

# THE EPOCH TIMES

# LIFE &

# TRADITION

PEOPLEIMAGES/GETTY IMAGES

Children can learn about personal responsibility from a young age, for example through chores.



## Rules for Life: The Key Is Personal Responsibility

Every day offers us opportunities to build and strengthen our sense of duty and obligation

GAGE SKIDMORE/CC BY-SA 2.0

Jordan Peterson speaks at the 2018 Student Action Summit hosted by Turning Point USA in West Palm Beach, Fla.



JEFF MINICK

“In dreams begin responsibilities” was an epigraph for Irish poet W.B. Yeats’s collection of poems, “Responsibilities,” and was later the title of Delmore Schwartz’s most famous short story.

Those same words might also serve as the central theme of Jordan Peterson’s two best-selling books, “12 Rules for Life: An Antidote to Chaos” and “Beyond Order: 12 More Rules For Life.”

Both of Peterson’s books, self-help guides that blend philosophy, literature, and personal anecdotes, have won him an enormous readership. Before falling ill and almost dying from his use of prescribed pharmaceutical drugs, Peterson became an enormously popular speaker, filling lecture halls and auditoriums in the United States and around the world. His YouTube videos attracted millions of followers.

*Continued on Page 2*

**Throughout the whole of history, men and women have sought pathways that increase their happiness and their well-being.**

## Weathering Life’s Storms by Rooting Children in a Garden

ANNIE HOLMQUIST

It was a comfortable August day years ago when my mom herded my sister and me out the back door and into the garden. Working my way through knee-high weeds wasn’t the ideal summer activity for a grade-schooler like myself, but the three of us kept at it, finally stopping to lie in the grass under a shady tree to rest.

After a bit, the others fell asleep and I got inspired. Why not hop back into the weed patch and see how much progress I could make before Mom woke up? My venture was successful, and I had the pleasure of surprising my mother with my labor of love.

In retrospect, the surprise was on me, for I think back on that day as the one in which

my interest in gardening began to grow. Today, as I pull thistles out of the raspberry patch and dig up extra chive plants to give to friends, I’m grateful that my mom had me get down and dirty in the garden while I was still young, for the lessons I’ve learned there are valuable, shaping ones necessary for any child maturing into adulthood.

**Diligence and Responsibility**

“Way to go, Annie!” various neighbors shouted as I wrestled the tiller, turning over the soil to get ready for another year. It was a new experience for me, as my dad, who always did this initial muscle work was sidelined due to a broken collarbone.

*Continued on Page 3*

**Perhaps one of the greatest benefits of a garden, however, is the time for peaceful contemplation that it brings.**



MAJIVECKA/SHUTTERSTOCK

# Rules for Life: The Key Is Personal Responsibility

Continued from Page 1

So what, we might ask, was behind this Peterson phenomenon? What was the draw? What attracted so many fans, particularly young males, to this man and his ideas?

In a word, responsibility.

In the foreword to “12 Rules,” Dr. Norman Doidge nails it when he writes, “So why not call this a book of guidelines, a far more relaxed, user-friendly, and less rigid sounding term than ‘rules?’

“Because these really are rules. And the foremost rule is that you must take responsibility for your own life. Period.”

Precisely.

## Old Days, Old Ways

Following the defeat of Pickett’s Charge at Gettysburg, Robert E. Lee rode into the field to greet his retreating Confederates, telling them, “This is all my fault.”

Though that statement isn’t necessarily true—many have criticized the failures of Gen. Longstreet, Lee’s subordinate, on this day of battle—Lee nonetheless accepted responsibility for the failure of this attack. To take on and bear that sort of burden is the mark of a great leader.

Half a century ago, maybe a little longer, the vast majority of Americans still practiced personal responsibility. They held themselves accountable for the care of their family and for their performance in the workplace. Most of them had their children doing chores around the home, encouraged the older ones to find work during the summer, and made them responsible for their performance in school. When adults failed in some task or duty, the good ones shouldered the blame for that failure.

## New Days, New Ways

Since then, this concept of personal responsibility seems diminished. We see this transformation daily in our headlines and in some cases, in the people around us. We have created a victim culture, in which, for example, the man who flunks out of school or who can’t hold down a job blames not himself for these failures, but instead points a finger at others: ignorant teachers, for example, or demanding supervisors. Sometimes he may also fault his upbringing, his lack of resources, or even his ethnicity.

Several recent developments have helped bring about this elevation of victimhood. Primary among these is our ongoing and increasingly bizarre focus on race. The “critical race theory” currently dominating our corporations, universities, schools, and government encourages women and minorities to think of themselves as victims of an oppressive system. If we pause to consider what the CRT crowd is teaching these young people, we should be appalled. What good can come of telling a 15-year-old girl she is a victim? Do we really want to create citizens who will spend the rest of their lives believing some irreversible force is holding them back from achievement?

Our government has also weakened our sense of responsibility. Over the past half-century, our politicians and bureaucrats have created the “nanny state,” programs

## Finally, our age of moral relativism diminishes accountability.

FOTORESEARCH/GETTY IMAGES



President Harry S. Truman at the White House, with a sign that says, “The Buck Stops Here,” circa 1950.

PUBLIC DOMAIN



“The Little Red Hen.”

PUBLIC DOMAIN



Aesop’s “The Ant and the Grasshopper.”

designed to assist people such as the poor, the homeless, and single mothers. All too often, however, those good intentions have created dependency rather than helping people get back on their feet and striking out on their own.

Our therapeutic culture has as well released some of our citizens from the weight of accountability. Though therapy offers many benefits to those in need of it, there is a real danger that the patient will emerge from this counseling blaming her parents for her flaws rather than taking ownership of them and seeking self-improvement.

Finally, our age of moral relativism diminishes accountability. When we as individuals proclaim ourselves moral arbiters, when we take relativism too far—“My truth is not your truth,” “Different strokes for different folks,” “I can do whatever I want as long as I don’t hurt anybody,” which is a near impossibility—our culture is certain to shatter, unable to bear the weight of so many different principles and standards.

As Peterson writes in “12 Rules,” “Perhaps, if we lived properly, we could withstand the knowledge of our own fragility and mortality, without the sense of aggrieved victimhood that produces, first, resentment, then envy, and then the desire for vengeance and destruction.”

## Guides

“If we lived properly:” by this Peterson means exercising responsibility and following some basic universal rules to steer us through the trials normal to the human condition.

Throughout the whole of history, men and women have sought pathways that increase their happiness and their well-being. The Bible offers the Ten Commandments; Marcus Aurelius found the answer in stoicism; a young Benjamin Franklin devised a list of 13 virtues for living a good life. Like Jordan Peterson, hundreds of writers in the past century alone have written self-help books laying out philosophical and practical ways for readers to improve their lives.

And nearly all of these mentors stress the importance of taking control of ourselves, of overcoming our vices, whatever they are, and embracing the good. Many of them offer the same basic advice and rules: Know and practice the virtues, help your neighbor when you can, work to provide for your family, get your own life in order before you try to change the world, and don’t blame others when you fail to live up to these standards.

## Teaching Our Children

One of the great gifts we can hand on to our young people is the ability to take charge of their lives. We can teach them this lesson from an early age, reading stories to them like “The Little Red Hen,” Mercer Mayer’s “I Just Forgot,” or Aesop’s “The Ant and the Grasshopper.” As they grow older, we can introduce them to the heroes of history who took on various tasks, made tough decisions, and held themselves liable for the results. The acceptance of responsibility by great figures from our past, and there are many of them, might be summed up by the sign that used to sit on President

Every day offers us opportunities to build and strengthen our sense of duty and obligation

Harry Truman’s desk in the White House: “The buck stops here.”

Chores are another ideal tool for teaching maturity. As in the lessons learned from literature and history, we can introduce children at an early age to the idea of helping around the house, keeping their bedrooms tidy, and performing a myriad of other small tasks.

The 4-year-old girl who lives across the street from me helps her mom by setting the supper table every evening and enjoys the sensation of being a mother’s helper, so much so that she asks for extra chores. Older children I know routinely shovel snow from the sidewalk and driveway, mow the lawn, and babysit their younger siblings. Such work helps prepare them for the responsibilities of a job outside their home in their teenage years, and from there for living on their own and taking care of themselves.

School also plays an enormous part in this training. A well-written essay delivered on time to the teacher is a sign of maturity. The 10th-grader who forgets that same essay at home will be docked a letter grade for its late arrival. Should the parent deliver it to the school, or let her son suffer the consequences and learn a lesson in personal accountability?

## Practice Responsibility

Every day, practically every hour of every day, offers us opportunities to build up and strengthen our sense of duty and obligation. If married, we have a responsibility to love and care for our spouse, even on those awful days when everything at work went wrong or when the toddlers drove us crazy at home with their bickering. If we have children, we have a responsibility to raise them as best we can to be thoughtful and kind, strong in the face of adversity, to be unafraid to speak the truth when the occasion demands, and much more.

In the world outside the home, our greatest responsibility derives from the Golden Rule: “Do unto others as you would have them do unto you.” This old adage covers every situation, from giving your boss a full day’s work to treating the clerk in the convenience store with politeness. It’s really that simple.

Through early training and much practice, we can make responsibility less weight on our shoulders and more a part of our nature. We can never rid ourselves entirely of that yoke of personal commitment to duty, but we can grow stronger and carry it more easily.

And here’s another piece of good news: The more we teach and exercise responsibility, the better we make the world around us.

*Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin in seminars of homeschooling students in Asheville, N.C. He is the author of two novels, “Amanda Bell” and “Dust on Their Wings,” and two works of non-fiction, “Learning As I Go” and “Movies Make the Man.” Today, he lives and writes in Front Royal, Va. See [JeffMinick.com](http://JeffMinick.com) to follow his blog.*

COURTESY OF CAIT FLETCHER PHOTOGRAPHY; DAN BREHANT PHOTOGRAPHY; AND BREHANT CREATIONS EVENTS



Peter and Lisa Marshall got married for a second time in April.

ear, “Thank you for staying,” Lisa said.

“It was so magical. I can’t remember seeing him so happy for so long.”

The couple has chosen to chronicle their journey through Peter’s Alzheimer’s on Facebook and Instagram pages, titled “Oh Hello Alzheimer’s,” as a way to connect with others and form a mutual support network.

“I don’t believe there is a road map, a right or wrong, a good or bad way of handling grief,” Lisa posted on June 11. “I ping pong around in all these feelings: anger, disbelief, depression, acceptance, and denial. And guilt. Recently I have begun asking myself, ‘What would healthy Peter want me to do?’”

These days, Peter may not know his wife’s name, nor does he even remember their vow renewal in April. But for now, with his love for his wife still fully intact, theirs is a love that’s as good as kept.

*Share your stories with us at [emg.inspired@epochtimes.com](mailto:emg.inspired@epochtimes.com), and get your daily dose of inspiration by signing up for the Epoch Inspired newsletter at [TheEpochTimes.com/newsletter](http://TheEpochTimes.com/newsletter)*

## DEAR JUNE

On Family and Relationships



# An Ethical Dilemma at the Workplace

Dear June,

I have a difficult decision to take nearly every day at my federal agency job: What agency employees are doing is at times outside the bounds of ethics and law. Do I say what is true and give up the possibility of being promoted and accept the probability of being excluded from future policy workgroups? Or, do I stay quiet when possible and lie when I must in order to stay in the power mix for the continued opportunities to be in the room where government chooses whether and how to regulate industry and thereby, be able to make minor differences here and there?

Anonymous

→ Dear Anonymous,

I think the best thing is to be honest, as well as have compassion for those who are perpetuating falsehood. Let me explain.

Since your intention is clearly to move the situation in a positive direction, honesty will best serve this goal. As a matter of principle, lies—even well-intentioned ones and those that promote a good cause—actually

weaken us both as individuals and as a society. They damage the fabric of society and entangle us in knots that are very hard, sometimes impossible to undo. Small lies often beget bigger lies because this is the only way to maintain pretense. This becomes a great burden because either we live in fear of slipping up and having our lies exposed or we start to believe them ourselves. Either way, we lose touch with our conscience.

And it’s worth noting that the idea that it’s OK to lie for the greater good is the ends-justify-the-means logic that has enabled communism (lying is also endemic in communist cultures). But lies taint any cause they are involved in.

Of course, there may be some gray area here—if you are an undercover agent or plan to be a whistleblower, then your job will involve certain subterfuge. Whether this applies to you, however, let us consider further down.

I don’t mean to be on a soapbox here, as I’ve certainly told my share of untruths of the small white-lie variety, but I’ve always felt afterward that it was not right and, upon reflection, realized I could have handled the situation differently. So if lies have become common in the culture of your workplace and you have told them, so be it, but it sounds as though your conscience is uneasy, and I believe that we can always work to improve and correct our mistakes. I truly believe, as did our Founding Fathers, that we will not be able to maintain a free society if people don’t maintain integrity. And being honest is certainly a key facet of integrity.

In his Farewell Address, George Washington said: “I hold the maxim no less applicable to public than to private affairs, that honesty is the best policy.”

And Thomas Jefferson said in a letter that “honesty is the 1st chapter in the book of wisdom.”

## Connecting With Conscience

In your question, you say that by staying in the power mix, you are able to make minor differences here and there. I wonder, though, if perhaps you could be making a bigger difference?

So if I were in your position, I would try to listen deeply to your conscience. My suggestion would be to find a time and place of quiet, perhaps out in

nature, and try to form a clear question your conscience can answer. For example: How can I be most responsible for and of most service to (family, country, God, self, etc.)?

Allow yourself to sit with this question, perhaps reflect on it in writing if that feels right, or allow your imagination to step outside of your life and view it from different perspectives. For example, what would you want to tell your grandchildren about the decision you made at this time? Or if you were to read about this situation in a history book, what would you want to read about yourself? Or if you were giving advice to a loved one, what would you tell them?

If you are a person of faith, pray about it.

It may be that in order to listen to your conscience you will need to silence other voices—the ones that bring up distracting thoughts, worries, fears, or that seem limiting or make excuses.

## In his Farewell Address, George Washington said: ‘I hold the maxim no less applicable to public than to private affairs, that honesty is the best policy.’

In my experience, the answer always comes, but maybe not right away. You might find it clearly in your head as you awake some morning or it might strike you at any other time when you are not seeking it.

It might also come in bits and pieces. It’s been my experience that when I know I need to change something in my life but I’m not able to say exactly what, that, as I read things or talk with others, ideas seem to pop out and resonate and I gradually come to my answer and make the changes.

It might be something difficult to do, but if it truly comes from your conscience, I think you should still feel at peace as well as a sense of conviction.

Some possibilities: Maybe you could quit this job and use your skills to create something with a

positive impact. It may no longer be possible to save this agency, and perhaps in a few years it will be investigated and totally revamped. Or maybe you could be the whistleblower who exposes its rotten insides.

Another possibility could be that you commit fully to being truthful, and the strength and calm of your conviction starts to transform the people around you. They sense that you are courageous and trustworthy and this draws them to seek your advice. They too cease to lie and the agency is slowly renewed from a rotten state where lying is commonplace to a place where honesty prevails, and it can again serve the function it is supposed to. This is a rather spiritual solution, but I truly believe that ultimately the salvation of our country lies in awakening the consciences of more people. Only with virtue will we be strong.

And this is where the compassion comes in. We don’t need to have anger, resentment, or disdain for people who deceive, although we might choose to distance ourselves from them. Reflection gives us humility, as we are all subject to human frailty and we’ve all made mistakes. They are ultimately creating unhappiness for themselves and we don’t need to add more or give ourselves more to bring us down.

And compassion need not be in conflict with justice. If people are breaking the law repeatedly and intentionally and causing harm, then you can expose them. Being in prison might afford them the time and space necessary to reflect and awaken their conscience.

Of course, these thoughts are just suggestions, I think your conscience will tell you what is right to do.

Sincerely,

June

*Do you have a family or relationship question for our advice columnist, Dear June? Send it to [DearJune@EpochTimes.com](mailto:DearJune@EpochTimes.com) or [Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001](http://Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001).*

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

# Weathering Life’s Storms by Rooting Children in a Garden

Continued from Page 1

I didn’t have enough upper body strength to move it forward, so I got creative and walked backward, pulling the tiller as I went. My muscles felt like I’d been hit by a car after that experience, but there was great joy in having stepped up, taken responsibility for a difficult task, and seen it through to completion.

But children don’t have to maneuver the tiller through the ground in order to learn this lesson. Tending a garden naturally lends itself to a lesson in responsibility and diligence, as the plants won’t take root, the weeds will choke out the plants, and the fruit will rot on the vine unless children put in the time and do the hard work of nurturing and harvesting. The beautiful thing about a garden is that it gives tangible rewards, demonstrating to children that their hard work does pay off.

## Generosity and Neighborliness

One summer day at the height of the tomato harvest, our old Italian neighbor, who, to my childlike mind was rather intimidating with his gruff, mafia-esque voice, made his way up the driveway and alongside our garden. Trying to be friendly, my mom offered him a few tomatoes from the bin in which she was collecting them. Misunderstanding, he took the whole bin from her and trotted home.

Our family was a bit aghast at the loss of our biggest crop, and yes, let’s be honest, a bit resentful. The incident, however, was a good lesson in swallowing that resentment and choosing instead to be generous, good neighbors to someone who didn’t have many friends. That generosity boomer-

anged back to us as we saw that old man soften and grow friendly and even generous toward our family in return.

While our Italian friend probably offered the most difficult lesson in generosity and neighborliness from our garden, others have been much easier. Working outside naturally encourages neighbors to stop and talk while on a walk, even coming into the yard to see the growth of a certain plant, all while building the community relationships that are often non-existent today. And how can a generous gift of a squash fresh off the vine or some garden carrots not help but strengthen those bonds?

## Peaceful Contemplation

Perhaps one of the greatest benefits of a garden, however, is the time for peaceful contemplation that it brings. Children are forced to get away from the TV, computer, and phone when they work with the earth and actually have time to breathe free, dream dreams, and process life’s problems—I know, as I have done a fair amount of praying, crying, and thinking in my own garden. Today, our nation and society are full of noise, and giving children a chance to get away from it all and revel in the simple hard work that built America, even in their own backyard, is a worthwhile goal.

That’s what author Whittaker Chambers was aiming at when he moved his family out of the city and to their own farm in the mid-20th century. Chambers, an ex-communist spy who later testified in Congress about the subversive communist activities taking place in the United States, wrote about that farm life in his autobiography “Witness”:

“To give such life to children no sacrifice



CDC/UNSPASH

## Perhaps one of the greatest benefits of a garden, however, is the time for peaceful contemplation that it brings.

*Annie Holmquist is the editor of Intellectual Takeout and the online editor of Chronicles Magazine, both projects of the Charlemagne Institute.*

is too great. But we did not mean only to root our children in the soil. Above all, we meant to root them in the nation—that part of the nation each of whose days is a great creative labor. That is the part of the nation to which by choice I belong. The farm is the soil, in which, like my children, I spread my roots.”

Chambers goes on to say, “In the age of crisis, the farm has been our way of trying to give our children what peace and security is left in the world.” He and his wife hoped such an experience would give their children “the inner strength to face the years ahead.”

Given today’s world, our children will likely face difficult times ahead, and it’s our responsibility to prepare them for those difficult times. Many of us can’t give our children the farm, but it’s feasible to give them a bit of earth to till and tend. And in doing so, perhaps we, like Chambers, will instill not only the skills, but also the knowledge, character, desire, and ability to withstand the storms of life that will inevitably come.

A garden can offer lessons in generosity and hard work, as well as a refuge for contemplation.

# Saying Yes Again

LOUISE BEVAN

Peter Marshall didn’t know that the woman sitting next to him—his “favorite person”—was already his wife. Suffering from early-onset Alzheimer’s, the 56-year-old man from Connecticut had fallen in love for a second time.

Not remembering his wife, nor their first wedding, Peter proposed again. The pair actually went ahead and renewed their vows in a ceremony in late April.

Despite her husband’s heart-shattering diagnosis three years ago, Lisa considers herself to be “the luckiest girl in the world.”

“I get to do it twice,” she told NBC, referring to their matrimony.

But they’ve ridden the full gamut of emotions over the course of their journey through his Alzheimer’s.

The couple, married 12 years, got his diagnosis in April 2018. The Alzheimer’s progressed rapidly, destroying most of Peter’s memories of the past. For the couple, “in sickness and in health” is not just a promise made, but one that is kept each and every day.

One thing Peter hasn’t forgotten, though, is his love for Lisa—despite the fact that he doesn’t know who she is. Lisa believes that “hearts are connected.”

It was December 2020 when Peter, inspired by a wedding scene on TV, leaned over and told his wife, “Let’s do it.”

Bemused, she inquired if her husband meant for them to marry. “He said yes and had this huge grin on his face,” she recalled. She said yes, too—again.

Lisa’s daughter, a wedding and event planner, helped them put together the perfect wedding. And upon hearing of their story—one that Hollywood romances could only hope to live up to—several vendors even offered their services for free. The vow renewal was also attended by close friends and family.

Then, during the ceremony, something clicked for Peter.

“He leaned in and he whispered in my

# Veteran, 101, Recounts World War II Experiences

DUSTIN BASS

When 101-year-old Wayne Perry, a World War II veteran, told me his first war story, it wasn't about his own experience, nor was it about his war.

"A man would get wounded, they would saw his leg off and throw it out the window. Every so many days, he would gather up the arms and legs and take them off and bury them," Perry said.

"The 'he' in his story was his grandfather, Andrew J. Perry of West Virginia, who fought in the Civil War from beginning to end.

"He told me about one soldier who had four horses shot out from under him, and when a horse would fall, he would jump behind it, and lie down flat, and use it as breastwork, and fire over the top of that horse's body," he continued. "He told me about when they were traveling in winter time and they'd throw down a bunch of fence rails in the mud, lay down and throw a canvas up over them, and have snow on top of them next morning when they woke up."

Perry remembered his grandfather's war stories very well, but he also recalled the omission of details.

"That was about all he told me about the Civil War," he said. "He didn't tell me very much. He didn't want to talk too much about it."

While Perry enjoys discussing the war he fought in, the details appeared reserved for unrecorded conversations, or perhaps simply for those he's known a while. Or maybe he has simply taken a page out of his grandfather's book.

**I was born and raised 50 miles from electricity. ... The first 20 years I spent there [in Dunlow, West Virginia], we didn't have electricity.**

Wayne Perry

## Enlisting

Before entering the war, in 1942, Perry drove a gasoline truck. He had a daughter, Jan Perry, the following year, with his wife, Mary Evelyn Rapp Perry. He worked several months at a defense plant on 105 mm howitzer shells. He then worked a farm and was given a deferment from the war. But he soon began to tire of the farm life and the deferments.

"I got two deferments to stay out of the war, and finally, I just gave up and went in and enlisted," he said.

He was inducted into the Army on Oct. 20, 1944.

Perry became a squad leader in the 106th Division's Company L 3rd Battalion 423rd Infantry Regiment. The 106th was known as the "Golden Lion" division and was nearly replete with green recruits. It was a division that would bear the brunt of the German offensive in the Battle of the Bulge.

As he sat at the dining room table, he talked about his time at Camp Atterbury in Indiana and Camp McClellan in Alabama; about collecting kindling and wood, and a massive fire that ensued; about learning how to use different weapons such as the .30 caliber machine gun, the Browning Automatic Rifle (BAR), mortars, and the bazooka, known to him as the "stovepipe"; about marching 35 miles in full gear and camping for two to three weeks at a time; and about "working detail."

"A young feller told me, 'Don't think I'm getting smart with you, but when you get in the Army and they give you a job, they call it 'detail.' Don't hurry. There's another 'n' waiting for you.' First day in the Army I found that out," he said with a smile.



World War II veteran Wayne Perry in Willis, Texas.



(Right) Wayne Perry and his wife, Mary Evelyn Rapp Perry.

(Far right) Bills that Perry collected during his service in Europe.



He soon noted his two favorite things about the Army: the sanitation and the food. From a modern perspective, it didn't seem worth mentioning. But as he continued, it became very clear why those two things stood out.

"I come up through the Depression," he said. "You'd be lucky if you could keep a job making 50 cents a day for 10 hours. Fifty cents. If anybody had any work for you to do, they didn't have any money to pay you. I have dug out bushes in a field for a dollar a day, taking potatoes, and walking home carrying it in a sack. If anybody needed some work, you were thinking corn or potatoes. No money.

"I was born and raised 50 miles from electricity. That might sound funny. The first 20 years I spent there [in Dunlow, West Virginia], we didn't have electricity." Perry's personal action in the war overseas was a reflection of who he had become at home. The slight reticence from his grandfather concerning the harshness of battle, the struggle to make ends meet during the Depression, or to merely survive when ends didn't. He understood that war was cruel and hunger unforgiving. Yet he walked into World War II with the intention to bring some semblance of relief, even compassion, from the brutality.

His intention began before deployment. "We were taught in basic training now if you come upon a wounded German his arm off, leg off and he's laying there bleeding to death, stick him with your bayonet. Stick him right down through the chest," he said. "Nuh-uh. Not this boy. I had a brother who was wounded over there, almost bled to death. Somebody stuck him, my brother wouldn't have gotten home. I said I won't stick no German when his rifle is 20 feet from him and his arm is laying next to his rifle. God created us as humans. He looks down on all of us. He knows where you're at, and he knows where I'm at. So why kill a man when you know he's not gonna give you no harm?"

He said there was another reason why he felt this way and added that he hoped to paint a clear enough picture for people to understand.

"Way over here in Germany," he said, sliding his hand slightly across the table, "there's a woman sitting in a chair doing some needlework. There's a little girl sitting on the floor looking up to say, 'Mommy, when's Daddy coming home?' Her daddy is a German soldier. 'He's been gone a long time. Write a letter and ask him to come home.' Well, that guy you stuck back there with your bayonet might have been that little girl's daddy. You done that, she doesn't have no daddy. If he's knocked out and you know he's knocked out, why should you finish him?"

He didn't say if he had run into such a situation. Regarding the battles he engaged in, he skirted the details in a way that perhaps was reminiscent of his grandfather.

When he did get into the war, his regiment landed near Le Havre, France, on

April 4, 1945. He said it was cold when he left New York 14 days prior, but warm when he arrived in France. He added that soldiers had already hit the area before they had arrived.

"When it was time for us to go in, two tugs come out, one on each side of our ship," he said. "The bank was completely covered with scrap arms guns, trucks, jeeps, everything."

When his regiment landed, they were taken by boxcar toward the front. It was an eight-day journey. He added that his life jacket would have come in handy as a pillow, if only he could have brought it with him.

"All I had was an Army blanket." From the train, they loaded up on trucks that would take them "as far as was safe for the trucks." The rest of the journey was on foot.

"We had no action in Luxembourg. We had no action in Holland. France, Belgium, and Germany was where we acted," he said, going only slightly further in detail. "When we got to where we could hear the artillery, it sounded like a storm in the west. It sounded like thunder.

"Our bazooka team had a rule not to fire on churches, cemeteries, or ambulances. One day, our bazooka team spotted a rifle barrel sticking through the ventilation in a church steeple; seen smoke coming out of that rifle barrel. The bazooka team did away with the church tower. Didn't stop to see how many were in it. Sometimes, there would be around three or four snipers, maybe sometimes just one, but no one went in to turn things over. We went on."

He noted that not adhering to his foxhole training saved his life. He said that during basic training, he was taught to create a foxhole that was 6 feet long, 4 feet wide, and 2 feet deep.

**The 106th was known as the 'Golden Lion' division and was nearly replete with green recruits. It was a division that would bear the brunt of the German offensive in the Battle of the Bulge.**

"Our foxholes in combat were smaller and deeper because they were only made for one man at a time. If you made it 6-foot-long, the track of a tank could run right in on you you get the picture," he said. "I never rode in an airplane while I was in

the Army, but I know what it's like to be in a foxhole and a tank run over you."

He joked that the only time he ever slept in a foxhole was when he was in training in the United States.

When asked if the war itself was something he preferred not to go into detail about, he responded: "Well, we don't say too much about frontlines. Really, I was only up at the front four days, but I seen all I wanted to see."

It's a common theme among veterans not to offer too much detail about their time in combat, especially to a person they have only just met. It's more than understandable.

## After the Surrender

His daughter, Jan, listening from the other room, acknowledged that there were a lot of stories and details he had left out of the conversation, things that he had told her. She managed, however, to pull one story from him before my interview came to an end, one from after the Germans had surrendered.

"When we were delivering Germans to the prison, there were hundreds of Germans, all ages, men and women and children along the railroad station starving to death," he said. "Germany had run out of food, and all the men who farmed were in the war. We had French bread in our boxcar for our trip, stacked in there, not wrapped. I told one soldier to stay in the boxcar and watch our food. I told another boy to grab some bread and let's give it away. Give it to children. Don't give to no grown people."

"I handed a little girl a loaf of bread. I never will forget her. Blond hair hanging down. She was starved till her eyes were sunk way back in her head. She [tore] into that bread and stuck it in her mouth like that. A woman reached up and patted me on the shoulder and said, 'The American soldiers sure have big hearts.'"

Perry would stay nearly a year after the German surrender, stationed as a sergeant over one of the prison camps in the French zone of Allied-occupied Germany. During his time in the war, he learned French and German, and during the interview would occasionally break out into a phrase and then interpret himself.

After coming home in March 1946, Perry returned to working on a farm, eventually going from more than 100 acres to a 20-acre farm. He recently sold his land in Ohio, a place he pronounces "Ohi." After selling, he called Jan to ask her to put him into an assisted living home. Jan said that when he asked her to do that, she thought back on all he had done for her and their family. So she declined his suggestion and informed him that he would be coming to Texas to live with her and her family.

Perry will turn 102 in November.

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

# Living an Authentic Life

Facing chronic illness and cancer, Cindy Holder Poole found strength and comfort in nature, and is encouraging others along the way

LINDA KC REYNOLDS

Growing up in scenic Idaho with three older brothers, Cindy Holder Poole, 55, was raised to live life to the fullest. Family time meant hiking, camping, skiing, or simply walking in the great outdoors, which created a tight-knit family with deep and personal bonds.

"Nature is a great hobby and healer for just about any condition," Poole said.

Raising three boys of her own, including one with muscular dystrophy, Poole and her husband, Bill, both worked in air traffic control in the busy Southern California region. Communicating with pilots, hundreds of miles away in a closed room was the opposite of being in her beloved outdoors. Poole didn't spend as much time in nature as she would have liked. She admired her brother, Ron Holder, who recovered from thyroid cancer treatments by isolating himself with fishing and hiking adventures.

"He would always send us the most beautiful photos that reminded me of our adventures growing up," she said.

In her 30s, Cindy was diagnosed with systemic lupus, an inflammatory disease that causes the immune system to attack its own tissues.

**Hiking became her therapy. She researched trails, people, equipment, and clothes to prepare for her next adventure.**

"Lupus is not curable but it can be managed with diet, meditation, and medication. It is what you must do to remain functional." But for Poole, it ended her aviation career at age 40.

Years later she was experiencing a dry cough and severe stomach pains, symptoms that landed her in the emergency room several times.

"Three doctors diagnosed me with gastritis and IBD, gave me pain medication, told me to eat more fiber and probiotics, and then sent me home." She continued to suffer.

In 2018, she sought treatment at Cedars Sinai in Los Angeles and was diagnosed with stage four neuroendocrine tumors, a rare form of cancer.

"I was in total shock. I called my brother, Ron, and the next day he was with me in California, cheering me up," she said.

Wanting to curl up in a ball of self-pity, she took her brother's advice and decided she would only allow herself one week of mourning. Bored of feeling sorry for herself, she was ready to move forward before the week ended. "To me, stage four was not a death sentence but a wake-up call to start living my authentic life," Poole said. A severe medical crisis has a way of instantly redefining life's priorities.

Her gallbladder, appendix, two feet of intestines, her right colon, and a large part of her mesentery were removed. Her liver was considered inoperable due to the overabundance of tumors growing inside.

"Lying there, I just had this huge compelling desire to be out in nature," she said. She began walking on the day of her surgery. By the time of her release, she was walking 1 1/2 miles up and down the hallways. Four months after her surgery, she hiked her first of many milestones, Turtle Head Peak in Red Rock National Conservation Area in Las Vegas.

Hiking became her therapy. She researched trails, people, equipment, and clothes to prepare for her next adventure. Using social media, she made wonderful hiking friends, trained with a coach, and with the help of her medical care team, was able to hike the Tour du Mont Blanc in Europe, a 110-mile hike that traverses France, Switzerland, and Italy.

"My girlfriend planned this trip as a bucket list item. It was incredible. Eight months post-surgery and I was hiking huge elevation gains," Poole said.

After hearing and sharing incredible stories with people from around the world, Poole began @ZebraHiking, a blog on Instagram, dedicated to help, uplift, and inspire others suffering from cancer or chronic illness.

"The reality is that many of us deal with some degree of pain on a daily basis. It's



When Cindy Holder Poole, 55, faced a rare form of cancer, she found hiking and nature to be great comforts.

hard to enjoy life and the activities we love when we feel pain all the time or have to use a bathroom 12 times a day," she said. She learned about hashtags and shared how to deal with problems such as having chronic diarrhea on a hiking trail.

Another reminder of the fragility of life came when she got a call about her brother. He had died in a hang-gliding accident only six months after her surgery.

"Seeing his body, all I wanted to do was run in the mountains, to be with nature," she said. That evening, she hiked up Adams Creek in the Wasatch Mountains of Utah, close to the area where her brother had spent his last day. Even though he has passed on, he is still an inspiration on her journey.

"My brother had been cancer-free for six years. It was heartbreaking but it helped to know that he lived life to the fullest. He gave back to others on a daily basis and he died doing something he loved."

Her mother, Laurel Barsalou, is also an inspiration. "My mom is 89 and golfs 18 holes three days a week. She is living life to the fullest every day."

Having a strong support system and staying busy helps Cindy stay strong and positive. Together with her best friend and business partner, Nadia Dickinson, they were awarded Kestra Financial's 2020 Humanitarian Award for their community service.

"Nadia has been there every step of the way in my cancer journey," she said.

She also explained that areas of the brain can be influenced by thought. "The way we perceive our pain can change the way we feel it, either emotionally, spiritually, or physically," she said.

While hiking the Grand Canyon, she came across two young doctors and struck up a conversation. One was a radiologist and the other an emergency room doctor fresh out of medical school.

"They didn't know about my type of cancer, so I educated them and we still keep in touch. I don't think neuroendocrine is as rare as people think, I just think people are not diagnosed properly." Recently Poole was also been diagnosed with breast cancer, and more tumors have been found around her liver and pancreas.

"I'm just very thankful for new treatments that are now available. I started the blog to help and encourage others, and now others are encouraging me."

She looks forward to many more hikes and making new friends along her journey. "With life being an uncertainty for all of us, being flexible, living authentically and according to values that we choose is my recipe for success."

Linda KC Reynolds began her photography career in the U.S. Air Force. After serving six years, she worked full-time for Northrop Grumman on the B-2 stealth bomber and now freelances for various aerospace companies and other venues. She is passionate about free speech, musical production, and sharing peoples' stories.

JOHN FREDRICKS/THE EPOCH TIMES



## From a Reader: Follow-Up to Flag Day Article

In the June 9-15 edition of Epoch Times, Jeff Minick wrote an article about Flag Day but I believe that he did not tell the whole story. Like my mentor Paul Harvey used to say, "This is the rest of the story."

Yes, June 14 was officially declared by President Woodrow Wilson as Flag Day. This was after a grassroots movement was started by a teacher by the name of Bernard Cigrand, a teacher in the hamlet of Waubeka, Wisconsin. He taught in a one-room school called Stony Hill School which is preserved in its original condition by the Ozaukee County Historical Society.

Seventy-five years ago, the Janik family of Waubeka organized the National Flag Day Foundation and has been celebrating Flag Day ever since with a large parade with many bands from across the State of Wisconsin and a host of many other organizations in the parade. The Foundation purchased an empty schoolhouse with many classrooms in Waubeka and now is the site of the Americanism Center where all the events take place. The Center contains the Flag Day Museum with rooms full of patriotic, military, and community memorabilia. It also features the Avenue of Flags where a walking tour depicts the 27 different star configurations of our United States flag. The Americanism Center serves as a meeting place for the local 4-H, Boy Scouts, and other local organizations.

It should be noted that Waubeka is a small unincorporated hamlet in the northwestern part of Ozaukee County. Its population in 364 days of the year might total several hundred, but on Flag Day, this little hamlet could be the scene of several thousand citizens who honor Old Glory. The entire program begins at 11:30 a.m. and lasts until the evening hours with a giant fireworks display. This day-long event put on by the National Flag Day Foundation is free of charge to all citizens.

My wife and I have the privilege of attending and supporting the events at the National Flag Day celebration for many years. At the end of the day, you get your patriotic batteries recharged and leave the event with greater love of this God blessed great country, the United States of America.

Roy Wetzel, Wisconsin

## UPDATE

### "RENDEZVOUS WITH DESTINY"

The June 9 edition featured the article "Telling the Stories of World War II Veterans: 'Time Is of the Essence'" about filmmaker Tracie Hunter and her documentary "Rendezvous With Destiny." The documentary can now be rented and viewed at [vimeo.com/ondemand/rendezvouswithdestiny](https://vimeo.com/ondemand/rendezvouswithdestiny). All proceeds will go to the organization WWII Beyond the Call.



(L-R) World War II veterans Dick Klein and Dan McBride.

COURTESY OF WARRIORHUNK.COM

# Man Who Battled and Overcame Drug Addiction Now Helping Others

EMG INSPIRED STAFF

A young man who spent a decade battling drug addiction, completed 10 sentences in prison, and who was near death on a few occasions has undergone a 360-degree transformation and is now helping others change their lives for the better.

"The last year has been amazing, somewhat surreal, rekindled relationships with old friends, and the family has never been closer," Cullan Mais, 29, told The Epoch Times in an email interview. "I made a bargain with myself that I'm here to do good and help others."

Mais, who originally hails from Fairwater, Cardiff, in the United Kingdom has struggled with obsessive-compulsive disorder (OCD) and high anxiety levels since his childhood.

"If my dad was at work at night I'd be worried. If I went to my mate's house I'd come home at 9 p.m. crying," Mais told Wales Online, describing his anxiety. "In year 7 I went to Llangrannog with my high school, and the first night there I'm ringing my mum and dad saying I want to come home."

Although he was known as a fun-loving boy among his friends, Mais said his anxiety was at its peak. When his parents were on vacation, he would constantly worry that the plane would crash and his family would die.

Apart from his anxiety issues, Mais's OCD led him to habits that made him lose many job opportunities.

"It was just mad. For years growing up, I'd have four baths a day, brush my teeth 10 times a day. I'd come into the shower and have to go back in 10 minutes later. I'd go through whole packs of wet wipes," Mais said. "But I suppressed it, I never spoke to anyone about it."

In order to mask the anxiety and OCD, Mais resorted to smoking weed with his friends as a teen. The habit soon escalated from smoking with his friends outside to smoking at home, and then he began to sell his PlayStation games to pay for his addiction.

"I found I was addicted to weed, I wasn't doing it for enjoyment anymore," he said. "I thought I wanted to be this hard man, you know. Cocaine, cannabis, pills—these things are the norm on streets in the UK. You can get it like that, it's easy," he said, snapping his fingers.

However, smoking crack worsened his OCD situation, so he started smoking heroin. "I loved it not just because of the buzz, but because of how it took away my anxiety and OCD."

By the time he was 20, he was smoking



(Above left) With two friends, Cullan Mais started a podcast called The Central Club, which focuses on individuals who have worked hard to overcome adversity. (Top right) As a child, Mais was anxious and struggled with obsessive-compulsive disorder. (Above middle) Mais became addicted to drugs and began shoplifting. (Above right) After his own experience with drug addiction, Mais decided to help others on their journey to overcome and recover from drug addiction.



“I made a bargain with myself that I'm here to do good and help others.”

Cullan Mais

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

every day. At this time, his life also took a drastic turn when he couldn't keep up with any job, and he was running out of money, too. He began shoplifting.

"I had to make money other ways. My mom and dad weren't going to lend me money anymore because they knew I was on drugs. I thought: 'I can't ask other people for money and live my life bumming. I can't get a job because I'm incapable of working.' So I became a shoplifter," he said.

Luckily, Mais's turnaround came in August 2020 when a series of events ended up changing his life for the better.

During the first lockdown, after he'd finished shoplifting with a friend, he received the devastating news that the same friend had died.

To make matters worse, Mais was admitted to the University Hospital of Wales hospital the following day with sepsis and pneumonia. At the same time, he also contracted COVID-19 and was in a rough state.

Mais was only six days away from his 29th birthday when he felt he was on the brink of death. However, looking at the people around him in his hospital bed, Mais knew right then that he needed to change some aspects of his life.

"I thought I can't do this anymore. I can't go to prison again. I was striking a decade of being on drugs, and I was ready to change. I've never looked back," Mais said.

"From the moment I came out of hospital, it was like a penny dropped," he said. "I started going for long walks, getting involved with drug agencies to help my recovery."

With the help of an addiction charity group called Kaleidoscope, Mais started his journey to recover from substance abuse. Since he's gotten involved with Kaleidoscope, he said, he's shared his past life experience with university criminology students and has started a paid job with the group.

"It is an actual dream job of mine to be able to still be involved with these streets without doing the bad stuff," he said.

In his mission to help others deal with drug addiction and drug abuse, Mais and his two friends Luka and Tom have also launched a weekly podcast called "The Central Club" and so far, they have completed four episodes.

"We have had such a great response, as much as we are helping others it is helping my recovery along the way," said Mais. "We have some great guests lined up, with some episodes having a great message but others that may be light-hearted or just inspiring."

Mais, who has now stayed clean for 11 months, said his friends and family have been really happy to see his transformation.

"My family is so proud, they were always there for me but they came to terms with me never getting clean, they were expecting a knock on the door to say I'm dead, so for them to see me turn my life around so dramatic and so quick is such a great feeling," Mais said.

Mais said that, since getting clean, his OCD has gotten better and his anxiety levels are easing from the positive steps he has been taking.



(Above) A French national treasure, the Arc de Triomphe de l'Étoile, stands a colossal 164 feet high, 148 feet wide, and 72 feet deep, and is dedicated to the armies of the Republic and Empire. (Top right) The "Triumph of Napoleon" by Jean-Pierre Cortot celebrates the 1810 Treaty of Vienna. In this sculpture, Bonaparte wears classical robes and stands proudly in the center. Victoria, the Genius of Victory over death, holds a laurel crown above his head; in her other hand is a palm branch. Above them all hovers the winged Genius of Fame, who announces Bonaparte's victory with her trumpet, a motif not seen in antiquity but that emerged in the Renaissance period. In her other hand, Fame holds a battlestaff topped with the imperial eagle, which Bonaparte's battalions would have carried into battle.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

## The Patriotic Art of the Arc de Triomphe, Paris

In 1805, Napoléon Bonaparte promised "triumphal arches" to his troops after they won the Battle of Austerlitz.

The first arch that he commissioned was the Arc de Triomphe de l'Étoile (the Triumphal Arch of the Star) in Paris, commonly known as the Arc de Triomphe, and construction began on Aug. 15, 1806, Bonaparte's birthday.

As a great admirer of the fine arts of antiquity, Bonaparte charged architect Jean-François-Thérèse Chalgrin to look at classical architecture for inspiration. Chalgrin looked to the Arch of Titus (A.D. 81) in Rome for his design, although the Arc de Triom-

phe has no columns.

The 164-foot, neoclassical arch shows scenes of dynastic life as well as battle scenes, which differs from the classical tradition of triumphal arches that depict military victories only.

The east façade faces the Champs-Élysées, which in Bonaparte's time would have faced the Tuileries, or the royal and then the emperor's imperial palace. (The palace was destroyed in 1871 during the Paris Commune.) A frieze runs around the arch, near the top. The east façade frieze shows French troops as they depart for new campaigns, and the west façade shows the

troops as they return.

At the base of each of the arch's four pillars, called piers, stands a sculptural group on a pedestal. Each sculpture shows a historic scene. The most famous is the "Departure of the Volunteers of 1792" by François Rude, commonly known as "La Marseillaise," which is also the name of the French national anthem.

King Louis-Philippe dedicated the arch in 1836 to the armies of the Republic and the Empire.

To find out more about the Arc de Triomphe, visit [Arc-de-Triomphe.fr/en](http://Arc-de-Triomphe.fr/en)



(Left) Rome's ancient Arch of Titus (pictured here) inspired architect Jean-François-Thérèse Chalgrin's design for the Arc de Triomphe. (Above) The curved ceiling of the arch, called an intrados, is covered in roses. (Below) Twelve avenues converge, like a star, on to the Arc de Triomphe de l'Étoile (the Triumphal Arch of the Star) in Place Charles de Gaulle, which was formerly called Place de l'Étoile (Star Place).



PUBLIC DOMAIN



PUBLIC DOMAIN

"Departure of the Volunteers of 1792" by François Rude represents the departure of 200,000 Frenchmen to defend their republic. The volunteers, ordinary French folk, are represented in the sculpture as naked or in civilian dress, the young and old respectively, united in their willingness to fight for their country. The winged woman in the scene is the Genius of Liberty, who incites the men to fight.

PUBLIC DOMAIN



The "Resistance of 1814" by Antoine Étex commemorates French soldiers who fought in the War of the Sixth Coalition (March 1813–May 1814).

PUBLIC DOMAIN



The "Peace of 1815" by Antoine Étex represents the end of the Napoleonic Wars, when the second Treaty of Paris was signed between France and the Allies, on Nov. 20, 1815. The high-relief sculpture is the last of the four large sculptural groups depicting historic scenes on the pillars of the arch.

DEAR NEXT GENERATION

## Lessons From Grandmother Grace

→ Advice from our readers to our young people

There is a "woke" belief that once our post-COVID nation completely reopens, the unprecedented opportunity will exist to reinvent the workplace. The argument? The modern work-office environment we have today was created after World War II, by men for men, while the wife handles the duties at home.

**The example of resilience my Grandmother Grace set for me has been essential to my family: Chin up. Press on. Where there's a will, there's a way.**

The "woke" obviously never met my grandmother.

My Grandmother Grace worked at the General Electric Company in Asheboro, North Carolina, for 30 years. As a side hustle, she fell back on her sewing skills and altered wedding dresses and formals.

She had always longed to become a nurse, so at retirement and as a senior citizen, she enrolled in nursing school. She spent her last years on the "floor" of a hospital serving others in their hour of need.

She raised four beautiful daughters, of which one was my lovely mother. That Grandmother Grace was born in 1913, that she survived the Great Depression, that she was one of 12 siblings, that she was tragically widowed with these small children, and that she went into the work field is a testament to her resilience. She believed that "where there's a will, there's a way," something we all lose sight of during difficult times. Chin up. Press on.

I never heard her complain about being a victimized woman in a man's world.

More than 6 million women took war-time jobs in factories during World War II, while 3 million women volunteered with the Red Cross. With our men fighting abroad, the women on the homefront pulled together with upbeat energy the desire to learn to fix cars, to do the finances, to work in defense plants, and to write uplifting, positive letters to their soldier husbands. Rosie the Riveter promised the Allies that the needed war materials would be on time to defeat the Axis, and they were.

Over 350,000 were in the newly formed women's military corps: WAACs, WAVES, the Marine Corps Reserve, SPARS, and

WASPS, the Army Nurses Corps, and the Navy Nurses Corps. General Eisenhower believed that World War II could not have been successful, freeing the Axis world of tyranny and oppression, without the women in uniform.

My mother was born just before World War II began. She graduated from Mars Hill College in business, married our father, and had us four children. At times, she stayed home, and, at times, she needed to work, but she was not "trapped" by a strict hierarchy after World War II in which the women were to handle the duties at home. My parents shared this so-called "duty," although I'm sure that they would prefer the word, "blessing" when describing our home.

Me? I was born in the late '50s, after the Korean War. I married a coach who is 14 years my senior, and we have been married for 45 years now. We are both retired public school teachers, and we've raised two special needs sons: one biological and one adopted, both disabled by mental illness and one, a genetic anomaly.

The example of resilience my Grandmother Grace set for me has been essential to my family: Chin up. Press on. Where there's a will, there's a way. My husband (born during World War II) was an active participant in our sons' upbringing. He had no problem washing dishes or doing the laundry every week.

I loved to cut the grass.

So, to those who are feeling small and pressured by the possible reinvention of the "woke" workplace post-COVID, here is my message: Do what you wish to do. If you wish to work, then work. If you wish to stay home with your children, then stay home. You are not anchored to some World War II model that defines the woman's role. That died a long time ago. We live in a free country, and that means you get to choose. No one should give you a "put down" for that. If they do, they'll eventually get over it.

—Cynde O'Rear, South Carolina

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

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

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

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

PARENTING

# You, Your Children, and Discipline

PARNELL DONAHUE

So many parents fret about how to discipline their kids; fearing anything they do will morph their fragile angels into raving teen maniacs. Our goal today is to help parents strike a happy chord that leads to sane parents and kids of character.

So, if you have children, are expecting children, or even thinking about having children, stop and ask yourself and your spouse, "What is discipline? What does it mean to you, to me, to us?"

A leader's followers are disciples, a word we rarely use today, but one I think best defines that discipline actually means: "to follow." Using this definition it is obvious that the best and perhaps the only way that we can discipline others is to be the persons we want them to become.

Of course we can't overlook the need for correction or what approach may work best to "correct, mold, or perfect the mental faculties or moral character," as defined in Webster's dictionary. The bottom line is: Be the person you want your child to become.

To that end, I offer some ideas on discipline:

**1. Make Sure You, Your Spouse, and Your Children Know What 'No' Means**  
Some years ago, our neighbor's house was for sale; I was in my garden when a couple came to see the house. The agent and a young couple went inside while Grandma and the couple's 4-year-old son choose to stay outside. He told Grandma in a loud and angry voice that he wanted to jump on the backyard trampoline.

She said "no" but to no end, as he made a beeline for the trampoline. She followed, telling him "no," and pleaded with him, "Please don't jump on the trampoline!" For the next 10 to 15 minutes, he jumped to his heart's content while Grandma begged him to come down, with threats of counting to three, then to 10. Over and over again she counted. But the jumping continued until Mother came out of the house upset with Grandma for letting her fragile little boy "endanger himself" on the trampoline. Poor Grandma was helpless to explain except to tell Mother that she couldn't do anything to stop him.

As Matthew tells us, let your yes mean yes and your no mean no.

What should Grandma do in this case? Get down on his level, look him straight in his eyes and say softly but firmly, "No, you may not go on that trampoline. Let's take a little walk around and see what the neighborhood is like."

Then she needs to take his hand and direct their walk. Grandma should have told the parents before they went into the house that she was going to take Junior for



Whether it's about bedtime or other behavior expectations, set clear expectations—and your kids will follow.

the walk, and then followed through with her promise.

**2. Don't Ask, Tell.**  
One evening we were visiting some friends who had preschool and elementary school kids. Without warning at 7:45 p.m., the lights in the family room dimmed. The kids said goodnight to their parents and to us, and went upstairs to bed. Dad explained they had conditioned the kids to go to bed when the family room lights dimmed. How cool is that!

Not all of us can program the family room lights to dim, but why are parents surprised when they ask their child, "Do you want to go to bed?" and the kid says "no"?

Why not set a timer for 10 minutes before bedtime and say, "When the buzzer rings it will be time to put the toys away and get ready for bed." And when it rings, say, "Time to get ready for bed, let's go!"

In short, make sure you and the kids know what you expect them to do. They'll follow.

**3. Teach Your Kids How to Argue Like Socrates**

When you have a disagreement with one of your children, hear them out. Ask them questions; find out why they disagree. When they are finished telling you why

you are wrong and they are right, ask them to listen as you listened to them. Then give them a short explanation of your points. Let them have a short rebuttal, and then declare who wins. If they do, tell them so and offer an apology.

**The best and perhaps the only way that we can discipline others is to be the persons we want them to become.**

If you win, tell them: "That's how it is! End of the discussion." Then explain the consequences, if any. And quietly walk away. They should have already been taught that if they continue to argue as you walk away, you will prescribe the punishment previously agreed upon for violating the rules of argument.

**4. Sometime You Must Act First and Talk Later**  
Several years ago, I took a quick trip to Kroger's for a bottle of milk. As I approached the milk case, I saw a toddler running back and forth in the egg cooler on top of the eggs. You read that right, run-

ning on the eggs while a young woman helplessly stood by.

"Don't you want to come out of there?" she asked calmly. "Mommy needs you to come out!" "Please, Honey, please!" She begged. "Mommy needs you to come!"

My jaw crashed to the floor. "Your son is breaking the eggs!"

"I can't make him come off," she whimpered.

"Let me help you!" I said, as I lifted him up and gently handed him to his mother.

I hope she and the toddler had a short talk about breaking the eggs!

Why is it so hard to place limits on our kids?

Do we want well-behaved kids or delinquents; do we choose chaos or covenant? God made a covenant with Moses, should we do any less? The rules we teach our children prior to them breaking them are our covenant with our kids.

Enjoy the children in your life, and may God continue to bless you and your family!

*Dr. Parnell Donahue is a pediatrician, military veteran, author of four books and the blog ParentingWithDrPar.com, and host of WBOU's "Parenting Matters" show. He and his wife Mary, have four adult children; all hold Ph.D.s, two also are MDs. Contact him at Parenting-Matters.com*

FAMILY

# 7 Things Parents Need to Do Before a Family Vacation

BARBARA DANZA

Vacation season is upon us! Before setting out on your next family adventure, here are a few to-do items that are sure to make the trip even better.

**Save Up**  
Hopefully, you've saved up for this get-away, covering big-ticket items such as transportation, accommodations, activities, and events. Don't forget to set aside some spare change for the smaller items that tend to pop up when traveling. These can add up quickly. Things like snacks and meals on the go, souvenirs, tips, emergencies, spontaneous extras, parking fees, or costs associated with unexpected weather can all add up to a large sum you'll be glad you budgeted for to begin with.

**Clean Up**  
As you gather, pack, and prepare, don't allow your home to become a disaster area. Make cleaning a part of the process, preparing a clean slate for yourself and your family to return to. Leave your kitchen and bathrooms freshly clean, run the vacuum, empty all of the garbage, and think lovingly of your future self

and how much he or she will appreciate your efforts.

**Wrap Up**  
You want to go on vacation secure in the notion that you've left nothing undone, no loop opened, and no responsibility neglected. Put that vacation excitement to good purpose by powering through your to-do lists, getting your inbox to zero, checking in with family, friends, and colleagues, confirming or renegotiating appointments, and clearing your mind.

**In the days leading up to your trip, try to get some extra sleep.**

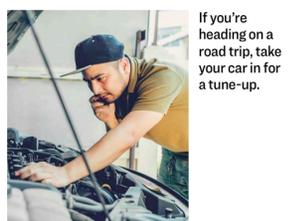
**Stock Up**  
Your trip may call for specific items to have on hand. Perhaps this is a long road trip and you need the car fully stocked with snacks, beverages, baby wipes, and activities. Perhaps you'll have a kitchen where you're staying and you want to have a grocery delivery scheduled for your arrival. Perhaps you need head pillows for the plane. Perhaps you need fanny packs

for the amusement park. Whatever those items are, get them ready. What's more, if there are items you want ready at home when you return (assuming they are not food items that would spoil) ensure they're on hand and minimize the need to stop at the store on the way home.

**Tune-Up**  
Is your personal vehicle playing a role in this vacation? Whether you're expecting your ride to take you from one coast to the next or simply to the airport, make sure it's in tip-top shape. It's always a good idea to stay on top of maintenance and you'll set your mind at ease knowing your vehicle is up to the task.

**Rest Up**  
Family vacations are some of the greatest joys in life, but they can be exhausting. In the days leading up to your trip, try to get some extra sleep. Go to bed a little bit earlier each day, drink plenty of water, eat well, and generally take good care of yourself. Encourage your family to do the same. This way, you'll have the energy needed to make all of those magical memories together.

**Lighten Up**  
Finally, take it easy on yourself as you juggle all of the details of your family vacation. Items you've forgotten can be easily procured and sometimes the trips with very little planning and a lot of spontaneity are the best ones. Let go of ideas of perfection and simply enjoy these precious moments together.



# FOR KIDS ONLY

THE EPOCH TIMES

## I Saw A Ship A-Sailing

from "The Real Mother Goose"

I saw a ship a-sailing,  
A-sailing on the sea;  
And, oh! it was all laden  
With pretty things for thee!

There were comfits in the cabin,  
And apples in the hold;  
The sails were made of silk,  
And the masts were made of gold.

The four-and-twenty sailors  
That stood between the decks,  
Were four-and-twenty white mice  
With chains about their necks.

The captain was a duck,  
With a packet on his back;  
And when the ship began  
to move,  
The captain said,  
"Quack! Quack!"

## WHAT DID THE 80-YEAR-OLD PIRATE SAY ON HIS BIRTHDAY?

“On a day when the wind is perfect, the sail just needs to open and the world is full of beauty.”

RUMI (1207–1273), PERSIAN POET

By Aidan Danza, age 15

# SPECIES SPOTLIGHT: CREATURES OF THE DEEP

## MEGAMOUTH SHARK

Megamouths are very rarely seen, and were only discovered in 1976 when one became entangled in an anchor off Hawaii. It's one of three sharks that feed on plankton, and though it's normally around 15 feet long, it's actually the smallest shark of this group. They have been sighted mostly in the Pacific and Indian Oceans, and are speculated to live at depths 40 feet to as deep as 15,000 feet, which is a bit higher than where many anglerfish live. Megamouths swim toward the surface at night, at around 40 feet; when the sun shines, they swim toward the bottom. This was discovered in a study in which scientists tagged a megamouth for two days off of the coast of California and monitored its activities.

## ANGLERFISH

Anglerfish are the fish that go fishing! These grotesque-looking fish live where it's so deep that no sunlight reaches them. Anglerfish use this to their advantage. If you saw Disney's "Finding Nemo," you may recall that they have a stalk coming out of the front of their head, like a fishing rod, at the end of which is a ball that glows. In the darkness, a victim fish swims toward the light to see what it is, only to be snapped up by the angler's huge jaws. The anglerfish's shape varies, but most have a fat front with a huge mouth and sharp teeth, small eyes with the fishing equipment between them, and a body that tapers to the tail.

## AMAZING ESCAPES!

START

1	2	3	4	5
6	7	8		
9	10	11		
12	13	14		
15	16	17		
18	19	20		
21	22	23	24	
25	26	27		
28	29			

**Down**

- 2 It keeps the compass level (7)
- 4 Dinghy or dory (4)
- 5 Channel marker (4)
- 6 Stars and planets in the sky (9)
- 7 Beer glass (8)
- 11 On the shore (7)
- 13 Perpendicular to the keel (5)
- 14 "America the Beautiful" closer (3)
- 17 Alerts ships to dangerous shores (10)
- 20 Boat's right side (9)
- 21 It's measured in fathoms (5)
- 22 Biggest concern on a sail boat (6)
- 26 The top spar on a square-rigged sail (4)
- 27 Sail boat's power source (4)

**Easy puzzle 1**

4	9
17	
1	6

Solution For Easy 1  
1 - 6 × (9 - 9)

**Medium puzzle 1**

10	14
25	
3	13

Solution For Medium 1  
61 + 6 × (61 - 61)

**Hard puzzle 1**

18	35
27	
16	31

Solution For Hard 1  
96 - 18 × (91 - 91)

**Across**

- 1 Ropes that control everything on a ship (7)
- 3 Triangular sail (3)
- 6 Aid to find North (7)
- 8 Yawl call (4)
- 9 Rough cord used in burlap (4)
- 10 Seashore (5)
- 12 Big boat problem (4)
- 13 On the boat (6)



# Rediscover America— One Story at a Time

Our nation like you've never seen it before



I want my world to be filled with positive real heroes that emulate, share and care [about] the authentic human values that make America great . . . creating a new set of hero values for our children to grow into as the “New America.”

— Laurel Young

**A**merican Essence is a magazine created for anyone who loves America. American Essence focuses on traditional American values and great American stories. It recounts significant historical events, from the time of the Founding Fathers to the Americans today who want to give back to their community and country. American Essence celebrates America's contribution to humanity, and focuses its content around three pillars.

### From History to Future

American Essence brings you the best of America, past and present, to help you create a better future for yourself and the country. It draws from the rich history of our forefathers, as

well as the lives of everyday Americans today, to show different perspectives of the values that built the American republic.

### Timeless Values

American Essence highlights the morals and traditional values that guided the nation's Founding Fathers. It shares stories embodying the ideals and virtues that formed this land of liberty.

### Perseverance

The right path is often not the easy path. And history shows us that it rarely was. American Essence curates stories of how Americans throughout the ages kept going when the going got tough.

# American Essence

Inspiration & Hope

Subscribe today at [AmericanEssence.net](http://AmericanEssence.net) or please use this form.

**Yes, I'd like to subscribe to rediscover America—and Americans!**

**BEST DEAL**

**\$59.40** 1 Yearly (12 Issues) + 2 Free Issues\* Save 37%\*\* (\$4.95/issue)

**\$35.70** 6 months (6 Issues) + 1 Free Issue\* Save 25%\*\* (\$5.95/issue)

\* No free issue(s) upon renewal. Offer good for first time subscriber only. \*\* Based on a monthly rate of \$7.95

### 3 EASY WAYS TO SUBSCRIBE

ONLINE :  
**AmericanEssence.net**

HOTLINE :  
**323-396-9922**

BY MAIL:  
**American Essence**  
Attn: Accounting Department  
229 W 28th Street, Fl. 7  
New York, NY 10001

PLEASE PRINT LEGIBLY (INCLUDE APT., STE., OR UNIT NO.)

**American Essence**  
Inspiration & Hope

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

PAY BY CHECK (PAYABLE TO **American Essence**)  USE MY CREDIT CARD / DEBIT CARD

CARD # \_\_\_\_\_

We use your credit card solely, and securely, for your subscription. We do not share it with any third parties. The subscription is auto-renew with credit card payment.

EXPIRATION \_\_\_\_\_ CARD CVV# \_\_\_\_\_ ZIP \_\_\_\_\_

NAME ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_

BY SIGNING THIS SUBSCRIPTION FORM, I AFFIRM THAT I HAVE READ, UNDERSTOOD AND AGREED TO THE TERMS AND CONDITIONS AT [AmericanEssence.net/Terms](http://AmericanEssence.net/Terms). I ALSO AFFIRM ALL INFO ABOVE IS COMPLETE AND ACCURATE.