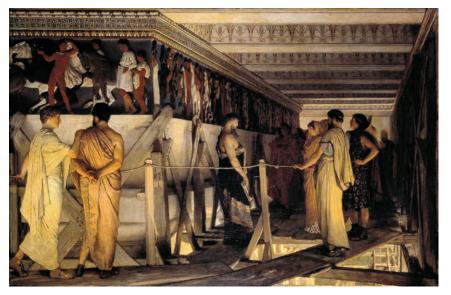
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Sections of the Parthenon Marbles also known as the Elgin Marbles are displayed at The British Museum on Nov. 22, 2018, in London.

Life Lessons From the Ancient World's Greatest Artist

Phidias was hounded by trials and tribulations throughout his career. How he responded defines his legacy.



"Phidias Showing the Frieze of the Parthenon to his Friends," 1868, by Sir Lawrence Alma-Tadema.

MATTHEW JOHN

omb through any of the latest art history or humanities textbooks, and you're likely to find little if any mention of his name. Not even once does he appear in McGraw Hill's "The Humanities Through the Arts"—nowin its 10th edition. "Picasso," meanwhile, registers a whopping 34 entries in the index.

Yet Phidias (also spelled as Pheidias) deserves better. He was a phenomenon in his day—the Michelangelo of the ancient world, if you will. He was heralded as the greatest artist in what was arguably the greatest city (Athens), with renown that reached as wide as Greek civilization.

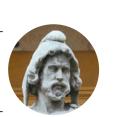
Yet perhaps most striking are the ordeals that Phidias faced in his lifetime and, importantly, how he responded. But to that we'll turn in a moment.

First, a bit of a biopic, given how unfamiliar readers are likely to be with the ancient giant and his achievements, and these, as we'll see, set the stage for appreciating his impressive character.

If you've ever made it to The British Museum or otherwise caught a glimpse of the legendary Elgin Marbles, you've at least seen some of Phidias's accomplishments, if not recognized them. For Phidias was the one responsible for these masterful works of marble sculpture that adorned the ancient Greek Parthenon—the towering artistic achievement that paid tribute to Athena, Athens's patron goddess.

The marble friezes—three-dimensional reliefs on the walls of the temple—were, and still are, 24 centuries later, heralded for their superb rendering of the human figure.

Continued on Page 2



Greek sculptor, painter, and architect Phidias (480–430 B.C.).

American Education Then and Now

We need to instill a fervent desire for learning in our children today

JEFF MINICK

"You can get it if you really want You can get it if you really want You can get it if you really want But you must try, try and try Try and try, you'll succeed at last."

Reggae musician Jimmy Cliff's lyrics apply to most situations in life: being a good husband and father, a promotion at work, or learning French. Very often, we truly can get something if we really want it and we're willing to try, try and try.

And the same holds true for an education.

Old-School Education

Schooling of any kind was often hard to come by in our past.

Go back to 1860 and we find only 40 public high schools in the United States. Most students at that time enrolled in private academies, which were small, local schools supported by their churches and communities, or learned the basics of reading, writing, and mathematics at home. In fact, very few young people who attended school—and many who had to work received no education at all—stayed in a classroom for only a few years.

Continued on Page 2



Students and their teacher stand in front of the Eight Square Schoolhouse in Tompkins County, N.Y., in this file photo.

the state (the police in this instance,

backed by the courts) will if necessary

enforce this control of mine over access

to the house. If I cannot, when I wish to,

prevent others from entering the house,

if anyone else or everyone has the same

rights of entry as I, then neither I nor

anyone would say that I am the 'owner'

Burnham also notes that the con-

trol that comes with ownership offers

many benefits to the owner, including

"warmth, shelter, [and] privacy." Take

that control away and give it to some-

one else—such as a corporation or the government—and the individual can

kiss both freedom and those benefits

of the house."

goodbye.

Continued from Page 1

There's an arrestingly lifelike quality to the Elgin figures, which are arranged in compositions that impart, overall, a "monumental" quality—as art historians describe it.

But perhaps most important, artistically, was his restrained and harmonious depiction of the human body. This came to be known as Phidias's hallmark and gave rise to what is today regarded as the quintessential classical or idealistic style. It's the epitome of Greek art from the later 5th through 4th

(This is in contrast to the later Hellenistic style, which was marked by a fixation on pathos, melodrama, and emotional extremism. Gone was the balance, harmony, and sense of self-mastery found in Phidias's works from the Golden Age of Athens.)

But the Elgin marbles pale in grandeur to what Phidias and his workshop devised for the inner sanctuary of the Parthenon: a towering statue of Athena Parthenos, three stories tall and made of ivory and gold.

You read that right: not decorated in the two precious substances, but actually made

According to archaeologist and art historian Kenneth Lapatin, Phidias pioneered an utterly original technique of ivory working that allowed him and his workshop's crew to "unscroll"—much like when sharpening a pencil—the ivory of elephant tusks and remold it into any shape imagined. Large, formed pieces of this ivory were thus affixed to a large wooden frame, piece by piece, painstakingly, with elaborate gold adornments then affixed to her figure—imparting to Athena the glory her Athenian patrons felt her worthy of. The statue alone is said to have taken an estimated nine years to complete.

By 432 B.C., when the Parthenon project was completed, Phidias was heralded as a genius and master. But with his growing greatness came de-

tractors. And herein lies the second part of Phidias's tale: the adversity he faced, and what we can learn, millennia later, from

the glamour and glory that comes with fame Olympics. There, he would go on to build

and fortune is at what great cost, or with what challenges, such celebritydom comes. Phidias was soon to find out.

Some time after finishing his work on the Parthenon (the historical sources aren't clear on the details), the unthinkable occurred: Phidias was accused of stealing gold that was meant for his Athena.

While he was able to prove before an Athenian court that he was innocent of the charge (by one account, he had ingeniously made Athena's golden adornments removable so they could be weighed in the event of such accusations), his detractors upped the ante.

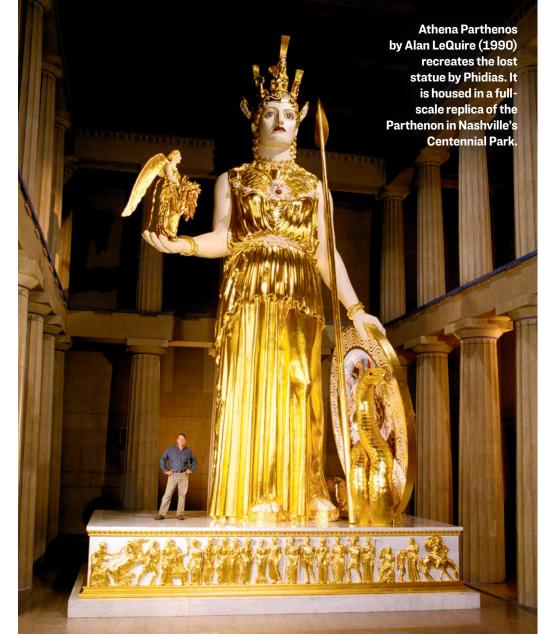
They then accused him of impiety—of all things. He had supposedly included in Athena's shield images of himself and his powerful patron, Pericles. (A charge that, if true, it should be said, would be quite forgivable, given the creative license with which artists over the centuries have sought to embed their "signature" or likeness in a work. Think of Raphael's "School of Athens," for instance—for which no one today thinks any lesser of the Renaissance master.)

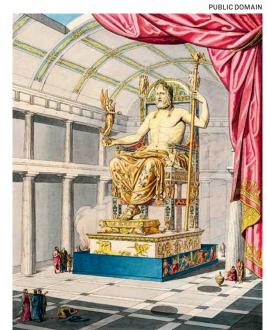
The sequence of events that ensued is, again, a little murky, but what's apparent is that this charge was harder to shake. Phidias was either exiled (by some accounts) or imprisoned in an Athenian jail (by other accounts). In either case, he didn't fare so well before the court this time.

How did Phidias respond, though? Was he devastated, as we might imagine—having just poured his heart and soul into a groundbreaking and majestic work, day in, day out, for nearly a decade? Or perhaps embittered, as would seem well justified? Did he hang up his hammer and chisel, and call it a career?

While we're left to speculate as to the psychological details of the "dark night of the soul" Phidias must have been experiencing, what the historical record does make clear is this: He bounced back, better than ever.

Hardly down for the count, Phidias responded to the gut-wrenching mistreatment in the classiest of classical manners. Rather than let his detractors get to him, he got back up. He took up a commission to repeat the feat, as it were, at Olympia—then the site of What we often forget when bedazzled by the greatest event of the ancient world, the





A representation of Phidias's sculpture of Zeus in Olympia's main temple, by Quatremère de Quincy, 1815. The statue was eventually

what became known as one of the Seven Wonders of the World: a massive, 40-foothigh ivory, gold, and ebony statue of the greatest Greek god, Zeus.

(The project itself, once again, would be a feat of perseverance: It took Phidias and his helpers fully eight years to construct. It was this very statue that would later inspire Daniel Chester French's Lincoln statue at the Washington memorial.)

One can hardly think of a better response to one's adversaries, if not life's adversities, more generally: to get back up, do it all over again, and make things even better and more glorious than before.

As much as the resplendent classical style and legendary monuments that Phidias left to the world, it would seem that his very life story contains something of just

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

American Education Then and Now

Continued from Page 1

Go even farther back in time, and we find no state-supported schools whatsoever, though education remained important to many Americans. Settlers in colonial New England, for instance, emphasized literacy, in part so that young people might read the Bible. In the South, the wealthy often hired private tutors, and many children of tradesmen and farmers learned their lessons at give parents an array of educational options. their mother's knee.

The Northwest Ordinance of 1787, designed to regulate a vast territory that included such future states as Ohio, Michigan, and Indiana, declared that "Religion, morality, and knowledge being necessary to good government and the happiness of mankind, schools and the means of educations shall forever be encouraged."

To secure that idea, the government set aside one parcel of land in each town for the building of a school.

One Size Did Fit All

As time passed, the one-room school became an American standard. Parents often constructed the buildings for these tiny islands of learning, supplemented teacher pay with goods such as bushels of apples and potatoes, and frequently gave teachers bed and board in their homes to defray their expenses. As late as 1919, there were 190,000 one-room schoolhouses in the United States.

One of my college professors, Ed Burrows, attended a school in rural South Carolina that ran from grades 1 through 7, served about 50 students, and had only two teachers. It operated a little like a oneroom school, with grades often sharing the same room; Ed told me one great advantage of this arrangement was that he could learn as he heard the older students doing

their recitations and lessons while he and the younger students did their book work. In many other places, these schools were smaller, and grades 1–8 shared the same teacher and classroom.

The Situation Today

Over the past century, of course, large public schools became the norm for education. Today, there are about 100,000 K-12 schools in the United States. Sixty years ago, more such schools existed, but many of these have

Like our ancestors, we too have retained an eclectic assortment of other institutions. Charter schools, private academies both old and new, some of them secular and some with a religious mission, and homeschooling

The Students of Yesteryear

If we look back at that hodge-podge of schooling in the 18th and 19th centuries, so much of it unsupervised by any government, we might wonder, given our own structured approach to learning, how such a system could produce educated young people.

Yet, this was this epoch that give the new nation inventors such as Tom Edison and George Washington Carver, statesmen in the mold of James Madison and Daniel Webster, and women as brilliant and learned as Abigail Adams and Louisa May Alcott. Some of these historical figures came out of those one-room schools, others attended private institutions, and many, like Edison, John Adams, and his wife Abigail, received

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Built around 1907 in Butler County, Iowa, this one-room schoolhouse was one of many located every two miles throughout the countryside.

Which then raises this question: How was it that these schools, so primitive when compared to our own, produced so many people of genius and gave to millions of others a solid foundation of learning for life?

Old Ways From the Old Days

In several ways, those schools had advantages we now lack. In the towns and rural areas, they were generally small, a center of the broader community, and were more socially cohesive. Moreover, the culture of that time was utterly different from our own. The farm boy of 1900 was innocent of the distractions of electronics and technology.

In 1919–1920, the illiteracy rate among young adults was 6 percent.

Despite these differences, however, we can discover some techniques and tips from those who lived in that era that might enhance our own methods of education. Here are a few of them:

The old schools focused on the basics. They taught reading, penmanship, civics, history, science, and mathematics. That was the standard curriculum until the 1960s, and thanks to my mother and her scrapbooks, I have the report cards to prove my case.

The most important of these subjects was reading. In 1919–1920, the illiteracy rate among young adults was 6 percent. Today, it is double that figure. To expect a democracy to thrive, much less an individual, while remaining functionally illiterate is nearly impossible. Those schools used phonics and memorization to teach their younger students to decipher words. Many of our schools might want to follow suit.

Until fairly recently, rote learning was another tool of the classroom. In third grade arithmetic, for example, we memorized the times tables. Mrs. Fleming explained to us how this worked, and then we began, chanting both at home and in class: 2 times 2 is 4,

at least a part of their education in the home. 3 times 3 is 9, and so on. These days, many educators deride memory work, ignoring a means of learning that extends thousands of years into the past.

> The ancient Roman tag "Repetitio est mater studiorum," or "Repetition is the mother of studies (learning)" is as true today as it

The Biggest Factor of All

Perhaps the greatest difference between our system of education today and that of, say, 1900, is the pursuit of education itself.

"Get yourself an education," I'd sometimes hear as a kid, and that same injunction was doubtless given to people like Abraham Lincoln, Thomas Jefferson, Amelia Earhart (who was homeschooled until age 12), Supreme Court Justices Sandra Day O'Connor (another homeschooler) and Clarence Thomas, and an army of other Americans.

All those young men and women understood that getting an education wasn't a passive process, that learning was as much up to them as to any school. With that attitude, many of them became lifelong learners. After his father died, for instance, my paternal grandfather reluctantly left school in seventh grade to help work the family farm. For the rest of his life, however, he was an avid reader, particularly of histories and

We need to inculcate this same fierce desire for learning in our children today. Education isn't pablum to be delivered on a spoon, but is instead a path to be pursued, not only for the job it may bring, but because a solid education makes us more fully human.

If we can fire up that passion for learning in our children, they will shine no matter what kind of school they attend.

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.

No Place Like Home to Help Freedom Grow

ANNIE HOLMQUIST

hile having dinner with a Chinese couple several years ago, I listened as they described their visiting parents' response to the American landscape. Having recently arrived from China, the parents' amazement about the Dakotas was particularly amusing. "So much space!" was the loose translation. "They could build so many apart-

I laughed heartily at the time, realizing just how different American interests were from those of the Chinese. Americans certainly didn't need myriads of high rises stretching across the Dakota plains!

But in retrospect, I now wonder if there were more underlying that comment than simply the Chinese need for space. Could such a thought also stem from the communist ideology that pervades China, an ideology that squelches freedom and seeks control over every aspect

Home ownership, the ideal of a little house with a white picket fence, is the American dream. That house is a place of rest, a place to gather—a place to live, work, and play in. At its heart, the littlehouse-and-picket-fence dream is freedom itself: control over a small piece of property an American can call his own.

That American dream still lives. But not everyone thinks that's a good thing, judging from a recent Time magazine headline that declared "America Needs to End Its Love Affair With Single-Family Homes."

Housing developers, the article explains, are continually trying to buy land and develop communities of multifamily dwellings—in essence, the highrises our friends from China were so eager to build. But these same developers seem to be mildly exasperated because, despite their best efforts to patiently explain the benefits of housing density, many individuals continue to inquire and dream about single-family homes.

"I would love to own a single family home and have pets and children running around," one woman told Time. "I would rather not be in an apartment building. It doesn't feel as homey."

Unfortunately, affordable singlefamily home ownership is increasingly difficult to achieve. Corporations such as BlackRock are gobbling up singlerentals, writer Pedro Gonzalez explains the nuclear family, the latter of which political institutions, it means also that



Teaching children how to maintain, repair, or beautify your home will help them have greater pride in owning their own home in the future.

in the August 2021 issue of Chronicles: A Magazine of American Culture.

Unfortunately, affordable single-family home ownership is increasingly difficult to achieve.

In the article, he also draws attention to the fact that multi-family housing is pushed by those who fear climate change and view America through a racist lens—for, of course, single-family dwellings encourage both a larger family homes and turning them into carbon footprint and the concept of entering it. In developed societies with

was once a direct target of Black Lives

The increasing difficulty of owning a home is likely not accidental, for—as philosopher James Burnham wrote in his 1941 book "The Managerial Revolution,"—"ownership means control; if there is no control, then there is no ownership." Thus, if our ruling elites can prevent average folks from owning their own homes, doing so will strip those same people of more freedom and control over their own lives.

Burnham himself uses this issue of home ownership to illustrate how property rights translate into freedom: "If I own a house, let us say, that means that—at least under normal circumstances—I can prevent others from

"There is something very

precious about reading old

letters, it's like sitting down

and talking with [family

members and friends]

Martha Beeghly.

once again," writes reader

But if we want those benefits, then we need to hold on to the American dream ever more tightly, not only for ourselves, but for others also. Do you want to be free from the grasp

and control of government? Then put your earnings toward a house and other amenities that will make that home more comfortable for yourself and those you love, instead of spending your earnings on experiences or other frivolous

Do you want your children to know and value freedom? Then encourage them toward home ownership and set aside a small nest egg to help them toward that purpose one day. Teach them how to do the things that will aid in maintaining that house. Learning to paint, repair, and beautify a home while young will lay the groundwork for greater pride and ownership in—and desire for—their own future property.

Do you want others to experience the freedom that having a place to call their own brings? Encourage them to buy a house and then pay it off quickly. Give them a helping hand with their house projects where you're able. Make your own home a bright spot to which you can invite them so that they get a taste of the freedom and benefits that home ownership brings.

Those who seek to control our bodies and minds would like nothing better than to stick each of us into a soulcrushing, rented high-rise in order to quash our freedom. Don't let them do it. There's no place like home—especially when it's in the land of the free.

*Annie Holmquist is the editor of Intel*lectual Takeout and the online editor of Chronicles Magazine, both projects of the Charlemagne Institute.

DEAR NEXT GENERATION:

The Preciousness of Old Letters

→ Advice from our readers to our young people

Your recent article "Missed Opportunities" caused me to think of something I've always wanted to share with my children, grandchildren, and friends for some time now. And that is the lost art of letter writing.

I asked my granddaughter, recently married, if she had any letters from her husband. She admitted, 'they were all in a cloud somewhere.'

Martha Beeghly

When I was growing up in the '40s and '50s, I received and wrote to my dad (in the service), my grandmother who lived miles away, and family and friends. I met my husband while he was just leaving the Navy and we began exchanging letters. Then I went to nursing school and he started college and we began a year-long exchange, corresponding



nearly daily. Through the years, my "letter list" grew, to my mother and brothers in Florida and several more family and

After 64 years of marriage, my sweet husband passed away of COVID. It was then when I discovered my letters—yes I kept all of them from friends and family and especially those of my husband—all 246 of them. I began reading his letters to me. It is hard for me to express the joy and comfort his letters have brought to me. How thankful I am that I kept

I recently told my sons, "If you want a good history of my life, just read my letters from your dad, grandmother, aunts, and my friends." There is something very precious

about reading old letters, it's like sitting down and talking with them once again.

his handwritten letters filled with so

much love and great memories. They

have brought him so close to me; I can

almost hear his voice when I am read-

Texting is just not the same, though I agree it does have a place and serve a purpose. I asked my granddaughter, recently married, if she had any letters from her husband. She admitted, "they were all in a cloud somewhere."

Well, in closing, I wouldn't take anything for my letters and I would encourage anyone who reads this to handwrite at least one letter to someone, and perhaps you'll receive one thing in return. (I'm re-reading mine for the 2nd time.) I trust you won't let "letter writing" become a "lost opportunity" in your life. Incidentally, I still have some letters my mother received during World War II from her brother and friends, and I'm reading them also. What a treasure.

What advice would you like to give to

—Martha Beeghly

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

Beautifully Handwritten Journals Reveal the Therapeutic Joy of Writing

ulie Lafrance-Balian loves inspiring others to start a writing practice and journaling.

The 46-year-old novelist and French translator, whose own journals are beautifully handwritten and illustrated, says journaling for her is more like meditation, helping her sort "uncomfortable emo-

"It's so good for one's mental health and to manage the confusion and anxiety that we all go through at some point in our life," she told The Epoch Times. "Writing a journal helped me stay honest with my emotions, my thoughts, my vulnerabilities."

Going by the name of the paper pilgrim on to stay secret. Instagram Lafrance-Ralian shares charming notes and reflections in elegant handwriting with her thousands of followers.

"I love to make every page different; it's very meditative to me," she said. "There are so many classic paintings I enjoy, and so many vintage botanical illustrations. I feel that adding visual elements helps me

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explore some new areas of my psyche." Originally from a small town in Québec, Canada, she's now married to an American and currently lives in her husband's hometown

of Milwaukee, but plans on moving to Vermont

in summer to be closer to family and "live the

Mesmerized by books before she could even read, Lafrance-Balian discovered the magic of journaling at a very young age.

"I was maybe 5 or 6 years old," she said. "My mother was reading the journal of Anaïs Nin, and I asked her about it. My mother was a teacher, so she took my interest quite seriously; she explained to me what a journal was, that one could write whatever private thoughts they wanted in it, and that it was often meant

"I just knew I was going to have one

The first journal the young Lafrance-Balian's mother bought her—as soon as she was old enough to form sentences—was red with a lock and key. She started writing in it almost every day and never stopped.

Good handwriting can make any notebook so undeniably pretty, and it's a skill

《公外科技》



daily practice

of journaling:

they contain

musings, and

excerpts,

I try to limit the time spent on social media because journaling takes time, and I need to protect the few hours a week I spend reflecting and contemplating my life on

Julie Lafrance-Balian

the page.





that Lafrance-Balian says she owes to her father and grandmother.

"My dad had very neat and elegant handwriting as a child, so much that my grandmother kept all his school notebooks," she said. "I remember being at my grandmother's house after school, doing my homework at the kitchen table. She was praising my penmanship, and she said, 'Wait, I want to show you something.'

"She went down to her basement and came back with a pile of dusty, yellowed school notebooks belonging to her eldest son, my dad. I opened them and I couldn't believe my eyes. Someone my own age could have a penmanship that was so incredibly perfect?"

That day, Lafrance-Balian realized how beautiful simple notebooks could be and how neat handwriting could impress people—so she started making effort.

"I went to Catholic schools all my life, and my teachers seemed to love and reward neat homework," she said. "So I found a lot of validation for my efforts. I also started using fountain pens as a teenager; they make it easier to improve your handwriting."

Lafrance-Balian's journals are lovely to look at, but at the same time, they're about so much more than the aesthetics.

"The beauty of journaling is that you can write about anything you want, so I indulge!" she said. "I go from the mundane, what I'm cooking, studying, reading, watching ... to some serious existential questioning, about my purpose, my legacy, my beliefs, and the meaning of life.

"I explore every topic in my journal. From current affairs to gossip, rants about some people, old memories that just resurfaced, hopes for the future. ... Sometimes I just need to figure out my own opinion about something, or I need to have an ethical argument with myself, and I do that on the page."

Also using her notebooks to research topics for whatever novel she's currently writing, Lafrance-Balian transcribes poems, quotes, and excerpts from books. For her, journaling has become a practice, such as meditation or gardening. The time she carves out for it is precious.

"I try to limit the time spent on social media because journaling takes time, and I need to protect the few hours a week I spend reflecting and contemplating my life on the page," she said. "I try to journal every day, even if it's just a little bit. I tend to write longer on weekends, reflecting on the week and planning the next." However, up until 2019, Lafrance-Balian never thought she would share her innermost thoughts and feelings with the world.

"I still keep the more personal pages to myself, of course," she said. "I think it's important to write for yourself, without giving any thought to what other people might think. That said, it's been wonderful to find a community of journal writers on Instagram."

While the process is obviously cathartic, the artistic element also feeds Lafrance-Balian's soul. She said she never decorated her journals until 2018. Before that, it was "only words on paper." But after coming across a few illustrated and decorated journals on social media, she felt like trying out decorating the pages.

"I had been writing in my journals for so many years already, maybe I needed something new?" she said. "My life had achieved a calm stability, I felt that I had less to write about, compared to the years of my youth when there was always some drama.'

Already a master of the art of beautifying her ournals, Lafrance-Balian is clear on her goal: to keep journaling as "a daily habit."

"I see myself as a very old lady one day, having fun reading my old notebooks, being able to relive and remember most days of my life," she said. "My grandmother is 100 right now, so if I have her genes, that's a lot more notebooks for me to fill, and nothing could nake me happier."

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

Hives for Heroes Provides Connection and Purpose for Vets Through Beekeeping

DAVE PAONE

other is mission.

"Save Bees-Save Vets" is the motto of the charity Hives for Heroes, and they do exactly that.

While bees and veterans may sound like an unlikely pairing, founder and CEO Steve Jimenez discovered they're a perfect match for helping both two-legged and six-legged creatures.

A major problem among veterans is the suicide rate. Jimenez noted there are more vets who have died by suicide than were killed in action in Iraq and Afghanistan combined. "When you look at numbers, like 20 to 22

epidemic," he told The Epoch Times. Jimenez described two aspects of military service: One is family—not in the genetic sense but in the emotional sense—and the

a day for the suicides, we consider that an

"There's a culture of caring for your brother and sister to your left and right. And you have a clear and defined mission: defend the United States and/or anything that your commanding officer has shared. So this is the mission of our unit; this is what we do," he said.

But often upon discharge, veterans lose their sense of family and no longer feel they have a mission. This is sometimes combined with mental or physical health issues.

And this is where Hives for Heroes comes in. The charity provides veterans with a family atmosphere and sense of purpose through beekeeping.

Bees and the Military Have a Lot in Common

One may find it difficult to connect the dots from bees to vets, so Jimenez laid out the "social order of bees."

"On the bee side, there are clear rules, there's a clear hierarchy, there are clear job descriptions, and they all inherently know them," he said.

Jimenez described how young bees with a specific job will get "promoted" to another job and then another before the end of their 40-day life cycles.

Sounds a lot like the military.

In keeping with the bee-and-military hierarchy theme, Hives for Heroes calls its first-year beekeepers "newBEES," the second-year "worker bees," and the thirdyear "mentors."

Providing Purpose and Connection Jimenez knows that veterans often gravi-

tate toward bars, where they'll spend a lot porate executives] for almost two hours," of money drinking and comm each other, sometimes leading to DWI arrests. He believes no one benefits from this scenario, especially the families of the vets.

Through Hives for Heroes, "veterans start getting outside of the bar and into the bee yard," Jimenez said.

"Those bees become the larger purpose and now you have friends to do that with," he said. "So now you have the mission and purpose that [you] used to have in the military and you have the relationships you used to have in the military, all toward a common goal."

The charity is headquartered in Houston, but there are newBEES and mentors paired up throughout the country. When Jimenez started it three years ago, he had about 20 pairs. In year two it grew to about 350, and this year he has about 1,125.

"In the past week, we had 30 applications," he said.

Much of the work is done one-on-one (a mentor with a newBEE), but the organization also holds large events through corporate sponsors. These include education (usually



Hives for Heroes aims to make a difference in veterans' lives through beekeeping, purpose, and social connections.



Founder and CEO of Hives for Heroes Steve Jimenez (C) and Stan Gore give a lesson about bees at the Houston Rodeo and Livestock Show earlier this year.

Those bees

the larger

purpose and

now you have

friends to do

that with.

Steve Jimenez,

founder and CEO

Hives for Heroes

become

via video) on topics such as honey bottling and and hive building.

One sponsor, TechnipFMC, a Houstonbased energy company, partnered with Hives for Heroes on two recent events: the harvesting and bottling of honey that was given out to employees, and leadership development training.

"TechnipFMC is about a \$20 billion company and we had their entire C-level [cor-Iimenez said of the latter event

Hives for Heroes also participates in events organized by others, such as National Honey Bee Day (the third Saturday in August) and World Bee Day (May 20).

It's at events such as these, as well as noncorporate events the charity organizes, where the family aspect sparkles.

"We're family friendly, meaning spouses and kids are welcome at every event," Jimenez said.

Conservation

According to the YouTube video "The Death of Honey Bees Explained," a phenomenon called "colony collapse disorder" has led to the rapid decline of honey bees throughout the world. Hives for Heroes is doing its part to fix that. "Our goals are to conserve and grow the

honey bee as a pollinator," Jimenez said. "One of about every three spoonfuls of food that you put in your mouth is pollinated

"It's really cool that the veteran, at a hyperlocal level, is contributing to the overall ecology and the overall environment."

A Life Saved

Jimenez served in the Marines, where he reached the rank of captain. In 2018, seven years after he returned to civilian life, he found himself with a shotgun in his mouth, on the verge of becoming one of that day's 22 veteran suicides.

Someone close to him called the police, and the officer who responded had also once served as a Marine and was able to save Jimenez from himself.

Soon after, a friend from a military nonprofit Jimenez was part of invited him to a beekeeping event, prefacing it by saying the bee is her spirit animal.

Jimenez was hesitant at first but went, not knowing what to expect. He suited up in beekeeping gear and opened the lid, which released the bees. He found himself "being in the moment."

"All this chaos actually becomes calm and is very familiar to veterans, especially combat veterans," he said.

This experience, combined with the growing need to help vets who find themselves at rock bottom as he once was, led to the start of Hives for Heroes.

An Active Role in Prevention

Jimenez knows that he and his volunteers aren't the calvary that's going to show up at the last minute and stop a vet from committing suicide.

"We're actively preventing suicide," he said. 'We want to get out in front of suicide, so that thought doesn't come."

"This isn't a beekeeping organization; it's a people organization," he said. "It just so happens bees are awesome."

Success Story

Ron Ray of Trafalgar, Indiana, is a 10-year Army combat veteran from the wars in Iraq and Afghanistan.

After his return to civilian life, the former staff sergeant found himself battling alcoholism and addicted to the painkillers prescribed by Veterans Affairs for combat injuries.

Soon the prescriptions weren't enough, and he sought out other suppliers for pills. One questionable pill led to an overdose.

Ray, who connected with Jimenez a few years ago, gives much of the credit for his current sobriety to Hives for Heroes.

"The bees ... they keep me clean; they keep me sober," he told The Epoch Times.

Ray discovered an unexpected bonus from beekeeping: The swelling from bee stings, or possibly the venom, actually relieves pressure caused by his combat injuries.

His experience with Hives for Heroes inspired him to start his own company, ARK Apiary, where he removes hives from the walls of people's homes and businesses. For his first job, he removed 47 hives from one apartment complex.

It isn't just removal he does, but also relocation of the hives to either a hospital yard or his own apiary.

ARK Apiary also makes and sells lip balms, candles, jarred honey, and other products made from the honey his bees produce.

Ray has mentored two newBEES and was recently assigned his third. "So far it's been working great," he said. "Long-lasting relationships far beyond just beekeeping."

Ray and his first newBEE from over a year ago talk on a daily basis, and Ray still talks to his own mentor. "It's just becoming a bigger and bigger family every day," he said.

With all the success Hives for Heroes has had in its three years, one might say, "It's the bee's knees."

what would happen if more of us did the

same: working hard to cultivate positive

friendships and relationships with those in the nearest vicinity to our homes. In

Changing Minds Across the Back Fence

ANNIE HOLMQUIST

The Dobbs v. Jackson case that recently overturned Roe v. Wade has generated more average, everyday conversations about a Supreme Court decision than I've ever seen. I've heard strangers walking by me talking about the issue while on their phones. Neighbors even discuss it over the

My mother had one of these back-fence discussions on the day that the decision a response would have been a bit premacame down. She innocently mentioned the case, thinking the neighbor would be happy about it, only to be taken aback when the lady launched into a complaint: What about all of the sexual assaults and the people who didn't have insurance and the many poor children that were already

in terrible situations? Did we want more

Trying to keep it civil, my mother acknowledged that there are many difficult situations, but pointed out that every baby is still a blessing and that life is precious. She later told me that this interaction made her feel like leaving town and moving to the country, away from the vitriol that seems ever-present in our current society. But the next day demonstrated that such ture, as a card came from the neighbor lady, apologizing for her response, saying she had thought and prayed about the issue and realized that my mother was right about one of the points she had made. She also thanked my mother for her friendship. Even though I didn't take part in the con-

versation, I was amazed and touched by the response, and I couldn't help but think how wonderful it would be if all of today's arguments and disagreements were resolved with such grace and civility. But in order for that to happen, two conditions

are needed: humility and friendship. The first, humility, is readily visible on the part of the neighbor lady. Rather than holding arrogantly to the opinions she had formed, she was willing to humbly step back from them and consider what my mother had said. In the process of doing so, her mind was changed. Her humility was further evidenced by her willingness to go the extra mile, apologize, and make sure the relationship was still intact. Not many people these days have the guts to do something like that, more's the pity.

Her humility was further evidenced by her willingness to go the extra mile, apologize, and make sure the relationship was still intact.

The second condition, friendship, is less visible and was a long time in the making. It was carefully cultivated over the years on both sides of the back fence, with a conversation here, a pile of rhubarb or a butternut squash there, or even with a comforting word when someone was in the hospital. And in all honesty, it was this friendship that drove the humility necessary to make amends.

I can't help but wonder what would hap-

pen to our country if more of us followed the example of these two neighbors. It's relationships such as these, built in small communities and families, "that have been morally decisive in the concrete lives of individuals," Robert Nisbet wrote in "The Quest for Community."

Relationships such as these encourage "work, love, prayer, and devotion to freedom and order," according to Nisbet.

"This is the area of association from which the individual commonly gains his concept of the outer world and his sense of position in it," he wrote. "His concrete feelings of status and role, of protection and freedom, his differentiation between good and bad, between order and disorder and guilt and innocence, arise and are shaped largely by his relations within this realm of primary association.

This dynamic seems to be what played out in the exchange between my mother



and her neighbor. Because the relationship was well cultivated and maintained in the local community, there was plenty of room for positive influence—influence that even led to a changed mind.

that's a friendly wave or help-Given that, I can't help but wonder

In our disconnected soci-

ety, neighborliness-whether

our broken, disconnected society, people are starving for someone who will reach out to them, to give them a friendly smile and a wave from across the driveway, to be there in times of trouble. Those of us who will make the effort to be that friend and near neighbor may reap unexpected dividends. Who knows? We may even be such an influence that we'll change a neighbor's mind, laying another brick in the path toward societal sanity.

This article was originally published on Intellectual Takeout.

Annie Holmquist is the editor of Intellectual Takeout and the online editor of Chronicles Magazine, both projects of the Charlemagne Institute.

(Top) Villa Melzi stands

the gardens rise behind.

The family chapel, with

the green dome, is seen

here slightly closer to the

viewer. In the background,

Bellagio, the point of boat

arrival for visitors today

and a short walk to Villa

along the lakeshore.

Melzi stands

by the waters

Melzi, is seen further back

'God's Great Outdoors'

The 96-year-old US Air Force veteran says she is 'humbled by the beauty and greatness' of the country

LOUISE CHAMBERS

A retired Navy nurse took her 95-year-old mother, a U.S. Air Force veteran diagnosed with dementia, on a 26,000-mile adventure across the United States. Together, they passed through 70 cities in 20 states, collecting stories and experiences like none they all along the way. had before.

Teresa Lee McFarland of Lone Pine, California, is 63 years old. She retired as a Navy Nurse unexpected mishaps, like a flat tire, and Corps commander and family nurse practitioner in 2020 to care for her mother, Norma Lee Lamascus, full time.

Lamascus, who celebrated her 96th birthday while on the tour, was once a registered nurse and served two years with the U.S. Air Force between 1952 and 1954.

The mother-daughter pair have since returned home from their more than 10-month-long trailer tour of a lifetime and are planning to travel again, starting in July. The best part is that after all this traveling, Lamascus's dementia scores have improved.

ness of our big country," she told The Epoch Times. "I learned that life is wonderful and that I can still enjoy God's great outdoors at my age! Life is for living. Every moment can be a wonderful adventure if you look for it."

McFarland said, "I learned that, with God's help, there isn't really anything we can't do. I also learned that most strangers are kind and generous."

'I Want to See the People I Love Before I Die'

Lamascus moved in with McFarland in March 2018, when she could no longer afford to keep up her home in Oceanside, California, and needed help with chores. Then the COVID-19 pandemic hit, and life grew even harder.



I learned that life is wonderful and that I can still enjoy God's great outdoors at my age! Life is for living. Every moment can be a wonderful adventure if you look for it.

Norma Lee Lamascus, 96

"The forced isolation and travel restrictions shut down her social life," McFarland said. "She couldn't go to visit her dearest friends living near her former home, and five of her new friends died. Needless to say, she became despondent with grief."

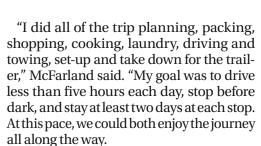
Lamascus told her daughter, "I want to see the people I love before I die!" McFarland was determined to make it

In October 2020, she bought a 2011 Toyota Tacoma and a 17-foot 1985 Aljo Alypull trailer to fix up. McFarland oversaw the modifications herself, raising the seats by three inches for accessibility; adding hand grips, a new heater, and a window; and updating the decor. By March 2021, the revamped trailer, nicknamed "Blessing," boasted a fully functional kitchen, a bathroom with a shower, sleeping spaces, and a brand-new look.

"I did everything but the heater myself,"

she said. With Lamascus fully on board, McFarland plotted a route using paper maps and an old U.S. Road Atlas to include visits to old friends, family, and even relatives whom Lamascus had discovered through DNA testing, but had never met. The pair chronicled their epic trip on a dedicated Facebook page, Norma's 95: Big Adventure.

With a preference for quiet rural spots and natural beauty, McFarland made reservations at campgrounds ahead of each pit stop. She found military base campgrounds especially welcoming and said life on the road was both "fun and challenging."



"We remained flexible and didn't plan ahead too much so we could accommodate take advantage of any surprise opportunities that showed up: the public art

murals, sculptures, mosaic-tiled automobiles, riverside walking paths, swimming pools, community concerts, spontaneous dancing in the grass, and the amazing beauty of God's cre-

Making Memories

Cadet nurse Norma

Lee in Denver in

1943.

In more than 10 months, with four oil changes and four new tires along the way, McFarland and her mother visited 20 states: California, Nevada, Idaho, Utah, Colorado, Nebraska, Iowa,

"[I feel] humbled by the beauty and great- Minnesota, Wisconsin, Illinois, Missouri, Indiana, Kentucky, Tennessee, North Carolina, Arkansas, Oklahoma, Texas, New Mexico, and Arizona.

In their home state of California, Lamascus visited her childhood best friend since kindergarten in Scotts Valley. In St. Louis, the pair visited McFarland's sister; Norma met her latest great-grandson for the first time in Crystal City, Missouri.

Colorado heralded a nostalgic meeting. "Norma enjoyed seeing three of her nursing classmates from 1946, and we went to Presbyterian Saint Luke's Hospital to see if there was any interest in Norma, a 1946 graduate of the Denver Saint Luke's Hospital School of Nursing, McFarland said. "They gave Norma a wonderful book filled with photos and detailed history of the hospital."

In her hometown of Lewellen, Nebras- The Conscientious Daughter ka, Lamascus reunited with family and old McFarland first noticed warning signs of defriends and met a 94-year-old third cousin for mentia in her mother in November 2019. the very first time.

As the tour progressed, they kept adding new memories to their book of life.

The pair also made ample time for day trips, including Noah's Arkin Williamstown, Kentucky; the Minneapolis Zoo, where Lamascus fulfilled a lifelong wish to ride a camel; and Sheboygan, Wisconsin's 400-foot-tall American flag.

They spent the holidays in Lake Havasu City, enjoying London Bridge, in Arizona, walking in the cactus garden and taking the ferry to Christmas dinner at the casino.

"The Arizona sunsets still warm our memories," McFarland said.

Lamascus celebrated her 96th birthday in Meridian, Idaho. And in Cascade, Idaho, 15



Lamascus outside the trailer. Her daughter affectionately addresses her as a superhero for her resilient spirit and love for life.



Teresa Lee McFarland (L) and Norma Lee Lamascus, at London Bridge, Lake Havasu City, Ariz.



Lamascus (R) with Agnes, her nursing school classmate from 1946.

Week 27, 2022 THE EPOCH TIMES

Lamascus (R) with her childhood friend Betty at a nursing home.

family members spanning from 7 to 96 years of age hosted "Camp Grandma" for the nonagenarian birthday girl.

Lamascus had trouble problem-solving, didn't use logical reasoning, and was forgetting more frequently; she had difficulty following directions of more than two steps, repeated questions already answered, and said the same things over and over again. As she became less active physically, her social life declined.

Unable to drop to a part-time schedule, Mc-Farland retired to become her mother's fulltime caretaker. Ironically, she believes that Lamascus herself might have invented the "assisted living" model we know today during her career as a nurse.

"In 1968, [my mother] bought a too-large house to provide a home-like 'board and care' to elderly men and women who needed help with their medication, laundry, and meals," McFarland said. "Otherwise, they were independent and on their own. The health and fire inspectors weren't sure what to do with her, as this type of care was otherwise unheard of."

Well-versed in Lamascus's needs by the time the trailer was ready, McFarland made sure their trip was accessible. Norma uses a four-wheeled rolling walker for stability, quickly runs out of steam because of a history of heart failure and chronic obstructive pulmonary disease, and can't stand without support for more than a few seconds.

It was Lamascus's job to inspect every new campground for adequate bathroom facilities, McFarland said, while she set up the trailer for each stay. The thoughtful daughter carried three portable suction grab bars, a shower stool, and a hand-held shower spray with wrenches, just in case they needed them. But during their travels, McFarland noticed

that even Lamascus's transport chair was too flimsy to handle the uneven trails and river walks they hoped to explore. She found a \$4,000 all-terrain chair from France online, but was reluctant to commit without trying it first. Then she came across an advocacy group that provides running pushchairs for disabled athletes.

"This contact led me to Mike DiDonato of Southbridge Tool and Manufacturing in Massachusetts," McFarland said. "He offered to let us borrow a blade running chair with trail wheels for as long as we needed it, all we had

to pay was the shipping costs."

McFarland believes that when one is faced with problems or challenges, it's important to be curious and ask others for ideas and whatever help they can offer and "be persistent to find a solution."

Help was never far away. When Lamas cus contracted a painful ear infection in Minnesota, they visited a local urgent-care facility with a prescription vending machine in the waiting room, getting the antibiotics they needed in the middle of the night. The Traveling Veterans program looked after Lamascus throughout her recovery.

Even the trailer suffered a few issues as the trip went on, but McFarland saved the day.

"Once the weather started to get colder in Tennessee, some of the trailer's old pipes became frozen," she said. "I solved this issue by placing small portable heaters inside the bathroom cabinet."

After 10 months on the road with now-96year-old Lamascus, McFarland feels proud of her mother for her enduring adventurous spirit, proud of herself for making the trip happen despite obstacles, and grateful that they ignored the naysayers.

"I learned that enjoying the present is an incredible gift to myself and those around me," McFarland said.

Concerned about her mother's memory and mental health, McFarland recently got Lamascus's thorough neurocognitive assessment done. The results were surprising.

"Her score had actually improved from January 2021," McFarland said. "I am convinced that the mental stimulation, social experiences, and travel to new places actually improved her mental function!"

McFarland, who's a member of the VA Caregiver Support Network, implores other caregivers to find support from people who understand and empathize. The "frank, funny, steady, reliable" friends in her virtual support group have made caregiving possible for her and thriving possible for Lamascus at 96.

"I encourage everyone to experience an adventure every day. This is important for young and old. It makes all of life much richer, fuller, and more fun," McFarland said. "I'm forever grateful we took this trip."

Arshdeep Sarao contributed to this report.

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Graceful Villa Melzi on Lake Como, Italy

JAMES HOWARD SMITH

Villa Melzi d'Eril is elegantly placed on the waterfront of Lake Como amidst a rare garden, just 31 miles from Milan in Lombardy, Northern Italy.

Francesco Melzi d'Eril was vice president of the Italian Republic founded by Napoleon in the early 19th century. Melzi envisaged the villa as a summer retreat. It is accompanied by a family chapel, an orangerie that served as a greenhouse, and a lakeside pavilion. These were set in a wondrous garden with rare exotic plants, sculptures and an oriental haven, evoking memory and imagination of far away lands.

The Villa was designed by Swiss-born architect, painter, and sculptor, Giocondo Albertolli, and built between 1808 and 1815. The neoclassic style draws upon Greek classical roots, holding a simple form with a subtle decorative expression. The soft, gentle tones of the white walls with light gray trim and blue window shutters com-

plement the atmosphere of the lake with the lofty clouds that often float by before dissipating among the mountains beyond.

The gardens begin at the northern end at lake level with the Asian garden formed with Japanese maples, around a pond, and offers a bridge to a sequence of stone paths that quickly tracks up the hillside. Plateaus are formed offering views out over the garden and lake beyond. The hillside garden then forms the backdrop for the villa.

While the town of Como is filled with many lively hotels and villas, Melzi stands softly spoken by the waters edge amidst a gentle setting. Her graceful presence connects with the spirit of Lake Como, and has timelessly continued to touch guests and passersby for over 200 years.

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

MT-AFB/GIARDINI DI VILLA MELZI

edge amid a gentle setting.

> Villa Melzi has been declared a national monument. The exterior double staircase rises up to the main floor and frames three arched doors that provide passage to the villa's lower floor. The rusticated base and large textured brick-like forms establish a relationship with the ground, while providing contrast and hence highlighting the soft white walls. This treatment extends vertically along the corners, known as coins. The coins form a frame to the subdued façades comprised of a soft repetition of rectangular windows. The roof is adorned with chimney spires.





In the Asian garden, Japanese maples shed their canopies over broad curved pebble paths and over the Japanese "small water lily lake" and nourishes visitors in a welcoming enclosure.



The lotus pond is centered on the lakeside terrace in front of Villa Melzi. It is representative of the lake, brought within reach of guests for close viewing. The small pond does not draw too much attention to itself in order to leave the broad terrace open to Lake Como and the mountainous terrain as the main spectacle.



Hidden at the southern end of the estate is a spiritual realm: the family chapel. Visitors must cross the expansive lawn surrounded by gigantic aged trees to discover this spot. There are no paths to it.

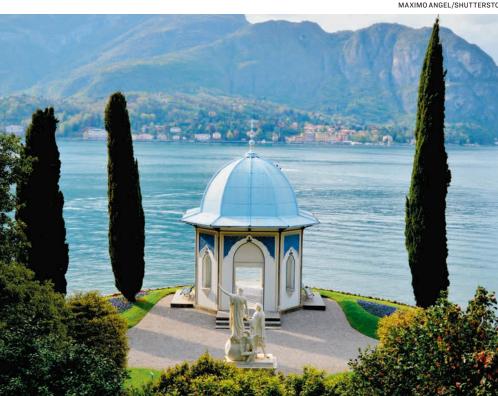


An elegant wrought iron bridge extends over the "small water lily lake." The fine design motifs and craftsmanship complement the Asian garden



Octagonal rosettes line the dome and diminish in size as they near the central blue cupola, which steps upward. This creates an expanding illusion representing the expansive cosmos and heavens above.





A child's life will forever be enriched if we take just a few simple steps

ANGELICA REIS

lassical music was born in the halls of churches and monasteries. At its heart lies divine inspiration. It's a gift given to humankind for devotion, enjoyment, and discipline. It's one of those precious aspects of our culture that allows us to stay connected to our maker.

The composers of old knew this. Many of them, upon completing a work, dedicated them, in writing, "to the glory of God" or "to God alone be the glory." They understood that such beauty couldn't be an act of human beings alone.

In fact, if you think about it, there's nothing on earth quite the same as classical music. It's in a league of its own.

For these and other reasons, a lot of parents want to expose their children to it, with the goal of fostering a true appreciation for it.

But many don't know where to start, especially in cases where their child may not be learning an instrument and where they themselves may not be that

There are a few simple things that anyone can do to nurture enjoyment of classical music in kids.

Early Exposure Is Best

Have classical music playing in your home, just in the background, to create a nice atmosphere. Consider telling your kids something simple about the music, such as the composer's name, the orchestra's name, or the country that the music is from. Or simply ask them how it makes them feel, or offer your own comments on it, such as, "Doesn't this Don't turn it into a high-pressure situation for your kid, of course. Otherwise, their associations with the genre may not be entirely positive. You're just planting

a couple of recommendations. Philadelphia's WRTI radio website is a wonderful station, out of the home city of one of America's top orchestras. And Your-Classical.org is a website with not only excellent online streaming, but a great kids' section.



Attend Kid-Friendly Concerts

OK, your kids may not be ready for a fulllength symphony concert, and maybe you're worried about having missed the "early exposure" window.

No problem—there are a lot of opportunities to address that. You'll be surprised (depending, of course, on where you live) at how many concerts are available that sound like birds chirping?" or the like. are short, memorable, and engaging. And while videos are great, in-person experiences will leave a much deeper impres-

Summer is an excellent time to find shorter concerts in your area, many of There's no need to spend any money which may be free. A lot of towns and citto play the music. You might have a lo- ies have concerts in the park that you can cal classical station you like tuning into, learn about just by looking up informabut if not, there are a lot of great free resources for online streaming. Here are say, brass ensembles playing more crowdpleasing tunes or of a full orchestra giving a family-friendly outdoor performance.

> Do a search, and you'll probably find some great options. There may even be something before your local July 4 fireworks display.

Even though I grew up being taken to

many, many concerts, sometimes involving family as performers, and even in great halls, one of my favorite memories is of a casual one in a park.

Summer is an excellent time to find shorter concerts in your area, many of which may be free.

It was next to a river with a small brass band playing in a gazebo. The intimate and being is a beautiful thing—some nature of the setting and the liveliness that may stay with them forever. of the music—I believe performed by seniors—brought so much joy that I think it's something I'll carry with me forever. Note that these concerts might not always be classical in nature. But exposure to people playing classical instruments the ones you find in a symphony orchestra—is all a part of gradually leaving that her home in New York state.

impression on your child's mind. Folk concerts involving guitars or coffee-house-style concerts, while pleasant, won't quite lay the same groundwork, in my experience.

Another source for these, beyond summertime or local park concerts, is cultural festivals such as Oktoberfest (OK, yes, you should watch out for any over-the-top drinking!), polka festivals, Ukrainian festivals, and so on. Often, you'll find people playing classical instruments accompanying folk dance performed in traditional dress. This can be a great experience for kids on many levels.

Your local symphony orchestra likely has kid-oriented concerts to offer, so these are worthwhile to look into, too. And there's the ever-more-popular genre of concerts involving live orchestras accompanying film. Online, there's a very helpful description of what this sort of experience is like from the Houston Symphony Orchestra when it performed live to "Harry Potter and the Chamber of Secrets" in 2018.

Their website says it well: "If you have ever watched part of a movie on mute, you know that without music, scary scenes aren't as scary, and happy endings aren't

In this sort of performance, the film appears on a large screen behind a full orchestra, which is generally on a stage as opposed to being in an orchestra pit, and the orchestra plays the complete movie score as the film is shown. Imagine how precise the timing of the music must be to make this work!

This sort of experience could help your child never experience a movie quite the same way again, by opening his or her ears with fresh appreciation.

Choose Kid-Oriented Tunes

There are several classical pieces that were written specifically for educating children on the genre. Still considered the gold standard for this purpose is Benjamin Britten's "The Young Person's Guide to the Orchestra," which, while written in 1946, is based on a tune from 1695. You can easily find recordings of it online, and you might just find it being performed by an orchestra near you.

Keep It Light

Whatever the experience you choose for your child along these lines, be sure to keep it light and fun, especially when they're at a younger age. Reserve the tiger mom attitude for getting your kid to practice a classical instrument, which is a different matter altogether.

But if practicing isn't the current focus, then just remember that classical music is a divine gift, and allowing your child to experience it and have it penetrate their heart

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 up, and sharing them with readers. She makes

Mood Boosters for Homeschool

A few tips to turn your mind around when you're feeling low

BARBARA DANZA

Parents commonly declare that their choice to homeschool is one of the best decisions they've ever made and that it boost your mood and the overall energy affords their family more peace, more joy, and more freedom than they ever thought possible—and yet most homeschooling parents also would agree that homeschooling isn't for the faint of heart. It calls for dedication, inner strength, and the ability to keep going when the going gets tough.

So, how does one keep going when you're exhausted, when you feel like you're failing, or when nothing seems to be going well? It happens. Life is imperfect, and some days may feel magical while others seem to drain every last ounce of energy a **Change the Tune** homeschool mom or dad possesses.

When you find yourself in the midst of a homeschool day wondering if it's bedtime along. Moving the body can do wonders and your family will enjoy. Involve the yet and how you'll ever make it through, here are a few very simple ways you can pecially silly moves to entertain your kid-



of your homeschool environment.

Call a time out—for yourself. Take 10 minutes for a break, to breathe, to have a sip or two of water or tea, to center yourself, and to think of how much you love your children and are blessed. Aim for increased calm. Know that a bad day or a few bad days don't equate to catastrophic failure. Breathe some more. Return to a ball back and forth. your children with smiles and hugs.

Turn on some happy, uplifting music and encourage everyone to get up and bop to increase one's mood. If you've got esour attitudes when things get tough, from getting out in nature to checking our

Homeschooling

can be intense

there are ways

at times, but

to readjust

dos, all the better. Giggle away and reset the day with renewed perspective.

Quickly get shoes on feet and the family out the door. Whether you head to a local park or beach or just outside your home, feel the sunshine or the rain or whatever the weather happens to be on your face. Enjoy nature and being together. Race to the end of the street and back or toss

Make Food Nourishing

The food we eat can have a significant impact on our mood. Choose to prepare a wholesome meal for dinner that you kids in its preparation and it doubles as a cooking lesson.

Check Your Emotions

Often, what drains us of our energy is our emotional state. How are you choosing to interpret your homeschool happenings? If your child is crying over her math problems, are you taking that as a sign that you just can't teach her? If your child isn't cooperating, do you beat yourself up for not being able to turn his attitude

Our children can push our buttons like no other people on the planet. But we can choose to not be so easily triggered.

Children of all ages express their needs in sometimes very perplexing ways. Aim to maintain your own inner peace and calmly address your homeschooling challenges. Know that you can always adjust your schedule, your curriculum, and even your overall strategy to better fulfill your goals. Focus simply on loving your children and strengthening your relationship with them. If you can refrain from beating yourself up and reacting emotionally in the process, you'll find yourself with a much fuller energy tank.

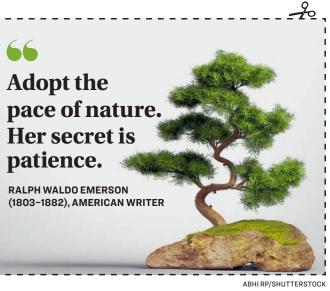
Time to Yourself

Finally, make sure your homeschool day includes some time to yourself each day. Even the most extroverted parents need to step away from the duties of homeschooling to rest, pursue their own interests, or think. The sheer act of doing so will offer your children an important lesson—encouraging their own self-development and care.











Catherine II became She was born Sophie Friederike Auguste von Anhalt-Zerbst and betrothed to the Russian heir to the thrown, Peter, at age 14. She was christened as Catherine in the Russian Orthodox Church and married in 1745. When her husband became unpopular as Tsar, she overthew him and took power. As empress she went on to expand the Russian territory

and became known as

Catherine the Great.



Portrait of Catherine II, 1780s, by Antoni Albertrandi after Fyodor Rokotov. Royal



By Aidan Danza

HOW THE ROBIN REARS ITS CHICKS

he American robin is one of suburbia's most distinctive birds.

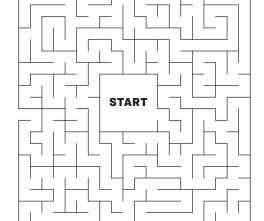
It's heard every morning in the spring and summer, with its high, cheery songs, while it's often seen on lawns catching earthworms for food. Almost as soon as robins come around, they can be seen with nesting material. If you look hard enough, you might find the nest, and if you watch this nest long enough, you might see eggs appear, which soon hatch into little chicks.

After a robin builds its nest, the female will lay her eggs. Usually, she lays only three or four, although sometimes she will lay two or five. These eggs are almost always a teal turquoise blue that is usually referred to as "robin's-egg After around two weeks, the eggs will hatch. For a tiny baby bird that is very weak, hatching is a difficult process that usually takes around 24 hours. After the eggs hatch, the parents will dispose of the shells by carrying them away from the nest or eating them. The young are born naked and helpless, with closed eyes and sparsely covered with a bit of white down. They steadily grow for about 14 days, at which time they will leave the nest, though

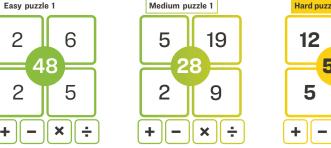


robin can fly with ease and has reached adult proportions. Its only mark of youth is its plumage, which is dull gray with a spotted chest. Like many birds, robins split their tasks between the male and the female. The male usually stays outside the nest, standing guard or foraging for his family's food, while the female does most of the egg incubating and chick brooding in the nest to protect her young from the cold and rain. As the young become stronger, the female doesn't need to brood them and she will also leave the nest to forage for their food.

still unable to fly. One week later, the



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

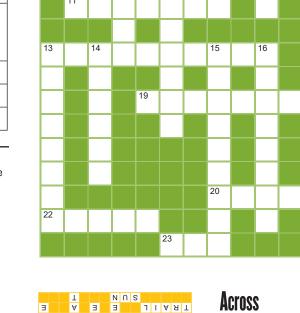


Solution For Easy 1 (2 × S - S × 9

Solution for Medium 1 8 × 2 + 5 - 18



82 + 2 × (21 - 71)



1 It shows us how to get from here to there (3)

2 Hiking shoes (5)

3 It keeps us warm at night (7)

4 Adirondacks activity (6)

Beach 'dirt' (4) **9** Sun block (7)

12 Girl's bathing suit option (6)

13 Wind-powered craft (8)

14 What we can see outside (6)

15 It prevents sunburn (9)

16 Shell-hunting paradise (8)

18 Running, for example (8)

21 Old ___ (passe) (3)

5 Fun place to hike (5) Watercraft (4)

7 It's called a lanai in Hawaii (5)

10 Where to keep the sleeping bag (4) 20 The planet we live on (5)

11 The woods are full of them (7)

12 You can ride it (4)

23 "Green" energy source (3)

13 Sunscreen for your eyes (10)

19 They may be snowcapped (9)

22 In the woods, we stay on this (5)

17 Go fly a ____! (4)



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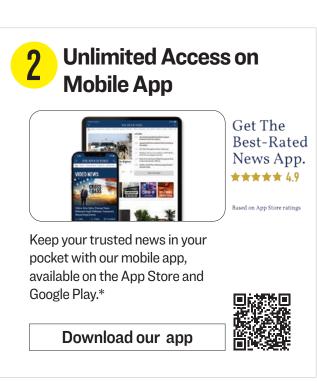
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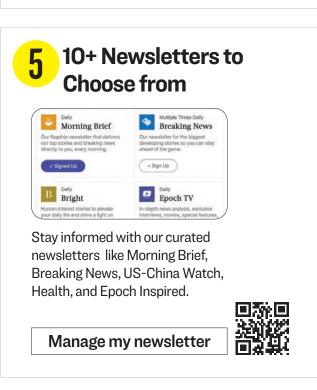


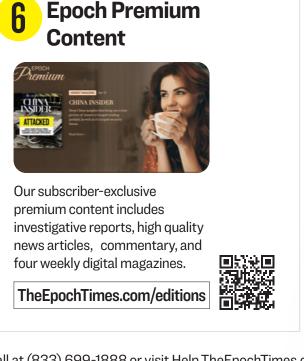
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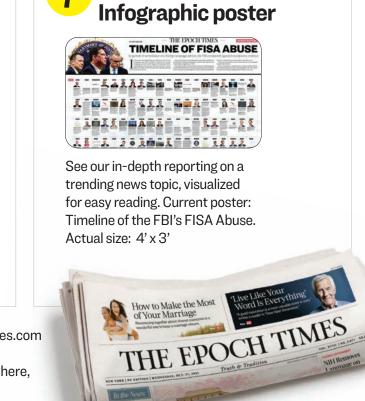












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