

# THE EPOCH TIMES

# LIFE &

# TRADITION

PUBLIC DOMAIN

"The Inspiration of Christopher Columbus" by José María Obregón, 1856.

## Admiral of the Seas:

### The History and Mystery of Christopher Columbus

JEFF MINICK

When I was a boy living in Boonville, North Carolina, population then about 600, I loved reading histories and biographies written for kids and would then entice my brother and our two neighborhood friends, Allen and Richard, into reenacting what I had absorbed from those stories. In the nearby fields and forests, we charged the Yankees at Gettysburg; we waded ashore at Normandy on D-

Day; we built snow forts to serve as our Valley Forge; we stood alongside Davy Crockett, James Bowie, and William Travis at the Alamo.

One occasion of such play-acting remains especially vivid in my mind's eye. I was 9 years old and had learned, either at school or from my mother's calendar in the kitchen, that it was Columbus Day. It was October, of course, brisk and windy, and I stood on the brick wall surrounding our patio, the wind blowing on my face, and looked

across the back yard to the woods beyond and pretended I was in the mast for Columbus, the sailor who first announced "Land ahoy!"

Maybe I was a weird kid, but there it is.

#### The Controversy

Today, many of my childhood heroes—Robert E. Lee, for example, or Theodore Roosevelt—are under attack.

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## Creating Strong Bonds With Teenage Daughters

CATHERINE YANG

In 2012, Kari Kampakis was raising four daughters coming into their preteen years and blogging about it. One of her posts, titled "10 Truths Young Girls Should Know," went viral, and a publisher reached out to turn it into a book.

"That just opened the door," said Kampakis, who just published her



In 2012, Kari Kampakis wrote a post that went viral, titled "10 Truths Young Girls Should Know."

latest book, "Love Her Well: 10 Ways to Find Joy and Connection with Your Teenage Daughter." Kampakis, a blogger, author, and speaker, has daughters who are now in their preteens and teens.

Her advice ultimately leads to the theme of connection, whether it's between parents and their daughters, or teaching girls how to create good and lasting connections in an ephemeral culture.

Other moms told Kampakis that when they started reading her writing, they felt she'd taken the thoughts swirling around in their heads and put them into words. Kampakis was giving them a con-

versation starter so they could talk to their girls about hard topics that were otherwise hard to broach. They realized they were not alone, as so many parents of teens tend to think.

#### An Unexpected Struggle

Nearly all the messages Kampakis got—from the moms on Facebook and the girls on Instagram—were about the same painful struggle: Not social media or boys or the stress of their achievement-oriented school years, but friendships.

"Ninety-nine percent are struggles with friendship, and usually struggles within a friend group, which is sad," Kampakis said. Whether she was traveling to a big city or small town, the girls she met were sharing the same pain over friendships. "That was really eye-opening for me, and that's why I write a lot about friendship: what a real friend looks like and how to be a good friend,

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Nearly all the messages Kampakis gets are about the same painful struggle—friendships.





## IN A DARK WOOD: Seeking Self-Forgiveness When We've Harmed Others

JEFF MINICK

Let's say you have committed some terrible wrong that brought great harm to family members or friends.

Your drug abuse costs you the love of your daughter. Your malicious gossip in the office leads to an attempted suicide by the target of your slander. You've had too much to drink and slam head-on into a van carrying a family, crippling two of them for life. You lie to a judge and jury for your friend and then see the young woman he assaulted as she stumbles weeping in disbelief from the courtroom following his acquittal.

It's one thing to forgive those who have harmed us. It's quite another when we are the ones at fault, when our actions and

words damage not only our reputations, but also erode or abolish the trust and love of those close to us.

How do we manage to forgive ourselves?

### Guilt and Consequences

Some among us never feel the need to seek such forgiveness. Narcissists, for example, blame others—their parents, spouses, friends, and employers—for their failings and immoral behavior. When John doesn't get promoted, when his business goes belly up, when his wife leaves him, it's always someone else's fault. Blind to his own faults and wrongdoing, John always plays the victim card and never sees that he himself is to blame.

As for the rest of us, however, when we hurt others, our ugly deeds or words leave us walloped with an avalanche of guilt. We

**Most of us know of families broken by misdeeds or of friendships blown apart by lies or betrayals.**

may wear a smile for the world, but our hearts and minds are clouded by despair and sadness.

We may also seek relief by asking for absolution from those we've harmed by our stupidity and moral misjudgments, and they may forgive us, but if the sin was grave, we have likely damaged that relationship beyond repair. Most of us know of families broken by misdeeds—the father and son who haven't spoken for years, the daughter who refuses to see her mother because she felt abandoned as a child, an alcoholic dad who left his wife and children, never to return—or of friendships blown apart by lies or betrayals.

But even when forgiveness is forthcoming, those of us who committed a great wrong may still find it almost impossible to forgive ourselves. To paraphrase the first

lines of Dante's "The Inferno," we went astray from the straight road and woke to find ourselves in a dark wood. In our case, that dark wood is our heart and soul.

### Walking Through Hell

In his recently released "Walking Through Hell: A Guide for Those Who Have Wounded Themselves And Lost Their Way," Jack Durant writes:

"I have written 'Walking Through Hell' for those whose wounds were self-inflicted. The man who by his infidelity lost the love of his wife; the drunk fired from her job; the embezzler sitting in a prison cell, shunned by family and friends; the father whose children despise him for having abandoned their mother 20 years earlier; all those lost, stumbling souls who have committed some great wrong, intentionally or unintentionally: You are the ones for whom I write.

"Because I am one of you." Durant offers readers who have wounded themselves a number of techniques and practical ways to recalibrate their lives, to find their way back to the light, and to once again move forward on the good and righteous path. He recommends everything from the practice of stoicism to certain movies, from reading material to the importance of exercise and diet, from adapting certain tough mottos as guidons to just getting out of bed every morning.

Durant also recommends ways of seeking forgiveness—from others, yes, but also from ourselves.

### Ways of Escape

When battered with dishonor and shame brought on our own stupidity and moral failure, we make ourselves prisoners in cells constructed from the bricks and bars of our misdeeds. We wallow in guilt and despair, drag ourselves day after day burdened by the past, and collapse at night into a sleep that brings only temporary relief from our misery.

But hope exists even in this dark place. Here are some remedies Durant and others have practiced while seeking the light of self-forgiveness.

### Accept responsibility for our transgressions.

Taking charge of our lives is always important, but in this case, it's vital. If we are to escape the permanent night in which we live, we must never deny our sins. When we do so, we chip away even more of our self-respect. "With enough courage," says Rhett Butler in "Gone With The Wind," "you can do without a reputation." With our reputation destroyed, we must find the courage to live with what we did and do our best to make amends to those we have injured.

**Let time do its work.** "Time heals all wounds" is both an old adage and a cliché, but there is truth in these words. No matter how clouded the world may appear, today, tomorrow, and the days that follow will eventually undertake a renovation of our hearts and minds. We'll never be the people we once were, and we can never

undo what we have done, but patience and the passage of time can bring us to a place of peace.

**Aim to do good.** Seek ways to improve your life and health, and especially look for ways to help others. The recovering alcoholic in AA, for example, doesn't rest on his laurels, but instead puts himself at the disposal of those new to the program, offering to help them day or night in their battle against the bottle. By giving of ourselves to others, whether it's as simple as treating friends and strangers as kindly as possible or working as a volunteer in a soup kitchen, we help ourselves.

**Find joy whenever and wherever possible.** In that first cup of morning coffee, the sun rising over the mountains, a long-forgotten but favorite song heard on the radio, the endearing sight of that elderly man shuffling along the sidewalk with his Scottish terrier: when we look for such small delights and absorb them as we might sunshine on your face, we let them work their magic even for just a few moments. Here you'll find medicine for your pain.

### The Gift

In "The Gift of Forgiveness: Inspiring Stories from Those Who Have Overcome the Unforgivable," Katherine Schwarzenegger Pratt writes of those who have suffered horrific wrongs done to them by others, Elizabeth Smart, for instance, who was kidnapped, held captive, and abused as a teenager, or Devon Martin, the inspirational preacher, and speaker who had long resented his alcoholic father.

All of the people interviewed by Pratt had found release from the prison cells of their past through the act of forgiveness.

The same holds true for those of us who need to forgive ourselves. As Pratt tells her readers, "What I have come to learn is that real forgiveness is much more nuanced than what you learn in kindergarten on the playground. It's not a single step; it's not a simple 'I'm sorry'; forgiveness involves honesty, courage, self-reflection, the ability to listen closely. It involves the desire to forgive, and maybe not forget. And most importantly, it involves a lot of love, over and over again. Practicing forgiveness is its own reward, a gift both for yourself and for the world."

If you have shattered yourself by some great wrong you've committed, if you are feeling broken and beaten by what you have done or what you have failed to do, force yourself to get off your knees, stand up, and begin your journey out of the darkness. Do good, practice patience, and find joy when you can.

And try to forgive those who have harmed you, including yourself.

*Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin in 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.*

## Taking the First Step to Restore Civility

ANNIE HOLMQUIST

I learned another life lesson from my friend the UPS man the other day.

He stopped by with a couple of packages, and in response to my query informed me that yes, the delivery industry was still in Christmas mode, COVID-19 having turned the year into one long, exhausting holiday season.

Given the intense nature of his work, I wouldn't blame him one bit if he walked around in a grumpy cloud of doom, lashing out at anyone and everything. But he doesn't—even when others treat him in such a manner.

An instance of that happened the other day, the UPS man explained to me. While making a delivery, he happened upon a woman whose order had been messed up, and she was spitting nails over it. Although he tried to explain that he had nothing to do with the mix-up, she would have none of it, and went on a seven-minute tirade, throwing F-bombs at him left and right.

For most of us, such abuse would be more than we could take. My friend wasn't too thrilled about the abuse he was receiving either, but he decided to try an experiment. He listened until she was finished and then thanked her. "The fact that you spent time telling me all of this," he said, "shows that you think I'm an important person. I'm valuable enough that you want me to listen, so thank you for showing me that."

A bit stunned, the woman looked at him and melted, immediately dropping her ill-directed rage. Who can blame her? Receiving gracious gratitude in response to verbal abuse would startle anyone and diffuse even the most difficult of situations.

Hearing his story gave me great pause.

We live in a society where civility and mannerly behavior have gone out the window. Just watch a video of any riot from the last few months. Each is full of angry people, gnashing their teeth and taking their anger out through violently beating or shooting innocent people. Or flip through a few photos taken in the aftermath of "peaceful protests." They are full of profane graffiti directed at cops, scrawled with abandon over boarded-up buildings. Or consider the videos of angry protesters yelling in the faces of peaceful diners, innocently trying to enjoy a private meal at a favorite restaurant, but instead finding themselves harassed to support a cause they may or may



A UPS worker delivers packages in New York on April 29, 2020.

not have an opinion on. Furthermore, consider daily social media rants and arguments with family, friends, and neighbors. Everyone suddenly has a bone to pick with whomever is nearest to them, even if that person has nothing to do with the problem.

Samuel Adams once said, "Neither the wisest constitution nor the wisest laws will secure the liberty and happiness of a people whose manners are universally corrupt."

Likewise, Thomas Jefferson noted, "It is the manners and spirit of a people which preserve a republic in vigour. A degeneracy in these is a canker which soon eats to the heart of its laws and constitution."

When confronted by the anger and vitriol racing through our society, what if we, like my friend the UPS man, took a different tack and exercised a little civility, refusing to lash out in anger even when we've been unjustly accosted ourselves? Would we begin to see a difference in our society—a difference that might turn us away from the destructive path we are headed down?

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

**In conversations with difficult or angry people, how have you managed to respond with civility? What difference has it made? Tell us at [tradition@epochtimes.com](mailto:tradition@epochtimes.com) or *The Epoch Times, Life & Tradition*, 229 W. 28th St. Floor 7, New York, NY 10001.**

### CORRECTION

In the article "Treat Her Like a Lady: Let's Bring Back Chivalry," published Sept. 23 on B2, the actor playing the part of English gentleman Leopold was identified incorrectly. The actor is Hugh Jackman.

The Epoch Times regrets the error.

### DEAR NEXT GENERATION:

## 'Reach Out a Helping Hand, and Gratefully Accept One Should the Occasion Arise'

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

Dear Next Generation, When I was 19, there were nuclear warheads pointed in every direction in the midst of the Cold War. I was convinced I would not be able to see my life come to fruition because the end was near. My own mother advised: "We live through the end of the world, dear. We're still here. Live your life. Plan for the future. Odds are, you will live to see it."

Mom is now 95. I'm a doctor and mother of two adult sons. Here we all are again at an ominous crossroads, wondering whether there will be a future for our children, grandchildren, and our culture.

My advice: Live your life. Be thankful for every moment. Plan for the future. Listen to your inner voice. Don't take any of your freedoms for granted. Leave room for the unexpected.

God bless you all.

— Dr. Karin Burkhard

Never compare yourself with/to anyone. If you do, only one of two things can happen: You will become either very vain or very disappointed. So do the best you can with what you've got, and be happy

with who you are and what you've done.

— Don Clover

I have the highest hopes for your happiness and welfare as you navigate through the years. Be curious. Learn from simple but meaningful poetry. Study philosophy, logic, virtue, ethics, morality. Read for pleasure as well.

Be a listener more than a talker. Be kind and compassionate. Reach out a helping hand, and gratefully accept one should the occasion arise. There is strength in this. Be a friend.

Never does it pay to be hurtful, unkind, or dishonest. Happiness won't be found in acquiring goods or relationships. It's found within you. Journey there, you'll find a Spark of Divinity where all good flourishes! Be mindful, seek truth, be joyful. Laugh—it's great medicine!

Life is a paradox! Find balance among work, play, and pray.

— Patricia R. Lunsford

Born to two wonderful parents, I admittedly had a head start in life. My dad was a career Army officer and my mom was a 1950s mom and officer's wife. As an Army brat, I got used to pulling up stakes often and in the middle of the school year, which taught me and my fellow

military kids how to be flexible, independent, and self-confident. Our lives trained us to welcome change, not fear it, and to expose ourselves to the unknown.

That is the first lesson I would impart: welcome change. Sometimes it's good, sometimes it's bad, but it's always there, so you might as well learn to live with it, or even benefit from it.

Another trait I learned from my parents was my work ethic. I can be as lazy as the next person, but when I'm called upon to do a job, I DO IT.

Anything my employer asked me to do. And with enthusiasm. This sounds so simple, but after employing more than a thousand people over the years, I continue to emphasize it.

First real job: 13 years old, working in the garage of a sandwich company, changing oil on delivery trucks. I took two buses to get to work and was thrilled with my hourly wage of \$1.33, but horrified when I saw my first paycheck (taxes!).

Summer college job: worked for the Post Office, walking routes of "real" mailmen who were on vacation. After learning the route (took a day or so), I challenged myself to reduce the time it took me to complete the route. I earned scorn from "real" P.O. employees for showing it could be done faster.

Another college job: worked at a metal stamping plant, churning out parts for A.C. vents. After learning the machine, I again challenged myself and was able to hold my foot on the pedal and watch the pieces continuously fly through the fabricator. One day, the plant manager said to me, "One day, you will own a plant like this." At the time, it didn't much affect me, but later I realized what a tremendous compliment that was. And he was right.

These two values, when added to the ability to accept occasional failures and move on, directed my entrepreneurial life. With my wife as my partner, I have done well financially. We lost everything in the 2008 crash, but rebuilt and are now comfortable again. And those values of embracing change and working hard were instrumental.

Today, I'm like so many old guys, bemoaning the "snowflakes" and asking the question that has been asked for generations: "What's happened to the younger generation?" But, like always, there are exceptional young people out there doing the right things well. And, like always, it takes values like those I was naturally blessed with but which can also be learned.

The way I see it, this workforce and this work environment offer the conscientious worker a tremendous opportunity to rise to

the top. When we see employees who "have it," we know it almost immediately. They stand out, and we give them even more opportunity to shine.

So, actually, nothing's changed.

— Darrell Dobresk

I would encourage young adults to be mindful of a power greater than themselves. Think outside the box as you live your life. Be observant and be slow to speak. Analyze both sides of an issue and refuse to be told what to think, how to think, or dictated to. Insist on fairness and objectivity from the media. Study history to learn lessons of the past; the good, the bad, and the ugly. The last and most important element is to be "others focused"! The satisfaction derived from being of service is incalculable. So get out there, the world needs you and is counting on you!

— D. Edward Floyd

As you reach your critical stage of independence in the teenage years, challenge yourself to cultivate multi-generational friendships, both within and outside blood-related kin. It's deeply rewarding to learn from your elders.

I propose that a gentle walk in nature will yield value.

We also learn from truly listening to the younger generation(s). Often a child's filter-less insights are brilliant!

In 2020, I'm witnessing the separation of generations, polarized political parties, and the segmentation of faith, ethnicity, gender identification, race, and socio-economic status. Challenge yourself to be a gardener of life—rise to nurture friendships with those who may not look, think, or sound like you on the surface. Aim to know their heart. Start by sharing yours.

— Dayton Hughes

### 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.

Send your advice, along with your full name, state, and contact information to [NextGeneration@epochtimes.com](mailto:NextGeneration@epochtimes.com) or mail it to:

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

### FROM READERS

*In reference to the article "Retroculture: Looking to the Past for Cultural Revival," we asked: What family memorabilia or items from the past do you hold dear in your life? What time-cherished rituals have you kept going?*

My treasured piece of family memorabilia is a pocket watch from my great-great-grandfather from the mid-1800s. Made in England. You wind and set it with a key. Still works today.

Stuart Conrad

COURTESY OF STUART CONRAD



We have a family tradition. During the year, when someone does something nice for us or something good happens, we write it on a little piece of paper with the date and the time and a description of the incident and we put it in a decorated Mason jar that we call the blessing jar.

During the year, those blessings add up, and on New Year's Eve we empty the blessing jar on the table and we read the blessings that we've had during the year and the people who have touched our lives.

We give thanks for those blessings. It is a nice way to count your blessings at the end of the year. We keep those jars for years and sometimes go back through them to remember the blessings of years past. Sometimes we tell people that we put them in our blessing jar and they seem to be very pleased. It is a nice tradition.

God Bless,  
Rick Saccone



# Creating Strong Bonds With Teenage Daughters

Author Kari Kampakis.

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just because this generation is really struggling with keeping and building strong friendships.”

**Kindness Builds the Best Friendships** If there's one thing that girls tell Kampakis helped them the most, it's this point from her first book: Kindness is more important than popularity.

"I talk about the difference between real friends and 50/50 friends; the girls always tell me, 'That helped me see that she's a 50/50 friend—she's nice some days and then not other days,'" Kampakis said. They share how it helped them invest their time and energy into their real friendships, the ones that will last decades down the road.

Aristotle said friendship is "an absolute necessity in life." Countless studies on well-being and happiness point to strong, warm social connection as the key to a good life.

Come middle school, girls gravitate toward groups, which tend to solidify early in the year and become permanent fixtures in every grade.

"I would say a lot of the heartache that I see a lot of the girls are having in their friendships is they are trying to make the wrong friendships work," Kampakis said.

Maybe it's just human to chase after the popular crowd, she said, but at some schools, the popular crowd is kind, and at others, not. "Sometimes if popularity is someone's goal, then they're going to stay in the wrong friend group for popularity, and their friends won't treat them well."

Because the association with the right group is high on their priority list, they will put up with being ignored or anxious about whether they're being left behind—and they might be willing to suffer this through all four years of high school.

It's a different picture if they value kindness. "If kindness is important to me, I don't care if my friends are popular, I don't care if my friends are the coolest group in school. They're real friends, and they're going to be there for me," Kampakis said. "If you value kindness, you're not going to put up with mean friends. You're going to have higher standards for friends you're looking for."

"If you're looking at that long-term picture, what's going to help you have a friendship that lasts 20 or 30 years, it all boils down to kindness. There are some that will really go the distance, the ones who really care about you and are kind."

Kampakis added that perhaps kindness is something people value more and more as they age.

## Conflicts

When Kampakis was in school, friendships were an escape from the harsh realities of life. But today, for so many girls, they're a constant source of stress.

"We're just living in this age where we're chasing goals or dreams or just not always prioritizing our relationships," she said. "And we also live in this world of disposable relationships. ... We get mad at somebody and we let them off, instead of trying to work through it."

It's one strike and you're out; maybe you've made someone from the friend group angry, and before you find out the reason, you've been removed from the group chat and are now ignored by the group at school.

"That's why I'm trying to teach girls conflict resolution. Work through it—a lot of times you can work through these issues together. It's just a part of growing up, growing together," she said. "There are healthy ways to get through those trials."

It's not easy to teach, because this generation has grown up expecting a quick fix: If one friendship's not working, they'll try another one. Except sometimes there is no one else, and if kids are so quick to cut ties with friends, they'll never grow deep and strong roots in their relationships.

## Casting a Wide Net

In addition to teaching girls to be kind, and advising parents on how to encourage this, Kampakis advises girls to cast a wide net—don't pour all of your energy into that core friend group at the expense of everyone else, but rather, be kind to



ALL PHOTOS COURTESY OF KARI KAMPAKIS

“That's true for all of us: some seasons of friendships are easier than others.”

Kari Kampakis

everyone.

"Make friends with everyone," Kampakis said. Being kicked out of a friend group is so devastating because the girls then have nowhere to go and no one to talk to. They ignored everyone else, and now no one else wants to be their friend. "If you cast a wide net, you have friends in your dance class, friends at church, friends in PE, and friends from camp. If you have different social circles, then if one circle lets you down, you always have a place to go."

But even with all the good advice Kampakis can offer, she knows things won't always work out. In small towns, the grades can be really small, and there aren't many people to make friends with to begin with. In middle school, where kindness isn't so popular, it may be a lonely year. Every grade has its own dynamic, as Kampakis has learned.

Even that isn't such a bad thing.

"It's important for them to know that they're not going to thrive in every environment. They might have a great middle school experience and really struggle in high school, or a great college experience and struggle when they're out of college and in a new town and can't make friends," Kampakis said. "And that's important because that's true for all of us: Some seasons of friendships are easier than others."

"But even in a difficult season, if you're looking at it in a way to make yourself a better person and grow your character and your faith, then those seasons are not a waste. You can really expect a lot of personal growth in those seasons and learn a lot more about yourself, and also the kind of person you want to be."

## Guiding Values

Before Kampakis's daughters reached

their teenage years, she remembered looking at the world they would be entering, and the choices that teen boys and girls were facing. She noticed that choices made during those pivotal teen years had a big impact on people's lives down the road. She wanted to help her daughters and other moms guide their teens in a way that prepares them to face hard situations without just blindly following the crowd onto a path they might later regret.

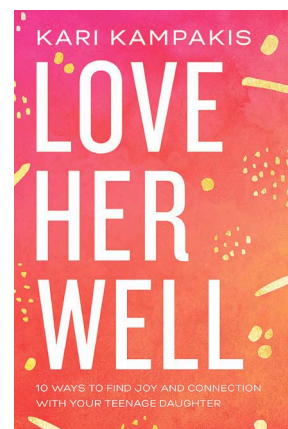
"I just knew we were made for more than that, we were created for more, created to do the right thing and not the easy thing," Kampakis said.

She learned, as she raised her first teenager, that while little kids need more of a "cop" parent, teens need something more like a coach (and as they get older, toward college, something like a counselor). She referred to the book

"The Teenage Brain," which compared teen brains to a Ferrari, all revved up with nowhere to go. It's the parent's job to point them in the right direction.

But of course, teens aren't always going to be nearby for you to point them in the right direction, and seldom would they ask their parents for direction to begin with. Kampakis said this is why teaching kids good values, such as compassion, kindness, and self-discipline, especially in the early years, is so important.

"When they grow up and become teenagers all the choices they make come out of their value system," she said. "It hits me now, now that I can see the bigger picture of the teenager, that the choices, the friends they want to have, it's all rooted in the values they have. So those values really do make a difference as far as the desires they have, the friends they want to be around, the dreams and goals for their



Kampakis's latest book, "Love Her Well: 10 Ways to Find Joy and Connection With Your Teenage Daughter."

life; it really does all stay rooted in those values."

When parents aren't around to guide them, the value system instilled in them becomes that inner compass for decision-making in these turbulent years. Kampakis said it might be easy for parents today to forget just how much stress teens are under, because they truly are facing more than their parents did in their teen years. On top of their bodies and hormones changing, and friendships changing, their culture is much more of an achievement-oriented one, and lessons from social media about how no one can afford to make a mistake loom constantly.

## Building a Strong Bond

Keeping a strong relationship with them helps, as Kampakis explains in her latest book, writing about rules and relationships. She understands what a struggle that is for parents, to not be too lenient, but not too strict either. Teens look sufficient on the outside, but they're still figuring out many things. Plus, their idea of "long-term" might be five years, through high school and into college. She's heard from plenty of girls who tell her that something their parents told them to do only made sense a few years later.

"We're trying to get to less control," Kampakis said. "And for us to play that role in their lives... they've got to be able to trust our advice."

"We've got to have that open communication. ... We can give them rules all day long, but if we don't have that relationship, that open relationship where they know we're looking out for their long-term well-being, then they're not going to listen to us; we can give them advice, but it's not going to sink in, they're not going to take it to heart. And then they're going to get their advice from somebody who they feel does like them."

This means really listening to your children—stopping and listening first before responding. It also requires honoring their privacy, because if they find you've repeated what they've shared with you, they won't do it again. If they feel safe, they'll share things they wouldn't even tell their friends.

One-on-one time between parent and child can do wonders for this, and it doesn't have to be anything fancy. Often, Kampakis checks the calendar to see if she and her daughter might have an extra 20 or 30 minutes between activities and appointments, and maybe stop by a cafe after a doctor's appointment before drop-



Kari Kampakis with her family.

“If you're looking at that long-term picture, what's going to help you have a friendship that lasts 20 or 30 years, it all boils down to kindness.”

Kari Kampakis

ping her off back at school. These chunks of time add up in a meaningful way.

She also advises parents to invite their kids to something they're interested in, and then keep inviting them, because they will reject invitations here and there without thinking much of it, but eventually they'll say yes, as she's heard from many parents.

"They might reciprocate in a way you're not expecting," she said.

If Kampakis seems to have all the right words for helping parents and teens see the big picture and long view, much of this stems from her faith. Kampakis remembers a priest once telling her that "love wants what's best for someone long term."

## The Necessity of Grace

Kampakis said the biggest message in her latest book is that "we are meant to parent from a place of strength and not defeat."

"If we are feeling defeated, let's not stay there. We're all feeling defeated this year, but let's not stay in that place, let's take care of ourselves mentally, physically, and spiritually and get ourselves into a good place so we can be that strength for our families," Kampakis said.

The pandemic brought time to reset and be together for many families, but the new school year is still hectic, with mixed online and in-person schooling after a five-month virtual hiatus, interrupted high school senior years and events, and continued uncertainty.

Her family, too, is still trying to find its rhythm.

Just the other day, she called her 84-year-old father and burst into tears on the phone; she felt better afterward, even though her situation hadn't changed. Teens need such steady, stalwart support from their parents these days, too.

But the strength doesn't need to come from us alone; she says what we really need is God's grace.

"If you make a mistake, it's OK. Turn the page and do better going forward, and He can still use it and not let it be a waste," she said. Kampakis knows that many women get stuck in a cycle of shame after facing their mistakes, and that breeds hopelessness, but that isn't the reality.

"Parenting from a place of faith, that's how we can have that hope, that yes somebody made a terrible mistake but there are lots of people who overcame their mistakes, whether that's in the Bible or in history, and went on to live great lives and used that pain for a purpose later on. I do think our kids are growing up in a world where they're scared to death and they're told that one mistake can just ruin their entire life.

"None of us have a straight linear path in life, but better choices equal a better life. We all make mistakes, we all get on the wrong road, and there's always a turning point."

"If they can understand that in their teenage years it really helps point them in the right direction."

## DEAR JUNE with June Kellum

Sincerely, Brenda V. Arizona



## When Politics Can Potentially Divide Family

→ Advice for tackling sensitive topics

### Dear June,

My 32-year-old, college-educated daughter and I have a wonderful and loving relationship. However, she attended an East Coast Ivy League school and was significantly influenced towards an extremely liberal and progressive philosophy. She describes herself as a social justice warrior. I am a woman of faith and a conservative, also college-educated and successful in my professional life. For the last 10 years, we have avoided all political discussions so as to protect the love we have for one another. However, in light of the radicalized movements that are threatening to destroy our American way of life, I can no longer stay silent. Is there a way to engage in a conversation with my daughter that is respectful and honest? I am afraid that it may create a significant divide between us, but I am also afraid for her to be involved in some of these move-

ments. I would appreciate your feedback.

Sincerely, Brenda V. Arizona

### Dear Brenda,

Previously, I advised against allowing political issues to divide families, but there are of course ways to have these sensitive conversations and times when it is important to speak up.

I would start with deep listening so you understand what your daughter thinks and feels about the issues. You might start by asking her questions and just listening without judgment.

When you respond, I would recommend doing so in writing, for three reasons:

First, it will be less emotional and you may be able to better maintain a warm in-person relationship.

Second, writing allows a higher level of accuracy because you can quote directly and include links to relevant sources.

Third, you can ask very pointed questions that require her to be precise in her response. This is important because the arguments for many of these issues disintegrate as soon as a clear definition is formed. And I would tackle only a small piece of an issue at a time because this allows for more specificity.

Also, as you engage, keep in mind that within each of these topics, there is a grain of truth, but it is as though people are looking at this grain under a microscope and forget that it is just one tiny part of this vast, complicated world. Once one steps back from the microscope, one can appreciate that there is a much larger picture. But some people never step back, and they become consumed with their tiny perspective. However, by first acknowledging the legitimacy of the grain of truth, you will show that you understand her perspective, albeit with a different viewpoint, instead of being completely opposed to her ideas. From this common ground, you can point out your concerns about the extremes these myopic perspectives lead to.

Where possible, bring up your concerns with empathy for all sides, as this shows that more conservative viewpoints are not inherently unkind; one of the moral claims of social justice is that those who subscribe to its views are more compassionate. (However, I would not try to point this out unless you have really strong examples that you think would resonate with her. Just show your compassion.)

It may also help to frame the conversation as a loss and gain equation. For example, if we make universities really inclusive, will this mean the loss of meritocracy as the current gold standard? Would this loss worth be it? (But first of course, define what inclusive and meritocracy mean.)

And lastly, be sensitive to what she is feeling so you don't alienate her, and tailor the conversation so it focuses on what she may be questioning or topics you think are most likely to break through to her.

Sincerely, June

### Dear June,

I am a female college student in California and have a question I would like to ask you about trying to find a traditional life in a place where tradition is routinely torn down. I am both religious and conservative, and recently I've been realizing more and more that the future I want is a traditional one. I've been struggling with how to find people who feel the same, especially on a college campus. In the past, I believe there was an expectation and social standard for how to meet people, how you were expected to act and date, but now it feels like one big free for all that only hurts everyone involved. What can I do?

I.K., California

### Dear I.K.,

Yes, in the past there were much clearer dating protocols, many of which have been thrown by the wayside. But you can set your personal boundaries with

confidence because men really respect women they see as virtuous.

However, since your politics and faith put you in the minority on a California college campus, I can imagine it may take some time to encounter kindred spirits.

A few ideas for meeting people: See if your campus has a Turning Point USA chapter. Turning Point is a conservative nonprofit focused on politics and economics. If you have not already done so, finding a local place of worship may also be a way to connect with people who share your faith and values. Also, keep your eye out for events that might offer a chance to meet like-minded people, including workshops in traditionally feminine areas like sewing and cooking where you might find female friendships. Perhaps too you have prior connections—old friends or even family—whom you can nurture closer ties with.

And, while there is great intellectual benefit to being in a learning environment where you hold a minority perspective, if circumstances permit, you could also consider switching to a school with more like-minded students. However, I would not rush into such a decision, as challenging circumstances do ultimately bring out the best in us. And certainly it is not great for society if our institutions of higher learning become segregated based on politics and religion.

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, NY 10001.

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





LT. Michael P. Murphy was killed during Operation Red Wings in Afghanistan on June 28, 2005.



Daniel Murphy is overseeing the construction of the LT. Michael P. Murphy Navy SEAL Museum.



The museum is expected to open to the public next spring.

ALL PHOTOS COURTESY OF DANIEL MURPHY



Construction on the museum began in September 2018.

## A Tribute to Navy SEALs and Operation Red Wings

A father is honoring his son's legacy by building a memorial museum

ANDREW THOMAS

The U.S. Navy SEALs conduct some of the most secret and critical missions on behalf of our nation, and many people lack an understanding of who they are and what they do. Now, one father, along with his community, is honoring his son and the SEALs' legacy with a new memorial museum on Long Island's south shore in New York.

Growing up, Michael Murphy, of Patchogue, New York, would often ask his father, Vietnam War veteran and career prosecutor Daniel Murphy, about his service during the war. But he was reticent to talk about it; he also urged his son not to join the military because of the sacrifice service requires.

One fall evening, Daniel was driving Michael to Penn State for college when Michael turned to his father and told him he was thinking about becoming a Navy SEAL. Daniel initially disapproved, but started to come around to the idea when Michael made it clear that he knew what he was getting into. "He had an inner sense of wanting to help.

He wanted to do something. He wanted to act in a way that would protect people," Daniel said.

Michael had always been a protector since he was a kid, always fighting for the underdog. When he saw kids at school trying to push a special needs student into a locker, he intervened. When others harassed a homeless man, he would tell them to stop.

"He would do anything for anyone," Daniel said.

### Sacrifice

Michael would maintain this character well into his career as a Navy SEAL. On June 28, 2005, he and three other SEALs, Matthew Axelson, Danny Dietz, and Marcus Luttrell, were on a reconnaissance mission, code name Operation Red Wings, in Eastern Afghanistan.

But when they were discovered by unarmed locals, their mission became compromised. The SEAL team let them go, knowing that they would most likely inform the Taliban of their presence.

As the three SEALs attempted to return to base, scores of Taliban fighters reached their

position, and a firefight ensued. The unforgiving terrain made it impossible to call for a quick reaction force to come to their aid.

Michael, having already been gravely wounded, left his covered position and went out into the open to get a signal. As he exposed himself to enemy fire, he was able to call for assistance before being shot again. He returned to cover, and continued to fight until he was killed. Only Luttrell would survive the battle.

"Michael always seems to do the right thing, for the right reason, at the right time," his father said. "That's why they'd follow him anywhere, and I think pretty much that's the way his men in the SEAL team felt."

### Memorial Museum

Michael's favorite adage was "education will set you free." After Michael was killed, his family started a scholarship fund in his name. The LT. Michael P. Murphy Memorial Scholarship Foundation has now sponsored 33 scholarships.

A division of Navy cadets was commissioned in his name as well, but they needed a place to train. That's when the idea for a

## The School System's Prolonged Childhood Problem

ANNIE HOLMQUIST

There's a secret that homeschool families have known for years that's just now leaking to the general public.

Hints of this secret rear their heads in articles spotlighting families who never thought they would homeschool but are finding that they love it. Hints also show up in polls asking parents how long their children spent on schoolwork during the spring lockdown period. These hints especially manifest themselves in the questions of worried parents such as the mother who asked if it was normal for her homeschooled kindergartner to finish the day's lessons in an hour. (The answer? Yup, pretty much.)

In case the whisperings haven't yet made it to you, I'll let you in on the secret: homeschool lessons take a lot less time than those done in the classroom.

Before COVID, the quickness with which homeschoolers accomplished their daily lessons and moved on to higher grades could easily be brushed off by the belief that homeschoolers were brilliant, overachieving geeks. While it's plausible that some were

little Einsteins, many of them were just average individuals, but ones who weren't held down by a school system and forced to wait for an entire classroom to move along to the next thing.

But it's not only those in early grades who are realizing they can achieve much more in a shorter time frame when unconstrained by the traditional system. High schoolers are realizing the same thing through the option of dual credit.

According to a recent article from Education Next, dual credit classes—college courses taken in high school—are growing in popularity and will likely see even greater growth due to the pandemic.

Students who take advantage of the accelerated learning dual credit offers not only save money on their college career, but they also build confidence knowing that they can handle the harder coursework of higher education: "When a student successfully completes a dual credit course, their mindset changes," said Michael Villarreal, a professor at the University of Texas at San Antonio who has studied the effects of dual credit. "They see that they can do

college-level coursework—that they are college material." Christian Martinez, the valedictorian at Mercedes High School, said taking dual credit courses gave him the confidence that he could succeed in medical school."

This rise in students maneuvering college courses in their high school years leads to the natural question: why are we making students wait until age 18 to go to college? Can they handle more challenging material at an earlier age? Are they, like younger students during COVID, discovering that life in the system holds them back from accelerating?

Life wasn't always like this. Consider the early American founders. It wasn't unusual for them to be settled into careers by their early 20s, and numbers of them attended institutions such as Harvard when they were still in their early teens. If they could do it, why can't today's students?

British author Dorothy Sayers wondered the same thing in her famous 1948 piece, "The Lost Tools of Learning." She noted: "When we think about the remarkably early age at which the young men went up to the University in, let us say, Tudor times, and



Students taking advantage of classes offering dual high school and college credits not only save money on their future college education, but also build confidence.

thereafter were held fit to assume responsibility for the conduct of their own affairs, are we altogether comfortable about that artificial prolongation of intellectual childhood and adolescence into the years of physical maturity which is so marked in our own day?

"To postpone the acceptance of responsibility to a late date brings with it a number of psychological complications which, while they may interest the psychiatrist, are

scarcely beneficial either to the individual or to society. The stock argument in favour of postponing the school leaving-age and prolonging the period of education generally is that there is now so much more to learn than there was in the Middle Ages. This is partly true, but not wholly.

"The modern boy and girl are certainly taught more subjects—but does that always mean that they are actually more learned and know more?"

Sayers finds that doubtful, and given the above developments in recent education, so should we.

Could it be that in this time of global upheaval, we may be stumbling onto the fact that students have been stifled by the education system? Have we held them down, making them trudge along at the pace of a classroom of 30 children, preventing any individual from getting ahead, and forcing them to stay in a petri dish of extended childhood long after they are ready and able to move on to more mature learning?

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

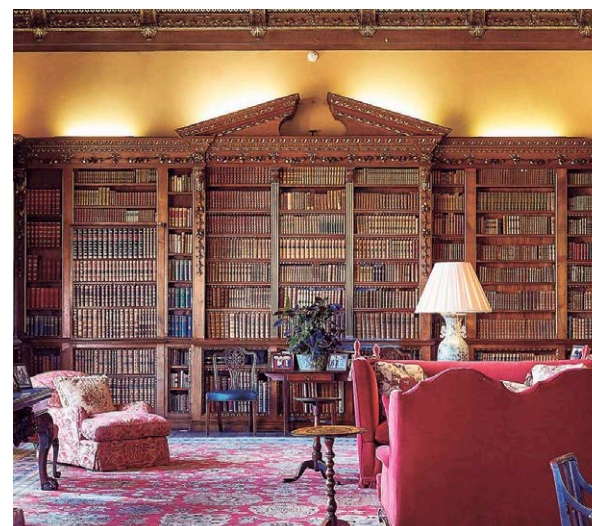
ALL PHOTOS COURTESY OF HIGHCLERE CASTLE UNLESS OTHERWISE NOTED



Highclere Castle has been the home of the Carnarvon family since 1679.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

## Highclere Castle: The Real 'Downton Abbey'



Highclere Castle's library holds over 5,650 books.



The music room is adorned with Italian tapestries. Its ceiling was painted in the 1730s by Francis Hayman, a founding member of the Royal Academy of Arts.



The drawing room.

Highclere Castle, in the southeast of England—known to many as "Downton Abbey"—existed long before the fictitious drama captured the hearts of millions of television viewers around the world.

The Domesday Book of 1086 records the original settlement on the Highclere Castle site, but the site dates back even earlier to 749 and the Bishops of Winchester. The Highclere estate site has been transformed over the years since the first settlement. A few notable examples: In the late 14th century a beautiful palace with delightful gardens was built there for the Bishops. Then, in 1679, Highclere Place House was built when Sir Robert Sawyer bought the estate.

The Highclere estate has been owned by the same family, Sawyer's descendants, for more than 340 years.

The third Earl of Carnarvon commissioned architect Sir Charles Barry to remodel the manor house, creating Highclere Castle, as we know it today, in 1842. The resulting Jacobethan-style of Highclere Castle took inspiration from the architecture of both the Elizabethan (1558–1603) and Jacobean (1603–1625) periods, spanning a time that was considered the English Renaissance. From 1837 to 1860, Barry famously remodeled the Palace of Westminster (the Houses of Parliament) in the Gothic Revival style.



The saloon was designed in Gothic Revival style.



The castle and grounds.



Visitors attend a 1920s themed event ahead of the world premiere of the "Downton Abbey" film on Sept. 7, 2019.



## HISTORY

# Admiral of the Seas: The History and Mystery of Christopher Columbus

Continued from Page 1

“Protesters” tear down their statues and try to change the place names honoring them, and some of our history books, teachers, and professors denigrate their accomplishments. Some castigate those famous men, who once served as my exemplars, as evil.

Christopher Columbus (1451–1506) in particular draws the ire of these radicals. His discovery of the New World soon brought a flood of European immigrants to North and South America. Moreover, he brutalized, tortured, and killed natives of some of the places he visited, though historians continue to debate the extent of these atrocities. Columbus, some revisionists contend, and those who followed him—the Spanish, French, English, Portuguese, and Dutch—brought ruin to entire civilizations, and deserve repudiation and scorn.

**Political and business leader John Dyson writes, “The only conceivable parallel in modern times is the return of the first men on the moon.”**

Others take a more balanced approach to the Genoese explorer. In his book “Columbus and the Age of Discovery,” Zvi Dor-Ner, who produced the television series by the same name, wisely asks questions about the ways we might look at Columbus. Should we see his daring expedition as a “discovery” that allowed so many immigrants to “escape poverty and religious persecution in Europe”? Should we commemorate it as an “encounter,” where “two peoples were forged into one”? Or should we mourn that first voyage by Columbus as the beginning of an “invasion”?

**The History**  
Columbus earned his place in the history books the hard way. The son of a merchant, he rejected the offer to follow in his father’s footsteps, as was his customary, and was around 14 years old when he

first took to the sea. Over the next two decades, he spent much time aboard various vessels, gaining enormous nautical experience as he sailed the Mediterranean and explored as far north as Britain and possibly Iceland and south along the coastline of West Africa. Once, he was in a naval battle in which his ship was sunk, forcing him to swim for hours to the shore using a boat’s paddle to remain afloat.

For much of his life, Columbus struggled financially, retained and deepened his devout Catholic faith, taught himself several languages, and eventually became obsessed with the theory that Europeans could reach the East with its spices and gold by sailing west. Whether he dreamed up this idea on his own or heard tales from sailors who had reached such faraway islands, as many of his contemporaries believed, is uncertain, but he grew determined to test this hypothesis.

Most of us learned the basics of the rest of this story in elementary school. With the financial help of another devout Catholic, the Spanish queen Isabella, Columbus, his crew, and three ships—the Niña, the Pinta, and the Santa Maria—set sail across the Atlantic in search of the East and India, using the best navigational instruments of the time to guide them on their way. Eventually they made landfall, encountered the natives, whom Columbus called “indios,” and returned to Europe, where the Spanish monarchy declared Columbus “Admiral of the Seven Seas” and “Viceroy of the Indies.”

Word quickly spread across the continent of these new lands. In “Columbus: For Gold, God and Glory,” political and business leader John Dyson writes, “The only conceivable parallel in modern times is the return of the first men on the moon.”

Columbus made three more voyages to “New World,” the second of which found him accused of playing the tyrant to some of the settlers and of cruelty to the natives. On his final trip across the Atlantic, he and some members of his crew were shipwrecked and remained stranded for more than a year on the island of Jamaica.

## The Holiday

Though many countries celebrate some sort of day honoring Columbus, the first such celebration in the United States occurred in



The statue of Christopher Columbus, by Frédéric Auguste Bartholdi, in the Elmwood Historic District of Rhode Island. The statue was removed on June 28, 2020.

1792 in New York City, the 300th anniversary of Columbus’s first voyage. In 1892, President Benjamin Harrison urged Americans to honor the 400th anniversary through a proclamation encouraging people to honor Columbus and “the four completed centuries of American life.” In another 45 years, encouraged by Italian Americans, President Franklin Roosevelt officially made Columbus Day a federal holiday. Today, we observe that holiday on the second Monday in October.

In more recent times, the arguments over whether and how to celebrate Columbus Day have grown acrimonious. Though it remains a federal holiday, some states don’t recognize Columbus Day as an official holiday, while other states, like Hawaii and Oregon, have replaced it with Indigenous Peoples Day.

## The Man and His Legacy

Undoubtedly, some European explorer would eventually have discovered these unknown lands, but it was Columbus who had the grit and the vision to lead the way. For better or for worse, his discovery radically changed world history, bringing about both a clash and a melding of cultures, ever-increasing international trade, and the modern world as we know it.

Here was a man with a vision

who possessed the capability of sharing that vision with others. Here was a leader who convinced doubtful followers, his sailors in particular, to continue their voyage long after most of them had given up hope of finding land. Here was a man of courage willing to follow his dream even unto death.

Dor-Ner sums up the man in this way: “The story of Columbus is important because he is a thoroughly modern hero—a man complex, imperfect, and fallible, who not only motivated history but was swept by it, and whose deeds bear little witness to his intentions. History is often the chronicle of unintended consequences; as such, it teaches us more about our limitations than about our greatness.”

## The Mystery of the Man

Before we pass moral judgment on Columbus, we might pause to consider the times in which he lived and the mystery of the human being.

For everyone from king to peasant, life in the 15th century could be harsh, brutal, and short. A different set of values also prevailed. Actions we now eschew as immoral, such as slavery, torture, or colonization, were commonplace, and Columbus was a man of his time.

While condemning those practices, we might also bear in mind

our own recent past: a century of not one but two world wars, a century that also saw 100 million people murdered by communists and fascists.

In many respects, Columbus the man remains a conundrum, like Winston Churchill’s description of Russia as “a riddle, wrapped in a mystery, inside an enigma.” Each of us who walks this planet fits that same description; we carry secrets known only to ourselves, even in this age of self-revelation, and Columbus is no exception. Before we condemn Columbus, we might remember, as Dor-Ner reminds us, that like the rest of us, he was “complex, imperfect, and fallible.”

He was, in other words, a human being.

One last comment: Come Oct. 12, 2020, the real Columbus Day, I intend to step out onto the deck behind my daughter’s house, look across the ocean of grass I’ve mown weekly over the summer and into the woods beyond, and silently cry “Land ahoy!”

*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.*

## FILM

## Forgotten Hollywood History and a Tale of 2 Nuns

Film Code’s demise: ‘See No Evil: Life Inside a Hollywood Censor’

TIFFANY BRANNAN

The Golden Era of Hollywood’s background contains stories as fascinating as those onscreen. Its least-explored realm is the Production Code Administration (PCA). This subdivision of the Motion Picture Association of America (MPAA) was unconnected to any studio, government organization, or religious group, yet no movie could be released without its Seal of Approval, signifying compliance with the Motion Picture Production Code’s moral standards. However, few know about the PCA.

No other source reveals the PCA’s workings like “See No Evil: Life Inside a Hollywood Censor” by John A. Vizzard, one of the PCA’s longest-standing members. He worked there for 24 years, eventually becoming second-in-command. Despite crude language and unsupported statements, this book offers an unequalled raw depiction of the PCA’s heyday and decline, when the battle for film decency was lost.

The sporadic narrative seems as though you’re listening to Vizzard’s favorite stories over coffee. Alternating between flowery prose and common vulgarisms, he vividly describes Hollywood’s driving forces in a struggle for survival and supremacy as dramatic as any film. Few filmmakers could craft a more epic dilemma than the real-life drama Vizzard recounts.

“See No Evil” Vizzard joined the PCA in 1944 at age 29. Although close to Joseph Breen, the PCA’s strong leader from 1934 to 1954, after Breen’s retirement, Vizzard aided his successor and former assistant, Geoffrey Shurlock, in weakening the Code. In his gripping account of the PCA’s decline, Vizzard recounts how once serious Code staffers became alcoholic laugh-ings: Docile theosophist Shurlock became a “maturing liberal” whose lenience shocked filmmakers; Catholic publisher and Code author Martin Quigley, a powerful Hollywood insider, became a disenfranchised has-been; the Catholic Legion of Decency went from a tiger to a kitten; and Vizzard himself transformed from an upstanding moral guardian into a liberal intellectual with no faith, morals, or legacy from the PCA except, “I survived.”

Interestingly, Vizzard dedicated large sections of his book to the films “Heaven Knows, Mr. Allison” (1957) and “The Nun’s Story” (1959). Comparing these films gives clear insights into the Code’s decline. Both films depict nuns questioning their vows, come from true stories, and required Vizzard to visit location filming for Code advice. However, as one nun maintains her vows, this film became a wonderful example of Code compliance, while the other was a PCA failure. Not all Vizzard’s stories can be easily verified, but these two films’ PCA files are available in the Margaret Herrick Library’s online records.

### ‘Heaven Knows, Mr. Allison’

Vizzard dedicates 29 pages to “Heaven Knows, Mr. Allison.” The film’s tumultuous production necessitated his first two international trips, to Ensenada, Mexico, for script revision and to Tobago for location filming. This film’s file, which contains letters about it that Twentieth Century Fox and the PCA exchanged, verifies Vizzard’s account of numerous disputes, plus his Tobago trip.

Based on a bestselling book by Charles Shaw, this story of a nun (Deborah Kerr) and a Marine (Robert Mitchum) stranded together on a desert island was first submitted to the PCA in 1952 by three separate studios. Monsignor John Devlin, the Legion of Decency’s Los Angeles representative, was consulted about religious matters. His first opinion was that the script “oozed sex.” Martin Quigley warned that the proposed film was “clearly a Code violation.” Even Vizzard admitted that the premise “had a certain snickering sound to it.” By 1956, producer Buddy Adler decided to make the film, so Vizzard helped remove elements likely to offend Catholics.

The main problem was Corporal Allison’s attraction to Sister Angela; he even forced himself on her in early synopses. Thankfully, director John Huston didn’t want to exploit the nun.

Huston advocated for her honoring her vows, while Vizzard ironically struggled with the implausibility of their being stranded together indefinitely with her remaining chaste:

“If they were alone and together for any protracted period of time, ... their differences would begin to fade. She’s human and vulnerable, too. ... He’s not all that unattractive.’ ‘She would not give in,’ said Huston. ‘She would go about her daily tasks and suffer. But, she would remain faithful.’ ‘What daily tasks?’ I demanded. ... ‘Saying a rosary and planting her vegetable garden? And what’s he supposed to be doing in the meantime ...? Going down to the far end of the island and running through the manual of arms?’”

Allison actually says this line in the finished film: “I can see that. You turning those beads and me doing the manual of arms at different ends of the island.”

The finished film was totally unobjectionable, a rare feat post-Breen. This is partly due to Vizzard’s assistance with rewriting and delicately filming difficult sequences, which profited the filmmakers.

“So tasteful and so successful was the finished film that the Legion people put it in class A-I, the highest possible rating, with no objections for anybody. They even considered for a while to celebrate by ... encouraging their constituents to see it. In the final analysis, the picture grossed worldwide some \$11,000,000.”

### ‘The Nun’s Story’

“See No Evil” includes 11 pages about “The Nun’s Story,” which came from Kathryn Hulme’s novel about a Belgian nun. According to the online file, Shurlock’s PCA was fairly positive when Warner Bros. suggested the story in 1956. In a memo to the files, Vizzard concluded that “as far as the Code was concerned, there is undoubtedly a basic story here which could be made.” However, he noted that “the story of a nun who leaves the convent might not be calculated to make Catholic audiences particularly happy,” especially because “the reasons for which she finds religious life unsuitable are largely interior ones, which might be difficult to properly portray on the screen.”

Director Fred Zinnemann invited Vizzard to join the production crew in Europe to help them gain clergy cooperation with filming. He was eager to include real nuns, stating, “I don’t want to hire a bunch of old crabapples who’ll make convent life seem like a sickness.” In Belgium, Vizzard and his friend Father Leo Lunders persuaded nuns from Sister Luke’s (Audrey Hepburn) convent to review the script.

When they abruptly withdrew their help, Father Lunders explained to Vizzard the sisters’ concern about the false implication that Sister Luke left the convent because she loved a doctor (Peter Finch).

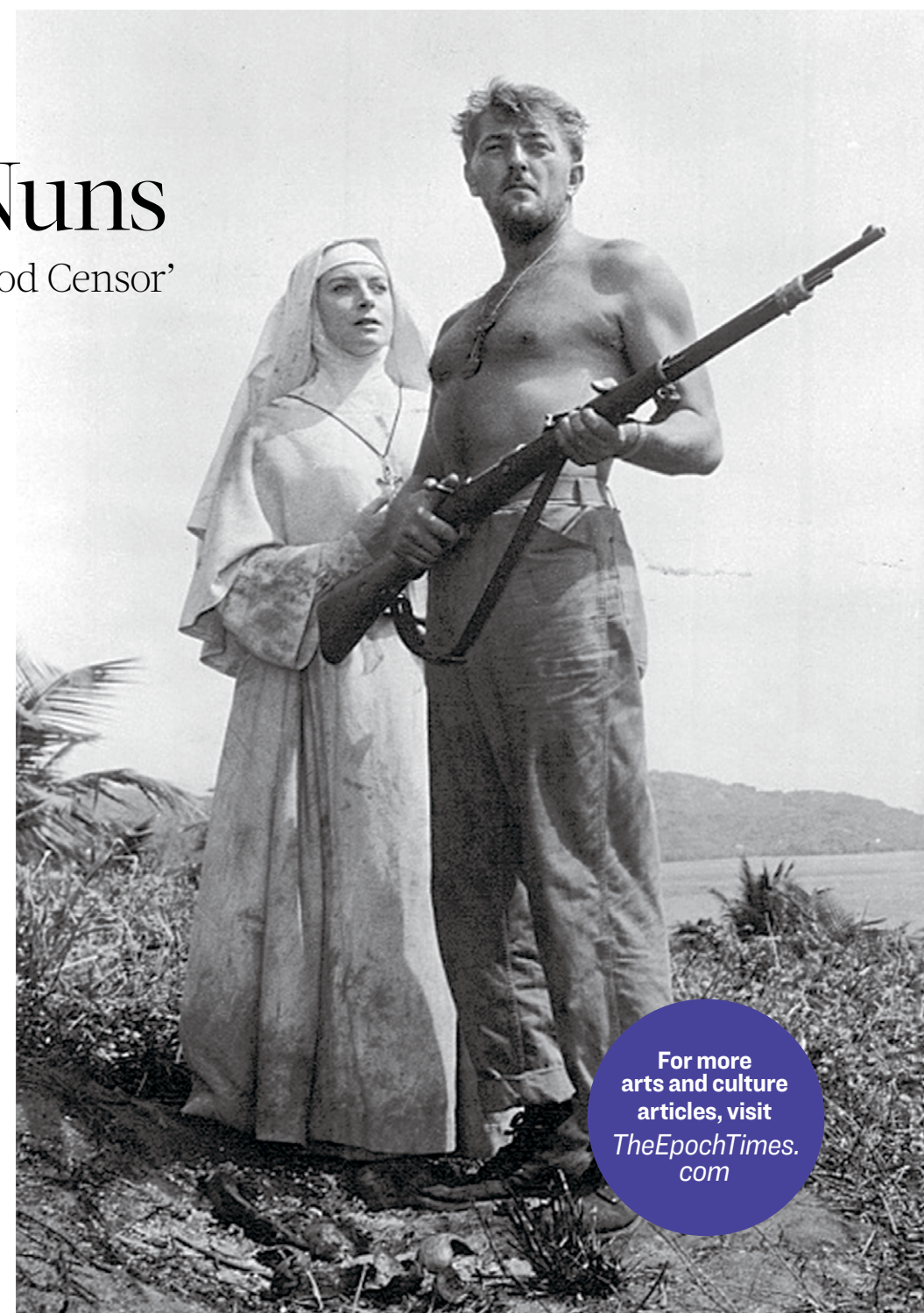
“What the nuns fear is that it ... will look to the world as if they revealed a confidence to us, that the true reason for Sister Luke’s leaving was that she fell in love with a doctor. ... They would rather bear the brunt of more suffering than to give the impression that they were lashing out at Sister Luke and trying to give her a reputation she did not give herself.”

The Legion of Decency rated the finished film A-II, “Morally Unobjectionable for Adults and Adolescents.” However, that doesn’t seem to be the case. According to IMDb, many nuns left their orders following its release, just as vocations at the Belgian convent dropped off after the book’s publication.

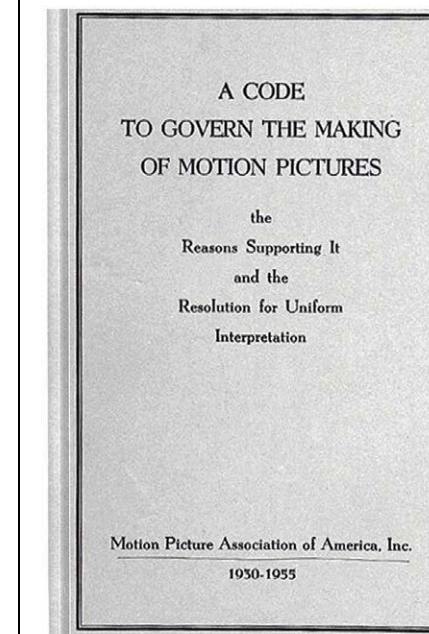
Despite Zinnemann’s stated intentions, this film presents scenarios true for one woman but offers no contradicting opinion. According to Vizzard, Zinnemann used dark, cold lighting to make convent life subconsciously seem harsh and forbidding:

“So sharp was the distinction in Zinnemann’s mind between Europe and Africa that I heard him instructing, ... ‘I want all the colors in Europe to be cold. Emphasize the blacks and the whites. I want to feel the chill of the stone walls. Then, when we get to Africa, I want all the colors to become warm and rich. ... I want all the trees to be filled with green leaves. In Europe, I want the branches to be bare.’”

Vizzard was the only Catholic actively

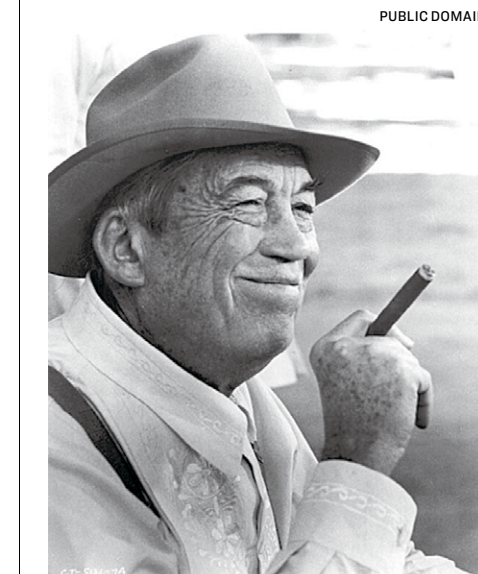


Deborah Kerr and Robert Mitchum star in the 1957 “Heaven Knows, Mr. Allison.”



The title page of the Motion Picture Production Code.

**Alternating between flowery prose and common vulgarisms, Vizzard vividly describes Hollywood’s driving forces in a struggle for survival and supremacy as dramatic as any film.**



Publicity shot of director John Huston.

working on “The Nun’s Story.” However, the story seemed too close to his own life for objectivity. He trained for priesthood for 12 years but, like Sister Luke, questioned everything, struggled with self-denial, and resented the “strident electric bell, ... the obediential finger of God.”

By the time this film was made, Vizzard was questioning religion. Resenting the Legion of Decency’s control over Hollywood and Martin Quigley’s control over the Legion, he told several important bishops about his concern that Quigley was “a tail that wagged the dog.” His interactions with important clergy lessened his respect for the Church.

“And so it was over. I kissed the Episcopal ring, and somehow left with a little less religion in my heart.”

Thus, instead of helping this film be a truthful story about one woman’s unsuitability to convent life, he allowed Zinnemann to paint Catholicism very darkly, reflecting Vizzard’s own bitter memories of the seminary.

“Thus, we were little prisoners in silken bondage. Overhead ... burned the invisible Eye of God, like on the back of an American dollar bill. It was inflexible, and unblinking, and as impartial as the cool scanner of a computer. No one could escape.”

### A Tale of 2 Nuns

These two films present a similar topic in very different ways. Both bring nuns out of the safety of European convents to tropical locations, where they face temptation from handsome men. Ultimately, Sister Angela decides to take her final vows, while Sister Luke leaves nunhood.

However, the greater difference lies in these films’ depiction of what it means to be a nun. “Heaven Knows, Mr. Allison” makes a nun’s life look like a sacred calling, like a happy marriage, whose joys far outweigh its sacrifices. In contrast, “The Nun’s Story” makes a nun’s life look torturous, grueling, and joyless. It reinforced the criticism that Catholicism had long received of being medieval and stoic, a stereotype that Joseph Breen fought for years.

While both films contain excellent acting and riveting stories, only one presents a respectful view of religious life. When those appointed to guard morality and respect for religion question the need for standards, the situation is ripe for filmmakers to take advantage. As Shurlock always said, “What’s to hinder it?”

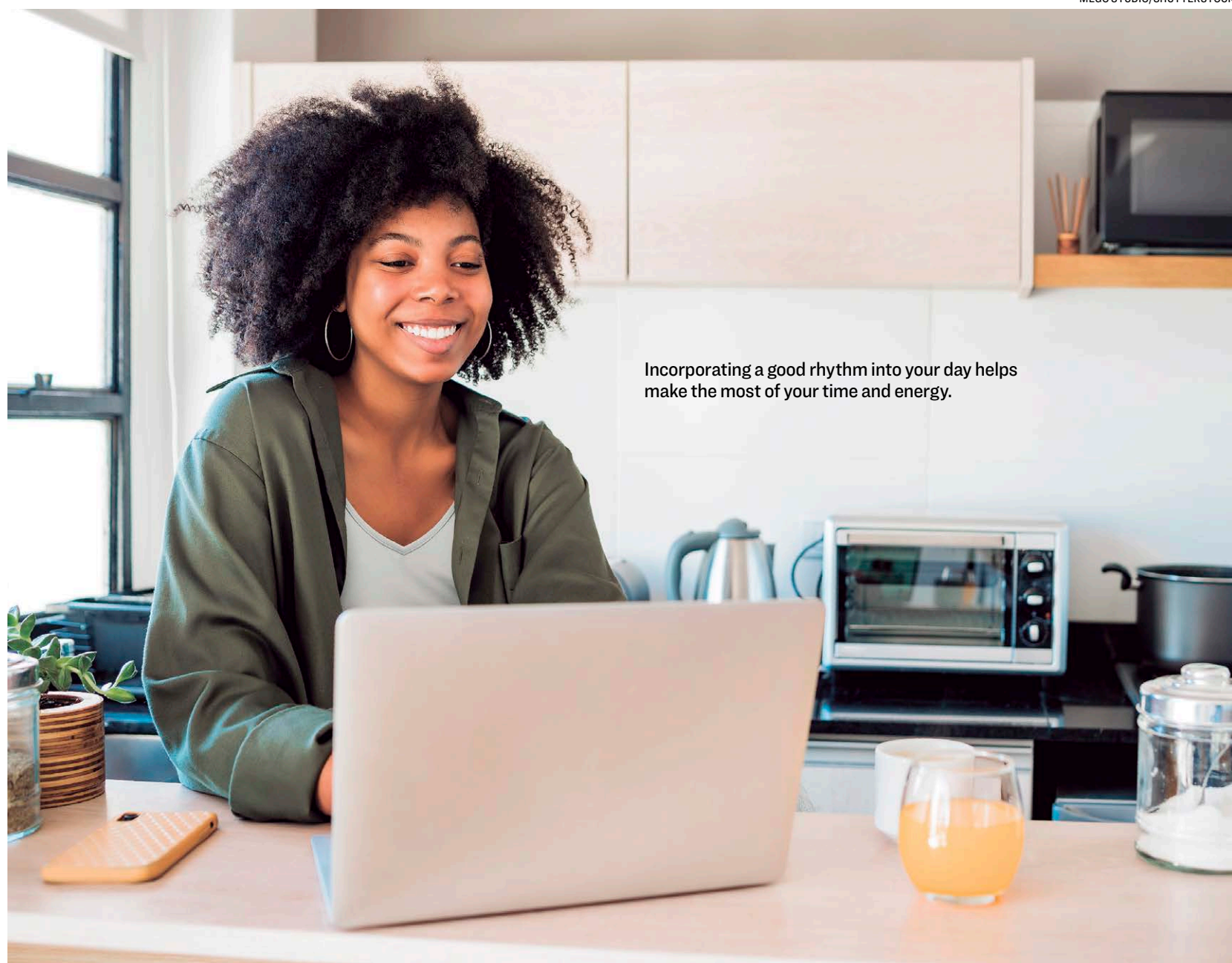
Eventually, the constant pushing of boundaries ultimately led to the Code’s demise, and in 1968, the Rating System, a system without standards, replaced it.

*Tiffany Brannan is a 19-year-old opera singer, Hollywood historian, travel writer, film blogger, vintage fashion expert, and ballet writer. In 2016, she and her sister founded the Pure Entertainment Preservation Society, an organization dedicated to reforming the arts by reinstating the Motion Picture Production Code.*



An illustration depicting the fleet of Italian explorer Christopher Columbus departing from Spain on Aug. 3, 1492.





Incorporating a good rhythm into your day helps make the most of your time and energy.

# Balancing Work and Life at Home

A conversation with author Laura Vanderkam

**BARBARA DANZA**

Our daily routines and habits have been shaken and uprooted this year in a way few could have predicted. As many try to juggle home life, school life, and work life all under one roof, we could use some good advice.

I asked Laura Vanderkam, productivity expert and author of "The New Corner Office: How the Most Successful People Work From Home," for her advice.

**The Epoch Times:** At first, working from home sounds great—pajamas all day, snacks whenever you want them, work when you feel like it. The reality, though, is that it comes with its own challenges. What aspects of working from home do you think people struggle with the most?  
**Laura Vanderkam:** No one likes commuting, but commutes provide a natural structure to your day. There is an obvious transition from home to work and then, more importantly, from work back to home mode. You have to leave at some point—you aren't going to sleep at the office!

When you work from home, this natural structure disappears. People can feel really adrift without it. Of course, most people eventually learn to create their own structures, which often work better than the traditional ones, but this takes some time. If remote workers aren't careful, they can wind up half-working and half-surfing the web all night—not getting anything done, but not relaxing either.

**The Epoch Times:** There are some advantages, of course, to working from home. What do you think the most important ones are?  
**Ms. Vanderkam:** Offices can be distracting places, and there's some evidence that people feel they can focus better at home. That might not be the case for parents who are combining work with caregiving but for others it is.

Remote work also allows people to work how they work best. You can set the temperature where you want it. Ideally, you can be more flexible with hours too. Plus, commutes burn energy without accomplishing much. A lot of that energy is redirected into work and into healthier lifestyle choices.

“I like to think about each day in terms of tasks, rather than hours. What do I intend to do each day?”

Laura Vanderkam



Author Laura Vanderkam.

**The Epoch Times:** In today's unique times, many families are juggling not only work and family at home but also schooling—whether they're homeschooling or coordinating some version of distance learning. What advice would you give parents who are trying to manage so much?  
**Ms. Vanderkam:** Before COVID, one of my first bits of advice to people working from home is that this is not a good way to save money on childcare. Someone else still needs to be in charge of your young children during the hours you plan to work. I realize that the pandemic has made child care and schooling more complicated, but fundamentally, this is still true.

So, if you have two parents working from home, the best option is to split the hours. Each party works half the time and takes care of the kids half the time. You can get 25-30 focused hours a week this way, and you'll get so much more done in two hours of focused work than in four hours of going back and forth.  
With older children who are doing school online, you can still split which parent is in charge, so you know to plan the focused work when you aren't the party who is "on." If you're parenting solo, see if you can find another friend, neighbor, or relative in the same position and team up to swap child care.

You can also hire child care for a few hours a week to make

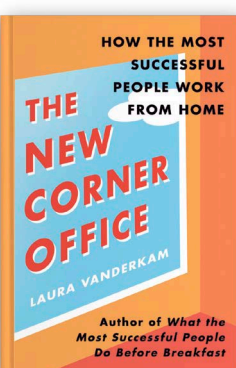
your life feel more doable. Sure, it costs money, but losing your job is expensive. Plus, you're probably spending less on travel, gas, dry cleaning, and eating out—the money might be there.

**The Epoch Times:** What do you think are the key strategies everyone needs to know to succeed at working from home?  
**Ms. Vanderkam:** Self-directed work is challenging, but ultimately more rewarding. I like to think about each day in terms of tasks, rather than hours. What do I intend to do each day? I set challenging but doable goals that will likely take about eight hours, but that's not the point. When I get through the list, I know I have had a good day, whatever time it happens to be. This idea of managing by task, not time, is revolutionary, and can really help work-from-home workers succeed.

**The Epoch Times:** You talk in your book, "The New Corner Office," about "getting the rhythm right." Can you explain the concept? How can we get the rhythm right?  
**Ms. Vanderkam:** A good day has a rhythm. That rhythm helps you manage your energy so you can get more done.

You need some way to start the day—an opening ritual that takes the place of a commute. You need to match the right work to the right time. Most people are more focused in the morning, so that's a good time for any challenging work.  
You need to take breaks to replenish your energy. I find that three breaks in an eight-hour day work out about right (mid-morning, lunch, mid-afternoon) but if you're setting your own schedule, feel free to experiment!  
And you need a way to end the day, so you don't half-work all evening. Find some way to indicate to yourself that the day is done, so you feel free to relax, even if you can see your workspace from the rest of your house.

**The Epoch Times:** Since the unique events of this year have altered life for so many, what new lessons have you learned about working from home or life balance in general?  
**Ms. Vanderkam:** I've worked from home for 18 years, so I'm used to setting my own schedule, but having my children in the house much of the day has presented new challenges. I've become even more focused on figuring out exactly what has to get done on any given day, holding myself to that, but then not worrying if nothing else gets done. If I've chosen my daily tasks well, then I will make progress. I might not return all emails in a timely manner but ... oh, well.



"The New Corner Office: How The Most Successful People Work From Home" by Laura Vanderkam.

# 5 Ways to Encourage Your Children to Read

BARBARA DANZA

Nothing is more fundamental to your child's education than learning to read. It's a skill that many children struggle with and still many more regress in during the summer months.

Schools and libraries attempt to incentivize reading, offering prizes for reading checklists, and so on. These programs may motivate some in the short term, but they do little to encourage a lifelong love of reading.

If you wish to help your child become a capable and even enthusiastic reader, here are my tips.

(Full disclosure: I am the furthest thing from an expert. I hold no educational degrees or professional educational experience. I'm simply a mom of two voracious readers.)

**Deep Breaths, Let's Slow This Train**

If your child is "falling behind" in school, is "below grade level" on reading assessments, or has been labeled in any discouraging way, toss all of that aside.

Ignore reading levels completely and shift your family's focus to enjoying books of all sorts and levels together.

Allow a struggling child to whiz through way "below level" books they enjoy. Read to them the books that are presently a challenge to read. Focus on the content of the stories, the silliness, the wonder, the various worlds that these books transport them to.

Your goal isn't to maintain or improve their reading level but to instill a love of reading.

**Surround Them With Interesting Books**

This may sound like a no-brainer, but curiosity is a powerful driver and nothing could be more natural than a child's curiosity.

What are your children actually interested in? Sports? Art? Animals? Jokes? Astronomy? Whatever lights them up, there are very likely books available on the subject. Get really resourceful and watch curiosity work its magic.

**Make a Night Out of the Bookstore or Library**

Regularly hang out as a family at the library or local bookstore. Let the kids explore to their heart's content. Associate family fun with reading.

**Let Go of Your Worries**

Reading skills seem to vary quite widely, with some children grasping basic skills early and some taking into the pre-teen years to develop reading confidence.

As parents, our stress over how our children compare to their peers doesn't do much to reinforce the joy of reading.

Never mind any of that. Just look for the next great book.

**Get Back to Basics**

As you read with your children more and more, any fundamentals they are struggling with will begin to reveal themselves. Help them to understand as you go along. The one-on-one guidance you can give them in the comfort of their home far surpasses the limited attention received in a classroom.

Simply by celebrating books, filling your home with books, reading books together as much as possible, and by selecting books that your children have an interest in, you'll change the conversation around reading, remove the stress of "levels" from the conversation, and allow their aptitude to naturally increase.

# FOR KIDS ONLY

THE EPOCH TIMES

**Columbus**  
by Friedrich Schiller (1759-1805)

Steer on, bold sailor—Wit may mock thy soul that sees the land,  
Yet ever—ever to the West, for there the coast must lie,  
And dim it dawns, and glimmering dawns before thy reason's eye;  
Yea, trust the guiding God—and go along the floating grave,  
Though hid till now—yet now behold the New World o'er the wave!  
With genius Nature ever stands in solemn union still,  
And ever what the one foretells the other shall fulfill.

CHRISTOPHER COLUMBUS (1451-1506), ITALIAN EXPLORER

“Nothing that results in human progress is achieved with unanimous consent. Those that are enlightened before the others are condemned to pursue that light in spite of the others.”

HOW DID COLUMBUS MAKE THE SEA ANGRY?

CHRISTOPHER COLUMBUS (1451-1506), ITALIAN EXPLORER

# This Week in History

**EXPLORER DISCOVERS NORTH AMERICA**

A Leif Ericson U.S. commemorative stamp issued in 1968.

In 1000, 492 years before Columbus set sail, Norwegian explorer Leif Erikson is believed to have landed in what is now Canada. Erikson was journeying to Greenland with the mission of introducing Christianity there. His ship was blown off course and landed in what he dubbed "Vinland." Each year on Oct. 9, Nordic communities celebrate the accomplishment with Leif Erikson Day.



"Leif Erikson Discovers America" by Hans Dahl (1849-1937).

By Aidan Danza, age 14

# THE BELTED KINGFISHER

**H**umans and birds fish in many different ways.

In order for a person to catch a fish, we must use a tool: a fishing line, or a net. Some birds are highly specialized for the job. Usually, birds catch fish with their bills. Some birds, such as herons and egrets, wade in the water, standing very still, until a fish comes, and the bird stabs it with a lightning-quick reflex. Other birds, such as loons, cormorants, and penguins, will dive under the water and grab fish with their bill down there.

Kingfishers, however, are in a league of their own. They really are the kings of fishing, and their method is truly spectacular.

The belted kingfisher, which is the most common in the United States, looks quite different than other birds to begin with. They look top-heavy, as if their bill might tip them over. They have a shaggy crest on their head, that they can raise and lower as they please. Their plumage is a cloudy blue, with a black bill and wing tips. Females have a bright orange ring on their chests, which males lack. And yet, they're only the size of a robin.

Kingfishers are very picky about where they live. They prefer to nest in tunnels dug into the side of a cliff with a river view. The male kingfisher does most of the nest-digging, which usually takes around three days to a week. When it's finished, it reaches three to six feet into the bank, ending in a small chamber. Five to eight white eggs are incubated for 22 to 24 days; when the chicks are born they are naked, blind, and helpless. With their birth, the kingfisher must provide much more food than usual, and it spends its time fishing.

The kingfisher lies in wait on a perch, searching for any fish or crustacean near the surface. When it sees one, it flies over the spot, hovers for a short while, then dives with flattened wings and closed eyes, like a dart on a board. When in the water, its bill closes around the fish. Then it flies out of the water, kills the fish, and delivers it to its family or eats it.

**AMAZING ESCAPES!**

START

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

**Easy puzzle 1**  
8 9  
3 9  
+ - x ÷  
Solution For Easy 1: 6 + 6 = (6 - 6)

**Medium puzzle 1**  
2 17  
1 14  
+ - x ÷  
Solution For Medium 1: 1 + (2 - 11 + 21)

**Hard puzzle 1**  
20 31  
11 29  
+ - x ÷  
Solution For Hard 1: 11 - 02 + (62 - 16) 16 - 11 + 02 = 28

**Down**

- Tars (6)
- Spain and Portugal's peninsula (6)
- Columbus's voyage (13)
- Columbus visited this island (4)
- Trip of exploration (10)
- Its needle always points north (7)
- Mid-Atlantic archipelago (6)
- Columbus explored it in 1494 (7)
- Indigenous person (6)

**Across**

- Jack-tar (6)
- Check out someplace new (7)
- "Santa \_\_\_\_" (1492 ship) (5)
- "Pinta" partner (4)
- New World (7)
- Where Columbus wanted to go (4)
- Member of Columbus' "fleet" (5)
- American natives (7)
- How the Santa Maria crossed the Atlantic (7)
- Port-au-Prince's land (5)
- Columbus Day month (7)
- Where Columbus sailed from (5)





# Honest Journalism Is Always ‘Essential’

**G**reetings, Epoch VIP, and welcome to your print edition of The Epoch Times! This might be your first time actually meeting us in person, which is great! Not that our online edition isn't just as good, but there's nothing quite like the feel of a good old-fashioned newspaper in your hands over a cup of coffee—at least, in our opinion.

And don't worry; while we do have many opinions of our own, we do our best to put them in our editorial and op-ed sections where opinions belong. Our news reporting is reserved for facts that we can prove with credible sources, so that we can deliver you an accurate, unbiased, and comprehensive picture of what's going on in the world today. We're believers in the idea that news reporting

should inspire people of all different opinions to think independently and speak up, instead of being silenced in favor of a majority narrative. That's why our job stops after we give you the facts: your reactions, emotions, and opinions are all your own. Maybe a report on injustice might sadden you, perhaps it might make you angry, perhaps you might want to do your own research and then decide. Maybe one of our lifestyle articles might make you laugh, or it might make you nostalgic. Maybe one of our mind and body articles will get you to think about life in a way you didn't before.

We don't know what your reaction will be, but what we do hope is that the paper in your hands inspires you to have an open, honest conversation—with your friends and family, with society, or even with us.

Tell us if you agree, let us know if you disagree, write a letter to our editors; we'd love to hear from you. For we believe that freedom of expression is the fire that forges a society's best ideas, and that principle is also what drives the kind of classic American journalism we want to restore to the limelight.

So let's bring back news that's accountable to its readers. Let's bring back the dialogue that comes with getting the paper in the morning. Let us know if we're putting our money where our mouth is, because we want to prove that "truth and tradition" isn't just a motto.

With you on our side, we hope to get even better at living out that motto every day.

*In truth and tradition,*  
The Epoch Times

THE EPOCH TIMES  
TRUTH AND TRADITION

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