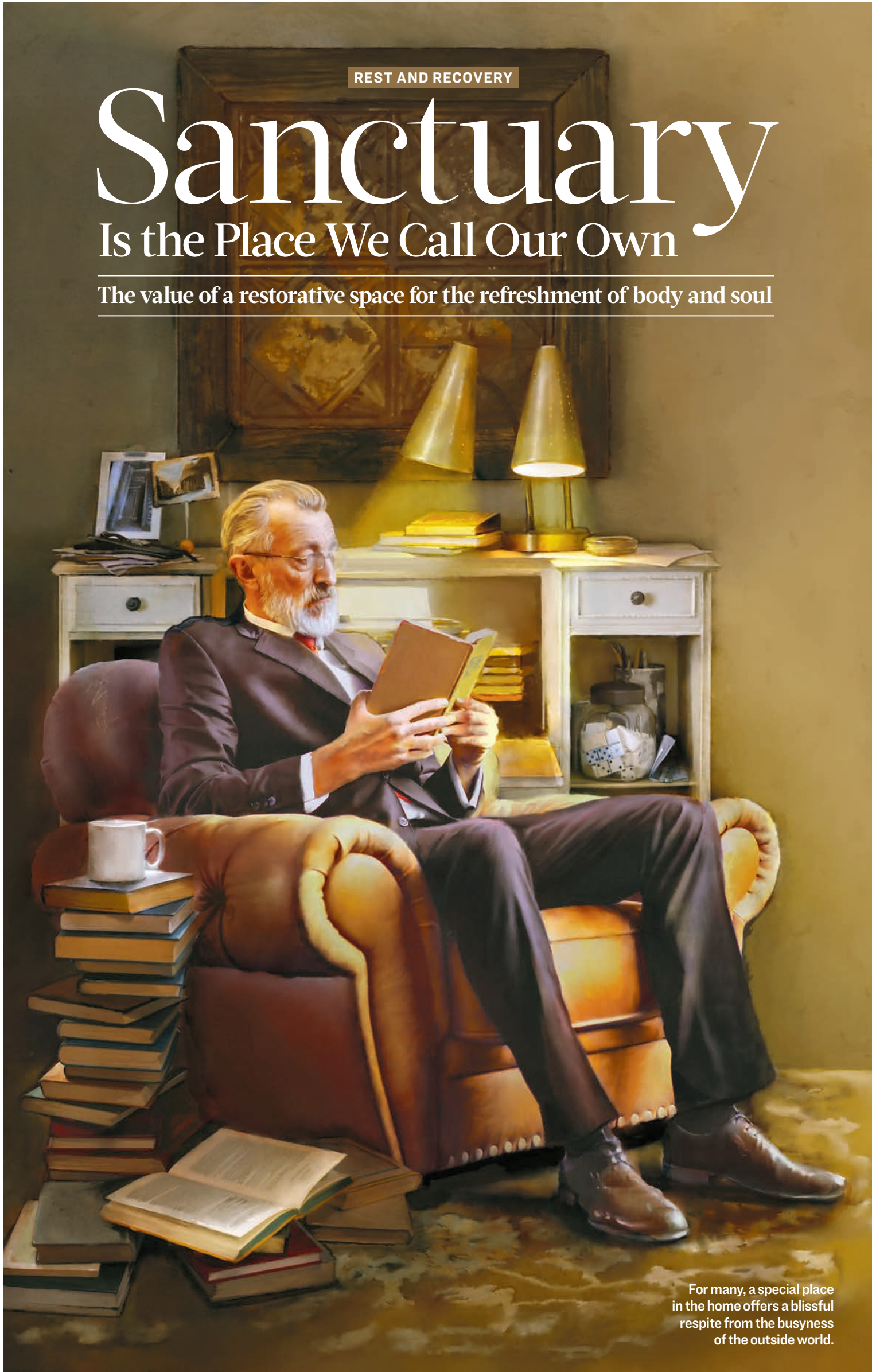


# THE EPOCH TIMES

# LIFE &

# TRADITION

BIBA KAYEWICH



REST AND RECOVERY

## Sanctuary

### Is the Place We Call Our Own

The value of a restorative space for the refreshment of body and soul

For many, a special place in the home offers a blissful respite from the busyness of the outside world.

JEFF MINICK

A software sales rep I know treasures his hour-long commute from his home to his office in Northern Virginia. As he heads down I-66, joining the dense traffic after Manassas, he lights up a cigar, listens to the radio or a podcast, and relishes his time alone, suspended between the responsibilities of family and the workplace.

Several moms familiar to me rise early in the morning before the children are stirring. They pour themselves a coffee and then enjoy some tranquility before the day comes barreling down the pike. One woman

uses this time for spiritual reading, a couple of them write out the day's to-do list, and another practices prayer and meditation.

**This quest for a space where we may relish solitude and safety seems innate in human beings.**

Long ago, when I lived in Boston, an acquaintance, a window washer, found his place of quiet and recuperation in the Harvard Gardens, a tavern located across the street from Massachusetts General Hospital. There, he shook off his day with a couple of Buds, flirted with the

waitress, who was old enough to be his mother, and either visited with friends or enjoyed the evening in leisurely solitude.

Most of us seek such places and ways of escape, looking to them as a sort of recovery room where we can recharge our batteries or lick our wounds, depending on our needs. Whether it's simply returning home after work, settling down before bedtime with a glass of chardonnay in the den, or taking a solitary stroll about the neighborhood, we look for places and circumstances that offer a refreshment of body and soul and relief from stress.

We may rarely use the name, but we're seeking sanctuary.

Continued on Page 3



Fore-edge paintings must be done very carefully to keep the paint from seeping onto the inside of the pages.

CRAFTSMANSHIP

## One-of-a-Kind Fore-Edge Painter Keeps the Tradition Alive

The last tradesman making 'vanishing' paintings on the gilded edges of books hopes to pass the baton

LOUISE CHAMBERS

The world's last-known commercial fore-edge painter shares the secrets of his mesmerizing "vanishing" images, painted between the page edges of books, to help keep the magic of his dying craft alive.

London-born vanishing fore-edge painter Martin Frost paints on the page edges of gold-gilded books. The pages are fanned to reveal his delicate handiwork. Today, Frost, 72, lives in the seaside town of Worthing in southern England and works from home in his painting and book-binding studio.

'I'm Blessed'

From a young age, Frost had been familiar with the artistic world.

"My father was a professional portrait painter, and my mom used to be the manager in an art shop," Frost told The Epoch Times.

Since painting and drawing were always going on at his home, Frost was encouraged from a very early age.

"Kids at school are happy to paint, but later on in life, they become less confident, and as adults, they just don't do it anymore. ... They're afraid to make a mistake," he said. "I had no fear. ... I'm blessed by my parents; I'm lucky."

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ALL PHOTOS BY MARTIN FROST @FOREEDGEFROST1



Martin Frost, the last fore-edge painter.



THE EPOCH TIMES INTERVIEWS  
SHEN YUN AUDIENCES

The Show  
the World Has  
Been Waiting  
For: Shen Yun

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



“I think deep down, we’re waiting for this moment ... we’re waiting for this moment, this divine art.

—SAMIRA LAYOUSSE,  
administrator of a transport and logistics  
group, from Lausanne, Switzerland



“I don’t think anyone can watch a performance filled with that much emotion and not come away touched by it.

—STATE REP. JESSICA BENHAM,  
presenting a proclamation on behalf of the  
Commonwealth of Pennsylvania



“For me, the two words that characterize this show are ‘beauty’ and ‘divine.’ From the first curtain call, for me, it was really like an infinite, universal light.

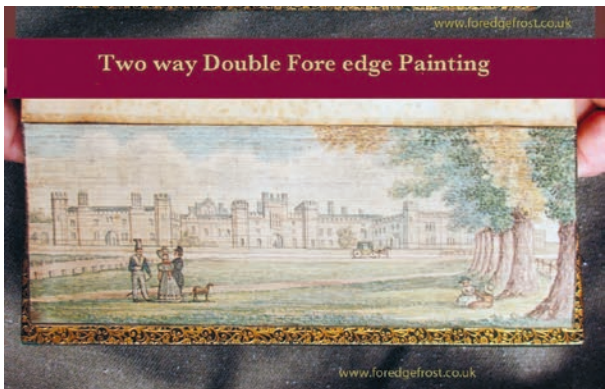
—VALENTINE REYNAUD,  
violinist from Lausanne, Switzerland

Shen Yun's Upcoming  
Performances

Huntsville	Ala.	Jan. 25
Folsom	Calif.	Jan. 25
Washington	D.C.	Jan. 25-29
Kansas City	Mo.	Jan. 27-29
Providence	R.I.	Jan. 28-29
Fresno	Calif.	Jan. 28-29
Memphis	Tenn.	Jan. 28-29
Cincinnati	Ohio	Jan. 28-29
Jackson	Miss.	Jan. 31
Modesto	Calif.	Jan. 31-Feb. 1

For additional performance dates,  
please visit [ShenYun.com/tickets](https://ShenYun.com/tickets)

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. We have covered audience reactions since Shen Yun's inception in 2006.



(Left) A two-way double fore-edge painting on “The Blue Fairy Book” by Andrew Lang.

(Right) Many of the books that Martin Frost works on are Bibles, poetry, or old leather-bound books.

CRAFTSMANSHIP

One-of-a-Kind  
Fore-Edge Painter  
Keeps the Tradition Alive

Continued from B1

Frost attended art college with the intention of becoming a painter. Continued from Page 1 discovered that he wanted to instead be a designer for a theater and thus headed in that direction.

While working as a set decorator in the theater during the 1970s, his neighbor and colleague Don Noble introduced him to fore-edge painting. “He showed me what he did,” Frost said. “And I was quite impressed.”

Despite working for long hours at the theater, Frost decided to give the unique art a try. With the guidance of Noble, he picked up the art form fairly quickly, as the technique was quite straightforward.

“I happened to be quite skilled at drawing so I could make a reasonable image,” Frost said. “It was just a case of learning how to put it onto a book in such a way that it vanishes. ... That’s the clever bit.

“I did a few, showed them to a few book dealers and they said, “That’s right, yes, we can sell this work.” That work slowly took over my life and the theater dropped out. My wife was at work as well, both of us earning, so we made it work. ... Most people get

through a few jobs, but I’ve stuck with this one for half a century!”

A Deliberate Craft

The earliest versions of fore-edge paintings hail from London, England, in the mid-17th century, and it remains a British craft.

“Nobody ever knew about fore edge painting because they’re hidden away.

Martin Frost, painter

While one side of every page in a book is bound to the spine, the other three can be painted. Frost differentiates between single, two-way double, split double, and all-edge fore-edge painting, depending on how many images are painted and in what directions they’re revealed.

“There are more elaborations,” he said.

He also said gold is the traditional way of hiding the painting.

Frost and his predecessors favor

watercolor over oil and plastic-based paints, since a light touch and soft pigment are needed to avoid weighing down the pages.

When Frost started fore-edge painting in his 20s, he worked with 19th-century leather-bound books with gold-gilded pages, perfect for hiding his handiwork.

“In the past, I’ve done all of the Bibles and prayer books with religious scenes; they’ve been popular,” Frost said. “Quite a lot of my work goes on the early poets ... sporting books, romantic books ... at the moment it’s ‘Harry Potter.’”

Frost has produced 3,500 fore-edge paintings to date, across 50 years of honing his craft. A commission can take anything between 12 hours and a week to complete, depending on the size and complexity and whether the book needs to be gilded and rebound. While Frost is a dab hand, his work isn’t without challenges.

“I’m working on lots of bits of paper; it’s difficult to stop the paint from going in between each leaf,” he said. “If you’re looking at a cross-section, there’s almost a set of stairs. ... I’m painting on those stairs, and the paint wants to go inside the book.”

The other challenge is that some of



Fore-edge paintings appear like magic when the pages are held just right.



A single commission can take Frost anywhere from 12 hours to a week, depending on the difficulty.



Martin Frost has completed some 3,500 fore-edge paintings over a 50-year career.

the pages of old books can be greasy or spongy, and while watercolor is traditionally a very wet medium, Frost has to approach his painting differently. “It can’t be wet because it doesn’t work; it goes into the paper, it makes the paper wobbly, and it tends to take the gold off,” he said. “It also means that you have to work slower, because you’re putting down little bits of fairly dry paint, so it’s not a quick technique.”

Watercolor also isn’t a forgiving medium. “You can’t make a mistake,” Frost said. “When you make a mark, that’s your mark, you’re stuck with it. You can’t overpaint it ... You have to be very deliberate about what you’re doing.”

‘Critically-Endangered Craftsman’

Frost shares his captivating craft on his website and on Instagram, where he said the most common response to his vanishing paintings is, “Wow, we didn’t see that coming ... that’s the magic,” Frost said.

Most people are a bit confused and wonder if there is any battery that goes into it to make it work. However, he assures there isn’t any such thing and that it’s a physical painting.

“My Instagram project is to put up an archive, a record of one man’s work over his commercial lifestyle, which is a bit unusual; most fore-edge painters, we don’t know who they were. They never signed their work. ... Now, I’m happy to talk about it and say it’s me, and all my work has a signature ... a little symbol that I put onto the painting.”

Frost has had the occasional critic ask him why he would make paintings that one can’t see or deface an old book, but Frost’s response is simple: His art is a loving homage to the words between the pages, and the sole goal of his profession is to “make people smile.”

He has been listed as a “critically-endangered craftsman” by Heritage Crafts Association, but his biggest accolade to date was a Member of the British Empire (MBE) awarded at the royal Windsor Castle in England.

“It was my daughter that really pushed it,” Frost said. “She thought it

ALL PHOTOS BY MARTIN FROST @FOREDEGFROST1

REST AND RECOVERY

Sanctuary  
Is the Place  
We Call  
Our Own

Continued from Page 1

A Concept With a Long History

This word derives from the Latin “sanctuary.” Sanctus means “holy” or “sacred,” and the “arium” on the end indicates a receptacle, as in aquarium or emporium. Hence, for churchgoers, a sanctuary is a place containing both worshippers and the holy of holies—God. In the Middle Ages, fugitives from the law or from the powerful could race into a church and claim “sanctuary,” that is, protection in this inviolate space from their pursuers. The murder of Archbishop Thomas Becket, for example, became a sensation across Europe in part because his assassins slew him inside Canterbury Cathedral.

To this day, just as they have for centuries, various religious orders and denominations offer special chapels and accommodations for pilgrims seeking a place of retreat. In these sanctuaries, participants undergo a period of prayer and recollection, a practice that refers not so much to revisiting their memories but to “re-collecting” themselves, paying closer attention to the presence of God, and gluing together pieces of the self that are broken by the world.

Throughout history, many of the wealthy or famous have established secular getaway residences to serve as their places of quiet and recollection. Roman emperors frequently fled the heat and congestion of that city to spend time in a rural retreat. During the American Civil War, Abraham Lincoln and his family did the same, leaving behind the hectic pace of White House politics to live part of the year in a large cottage on the outskirts of the city. “We are truly delighted with the retreat,” wrote Mary Lincoln to a friend. “The drives and walks around here are wonderful.” Since the time of Franklin Roosevelt, other American presidents have found their peace and a change of pace at Camp David, Maryland.

What About the Rest of Us?

This quest for a space where we may relish solitude and safety seems innate in human beings. Whether a country estate or a cabin in the Smokies, the word home, for instance, glows with an almost mystical sheen. We think of it as a refuge, “the place,” as Robert Frost wrote, “where, when you have to go there, they have to take you in.” This desire for a home, a haven for comfort and safety, is hardwired into most of us.

Consider children at play. Quite often, the younger set delights in setting up palaces made of bedsheets beneath the dining room table or castles of quilts and chairs in the basement, all for the joy of creating their own space. Older kids enjoy treehouses and building forts in the woods, while teens turn their bedrooms into private abodes decorated

ed with posters and mementoes and headquarters for their electronic devices.

This same craving for a sanctuary lives in most of us. The attorney who buys a time-share at the coast plans to use it as her getaway residence. The guy who builds a man cave in the corner of his basement wants a space that’s all his own, with whatever accouterments—a bar, a La-Z-Boy, a shelf of favorite books—strike his fancy.

For others, a sanctuary can be even smaller and less involved, entailing nothing more than a sofa in the den, a table with a lamp and a stack of books and magazines, and a cup of hot tea. It isn’t the size or the ornamentation that matters so much. It’s the feeling of security and pleasure bestowed on us by that magical site.

Jail Cell Sanctuaries

Not all sanctuaries are good for us.

Recently, a West Virginia landlord told me that one of his tenants, a woman in her 50s living on government relief, wakes in the morning and spends several hours polishing off nearly a fifth of vodka. She then takes a long afternoon nap and repeats the process in the evenings. Her sanctuary lies in the bottom of a bottle, and it’s killing her drop by drop.

Likewise, the 15-year-old boy who spends every moment out of school playing games on a screen is poisoning his mind and his future. He might think of his screen time as his sanctuary, but it’s become an electronic jail with bars and walls as real as any prison.

The same holds true for the man sprawled on the sofa while watching hours of television evening after evening. That routine might act as a buffer against his worries and his work, but it provides none of the restorative powers of true sanctuary.

A good sanctuary brings  
us relief, rest, and renewal.

Building That Special Place

A good sanctuary brings us relief, rest, and renewal. The location matters far less than its powers to transform us. In my own case, I once lived for seven years in an apartment in Asheville where nearly every evening, when I entered and closed the door behind me, the thought would occur: “It’s good to be home.” My work duties as a teacher followed me inside—grading papers and tests, planning lessons—but inside that apartment, these tasks were manageable and in their proper place, a part of an evening’s routine.

If you already have a place you consider your haven and refuge, appreciate that sanctuary and your good fortune. If instead you find yourself a refugee, carrying your problems and troubles like weights without a place to put them down, consider making your own personal sanctuary, a place and a time where your priorities shift, where the outside world fades away, replaced by more intimate pleasures.

Like those fugitives of old, we enter that special place and cry, “Sanctuary!”

Jeff Minick lives and writes in Front Royal, Virginia. He is the author of two novels, “Amanda Bell” and “Dust on Their Wings,” and two works of nonfiction, “Learning as I Go” and “Movies Make the Man.”



Both adults and children crave a space of solitude and safety, indicating that sanctuary is an innate human desire.



DEAR NEXT GENERATION Advice from our readers to our young people

# Establishing a Solid Foundation

Whether raising young people or a young person yourself, use these timeless lessons as your building blocks



Everyone is special and has unique talents to share with others, and doing so fosters joy and connection.



Time spent with family is never wasted; grandparents provide a good influence, and grandkids offer youthful joy.



Grandparents have a unique opportunity to influence their grandkids and equip them with the tools needed for life.

Dear Next Generation, I think that the next generation will need to be tough mentally as well as physically to meet the challenges they will inherit. When I look at my three young grandsons, I wonder what their world will look like. I worry that their world will not be as pleasant as the one I have lived in.

Having grandkids is the greatest “job” in the world. When we had our own kids, we were busy building a life for them and, unfortunately, we didn’t get to do enough with them, but this second chance is fantastic. Watching them grow and learn and develop into their own person is just amazing. Right now, they have an easy life with lots of “things” and activities, but they need to get ready for the real life that will greet them in the not-too-distant future.

—Larry Regieniczuk

Recently, I experienced a heartwarming time with family and grandchildren who had never met my father. He died in 1987 at the “young” age of 91, when my children were still quite young. I was reminded of a VHS recording by Rogers cable of his entire life from childhood through the World War I service, as well as his 50-year career with Bell Telephone and the raising of his four children with our wonderful mother. I was able to have the VHS tape transferred to a DVD, and then play it at a gathering of children and grandchildren.

In their world of electronics, helicopter parents, and intense activities, it was astonishing to watch their reactions as they learned the miles he walked to school each day, the home duties he was responsible for such as hitching the horse to the wagon and, at 8 years of age, driving it with his mother to town to do her shopping. Throughout the interview, many family values and life skills were expressed that he had learned and then passed on to his children.

By the end of the hour-long interview, the young generation viewers had gained not only many historical facts of the 1800s but many of life’s insights, moral values, wisdom, and humor, from a great-grandfather for whom they quickly had much admiration.

Immediately, I realized what a significant chance I had to share my father’s life experiences with the upcoming generations and how much influence a family member can have on those who will follow.

I would encourage everyone to record the stories, either by voice or video, of their parents and grandparents at whatever age when the cognitive skills are still in place

—Laurjean Pogson, Ontario

First of all, I would say to a younger person that God their heavenly father loves them so much, and if you believe in him, you will have eternal life in Heaven.

Second, show kindness and compassion toward others. Forgive others because none of us are perfect.

Third, be happy with who you are and don’t try to be anyone else. All young people are

special and we all have talents. We all know what’s right and wrong. Stand up for others that are telling the truth. Being honest and sincere is so important.

Fourth, never give up on yourself or others. There is always hope, and if you put your mind to something and try hard, you can succeed.

Fifth and last, pray for others, actually pray for all people in the world; even pray for all animals. My heart has so much compassion for others, I just wish I could help people.

—Ranee Pritz, Indiana

I’m a very proud grandmother and great-grandmother. I realize I missed out on some events in raising my son and daughter and have decided to take the opportunity to spend more time with my granddaughter, grandson, and great-granddaughter.

From the very beginning with these two, I was called Honey and very blessed to live close to them for assistance at after-school pickup, getting to dance, ballgames, and parties until their parents could arrive and finish the events.

The grandchildren were always excited to get in the car with me to go places (the car was named “movie car” —because it had a DVD player, which we seldom used) because we were always on an “adventure” wherever we went. Early on, became silly and funny to show me off to their friends as “honey with the stick-up hair” because I wore my hair very spiky.

I had the pleasure of having help in the kitchen setting the table and assistance with cooking and washing dishes. We learned to gather the importance of church, vacation bible school, and kindness.

Yes, I’ve taken time out to spend every opportunity with them, hoping to make a good influence on their lives and keep me young in return.

—Jane Goswick

Words of wisdom from a contented 75-year-old ex-Marine to future generations: Be prepared. Do no evil. Embrace the 2nd Amendment and freedom.

Abjure socialism and wokeness. Discern truth from lies. Work hard. Stand tall. Be a proud American.

Love and be loved. Be faithful. Do joyous things. Eat right. Exercise. Don’t be stupid.

—Frederick Su

**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*

the story. After using several more literary connections, the young girl had a publishing contract with Rugged Land. Before the book was ever published, he began promoting the new author in the Page Six section. That author was Abigail Vona and the book was “Bad Girl: Confessions of a Teenage Delinquent.” “Abby was famous before her book was ever published,” Dechert said.

**The Man in the Conservatives’ Corner** Dechert maintains that his primary occupation is as a writer and a media consultant; regardless, his work as a literary agent, though limited in scale, has been quite successful. He has helped conservative authors like Laura Loomer and David Richardson get their works published.

Currently, he is working with a flurry of writers including Kash Patel, Daniel Olmes, Mike Wilkerson, John O’Sullivan, and Karyn Turk.

“I love helping conservative authors get published,” he said. “I didn’t plan any of this. It just all fell together. All of the sudden the world gets around and they come to you. Without me, some of my conservative authors wouldn’t get publishing deals, so I feel like I’m getting their valid thoughts and opinions out there.”

That last statement may sound over-the-top, if not pretentious, but it’s not. At least, not according to the authors he

## Montaigne and La Boétie: A Perfect Friendship

One of the most renowned intellectuals of the late Renaissance, Michel de Montaigne, was deeply influenced by friendship

ANDREW BENSON BROWN

Personal tragedy can often be a catalyst for change and growth. While we don’t envy people who experience it, we admire those who bear it well and are able to transmute their pain into something good or beautiful. For example, “The Divine Comedy” exists because Dante suffered the double misfortune of losing his beloved Beatrice and being exiled from Florence for life.

Abraham Lincoln is another case in point. Over the course of his life, he endured the death of numerous family members, including his second son. Later, while in the White House, his third son died and he witnessed the mental deterioration of his wife, Mary Todd. Then, he was assassinated. Lincoln, one of the most esteemed men in history, lived one of the most unenviable lives imaginable. But where would the world be without such melancholics?

When Michel de Montaigne’s best friend, Étienne de La Boétie, died tragically at the age of 32, Montaigne was grief-stricken. He retired from public life and locked himself away in his tower. Over the next 10 years, this period of solitude produced one of the world’s most original literary products: “The Essays.”

**Kindred Spirits**

One of history’s great literary friendships began when two young government officials met at a town festival in Bordeaux. Montaigne had heard of La Boétie through an early tract on civil disobedience he had written, “Discourse on Voluntary Servitude.” Montaigne, as yet, had written nothing, but was locally known as a lawyer. They immediately hit it off.

“We embraced each other by repute,” Montaigne said, and “discovered ourselves to be so seized by each other, so known to each other and so bound together that from then on none was so close as each was to the other.”

La Boétie was only a few years older than Montaigne, but because he had grown up an orphan, more mature. He was a hard worker, married, and a more distinguished member of the Bordeaux Parliament. They shared an interest in literature and philosophy and were committed to living “the good life,” as espoused by ancient Greek and Roman writers.

La Boétie assumed the role of the wise mentor. He was a talented poet, and three of his poems are addressed to Montaigne. In a Latin satire, La Boétie described his gifted but inexperienced friend as having a “winged foot already near the goal, alert to pluck the crowns,” and exhorted him to find support in seeking virtue and purpose.

Elsewhere, La Boétie prophesied: “There is no reason to fear that our descendants, if only the fates permit, will begrudge



One of Michel de Montaigne’s greatest essays was “On Friendship.”

placing our names among those of famous friends.”

Their friendship lasted just four or five years before La Boétie caught the plague in 1563. With Montaigne at his bedside, he died a stoic death worthy of Socrates. Afterward, Montaigne shut himself away and, following a period of mild depression, began writing as a therapeutic outlet. Early titles such as “To Philosophize is to Learn How to Die” express a morbid stoic resolve and indicate that his friend was often on his mind.

**‘On Friendship’**

One of Montaigne’s greatest essays is “On Friendship.” He opened up about La Boétie, describing his friend’s many virtues and distinguishing their attachment from acquaintanceships rooted in practical ends other than the relationship itself. Their alliance was one of brotherhood, but being free to choose their association, they lacked the rivalry of natural brothers. While Montaigne hoped to forge another such bond in his life, he had low expectations: “So many fortuitous circumstances are needed to make it, that it is already something if Fortune can achieve it once in three centuries.”

What was it, ultimately, that drew Montaigne to La Boétie? In one of the most famous sentences Montaigne ever wrote, he found himself incapable of explaining their mysterious tie: “If you press me to tell why I loved him, I feel that this cannot be expressed, except by answering: Because it was he, because it was I.” This sense of wordless wonder is hardly demystified by the general definition of friendship Montaigne extracted from his experience: In true friendship, “souls are mingled and con-founded in so universal a blending that they efface the seam which joins them together so that it cannot be found.”

**Defending Male Camaraderie** Such lofty eloquence has led

**Their friendship lasted just four or five years before La Boétie caught the plague in 1563.**

Though Étienne de La Boétie was immortalized in Michel de Montaigne’s essays on friendship, he was a writer, poet, and political theorist in his own right.



P. EPOCH/GETTY IMAGES

some suspicious scholars to claim that Montaigne and La Boétie were more than “just” friends. Formerly a fringe view, this position has become increasingly mainstream over the past few years. The claim is disturbing not only for misrepresenting Montaigne, but because it points to a larger issue: Why is it no longer acceptable for a man to be great friends with another man, and nothing more? When platonic male relationships aren’t being attacked for their “toxic masculinity,” they are hypersexualized.

To examine this claim, let us refer to Montaigne. The essay’s title “On Friendship” is a bit of a misnomer. The French title is “De l’amitié.” As translator M.A. Screech notes in his Penguin Classics edition of “The Complete Essays” (London, 1993), “amitié” includes many affectionate relationships and several terms are required to render all of its different senses: friendship, loving-friendship, benevolence, affection, and love. Love in the sense of “amour,” however—romantic love—is excluded from these meanings.

Within the essay itself, Montaigne compares his experience of soulful friendship with romantic love. He admits that “the flames of passion are more active, sharp and keen.” But it is a fickle fire that quickly burns out. Being an attack upon the body, it never captures the innermost part of us. Lust doesn’t represent the whole person as true friendship does.

“The love of friends is a general universal warmth, temperate moreover and smooth, a warmth which is constant and at rest, all gentleness and evenness.” Montaigne’s own “perfect friendship,” which he describes as “indivisible,” is higher than simple romance—or any other type of close relationship. “Let no one place those other common friendships in the same rank as this,” Montaigne wrote.

Some scholars are so keen to be audacious that they will twist evidence for any assertion to uncover the “hidden meaning” of a text. (Another argument, which has also gained ground in recent years, is that Montaigne was the real author of La Boétie’s works.) This approach ignores the possibility of frankness, one of the qualities Montaigne most admired. In “The Essays,” he never fails to come across as genuine and sincere. Truth is “the first and fundamental part of virtue.” The man’s depths are all on the surface—there is little to uncover.

In an age in which the spiritual is reduced to the material and physical urges have become the essence of identity, it’s important to stress the crucial role of male camaraderie. When boys and young men forge strong bonds with other males of their age group, it helps them develop confidence, trust, loyalty, and a competitive spirit. Emotional health is the positive side effect achieved by any young man lucky enough to forge a friendship, as Montaigne put it, “with no ideal to follow other than itself.”

Andrew Benson Brown is a Missouri-based poet, journalist, and writing coach. He is an editor at Bard Owl Publishing and Communications and the author of “Legends of Liberty,” an epic poem about the American Revolution. For more information, visit Apologist.wordpress.com

## The Incidental Agent

How former gossip columnist Doug Dechert became a can’t-miss literary agent

DUSTIN BASS

Doug Dechert is a force of nature. His personality is as loud and bombastic as his blazers. After spending a decade writing for the famed Page Six gossip column of the New York Post, along with other publications like The Daily Mail, Star, and The National Enquirer, his personality and devil-may-care attitude are tailored perfectly for what he has candidly termed his “successful side hustle.”

He’s been representing literary talent of the conservative persuasion, who would otherwise go unnoticed ... or, at least unpublished. Dechert makes his home in New York City, not the most welcoming of places for conservatives, especially media conservatives. But the political climate within the publishing houses and media conglomerates of The Big Apple has been of little deterrence and has not altered his success rate.

“Every single author I’ve worked with has gotten published,” he said. “They’re all unique, but each one has a very strong conservative voice.”

Dechert said that getting conservative authors published has been easy because he is well-connected. To suggest his connections are recent would be foolhardy. The 66-year-old has spent his career making connections.

**How He Started**

It was 2001. And Dechert had been writing as a guest columnist for Page Six since 1992. To know the gossip column was to know Dechert, and New Yorkers knew (still know) the gossip column. During a black-tie affair at the restaurant Tavern on the Green, Dechert made the acquaintance of an 18-year-old girl who had a manuscript she believed for some reason he could get published.

Over the following six months, her persistence forced him to take a look. It was about her year in a boot camp for wayward girls. He worked on the manuscript and then sent it to a New York Press colleague whose wife edited the manuscript as a personal favor. He then sent the manuscript to several friends who were successful authors, including Bret Easton Ellis and Jay McInerney, who liked

**Currently, he is working with a flurry of writers including Kash Patel, Daniel Olmes, Mike Wilkerson, John O’Sullivan, and Karyn Turk.**

has been working with.

Philip Nicozisis, whose memoir “Have Laptop, Will Travel” became a Wall Street Journal bestseller, credits Dechert for getting his book before the right people and



Doug Dechert at a gallery in New York on Dec. 9, 2022.

into the right hands.

“Doug single-handedly was able to place my memoir with a top and extremely prestigious publishing company, Post Hill Press. Without Doug, the project would’ve been nowhere,” he said. “While he is a lot of fun, at the same time he is very professional and brings decades of expertise and networking to the table. I wouldn’t think of working with anybody else.”

Michael Wilkerson, a rising voice in the conservative movement and the author of the new book “Why America Matters: The Case for a New Exceptionalism,” said the very idea of getting his book published seemed daunting.

“Doug played a key role in helping me land a contract with Post Hill Press, one of the leading independent imprints in the country,” he said. “Doug was able to work quickly to get the attention of key decision-makers, which led to a successful partnership. He’s also been instrumental in getting the word out to influencers in the journalistic community.”

Karyn Turk, the co-anchor of Real America’s Voice TV’s “American Sunrise” and the author of “Behind the Headlines: How a Conservative Beauty Queen Became a Target of Fake News and Cancel Culture,” said that Dechert is a rare find in the book business. Her sentiment seems to not only fit the narrative that he has a gift for landing book deals

for conservative authors, but also that his personality is perfect for the ultra-competitive market of publishing.

“There are few people who speak with conviction and back that up by doing exactly what they say they can or cannot do,” she said in a press release. “He has an eclectic style and a very quick wit—he is one of a kind.” Tony Lyons, the president and publisher of Skyhorse Publishing, has noticed much the same from Dechert. “I haven’t known him long, but it’s obvious that he’s very aggressive and it should be interesting to see what projects he brings to the table.”

**An Untapped Market**

Dechert defining his work as a “successful side hustle” may be self-effacing, but it is accurate.

He stepped into the world of literary representation without a plan, and he admits that there is no specific plan in place for the future. Dechert said he simply has an eye for talented writers and has always been able to envision what should happen next on a case-by-case basis. That vision culminates with the combination of a writer’s talent and Dechert’s numerous connections within conservative media and publishing houses. Along with talent, vision, and connections, Dechert pointed out the most important aspect demand.

“There’s a huge demand,” he noted. “The

public isn’t getting the truth from the legacy print media. As far as I’m concerned, big media is subsidized by the government and the taxpayer to support its dominance in Washington D.C. The outlier to the government media is the conservative press.”

Dechert believes this demand extends from a purposeful lack of awareness from legacy publishing houses. He said that the liberal arts, just as in academia, was overtaken several decades ago by the Left and is now fully engaged in “wokeism,” which has trickled down to corporations like publishing houses. This wokeism has resulted in legacy press companies engaging in basic economic fallacies, which, according to Dechert, has left a lot of demand not being supplied. For Dechert, it is a gaping void that he plans to help fill.

“The liberal media is completely unaware of the microcosm of conservative media,” he said. If the legacy publishing houses, however, continue to ignore “half the country” and the economic potential that comes with it, Dechert will continue benefiting from their blissful ignorance—and so will the conservative authors he continues to find and represent.

Dustin Bass is the host of EpochTV’s “About the Book,” a show about new books with the authors who wrote them. He is an author and co-host of The Sons of History podcast.



# Needed: Teen Fashion Rebels

A mother offers some advice about explaining modesty to teenage daughters

IDA GAZZOLA

Fashion has been hijacked by our hypersexualized woke culture. The extent of that hit me last summer when I saw two young women near our house.

The first was walking her dog with her boyfriend. She was wearing only a G-string bikini. The second was standing at the bus stop. She was a very young, cute, fresh-faced girl wearing a red and black bikini that was attached to various garter belts, stockings, and complete with high heels. And this was on the same day in a suburban neighborhood!

When fall came, there was only a bit less skin; it was commonplace to see young women in the mall wearing lace-up shirts in which a good six inches of skin was exposed from neck to bellybutton, allowing passersby a view of half of their chest. This issue isn't going away anytime soon.

Three of our daughters have grown into young women (with the others close behind). We haven't had outfits such as the above, but there have been various forms of "expression" that have expressed a bit too much in some ways. My husband and I decided to sit down with the oldest three and discuss our house rules and the reasons behind them.

Before we did this, I looked on the internet, hoping to find some ideas for the conversation. There was much less than I expected, so I sat down and wrote out some ideas for the message we wanted to convey to the girls. (And soon, I am going to take these basic ideas and speak to my younger ones as well.)

We told the girls that we wanted to have a little meeting with them. I printed out my thoughts (below) and started with these ideas. We let the girls talk, of course, as it was meant to be a conversation, but it was helpful to have the thoughts on paper in front of us for the moments when the conversation went off course. Another thing we did was to choose a time when they were all relatively happy and fairly open to talking.

Here's the message we conveyed to them: We are so glad you guys can tell us about things that matter to you and we really want to be able to talk about things even if we disagree. It's fine to disagree on some things. We can still love each other like crazy.

This is why we think it's important to dress in a way that respects our bodies. (You can also frame this as a question to allow more dialogue and insight into what they are thinking.) Here are our thoughts:

- It's good to be comfortable in our own bodies, even in a bathing suit. We have nothing to be ashamed of. This isn't about shame! You guys are such beautiful young women. You've got great figures and it's fine to dress in a way that highlights your figure. We aren't suggesting anyone has to wear only ugly, baggy clothing. We want you to look nice!
- We aren't going to talk about the fact that males from age 10 to 80 have an actual physical reaction to revealing clothing because it reminds them of the sexual organs that are underneath. That isn't the focus of this conversation. (You can skip this part or say it quickly and don't dwell on it. Teen girls hate the argument that they have to dress in a way that doesn't provoke men. I'm sure they would say: "Men just have to control their eyes!" And, honestly, this isn't the main reason for dressing with dignity.)
- The fact is that you each have a huge value. You are in fact priceless treasures! Your personalities are all so unique. You are smart and talented, and you are meant to do great things in this world. Your clothing and behavior reflect this reality.
- Certain parts of our bodies are private because they're connected with sexual love (which is a beautiful gift humans have)



BIBA KAYEWICH

Fashion choices can be a source of contention between parents and teens, but can also be viewed as opportunities to discuss the importance of dressing modestly.

**We have to rebel against this culture we're in that pushes sex as a recreation activity, dehumanizing people and treating them as objects to be used.**

but also a very private act and one that's only beautiful and true in the context of marriage.

- It's hard to remember this because we are bombarded by messages through shows, ads, and media that tell us it's OK to show our bodies. But what would you think of a woman walking on the street wearing a see-through top and no bra, or not wearing a bathing suit bottom to the beach? Why is that wrong, but showing cleavage is OK?
- Even though a person isn't naked in a bikini—or tight, short top, etc.—that way of dressing draws attention to those sexual areas. Then the "look" becomes about this, not about being comfortable in one's skin. And keep in mind that clothing looks different on different body types. A two-piece bathing suit can be possibly even more modest than some one-pieces. It depends on the cut and on a person's body type. So we aren't about rules like skirts have to be this many inches past your knee, etc. We are all individuals and this has to be evaluated individually.
- We have to rebel against this culture we're in that pushes sex as a recreation activity, dehumanizing people and treating them as objects to be used. You girls are leaders, not followers! (If you have any budding feminists, this is a good point to talk about more.)
- You have a huge value—you are an amazing, priceless treasure.

- So in our house:
- We wear clothing that looks nice, flatters our bodies, and is respectful to our bodies.
  - This means no cleavage or lots of midriff showing (especially at church or more formal occasions) or tight everything (leggings are OK, with a proper shirt)
  - Exercise clothes are fine for exercise. If you're in a room alone, you can wear different clothes than if going to a gym.

We love you guys so much. You may not understand or agree with us, but we are telling you these things to help you grow into mature, happy, confident young women. We are doing this with your ultimate good in mind. What do you guys think? (Then discuss; hopefully amicably.) That all looks very nice on paper, of course. In real life, conversations rarely go according to plan, so my husband and I went into this fully expecting some pushback. And, yes, there was some, but the conversation

went fairly well. And, very importantly, we expressed to our daughters how we felt, trying to do it with love and giving them the core reasons for why we respect our bodies with our way of dressing.

Now that the conversation is over, we aim to keep giving them lots of love and to keep the lines of communication open. Most likely, one of the girls will struggle with some of these ideas. They are young and influenced by our culture and it's hard for them to understand. So we will have to remind them again. And again. We'll also have to keep our word regarding consequences.

In her book "Thriving and Surviving Raising Thirteen," Anne Perrotet describes one instance when her daughter came out of her room wearing a too-short dress, telling her mother that her standards were too high. Perrotet asked her whether she would like her to set the bar high or low. The girl surrendered. She wanted the bar high.

Perrotet says, "Believe it or not, kids actually want rules, standards, and boundaries; they know they need them and they want direction—they need an anchor to pull them back if or when required."

I have to be honest. Not all of my daughters would have responded as Perrotet's did. But whether they realize this now or in the future doesn't matter. In the not-so-far-off future, they will mature and, if we have been both kind and firm, they will understand and be grateful.

One last thought: In many ways, women are more powerful than men. What women do, men follow (think Adam and Eve). This argument has been made by intellectuals such as Alice von Hildebrand, Gertrud von Le Fort, and more recently, Carrie Gress.

Our power can be destructive or a force for good. It may seem a small thing, but the way women dress influences others. This isn't simply a disciplinary issue for parents. It has great cultural ramifications. Teens want to rebel and protest oppression. In this area, let's encourage that.

*Ida Gazzola is the mother of six girls and one boy and lives in British Columbia, Canada. Before embarking on the adventure of parenting, she studied and worked in the financial industry.*

*This article was originally published on MercatorNet.*



LARGER THAN LIFE:  
ART THAT INSPIRES US THROUGH THE AGES

## The Royal Palace in Stockholm

Grand Swedish Architecture With Italian and French Flair

LORRAINE FERRIER

Since the 13th century, Swedish monarchs have called the Royal Palace in Stockholm home. Baroque architect Nicodemus Tessin the Younger designed the current 600-room, Roman-style palace after a fire destroyed the previous structure in 1697. When Tessin died, architect Carl Hårleman completed the structure.

Tessin's Royal Palace design exemplifies the Tessin Gold Baroque style. The Tessin style includes the essentials of the baroque style with its rich ornamentation and symmetrical design elements (particularly s-shaped curves in art and furniture designs) but with French and Italian influences, not seen in Sweden's baroque style before. Prior to Tessin, Northern European art and architecture



Detail of Sweden's national emblem, the three crowns, above the main entrance.

had informed Sweden's early-baroque style (Caroline Period).

Having studied in Italy and France, Tessin counted some of France's great artists and architects—Charles Le Brun, Jean Bérain, and André Le Nôtre, to name a few—among his friends. And in Italy, he studied under Gian Lorenzo Bernini and his pupil Carlo Fontana. Their influence on Tessin's work can be seen throughout the bricks, mortar, and decorative works of this bastion of Swedish architecture.

In Tessin's time, King Louis XIV and the Palace of Versailles's courtly ceremonial style ruled European royal etiquette. Tessin based the Royal Palace on the practi-

cal design of Versailles, keeping the royal apartments, the royal chapel, and the buildings of the country's administration in close proximity. He also copied some of the French palace's interiors, notably mimicking the Hall of Mirrors in his design for Karl XI's Gallery.

In the guest apartments, visitors can see the 18th-century decorative style, adorned with Swedish furniture, mostly made in Stockholm during the 18th and 19th centuries.

Tessin's Royal Palace demonstrates the architect's skill of blending several European styles while staying true to the harmony and abundance that defines the baroque style.



Royal Palace staff ready themselves for Nobel Prize dinner guests in King Karl XI's Gallery in the State Apartments. Architect Nicodemus Tessin the Younger modeled the gallery on Versailles's Hall of Mirrors, including the ceiling paintings featuring ancient gods and goddesses that glorify the king's reign.



Approaching the topic of modesty as a dialogue rather than a lecture will give everyone the space to voice their thoughts and talk through their concerns.

MASKOT/GETTY IMAGES

ALEXIS DAFLOS/KUNGL. HOVSTATERNA

ALEXIS DAFLOS/KUNGL. HOVSTATERNA

MAYKOVA GALINA/SHUTTERSTOCK

ALEXIS DAFLOS/KUNGL. HOVSTATERNA

PER-BOGE/SHUTTERSTOCK

5





When older generations let young people tag along on their jobs, projects, or volunteer work, it helps both parties: The apprentice learns the basics of a craft, while the mentor benefits from the extra hands.

Older generations have a lot to offer the younger ones

ANNIE HOLMQUIST

When a relative of mine retired and sold his auto transmission shop last year, my family knew that our days of reliable car repair—served up with the family discount—were likely over. It was time to move on to a different auto mechanic. The question was, where to find one?

Many Americans are asking a similar question these days, because the United States is facing a “massive” shortage of skilled workers in 2023,” auto technicians included, NPR reports. A major reason this shortage is occurring is that those in the Gen Z age bracket are turning their backs on the trades, choosing college rather than the apprenticeships that teach them these practical skills.

That’s troubling, not only for the fact that we won’t have the technicians we need to handle our plumbing, auto, construction, and other basic needs, but also because the next generation is losing its knowledge and ability to work with its hands—a skill we’ll sorely miss whenever the seemingly inevitable societal crash comes.

Apprenticeships are often touted as a path to a reliable, good-paying job that helps young adults escape the crushing load of student debt that many face. Those reasons are legitimate and well worth bearing in mind, but in these times of change, new benefits of apprenticeships increasingly surface.

**Engage With the World**  
Since the pandemic, many young people work remotely on either a part-time or full-time basis, chained to their computers the whole day. Such an arrangement may seem convenient, but it has several negative drawbacks. For one thing, it isolates people, a fact that can lead to increased depression. This isolation diminishes the on-the-job learning and networking experiences offered by in-person work situations, factors greatly beneficial to young people just starting out in the working world. Research shows that these remote and flexible work arrangements also diminish performance, a fact that can reduce an individual’s sense of worth or pride in his work.

Apprenticeships, however, often get young people out into the real world, working with their hands to do productive things. They learn practical skills that will last beyond our computer age, while also learning the interpersonal skills that often suffer because so many young workers are continually looking at their phone screens. Hiding behind a tech device is difficult on an apprenticeship, for apprentices must learn how to have professional and mannerly interactions with others, not only those they work with, but also the customers they often serve.

Let these kids shadow you on your job. Take a Saturday or an evening to teach a handful of them the basics of your craft.

**Let these kids shadow you on your job. Take a Saturday or an evening to teach a handful of them the basics of your craft.**

**Purpose and Value**  
Apprenticeships also promise to help solve the identity crisis our society is experiencing, an element of which is the transgender trend. One of the reasons students get into transgender or abnormal lifestyles and interests is because they’re searching for life purpose and have a desire to feel valued and needed. Accepting these lifestyles gives them appreciation in our progressive-minded, social media culture.

It’s possible that we would steer some young people away from these tendencies if we gave them life purpose in other areas, including their careers. Training teens to do a skill that many others need and can’t do will give them value and the uniqueness they crave.

### Education Discipleship

Given the great potential and evermore apparent benefits these types of hands-on jobs offer, one wonders why more young people don’t take advantage of them. One answer, given by pre-apprenticeship program leader Paul Iversen and paraphrased by NPR, is because such “work was once typically passed down in families.” In other words, families performed a type of education discipleship, with older adults training younger ones in their areas of expertise.

Writing in “The Underground History of American Education,” former New York teacher of the year John Taylor Gatto labeled such discipleship as a “way out of the fix we’re in with schools,” encouraging adults to get young students involved in “a series of apprenticeships and mentorships” to help them develop a calling and purpose in their life.

And that’s where all of us come in. Perhaps you’re an older individual, coming to the end of your career, and horrified at the world your children and grandchildren are facing. Or perhaps you’re just a middle-aged individual, busy in the heart of your career, but wondering what you can do to stem the tide of societal collapse.

The answer is to engage in some educational discipleship.

Look around at the teens and young adults around you—your nieces, nephews, and grandchildren, kids at church, the young people who live next door or down the road, and the kids in the local homeschool group. Observe them—without being a creeper, of course—and ask people who know them better which young people show promising talent or a good work ethic.

Then, offer your services. Let these kids shadow you on your job. Take a Saturday or an evening to teach a handful of them the basics of your craft, whether it’s carpentry, plumbing, or auto mechanics. People always have a house project that needs doing—volunteer to help others with your skills and bring a young person along and teach them to do the task while you’re at it, killing two birds with one stone.

This can work even in more white-collar jobs, as I learned while in high school when my piano teacher, a skilled classical pianist, insisted that I watch her teach one of her beginning students, observing when and how she taught certain musical techniques. I did this for a year—free of charge—and this observation laid the foundation for more than a decade of my own music teaching career, which incidentally helped pay my way through college.

The thing is, the older generation has a lot to offer the younger ones, especially when it comes to the skilled trades. Let’s not waste our time bemoaning the younger generation. Instead, let’s begin doing some educational discipleship, working to repair the damage that our schools, broken families, and a battered society have inflicted upon tomorrow’s bright lights.

*Annie Holmquist is a cultural commentator hailing from America’s heartland who loves classic books, architecture, music, and values. Her writings can be found at Annie’s Attic on Substack.*

HOMESCHOOL

## Mom of 5 Offers Advice to Parents New to Homeschooling

As a professor, author, and homeschooling mother, Amber Shimmel knows a thing or two about juggling homeschooling and a career

BARBARA DANZA

the greatest influence in their lives.

Amber Shimmel is a homeschool mom of five, a university professor, and the author of “Homeschooling Simplified: Practical Tips and Encouragement for the Journey.” As more and more parents continue to opt out of the standard school route and head down the homeschooling path, I asked Ms. Shimmel about her experience as a homeschool mom and for advice for parents considering the option to homeschool their children. Here’s what she said.

**The Epoch Times:** What made you decide to homeschool your children?

**Amber Shimmel:** I didn’t have any personal experience with homeschooling, and actually loved my own childhood school experience in a mix of private schools and public schools. But I realized that I just wanted to physically be with my kids more than traditional schooling allowed. And I wanted to be

**The Epoch Times:** Why do you believe homeschooling is becoming so popular?

**Ms. Shimmel:** I believe that homeschooling is growing rapidly because parents are feeling more empowered to lead their children’s education. The pandemic allowed more parents than ever to realize that this is actually a feasible option and that children can flourish at home.

**The Epoch Times:** What’s something you wish you’d known before you began homeschooling your kids?

**Ms. Shimmel:** I wish I had known how fast the time really does go. My granny used to always say, “Babies don’t keep.” And that’s just so true. Babies don’t keep. Toddlers don’t keep. Teens don’t keep. The time with your children at home can feel unending at times, but it all goes by in the blink of an eye. The days are long, but the years are short.

**The Epoch Times:** How have you juggled a career with homeschooling?

**Ms. Shimmel:** I’m an extremely efficient person. That can be one of my greatest qualities and greatest pitfalls. It means I can have trouble relaxing, but it also means that I waste almost zero time during the day. I concentrate on school for blocks of time, and then concentrate on my own work for blocks of time. Also, since we do a hybrid homeschooling option, I have time to myself on certain days of the week to get my own work done. It’s always a balancing act, and never done perfectly, but it’s definitely possible.

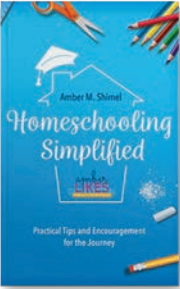
**The Epoch Times:** What are the first few steps you’d advise new homeschooling parents to take in order to succeed?

**Ms. Shimmel:** The very first step I would advise is to find a homeschooling group, some fellow homeschooling moms, or some kind of support system. You’ll have lots of questions, and the path can be lonely. So it’s very important to have friends for the journey!

**The Epoch Times:** What are your favorite homeschooling resources?

**Ms. Shimmel:** There’s a book that might be currently out of print, but it’s what I used to teach all five of my kids to read. It’s called “Reading Made Easy” by Valerie Bendt. It provides a calm, sweet method of learning to read that involves a lot of snuggling on the couch. If you can find it used somewhere, it’s definitely worth the purchase!

**The Epoch Times:** What have you found



**‘HOMESCHOOLING SIMPLIFIED: PRACTICAL TIPS AND ENCOURAGEMENT FOR THE JOURNEY’**  
By Amber M. Shimmel  
Suite 200 Publishing  
Sept. 9, 2022  
Paperback:  
106 pages



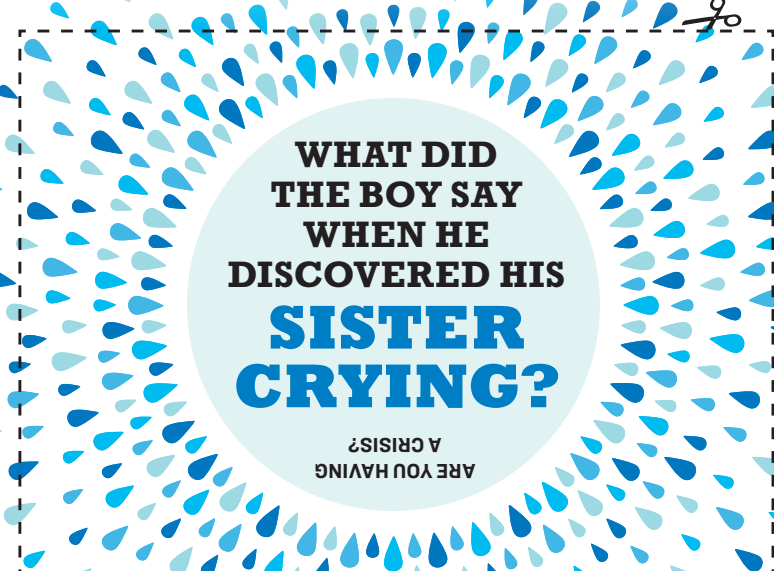
“Children of the same family, the same blood, with the same first associations and habits, have some means of enjoyment in their power, which no subsequent connections can supply.”



JANE AUSTEN (1775-1817), ENGLISH NOVELIST

## FOR KIDS ONLY


THE EPOCH TIMES



ROLAU ELENA/SHUTTERSTOCK

By Aidan Danza

## THE AVOCADO TREE



**E**ating avocados has become a huge trend in the past few years, and they have become a staple in many kitchens.

Avocados grow on trees. Most avocado trees aren’t propagated by use of their seeds, as one might expect. Instead, a process called grafting is used. Farmers graft a tree by taking a cutting, or scion, from the desired-variety tree and attaching it to another tree that’s already growing, called the rootstock. Rootstocks are usually grown from seed. Since grafting produces a copy of the tree from which the scion was cut, grafting is used for almost all orchard avocados and in the rest of the fruit trees as well.

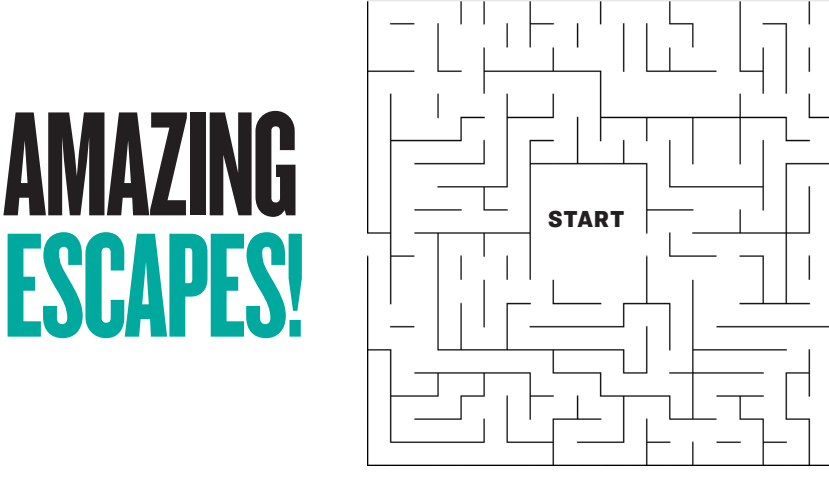
These trees will usually be planted out in the orchard at a rate of 87 trees per acre. After planting, meticulous care must be taken of the trees. They must have water, but they can’t be overwatered. If the soil is too wet, the trees may become diseased, and at the very least, the crop yield will go down. With all this care, the trees will still take a very long time to mature. From

germination of the rootstock all the way to the tree’s first fruiting will usually be around 10 to 15 years. When they do produce, however, the results are dazzling. An avocado orchard can produce 5 to 10 tons of avocados per acre! All these fruits are harvested by hand, using a ladder or with a special pole that cuts the fruit off the tree and drops it into a bag, which is attached to the pole.

Avocados have become an increasingly large industry. While there are a large number of orchards in the United States, especially in California, Florida, and Hawaii, most of the

avocados consumed here come from Mexico. Avocados are considered to be a very healthy food; they contain a large amount of vitamins, minerals, and nutrients. They also have a good taste and are very filling, though they do tend to go ripe very quickly and need to be eaten as soon as this happens, or else they rot and must be thrown out.

## AMAZING ESCAPES!



START

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

Easy puzzle 1

8	9		
6	8		
+	-	x	÷

Solution For Easy 1

8 + 6 + 9 x 8

Medium puzzle 1

4	20		
4	18		
+	-	x	÷

Solution For Medium 1


4 x 4 x (8 - 02)

Hard puzzle 1


2	25		
1	25		
+	-	x	÷

Solution for Hard 1

1 + 52 + 2 x 2



www.hiddenpicturepuzzles.com



**HIDDEN TREASURES** by Liz Ball  
[www.HiddenPicturePuzzles.com](http://www.HiddenPicturePuzzles.com)

**WORD SEARCH:** Who is Whose Sibling?

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

Aunt  
Brother  
Cousin  
Daughter  
Father  
Grandchild  
Grandmother  
Grandparents  
Grandson  
Husband  
Nephew  
Niece  
Parent’s sibling  
Sibling’s child

Sister  
Spouse  
Uncle  
Wife





# THINK TWICE

## Don't let these mistaken beliefs hold you back

MYTH	REALITY
I won't have time to keep up with The Epoch Times.	We make it easy to build and maintain the habit of staying informed through our mobile app, our email newsletters, and our audio articles. You won't even notice that The Epoch Times has become a part of your day until, well, it has. We are in a worldwide war of ideas and worldviews. Only truth will save the nation, and each of us is responsible for keeping the truth alive.
I can find similar content somewhere else for free.	The Epoch Times is the number one independent media in America. Not only do we report stories the legacy media won't touch, we regularly break stories before even conservative sources can. Our worldwide team of carefully vetted investigative journalists is second to none, and that means you get news you won't find anywhere else. Plus, we have exclusive EpochTV shows, Epoch Health, special reports, premium magazines and so much more.

THE  
EPOCH  
TIMES

TRUTH and TRADITION

In Our Own Words

# For Our Parents, for Our Children, for Generations to Come

Dear Epoch VIP,

I'm Channaly Philipp, your editor for Life and Tradition. But not just that: I'm also the daughter of a Khmer Rouge survivor, a former liberal arts college student, and now a mother.

Each one of these identities gives me one more reason why I must keep doing what I do at The Epoch Times every day.

You see, my father, like many other fathers, has a story.

Only 45 medical doctors survived the killing fields and death camps of the Khmer Rouge in Cambodia, and he, Dr. Nal Oum, was the only doctor lucky enough to have escaped one of the Khmer Rouge camps.

But what he saw before he walked 22 arduous days through the jungle to Thailand, leaving him on the brink of death, left a mark on his psyche like no other: he had seen humanity at its absolute worst. He had seen what people were capable of when performing under a system that enabled their worst vices—the communist system.

The Khmer Rouge's rampage left 2 million Cambodian corpses in its wake, a faceless statistic to many. To my father, however, around 100 of them will always have names and faces, because they belonged to the sick children and infants that the Khmer Rouge forced him to abandon as they drove the populace from the city to the countryside in pursuit of a doomed agrarian utopia.

He remembers their tiny faces, their tiny beds. He remembers them every day.

At gunpoint, he was forced to leave his hospital and the lives of his patients to the Khmer Rouge, to communism—to death.

He's never forgotten what he had to do on that fateful day, and even now, he's unable to forget the pain in the eyes of these children formerly under his care.

His life now is dedicated to ensuring that the rest of the world never forgets, either.

Twenty years later, and half-way around the world, as I embarked to enroll in one of our nation's elite colleges,

I was met on campus and in some classes with—what else? Socialism, cloaked in the ideals of social justice, and as an impressionable young mind, it saddens me to admit that because I was young and well-intentioned, I fell for it.

It wasn't until years later, after leaving the hallowed halls of American academe, and then becoming a parent, I realized all of it was a lie. A beautiful lie, and probably the same beautiful lie that was told to the youths who had held my father at gunpoint.

I saw how subtly the indoctrination began at my daughter's public elementary school, as early as kindergarten. Looking ahead, I could see the gears of the machine turning. Mass public schooling churning out generation after generation of youth perfectly calibrated to these new, false definitions of kindness, equality, truth, and righteousness.

This is why The Epoch Times' motto of "Truth and Tradition" has always spoken to me; today, it's a guiding principle for me in how I run my small corner of the paper.

**In the Life and Tradition section, I aim to preserve and protect the best of what's been left to us by the generations who came before: their values, their traditions, their stories—history as our families lived and experienced it, so that we can learn from their wisdom and their sacrifices as we create our future.**

And perhaps most importantly, I want to give hope to anyone that's still looking for a beacon of light—of real truth, of real goodness—in our modern society.

It is admittedly a lofty goal, but for all the children—for those in my father's memory, for my own, and for yours—I have no choice but to at least try.

In Truth and Tradition,

Channaly Philipp  
The Epoch Times



Channaly  
Philipp  
Editor for Life and  
Tradition Section

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