# THE EPOCH TIMES

KINGFISHER PRODUCTIONS/GETTY IMAGES Be true to all you are, and whatever else happens, you can always look at yourself without shame in the mirror. Some of you know exactly what you want from the future. Others, having left behind the structure and demands of school, may feel at loose ends. Means Beginning ADVICE FOR NEW GRADUATES **JEFF MINICK** For most high school and college seniors, the big day is now over. You've gathered with your classmates and loved ones, walked across a stage wearing a cap and gown, received a diploma and a handshake, and are now officially graduates. Some of you will go on to college or postgraduate studies. Others will join the work force or the military. Some of you know exactly what you want from the future: a specific career, marriage; someday a family of your own. Continued on Page 2

## Finding Hope as Gas Prices Rise and Society Tanks

### **ANNIE HOLMQUIST**

I wince inwardly while sailing past the gas station on my way to work. The price has gone up since I last drove by it ... yesterday. In fact, the price seems to go up about 10 cents a day lately. At that rate, by the end of summer, it will be ... no, I can't think about that. Doing so will only bring panic.

Unfortunately, I doubt I'm the only one lately who fights a tendency to fear the future. I hear others bring up the state of the world in everyday conversations, won-

dering out loud what on earth we are going to do. Even if we put gas prices aside, everything else—from maxed-out creditcard debt to random attacks on innocent people to empty shelves at the grocery store—seems to signal that we're heading toward another Great Depression ... or maybe worse.

Hard times are ahead. And for those of us who have lived an ultra-comfortable existence for a long time, the thought that our

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may fear hardship and deprivation, it is a good time to take stock of the overall situation.

takes an interest in them and will respond positively to questions about themselves. That advice, the young man said—he is

Because he took his friend's suggestion

to heart, he has spent his life asking questions, paying attention to the answers, and

Listening is an invaluable tool for the

workplace or for further studies, for mar-

riage, and for raising children. Practice it

early on, and it will become a great habit.

I'm just over 70 years old, yet I still have

mentors: at present, a man and two wom-

en younger than I. Over the years, they've

acted as cheerleaders in my endeavors, given me invaluable counsel, and helped

These people would laugh aloud if I de-

A mentor—someone in the workplace,

scribed them as mentors, but there it is.

a friend, a pastor, a counselor—can be invaluable as a listening board and a giver

of helpful guidance. A spouse can serve in

this same role. One man I know credits his

In "The Curmudgeon's Guide to Getting

Ahead," which I highly recommend to all

graduates, Charles Murray ends his short

book of advice for the young by urging them to watch the movie "Groundhog

Day," not just once but several times. In

this film, we watch as an egocentric jerk is transformed into a "fully realized hu-

man being—a person who has learned to experience deep and lasting justified

Watch and study "Groundhog Day."

Murray then ends his book with this summary of encouragement: "Try hard.

Murray's trying hard means getting out of

bed every morning and tackling whatever

the day brings to your front porch. It means

finding the strength to go on when you feel

you can't take another step. It means, as Rudyard Kipling says in "If," filling "the

unforgiving minute with sixty seconds' worth of distance run." Endurance is a key

Being true applies to our ideals, our honor,

the right way, and our family. When we be-

tray these virtues, a part of our spirit, often unnoted at first, dies. Commit that betrayal

too many times, and we literally become

the living dead. Be true to all you are, and

whatever else happens, you can always look

life. Close a lucrative deal at the software

company where you work in sales, and

ou're ecstatic. And so you should be. But

simpler delights can also deliver joy: a deli-

cious sandwich eaten at lunch, a spouse's

hug on returning from a business trip, the

laughter and squeals of children running

As for Murray's "Godspeed," that word

intends "an expression of good wishes to

So, graduates, Godspeed to you all.

growing platoon of grandchildren. For

20 years, he taught history, literature,

students in Asheville, N.C. He is the

and Latin to seminars of homeschooling

author of two novels, "Amanda Bell" and

"Dust on Their Wings," and two works

of non-fiction, "Learning as I Go" and

See JeffMinick.com to follow his blog.

and writes in Front Royal, Va.

"Movies Make the Man." Today, he lives

under a sprinkler in the backyard.

a person starting on a journey."

Jeff Minick has four children and a

at yourself without shame in the mirror. Enjoyment means taking pleasure from

component of true adulthood.

wife with "saving me from myself."

me get past my failures.

**Aiming for Excellence** 

satisfaction with life."

**Targets to Aim For** 

Be true. Enjoy. Godspeed."

now much older—was invaluable.

Learn to be adaptable. Life won't always go according to plan.

# Commencement Means Beginning

ADVICE FOR NEW GRADUATES

#### Continued from Page 1

Others, having left behind the structure and demands of school, may feel at loose ends. The future looks about as clear as the Great Dismal Swamp in a thunderstorm. A Lifelong Education Whatever your plans, or lack thereof,

your anxiety and help you along the road.

#### **The Best-Laid Plans**

"The best laid schemes o' Mice and Men," wrote Robert Burns, "gang aft agly." In other words, our plans often fall apart. Or as an old Yiddish saying has it, "We plan,

end of your first year, a little voice in your head keeps asking, "Are you sure this is

Entertain that voice. Listen to it. Maybe you're just having a case of the jitters about the future. On the other hand, maybe you weren't meant to be a physician after all. Sometimes when our dreams fade, changing directions is okay. Life is enough of a long march without pursuing a mis-

### **Expect the Unexpected**

begotten destiny.

Had someone told me in my boyhood that someday I would homeschool my children, operate a bed-and-breakfast, and magically dispatch something called email to places like Minneapolis or Chicago within the beauty in the smile of the barista bethe space of a breath, I would have been hind the counter. They pride themselves dumbfounded. They might as well have on overcoming difficulties at work, but spoken Japanese. Homeschooling? A bed-rarely stop to count their blessings and and-breakfast? Email? At age 11, I had no say thank you to life.

idea at all what those things were.

But change, especially in the whirlwind that is our present age, is as inevitable as dawn. Learn to be adaptable.

You've just spent years reading books here are nine random tips that might ease for teachers. If you were one of the lucky students, those teachers introduced you to some classics: "Hamlet," "Pride and Prejudice," "The Old Man and the Sea,"

Now you're free to choose your own books. Podcasts, television dramas and comedies, and movies are all beneficial, but I encourage you to become readers. Let's say you majored in pre-med studies Frequently visit your local library and in college. You enter a respectable medical bookstore. Follow your heart in your readschool and do fine academically, but by the ing, and try to include some old books from

Whatever the case, keep educating yourself.

#### Stop and Smell the Flowers Now there's about as hackneyed a phrase

Yet this cliché rings true.

Some people I've known go through life following a furrow in a cornfield behind a plow. They keep on moving, eyes front and center, yet they miss not just opportunities all around them, but also the simple pleasures offered daily by this world. Their 3-year-old asks some sweet question they don't hear because they're too busy poking away on their phone. They stop every morning for a cup of coffee and fail to see

Take pleasure in life whenever you can and offer gratitude.

### Companionship

Once they leave school, and especially once they move past their 30th birthday, many adults find it more difficult to make friends or, for that matter, to meet a possible spouse. Places of employment often limit our circle of acquaintances, which means we must find other venues for meet-

### Be true to all you are. and whatever else happens, you can always look at yourself without shame in the mirror.

If you feel the need to broaden your circle of friends, consider becoming active in a church, joining some of the interest groups found online, or volunteering for some organization interesting to you.

Whatever you do, make some friends and keep them close. Sooner or later, you're going to need one another.

### Listen and Learn

Recently I read an account of a young man who envied a friend for his ability to strike up a conversation with strangers. One day, the young man asked his friend for his secret, and the answer was simple, "Ask questions." As his friend pointed out, most people are enchanted when someone

Finding Hope as Gas Prices Rise and Society Tanks the media really don't want to know about this world shall keep his life for all eternity,

> In sum, suffering knocks sense into people, giving them a thirst for freedom and a rea-

> We certainly would profit from getting a good dose of common sense infused back into our society. So instead of fearing the future and the hardships it will likely bring, I am inspired to embrace them. Although the wrapping or packaging may not be to our liking, the package contents might just contain the restoration we so desperately need.

Annie Holmquist is the editor of *Intellectual Takeout and the online* editor of Chronicles Magazine, both projects of the Charlemagne Institute. This article was originally published on Intellectual Takeout.

# Proverbs to Cherish: 'Idle Hands'

The ancient proverb 'Idle hands are the devil's workshop' has wisdom in it that can benefit us all

"The Little Knitters" by Albrecht Anker.

Angelica Reis loves nature, volunteer work, her family, and her faith. She is an English teacher with a background in classical music, and enjoys uncovering hidden gems, shining them, and sharing them with readers. She makes her home in New York state.

**ANGELICA REIS** 

was fortunate to grow up with a mother who often spoke in proverbs—"a stitch in time," "do unto others," and so on but have only truly begun to appreciate their wisdom as I've grown older.

Yet when I use them nowadays, I find that a lot of people don't know them and wish they did.

Proverbs have, of course, stood the test of time—usually for centuries—and that tells us something. The wisdom they contain—for bettering ourselves and society—is precious. They are one of the golden threads that hold our culture together, passed down through the generations.

Are they still being passed on? It seems that with each generation, they're used less and less. When I've used them, I've had friends say they feel a bit impoverished for not knowing them.

Let's not lose them. We can each do our part to keep them alive, in our thoughts and

speech, and preserve their value.

#### A Closer Look

"Idle tools are the devil's workshop," shares exactly the sort of wisdom that the younger generation—and all generations—can benefit from. There are variations of this proverb that use "tools," "playground," "playthings," and so on. But first, the fascinating backstory of where it comes from.

With likely roots in the Bible's book of—you guessed it!—Proverbs (16:27), there are two other key sources that led to the phrase's modern version and popularity.

One is a phrase from St. Jerome (347-420 A.D.) in Latin that has a similar meaning: "fac et aliquid operis, ut semper te diabolus inveniat occupatum," or "do something, so that the devil may always find you busy."

But it was mainly Chaucer's "Canterbury Tales" from around 1368 that brought the saying—albeit one slightly different from the one we have now—into use in the English vernacular.

In works of labour or of skill I would be busy too: For Satan finds some mischief still For idle hands to do. In books, or work, or healthful play Let my first years be past, That I may give for every day Some good account at last.

The work of Satan in the life of an idle per-

son is recognized in other languages and

cultures, too. The Danish call laziness "the

devil's pillow" and a Moroccan proverb says

that "the head of an idle man is Satan's work-

In 1715, Isaac Watts wrote the poem

"Against Idleness and Mischief" (featured

in "Divine and Moral Songs for Children")

and put the wisdom into a poetic form to

which our present-day proverb bears a closer

"Against Idleness and Mischief"

How doth the little busy bee

Improve each shining hour,

And gather honey all the day

From every opening flower!

How skilfully she builds her cell!

How neat she spreads the wax!

And labours hard to store it well

With the sweet food she makes.

resemblance:

And now the question of how to use this proverb. It's simple, really. Here's an example: "Hurry to get your chores done. Idle hands are the devil's workshop!"

And for those more familiar, or who have gotten used to the full version, a brief "idle hands" (with a verbal finger-wag in your tone) will do the job. Plus, the shortened version is a little gentler and may be easier

The problem of idleness plays out in so many concerning ways in our culture. I was recently struck by one example that appeared right in front of me.

I was on an airplane when I saw a handsome little boy in the seat ahead of mine—a boy of maybe 9—playing a video game. The object of the game was to successfully shoot a gingerbread-man-like character to the point of death. As you shot, different areas of the character's body would be injured. You had your choice of weapon.

I couldn't help but think about this proverb, and that wouldn't it be wonderful if the boy had had some other occupation.

It seems that technology is often, well, a questionable outlet for idle hands nowadays. I know that when I'm looking to relax, I often think about using technology in some way. But ultimately, I find that a nature walk, meditation, reading, a craft project, or even a light household chore is a more and more relaxing—use of time.

Having reflected on this proverb, I'm reminded to be on guard against idleness in myself and in the little ones in the family. Often, the busiest times are the most rewarding of all.

near White Bear Lake.

### 80-Year-Old **Vet Wants** to 'Pay It Forward'

Kenny Jary got his big wish when he planted flags at Fort Snelling National Cemetery ahead of Memorial Day

### **MICHAEL WING**

It was a day to look forward to—and definitely one to remember.

Minnesota Navy veteran Kenny Jary teared up when he learned he had snagged a date at Fort Snelling National Cemetery to plant flags before countless rows of headstones, commemorating the fallen heroes of this land on the day before Memorial Day. Jary served in the U.S. Navy from 1959 to

1963 aboard the USS Okinawa, a helicopter carrier, and that experience made an impression.

"My job was refueling helicopters," he told The Epoch Times. "It wasn't bad, but it was stinky, smelly, and loud—the ship. We were in some real rough weather and storms, but outside of that, I loved it."

That gave Jary opportunities to sail the Atlantic Ocean from Norfolk to the blissful Caribbean for months at a time, of which he has fond memories.

The weather wasn't quite so balmy on May 29, when he and a few good friends, his "angels," set out for Snelling with bundles of mini American flags.

on each grave."

"It started off kind of gloomy in the morning—itrained and drizzled," Jary said. "And then the sun came out, and it was just like angels out of Heaven. It just got so nice. "It hits home when you see those flags

Having just turned 80, Jary can't walk like he could in his younger years; so his best bud Amanda got him a scooter for his birthday last January, which they brought to help with flag delivery that day.

Amanda has also made him famous on social media, highlighting his love of country and giving him the handle "Patriotic Kenny" on his very own Instagram, where she posted a clip of her breaking the news of their big, pre-Memorial Day graveyard trip to him and he became "real emotional." It went viral.

Apparently the flag-planting at the iconic cemetery is a big deal.

"I thought you could just go out here and put up the flags—oh no," he said. "There's a list they go by, you gotta sign up, and luckily they picked us. ... You can go out to see somebody's grave, but not to put flags on other graves.'

This was his first jaunt out, and it meant the world to him. Jary's scooter didn't handle the soft grass

quite as well as planned, but a little walking when he had to didn't stop him. They spent more than four hours amid the headstones and put up 200 flags.

Besides his military service, there were other reasons for the patriotic pilgrimage; Jary's uncle served in the Navy. "He was in during Pearl Harbor," he said. "He was on a ship, he was on a destroyer, and he was lucky he didn't get killed." Jary's late brother served in Vietnam. Both men were buried

Patriotic Kenny's parents, who passed away in their early 60s, are there, too. His dad, Joseph, once guarded German prisoners in the Army during World War II and then returned home to work in construction, Jary said. Joseph and his wife, Janet, who worked at a hotel coat check her whole life,

"I was basically raised that way," said Jary, a middle child. "Being very respectful and to be nice, that comes from my parents.

instilled patriotism in their children.

"Ever since my folks died, my brother, I've always wanted to go out there and put flags up. To me, that is such an honor. ... I go to Vet's Park—every day I try to do it and just sit there and meditate, all the ones who lost their lives."

He lauded his military brothers and sisters and the freedom they afforded us. "We should be so proud. ... I want to pay it

forward and do whatever I can for the veterans, everyone," Jary said. "That's my goal, pay it forward."

Born in St. Paul, Minnesota, Jary went from the Navy to working at the Twin Cities Ford plant for 32 years, retiring in 1997. scooter in patriotic parades lately, handing out candy to kids. What's next for Kenny Jary and the crew? The Lake Elmo Fourth of July Parade is com-

ing up. Will that make Patriotic Kenny's In-

"They're my family, I 'adopted' every one of

them," said Jary, who has been cruising his

The plant eventually closed in 2011. He's

now long retired, of course, and lives in the

beach suburb of Mahtomedi, Minnesota,

He then met Amanda and pals Jerry and

Jenny—collectively known as "the crew"—

at a local coffee shop; they've been hanging

out, helping each other out, and partaking

in patriotic events ever since. While the VA

is good, he said, friends make it better.

"Oh yes," he said. "Instagram, TikTok, ev-

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Jary plants flags at Fort Snelling National Cemetery in Minnesota on May 29, 2022

### Continued from Page 1

lives could be entering a prolonged period of hardship and deprivation is very disconcerting. But in bracing for this suffering, I was suddenly reminded of what a good thing these hardships could be for me, for you, and for our entire country.

This realization came upon me while read ing a short essay, "The Great Liberal Death Wish," written in 1970 by British journalist Malcolm Muggeridge. In the essay, Muggeridge describes the cycle that pushes humanity into dire circumstances like the ones we seem to be entering.

"The efforts that men make to bring about their own happiness, their own ease of life, their own self-indulgence, will in due course produce the opposite," Muggeridge wrote. When men forget God, becoming egotistical and adopting crazy notions, they turn into animals, he said, and "it is in that situation that

great suffering in the past as an example.

### We certainly would profit from getting a good dose of common sense infused back into our society.

"We have been given the most extraor dinary sign of the truth of things, which I continually find myself thinking about," he wrote. "This is that the most perfect and beautiful expressions of man's spiritual aspirations come, not from the liberal dream in any of its manifestations, but from people in the forced labour camps of

western man is increasingly finding himself." You won't hear about good coming out of

But Muggeridge also gave us a message of such suffering in the news, he said, because our Lord said, that he who hates his life in hope, pointing to those who have endured

brings enlightenment—not something the media wants you to have. Muggeridge continued:

"I was reading about it in a long essay by a Yugoslav writer Mihajlo Mihajlov, who spent some years in a prison in Yugoslavia. He cites case after case of people who, like Solzhenitsyn, say that enlightenment came to them in the forced labour camps. They understood what freedom was when they had lost their freedom, they understood what the purpose of life was when they seemed to have no future. They say, moreover, that when it's a question of choosing whether to save your soul or your body, the man who chooses to save his soul gathers strength thereby to go on living, whereas the man

of his soul loses both body and soul. "In other words, fulfilling exactly what

who chooses to save his body at the expense

it. Perhaps that's because such suffering as those who love their lives in this world will assuredly lose them. Now, that's where I see the light in our darkness."

son to live and fight for right.

ALL PHOTOS BY SHUTTERSTOCK

# Does the Word 'Gentleman' Still Mean Anything Today? Here's Why It Should

**LEONARD SAX** 

was speaking to the freshman class at Wabash College, a small all-male college in Crawfordsville, Indiana. "What does it mean to be a gentleman?" I asked. "Raise your hand if you'd like to share your definition of a

One young man offered, "A gentleman is someone who goes to gentlemen's clubs and watches girls strip." There were a few laughs.

"That's very amusing," I replied. "Would anyone like to venture a more serious answer?"

A few others raised their hands. A gentleman wears a three-piece suit, one said. A gentleman opens doors for women, said another. We discussed the origin of the term gentleman, which originally simply meant a member of the aristocracy who didn't have to work for a living. As C. S. to mean something different.

"what does it mean to be a gentleman?" leads to a conversation much more fruitful than "what does it mean to be masculine?" or "what is healthy masculinity?" For better or worse, many boys equate endurance, weight training, and football. As a matter of language, they can't really as a starting point for conversation:

ALL PHOTOS BY SHUTTERSTOCI

get their heads around a masculine man engaging in visual arts or poetry or ballet: they start laughing, imagining an NFL offensive tackle wearing a tutu. But they can readily accept the idea of a gentleman who excels in visual arts or poetry or ballet.

However the term is defined, there aren't many gentlemen to be found among young male celebrities today. Bruno Mars earned six Grammys for a song in which he tells a young woman "You and your a\*\* invited" and offers her money if she will just "turn around and drop it for a player" because "That's What I Like" (the title of the song). Drake conquered the pop charts last September with his album "Certified Lover Boy," taking nine of the top 10 spots on the Billboard Top 100, a feat never equaled by any artist in history, not even the Beatles. Drake likes to boast "I'm undoubtedly the

hottest and that's just me bein' modest." Boys aren't born knowing what it means Lewis observed, in an earlier era, one to be a gentleman. They must be taught. might have said of a particular man, "John My concern is that in our current era, is a liar and a gentleman," meaning that many parents have little idea what to say although he might be an aristocrat, he is to their sons on this topic. So the boy looks not truthful. But over time, the term came to the internet, and what he finds there is Bruno Mars and Drake, Eminem and Incidentally, I have found that asking Akon, or John Mayer boasting about his collection of pornography.

I have visited more than 460 schools over the past 21 years, and I have found that most boys are hungry to have a conversation about what it means to be a good man. masculinity with physical strength and I have led those discussions with boys, where I suggest the following definitions

preme Allied Commander during World War II, Dwight D. Eisenhower would quote Proverbs 16:32: "Greater is he who can rule his own spirit than he who takes a city," a verse his mother had taught him A gentleman never strikes a woman, not even in self-defense. A gentleman never touches a woman

without her consent.

 A gentleman does not look at pornography, because pornography is degrading, not only to the woman who is objectified, but also to the man who uses it. I have heard from boys at high schools across the United States that their teacher in health class encourages them to masturbate, and porn is a useful adjunct to masturbation. The teacher explains that masturbation is safe sex, without the need to worry about obtaining a partner's consent. Such advice reflects an impoverished view of what boys are and what they can become.

 A gentleman does not bully the weak; instead, a gentleman defends the weak

Each of these comments inspires a lively response from American teen boys-especially the comment about pornography. These are conversations that boys need to have with an adult man who has the courage to use the word "gentleman," in defiance of the current mainstream disapproval of the term as reinforcing the heteronormative patriarchy.

How to inspire boys to want to be gentlemen, in a culture which celebrates crudeness and disrespect? Rather than preaching a sermon, I have found that boys respond best to stories about real men. In my book "Boys Adrift," I recommend the stories of Joshua Chamberlain, the Bowdoin professor of religion who commanded the 20th Maine Volunteer Regiment at the Battle of Gettysburg, in which capacity he had to make an extraordinary decision of colossal consequence; Dietrich Bonhoeffer, the German pastor who in 1939 left a comfortable post in the United States to return to Germany to organize resistance to the Nazis, and was arrested and subsequently hanged in a concentration camp; and Itzhak Rabin, the Israeli prime minister who tried to make peace with the Palestinians and was gunned down by a fellow Israeli Jew.

Most boys want to be good men. But they are now immersed in a toxic culture that offers Bruno Mars and Drake as role models, a culture of celebrities who revel in profanity, in boasting, and in giving of-

This article was originally published on the Institute for Family Studies blog, as part of a series of short essays addressing the meaning and purpose of healthy

Leonard Sax, M.D., Ph.D., is the author of "Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men"

· A gentleman governs his passions rather than being governed by them. As Su-

against the bully.

fense. We can do better. We must.

masculinity in today's world.

(Basic Books).

**HOMESCHOOLING** 

THE EPOCH TIMES Week 25, 2022

# Hosting a Homeschool Open House

It's astonishing just how fast the school year zips along to the end, isn't it? That's the beauty of homeschooling. Your kids have immense freedom and all the time in the world to immerse themselves in fascinating topics, to dig deeper and fully explore and make discoveries, so the days fly by quickly for everyone.

Well, you can keep that momentum going by hosting an open house. This is the perfect time to celebrate the end of the school year while also sharing your homeschooling journey with family, friends, and prospective homeschoolers. It's also a wonderful way to love on your kids and let their accomplishments take center stage while you enjoy watching them bask in the accolades.

**Plan Invitations and Refreshments** 

One of the best perks about homeschooling is that while you've been teaching your kids the three Rs, you've also been preparing them for real life. So, let's talk delegation. Delegating some of the more fun and creative tasks to your kids frees up some of your time while making the most of a teachable moment.

DIY invitations are always fun to receive, especially when made by your ohso-talented kids. If your kids are crafty, all the better, but with the variety of artistic tools available today, such as free clip art, and card-making programs, they can easily create personalized, one-of-akind invitations.

Digital invitations via email are also a good way to go because they're virtually free, and guests receive them instantly. Your tech-savvy kids may want to take the lead here and lessen your burden.

And let your kids put those cooking lessons to work by making some simple refreshments such as lemonade, fruit punch, brownies, cookies, or veggies and dip, along with a refreshing fresh fruit salad.

**Set Up Homeschool Displays** 

A few days prior to your open house, help your kids gather photos, materials, and projects and work with them to set up their homeschooling displays.

One of the best places for setting up your kids' displays is in their bedrooms, where their unique personalities are already on display, adding a nice touch to the overall atmosphere. I like this because it resembles a museum-like walkthrough for your guests. Your kids can act as tour guides, as guests casually stroll from display to display and chat while taking in the whole experience.

There are a variety of ways in which your kids can create displays. You can purchase tri-fold presentation boards for less than \$5 at hobby or craft stores for your kids that want one. Or you can put those discarded cardboard boxes to good use and make DIY presentation boards.

You can also hang a clothesline-like cord up across your kids' bedrooms and they



can hang favorite photos, favorite work samples, and so on. If they have a portfolio for the year, they can set that out for guests to look through.

Kids should set up special projects and more fragile display items, such as popsicle stick and Lego bridges and buildings, models, and salt dough maps, on desks and bureaus for a more solid foundation.

And chances are if you're a homeschooling family, you already have a magnetic whiteboard or two, or three. These multipurpose homeschooling must-haves can provide extra display space for your kids or yourself as well as serve as a welcome sign or announce the times for any presentations and performances.

Kids can brainstorm and play around with their bedroom décor and mix and match these different presentation styles or come up with their own unique styles.

If bedrooms are small, consider a group display-kids can spread out at the kitchen and dining room tables and on card tables. Depending upon the number of kids you have or the sizes of their desired displays, you may need to borrow a table

Prepare a Homeschool

Set out your les-

**Teacher Display** Don't forget to give your guests a glimpse into the life of a homeschool teacher.

son planner, a copy of your schedule, some of your favorite how-tohomeschool books, and some of your current curriculum and materials as well as some

of your kids'

This is the perfect time to celebrate the end of the school year while also sharing your homeschool ing journey with family, friends, and prospective

homeschoolers.

An open house

opportunity for

what they've

learned.

students to show

is a great

favorite work samples.

If your kids haven't already claimed the kitchen or dining table, it's an ideal spot to invite your guests to join you. You can chat and answer any questions or concerns they might have while they browse.

#### **Encourage Performances**

This is the perfect stage to showcase your kids' talents while giving them real-world experience performing for an audience. Perhaps your young musician has just mastered a violin piece he's been practicing for months, your karate kid has passed her test and advanced to a higher-level belt color and wants to demonstrate her skills, or your high school student wants to earn credit for delivering a speech as part of the graduation requirements under your state's homeschool law.

It's wise to take full advantage of this opportunity because it gives your guests the unique chance to see the rewards of your homeschooling journey in action.

### Say Thank You With Goody Bags

Sending your guests home with goody bags is certainly optional, but this can be a great way to spread the word about homeschooling.

Fill your bags with brochures and samples of curriculum, online classes and programs, contact information for local and state support groups, a list of places to get freebies, and your own contact in-

And to end the evening on a sweet note, encourage your kids to add in their handwritten thank-you notes.

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

Games such as Scrabble offer a way for kids to have fun while growing their vocabulary skills.

**EDUCATIONAL FUN** 

# Fun Games That Encourage Creativity and a Love of Language

Boys respond best

to stories about real

men, such as Joshua

Chamberlain (above).

about what it means to be

Boys aren't

means to be

a gentleman.

They must be

what it

taught.

born knowing

### **MATTHEW JOHN**

With the school year wrapping up this week for the few remaining states still going, kids across the country are shifting into "summer mode" faster than you can say Bomb Pop.

While summertime surely should be a time of fun, unwinding, and new adventures for our kids, it always comes with a small dose of anxiety on the part of educators such as myself familiar with what's known as the 'summer slide."

Nope, not the fun-filled Slip 'N Slide variety. More as in "backslide"—aka academic regression (a well-documented phenomenon involving a significant loss of learning that accompanies many a child's summer break). Fortunately, much can be done to keep your kids' vocabulary, reading skills, and affinity for language alive and growing over

doesn't have to feel like a chore for anyone. With families and friends from a far coming together at the campsite, lake house, or on grandpa's porch, traditional board games

the summer months. And the best part: It

What follows are five games I've found parachievements. (It also adds a little cultural ticularly popular with grade-school learners that fit the bill. Here they are, in no particular

Now going into its fifth decade, Boggle has managed to age well. Perhaps, it's the simplicity of it, or that fine line a game has to strike between serendipity and knowledge/ skill. Whatever the case, it's still a win.

You begin with a simple shake of a batch of letter cubes, let them fall as they will, and then each participant races against a good-old sand timer to form words of fouror-more letters. The longer the word, the more points you get.

The beauty of Boggle is that anyone can use any words they've got in their budding vocabulary—be it from third-grade classroom read-alouds or a college seminar on Virgil's "Aeneid."

A fun little twist: Allow your kids to use foreign-language words from any world provide a great way to reconnect, have fun, languages they might be studying, both to past benchmarks.

and—potentially—foster a love of language. even the playing field and recognize their flair to the whole event!)

Close kin to Boggle, Scrabble is another game that seems to defy aging with its 21st-century appeal and points-for-letters celebration of all words English.

Here, the creativity quotient gets upped a little bit as participants don't merely spot words but have to actively form them on the provided board.

While there isn't the explosive energy of racing against the clock as in Boggle, here there's room for strategizing and the excitement of landing on "premium squares" (which boost your score).

There are lots of potential spin-offs and adaptations here as well, including allowing foreign words and playing in teams (to possibly "even out" those age differences like fathers-and-sons vs mothers-anddaughters). This one can even be played solo, competing as it were against one's own

### **Balderdash**

Geared to slightly older players (this one's recommended for 12-and-up as opposed to 8-or-above), Balderdash is doubleover-laughing fun that really celebrates creativity and humorous aspects of the English language.

Players take turns making up imposter definitions for a randomly chosen—and decidedly obscure—word or term that nobody present is bound to know. Then, everyone tries to guess which is the real definition when it's read alongside participants' imaginative offerings.

Cards also contain different categories that can be chosen from (i.e., not just obscure words)—including people, initials, and movies.

This game continues to be an enormous amount of fun at my own family gatherings, and is the one that the adults turn to first when left to their own devices.

One noteworthy tidbit: Balderdash never seems to stoke the competitive fires the way some games are prone to, yet not at the cost of fun, by any means. It also isn't nearly as timebound as some classic games (think Monopoly). You can call it a wrap at any point, with a nice sense of closure and satisfaction. Got just 25 minutes? Game on.

### Wordplay

In each round of Wordplay, players compete to form words that contain two designated letters (chosen with the spin of a wheel) and that fall in a certain category—also arrived at by a friendly spin.

For example, let's say you spin and get the letters "H" and "A," and land upon the category of "places." Participants would then race against the clock (counting down 60 seconds) to try to come up with three place names that start with an H and contain an A. Other categories include things such as names, objects, and creatures.

(Want a little trial run? Give yourself a minute to see what you can come up with.)

Points are awarded based on set criteria, and are matched with the satisfyingly tactile reward of getting to move your piece around the board, like in many classic games.

Back to our example: If you came up with, say, "Hawaii" and "Hiroshima," you're in business; "hair" wouldn't get you any points, since it's not in the category of "places." You can expand the possibilities while

making the game more accessible for your young ones, and celebrate literature by allowing, for example, use of characters, objects, creatures, and so on from whatever children's literature the kids have been reading. Otherwise, this one can be a little challenging, hence its rating of ages 14 and up.

### 20 Questions—With a Twist

If your summer involves a few road trips that have the kiddos pinned down in the back seat, where Boggle boards tend to topple, you can always play a good ol' game of "20 Questions" with a slight edu-

done to keep your kids' vocabulary, reading skills, and affinity for language alive and growing over the summer

months.

Much can be

One is to make a rule that whatever person or thing one is thinking be something from a book one's read. You'll be surprised at the creative output this elicits—from Arthurian

swords to items tucked away in Ma and Pa Ingalls's cupboards. Alternatively, for kids who are more well-read, you can make the object to guess be a specific book. (I've used this in my literature classes here and there, to fill the odd few minutes, to great effect.)

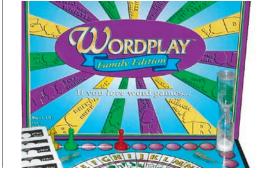
To foster language and literature goals, try

one of two adjustments to the game.

cational twist or two.

Think of all the above games as a little nod toward celebrating reading, language, and the kinds of things that are easy to forget when the diamond beckons and the ice cream truck is making its merry rounds.

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



In Wordplay, participants race against the clock to come up with words that meet a certain criteria.

SERIES 'GOING HOME'

# New Drama Looks at End-of-Life Care From Nurse's Point of View

**DAVE PAONE** 

n the classic tragedy "Hamlet," William Shakespeare refers to the afterlife as "The undiscovered country, from whose bourn no traveler returns." The new, scripted drama "Going

Home" looks at travelers who are about to embark on this journey through the eyes of an end-of-life hospice worker.

The series on the PureFlix streaming service stars Cynthia Geary as Charley Copeland, the senior nurse at Sunset House, a facility in Washington state. She refers to the residents as her "clients" but takes the job extremely seriously.

As she says in the pilot episode, "A good life deserves a good death. A tough life deserves a good death. People misunderstand death. It isn't the opposite of life; it's a part of life. For me, walking someone home is a blessing."

The series was created by Dan Merchant, who also serves as executive producer, showrunner (head writer), and occasional

Medical series have been a staple of the televised, one-hour drama for decades. There have been countless series that take place in a hospital, but a hospice?

"I think we're the first series set there," Merchant told The Epoch Times.

Merchant said the idea for it was "clearly borne out of the pandemic." Having a father with cancer—coupled with the constant death count on the news—had him thinking about death daily

However, he acknowledged inspiration for "good ideas" are often just handed to you. "Sometimes, they just pop into your head

like [Paul] McCartney wakes up with 'Yester-

day' in his head. So one minute, the idea is not there and the next minute, the idea is there." While contemplating the notion, he drew on his experience with his grandparents' and parents' final days in a hospice, and how the workers there had "this weird, quiet strength about them and they were unfazed

by death," prompting him to develop the

idea into a series.

In episodic television, the next step is a "pitch session." That's when a writer-producer tells his idea for a series to a development a streaming service, in hopes the executive will greenlight it.

Convincing an industry executive that a series about death is something audiences will want to watch is a hard sell. Merchant is surprised it worked.

"I've marveled at this," he said. "The divine is in this equation somewhere."

Once Sony Entertainment green-lighted the series, the next step after writing a pilot teleplay was casting.

There were two signs from above that



On the set of "Going Home" are (L-R) actress Cynthia Geary, executive producer Dan Merchant, actress Concetta Tomei, first assistant director Jared Briley, and actress Cozi Zuehlsdorff.

What I

learned from the hospice workers is that death isn't the opposite of life; it's part of this journey we

Dan Merchant, executive producer, "Going Home"

call life.

Geary was the one for the lead role of Charley Copeland. The first was the character was scripted as a runner. She runs throughout the opening credits in each episode.

Geary is a runner. "She's a tremendous actor and she's a runner!" said Merchant. "Not all actors are

When Geary read for the part, Merchant thought she looked the way he pictured Charley in his head.

The second sign was that when Geary runs, she does so with her golden retriever, coincidentally named Charlie.

Geary isn't new to episodic television. She nad success in her 20s, when she played Shelly Marie Tambo on "Northern Exposure," which ran for five seasons from 1990 to 1995.

Geary and Merchant spent time at a hospice in Spokane, Washington, to study exactly how things are done.

"The thing I noticed most when I met with the hospice nurses was how present they are," Geary told The Epoch Times. "When I was talking to them their total focus was on me and our conversation. I never felt like they were in a rush to get to something else, even though I was meeting them at work



Going Home," eleased on is streaming on Pure Flix.

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and they had more important things to do." At the end of each episode, after the client dies, the staff undertaker wheels the covered body into a hallway where the family and staff are seated. They take a few minutes to reflect on the life and death of the person.

This ritual actually happens at the Spokane hospice where Merchant and Geary did their research.

"It's as much for the hospice workers as it is for anybody else," Merchant said. "So it's for them to acknowledge the person that they cared for who's now passed on."

There's an underlying theme of faith in the series. At the end of each episode, Charley sits on her back porch, talks to God, and figures out the direction in which she must go.

"When I call on you, your answers are quick. I know you're moving, even when I can't see it. But I do like it when I can see it," she says to God in an early episode.

"Charley is a person of faith," said Merchant. "And that's what motivates her. There's certainly an idea of purpose."

"She's got a legitimate, real relationship with God."

The executives at Sony Entertainment are fine with this. Merchant believes he can write Charley this way because he's not shoving religion down the throats of the viewers, but instead has made her authentic in her relationship with God, which mostly comes through her actions.

### The Series

Merchant believes the Spokane-filmed series "is a bit of an existential detective story," where Charley has to deduce what the client and family need from her and how she can give it to them.

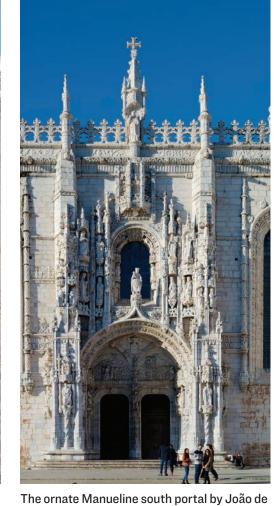
Once the need is fulfilled, it's followed by "reconciliation and forgiveness and grace, compassion—some of these things that are a bit of a lost art in today's I'm-right-you'rewrong kind of a world," Merchant said.

"What I hope the show conveys is it's about life and it's about living," he said. "And what I learned from the hospice workers is that death isn't the opposite of life; it's part of this journey we call life."

Each "client" in each episode knows he's at the end of his first journey and is about to embark on his next. As the character Betty Baker says in the second episode, "I'm excited to see what heaven turns out to be."



The Manueline exterior of the Hieronymites Monastery in Lisbon. Manueline refers to a lavish, early 16th-century decorative style unique to



Over the years, the Portuguese entombed

their royalty in the monastery, starting, not

surprisingly with the most important ruler of

the age, of course, Manuel I and his wife. His

son, King João III, was also key to Portugal's

importance in the world. Under his reign,

Brazil was settled, and Portuguese sea domi-

nance expanded to the Indian Ocean. João is

buried at the monastery, along with his wife.

The country's modern leaders also regard

# A Tribute to the Age of Discoveries and Exploration The Hieronymites Monastery

MARSHALL HENRIE/CC BY-SA 3.0

#### **ARIANE TRIEBSWETTER**

Imagine a place filled with the hopes and prayers for seamen and explorers of a great seafaring country. This place is the Hieronymites Monastery, or Jerónimos v Monastery ("Mosteiro dos Jerónimos" in Portuguese), the most notable Portuguese monastery of the 16th century.

The Hieronymites, an order of hermit monks, initially occupied the monastery, which was dedicated to St. Jerome. Their role was to pray for the king, as well as for navigators and explorers. The monks also gave spiritual assistance to seamen who came to the monastery.

### The Portuguese Age of Exploration

Portuguese navigators and explorers started their journeys to new lands on the banks of the Tagus River, near the monastery, in the Lisbon parish of Belém, Portugal. These exit in the 15th and 16th centuries.

Bartolomeu Dias explored beyond the southern tip of Europe; Ferdinand Magellan was the first European to sail across the Pacific Ocean; Pedro Álvares Cabral discovered Brazil; and Henry the Navigator mapped new parts of the world.

Vasco da Gama, Portugal's most famous explorer, departed from the Tagus River and discovered a maritime route to India in 1498. He was the first European to link Asia with the West, and, in doing so, he consolidated Portugal's dominance over the sea routes.

### **Symbol of Portuguese Seafaring**

Portugal's great explorers, especially Henry the Navigator and da Gama, inspired the construction of the monastery as a symbol of the Portuguese Age of Discoveries and a prosperous historical period.

Henry the Navigator erected a church dedicated to Saint Mary of Belém in the 15th century. King Manuel I, regent from 1495 to 1521 and the first monarch of the Avis dynasty, commissioned a monastery on the site

### The Manueline style celebrates the prosperity of the reign of King Manuel I through the use of nautical motifs.

Manuel wanted to honor Henry's memory and show his devotion to the Virgin Mary and St. Jerome. He also wanted to honor da Gama, who embodied the importance of the discoveries and supported the king. Da Gama is buried at the monastery.

The monastery took more than 100 years to build. While construction started in 1501, it stopped temporarily after the king's death in 1521. Architects worked on sections of the monastery until 1580. Construction was completely abandoned when Spain ruled over Portugal as a result of the Iberian Union, which took place between 1580 and 1640, as

there were no heirs to the Portuguese throne and the closest heir was Spanish royalty.

Once Portugal regained its independence in 1640, the construction continued. A number of different architects worked on the monastery throughout the years, including Frenchborn architect Diogo de Boitaca and Portuguese architects João de Castilho and Diogo de Torralva.

#### **Unique Architecture and Nautical Motifs** The monastery's architecture is unique to Portugal, as it bridges the Gothic, later Re-

naissance, and Mannerist styles. It resembles other European Gothic monasteries, with its church, cloister, library, gardens, and grand halls. This architecture is inspired by the Flamboyant Gothic style of Northern Europe and also has Moorish influences, when the Iberian Peninsula was liberated from the

It also incorporates Manueline ("Manuelino" in Portuguese) architecture, a lavish, early 16th-century decorative style unique to Portugal that originated during the reign of Manuel I.

Manuel supported the Portuguese exploration of the Atlantic Ocean and helped develop Portuguese commerce. During his reign, Brazil was discovered, Portugal established a monopoly over maritime trade routes, and da Gama discovered the Indian maritime route in 1498.

As Portuguese wealth depended on the sea trade during the king's reign, the Manu-

of Hieronymites Monastery, Belém, Lisbon, Portugal.

The Tower of

Belém in Lisbon

representative

examples of the

Manueline style.

eline style celebrates the prosperity of his

reign through the use of nautical motifs. The

monastery incorporates several nautical ele-

ments. The carved moldings resemble coral,

barnacles, algae, and seaweed. The arches

are round and semi-circular, while the win-

dows and doors have carvings of navigational

instruments, crosses, anchors, the heraldic

shields of Portugal and the royal family, and

ship equipment such as buoys, stone cables,

One of the most striking examples of Manu-

eline architecture in the monastery is the side

entrance door, built between 1516 and 1518

by de Castilho based on Boitaca's design.

This door is one of the most detailed portals

of the Manueline period. It's 105 feet high,

shrine-like, and has religious figures such as

the Archangel Michael, guardian of Manuel's

kingdom, and Saint Mary of Belém, the pa-

tron saint of seafarers and protector saint of

The door also has detailed Manueline stone-

work and carvings depicting the life of St. Je-

rome with a relief of Henry the Navigator in

the center of the door. Along with the lavish

carvings and Renaissance religious elements,

there's the coat of arms of Manuel I and the

Portuguese kings funded seafaring expedi-

role was key in the discovery of new lands and

armillary sphere.

**Tombs of Portuguese Royalty** 

for Portugal's wealth and power.

Manueline

ornamentation

in the cloisters

ALVESGASPAR/CC BY-SA 3.0

it as an honor to be associated with the monastery. Former Portuguese President Jorge Sampaio had his funeral there in 2021.

#### Portuguese Poets and the Age of **Discoveries**

Two of the most famous Portuguese poets, Luís de Camões and Fernando Pessoa, have their tombs at the monastery, as both helped to immortalize the Portuguese Age of Discoveries through their acclaimed works.

Manuel commissioned Camões to particioate in da Gama's first voyage to the Indies and to write about it. The poet did this in his famous epic poem, "Lusiads," one of the most important pieces of Portuguese literature. Written in the Homeric style, this poem is the foundation of Portuguese culture, as it tells the journey of da Gama, but also combines classical mythology and Portuguese history. This epic poem shapes and influences Portuguese national identity to this day.

Pessoa contributed to the national narrative as Portugal's most famous author of the 20th century. His epic poem "Mensagem" is a rewriting of the "Lusiads." Pessoa's poem celebrates this prosperous period while incorporating the history of Portugal between the 16th and the 20th centuries.

### **World Heritage Site**

Over the past five centuries, the Hieronymites Monastery has attracted travelers, artists, and chroniclers from all over the world. In the 19th century, part of the monastery's structure became Lisbon's Maritime Museum, showcasing Portuguese maritime history from the 15th century to the 21st century.

In 1907, the Hieronymites Monastery was designated a national monument, and in 1983, UNESCO declared the monastery a World Heritage Site.

Most of its structure was preserved, miraculously, after the Lisbon earthquake of 1755, which destroyed 90 percent of Lisbon's buildings. The tower of Belém (another tribute to this period) is another example of Portuguese architecture, as well as a reminder of Portuguese maritime discoveries.

According to UNESCO: "The Monastery of the Hieronymites and Tower of Belém are a unique and exceptional testimony to a 15thand 16th-century civilization and culture. They reflect the power, knowledge, and courage of the Portuguese people at a time when they consolidated their presence and domain of intercontinental trade routes."

The monastery still represents an integral part of Portugal's identity, as it epitomizes a historic time that Portuguese people are proud of.

tions during this exciting time in history. Their Ariane Triebswetter is an international freelance journalist with a background in modern literature and classical music.

### **DEAR NEXT GENERATION**

# Believe in God, America, and Family

#### → Advice from our readers to our young people

I've been blessed to be the father of three sons who have all grown up to be good men. Based on my childhood alone, this shouldn't have been possible and, to be completely honest, I shouldn't be here today. That being said, the challenges I faced as a child are minor compared to those that our young people face today. Here are three values that carried me and will carry a young person today.

Believe in God. You might call it karma; some will call their belief by a different name. What's important is that you must believe there's something more than us. God, or as I sometimes say, "the head coach," has carried me many times. So many times that no matter how much I do for others, I can never match what has been done for me.

Believe in America. This is especially hard for young people today, as many politicians and educators are fixated on forcing you to believe America is an evil



God, or as I sometimes say, 'the head coach,' has carried me many times. So many times that no matter how much I do for others, I can never match what has been done

Charles B. Dennison

for me.

country and that our way of life must be destroyed. Our young people must be shown the truth, shown that our great nation has lifted the lives of more people than any country in human history. The clearest proof of this is the millions of people flooding over the southern border. People travel from every corner of the world with the hope of being an American.

Believe in Family. This is another challenge faced by our young people today, as many don't have strong families to rely on, to count on for support. Who will they turn to? The best answer I can give them is to tell them who I turned to, God and country. While I didn't have the support of family, I did have an unwavering belief that God was with me and that I lived in a country where if I worked hard and followed the rules and laws of our

society, I would be successful. There are many other values that are critical for all of us to follow, but if your foundation includes the three values I listed, the rest will follow.

An American, —Charles B. Dennison, Maryland



A young boy waves a U.S. flag from the inside of a Humvee adorned with flags during the Anchorage Presbyterian Church Independence Day Parade in Louisville, Ky., on July 4, 2021.

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

### Father Seeks to Reconnect With Teenage Son

Dear June,

This November, my son turns 18. For the past 15 years, I have not been in his life due to the choices I made. My most fervent prayer is to be allowed in his life one day.

Over the years, I have tried to initiate communication many times and have not heard a peep. He is living with his mother, and I highly doubt she encourages any contact with me. She has

emailed photos of my son to my father. Of course, there is a lifetime of issues behind all of this. I lived with my mother until I was 6, then with my father until I was 13. To this day, my father and I have a very strained relationship.

I am wondering if I should pay a private investigator to find him when he turns 18? I know it is my fault that I haven't been in his life. Can you give me any advice?

An Estranged Father

→ Dear Estranged Father,

It is very admirable that you want to be in your son's life after so long. Yes, I think you should do everything in your power to reconnect with him. It will be life-changing, strengthening, even healing for both of you.

Once your son is an adult, you have the legal as well as moral right to establish communication. I'm sure a good private investigator could do the job, but I wonder if perhaps communication could be established through the family? This way might accomplish more for yourself and your son. Let me explain.

Since you have had almost no contact with your son since he was less than 3 years old, you will be building a relationship almost from scratch. Now it may be that this relationship comes easily—like building a sandcastle, but it also may not be easy—like building a medieval fortress. So I think a preparation step is important because you won't be able to build a fortress without some know-how.

It is a truth that when a child doesn't have a father present they are left with questions about how worthy they re-

Pediatrician and author Meg Meeker says that deep in a child's heart, they questions about themselves:

1. What do you believe about them? (Are they good? Are they smart? Are they dumb?)

2. How do you feel about them? (Are they lovable? Are you ashamed of them? Are you embarrassed by

3. What are your hopes for them? (Do they have a future?)

Parents also answer these questions with tone and body language. In a TEDx talk, Meeker said that

people who don't have these questions answered by their fathers live in chaos. "Our prisons are filled with men

whose spirits are crushed because they never had those questions answered by

Even successful men struggle if they haven't had a father. Meeker said she also works with professional athletes, teaching them how to be fathers and they too struggle with chaos in their souls because—though they may have achieved the epitome of fame and glory in the world—they don't know the answer to these questions in a deep part of their hearts. The same is also true for elites in any realm.

You mention that your relationship with your own father is strained, so perhaps it's helpful to consider how he answered those questions for you. Possibly he didn't do the best job. If this is the case, if he didn't believe in your potential, in your inherent worth, and didn't tell you so, then this may have set you on a path toward your mistakes.

But, of course, you can't blame him now-he was probably beaten down by life in some way. The best way forward now is to acknowledge any wounds still unhealed in you, accept that your father had faults, and forgive him for them. I would guess he was doing his best with the hand he was dealt—most of us are.

Your desire to be a present in your son's life—despite all this time—really speaks to a nobility and strength in you. In my experience, parenting requires a lot of strength because, since we love and care so much for our children, they can bring up deep fears. In those moments when I've been really challenged by my son, I think back to how I felt when he was a newborn—how I knew he had amazing potential and that I would do and sacrifice so much for him, and this gives me the strength to overcome in myself what is challenging

I mention this because it may be that when you meet your son, he might not the person you hoped he would be, or he may have a very distorted view of you (we have no idea what his mother



has been telling him) and you may have | An Antidote to Chaos" by Dr. Jordan to prove to him that you are still worthy of being his dad.

Put another way, I think your search for your son is an actual hero's quest, and thus you will meet with setbacks, perhaps rejection, perhaps disrespect, and there will be moments in which you will doubt yourself. But it's the nature of the quest to be hard.

So as to your question about how to contact him, you could hire a private investigator, but what if you take the path of first easing some of the strain in your relationship with your own father? Then what about your son's mother? Could you become on cordial terms with her? The benefit is that you will start to reweave family bonds around your son, which might naturally lead to a connection with him, and importantly, through this process you gain strength and wisdom.

I think if you reflect, you will know how best to proceed. My other suggestion would be to

consider reading, to help bring you perspective, courage, and wisdom; some vorks to consider might be hero tales such as Hercules or biographies of great men like George Washington. Further suggestions for reading and watching would be books or videos by Dr. Meg Meeker, "12 Rules for Life:

Peterson, which has general principles for keeping on top of life; "It Didn't Start With You," by Mark Wolynn, which is about how to heal generational trauma; and "Man of Steel and Velvet," by Aubrey Andelin, which is an old-fashioned how-to guide for men on manhood.

You could also reach out to the Fatherless Generation Foundation, a Georgiabased nonprofit that specializes in helping families reunite and will have advice and resources for you.

Sincerely,



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

'The Adventures of Huckleberry Finn'

Mark Twain's "The Adventures of Huck-

leberry Finn" is a classic summertime

adventure that begins with a restless

Huckleberry bored and stifled by kindly

attempts to civilize him. But even being

civilized is better than how his Pap treats

him, so when his cruel father finds him

and brings him back home, Huck plans

an escape. Sailing down the Mississip-

pi River on a raft dwarfed by the river's

steamboats, Huck soon meets another

Set in the pre-Civil War South, the novel

depicts Huck's confusion as realizes his

own conscience contradicts what he was

taught is right and wrong. With Huckle-

berry Finn as narrator, the reader experi-

ences each of Huck's moral dilemmas and

Twain's style is frequently humorous,

and Huck Finn's journey is full of twists

and turns. Although sometimes taught in

school, "The Adventures of Huckleberry

Finn" shouldn't be disqualified from be-

ing a just-for-fun summer read for ages

escapee, Jim, a runaway slave.

his resulting realizations.

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.

by Mark Twain

**CHILDREN'S BOOKS** 

### 3 Great Reads to Counter Summer Boredom

### **ARIANNA RUDORF**

Summer break free time can bring almost endless opportunities for adventures and fun, but the long-awaited release from the school year's structure can also lead to boredom.

Here are three books to suggest when you're met with this summer's chorus of "I'm bored." While you may not want your child to

perfectly mimic the characters in these sto- and up. ries (rafting down the Mississippi River like Huckleberry Finn isn't recommended), each book portrays the possibilities that come with embracing creativity and adventure.

Arianna Rudorf recently graduated from the University of Dallas with a degree in English. Although originally from Illinois, she now lives in the Dallas area, where she is pursuing certification to teach English at the high school level.

'Bored-Nothing to Do!' by Peter Spier

Bored with nothing to do is exactly what the two main characters are in Peter Spier's charming and appropriately titled picture book. Scolded by Mom for sitting around doing nothing, the boys wander into the garage and find something that sparks their imagination. The two boys spend the afternoon building a real working airplane! How is that possible?

The book shows the boys' ingenuity as they bring together wheels from the baby buggy, wire from the TV antenna, sheets from the linen closet, and an engine from the car. Their project doesn't go unnoticed for long, however, as Mom and Dad are left wondering why the TV is broken and the car won't start.

Spier's illustrations have so much detail that a rich story unfolds, even though each page contains only a sentence or two. "Bored—Nothing to Do!" will appeal most to inventive young readers aged 4

Parents may want to know ahead of time that in one scene, the boys are disciplined with a mild spanking.



'Bored—Nothing to Do!'

**Author** Peter Spier **Publisher** Doubleday Books for Young Readers

1987 **Pages**  'The Saturdays' by Elizabeth Enright

Readers are introduced to the Melendy children, Mona, Rush, Randy, and Oliver, in the family's delightful playroom, named, more seriously, their office. Yet, despite having paints and clay, a piano and books, and even a trapeze, one rainy Saturday afternoon, the four find themselves bored and frustrated.

Then, inspiration strikes, and Randy suggests a plan that will give them the opportunity to liven up their upcoming weekends. By saving and pooling their allowance money every Saturday, one Melendy child will be able to go out on their own into the city and spend it on an activity of their choice. Trips to art museums, circuses, and operas are dreamed up and executed with varying degrees of calamity.

This chapter book is full of charming episodes in which police officers on horses heroically save the day, and old family friends that were once thought dull turn out to have thrilling stories of their childhood before the turn of the century. Elizabeth Enright's "The Saturdays" is the first book in the Melendy Quartet and will give readers a glimpse into New York in the 1940s, when \$1.50 was enough money to have an afternoon adventure. This book is great for reading aloud as a family or—for ages 8 and up—independent reading.

> 'The Saturdays' Author

> > **Pages**

192

Elizabeth Enright **Publisher** Square Fish 2008

13 and up.

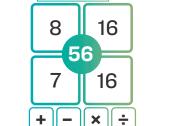
The Adventures of Huckleberry Finn'

Author Mark Twair **Dover Publications** Year 1994

**Pages** 

224

Solution For Easy 1 8×4×4+5

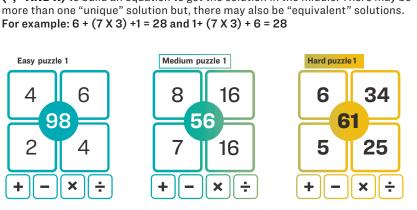


**USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS** 

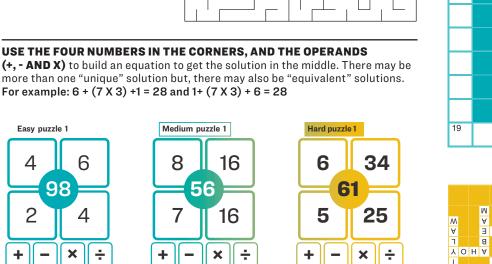
Medium puzzle 1

Solution for Medium 1 91 - 91 + 7 × 8 91 - 8 × (7 - 91)





(S2 - 8) × 2 - 34



FOR KIDS ONLY

My Ship and I

And my ship it keeps a-turning all around and all about;

But when I'm a little older, I shall find the secret out

For I mean to grow as little as the dolly at the helm,

And with him beside to help me, it's a-sailing I shall go,

O it's then you'll see me sailing through the rushes and the reeds,

**MUSK OX** 

and Norway.

and wool.

The musk ox is an animal of the high

Arctic, meaning it lives only in the very

in Canada and Greenland, with smaller

introduced populations in Alaska, Russia,

They are quite large, at about four to five

feet tall and weighing 400 to 800

pounds. Their preferred diet consist

of tundra plants, like grasses,

sedges, forbs, and woody shrubs.

During the breeding season, males

will battle for dominance and display

and fight aggressively. If bulls refuse to

concede to an opponent, they will fight by

charging at each other, head on, colliding

squarely with their heads. Sometimes

these fights can consist of 20 charges.

The oxen are not hurt, or at least not

beyond repair, by these clashes, because

they have seven inches of bone and horn

armor protecting this point of their skull.

Wild musk oxen are hunted for meat, while

the domestic type are raised for both meat

northernmost portions of the world, mostly

WHAT HAPPENED WHEN A

**BLUE SHIP** 

CRASHED INTO A

It's a-sailing on the water, when the jolly breezes blow

And you'll hear the water singing at the prow;

For beside the dolly sailor, I'm to voyage and explore,

To land upon the island where no dolly was before,

O it's I that am the captain of a tidy little ship,

Of a ship that goes a-sailing on the pond;

How to send my vessel sailing on beyond.

And the dolly I intend to come alive;

And the vessel goes a divie-divie-dive.

And to fire the penny cannon in the bow.

are probably the

By cattle, I mean the large

livestock animal scientists

refer to as Bos taurus,

However, our cow is not

the predominant bovine

(cow-like) animal across

or the domestic cow.

most common

livestock in

the West.

the world.

Easy puzzle

America and

THE EPOCH TIMES

By Aidan Danza

**BOVINES** OF THE WORLD



"A hole in the water surrounded by wood into which you pour money," so they say (4)

One of many speculative portraits

of Henry Hudson.

In 1609, English explorer Henry Hudson set out to

find a passage to Asia through the Americas. He

called the Hudson River. By 1611, he and his crew

known as Hudson Bay in northeastern Canada. The

On June 22, 1611, the crew of Hudson's ship Discovery

found themselves trapped by ice in what is now

mutinied (rebelled against) the captain and set him

If one does not know to

no wind is favorable.

which port one is sailing,

SENECA (UNKNOWN-65 A.D.), ROMAN PHILOSOPHER

**ASIAN WATER** 

The Asian water buffalo lives in

an entirely different environment.

It is a very populous animal, living

domesticated and wild varieties.

As the name suggests, they are

very dependent on water and must

have it for drinking, swimming, and

wallowing. They are social animals,

usually living in herds of 10 to 20

females with their young. Males older

than three years will form their own

"bachelor herds," which can have

predators are tigers, and they can

In Asia, the water buffalo is an

extremely important farm animal.

meat, and great hides for leather

important draft animal, providing

20 to 30 percent of farm power in

making. They are also a very

They produce very rich milk, tender

10 members. Their only natural

often drive them away.

Southeast Asia.

across south Asia and Africa, in both

BUFFALO

ALL PHOTOS BY SHUTTERSTOCK

members. They were never seen again.

adrift along with his teenage son and seven other crew

crew began to starve.

became the first European to enter what's now

Boating problem (4)

3 Sailboat crewmember (4)

4 It governs the high seas (9,3)

**5** Prow feature (8)

6 Up on the mast (5)

7 Toward the stern (3)

10 Triangular sail (3)

**15** Sailboat heading (7)

11 Sailboat personnel (4)

**12** Prevents a sailboat from being

13 It keeps a compass level (7)

blown over (4)

16 "Hello" maties! (4)

17 Downwind side on a sailboat (4)

18 Saltwater (5)

19 It warns of reefs (10)

On the boat (6)

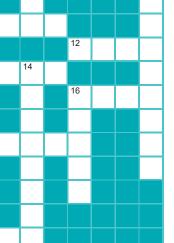
Where to keep a sailboat (6)

half-\_\_\_ on vessels (4)

Burlap fiber (for rope) (4)

To show mourning, we fly the flag

ALL PHOTOS BY SHUTTERSTOCK



Sailing ship navigation method (9)

90 degrees north, for the North Pole (8)

16 Side of a sailboat (5)

Across "Cancel" an order (5) TRUTH and TRADITION

In Our Own Words

# The Journey to Good Health



66

It's made me realize that getting healthy doesn't have to be about sacrifice or self-denial. When you know better, you naturally want to do better.

**Conan Milner**Senior Health Reporter

Dear Epoch VIP,

My name is Conan Milner, and I'm a health reporter for The Epoch Times. I've been writing for the paper since 2005, and exclusively for the Mind & Body section since 2014. This job has given me the opportunity to research and report on subjects I'm very passionate about, such as understanding how our bodies work and learning new ways I can take care of mine.

Health was not always my passion. For years, it wasn't even a concern. In college especially, I had about as unhealthy a life as you can imagine. I smoked compulsively, worked nights, and slept little. My diet consisted primarily of Coney dogs and Burger King. But it all caught up with me by my early 20s. It seems so young, but I felt old—miserable both mentally and physically.

Luckily, I met (and then married) an acupuncturist and my lifestyle changed dramatically. In addition to writing for The Epoch Times, I have helped my wife manage her clinic for over 20 years. In that time I've learned a ton about herbs, witnessed the power of natural medicine, developed an enormous respect for ancient Chinese wisdom, and have honed exceptional kombucha brewing skills.

My own health journey has served me well as a reporter because it has given me the kind of perspective that only comes with falling on your face, picking yourself back up, and walking a new road. This process has taught me that better health is often about making better choices. Even if you're born with great genes and enjoy top-notch health insurance, you still must eventually face the consequences of your lifestyle.

My articles give me a chance to share this journey with my readers. For example, after the opportunity of talking to several trainers, physical therapists, and a couple of back surgeons, I began to see exercise in a whole new light. Previously, I had little time or interest for anything athletic, but I've since developed a regular weight lifting routine that is still going strong after more than three years. Likewise, I've learned how to take care of my microbiome, discovered that a simple walk in the woods can inspire and help me let go of anxiety, come to know how to meditate for a clear mind, and have found that I should always be kind to others and grateful for what I have.

For me, these habits have little to do with willpower, and much more to do with an understanding of what hurts me and what heals me. It's made me realize that getting healthy doesn't have to be about sacrifice or self-denial. When you know better, you naturally want to do better.

I choose the topics I write about primarily on what I would like to read, and I know I couldn't find such freedom at any other publication. The Epoch Times has given me the support and encouragement to tackle subjects that many other organizations shy away from. It's allowed me to cover controversial subjects such as vaccines, wireless radiation, GMOs, and other topics that are often ignored or censored due to corporate interests.

Of course, I always keep in mind that our success comes from our readers—individuals who are curious, thoughtful, and hold the

**truth in high regard.** Thanks for sharing this journey with me.

In truth and tradition,

Conan Milner The Epoch Times



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