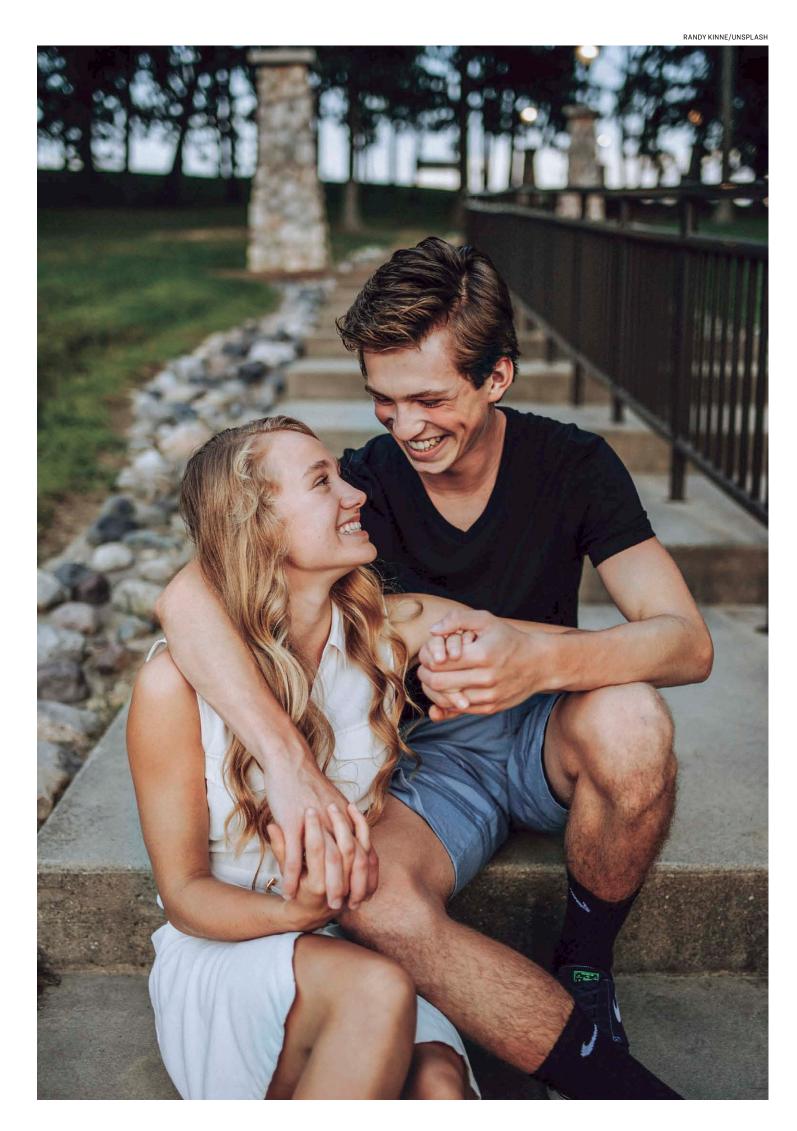
WEEK 45, 2020

# THE EPOCH TIMES **IFFE & TRADITION**



# Rewriting the Dating Script

In a dating culture where standards and expectations are gone, how does one find a real connection?

### **CATHERINE YANG**

lients come to Leila Tomasone with questions, failures, and just sheer confusion about their love lives.

"Dating—what does that word even mean?" asked Tomasone, a relationship coach and mother of two based in Virginia. As a matter of fact, dating hasn't been around that long, she points out. Marriages used to be arranged, and courtship in modern history was a fairly transparent public affair. "Young men would call a young lady's home and the family was there, and they'd pick up the phone and they'd want to know what's up with this guy."

The young ladies would go on these dates, but the expectations were typically that they were innocent (chaperoned even, going further back). "The standard for intimacy in a relationship was marriage," Tomasone said. "It happened a lot faster, and it was understood that if a man took a young lady out for several dates, that ended up heading toward marriage or he was wasting her time." Those scripts, standards, and expectations are completely gone, but no new structure rose to replace it. Tomasone has talked to people who questioned what it even means to accept or ask someone out on a date, what obligations that entails, and whether their actions mirror their words. Foundational relationship questions, such as whether they were seeing other people, or where things were headed, were things people had no idea how to ask, or worse, just assumed. Tomasone started giving her friends advice, and among her circle there was a positive ripple effect. Since then, she's turned this skill into a coaching business.

The truth is, Tomasone said, it started with her own relationship problems.

"It started out with my experience having a bad marriage and then having some bad relationships and just needing to get myself sorted out," Tomasone said. It was "trial by fire," but through her path of errors, she picked up the psychology of relationships, as well as resources, skills, and strategies, and realized so many other people needed the same.

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# Leisure, Screens, Work: Finding a Balance in Our Lives

Leisure not only removes us from duty, but also gives us a new way to see the world



#### **JEFF MINICK**

A friend—I'll call her Maggie—and I were recently talking by phone when the subject of leisure arose, along with questions such as: Once we've finished our work, which often seems unending, what do we do? And is there a difference between recreation and leisure? Spending an evening on social media, watching a televised football game, walking at sunset on a beach, carving out wooden toys for grandchildren: all offer a break from work, but are the benefits equivalent?

For Maggie, a wife, mother, and busy professional, cooking and baking pro-

vide a respite from the workplace. Her kitchen creations take her away from her computer screen and telephone, and bring her the satisfaction of creating tasty dishes with her own hands.

As for me, other than reading, which ranks just below breathing as one of life's necessities, I have no real hobbies. I don't draw or paint, I don't collect coins or stamps, and I don't take photographs of nature or spend my weekends hiking the many trails in my county.

After speaking with my friend, however, I realized that my favorite form of recreation is conversations with family or friends over a meal or a glass of wine. Unlike Maggie, who spends hours every day in contact with others, I live a life of solitude, and it's a pleasure to spend an evening with others, talking over politics or literature or just everyday stuff.

But the questions raised by Maggie remained, so I set out to explore what we mean by leisure and recreation, and their benefits.

#### **Digital Distraction**

Like so many people, I spend hours a day on the computer. Most of that time goes to writing articles, but I also browse certain websites for news and for topics for my articles, and answer emails.

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Private First Class Arthur Brodin with Congressman Ken Buck.

# WWII Veteran, 97, Receives Seven Medals for His Service 74 Years Later

### LOUISE BEVAN

VETERANS

inety-seven-year-old Private First Class Arthur Brodin was **N** simply grateful for his Colorado home and his health. But during a private tour to the World War II battle sites where Brodin fought, his family realized that their beloved patriarch was entitled to

more

It never occurred

to the World War

for medals for his

service in the U.S.

Army more than

seven decades ago,

reported the Little-

In recognition of

end, Brodin's family

ton Independent.

the 75th anniver-

sary of the war's

made plans for a

private tour of the

sites, the report

stated; however,

World War II battle

ll veteran that



U.S. Rep. Ken Buck (L) pins the Honorable Service Lapel Button on

Brodin.

they were prompted by the tour guide to ensure that Brodin wore his medals. The veteran's daughter-in-law, Lisa Brodin, said that he didn't have any.

"I was thankful I came out of [the war] with a broken ankle and some other injuries, partial injuries, to my body," Brodin told the Littleton Independent.

"It amounted to a 10 percent disability. I was very thankful to come home with that much."

Brodin's family made inquiries at U.S. Rep. Ken Buck's office and learned that Brodin was entitled to seven medals for his service: the Good Conduct Medal, the American Campaign Medal, the European-African-Middle Eastern Campaign Medal and Bronze Star At-

### **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 10001

### 66

l was thankful I came out of [the war] with a broken ankle and ... partial injuries, to my body. It amounted to a 10 percent disability. I was very thankful to come home with that much.

Arthur Brodin

tachment (Triple), the WWII Victory Medal, the Army Occupation Medal and Germany Clasp, the Honorable Service Lapel Button WWII, and the Marksman Badge and Rifle Bar.

On Sept. 26, a ceremony was held in Castle Rock to honor Brodin. A World War II-era jeep escorted Brodin from his home to the Amphitheater at Philip S. Miller Park, and commendation was delivered by Castle Rock Mayor Jason Gray.

Recognizing the nonagenarian veteran's service, Buck said that Brodin "did his job, came back to America, and just got right back to it." Buck credited Brodin's generation of servicemen for giving Americans the freedoms they enjoy todav.

"It's great for us in a time when we are divided like this to look back and see a time when our country came together to take on a struggle," Buck said. The Town of Castle Rock government posted on Facebook to celebrate Bro-

din's long-overdue medal ceremony. Officials wrote: "Thank you for your service, PFC Brodin! We are honored to have you as part of our Castle Rock community."

"We salute you Sir, and all those who fought with you to keep us safe," one supporter commented.

"I'm so glad that the people that served in the military are honored as they should be, makes my heart glad," wrote another.

pietas to the Romans that they

made it a goddess, a divine

In Virgil's "Aeneid,"

the hero of that epic

poem is often de-

scribed as Pius Ae-

neas, or Pious Aeneas,

for his respect for vari-

ous deities and for the

care he shows for his

family. Fleeing Troy

after its capture by the

Greeks, for example,

Aeneas carries his

elderly father on his

back while holding

his small son's hand,

Littleton Independent reported that Brodin enlisted into the U.S. Army at Fort Logan, Denver, in April 1943 as a surgical technician. The young tech was involved in preparations for D-Day, experiencing a near-miss in a glider crash just eight days after the operation was launched.

Brodin recalled that his crew's assignment was to place bombs on bridges coming into Utah Beach. The officer in charge was killed in the crash, but the crew carefully relocated his body and fulfilled their mission, the report stated. The veteran remembered desperate fuel shortages, trudging through muddy trenches in Saar Valley, Germany, and fighting in the Battle of the Bulge as some of the most poignant moments in his military career.

After an honorable discharge on Feb. 5, 1946, Brodin returned home to Longmont, Colorado. He met his late wife, Luella, in Denver, and the couple welcomed three children together.

Now a loving great-grandfather and still driving at 97, Brodin lives in Castle Rock and only started sharing war stories in recent years, the report stated. "Being able to converse about it and

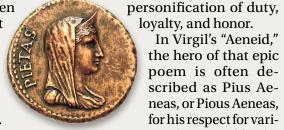
ask questions and get more of what he did and what it meant to him to be in the military, it was great," one of Arthur's sons, Robert Brodin, told the Littleton Independent.

"It's these medals and these stories that people need to understand."

### VIRTUES A Roman Virtue: Pietas

From the Latin "pietas" we de- pietas added to his own dignity rive the word piety, which we and worth. So important was associate with a religious faith. For the Romans, howev-

er, pietas held an even deeper meaning. It included not only respect and reverence for the gods, but also for country, customs, tradition, and family, particularly parents. Pietas involved doing one's duty in all things, particularly in caring for mother and father. Love and gratitude were also a part of this blend of virtues, and the person who practiced



Livia, mother of the emperor Tiberius, pictured as Pietas on a Roman coin, 22-23 A.D. CLASSICAL NUMISMATI GROUP/CC BY-SA 3.0

an act demonstrating both his respect for the past and his hopes for the future.

For centuries, especially during the years of the Republic, Roman parents taught their children the value of pietas, which is one reason a town on the Tiber River became one of the most splendid cities in the ancient world.

Many of our ancestors practiced an American version of pietas, caring for loved ones, honoring the flag, celebrating their liberties on Independence Day, and treating those around them with the dignity they deserve.

And if we pause and look carefully, even today in this year of pandemic, riots, and a presidential election, we see others following the path of pietas. They are the pillars of

our culture.

*—Jeff Minick* 

# **DEAR NEXT GENERATION:** 'Grab onto life with both hands'

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

One day several years ago, I was telling my adult children that I was unaware of them ever lying to me. I chuckled and said that if they did, I didn't know about it. My oldest daughter became quite serious and said to me, "Dad, it's not so much that we never lied to you, it's more that you never gave us a reason to lie to you."

From the time my four children were wee toddlers, I made it a habit to not discipline or punish them for accidents or mistakes. Often even mistakes in judgment. If my toddlers broke a glass I never raised my voice to them, rather I would run to them, pick them up and put them in a place of safety and clean up the broken shards of glass, at the same time telling them to let daddy help clean it up. I explained that if they tried to clean it up they could get hurt.

As they grew older they came to learn that they if they had an accident or made a mistake, they could come to me and I could help. But if they tried to hide it or fix it by themselves, they could make it worse or get hurt. This carried over into their adult lives. None of them have ever been in trouble with the law or had drug or alcohol problems.

So what I'm saying to young people is never give your children a reason to lie or hide things from you. As long as their actions are not out of malice, punishment isn't necessary. Help them fix their mistakes and you'll be helping them learn to become responsible adults. Encourage them not to hide their misdeeds, by showing them that their safety is your first priority. P.S. Tell them every day that you love them, and then show it.

-CH (LTC) Kenneth D. Cain

### New Graduates

I am 87 years old, and on Saturdays I enjoy working at the local greenhouse. Leaving, I noticed a Little League ballgame going on across the street. I like to watch the kids playing ball just as I had so many years ago. I decided to stay before departing to watch a couple of innings. Strolling across the street, at mind-boggling rates. Mental health I stood and leaned on the fence, and issues are showing up in children and on the other side sat one of the players. I asked him what the score was. He Where are the smiling faces? What hap- finds itself in the hands of exceedingly turned and with a big smile on his face, pened to the family? Why is there so younger and younger children, my fear

was taken aback, but seeing the broad smile on the boy's face I was prompted to ask, "Aren't you discouraged?" Without a moment's hesitation the little player said, "Discouraged...? Heck no Mister, we haven't even been up to bat yet!"

As I walked to my car, I thought of my grandchildren who will be graduating from college and high school, and others who are also graduating at this time of year. They're hearing the nonstop news media's doom and gloom reports daily. They hear the bombings and unrest in far-off places, and high inflation eating at the value of the U.S. dollar, but the words of the young Little League ballplayer come back to me. With confidence in the world, I too believe the graduates would answer the same as my new little friend, "Mister, we haven't even been up to bat yet."

So I say to all of you graduates, "When you do get up to bat," don't wait until everything is just right. Conditions will never be perfect, there always will be obstacles, challenges, no perfect circumstances—so what! With each step you take, you will grow stronger and you will acquire more skills needed to become self-confident, and more successful. Don't let the news of the day distort your dream.

Life throws unpleasant conditions at everyone in this world. You can choose how you react to these unpleasant life experiences. You have the power to select your mood just like you pick out the shoes you wear every morning. Grab onto life with both hands; experience it, don't go through the motions to just get by, be an active participant. You'll find success in your newly acquired experiences. Make the most of everything you do. Enjoy every moment.

—Herb Carlson

Lately I've spent a lot of time contemplating on the generation gap. Technology seems to be bringing us together in so many beautiful ways and simultaneously pushing us further and further apart.

We have the library of human knowledge in the palm of our hands, but people seem to feel more lonely and isolated than ever before. Drug use has escalated



A thought crossed my mind recently, that as human beings, we're constructing our own individual realities through the internet. Our twitter feed is full of the celebrities that we follow. On instagram, we scroll through page after page of influencers peddling products that promise us happiness. Our youtube is catered to our taste and our liking. We've created virtual worlds that contain only the content we desire. I believe these details may be the root cause of our division.

In the past, it was necessary to physically interact much more frequently. We were exposed to different ideas and points of view and ways of seeing the world. When you talk to someone in person, you have to look them in the eye and see their humanity. If we disagreed on something, it could hopefully lead to a broadening of one's own perspective. We all have different lives and come from different backgrounds. There's an infinitely vast array of experiences divided among us all. What a beautiful thing that is!

When I go on the internet, I see so much hate. I see so many individuals who have constructed their own virtual realities. When someone's words or opinions contradict that reality, it usually ends in some sort of negative interaction.

The reduction in physical human contact has led so many to become less em- Send your advice, along with your full pathetic, less understanding, and less name, state, and contact information young adults. Where has all the joy gone? loving. As technology and the internet he said, "We're behind 14 to nothing." I much division in the American people? is that this toxic individualization will

become more pronounced.

I believe it's time to stop and smell the roses (literally!!!). Go outside, feel the sun on your skin. Smell the fresh air. Put your toes in the grass. Smile at a stranger. Have a conversation with your loved ones and laugh as much as you possibly can. Laughter is some of the sweetest music the universe could ever hope to hear.

To step out of our own individual virtual realities can be uncomfortable. But on the other side of that discomfort is a gift so much sweeter. We're human beings, not computers. It's time for us to come together in empathy and understanding. Let's embrace our differences and refuse to be divided by different points of view. In a time with so much division, love might really be the answer. —Colin Murrav

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.

to NextGeneration@enochtimes.com or mail it to:

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

**DEAR JUNE** On Family and Relationships



# A Post-Election Perspective

 $\rightarrow$  Look to the holidays ahead to renew our spirits

#### Dear Readers,

When I was a child, the first holiday of the season was Michaelmas, celebrated on Sept. 29, shortly after the autumn equinox when the days have become shorter than the nights and the natural world becomes cold and dark.

Michaelmas is the celebration of the Archangel Michael, and every year I was and glory, established in the minds of

told the story of how he slew a fire-breathing dragon—a symbol of pure evil.

But more than a celebration of heavenly might or bygone bravery to be admired this festival was presented to me as an

allegory and encouragement for spiritual work on Earth. A refrain from one festival song went: "When I conquer within me fear and

wrath, Michael in heaven casts the dragon forth."

This song still speaks to me and I still sing it sometimes to find greater fortitude. It serves me as a reminder that my goal is a broader love and sincere humility.

I wanted to share this now, shortly after our very intense election season and very unusual and difficult year, because the holidays are a good time to set aside the cares of the world and renew our spirits with reflection and the warmth of family and friends.

These past several years have polarized our nation to new depths—both politically and socially and I think the antagonism between citizens has dragged America down.

But for those of us who hope for a free and just society, I think we can each play a very important role. On more than one occasion, our Founding Fathers said that virtue was the key ingredient to the success of America and continuation of liberty.

Future President John Adams wrote in a letter less than three months before the founding of the country in 1776:

"Public virtue cannot exist in a nation without private, and public virtue is the only foundation of republics. There must be a positive passion for the public good, the public interest, honor, power

the people, or there can be no republican government nor any real liberty. And this public passion must be superior to all private passions. Men must be ready, they must pride themselves, and be happy to sacrifice their private pleasures, passions, and interests, nay their private friendships and dearest connections, when they stand in competition with the rights of society." In our present circumstances, I think our polarized mindsets are something we must sacrifice for the good of our country. By this I do not mean we change our values—simply that we give up attitudes of superiority and willingness to hate based

on political ideas. I do think this election was important for the direction of our country, but if we take the words of Adams as truth, then it becomes clear that our leader alone cannot assure or remove liberty-this is incumbent on all of us.

I have seen polarization rear its ugly head—I see it as a dragon head—in myself and in my family, ideas borne of fear and wrath, fed by pride and small-mindedness. Overcoming these thoughts is of course an ongoing process that requires constant vigilance of heart and mind. But I can say that without any ill will or feelings of superiority, I have been able to maintain some warm and wonderful relationships with people of different political persuasions and have had some rational and satisfying conversations.

On the surface, maintaining good relations may seem to be the inverse of what Adam's asks of us-that we sacrifice private friendships for the "rights of society." But polarization is not a right. Those who have studied communism will know that polarization is used to manipulate people, a social tool for manufacturing hatred and

building support for totalitarian gover-

nance So I hope we can all deeply renew our spirits this holiday season, and face the next four years with greater strength and broader minds.

I'll end with a fragment of a poem from English poet Hilary Pepler entitled "Concerning Dragons." It tells of a child asking their nurse if they are safe from dragons in bed:

Child: When Michael's Angel fought

The dragon, did it roar? (Oh, Nurse please don't shut the door) And did it try to bite? (Nurse, don't turn out the light). Nurse: Hush, thou knowest what I said, Saints and Dragons,

### Father (to himself):

All are dead.

O child, Nurse lies to thee, For dragons thou shalt see, And dragons thou shalt smite-Let Nurse blow out the light. Please God in that day, Thou maye'st a dragon slay, And if thou dost not faint God shall not want a Saint."

> 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.



# Rewriting the Dating Script

In a dating culture where standards and expectations are gone, how does one find a real connection?

#### Continued from Page 1

A Culture Without Dating Tomasone's experiences were far from uncommon, and not even close to extreme.

Boston College Professor Kerry Cronin made headlines a few years ago when she began her "dating oject," giving students a manda tory assignment where they had to ask someone out on a date. The emails she shares in her talks range from the comical to tragic—from a student who "felt like a goddess" after successfully asking someone to coffee and having scores of people tell her she was "so brave" because they'd heard about Cronin's assignment, to a senior who originally professed to prefer hookup culture and didn't want or need to date, and who four years later asked Cronin to "please fix" her.

Cronin added that it's not actually that young people are having more sex, but that the "Netflix and chill" no-strings-attached culture of hooking up and hanging out was the dominant one. So much so that asking someone to coffee for a 60- to 90-minute date was utterly nerve-wracking for so many students-and high-achieving,

While working on "The Dating Project" documentary, filmmaker Catherine **Fowler Sample** realized that 40-year-olds were



accomplished, socially adept students, at that. They literally had no idea what dating was. The idea of getting to know someone, and in turn learning to reveal themselves, was an alien one.

So Cronin handed out rules (must ask in person, schedule for sometime in the next three days, etc.), and the seemingly bizarre and an tiquated ritual went viral enough that the entire campus (and then some) have since heard of it. Asking or being asked on a date was less bizarre knowing that "it's for that professor's assignment."

On the opposite coast in California, filmmakers Megan Harrington and Catherine Fowler Sample were at a friend's party, with over a dozen women in their 20s who were all single and not dating. It struck them as odd, and as they conceived of a documentary to look at the world of dating, broken as it is, for a range of people from ages 18 to 40, they encountered Cronin's assignment-which they featured in their widely-viewed documentary "The

Dating Project." Half of America is single, Harrington said, and there is a prevailing sense of loneliness, and being connected but feeling disconCOURTESY OF THE DATING PROJECT

**Professor Kerry Cronin** of Boston College made headlines a few years ago when she gave students a mandatory assignment to ask someone out on a date.

Asking

someone to coffee for a 60- to 90-minute date was utterly nervewracking for so many students ... They literally had no idea what dating was.

nected. There is also a feeling of being let down, from people who've digested movies, songs, TV shows, and articles about how to live the good single life; people are starting to articulate how the ideals depicted promise happiness and completeness, yet they aren't finding it by following those scripts.

"It's a lack of a real, authentic connection with someone," Harrington said. She wasn't a stranger to the traditional date, but people less than a decade her age on college campuses had no concept of the coffee date, and that was something they wanted to examine.

As Cronin explained in the film, young people may not have been taught how to date, but the culture is speaking very, very loudly, and it's teaching them hookup culture, and they might not even realize it. Harrington said they asked

a lot of questions people don't normally think about during the documentary, and over and over people would realize what they watch and hear conditions their actions-like that pop song whose lyrics they'd never really listened to, even though they'd heard it a dozen times.

"We develop habits, and that's the case for anything," Harrington said. That "good single life" people have been conditioned to live is one where relationships are transactional, where people are used, and these habits become ingrained.

With the film and the dating as-

### Leisure, Screens, Work: Finding a Balance in Our Lives

Continued from Page 1

According to professor of computer science Cal Newport, this time spent on a screen, even on social media, fails to qualify as a form of leisure.

In "Digital Minimalism: Choosing a Focused Life in a Noisy World," Newport points out that few of us would want to give up our electronic devices, "but at the same time, people are tired of feeling like they've become a slave to their devices. This reality creates a jumbled emotional landscape where you can simultaneously cherish your ability to discover inspiring photos on Instagram while fretting about this app's ability to invade the evening hours you used to spend talking with friends or reading."

So What Then Is Leisure? My online dictionary gives three definitions for leisure: "free time," "free time for enjoyment," and "opportunity afforded by free time to do something."

All three are accurate descriptions of how we view leisure. "Free time," for example, might describe those hours of the evening when the children are asleep and Mom and Dad have a precious hour or two to themselves. "Free time for enjoyment" might involve watching "Jane Austen" or a football game on television, taking a nap, or poring over the latest Land's End catalog looking for school clothes for the kids.

But it's that final definition,

"opportunity afforded by free when we have commodified our time to do something," that brings us closest to a classical meaning of leisure.

#### Stop and Smell the Flowers Long ago, a professor had our philosophy class read Josef Pieper's "Leisure: The Basis of Culture." My memories of the book are vague, and little of its subject matter remains with me today.

Fortunately, Maria Popova at Brain Pickings offers an excellent analysis of this important work. Written in 1948, "only a vear after the word workaholic was coined," Pieper's book is "a magnificent manifesto for reclaiming human dignity in a culture of compulsive workahol-

aliveness so much as to mistake earning a living for having a life." In her examination of Pieper's distinction between idlenesshe used the Latin acedia, or "despair of listlessness," to describe this sort of free time-and leisure, Popova quotes a passage from Pieper that best summarizes the thrust of his position:

"Leisure is not the attitude of the one who intervenes but of the one who opens himself; not of someone who seizes but of one who lets go, who lets himself go, and 'go under,' almost as someone who falls asleep must let himself go. ... The surge of new life that flows out to us when we give ourselves to the ism, triply timely today, in an age contemplation of a blossoming



Recreation offers an escape from work and in a sense, from ourselves.

rose, a sleeping child, or of a divine mystery—is this not like the surge of life that comes from deep, dreamless sleep?"

Citing the work of four other authors at the end of her article,



or "hang out," for years, each with different mental pictures of what the relationship is and where it's heading.

In fact, assumptions are so ingrained that many people aren't even consciously thinking about what they want out of dating; sometimes they're surprised when Tomasone asks. There's a moment of epiphany, where they say, "Oh, I can ask for what I want."

### The Rise of

**Relationship Coaching** For people who've been dating without rules for years, setting those standards is easier said than done. The biggest thing Tomasone is asked is how to assert themselves in setting the standards they want to have, and whether they have any right to insist on dating this way.

If the current culture is that people go on two dates, assume exclusivity and monogamy, and hang out with no idea where the relationship is going or if or when marriage will ever enter the picture, there's a lot of working backward that people do when they first start dating with purpose, Tomasone said. They have to first think about what they want out of dating.

Most of these dating clients have marriage and family in mind, and if they're going back to a pre-hookup dating culture, they'll be dating many people, but also be decisive about whether the person is the one for them or not (parenting expert Kari Kampakis has noted, "Dating is really about rejection."). If they're dating with a purpose in mind, they also consciously think about whether their values align and discuss these things.

Tomasone tells women especially to not quickly become exclusive; to let the people they're dating know, and in fact let the man lead the pace of the relationship and be the one to escalate the relationship status to exclusivity.

"If he needs to ask her for exclusivity, then it's not presumed until that happens," Tomasone said. It's not about knowing, it's about doing, she added. "Part of learning is to go through the physical steps. You can say, 'I want to have high standards,' well, you need to practice having high standards, and act through that before you'll actually feel it in your core."

Tomasone coaches married couples as well as dating singles, and what she's learned is that these issues of communication are ones that follow people into marriage.

If people are constantly assuming what their spouse wants or thinks instead of openly discussing these things, they might think they're smoothing things over when they explain away something in their minds. "That's like erasing yourself and your own perspective from the relationship, and how can you have a relationship if you're erasing yourself from it?" she said. In reality, what they now have is an unhealthy codependent relationship.

"The dating advice is so helpful because it's all the things they need to know to have a great relationship going forward," Tomasone said. "You have to keep up with [the communication] and not let it fall by the wayside."

COURTESY OF LEILA TOMASONE



signment, the producers aimed to show "something that's more realistic, something more in line with what people's hearts are yearning for, which is relationship and true connection," Harrington said. "Not the superficial and not the transactional, not the immediate and physical."

These habits spill over from the college campuses, Fowler Sample said. She realized during the making of the documentary that 40-year-olds were trapped in the same habits and pitfalls that the college students were in.

"This is really a crisis of a huge nature in our culture that needs to be explained and explored," she said. As she was producing the film and seeing audience reactions to the five people they were following on their dating journeys, and as she heard questions and discussions after screenings, to even a recent doctor's appointment when her obstetrician mentioned showing "The Dating Project" to teenagers without knowing her connection to the film, Fowler Sample saw what a huge ripple effect this issue has.

Dating is a lighthearted subject, but it certainly isn't a trivial one, she realized.

"It really is one of the deepest subjects, and it's something that is impacting, quite frankly, the next generations and generations to come if we can't correct what we're doing now," she said. "It's almost like the heart of what keeps the

world going, it's the start of it. If nobody was dating, then nobody would be getting married, and

then the world wouldn't continue." It's also at the heart of the loneliness crisis, as Fowler Sample said. Without that dating script, young people had no idea how to get to know other people or how to connect. People would "talk" forever on dating apps but never go anywhere, and never make that real connection. Oversexualizing dating and making it about the physical so quickly had muddled the script.

"What I do know and have seen time and time again is that de spite this confusion, everybody does want the happy, wholesome relationship. They want that coffee date. They want to connect with someone in a real way," Fowler Sample said. Her hope is that the film helps bring back casual dating, which really should be an innocent middle ground between this hookup culture and life commitment. The wedding bells shouldn't go off when you ask someone on a coffee date, but that person should be worth treating with human dignity and consideration, she said, which runs counter to the transactional nature of hookup culture, where people get ghosted all the time.

"It makes total sense for people to be so confused, because there hasn't been any direction, and people want that direction. That was another surprise of the project," Fowler Sample said. "By and large, people want direction."

COURTESY OF THE DATING PROJECT

### **A Culture Without**

Communication People haven't just forgotten how to ask each other out on dates, they've forgotten how to communicate in relationships more generally, Tomasone found. Most often, people sleep together right off the bat and never get around to talking about what their relationship is and where it's going. The two people involved may have completely different ideas about what their relationship is to each other.

"There are assumptions that people bring into dating," Tomasone said. It's easy for people to say that they don't assume there are any obligations when they go out on a date, but the reality is that everyone she talks to feels there are obligations, pushed from the culture.

"It takes a lot of confidence to shed cultural expectations and just say this is what I want, this is what I can offer, take it or leave it, and it's really putting ourselves out there, to someone who will 'leave it.' That's really hard, too," Tomasone said. People might feel like there's an obligation to be intimate quickly into the relationship, or assume that they're exclusive and the person they're seeing isn't seeing anyone else.

With no rules, expectations vary wildly, and two people with completely different assump(Above) The documentary "The Dating Project" follows five single people, ages 18 to 40, as they navigate the new dating landscape

(Left) Relationships coach Leila Tomasone and her husband Derek.

(Right) In addition to producing "The Dating Project," **Catherine Fowler Sample** has also written two curriculum series focused on building healthy dating relationships and marriages

**People haven't** just forgotten how to ask each other out on dates. they've forgotten how to communicate in relationships more generally, Tomasone found.

leisure in these ways: "the paradox of 'work/life balance,'" "the art of stillness," "the spiritual rewards of solitude," and "reclaiming our everyday capacity for joy and wonder."

#### **Deeper Joy**

In the light of these four qualities, we see that certain activities count as recreation or relaxation without qualifying as leisure in its most meaningful sense. Bill plays video games in his dorm every evening because they bring him some relief from the stress of his college studies. Katie works long hours as an attorney and spends her evenings sipping wine and watching old shows like "Cheers" on Netflix. Like Bill, she is practicing stillness and solitude, in a sense,

Popova sums up Pieper's ideas of of them with a capacity for joy and wonder.

"Stillness" doesn't necessarily mean assuming a lotus position or sitting motionless in a chair. Stillness is a calming of the interior, of the soul if you will, when instead of tapping away on a screen or making plans for the next day, we simply allow ourselves a time of interior reflection, pushing aside the weights of our world and letting tranquility and reflection take their place.

Likewise, solitude doesn't mean that we must remove ourselves from others. Even amid the distractions of a coffee shop, for instance, we can find solitude and the stillness that accompanies it. With a little willpower, we can remove ourselves from our surroundings, and seek that "everyday capacity for joy and but these will not endow either wonder" mentioned by Popova. allows us an escape from work case of Newport, life away from *follow his blog*.

**Recreation Versus Leisure?** Unlike Popova and Pieper, in "Digital Minimalism" Newport makes leisure synonymous with recreation, as long as the activity takes place away from a screen. In his chapter "Reclaim Leisure," he encourages readers to "prioritize demanding activity over passive consumption," to "use skills to produce valuable things in the physical world," and to "seek activities that require real-world, structured social interactions." These activities can range from baking to board games, from joining an exercise group to putting in a garden plot. Perhaps the best distinction

between leisure and recreation is this: recreation—a game of volleyball with friends, a special holiday movie watched with our family, a vacation at the beach— life outside of work, and in the

and in a sense, from ourselves. Sometimes we need that down time, that break from duty and obligation.

Leisure, or "deep recreation" if you will, not only removes us from work and duty, but also gives us a new pair of glasses with which to see the world. Leisure invites us to become like children again, looking with awe at a sunset over the ocean, taking delight from a toddler's exploration of a away from our work, and to consandbox, finding solace and love nect more fully to our interior self when standing over the grave of a loved one.

We need both recreation and leisure.

### **Reclaiming Our Humanity**

All three authors—Newport, Popova, and Pieper—advocate for a balance between work and our screens.

Newport begins "Digital Minimalism" by citing the title of a 2016 New York magazine essay by Andrew Sullivan: "I Used to Be a Human Being: An endless bombardment of news and gossip and images has rendered us manic information users. It broke me. It might break you, too."

Recreation and leisure allow us to mend those breaks, to step as well as to the world around us.

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

# Remembering Warwick Charlton, Builder of Mayflower II

# The Pilgrim expedition in 1620, ship and all, was financed privately, and so was Charlton's incredible replica

### LAWRENCE W. REED

his month's 400th anniversary of the Pilgrims' landing in New England will prompt renewed interest in their story—the flight from religious persecution in England, the long interim in friendly Holland, the trans-Atlantic voyage aboard the famed Mayflower, the ill-fated experiment in communal socialism, the remarkable governing document known as the Mayflower Compact, and more.

If you visit Plymouth, Massachusetts to see Pilgrim-related sites, you should not miss the Mayflower II, a full-size replica of the original vessel. Its much more recent story is almost as fascinating as that of its 17th-century counterpart and every bit the tribute to private initiative that the first one was. Enter a remarkable man named Warwick Charlton.

Born in London in March 1918, Charlton found himself working a quarter century later as a press officer for Field Marshal Bernard Montgomery in North Africa as Allied troops battled the Nazis. At war's end, Charlton was aboard an American troopship bound for England when he picked up and read the only available book on the boat. It was "Of Plymouth Plantation 1620-1647," by the Plymouth colony's governor, William Bradford. An idea popped into his head that quickly morphed into an obsession: Why not show appreciation for America's contribution to the war effort by presenting them with a facsimile of the Mayflower?

The Pilgrim expedition in 1620, ship and all, was financed privately, and so was Charlton's replica. It wasn't easy, as Douglas Martin noted in a New York Times story in 2002:

"Mr. Charlton had no money of his own but raised what would today be the equivalent of several million dollars. He fought on despite angry creditors, striking shipyard workers, jealous keepers of the Pilgrims' torch in Massachusetts and ingrates who suggested his motives were less than pure—meaning commercial. He loved the whole glorious mess."

For more than a decade as he held jobs in the publishing and broadcasting businesses, Charlton shook the bushes for donations. Almost everybody he talked to in Britain endorsed the idea but then didn't come through with a check. So he came up with creative stunts such as selling "treasure chests" of British products that would be opened when his dream ship anchored in America. He even convinced the May-

(Top) The replica ship Mayflower II, surrounded by other boats, heads

by other boats, heads back to Plymouth Harbor after being rehabbed in Connecticut for the past three years in Plymouth, Mass., on Aug. 10, 2020. (Above) Crew members work to furl the sails on the replica ship Mayflower II. Moving Company in the U.S. to contribute to the rebuilding in exchange for certain promotional rights. He eventually secured additional support (including necessary historical research and ar-

flower

chitectural design) from the foundation that maintains the Pilgrim site in Plymouth, Massachusetts. In its obituary for Charlton after he

died in 2002, The Telegraph in London recounted his efforts:

"An initial budget estimate of £280,000 was soon doubled. Charlton begged rope builders, sailmakers and timber merchants for material in return for a chance to associate their name with the project. As soon as building commenced, he erected a barrier at the entrance to the shipyard with a notice that read: "Come and look round the hull of Mayflower II. Entrance fee: two shillings." By the time the ship set sail, 245,000 people had paid to watch the work in progress. In all, Charlton managed to persuade 200 industrial, commercial, and individual sponsors to help to finance the project."

Mere similarity to the original Mayflower was not sufficient for Charlton. Once he had raised enough money, which took a decade, he aimed to construct a precise replica of the 183-ton ship. He insisted that the shipbuilder use tools and materials identical to those of the 17th century, such as English oak. He even required the builder himself, Stuart Upham, to travel on the replica's eventual voyage to America and guarantee its seaworthiness.

On April 20, 1957, the completed Mayflower II set sail for Massachusetts from Brixham in southwest England. Aboard was Charlton and a crew of 33 dressed as Pilgrims. In spite of a violent storm at sea and an unexpected slashing of the beer ration,

the voyage consumed just 54 days—11 fewer than the first one. Upon arrival, the vessel and crew were greeted by a throng of 100,000 including two men who would soon be presidential competitors, Vice President Richard Nixon and Senator John F. Kennedy.

Recently restored for the upcoming 400th anniversary ceremonies, Mayflower II still resides today near famed Plymouth Rock where Warwick Charlton left it over six decades ago. He himself visited almost annually for many years, joining the line of tourists and quietly amusing himself as so many thought they were gazing upon the original.

Mayflower II was Warwick Charlton's way—privately, enthusiastically, and without harming any taxpayers—of proclaiming his gratitude to America. He gifted the ship to America for the nominal "fee" of \$1.00. Thank YOU, Mr. Charlton!

### **For additional information, see:** "The Pilgrims in Holland"

by Robert A. Peterson "Why the Pilgrims Abandoned Com-

mon Ownership for Private Property" by Lawrence W. Reed

"Who Paid for the Mayflower?"

*By Bhu Srinivasan* "The Puritan Experiment in Common Ownership" *by Gary North* 

"Our First Thanksgiving" by Sartell Prentice Jr.

"No Thanksgiving Without the Profit Motive" by Lawrence W. Reed

"Warwick Charlton, a Dreamer, Dies at 84" by Douglas Martin "Warwick Charlton" (obituary in The

Telegraph)

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

## Detroit Dad Urges Men to Embrace Fatherhood

### MICHAEL WING

Growing up in Detroit without a dad is something Michael Phillips Jr. knows all too well.

When Phillips became a father himself, he found a way to break that cycle in his family. Now, he's sharing a message and starting a movement to urge more men to do

the same. Becoming a dad taught him an important lesson.

"When my daughter was born, I felt the love that I was missing," Phillips told Fox News in an interview.

At just 14 years old, his own father faded out of the picture. "When my mom left, my father he disappeared, he wasn't there for me anymore," said Phillips.

Raised in a rough neighborhood in east Detroit—notoriously dubbed "the Red Zone"—Phillips lost three of his brothers and countless friends to violence. He said he sometimes stayed late hours at school just to stay safe.

As one of eight siblings in his family, life was a struggle. "Sometimes we did not eat because there was not anything to eat," he told the news outlet.

"I was really just living to survive," he said. Many of his friends share the

Many of his friends share the same experience of growing up in broken homes.

But after embracing becoming a dad himself, and the joys that it brings, Michael started a moveRaised in a rough neighborhood in east Detroit, Phillips lost three of his brothers and countless friends to violence. ment called "Father's First" last Father's Day, and he's encouraging more fathers to step up. He organizes events for parents and children to come together, connect, and share quality time.

The movement's second event took place in late August, dubbed "Kobe Day" after the late LA Laker and celebrated father Kobe Bryant. "I was able to bring men together that didn't know each other, with their kids and their ladies, and we were able to talk, laugh and play," Phillips said.

The group now has over 300 members.

Phillips wants fathers—and mothers—to know that their lives matter to their kids.

"The Father's First movement is



(Far left) Phillips with his children. (Left and above) Phillips has organized events for parents and children to come together and share quality time.

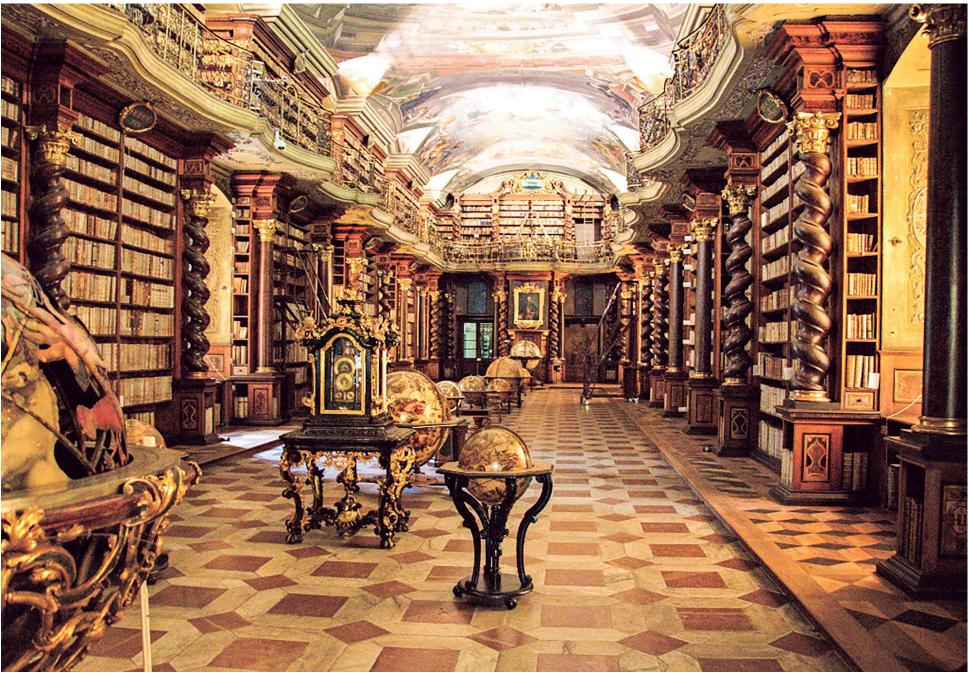
to remind guys before you pick up that gun or before you pick up that liquor bottle or whatever you guys do, think about your kids first and live for them," he says.

And fathers no longer living in the home, Phillips believes, should know that their children are depending on them.

"Every day you get up, you're living for them," he told The Epoch Times. "So, when you go clock in at work, it's for your kid, so you're able to provide for them."

He adds: "People are having kids young, 17, 18, 16, and a young man is scared, and they leave.

"I'm here to let them know, you don't have to be scared or leave. Having a baby is a great thing, they're a gift from God." BRUNO DELZANT/CC BY 2.0



(Above) The baroque library hall of the Klementinum in Prague's Old Town, Czech Republic. (Below) The Mirror Chapel at the Klementinum.

THE KIEN LIFE: ART THAT INSPIRES US THROUGH THE AGES

# A library of breathtaking beauty

outed by many as the "most beautiful library in the world," the Klementinum in the Czech Republic is a bonafide work of art. Nestled in the historical center of Prague, the baroque architectural masterpiece has inspired awe since the early 18th century. Its ornate interior must be seen to be believed.

The library was originally an 11th-century chapel but eventually expanded and became a Jesuit university in 1556. Empress Maria Theresa recognized its official status as an observatory, library, and university in 1777. According to the Klementinum's official website, the library holds more than 20,000 books, most of which are foreign theological tomes. It became known as the country's national library in 1781 when Klementinum director Karel Rafael Ungar put together a collection of literature for the people of the Czech Republic.

Some books, almost 300 years old, have been lovingly preserved since the inauguration of the library; these volumes are identifiable by their white painted spines. The library's iconic interior boasts breathtakingly colorful ceiling frescoes by the artist Jan Hiebl. The murals comprise portraits of Jesuit saints, patrons of the university, and various allegorical motifs pertaining to education and learning.

The Klementinum is so widely renowned

for its beauty that the library was even mentioned in a novel by the Argentine writer Jorge Luis Borges, "The Secret Miracle." In the book, the protagonist dreams of the library and its librarians looking for God between the pages of the books.

Besides its collection of 20,000 books, the library is home to a vast collection of astronomical globes and numerous theological tomes rescued from former monasteries. A portrait of Emperor Joseph II in the main hall pays homage to the man who orchestrated the shipment of these books to the Klementinum.

This year, some of the library's books are being digitized and will eventually appear in a digital library on Google Books. But while the library's collection is moving with the times, the building's interior is still celebrated for its original 18th-century splendor.

A brand-new Czech National Library building was proposed by the architect Jan Kaplický and his firm, Future Systems, in 2007. However, the design was widely criticized by the public, who referred to the modernist structure as the "blob" or "octopus," according to the Prague Post.

Then-President Václav Klaus also dismissed the design as being "inappropriate for Prague," while then-Mayor Pavel Bém felt it would diminish the beauty of the city skyline.

In 2005, the beloved library was honored with the UNESCO "Memory of the World" prize. As the crown jewel of Prague's rich architecture, the Klementinum will be lovingly preserved for future generations.



(Right) The ceiling of the Klementinum, decorated with frescoes by Jan Hiebl. (Below) The balcony and ornate decorations in the interior of the Klementinum.

FRANTICOO/SHUTTERSTOC











(Above) The entrance to the Klementinum. (Bottom right) The general reading room at the Klementinum. (Above right) Detail, the Mirror Chapel.

FAMILY

# Taking Care of Mom

A conversation with parenting coach Deborah Ann Davis

### **BARBARA DANZA**

uring this unpredictable year. a great deal of anxiety and pressure has fallen on the shoulders of mothers everywhere. Lockdown measures have disrupted family life in ways that impact every family member's well-being, and more often than not, it's Mom who shoulders the responsibility of holding it all together. For advice, I asked Deborah Ann Da-

vis, a parenting coach and the author of "How to Get Your Happy On: An Awesome Mom Handbook.

The Epoch Times: This year many curve balls have been thrown at mothers everywhere. How do you think they are doing? **Deborah Ann Davis:** Motherhood is an isolating experience already, which intensifies the overwhelm many moms feel. That puts many moms behind an eight ball, even before our world was slammed by the pandemic. Moms are staggering under the impact of their own worries about the pandemic, keeping their children safe, ensuring their kids' education, running the household, etc. The more help moms have, the better they can handle what life throws at them, but too many moms are doing it all on their own.

The Epoch Times: It's important for every family that Mom takes care of herself. What simple ways can Mom ensure that she's not neglecting her own needs as she aims to meet the needs of the rest of the family?

Ms. Davis: Delegate. Have the kids help with chores, which will remove some clutter off Mom's plate. There may be a training period she'll have to endure, but in the long run, doing chores together strengthens family bonds. Together you can figure out laundry, menu selection, grocery lists, meal prep, dusting, bedmaking, pet care, ironing, cleaning up after meals, etc. It's not rocket science, and they're going to have to learn how to do it at some point anyway.

Then, Mom can use that time she freed up for some quality "me time." Take a walk. Take a bath. Take a nap. Take a pause for the cause. Not only will you be staving off burnout; but you'll also be modeling the behavior your kiddos need to embrace so they can live sane, healthy lives.

The Epoch Times: Your book "How to Get Your Happy On" sounds like just the thing many mothers could use right now. What inspired you to write this book? Ms. Davis: 2019 was a nightmare for our little family. My husband needed surgery because he lost the use of his arm, our insurance wouldn't pay for it, we struggled without his salary be-

cause he couldn't work, I was sick for six weeks and was afraid of getting him sick by taking care of him, my publisher folded, a dog bit me (it was a little dog). and on and on and on. I could feel my resiliency draining, so I knew I had to do something to bring myself back. I started practicing what the research was preaching, and I felt my buoyancy returning.

Suddenly things started to turn around. Our daughter created a Go-FundMe page and used it to reach out to friends and family to raise money for my honey's surgery. We raised enough for the down payment and were able to schedule a very successful operation. The outpouring of love and generosity was a true testament to the positive and supportive way we have moved through life helping those around us.

I wanted all these wonderful people to benefit from what I had learned, so I wrote "How to Get Your Happy On" and tried to send each one of them a copy. I was so thankful, I decided to make it free for the rest of the year, but once the pandemic hit, I made sure anyone who needed it could get a free copy from my website.

**The Epoch Times:** What simple steps can mothers use to increase their overall happiness during these times? **Ms. Davis:** Tip #1: Take care of your body. Eat healthily, stay active every day, and drink water. Every choice we make for our bodies has an automatic mini power boost associated with it.

Tip #2: Count your blessings. List three good things about you, your day, your surroundings, your family, your job, etc. Take note of the good in the people and things around you. Be thankful for every detail.

Tip #3: Stay in the moment. Instead of worrying about the future, or obsessing over something in the past, focus on what you can do today, what you can enjoy today, or what you can listen to today. Center vourself. Meditate. Do a hobby or a puzzle. Spend time with your family. Whatever it is, focus on that moment.

Tip #4: Get in touch with someone. Reconnect with an old friend, call a relative, snuggle up with a loved one and watch a movie, compliment a colleague, joke with the bank teller waiting on you, make a date with your best friend, get a drink with someone special. Pick anybody and make the most of your time with them!

The Epoch Times: What final advice would you give a mom who wants to inject more joy and happiness into life? **Ms. Davis:** Scientific research shows you can deliberately generate happy hormones, even when you don't feel happy. Going through the motions improves vour mood. If you don't believe me, just pretend to do what I tell you, and it will still help you. Try these: "Sigh of Relief": Take a deep breath.

and exhale it hard, like a sigh of relief. The sensation of relief will be there. Look



The more help moms have, the better they can handle what life throws at them.

Deborah Ann Davis

for it. Mines in my belly, right under my solar plexus.

"Look to the Sky": Without moving your head, cast your eyes upward for a moment, and then relax. This one is subtler, but I feel my positive sensation inside the center of my upper chest, around my thymus gland area.

"Fake Smile": When you smile, the movement of your jaw and facial muscles generates a slew of happy hormones. It turns out that if you "fake smile," your body can't tell the difference, and generates all those happy hormones anyway. So stretch your lips like you're grinning ear to ear, and let the hormones flow! These I feel in my belly.

Teach these strategies to your kids so they will have tools to de-escalate themselves. Besides, a fake grin in the middle of an argument interrupts its negative momentum and can turn things around. Less negativity will leave more space for joy and happiness.

Have the kids help out with chores. These are things they will eventually have to learn to do on their own.

HOMESCHOOLING

# It's Never Too Late to Homeschool

### **BARBARA DANZA**

As the school year presses on and parents juggle all that 2020 has thrown at them, many are finding their children floundering. Virtual learning or a "hybrid" model of schooling isn't working for everyone. While teachers are no doubt doing the best they can within the school system, in many cases, their education is suffering greatly.

Rather than wait for the government to make a change in its policies or for the school district to change its strategy, parents should remember that they always have the option to homeschool. Homeschooling is not simply an option at the beginning of the school year or between semesters or seasons, but at any time, at the parents' discretion.

If you've been thinking of taking the leap



DLGA1818/SHUTTERSTOCK

home, there has never been a better year to give it a try. First-time homeschoolers

tend to get caught up in comparing their children's progress to that of their school-aged peers—a habit that veteran homeschoolers learn to happily let

go. It's only natural, of course. If you're worried that your children will "fall behind" if you homeschool, realize that the bar (sadly) has been lowered this year. Students, especially those in elementary school who thrive on playing and in-person instruction, likely won't progress at the same rate they would have if school were fully in session. What's more, if you give homeschooling a solid chance, you'll likely find that your children learn astoundingly more than they would ever have in school

to bring your children and in significantly less time.

Homeschooling seems like a scary prospect to many parents—it's going against the grain and taking on a huge responsibility. They feel unfit to teach, unprepared to give up their personal freedom and unable to ensure that they won't totally mess up their kids. It's not for the faint of heart.

But perhaps you've been thinking that your children need better than what they're receiving, and that it may even be fun to step out on this adventure together. Let me reassure you. I know how magical homeschool can be; it's only as difficult as you choose to make it, and you may someday look back on it as the best parenting decision you've ever made.

#### Resources

There are many resources to inform and inspire your decision.

Borrow some books from the library. I recommend starting with Julie Bogart's "The Brave Learner: Finding Everyday Magic in Homeschool, Learning, and Life" and Sarah Mackenzie's "The Read-Aloud Family: Making Meaningful and Lasting

Connections With Your Kids." Do an internet search for popular methods of teaching at home, like Charlotte Mason, classical education, and unschooling. Homeschooling expert Pam Barnhill put together a helpful list of methods (Pam-Barnhill.com/guide-to-homeschool-methods/) featuring these and more, along with links and resources for further research.

Search Pinterest, YouTube, and Instagram for examples of homeschooling families living the homeschooling life. A few of my favorite homeschool hashtags are: #hyggehomeschool, #poetryteatime, #readaloudfamily, and #natureschooling.

For an extra boost of confidence and perspective, think about school for a minute or two. Consider the famous TED talk by the late Sir Ken Robinson, "Do Schools Kill Creativity?"; the TEDx talk by marketing expert Seth Godin, "Stop Stealing Dreams"; any of the eye-opening talks by New York City and State Teacher of the Year John Taylor Gatto (YouTube.com/user/JohnTaylorGatto); and an Epoch Times "American Thought Leaders" interview with education expert Alex Newman (bit.ly/3kxoi2n).

Ask yourself what you want for your children and your family, and if homeschooling might just be a better way for your children to learn new things, build upon their strengths, explore their interests, tighten family bonds, and enjoy their days.



By Aidan Danza, age 14

The northern cardinal is a fairly large

and a thick red bill. It's a very common

visitor to bird feeders in the eastern

United States, but inconspicuous

almost everywhere else. Cardinals

love backyards, and they also have

quite an affinity for dense areas, such

as overgrown fields, thickets, dense

When a female cardinal wants to

build a nest, she looks at possible nest

move out of your current home. The

cardinals seem to talk to each other

bring the material to the female after

she chooses one, and she will crush

use herself as a mold for her nest,

bending the twigs around her

and pushing down

with her feet.

the twigs until they can bend. She will

as they look at sites. The male will

, much like you would do if you

trees, and hedgerows.

songbird, with a medium-long tail,

**THE NORTHERN CARDINAL** 

A cardinal will lay 2 to 5 eggs in her nest and raise 1 or 2 families every year. The cardinal can behave very humanlike, and they will show off by singing and preening from a high branch. Cardinals will stay in pairs during the breeding season, but form flocks of dozens of cardinals in the winter. Cardinals seem to have a distinct pecking order. The young cardinals are at the bottom, moving away from older ones feed, and older females will let

AGUNG PANDIT WIGUNA/PEXEL

the older males

feed.

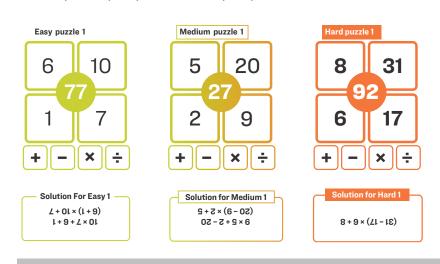
United States.

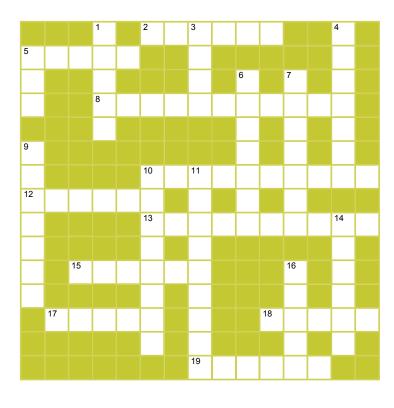


ENTER THE MAZE FROM THE TRUNK AND EXIT AT THE TOP. You must alternate passing through the black and white dots. You can retrace your path but you must not back up along a path.



**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







### Across

- 2 Respectful military greeting (6) WWII WAVES and WAAFS (5)
- Remember by taking an action (11)
- 10 Customs (10)
- **12** Jack-tar (6)

### Down

- 1 Tranquility (5)
- \_\_\_\_, liberty and the pursuit of 3 happiness (4)
- **4** Former soldier or sailor (7)
- 5 Military engagement with another country (3)
- Army man (as opposed to a Navy man) (7)
- One who acts in the best interest 7 of their country (7)
- **9** What we offer our veterans (7)
- **10** Apprenticeship (8)
- 11 High point of 1918 (9)
- 14 Military personnel follow them (6) **16** Courage in the face of danger (5)
- **13** What our veterans have earned (10)
- **15** Source of battle scars (6)
- **17** Our 50 States (5)
- **18** Old \_\_\_\_(5)
- 19 Stick out (6)



# Honest Journalism Is Always 'Essential'

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 oldfashioned 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.

THE EPOCH TIMES

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.

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*In truth and tradition,* The Epoch Times

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