

THE EPOCH TIMES LIFE & TRADITION



BIBA KAJEVIC

THE PATERNITY TEST

Good Dads Make Every Day a Father's Day

JEFF MINICK

More than 10 years ago, my daughter and her family visited me in Asheville, North Carolina. My eldest grandson was about 5 years old. Like lots of kids his age, he adored comic book characters with superhuman powers, and unbeknownst to me, his uncle, my eldest son, told Michael that Grandpa was a superhero. He told the kid: Every night, your grandpa goes out into the city and fights the bad guys.

Later that afternoon, Michael asked me about a sword and scabbard hanging on the wall of my bedroom, a ceremonial sword I had carried long ago as an eighth-grader in military school. After taking that rickety apparatus from the wall, I held it to my side, drew the sword from its scabbard, and with a flourish, aimed it toward the ceiling.

That boy's eyes grew as wide and glowing as a cat's in an alley at midnight.

"Oh my gosh!" he yelled. "You really are a superhero!"

Of course, I had no idea what he was shouting about until my son explained.

That incident brought some laughter, in part because I am definitely no Batman or Spider-Man. But I am the child of a deceased father, I'm the father of four grown children, and the grandfather of 22 grandchildren. Some things I've done right as a son and a father, some I've done wrong, but I learned some lessons from my mistakes, as have other fathers.

And now Father's Day has arrived again, and it's time to think once again of what fatherhood means.

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A Father Figure in Living Rooms Worldwide

Rob Kenney, host of the popular YouTube channel 'Dad, How Do I?' offers not only practical advice, but also dad wisdom. Abandoned by his father at 14, he wants to help people take ownership of their lives.

E. S. ARMSTRONG

Your past doesn't have to determine your future; popular YouTube star Rob Kenney, 58, from Seattle, is a living example of this.

Despite being abandoned by his father when he was just 14, Kenney now serves as a father figure in living rooms across the world through his popular YouTube channel, "Dad, How Do I?" which started in April 2020 and now boasts an impressive 4 million subscribers.

Through his platform, Kenney offers practical advice that extends from tying ties to jump-starting cars. However, his wisdom and helpful advice aren't limited to tools and household fixtures. He also reads storybooks, hosts "Dad chats" about topics such as integrity and attitude, and even offers lessons in baking cinnamon rolls and lemon bars.

Kenney told The Epoch Times that "life can be tough for everybody," especially when you're trying to figure things out on your own.

"I thought I would try to download some information from my head to help the next generation," he said.

Growing Up

Born in Louisiana, Kenney was the seventh of eight children. His family followed his father's work, moving from Kansas to Louisiana and eventually to Seattle. Life was good for the family during his childhood years. However, after moving to Washington state, Kenney watched his family disintegrate.

His mother, who originally hailed from a big family, coped with feelings of loneliness and anxiety by turning to alcohol to sedate herself, and as a result, she became unable to care for her children. Kenney's father gained custody of the kids, and then he, too, began to fade into the background. With the older siblings grown and out of the house, Kenney's father would habitually provide groceries for the younger kids during the week and then just disappear.

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“We were kind of fending for ourselves,” Kenney said, noting that he was just 12 years old at the time.

Finally, when Kenney was 14, his father came home with the news that he was “done raising kids.” Kenney remembered hearing his father say that the younger kids would either go to foster care or live with their older siblings. That year, Kenney moved in with his newly married 23-year-old brother Rick and his wife, Karen.

Because of his past, Kenney said he “was bitter for a long time” and harbored frustration toward his parents, which “wasn’t healthy.”

In the void Kenney’s father left, Rick selflessly stepped forward and filled the gap, becoming a “hero” in Kenney’s heart. He took responsibility for Kenney’s life in a way that their father hadn’t.

During those important teenage years, Rick and his wife became a “huge influence” in Kenney’s life. They were just “kids themselves,” trying to get started with their own lives and marriage at the young age of 23. But despite that, “they stepped up” and took him in, Kenney said, “because they thought it was the right thing to do.”

“We’re best friends to this day, I’ve learned a lot of what I know how to do from my brother Rick,” he said. “He’s very talented, and he knows how to do a lot of things.”

Faith

Perhaps the most profound way that Rick’s influence shaped Kenney’s life was through his example of having faith in God. While Kenney would accompany Rick and Karen to church when he lived with them, he said that “it really didn’t sink in” for him then. However, later, when Ken-

ney had a wife of his own and a child on the way, he ran into some difficulties and turned to God.

“Then I felt like he answered everything, and that scared me,” Kenney said. “God kind of called my bluff, so to speak.”

This led him to read and pursue an understanding of God. Today, Kenney says faith is the rock that keeps him grounded, and he and Rick still talk deeply together about faith.

Kenney’s challenges have helped him to have empathy for the pain of others who have been wronged.

Raising His Own Family

With a solid foundation in faith, Kenney raised his two children, Kristine and Kyle. Saddened by the reality that he always had a “superficial relationship” with his own father, Kenney wanted to change things as he became a father himself. Thus he and his wife worked to build an open relationship with their kids. They prayed with their children at night, pouring their hearts out to God, as their kids listened to them trying to do the best that they could. They openly admitted when they made mistakes, asking for forgiveness.

“We talked about anything and everything, and I’m willing to admit that I am not perfect, and that’s OK,” he said. “It’s OK to not be perfect, you know?”

Kenney shared candidly with his children about his own challenging past and childhood.



On his YouTube show “Dad, How Do I?” Rob Kenney gives instruction on a variety of topics, such as (clockwise, from top L) changing tires, tying a tie, jump-starting a car, and shaving.

“It’s actually therapeutic for me, you know, it’s good to talk about it, because it’s happened,” he said.

Despite having struggled with some really hard experiences, he has decided to not settle there, but to move on with his life.

“I don’t play the victim card, because that’s not a good place to be,” he said.

He shares about his past, not to dwell on the wrongs he’s suffered, but to encourage others not to live life dwelling on feeling wronged. He encourages grieving and working through challenges, but then leaving the heavy weight of the past behind in order to move forward.

‘Dad, How Do I?’

During the COVID-19 pandemic and the isolation that ensued, Kenney saw a real need for people to connect with one another, and he luckily had a library of “Dad” wisdom stored up.

“My daughter kept bothering me to do it,” he said. “I ran out of excuses, and so, I finally had my first upload on April 2 of 2020.”

The first video was simple and featured Kenney facing the camera with his eyes smiling behind his rimmed glasses. He taught viewers how to tie a necktie, as well as how to match the shirt, and tips to avoid looking “dorky.”

“I know that that’s been a struggle for people that don’t have a dad,” he said.

His production, which is low on bells and whistles, is a compilation of simple recordings made on his phone camera—no makeup and no fancy equipment, but just like a simple conversation with Dad.

“I’m just trying to be myself and trying to communicate like I would be talking to my own kids,” he said.

Originally, he thought his YouTube channel would help “maybe 30 or 40 people,” but he and his family watched in surprise as the number of subscribers climbed, from 300 to 1,000, and now it’s at 4 million people.

His “dad-vice” resonates with people, offering a father’s voice to those who miss their own father, never knew one, or simply want to learn how to do something that a dad would know.

Kenney’s impact has been so profound that he has even had people contact him and ask him to adopt them. While he said he’s not in the position to adopt, he hopes that his efforts will continue to serve others all over the world. He looks forward to hearing from people who have been encouraged by his videos and who have stepped forward to try things they were afraid to attempt before.

“There’s so much more to being a dad or a mom than just showing people how to do things. You also want to teach them how to be good humans.”

Rob Kenney

“I’m so grateful for the fact that I’m able to help people,” he shared.

The process of teaching and sharing has also put Kenney in a student’s seat because he considers himself an introvert. He said he has been forced to grow from recent public appearances and interviews, some with famous personalities such as Kevin Hart or Lester Holt. Situations such as these have required him to battle his nervousness and his tendency toward introversion. The experiences have given him an opportunity to develop himself, and he definitely enjoys it.

“It’s made me grow,” he said. “You know, I’ve had to get out of my comfort zone and

kind of fly, and it’s a little scary, but it’s fun, you know?”

Siblings

When Kenney turned 50, he saw reaching the milestone as an opportunity to acknowledge his family that had fallen apart during his youth. He wanted to honor his siblings for the things they taught him; so he decided to write a book. As it turns out, the book has influenced his YouTube channel significantly.

In his book “Dad, How Do I?” Kenney highlighted each of his seven siblings and an honorable character trait that they each exhibited. His brother Tim taught him to have a backbone; Rick taught him to have a good work ethic; his sister Lauria encouraged others; Joe taught him action without hesitation; another sibling taught him generosity.

So while his book, “Dad, How Do I?” is listed in the DIY category on Amazon, Kenney said, “You’re actually learning about my family, a little bit about my background, and then I’m also trying to pass along some good character traits that I think everybody could learn from.”

Kenney’s goals for his book reflect those he has for his YouTube channel: “I didn’t want it to be only how-tos. I want it to be about making people better people, you know?”

“There’s so much more to being a dad or a mom than just showing people how to do things. You also want to teach them how to be good humans.”

Advice for Parents

In raising children effectively, Kenney shared a piece of advice, encouraging parents to write a mission statement. He said that, like a business plan, a mission statement sets out what parents want to accomplish as a family. Then they can go back to it, remembering or fine-tuning goals as the family grows.

“I think it’s important to write that down, write down the promises that you’re committing to, to keep you on track so that you don’t get away from it,” he said.

For Kenney and his wife, one of their goals was to raise good adults. They wanted their kids to be independent and reliable, rather than reliant on everyone and everything else.

“We didn’t want to raise good kids,” he said. “We wanted to raise good adults, because ultimately, you know, you see people that are kids in adult bodies, too.”

Forgiveness

Kenney was about 40 years old when he finally shed his bitterness and forgave his father for abandoning the family during his most formative years. He and his father were able to mend their broken relationship before the latter passed away.

“I had already forgiven him, and then he finally actually came around and asked me for forgiveness. But by that time, he was 86,” he said.

Kenney’s challenges have helped him to have empathy for the pain of others who have been wronged. He reads comments on his channel about the “tough stuff” people have been through, and he said that his heart breaks for what people endure. Yet he knows that living in the past is futile.

“You kind of waste your life, right? Years go by and you’re missing out on opportunities because something happened to you in the past,” he said. “Bringing the past into the future—it’s not beneficial.”

Thus Kenney hopes to help others forgive, move forward, and take ownership of their own lives, rather than dwell on the things in the rearview mirror.

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THE PATERNITY TEST

Good Dads Make Every Day a Father’s Day

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Flailing Fathers

No one will ever look at the last half-century as a golden age of fatherhood.

Divorce, welfare for single moms, courts more sympathetic in child custody cases to mothers than fathers, deadbeat dads, children who reject their fathers and vice-versa, our government’s failure to elevate fatherhood via the bully pulpit, broad attacks from cultural gurus and academics on the patriarchy and on masculinity itself: the writ against fatherhood is long and destructive.

Don’t get me wrong. I know plenty of great dads, men who support their families, engage with their children, dole out advice—and when need be, discipline—in their efforts to raise their daughters and sons to become competent adults. In the community where I live, large families are more common than rare, and nearly all of those families include an active dad.

On the other hand, I’ve known dads who abandoned their families, who cut off contact with their children, and in some cases, have never met those children. The most widespread of these paternal failures and absenteeism can be found in many of our large cities, where fatherless children, most of them male, grow up on the street under the mentorship of drug dealers and gangs. A recent example: The disturbed teenager who killed 21 people at Robb Elementary School in Uvalde, Texas, had a broken relationship with his father, as did his sister, who reported her estranged dad didn’t spend enough time with the family.

In short, dads—good dads—matter. But what’s a good dad?

Presence Is Key

If you’re a father with children in the house, this bit of advice is a no-brainer. You roll out of bed in the morning, get ready for work, and join the kids at the breakfast table. Whatever you do for a living—bricklayer, auto mechanic, vice-president of a software company—you then head out into the world, work for your family, and come home in the evening to rejoin the kids and your spouse. No need here to raise that old question of quality time versus quantity time spent with the young ones. You’re with them as much as possible.

Presence also means keeping promises and obligations. If you told your daughter you’d be cheering her on at the soccer game, show up. If your son expects a bedtime story, grab that copy of “Goodnight, Moon” and read away.

Presence applies even for those fathers who no longer share a house with their children. If you want to be a good dad and influence your children, visit with them as often as possible. If you live in San Diego and they’re in Des Moines, make frequent phone calls and arrange Zoom sessions. Even better, send them letters. Children love getting mail, and your handwritten or even typed notes are an intimate form of communication.

The Acorn Doesn’t Fall Far From the Tree You don’t hear that old saying much these days.

Too bad.

The meaning is straightforward: However you behave as a parent, in this case as a dad, your children will likely model your behavior.

In “Children Learn What They Live,” Dorothy Law Nolte begins her prose poem this way:

“If children live with criticism, they learn to condemn.

If children live with hostility, they learn to fight.

If children live with fear, they learn to be apprehensive.

If children live with pity, they learn to feel sorry for themselves.

If children live with ridicule, they learn to feel shy.”

She then shifts to more positive sentiments such as these:

“If children live with sharing, they learn generosity.

If children live with honesty, they learn truthfulness.



If children live with fairness, they learn justice.
If children live with kindness and consideration, they learn respect.”

Simply by our example—how we behave toward others, how we handle catastrophes such as a car that won’t start or a lost job, how we treat our family on a day-to-day basis—we fathers shape our children.

Forging Winners

We live in a broken world, and judging by their levels of depression, the daily barrage of bad news is affecting our children. If we want to make a real difference in their lives, fathers must act as shield and sword against our negative culture, defending our kids against the bad and the ugly, but also instilling in them an affection for all those things of this world worthy of love. The list is endless: friends, family, activities such as sports or hiking, good books, nature, sitting on the front porch in the evening.

When we pass on to our children the ability to find joy in life, we give them a can-do spirit that will stand up against the storms that will come their way. Those winds and torrents are inevitable, but if we teach them love, gratitude, reason, and fortitude, these virtues will act as sea walls against whatever gales they encounter.

Making Amends

As with Mother’s Day, for many people, Father’s Day isn’t all sunshine and roses. For

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every dad whose kids, grown or otherwise, throw him a backyard barbecue or shower him with gifts and cards of appreciation, there are other fathers who haven’t spoken to their daughters and sons for years. Odds are that some of my readers find themselves in this same sad state. Maybe your grown children thought you were a terrible dad and want nothing to do with you. Or maybe you’re a young father with children of your own, but decline any relationship with the father who left you when you were a boy.

Maybe Father’s Day provides an opportunity to reach out to that long-lost child or that disdained dad, to give that relationship one more shot. A card in the mail or a phone call may be the first small step toward reconciliation. After all, what have you got to lose?

Put on the Cape

Like my grandson, lots of you dads reading this article wanted to be superheroes when you were little boys.

Here’s your chance.

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.



Rob Kenney.

RESEARCH INSIGHTS

For Boosting Self-Control, the Research Is Clear: Nothing Beats Religious Belief

Fascinating though seldom-drawn-upon research from the field of psychology has demonstrated the unique power of religious belief in fostering self-control

MATTHEW JOHN

God. Spirit. Divine. Could it be that these three words (and others like them) have a singular strength for bolstering our powers of self-control? Even among nonbelievers? And with demonstrated effects as great as a 91 percent boost?

If it sounds too good to be true, guess again.

These are the findings from a series of extremely well-designed studies—complete with control groups and a very sophisticated, scientific methodology—conducted by a team of four academic researchers and published in peer-reviewed literature.

It's studies such as these that I'm always on the lookout for as a classroom educator and teacher trainer. Any tips or insights that might help to bring out the best in students—both in the classroom and, better yet, throughout the whole of their lives—are gems I'm thrilled to find and hold on to tightly.

(Students' challenges with self-control, as I've described in another piece written in this paper, are, unfortunately, legion at this time.)

Challenges with students exercising what are technically referred to as “regulatory functions”—such as curbing an impulse or delaying gratification—are a growing area of concern among teachers and administrators alike, not to mention parents on the home front.

Anything that nudges children toward better self-mastery and wiser conduct is a welcome offering.

The only problem is, this need gives rise to what sometimes seems an endless parade of novel approaches whose greatest virtue is that, well, it's something not yet tried. Hardly grounds for optimism. Not surprisingly, most are forgotten in a few years as their outcomes pale in comparison to their claims. Novelty sells—in the world of education, just as elsewhere.

This is where the work on religion and self-control comes in; it has tremendous import. We're not talking flavor of the week here, but rather, the stuff of civilization; ideas and beliefs that have withstood the test of time (we're talking millennia). It's only fitting that they get their due in the scientific literature. It's a rare but exciting moment when the two align.

The work I'm referring to was done by a team of four researchers at Queen's University in Ontario, Canada.

Their findings, which were published exactly 10 years ago, have tremendous relevance to the present, even if it seems they have largely been overlooked or forgotten in the decade since. They certainly haven't made their way into any teacher training programs I'm aware of.

In the judicious words of the study's own authors, their findings “offer strong and direct evidence for the replenishing effect of religious concepts on self-control.”



A study that found evidence of the “replenishing effect of religious concepts on self-control” bears important implications for fields such as education.

“Religious beliefs refuel self-control resources,” they tell us, and “may provide important psychological ‘nutrients’ necessary for a variety of socially beneficial behaviors.”

What emboldened the team to make such grandiose claims? Particularly when the group would seem to be strikingly nonreligious itself? (Their research frames all of this within an evolutionary psychology framework, ironically.)

First, the four experiments that were conducted were designed in a fastidious way so as to isolate causality and determine if religious concepts played a causal role in shaping behavior. Previous research had been largely theoretical and involved, at most, “correlational designs,” which is far from establishing cause and effect.

This one did, and was able to empirically rule out other possible explanations—such as chance, personal beliefs, morality (more generally), and even fear of death (which some might associate with religion). It was religious terms alone that did the heavy lifting.

Second was the striking outcomes of the studies. It wasn't just that religious concepts had some kind of effect, perhaps tenuous or minor. It was a sizable effect—huge, even.

In the first experiment, which involved subjects' ability to exercise willpower (in this case, by “enduring discomfort” in the form of drinking an intentionally repulsive vinegar-and-orange-juice concoction of the researchers' own making), those who were “primed” with religious concepts did 91 percent better than those in the control group. (To clarify, “priming” means surreptitious exposure to certain words—like “God” or “the divine”)

That's almost double the strength of will,

from just a moment's exposure to a sacred term or concept.

The subsequent experiments similarly bore out the positive power of religious terms, such as when measuring subjects' ability to delay gratification (another form of self-control) and work away at an impossible puzzle after having first been, by design, mentally “depleted.”

In these two experiments, those being exposed to religious terms did 76 percent and 70 percent better, respectively.

Thirdly, and perhaps most incredibly, was that the participants represented a wide swath of beliefs and religious backgrounds—ranging from Catholics and Protestants to Buddhists, Muslims, and atheists as well as agnostics. The latter two, in fact, made up 34 percent of participants in each of the experiments. (It bears repeating: this was a very thoughtfully designed study.)

In other words, the observed effects weren't just a reflection of participants' firm religious beliefs or prior commitments.

Just the opposite, in fact, “the pattern of results did not vary with religious affiliation in any of the studies,” the researchers observed. “Moreover, results for religious and nonreligious participants showed the same pattern.”

To put that in other terms, even a self-avowed atheist would experience a near doubling of fortitude or self-control just by being unknowingly exposed to a term like “spirit” or “God.”

It's rather ironic, then, at a time when educators are being trained to bend over backward not to “trigger” individuals with different beliefs or worldviews.

And how tragic, by extension, that in so many forums—such as public schools—ed-

ucators and staff must tip-toe around such terms and beliefs, even if both they and many of their constituents share in them.

They are being deprived, as it were, of what can now be described as real, measurable, and immediate benefits to their psychological wellness and personhood.

If there were a little more of “the divine” in the classroom, there might be fewer trips to the principal's office for breakdowns in self-control.

The study, as a whole, would seem to be a stunning vindication of what many parents and persons of faith have known all along (and long been left pining for affirmation of in our increasingly secular world): that religion has a part to play in all this, and a decidedly positive one.

To that, I say, Amen.

Let's just hope I don't get fired for it.

Matthew John is a veteran teacher and writer who is passionate about history, culture, and good literature. He lives in New York.

For More Information

The original study can be found and read online for free at bit.ly/3ZE0Ska, and is well worth a look, even if its conceptual framing—in evolutionary psychological terms—might be incongruent with one's own beliefs.

PARENTING

5 Family Challenges That Add Magic to Childhood

BARBARA DANZA

Childhood is fleeting, but the memories of childhood can last a lifetime. What we tend to remember most fondly are shared experiences and family traditions.

One way to add the sort of magic that can be treasured and passed down is to take on fun goals or challenges as a family. Here are some ideas to inspire your own.

Travel

Family travel is one of the most impactful shared experiences a family can embark on. It takes you out of the day-to-day, encourages presence of mind, and is enriching, educational, and fun!

One way to encourage more family travel is to take on a travel challenge together. Perhaps you set out to visit all 50 states. (My family is halfway there.) Perhaps you want to visit every continent or every country in the world (quite the goal). Perhaps you want to see the Seven Wonders of the World or every baseball field in the United States. Maybe you want to try the top ice cream shops, pizza places,

or three-star restaurants. The possibilities are endless—from landmarks to hotels to amusement parks to historic places.

Choose a specific focus for your family's travel challenge and track your progress through childhood (and quite possibly beyond.)

Cooking

If you have some foodies at home, a cooking challenge could be the magic you're looking for. Not only will it inspire creativity and skill

but it'll feed the family. You could set out to try every recipe in a favorite cookbook or of a favorite chef. You could focus on a single type of food such as tacos or brownies or burgers or bread. You could explore regions of the world through food—setting a different menu for each cultural cuisine and even, perhaps, marking a map as you go.

Service

A service challenge is sure to deeply enrich the lives of your family members. Set out to share your life's blessing with others. Whether you decide to perform random acts of kindness once a month or once a week, deliver meals to families in need regularly or during the holidays, or you simply commit to volunteering a certain number of hours to support your local community or a cause you believe in, giving as a family is a joy and inspires lessons that

will stay with you and your kids forever.

Fitness

As adults and kids alike tend to spend more time sitting, getting everyone in the family to focus on fitness is greatly beneficial. A fun way to do that is, you guessed it, a family challenge. Perhaps you can aim at walking a certain distance, measured by your devices, or challenge each other to a season-long tennis tournament. You could also sign up for a 5K and train together or aim to hike all the parks in your state.

The key to making fitness a fun and regular activity that your family enjoys is to choose activities you genuinely enjoy.

Reading Challenge

A perfect challenge for summer (or anytime, really): encourage more reading in your home with a family reading challenge. You might have everyone keep a stack of books they've read or a simple list, and the one who reads the most gets a prize. You might set up prizes for each significant milestone—five books, 10 books, 25 books, and so on.

Perhaps you'd prefer to share books as a family, either by setting aside time to read aloud or enjoying audiobooks together. Maybe you have a list of must-reads you aim to check off together, or perhaps you wish to focus on one author or genre.

Family challenges bring the whole crew together for a memorable and joyful shared experience. Give it a try with your family.



A fitness challenge gets the entire family moving and offers great health benefits.



A travel challenge could be narrowed down to specific interests, such as trying out top ice cream shops.

BOOK PICKS

Books to Celebrate Father's Day

ARIANNA RUDORF

Father's Day—the perfect day to go camping, fly a kite, have a cookout ... or read a book? This holiday is a great reminder of the importance of strong, positive father figures and male role models. The following books showcase fathers (or grandfathers) who provide their families with strength, protection, and love.

'Grandpa Green' by Lane Smith

Lane Smith's picture book, “Grandpa Green,” is a perfect option for some Father's Day reading aloud. A little boy walks through a garden filled with whimsical topiaries shaped by his grandpa to represent the milestones in his life. As the boy narrates what the funny trees in his grandfather's garden mean, his admiration for his Grandpa is clear—and the grandfather's life is well worth admiring! The little storyteller's grandpa, a great example of a real-life well-rounded hero, fought for his country in a world war, fell in love and had a strong marriage, and raised a big family. A Caldecott Honor book, “Grandpa Green” is for young readers aged 3 to 7.

'A Little Princess' by Frances Hodgson Burnett

For readers aged 9 and older, Frances Hodgson Burnett's classic 1905 novel, “A Little Princess,” depicts a special father-daughter bond. The story begins as 7-year-old Sara Crewe, raised in British India, goes with her father to England. From the very first pages, the father and daughter's devotion to each other shines as they prepare to be separated. As is customary for English children who were born in India, Sara will be attending a boarding school in England, while her father, Captain Crewe, must return to his regiment in India.

Rich and almost too doting, her father spoils Sara terribly, leaving her and her new doll with extravagant new wardrobes before he leaves her for India. Despite his imperfections, his character inspires and helps her when the family's wealth disap-

pears and the luxuries of her life are suddenly replaced with hardships. If her father could bear being hungry, cold, or wounded in battle as a soldier, then Sara is sure she can bear loneliness, shabby clothes, and a drafty attic bedroom. Remembering the way her father pampered her as if she were a little princess, she make-believes that she's royalty and acts with the grace and dignity appropriate to such a role regardless of how she's treated.

'To Kill a Mockingbird' by Harper Lee

A central figure in another classic novel, Atticus Finch in Harper Lee's “To Kill A



Father's Day is a perfect occasion to bring out some classics to discover (or rediscover) with your children.

	'To Kill a Mockingbird' Author: Harper Lee Publisher: Harper Perennial, 2002 Pages: 336		'Grandpa Green' Author: Lane Smith Publisher: Roaring Brook Press, 2011 Pages: 32		'A Little Princess' Author: Frances Hodgson Burnett Publisher: Fingerprint Publishing, 2018 Pages: 244
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DEAR NEXT GENERATION

A Whole Barnful of Shovels

→ Advice from our readers to our young people

Dear Next Generation, I really am convinced that a great deal of crime present in today's world is a direct result of broken families. Children need a village to raise them, but first, a strong family or parent is a must.

I am the eldest of seven children who were blessed with good parents. They were strict and corrected us when we needed it and praised us when we accomplished something of value. My father was the eldest of nine children and was raised on a farm. Although my dad was a very successful contractor, the farming life never left him.

We moved from a residential area in Speedway, Indiana, when I was in fourth grade to a small farm not far from Speedway. The acreage was quickly turned into several large plant-producing areas, which at the time I hated. My father grew and sold tomatoes and green peppers at the local produce market, picking the vegetables in the evening and delivering them to market around 5 a.m. I quickly learned how to stake, sucker, and pick and pack tomatoes as well as tend, wash, and basket peppers. Again, at the time I hated it, but it kept me and my little brother out of trouble. One lunch day, he brought home two weed wackers (they looked a little bit like a golf club with a blade at the end). Dad told us to cut the weeds down. I made the mistake of asking where, and he simply replied, “Just look around.”

My father taught all of us to think for ourselves, which at those times seemed very frustrating but held valuable lessons for me in later life.

One cold Saturday in the fall (I was probably 13 or 14 years old), I decided to take the small bulldozer without asking to the end of our property, which was approximately two blocks away from the house. I don't remember what my reason was, but I loved to drive all the equipment my father owned.

The weather had been rainy and the fields were soaked. When I reached the boundary of our property, I got the bulldozer stuck in the mud. Now, you really have to try to get a bulldozer stuck, but I managed to bury the transom. I tried and tried to get the dozer going but just made the matter worse. What to do?

I decided I would get my father's help. I would rather eat a bug than ask him for help, but all my options had expired. During my long walk to the house, many thoughts passed through my mind, and they were not good.

Finally I reached the house and found my dad watching one of the high school basketball final games. Remember, live in Indiana where basketball, particularly high school basketball, is watched with passion: case in point, the movie “Hoosiers.”

“I decided I would get my father's help. I would rather eat a bug than ask him for help but all my options had expired.”

Jerry A. Rosner



Kids sometimes need to make their own mistakes and figure out what to do, Jerry A. Rosner says.

ALL PHOTOS BY SHUTTERSTOCK



A farm in Indiana.

I stood up ready to face my father with the bad news and ask him for help. Without moving a muscle, he simply took his eyes off the TV for a split second and informed me, “There is a whole barn full of shovels.” No further discussion. I had no other option but to get the situation corrected myself, which took hours of backbreaking mud shoveling, but in the end, I was successful and took the dozer back to the shed just before dark.

At the time, I was mad and dejected because he wouldn't help me, but I've thought about that situation many times when faced with a difficult situation. What to do? “You got yourself in this mess, now get yourself out.”

What valuable lesson did I learn? Stand up on your two feet and figure the problem out. Too often today I feel that parents trying to be good parents are very protective. Give your kids some slack and let them make mistakes. Let them figure out the problem on their own; in the long run, they'll appreciate what you did for them.

—*Jerry A. Rosner, Indiana*

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*

ART EXPLORATION FOR THE YOUNG AND YOUNG AT HEART

The Distinct Value of a Good Man

ANDREA NUTT FALCE

Once, my dad talked to me about the death of his father.

"I've always known my dad had my back," he said. "Even when he was so old that he needed me, I still had the sense that if anything really went wrong with the world, my father could save me. When he died, it felt like the weight of the world fell on my shoulders. I felt alone."

My own father is a capable man. He played football and soccer and ran track for the Naval Academy. When he graduated, he became a fighter pilot. After serving in the Vietnam War, he became a surgeon. He's the kind of guy who works tirelessly and proceeds with courage and unwavering integrity. Self-reliant as a man as could be, it was eye-opening to discover that in his heart, my dad still felt as though he needed his father.

Recently, the vulnerability of a seemingly indomitable man presented itself again. Whether induced by COVID-19 or the shot, my dad suddenly suffers from a serious heart condition. It hasn't stopped him from moving to a large farm in Alabama, crawling into tight spaces to reinforce old floor joists, rebuilding tractor engines, or helping needy ladies from church when their plumbing breaks, but it has set him back. He labors to breathe, his body demands rest, and the prognosis is poor.

Ever a model of strength, the revelation of my father's fragility has been impactful. But fragility is part of life. We are each of us conceived in neediness, requiring love and support from the womb. As we grow, we strengthen. Still, nearly all will live to discover, in one way or another, that weakness is a human condition. May the capable have compassion on those whose vitality falters, for all will face frailty one day.

When I finally came to understand that my dad was terribly sick, I broke down and sobbed. The love of a father is hard to overestimate. There's strength in knowing he's behind you. The value of one good man and the impact he has on a needy world, especially as a father, is enduring. My husband comforted me, and I cried.

"I can't picture the world without my father," I said. "What will happen when the best of men passes?"

My husband answered soberly, "We will fill his shoes."

How can I fill my father's shoes? I'm not a father. I'm a mother. I see through my father what it is to be a man and, even through my sons, the unique nature of a little boy. We wear different sizes and styles. Men and women are distinct from one another. The very process of conception highlights that reality. Men and women aren't the same, but they're created with marvelous complementarity.

As a wife and a mother, I learn so much. One thing I've discovered about boys: They're ready for a fight any time. Now don't get me wrong. My sons are as sweet as children can be, but none is a peacemaker like my daughter. From our 5-year-old baby to our bright 7-year-old to my 14-year-old boy whose deep and beautiful soul continues to amaze me, however loving, sensitive, and adorable, given provocation, a guy will fight. When a boy gets pushed, his knee-jerk reaction is to push back. I advise my sons to channel that inclination and use it purposefully, to fight the good fight. Perhaps men are more disposed to battle, and if so, may the good guys use masculine strength to stand against corruption.

Although men and women are different right down to their DNA, we can both be dauntless. We're all called to resist evil. I can't fill my father's shoes physically, but I can follow his footsteps along a straight and narrow path. His worldly accomplishments will be different from mine, but admirable as they are, it has always been his charitable heart that's the most impressive.

I've worked beside him in Nicaragua to treat nonhealing wounds on a grandmother's leg and club feet on little babies. I've been with him to the house of a poor U.S. farmer when it was too hard for the patient to make it to the office. How often did my dad work without pay and explain that he received more than gave because of a patient's kind and thankful disposition?

My father taught me humility and respect for human life, and perhaps the



"A Party for Grandfather," 1864, by Jules Breton.

greatest inheritance I'll receive from him is a love of the truth. I'll take what my father gave me and reinvest. I'll strive to give of myself and walk in the way of truth. That is what he raised me to do. We can expand each other's efforts with grace.

The older I grow, the more thankful I am for a principled man. As I watch my daughter and sons grow, I'm grateful for a solid husband. Virtuous husbands and dedicated fathers are the best friends of hard-working mothers, wives, and wholesome families.

This Father's Day especially, let's appreciate the value of a good man. Good men stand against the pressures of the world with courage, back up strong families, and raise up healthy societies. Good fathers lift able women and protect children.

Painter Jules Breton

Jules Breton is an upstanding man from another generation. He used his talents to represent man, woman, family, and community in art. Born in 1827, upon the death of his mother, Breton was raised by his father starting at age 4. His father, a landowner, also worked as an assistant judge and mayor while overseeing a duke's lands, at the same time rearing and educating his own children.

Although Breton died in Paris in 1906, he was never very cosmopolitan. Country values, coupled with a provincial accent, separated him from the Parisians' easy manner. In 1848, after traveling around Europe, Breton returned to his home village of Courrières, France, because his father had fallen ill. His father had sustained the family well, but when he was buried, they fell into debt. The death of his father affected Breton deeply. The family needed support after his loss, and it was found in the generosity of a kind community. About that time, Breton wrote, "Thus it was that which grew up in my artist's heart—a stronger affection for the nature, the obscure acts of heroism, and the beauty

of the lives of the peasantry."

Breton had a cultivated love for farmland, common folk, and the dignity of wholesome work. He celebrated the simple life. In his paintings, the labors of men and women, working side by side from dawn until dusk, create a strong metaphor for the journey of life. Breton's paintings enjoyed success during his lifetime, fell out of favor after his death, and regained critical acclaim within the 20th century.

Also a published author, Breton once wrote rather farsightedly, "The public often allow themselves to be deceived by appearances, and do not easily distinguish the false coin from the true. The crowd, led astray at first ... we see them going into ecstasies before masterpieces which, at the bottom of their hearts, they still think ugly. True art will always address itself only to a limited public."

Called to Serve

The world will always struggle to see. It helps to hold on to the purest influences gained in youth and through ordinary people who set extraordinary examples. Whether boy or girl, man or woman, father or mother, we're all called to love, serve, toil, and fight for all that's beautiful, good, and true. We each get one life.

Seeing grave illness in a father who sheltered me since birth is jarring and heart-breaking. Although all the world be mortal, I still can't believe it of my father.

While his physical strength may be diminished, my dad's true heart is stronger than ever. He addresses life and death with faith and moral courage. The patrimony of a great father and the soul of a holy man are eternal. May we live to uphold them.

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



"The Departure for the Fields," 1884, by Jules Breton.

TARA VAN DER LINDEN PHOTO/SHUTTERSTOCK



The Royal Army of Turin was designed by Baroque architect Filippo Juvarra in 1733. The handsomely coved ceiling sits above a marble checkerboard floor that stretches from the Royal Palace to Palazzo Madama. With over 5,000 pieces of historic weapons and armor, the dramatic hall is home to one of the most famous collections in the world.

LARGER THAN LIFE:
ART THAT INSPIRES US THROUGH THE AGES

The Italian Baroque at the Royal Palace of Turin

JEFF PERKIN

Constructed in the late Renaissance of 16th-century Italy, the Royal Palace of Turin was at the heart of the Savoy Dynasty for over two centuries. Today, the Royal Palace operates as a group of museums in Turin's historically and culturally significant Piazza Castello. The palace's bold and elegant Neoclassical façade houses many pinnacle examples of Italian Baroque design.

More than 20 homes and palaces were built by the Savoy Dynasty in and around Turin, with the Royal Palace as its crown jewel.

The palace grounds cover a large area in the heart of the subalpine city of Turin. Built in the 16th century by Vittorio Amedeo II, Carlo Emanuele III, and Vittorio Amedeo III, the palace interiors were later modernized in Baroque style by architect Filippo Juvarra. The accomplished architect designed many famous Italian churches and palaces in addition to stage sets and fine examples of Rococo design.

A UNESCO World Heritage Site, the

palace is famously home to the Chapel of the Holy Shroud which was added to the palace in the 17th century. The chapel's architecture is a feat of geometric vision by mathematician and architect, Guarino Guarini. Climbing with several distinct levels, the tower utilizes a myriad of arches and windows that form a dome and spire. The interior's religiously significant design is a symphony of mathematical relationships, symbols, and patterns.

The Royal Palace is home to significant collections of both weaponry and art, not least of which is found in the famous Royal Armory. From floor to ceiling the palace is decorated with exquisite design and expert artisanship. Seventeenth-century tapestries, frescoes, elaborate stucco designs, paintings, and fine vases fill the many unique rooms and halls of the palace. Its museums house priceless artifacts including a self-portrait of Leonardo da Vinci and the Shroud of Turin.

Jeff Perkin is a graphic artist and integrative nutrition health coach.



GUILHEM VELLUT/CC BY-SA 2.0

The Chapel of the Holy Shroud was added to the Royal Palace of Turin in the 17th century. Built by Italian architect Guarino Guarini, the complex dome is engineered with marble blocks that interlock in a self-supporting fashion. The multi-tiered tower was designed to include different geometrical forms that contrast at each level. An interlacing pattern of windows sits above smooth undulating arches with a spire rising above. A fire severely damaged the church in 1997, leading to a monumental restoration effort that took 28 years to complete.



GUILHEM VELLUT/CC BY-SA 2.0

The otherworldly interior of the Chapel of the Holy Shroud showcases the beautiful patterning on the dome's inner walls. Spiraling layers of marble build up to a central golden point in the tower far above; a dove at its center represents the Holy Spirit. The chapel's architect Guarino Guarini was a mathematician and a priest. Guarini's devotion to creating architecture of mathematical and religious significance is evident in this masterwork of form and light.



GUILHEM VELLUT/CC BY-SA 2.0



S7A/SHUTTERSTOCK

(Above) The Royal Palace of Turin's strong and elegant Neoclassical façade glows in white in the sprawling stone plaza of Piazza Castello. The strong lines and subtle detailing of the outer walls disguise the elaborately decorated Baroque rooms that wait within.

(Left) The throne room of the palace is covered in gold and crimson, showcasing the luxurious excess of the Royal Palace. The throne itself looks small under its canopy in the highly decorated and mirrored space. A gold balustrade of intricate design separates the king's seat from those who would have stood before him.

DEAR JUNE On Family and Relationships

Son Won't Repay Large Sums He Borrowed From His Mother

A choice to make between love and justice

Dear June,
I am a 75-year-old mom of two grown children. My son has for years borrowed endless amounts of money. Each and every time I bring up repayment or a payment plan, it always ends up in a terrible situation. Ten years ago, he and his wife signed an IOU letter; now, he tells me his wife has nothing to do with the loans, and I should never even mention the letter to her.

In order to be fair to my other child, in my will I have subtracted all the loans from my son's inheritance, but I feel so guilty doing this because his wife got all the benefit of his inheritance. Will she share hers with him? It's obvious to me that she will not. Should I put a lien on their home? When this came up in one of our unpleasant discussions, I was told that if I were to do such a thing, I would never see them, including my grandchild, of course. When I suggested monthly payments or even a payment every other month, they said they can't do this, as it would cut into their living standards.

I feel so sad and stupid for having fallen victim to my own son. At this point, I am afraid to even mention money around him or else I will be told to just sell all I have and rent a place. I feel so angry and sad when I hear him and his wife telling me this, because I don't want to rent. If they would just make monthly payments for the rest of my life, I would be just fine. I am embarrassed to talk to anyone about this; I am smart enough to hang up on the scammers on the phone but never smart enough for him. Thank you so much.

A Too Generous Mother

→ **Dear Too Generous Mother,**
First of all, you should forgive yourself for falling victim to your son. As mothers, we're hard-wired to love and trust our children and to give them what they need. And sometimes the line between need and desire isn't always evident until it's been crossed, and we see it clearly only in hindsight. So let this burden go. It's better to err on the side of generosity and trust with family.

Now it's indeed a sad thing that your family bonds are being torn apart over money, so I'm not saying you shouldn't have or acknowledge feelings of sadness. And, of course, it isn't right for your grown son to borrow money and not pay it back, so there's also an issue of injustice here that needs to be resolved.

There's an important choice you can make to bring about a resolution: You can either pursue repayment through legal means (assuming, of course, this is available—please find someone knowledgeable and trustworthy to advise you), or forgive the debts.

The advantage of the first choice is clear—you (may) get what is owed to you and continue to live well in your house. The disadvantage is that money disputes can sour family relations, so you may not see your grandchild again for a very long time—possibly ever.

If you pursue the legal route, consider carefully how strong your legal case is. Even if you aren't successful, any kind of legal battle will bring out the worst in both of you and could irreparably harm your relationship, so you could end up without money and without family. Another big downside is the psychological difficulty of legal



BIBAKAJEVIC

fighters. This kind of stress could very well cause your physical health to deteriorate.

The advantage of the second choice is that you can free your family from this dispute and start to rebuild and repair your relationships. What if you consider that your son has already received his inheritance (and make sure your will reflects this), and you forgive him, yourself, and the loan? This will leave you mentally and emotionally free—with more peace, energy, and love for life—and you'll be allowed to see your grandchild.

There's an important choice you can make to bring about a resolution: You can either pursue repayment through legal means or forgive the debts.

The disadvantage of forgiving your son's debts is that you may not be able to keep your house, which I won't make light of. It's not easy to leave a place we've lived in and loved for years and establish oneself again. And reducing your standard of living may feel upsetting, possibly even shameful. However, it's a truth in life that we often have to accept some loss in order to gain. And I'd say that there is nobility to be found in living in peace and within your means. A simpler living situation may also leave you with even more freedom and peace than does owning a home.

Now, I hope this second choice wouldn't leave you destitute, struggling to pay for even the basics, so, again, please consult a financial adviser you can trust. Perhaps your other child could help you navigate this. If you sell your home, make sure you get a good price.

I think your choice ultimately is

one of justice versus love and is one of those fundamental choices we all have to face in one way or another. Justice is, of course, an important principle, but always insisting on being right and on receiving our due can leave us cold, alone, bitter, and miserable. So we must temper justice with love and mercy. When we choose to forgive, let go, and move on, new doors will burst open. Often these doors are in our heart—padlocked for years, holding back tremendous love, joy, peace, and contentment.

Choosing love and mercy can also transform the people around you. When they feel your warmth, they change. Your son is now too old for you to lecture and discipline, but he'll still respond to your genuine warmth. The best outcome I imagine is that if you forgive the loan, it'll awaken in him a greater sense of honor, and he'll realize he should pay you back. But, of course, we can't count on such an outcome, because forgiveness must be completely unconditional.

Whichever choice you make, one worry you can let go of is how your son and his wife spent the loaned money. This is water under the bridge, and there's nothing you can do or say to change what they did or how they handle money. Perhaps his wife is greedy and frivolous—maybe they both are—but since I don't know them, I won't judge. I will say that most women like beautiful and luxurious things—I'm no exception—but we must temper our desires so we can be satisfied with what is well within our family's means. If we don't, we can't really consider ourselves good or honorable. So, in regard to your son's wife, there are two things to consider: First, if she is greedy, she'll surely at some point reap what she has sown. Second, greed can be overcome; people can change, learn, grow, repent, do better, and become wiser and more loving. So, as we all hope to become better, let us wish this for her, too.

One of the greatest challenges of motherhood is watching our children make big mistakes, seeing their faults, and not being able to fix things for them like we could when they were small. But just as it is a truth that money sours family relations, so it is that love and warmth can rebuild and repair. And, especially with sons, if they feel loved and, very importantly, respected by their mother, it will bring out the best in them. Now, some people may be thinking, "This son doesn't deserve respect!" Of course he has done wrong, but—in the same way we must at times choose between justice and love—if we want someone close to us to be more respectable, we can choose to respect them more. In the same way that love begets love, respect can open padlocks to a closed heart, especially to a man's heart.

I wish you the best of luck with your decision and hope you find peace in your golden years.

As an addendum, my only financial advice is to look into the work of financial adviser and author Dave Ramsey, who might have some suggestions you or I have not thought of. He does suggest never loaning money to family—only giving it with no strings attached.

Sincerely,
June



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.



FOR KIDS ONLY

THE EPOCH TIMES

Week 24, 2022



The Sun
By Noah, age 11

The Sun, the Sun,
Lights up the sky;
Without the Sun,
We would all die!
The Sun, the Sun,
A giant light;
Super, super,
SUPER bright!
Without the Sun,
I couldn't write;
That would be
A crazy fright!
The Sun, the Sun,
Is very large;
Bigger than
The biggest barge!
It's very hot.
That big old Sun;
After this line,
This poem's done!

TRIFF/SHUTTERSTOCK

WHAT'S THE DIFFERENCE BETWEEN A DAD JOKE AND A BAD JOKE?
ONE LETTER.

ECLIPSE_IMAGES/GETTY IMAGES

One father is more than a hundred schoolmasters.
GEORGE HERBERT (1593-1633) WELSH POET AND ORATOR

SOLOVIOVA LIUDMYLA/SHUTTERSTOCK

MAGNA CARTA IS SEALED

On June 15, 1215, one of the most important documents ever written, the Magna Carta ("Great Charter" in Latin), was agreed to under threat of civil war by England's King John. The Magna Carta was the first written constitution in European history and paved the way for the guarantee of individual liberties that inspired other countries' principle documents, including that of the United States.



King John (1167-1216) reluctantly signs the Magna Carta at Runnymede, surrounded by the barons who had drawn up the charter.

ARCHIVE PHOTOS/GETTY IMAGES

By Aidan Danza

ALL PHOTOS BY SHUTTERSTOCK

SLOTHS

Sloths are well-known as one of the slowest animals that exist.

These jungle residents live their life at this characteristic speed because of an extremely slow metabolism, which means that even their internal organs go at a slower rate.

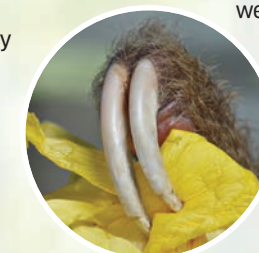
There are two main types of sloths, the two-toed and the three-toed sloths, and these are further divided into six species. Sloths usually weigh around 18 pounds and are around 27 inches long, but there is variation among the species.

For an animal, their lifespans are relatively long; most sloths live about 20 to 30 years in the wild. Their lives are mostly spent in solitude. Sloths don't usually interact with each other outside of the breeding season, or while a mother is raising a young sloth. Some sloths also spend their entire lives in the tree in which they were born, while others have a home range of just a few trees.

It's very important to have a good grip on a 200-foot high tree. Perhaps for this reason, they were

given exceedingly long claws and long, strong arms. Sloths can hang upside down from a horizontal tree branch with ease, and a mother with a baby can even carry him on her back or her stomach, depending on her posture. Usually, a sloth will only go to the ground once per week to defecate. If they find a need to travel along the ground, they have a very difficult time of it and must army-crawl along the ground, one foot at a time.

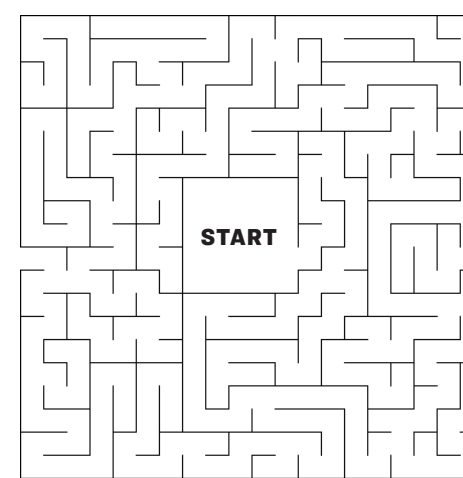
The rainforest trees aren't only the sloth's habitat, but also their food; three-toed sloths will eat the leaves of the trees in which they live, while two-toed sloths are omnivorous and will consume fruits, insects, small lizards, and leaves. Because of their slow metabolism, their digestion is extremely slow. It can take up to a month for a sloth to digest one meal.



Sloths can hang upside down from a horizontal tree branch with ease.



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: $6 + (7 \times 3) + 1 = 28$ and $1 + (7 \times 3) + 6 = 28$

Easy puzzle 1

1	9
1	7

62

+ - × ÷

Solution For Easy 1
 $1 \times (1 - 7 \times 6)$

Medium puzzle 1

4	19
1	14

28

+ - × ÷

Solution for Medium 1
 $1 - 7 \times 14 + 61$

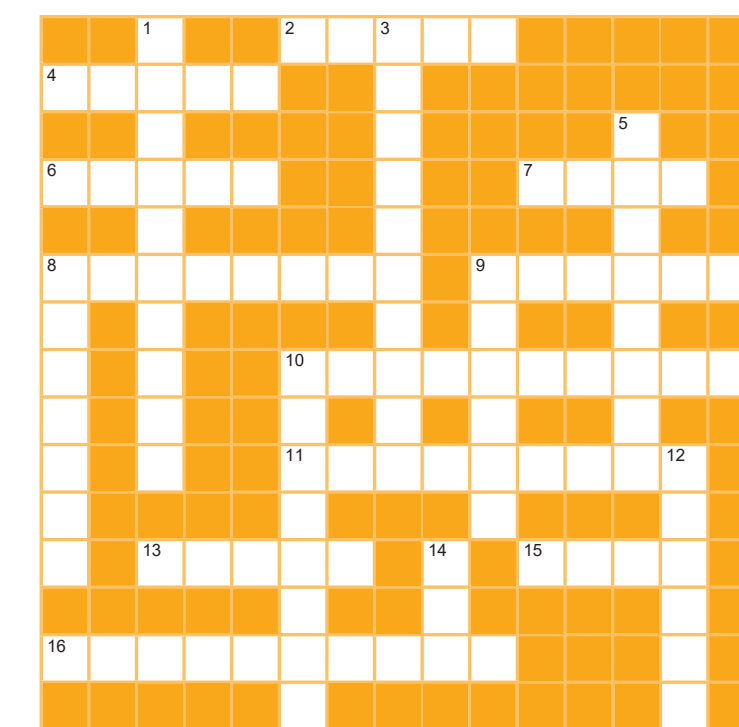
Hard puzzle 1

29	32
15	31

45

+ - × ÷

Solution for Hard 1
 $12 - 91 + 62 + 28$



Across

- 2 "I'm ____ to have a father like you!" (5)
- 4 Fathers are ____ (5)
- 6 Button-popping condition (5)
- 7 Not nerdy (4)
- 8 What fathers do best! (8)

Down

- 1 Unique (3-2-1-4)
- 3 Brave (10)
- 5 Never negative (8)
- 8 Father says "Be ____!" (7)
- 9 Wicked smart! (6)
- 10 Dad's guidance (8)
- 12 Very affectionate (6)
- 14 Dads are ____ to have around! (3)

- 9 What fathers are (6)
- 10 Caregiving (10)
- 11 Admirable (9)
- 13 Father's jokes (not!) (5)
- 15 Father's are the ____! (4)
- 16 Fathers make us want to do better! (10)

TRUTH and TRADITION

In Our Own Words

A Taste of Tradition



“
Food forges connections: to the people we make and share it with, as one of the purest expressions of care and hospitality, and to our cultural roots and family histories.

Crystal Shi
Food Editor

Dear Epoch VIP,

Thank you so much for reading The Epoch Times, and welcome to the Epoch family. Pull up a chair—we have cookies!

Well, a recipe for them, anyway.

As the food editor at The Epoch Times, it's my job and pleasure to bring you such tempting treats—to delight, nourish, and inspire you in the kitchen.

When I tell people I get to write and edit stories about food for a living, the usual response is something along the lines of, “You have a dream job!”

They're not wrong. But for me, the “dream” part of the job isn't really about the food. It's more about getting to be part of a paper with such an important mission at its heart: championing the values of truth and tradition, both in our news journalism by keeping readers informed with unbiased, fact-based reporting, and lifestyle content by grounding our coverage in traditional culture and universal virtues.

Because at the end of the day, I'm here—as I suspect you are, too—for more than just delicious recipes.

I am a strong believer in the power of food beyond the plate.

Think of your favorite comfort food, or perhaps a treasured family recipe, and you'll see what I mean. For me, it's the dumplings I grew up making with my family every Chinese New Year, gathered around our dining table in a makeshift assembly line to stuff hand-rolled wrappers with homemade filling. For you, it might be an exquisitely flaky buttermilk biscuit, fresh from the oven; or a pot of Grandma's Sunday sauce, simmering away on the stove.

Food forges connections: to the people we make and share it with, as one of the purest expressions of care and hospitality, and to our cultural roots and family histories. There is so much rich heritage and value behind each handmade strand of pasta, stack of tortillas, or crock of kimchi that's been crafted the same way for generations.

Now, however, these connections are in danger of being lost. Traditional dishes and home cooking skills are being forgotten, and there's a growing disconnect between the food we eat and the place it comes from. Meanwhile, home cooks have to balance feeding their families night after night with the time constraints of busy modern life; too often, family meals are reduced to individual affairs.

In our Food section, I want to shine the spotlight back on tradition and family.

So you might read about the story of a traditional dish from the other side of the world, and be inspired to recreate it in your own home. Or, you might find a hands-on, good-messy cooking project that would be perfect to tackle with the kids this weekend; or simply some quick and delicious inspiration for getting dinner on the table for your family tonight.

If there's any dish, ingredient, cuisine, or other cooking topic you'd like to see more of, please let me know; I'd love to hear from you.

I hope these stories make you hungry and then give you the tools to do something about it. I hope you learn something new about a different cuisine or traditional dish, and then find yourself inspired to revisit your family's own. I hope you snip out a recipe or two to take with you to the kitchen—newsprint isn't afraid of a little flour or oil!

And I hope they help you feed yourself and your loved ones well, and bring you together around the dinner table again. That's where conversations are opened, bonds are strengthened, traditions are kept alive, and memories are made—all over the comforts of a home-cooked meal. Bon appetit!

In Truth and Tradition,

Crystal Shi
The Epoch Times



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