

THE EPOCH TIMES

LIFE &

TRADITION

PROVERBS TO CHERISH:

‘A Rolling Stone Gathers No Moss’

As seen in their changing usage throughout the centuries, proverbs adapt to the times

ANGELICA REIS

How to interpret the proverb “A rolling stone gathers no moss” is, intriguingly, not a one-size-fits-all proposition. Over the generations, it has come to take on an entirely different meaning.

When you look at this saying, and it’s one most of us have heard of, do you think it’s recommending we be the rolling stone or not? In recent generations—and actually, even since the late 1950s, according to one study—people have come to think that it’s desirable to be that rolling stone and to thus not gather moss.

For a gardener or, anyone, frankly, involved in lawn care, that makes perfect sense! I find that moss is pesky at times, too. But interestingly, the saying generally used to mean the complete opposite—that it’s good to stand still.

The idea had been that one accumulates wealth and affection by laying down roots and gaining connections and footing in one community. If you think back to the sort of reputation the “stranger to town” or the “wanderer” used to have, it wasn’t a good one, and so that older understanding of the saying makes perfect sense in that context.

Here’s a good example of its traditional use, from Agatha Christie in 1936, found in “The ABC Murders”: “You have been, I fancy, in essence, a disappointed man all your life. You have been the rolling stone—and you have gathered very little moss. You were bitterly jealous of your brother’s wealth.”

With the change from more agrarian societies to those that are more urban-commerce oriented, however, relocating for jobs and opportunities has taken on a positive meaning.

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A door-to-door peddler, 1905.

Though we may opt for the convenience of retail and handymen, we retain an admiration for those who know how to grow gardens, take on home repairs, and other such skills.



BIBA KAYEWICH

Self-Reliance Is the Heart of Liberty

JEFF MINICK

“A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects.”

Whew! That’s quite a list Robert

Heinlein laid out in his novel, “Time Enough for Love.” As we might have deduced, Heinlein, a science-fiction writer, strongly advocated for the virtues of individual liberty and self-reliance in his work.

Few of us, I suspect, could match all of Heinlein’s criteria for being human. In my case, I fall short in several departments. I’ve never set a bone, programmed a computer, or conned a ship—unless you count my father’s power boat. Nor have I butchered a hog, although three of

my adolescent grandchildren have performed that exercise and slaughtered chickens in the bargain.

Of course, Heinlein refers not so much to specific tasks but was instead encouraging a generalization of talents and skills as opposed to specialization. If we read back through his inventory, we see that he was, in fact, celebrating self-reliance, a trait embedded in what it means to be an American.

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We can explore that shortly, but let’s first look back a little further, to the earliest known iteration of this saying. It traces back to an ancient Greek proverb that said, “A rolling stone gathers no seaweed,” which probably referred to sea stones that were thrown about by waves versus more stationary ones. You can just picture that happening on the banks of Greece.

It seems we owe the change from “seaweed” to “moss” to Erasmus, the Dutch Catholic theologian and scholar, who included the new version in his “Adagia,” of 1523. And in the book “Proverbs” by John Heywood, published just 23 years later, it was already being used in its new form: “The rolling stone neuer gatherth mosse.”

Some argue that the meaning of the proverb always had at least a shade of ambiguity to it, however. Dating back to a book of short stories by Horatio Alger (1832-1899), there was a story called “The Rolling Stone,” wherein the hero actually gained riches and success by wandering about.

Yet, in modern times, the understanding of it has evolved to favor that meaning. A 1957 survey of American undergraduates found that two-thirds of them thought the expression meant that if you want to succeed, you need to be on the move.

When it came to the ‘60s, the general promotion of a bohemian, as opposed to traditional, lifestyle, may have had a part to play. And the enormous popularity of The Rolling Stones band certainly must have improved the image of what a “rolling stone” was.

As to the perhaps more traditional take on it, it’s interesting to think about people I know who grew up in small towns where everyone knew everyone. Your reputation, in a way, was everything. If you were an upstanding, hardworking person, everyone knew it. And if you weren’t, everyone knew it, too. So, in the latter case, there would have been an incentive to, well, keep rolling. And in the former case, you’d have ample opportunity within the community to gather up soft, gentle, moist green moss-money, and would have built of lots of connections that would help in getting things done.

This proverb is said to be 3,000 years old, and appears in numerous languages and cultures. Its changing usage has responded to changes in the world. In learning its history, I originally thought I’d come down squarely in favor of the apparently more traditional use. It’s pleasant to think about the smaller communities that used to make up our world, and the promotion of morality and fellowship that are implied by that interpretation.

But reflecting on it further, I thought, what are proverbs meant for, after all? Perhaps, rather than nit-picking over which usage to push for, if proverbs are meant to inspire goodness, or pass on nuggets of wisdom, it’s worthwhile to consider using it in any context where either of these aims can be achieved.

So, I leave you with this: Stability is a virtue and can bring good things. But don’t get stuck in a rut, and keep an open mind and an active body, as there’s a world of possibility out there.

And no matter how much you roll, don’t forget your roots, and honor the people and community where you come from.

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 her home in New York state.



BIBA KAYEWICH

Teaching self-reliance to kids means resisting from jumping in when they are learning a new skill, such as tying their shoes.

Self-Reliance Is the Heart of Liberty

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Origins

“Root, hog, or die.”

Nineteenth-century settlers sometimes turned their pigs into the fields and forest to forage for food, but they also commonly used that expression as a metaphor for self-reliance. For most of our history, in fact, men and women exhibited many of the talents found in Heinlein’s checklist. The ones who moved west built houses and barns, planted fields, hunted for food, and faced dangers from accidents, the weather, and wildlife. You either carved out a livelihood in the wilderness or returned east to the relative safety and comfort of towns and cities.

Preceding those hardy folks were the colonists who, removed from the familiar comforts they had left behind in countries such as England, France, and Germany, confronted even grimmer tribulations. To a greater degree than they had ever experienced, they were on their own, facing both dangers and a solitary independence they had never imagined. In 1607, for example, 104 men founded a colony in Virginia they called Jamestown. By the end of the first year, only 38 of them remained alive. Eventually, the survivors and those colonists who later joined them learned to cope with the demands of this strange, new land.

Self-reliance, then, runs in the American bloodstream.

And Today?

Those physical skills of self-reliance practiced by our ancestors are much diminished by time and circumstance. Most of us buy our clothing online or from a store; we take our cars to a mechanic for an oil change; we seek out a repair shop when our phones or laptops start misbehaving.

Yet we still retain an admiration for those we know who keep beehives, grow gardens, undertake home repairs, and tinker with the engines of their cars.

Although we may not be milking our own cows or building a log cabin from scratch, plenty of writers, life coaches, grandparents, and parents stress self-reliance as a vital tool for a successful life. Visit most bookstores, and you’ll find a large self-help section—volumes intended to promote self-improvement and, by extension, self-reliance. Google “importance of self-reliance,”

and scores of sites appear praising self-sufficiency and its attributes.

Typical of these—and I intend that as a compliment—is clinical psychologist Stephen Van Schoyck’s “5 Reasons Self-Reliance Is The Key to Success in Life,” in which he called this virtue “the foundation of independence.” In perhaps his most famous essay, 19th-century American thinker and writer Ralph Waldo Emerson ended “Self-Reliance” by stating: “Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of your principles.”

Schoyck echoes Emerson’s thought in his article: “Self-reliant people judge the world around them based on a set of principles that are under continuous review for the truth.”

Self-reliance runs in the American bloodstream.

He then gives his readers the five beneficial byproducts of self-reliance: self-knowledge, standing on your own two feet, confidence in yourself, strong relationships with others, and leadership abilities. To trust and rely on your own talents, instincts, and insights, tempered by a “continuous review for the truth,” is the cornerstone for all these other building blocks of character.

“Learning to be independent is one of the keys to developing strong relationships and one key to a successful life,” Schoyck said.

Passing It Forward

And here’s some more good news: We can teach self-sufficiency to our children.

These lessons should begin early. When you’re on the way out the door and the 5-year-old is still tying his shoes, resist the urge to help him. Teach the 10-year-old how to do a load of laundry. A teenager who’s learning to drive should know how to use a tire gauge and how to check the oil of a car and should, for practice, perform these tasks before a long family trip. If that same teen needs to miss a soccer practice, have them make the phone call to the coach. I’ve seen too many college-age students who still want Mom or Dad to call a doctor or a teacher instead of taking that responsibility on themselves.

One more note about teens: As Schoyck pointed out, young people at this age often become rebellious. We parents may not like the arguments or the rolled eyes, but in most

cases, this kicking back is a healthy sign. They’re trying to come to grips with growing up and making decisions. They’re testing you and themselves, trying to become more self-reliant.

Pitfalls

Carried too far, self-reliance becomes a detriment rather than an asset. Whether it’s getting the lawn cut when the mower breaks down, taking financial help from a family member when we’re slammed with unexpected medical expenses, or asking some friends to help us load a moving van, we can’t depend solely on our own resources all the time. A community of family, friends, and neighbors can offer everything from consolation when our lives take some horrible turn to chainsaws and labor when a storm brings down a tree in our driveway.

John Donne’s “No man is an island entire of itself” are words for even the most self-reliant among us to remember.

This Crucial Moment in History

In the 1945 edition of “Essays of Ralph Waldo Emerson,” which I have at hand, a journalist and literary critic of that day, Burton Roscoe, wrote of “Self-Reliance” in the introduction to this volume: “We cannot, or we should not, depend too much on others. We cannot allow others to live our lives for us, or even to regulate our lives, without losing that identity we should maintain as unique and individual human beings.”

For the past two years, we’ve allowed others to “regulate our lives.” Various agencies—governments, corporations, and international organizations—have trampled on our liberties, rights, and customs, often under the guise of misinformation or deliberate deceit.

Never there was a time we needed a revival of self-reliance, in all its manifestations, that time is now. Self-reliance is more than the “foundation of independence.” It’s the very heart of courage and grit.

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.

A Journey of Recovery

Drug-addicted couple gets clean: ‘Our kids were our main motivation’

E. S. ARMSTRONG

Jordan Hutton spent nearly half of her first pregnancy in jail. It took incarceration to get her sober. And while this would not be the end to the saga of her stubborn drug addiction, it was one of the steps that led to her now hopeful and happy ending. Once slaves to drugs, she and her husband, Ross, are now finally sober and helping others conquer addictions of their own.

Jordan has a degree in substance abuse counseling, and Ross is a yard supervisor at a company that sells building materials. They are living the life they “always dreamed of” but never thought they could have.

“When you’re in that life and that state of mind, it’s so easy to feel hopeless and to think that you’ll never be able to get sober, but it is possible. And life is so much better when you make the decision to finally get clean,” Jordan told The Epoch Times. “Recovery is possible. You just have to want it and you have to work for it.

“Our kids were our main motivation though, and we knew we wanted to do it for them.”

Something

Jordan, 31, and Ross, 33, grew up in Chillicothe, Ohio. They each started using drugs in high school.

They got together in 2009, eventually moving together. Their constant quest was to either locate or take drugs. “Our physical appearance changed dramatically,” Jordan said.

She would go weeks without showering, numb from suffering withdrawals. She stopped caring for herself and started losing weight. She grew angry—her only concern was to make sure that drugs were available. At her side, Ross grew skinnier, “his face looked sunken in, and his eyes were dark underneath.” Their relationship got worse.

“We hurt each other a lot physically and mentally,” Jordan recalled.

The two would do any drug they could get their hands on. Their expensive habit led to stealing, persistent sickness, and the inability to hold down a living space. They needed drugs so that they could feel “normal.”

“We had both completely ruined our relationships with our families and friends, we were living in my van for a while, or sneaking in and out of my mom’s house,” she added.

The Pregnancy and Arrest

At one point, things became so dire that Jordan and Ross were living in their van while it was 20 degrees Fahrenheit outside. Their drug dealer acquaintances allowed them to stay in their home in order to get out of the cold, but the house was so infested with cockroaches that Jordan and Ross opted to return to the van. “Our lives were completely out of control, and we basically only had each other at that point,” she said.

Then, to add to the situation, Jordan found out she was pregnant. She was still using heavily. Jordan’s relationship with her mother was volatile; she had an active warrant for failing to serve 30 days in jail for a charge of domestic violence against her own mother. Eventually, her mother, who was struggling with alcohol addiction, kicked her out of the home.

“I knew I couldn’t bring a baby into the world with how I was living, and I knew I wasn’t ready to get clean, so I had actually scheduled an abortion,” she said.

When Jordan was four months pregnant, she was arrested. A neighborhood police officer, whom Jordan had succeeded at evading for months, finally found her on the back porch of her mother’s apartment building. Her arrest was the day before her abortion was scheduled. Now, she thanks God that she was put in jail for four months at that time.

“Thankfully, because of God, I was arrested and stuck in jail doing my four months,” she said. “While I was in jail, I actually enjoyed it. I was happy for the first time in a long time because I was clean, and I was regularly going to appointments for my baby, and I was getting excited about being a mom and about the future.”

In jail, Jordan took classes and even had a bed to sleep on. She wasn’t doing drugs. She had regular medical care. She liked jail so much, in fact, that when she was sent to a rehab facility in a nearby town, where her mom had managed to book a bed for her, she ran away from the facility.

With the help of an elderly woman who



COURTESY OF SWEETBRIAR STUDIOS VIA JORDAN HUTTON

The Huttons’ children.

allowed her to use her home phone, Jordan telephoned her mother and the police, and turned herself back in, preferring to serve her time in jail rather than return to rehab. So, that night, she slept at her mother’s home—where she saw Ross and again decided to use drugs. The next morning, now five months pregnant, Jordan returned to jail.

In the meantime, Ross was still on a bender and, two weeks after Jordan returned to jail, he was arrested for a probation violation. He served 45 days, and in the course of that time, he and Jordan crossed paths at the small-town jail. “We were always in jail and rehab at the same time,” Jordan recalled.

Learning to Let Go of Baggage

After Jordan’s release from jail, she stayed sober until she gave birth to her son. The day after she returned home from the hospital, she used drugs again.

Jordan’s drug use continued to get worse after that. Although Ross sent himself back to rehab eight months after the baby was born, Jordan could not stop using. One day, in want of money—and when her mother wouldn’t give it to her—Jordan stole her car. When she returned to her mother’s home, she found that the police had been called. She was arrested again, this time for unauthorized use of a vehicle.

“I was terrified, because I didn’t know what was going to happen with my son, since Ross was in rehab and I was in jail,” she recalled.

The next day, an attorney visited her and suggested that she sign temporary custody of her son to Ross’s parents.

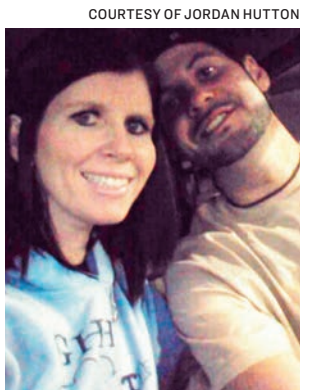
“I signed the papers and so did Ross and it was the worst feeling I had ever felt in my entire life. I just felt like I wanted to die and I’ve never in my life been that sad and felt so helpless and angry,” she said.

Still, Jordan knew she was doing the best she could for her son. Ross’s parents were able to take the child to his doctors’ appointments, to day care, and to watch over him. Both Jordan and Ross were doing well in rehab.

Although Jordan and Ross both knew that custody of their son was motivation enough to warrant sobriety, they both ended up relapsing as soon as they were released from rehab. “It was just as bad as it has always been,” Jordan said.

“I was terrified, because I didn’t know what was going to happen with my son, since Ross was in rehab and I was in jail.”

Jordan Hutton



Jordan and Ross Hutton when they were heavily into drugs.



Jordan and Ross Hutton with their firstborn. They were still doing drugs at the time.

Gaining Sobriety, Reclaiming Life

Meanwhile, Ross had a friend who thought he could get Ross a job in Mississippi. Thinking that a change of scenery would help the struggling couple, Ross and Jordan’s parents lent them the money to move. At first, the move was indeed helpful. Although they had to sleep in their van in the Walmart parking lot, Ross was working an honest job. Jordan hung out in the van during the day watching Netflix.

Finally, Ross saved enough to pay for a hotel room—which proved to be a mistake, as the hotel was a drug user’s stomping ground. Soon, Jordan was “finding people and ways to get and do drugs again” while Ross was at work. Then, Jordan hit rock bottom. Ross, who had remained clean, was eventually able to pay for a rental house with his friend. Jordan, however, was not allowed to move in because she was still doing drugs. Instead, she lived, homeless, in Mississippi for two months.

“I was at my lowest of lows and I had had enough and finally my mom agreed to give me money to come home,” Jordan said.

“The day I got home from Mississippi was the first day I hadn’t done drugs in a long time and, to this day, I still haven’t touched a drug. Hitting my rock bottom and being so miserable is honestly what it took for me to get clean. I had to be ‘ready,’ and rehab and jail weren’t enough for that. I had to want it on my own time to be able to stay sober.”

Eventually, Ross returned to Ohio to be with Jordan and their son. Soon, they were pregnant with their second child—Sophie.

“We got so lucky, but we just knew we wanted to be done and we knew our son deserved his parents so we finally did it and we have been clean ever since,” Jordan said.

While Jordan and Ross’s families were happy for them when they decided to stop using drugs, it took a long time to regain the family’s trust.

While it took rock bottom to jolt Jordan awake, she feels that their son was “100 percent” the biggest motivator in their decision to get clean. “We probably would have never stopped if it wasn’t for him. Sometimes I think we would be dead if it wasn’t for him,” she said.

Jordan says she thanks God for Ross’s parents every single day, knowing that if it weren’t for them, her son would have ended up in foster care.

Jordan and Ross’s story has turned out to be a happy one of unmerited grace and mercy. Today, they have three healthy children, ages 10, 6, and 3. They own a home that they have gutted and remodeled.

To those who struggle with addiction, Jordan says, “never lose hope” and “never stop fighting.” Take one step at a time.

“Try to just put yourself in someone else’s shoes before judging them,” Jordan added. “I guarantee no addict ever woke up one day and said, ‘I think I’m going to become a drug addict today and ruin my life!’ Kindness and patience go a long way.”

Ross adds the following to any soul who struggles with addiction: “If deep down you really have the desire to get clean and are really tired of living that way, then keep trying. Because the odds are that you’re going to fail a few times before you get it and find whatever works for you—it takes one brick at a time to put a wall up.”

COURTESY OF MADISON CORTEZ PHOTOGRAPHY VIA JORDAN HUTTON



Jordan and Ross Hutton with their children.

FAMILY

Mom of 8: Seeing Each Child Grow Is a ‘Miracle to Watch’

LOUISE CHAMBERS

A woman who home-birthed six children and adopted two has embraced life as a busy stay-at-home mom, homeschooling her tight-knit brood on her family’s small farm in upstate South Carolina. She said seeing each one of her children grow and learn is “truly a miracle to watch.”

Kelli Ingram, 39, and her husband, Trey Ingram, 38, are parents to seven daughters and one son: Lael, 12; Ruthie, 10; Salem, 9; Faith, 7; Eden, 5; Shepherd, 4; Ever, 2; and Olive, 9 months.

Faith and Eden were adopted into the family as babies after being fostered by the Ingrams, and the eight siblings have a really strong bond.

For Kelli, the motivation for homeschooling all of her kids was that she wanted to connect with them and didn’t feel like she would be able to if they were away all day.

“I love being in charge of what they’re learning. I love being able to talk with them about God and our faith and weaving that into everything we do,” Kelli told The Epoch Times. “I want to set them up well while they’re young with a firm foundation, so that one day, when they’re much more mature, they’ll be able to navigate the world wisely.”

Kelli’s three younger kids attend preschool in the mornings, while she minds baby Olive and oversees school work for her oldest four. All children finish school before lunch.

The kids, she says, haven’t really had to adapt to a schedule because none of them have been to a traditional school.

The Ingrams are part of a homeschool cooperative that meets once each week.

“It’s such a blessing for me to have a day off from teaching, and it provides help in a few of our subjects,” Kelli said.

The mother of eight shared that keeping a clean, tidy house and stocking the fridge and pantry are two of her greatest challenges. However, she uses grocery delivery services to ease the burden of shopping, and she cooks supper at home almost every night.

The children have their roles as well. “We have a little farm on our property, and all of the kids help with feeding animals and the garden,” Kelli said. “We don’t really have set chores in the house, but we expect all of our kids to pitch in and help with dishes and general tidying up after themselves.”

She hires cleaners, who visit twice a month to do a deep clean of the house. She also has an aide for handling the family’s massive laundry demand every week. A babysitter comes in when she needs to run errands;

“

I love being in charge of what they’re learning. I love being able to talk with them about God and our faith, and weaving that into everything we do.

Kelli Ingram, mother, South Carolina

The Ingram children are all homeschooled.



Kelli and Trey Ingram with their son and seven daughters.

that support helps beyond measure in her bustling family home, she said.

“There are constantly needs that must be met, but even in the difficult moments, I feel very fulfilled in my job as a mother,” Kelli said.

She says her favorite thing about being a mother of eight is “seeing love multiplied.”

“I absolutely love seeing how my older kids love and care for the younger ones, and the relationships between them blossom,” Kelli said.

Having been a mother for more than 12 years, her parenting perspective has also evolved. This is one of the huge perks of continuing to have children, she said.

“You learn through your mistakes and successes, and you parent better! I hope that my story highlights that children are blessings, not burdens.”

Kelli and Trey’s interest in helping children in need was born on a shared study trip to Romania the summer before their senior year of college. Serving with a ministry that visited government hospitals, they studied the effects of abandonment on babies and children and learned about foster care and adoption.

Their jobs were to hold, rock, and make eye contact with abandoned babies, and

the hands-on experience broke Kelli’s heart.

“It was hands-down the most horrific thing I’ve ever seen or experienced,” she said. “[But] along with impacting us to get involved in foster care and adoption, Trey and I fell in love during that trip and were engaged to be married a month later!”

After welcoming their first three children, Kelli and Trey began volunteering with the Safe Families foster agency in 2014.

Their daughter, Faith, came to them as a newborn for short-term foster care while her birth mother made arrangements to care for her. Yet, unable to manage, the mother asked the Ingrams to adopt her baby.

“We were thrilled to have a fourth daughter,” Kelli said.

Eden—who also came to the family as a newborn—came later through South Carolina state’s foster care system, but it soon became clear to the Ingrams that she was destined to be part of the family.

Trey, who’s a real estate attorney, has chosen to steer his career toward helping families make adoptions legal.

“He mainly does real estate, but loves using his gifts, talents, and knowledge about adoption law to help finalize adoptions in court,” Kelli said. “He has even written and changed laws in our state to help children in foster care.”

For Kelli, faith is at the forefront of her relationship with family, and this is how she and Trey are raising their kids.

“We are raising them all in a Christian home environment, where we teach them the love and grace of Jesus, and our hope and prayer is that they will grow up to do his will for their lives,” she said. “We want them to love others, serve others, and show the love of God in all that they do.”

Kelli, who chronicles daily family life on Instagram, believes that motherhood has been “the most sanctifying thing” she has ever experienced, and she relies on God more than anything else in her life.

“I need him to sustain me, give me energy, give me patience, and give me grace when I mess up,” she said. “He has been very merciful to me in giving me more children than I could’ve ever imagined!”

ALL PHOTOS COURTESY OF KELLI INGRAM

HOME ORGANIZATION

Building Your Mom Binder

A simple way to organize your home life

BARBARA DANZA

More often than not, Mom is the CEO of the household, managing the bulk of the duties related to shopping, cooking, planning, scheduling, cleaning, budgeting, and ever increasingly, teaching the kids.

Keeping track of such a wide variety of responsibilities can be challenging, especially if Mom lacks the benefit of the executive assistant a typical CEO has. One way to stay on top of things is to maintain a “mom binder.”

A mom binder is, you guessed it, a binder in which all of a mom’s important information, ideas, and reminders are centrally located. This low-tech solution catches and organizes the incoming and ongoing projects, obligations, and responsibilities they need to manage.

If you’d like to try using a mom binder to get more organized, here are a few components you may want to include.

Vision and Goals

Let the first thing you see when you open your binder inspire you. Take a moment to write down the highest vision you have for your life and your family. Then break it down into five to ten major goals you’re aiming for. Being

reminded of these big picture ideas regularly will keep your focus where you want it.

Areas of Focus

You can likely break down the areas of your life into a handful of categories. For example, spirituality, fitness, family, career, education, finances, home, and fun. Yours will be unique to you, of course. Having a list of the main areas of your life can help you remember specific responsibilities related to each of them and encourage staying on top of things.

Calendar

Print out a blank calendar and keep track of your appointments, obligations, and other time-specific things you want to remember. Having a calendar in this central location will help to stay on track.

Budget

Planning and tracking your spending and saving each month is crucial to achieving your financial goals and maintaining financial fitness. As you make money decisions, it’s helpful to have a budget to reference.

Meal Plan

Rather than deciding what’s for dinner an hour before eating each night, plan out your family’s meals for a week or two at a time. This will allow you to shop for only the groceries you need



ALL PHOTOS BY SHUTTERSTOCK

A “mom binder” can contain items including meal plans, budgets, and project lists.

This low-tech solution catches and organizes the incoming and ongoing projects, obligations, and responsibilities she needs to manage.

and will make meal preparation much easier.

Project List

At any given time, you’ve likely got a number of long-term projects underway. Perhaps you’re planning a birthday party or a vacation; maybe you’re renovating a room; or perhaps your child is getting ready to apply to colleges. Keeping a running list of projects to regularly review will ensure nothing falls through the cracks.

To-Do List

When you peruse your project list, you’ll likely recognize some next steps that can be taken more immediately. These and your everyday tasks should make their way into a to-do list.

Reference

Finally, the back of your binder is a great place to store reference items like your online passwords, contact information, books you want to read, or ideas you want to remember.

Keeping important information like this in one dedicated place will help the job of family CEO run smoothly.



A low-tech solution, a mom binder helps keep track of a wide variety of responsibilities and tasks.

FURRY FRIENDS

All the Neighborhood Dogs Flock to This One Man

ANNA MASON

A few furry friends often hop in to snuggle up with their darling human Lon Watson whenever he closes his eyes to take a nap on the couch. But these aren’t Lon’s pets—

they’re strays and neighborhood dogs who take any opportunity to wander in and sleep with their beloved person.

Praising her father’s loving nature, Lon’s daughter Catey Watson Hall told The Epoch Times that these dogs just adore him.

“My dad has rescued animals my entire life,” said Hall, 39. “My dad is these dogs’ person.” He makes sure they have vet care, flea and tick protection, and baths.”

A mom of four, Catey lives in Greystone, Alabama, and works as a contractor for delivery service FedEx Ground, while her dad and stepmom, Carrie, live in McCalla. Carrie is the one who photographs all the visiting dogs and their activities with Lon, including their now-famous nap time.

Apart from the regular furry visitors, Lon’s canine crew also has some “failed rescues,” meaning the dogs he never adopted out. There’s beagle-mix Lily Grace, brought to him with severe mange. And pit mix Lucky, found with an embedded collar. “Dad has had him the longest, over 10 years. When Lucky was found, he had been abandoned for so long his neck had begun to grow around his collar and required surgery,” Catey said.

Then there’s Sully, a mastiff who was “about 30 pounds underweight” and found wandering the streets close to Lon’s business, digging through trash cans and dumpsters. “He weighs about 150 pounds [now] and howls if my dad leaves the room,” she said.

Recently, Lon had to say goodbye to “sweet bulldog” Sluggo after nine years, having res-

cued him from a house he was left in for two years, after it was destroyed by a tornado.

It all started about five years ago.

Catey recalls getting a text from Carrie with a photo showing their first furry visitor.

“My dad was wrapping Christmas presents in the guest room and a random dog nobody had ever seen was just sitting on the bed watching him,” she recalled. “And my dad just proceeded like it was completely normal to have strange dogs enter your house and get on the furniture.”

The wandering dog, named Hooch, has been a regular visitor ever since, often sleeping on Lon’s bed with him. The family aren’t sure where Hooch comes from, noting that he seems to bounce between houses within the semi-rural community.

Along with other stray neighborhood dogs, Lon looks out for him, and they share a bond.

Often, when Lon arrives home from his job at the machine and fabricating shop he owns in Birmingham, one or more dogs are waiting for him. One of them is the sweet-heart Fluffer Nutter, who belongs to some local residents.

“Fluffer Nutter’s people are very nice and they see him run toward dad when he pulls in the driveway, and let him come over for snuggles,” Catey said.

The houses are set quite far off the street in their more rustic part of McCalla, said Catey. “A lot of residents don’t contain their dogs, so nobody seems to mind if their dog wants to hang out with Dad,” she added.

Catey said that if her father knew the reaction the photos of him napping with the dogs had drawn on social media, he would be very surprised.

“My dad has no idea how much attention his story has gotten,” she said. “He is not present on social media and does very little on

the internet that is not work-related.”

Lon is a true animal lover. There have been so many strays picked up over the years in the Watson household, it’s hard to count. Mostly, it’s been dogs, but Catey remembers cats, birds, even a chipmunk. He has fostered for Two by Two Rescue and Pound on the Hill Animal Rescue in the past. The work with rescues started after Lon married Carrie, and the couple would foster animals until they could be placed. Some were never adopted out, and the permanent resident dogs are all rescues.

It seems Lon just has a way with dogs, who clearly adore him in return, and can’t wait for naptime.

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

COURTESY OF CATEY WATSON HALL



Lucky, the pit mix with Lon Watson.

HOMESCHOOLING

4 Simple Ways to Feel Prepared for the New Homeschool Year

BARBARA DANZA

Whether you’re a veteran homeschool parent or about to begin your very first year of homeschooling, the beginning of a new year tends to engender mixed emotions. On the one hand, there’s excitement and joyful anticipation of a fresh start with unlimited potential. On the other, there’s likely some anxiety over the weight of the great responsibility you’re assuming.

One way to enhance the former and reduce the latter is to begin the year feeling

prepared. The steps you take to accomplish this will vary from person to person. One parent may feel fully prepared with a clean house and some resources laid out to begin the first day. Another parent may not feel prepared until they’ve thought through a plan for the entire year and have a lot of lists and boxes to check off along the way.

What’s key is to understand what it will take for you to truly feel prepared, on top of things, and ready to begin when the first day arrives. Here are some considerations you may find helpful.

Prepare the Nest

As author Gretchen Rubin puts it, outer order brings inner calm. Getting your home in tip-top shape, decluttering the areas where “school” tends to happen, and maybe even adding a special new touch here and there can go a long way toward helping you feel prepared and ready for a fresh start.

Build a Buffer

We all start out each new year with great enthusiasm and energy, but of course,

life doesn’t always go according to plan. You’ll encounter hiccups, detours, and all manner of surprises that will throw you off course.

Knowing this inevitability, build in buffer time. Can you have one day each week or a few days a month you deem as “catch-up days,” when the only thing on the schedule is to review and make sure you’re on track in your homeschool?

Make sure you’re scheduling regular breaks from homeschool altogether. Balance them well throughout the school

year and leave room to take an unplanned break if you should find it necessary.

Going in knowing that there will be time to catch up and time to take a breather will help the whole family press on consistently throughout the year and give you confidence as you begin that you’re prepared.

Review Your Resources

You may have spent hours researching what curriculum or other resources to put to use in your homeschool this year. Once you’ve got them, however, don’t forget to at least look them over before the new school year begins. Even those curricula labeled as “open and go” need to be reviewed so that you’re familiar with the way they’re meant to work and, perhaps, any changes you would like to make in how you use

We all start out each new year with great enthusiasm and energy, but of course, life doesn’t always go according to plan.

them in your homeschool.

Having familiarity with the resources and tools you’re about to use will increase your sense of feeling prepared.

Begin Gradually

There’s no need to begin your first day of homeschool diving head first into every subject you plan to cover over the course of the year. The first day or two might be spent simply introducing the ideas or subjects you’re going to be learning about, along with the routines and systems you’ve put in place to keep everything humming along.

Perhaps the Friday of the first week is a day of fun commemorating the beginning of a new school year. Start slow and incorporate celebration as you and your family embark on a new year ahead.

MONKEY BUSINESS IMAGES/SHUTTERSTOCK



Plan for regular breaks throughout the homeschool year to give your family a breather.



"French Revolution. Saint-Just and Robespierre at the Hôtel de Ville of Paris on the night of 9 to 10 Thermidor Year II (July 27 to 28, 1794)," 1897, by Jean-Joseph Weerts.

Monsters of the French Revolution Who Were Consumed by Power—and Lost Their Heads on the Same Day

Louis Antoine de Saint-Just and Maximilien Robespierre were not seen as monstrous people prior to the French Revolution. So what changed?

LAWRENCE W. REED

"Most arts have produced miracles, while the art of government has produced nothing but monsters."

The man who spoke those words was one of history's premiere authorities on the subject. He was a monster himself, made so by the toxin we call "power." On July 28, 1794, he and a famous cohort departed this earth for whatever reward awaited them.

His name was Louis Antoine de Saint-Just (1767-1794). His close friend and political ally was Maximilien Robespierre. Together, they engineered The Terror of the French Revolution, a violent spasm of repression and slaughter. Both men rose to supreme power, only to be devoured by the same machine to which they dispatched so many others. A key difference between Saint-Just and Robespierre on the one hand and their numerous victims on the other was that the former earned their grisly conclusions.

In a February 1794 speech, Robespierre (1758-1794) likened terror to virtue. The end (a virtuous, egalitarian republic) justified whatever means made it possible:

"If the basis of popular government in peacetime is virtue, the basis of popular government during a revolution is both virtue and terror; virtue, without which terror is baneful; terror, without which virtue is powerless. Terror is nothing more than speedy, severe and inflexible justice; it is thus an emanation of virtue; it is less a principle in itself, than a consequence of the general principle of democracy, applied to the most

next six weeks. Then, as the chaos reached a zenith, the revolution suddenly devoured its two most vehement practitioners. Robespierre and Saint-Just were arrested on July 27 and guillotined the following day. The former was 36 years old, the latter only 26.

A close examination of these two men reveals an astonishing, corrosive effect of political power. Nothing else can explain the remarkable change in their personalities. Before the revolution, Robespierre was a mild-mannered opponent of the death penalty. With supreme power in his hands, he became one of the monsters of whom Saint-Just wrote.

Saint-Just's transformation is even more disturbing, as noted by several historians. Described as "freewheeling and passionate" a few years before, he almost overnight became "focused, tyrannical and pitilessly thorough," "the ice-cold ideologist of republican purity," and "as inaccessible as stone to all the warm passions." He deserted the woman he loved, trashed his friends, abandoned his affection for literature, and metamorphosed into a killer with a single cause—to control, torture, or murder to "remake" society.

If you had run into either Robespierre or Saint-Just on a Paris street before the revolution that began in 1789, you likely would have enjoyed a pleasant conversation. You would have judged them as friendly, intelligent, and articulate up-and-comers. Similarly, if you had sat in the classroom next to Adolf Hitler at Vienna's Academy of Fine Arts in 1910, you likely never would have guessed what he would do once he had accumulated power a couple of decades later.

pressing needs of the homeland."

To any sane and decent person, "virtue" doesn't remotely apply to what the revolutionaries were undertaking. But note that even the bloodiest, most radical of the lot employed positive terminology in defense of their evil work: "justice," "democracy," "homeland," "popular government," and the like. They butchered thousands of people in the name of "liberté, égalité, fraternité!" On Sept. 5, 1793, the National Convention (France's revolutionary Parliament) voted to declare that "terror is the order of the day" to safeguard the revolution from its foreign and domestic enemies. Three months later, it conferred vast executive authority on the notorious Committee of Public Safety.

From his perch on the committee, Robespierre relayed the group's judgments to Saint-Just, widely known as "the Archangel of Terror," who supervised the seizures of property, the mass arrests, and the subsequent executions. Saint-Just's blood-curdling rhetoric was terrifying in itself.

"You have to punish not only the traitors, but even those who are indifferent; you have to punish whoever is passive in the republic, and who does nothing for it. ... The vessel of the Revolution can arrive in port only on a sea reddened with torrents of blood. ... A nation generates itself only upon heaps of corpses."

On June 10, 1794, the National Convention enacted the infamous Law of 22 Prairial. It brought forth an expansive list of "public enemies" who were to be punished by death with almost no legal recourse. Rivers of blood soaked the streets of Paris for the

Just were utterly possessed and warped by it. When the exorcist came for them, his only remedy was their demise.

How will we know if the evil that power promotes is lurking in our midst? What will it say beneath its mask? I'll venture this:

It will say things such as "Pack the Court!" It will seek to silence dissenting opinions. To sow chaos and confusion, it will redefine nature itself or assault any longstanding custom or principle that stands in its way. It will lure us with false promises. It will invent villains and victims and posture as our savior. It will tell us that all sorts of wonderful things will come our way if only we will give the state the power to deliver them.

My advice is this: Don't fall for it. Instead, consider these words of a Frenchman named Frédéric Bastiat, who knew how malevolent power can be: "Be responsible for ourselves. Look to the State for nothing beyond law and order. Count on it for no wealth, no enlightenment. No more holding it responsible for our faults, our negligence, our improvidence. Count only on ourselves for our subsistence, our physical, intellectual, and moral progress!" Maybe that's too much to ask. But when the alternative is tyranny, Bastiat's warning should at least concentrate the mind.



"Portrait of Maximilien Robespierre," circa 1790, by an unidentified painter.



"Louis Antoine de Saint-Just," 1793, by Pierre-Paul Prud'hon. Saint-Just was known as "the Archangel of the Terror."

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For Additional Information

"Francois-Noel Babeuf: The Marxist Before Marx" by Lawrence W. Reed

"Olympe de Gouges: Heroine of the French Revolution" by Lawrence W. Reed

"How Nationalism and Socialism Arose from the French Revolution" by Dan Sanchez

"Louis Antoine de Saint-Just" (Wikipedia)

"The Terror: The Merciless War for Freedom in Revolutionary France" by David Andress

"The French Revolution and What Went Wrong" by Stephen Clarke

"A Tale of Two Revolutions" by Robert A. Peterson

"The Wisdom of Eric Hoffer—Part 1" by Lawrence W. Reed

"The Wisdom of Eric Hoffer—Part 2" by Lawrence W. Reed

If power is a demon, Robespierre and Saint-

responsible. Be thankful, and acknowledge a job well done.

We grew up on a farm, and we were taught to work and like it. Don't expect someone else to do for you that which you can do yourself. If you want a job done right, do it yourself. The Bible says there is power of life and death in the tongue—speak life. No shacking up, a couple who love and respect each other do get married. Don't experiment with drugs. If by some reason your life becomes a shambles, don't give up, pick up the broken pieces, mend and go forward. Life is worth living because Jesus lives.

Respectfully submitted,

— Alice Fetty

“I have witnessed many changes in past years but I believe the rules that formed my life are just as valuable for any generation.”

Alice Fetty, age 100

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**

DEAR NEXT GENERATION

Advice From a 100-Year-Old

→ Advice from our readers to our young people

You asked what advice would I give the younger generation? I am Alice Fetty, 100 years old, firstborn of seven children to John and Norah Findley. At age 20, I married Raymond Fetty, a steel mill worker. God blessed us with a daughter, Norah, and two sons, Charles and Carl. Our family grew. All three of them married and gave us grandchildren, great-grandchildren, and great-great-grandchildren. We've kept in touch with our family.

"When playing a game, play to win, but don't be a sore loser," says Alice Fetty.



CASPER174 STUDIO/SHUTTERSTOCK

Raymond passed away just 19 days before our 79th wedding anniversary.

I have witnessed many changes in past years, but I believe the rules that formed my life are just as valuable for any generation. There was no cursing or foul language spoken in our home. We were taught to be respectful, to give honor and tithes to the Lord, and to save 10 percent of earnings for emergency and old age.

Be honest, don't cheat. When playing a game, play to win but don't be a sore loser.

Say "please" and "thank you." If we hit one another, we had to kiss where we hit and say, "I'm sorry." (That helped me keep my hands to myself.)

Momma had a saying, "Pretty is as pretty does, and ugly goes clear to the bone." We all have a choice. Don't blame others for our mistakes.

Keep clean, and wash your hands. We must forgive. Be willing to share and give a helping hand. Take a stand for what is right. Be



This aerial view of the Governor's Palace reveals the front court, side yards, and formal garden at the rear, and is surrounded by groomed lawns and trees. It was designed in a renaissance style that was popular in England and the Virginia Colony. The symmetrical composition is displayed by the ordered and proportioned placement of windows, doors, and central tower. The restrained use of ornament and rubbed red brick give the appearance of a strong, masculine building.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

The Governor's Palace at Colonial Williamsburg

Witness to the Birth of America

JAMES H SMITH

In the 18th century, the Governor's Palace was considered the most significant building in Williamsburg, the then-capital of Virginia. It was considered by many to be the capital of all the American colonies. Construction on the building began in 1706.

The building had many roles. It was the official residence of the governor in a manner fitting his position as representative of the English crown. It served as the designation for formal receptions, where colonists could develop a relationship with the colonial administration. It also served as a model for other important structures in the colonies, such as the large plantation houses in Virginia and Silliman College at Yale University in the Colony of Connecticut.

The Governor's Palace was home to seven royal governors and two post-colonial elected governors: Patrick Henry and Thomas Jefferson. In 1780, Jefferson, the last governor to reside in Williamsburg, moved the capital to Richmond, where he planned a capitol build-

ing underpinned by neoclassical ideals.

The original Governor's Palace burned in late 1781; it had been used as a hospital for wounded American soldiers after the Battle of Yorktown.

In the early 20th century, 150 years later, the family of John D. Rockefeller Jr. led an effort to recreate all of Colonial Williamsburg on its original site, to share insight about America's origins. In this setting, the Governor's Palace was rebuilt, based on archaeological and historical evidence and references. It was completed in 1930 and opened as a living museum, part of what Williamsburg has become today: the largest outdoor museum in the world and a real living town showcasing the various trades, arts, crafts, and traditions of freedom and democracy of Colonial Williamsburg and early America.

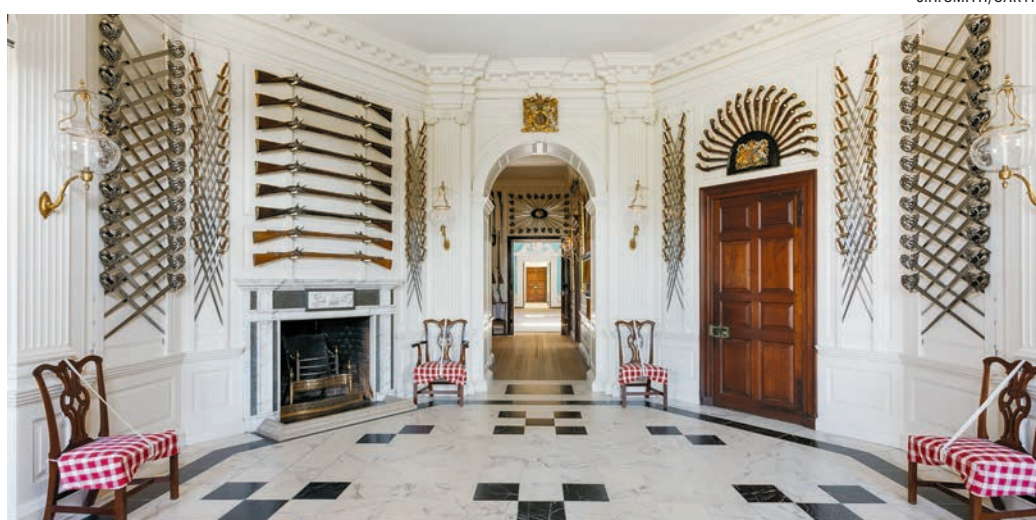
James Howard Smith, an architectural photographer, designer, and founder of Cartio, aims to inspire an appreciation of classic architecture.



The maze, located toward the rear of the garden, is where children and adults alike would enjoy the outdoors during their stay at the Governor's Palace.



The garden is ordered in a formal layout with symmetrical, linear garden beds. The five- to seven-foot-tall pines on either side of the central bed populate the garden at regular intervals, creating depth in the space. The rhythm continues through to the fence posts, at the rear, topped with urns.



The entry hall is often where guests would wait until the governor was ready to receive them. It is powerfully decorated with muskets, pistols, and swords, conveying the might of the crown in the colony.



At various times, the governor's wife, some of their children, or the children's governess would have occupied this room. Private rooms often carried less decorative detail, as seen in the spare cornice near the ceiling and the frame of the fireplace.

UFABIZPHOTO/SHUTTERSTOCK

Homeschooling High School: Strategies and Opportunities

With careful planning, it's possible to graduate high school early



BARBARA DANZA

Homeschooling through the high school years can seem like a scary proposition to many parents. Nicki Truesdell, author of "Anyone Can Homeschool, Overcoming Obstacles to Home Education" and a veteran homeschooling mom of five from Texas, wants parents to know that it need not be scary and, in fact, your child can even graduate early as a homeschooler if they wish to.

I asked Truesdell about her homeschooling experience and for her advice for homeschooling high schoolers. Here's what she said.

The Epoch Times: You've homeschooled all five of your kids without ever sending them off to school. What led you to decide to homeschool from the beginning?

Nicki Truesdell: I was actually homeschooled as a kid, from sixth to 12th grade. I loved it, and knew there was no other option for my kids.

The Epoch Times: Many parents, even experienced homeschooling parents, find the idea of homeschooling through the high school years daunting. Why do you believe this is a scary proposition to many? Should it be?

Ms. Truesdell: We have been conditioned to believe that high school is hard, and that teaching it is even harder. There's always that one school subject that stumps us all: for some, it was algebra, for others, it was chemistry or writing. But that one subject leads us to believe that we aren't capable of teaching any high school subjects to our own children. It sounds impossible! But it really shouldn't be.

Homeschooling curriculum is unique and varied, and there are more options to choose from than most people realize. These options always come with an abundance of help, such as instructor guides, answer keys, video lessons, and even complete online courses. Couple that with an ever-growing homeschool community, where you'll find help within your local area, such as tutors or even other homeschool parents that are great in those "hard" subjects. I have friends who are homeschool parents and biologists, math majors, history buffs, and so much more. There are experts all around you.

The Epoch Times: What common misconceptions do parents tend to have regarding homeschooling high school?

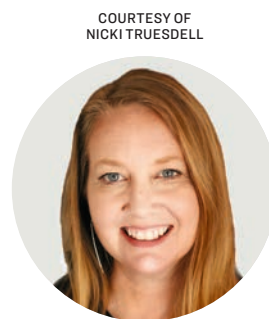
Ms. Truesdell: One of the most common misconceptions about homeschooling high school is that a parent must know everything. That's simply not the case. A parent must simply be the facilitator of resources.

The Epoch Times: What strategies would you recommend homeschooling parents employ when navigating the high school years?

Ms. Truesdell: Consider yourself a parent, not a high school counselor. You are helping to navigate your teen into the adult world, not just graduation. Consider the whole person, and plan their high school years accordingly.

Prepare them for all aspects of adult life. All teens will become adults, but not all

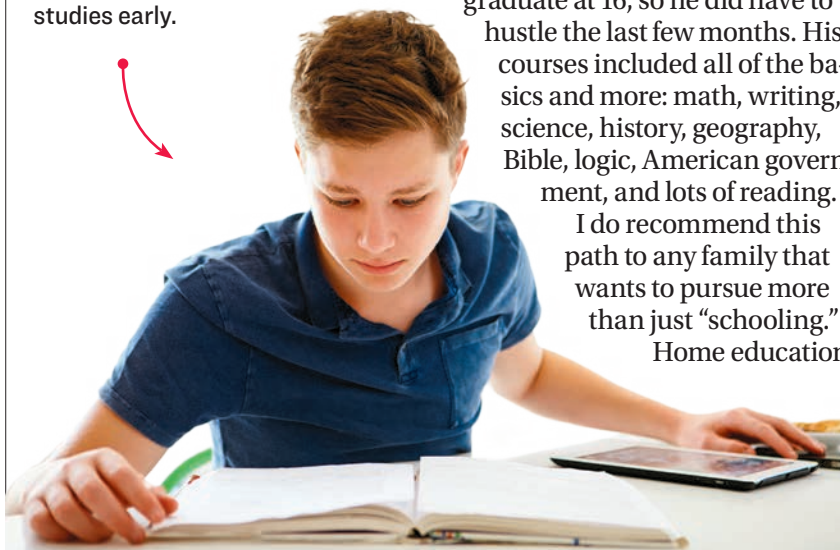
Your influence during your children's teen years is significant. Make the time for deep conversations with your teen across broad-ranging subjects.



“This is the time that shapes their worldview, and whoever spends the most time with them is who is doing the shaping.”

—Nicki Truesdell, veteran homeschooling mom

Home education allows for flexibility, including the possibility of finishing high school studies early.



teens will attend college. We too often end up focusing on GPA and transcripts at the expense of real-world education. Teach them history, science, math, and language arts as they apply to all people, not just an incoming college freshman.

Have lots of conversations. Homeschooled high school teens have a unique opportunity to let adults be their most influential peers, and this is a good thing. Talk about everything. Prioritize meals together without TV or smartphones. Talk about the news, their lives, their thoughts, and your beliefs. Chase rabbit trails about everything. Have fun together.

The Epoch Times: You've shared that your son graduated early from high school as a homeschooler. How did you do it? Would you recommend that path to others?

Ms. Truesdell: We think of a 16-year-old graduating from high school as "early," but it's really just a more old-fashioned version of education. My son was simply able to condense his high school years by concentrating on what was important for him, and not for a state bureaucracy or school board. I learned early in my homeschooling years that there is a lot of wasted time spent in school, but with very little explanation for why we do it this way.

Students don't need 12 years of math lessons; they need to learn the math concepts, apply them, and move forward to the next one. This can really be done in six to eight years, depending on the child. The same applies to language arts: a child should learn to read—and read well—spell, compose proper sentences and lengthy papers, and carry on an intelligent conversation. None of these require 12 years of textbooks. There is so much "busy work" under the guise of education, and we've come to assume it's normal.

This line of thinking requires that you don't place your emphasis on grade levels, but rather education levels. Grade levels are a 20th-century invention, and are really only applicable to public schools. At home, they are not necessary. I have allowed my students to take courses at different times, such as biology or government. These were not dependent on their age or grade, but many other personal factors.

When my son was about 12 years old, he asked about graduating early. I responded with a proposed high school transcript, complete with the courses he would need to complete during his school years. He used it as a to-do list. After each course was complete, we marked it off the list. By the last year, he was determined to graduate at 16, so he did have to hustle the last few months. His courses included all of the basics and more: math, writing, science, history, geography, Bible, logic, American government, and lots of reading.

I do recommend this path to any family that wants to pursue more than just "schooling." Home education

allows for so much flexibility! My son is an artist and a musician, and has dreams of entrepreneurship. He now spends more time on those pursuits.

The Epoch Times: How do students who are homeschooled get admitted to college, should they desire that path?

Ms. Truesdell: Homeschooled students attend colleges just like everyone else, through regular admission, on scholarship, and as dual credit students. Whether they should desire that path is a choice each student should make with their parents.

As conservatives, my husband and I tend to encourage non-college pathways. If there is a specific degree that is important to our child's future, we would not discourage it, but would be very deliberate in helping them to attend one that does not undermine everything we've taught them.

The Epoch Times: When it comes to college admissions, do you believe homeschoolers are at an advantage or disadvantage?

Ms. Truesdell: Homeschoolers are at a distinct advantage when it comes to college admissions. In fact, they have been eagerly sought out by admissions departments for many years. Multiple studies have shown that homeschooled students consistently outperform their public-schooled peers on standardized testing, making them better candidates for higher education.

The Epoch Times: What have you found to be the greatest benefits of homeschooling your children through their high school years?

Ms. Truesdell: The high school years are when you take all of the information the student has learned and apply it to the real world and to the student, personally. This is the time that shapes their worldview, and whoever spends the most time with them is who is doing the shaping. I cannot emphasize this enough.

Consider the typical high schooler's day in public school: up at dawn, off to athletics practice or an early bus ride, at school all day, staying after for more practice or other extracurricular activities, and then off to work their part-time job or hang out with friends. How much time is this teen spending with people other than their parents?

Who is shaping their worldview? I believe that the high school years are the absolute most important time to homeschool for this reason. Parents get to be the education provider and so much more. As a homeschooling family, the home is the center of the teen's world. Yes, there are still many opportunities for jobs, friends, lessons, and sports, but the center of their life is the home. Their peers are family members and a carefully chosen community of like-minded teens and adults. If you're even slightly aware of what's happening in our culture and in our schools, you know why this is so important.

My kids are fully aware of the culture, because we do live in the real world. But with home as the center of their world, we provide a safe and friendly place to learn about and discuss the issues all around us.



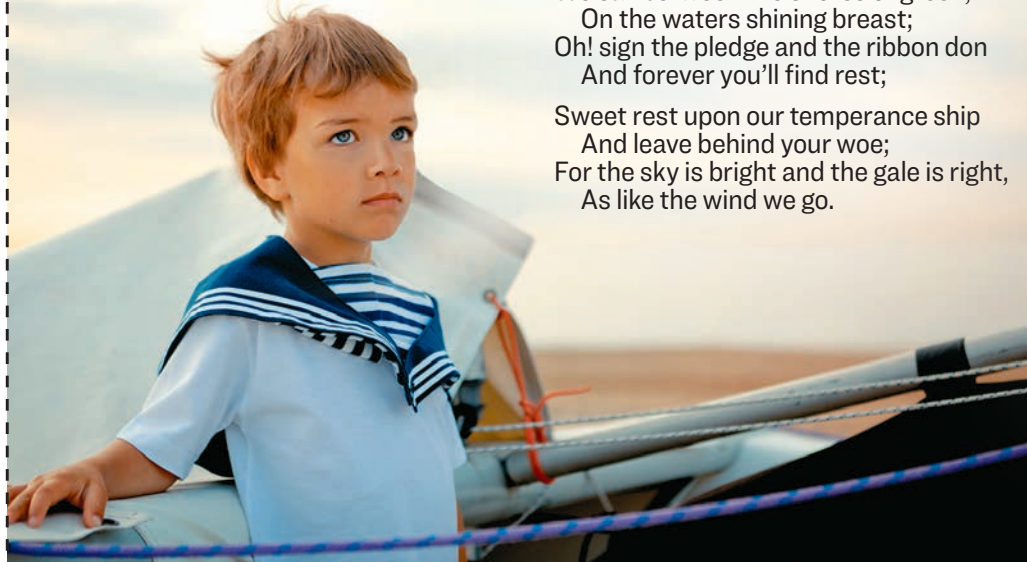
FOR KIDS ONLY

THE EPOCH TIMES

Week 31, 2022

The Temperance Ship

By Thomas Hall Shastid



Drifting down the tide we go?
Nay! we hoist the sail;
Speeding fast and faster still
With the blowing gale.

Come sign the pledge and get on board
And leave behind your woe,
For the sky is bright, and the gale is right,
As like the wind we go.

We sail between the shores of green,
On the waters shining breast;
Oh! sign the pledge and the ribbon don
And forever you'll find rest;

Sweet rest upon our temperance ship
And leave behind your woe;
For the sky is bright and the gale is right,
As like the wind we go.

“Live in the sunshine, swim the sea, drink the wild air.”

RALPH WALDO EMERSON
(1803-1882), AMERICAN WRITER



WHO KEEPS THE OCEAN CLEAN?

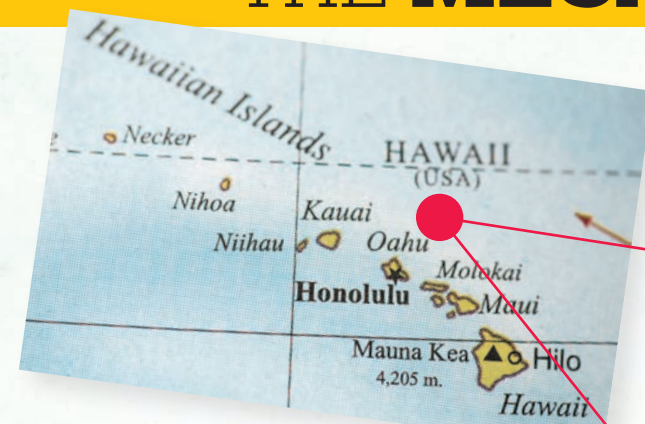
(BEACH) ADEL NEWMAN, (STARFISH) KLETR/SHUTTERSTOCK

By Aidan Danza

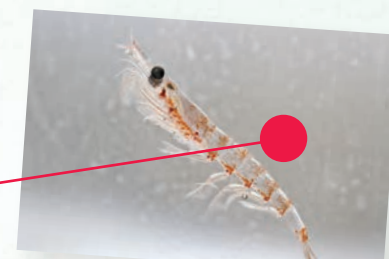
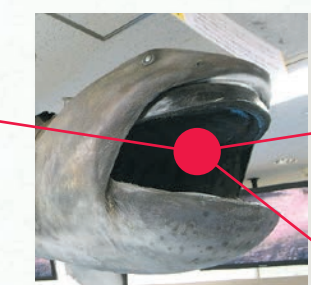
THE MEGAMOUTH SHARK

When most people hear the word "shark," they think of large, fierce animals such as the most famous Great White.

Perhaps those who are more informed about the marine world will also remember the whale shark and the basking shark, which are large, filter-feeding sharks that are not dangerous in the least. But have you heard about the megamouth, a shark that was discovered relatively recently, entirely by accident?



A model of a megamouth shark at Toba Aquarium in Japan.



Krill, the megamouth shark's favorite food.

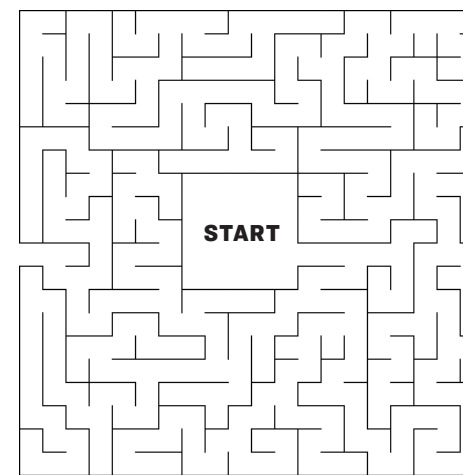
Since then, there have been only 269 confirmed sightings of the megamouth shark, with most of them having been caught in Taiwan as bycatch (accidental catches in fishing nets or lines). The largest individuals observed have reached 2,700 pounds.

As the name suggests, megamouths have a large mouth, filled with small teeth for catching plankton and krill. They've been found across the world's tropical oceans. Live megamouths have only been observed a handful of times, and when they have been observed by divers, they appear to be very peaceful and tolerant of study. One, which was tracked in 1990, migrated vertically in the water column, diving down to around 500 feet deep in the daytime and swimming to around 40 feet deep at night.



Bishop Museum in Honolulu, Hawaii.

AMAZING ESCAPES!



USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: $6 + (7 \times 3) + 1 = 28$ and $1 + (7 \times 3) + 6 = 28$

Easy puzzle 1

6	9		
4	6		
+	-	x	÷

Solution For Easy 1
 $9 \div 9 = (9 - 6)$
 $9 - 9 + 9 = 6$

Medium puzzle 1

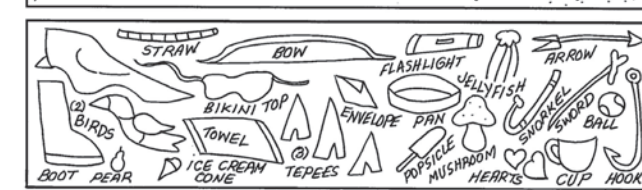
8	20		
1	12		
+	-	x	÷

Solution for Medium 1
 $1 + 8 \times (21 - 02)$

Hard puzzle 1

4	33		
4	31		
+	-	x	÷

Solution for Hard 1
 $9 \times 9 \times (18 - 82)$

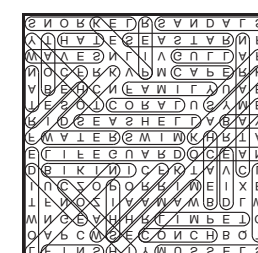


HIDDEN TREASURES/ by Liz Bal
www.hiddenpicturepuzzles.com

WORD SEARCH

L F I N S H T Y M U S S E L S
O A P C W S E C O N C H B Q T
W N G E A H H R L I M P E T O
T F N O Z I A A M W B D L X
I U C Z O P O R R I M E I X E
D B I K I N I C F K T A V C L
E L I F E G U A R D O C E A N
F W A T E R S W I M K H R T A
R I D S E A S H E L L A B A Y
T E S O T C O R A L U S Y M B
A B E H C N F A M I L Y U A B
N O C F R K V P M C A P E R K
W A V E S N L I V G U L L A F
Y T H A T E S E A S T A R N F
S N O R K T E L S A N D A L S

- Bay
- Beach
- Bikini
- Boat
- Cape
- Catamaran
- Clam
- Coast
- Conch
- Coral
- Dive
- Dock
- Dune
- Family
- Fins
- Fish
- Gull
- Hat
- Hermit crab
- Kayak
- Kelp
- Lagoon
- Life guard
- Limpet
- Low tide
- Mussels
- Ocean
- Pier
- Reef
- Sandals
- Seashell
- Seastar
- Shark
- Ship
- Snorkel
- Surf
- Swim
- Tan
- Towel
- Water
- Waves
- Wharf
- Yacht



7 Ways to Spread Truthful News to More Americans

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Here are seven ways that can help get real news in front of more people.



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