanted to become. I ended up attending our local public high school, where I was named valedictorian of my class and elected student body vice president, and went to nationals in speech and debate. Eventually, I went on to attend Stanford and Duke universities. Not that my résumé matters much, but it proves the point that homeschooling didn't turn me into a wallflower—quite the opposite.

THE EPOCH TIMES: How has being homeschooled prepared you for life? MS. CROSSMAN: In many ways. It wasn't until I reached my freshman year at Stanford, and got to know bright students from around the world that I realized how my time learning at home had developed my taste for academic rigor, nurtured my strength of will to set high expecta-

6 easy ways to

**BARBARA DANZA** 

day-to-day.

in the moment.

simplify.

simplify your life

The world is complicated. In your

day-to-day life, you may not have

much control over the things of the

world, but you do have a say in your

When things get complicated,

Simplifying little things in your

life can help you reduce stress, think

more clearly, be more productive,

improve health, and enjoy more in-

ner peace. Simplifying gives your

mind and spirit room to breathe,

calm down, and simply be present

Here are six easy ways to simplify:



Anne Crossman, who was homeschooled herself, has homeschooled her four children since 2006.

tions for myself, and fostered a yearning for achievement—not because of others' opinions—but because of what I wanted for myself. Because of homeschooling, I learned how to be driven and self-taught, how to analyze the value of an argument for myself rather than based on what was popular, and how to be a lifelong learner.

THE EPOCH TIMES: What were some of the disadvantages of being homeschooled? MS. CROSSMAN: Part of the challenges of homeschooling we faced no longer exist. For example, because it was so new in the '80s and '90s, there were very few resources or co-ops available. My mom quickly discovered there was no teacher in the box of curriculum she had purchased she had to figure out for herself how to teach from home. At the time, there were no resources like Homeschool Expert to guide her. What she could have learned in hours from experts instead took years to solve on her own.

There is a lot of pressure on the parentteacher to get it right from the beginning—and rightly so, this is a child's education we are talking about. Just buying good curriculum is not enough—parents need to learn how to teach. Homeschool Expert recently conducted a national poll and found that only 37 percent of parents feel confident to teach from home during COVID. That means over 60 percent of parents need help learning how to teach.

THE EPOCH TIMES: What was your favorite part about being homeschooled? MS. CROSSMAN: I loved the flexibility and freedom that came with homeschooling.

When Things Get Complicated, Simplify

Planning ahead and prepping meals

If your outer environment is clut-

tered and messy, your inner envi-

ronment will feel the same way.

Start with one very small space, a

countertop, a drawer, a bag-and

clear out all the things you don't

need or love. Clean out the space

and return only the most valuable

items to it as neatly as possible.

for the week ahead saves time.

Declutter

Rinse. Repeat.

I learned how to be driven and selftaught, how to analyze the value of an argument for myself rather than based on what was popular, and how to be a lifelong

Anne Crossman

chicken? Grill much more than

today's serving size to repurpose

in different ways throughout the

week. Meals that reheat well

such as soups, stews, and cas-

seroles can be prepared in large

batches for easy access all week

Just one significant effort in the

kitchen can have lasting effects

for days, if you plan accordingly.

Overscheduling ourselves and

our family members can make

life complicated. Simplify your

calendar. Look ahead and ask

yourself if what's scheduled is

too much. If it is, reschedule or

cancel appointments, renego-

tiate agreements, and create a

schedule that's calmer and more

manageable for yourself and

your family.

**Renegotiate Obligations** 

So often, I could get up early and have my work done by lunch so that the afternoon was free for reading, creating, or exploring the outdoors—rescuing wild animals, learning horticulture, and building forts. I loved being able to get together with other families for dinner in the evenings and not have to worry about cutting off the fun by a certain time because we had school the next morning. We got to go on a lot of trips as kids we otherwise could not have taken, both because of the cost savings of traveling in off-peak seasons and also because we could flex when to school and when to travel without worrying about attendance issues. It was an idyllic child-

THE EPOCH TIMES: You now homeschool your four children. What drove you to decide to homeschool them? MS. CROSSMAN: I chose to homeschool our kids because I wanted to give them the same gift of a childhood I had received the gift of extended innocence, freedom to explore and love learning, and to build friendships in creative ways with children and adults of all ages.

THE EPOCH TIMES: What is your overall strategy for homeschooling your children? MS. CROSSMAN: Because I grew up in the homeschool world, I can say confidently that there are a lot of ways to homeschool. My degrees in college were in education and English, with a focus in psychology. I then went on to teach in the public school system, as a private tutor, and in military barracks before authoring three books on education.

All those experiences went into creating an education model for our children. It's been decades of work distilling all that information into practical tools. Honestly, it's the main reason why I founded Homeschool Expert—to make all these resources available to families, saving them years of wasted stress and frustration trying to figure it out themselves. The tools families need to succeed this year are all there—in a digital video series that takes less time to watch than a superhero movie, podcasts with guest experts each week, practical articles, and the book "Homeschool Like an Expert" coming out at the end of September.

My goal is to teach parents how to teach so that homeschooling can become accessible to all families from any

THE EPOCH TIMES: With so many parents trying out homeschooling for the first time this year, what do you think is the most important advice you could offer

MS. CROSSMAN: The best thing I can tell new homeschoolers is: Don't try to figure it out for yourself. It takes years of trial and error to track down enough resources to assimilate them into something that works for your family. You are not alone—Homeschool Expert is here to help. After developing the course based on advice from education consultants, psychologists, behavioral therapists, and over 100 successful homeschool parents, I can confidently say it is the definitive guide teaching parents how to teach from home. Use our practical tools and resources to make this year a success right from the start.

Get Back to Basics

**Have Fun** 

Ensure you're taking care of the

basics of your own well-being.

Drink plenty of water. Eat nutri-

tious foods. Get enough quality

sleep. Help your family members

to do the same. When things get

complicated, the simplest things

can easily be tossed out the win-

dow. Keep them front and center.

Don't forget to have fun. When it

comes to fun, one person's idea

of fun may be very different from

that of another. Be sure to make

time for the things that you actu-

ally find fun. Have fun with your

loved ones. Keep things light-

hearted. Smile. If you're having

trouble determining what you

might find fun, what might bring

you joy, remember—it's usually

the simplest things.

learner.

With every new tiny space that's

decluttered, enjoy the sense of

progress and the free space that's

cleared in your mind. Keep going.

Reduce decision fatigue each day

by picking a general uniform and

sticking with it. What's the sim-

plest, most appropriate type of

outfit that will carry you through

your day? Get it in every color

and check a daily decision off

Rather than cooking one meal

from start to finish, plan ahead

and prep meals for the week

ahead. Chopping onions? Chop

more than you need for the meal

you're preparing to have on hand

for subsequent meals. Grilling

Make it a regular practice.

Pick a Uniform

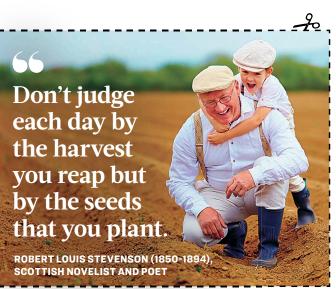
your list.

**Batch Cook** 









# **FORM**

n Sept. 24, 1789, Congress passed the 1789 Judiciary Act of 1789. It established the structure of the judiciary system, consisting of district courts, circuit courts, and the Supreme Court. It also stipulated that the Supreme Court would be comprised of one chief justice and five associate justices. It was signed into law by **President George** Washington.



ALL IMAGES BY SHUTTERSTOCK

By Aidan Danza, age 14

## **ARMADILLOS**

Then I thought to research animals of South America, since the spectacled owl lives there; then thought of the Andes rainforests recently, and then Argentina, since I remembered some interesting things about Argentina. I searched "animals of Argentina" online, and landed on a picture of an armadillo. Why am I telling you this? It's just a writing lesson—and life lesson for that matter—in an unlikely place. Follow an idea, and keep going until you hit on

something. Also, I thought it might be a snappy way to introduce this

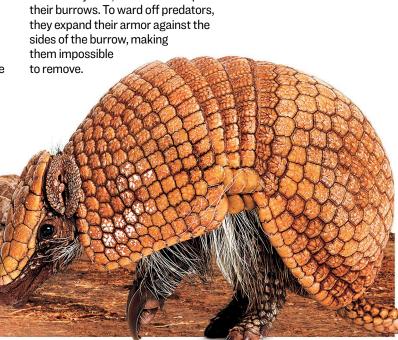
Now, back to our intriguing friends, the armadillos. There are 21 species, ranging in length from six inches to five feet. They

live throughout Latin America, from Argentina to the southern United States. Like the knights of old they are armored by scaly plates. Unlike the knights, however, they are cowards. Even with their armor they will hastily dig a hole with their long claws and hunker down, protecting their banded armadillo can curl into a ball the size of a large softball.

They usually come out at night, where they sniff out food with their keen noses; their eyesight is poor. They have hairy feelers on the sides of their

bodies to aid their perception. The vast majority of the armadillo's diet is made up of insects, including ants, beetles, termites, and grubs. They catch these with their long tongue, after digging with their claws. However, sometimes armadillos will eat carrion (dead animals), plants, eggs, mice, and fruit.

In the daytime, armadillos sleep in sides of the burrow, making



The first one said, "Oh my it's getting late."

The fourth one said, "I'm ready for some fun!"

The fifth one said, "Let's run and run and run."

And the five little pumpkins rolled out of sight.

The third one said, "But I don't care."

"Woooo" went the wind,

And out went the lights.

would

like to offer you,

some insight on how I am

inspired for these articles

My first idea was to write

about the spectacled owl.

I see its picture every

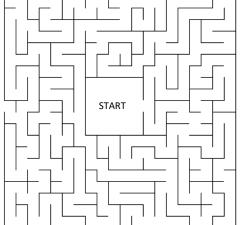
time I open my

computer, so it

intrigued me.

the reader,

The second one said, "There are witches in the air."



**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.



Solution For Easy 1

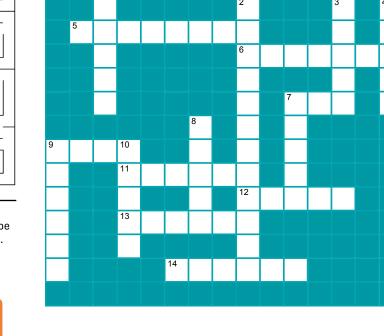
2+1×(1-6)

Easy puzzle 1



Solution for Medium 1 (18 - 15) × 12 - 16





## Down

1 Halloween is a fall \_\_\_\_\_ (7) 2 Decoration made from a pumpkin (4,1,7)

3 Pumpkin \_\_\_\_ Latte - Yummy! (5)

4 A candle makes a jack 'o lantern's eyes \_\_\_\_ up! (5)

Pumpkin \_\_\_\_ also goes into a pie! (5)

8 Pumpkins aren't square, they're \_\_\_\_ (5)

9 Fall is my favorite \_\_\_\_\_(6)

10 The Great Pumpkin grows in a pumpkin

Jack-o' lantern (7)

**7** Pumpkin desert (3)



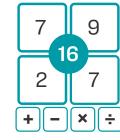
How to make a pumpkin into a

**12** Trick or \_\_\_\_! (5)

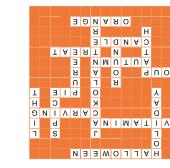
13 Light inside a pumpkin (6)

**14** Most pumpkins are \_\_\_\_\_ (6)

For example:  $6 + (7 \times 3) + 1 = 28$  and  $1 + (7 \times 3) + 6 = 28$ 



(S3+7-13)×4 13 × 4 + 53 - 7





# 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



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** 

### WHAT PEOPLE ARE SAYING



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** 

history, and more. LINORE ROSE BURKARD

I recommend the paper, usually on

Twitter, and in person. I never expected

the wealth of articles on health, aging,

parenting, communications, American



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.

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