# THE EPOCH TIMES LIFE TRADITON

ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISE What does it mean to be an American in 2021? What makes us Americans? MEMORIAI REMEMBERING THOSE WHO GAVE THEIR LIVES

JEFF MINICK

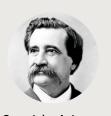
n the lawn of the county courthouse in Waynesville, North Carolina, is a rough stone memorial honoring the county's Vietnam War dead. Engraved on this monument are the names of "Haywood County's Sons Who Sacrificed Their Lives in the Republic of South Vietnam." At the foot of this stone slab is a cast metal pair of unlaced combat boots.

Many of the names inscribed on this simple memorial—Brown, Frazier, Moody, Rogers, and others—have echoed in Haywood's hills and hollers for generations. The ancestors of these dead men probably fought as well in American conflicts ranging from the American Revolution to the Korean War. Moreover, many of the men whose names are written on this memorial undoubtedly have some relatives who knew them and who are still living, brothers and sisters, cousins, and perhaps even children.

Those few who remember these dead soldiers, sailors, Marines, and airmen surely recollect them as they were in their youth, still saddened after 50 years by the loss of their loved ones.

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Gen. John A. Logan (1826–1886) advocated making Memorial Day, originally known as Decoration Day, an official holiday.

# Pulling Back the Curtain on the Unsung Heroes

## **DUSTIN BASS**

Late last year, I was invited by a friend to come along for an official county visit to honor a 100-year-old veteran of World War II. His name was George Kaleel. The county commissioner had decided to surprise him with a certificate of appreciation for his service and to commemorate the fact that

COURTESY OF DUSTIN BASS

World War II veteran George Kaleel.

he had reached the century mark. I drove up to a quaint home located at the end of a long street. His daughter and granddaughter greeted us and introduced us to a man who couldn't have been more than 5-foot 6-inches. He appeared most definitely shorter with the hunch of age. His mind, however, was still crisp and his personality full of life.

The relatively quick introduction would turn into a documentary project about his experiences in the war that would span several months. I sit here writing this article in honor of Memorial Day and of all those who have now passed on, which now, as of this April 19, includes Kaleel.

I was about a week away from showing a rough draft version of the documentary to him, his daughter, and granddaughter when I received word that his heart had given out and he was gone. To know the project was so near completion and that he wouldn't get the chance to see it was heartrending. Friends and colleagues, even his family members themselves when I attended his funeral, said that it was enough to have captured his story before he passed. And I'm certain, in the grand scheme of things, it is.

Kaleel was a truck driver for the First Army's 7th Corps. His first day of the war was June 6, 1944—D-Day—and his journey sent him through the beaches of Normandy, through war-torn Belgium, across the Rhine River, and into the heart of Germany. He was part of the capture of 8,000 Germans on the shore of Utah Beach.

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# MEMORIAL REMEMBERING THOSE WHO GAVE THEIR LIVES

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And many of those who knew them and who now share the dust of this earth with them, especially their parents and grandparents, surely went to their graves still mourning the loss of these young men in **A Brief History** their hearts.

The rest of us may think little of the sacrifices these men made. Some pedestrians passing the courthouse, and other places of honor like it around our country, may pause for a few moments to read the inscription and the names, to look at the G.I. boots, and even to say a prayer, but most of us go about ration Day as it was then known, came after our daily business without giving too much the Civil War in response to the enormous consideration of those who came before us casualties suffered during that conflict. In and who built our country, especially those 1866, a year after the war's end, Waterloo, with their lives in the wars we've fought.

But then comes Memorial Day.

# A Day of Remembrance

We celebrate Memorial Day on the last Monday of May, which allows us a threeday weekend for various activities. Some head off to the beach, some throw backyard barbecues or picnics in the park, some watch stock car races, and some take advantage of holiday sales and head for the local mall. Most of us also regard Memorial Day as the kick-off for summer.

And on that day, many do remember the dead of our wars, the men and women who lost their lives fighting for their country. Arlington Cemetery features a wreath-laying ceremony at the Tomb of the Unknown Soldier. Some cities host Memorial Day parades. In places across the country such as Waynesville, some visit the graves of those **Brave Hearts** fallen in our nation's wars.

Both these groups are appropriately celebrating this day of commemoration. Those who honor the dead abide by the meaning RACHEL LARUE/U.S. ARMY

A U.S. Army 3rd U.S. Infantry Old Guard) soldier places at headstones in Arlington National Cemetery on May 21, 2015, in Arlington, Va. The Old Guard has held this honor since 1948.

of the holiday, but those who take vacations or join together for a meal with friends are also paying their respects. They are enjoying those American freedoms for which our men and women in uniform gave their lives.

Though Memorial Day didn't become an official federal holiday until 1971, Americans across the country for 100 years prior to that declaration had set aside time in the late spring to remember those who had died in the defense of our nation and our way of life.

The first calls for a memorial day, or Decowho saw service in the military and who paid New York, first set aside a day when businesses closed and attention was paid to the graves of soldiers. A hundred years later, the federal government recognized Waterloo as the birthplace of Memorial Day.

In May 1868, Gen. John A. Logan, the leader of a large Union veterans group, declared May 30 as Decoration Day, when Americans should visit cemeteries and decorate the graves of dead soldiers "whose bodies now lie in almost every city, village and hamlet churchyard in the land."

By 1890, most states had proclaimed May 30 Memorial Day and regarded it as an official holiday. Southern states had their own memorial days but, after World War I, began to join the rest of the nation.

It was after that war as well that Memorial Day became an occasion for honoring all the dead of America's wars.

Some of these dead we commemorate on this day were heroes.

The farmers and merchants who died on Lexington Green in 1775 facing British regulars were some of our first American patriots. Frank Luke Jr., famed for his balloon busting against the Germans in World War I, died after being shot down behind enemy lines and while firing his pistol at the approaching Germans. In the same war, John Pruitt captured 40 Germans, only to be slain later in the battle. In 1943, Army pilot Neel Kirby and three other comrades attacked nearly 50 Japanese aircraft. Kirby shot down six of these planes, received the Medal of Honor, and died later that year in

another aerial combat against the Japanese. Our recent Middle Eastern conflicts have seen similar heroes killed in the line of duty. Several of these gave their lives for their comrades by throwing themselves on grenades or trying to rescue others from enemy fire. On Jan. 25, 2008, Army Staff Sgt. Robert Miller, for instance, was killed in Afghanistan while providing cover so that his comrades in arms could escape enemy fire. On Dec. 4, 2006, Ross McGinnis saved the lives of four of his fellow soldiers in Iraq by smothering a grenade pitched into their Humvee. Both men posthumously received the Medal of Honor.



Decoration Day in St. Paul, Minn., on May 31, 1870, by Charles Alfred

# Zimmerman

The first calls for a memorial day, or Decoration Day as it was then known, came after the Civil War.

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. He is the author of two novels, "Amanda Bell" and "Dust on Their Wings," and two works of nonfiction, "Learning as I Go" and "Movies Make the Man." Today, he lives and writes in Front Royal,

Va. See JeffMinick.

com to follow his blog.

the last Monday of May, we also honor all of our nation's war dead: the infantrymen who charged up the slope at the Battle of Fredericksburg, the Marines who fell fighting the Germans at Belleau Wood, the sailors and pilots lost while fighting the Japanese at the Battle of the Coral Sea, the Americans who faced the massive attacks of the Chinese troops in the sub-freezing temperatures of the Korean War, and all the others who have since given their lives in places such as Hue, Kamdesh, and Fallujah.

We honor these men for their bravery, but on

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Canadian John McCrae reflects the poignancy of these deaths in his World War I poem, "In Flanders Fields:"

We are the Dead. Short days ago We lived, saw dawn, felt sunset glow, Loved and were loved, and now we lie In Flanders Fields."

# **Instructing the Young**

"Only the dead have seen the end of war." George Santayana's words, often misattributed to Plato, are a grim reminder that we live in a dangerous world and that the young men and women of our military are the wall protecting America and her people.

As we pay homage to the dead of our many wars this Memorial Day, partying over the weekend and perhaps remembering a friend or relative who made the final sacrifice, we might engage in some other acts of recollection as well. In particular, we might set aside some time with our children or grandchildren, and read them some of the stories of those who gave their lives for their country. Such accounts can be found in our public libraries or by searching online.

"War means fighting and fighting means killing," Confederate cavalry leader Nathan Bedford Forrest declared—and we must never glorify the brutal business of war or soften its deadly costs. At the same time, however, we must aim to raise young people willing to defend their country if called upon to do so. Learning about those who came before them who rallied to the flag should help inculcate that patriotism.

# Old Glory

While handing on these examples and stories to the young, we can also use Memorial Day as an occasion to explore our own thoughts on patriotism. What does it mean to be an American in 2021? What makes us Americans? What do the words "life, liberty and the pursuit of happiness" mean to us? How much value do we place on our Bill of Rights in the Constitution, on such natural rights as free speech, or freedom of assembly and freedom of religion? What do we owe this "sweet land of liberty?"

Many of us will put flags in our yards or on our porches to honor Memorial Day. As we look at those stars and stripes, it's right and fitting we remember those who died in service to their country. But it's also fitting that we remember why they died.

To find the answer to that question, all we have to do is open our eyes and look around us at the people and places where we live. Both here and abroad, as the line from "The Battle Hymn of the Republic" tells us, Americans in uniform have died "to make men free." As their heirs, we still possess our precious liberty, in no small part because of the many sacrifices they made.

We can best repay the debt we owe them by keeping the fires of that freedom bright and burning.

## **HISTORY**

# The Last Days of Stonewall Jackson

## **JESSICA JAMES**

May is a beautiful month, but in Civil War history, it is also a sad one. The South lost both Thomas "Stonewall" Jackson and General J.E.B. Stuartin May, one year apart (1863

If you venture off I-95 near Fredericksburg, you can visit the site that was, until recently, called the Stonewall Jackson "Shrine." Due to the changing times, the name has now officially been changed to The Stonewall Jackson Death Site.

# 'Fairfield' Frozen in Time

After being wounded by friendly fire while scouting the battlefield near Chancellorsville at night on May 2, 1863, General Jackson was taken to a field hospital where his badly injured left arm was amputated.

Confederate army commander Robert E. Lee selected Guinea Station as the best location for Jackson to be taken following the surgery, most likely because of its proximity to the railroad to Richmond where he could then be transported to a hospital. Lee is famously quoted as saying, "He has lost his left arm; but I have lost my right arm."

General Jackson ended up in a plantation office building on Thomas C. Chandler's 740-acre plantation named "Fairfield." Although offered the use of the Chandler house, Jackson's doctor and staff officers chose a quiet and private outbuilding as the best place for Jackson to rest.

The Chandlers prepared the room using the same bed frame and one of the same blankets that are still on exhibit today. They also added the clock on the mantel with the hope that it would make the room look more homelike and less like an outbuilding.

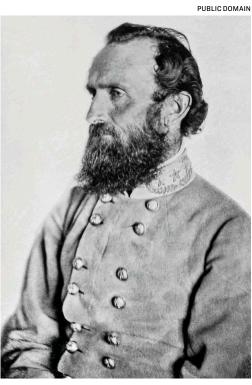
Despite his condition and the grueling 27mile ambulance ride, Jackson remembered his manners upon arrival to the property by apologizing to Mr. Chandler for being unable to shake hands with his host.

# **His Wife Arrives**

On May 7, Mrs. Jackson and baby daughter Julia arrived at Guinea Station and found lodging in the Chandler home. Earlier that month, the Jacksons had spent a nine-day reunion together that had been interrupted by the renewal of fighting that called the general away.

Amazingly, that reunion was the first time General Jackson had seen his wife in a year, and the first time he met his five-month-old daughter. Mrs. Jackson wrote of that visit: "It was raining and he was afraid to take to go."

her in his arms with his wet overcoat, but upon arrival at the house, he speedily divested himself of his overcoat, and, taking his baby in his arms, he caressed her with the tenderest affection, and held her long and lovingly. During the whole of this short visit when he was with us, he rarely had her out of his arms, waking her, and amusing her in every way that he could think of sometimes holding her up before a mirror and saying, admiringly, 'Now, Miss Jackson, look at yourself.' Then he would turn to an old lady of the family and say, 'Isn't she a little gem?' When she slept in the day, he would often kneel over her cradle, and gaze upon her little face with the most rapt admiration, and he said he felt almost as if she were an angel in her innocence and purity."



A portrait of Gen. Jackson, taken on a Spotsylvania County, Va., farm on April 26. 1863, seven days before his mortal wounding at the Battle of Chancellorsville.

This second reunion wasn't nearly as pleasant. Mrs. Jackson spent most of her time at her husband's bedside in the office, which lifted the spirits of the general. His surgeon Dr. Hunter McGuire recorded the incidents that transpired:

"The General's joy at the presence of his wife and child was very great, and for him unusually demonstrative. Noticing the sadness of his wife, he said to her tenderly: 'I know you would gladly give your life for me, but I am perfectly resigned. Do not be sad. I hope I may yet recover. Pray for me, but always remember in your prayers to use the petition, Thy will be done."

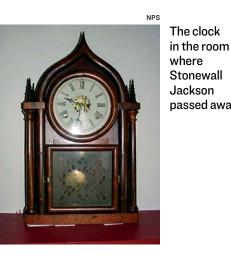
While Jackson was making progress in his recovery from his battle wounds, he took a turn for the worse after contracting pneumonia. Despite the efforts of specialists, nothing seemed to help him improve.

In recording the details of Jackson's wound and treatment, McGuire wrote: "When his child was brought to him to-day he played with it for some time, frequently caressing it and calling it his 'little comforter.' At one time he raised his wounded hand above his head and closing his eyes, was for some moments silently engaged in prayer. He said to me: 'I see from the number of physicians that you think my condition dangerous, but I thank God, if it is His will, that I am ready

Jackson informed him that his recovery was very doubtful, and that it was better that he should be prepared. Jackson was reportedly silent for a moment, and then said: "It will

be infinite gain to be translated to Heaven." McGuire then reports in his journal: "His exhaustion increased so rapidly that at 11 o'clock Mrs. Jackson knelt by his bed and told him that before the sun went down he would be with his Savior. He replied: 'Oh, no; you are frightened, my child; death is not so near; I may yet get well."

Those words caused Mrs. Jackson to lean over upon the bed, weeping bitterly, telling him again that the physicians said there was no hope. After pausing, he called for Dr. McGuire, and said, "Doctor, Anna informs



The Stonewall Jackson Shrine at the plantation outbuilding where Jackson died, Fredericksburg and Spotsylvania National Military Park.

me that you have told her that I am to die today; is it so?" After hearing the answer, he turned his eyes toward the ceiling and gazed for a moment or two as if in intense thought, then replied, "Very good, very good, it is all right." He then tried to comfort his almostheartbroken wife and told her that he had a great deal to say to her, but he was too weak. Jackson's Assistant Adjutant General Sandie Pendleton was so busy with the affairs of the command that he didn't have time to visit the general until May 10. When he entered the room around 1 o'clock, Jackson asked him who had preached at headquarters. Pendleton replied that the whole army was praying for him, and Jackson responded: "Thank God, they are very kind. It is the Lord's Day; my wish is fulfilled. I have always desired to die on Sunday."

The relationship between Pendleton and Jackson had always been a close one, with Jackson loving him like a son. Sandie was so affected by the conversation that he went to the porch and wept. He later told Mrs. Jackson, "God knows I would have died for him."

## The Last Moments Jackson died later that day, at 3:15 p.m. with

Dr. McGuire carefully noting his last words: "A few moments before he died he cried out in his delirium, 'Order A.P. Hill to pre- I must not cast a shadow over it by the fears pare for action! Pass the infantry to the front that come to me, in spite of myself. No, a rapidly! Tell Major Hawks'—then stopped, soldier should not know fear of any kind. leaving the sentence unfinished. Presently a smile of ineffable sweetness spread itself over his pale face, and he said quietly, and with an expression, as if of relief, 'Let us cross over the river, and rest under the shade of

# The Clock

When the building is open to the public, visitors can stand in the room where Jackson died, see his bed, and hear the ticking of the same clock that he heard the last moments of his life. It is the clock that Dr. McGuire used to record the time of his death: 3:15 p.m. on May 10.

The clock, blanket, and bed are said to have been saved thanks to a 12-year-old girl

named Lucy Chandler, the daughter of the plantation's owner. When Jackson passed away, Lucy was distraught. She told her mother that she wanted to trade places with Jackson because only her parents would be upset if she died, but the whole South would be upset if Jackson died.

When she became older, Lucy tucked away the clock, blankets, and some relics and kept a diagram of what the room looked like when Jackson passed away. The room and the building are set up with the help of that diagram.

It's said that Lucy also placed four Confederate flags on the posts of the bed, and that is how the site became known as a shrine. That part of the historical record is hard to substantiate and is likely lost forever.

## The South Weeps

By the time the train carrying General Jackson's remains entered the outskirts of Richmond, an immense crowd had gathered, the largest in the history of the city. The train slowed to a crawl, then proceeded ahead for two miles to the station, surrounded by thousands of bareheaded men and weeping women. Church bells tolled and guns split the air. All businesses in the city were closed, and black crepe hung everywhere.

The entire South was in mourning. Jackson was then taken to Lexington, Virginia, where he is buried.

## If You Go

The Stonewall Jackson Shrine can be reached from I-95 by taking Exit 118 (Highway 606) and driving east on 606 for about

During your visit, you may hear a CSX Transportation train rumble past the site on the old Richmond, Fredericksburg, and Potomac line.

As a side note, Jackson's arm is buried at a nearby plantation and is marked with a

# An Earlier Love Letter to His Wife

One probably doesn't think of General "Stonewall" Jackson as a hopeless romantic, but here is a letter he wrote to his wife on Sept. 25, 1862.

"Darling, my heart turns to you with a love so great that pain flows in its wake. You cannot understand this, my beautiful, brighteyed, sunny-hearted princess. Your face is the sweetest face in all the world, mirroring, as it does, all that is pure and unselfish, and I must fight and plan and hope, and you must pray. Pray for a realization of all our beautiful dreams, sitting beside our own hearthstone in our own home—you and I, you my goddess of devotion, and I your devoted slave. May God in his mercy spare my life and make it worthy of you! Your soldier"

Jessica James is an award-winning author of historical fiction, women's fiction, and suspense/thrillers, whose passions include history and travel. When not writing books, she enjoys wandering the backroads of America and blogging about our nation's almost-forgotten past at PastLaneTravels.com

# Pulling Back the Curtain on the Unsung Heroes

Continued from Page 1

He had his front teeth knocked out by German soldiers disguised in American uniforms, shortly before he shot both of

He interacted personally

with Gen. George Patton in order to obtain much-needed trucks for the crossing of the Rhine River. He was there when the First Army attacked, liberated, and ventured into a Nazi underground facility in the Harz Mountains. He experienced the results of the Hitlerjugend (the Hitler Youth), where young boys were given guns and, as he put it, were told to "kill. Everything was kill." He helped liberate Jew-

ish people who were being slaughtered in a small town. He and his corps were on a ship headed to Japan to continue the fight until the radio announced Japan's surrender.

The human elements of courage, pain, heartbreak, camaraderie, and horror can hardly be found in a more powerful setting than through the stories of our war veterans. They are the simplified, yet complex versions of humanity's plot: triumph and defeat. It is war. As much as we hate it, and as much as we fear its arrival and are left grieving in its wake, it is the most defining

It's soldiers like Kaleel who are called upon by their coun-



Veteran George Kaleel with the author, Dustin Bass.

try to fight a war and to defeat an enemy in the hopes of restoring peace, or something at least resembling it. He is an example of the willingness to do what is needed. He is an example of love of country. He is an example of the unsung hero.

His job wasn't on the front soldiers could reach those

front lines, that the wounded could be taken to safety, and that the supply lines didn't run dry. War is the great drama. And at times, those behind the scenes ensuring the drama continues are unintentionally overshadowed.

If one is willing to look lines. His job was to ensure around, you will be able to find men and women who have

served valiantly for their country and for the cause of freedom. From Korea to Vietnam to Serbia to Iraq to Afghanistan to other places around the globe and even here at home, our men and women of uniform do have stories to tell. Stories of fear and courage, joy and sorrow, triumph and defeat.

I have interviewed numerous veterans of various ages, including those in their 80s, 90s, and now 100s. The stories differ in their perspectives, because war, regardless of size and scale, is an incredibly personalized experience. As I was told shortly after Kaleel's passing, it was enough to capture his story. For many veterans, it's enough to simply pull back the curtain and ask them to

Dustin Bass is the co-host of The Sons of History podcast and the creator of the Thinking It Through YouTube channel. He is also an author.



Sauers (L)

and actor

**Chris Pratt** 

(R) promote

The Murph

# Why Edith Hamilton Feared the Decline of Individualism More Than Atomic Bombs

The celebrated scholar Edith Hamilton wanted the world to rediscover the best of ancient Greece-the appreciation of the individual mind

## **LAWRENCE W. REED**

"People hate being made to think," the educator and classical scholar Edith Hamilton (1867–1963) once said. Laziness of mind is indeed easy to find, even more so today than in her time. It shows up in vapid social media posts, flippant political rhetoric, superficial media coverage, knee-jerk but sanctimonious opinions, and the widespread absence of critical thinking skills. It's everywhere.

People who don't think are vulnerable to those who do, especially to those who think constantly about how to use others for nefarious purposes. Dictators and demagogues strongly prefer compliant, sycophantic subjects over thoughtful, independent, free-

Laziness of mind rarely if ever made an appearance in the long life and remarkable work of Hamilton. She celebrated the mind. She thought it was shameful to let one go to waste. In her view, "mind and spirit together make up that which separates us from the rest of the animal world, that which enables a man to know the truth, and that which enables him to die for the

In her last three decades, she put her own mind to reawakening popular interest in the great thinkers of the annoble effort, this homeschooled prodigy indisputably succeeded.

Born in Dresden, Germany, to American parents, she grew up in Ft. Wayne, Indiana. Her

mother and father desired the best education for their five children. They quickly realized that it wasn't to be found in the public schools. Edith and her three sisters and one brother were

all homeschooled, and each one went on to become an accomplished professional.

Scholar and

Alice, for instance, achieved prominence as an authority in industrial toxicology and was the first female appointed to a faculty post at Harvard University. Norah was a pioneer in art education for underprivileged children at Hull House in Chicago and in New York City. Margaret was an eminent educator and biochemist. Arthur was an author, professor of Spanish, and assistant dean for foreign students at the University of Illinois at Urbana-Champaign. Edith earned honorary doctorates from Yale, the University of Rochester, and the University of Pennsylvania. Whoever said homeschoolers aren't properly educated or "socialized" never met the Hamiltons (or any of the many homeschool families I've known).

Hamilton served for 26 years in various capacities, including head administrator, for the Bryn Mawr School, a college preparatory institution for girls in Baltimore, Maryland. After retiring in her mid-50s in 1922, she decided to start a new career as a writer, one that would allow her to explore a lifelong passion for ancient Greece.

Her first book, "The Greek Way," appeared in 1930 when she was 62. Over the next three decades, she would earn a worldwide reputation as an authority on the ancients. "The Greek Way" was a huge success, as were her later books such as "The Roman Way" (1932), "The Prophets of Israel" (1936), and "Mythology: Timeless Tales of Gods and Heroes" (1942). By 1957, nearly 5 million copies of "Mythology" alone had been sold.

She loved the ancient Greeks because, like her, they loved the mind of the individual. "The Greeks were the first intellectualists,"

she maintained. "In a world where the irrational had played the chief role, they came forward as the protagonists of the mind." Elaborating on this point, she noted a remarkable feature of the ancient culture of

"The fundamental fact about the Greek was that he had to use his mind. The ancient priest had said, 'Thus far and no farther. We set the limits of thought.' The Greeks said, 'All things are to be examined and called into question. There are no limits set on thought' ... To rejoice in life, to find the world beautiful and delightful to live in, was a mark of the Greek spirit which distinguished it from all that had gone before."

Because the ancient Greeks loved the mind and respected the individual, they created a civilization unlike any other at the time. The freedom they enjoyed stood out in a world of tyrants and tyranny. A few hundred miles to the south, the "great" civilization of Egypt was a very unhappy place by contrast. As Hamilton explained:

"The Greeks were the first people in the world to play, and they played on a great scale. All over Greece there were games,

part they would be there in some form for

At age 90, Hamilton was honored in

Greece's capital as an honorary citizen of

Athens. She described it in her acceptance

speech as "the proudest moment of my

life." Receiving thunderous applause in the

shadow of the Acropolis, she spoke without

notes of the city she loved as well as any in

"Athens is truly the mother of beauty and

of thought [and] is also the mother of free-

dom. Freedom was a Greek discovery. The

Greeks were the first free nation in the world

... Greece rose to the very height not because

she was big, she was very small; not because

us to see. But the Egyptian did not play."

all sorts of games; athletic contests of every description: races—horse-, boat-, foot-, torch-races; contests in music, where to display a nice skill of foot and balance of body; games where men leaped in and out of flying chariots; games so many one grows weary with the list

of them. "If we had no other knowledge of what the Greeks were like, if nothing were left of Greek art and literature, the fact that they were in love with play and played magnificently would be

proof enough of how they lived and how they looked at life. Wretched people, toiling people, do not play. Nothing like the Greek games is conceivable in Egypt or Mesopotamia. The life of the Egyptian lies spread out in the mural paintings down to the minutest anybody else's." detail. If fun and sport had played any real

I'm certain she would detest today's groupthink, cancel culture, and political correctness as much as she would the fic-

the best of ancient Greece—the appreciation of the individual mind and the critical need for people to be as free as possible so they can put it to use. She was ancient Greece's most popular 20th-century cheerleader when she focused on its greatness; she was its most trenchant critic when she

Allow me to close with a selection of additional insights from Hamilton. They resonate with vital truths we need to re-



A statue of Athena stands in front of the Academy of Athens in Athens. Greece.

# The freedom they enjoyed stood out in a world of tyrants and tyranny.

she was rich, she was very poor; not even because she was wonderfully gifted. She rose because there was in the Greeks the greatest spirit that moves in humanity, the spirit that makes men free."

To Hamilton, the mind was each individual human being's most unique and precious possession. She would be horrified by the notion of "the Borg" in the "Star Trek" fictional universe. It postulated a single one side out-sung the "hive mind" to which humans would be other; in dancing—on subordinate and obedient. To her, the fact the artist, another to the warrior. Excelgreased skins sometimes that we each have a mind of our own leads to one inescapable conclusion—namely, that to be fully human, we must be both free and responsible. She was a stalwart friend of the individual—his mind, his rights, and his freedom.

When she died at 95 in 1963, The New York Times published a glowing obituary. One quote in particular that the obituary author provided indicated that she was worried that the free societies of the 20th century were losing the Greek spirit of in-

"That frightens me much more than sputniks and atomic bombs," she opined. "Greeks thought each human being different, and I take a lot of comfort in the fact that my fingerprints are different from

Hamilton wanted the world to rediscover

zeroed in on the reasons it declined and fell.



Edith Hamilton (L) and her sisters Alice, Margaret and Norah.

"There is no worse enemy to a state than he who keeps the law in his own hands." "Theories that go counter to the facts of human nature are foredoomed."

"A man without fear cannot be a slave." "Fundamental to everything the [ancient] Greeks achieved was their conviction that good for humanity was possible only if men were free-body, mind, and spirit-and if each man limited his own freedom. A good state or work of art or piece of thinking was possible only through the self-mastery of the free individual, self-government ... Liberty depends on self-restraint."

"In Greece, there was no dominating church or creed, but there was a dominating ideal, which everyone would want to pursue if he caught sight of it. Different men saw it differently. It was one thing to for the word they used for it, but it meant more than that. It was the utmost perfection possible; the very best and highest a man could attain to which when perceived always has a compelling authority. A man must strive to attain it."

"What the people wanted was a government which would provide a comfortable life for them, and with this as the foremost object ideas of freedom and selfreliance and service to the community were obscured to the point of disappearing. Athens was more and more looked on as a co-operative business, possessed of great wealth, in which all citizens had a right to share ... Athens had reached the point of rejecting independence, and the freedom she now wanted was freedom from responsibility. There could be only one result ... If men insisted on being free from the burden of a life that was selfdependent and also responsible for the common good, they would cease to be free at all. Responsibility was the price every man must pay for freedom. It was to be had on no other terms."

"When the world is storm-driven and bad things happen, then we need to know all the strong fortresses of the spirit which men have built through the ages."

## For Additional Information, See: "Edith Hamilton: An Intimate Portrait" by

Doris Fielding Reid "Edith Hamilton" in Encyclopedia.com

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

His website is LawrenceWReed.com

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# The Murph Challenge: A Memorial Day Tribute to the Fallen

## **ANDREW THOMAS**

Every Memorial Day, fitness enthusiasts and newcomers around the country and across the globe prepare to honor fallen Navy SEAL Michael P. Murphy and many others who have made the ultimate sacrifice by completing "The Murph Challenge." The grueling workout consists of a one-mile run, 100 pull-ups, 200 push-ups, 300 squats, and another one-mile run.

Murphy originally dubbed the workout "Body Armor" as he executed the routine with a 20-pound protective vest. He developed the workout as a functional routine that was practical for his work as a SEAL. While his average time was was reportedly just over 28 minutes. The tion across the country and the world. workout would prove invaluable in the

of Afghanistan. Murph would have **Operation Red Wings** been the guy who On June 28, 2005, Murphy and three other finished, wouldn't SEALs, Matthew Axelson, Danny Dietz, and Marcus Luttrell, were big deal about it, and on a reconnaissance he would've helped mission, code name

treacherous mountains

in eastern Afghanistan. But when they were discovered by unarmed locals, their mission became compromised. The SEAL team let them go, knowing that they would most likely in-

Operation Red Wings,

form the Taliban of their presence. As the three SEALs attempted to return to base, scores of Taliban fighters reached their position, and a firefight ensued. The unforgiving terrain made it impossible to get a connection to call for a quick reaction force to come to their aid.

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

# **The Murph Challenge**

Years later, Michael Murphy's father, Dan Murphy, approached former SEAL Michael Sauers regarding the LT. Michael P. Murphy Memorial Scholarship Foundation that was established in the aftermath of Operation Red Wings. Sauers, the **Participants** founder of FORGED, an apparel company, served on active duty for 13 years and seven years as an instructor and had crossed paths with Murphy several times throughout his service.

Dan Murphy knew about Sauers's work with the veteran community, and they discussed a fitness fundraiser for the foundation—the Murph Challenge. They

worked on how to promote the challenge and prepare participants for it. Since 2014, FORGED has garnered more than \$1.25 million from the challenge for the foundation, which has sponsored 33 scholarships this year alone. In total, since 2007, the foundation has sponsored more than 400 scholarships. Every year, the challenge is able to raise enough to sponsor one or

"Michael's favorite saying was 'Education will set you free," Dan Murphy explained. "Education removes superstition, prejudice, rumor mongering. He said education brings us together as a people—all Americans.

Since 2014, FORGED and the CrossFit between 32 and 34 minutes, his best time community have expanded the tradi-

> Actor Taylor Kitsch, who played Murphy in "Lone Survivor" has promoted the workout and made it a staple in fitness culture. Other influential athletes and celebrities, including Dwayne "The Rock" Johnson, have further popularized the event. Every Memorial Day weekend, Dan Murphy travels throughout his Long Island community and beyond to promote the challenge, but also to tell participants about his son's story.

Michael Sauers, co-founder, "What I always try The Murph Challenge to instill in my com-

even have made a

all of the other

people who were

struggling.

ments to everybody is that when they're doing this, the idea is to think about all those fallen heroes, including Mike, who sacrificed for our freedom," Dan Murphy said.

While participants try to complete the challenge as fast as they can, Sauers stressed how the event isn't about getting the best time. The challenge isn't a competition, but rather a way to honor Murphy and the many others who have been killed in combat. And while the workout is intense, Sauers encourages everyone to participate even if they have to modify the routine.

"Murph would have been the guy who finished, wouldn't even have made a big deal about it, and he would've helped all of the other people who were struggling, and he would've motivated them and helped them go through the Murph Challenge, Sauers explained.

Liz Gilroy, 52, of East Hanover, New Jersey, has completed the workout multiple times. She first learned about "The Murph" in 2012 from FORGED, and she had read both Luttrell's "Lone Survivor" and Gary Williams's biography on Murphy entitled "SEAL of Honor." After a little bit of research, the CrossFit enthusiast was drawn to the challenge. Many of her brothers,



uncles, and cousins have served in the military, and attempting the workout was her way of showing appreciation for the

After completing the workout for the first

time, Gilroy was exhausted. But she's kept at it, and she tends to do the challenge multiple times per year. Over the past year during the pandemic, she's done the workout four times. This year, she'll be adding the weighted vest.

done," Gilroy said.

Joe Romano is the owner of Mission Fitness in Livingston, New Jersey, where Gilroy exercises and performs the challenge. He learned about The Murph when he started doing Cross-Fit in 2009 and hosts the event every Memorial Day at his gym.

grateful, and thankful I am to live in this country.

Joe Romano, owner Mission Fitness

Dan Murphy

established the

LT. Michael P.

Murphy Memorial

Scholarship

Foundation in

the aftermath of

**Operation Red** 

Wings.

It just

reminds

me how

privileged,

"The whole never quit, never give up, and never out of the fight kind of thing really hit home," Gilroy said.

"I don't care if it takes me three days. I'll just do it until I'm

grateful, and thankful I am to live in this country. There are men and women out there that throughout our history have sacrificed everything for us to be able to do a Murph, to be free," Romano explained.

Romano has tremendous respect for the military, and he wanted to be able to pay tribute to Murphy and so many others who have died for our way of life. He's been hosting the event at his gym since 2014. Like Sauers, Romano tells his members that the event isn't about getting a stellar time. The challenge on Memorial Day is

"That's really the essence of Michael Murphy, what he did for his teammates, and just how that organization operates.

To register for the challenge and find out

"It just reminds me how privileged, created the Body Armor workout. Now. it's called The Murph in his honor and

about teamwork.

They all rely on each other," Romano said.

more, visit TheMurphChallenge.com

# The Kindness of a Stranger

Mom of young boy with autism grateful to passerby 'hero'

# **JENNI JULANDER**

When a little boy with autism had a meltdown in public with his mom, the anguished episode wasn't unexpected she'd learned to live with them.

What was unexpected, though, was the kindness shown from a "total stranger" that day. She later retold the story in a Facebook post, while thanking the stranger for his action.

The post went viral, garnering more than 96,000 likes and 34,000 shares. The UK mom, Natalie Fernando, 44,

said the whole day had just been "too much" for the both of them. She and her 5-year-old son Rudy had

been out for a walk when his tantrum hit. She quickly began to wonder if the meltdown was about to turn into an hour-long fit or something worse. Exacerbating the situation, disapprov-

al from passersby flustered the mom, making it harder for her to handle the situation, as she explained in her Facebook post. "Rudy and I were being tutted at stared

at and frowned at by a woman and a man with a 2-year-old in a pram trying to sleep despite me apologizing for my son's loud noises," she wrote on April 12. "Hence the walk along the seafront so I can let him express himself outdoors, short from gagging him I'm not sure of an alternative." Then, a total stranger came along, a





Natalie Fernando with son Rudy.

man Natalie is now calling her "hero." "He asked my little Roo what his name

was," the grateful mom wrote, "and when I explained he didn't really understand and that he is autistic and has a host of other challenges making this part of the walk difficult he said, 'That's cool, I'll lay down with him.'"

And that's exactly what the man, Ian Shelley, did.

It's said a lot at the moment, 'in a world where you can be anything be kind.' Words are easy, these actions are not always so easy.

Natalie Fernando

Natalie explained in her post, "This man, a total stranger, saved me today from either a meltdown lasting up to an hour or the alternative which is usually a bit of a beating from my boy who totally loses himself when he has a meltdown and can become very aggressive."

"This man, a total stranger, took time out of his day to just chat and ask if I was ok." But he didn't stop there. He even went so far as to walk them back to their car

and make sure they made it on their way. "This man, a total stranger, was my hero this morning and after laying with Roo newsletter

then walked Rudy and I all the way back to our car," she wrote.

As she explained in her heartfelt "thank you" post on Facebook, Rudy loves to go out for walks. However, he hates turning around to go back, a situation that can bring on fits of anger. Usually, Natalie chooses routes that

don't require turning around. But one of his favorite walks, which goes past the boats near Southend-on-Sea, requires

She says Ian's kindness saved her that day.

"It's said a lot at the moment, 'in a world

where you can be anything be kind,"" Natalie wrote. "Words are easy, these actions are not always so easy. This man is living the words and I couldn't be more grateful."

Her Facebook post quickly went viral, with users calling Ian a "star," his actions "kind" and "lovely."

"There needs to be billions of Ians on the planet," one user commented. "Grateful for this story and for the Ians

of the world," said another. Natalie's thank-you serves as a reminder to parents not to judge a situ-

ation before you know what's going on. "If you see a parent struggling, maybe take the time to say, 'Are you ok?'" she wrote. "Don't judge the parenting, try not to judge the child, just be kind."

Share your stories with us at emg. inspired@epochtimes.com, and get your daily dose of inspiration by signing up for the Epoch Inspired newsletter at TheEpochTimes.com/

**ANDREW THOMAS** 

hen our country's service members are killed in action, they aren't alone in making the ultimate sacrifice. Their families also bear the burden. Char Fontan Westfall continues to carry the loss of her late husband Navy SEAL Jacques Fontan, but she's learned how to grieve and how

Westfall met Fontan when he was serving at the Navy base in Jacksonville, Florida, as a rescue swimmer instructor in 1996. She was home from college that summer working as a lifeguard and swim coach, and their paths crossed almost daily.

"He was an absolutely wonderful man. He was funny, very into his family, his friends, very loyal, loved sports—I have never seen or heard a man who could recite so many facts about all different sports teams, not just the teams he liked but across the board in general. It was crazy," Westfall said.

Fontan pursued his dream of becoming a Navy SEAL as Westfall finished her last year of college. After he proposed to her, she moved to Coronado, California, to be with him, and the two married in 2000. She was very much in love but wasn't initially aware of the challenges of being married to a SEAL. He traveled often and could be called away at a moment's notice. When he was on deployment, communication and

Westfall struggled with grief and her faith in God following her husband's death.

Westfall with her

current husband and

their three children.



**Getting the News** 

Westfall worked as a private tutor for an autistic child, and she would take him out as part of their lessons. One evening when they were out having dinner, she noticed a story on television about a helicopter that had been shot down in Afghanistan, and that it was unlikely that anyone had

ALL PHOTOS COURTESY OF CHAR FONTAN WESTFALI

"I remember thinking: 'Oh my gosh. That's so sad. Let me pray for those families," Westfall recalled.

As Westfall drove home that evening, she received a call from a friend and fellow SEAL wife telling her she was trying to get as much information as she could about the incident. Westfall immediately thought back to the news footage she had seen earlier at the restaurant and felt something visceral in her stomach.

The next day, she heard that those who had been killed were part of SEAL Team 10, her husband's unit. She was used to hosting a weekly dinner that night, and her friends began arriving earlier than usual.

She went to the garage with one of her friend's husbands to get some charcoal for the grill when they heard car doors slam shut outside. They turned and saw three men in full Navy uniform walking toward them. The men asked everyone to leave and informed her that Fontan was miss-

She asked if there was a possibility that he was still alive but couldn't get an answer. The next day, they confirmed he had been killed in action when his helicopter was shot down trying to rescue his fellow SEALs **Helping Others** during Operation Red Wings. The mission was made famous by the book and later the film "Lone Survivor," by Navy SEAL Marcus Luttrell.

"It was definitely rough. I had a feeling leading up to it once the information started coming in, but it's still just not some-fallen service members and shares her story thing you want to fully believe until they to help them heal and encourages them

# **Learning to Grieve**

The year following Fontan's death was Tragedy: A Navy SEAL Widow's Permission a tumultuous one. They had sold their house and moved back to Florida, and were in the process of buying a new home memory to me feels like I'm keeping his for their future family. They had been memory alive," Westfall said.

waiting to start a family until Fontan re-

Week 21, 2021 THE EPOCH TIMES

Just five months following Fontan's death, Westfall attended her brother's wedding. Fontan was supposed to be a groomsman. When Fontan's team returned from de-

ployment in Afghanistan, Westfall witnessed her friends welcoming their husbands home. She felt utterly alone, but a friend from her parents' Bible group down the road befriended her. He was someone she could always depend on; she could call him when the grief became unbearable, and he would check in on her regularly. Yet she was still traumatized and began to question her faith.

"I grew increasingly angry with God in that first year, too, just because I didn't understand," Westfall said.

Westfall wished that someone would crash into her car to make all of the pain stop.

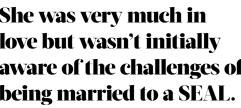
Her friend encouraged her to join him at church, but she would sit there in anger with her fists clenched during the service. But as she continued to go to church, her rage dissipated little by little, and she began speaking with her pastor who directed her to a Christian counselor.

# She was very much in love but wasn't initially aware of the challenges of being married to a SEAL.

how to cope with her emotions.

ued to live her life and give back. Westfall now works with the Special Ops Survivor Foundation, the Lone Survivor Foundation, the Boot Campaign, and Team Never Quit. She also speaks with other spouses of to keep living. The process has helped her heal as well, and in an effort to expand her mission she wrote the book "A Beautiful to Grieve and a Prescription for Hope."

"Just being able to give back in Jacque's



At first, she was skeptical about how talking with a counselor would help. How could they tell her anything that she didn't already know? But once she discovered that talking through her various emotions was helping her heal, she began to value the counseling. She realized that there was no handbook for grief and gradually learned

Over time, she learned to love God again. She also found love and happiness again when she started dating her friend. The two are now married and have three children. He is respectful, supportive, and attuned to her past.

"I can definitely look back and see where God was just there for me the whole time,"

Honoring her late husband, she has contin-



The Brazilian town of Ouro Preto originated in the 17th century, when in 1693 gold was discovered in the region. Most of the town's architecture reflects its colonial Portuguese heritage.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

# One of the Seven Wonders of Portuguese Architecture: Brazil's Church of St. Francis of Assisi

The former gold-mining town of Brazil's Ouro Preto is rich in Portuguese architectural treasures. The remote and rugged hillside town was built in the late 17th century, after gold was discovered in the region in 1693. At the height of the region's gold rush, 60 percent of the world's gold came from Ouro Preto, but by the 19th century the gold had been exhausted.

One aspect of Ouro Preto's rich heritage that still remains is its remarkable colonial buildings. The town is now a city and is it-

compiled a list of the Seven Wonders of Portuguese Origin in the World. The list of significant landmarks, limited to the Portuguese Empire (1415–1999), includes one of Ouro Preto's churches: St. Francis of Assisi.

Famous Brazilian architect and sculptor Antonio Francisco Lisboa, commonly known as Aleijadinho, designed the building and carved the decorative art inside the

According to UNESCO, Aleijadinho And in 2010, the Portuguese government Costa Athaíde), who created the church's serene and sacred atmosphere.

painted ceiling, were some of the first artists in Brazil to develop a genuine national style of art. This style developed partly out of necessity because of the shortage of labor and materials due to the town's remote

The church consists of two circular bell towers and one entrance, above which are sculptural reliefs carved in soapstone. Inand Ataíde's painting "Glorification of Our and the Baroque-Rococo painter Mestre Lady Among Musician Angels" in which self on the UNESCO World Heritage list. Ataíde (formerly known as Manuel da his depictions reflect locals, evoke a most





(Top) Above the church entrance, St. Francis of Assisi receives the stigmata, in this vivid soap-

**DEAR NEXT GENERATION** 

# 'Look for Simple Interactions Where You Can Create a Wonderful Memory for Someone'

# → Advice from our readers to our young people

Dear next generation,

You can make a positive difference to people every day. Look for simple interactions where you can create a wonderful memory

When a school year or semester is over, take 30 seconds to thank your favorite teacher for their work. When you leave a coffee shop, take 10 seconds to thank a barista who has made a great latte or given excellent service. When someone makes the stupidest driving decision ever, disrupting your drive, smile, shrug your shoulders, and wave (five fingers). If you read something you liked, or learned from, write or email the person who wrote it a thank you.

Over the decades, I've seen neighbors working on big yard projects. I will pull over, roll down the window, and say: "Wow, you're doing a lot of work, but it's paying off. It really looks fantastic." The smile you receive will light up your day.

Now that I am older and have a few more pennies, I will give money or gifts to people

at times. Last week, I bought a bouquet of flowers for the doctor who gave me my COVID shot, saying thank you. Twice a year, I will stop where someone has been regularly twirling a sign for some business. I will hand them \$20, tell them I admire their work habits and know that they will be successful in the years ahead. Then I usually have to lift their jaw off the ground.

When a school year or semester is over, take 30 seconds to thank your favorite teacher for their work.

Saying to someone something like "Hey, that blue shirt really looks good on you" can really improve someone's day.

I like to check out items at antique malls. A few years ago, I got my coffee at the same place every day, so I got to know some of the baristas. One of them was an avid horse rider, performing at shows and the like. I saw a small, unique (and cheap) horse item at a store one day, and purchased it for her. When I got my coffee the next day, she wasn't working, so I asked someone to put it in her box. Sometime in the future, as I pulled up to the drive-up window, she was there, and she just lit up.

"You have no idea how much I appreciated your gift," she said. "I was having the worst day and came to work with a horrible attitude. When I saw your present, my day turned around 180 degrees." By that time, I had honestly forgotten that I had given her something.

When you get the mindset of looking for opportunities to make a positive difference in people's lives, one can find countless opportunities that don't cost any money, opportunities that will really mean a lot to people.

—Tom Tangen, Washington

Dear next generation,

As a professor, I try to instill in my students the profound impact of work experience in helping to shape work ethic in the classroom and in the field. Often enough, students get too caught up in their grades or

grade point averages and fail to realize that experience matters when they apply for jobs after graduation.

Whether it be volunteering or paid service, there is no substitute for "real-world experience" as it serves to instill confidence in the individual and gives them a sense

All the best, Dr. Stephen P. Sowulewski, Virginia

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

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

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

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



(Far left) The harmonious church interior ent atmosphere (Left) Baroque-Rococo painte Mestre Ataíde created the "Glorification of Our Lady Among Musician Angels" on the church's

stone sculp

(Above) A statue of the

French king St. Louis, the

co-patron of the Third Order of St. Francis of Assisi, in vhich lay worshipers commit

pel according

to St. Francis's

eachings with-

out having to

take the cloth.

# The Unexpected Spoonful of Sugar: Benefits of Structuring Your Homeschool

**TRICIA FOWLER** 

other's journal entry, July 20, 2004: I just can't seem to stay on top of my game. First, the kids got up and made a huge mess in their room while I was still asleep. Then, after a breakfast of cold cereal, the kids wouldn't leave me alone during my morning devotions. I put them in front of PBS for a half-hour to dress and brush my teeth when someone showed up at the door. Before I knew it, Matt was home for lunch, and I didn't even have the kitchen cleaned up from breakfast. He asked what we had been doing since he left for work and I turned red.

"Nothing," I answered.

"What are you doing this afternoon?" he innocently asked.

"Probably more of the same. The kids just take up all my time. I feel like I am running around putting out fires all day until I fall into bed and wake up to the same problems

This was my life in a nutshell prior to homeschooling. Although I had thought of myself as a disciplined person throughout high school, college, and my early career as a speech therapist, this mothering gig was hard, and it flew contrary to what modern philosophy had taught me: Stay-at-home wives and mothers weren't using their intellect and talents to their greatest degree. In other words, I thought taking care of the kids and the home was supposed to be easy. Every day I used the same poor techniques and got the same poor results.

## **Adding Homeschooling** to an Already Full Life

My husband and I decided to homeschool that summer of 2004. I had a 2-year-old, a 4-year-old, and was due with our third child in September. I bought a very expensive kindergarten kit with all the bells and whistles to educate my firstborn who would turn 5 a couple of weeks after my baby was due. The date I planned on starting our first day of school loomed on the calendar like a colonoscopy. If I couldn't accomplish desired tasks on a regular day, how was I going to add a new baby and homeschooling into it?

Four kids and 17 years later, I have certainly added a lot more into my days since those early years. I see my former self as brimming Adding the Homeschool Schedule spent way too much time assuming home of striving for what I felt like doing, I needed calendars to pull school, chores, and other

**PARENTING** 

Household

Teach Your

While it may seem like a long way off, the

little humans you live with and nurture

are someday going to fledge the nest and

find a nest of their own. When they do,

it'd be nice if they knew their way around

a washing machine. Here are some habits

you can teach your children starting now.

Before everyone heads off to bed, rally

the troops to get the dishes into the dish-

washer, the couch straightened, the shoes

put in the closets, the coats hung up, the

counters wiped clean, the garbage taken

out, the laundry put away ... Basically, put

the house back in order and ready for the

in this nightly ritual will instill a valuable

habit that they'll take into adulthood. This

simple habit is chock-full of character-

building mojo as they sacrifice now for

rewards later, diligently work when they

don't feel like it, consider other members

of the household, and cooperate with the

rest of the family to get the job done.

Habits to

Children

**BARBARA DANZA** 

Nighttime Tidy Up



to embrace and master my jobs at home! What a concept! That meant time spent goal-setting, studying methods, and organizing tasks needed to be applied more rigorously in home life than I had applied it outside the home. This has worked itself out in degrees throughout the years. I am embarrassed to say that even the idea of waking at least an hour prior to the kids was novel to me. As I trained myself to be dressed, have my bed made, have my room cleaned up, have my devotions, and have breakfast made before the kids were even up, I came out of survival mode.

Slowly but surely, exercise was added to my morning routine. Chores were snuck in when I was already in the area, such as **what I am doing those** wiping the sink immediately after brushing my teeth. The kids, as they grew, also took on chores using a note card system I bought. We were even able to begin music lessons and some service projects. As I grew in these areas, improvement, not perfection,

**Waste Management** 

truck has come.

just where to find it.

Make Your Own Bed

not, they can help.)

Teaching your children to participate they can make their own bed. (If they're

**Unloading the Dishwasher** 

to channel it to the things that mattered. I lagged. I spent a lot of money on lesson plans with lots of little boxes to check off, but they duties such as the children's discipline, didn't seem to fit our family's needs. Lookcleaning, and meal preparation would get ing around the internet, I came across all easier with little effort on my part. Instead kinds of ideas and finally decided on weekly

What day does the garbage get picked up?

How about recycling? Who's in charge of

managing the garbage receptacles in your

house? If it's you or your spouse, consider

Let the child know what night the garbage

needs to be taken to the curb each week. Put

them in charge of emptying all the trash

cans at home, replacing the garbage bags,

bringing the cans to the curb, and return-

ing the cans to their place after the garbage

Are you the only one in your house who

knows where everything goes in the kitch-

en? If so, that's a huge red flag that your

children over the age of, say, 2 need more

Emptying a clean dishwasher and putting

away the dishes properly is a great example

of the type of effort it takes to keep a house-

hold running. Care for each item must be

taken, everything must find its way to its

proper place, and the job is done when it's

done. As a bonus, the next time someone

needs a spoon for her yogurt, she'll know

Do you make your kids' beds every day? If

they are old enough to dress themselves,

Many adults haven't embraced the ben-

efits of this habit, but a made bed sets the

tone for the day. It's one of the first things

you do, offering you an easy win before the

day has hardly begun. A made bed instant-

ly makes the entire room look neater and

cleaner. At the end of the day, it's another

outsourcing the job to a capable child.

My husband built the spreadsheets for me with hours of the day along the left side and days of the week across the top. I spent many hours dividing the books in our homeschool curriculum into portions and entering the page numbers to be covered each day. Chores, music lessons and practice, and special events were slowly added. Later, inserting my favorite quotes at the top of each weekly schedule furnished a pop of

# When my kids ask me summer months at the laptop, I jokingly tell them, 'I am planning every detail of your life for next year.'

Every school year has its set of 36 weeks and, when necessary, I can rearrange scheduled elements during the summers before the next school year. When my kids ask me what I am doing those summer months at the laptop, I jokingly tell them, "I am planning every detail of your life for next year."

Through household chores, children learn

reminder that regardless of how it all went,

you started off right and can now get into a

Even a toddler can help get a handle on the

dusting around the house. Swiffer cloths

habits they will carry for a lifetime.

helps when it comes to dusting.

nice, neat bed.

beauty of my schedule! The continual bossing and nagging necessary to get everyone going in the right direction significantly diminished. It was very difficult for me to remember what task everyone should be completing at any given moment every day. How could I expect my kids to know what must be done if I couldn't keep track? My intentions were always good prior to the school year but they needed to be compiled and organized in such a way that I could communicate what was expected.

All joking aside, this statement is the

# **An Unexpected Gift**

My schedule has given me another unexpected gift. When I give directions verbally, there appears to be a much greater chance the task will be disregarded or forgotten. But as my kids follow their schedule, many assignments go down like medicine with a spoon full of sugar. I don't know all the reasons for this, but I'm loving it! All the late nights dreaming and planning while making these magic schedules have been well worth the effort.

Tricia Fowler is a homeschooling momma in the Midwest. She currently spends much of her time teaching math, feeding sourdough, and helping with whatever is in season on the hobby farm she shares with her husband and seven children.

# the vacuum a part of the nightly tidy-up if that works better.

Clean the Bathrooms

tain rooms consistently or make running

TOMSICKOVA TATYANA/SHUTTERSTOCK

Ah, the most glamorous of the household chores. One way to encourage your children to not make a total disgrace of the bathroom is to put them in charge of cleaning it each day. Perhaps young children could begin by using natural and safe cleaning fluids like a mixture of vinegar, water, and lemon juice. Kids can manage towels and toiletries, and wipe down counters, sinks, tubs, and yes, toilets.

# Do the Laundry

Oh, the laundry. Is there a more relentless household chore? As your kids grow, make sure they put away their own clothes properly each day and are competent in working the washing machine, the dryer, and even

# Take Initiative

Finally, you'll have hit platinum-level parenting when you see your children begin to take initiative to better some part of the household. Perhaps they simply see a messy surface and take it upon themselves to clean it up. Perhaps they want to plant a garden and take the initiative to make that happen. Perhaps you wake up early one weekend



With the clustered stars and the steadfast bars. The red, the white, and the blue. Flag of the fearless-hearted, Flag of the broken chain, Flag in a day-dawn started,

Dearly we prize its colors, With the heaven light breaking through, The clustered stars and the steadfast bars, The red, the white, and the blue.

Never to pale or wane.

Flag of the sturdy fathers, Flag of the loyal sons, Beneath its folds it gathers Earth's best and noblest ones. Boldly we wave its colors, Our veins are thrilled anew By the steadfast bars, the clustered stars, The red, the white, and the blue.



FOR KIDS ONLY

THE EPOCH TIMES

We must dare to be great; and we must realize that greatness is the fruit of toil and sacrifice and high courage. THEODORE ROOSEVELT (1858-1919),

**26TH PRESIDENT** 



**BECOMES A STATE** 



n May 29, 1848, Wisconsin became the 30th of the United States of America.

Before that, the Wisconsin Territory was U formed in 1836. Its first capital was the town of Belmont, but was moved to Madison, its current capital, in 1838.

Today, Wisconsin is best known for its production of cheese, which began before it was even a state. The first farmstead cheese factory in Wisconsin was established in 1831.

By Aidan Danza, age 14

# THE CARRIER PIGEONS OF WORLD WAR ONE The stuffed body of Cher Ami on display Cher Ami was

French Croix de Guerre for heroic

awarded the

# n the spirit of Memorial Day,

I would like to take this week's column to write about an unusual war hero—a pigeon who saved almost 200 lives in the First World War. The pigeon was named Cher Ami (meaning "true friend") and the message it delivered allowed the troops in its division to escape certain death.

Cher Ami was a homing troops were too far away to

communicate via means, such as Morse code or radio, homing pigeons were used. These pigeons were trained to fly back to their coop from great distances away. This way, when pigeons were brought into an encampment, they could be released, with messages attached to their legs, and sent back to their home

Cher Ami was part of the 77th Infantry Division of the United States. and its time of service came on Oct. 3, 1918. The 77th was trapped in a small ravine, surrounded by the German army, which was rapidly inflicting great harm upon the "Lost Battalion," as they were called.

The commanding officer, Maj several pigeons to try to get help, and in response, an American artillery unit began barraging what they thought was the German Army. However, the artillery had miscalculated its aim and was unknowingly barraging the men they were attempting to help, killing 30 Americans. Whittlesey frantically sent all his pigeons to try to stop the barrage, all of which were shot down by the Germans. Finally, he came to his last pigeon, Cher Ami, and attached

"We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven's

**British soldiers** 

train a carrier pigeon in the south of England in this file photo.

this message to its leg:

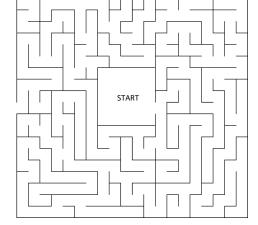
sake, stop it.' Cher Ami took off in the air, flying surely and swiftly even after being blinded in one eye, shot through the chest, and in the leg that bore the message. In a moment, the 77th's last

miraculously took off again with all its strength, flying 25 miles in 25 minutes, delivering the message that halted the barrage. The next day, the barrage was turned back on the Germans, turning the tide of the battle and saving the Lost Battalion.

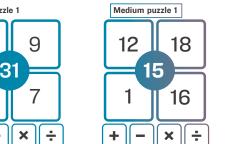
(FRAMES) AZURE1/SHUTTERSTOCK (MEDAL); NATALE MATTEO/SHUTTERSTOCK; (MOUNTED PIGEON) PUBLIC DOMAIN; (SOLDIERS) FPG/HULTON ARCHIVE/GETTY IMAGES; (BACKGROUND) ZEF ART/SHUTTERSTOCK

pigeon plummeted to the ground but

# **ESCAPES**!



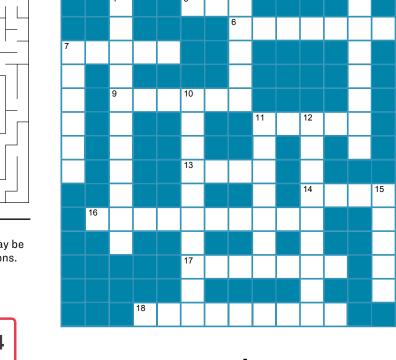
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example:  $6 + (7 \times 3) + 1 = 28$  and  $1 + (7 \times 3) + 6 = 28$ 







31-7×(72-45)



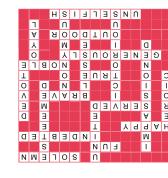
4 Type of plea filled with emotion (11) **7** Brave (6) 8 Dedicate (6) **10** Winner! (10) 11 Received gifts from God (7) 12 "Author unknown" (9)

1 Married (6)

3 Well-thought-of (8)

15 Doesn't run when times get tough (5)









\_\_ & games (3)

Plucky (5)

Holiday feeling (5)

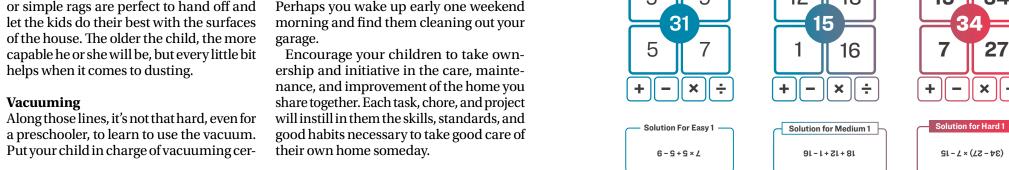
"First come, first \_\_\_" (6)

**13** "... \_ \_ North strong and..." (4) **14** Majestic (5)

16 How we donate our time and money (10) 17 Where we like to celebrate Memorial

18 Likes to share (9)

Day (7)



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**TRUTH and TRADITION** 

**UPDATED** 

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