THE EPOCH TIMES



Lessons From a Year of Playing Catch On the importance of play

Through play, life lessons such as learning to deal with adversity and developing resilience take on a layer of fun.



Cold weather did not dampen Ethan Bryan's resolve to play catch every day of the year. On day 16, he played with Joshua Kennedy at the Missouri Sports Hall of Fame despite -15 degrees F windchills.

CATHERINE YANG

very day for 366 days in a row, rain or shine, or in freezing wind, Ethan Bryan played catch. He played catch with friends new and old, with his daughters, with other great fans of baseball, with people who had never played catch, with people from around the world with whom he didn't share a language but could still communicate and connect through playing catch.

"It was such a fun experience, such an amazing experience meeting so many new people, hearing so many new stories—it's such a life-giving experience, going outside and engaging in physical activity, and really connecting deeply with people," said Bryan, who's a storyteller at heart. "I found out that we all have a lot in common."

Bryan, a Missouri-based author, started blogging about his spontaneously dreamed-up project—to play catch every day throughout 2018 from the time he received a baseball from one of his daughters as a gift. (Had she not agreed to play catch with him that New Year's Day, the project wouldn't have happened.) That night at the dinner table, the family talked about resolutions, and Bryan thought, well, why not resolve to play every day?

Continued on **B4**

Kind Electrician Sparks Community Effort to Help Elderly in Need

LOUISE BEVAN

It all started with a broken light and evolved into a complete renovation of a struggling 72-year-old's home.

When Gloria Scott called electrician John Kinney to fix a broken ceiling light at her Woburn, Massachusetts, home in August, he responded quickly but was shocked to discover that the sparking light fixture was just the tip of the iceberg, as the entire home was in a state of disrepair.

There were no lights and no running water, Kinney explained to CBS Evening News.

"I think I seen [sic] her on a Friday, and it stuck with me over the weekend, and I said, 'I got to go back there,'" he said.

Scott was living alone and money was tight. The elderly woman had no internet or cellphone, and no family to help her out.

Scott was living alone and money was tight. The elderly woman had no internet or cellphone, and no family to help her out.

Kinney then returned, armed with a ladder and tools, and set to work for free. However, the scale of the task at hand necessitated backup. The electrician started a Facebook page, titled "Nice old lady needs help," and quickly amassed a team of tradespeople wishing to help improve Scott's home situation and make it more livable and safe for her.

"She had no stove and her refrigerator was plugged into an extension cord," Kinney wrote on the page's description, "Her ceilings were falling apart, her kitchen sink was broken, and the place was filthy."

"She told me that critters often got in the house," Kinney continued. "The outside was no better."

The electrician already had a network of skilled professionals willing to donate their time. He simply needed to raise money for materials.

Thanks to almost 2,500 generous donors, Kinney's fundraiser amassed more than \$100,000 toward renovating Scott's home. In addition, the Woburn community came out in full force to lend a hand to help one of their own. They assisted in whatever way they could, some with garden tools, others with meals and refreshments.

Continued on Page 2

ANDREW THOMAS

Many of us look up to our nation's military members and we admire them for their bravery and selflessness. Often we see them as heroes, but it can be easy to forget that behind every American soldier is potentially a kid you grew up with.

In 2016, Gold Star mom Krista Keating-Joseph tragically lost her Navy SEAL son who was defending the values and freedoms we hold dear every day. Now she wants the country to see the son, brother, and friend he was behind the uniform.

The memory of her son's thirst for life and his "huge goofy smile" always remain with her. Charlie Keating IV was an active, energetic kid who loved to play in the outdoors, and she had always encouraged him while growing up in Scottsdale, Arizona. He loved to paraglide, spearfish, and scuba dive. It wasn't until his freshman year in college that he got a computer.

ing-Joseph said.

Keating, age first 5K run.

"He was just an all-American kid, and that's the greatest thing. That's what I miss the most because ne was so enthusiastic and had the biggest smile. Everyone will tell you that. And the biggest heart," Keat-

A Warrior's Heart

Growing up, Charlie was an excellent coach and motivator, and strived to get groups to work together. He always befriended dis-

advantaged children at school, and would often invite them over for dinner, knowing that a meal was far from certain for them.

He was also a competitive athlete and ran cross country and track in school. He worked diligently and spent summers running up the mountains in Aspen.

Charlie continued to train, ate a balanced diet, and kept a healthy sleep schedule. As a result of his efforts, he became an all-state runner and would eventually run competitively at Indiana University. After he broke the four-minute mile during his sophomore year, he called his mother and told her he was in the best shape of his life. Not only that, he was going to become a Navy SEAL. To Charlie, becoming a Navy special warfare opera-

tor was the toughest goal he could attempt "He always had this 150 percent gusto," Keating-Joseph said.

Charlie ultimately realized his dream and was deployed to Iraq as part of Operation Inherent Resolve to fight ISIS extremists. His mission was to guard a strategic dam from the enemy. On May 3, 2016, a group of his fellow SEALs was pinned down in a village by 200 ISIS fighters, and he volunteered to be part of the quick reaction force that came to their aid. Charlie was shot between his body armor plates and mortally wounded. He continued to fight until he collapsed and lost consciousness. Tragically, he succumbed to his wounds.

"When you lose your child, you go through this shock, and then the first month, you're

Effort to Help Elderly in Need

Kind Electrician Sparks Community



Keating IV, a U.S. Navy SEAL was killed fighting ISIS in Iraq in

It just makes me smile and laugh and realize that there's little Charlies everywhere, and big hearted kids

everywhere. Krista Keating-Joseph still dealing with people sending you things and cards and all that. All of a sudden everything just stops," Keating-Joseph said.

Charlie the Kid

Following Charlie's death, she found a box full of childhood items such as his pottery and handprints. As she pored through the box, she realized that she had written a book about Charlie when he ran track as a kid. Keating-Joseph's mother had done some of the illustrations for it.

Keating-Joseph and her mother started working on a children's book series in Charlie's honor, along the way telling each other many fond and funny stories about Charlie.

The first book in the series, "Big-Hearted Charlie Runs the Mile," recounts how Charlie was smaller than the other competitive runners around him. His freshman year he often came in last place, but instead of quitting, he applied himself, pushed himself, er Gives Up," describes the characteristics most elite operators. that led to Charlie becoming a Navy SEAL. "Nobody knows what's behind those in elementary school, he was eventually able awesome little boy," she said. to make friends with the bully.

"The whole thing was therapeutic because the minute we finished one book and there was some quiet time, all of the sudden, I was like, 'I wonder what else we could do?' because it really distracts you. It also makes you feel like you're doing something for someone else," Keating-Joseph said.

One of the most rewarding parts of writing the series is the response she's gotten from children at the schools where she reads. They look up to Charlie and run around the classroom trying to emulate him. Keating-Joseph hopes children learn to never give up and never quit on their dreams and aspirations. Parents write to her frequently and tell her how powerful the stories have been for both

them and their children. Some parents tell her their child wants to become a track runner. Others tell her how their kid now wants to become a Navy SEAL like Charlie.

"It just makes me smile and laugh and realize that there's little Charlies everywhere, and big-hearted kids everywhere," Keating-Joseph said.

Mother and Son

After the "Big-Hearted Charlie" series, Keating-Joseph wrote a memoir entitled "Charlie, Don't Be a Hero: A Mother's Story of the Extraordinary Life of Her Son, U.S. Navy SEAL Charles Keating IV." The book details his life from childhood through his career as a Navy SEAL, and what it was like for her to raise a child who would end up making the ultimate, courageous sacrifice.

Not only does Keating-Joseph want young people to appreciate the sacrifice our service members make, but she also hopes readers and ended up becoming a state champion. see the American boy that her heroic son The second book, "Big-Hearted Charlie Nev- was before he became one of our nation's

The third book in the series is about how to beautiful eyes—those beautiful blue eyes make friends. Though Charlie was bullied and that smile. Nobody knows he was this

DEAR READERS

In time for Veterans Day this year, we would like to know: What lessons have veterans taught you? How have they changed your life?

Send your comments, along with your full name, state, and contact information to Tradition@epochtimes.com or mail it to: Life & Tradition, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 1000

The Hard Road: Practicing Temperance

Continued from Page 1

By the second week of September, Kinney's team, "Gloria's Gladiators," had rewired the elderly woman's residence, installed new plumbing, windows, walls, and ceil-

ings to keep out intruding raccoons, and even built a brand-new porch. "She's been here by her-

self for over 10 years, so I'm sure it's a big change for her, but she's warmed up to everybody," Kinney told CNN. "She's so happy, she's got all types of new friends. ... It's just a miracle

Photos from the epic home renovation show Scott sitting happily on a rocking Facebook as "a group of professional chair outside her house, watching the makeover unfold. She even habitually made lunch for the helpful crew, said Kinney, who has grown close to the members.

72-year-old. "She reminds me of my grandmother," he said.

As for Scott, she is overwhelmed. "I can't even comprehend the gratitude that I have," she told CBS, through tears.

> Kinney is just as moved as Scott on witnessing the generosity of so many members of their shared community, so much so that Kinney wants to make "Gloria's Gladiators" a nationwide venture.

"There's no words for it, you know," he reflected. "I don't want it to [end]. And that's why we put a name to it—the Gloria's Gladiators—we want to keep going with this."

The team now identifies itself on tradesmen and volunteers that can be called upon to help out any elderly person in need," and has nearly 16,000

Of the four classical virtues—courage, jus- ance. The electrician who eats his daily tice, prudence, and temperance—the last is arguably the most demanding. Bravely standing by friends, treating others as we wish to be treated, seeking wisdom and the right path: these can be tough, yes, but some find temperance the most daunting Usually we associate a lack of temperance

with drug abuse, alcoholism, and smoking: the addict who shoves a needle into his arm, the neighbor who downs a fifth of vodka every evening, the cousin who fires up his cigarette with a rueful "Yeah, yeah, I know it's a bad habit." We tend to forget that other intemperate excesses—gluttony, lust, an immoderate balance between leisure and work, an obsession with video games or social media— are damaging as well.

To break a bad habit can be difficult, yet every day some people waken and find the willpower to pledge allegiance to temper-

lunch at a fast-food restaurant looks in the mirror and decides to switch to a more wholesome diet. The loan officer who sits all day at a computer comes home one evening, decides it's time she shaped up, and puts on a pair of walking shoes. The student who wastes his study hours texting and looking at social media silences his phone, puts it in the next room, and opens his physics book.

To break our addictions—for that is what they are—is one of the toughest battles human beings face, because we ourselves are the enemy. Worst-case scenario: we are self-made slaves, fettered to our instincts and bad habits.

When we make willpower the master of desire, we unlock our shackles and gain our freedom.

DEAR JUNE with June Kellum



How to Stop Getting Distracted by Social Media

→ Advice for reducing your screen time

I find myself getting distracted by social media. How can I stop this?

Tatiana D, Virginia

Dear Tatiana

Breaking away from social media isn't easy. It's designed to attract and distract us. I would suggest first making a clear assessment of the situation—how much

time each day are you wasting, and how is it impacting your productivity and relationships with others? Also, what are your reasons for overusing it: stress, boredom, or fear of missing out (FOMO)? Once you have a clear sense of what

social media is costing your life, imagine how your life would be if you invested your time and emotional capital differently. Make a list of things that would bring you more value than scrolling your feeds. If your usage is connected to stress or FOMO, then include ideas for finding more inner peace such as reading uplifting books, taking a walk, journaling, or talking to a good friend. Tape this list to the back of your phone

or keyboard—wherever you'll see it when you're tempted to hop on social media.

If you prefer a techy solution, there

duce your screen time.

In your assessment, don't forget to include the impact of notifications. These can suck your time and energy, especially when they bring up negative emotions, so make sure you're receiving only ones that are really necessary. Turn off all the rest and tailor your feed so when you do go on, you see updates from people who are most important to you.

If you do find that some platforms have genuine value for you, give yourself a time limit on them, setting certain days of the week or month and/or number of minutes per session.

It may also be helpful to do a social media/screen detox where you go a week or a month without checking at all.

Sincerely,

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.covare also many apps that can help re-ering family, relationships, and health topics.

DEAR NEXT GENERATION:

'The Old Man's Pledge'

→ Advice from our readers to our young people

No matter how old we are, life teaches us new lessons every day.

I am 76 and still learning. Just a few years ago, while in my 60s, I learned an important life lesson that I shared with my then 5-yearold granddaughter, and now I would like to share it in this column.

Many years ago, we purchased the home we still live in today. The only tree in the backyard was a small maple tree, close to the patio. I wished the tree were bigger so it would give more shade. As the years went by, the tree got bigger and I got older.

I eventually added a three-seasons room over the patio and built a deck near the tree. illuminated the tree with a spotlight. I really loved that tree. It was like we were friends.

However, even though the tree was now big and covered my deck and yard with shade during the hot summer, it also covered my roof with seed pods in the spring, which caused my gutters to clog up. As I got older, it became more of a problem every year.

Then one spring, frustrated with clogged gutters and my roof covered with seed pods, in a snap decision, I called a tree service company and had the tree cut down.

Within a few short hours, all that was left was a big stump. I walked over to the stump and sat down on it. As I sat there in the hot sun, I thought about the many years we spent together. I thought about the cool shade it provided, but now the shade was gone. I thought about the home the tree provided for songbirds like cardinals and chickadees. I thought about the beautiful color the tree displayed in the fall. I felt really sad, like I had just lost my best friend.

I thought, "Even though the tree annoyed me in the spring by shedding its seed pods, why did I get rid of such a good friend with so many good qualities? What if my friends cut me down or got rid of me because I had a bad habit?"

I felt sick. My friend, the maple tree, was gone. I realized that it took a lifetime to build a friendship, but one bad decision ended that friendship forever. As I sat there on the

stump, I looked down at the ground and saw a few seed pods from the tree on the ground. Then I got an idea. I picked one up, and planted it in a small

pot of dirt. Within months, a small seedling began to grow. The following spring, I planted the small tree in my backyard, not far from where the old maple tree once stood. I knew that I would never enjoy its shade, but hoped that the next owner of my house would not only enjoy its shade, but its color in the fall and the sweet sounds of the songbirds perched on its branches.

This event in my life taught me three important lessons. First, it takes a long time to develop a friendship. Treat your friends with respect and never do or say anything hurtful, because you might lose your friend forever. Second, think first before taking action. Don't I added plantings, including a small pond act in haste or out of frustration. There were with a waterfall, under the tree. At night, I other solutions to my seed-pod problem—like cookies and ice cream. adding gutter guards—but I didn't think it through. And finally, we are all stewards of the earth. If we cut down a tree, it's important to plant a new one.

After sharing my story with my granddaughter, I was inspired to write and illustrate a children's book, "The Old Man and The Tree." Over the past several years, I have visited thousands of second-grade students in classrooms all over Michigan, reading my story. At the end of each presentation, I give each child an autographed copy of my book. However, before they get a book, I ask them to recite the "Old Man's Pledge" with me: "I promise to never cut down my friends." —Richard Schlatter

Dear Next Generation,

At age 66, I have managed to ruin three marriages. I was always out for me!

Selfish and "because I worked, I should get what I want," I bought things for myself. Always had a good paying job, so the family didn't suffer per se. But I was putting my needs first.

I went so far as to have adulterous relationships, ruining the three marriages, and ruining my relationship with my children. Not to mention what it did to my wife. All because I thought that I should have what I want when

Now that I'm retired and missing out on so much of my children and grandchildren's lives, I reflect back on what I did and how I got to this point.

My children have forgiven me, in their voices, but the damage is done and not forgotten. So I remain on the outside looking in. I take all the blame for my actions, knowing the pain that I caused so many people, because I

was selfish and had adulterous relationships. It is better today than it was last year, but I still see the pain from long past on my children's faces.

Please take from this; don't be selfish, put your family first, don't think that the grass is greener on the other side of the fence. And bring God into your life and follow His plan

_Respectfully, Tom Schram

Dear Next Generation,

It's your journey, make it a good one. Develop a healthy relationship with yourself, learn to be your own best friend, and

treat yourself with care and love. Work hard at everything you do, it will build immunity against negative thinking and self-

Eat nutritious foods and it's OK to enjoy the

Exercise your mind and body, always b learning and keeping yourself as fit and strong as possible.

Walk every day at least for 10 minutes and meditate on everything you have to be grateful for in your life, not only what's good but

even that things that challenge you.

Have the heart of a servant and the spirit of a warrior, always attempt to bring your best self to the world Put your faith in God, family, and yourself

that everything is working for the betterment We are only here for a short time, so go out and live the life you have imagined. It's really

_Alex I. Gallego

What advice would you like to give to the

a beautiful journey.

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 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 "Tak*ing the First Step to Restore Civility," we asked: In conversations with difficult or angry people, how have you managed to respond with civility? What difference has it made?

I, too, feel that etiquette has been tossed out the window. I try desperately every day to encourage manners in my household, teach my teenagers the proper way to handle something, and offer suggestions on how to be kind to others.

There are a few of us left who value decency and strive to keep it alive. We will pass it on and keep the hope alive for our children.

—Sarah Taylor

I used to work in the funeral industry. Loss of a loved one can create intense emotions, and family members of the deceased would sometimes direct their anger or frustrations toward me.

On several occasions, I calmly responded by asking, "What can I do right now to make this situation better for you?"

Their anger would stop almost immediately. One lady in particular replied, "There's nothing you can do; I'm just upset, that's all."

When people are upset, they need our calm, not our anger. —Maria Lee

I have found, in both my personal and professional interactions, that the proverb "Interact as if it is personal for them but professional for you" has proven very successful.

By conducting yourself professionally (with reserve, controlled emotions, but with intelligent empathetic responsiveness with integrity; and focusing on "the issue" rather than personal emotions), over 90 percent of response recipients (including those who began the interaction with rage, cussing, and spitting) will accept, and even appreciate, your modeling of "civility."

Facebook is the worst! I always try to state my opinion and not attack the other person's opinion. I've been called many horrible things on Facebook. I choose not to reply. I've also deleted them or snoozed them. I will not go to their level

of hatred. If I'm confronted by people that are angry, I always smile and let them rant. I always try to do what is right in this dark world we're living in.

_Jerrilea Karney



Ex-Navy SEAL Rehabilitates Military K9s, Finds Them Loving Homes

EMG INSPIRED STAFF

Mike Ritland served 12 years as a Navy SEAL, and his passion for military K9s began when he saw one in action while he was deployed in Iraq. The dogs' commitment to their role and to the team convinced Ritland that he had to work with them.

Ritland, who served in Operation Iraqi Freedom and numerous special operations missions during his career, was also a Naval Special Warfare Multi-Purpose Canine (MPC) trainer for the West Coast SEAL teams. His experiences led him to write three books:

"Trident K9 Warriors," "Navy SEAL Dogs," and "TEAM Dog."

Military Working Dogs (MWDs) have a limited working life. Ritland, however, saw that there was little provision for the MWDs when they transitioned from service into retirement. He began caring for and rehabilitating retired military K9s in 2010 and then went on to found the Warrior Dog Founda-

tion in 2013.

Based in Dallas, Texas, the

and law enforcement dogs and helps them rehabilitate for entry into civilian life. MWDs sadly often face the same problems as human military personnel when retiring from service. They endure the same extreme conditions, and many suffer from post-traumatic stress disorder Blecky might have

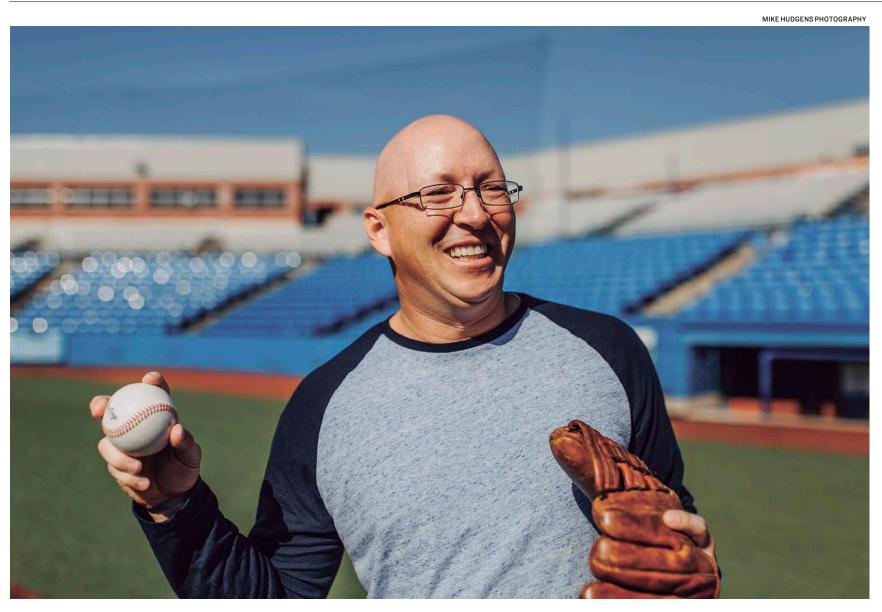
Because of this, the dogs are ofbeen euthanized had it not been for the War-

foundation takes in retired military handler takes them in, as was the case with Ritland. However, not all handlers are able to take on that responsibility. Without the foundation's assistance, many

of these animals may have been euthanized. To date, the foundation has rehabilitated over 170 dogs.

"If these dogs are able to make the progress necessary to be adopted, we help place

them in a loving and respectful home," the foundation says. "If these dogs are never able to overcome their difficulties, we care ten rendered unadoptable upon for them ourselves and they are able to live rior Dog Foundation. returning home—unless their out the rest of their days in peace."



By the end of 2018, the Bryan family had driven 12,000 miles around the country to play catch with a total of 530 people.

Ethan Bryan currently plays ball in the Grip 'N' Rip Baseball League for the Ozark Mountain Ducks.

(Below) Playing catch on day 152 with Mary Moore, who formerly played in the All-American Girls Professional

Lessons FromaYear of Playing Catch

On the importance of play

Continued from Page 1

It took less than a week for Bryan to make a solid commitment to it; baseball and catch in the past, inand with every game of catch, he cluding documenting baseball stowould give it his all. He never want- ries from everyday people in every ed to just go through the motions; he wanted to honor the commitment, and honor whoever was giving him their time to play catch together ("Here's a resolution that you need to have someone else to complete, which is just hilarious anyway,"

Around day 70, a writer friend told Bryan that his blog really seemed like a book. Bryan then wrangled hundreds of stories into one, his recently published "A Year of Playing Catch."

"Going into it with that attitude of not going through the motions really emphasized that connection that we're all missing when we just quickly respond to a text, quickly respond to an email—that play-centered story-sharing, that changed my life, it was wonderful," Bryan said.

By the end of 2018, the Bryan family had driven 12,000 miles around the country to play catch with a total of 530 people. It wasn't the first time Bryan's written about baseball, or traveled to play catch with strangers covered Bryan's resolution of play-



and share stories. Bryan has written fiction, based on life, and nonfiction stories that revolve around state in "America at the Seams."

Bryan has loved baseball since he was practically a toddler; for years, his dream was playing for the Kansas City Royals.

"It emphasizes individual effort and team effort. You can't do it by yourself but individual contribution makes a difference. It is a game of horrible failure, over and over, and you have to have courage—you know, you strike out three times, let's get in the batter's box one more time and see what happens this

"It's a game of hope and not giving up, and I think that's what really resonates most deeply to me. It is a game that brings people together, where you are cheering on your teammates, to overcome their

Real Bonds and Connections

There is something transcendent about sports and sports stories, connecting us to something bigger. Early on in the project, local media



Bryan on day 279 with comedians Raj Suresh (L)





On day 271, Bryan played catch with his older daughter Kaylea before her homecoming dance.

year, and the story got picked up by to do a catch-playing road trip. catch. He thought that was a good

One of Bryan's favorite words is "friend," and he made hundreds of

With people who had never picked up a baseball before, they would start small and throw underhand, and move farther apart as they got comfortable, and end their games with smiles and heartfelt thanks for The Power of Play playing. Some had played in high school, or were Bryan's parents' age and had played and shared it was their favorite thing to do. Bryan would ask why they agreed to play catch with a stranger, and discover what they had in common, and what their hopes and dreams were. Bryan's year, and book, was filled with deeply genuine stories.

"There's something about this physical activity, and it takes both sides of your brain to coordinate your body catching throwing a ball, and so since your brain is so engaged in this activity now its gatekeepers have come down and it opens you up to real connection with the person," Bryan said. "And so I think these people who were so positive in their responses had at some point in their life experienced that connection."

It was a year that strengthened family bonds, too.

From the very beginning, Bryan sat down with the family and talked about what this would look like; if it was going to work, it couldn't come at the expense of straining his relationships with his wife and daughters. They talked over worst-case scenarios and ended up with some of the best-case scenarios.

During a fundraiser screening of "Field of Dreams" with the local theater for the local Miracle League, Bryan sat in the back of the auditorium, struck with inspiration at the road trip scene. He leaned over and it happen. Someone had to cancel,

ing a game of catch every day of the whispered to his wife that they had

other media. Invitations to play also "I'd go play catch for an hour, and came pouring in. Bryan rememthen we [had] the rest of the time [to] bered that his wife was baffled, and go do things together," he said. "It asked why so many people were was a wonderful way to get us out so interested in someone playing of our routines and go to places we never would have gone.

> "Driving from the northwest corner to the southeast corner of Iowa in one day was a long stretch, but we laughed and we told stories and we took breaks and we saw scenery out the window. It was good to be able to undertake such an amazing year with my wife and daughters."

The morning before Bryan spoke to The Epoch Times by phone, he played catch again with someone he hadn't seen in two years. His playing partner had already had a rough morning, but as they threw the ball and talked about dreams and life and their children, he told Bryan what a reset the game was and how it had helped him have a

Bryan has long believed in the importance of play. One of his playing partners was a professor who then introduced him to the Institute of Play and a wealth of research on its

"The things that I was learning through playing catch, about perseverance, about community, about developing better communication and empathy and hope, about adaptability and how this wired my brain for curiosity, to really know the other person, these are all things we learn when we play," Bryan said.

"She pointed me in the direction of the research, that what I had been experiencing firsthand had been proven through research over and over again.

"As we age, we have to be intentional about creating a space to play." Through play, learning to deal with difficult things like adversity, and developing resilience, take on

"There were hard things," Bryan said. "We really had to work to make or weather was horrible, because that's what Springfield, Missouri, was known for, so you had to get creative in how you went about it."

There was that day when he was going to play catch with the local fire chief, who had a really limited window of time, and it was pouring sheets of rain. They ended up playing under the covered drivethrough area of a bank.

At the very beginning of Bryan's project, ice covered the roads and the wind chill was 15 degrees below zero, but a dear friend of his was determined to help him see his resolution through.

"We had so many layers on," Bryan said. But it created a great memory for the two of them, one that they still talk about two years later.

In fact, Jan. 2, 2019, was the first day he hadn't played catch since the inaugural New Year's Day game with his daughter. That day, as he sat and thought about it, he felt a sense

"Physical disciplines really shape a person, and I really, really missed it," he said. "I think that kind of points fingers at how powerful play is, and how important play is in our lives.

"As we get older, it's really easy to let all of life's responsibilities just press in and weigh us down like groceries, dishes, bills, homework, school, jobs, and all the responsibilities that come with being adults, but it really is imperative that we not just find time to play but that we intentionally create space to play. Because we can't be fully human apart from play. When we stop playing, there's a part of us that dies.

"We really live in a play-deprived society, especially as we get older. It's best seen in how we treat strangers, how we treat those who disagree with us, how we respond when faced with adversity and challenges.

"It's play that helps keep that hopeful optimism, that helps find that reserve of courage and strength to press on when life gets hard."

Perseverance, Hopes, and Dreams

Bryan was 4 years old when he attended his first baseball game, and for as long as he can remember his dream was to play for the Kansas City Royals. But he quit playing baseball at 16, before hitting his growth spurt. Looking back, Bryan says he gave up too easily on something that was supposed to have been his dream for most of his life.

When he finished playing a year of catch, one of the big revelations he had was that, this time, he hadn't given up.

"It's OK to work hard to make dreams come true, and I guess that's what I wish I could tell 16-year-old me, which is don't be afraid of the hard work you have to do, of the good that can come of it," Bryan said. "For so many years I would joke about, hey I'd love to do play catch with somebody, and I'd just say it, but then I'd never do anything about it. So go do something about it, make some phone calls, send some emails, you'll get somebody to say yes and it'll be worth it."

It was a year of living out his values, and conscious that now his own daughters were watching. For Christmas, they both wrote him letters about that year of adventure, and what watching him taught them. They shared realizations of the importance of play, connection, and good memories, about the importance of curiosity, perseverance, and being present. "You've shown that to me time and time again, and I appreciate it," reads one letter, included in the book.

Bryan is a firm believer in living out a good story, and that each of our stories can impact others. "The goal is to live our story in such a way that it inspires and helps others to live their best story," he said. His perseverance this time around certainly would have inspired his 16-year-old self.

Aside from the sense of accomplishment he felt after finishing the year, Bryan also realized he physically felt so much better. The sense of loss from not playing catch every day didn't last long—now Bryan is playing baseball. All that catch rekindled his 16-year-old dreams, and he made the local semi-professional league, where he's currently playing his second season.

"So I get to introduce myself as a baseball player! It's a joy," he said.

Socrates (469-399 BC) was not only a philosopher; he was also engaged in military service and

The Lifelong Quest: Attaining Manhood

JEFF MINICK

n October 7, 1571, a fleet of ships and men under Ottoman Empire Admiral Ali Pasha met the Christian forces under the command of Spanish Admiral Don Juan of Austria. Over 100,000 men and hundreds of ships engaged in this battle, tens of thousands died, 12,000 enslaved Christians were freed, and Don Juan's forces prevailed, giving a boost to European hopes that they could fend off future Turkish incursions.

Lepanto was one of the greatest and most horrific naval battles of all time.

On Sunday, October 11 of this year, I witnessed a reenactment of Lepanto that is surely unique among such replications. The lessons it brought home were quite different from the original battle.

Battles and Blazers

At the all-boys Saint Gregory's Academy, grades 8-12, in Elmhurst Township, Pennsylvania, the students divide themselves into Christians and Muslims. They then build boats of cardboard boxes, wrap them in duct tape, plaster the bottoms and sides with Crisco, and craft swords, battle axes, and medieval weapons (balls), again from cardboard and duct tape.

At a small pond on the school's property, lined with cattails, the Turks and Christians gathered. At a given signal, the two forces launched their craft into the water, slowly paddled their way toward the other, and the melee was on.

Shouts of encouragement from teammates on the shore rang out to their classmates hammering away on enemy boats in hopes of making a hole and sinking them, and often hitting their opponents in the bargain. The battle continued longer than I expected—who knew that cardboard boats and duct tape could float while carrying one or two boys?—but eventually, and unlike in history, the Turks managed to win the battle with one surviving boat. Shivering, muddy teenagers then bolted toward the dormitory to warm up and shower before the annual Lepanto feast.

The next day, I attended worship services in the school's chapel, where the boys, now all wearing blue blazers and ties, participated in the sung Melkite Catholic liturgy before heading off to lunch and more classes. Later in the afternoon, I watched from my daughter's porch as a group of boys bearwalked across a soaked field in rain, high winds, and temperatures low enough to show your breath.

And all of these activities took place during the COVID-19 pandemic.

Because my son-in-law attended St. Greg's—he now works there—I've had occasion to meet graduates and faculty of this

tiny school. Many of the graduates I know, men now in their 30s, are self-employed, work hard at what they do, and support a wife and children. Most are well-read, a habit instilled at the academy, and most continue to practice their faith. They tend to be conservative in their politics, but also generous in their acceptance of others.

Manhood doesn't arrive at the magical ages of 18 or 21, but is the destination of a lifetime.

Though the students I saw may not always realize it, they are part of a tradition stretching thousands of years into the past. From ancient times to such present codes as the Boy Scout Oath—a promise to "to keep myself physically strong, mentally awake, and morally straight"—fathers and mentors trained adolescents and teens to grow.

These young men may also fail to understand that manhood doesn't arrive at the magical age of 18 or 21, but is the destination of a lifetime.

Physically Fit

Most of us know of the harsh training endured by Spartan boys, of the 40-something Socrates fighting in the Peloponnesian War, of the knights of the Middle Ages who underwent instruction as boys in combat, of American heroes from the young George Washington to President Theodore Roosevelt who prided themselves on their prowess and courage on the battlefield.

Though select members of our armed forces—the SEALs, for example, or the in Front Royal, Va. See Jeff Minick.com to Rangers—still endure lessons in physical strength and courage, many men young and old neglect exercise and feats of endurance. As a result, 31 percent of young American males are unfit for military service because they're overweight, while others can't pass the basic physical qualification test.

I write these words as one who understands. I am approaching my 70th birthday in the worst physical shape of my adult life. This lack of fitness is the fault of no one but

Men should strive to remain physically fit, not just as teenagers but throughout their

Mentally Awake

Time for a hard truth: Many Americans, men included, seem mentally asleep.

There: I said it. Throw stones at me if you wish, but our present crucial time of pandemic, riots in the streets, and the upcoming presidential election combined with the awful lack of acumen among our citizens, is dreadful.

There are reasons for this slumber. Some and moral arenas—is a lifelong journey.

of my male friends and relatives, for instance, take their news only from television. They seem oblivious to the idea that our mainstream media may be wrongheaded, misinformed, or deceptive, even though they might check the facts presented by that media with a few clicks on their keyboard.

ARCHIVE PHOTOS/GETTY IMAGES

Moreover, many of them received what any earlier age would have regarded as an inferior education. They've never read the Declaration of Independence, they have no idea why we fought the Civil War or World War II, they accept as gospel American racism, they can name the latest pop stars but not the governor of their own state. One of my friends is always joking that many young people can't locate Canada on the map. I used to laugh at the absurdity of that contention, but now sometimes I wonder. Good men aim to be lifelong students, always open to new knowledge about the

Morally Straight

Whether by upbringing or by some mystery of their DNA, some few men, I suspect, march along the straight path without giving a thought to straying or seeking an easier way. They fall asleep with a clean conscience and wake the next day with the same. Some other men seem to be utterly without a moral compass: the murderer who shows not a shred of remorse for killing his innocent victim, the dictator who signs an order condemning hundreds to the grave before sitting down to his lavish supper, the rioter who loots the pharmacy of a stranger without batting an eye.

world and about the human heart.

Most of us stand in the middle of this spectrum. For us, each day brings us to a battleground of choices. Do I go to the boss and tell the truth when I've botched a job, or do I lie about it and blame my failure on others or on circumstances? Do I write my own essay for my college history class, or do I pay some anonymous online write to compose one for me for a fee? Do I enter into a sexual relationship with my secretary, or do I obey the edict I myself imposed forbidding workplace fraternization between employer and employees?

Making morally correct choices allows us to march from the battleground at the end of the day with our heads held high.

Onward and Upward

In the "Afterword" to "The Art of Manliness Manvotionals: Timeless Wisdom and Advice on Living the 7 Manly Virtues," Brett and Kate McKay, the husband-and-wife team who run ArtOfManliness.com, give readers this reminder:

"Becoming a man is not a one time event; it is a decision you make each and every day. It is a decision to rebel against society's low expectations for men. It is a challenge not to accept a life of apathy and mediocrity and to seek to become the very best man you can be. It's a decision to take the hard way, to take the path of virtue, honor and excellence, and to leave behind a lasting legacy. At its core, manliness is the decision to simply try and keep on trying."

To strive for excellence, to do our best every day, to set our sights high: these are the marks of a good man. To look for the right path after we've lost our way, to climb to our feet when we've fallen in the mud: these efforts also help us to become the best we

The boys at Saint Gregory's are taught these lessons. Let us hope that they and all our other young men remain warriors in the battle for the rest of their lives. Let us hope, too, that we who are old persevere in our own quest to raise our banners on a hill.

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 follow his blog.



Cultivating excellence—in physical, mental,

The Growing Pains of Public Discourse

For decades, it was considered uncivil to use the word 'socialism.' But it has all been changing.

CATHERINE YANG

even just tend to watch the news from rivaling networks, you've likely noticed that people on different sides of the political spectrum seem to be speaking almost two different languages. It's evidence of how much language has been warped by the left with now "antiracist" trainings that teach racism; a Green New Deal that spells disaster for the environment; diversity and inclusion initiatives that demand homogeneity and conformity; "health care" that ends life with euthanasia or "assisted suicide" and abortion; progressive policies that promise social regression—more and more people aren't even surprised that this is coming from a movement that violently demands compassion.

But this perversion of language isn't new. What's new is that we're even willing to talk about it, says Mike Shotwell, a historian of

"This is the first major dialogue that we've ever had—there have been other like communism, socialism, democratic dialogues, in the '30s after the turn of the socialism, Stalinism, Marxist, previously 20th century," Shotwell said. "We didn't used with nitpicking distinctions, became

have a major dialogue in 1948 or even in the '60s or '70s, because it was verboten. f you have a varied social circle, or You couldn't talk about socialists because

that was 'dirty pool.'" The Democratic Party has always included socialist politicians, some with openly Marxist or Stalinist ties, but neither party would openly call the policies socialism. Even as recent as the 2008 or 2012 elections, it wasn't a term to be used.

For decades, the Republican Party considered it unfair or uncivil to use the word "socialism," or to call an opponent a socialist—it was unthinkable, like comparing their opponents to Hitler, and would invite accusations of McCarthyism besides, Shotwell said. So no one ever did it.

"Well, you can see how correct it would have been then. We would have had a much longer dialogue," he said.

But then in the 2016 presidential elections, Sen. Bernie Sanders openly ran as a democratic socialist, and the dam broke, Shotwell says. Socialism became widely discussed by the media and public—terms



A protester (R) at a campaign rally for Sen. Bernie Sanders at the Arizona Veterans Memorial Coliseum in Phoenix on March 5, 2020.

America is slowly getting educated.

Mike Shotwell, historian of Marxism

"America is slowly getting educated," Shotwell said. By Any Means Necessary

socialism and communism was.

Shotwell grew up in a deeply anti-Ameri-

can, communist household, with conviction in these leftist ideals until he saw the consequences of communism in action.

nearly interchangeable as people started

to understand what Karl Marx's vision of

"My whole world was backwards," said Shotwell, who recounts the experience in his memoir "Immersed In Red: My Formative Years in a Marxist Household." "It's one of the reasons I can write about it with some authority, because I lived it."

His stepfather Orville Olson was one of the main organizers of the 1948 Progressive Party, which in reality was the Communist Party, ran by communists who deliberately chose a word that would convey very different connotations. Such deceptive terminology "has always been part and parcel of communism," Shotwell said. These members agreed to use "patriotism" when they meant "socialism" and "capitalist" to refer to their opposition. "It's across the board, it's been around a long time."

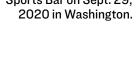
If you look in communist handbooks, it says explicitly to lie, to say anything you want, in order to promote your cause, Shotwell explained. You'll see frequently in left-leaning manifestos the phrase "by any means necessary."

Though new terms like "anti-racist" are ridiculed, older ones like "progressive" are more or less taken for granted, having made their way firmly into our political lexicon.

If you have only a half-hearted grasp on reality, it is easy for the left to speak these lies into being. It is not even particularly strategic most of the time, just the timeworn tactic that if you say something often enough people will come to accept it, Shotwell added; for example, mainstream media doesn't twist facts about President Donald Trump's policies to paint him as a racist anymore, they just repeat "Trump's a racist" until it sticks.

"It is insane at some point, because the

Television screens air the first presidential debate at Walters Sports Bar on Sept. 29, 2020 in Washington.



It is insane at some point, because the left puts everything into a morality play ... They live in a world of moral relativity, where words mean anything you want.

Mike Shotwell, historian of Marxism

left puts everything into a morality play. It's a morality play and, of course, they have no morals," Shotwell said. "They live in a world of moral relativity, where words mean anything you want."

Reality is grounded in objective truth, and Western civilization has as its foundation the Ten Commandments, objective truths that come from God, not the mind of man, Shotwell said. This is in stark contrast to communism, which breaks every one of those commandments and seeks to create a world with no nuclear family, private property, or freedom.

"I think when you live in that kind of a world, the word doesn't mean anything. You can move words around and do anything you want with them, and if you repeat it long enough it becomes real," Shotwell said. "The words they use are all malleable."

If you look in communist handbooks, it says explicitly to lie, to say anything you want, in order to promote your cause, Shotwell explained.

"They create their own morality, their own truth," Shotwell said. "You create your own world, 'speak your own truth'—what does that even mean?"

Shotwell saw the results of real-life application of communist ideas firsthand in crumbling Venezuela and the riots and fires in Los Angeles in the '60s. He sees a repeat of communism in action with antiracist trainings that look exactly like the mandatory meetings of communist cells in the Soviet Union, where everyone at the factory had to attend and confess their privilege. Now others see it in the looting and riots and burning of private property.

"This isn't something that's just started, this has been going on," Shotwell said. "Until people know this stuff, you go along with the words."

"People come up with these nonsensical things—just unpack it. What does it basically mean?" Shotwell said. "Define what it is, and then you can go on and debate it. Until you unpack it, they're all just like a blur, there are so many of them."

Dialogue and Clarity

Having witnessed decades of growing communism with no debate against it, Shotwell says he is buoyed by the things he sees in public discourse today, even if some of the words used sound like utter insanity. It won't happen overnight, and it won't be painless or easy, but these growing pains are necessary for the United States to understand what socialism truly is, and there is every indicator that Americans don't truly want socialism.

"It doesn't happen with a catharsis, it doesn't happen at one time," Shotwell said. Shotwell says the black population is a tremendous example of this awakening in action. This is a demographic that has for decades voted overwhelmingly Democrat, but in recent years, there has been a highly visible move away from this singular narrative, and he sees the reason as being on multiple levels.

First there is tangible proof of policy consequences; the mainstream media might demean Trump's character, but black people are seeing historic lows in unemployment. Secondly, admirable figures such as Thomas Sowell speak and write with clarity on these issues at a time when people are seeking the truth. And third, but maybe most importantly, and most persuasively, the everyday, one-on-one interactions we all have contribute greatly to this big dialogue of the public sphere.

Shotwell says he met a good friend of his about three years ago just because they happened to start a conversation in a restaurant after one spotted the other with a book by Sowell.

"He talks to his friends, he talks to his family, he's talking to his dad and his mother," Shotwell said. And his friends and family start to get curious and start to think about these issues. It's not by any means simple; at a family reunion his grandmother called him a race traitor, but other members of the family quietly thought about the points he brought up.

This "cancel culture" isn't new either, Shotwell said. There were many black members of the communist or progressive movement decades ago, too, and he remembers if anyone said something good about other viewpoints they would be ostracized and lose all their friends.

"Fortunately, we have the ballot box," Shotwell said. Most people may not be vocal about their political understanding, but they have the right to cast a vote, and the results will create more tangible proof, and, eventually, cultural change.



CHILDREN'S BOOKS

Celebrating Fall

BARBARA DANZA

utumn is an exciting time for a child. The wind is picking up, \perp trees are painted in warm hues, and pumpkins, apples, and scarecrows abound. The holidays are around the corner. As night falls earlier and earlier, perhaps there is time for an extra bedtime story. In celebration of this season of brisk anticipation and home comforts, here are some titles to enjoy with the children in your life.

"Over the River and Through the

Wood" by Lydia Maria Child, illustrated by Christopher Manson, is a lovely rendition of the classic Thanksgiving poem. It features woodcut pictures that tell the story of a horse-drawn sleigh carrying a family to Grandfather's house for the holiday feast.

The illustrations beautifully portray the cold November weather, the anticipation of the trip, and the warmth of home and family upon arrival. Children will love to read this over and over again.

"Bear Feels Sick" by Karma Wilson, illustrated by Jane Chapman, is an adorable tale of an achy, sniffly bear and the loving care his animal friends give him to help him feel better. More than just a good book to have around during the flu season, this story truly centers on compassion for others. This message of kindness is delivered nicely through simple language and endearing illustrations.

"The Little Old Lady Who Was Not

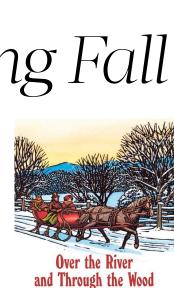
Afraid of Anything" by Linda Williams, illustrated by Megan Lloyd, tells the tale of a spunky lady who doesn't let fear get in her way, even when she encounters two shoes walking by themselves in the woods at night or a scary pumpkin face yelling "Boo!" at her.

The enjoyable story builds and builds as the lady travels home in the dark, encountering noisy, animate objects—a pair of pants going "Wiggle, Wiggle" and two gloves going "Clap, Clap." This story deftly handles the subject of fear and is a delightful read-aloud experience. It's just right for Halloween time.

"I Am A Bunny" by Ole Risom, illustrated by Richard Scarry, is a classic board book that sweetly illustrates a bunny's experience with each season. Ideal for this time of year, when the changing of seasons is most evident, this story beautifully portrays nature's annual rituals through the eyes of Nicholas the bunny. As colorful autumn leaves fall across the page, Nicholas simply says, "In the fall, I like to watch the leaves falling from the trees." "I Am A Bunny" is a picture book that can serve as a first

book for the very young and enjoyed for

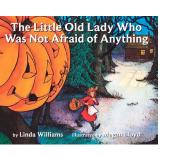
years to come.



"Over the River and Through the Wood" by Lydia Maria Child.



"Bear Feels Sick" by Karma Wilson.



"The Little Old Lady Who Was Not Afraid of Anything" by Linda Williams.



"I Am A Bunny" by Ole Risom.

Joshua Philipp, host of the show "Crossroads With Joshua Philipp."

Deciphering the Truth: How to Tell Real News From 'Fake News'

A conversation with Epoch Times investigative reporter Joshua Philipp

BARBARA DANZA

emember when you could turn on the evening news with little doubt that the journalists were, to the best of their knowledge, delivering the truth? Whether we were living in ignorant bliss or a more virtuous world, it sure made consuming news less stressful.

Today, of course, deciphering truth from fiction seems ever more important and challenging. World events hit closer to home than ever before, and it's a challenge to make good decisions for the health and well-being of our families—not to mention the future of our country—if we can't determine with confidence whether the information we're being given is accurate.

So, how can we tell whether or not the news we're consuming is reliable? I asked Joshua Philipp, an Epoch Times awardwinning investigative reporter and the host of the show "Crossroads With Joshua Philipp," for advice on navigating these muddy waters. Here's what he said.

The Epoch Times: What has changed in the past few years that has so eroded our trust in the news?

Joshua Philipp: I think news began changing around the time that it became advocacy rather than the original mission of telling people what happened and why you should care about it. A lot of journalists these days are engaged in "new journalism." It's not journalism meant to tell you what happened. It's journalism meant to achieve a specific political goal.

So when people go to write stories, they're not thinking of informing the public—they're thinking of informing the public based on a political agenda.

The Epoch Times: Are some of the news truly "fake"?

Mr. Philipp: A lot of news is "fake." Although, I would say most of the time it's half-truths. But half-truths can sometimes be a lot more deceiving than complete lies because there is a grain of truth in them.

What you find a lot of journalists doing these days is omission—where they'll leave out key, factual points and then they'll draw a broader analysis on top of it. The analysis then becomes the angle. So they can make really bold statements based on incomplete information.

Half-truths can sometimes be a lot more deceiving than complete lies because there is a grain of truth in them.

Joshua Philipp

Or they might make a statement like that in the headline and the first few paragraphs of the article. But, further down, maybe 10 paragraphs down, then you have the refuting evidence that actually debunks everything they just told you.

The Epoch Times: What fundamental characteristics of journalism should be found in a trustworthy news report? Mr. Philipp: I think the reason people read news is because they want to have an accurate understanding of what is taking place in the world and they want to have a bit of basic information on how to understand it. So, the things that journalists should pro-

vide are the factual details relevant to the main points people should know. And that should not be a biased statement. Journalists should give the complete picture within reasonable length.

Then, on top of that, they should provide the context of the information so as to relay the proper understanding of what was meant by it or what was the context of an incident so people know why it happened.

The Epoch Times: When reading an article or watching a television news report, what clues might indicate that it's an unreliable report?

Mr. Philipp: If you're watching TV, if you're reading the news, there are a few things you should look for. Look for, No. 1, the sources. Are they citing, for example, unnamed sources from a publication that has shown to have, in the past, gotten things wrong or that has demonstrated previously that their unnamed sources are

You should also pay attention to the level to which the journalist editorializes, unless it's in the editorial section. How much are they splicing in their own opinion? That indicates that they're so biased, oftentimes, that they're not even able to relay basic information without putting their own opinion into it, which does indicate that they may be interested in concealing information or changing the context of information to give you a different under-

No. 3—you should make an effort, especially these days, to read a few different publications. At least, initially, have a look at a few different ways that journalists report on topics and see if you can even look at some of the original sources. Not all the time, but every now and then, to make

The Epoch Times: What advice would you give busy individuals who don't have time to research every detail or angle of an issue, but wish to stay informed of current

Mr. Philipp: Well, not to sound like an advertisement, but, really, at The Epoch Times—we make an effort to do that. It's one of the foundations of our journalistic approach. We do make a serious effort to n terms of what's necessary for the story and in terms of providing the proper cona look at what we write and have a look at how other media present those same stories. I think you'll see a real difference.

The Epoch Times: How can parents teach

Mr. Philipp: I think the biggest point parents should teach their kids when it comes to learning real from fake is to teach them independent thinking—to judge things according to their own systems of values. Often people get led along by narratives based on emotional agitation or based on the fact that they get fed these false historical views, which then reshape the kids' entire perception of reality. Their perception of history, their perception of values—if these things become fundamentally altered then there is no way they can interpret surface-level information without having those things as context.

So for kids, I would recommend giving your kids good books to read—from history and literature—that present good values that can form a basis through which moral or traditional lens. Doing that gives them an anchor when dealing with all the problems the world has today.

The Epoch Times: Is there anything you'd

has a very advanced computer in their pocket, every time you're sitting in the subway, every time you're waiting for a friend, every time you're sitting in a type of information. You're being bombarded constantly with information. In can impact you emotionally.

I'd recommend to people: Try to find your own place of peace. Try to take a step back. Try to absorb positive things every now and then—things that can quell the chaos of the world around you. Because, otherwise, the current of the surface culture of this world is something that is both unpleasant and possibly damaging to a person's soul. I think people feel this these days, that it's hard to feel at peace with the world with people attacking each other in the news all the time, with all the conflicts, and all the terrible imagery we see.

sure the journalists are giving you the proper reports and showing the correct context of information.

provide the full picture of what took place, text. For people who may doubt that, have

their children to tell the real news from the

they can understand the world through a

Mr. Philipp: To the extent that everyone restaurant, you're probably reading some this current environment, it's very easy to let yourself become emotionally agitated, be bothered, be worried, and so on. This is one of the products of news that oftentimes markets to you based on how they

Try to find a place of peace. For that, look to history, look to tradition, look to family.

MIJATMIJATOVIC/SHUTTERSTOCK

5 Habits of Successful Homeschoolers

BARBARA DANZA

Homeschooling calls for a parent to perform at the top of his or her game. There are some habits that enhance the ease and effectiveness of homeschooling. If you feel as though you're slogging along this homeschool journey, add some of these practices to make for a smoother experience.

Homeschool parents don't get a lot of "me time" in their days. From the moment they wake up until the time they go to bed, they're knee-deep in it all.

The solution? Wake up first. Experienced homeschoolers understand that carving out even 10 minutes a day to be alone with your thoughts is invaluable.

Even if you're not a morning person, program your coffee the night before and allow yourself some time to slowly wake up by yourself. Relish time alone in the morning to gather your thoughts and just be.

Do this each morning and you'll find it refreshes you and allows you a buffer between serving the needs of your family and nurturing your own needs. Once you get used to the new schedule, you may even find yourself wanting to get up even earlier to allow for more time alone. It can be a game changer.

Whatever your approach to homeschool, I recommend planning more than enough for each of your children. When life gets hectic or you're just tired, you'll have robust plans to fall back on and keep things moving forward.

The key to overplanning is to be completely OK with never getting to all that you've planned. Know going in that you'll never do all of these things, but you'll do the ones that work well for your family. Feel free to have days when you follow

days will feel that way. At other times, though, life will get in the way, emergencies will pop up, or you'll simply feel very tired; then you'll be glad you've done the work ahead of time to keep you and your kids moving forward.

no plan at all. Maybe even most of your

Your checklist says that you have to get through math, history, and science before the end of the day but your kids are still busy building their Lego city, reading, drawing, or digging in the garden.

Let them be. It's really important to recognize the educational value of joyful activities such as these and not fall under a checklist's potentially tyrannical influence.

Step back, pour a second cup of coffee or and flexible.

tea, and watch and listen to the joy your children are experiencing in their homeschool. Pay attention to clues to interests that need further fostering. Better yet, get down next to them and contribute your own Lego creation. They'll be overjoyed.

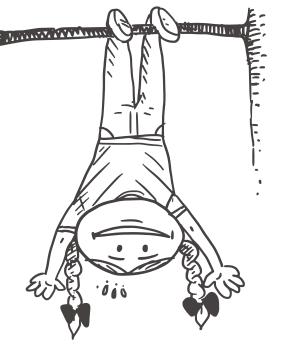
Allow your children to have input into their education. Ask for ideas, get feedback, and involve your children in the preparation and execution of their homeschool experience. As they get older, do this more and more.

Remain Flexible

If there's one thing for certain in homeschool, it's that it won't stay the same. What works one year might not the next. Your children's interests and aptitudes will vary widely across the spans of their

Be ready to toss a curriculum that isn't working, rethink your whole approach to subjects, adjust your schedule and routines many times, and pivot to meet the needs of your children.

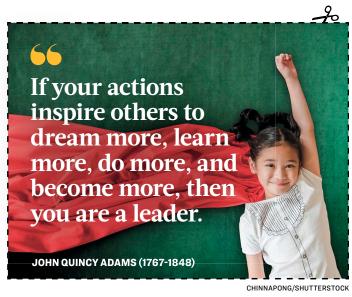
These aren't robots you're programming, but beautiful souls you're cultivating, so keep your approach soft, loving, open,



Ask for ideas, get feedback, and involve your children in the preparation and execution of their homeschool experience.









PANICS LISTENERS

n Oct. 30, 1938, actor Orson Welles presented a dramatic retelling of the English science fiction novel "The War of the Worlds" by H. G. Wells. Welles presented the first part of the broadcast as a series of fictional news bulletins.

The bulletins reported explosions on Mars and then an object falling from the sky in New Jersey, followed by reports of alien invasions happening across the



producer, and director Orson Welles during a broadcast circa 1938.

By Aidan Danza, age 14

PRAIRIE DOGS

rairie dogs are classified as part of the

In the long history of the

world, only a few generations

have been granted the role

of defending freedom in its

responsibility—I welcome it.

would exchange places with

generation. The energy, the

faith, the devotion which we

our country and all who serve

can truly light the world.

And so, my fellow Ameri-

try can do for you—ask what

you can do for your country.

I do not believe that any of us

any other people or any other

hour of maximum danger.

I do not shrink from this

An Excerpt From

John F. Kennedy's

naugural Address

My fellow citizens of the

world: ask not what America

will do for you, but what

freedom of man.

bring to this endeavor will light our only sure reward, with

it—and the glow from that fire our deeds, let us go forth

cans: Ask not what your counhelp, but knowing that here

together we can do for the

Finally, whether you are

citizens of America or citi-

zens of the world, ask of us

here the same high stan-

dards of strength and sac-

rifice which we ask of you.

With a good conscience

history the final judge of

to lead the land we love,

on earth God's work must

truly be our own.

asking His blessing and His

squirrel family. It isn't hard to see the resemblance between the prairie dog and the garde variety gray squirrel, but the immense differences in their habitat make their lives very different.

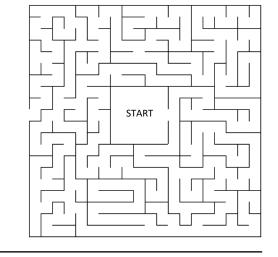
First of all, the prairie has almost no trees, and thus there is almost no natural shelter. So the prairie dogs, like many other rodents, build their own homes. Prairie dogs' burrows are especially intricate and some of them are enormous. In fact, one prairie dog burrow network (called a prairie dog town) was recorded to have spanned 25,000 square miles, or 16 million acres, about the size of West Virginia. This enormous prairie dog metropolis was said to have contained 400 million prairie dogs, more people than are currently living

in the United States. Prairie dog towns have a similar structure to a human town, with a neighborhood, called a coterie, and separate houses, which are individual burrows with multiple entrances and rooms. A coterie consists of a large family group, like a lion pack. It is run by a male and three or four females and their young. The burrows have mounds surrounding their entrances

to mark their presence, to serve as a lookout, and to keep water from flowing into the burrow. These burrows are often still useful when the prairie dogs abandon them, as they are often taken over by a burrowing owl, wading birds, desert cottontail rabbits, rattlesnakes, spiders, and insects.

Prairie dogs eat mostly plants such as grasses, but also many other plant species. They are eaten by a great many animais, including coyotes bobcats, hawks, eagles, foxes, badgers, and weasels. To help defend themselves against predators, prairie dogs have an elaborate early warning system. The dogs post sentries atop their burrow mounds, that bark (like a dog) if a predator comes. The prairie dogs also have a detailed language consisting of barks, chips, clicks, and squeaks. When all else fails, the dogs can be extremely feisty and sometimes can fight off an attacking predator.





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

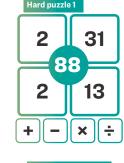


Solution For Easy 1

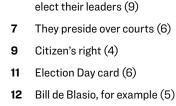
9+9×(l+E)







6 Form of government where citizens



2 Political groups that nominate

They run our Counties (15)

candidates (5)



- Where votes are cast (12) Those elected hire and fire school principals (11)
- Voting is a November 3rd, 2020 (8)
- 10 Andrew Cuomo's job (8) 13 Members of the upper house of Congress (8)
- 14 They run our cities and towns (14)
- 15 George Washington was our first (9)



Welcome to a different kind of news

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

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

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

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

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

That said, we're always open to feedback as being media isn't simply about disseminating information: it's about participating in a bigger societal conversation. And there'd be no conversation if someone wasn't on the

other side reacting to our articles. The way we see it, we're always in a partnership with our readers-with your suggestions and support, we hope to deliver a more improved reading experience for you every week.

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

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

In truth and tradition, The Epoch Times

TRUTH AND TRADITION

SUBSCRIBER RESOURCE GUID

PAPER DELIVERY

If you have any issues with your newspaper delivery, please submit a complaint at TheEpochTimes.com/help or call our customer service at (917) 905-2080

If you miss an issue of the paper, you will be granted a subscription extension for the missed issue(s).



SUBSCRIPTION RENEWAL

All subscriptions, except for gift subscriptions, will automatically renew every term (monthly, quarterly, biannually, or annually).

You may cancel your subscription at any time. Please note that cancellation and getting a refund are two different things. For details, please search "cancellation and refund policy" at TheEpochTimes.com/help

YOUR ACCOUNT

Accessing Your Account

When you bought a print subscription, you were given a complimentary digital subscription.

You can access your account by going to The Epoch Times.com/profile

Setting Up Your Account

(1) If you provided an email address when you subscribed, you already have an online account. Your email is your username. However, if you forgot your account password, or haven't chosen a password yet, select "Reset Password" when you come to this screen

Email	
Password	
Login	

(2) If you didn't provide an email address when you subscribed and want to access your online account, contact our customer service at (917) 905-2080.

From your account you can:

- · File delivery complaints
- View subscription plan details
- Change subscription plans
- Update your shipping address
- Update your payment method
- Change your name
- Reset your password
- View your account history
- · Refer friends
- Gift a subscription
- Send a friend papers for FREE
- Access premium content

CUSTOMER SERVICE

(917) 905-2080

Monday - Friday: 9 a.m. to 8 p.m. ET Saturday: 10 a.m. to 3 p.m. ET

Mailing Address: **Subscription Department** The Epoch Times 229 W. 28th St., Fl. 7 New York, NY 10001

Read the stories behind your subscription at EpochSubscription.com

THE EPOCH TIMES



