

THE EPOCH TIMES

LIFE &

TRADITION

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Our Invisible Lionhearts

Helping hands, spines of steel,
and hearts of gold

Over
the years,
many people
are called to care
for their children,
parents, and
spouses.



JEFF MINICK

Caregiver. Break that noun into its component parts, and we find two of the most tender and beautiful words in the English language. “Take care,” we say when wishing a friend well at the end of a conversation. And nearly every religion in the world stresses the importance of giving our time, talent, and treasure to others. While we most often associate caregiving with assistance to the aged or the infirm, nearly all adults act as caregivers in one capacity or another. Parents spend decades

Nearly all adults act as caregivers in one capacity or another.

raising children. Husbands and wives tend to their partners when they’re sick or in distress. For example, one public school librarian I know spent years nursing her husband back to health after he fell chronically ill from Lyme disease.

Others watch over grandparents or elderly fathers and mothers, often taking them into their homes and tending to their needs. Some people even become professional caregivers, such as nurses and nannies. We’re also our own caregivers, called to protect and preserve our health and well-being.

And some of us wear all of these hats.

A Lifetime of Giving

Janet is one of those people.

She raised two children, sat by the bedside of her dying mother, did the same years later for her father and stepfather in their final days, worked for hospice for nearly two decades, and now spends much of her time helping her chronically ill husband. She has more than 30 years of experience in attending to the needs and wants of those in failing health.

Much of what she has learned comes from her work as a nurse with hospice, which provides care for the terminally ill.

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What steps
can we take
to relieve our
inner anxiety?

Finding Inner Peace in Calamitous Times

PENELOPE BURR

There’s a strange parallel in recently returning to a book from the past, Barbara Tuchman’s “A Distant Mirror: The Calamitous 14th Century,” and watching the media cover the Russian invasion of Ukraine. The fear of violence and the chaos of uncertainty in that faraway century are just as present in our culture as they were some 700 years ago.

Tuchman’s book, published in 1978, illustrates a picture of the 14th century that reads perilously similar to some aspects of life today. But a question that arises: How

can we find peace or solitude in our current calamitous era?

After allowing the thought of the impact of war to overpower me with uncertainty, I left my house in search of a haven. The closest place was an outdoor pavilion, set aside in our neighborhood for small family or social gatherings. Seven tables defined the rectangle structure and fortunately no one else was there. A breeze wafted through its pillars, and the occasional squirrel ran along the ledges.

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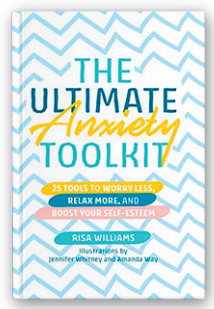
PARENTING

When Mothers Feel Like They're Failing

Gentle ways to counter stress and anxiety

What mother hasn't, at one time or another, felt like she was completely failing at motherhood? Why is this feeling so universal, and what can a mom do to pull herself out of the despair it brings?

I asked Risa Williams, psychotherapist and author of "The Ultimate Anxiety Toolkit: 25 Tools to Worry Less, Relax More, and Boost Your Self-Esteem," for her advice. Here's what she said.



'The Ultimate Anxiety Toolkit: 25 Tools to Worry Less, Relax More, and Boost Your Self-Esteem'

Author
Risa Williams

Publisher
Jessica Kingsley Publishers

Pages
144

The Epoch Times: Based on your professional experience, how common is it for moms to feel like they're failing at motherhood?

Risa Williams: Many moms are hard on themselves, and many moms expect themselves to be "perfect" a lot of the time. This usually comes from a feeling of wanting to provide the "best" childhood for our kids, and this can cause us to feel like we're "falling short" of the often unrealistic expectations we put on ourselves.

The Epoch Times: Why is this feeling so universal?

Ms. Williams: Often, if you're not examining and becoming more mindful of why you're putting so much pressure on yourself to be "perfect," it might be that there are some unresolved things from your own childhood carrying over. It's worth looking at, journaling about, and talking to a therapist about.

It's also worth taking a little time to consider what your child needs emotionally to feel supported and loved. Sometimes it's not about experiences we're providing as much as it's about checking in and listening to your kids more on a regular basis. We also need to check in with ourselves more and learn to regulate our own stress as it's rising so we can teach this skill to our kids.

The Epoch Times: Are there common things that tend to trigger this feeling in mothers?

Ms. Williams: Sometimes anxiety over "mom performance" can be sparked by a feeling of competition with other parents and our perceptions of what other families are doing around us. Comparing ourselves in a negative way can lead to feelings of insecurity. It can be easy to have a misperception of what we think other parents are doing and how easy things are for them, when in reality, these things might not be true at all. We often don't know how stressful things really are for other people in general.

The Epoch Times: When a mom gets into a rut, feeling like she's failing and seeing no hope for redemption, what practical steps can she take to overcome it?

Ms. Williams: Be kinder in the way you talk to yourself. Remember that you can say all sorts of nice things to your kids, but if you're beating yourself up a lot, your kids might be picking up on your self-talk as well. As



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Talk to yourself with kindness more and become a little more gentle toward yourself in your daily thoughts.

Risa Williams



MAKSIM TOOME/SHUTTERSTOCK

parents, we can work on modeling positive self-talk and self-encouragement, so that our kids can grow up knowing how to talk to themselves in a positive way as well.

The Epoch Times: If there's a mom reading this right now who feels like she's failing at motherhood, what's the very first thing you would advise her to do?

Ms. Williams: Try to find simple ways to bring your daily stress down a little at a time. Talk to yourself with kindness more and become a little more gentle toward yourself in your daily thoughts. Encourage yourself more. Tell yourself things such as, "Good job finishing that task!" or

"Great job getting through the day!" when things start to feel stressful, just like you would talk to your kids. Take time to take care of yourself each day and make self-care more of a priority, just like you make taking care of your kids a priority, too.

If you find yourself rushing around, slow down, take deliberate deep breaths, and connect back to yourself and how you're feeling. Teach your kids that when things get stressful, you can regulate your stress by taking time to rest, to reset yourself, and to slow down. The kinder you are in the way you talk to yourself, the more your kids will learn how to talk to themselves with kindness, too.

Moms who feel stressed can try to find little ways to slow down and rest; kids in turn will learn from how they deal with their stress.

Finding Inner Peace in Calamitous Times

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My initial response to the heartbreaking news of war was to pray. But was there something else I could do to relieve my inner anxiety? The first step was to go outside. Finding a place where one can hear the calls of a bird or the tumble of water in a fountain or stream opens our senses to calmness. Hearing the happy chatter of children playing in the distance or nearby can inspire hope and a peaceful release.

As I sat in the shelter and watched folks strolling by with their dogs or walking leisurely in the afternoon warmth, I was reminded to be grateful for my family, friends, food, clothing, and shelter.

Years ago, my husband and I were distressed by the cries of our newborn. My husband took the baby outside and walked up and down the sidewalk for a few moments. Ultimately we put the baby into his car seat, drove a few blocks, returned home, and put him to bed. The calming effect of a change of scenery helped our little one and also allowed us to breathe more easily as our anxiety evaporated. I'm sure this experience isn't uniquely ours.

The point is that by going outside, we can clear our minds and redirect our focus. It allows us to unfurrow our brows, relax our shoulders, and exhale. We're often so far removed from nature that we have to remind ourselves as though it's a brilliant idea: "Oh, I'm going for a walk." We stay glued to the television, bingeing on series, news, and

sports, wondering why we feel nothing but a dullness of thought and creativity.

We've all seen this magic of being outside work on cranky children. Initiating a move to get the children outside for a short while to play hopscotch or do chalk drawings alleviates not only the children's stress, but our own as well. Playing hide and seek or having a treasure hunt creates excitement on even the most mundane afternoon.

As I returned home from the pavilion, I saw the neighborhood flock of geese wending their way across the road. While they may have had some order to their movement, it was difficult to decipher. They didn't hurry, and they collectively forced a car to inch along the road to avoid smashing any of them. If only we could incorporate some of that calm instead of moving through our lives at breakneck speed.

There are some folks in our neighborhood who believe the geese have no right to coexist with us. They insist the geese intentionally use the sidewalks for their droppings and that this is a health hazard. I find the presence of the geese comforting in a neighborhood nearly devoid of creatures who can fend for themselves in spite of condominiums and closely linked driveways. Never once have I seen harm perpetrated by these creatures—a statement that surely can't be made about humankind.

I tried to focus on observing the geese while tuning out the nearby interstate noise that has come to resemble a NASCAR race. With the increase in population and traffic,



JOHNNY BRAVOW/SHUTTERSTOCK

it's more difficult than ever to find places where there's no sound of engines. It can be described as white noise, but it isn't comforting. Now, I'm certainly not disparaging the joy and excitement many feel with cars zooming around a track, but there's also the time for the sounds and the very air of nature to heal the human spirit.

Who better to describe the necessity of being outdoors than Henry David Thoreau? Yet in Walden, he wrote, "I left the woods for as good a reason as I went there. Perhaps it seemed to me that I had several more lives to live, and could not spare any more time for that one."

Yes, we can't stay outside; we can't stay in solitude. Our time of solitude is unlikely to match that of Thoreau's, but we can enable our loved ones to steady themselves by initiating a step outside, even if for only half an hour.

We can then return to our calamitous world a bit more peaceful, with an inner calmness to cope with all that would tear us apart.

Penelope Burr resides with her husband in Jacksonville, Fla. A lifelong seeker, she finds fulfillment through church, family, friends, and tennis.

Our Invisible Lionhearts

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Hospice personnel aim at allowing the dying to live as well and as long as possible.

"Hospice can give you a great support network," Janet said.

Her job entailed going to a patient's home, evaluating the situation, and arranging for the necessary medications and equipment. She then turned the patients and their families over to the care of a follow-up team of medical personnel.

Regarding hospice, Janet did issue one precaution.

"People get scared when they hear the word hospice," she said. "They think they're going to die in a matter of days, but hospice care can last for months."

When asked about her greatest satisfaction in this work, Janet thought for a few moments.

"For me, it was giving people the tools they needed to take better care of their loved ones and to make them feel less alone," she said.

Some Broader Takes

Based on what she has seen both at work and in her own life, Janet also offered advice on caregiving in general, particularly for the elderly. She touched on loneliness and the elderly.

"When people can no longer remain in their own home and have to move to another city to live with extended family, they can easily become isolated," she said. "No friends, no spiritual community, and their old routines are gone. Plus, they don't want to be totally dependent on their children. This isolation can easily lead to depression." Janet also mentioned that the COVID-19 lockdowns had escalated both depression and the decline of physical health among many of the elderly.

"Going for months without seeing or hugging loved ones was devastating for them," she said.

There are ways to fight against this loneliness. Janet brought up the example of a daughter who got her widowed mother involved with a women's craft group at a local Methodist church, where they make everything from toys to masks.

"Anything that gets these older people connected with others, like a senior day care center, can really work wonders," she said. "And if there are children in the home, try to get them to engage with Grandma or Grandpa."

Janet also emphasized the importance of a fitness regimen.

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Helping others this way can be stressful, eating up time and energy, and often leaving the caregiver exhausted.

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Mutual caring relationships require kindness and patience, tolerance, optimism, joy in the other's achievements, confidence in oneself, and the ability to give without undue thought of gain.

Fred Rogers, host, "Mr. Rogers' Neighborhood"



Caregivers also need to make time to care for themselves and recharge.

"Get them out of the house," she said. "Even if it's just walking in the mall. That's great medicine for the body and the spirit."

Closer to Home

Janet's husband Jim suffers from a chronic lung disease. Several years ago, when dining out with another couple, Jim had noticed how the woman had hovered over her very ill husband. Afterward, he asked Janet never to treat him that way, and to honor that request, she allows Jim his independence as much as possible. He keeps track of his medications, cooks breakfast every morning, and does light household chores. To help keep Jim's spirits up, she suggests that they go on errands together or shop at the grocery store.

"One important thing, I've found, is not to nag him about things like his pills or his exercise," she said.

Allowing Jim to do as much as possible on his own enables him to maintain his sense of pride and dignity, Janet believes. "Every week takes something away from him," she said. "The chronically ill lose control of things they used to take for granted, like walking through the neighborhood or climbing stairs."

Caring for the Caregivers

Helping others this way can be stressful, eating up time and energy, and often leaving the caregiver exhausted. To keep up her morale and strength, Janet understands that she must take care of herself as well as Jim. For her, tennis acts as a major stress reliever. Encouraged by Jim, who knows that Janet needs a break from the house and their routine, she hits the courts several days each week.

"While I'm playing tennis, my worries and concerns slip away," she said.

Her religious faith is another wellspring of comfort. A strong believer in prayer, she and Jim belong to an Episcopal church, and for an hour every Saturday afternoon on Zoom, she meets with a women's support group from that parish, which brings her comfort and peace.

Unlike Janet, some caregivers find themselves in circumstances where round-the-clock care is necessary. Many of these folks make every effort to arrange for some relief and help from family and friends in order to find respite from their labor, as well as some time to feed their inner selves.

Of course, not everyone has nearby family or friends who might grant such relief, but if we Google "churches relief for caregivers" or more generally, "relief and help for caregivers," we find an array of organizations and services—many of them free of charge—that dispatch workers or volunteers into a home to give exhausted caregivers the chance for rest and recovery.

Kindness, Patience, Joy—and Love

Fred Rogers, longtime host of "Mr. Rogers' Neighborhood," once remarked, "Mutual caring relationships require kindness and patience, tolerance, optimism, joy in the other's achievements, confidence in oneself, and the ability to give without undue thought of gain."

These are the trademarks of good caregivers. We live in an age of cynicism. In the news, we learn mostly about the negatives, the corruption in our public square, and the bizarre personages and weird events that dominate the headlines.

But if we brush aside these cobwebs and curtains and look around us, we find people like Janet, caregivers sacrificing themselves and giving of themselves in a thousand ways.

Dig even deeper, and we find the meaning of love.

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 non-fiction, "Learning as I Go" and "Movies Make the Man." Today, he lives and writes in Front Royal, Va. See JeffMinick.com to follow his blog.

The Epoch Times Interviews Shen Yun Audiences

‘I’m crying all the time because my heart is so full.’

New York-based Shen Yun Performing Arts is the world's premier classical Chinese dance and music company, established in 2006. Aiming for an artistic revival and celebration of China's rich cultural heritage, the company performs classical Chinese dance, ethnic and folk dance, and story-based dance, accompanied by orchestral and solo performers.

Shen Yun's Upcoming Performances

Salt Lake City	Utah	March 9-12
Mesa	Arizona	March 10-13
New York City	New York	March 10-20
Sacramento	California	March 15-17
Portland	Oregon	March 18-20

For additional performance dates, please visit ShenYun.com/tickets

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. For more information please visit ShenYunPerformingArts.org



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I'm crying all the time because my heart is so full. [Shen Yun] is so beautiful. It's like it's feeding right into my heart. My heart breaks for traditional Chinese culture that is being crushed by the communist party. I'm hopeful that this will be the start of a renewal of Chinese traditional culture because it's so beautiful. So it's a blessing for me and my wife to be here. It's like a foundational thing that all of Chinese culture flows from—[their] belief in the divine—because the divine is where we came from and where we're going to. It's the river, so if you don't have the river, you're not going anywhere.

You get the ugliness of culture—Western culture now. There's no life to it, there's no hope. I'm hoping that people will be filled with joy like me, and they'll start thinking: Where did this come from? Why don't I have any joy in my life? How do I get some joy? Perhaps they'll look to whatever religious belief they like to plug into the divine, because that's the source of joy. There's no joy without heaven.

KURT MILLER,
retired lieutenant colonel, Tuscan, Ariz



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The closeness that you see in this show with the divine, I think it's an important connection that we don't see nowadays. We are flooded with junk on the internet and the media.

Nothing that is made without love is good, and when you do shows like this, it really shows and portrays the love, the sacrifices, that goes on behind what this shows.

CARLOS ZALDIVAR,
CEO of an architecture business



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It was worth waiting two years for. We had bought these tickets two years ago. Then COVID came and it was canceled, and last year was canceled. So this year, we saw it was coming and, all of a sudden in the mail we got new tickets and the same seat.

I think it's very important, especially of all we've been through in the last two years, that you really have to look to some higher being, or some different kind of spiritual thought to comfort you and give you strength, so you can stand up for what you believe in in the long run. And even if it's quietly, you can still carry it in your heart.

PAMELA CHILDERS,
professor, University of Cincinnati



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There is an agenda afoot today that's attempting to stamp out the human experience—the contact with the divine to turn us into automatons. They're trying to make human beings fit into society, as opposed to society fit into the human experience. And this [Shen Yun] is an absolute rebuttal to that: That no, we're all human beings, and we're all here to experience love and mostly, that sense of freedom, that sense of freedom that all of them displayed in the dancing, the way they were flying through the air, and the singer [as well].

YARDATTA SINGH,
interior designer

Precious Wedding Vows

An Alabama bride surprises her groom and his family

E. S. ARMSTRONG

In a tear-jerking moment that was captured on camera, a bride from Alabama surprised her groom and his deaf parents by signing her vows, making their wedding day incredibly special.

"I got super emotional," Michael Kulick, 23, told *The Epoch Times*. "It was just like a really special moment for me [to see] her recognize my parents in that way."

Michael, a promotions producer at WVUA News Media, and Kelsey, a lab scientist in Tuscaloosa, Alabama, first met at a lifeguard-training summer camp in 2018 and began talking to each other at a CPR training class.

Michael charmed Kelsey with his jokes, and Kelsey, who right away thought he was funny and told her friends she was going to marry him. Not long afterward, Michael had the same feeling and texted a friend to say, "She could be the person I marry someday."

Over the summer, as they ended up working on shifts together, their relationship blossomed and they began dating. Through college, they maintained a long-distance relationship. They survived the busy semesters each year with Kelsey's schedule being jam-packed with volleyball practice and games. Meanwhile, during the lighter semesters, they drove an hour and a half to see each other and spent a lot of time on the phone.

Over the years, Michael and Kelsey created some unforgettable memories together. Kelsey recalls one of their first mission trips together when she saw Michael giving and serving in the community with any task that needed to be done. Meanwhile, Michael looks back fondly at a 2019 summer camp in Arkansas when they both spent nine hours driving in the car—and then the whole summer—together.

"Being with her made it fun," Michael said. "The memories that we made on that trip were great."

Some of their very sweetest memories, however, have been the recent ones. In 2019, Michael made up his mind to start saving for an engagement ring and decided to propose to the love of his life in January 2021. The location he chose for the special occasion was a spot that had been close to Kelsey's heart.

Kelsey had always wished to get married under an old tree that was on her family's land and had mentioned it to Michael very early on in their relationship.

However, one summer, the tree was struck by lightning and had fallen apart. Although the tree was gone, Michael had other plans.

There, where the old tree had once stood in the field, Michael set up an oasis with lighting and blankets to create a romantic atmosphere that was perfect to propose to Kelsey.

He then drove Kelsey—who was completely unaware of what was going to unfold—to the spot.

"I was completely fooled," said Kelsey. "Thinking they were going to meet friends at a restaurant, she was confused as to why Michael was ignoring the GPS directions. She was stunned when they arrived at the destination Michael showed Kelsey a video he had made and then popped the big question. Needless to say, Kelsey said yes."

For the next 10 months, Kelsey threw herself into wedding planning and preparations. In November 2021, the couple tied the knot at the Gore Creek Wedding Venue in Boaz. Kelsey not only organized and directed the entire thing, but she also managed to plan some really precious moments.

"There was just a lot of like really special things that she did that day that made me really emotional," Michael said. "I'm not really a crier, but I think I cried six times."

However, the most special of them all was the signing of the vows.

Both of Michael's parents were born deaf and all of his mother's siblings are also deaf. Michael had learned sign language before he learned to speak, and then he learned English from his older sister and grandparents, who can all hear. Kelsey, who had learned about his parents' condition very early in the relationship, had always wanted to learn sign language. Michael taught her a few things, but always remained an interpreter between Kelsey and his parents during their relationship.

For their wedding, Kelsey wanted to do something special for Michael's parents and thus enlisted the help of one of Michael's aunts in South Carolina who was both fluent in ASL and in English. After obtaining a video on how to sign her vows, Kelsey diligently practiced leading up to the wedding and even before she walked down the aisle. She was so nervous about the delivery of her vows that she didn't hear a word the pastor said.

"I wanted it to be a special moment, and I wanted it to really be for his parents and for him," Kelsey said.



Michael and Kelsey Kulick, both 23, on their wedding day.

ALL PHOTOS COURTESY OF KELSEY KULICK



Michael and Kelsey Kulick on their engagement day.



Michael and Kelsey Kulick first met at a lifeguard-training summer camp. They would keep in touch throughout their college years.

“I wanted it to be a special moment, and I wanted it to really be for his parents and for him.”

Kelsey Kulick

As Kelsey spoke her vows to Michael while simultaneously signing them, Michael's expression turned from surprise to appreciation, followed by joyful tears.

"I got caught off guard," he said.

As for Michael's parents, although he didn't get to see their initial reaction to the special gesture, he learned afterward that it meant a lot to them.

Chandler Smith, 26, the event's wedding videographer, told *The Epoch Times*: "It was the coolest experience getting to witness such a pure act of love and respect towards her husband and his family."

"It was such an emotional moment, and seeing Michael's reaction made it so special. Getting to capture and be part of moments like that is what makes my job so special!"

Smith, who posted the video on her Instagram page, never expected it to go viral.

"I just knew it was too special not to share," she said. "They are both so genuine and the fact that Kelsey did it just with the intention to show so much love to Michael and his family makes it even more special."

A Sweet Friendship: A Girl and Her Miniature Horse

LOUISE BEVAN

A little girl from Norway and her sweet, caring friendship with a miniature horse is taking the internet by storm.

Not only does 6-year-old Ella Solvang-Laagasken play with, ride, and train her 11-year-old horse, Black, but she also takes good care of the horse, grooming the mane, helping with stable work, and even giving glitter pedicures.

"She is a unique girl who has a very special bond with animals," Ella's mother, Line Laagasken, told *The Epoch Times*.

The family got Black for Ella when she was 3 years old, unsure whether she would like horses. When they found Black online, Line and her husband, Thomas, traveled to see the horse and bought Black immediately.

"It was love at first sight," Line said. "Before he came, we had painted one of the horseboxes pink, the color decided by Ella."

When Ella first met Black, she was really happy. Greeting Black with a big hug, she immediately gave the little horse a brushing.

Thomas and lifelong horse-lover Line bought their "dream home" on a farm in 2014, fulfilling a childhood ambition of Line's. They chronicle daily life with Ella and their horses on Facebook, Instagram, and TikTok.

Ella and Black have become best friends, and she includes the horse in everything. "Ella takes him on walks with her doll,

they play shop, or have a tea party in the garden," said Line. "Ella and Black's favorite thing to do is to go horseback riding with me, Thomas, and the horses."

"She loves to walk around with Black, sit on top of him, and do 'around the world' or other tricks. He follows her, enjoys her, and clearly shows that he wants her attention."

ALL PHOTOS COURTESY OF LINE LAAGASKEN



Ella with her mini horse, Black.

Ella, her mother said, also enjoys helping train the family's horses using tarpaulins, balloons, and umbrellas—"everything that horses are usually afraid of"—to help them gain confidence, ride safely, and increase the bond between human and horse.

Line is happy that her daughter gets to grow up on a farm, as she believes farm life



Line Laagasken with her daughter Ella.

teaches one to be confident, independent, and smart.

Black, too, benefits from the bond as much as Ella does. Line said the mini horse is "like a dog"—following the family everywhere and often popping up at the window of their home, asking for carrots.

Since sharing Ella and Black's special bond on social media, the family has received a plethora of support from around the world. Line appreciates the community they have built together.

The family got Black for Ella when she was 3 years old, unsure whether she would like horses.

When she's not with her four-legged best friend, "patient, playful" Ella also loves to swim, ride a quad bike, and play imaginative games with her dolls. Yet it's her relationship with Black that truly melts her proud parents' hearts.

"[Black is] worth his weight in gold," Line said. "We love him so much."

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HISTORY

The 2 Presidents Whose Economic Policies Are Most Misunderstood by Historians

FDR and Warren G. Harding both inherited dismal economies; one of them quickly turned things around

RYAN S. WALTERS

One is viewed as among America's greatest presidents; the other perhaps the worst of all. One is hailed as a savior; the other as a failure. One is given memorials to enshrine his name for all time; the other is pushed into the sea of forgetfulness.

Driven by academia, this is where American history has placed Franklin Delano Roosevelt (in office 1933–1945) and Warren Gamaliel Harding (in office 1921–1923). It's impossible to see FDR absent a "great presidents" ranking; it's likewise impossible to see Harding absent the lowest rungs.

Both men came into office with an economy in tatters, and both men instituted ambitious agendas to correct the respective downturns. Yet their policies were the polar opposite of one another and, as a result, had the opposite effect. In short, Harding used laissez-faire-style capitalism and the economy boomed; FDR intervened and things went from bad to worse.

Despite these clear facts, in C-SPAN's latest poll ranking U.S. presidents, FDR finished third in the rankings, while Harding finished 37th. Surveying how both handled the economy, scholars ranked FDR third in that category, while Harding came in at 32. This is a tragedy of history.

America in 1920, the year Harding was elected, fell into a serious economic slide called by some "the forgotten depression." Coming out of World War I and the upheavals of 1919, the economy struggled to adjust to peacetime realities, falling into a serious slump.

The depression lasted about 18 months, from January 1920 to July 1921. During that time, the conditions for average Americans steadily deteriorated. Industrial production fell by a third, stocks dropped nearly 50 percent, corporate profits were down more than 90 percent. Unemployment rose from 4 to 12 percent, putting nearly 5 million Americans out of work. Small businesses were devastated, including a Kansas City haberdashery owned by Edward Jacobson and future president Harry S. Truman.

The nation's finances were also in shambles. America had spent \$50 billion on the Great War, more than half the nation's GNP (gross national product). The national debt jumped from \$1.2 billion in 1916 to \$26 billion in 1919, while the Allied Powers owed the U.S. Treasury \$10 billion. Annual government spending soared more than 25 times, from around \$700 million in 1916 to nearly \$19 billion in 1919.

Harding campaigned on exactly what he wanted to do for the economy—retrenchment. He would slash taxes, cut government spending, and roll back the progressive tide. He would return the country to fiscal sanity and economic normalcy.

"We need a rigid and yet sane economy, combined with fiscal justice," he said in his inaugural address, "and it must be attended by individual prudence and thrift, which are so essential to this trying hour and reassuring for our future."

The business community expressed excitement about the new administration. The *Wall Street Journal* headlined on Election Day, "Wall Street sees better times after election." The *Los Angeles Times* headlined the following day, "Eight years of Democratic incompetency and waste are drawing rapidly to a close." Other headlines were "Harding's Advent Means New Prosperity" and "Inauguration 'Let's Go! Signal to Business.'"

The day after Harding's inauguration, the *LA Times* editors predicted "good times ahead," writing, "The inauguration yesterday of President Harding and the advent of an era of Republicanism after years of business harassment and uncertainty under the Democratic regime were hailed" by the nation's business leaders. I. H. Rice, president of the Merchants and Manufacturers Association, told the press, "Good times are now ahead of us. Prosperity is at our door. We are headed toward pre-war conditions. ... Businessmen are well pleased with President Harding's selections for his Cabinet, and by the caliber of men he has chosen, we know that he means business."

Under Harding and his successor, Calvin Coolidge, and with the leadership of Andrew Mellon at Treasury, taxes were slashed from more than 70 percent to 25

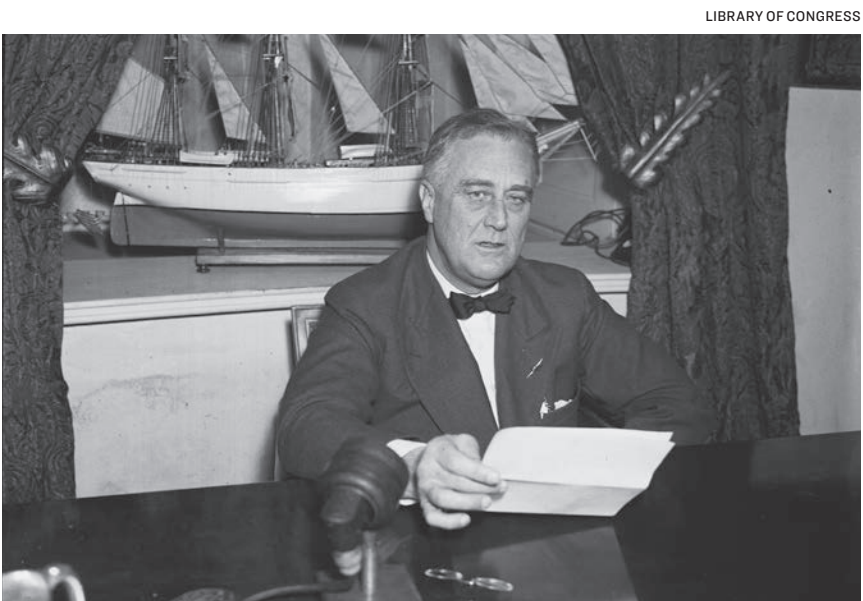
Economists called this unprecedented phenomenon a 'depression within a depression.' As Hitler's Wehrmacht pushed into Poland, the American unemployment rate hit 19 percent.

percent. Government spending was cut in half. Regulations were reduced. The result was an economic boom. Growth averaged 7 percent per year, unemployment fell to less than 2 percent, and revenue to the government increased, generating a budget surplus every year, enough to reduce the national debt by a third. Wages rose for every class of American worker. It was unparalleled prosperity.

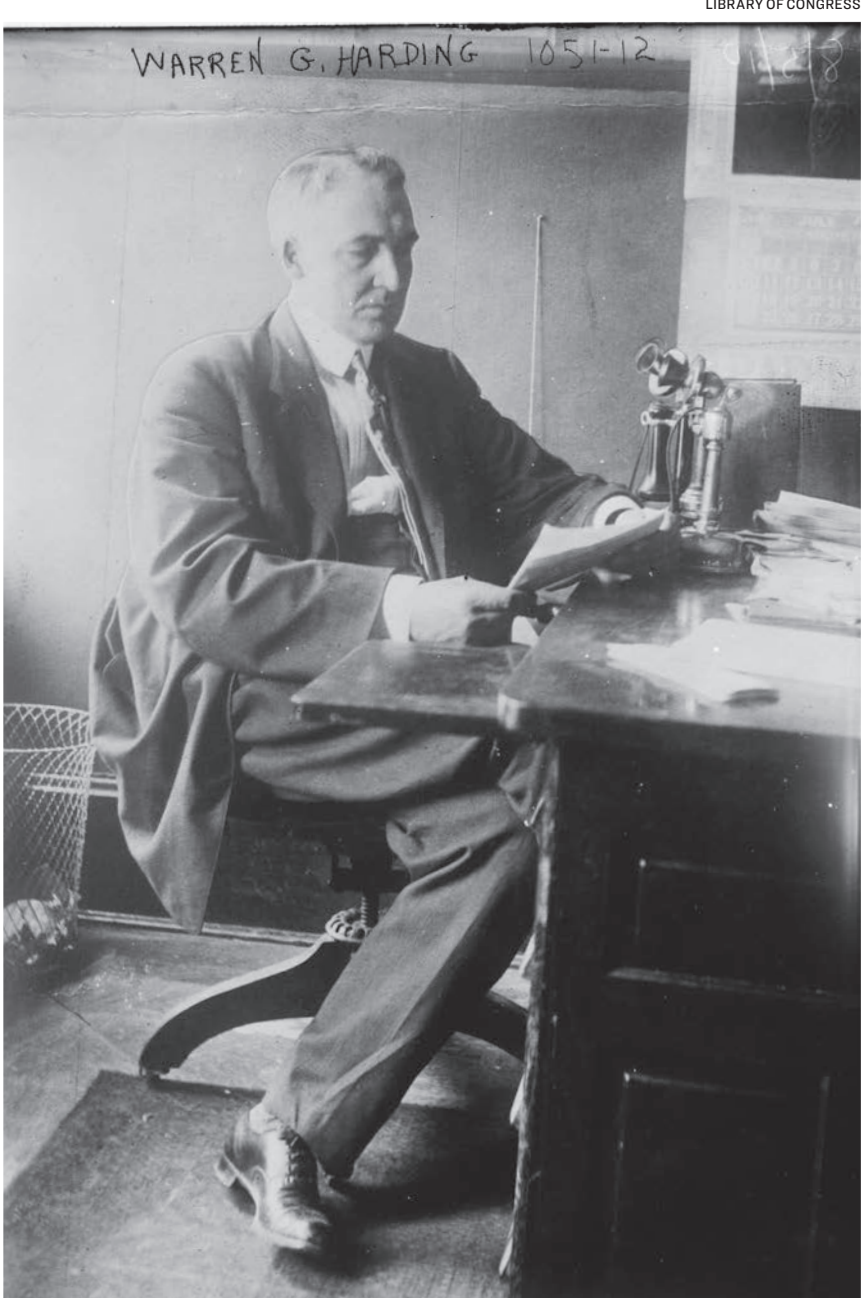
FDR certainly inherited a bad economy, like Harding, yet he made it worse, not better, prolonging it for nearly a decade. With the stock market crash in October 1929, the American economy slid into a steep recession, which Herbert Hoover, successor to Coolidge, proceeded to make worse by intervening with activist government policies—increased spending, reversing the Harding-Coolidge tax cuts, and imposing the Smoot-Hawley tariff. By 1932, thousands of banks had closed and 20 million Americans were unemployed. The unemployment rate hit a staggering 25 percent in 1933. Industrial production fell 45 percent.

Roosevelt ran aggressively against Hoover in 1932, lambasting him for his big-government policies. But whereas Harding was honest about his free market prescriptions for the economy during his 1920 campaign, FDR deceived the public.

Though he campaigned on a more conservative economic agenda than Hoover and called for a 25 percent cut in federal spending and a balanced budget, once in office, FDR set in motion a massive government economic intervention called the New Deal. In his book "Looking For-



A photograph of Franklin D. Roosevelt at his desk by Harris & Ewing in 1936.



Warren G. Harding at his desk in 1910.

ward," he stated that he wanted to "avoid the terrible cycle of prosperity crumbling into depression. In this sense," he said, "I favor economic planning, not for this period alone but for our needs for a long time to come."

And the economic planning was vast. In addition to the Federal Reserve pulling a third of the money out of circulation, under FDR, taxes were tripled and new taxes were added, such as Social Security, taking more money out of the pockets of ordinary Americans and businesses alike. Between 1933 and 1936, FDR's first term, government expenditures rose by more than 83 percent. Federal debt skyrocketed by 73 percent. In all, spending shot up from \$4.5 billion in 1933 to \$9.4 billion in 1940.

FDR further hamstrung business by filing 150 antitrust suits. He also plowed up millions of acres of farmland and slaughtered millions of livestock animals to bring prices up. He artificially set prices on a whole host of consumer goods rather than allow the market to set them. He took the nation off the gold standard and spent billions to employ workers in a wide range of jobs.

The results were disastrous. "Far from having gotten us out of the Depression," wrote economic historian Robert Higgs, "FDR prolonged and deepened it, and brought unnecessary suffering to millions."

Unemployment under Roosevelt averaged a little more than 17 percent and never fell below 14 percent at any time. And, to make matters worse, there was a second crash in 1937. From August 1937 to March 1938, the stock market fell 50 percent. Economists called this unprecedented phenomenon a "depression within a depression." As Hitler's Wehrmacht pushed into Poland, the American unemployment rate hit 19 percent.

"We have tried spending money. We are spending more than we have ever spent before, and it does not work," Treasury Secretary Henry Morgenthau Jr. said in testimony before Congress. "And I have just one interest, and if I am wrong... somebody else can have my job. I want to see this country prosper. I want to see people get a job. I want to see people get enough to eat. We have never made good on our promises. ... I say after eight years of this administration, we have just as much unemployment as when we started. ... And an enormous debt to boot!"

Clearly the New Deal had failed. As Stanford history professor David M. Kennedy wrote in his Pulitzer Prize-winning book "Freedom From Fear," the New Deal "was not a recovery program, at any rate not an effective one."

But Warren Harding's program was. Unlike FDR, who was no better than a "C" student in economics at Harvard, Harding understood that the old method of laissez-faire was the best prescription for a sick economy. This "despised figure," writes Tom Woods on Harding, "was ... a better economist than most of the geniuses who presume to instruct us now."

Indeed he was, and the real historical record conclusively proves it.

Ryan S. Walters is an independent historian who currently teaches American history at Collin College in North Texas. This article was first published on *FEE.org*

For Additional Reading

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Robert Higgs, "How FDR Made the Depression Worse," Independent Institute, Feb. 1, 1995.

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Jim Powell, "FDR's Folly: How Roosevelt and His New Deal Prolonged the Great Depression," New York: Crown Forum, 2003.

Lawrence W. Reed, "Great Myths of the Great Depression," *Fee.org*, Nov. 18, 2012.

Franklin D. Roosevelt, "Looking Forward," New York: The John Day Company, 1933.



The Painted Hall, regarded as the heart of Chatsworth, presents a ceiling painting by Louis Laguerre telling the story of Julius Caesar. Since 1890, the hall has been the setting for an annual Christmas party for the children of the estate.



Elaborately carved stonework appears above the windows on the left of the south façade. A roffine balustrade, or railing, is topped with sculpted torches and urns that extend the façade and draw the eye upward.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Chatsworth, an Artful Estate in Central England

JAMES HOWARD SMITH

Chatsworth, located in central England, comprises gardens and woodlands, pavilions and bold water features, and holds a stately Baroque mansion. The mansion was built in 1552 by Sir William Cavendish with the driving force of his wife, Bess of Hardwick, who at the time was the second most powerful woman in Elizabethan England, after the queen.

The main house is a rectangularly planned 25-room mansion with a central courtyard; the moorland ridge forms a backdrop to the building, which looks out over a garden terrace in the back and the River Derwent in front. The house

was originally designed in the Tudor style; however, it was renovated around the turn of the 17th century with a new Baroque exterior, notably the northern and western façades designed by architect Thomas Archer. The mansion's façades are decorated with carved stonework, a roffine balustrade topped with torch and banner sculptures, and window frames highlighted with gold leaf that reflect the setting sun.

The Painted Hall greets guests in a dramatic scene depicting the life of Julius Caesar. Guests can climb the stairs to the staterooms above—a sequence of highly decorated chambers. The house was extended in the early 19th century, adding a north wing consisting of a great din-

ing room, a sculpture gallery, and a number of service rooms culminating in the North Tower. It holds a ballroom that later became a theater.

The grand Baroque estate, inspired by Greek and Roman styles, has nurtured and entertained 16 generations of Cavendish and continues to do so. From the outset, the Cavendish saw the estate as part of the community and had welcomed the general public as guests to enjoy and revel at this fine example of classically inspired culture.

James Howard Smith, an architectural photographer, designer, and founder of Cartio, aims to inspire an appreciation of classic architecture.



The Cascade House was added in 1703 at the top of the cascade as a focal point and a destination in the garden, and the wellspring of the cascade. It was also designed by Thomas Archer.



The Emperor Fountain was built to impress Czar Nicholas I of Russia for a visit that was to occur in 1843. An eight-acre lake was made at the top of the hill above the mansion. Gravity-fed, the fountain is on record of shooting 295 feet (90 meters) into the air. The czar never came to enjoy it, but many others have.



The North Tower Belvedere, a type of building that looks out over the landscape, is where house guests would enjoy a view of the surrounding countryside.



The walls of an exquisitely-decorated 2nd State Bedchamber are decked in hand-painted Chinese wallpaper of a landscape scene. The fabrics on and around the bed were typical of Regency taste around the turn of the 18th century.



The State Drawing Room is where important guests can be received and entertained. The wall tapestries, woven in Mortlake in 1635 by some of the most skilled weavers in Europe, are from a set known as "The Acts of Apostles," designed by Raphael.



The north wing was the setting for many country-house parties. With the hexagonal coffered ceiling above, and candelabras, sculptures, and portraits presented on the walls, the Grand Dining Room would host elaborate formal dinners.



Pending their tastes, after dinner, party guests could enjoy games of charades and billiards, be entertained by music performances, or simply mingle and admire the collection of Canova sculptures in the sculpture gallery.

BOOK REVIEW

'Never Forsaken': A Story of Faith Overcoming Fear

ANITA L. SHERMAN

The subject matter of this book piqued my interest as I am half Filipina on my father's side. Born in Portland, Oregon, I am an American citizen, and freedom is granted to me by birthright. My father came to America from the Philippines in the early 30s, became an American citizen, attended the University of New Mexico School of Mines, and served in the U.S. Navy as a commander during World War II, principally out of Washington, D.C., with the Lend-Lease Program.

Growing up, I learned that my father's older brother, my uncle, had died during World War II as a Japanese prisoner of war. I was spared the details, and perhaps my father was as well, as he didn't talk about it—only that it had happened. The Philippines is made up of several thousand islands. I was able to visit years ago, and many of the places mentioned in this book I was familiar with at least by name.

Large close-knit families, honoring tradition, strong values, and plenty of faith and fortitude seem to be hallmarks of the people of this island nation. Certainly part of my heritage is rooted there. For all these reasons and more, I picked up this volume.

What the main protagonist in this story, Marion Ghent, passes on to her daughter, Cindy Scott, the author of the book, is that her faith sustained her always on a journey that her daughter didn't fully comprehend until she was an adult. It's an incredible journey and a story of survival that's well worth sharing.

"Never Forsaken" reads like a private journal. I felt privileged to turn the pages and take in this often-harrowing account of this young woman's triumphal journey from a faraway, war-torn island to finishing her education in the United States, and her eventual return to the Philippines.

Each chapter of her life is met bravely, with faith overcoming fear time and time again.

Descriptions of her early life are filled with her immediate family—Marion's father was an American veteran, William Ghent, and her mother, Petra Gozon, was from Cavite on the island of Luzon. Originally from Kentucky, William Ghent had fought in the Spanish-American War and then moved to the Philippines. He and Petra raised 11



U.S. Coast Guardsmen and soldiers pose with a captured Japanese flag shortly after landing on Leyte Island on the first day of the Battle of Leyte in the Philippines on Oct. 20, 1944.

At one point, Marion and her sisters are holding hands and being led down a slippery ravine, and it's pitch dark.



'Never Forsaken: A Young Woman's Gripping Account of Faith, Courage and Survival During and After World War II'

Author
Cindy Scott

Publisher
Independently published, 2020

children on the island of Mindanao. A convert to Christianity, he died in 1933 while working for the American Bible Society as a colporteur.

The youngest of those 11 children, Marion adored her father and knew him at his best after a long personal journey to find peace and purpose in his life. Her world revolved around her mama, siblings, and close friends—many the children of American missionaries.

Marion grew up on a plantation in Munguan, and school was some 15 miles away in Dansalan, where we find her shocked by the news that their country is at war with Japan in late 1941. Within days, the family is uprooted and on the move. Without the protective arm of their father, the remaining children and Petra are under the care of the older boys in the family, several of whom join guerrilla forces. Marion's mother, Petra, is an unsung hero in this narrative as she carries, concealed in a pouch, all the family documents, including William Ghent's military papers—paperwork that will be invaluable in later proving Marion's American citizenship.

Foraging for food and taking shelter in abandoned buildings and huts, the small group is on a continual hunt for safety and sanctuary.

Can they survive in land occupied by the Moros, a Muslim sect? Who can they trust? And the Japanese invaders? Rumors were wild about their harsh treatment of the Filipinos—particularly women. Who would be their champion?

For four years, the intrepid group of predominately women and children are on the run from burned villages to mountains to the seashore to rainforests, taking daily risks, often in either freezing or boiling hot conditions, and at the mercy of the elements. The islands

are beautiful, but these areas are also infested with the likes of centipedes, bees, leeches, and snakes. At one point near the sea, it's hermit crabs that find their fragile, huddled bodies good places to roam. Often Marion is barefoot or without adequate clothing. Miraculously, one of the brothers would find them just when they needed him, and they would be guided to their next destination, but not without peril. At one point, Marion and her sisters are holding hands and being led down a slippery ravine ... and it's pitch dark.

Throughout all these times, Marion's faith keeps her out of fear's grip. Remembering and reciting a hymn from her early childhood keeps her focused: "God will take care of you, be not afraid."

In April 1945, the planes flying overhead were not Japanese. Marion could tell the difference. The war was over and American and Filipino forces had prevailed. Freedom had returned.

Although not without emotional angst, Marion decides that going to the United States is her goal. She wants to see this land her father called home with a focus on finishing her education. On the ship, a serendipitous meeting with an American brings her in contact with her father's family, and a whole new chapter begins for this still young woman, who, while physically suffering from the effects of the four-year-ordeal, is emotionally and spiritually buoyed by a new beginning.

With faith and trust in God's will for her, Marion embarks on a new journey, taking her through high school and college and an eventual return to the Philippines to be reunited with her mother and siblings.

The author, Cindy Scott, grew up in Manila, but at the age of 11, in 1964, she is sent along with her brother to the United States. They're soon joined by their parents, Marion and Manuel Jose.

Marion worked on her memoirs for more than a dozen years. She wanted her story to be shared. For her, it was a story of faith. Her daughter, Cindy, took up the task of helping her tell her story, through research, interviews, and her mother's writings.

Cindy Scott is fulfilling a promise to her mother to have her story shared. For Marion, it's a story that everyone needs to know—that with God you are "never forsaken."

Anita L. Sherman is an award-winning journalist with 20 years' experience as a writer/editor for several Virginia publications. A bibliophile, film noir fan and Blackwing pencils devotee, she loves the stuff of stories. Reach her at anitajustwrite@gmail.com



After missing nearly four years of school while hiding from the Japanese, Marion Ghent resumed her high school career in Alhambra in 1945 at the age of 19. Her strong focus allowed her to complete her education at Alhambra High School in less than two years.

COURTESY OF CINDY SCOTT

EDUCATION

Why College Degrees Are Working Against Many Job-Seekers

No degree is the new degree

ISAAC MOREHOUSE

"Would you rather hire someone who ran a marathon, or had a college degree?"

I remember when I saw this question posed on LinkedIn. It got hundreds of responses, almost all of whom said they'd pick the marathoner.

It turns out, the story most young people have been told about the value of degrees on the job market isn't true, and it's getting less true every day.

A few years ago, I talked to a business owner who turned down a candidate I passed along because he had a Master's degree. He told me, "He seems smart and has some skill, but he's been in school too long. It will take me too much time to get those habits out of him. Plus, I've found people with advanced degrees tend to be entitled and assume they're worth more than they are."

The famous venture capital firm Andreessen Horowitz developed a framework for evaluating which entrepreneurs were most likely to succeed with their startups. One of the strongest indicators was being a college dropout. The courage and out-of-the-box thinking needed to overcome social pressure and quit school was a bullish sign.

All of these stories share one takeaway in common: a college degree doesn't do



Employers are recognizing the value of real-world experience.

I've seen hundreds of young people with no degree and no experience get jobs that said a bachelor's and 2 to 3 years of experience were required.

a good job of signaling employability. In fact, choosing not to get one can be a better signal.

And no wonder. Employers routinely report that college grads lack basic skills they look for in new hires. In fact, less than 10 percent of employers think colleges do a good job of preparing students for the working world.

A lack of useful skills is only part of the problem. Grads are saddled with debt, often taught absurd ideas from professors disconnected from the real world, and encouraged to see themselves as victims. Add to that binge-drinking and increasingly draconian policies around health and politically correct speech, and campuses have become a place to pick up bad habits and bad ideas.

Employers want to know you can create value. "B.A. in Communications" on a resume doesn't convey much. But you know what does?

A good opt-out or dropout story. I've seen hundreds of young people with no degree and no experience get jobs that said a bachelor's and 2 to 3 years of experience were required. They won these jobs because they showed something more valuable than a few static bullets on a resume. They explained why they chose not to go to college, and that they did an apprenticeship, internship, self-guided study program, or project instead.

Employers love it. They get excited.

Instead of someone simply taking the path of least resistance and muddling through college because their parents paid for it, they see individuals willing to forge their own way, think clearly about costs and benefits, and take initiative.

That's why college alternative programs often boast placement rates of 90 percent or better immediately upon graduation, while just 40 percent of university students have jobs within three months after graduation.

Young people who prioritize real-world experience, self-directed learning, and creating an interesting life for themselves are increasingly sought-after over those who do the normal college thing.

What began as a counter-signal for startup founders and high-tech jobs is spreading to more and more roles as hiring managers discover the best traits are better correlated with opt-outs than the college-educated. The most dynamic companies need to see more than the same piece of paper everyone else has.

It's not that college is too good for many young people; it's that more and more young people are too good for college.

Isaac Morehouse is the CEO of Crash and founder of Praxis. He is a member of the FEE Faculty Network. He blogs at IsaacMorehouse.com. This article was originally published on FEE.org

HOMESCHOOLING

Tips for Homeschooling Your High School Student

KAREN DOLL

When we began homeschooling our daughter in kindergarten, our plan was to take things year by year. Then our son joined two years later; we fell in love with learning at home and immersed ourselves in the many and varied freedoms of homeschooling. We officially became known as Countryside Academy, and so the plan to homeschool through high school was set in motion.

Homeschooling your high school kids may seem daunting, but as someone who navigated that path for both a college-bound and a workforce-bound student, I want to remind you that you're well-equipped.

Begin Planning Early

It's never too soon to think about career exploration. In fact, it's advantageous to sit down with your middle school kids and discuss the ways that their current interests can translate into a future career. Reassure your child that this is just a simple conversation and that you fully understand that their interests may change, multiple times even, and that's OK. Curiosity is the path to discovery.

If your child is receptive, discuss the pros and cons of the college-bound, workforce-bound, and even entrepreneurial-bound paths, and if possible, help your child determine which path best fits his or her strengths and visions for the future.

Talk to veteran homeschoolers who've successfully guided their kids through high school. They'll be able to recommend favorite resources, offer advice, and reassure you that you can do this. Also, talk to their kids. Kids are transparent with a capital T and will undoubtedly jump at the chance to share their likes and dislikes.

Begin to cultivate independent learning if you haven't already. Model a love for learning and always encourage your kids to dig deeper into topics of interest. Ask your kids open-ended questions such as how and why questions. Demonstrate how to conduct thorough research using multiple sources and how to evaluate those sources for quality and accuracy.

Believe me, you'll be giddy with thankfulness later when your high school daughter wants to take Latin, as ours did. And, yes, I did learn along with her for the first couple of months, if that, until she soared way past me.

Read everything you can about homeschooling high school. Some excellent resources are the Let's Homeschool High School and It's Not That Hard to Homeschool websites, the Ultimate Guide to Homeschooling High School by the Weird Unsocialized Homeschoolers, tips from the Home School Legal Defense Association (HSLDA), and the book "Home-Designed High School" by Diana Johnson.



ALL PHOTOS BY SHUTTERSTOCK

Give your high-school age kids latitude in planning their homeschool schedule and support them in their interests.

Personalize the High School Learning Experience

Whether or not your child has decided on a post-graduation path, encourage him or her to be an active participant in the planning process. Give your son as much freedom as possible to create a personalized schedule, even if he's a night owl and prefers to sleep in and work on assignments later in the afternoon. Also allow your daughter to work and study where she feels most comfortable, whether that's all spread out in the sunroom, in the middle of it all at the kitchen table, or at a specially designed workstation in her bedroom.

This is the time for your high school kids to embrace their passions. Help your teens turn their passions into classes. When our daughter was in high school, I created a child development course to go along with her volunteer work at our church's preschool. And when our son developed an interest in horses, he signed up to volunteer at a local farm, feeding and caring for a variety of livestock, so I designed an animal behavior and an agricultural course. You may think this sounds much too complicated, but I assure you, it really isn't. Work together to make a reading list and plan a project or two.

Let them manage their time, but if you notice any red flags such as fatigue, anxiety, or that something about your child just doesn't feel right, do step in and offer guidance.

Take Advantage of All Credit-Earning Opportunities

When you're homeschooling, remember that everything your high school student participates in is instrumental when creating a high school transcript. Volunteer work, sports, jobs, clubs, and even your kid's interests can all count as academic credit. For instance, both of our kids volunteered at the circulation desk in our local library for years, beginning in middle school. In addition to learning the computer software system for checking books

in and out, they shelved books according to the Dewey Decimal System, answered patrons' questions, kept track of the number of visitors on a checklist, handled phone calls, and more.

In order to count as course credit, be sure to write up a description of the activity, a list of appropriate skills, and any books and materials used, and log the required number of hours needed to comply with your state homeschool law.

Explore Options for Tackling the Advanced Courses

You don't need to be an expert in every subject in order to successfully guide your kids through high school. In fact, you may not need to "teach" much at all once your students become masterful independent learners.

If your kids do need help though, don't be afraid to seek outside assistance. Some possible options include co-op and online classes, and/or dual-credit college courses. For example, our son was very technically savvy, so he enrolled in an online computer game design class and our daughter took American Sign Language—beginner through advanced—at the local community college.

And oftentimes, a simple phone call to a friend or a relative can be the solution. When we were homeschooling, we enjoyed the blessings of several very special mentors. A college admissions secretary regularly gave my kids stamps from around the world for their collection, an older teen volunteered to help our daughter learn to play the clarinet, and a lovely older gentleman from our church shared numerous stories from his childhood and life on the farm, which brought deeper meaning to our history lessons.

Nurture Quality Time Together

Sometimes the busyness of life and homeschooling can easily distract you from the heart of it all—your relationships with your kids. This is a special and important time in their lives, and they still need you close by even though the soon-to-be-adult voice in their heads may not let them admit it.

Have conversations over coffee or invite your teen out for a lunch or dinner date, check in on how life is going with both academics and life itself, and reassure them that they're not alone even though they're managing more and more of their own time. If you share an interest with your teens, try to make more time to do it together. Or even just sitting together on the couch and watching a favorite movie can do wonders.

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 AtHome-WithKarenDoll.wordpress.com

If your child is receptive, discuss the pros and cons of the college-bound, workforce-bound, and even entrepreneurial bound paths.



Many activities can count as academic credit when you're creating a high school transcript.

It's Homeschool Planning Season

Ideas for planning a new school year

BARBARA DANZA

As spring approaches and one school year begins to wrap up (at least for those of us who don't school year-round) the homeschool parent's gaze begins to drift ahead to next year and what that might look like. Whether you're just about to dive into homeschooling for the first time or you have some experience under your belt, now's the time to put your planning hat on.

Some people find the planning process overwhelming; others love it. It's worth taking the time now to think things through a bit so you can ensure you get materials in time, sign up for any activities or classes before they fill up, and then relax and enjoy summer confident that you're prepared.

One of the greatest benefits of homeschooling is that every family can cater their strategy to meet the needs of their unique family and each unique individual student. So the planning process will look different for everyone. There are some ideas that can be helpful for any homeschool family to consider as they set out to plan a new year.

Review Your Why
As any experienced homeschooling parent can tell you, no two years are alike in homeschooling. Children grow and

develop so quickly. Their interests evolve, their needs change, their preferences vary, and their level of self-reliance grows. Before you set out plans for a new year, review the fundamental reasons that set you off on this path in the first place. Remind yourself of your convictions and your greater purpose in this work. Add in any new revelations or reasons that have developed over time. Ground yourself in your fundamental why and move forward with purpose.

Assess This Year
As this school year winds down, you can likely identify some things that were great and some things that could have been better. Jot down in two columns those habits, routines, curriculum, activities, strategies, and events that worked for you and your kids and those that didn't. If you're just heading into your first year of homeschooling, consider the past year similarly—recognize those things that allow your child to thrive and those that sap his or her spirit.

Set Your Parameters
With a clarified vision, begin to break down your plan into practical steps. Take a look at your year-at-a-glance calendar, the subjects you'll need to cover for each student, the activities you know your children want to participate in, any travel plans and obligations you have, and anything else that you already know you need or want to incorporate into your school year.

Envision the Ideal
After some reflection, ask yourself some inspiring questions: What would an absolutely outstanding homeschool experience look and feel like for you and

your family? What is the most ideal, magnificent, fun, and inspiring vision you can conjure for your homeschool? How would you feel to be able to give your family that experience? How would each member of your family feel living that dream? Shoot for the moon and picture even things that you may not immediately believe to be possible.

Gather Feedback
Ask your spouse and your children those same inspiring questions or others to get clear understanding of their impressions, experiences, and dreams of homeschool.

Stay Flexible
Plans are funny things. You need them lest you journey through life adrift and aimless, but of course, we lack the wisdom to perfectly plan everything. As Yogi Berra famously said, "If you don't know where you're going, you'll end up someplace else." The key to homeschool planning is to do enough that you feel well prepared and confident to execute a wonderful new year, but remain flexible enough to happily adjust your plans should they need adjusting as you go along.

Research and Gather
As your aims begin to take shape, research any resources and curriculum you might

use, gradually narrowing down your choices and finally gathering what you need.

Habits, Routines, and Rhythms
Planning is often a process of starting with a big picture and breaking it down into the tiniest parts. Lastly, consider the flow and rhythm of your days. What works best for your family? How could things be more efficient, more joyful, and more simple? Sketch out some ideas for improving your daily habits and those of your children. It's in the day-to-day that life happens, and a simple tweak to rhythms and habits can have a significant impact on your overall homeschooling experience.

Research and Gather
As your aims begin to take shape, research any resources and curriculum you might



FOR KIDS ONLY

THE EPOCH TIMES

Week 10, 2022



Spring

Anonymous

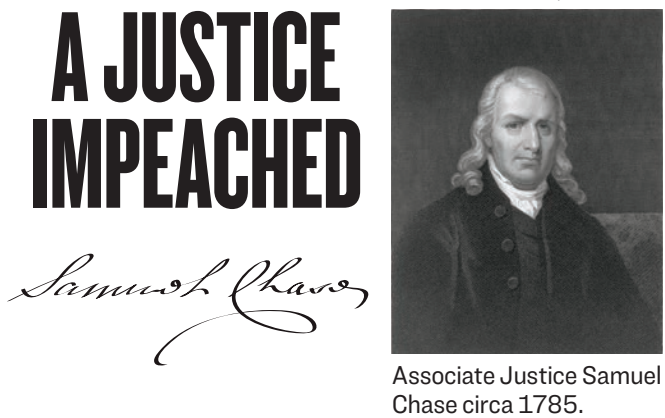
Wintry winds no longer blow,
Far away are frost and snow,
Peeping from its grassy bed,
The primrose rears its modest head;
And midst its leaves the violet blue,
Scent the air and morning dew,
Hark! the sky-lark, mounting high,
Carols in the clear blue sky;
The thrush and blackbird from the spray,
Chant their blithesome roundelay;
The little lambskins, safe from harm,
In their snow-white fleeces warm,
Gambol o'er the sunny mead,
And prove their strength, and try their speed:
From yon grassy knoll they spring,
And chase each other round the ring.
To the farm-yard we will go,
Where they milk the harmless cow;
Mamma will give us wine and cake,
And a syllabus we'll make,
Charles and Jane shall hold the bowl,
And Margaretta milk it full:
Each shall join to help the others,
Like good sisters and good brothers.



ALL PHOTOS BY SHUTTERSTOCK



KRISTINA IGUMOVA26/SHUTTERSTOCK



A JUSTICE IMPEACHED

Samuel Chase

Associate Justice Samuel Chase circa 1785.

On March 12, 1804, Associate Justice Samuel Chase became the first (and, thus far, only) Supreme Court justice to be impeached. He was charged by Congress for behaving in a politically partisan way, rather than maintaining objectivity and neutrality in some politically charged cases. At the end of the impeachment trial, the Senate vote fell short of the required two-thirds majority needed to convict, so Chase was acquitted (or found not guilty) and resumed his duties until his death in 1811.



BO'S CHILD/SHUTTERSTOCK

By Aidan Danza, age 15

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THE THRUSHES AND THEIR SONGS

Thrushes are plain birds.
Thrushes are plain birds. Most of them are some shade of brown, and most are not often seen. What's not at all plain, however, is their song. Each thrush has a beautiful song, and quite a personality, too.

AMERICAN ROBIN

Few people know that the extremely common American robin is, in fact, a thrush. Perhaps it is the most successful thrush in this country. This is because our lawns, fields, and parks are the perfect habitat for the robin; they provide foraging area close to dense foliage, in which the robin can raise its young. Robins, of course, eat mostly invertebrates, namely earthworms, in the spring and summer. When the earthworms are dormant, robins eat berries from a wide variety of trees.

The robin's song, like that of other thrushes, has a distinctive ringing quality. It's hard to describe in text, but the rhythm sounds like "cheerily, cheer up, cheer up, cheer up, cheer up!"

VEERY

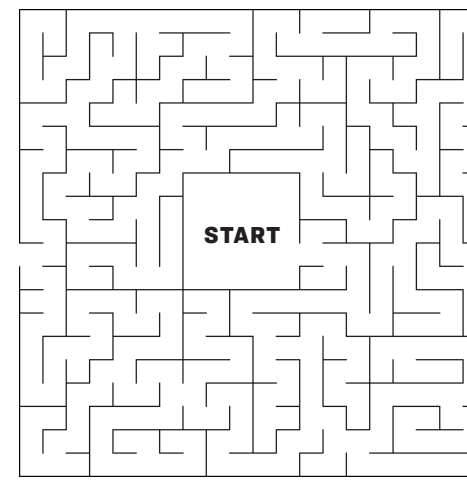
Now we'll get into the more reclusive thrushes. I have only ever seen a veery once, and generally they are more often heard than seen. They sing their song in the tall trees of ancient forests, usually deciduous, dark, and damp. The veery's body is a rust-colored brown above and a grayish-white below, possibly with some light streaks for a bib, depending on where the veery lives. Like the robin, the veery eats invertebrates in the summer and berries in the winter, but it prefers to eat insects, like ants, wasps, or flies, instead of earthworms.

The veery's song is an odd one; odd enough that it gives the birds its name. Birds, unlike people, can use both sides of their syrinx, or voice box, to sing. Thus, it can harmonize with itself, or play a duet with itself, giving it an echoing, almost metallic quality. The song starts out high, and becomes low in pitch.

On a final note, I heartily encourage all of you to listen to the songs of all the thrushes, be it online, or in a bird song book, or on CD. They are some of the most beautiful songs in this country, and yet thrushes are so reclusive that they are difficult to hear in the wild if you live in a suburban area.



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

3	7
54	
3	3

+ - x ÷

Solution For Easy 1
6 × (6 - 3) × 4

Medium puzzle 1

5	19
77	
2	16

+ - x ÷

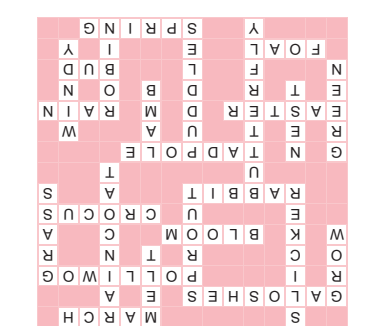
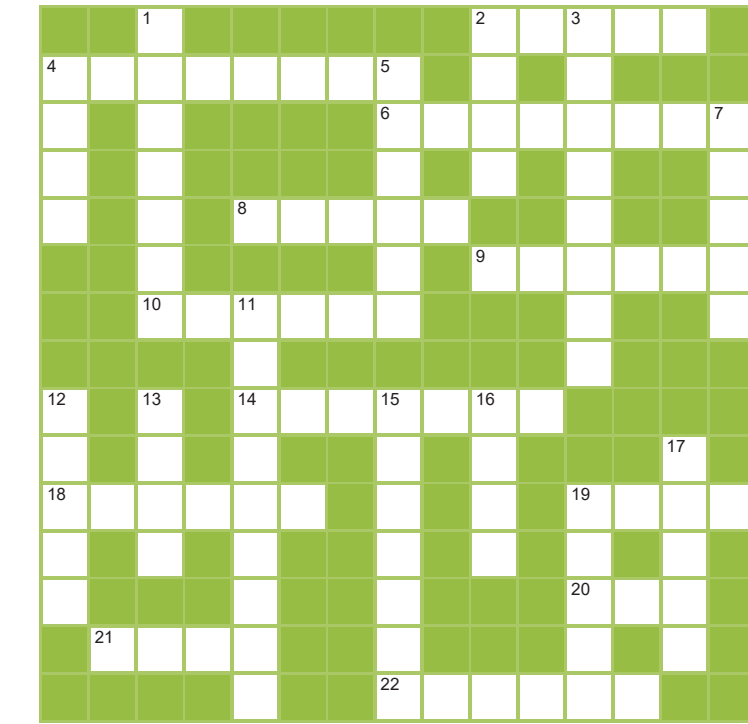
Solution for Medium 1
2 - 91 - 9 × 61

Hard puzzle 1

9	30
58	
1	18

+ - x ÷

Solution for Hard 1
1 + 6 + 91 + 08



Across

- 2 First month of Spring (5)
- 4 Spring shoe protectors (8)
- 6 Tadpole (8)
- 8 Flower (5)
- 9 Early spring bloomer (6)
- 10 Cottontail (6)

Down

- 1 Raincoat (7)
- 2 Frosty's fate (4)
- 3 It keeps you dry (8)
- 4 What plants do in the Spring (4)
- 5 What seeds do in the Spring (6)
- 7 We may have to mow it again in the Spring (5)
- 11 Sure sign of Spring (9)
- 12 Color of Spring (5)
- 13 Birds build them in the Spring (4)
- 15 Rain gathers in these (7)
- 16 They are born in the Spring (4)
- 17 Blustery day (5)
- 19 Red-breasted worm eater (5)
- 14 Baby frogs? (7)
- 18 Spring break time (6)
- 19 April showers? (4)
- 20 Flower starter (3)
- 21 Ranch newborn (4)
- 22 Best season of the year? (6)

THE EPOCH TIMES

Epoch Times reporter Charlotte Cuthbertson interviews Yuma County Sheriff Leon Wilmoth in the desert by the U.S.–Mexico border.



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National Reporter
Full-Time

Cover one of a number of national news beats and craft rigorous, authoritative, and serious news articles and features.

Ideal candidates should be grounded in journalism ethics and dedicated to seeking the truth regardless of how it may contrast with personal bias or convictions.

Requirements

- A four-year degree in journalism, communications, or a related field
- five years of experience as a professional reporter

To Apply

Send a cover letter, resume, and three samples of your news writing to careers@epochtimes.com

Breaking News Reporter
Full-Time

Cover breaking news in the United States and around the world. Follow breaking news as it unfolds on social media and other platforms and cover the news in a timely fashion for The Epoch Times' website.

Requirements

- At least 2 years of experience in news reporting
- Very familiar with the news cycle

To Apply

Send your resume, a cover letter, 2+ samples of your work (URLs and/or attachments, please include links to any relevant photo or videos samples) and 3 references to DJYEditor@epochtimes.com

Political News Reporter
Full-Time

Cover DOJ, FBI, Department of State, Pentagon, DHS, HHS and related institutions, EPA and Energy Department, Treasury Department.

Requirements

- At least 2 years of experience in news reporting
- Very familiar with the news cycle

To Apply

Send your resume, a cover letter, 2+ samples of your work (URLs and/or attachments, please include links to any relevant photo or videos samples) and 3 references to DJYEditor@epochtimes.com

China News Reporter
Freelance

Cover topics related to China. The publication's China news section is a flagship feature, at the forefront of covering the Chinese regime's global ambitions, the latest issues affecting Chinese society and economy, and China-U.S. competition.

The ideal candidate would develop feature articles and pitch shorter-length pieces pegged to the latest happenings in the news cycle.

Requirements

At least two years of journalism experience.

To Apply

Send your resume, cover letter and writing samples to DJYEditor@epochtimes.com and pitch an idea for the article you would like to write for us.

Business News Reporter
Full-Time and Part-time

Cover Business and Economy, with an initial focus on either economic policies that affect businesses, stock market news, or market research analysis.

Requirements

- A four-year degree in journalism, communications, or finance
- Two years of experience as a professional reporter

To Apply

Send a cover letter, resume, and three samples of your news writing to careers@epochtimes.com



We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, gender identity, disability, protected veteran status, or any other characteristic protected by law. We will consider for employment qualified applicants with criminal histories consistent with applicable law.

Health Reporter

Contribute articles that give health-related practical tips, philosophical insights, research-backed findings, and expert advice. You will work remotely with a health editor.

Requirements

- Bachelor's degree or 2 years of combined experience in news reporting or health-related reporting
- Knowledge and interest in a wide range of health-related topics, trends and methods
- Knowledge of how to interpret and report on scientific studies

To Apply

Send your resume, a cover letter, 2+ unedited and edited samples of your work (URLs and/or attachments; please include links to any relevant photo or videos samples), and 3 references to chrisy.trudeau@epochtimes.com

Assistant Food Editor
Full-Time

Help shape and execute food content strategy, build, and work with a team of writers, and manage day-to-day operations, including editing and occasionally writing a wide range of food and cooking articles for web and print.

Requirements

- 4+ years journalism experience, with at least 2 years' experience editing food, including developing and editing recipes
- Professional cooking experience preferred (culinary school, restaurant/catering jobs, test kitchen work, etc.)
- A passion for food and home cooking
- Enthusiasm for growing the Epoch Times brand

To Apply

To apply, please send your resume, a cover letter, 3-5 samples of your work (URLs and/or attachments, please include links to any relevant photo or video samples), and 3 references to food@epochtimes.com

Food Reporter

Contribute feature articles about time-honored culinary traditions and recipes, from across the U.S. and around the world. Cover profiles of inspiring people dedicated to keeping these culinary traditions alive—whether chefs, artisans, entrepreneurs, family business owners, farmers, or home cooks.

Requirements

- 2+ years journalism experience, preferably with a focus on food/drink
- Professional cooking and/or recipe development experience a plus
- A passion for food, people, and storytelling

To Apply

Send your author bio or resume, 3-5 samples of previously published work (URLs and/or attachments, please include links to any relevant photo samples), and 1-3 story pitches you think would be a great fit for us to food@epochtimes.com

Education Features Writer
Freelance

Contribute Education-related feature stories. This may include, but is not limited to, stories about specific educational schools or programs, education methods, homeschool, or lifelong learning.

Requirements

- Experience in writing on education
- Excellent communication skills

To Apply

Send your author bio, 2+ samples of your work (URLs and/or attachments, please include links to any relevant photo or videos samples), and pitch an idea for the article you would like to write for us to editor@americanessence.net