

THE EPOCH TIMES

LIFE &

TRADITION

COURTESY OF SKYLARK BOOKSHOP



Owner Alex George enjoys his dual role as attorney and bookseller but he's most comfortable surrounded by his many titled friends at Skylark Bookshop in Columbia, Mo.

Beyond Books:

Independent Bookstores Inspire, Connect Community

Powell's Books celebrates a 50-year anniversary this year. They have anchored this location on West Burnside Street in Portland, Ore., for decades.

ANITA L. SHERMAN

"What I say is, a town isn't a town without a bookstore. It may call itself a town, but unless it's got a bookstore, it knows it's not foolin' a soul."

—Neil Gaiman, English author



COURTESY OF HUB CITY BOOKSHOP

Enjoy a good read?

Many of us do.

The written word, whether viewed on an electronic device, listened to on audio, or absorbed through the rhythm of gently turning pages, still captivates our imaginations and engages a chunk of our busy schedules. We are a nation of readers. According to recent numbers from market researcher and data gatherer Statista, 72 to 79 percent of us enjoy what books have to offer.

Aside from adding to our vocabularies, expanding our knowledge base, and piquing our interests, reading is a known stress reducer. The act of reading temporarily takes us away, introduces us to new places, intriguing faces, plots, and points of view. Generally, even if it's a can't-put-down crime thriller, it's relaxing to read.

I'm a bona fide bibliophile. My office library is filled with shelves of books. I have many friends who are voracious readers. I have grandchildren who are discovering the joy of their own libraries. I know that a click away on Amazon will

have my choice of reading material to me the next day and for less money. That's not a bad thing. But perusing the aisles of your local, independent bookstore (known affectionately as "indies") has many benefits beyond supporting a local business and finding a good read. It's a mindset and a choice that honors and respects writers and readers. And independent bookstores have a long reputation for their engagement in their respective communities.

Many businesses, including booksellers, took a hit during the COVID-19 pandemic. Even before that, big bookstore names like Borders fell to the wayside leaving many communities devoid of a nearby book source. This may have contributed to independent bookstores staying alive and thriving. Many put on their creative hats to make service and selection at a small store something online can't provide—something desirable for the discriminating customer.

Continued on Page 4

The Joys and Pitfalls of Being a Grandparent

JEFF MINICK

From that most prolific of authors, Unknown, we have this aphorism: "A grandparent is a little bit parent, a little bit teacher, and a little bit best friend."

That amalgam of those three little bits into "grandparent" creates one of the greatest joys life can bestow on us. Being a grandparent is as different from being a parent as pepper from salt.



RIDO/SHUTTERSTOCK

Being a grandparent is as different from being a parent as pepper from salt.

Grandparents sometimes play the role of their grandchildren's confidant.

Delight often replaces the worries we felt as parents, and an indulgence we would never have shown our sons and daughters flows like a river to the grandkids. The dad whose mother rarely treated him with candy in his boyhood watches gape-mouthed as she hands his daughter a Hershey's candy bar.

Let's take a look at these three roles of the grandparent.

Parent

Many grandparents act in absentia as parents when Mom and Dad are not available for the little ones. One grandmother I know cares for two toddlers a couple of days a week while her daughter and her son-in-law work. From talking with her, and with many other grandparents, she loves this time with the children. Unburdened by housework and other chores, she's able to focus more on the children than their parents do, playing games with them or sitting on the porch

while the kids run around the yard. Best of all—and most grandparents understand this feeling—she leaves at the end of the day, a bit exhausted, sure, but free of additional responsibility.

But there are some pitfalls with playing parent, which may be illustrated by an old joke: "Why do grandparents and grandchildren get along so well? Because they have a common enemy."

That jest may bring a laugh, but it contains a hidden warning. Like many other grandparents, I've learned to withhold criticism of my children's parenting methods unless asked for advice. If it seems to me that a granddaughter spends entirely too much time watching television or a young grandson looks as if he dressed himself in the dark, I've learned to check my criticism and bite my tongue.

Continued on Page 3



Set short and attainable goals to get back on track.

How to Deal With Procrastination

BARBARA DANZA

Procrastinating? We all do it to some extent. Sometimes procrastination can even be helpful—pointing to a need to reevaluate something or allow more time for something else.

down the road, however, while tackling the work at hand most often leads to a great sense of relief and happiness for making progress on things that matter.

The Gap
When there's a disconnect between what you believe you should be doing and what you are doing, you experience cognitive dissonance and can even come to distrust yourself and feel disappointed in yourself, sapping your confidence and encouraging more procrastination.

A focus on progress rather than completion is key. Remember that starting is the hardest part.

It's the gap between who we know we could be and who we currently are that either encourages us to roll up our sleeves and get to work or stick our head in the sand, serving only to widen that gap.

Short and Sweet
First, recognize that starting to get back on track is the hardest part. So aim to make starting easier. Starting can be

simplified by defining it in as small a way as possible.
Instead of setting a goal of getting your email inbox to zero, for example, set a goal of processing five emails or even one email if that's what sounds doable. Even one is much better than none and can be celebrated as progress. The magic in starting small is that you'll experience some momentum and will likely continue past your goal of one or five to make even greater progress.
Other tasks may be more conducive to a small time limit. For example, if you need to begin cleaning your home or you need to plan out a project, try working on it for just five minutes. Set a timer and just do it for that very short period of time.
The key is to simply get over the hump of starting. Once you've started, it becomes clearer how to continue and easier to keep on going. It's just like Isaac Newton said, "An object in motion tends to stay in motion."

Picture Completion
As you begin to make progress on the things you've been avoiding, aim to clarify in your mind what completion should look like. Envision that empty inbox, that clean home, that submitted assignment, or that new creation. Imagine how great it will feel to accomplish your goal and allow that vision to pull you further toward the finish line.

Habits Going Forward
When you can push through the starting line and begin to see progress on your previously avoided responsibilities, it becomes clear what a giant relief it is to stop procrastinating. The pressure that results from going about your life with unfinished business hanging overhead is substantial. When you alleviate that significantly, you can relax more and feel lighter.

Going forward, aim to establish habits that will support your desire to stop procrastinating. Evaluate what you tend to procrastinate on, and put in place systems that will support you're making progress on those. A focus on progress rather than completion is key. Remember that starting is the hardest part.

If you procrastinate on cleaning your home, aim for a five-minute cleaning sprint each morning; if you allow your bills to pile up, aim to pay one each afternoon; if you never get around to projects that are important to you, mark a 10-minute block on your calendar in which that's all you'll look at or think about each day. A fantastic read on this idea and others regarding habits is James Clear's "Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones."

Kicking procrastination allows you to have confidence in yourself, knowing that you'll honor the commitments you make to yourself and that you can make progress on the things that are most important. Ready to start?

Homeschool Is Not School at Home

BARBARA DANZA

If you are one of the ever-growing number of parents choosing to homeschool your children for the first time this year, please allow me to save you from a common misconception that delays families from reaping the benefits of what a homeschooling lifestyle has to offer.

Perhaps you experienced what your children's school termed "virtual learning" or "distance learning" last year, and you're thinking of duplicating what you observed. Perhaps you're simply recalling what your school experience was as a child, and you think you might try to recreate that in your home. Maybe you're envisioning yourself standing in front of a blackboard at the front of a classroom dictating lessons each day while your children sit quietly in their seats until lunchtime.

You could do that. After all, one of the greatest benefits of homeschooling is the freedom to make it whatever you deem best for your family and each child.

However, most families that set off on that road tend to quickly learn that these all-too-familiar trappings of school aren't conducive to the learning and thriving of children and are especially out of sync with a warm, loving home.

The truth is that homeschool—when at its best—isn't school at home, and for the happiest homeschoolers, school and homeschool bear little resemblance to each other.

If you think about it, it makes sense. Many of the habits, practices, rules, and policies you find in every public school exist to maximize safety among a crowd of students and teachers, to maintain order, to elicit obedience, and to control behavior. These are both unnecessary and unpleasant if brought home.

What's more, it's worth recognizing the degree to which public schools have been successful in educating their students over the past few decades. If you're unaware, their record has been poor, to say the least, and deteriorating consistently. While you may find yourself choosing homeschool this year as a result of recent world events, know that the system you're passing on has been deficient for a long time. Why duplicate a failing strategy?

To truly experience the beauty of homeschooling, recall the ways in which you've taught your children the myriad of things they've learned from you. On your watch, your children learned to walk, talk, eat, drink, get dressed, interact with family and friends, and so much more. Perhaps you taught them the alphabet or even to read simple words. Perhaps you taught them to weed your garden or bake a cake. You've instilled in them the values of your family and the character standards you deem important. You could fill pages and pages with what you've already taught your children if you really think about it—and I bet you did it all outside of a standard classroom environment, unconfined by the hours between 9 and 3.

What you did probably looked more like encouragement—creating an environment at home and on the go in which your child could immerse him or herself and naturally learn and grow.

Further, think about what you do when you want or need to learn something new. Have you ever taught yourself a new skill or researched the ins and outs of a new hobby? What interests have you explored? What questions have you found the answers to? What skills have you acquired in your life?

The ways in which you approached such learning probably looked quite different from the way education is approached in school. What's more, you likely truly learned rather than simply memorizing enough to pass a test and then forgetting it altogether.

If this is about to be your first year of homeschooling, you couldn't have timed this decision better. There are countless resources to be found and communities of fellow homeschoolers just about everywhere.

Do your research, think about what would be the most wonderful homeschooling experience for your children, for yourself, for your family as a whole, and stay flexible as you learn and grow. Relish the fact that you don't need to duplicate school at home and that you're about to embark on the adventure of a lifetime.



Creating a good environment at home and offering encouragement provides a setting for children to learn naturally.



FOR KIDS ONLY

THE EPOCH TIMES

Week 32, 2021



Escape at Bedtime

by Robert Louis Stevenson

The lights from the parlor and kitchen shone out
Through the blinds and the windows and bars;
And high over head and all moving about,
There were thousands of millions of stars.
There ne'er were such thousands of leaves on a tree,
Nor of people in church or the Park,
As the crowds of the stars that looked down upon me,
And that glittered and winked in the dark.

The Dog, and the Plough, and the Hunter and all,
And the star of the sailor, and Mars,
These shone in the sky, and the pail by the wall
Would be half full of water and stars.
They saw me at last, and they chased me with cries,
And they soon had me packed into bed;
But the glory kept shining and bright in my eyes,
And the stars going round in my head.



WHAT WAS THE FIRST ANIMAL IN SPACE?

THE COAT THAT JUMPED OVER THE MOON



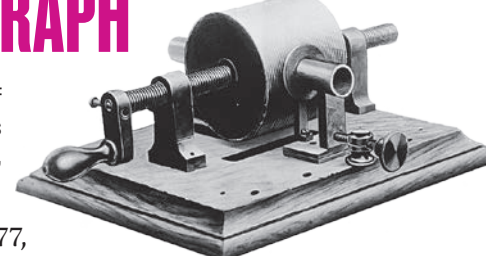
"I know the sky is not the limit because there are footprints on the Moon—and I made some of them!"

BUZZ ALDRIN, AMERICAN ASTRONAUT, AGE 91

This Week in History

EDISON INVENTS THE PHONOGRAPH

Illustrated model of Thomas Edison's original phonograph, circa 1877.



On Aug. 12, 1877, American inventor Thomas Edison invented the phonograph, a recording device that used tin foil-coated cylinders. It was the first time a machine could record sound, including the human voice, and play it back. For his first recording, Edison recited "Mary Had a Little Lamb." This invention had a major impact on society, as it allowed for entertainment at home. Before this invention, live musicians or actors were the only way in which entertainment could be enjoyed.



Thomas Alva Edison (1847–1931) dictating his morning's correspondence into a phonograph in his lab.

By Aidan Danza, age 15

ROCK DWELLERS

There are many species of animal that raise their young, or live fully, on the bare rocks of cliffs, caves, and mountains.



NORTHERN GANNET

Like many other seabirds, the northern gannet nests on cliffs—that is, sea cliffs in the northern regions of many oceans. The cliffs are usually situated on the windward side of a headland, that is, facing the prevailing wind to make flying easier. Their nests are a simple mat of plant life, held together with a "mortar" of droppings. From the cliff, the gannets will take off, and look for schools of fish to eat near the surface of the water. Finding one, the seabirds dive, from a great height, extending their neck and flattening their wings upon their backs, to hit the water cleanly. Once in the water, the gannets will eat their fill.

CAVE SWALLOW

The cave swallow isn't the only bird that will nest in caves, but it's the most notable in America. For a cave dweller, it's quite visible, because it sometimes nests under bridges, canopies, and in abandoned buildings. It resembles many other swallows in its small feet, wide mouth with short bill, and blue plumage above and buff below. Its nest, like that of other swallows, is made of mud, droppings, and saliva, and when building is completed, it resembles a mud igloo. The nest is made by collecting small gobs of mud in the bill and piling them up like bricks in the cave. Like all swallows, the cave swallow eats flying insects.



MOUNTAIN GOAT

Mountain goats live only in North America, in the Rocky Mountains. They are quite a bulky, square animal, with a thick, white coat, and black horns and hooves. The hooves are specialized for better grip on extremely steep slopes. Just like its farmyard counterpart, the mountain goat grazes on a wide variety of plant life. The goat climbs from the beginning: Just a day after birth, it must climb steep slopes just like mother.



Michigan Boy Mows Lawns for Those in Need

JR Achterhoff, 8, takes '50 yard challenge'



JR Achterhoff is looking to mow lawns for veterans, the elderly, single parents, and people with disabilities—for free.



JR hard at work.

EMG INSPIRED STAFF

An 8-year-old boy in Muskegon County, Michigan, is on a mission to mow lawns for veterans, the elderly, single parents, and people with disabilities for free this summer.

JR Achterhoff, who will soon be a third-grader, decided to take the 50 Yard Challenge, a nationwide charitable activity challenging kids to mow 50 lawns for free, and get a jump on learning to help their community.

"He loves helping people. He loves shoveling. He loves raking."

John Achterhoff, JR's father

The 50 Yard Challenge is an initiative of Raising Men Lawn Care Service, which started with just one man who wanted to help a neighbor and then spread across the nation.

On June 25, JR accepted the challenge and mowed the first lawn of his life. Initially, he'd been using an old mower that didn't self-propel, but thanks to a good Samaritan, he now has an awesome mower.

"He loves helping people. He loves shoveling. He loves raking," said John Achterhoff, the boy's dad, MLive reported.

"He loves doing whatever he can to help people that struggle." Though he enjoys mowing and helping the needy, JR, who has since completed mowing two lawns, said the challenge is a bit hard to complete.

The family is scouting for more people who might want help mowing their grass, as the boy continues with the 50 Yard Challenge.

"Really hoping to be able to connect with some veterans, police officers, firefighters, people with reduced mobility, elderly," said John.

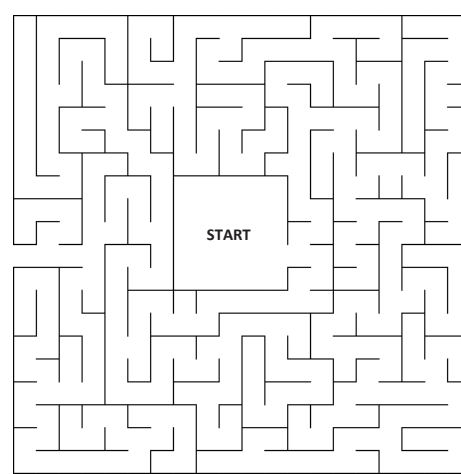
They've been at work posting flyers at American Legion in Whitehall, the White Lake Eagles, and VFW posts in North Muskegon and Montague.

Kathy People is one of the beneficiaries of the challenge. Her front yard was mowed after she saw a post on social media advertising the boy's service.

"It was cute. He had such a great demeanor about him," she said, according to ABC.

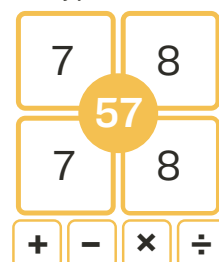
"Anything that you can do to encourage the kids to do respectful things, it's a good thing."

AMAZING ESCAPES!



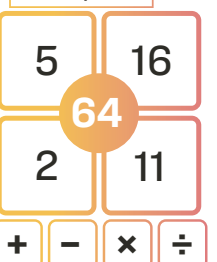
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

Easy puzzle 1



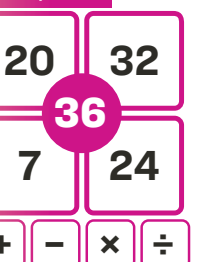
Solution For Easy 1: 8 - 9 + 7 + 8

Medium puzzle 1

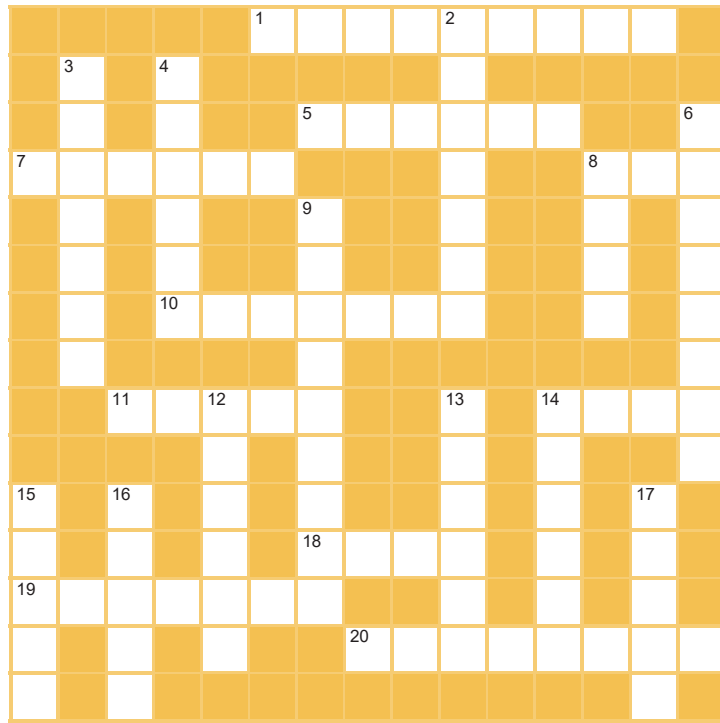


Solution for Medium 1: 2 x (9 + 11 - 9) 91 x (2 - 9 - 11)

Hard puzzle 1



Solution for Hard 1: 02 - 2 x (2 - 26)

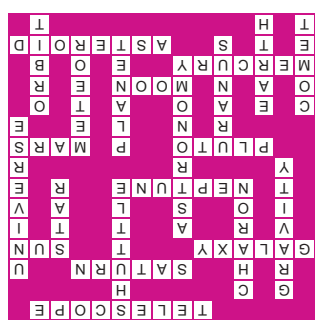


Down

- 2 Retired spaceship (7)
- 3 It keeps people grounded (7)
- 4 Pluto's largest moon (or an Underworld figure) (6)
- 6 All there is (8)
- 8 It's not a planet (4)
- 9 Carl Sagan's interest (9)
- 12 Planet named for the father of the Titans (6)
- 13 Krypton, e.g. (6)
- 14 Shooting star (6)
- 15 It has a tail (5)
- 16 Our "Big Blue Marble" (5)
- 17 Elliptical path (5)

Across

- 1 There's one on Mount Palomar (9)
- 5 Ringed planet (6)
- 7 "Guardians of the ___" (6)
- 8 It's at the center of the solar system (3)
- 10 Planet with 14 moons (7)
- 11 The International Astronomical Union says it is no longer a planet (5)
- 14 "The War of the Worlds" base (4)
- 18 It waxes and wanes (4)
- 19 "The Winged Messenger" (7)
- 20 Rock that's 'out of this world' (8)





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