WEEK 3, 2022

THE EPOCH TIMES IFFE & TRADITION

A Class All Their Own: Ladies and Gentlemen of the Old School

JEFF MINICK

Back in high school, I spent a summer working as an orderly in the recovery and operating rooms of Forsyth Memorial Hospital in Winston-Salem, North Carolina. On my first day on the job, I watched a certain Dr. Norfleet performing a nephrectomy on a patient. Later that evening, I told my father, a family physician, about the experience. Manners were the most easily recognizable mark of men and women of the old school.

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Why the Current Flight to Small Towns May Save America



JOE RAEDLE/GETTY IMAGES

ANNIE HOLMQUIST

A friend of mine decided to shake the dust of the city off his feet last year and migrate to a more rural area. Reflecting on the move, he seemed surprised at how much he's enjoying the change. My takeaway from our conversation was that his life was fresh and new now that he had left the problems of the city.

Having a community of reasonable people to live among wasn't so bad either.

My friend isn't the only one who made such a change in the past year or so; Minnesota Public Radio highlighted the trend in a recent story titled "Ready for a change: Couples go all in on small-town life." The article describes how James and Katrina Ball uprooted their children from the Cayman Islands to settle in the small Minnesota town of Battle Lake at the beginning of the COVID-19 pandemic so they could be near Katrina's parents. Those who move say they love the connected feeling that a small community brings.

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People watch the Fourth of July parade wind through downtown Deer Isle, Maine, on July 4, 2019. Not intending to stay for the long haul, they find themselves still living there—and not only surviving but thriving in their new community.

While it once was the norm for small communities to empty out as their young people moved to the cities for bigger opportunities, it seems a reverse flight is beginning to take place—slowly, perhaps, but definite nonetheless. While some may see this as regression, it actually is progress, since a return to the rural, local community will eventually bring restored freedom and virtue to America's citizens.

Those who move say they love the connected feeling that a small community brings. Mentioning a fall festival that Katrina helped organize, the Balls expressed their surprise at how helpful and participatory everyone was.

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A Class All Their Own: Ladies and Gentlemen of the Old School

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"Ah, Dr. Norfleet," he said. "A gentleman of the old school."

The admiration in Dad's voice intrigued me. Unfamiliar with that expression as a teenager—"gentleman of the old school"—I have since occasionally applied the "old school" appellation both to men and to women I've met. Though I can't specifically define my parameters for forming such a judgment, it seems to me that the title refers to someone with manners and virtues associated more with the past than with the present, someone who cultivates a refinement that seems absent from modern life, someone who, as Dr. Norfleet did for my father, arouses our approval and respect.

Perhaps because of my advancing years, perhaps because of the elusive definition of old school, and perhaps because our culture has largely banished "ladies and gentlemen" as politically incorrect, I can't think of anyone I know these days who fits my image of old school. I am reasonably certain such people exist, just as I am sure dinosaurs once strode the earth, but I don't happen to know them. With a few exceptions, I can't think of any public figures who might qualify as old school, though some who are now resting in their graves deserve this laurel wreath.

In my younger years, however, I was familiar with several men and women whose manners, style, demeanor, and grace set them apart from their contemporaries, harking back to an earlier age. To wedge these individuals into a common formula of description would be difficult, yet all of them shared some of the same characteristics.

Etiquette and Attire

Manners were the most easily recognizable mark of men and women of the old school. These were people who did more than just say "please" and "thank you." The men stood when guests entered the room, gave up their seats on public transportation to women of all ages, and removed their hats during introductions. The women graciously greeted visitors, were kind with their opinions, and were intent and conscientious listeners.

Most of all, they sought to make both visitors and friends comfortable. As an adult, I was always impressed by my college professor and later good friend, Ed Burrows, whenever he greeted my wife and me at the door of his home. He took and hung up our coats, if need be; pleasantly inquired after our health; and within minutes of our arrival, invariably asked us if we'd like something to drink—water, coffee, or iced tea.

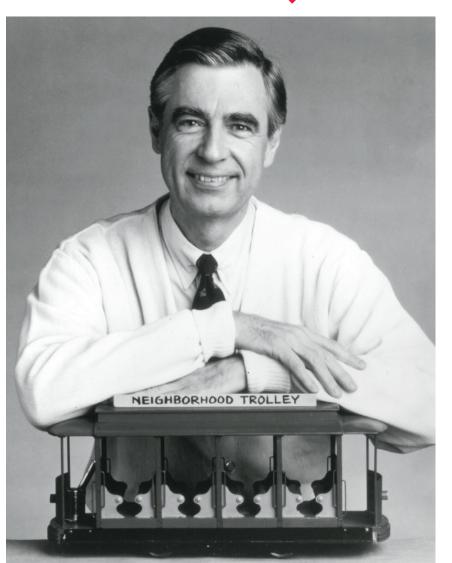
Dress was also an outward sign that one belonged to this club. Though old schoolers might dress casually—I rarely saw Ed in a tie-they dressed conservatively. Try as I might, I can't see Ed or any of the others in this pantheon wearing sweatshirts and cutoff jeans. They may have done so in their backyards, but never in public. When old schoolers left their homes to go to work,

We can bring back old school ideals by practicing decorum and respect for ourselves and

others.

Manners were the most easily recognizable mark of men and women of the old school.

Fred Rogers (1928– 2003), the host of the children's television series, "Mr. Rogers' Neighborhood."



to shop, or to meet a friend for coffee, they dressed up rather than down.

A Gentleman Like Ed, the other old school practitioners of my acquaintance displayed manners that never seemed artificial but were as natural as sunshine. Accompanying these courtesies was a buoyant grace, a polished yet apparently natural urbanity and savoir-faire. Years ago, a poet, classical musician, and retired professor, Francis Pledger Hulme, became my friend for a brief time. Though I can't remember precisely how we met, Frank always bore himself with dignity. He stood erect, had a bounce in his step despite his cane and advanced age, and broke out into a big smile as soon as he saw me or some other friend. Just seeing him emerge from his car in my driveway, often accompanied by his Plott hound whose name I've forgotten, made me feel special. As I learned more about Frank's early life his boyhood in Asheville, the early death of his father, his erratic academic career as he worked to help provide for his mother and sister during the Depression—my respect for him grew. His sister once shared a few stories of his generosity, and how much he had given up for his family, but from Frank I received only humorous and self-effacing anecdotes about those hard times. Here was an easily recognizable gentleman of the old school.

2 Ladies

Vivien K., whom I knew as a child in our small town of Boonville, North Carolina, shared some of these qualities. Like Ed and Frank, she was always considerate of others. She suffered from severe depression but hid her illness from the majority of her friends. According to my mother, Vivien was a wonderful correspondent, given to writing brilliant, witty letters.

Another resident of Boonville, Frieda Speer, mother of my childhood friend Allen, also qualifies as an old school lady. Softspoken and generous-she always urged my siblings and me to eat second and third helpings of food whenever we took our lunch at her table-Frieda practiced the tenets of her religious faith in her gentle, humble way even late into her life, delivering for Meals on Wheels, for example, into her late 80s. A shrewd investor, she used some of her money to help build Boonville's first public library. And like the other old schoolers in my life,

Frieda and Vivien possessed some ethereal quality that set them apart from so many of those around them, a certain "je ne sais quoi." There I go with a vague description again, but some mystery, some invisible, interior mechanism, made them old school ladies.

Where Did They Come From?

We might surmise that the place and time in which they spent their youth formed these



natural aristocrats. They all grew up in the American South, a society that stressed courtesy and consideration. They were products of the Depression and worked hard to help their families. Each of them was respected and esteemed by their communities.

Yet they were rare gems, different from so many of their peers who were products of the same era. More likely, I suspect, they were raised in homes in which their mothers or fathers, or both, passed them gifts which they then made their own. Both Ed and Frank often praised their mothers for their upbringing, and given Frieda's devout faith, we may surmise her parents imbued her with their religious beliefs.

In other words, these old schoolers were made. not born. to this estate.

Revival

With some exceptions, elegance and refinement are not descriptions we associate with today's culture. Our social media, for instance, often feature frivolity, crudity, egotism, and acrimony, but grace and dignity seem to have taken a bow and left the stage.

If you know an old school person, consider yourself lucky. Learn from that paradigm of rectitude. Though I hardly qualify, I did absorb lessons from the ladies and gentlemen who were members of that club. By their example alone, they were my teachers. Even without such living guides, we can resurrect old school ideals by practicing courtesy, decorum, and respect for ourselves and for others.

Do that, and we just might make old school new again.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. He is the author of two novels, "Amanda Bell" and "Dust on Their Wings," and two works of nonfiction, "Learning as I Go" and "Movies Make the Man." Today, he lives and writes in Front Royal, Va. See JeffMinick.com to follow his blog.

A natural dignity and grace characterize those of the old school.

follow God, work hard, raise their family

right, and support those around them with

America won't survive without turning

away from the rootless and toward the

rooted. If we're serious about helping that

about-face happen, perhaps it's time to find

a small community, settle down, and start

the process of becoming more than a lonely

automaton in a massive urban arena.

Annie Holmquist is the editor of Intel-

lectual Takeout and the online editor of

Chronicles Magazine, both projects of the

While it once was the norm Charlemagne

Institute. This article was originally pub-

lished on Intellectual Takeout.

care and encouragement.

Why the Current Flight to Small Towns May Save America

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"I just went and walked down to the businesses and everyone was like, "Yeah, we'll support you. What do you need?'" Katrina said.

James has been amazed at how much work volunteers put into the community; he says in a small town, it can be easier to get things done because you see city officials at the coffee shop, and it seems everyone in town is connected.

While it once was the norm for small communities to empty out as their young people moved to the cities for bigger opportunities, it seems a reverse flight is beginning to take place.

"It's just so much more approachable. And it feels like in a small town, you can do anything, if you've got the stamina, really," he said.

In other words, the couple appreciates the freedom, support, tight-knit nature, and comfort of life in a small town. And while

things that are the roots of a healthy society. Robert Nisbet noted this in his classic work, "Quest for Community."

"The family, religious association, and local community, these, the conservatives insisted, cannot be regarded as the external products of man's thought and behavior; they are essentially prior to the individual and are the indispensable supports of belief and conduct," he wrote.

When such supports are gone, we shouldn't be surprised to see individuals believe only in their own truth and behave in any depraved way they choose. Nisbet elaborates:

"Release man from the contexts of community and you get not freedom and rights but intolerable aloneness and subjection to demonic fears and passions. Society, Burke wrote in a celebrated line, is a partnership of the dead, the living, and the unborn. Mutilate the roots of society and tradition, and the result must inevitably be the isolation of a generation from its heritage, the isolation of individuals from their fellow men, and the creation of the sprawling, faceless masses."

Americans are lost, lonely, and adrift. Almost all of us can sense that without even looking at statistics.

But is it possible that such a problem could be reversed by more Americans fleeing the cities and settling in small communities? Here, people can't blend into the background as much; they're a name instead of a faceless being, carried along with the Balls might not realize it, it's these very the crowd of good, upright folks striving to Quaint shops and businesses dating back

more than a century line the main street in Hudson, Ohio.



Helping Kids Feel Less Stress, More Happiness

A conversation with pediatrician Dr. Hansa Bhargava

BARBARA DANZA

Today's children are experiencing alarming levels of stress, anxiety, and depression compared to past generations. So why does happiness elude so many of them?

I asked Dr. Hansa Bhargava, pediatrician and author of "Building Happier Kids: Stress-Busting Tools for Parents," for her advice. Here's what she said:

THE EPOCH TIMES: What, in your opinion, is at the root of the alarming rates of stress and anxiety in today's children?

DR. HANSA BHARGAVA: Unfortunately, our lives have become hectic with fundamentals of family, community, sleep, and recharge time that was part of almost every culture for centuries, replaced by what I call the "merry-go-round" of hectic activities, screens, and "keeping up with the Joneses" with the race to be smarter and better. Our kids, unfortunately, have paid the price with rising stress and anxiety levels. But I believe that the pandemic has shone a light on this, and we are ready for change!

THE EPOCH TIMES: What are the most common signs of stress in children that parents should look out for?

DR. BHARGAVA: Stress can manifest in many ways—from mood changes and changing grades to withdrawal and even body signs such as headaches and stomachaches. If your kids seem different than their baseline, talk to them and listen. Are academics stressful? Are they feeling overwhelmed or sad? If you're worried, talk to your pediatrician or mental wellness professional.

THE EPOCH TIMES: What can parents do to reduce their children's stress levels?

DR. BHARGAVA: I really believe that two elements are essential: time to be together and communicate and scheduling "pauses" where kids have quiet time. In fact, rest and boredom have been shown to not only energize but also help creativity.

THE EPOCH TIMES: What are the key elements to a happy life for a child?

DR. BHARGAVA: Key elements are the 3 "Cs": centering, connection, and community. Teaching a child ways to center themselves is key, as life is full of hurdles-deep breathing, meditation, and quiet time can be three tools. Connection to their "team" is key also. The team is you and other caregivers, but also friends and other family—an inner circle that's there for them. Community is key too; it could be the soccer club or the church.



I really believe that two elements are essential: time to be together and communicate and scheduling 'pauses' where kids have quiet time.

Dr. Hansa Bhargava

THE EPOCH TIMES: In your experience, what do most parents struggle with most when it comes to supporting their child's happiness and well-being?

DR. BHARGAVA: I think parents are so busy they don't even have time for themselves. And when selfreplenishment doesn't occur, it's hard to give to others' happiness. It's important for parents to take time so that they can see clearly and prioritize what matters to them and their kids and let go of the rest.

THE EPOCH TIMES: If a parent reading this right now is concerned about their child's level of stress, what's the first thing you'd advise him or her to do? **DR. BHARGAVA:** Talk to the child. And listen. Let your child know that it's OK to be stressed sometimes, but if the parent is worried that it is more than normal, don't be afraid to ask a professional for help.

Mom Life: 6 Habits to Simplify Your Days **BARBARA DANZA**

Whether your kids are learning to walk, learning to drive, or somewhere in between—this mom life, though rewarding, sure can be demanding.

Establishing simple habits that support these demands allows daily responsibilities to feel like they're running on autopilot and offers breathing room to manage the unexpected and take part in the fun and joy of family life. Here are six habits that suppor just that.

Get to Bed

A good day starts the night before with a good night s sleep. If you ve been neglectin your sleep habits, now is the time to get back on track. If you've been running on less than Limit Your List the optimal sleep for your body for a long It has been said that people tend to overtime, you may not realize how depleted your energy, cognitive ability, or general patience have become. Set a reasonable bedtime for yourself each night and enjoy the gradual increase in energy and improvement in mood that comes with allowing your body its proper rest.

Wake First

When determining the best time to go to morning. Having time to yourself first thing every day provides a window to prepare your mind, body, and spirit for the day ahead. Consider carefully how you use the precious initial moment of your day—whether in spiritual practice, exercising, journaling, Play or simply sitting in stillness. Establishing a morning routine you truly look forward to and that enriches your life will ensure it's a habit you can stick to.

Do Laundry

You know what they say—a load of laundry a day keeps the overwhelm away. Rather than ever allowing a mountain of laundry to develop in your home, establish the habit of completing one load each day. The load can go into the washer in the morning, transfer to the dryer at some point mid-day, and be folded and put away each evening. Rather than dominating your time over the weekend when you'd rather be doing something else, laundry becomes an automatic task you hardly think about, like brushing your teeth.

Batch Cook

When it's time to head to the kitchen and prepare a meal—aim to prepare multiple meals at once. For example, say you're roasting a chicken for dinner. Instead of just one, roast two. The leftovers can serve as lunches during the week, ingredients for other recipes calling for chicken (chicken salad, chicken tacos,

chicken soup), or a grab-and-

go snack. The additional effort required to make two chickens instead of one is negligible. This strategy can be applied to all sorts of food. You'll reduce the time you spend preparing meals and ensure you and your family always have healthy home-cooked options on hand.

If you've been neglecting your sleep habits, now is the time to get back on track.

estimate what they can get done in a day and underestimate what they can get done in a year. If you tend to write out extensive, page-long to-do lists for yourself, only to feel shame and disappointment at the end of the day when not much is accomplished, it's time to limit your list. Each day, pick no more than three items to add to your to-do list and circle the one you deem most important. If you get only that one done, you can sleep, consider what time you'll have to be proud you've achieved your top priority, wake up to allow yourself time alone in the and if you get all three done, it's truly worth celebrating. This approach will force you to continually identify what's most important, and you'll find yourself aligned with your own values and priorities.

All work and no play makes Mom dull and cranky. You're not in a race to check the most boxes or a competition to maintain the cleanesthouse. Balance well fulfilling the responsibilities of being a mom with allowing time for rest, joy, fun, and play. Leave room in your day to enjoy quality time with your family and engage in activities you enjoy. Make it a habit to wrap up your chores early and find stopping points in the long-term projects you're working on so you carve out time each day to engage in not just the work of life, but the play.

Having some time alone in the morning is key.

DEAR JUNE On Family and Relationships

My Older Brothers Drive Me Insane

→ Dear June, I am 10 years old, I have three older

brothers who sometimes drive me INSANE! They tease me and I get really mad. We don't physically fight, we mostly just argue, but I always feel really bad after I've cooled down (I have sort of a hot temper). I wanted to know if you had any advice on how to not react so rudely when they're not very nice. I'm not trying to pick on my brothers by writing this letter. They are nice most of the time.

Sincerely Miss E.

\rightarrow Dear Miss E.,

First of all, I think it's pretty amazing that at 10 years old, you're taking responsibility for your reactions. Yes, you can certainly change them! And I would venture to guess that once you do, your brothers will stop teasing you, because they are probably only doing it for your reaction. I can't say exactly why boys do this, but it seems to be a part of boy nature. I've seen a teasing dynamic play out between boys and girls since I was young, and I see it come up very occasionally between my son and daughter who are normally very good companions. My son (who is older) gets a little gleam in his eye and says something he knows will make his sister upset.

I find it helpful to approach weaknesses as wonderful opportunities to develop new strengths.

Now, I know it's not fun to lose your cool, because I've certainly been there! However, it's so empowering when you learn to control your reactions. And I believe we can learn to handle any difficult situation with calm, respect, and compassion for the other person. As a starting point, it's important not to compare our challenges with those of other people because we are all very different in ways that may not be obvious. For example, we are all born with different temperaments, and these give us inherent strengths and weaknesses So if having a hot temper is a weakness for you, you probably have the strength to balance it out. Perhaps you have an overall very warm character, which sometimes comes out as flashes of anger but most of



the time as being very loving and caring. You might have a sister or friend who doesn't get angry easily, but she might be very critical and struggle to be loving and caring. The point is, it's great to be inspired by the strengths of others, but it's not good to compare yourself in a way that makes you feel depressed, because then you have lost sight of your own strengths.

The truth is, all of us are carrying some burdens; it's just that for some people these burdens are less obvious. A couple of years ago, I read a book by a therapist whose clients were celebrities and other rich, powerful people; the take-home was that even people with great success and status carry heavy loads, it's just that their struggles were not obvious.

I find it helpful to approach weaknesses as wonderful opportunities to develop new strengths. In the same way that if we are born with strong legs but weak arms we may choose to do pushups and other exercises to strengthen our upper body muscles, so too can we take a targeted approach with any aspect of our character and develop greater strength there.

There are, of course, many techniques to control bursts of anger, here are ones I've found helpful:

1. Stop before it gets big. See if you can notice when you feel the steam start to build up inside of

you and call a halt to your interaction. You can do this by simply telling your brother that you are starting to get up upset and you want to stop talking and calm down. If the conversation is important, you can resume it after you feel calm again.

2. Prepare your words. Think of some specific phrases ahead of time that you can say to your brothers to stop the argument. These should feel true and natural to you (it may be helpful to practice them in your head or out loud until they feel right). Keep the phrases simple, polite, and as positive as possible. For example, instead of saying, "Stop it! You're making me mad! I'm not talking to you anymore!" try something like, "[Name of brother], please stop. I feel upset. I want to calm down now." You can follow this up by walking away to your room or outside or somewhere else where you can calm down. Talking to your parents might help too.

3. Visualize success. Imagine yourself handling these situations with calm and ease. Pro athletes and successful people in other fields spend time visualizing how they are going to act to get their desired outcomes, because if you have a clear map in your mind, it is much easier to then get yourself there in real life. 4. Forgive. When you do lose your

temper, it's important to be able to

forgive yourself and the other person. All of us make mistakes, and this is how we learn. One thing I've found helpful is to repeat the phrase, "[Name], I forgive you," until I feel calm and loving again.

The last thing I would suggest is to make an effort to treat your brothers with a little extra respect. There is a classic Chinese book called "Di Zi Gui," which teaches children how to treat members of their family. For siblings, it says, "The older brother's friendly, the younger shows respect; such harmony is what your parents should expect."

I think there is real wisdom in this. When boys feel respected and appreciated, it brings out their better nature.

> Sincerely, Iune



Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@

EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY, 10001

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

Taking Down the Christmas Tree Preserving a panoply

of ornaments and tradition

ANITA L. SHERMAN

When my husband Don and I celebrated our first Christmas together decades ago, he presented me with a small ornament—a porcelain doll dressed in burgundy. I was delighted. With each Christmas, she takes a prominent spot on the tree, always a reminder of our first Christmas together. So began our tradition of purchasing an ornament to celebrate us each year.

When our daughter Sophia was born, we decided to do the same for her, starting a collection of ornaments that someday would be given to her to decorate her tree.

Two boys came along and the same was done for them. A few years ago, our older son Douglas requested his ornaments. The plan has always been for the respective collections to be given to the respective child. Yet as I gathered them for him, I found myself teary to let them go, remembering each of them and why that particular ornament was chosen. My sadness was short-lived. They have found their own place of honor in their home adorning a small unique tree.

Last spring, our daughter and her family moved to Warrenton. They have their first house and she's always been wild about Christmas. I knew she would want her ornaments and agreed to pull them aside when we took down the tree this year.

That day came as 2021 slipped into 2022. I've always been a fan of January 6—the Epiphany. While Christmas Day has passed, the season isn't over. The three kings have yet to visit the newborn child who is soon to be baptized by John the Baptist, celebrating him as God and a man.

Aside from its religious significance, I like epiphanies—new beginnings, new starts, new perspectives, new realizations-particularly pertinent as a new year begins.

I reached for the small bear on top of a sleigh. This was Sophia's first Christmas ornament, chosen by me to commemorate her arrival in our lives. It was followed by many more through the years.

By the time she was 4 or 5, she was selecting her own—lots of reindeer, fairies, and



Purchasing a new ornament each year for each child has been a tradition in the Sherman household for decades. These represent a few collected, and now given, to their daughter as a start to her own family tradition.

small animals. One year, it was nesting bunnies.

She also went through phases, so there are several Rudolphs and Misfit Toys. I grew up with Madame Alexander dolls,

so many of my choices involved red and green plaid-clad little dolls nestled to a teddy bear.

One year, Sophia was very disappointed as I deviated from my usual Hallmark selection and went for a bright, red glass evening gown. I thought it was very elegant, but she wasn't impressed. I learned my lesson.

As I gathered her collection, I noted the

How to Empower Your Kids by Making Vision Boards

KAREN DOLL

One of the blessings of being a parent is the reward of celebrating your children's accomplishments. You get to witness all their hard work—the progress and the setbacks. And through it all, you are their No. 1 cheerleader, always ready with a celebratory highfive or a sympathetic hug.

A vision board is a fun and effective visual tool to help you empower your kids to be their best selves and to help them keep on track and focused on working toward accomplishing their goals.

What Is a Vision Board?

Simply put, a vision board is a visual display of your child's hopes, dreams, and visions for the future. It's created by using a combination of images and inspirational words that represent the goals your child desires to achieve.

Goals are typically set for a specific time period such as three to four months or seasonally; however, use your own judgment

based on the individual needs of your kids. Goals should also be measurable. You can work with each child to decide on the best way to assess progress and achievement, such as with a simple conversation, a solo performance or demonstration, questions and answers, and so on.

Benefits of Using Vision Boards

Vision boards are powerful tools. They help teach kids how to identify goals, and they serve as a daily motivator for achieving those goals.

Seeing a visual display of their goals every day, several times a day, helps keep kids focused on taking the steps necessary to complete each goal.

Vision boards also inspire creativity and spark passion in your children. Sometimes in order to achieve a goal, kids need to think creatively. They may need to brainstorm different ways to accomplish a specific goal.

Visualizing their goals also empowers kids and helps them to develop an "anything is possible" mindset. As they achieve more and more goals and update their vision boards with new goals, the process naturally boosts their self-esteem and self-confidence.

Consider tapping into that newfound confidence and encourage your kids to add some reach-for-the-sky goals or goals that are more complex. For example, if your son is taking saxophone lessons, he might want to challenge himself to play a more difficult solo. Or maybe your daughter loves animals; she might want to become a volunteer puppy raiser for The Seeing Eye organization. These might seem a bit more difficult to achieve at first, but the rewards will be priceless.

Creating vision boards is such a great hands-on project, especially when everyone works side by side. Older kids encourage and mentor the younger ones. Conversation flows, pauses for observation and introspection, and flows happily again and again. And it's great fun, too!

Set the Stage by **Getting Your Kids Excited**

Yes, creating a vision board is great fun. But how can you create excitement and get your kids on board? (Pun intended.) Well, the sense of pride and accomplishment can be enough of a reward in itself. However, a prize basket just might be the perfect solution for those who are slower to get on board.

remarks I'd written on most of the boxes. Where we were living at the time and why I had chosen this particular one. The process brought back a flood of memories and lots of emotion.

A small, frisky, cream-colored feline figure in 2006 was an extra ornament, remembering the loss of her cat Molly.

A vintage phonograph player was for her boyfriend, eventually to be her husband, David.

And then there were a few years when she requested, and I didn't refuse, to purchase two ornaments because she just

Do a bit of brainstorming with your child and make a list of small gift items related to his or her goals. And whenever that child accomplishes a goal, he or she gets to choose a reward. Or you could host a family celebration one weekend a month to celebrate progress and accomplishments. Play one child's favorite game, watch another's favorite movie, bake your eldest child's favorite dessert, and so on.

How to Make Vision Boards

With Your Kids Ideally, it's good to schedule an entire day or two for your kids to work on creating their vision boards.

First, gather your kids together and show

plain what a vision board is and what they'll

dividually and help them to identify their struggling to do.

be doing. Then sit down with each of your kids in-

goals and make a list together. Your older kids may want to work independently, but younger kids might need help differentiating between what is and isn't a goal. For example, your budding ballerina may suggest she dance to a song from "The Nutcracker." Guide her and encourage her to perform a specific dance she's been working on or to master positions, steps, and poses she's been

You can also help your child choose goals by asking them questions: Is there some-

ALL PHOTOS BY SHUTTERSTO

them pictures of different vision boards. Ex- thing you want to learn how to do? Is there something you'd like to be able to do better?

Some kids might have so many different goals swirling around in their minds that they need help prioritizing. Talk it through with them and help them rank their goals, then choose the higher-ranking goals to start.

Next, each child will need to choose a background or foundation—a bulletin board or a magnetic whiteboard are great choices because both can easily be modified and remodified as often as necessary.

Vision boards are powerful tools. They help teach kids how to identify their goals and serve as a daily motivator for achieving those goals.

Then show your kids where to find images and text from sources such as magazines, online stock photos, old greeting cards, retail catalogs, wallpaper sample books, scrapbooking supplies, and clip art and greeting card software, and so on.

It might help to collaborate on a few easy sample goals together, such as earning the next highest color belt in karate, or completing a project to earn the Eagle Scout award in Boy Scouts. Work together or let your kids choose the images and words and anything else they feel best motivates them and best represents their goal.

How a Vision Board Can Help Kids **Achieve Goals**

Placing your kids' completed vision boards in a location where they'll be able to view them often on a daily basis is key. Visualization is powerful. Meaningful images stir up emotion, and this emotional response creates a strong connection between your kids and their goals.

And because vision boards are an ongoing process, kids are more actively engaged as they add things and fine-tune the visuals on their boards whenever they want. As a result, they're more focused and work more actively and consistently to achieve their goals.

Also, attitude plays a vital role. Stress the importance of having a positive, canachieve attitude. Your kids might need a little encouragement, but helping them believe in themselves and in their ability to achieve is key to success. Reciting dail affirmations and adding some to their boards can help.

Teaching your kids how to identify and set goals for themselves is an essential life skill, and using a vision board to help them work toward and accomplish those goals is the perfect motivational tool-it's personalized, it's ongoing and interactive, and it's a fun, creative, hands-on project that's always evolving.

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wassergass, Pa. She enjoys writing about homeschooling, gardening, food and culture, family life, and the joys of chicken-keeping. Visit her at AtHomeWithKarenDoll. wordpress.com

A vision board can capture your child's hopes for the future. It combines goals, images, and inspirational words.

The author chose this bear on a sleigh as the first ornament in a decades-long collection for her daughter Sophia.

These rituals, repeated year after year, for me, formed a foundation of security and unconditional love.

couldn't decide.

As my husband and I took down the tree this year, a growing collection of ornament boxes made their way to a separate area on the table. I found a red and green plaid ornament box to house them and was pleased that they all fit.

Memory Maker

Looking back to my childhood, I don't know whether my mother was conscious of all the warm memories she created for me, particularly around Christmas.

Baking sugar cookies, opening greeting cards together, and letting me arrange them on the piano or mantel, meticulously hanging tinsel on the tree, or choosing a new holiday dress.

These rituals, repeated year after year, formed for me a foundation of security and unconditional love.

When I became a mother, making memories was on my agenda as a legacy to hopefully pass on to my children since it had meant so much to me growing up. Purchasing a new ornament each year for

each child was a tradition we started. "I remember each one," Sophia said to me when I told her that the collection was assembled and I would give it to her the next time we visited.

Sophia's daughter, Ada, is 4. She's crazy about animals, and her choice this past Christmas was a fanciful porcelain zebra wearing a red scarf. Her younger brother,

Harrison, received a snowman. So the tradition continues in their household.

Memories last a lifetime, and so many of them are centered on family traditions, particularly during the holidays.

Positive traditions honor us and those we love. They are priceless. Over the years, they link us to memories that build security and hopefully strengthen and enrich family bonds.

It's never too late to start traditions of your own. It's a new year-time for new beginnings and new memories to be made.

Anita L. Sherman is an award-winning journalist who has more than 20 years of experience as a writer and editor for local papers and regional publications in Virginia. She now works as a freelance writer and is working on her first novel. She's the mother of three grown children and grandmother af four, and she resides in Warrenton, Va. Anita can be reached at anitajustwrite@gmail.com



DEAR NEXT GENERATION:

'It All Began With Chores'

→ Advice from our readers to our young people

Children need chores: washing dishes, washing windows, sweeping the deck, dusting the house, vacuuming, keeping their room clean.

My Army son trained his four kids, and each of them had assigned things. After a while, they went right to their chores. Their family is most stable and happy.

When my boys were young, we had a small so-called ranch with two horses, one cow, and many goats. Those two boys loved working with hay, putting out corn, and helping milk—some for milk to sell.

Two years in a private school put them ahead, and that's where they stayed when we let them go to public school to play sports. Both are college grads and work from home. One son flew Apache helicopters in the Army. He now flies fixed-wing aircraft and can rent a plane whenever he has time. The other son skis with his four kids. They go often and love the snow in Utah. Both have excellent incomes. Army boy is almost a Lieutenant Colonel and is now a Reserve commander. It all began with chores.

Greg Hanks, Idaho

Dear Next Generation,

Every remarkable thing that has ever been done has been accomplished because someone was passionate about it. Passion is a driving force. But where does passion come from?

True passion is God-breathed and has love as its source. It's very powerful and can accomplish things that people on their own can't accomplish.

Great books have been written, beautiful artwork and architecture have been created, wonderful songs and dances have delighted us, inventions have been made, inspiring speeches have been given, and acts of heroism have literally saved others. All these things have happened because someone was passionate enough to create them or perform them.

Love must be at the heart of passion, oth-



My Army son trained his four kids, and each of them had assigned things. After a while, they went right to their chores. Their family is most stable and happy.

Greg Hanks

erwise it's worthless. Despite everything you may have heard, true love is a real thing. It has a lot of imposters and imitators in the world, and some people never find it, but that doesn't change the fact that it exists. True love is not only possible, it's the ideal natural state for every human being. Like buried treasure, it awaits someone to actively seek it or stumble on it. And when it's found, it's worth relinquishing everything else for. True love can go through setbacks, times

of testing, and inexplicably tragic events. But if the bond is there, it will not only survive these things, but grow stronger because of them.

An astonishing truth about life is that it's meant to be a romance on a spiritual level, a passionate adventure with a loving God. All people, if they desire this, can have this privilege. However, there's no question it demands the utmost courage and faith.

Find ageappropriate chores for children.

After all, we're in a world that's sometimes cruel, sometimes crazy, and often unfair. It's very daring to seek true love in spite of the obstacles, difficulties, and hardships in the way. But I'm convinced that it's the only quest worth pursuing.

Phyllis Woods, Florida (I'm a former high school English teacher and the author of the young reader book "The Kingdom of Fairwind.")

I would encourage our young generation to stand up for their rights to choose freedom and expression more than ever before:

1. Look for the good in people around you and don't tolerate those who wish you harm.

2. Choose to work doing things you enjoy

3. Petition for political education in grade school, and understand the who/ what/why powerful elites want to control your future world.

4. Support your friends who speak out against tyranny.

5. Keep away from trendy drugs and violence, and learn to identify fake news propaganda.

Most importantly, respect your elders by asking for good advice, and listen. Raymond Pinsonneault

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

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

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

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

The Quest for Janis's Car

After decades of trying, Kentucky man buys back his late mother's 1971 Oldsmobile

LOUISE BEVAN

Saddened by having very few collectibles to remember his late mother by, a Kentucky man embarked on a quest to find, and buy back, her beloved 1971 convertible. Twenty years on, he finally succeeded.

"In the late summer of 1971, my father purchased a lime mist green Oldsmobile Cutlass Supreme convertible from our local Oldsmobile dealer, for my mother," John Berry, 61, told The Epoch Times. "From what I recall, it was a complete surprise, and my mother cherished that car.

"She would take us kids for rides with the top down and made every trip an adventure," he recalled. "I remember thinking she looked like a movie star in the car wrapped in a coordinating scarf."

She would take us kids for rides with the top down and made every trip an adventure.

John Berry

When Berry's mother, Janis, suddenly died in 1975, her husband, Lathrop, kept the car. However, a few years later in the 1980s, he sold the car to a local General Motors executive as a collector's item.

A decade later, Berry began thinking a lot about the car. With only photos and recordings of his mother—a very talented singer—as keepsakes, he decided to track down the owner. With the help of his father and contacts at General Motors, he discovered that the then-owner of the car was

Mike Hamilton, a retiree from Michigan. That was before the internet became popular.



with her big sunglasses on, and her hair The lime green Oldsmobile Cutlass Supreme convertible that John Berry's father purchased for his mother.

> "I conducted some in-depth research to locate Mike, finally discovering an email address shortly before 2001," Berry said. "I sent him an email asking about the car. He confirmed he was the owner, and said he was enjoying the car and taking care of it, but did not want to sell."

> Berry, who lives in Union, Kentucky, with his two kids and wife, Shannon, has stayed in contact with Hamilton for the past 20 years, emailing him twice or three times a year with the same cordial inquiry, never giving up hope.

Finally, in September 2021, the email he had been waiting for landed in his inbox. "He was ready to sell the Cutlass," said Berry. "I drove to his house in Rapid City, Michigan, with my brother ... The Cutlass was exactly as I had remembered it; seeing it, sitting in it, and starting it up was a very emotional moment."

Berry later opened the glove box only to find a Ziploc bag that Mike had held onto since buying the car. In it were some personal things from his mother such as an uncanceled stamp from 1973, a map, an

earring, and the sunglasses Janis had worn while driving the car over 40 years ago. "This was an extra special gift that was a powerful connection to her, above and beyond the experience of owning and driving the car," Berry said.

The Michigan-born business owner said he always had a close bond with his mother, a Michigan State University graduate who met her future husband, Lathrop, as a teenager. Berry has two full-biological siblings, Doug and Susie, and two half-sisters, Allison and Alexandra.

Lathrop, still living and 95 years of age, was a surgeon in Defiance, Ohio.

Recalling the special relationship Berry shared with his mother, he said that her kind and compassionate personality was a part of the "special bond" they shared.

"She taught me the importance of those traits, as well as pushed me to achieve, academically and spiritually," Berry added.

However, when Berry was 13, his parents divorced and he went to live with his brother and father, while his sister lived with his mother.

"[Two years later], my sister was visiting with us for a couple of weeks, and no one had had any contact with my mother for several days. A wellness check by police found her dead in her home.

ALL PHOTOS COURTESY OF JOHN BERRY

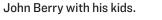
"All of us kids struggled to come to grips with that terrible loss."

Berry, a classic car collector with three Corvettes to his name, had his mother's car delivered to his warehouse and cleaned. He then took his own kids—Arden, 10, and Hudson, 7—for a ride with the top down, just like Janis used to do.

It was a "very powerful" moment, he said. "For me, finding and finally owning my mother's Cutlass has created a full circle event, tying together memories of the past with today, as well as the future.

"The car will always be part of my family, and is a treasure that will live on forever.

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





At the Meadows Museum: "The Return of the Prodigal Son," 1660s, by Bartolomé Esteban Murillo. Oil on canvas; 411/8 inches by 53 inches. Presented by Sir Alfred and Lady Beit, 1987. Beit Collection.

ART WORTH VISITING

5 US Winter Exhibitions

LORRAINE FERRIER

cross the country, there are some fascinating winter exhibitions that highlight some of the rarest and finest of European art and craftsmanship. From Hans Holbein the Younger and Jacques Louis David in New York to Bartolomé Esteban Murillo in Dallas.

A World First: French Painter Jacques Louis David's Drawings

In the 18th century, neoclassical artist Jacques Louis David convincingly conveyed timeless themes throughout all his paintings, including political turmoil. As a supporter of the revolution, he painted the parable in its entirety. French revolutionary history as it happene tually becoming Napoleon's painter.

David often spent years refining an idea on paper and canvas before realizing the finished piece. Yet, surprisingly, for such a celebrated artist, The Metropolitan Museum of Art in New York's upcoming exhibition, "Jacques Louis David: Radical Draftsman" is the first major exhibition devoted to David's works on paper.

Rare and seldom shown works are among the exhibition's over 80 drawings and oil sketches, including—for the first time in the United States—"The Oath of the Tennis Court," which David was commissioned to paint but never did.

The "Jacques Louis David: Radical Draftsman" exhibition opens on Feb. 17 and runs until May 15. To find out more, visit MetMuseum.org

A US First: Hans Holbein

the Younger's Portraits and More

Preeminent 16th-century German painter Hans Holbein the Younger is best known for his nuanced portraits of English Renaissance greats. But visitors to the upcoming "Hans Holbein: Capturing Character" exhibition at The Morgan Library & Museum in New York will be able to see that Holbein created so much more.

The exhibition is the first major U.S. show dedicated to Holbein's entire career, from his artistic beginnings in the book trade in Basel, Switzerland, to the height of his career at King Henry VIII's court in England.

In addition to his myriad portraits, exhibition visitors will see that Holbein designed prints, printed books, personal devices (emblems with mottos) and even jewels.

The "Hans Holbein: Capturing Character" exhibi-



At The Metropolitan Museum of Art: "The Oath of the Tennis Court," 1791, by Jacques Louis David. Pen and brown ink, pen and black ink, brush and brown wash, heightened with white, over black chalk. Musée du Louvre, Paris, on deposit at the Musée National des Châteaux de Versailles et de Trianon.

tion opens on Feb. 11 and runs until May 15. To find out more, visit TheMorgan.org

A Rare Spanish Gem: **Murillo's Prodigal Son Paintings**

For the first time in America, visitors to the "Murillo: Picturing the Prodigal Son" exhibition at the Meadows Museum in Dallas will be able to see all of celebrated 17th-century Spanish artist Bartolomé Esteban Murillo's prodigal son paintings-including a series of six narrative paintings on the subject, owned by the National Gallery of Ireland (NGI).

The NGI's Prodigal Son series is the only series of Murillo's paintings to survive completely intact and represents the first time a Spanish artist illustrated

Exhibition visitors will also be able to see the National Gallery of Art's Murrillo painting "The Return of the Prodigal Son" for the first time since its recent restoration.

The "Murillo: Picturing the Prodigal Son" exhibition opens on Feb. 20 and runs until June 12. To find out more, visit MeadowsMuseumDallas.org

Dutch and Flemish

Brilliance: Realistic Fine Art Fiction Expansive seascapes, sublime landscapes, realistic still-lifes and portraits, and lively genre paintings feature in the "Clouds, Ice, and Bounty: The Lee and Juliet Folger Fund Collection of Seventeenth-Century Dutch and Flemish Paintings" exhibition, at the National Gallery of Art in Washington.

The 27 paintings on display show a cross-section of fine Dutch and Flemish art. But visitors shouldn't be fooled by the realistic scenes. Exhibition curator Betsy Wiseman suggests, in an exhibition video, that visitors think of each painting as if they would consider a novel: "based on truth and life experience, but drawing on the author's imagination to craft a specific vision-an improved and highly selective view of reality, if you like." The exhibition explores the visions these artists conveyed.

The "Clouds, Ice, and Bounty: The Lee and Juliet Folger Fund Collection of Seventeenth-Century Dutch and Flemish" exhibition runs until Feb. 27. To find out more visit, NGA.gov

Rarely Shown: Tapestries by Gobelins Manufactory, Paris

For centuries artists have depicted the four seasons in their artworks to celebrate the harmony of nature.

The Cleveland Museum of Art (CMA) owns an exceptional set of late 17th- to early 18th-century four season tapestries, woven by the esteemed Gobelins Manufactory (made famous in Louis XIV's reign).

Due to its fragility, the museum seldom displays the set. But soon—for the first time since 1953—the tapestries will be on display in the exhibition "Cycles of Life: The Four Seasons Tapestries."

It's the first time they will be shown since being restored by the CMA's textile conservator and tapestry conservation specialists at the Belgium royal tapestry manufacturer De Wit. Exhibition visitors will gain an understanding of the unique challenges experts face when preserving delicate textiles.

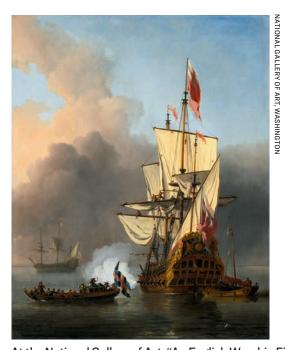
The "Cycles of Life: The Four Seasons Tapestries" exhibition opens on Feb. 13 and runs until Feb. 19 2023. To find out more, visit ClevelandArt.org



At The Cleveland Museum of Art: "Four Seasons Summer: Harvest Scene," late 1600s-early 1700s, Gobelins Manufactory (France, Paris), Gift of Francis Ginn, Marian Ginn Jones, Barbara Ginn Griesinger, and Alexander Ginn in memory of Frank Hadley Ginn and Cornelia Root Ginn. The Cleveland Museum of Art.



At The Morgan Library & Museum: "Simon George of Cornwall," circa 1535–40, Hans Holbein the Younger. Mixed technique on panel, diameter 12 3/16 inches. Städel Museum, Frankfurt am Main.



At the National Gallery of Art: "An English Warship Firing a Salute," 1673, by Willem van de Velde the Younger. Oil on canvas; 26 1/8inches by 2013/16 inches. The Lee and Juliet Folger Fund, National Gallery of Art, Washington.

ART EXPLORATION FOR THE YOUNG AND YOUNG AT HEART

A New Year, a Time for Reflection

ANDREA NUTT FALCE

he New Year offers an apt opportunity to reflect upon life and work.

Life is full of refreshing cycles. Marked by a process of gradual growth and change, the movements of life can be beautiful.

They are also purposeful. Whether you have celebrated many or few New Years, there is much to learn by persevering in hard work and thoughtful examination.

It's easy to take the daily cycles of life for granted. People perform them so many times. We eat, drink, sleep, and wake. Yet ordinary rituals are meaningful. They point to the necessity for mankind to rest, refresh, and reflect.

Take dinnertime, for example. Sharing a meal with gratitude during the ebbing hours can be rejuvenating to all aspects of personhood.

By the dinner table in my home, there is a large window that overlooks a breezy bayou. It's moving to watch the changes of days, nights, and seasons as we gaze through it. There are also several paintings hung on the walls: portraits, still lifes, and landscapes, thought-provoking to look into. We rotate them periodically because fine art is a fine aid to reflection and appreciation for life.

Hans Fredrik Gude was a Norwegian fine artist particularly skilled at painting reflections. Born in Christiania (now Oslo, Norway) on March 13, 1825, and deeply influenced by his homeland, Gude became a master of seascapes. He used his gifts to study water, nature, and light, in order to pay tribute to the beauty of life. His work never underwent a drastic change in style. Rather, it grew like a good man, steadily maturing until his paintings became a worthy contribution to humanity's view.

In early student life, after studying with the artist Johannes Flintoe, Gude was encouraged to attend the Academy of Art in Düsseldorf, Germany. Upon application in 1841, however, he was rejected. Not only was he turned away, but he was also advised by artist and professor Johann Wilhelm Schirmer to give up. Instead, Gude attended private lessons. In 1842, he was finally accepted into the academy, entering Schirmer's relatively new landscape painting class. At first, Gude was considered a fairly average student. Gradually, he progressed to being described as "very talented," though he often struggled to see eve to eve with Schirmer.

Slowly, Gude developed into an accom-

Gude learned to appreciate the splendor of creation firsthand. It seems his vision grew stronger as he learned to view the world with humble wonder.

1. "The Foot of Romsdalshorn to the Right," 1894, by Hans Gude. National Gallery of Denmark. 2. "A Norwegian Seaport," 1892, by Hans Gude. National Gallery of

Denmark. "By the Mill Pond 1850, by Hans Gude.



"Brenning Ved Hanko," 1890, by Hans Gude.

plished landscape painter, though he was unable to render realistic figures. Perhaps because viewers are prone to scrutinize their own forms more distinctly, and perhaps because the human form is so wonderfully complex in its creation. figurative art tends to be more challenging to master than landscape or any other painted subiect. Early into his career. Gude struggled to capture human likenesses to the point where he needed to collaborate with another artist, Adolph Tidemand, to paint the people in his compositions. He came up with a solution to complete his work, and he kept practicing. Gude studied and worked until he was able to master not just landscapes, but also figurative scenes.

In 1854, at the age of 29, Gude was hired as a professor of landscape painting at the academy in Düsseldorf. Several more prominent artists turned the position down on account of its lower pay, but Gude was grateful for the steady income and became the youngest professor there. He also replaced his former teacher, Schirmer.

During the first part of his career, Gude tended to work from short sketches of landscape subjects that, once begun, were rendered and finished almost entirely in the studio. This was different from prevailing trends in Britain, where plein air painting (art created outside while observing the natural subject) began to be more celebrated. Thus, when Gude exhibited his work in the prominent art circles of London in 1863 and 1864, it received poor reviews. He was not bitter about the hard reception. Once again, he chose to learn from his lack of success, saying, "My English stay was of great benefit to me in that I freed myself from many of the prevailing studio maxims by being alone and in a landscape so new to me that it forced me to observe more keenly."

Later, when he went to accept additional professorships, he was noted for encouraging budding artists to work more directly from life. Paintings created en plein air tend to be more stirring and authentic. Gude learned to appreciate the splendor of creation firsthand. It seems his vision grew stronger as he learned to view the world with humble wonder.

Overcoming rejection, inability, and even mediocrity, Gude became a professor at three different German universities over a span of 45 years. Gude produced many of his great works while also working eight-hour days as a professor. Because Gude was strongly affiliated with German academia, critics and competitors sometimes suggested he wasn't truly a Norwegian artist. Gude was offended by the suggestion. He was in fact passionate about his heritage and became a notable mentor to many Norwegian students. The effects of Gude's Norwegian upbringing remain profoundly evident—especially in his seascapes. He was also criticized for being an academic painter at a time when tides were turning away from such modes.

Gude didn't apologize for being a traditionalist. He was often slow to change and thoughtful in consideration. Once the tenacious artist came to understand a good way forward, his paintings would become more prodigious than the works of others who simply followed trends. Gude remained faithful to observations about life, choosing neither to idealize nor to distort. He faced the regular struggles of work and life with determination. He accepted the slow pace of positive growth, season by season, task by task. In this way, he left a record of humble perseverance that embraced the truth and yielded fruit.

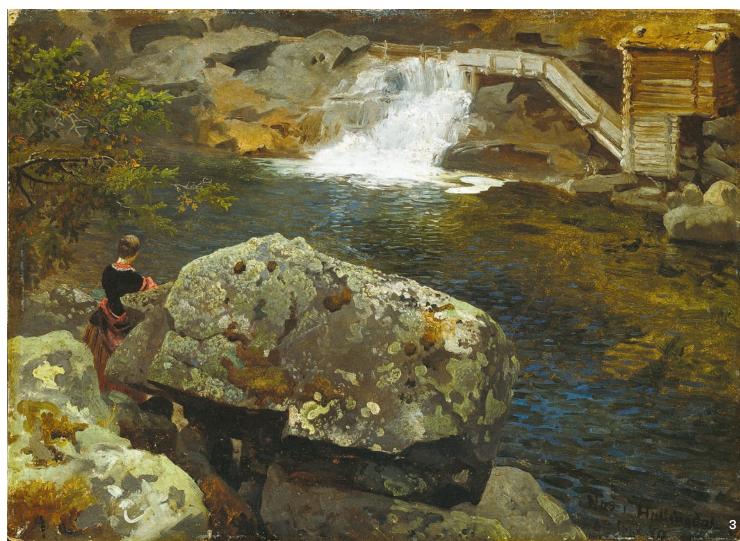
Gude became the recipient of medals and honors including the Grand Cross of the Order of St. Olav. Today, he is remembered as one of Norway's greatest landscape painters. His majestic scenes remind all viewers that between dawn and dusk. mountain and sea. youth and old age, the cycles of life aren't simply circular. We are, in fact, on a linear journey. There is an alpha and an omega. No man nor woman can see all the way to the beginning, nor to the end, but what we can do is reflect on life, and grow, effort by effort. In diligence and humility, fathomless beauty might be found.

Andrea Nutt Falce is a happy wife and mother of four. She is also a Florentinetrained classical realist artist and author of the children's book "It's a Jungle Out There." Her work can be found at Andrea-Nutt.com



A portrait of Hans Gude, 1861, by Julius Amatus Roeting. The National Museum of Art Architecture and Design Oslo.







Who Has Seen **The Wind?** Christina Rossetti

Who has seen the wind? Neither I nor you. But when the leaves hang trembling, The wind is passing through.

Who has seen the wind? Neither you nor I. But when the trees bow down their heads, The wind is passing by.



racking animals

is a very fun thing to do.

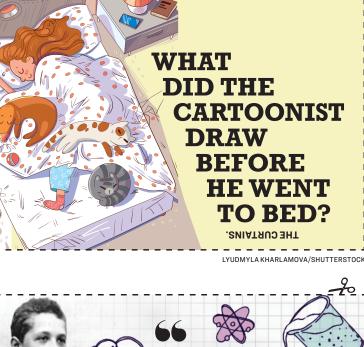
By far the easiest time to do it is when

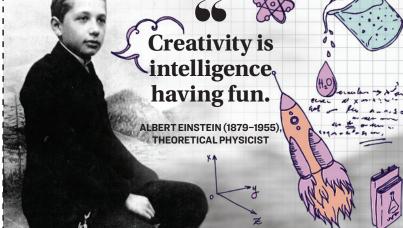
Simply follow the prints and see where

there is fresh snow on the ground.

they lead you

ERIK AJV/SHUTTERSTOC







n Jan. 20, 1892, the very first game of basketball was played at a YMCA in Springfield. Massachusetts. The game's inventor, James A. Naismith, a Canadian American physical education teacher and coach, led a rowdy class suffering from a bit of cabin fever. In an effort to expend their energy and give them an indoor sporting option, he created the now-famous game of hoops. Naismith went on to write the original rulebook of

basketball and founded the basketball program at the University of Kansas. He lived to see basketball played in the Olympics and the NCAA tournament established.



Coach James Naismith (first R, back row) and the University of Kansas pasketball team in 1899.

By Aidan Danza, age 15

TRACKING ANIMALS

PUBLIC DOMAIN (PHOTO); GORBASH VARVARA/SHUTTERSTOCK (ILLUSTRATI



Rabbits are a common animal that are hard to spot because they are most active at dawn or dusk and are very fast and wary. In the snow, they leave distinctive tracks: two large, splayed feet in the back and two small paws in the front. A relaxed rabbit's tracks will be close together and in clumps, denoting a rabbit that is hopping slowly. A scared rabbit's tracks will be far apart, indicating a rabbit that is bounding or running. This goes for all animals, as well.

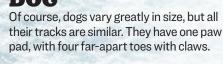
SQUIRREL

Squirrel tracks are different from rabbit tracks. It can be hard to see in deeper, powdery snow, but squirrels have long toes with claws on the ends. The hind feet are bigger than the front

feet. but nowhere near the size of the

DOG

rabbit's feet.



Fox tracks are extremely similar to those of a dog. However, most dogs don't roam freely in

FOX

human tracks, or at least they stay close to the house if they are allowed to roam a little. Fox tracks are also more elongated than dog tracks, and the paw pad is smaller and farther from the toes than that of a dog.

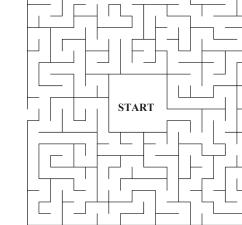
All cats have similar tracks. Domestic cats have small tracks, similar to dog tracks, with a paw pad and can retract their claws, and the toes are much closer together at the front

of the track. Wild cats' tracks are bigger (depending on the track) but still similar to the domestic cat.

BLACK BEAR

Bears have similar tracks to dogs, but they have five toes, and the foot is more compressed. The hindfoot has a longer pad, almost resembling a human foot, but bears have large claws. The tracks are around the size of a human hand or bigger





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

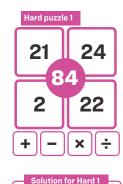
Medium puzzle



6 - | × | ÷ + | Solution For Easy 1

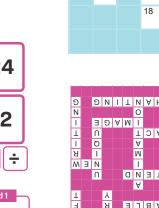
l×9×(C+8)





(54+2-22) × 51

(54 - 55) × 51 × 5



Across

2 Creative (8) Visual (7)

- Teaching tale (5)
- **11** Simulated (7)
- **13** Novel (3) **15** Make up (6)

Down

- 1 Distinctive (9)
- **3** Yarn (4) 4 "Once Upon a Time..." (5)
- **5** Weaving, e.g. (5)
- 8 A pantomime is _____ (10)
- **9** "Akira" artform (9)
- **10** Genre for the Harry Potter books (7)

ALL IMAGES BY SHUTTERSTOCK

- 12 Creative pieces of art are all _____ (6)
- **14** Creative way to share stories (7)
- 16 Ill-defined (8)
- **17** Picture (5)
- **18** Charmingly appealing (10)

CAT

.48

the woods or fields, they walk on leashes, next to



WHEN LIES SILENCE A NATION UNSILE OF CONTRACTOR

ZHEN PICTURES PRESENTS & FLYING CLOUD PRODUCTION & LEON LEE FILM "UNSILENCED" TING WU, ANASTASIA LIN, TZU-CHIANG WANG, HE TAO, JAMES YI AND SAM TRAMMELL VEX SUPERVISION JASON HANNEN-WILLIAMS MUSIC BY IAN CHEN EDITOR LISA BINKLEY CCE PRODUCTION DESIGNER AMELIE CHEN CO-PRODUCER JACEY SHI, DERRICK WU WRITTEN BY LEON LEE JOCELYN TENNANT AND TY CHAN PRODUCED AND DIRECTOR BY LEON LEE

JANUARY 21

Based on true events.

When the Chinese Communist Party launches a brutal crackdown against 100 million citizens, a jaded American reporter and a team of innocent students risk everything to expose the deadly propaganda and fight for freedom.

Unsilenced stars Sam Trammell (*True Blood*, *Homeland*) and Anastasia Lin (Miss World Canada) and is directed by Peabody Award-winning director Leon Lee (*Letter from Masanjia, The Bleeding Edge*).



IN SELECT THEATRES

New York City: Village East by Angelika Somerdale, NJ (Philadelphia): Cinemark Cooper Towne Center Newark, DE: Cinemark Christiana Pittsburg, PA: Cinemark Robinson Township Fairfax, VA (D.C.): Cinemark Fairfax Corner 14 Newport News, VA (Norfolk): Cinemark City Center 12 Raleigh, NC: Cinemark Raleigh Grande

For full theatre list and film trailer, visit
UNSILENCEDMOVIE.COM

