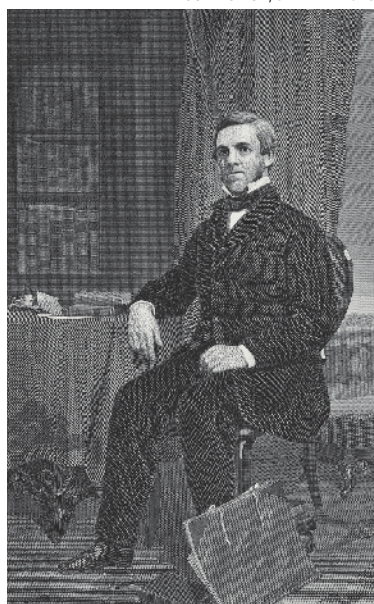


# THE EPOCH TIMES

# LIFE &

# TRADITION

KEAN COLLECTION/GETTY IMAGES



Oliver Wendell Holmes Sr. (1809–1894) was a physician and poet who was considered by many of his peers to be among the best writers of his day.

## CULTURE

### Oliver Wendell Holmes Sr. and the Art of Conversation

The 19th-century doctor and poet offered a solution for a divided society

ANDREW BENSON BROWN

The word “conversation” is on a lot of lips today. In many cases, though—as when one is invited to “have a conversation” about some facet of identity politics—the underlying meaning is more along the lines of, “Listen, and then accept our radical narrative without question.”

Far from representing an exchange of ideas, such double-speak has contributed to communication breakdown.

Nineteenth-century America, by comparison, also was an era preoccupied with conversation. It was a period unique in many respects: a high point in Western civilization when the printing press spread education to frontier schoolrooms and politicians were orators who imitated the rhetoric of Cicero and Patrick Henry. The King James Bible and the works of William Shakespeare could be found in every home, where a favorite pastime for families and friends was to sit around the fire entertaining one another with discussions and stories.

So when Oliver Wendell Holmes Sr. expressed an ideal to share a “conversation of the culture” during this time, the word was no mere euphemism.

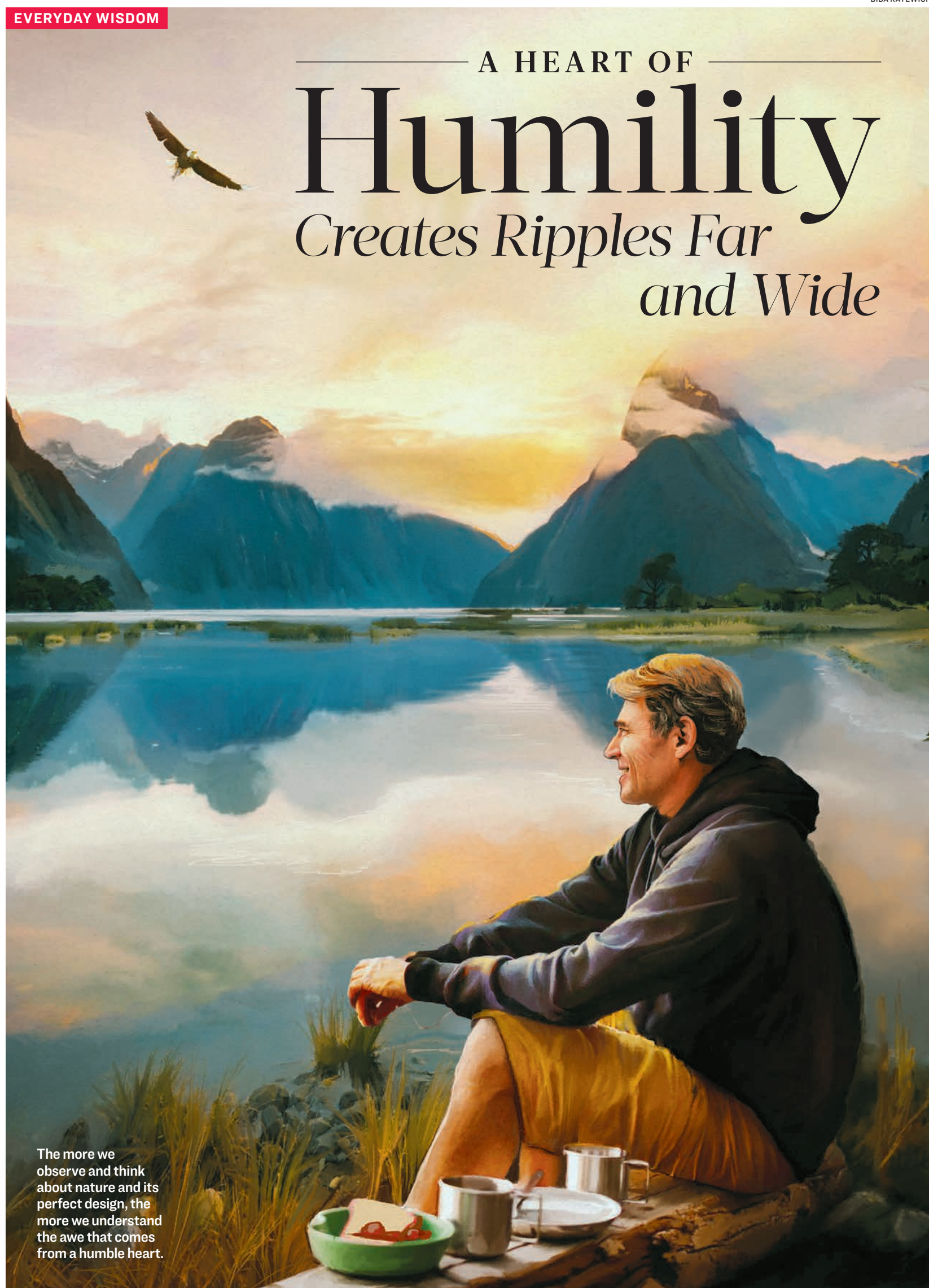
#### ‘The Autocrat of the Breakfast Table’

Holmes was born in 1809 in Cambridge, Massachusetts, and lived through almost the entire century. A successful physician, his many contributions to medicine include anticipating the germ theory of disease and coining the term “anesthesia.” As one of the fireside poets with Henry Wadsworth Longfellow, he’s now a lesser-known figure of that literary period known as the American Renaissance. In his own day, however, he was a household name.

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BIBA KAYEWICH

## EVERYDAY WISDOM



## A HEART OF

# Humility

### Creates Ripples Far and Wide

The more we observe and think about nature and its perfect design, the more we understand the awe that comes from a humble heart.

Here are a few simple ways we can encourage humility in ourselves and foster an openness to learn, give, and grow

BARBARA DANZA

**M**erriam-Webster defines humility as “freedom from pride or arrogance”—and humility, it seems, has gone out of fashion. Modern society seems to encourage character traits that fly in the face of humility, such as narcissism, entitlement, and self-centeredness.

We’re surrounded by experts and gurus claiming to have all the answers; arguing seems to have become a national pas-

time, contributing to an environment of discord and combativeness; and arrogance is commonplace and misconstrued as confidence. As a result, relationships have been robbed of warmth and deep connection.

**We are free to live and act authentically if we can maintain a sense of humility.**

Our ancestors deemed humility to be fundamental. In the East, Confucius called humility “the solid foundation of all virtues.” In the West, the Bible has much to say about humility: for example, “Do nothing out of selfish ambition or vain conceit, but in humility consider others

better than yourselves.” (Philippians 2:3)

Obvious displays of great hubris or obnoxious arrogance are easy to spot, but a lack of humility isn’t always overt. All of us can suffer from a lack of humility at times. It’s something worth keeping in check—just how far up on our high horses we’ve climbed—and it’s good to remember that we are all imperfect.

When we’ve lost sight of humility, we close ourselves off from connection with others, to new ideas, to our true selves, and to our greatest potential. When we fail to foster humility in our character, we become disingenuous, attempting to portray to the world some artificial version of ourselves we’d prefer to show off. We become the know-it-all, doling out unsolicited advice, touting our sheer awesomeness, and shutting out any idea to the contrary.

Continued on Page 2



THE EPOCH TIMES INTERVIEWS  
SHEN YUN AUDIENCESShen Yun:  
'The Golden Age' We Are Waiting For

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 loved every minute. I loved the sad parts, the good parts. It was wonderful.”

**BRENDA LEE,**  
singer, Nashville, Tenn.



“I think I can say that it would be great if all the laboratories would meet here to tap into the infinite beauty of Shen Yun to create a vaccine for all the ugliness in the world ... That would be great!”

**MARIE-CHRISTINE BONNIN,**  
lawyer, Lyon, France



“I was deeply moved by Shen Yun. This performance is a collection of all the great achievements in China's civilization.”

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Grand Rapids	Mich.	Feb. 21-22
Salt Lake City	Utah	Feb. 21-25

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



EVERYDAY WISDOM

A HEART OF

Humility  
Creates Ripples Far  
and Wide

Continued from Page 1

When we maintain humility, we can retain authenticity and self-awareness, and are open to learn, to relate, to give, and to grow. Here are a few simple ways we can encourage humility in ourselves.

**Embrace Modesty**

Socrates famously said that “the only true wisdom is in knowing you know nothing.” If true, what's there to be arrogant about? We can remind ourselves that there is very little we truly know and very little we can truly control. We can simply recognize that life is mostly a mystery and we are all doing the best we can with what we have.

Rather than feel remorse for our ignorance and ineptitude, or be overly conceited about our accomplishments or blessings, we can simply sit in wonder of it all.

**Care Less for Reputation**

How often do we adjust our actions and decisions based on what we imagine other people will think or say? If we live for the sake of upholding an image, act in the hopes of pats on the back and gold stars, and avoid criticism at all costs, we are not being true. We should aim to do as well as we can

As we listen to our friends, family members, or colleagues, we can try to put ourselves in their shoes and understand their perspectives.

**One simple way to practice humility is to aim to understand and relate to others genuinely.**

with what we know we should do, and let the opinions of others fall where they may.

**Embrace Authenticity**

A lack of humility can lead to a lot of pretending. If we're constantly showing off, believing we're above others or the best there is, we've lost sight of the truth (or are intentionally avoiding it).

Nobody's got it all together. Nobody's got everything figured out. Nobody has a perfect life. We all make mistakes. We all have flaws and shortcomings. We all encounter misfortune and suffering. But we allow ourselves to relate to and connect with others if we can admit our faults and need not brag about our strengths. We are free to live and act authentically if we can maintain a sense of humility.

**Choose Empathy**

Humility can be misunderstood to be a low level of confidence. To the contrary, as Rick Warren once put it, “Humility is not thinking less of yourself, it's thinking of yourself less.”

One simple way to practice humility is to aim to understand and relate to others genuinely. When talking to our family, friends, and colleagues, we can try to attentively listen to them, put ourselves in their shoes, and

## RELATIONSHIPS

## Cultivating a Practice of Love and Kindness



## BARBARA DANZA

Writer Aldous Huxley once said, “There isn't any formula or method. You learn to love by loving.”

Love can be shown through our actions, our words, our attitudes, our energy, our intentions, and our thoughts. Let's consider how much love, compassion, kindness, and care we're offering the people in our lives and beyond.

Love is truly beautiful. When we're at our best, we offer love to our significant other, our children, our parents, our siblings, our extended family members, our friends, our neighbors, our acquaintances, and our fellow humans. Love is selfless and calls to the most virtuous parts of ourselves to manifest and serve.

Like any aspect of life, each of us can improve in our capacity to love. Doing so, of course, not only enriches the lives of those who receive our love but our own lives as well. As ancient Chinese philosopher Lao Tzu put it, “Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

Here are some practical ways to enhance our ability to share the love.

understand where they are coming from. We need not always insist on our ideas being adopted or our ways being right. We can put the needs and wishes of others before our own.

**Practice Gratitude**

James E. Faust said: “A grateful heart is the beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being.”

It's very easy to incorporate a gratitude practice into our everyday lives. Before bed, we can mentally think through a handful of things we're grateful for. In a journal, we can jot down a set number of things we're grateful for each day. We can discuss the things we're grateful for with our family at the dinner table. We can use our daily walk or exercise time to recall the many things we have to be grateful for. We can make it a point of observing the countless blessings in our lives and melt into a heart of gratitude.

**Observe Nature**

“By bringing nature into our lives, we invite humility,” said author Richard Louv.

Nature has a way of reminding us just how small we are. We stand before great mountain ranges, look out into the vast ocean, or gaze upon the endless sky of stars and we can't help but be humbled before it all.

The more we observe and think about nature and its perfect design, that spirit of awe is precisely what a humble heart will feel.

**Get Curious**

When we lack humility, we're usually a bit too caught up in ourselves. If we can muster interest in and curiosity about the different perspectives, stories, and qualities of others, we can experience humility. Allowing others to impress us, amaze us, and inspire us is a gift to ourselves and them and engenders deeper connections.

**Listen**

God gave us two ears and one mouth for a reason, as they say. If we listen more than we speak and recognize that we still have much to learn and that others may have something valuable to share, we are practicing humility.

**Judge Less**

When we find ourselves judging others, that's a sure sign we could use some work on our humility. Rarely do we have enough information to make an informed judgment about another person's character or situation. Simply recognizing our inability to accurately judge as well as our own inadequacies may leave us with a more broadminded stance and compassionate heart.

**Get Local**

We can get carried away with unfounded opinions about how to save the world, fix the country, or improve society, but we may just as easily lose sight of the importance of making our bed every day or playing well the roles we play in life.

Rather than setting out to save the world and arrogantly looking down upon anyone who doesn't share such a lofty goal, we might take a look at our immediate life. How's that going? Are we taking care of what we should? Are there things we're avoiding? Are there things that could be better? Do we really have the answers to complex global issues but not the capacity to handle our local responsibilities?

With a humble heart, shifting our focus to local matters, we may just find that the consequences of doing very well what we should do leads to global improvement all the same.

**Gratitude**

When your heart is filled with appreciation, awe, and gratitude for the many blessings and abundance life offers, it has forged a foundation to offer goodness generously. Maintaining a grateful heart is something that can be regularly practiced and cultivated. Make a point of noticing all the good that comes your way. When you turn on a faucet and water magically appears—be grateful. When you wake up in bed, warm and comfortable under your blankets—be grateful. When you pass by someone who smiles in your direction—be grateful.

There are countless blessings to notice and be grateful for every single day.

**Prayer**

Perhaps, for some of us, the relationships with the most need for improvement are the ones closest to us. We tend to take for granted our closest loves, when we should be offering our love in abundance to them.

One way to muster your deepest compassion, appreciation, and love for others is to pray for them. Pray for wisdom in understanding what they need from you, in knowing who they truly are, and in rec-

## CULTURE

## Oliver Wendell Holmes Sr. and the Art of Conversation

Continued from Page 1

Holmes was a favorite in Boston's social clubs and drawing rooms. Many people described him as being the greatest talker they ever heard. He developed a reputation as a humorist and public speaker that would later be modeled by Mark Twain. In an age that privileged conversation, Holmes was its best spokesperson.

His most important literary contribution was a trilogy of “table-talk” books, a genre with roots in Plato's dialogues. Of these, the best is the first book, “The Autocrat of the Breakfast-Table.”

The narrative takes the form of monologue interrupted by conversations with table guests residing at a New England boarding house. Holmes's narrator—basically himself—tackles a variety of topics with an overabundance of wit that makes his wisdom seem somewhat frivolous. The other table guests are, on the contrary, serious people who often take offense at what he says and never really comprehend him.

**Nineteenth-century America, by comparison, also was an era preoccupied with conversation.**

Though the characters are stereotypes—divinity student, schoolteacher, landlady—they are plausible ones. Each brings to bear, in their responses, the prejudices common to their professional positions. These practical and sentimental types, lacking in social graces, clash with the narrator's impractical, analytical, aristocratic outlook, and with each other. Since “The Autocrat” was published in 1858, just prior to the outbreak of the Civil War, the conflicting principles expressed in the book were representative of the national divisions at large.

**Principles of Conversation**

The classic opening sentence sets the conversational tone of the work:

“I was just going to say, when I was interrupted, that one of the many ways of classifying minds is under the heads of arithmetical and algebraical intellects.” After explaining that people who think in terms of numbers are more vulgar than those who think in terms of letters, the narrator describes the reaction of his table guests: “They all stared.”

Holmes's observation captures an important truth. The modern age privileges charts and statistics, amply rewarding those who are good at manipulating such figures. But there is something crass about this new world, and being civilized involves a level of verbal cultivation that is insufficiently realized under a prag-



Oliver Wendell Holmes Sr.'s “The Autocrat” gives five principles of conversation to guide participants toward having an amicable conversation, despite disagreements or divisions.

matic educational system.

The heated disagreements in “The Autocrat” are always resolved through dialogue, showing how diverse people can amicably come together. It might be worthwhile, then, to extract some of Holmes's rules for conversational etiquette.

First, the thing that spoils “more good talks than anything else,” the narrator says, are “long arguments on special points between people who differ on the fundamental principles upon which these points depend.” When people can't agree on ultimate beliefs, there should at least be an agreement not to broach these topics in ordinary conversation, unless one is willing to be self-reflective.

“Talking is like playing on the harp,” he says. “There is as much in laying the hand on the strings to stop their vibrations as in twanging them to bring out their music.”

Second, be suggestive rather than argumentative. Here, Holmes takes issue with intellectual types who “crush conversation” by throwing facts at their listeners. Contrary to this, information should be used like the “accompaniment” to a “quartet of vocalists.” Dress fresh ideas in warm words. Develop thoughts about facts. Avoid being overly literal. Speak partial truths to meet different viewpoints halfway. One is reminded here of Socrates, whose method of engaging verbal opponents was to ask them questions.

Third, be attentive to a conversation's natural flow. Do not be a “jerky mind,” saying bright things in a “zigzag” manner. Talks are like breakfasts: Sometimes the toast is dry, and sometimes it is served with butter. “You must take them as they come.” Be attentive to whom one is talking to and address their preferences.

Fourth, respect language. Do not commit “verbiage,” which Holmes defines as the “violent treatment of a word with fatal results to its legitimate meaning.” One of the worst forms of this is “the gradual substitution” of stock phrases and slang terms “for words which truly characterize their objects.” Holmes describes “idiots” whose entire vocabulary has degenerated

“into some half dozen expressions.”

This brings to mind, in our own time, the ever-increasing use of swear words in public speech. Four-letter obscenities have become catch-all descriptions for lazy minds that have become unable to articulate thoughts and feelings. In Holmes's words, such habits are “the blank checks of intellectual bankruptcy.”

Fifth, balance levity with seriousness. Another form of verbiage (if comparatively harmless) is making bad puns, which result in “battered witticisms” and damage personal dignity. In modern parlance, we have all been in those awkward situations where someone tells a “dad joke” and we roll our eyes. Holmes's priggish point here—stated by the priggish narrator—is that a good conversationalist tells jokes without sacrificing earnestness. Too light, and one becomes a shallow dandy in an Oscar Wilde play, spouting meaningless paradoxes; too serious, and animosity overtakes enjoyment.

Holmes's “culture of conversation” was, in some respects, a failure—the Civil War broke out just a few years after “The Autocrat” was published. Militarism, and not polished mannerisms, solved the country's divisions. And yet, one can see the impact of Holmes's conversational culture on the exceptional statesmanship of the era, particularly in the person of Abraham Lincoln, an admirer of Holmes who memorized some of his poetry.

Holmes's influence also extended into the next generation in a more direct way: He raised a son who inculcated his father's values and became one of the most significant justices ever to sit on the Supreme Court. And in the 21st century, the lessons of Holmes's tea-sipping autocrat are more relevant than ever.

*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](http://Apologist.wordpress.com)*

Just as we'd nurture our sick child with warm hugs, chicken soup, and ever-present care, we'd do well to recognize that there are countless forms of struggle and suffering in this life and no one is immune to them. To be gentle, warm, understanding, and compassionate to others, forgiving of their mistakes, patient with their shortcomings, and sympathetic to their plight, is to offer grace and care to our fellow man.

**Love is selfless and calls to the most virtuous parts of ourselves to manifest and serve.**

When the store clerk is rude, when your teenager rolls her eyes, when your friend doesn't keep her word—remember that you too make mistakes, lose your patience, and fall short of your own standards for yourself from time to time, and usually when you're struggling in some way. They say hurt people hurt people. A nurturing and caring response is an act of love.

**Ease**

When we go through life trying to control our circumstances, protect our interests, and avoid suffering or discomfort, we tend to look upon others as potential threats rather than fellow brothers and sisters.

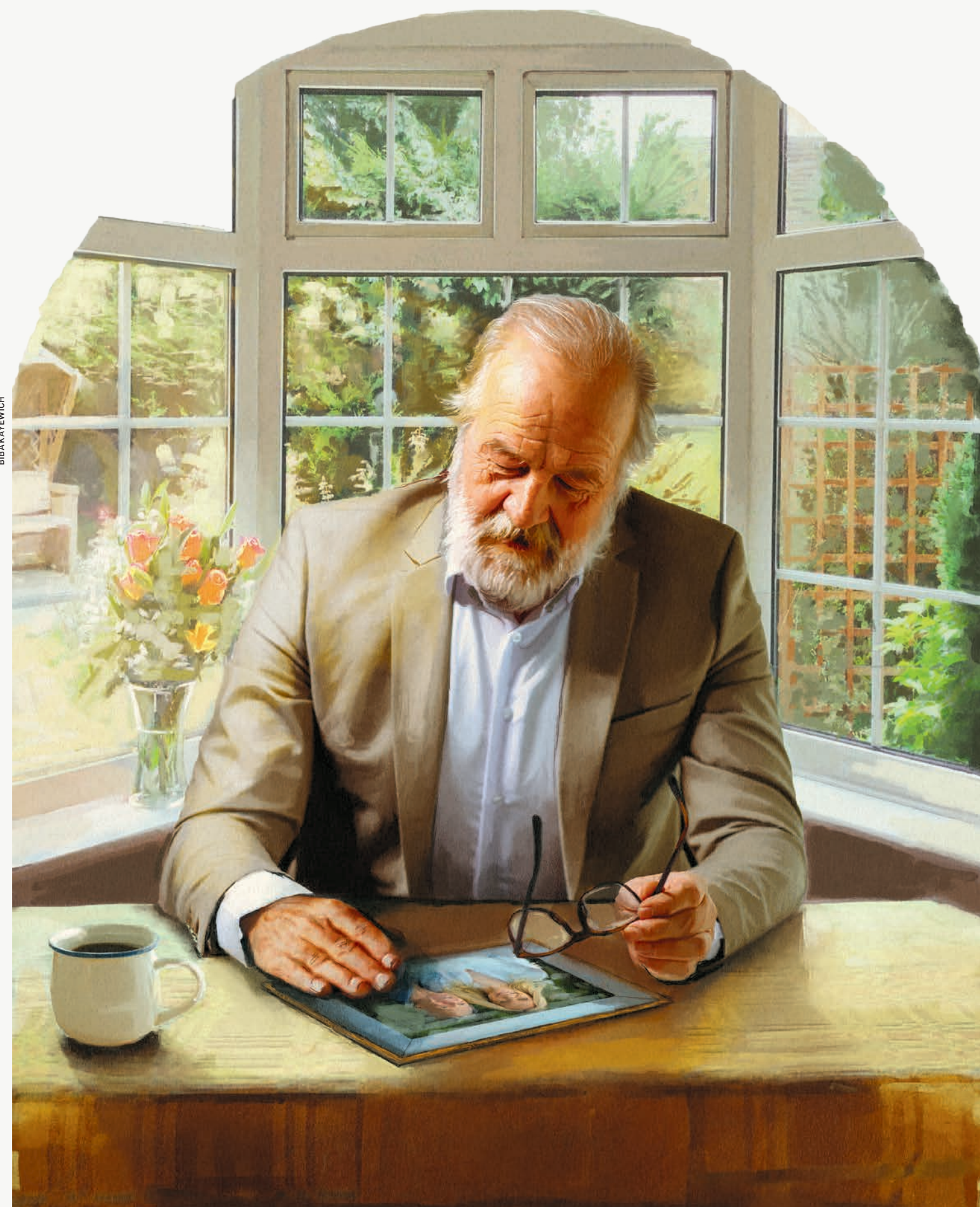
Set down your desire to control fate, put your faith in a higher power, and greet your loved ones with more ease. Your impact on the environment will have a calming effect and allow you to become more broadminded and open to others. Let go of your expectations. Be authentic and relaxed. Set your mind at ease.

**Practice**

Ancient philosophies and religions alike have centered on the importance of love and compassion. As the Bible says, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; against such things there is no law.” (Galatians 5:22-23).

Love is an act, a mindset, a way of being. It must be practiced and cultivated. Make a concerted effort to foster more loving thoughts in your mind, more loving feelings in your heart, and spread love wherever you go. The world needs it now more than ever.



DEAR JUNE *On Family and Relationships*

When healing rifts in the family, the best approach is to be gentle, compassionate, and kind—with others as well as yourself.

# Desperate Father Excluded From Son's Life

Harmony in the family starts with forgiveness, sincere listening, and kindness

**Dear June,** I'm a 79-year-old married male with a grown daughter and son, both in their 50s. Our son married a young woman 25 years ago who brought hostility into our lives. She would often not visit on holidays, would never give us the children's schedules, and essentially excluded us from their lives. She wouldn't be rude, just indifferent, and my son took the position that his role was income-producing and hers was family management. They've experienced some marital issues resulting in a brief separation.

During a Thanksgiving dinner following a disagreement over the JFK assassination, she walked out and her oldest soon followed after I said the assumption of a lone gunman was "simple-minded." Now, the problem: After about a year of the silent treatment, I reached out to my son and he countered by ad hominem and specious attacks, half-truths, and exaggeration.

I tried again four more times at intervals and the attacks got worse, one-sided and accusatory. Essentially, I was a venomous old fool incapable of original thought. It has gotten to the point there's no communication and only a text on his mother's birthday

and important occasions. His mother is an angel but one who's unwilling to defend me and respond to his thoughtlessness except to say, "He will mature eventually."

Finally, my childhood was a nightmare. I lived with an alcoholic single parent; my father left us with nothing in a strange city before I was born; I had 20 addresses by the time I was 15 when I left home for good, joined the military, finished college on the GI Bill, and have lived a life beyond most people's wildest dreams.

My son's most recent comment was, "Why should I respect you, all you have ever done is make money." My spouse is brokenhearted. He has betrayed us and violated a sacred oath from thousands of years ago ... honor thy Father and Mother ... to complicate the issue I've survived two deadly health issues and am now under treatment for cancer. During this time, I have not once received a telephone call.

*Desperate in Georgia*

→ **Dear Desperate in Georgia,**

It sounds like you have had a remarkable life and overcome great difficulty to attain your success. And despite growing up in a broken family, you managed to provide a stable home for

your children, which I would count as another great achievement.

Your current situation does seem like a very heavy one. A strained relationship with a child is certainly hard on the heart. I have some thoughts; see if any of them work for you.

**When people allow themselves to be controlled by such emotions, it speaks to a pain in their hearts—one which they may not really understand and can't control yet.**

First, a question: What sort of relationship do you want with your son and daughter-in-law? One of mutual respect? Or friendship? Or something else? And then, are you willing to sacrifice in order to have this relationship? The basis of any harmonious relationship is sacrifice on some level.

When I read your question, my first concern was for your state of being,

Here you are facing a severe illness and also dealing with the stress of this relationship. So my first suggestion is to surrender the situation. If you believe in a higher power, give your emotions over to that higher power or, if you don't believe, just send the emotions up into the universe to disperse.

Next, accept the facts of the situation. Accept that your son has the emotions he has—whether right or wrong isn't important. Accept that your daughter-in-law is who she is—if she isn't a loving and kind person, then so be it. You don't need to fix or change anything.

You could leave things here for a while and focus on your own healing and on building up the relationships in your life that are loving and supportive. If and when you feel ready to build a better relationship with your son, then I have some further suggestions for consideration.

**Forgive and Take Responsibility** Forgive your son and daughter-in-law. Forgiveness, as I define it here, is a step deeper than the surrender and acceptance I outlined above because it's directed toward the person who did us wrong. It transforms the space in the heart where there was pain, resentment, and desire for justice into a clear and peaceful space. Of course, forgiveness may take time, because instead of just giving away the emotions, you have to face and remove them.

One thing I have found very helpful in raising my children is telling myself that for each of their faults, I bear some responsibility—either for unintentionally imprinting it on them or for not doing enough to help them overcome a shortcoming nature bestowed on them. I think children are nature's way of holding up a mirror to us as parents; they copy our shortcomings very well, and since it can be very hard to see some of our own shortcomings, their behavior clues us in. Is some of what you are seeing in your son learned from you?

You don't mention anything about your relationship with your parents, so perhaps you've already forgiven them. But could it also be that in part the attitude you're now seeing in your son arises from your attitude toward your parents? You certainly would be justified in feeling resentment toward your father who abandoned you. But if this is what you showed your son when he was young, then you may have unknowingly set the example of "This is how to treat a father."

Recognizing yourself in your son's behavior may also help you forgive him. And at the same time, forgiving your own father for his shortcomings would also be a good idea.

**Listen for the Heart Message**

If and when you're ready to approach your son again, be ready to listen to what's coming from his heart. Your son is angry and resentful toward you now. When people allow themselves to be controlled by such emotions, it speaks to a pain in their hearts—one which they may not really understand and can't control yet. From this perspective, I agree with your wife: Your son does need to mature a bit.

One thing to consider is that your son "took the position that his role was income-producing" and has thus, in your eyes, eschewed some responsibility toward his family, yet he might feel the same about you. He asked you: "Why should I respect you? All you have ever done is make money." This to me sounds like he may think you also neglected some responsibilities as a husband or father. I wonder also if his current resentment arises from a cry in his childhood heart—"Dad, How do you see me? Do you respect me? Do you believe in me? Do you think I'm worth spending time with?" A negative answer to any of these unspoken questions (whether intentional or not by you) would deeply hurt a child's heart.

Your own childhood was very difficult, I would guess you weren't given nearly enough love, encouragement, and general emotional nourishment, and you certainly had no father to teach you how to father. It would be natural that although you clearly did much, much better than your parents, your

son may have needed something from you that you had no idea how to give because it had never been given to you. This could be part of what is coming into play now. But the only way to really know is to listen deeply.

It may be helpful to start to sort through these kinds of issues with your wife, a good friend, or a trained professional, because it's sometimes much easier for an outsider to see where we're caught in our thinking.

**Prioritize Kindness Over Being Right**

Truth matters very much, but if we want harmony in the family, then it means to be a man in a culture that has lost its moorings. The book "How to Have Impossible Conversations" by James Lindsay and Peter Boghossian reframes the rules of debate in a way that is very relevant to family and to our polarized times. One of the suggestions is to: "Invest in the relationship, independent of your political views. Friendships engender trust and openness, which act like bridges across divides."

**Truth matters very much, but if we want harmony in the family, then it must be weighed with consideration for the feelings of the other person.**

So, in regards to the Thanksgiving conflict with your daughter-in-law, I would consider apologizing for calling her idea "simpleminded" because, although this probably wasn't your intention, this phrasing insinuates that anyone holding her ideas is also a simpleton.

It sounds like her family lacks kindness and love, so I would assume that she may be easily triggered or put off by small things, which is what tends to happen when a person's heart isn't regularly filled through loving and kind interactions. It might be a good idea to intentionally show her kindness, even if she doesn't reciprocate, because this will help create harmony and fill her cup with more love.

**Take Care of Yourself**

And speaking of filling with love—make sure you keep yours full. I'm glad you have an angel of a wife to take care of you. This can make such a big difference.

My last piece of advice is to care for yourself by applying the previous suggestions to yourself first: Forgive yourself, listen to your heart, and be kind. This will also help your body heal, as negative emotions are stressors to it.

And I'd like to leave you with a bit more inspiration: the book "Love as a Way of Life" by Gary Chapman, which breaks down certain key principles of loving relationships and is full of inspiring stories about how people have brought these principles to life. This book has taught me a lot about how to bring more love into my family relationships.

It does seem crazy to continue to support such abusive and toxic relationships. But with the right mindset, we can all strengthen our hearts so we're less affected by the toxicity in the world around us.

*Sincerely,  
June*



*Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY, 10001*

**June Kellum** is a married mother of three and longtime Epoch Times journalist covering family, relationships, and health topics.

GOING TO THE MOVIES

## Fathers on Film: Hollywood's Good Dads

In the midst of the fatherhood crisis, models of good men can still be found—if you know where to look

JEFF MINICK

Search online for "young men in trouble," and you'll find dozens of articles, many of them quite recent, about a generation of males in crisis. Many young men are floundering nowadays, uncertain of who they are or their purpose in life or what it means to be a man in a culture that has lost its moorings.

As a part of this culture, Hollywood shares responsibility for helping create this storm of chaos and confusion. Yet even Tinseltown has produced plenty of movies that offer viewers positive lessons on the meaning of manhood.

Just for starters, there's the disillusioned idealist Rick in "Casablanca," the righteous Atticus Finch in "To Kill a Mockingbird," the honorable Maximus in "Gladiator," the gallant Capt. Jack Aubrey in "Master and Commander," the irascible Hub and Garth McCann in "Secondhand Lions," several characters in "The Lord of the Ring" series, various superheroes, and practically any John Wayne western. These and many other films give us masculine models of honor, courage, and virtue, examples of how we ourselves might become good men. And good men make good dads.

**Gone Missing**

Throughout human history, the family has served as the basic foundation stone of any civilization. That stone is fractured today, riven by multiple fissures: divorce, a diminishment of religious faith, a widespread psychology stressing the self, and family-destroying Marxist ideologies that have seeped into our schools, corporations, and culture. For the past 50 years, even the policies of our government have injured the ideal of intact families, having replaced real fathers with welfare sugar daddies.

Consequently, more than 18 million children in our country are now growing up without a father in the house, making the United States the world's leader in fatherlessness. This parenting calamity will inevitably become a vicious cycle and worsen as yet another generation of boys without dads comes of age, lacking the skills of fatherhood, which many of us learn by observation.

Fatherlessness damages these boys and our society at large in other ways. They're far more likely than their two-parent peers to drop out of school, wrestle with issues of emotional and

mental health, and commit crimes.

These young males need mentors—teachers, pastors, coaches, and other relatives—to help them develop into fatherhood material. And here again, Hollywood can offer a hand.

**2 of the Best**

Some films directly and openly embrace the theme of fatherhood.

In "The Pursuit of Happiness," for example, Chris Gardner (Will Smith) acts as both mom and dad for his son, Christopher (Jaden Smith), when his wife leaves him and the father and son become homeless. Chris scrapes by as a salesman and trains as a stockbroker, all the while caring for his child. His motivation?

"I met my father for the first time when I was 28 years old," he said. "I made up my mind that when I had children, my children were going to know who their father was."

"The Pursuit of Happiness" depicts a dad whose words and deeds are shaping the man his son will become.

**Many young men are floundering nowadays, uncertain of who they are or their purpose in life, of what it means to be a man in a culture that has lost its moorings.**

The 1965 film "Shenandoah" gives us Charlie Anderson (James Stewart), a farmer, widower, and father of six sons and a daughter in Virginia's Shenandoah Valley during the Civil War. He opposes the war and refuses to give his sons permission to join Confederate forces, but eventually, the entire family becomes enmeshed in the fighting. Two of his boys and a daughter-in-law are killed, and his youngest son, a teenager, suffers a crippling leg wound during combat.

Anderson lives by a personal code of conduct. He places the welfare of his family above the state; he honors the wishes of his deceased wife, Martha, when raising the children; he turns a granite face to enemies of his household, but tenders a soft heart toward his daughter and sons. This father's children are his monument to his beloved Martha.

ALL PHOTOS BY MOVIESTILLSDO



Chris Gardner (Will Smith) and Christopher Gardner (Jaden Smith) in "The Pursuit of Happiness."



George Bailey (James Stewart) and Zuzu (Karolyn Grimes) in "It's a Wonderful Life."

**Background Dads**

Much more common are those movies in which positive views of fatherhood are secondary to a film's plot. If we pay attention, however, these films can bestow vivid, positive portrayals of a man and his place in the family.

In telling the story of George Bailey, the Christmas classic "It's a Wonderful Life" delivers the message that each one of us is important and has a part to play in the world. Yet if we watch closely, George Bailey (James Stewart) is an excellent model of fatherhood. He clearly loves and respects his wife, Mary, and adores his children, as is underscored by his group hug with them near the end of the movie.

In responding to a mysterious voice and a vision in "Field of Dreams," Iowa farmer Ray Kinsella (Kevin Costner) plows under a part of his corn field and remakes it into a full-scale baseball diamond. Soon, the spirits of old-time baseball players appear to play the game. Life's mysteries and the importance of dreams are the movie's main thrust, and we can become wrapped up in the magic of this tale, but tucked away in this plot is a father-son love story.

Kinsella wishes he could make amends with his deceased dad, an ardent baseball fan, but it isn't until the movie ends that we truly understand the voice's command: "If you build it, he will come." His father appears with the other players, and in a man-line typical of fathers and sons, Ray asks, "Hey, Dad? You want to have a catch?" They toss the ball and so heal their wounds.

And from Ray's love for his wife and daughter, we know that, whether he realizes it or not, he learned from his father how to be a father.

**Paternal Wisdom**

Sometimes, too, movies will deliver a specific message to young male viewers. In "Rocky Balboa," for instance, which is a movie as much about fathers and sons as it is about boxing, Rocky (Sylvester Stallone) delivers this mini-sermon to his troubled adult son:

"Let me tell you something you already know. The world ain't all sunshine and rainbows. It's a very mean and nasty place, and I don't care how tough you are, it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward, how much you can take and keep moving forward. That's how winning is done!"

That's great advice for anyone looking to bounce back from failure or mistakes. It's this sort of advice, best given by a dad, that all sons need.

**If You Show It, He Will Learn**

On their journey to manhood, our sons are best served by good fathers. Absent those, a grandfather or uncle, a coach or a teacher, or some other mentor can offer guidance and a healthy influence.

But whatever your family's circumstances, movies can reinforce positive images of fatherhood. From "The Lion King" and "Finding Nemo" for the younger set to the movies mentioned above and others like them, boys and young men may discover messages, including those delivered subliminally, imparting the qualities of love, loyalty, justice, and discipline that make for good fathers.

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.



## LEADERSHIP

# Has the West Run Out of Statesmen?

Political scholar Daniel J. Mahoney discusses the characteristics of a statesman

## DUSTIN BASS

Daniel J. Mahoney has known a few statesmen and a host of politicians during his decades in and around the politics of the West. He points out there's a difference between the two, and there's also the tyrant who tends to separate himself or herself from the two despite originating in the same circles. The age of COVID-19 has indeed revealed a number of tyrants in America and throughout the rest of the West.

Although there are the ongoing battles of liberty and control between citizens and governments during this ongoing crisis, Mahoney indicates a crisis may be just what is needed for statesmen to arise.

"I don't think statesmanship just arises in a time of crisis, but it is much more likely to," he said during an interview on The Sons of History podcast. "Sometimes, a great statesman is a longtime politician who finally gets an opportunity in a time of crisis. Over the last two centuries, there seems to be a direct connection between the severity of the political scene and the necessity for great men to come to the forefront."

## The Statesman, the Politician, and the Tyrant

But what exactly is a statesman? And how do they differ from a typical, even influential, politician? Also, how do they differ from the ambitious leader who tends toward tyranny, yet accomplishes great feats?

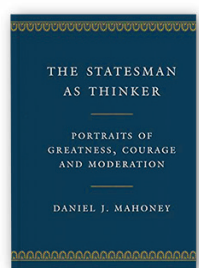
"The statesman exhibits the qualities of character and soul that separates them from the ordinary political leader, and especially from the rapacious tyrant," he said. "It doesn't mean they're saints."

Mahoney, whose recent book "The Statesman as Thinker: Portraits of Greatness, Courage, and Moderation" identifies several statesmen from the past two centuries, admits that when we think of statesmen, we're greatly limiting our options of people. The requirements to be a statesman are far more demanding than those of the typical politician. He said the statesman is required to act in a serious, energetic, and noble way,

TONY BAGGETT/SHUTTERSTOCK



To George Washington, prudence was considered a moral and political virtue.



"The Statesman as Thinker: Portraits of Greatness, Courage, and Moderation" by Daniel J. Mahoney.



“Over the last two centuries, there seems to be a direct connection between the severity of the political scene and the necessity for great men to come to the forefront.”

Daniel J. Mahoney, professor of politics, Assumption College

but must also think seriously about politics, history, and human nature.

In the book, Mahoney highlights Edmund Burke, Alexis de Tocqueville, Abraham Lincoln, Winston Churchill, Charles de Gaulle, and Vaclav Havel, but he points readers back to Marcus Tullius Cicero, the great orator and politician of the Roman Republic. Cicero was known as a political philosopher, whose writings described what was required to be a statesman.

"He sort of described the Churchillian spirit before it embodied a figure like Lincoln or Churchill," he said. "He was also an acting statesman who tried to save the Roman Republic at a time when it was collapsing and it was under the specter

of a new kind of charismatic despotism of Caesar."

Mahoney said that a statesman must be someone who avoids the pitfalls of extreme despotism or ideology and displays a gift for practical judgment, something the Greeks called prudence. He said the modern view of prudence has defined it as being tepid or merely practicing self-restraint. For Cicero, Washington, and Lincoln, however, he said prudence was considered a high political and moral virtue that gave them the capacity to know how to do the right thing at the right time. He added that the difference between tyrants and statesmen is that the tyrant's ambition is disconnected from principle, while the statesman combines thought with action, and ambition with respect for human liberty

## The Current State of Statesmanship

Although the history of statesmen goes back thousands of years, Mahoney believes the best examples are relatively recent. As a caveat to that belief, unfortunately, he added that he doesn't see any statesmen today. He said there's a very reasonable explanation for this political misfortune that has led to what he calls "a crisis of self-confidence."

"Education," he stated. "We don't educate in American political thought to any considerable extent. We don't study the great speeches of the Western tradition. We don't teach rhetoric. We don't teach an account of American history that is sympathetic. A lot of it is self-loathing."

On a brighter note, he does believe that the West still possesses enough resources to cultivate human greatness, but added that if America and the West continue to destroy their civilizational and civic heritages, then it makes statesmanship less likely. Nonetheless, he is hopeful.

"We need someone in the future—not a Caesar saving us—but somebody who can articulate the promise of the American Republic," he said. "And I think that will come. It will happen because it has to happen."

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.



ANDREA IZZOTTI/SHUTTERSTOCK

## INSPIRATION

## Reflections on Love

In a changing world, love remains constant

## ANGELICA REIS

Recently, I saw a great sign outside a church: "Love your neighbor. No exceptions."

Wow, I thought—simple, but spot on. In these divided, polarized times, it's good to take a step back and reflect on the meaning of love and to think about how well we're each living it out in our lives.

### A Journey Toward Higher Love

I'm the daughter of a Christian minister and someone who has studied world religion formally, so the topic of love has permeated many a discussion in my life.

One of the beautiful things I found when in college and first being introduced to other faith traditions was that they talk about love, too (along with many other things that are surprisingly similar to the faith I was raised with).

There are, of course, different kinds of love, such as philia (brotherly love), eros (romantic or sexual love), and the highest of all: agape (godly love). And somehow,

in this helpful breakdown of the different shades of love—and there are more—lies the key to it all, I have found.

Over the past year or so, I've worked hard on rooting out any negative feelings toward others that are in my heart around politics, social issues, and the list goes on. It has been a very freeing experience.

The motivation for this is that I've found that having any negative emotions toward other human beings is simply not in line with my goals for myself: to achieve a love for my fellow human beings that's divine in nature; meaning, love that is without selfish emotion, is simply giving, and is good.

Of course, love is central to Jesus's teachings and those of the Bible more broadly. "The greatest of these is love," states the book of Corinthians. But what has been

beautiful for me to realize, through the exposure to other faith traditions as previously mentioned, is that, for the huge part of the world that believes in the Buddha, divine love is central there, too. It's simply known by a different name: compassion.

### Love in Our Hearts and Lives

While it's crucial during this time to stick to solid, time-honored values, doing so is also most effective when one speaks to others without judgment. That's when the power of love, or compassion—the divine power that's within each one of us—can work through you. I was watching a television show the other day that featured a pastor in a struggling inner-city neighborhood. He just radiated love. It was magnetic. He was living the gospel, so to speak.

Our world is suffering, no doubt. But the solution isn't to sink into negativity; instead, it's to turn to the light of love, the light of compassion, and to radiate that light and believe that it can help change this world.

Yes, we need to guard our own behavior along the way and protect our kids and our communities. And yes, we need to stand up for what's right, what's good, and what's just. But the question is the heart, or intention, behind it. All of this will be done best when it's done out of love.

Another Biblical line worth reflecting on is, "Let he who is without sin cast the first stone." How many of us, perhaps due to too much news consumption and too little self-reflection and spiritual work on ourselves, are casting stones, so to speak, in our hearts and minds?

### A Worldwide Force for Good

We all would do well to remember, too, that there are more people around the world who share in our values and beliefs than we may think. They may call it love, or they may call it compassion. But no matter what, if all of us do our part—wherever we may be in the world—we'll likely inspire others to do the same.

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.



Many faith traditions talk at length about love in all of its various forms, especially compassion. "The Healing of the Paralytic" by Lattanzio Gambara.



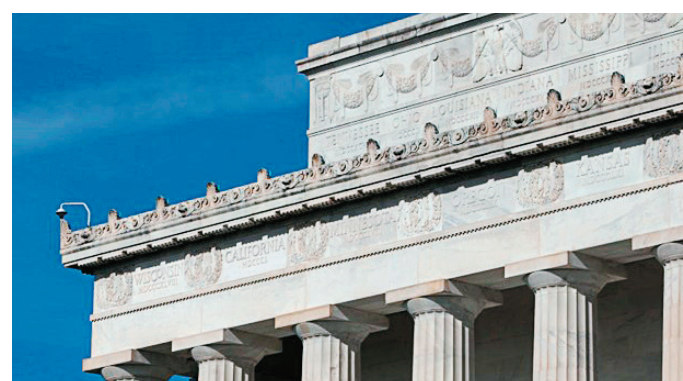
From the main point of arrival, visitors can look up at the grand classical temple and see Lincoln's statue within.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

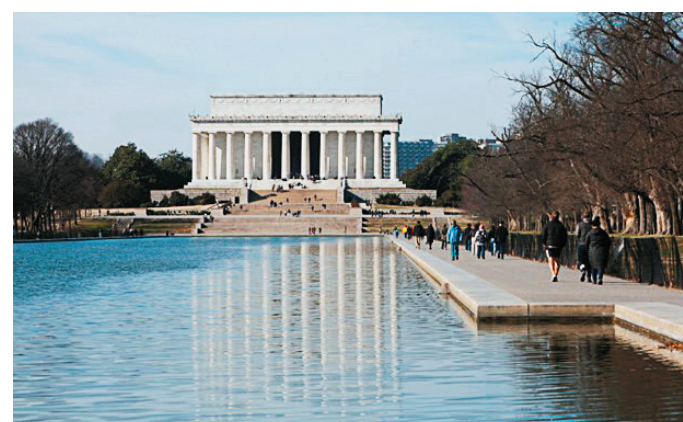
# The Lincoln Memorial

## REFLECTING ON GREATNESS

## JAMES HOWARD SMITH



Above each column on the frieze (a decorative band at the top of the columns) is the name of each state, with the year they joined the United States in roman numerals. On the next step up, the attic frieze holds the 48 states that existed at the time of the memorial's dedication on May 30, 1922.



The reflection pond offers a gentle way to approach. The memorial has become a national destination with an average of just under 8 million people making the pilgrimage to the temple annually, in recent normal years.



A view from the side of the memorial of the National Mall with the reflection pond, the George Washington monument and the Capitol in the background.

The Lincoln Memorial honors a great man and provides a place where visitors can reflect on a watershed time in American history. The site for the Lincoln Memorial was decided as an extension of the National Mall, a long linear parkland that's a central area of Washington. The Capitol stands at one end, with George Washington's monument—the obelisk—at the other. The mall was then extended with a long reflection pond leading to the Lincoln Memorial site situated near the Potomac River.

Arriving at the memorial, the steps incrementally and then abruptly lead upward to the memorial's main floor, where one is met with giant-scaled Doric columns. The memorial has 36 columns at the perimeter of the rectangular building, one for each state in the Union at the time of Lincoln's death.

On the interior, a row of columns lines each side of Lincoln's sculpture, forming three chambers. The sculpture is centrally positioned in the main chamber, the south chamber holds Lincoln's Gettysburg Address, and the north chamber holds Lincoln's second inaugural address.

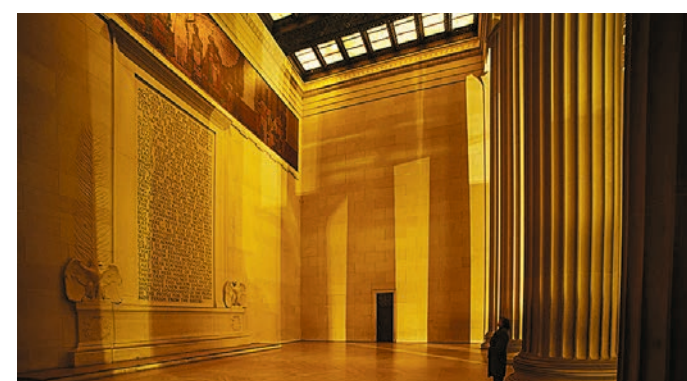
**The attic frieze holds the 48 states that were present at the time of the memorial's dedication on May 30, 1922.**

Henry Bacon's design was selected for the memorial. He chose the Parthenon as a model, as it's symbolic of the Golden Age in Classical Greece.

Daniel Chester French was the sculptor chosen to depict Lincoln, and he does it with power and gentleness. His hands tell a story: The left hand clenched in a fist, showing his determination to save the Union, while his right hand is more open, showing his compassion by welcoming the confederate states back into the Union following the war.

Standing at the top of the stairs and gazing out over the National Mall, viewers are now connected to place, to history, and to what it means to be free in America today.

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



Inscribed on the wall here is the Gettysburg address, and above is a mural by Jules Guerin depicting governing principles that Lincoln embraced: Freedom, Liberty, Morality, Justice, and the Law. Ornamentation of eagles and wreaths are on the borders.



Passing through the 44-foot high, 7-foot diameter Doric columns made of Colorado marble, one arrives in the temple interior and in the presence of the stoic Abraham Lincoln sitting on a chair, calm yet poised.



The stoic depiction of Lincoln is heightened by the atmospheric lighting in the interior.



FAMILY

# Parenting With Confidence

Author and behavior specialist Vanessa Kahlon inspires parents to approach each stage of their kids' childhood with self-assurance

BARBARA DANZA

They say everyone is an expert in parenting until they have children. Feeling confident as a parent through each stage of childhood can be challenging. Every child is different, and the challenge a parent can face are unpredictable. In her new book, "How to Do Parenting With Confidence," author and behavioral specialist Vanessa Kahlon aims to inspire parents' confidence and show how they can build strong relationships with their children. I asked her for her advice for parents who could use such inspiration. Here's what she said.

**The Epoch Times:** What inspired you to write "How to Do Parenting With Confidence?"

**Vanessa Kahlon:** I believe that every parent wants to be the best they can be for their child, but often-times, they may feel lost or unsure of how to navigate the many challenges of parenting, as each child is different. What you do with one child doesn't always work for another or how the parent was parented. I wanted to create a resource that would empower parents with the specific tools and knowledge they need to have confidence in their ability to raise happy, healthy children. Additionally, parenting is a personal and emotional journey and I wanted to offer a supportive voice and guidance to parents as they navigate through the journey.

**The Epoch Times:** Why do you believe parents have difficulty feeling confident about their parenting abilities?

**Ms. Kahlon:** I believe parents have difficulty feeling confident about their parenting abilities for a variety of reasons. One reason is that parenting is a constant and ever-changing process. As children grow and develop, parenting challenges can change and evolve, making it difficult for parents to

feel like they have a solid footing. Additionally, there is often a lack of support and resources available for parents, which can make it difficult for them to feel like they are making the right choices for their children. Social media and other forms of media also play a role in making parents feel inadequate by showing unrealistic expectations and idealized versions of parenting. Furthermore, societal and family pressure can also cause parents to doubt their abilities.

**The Epoch Times:** What are some common parenting challenges that take parents by surprise?

**Ms. Kahlon:** There are many common parenting challenges that can take parents by surprise, but some of the most common ones include dealing with tantrums, sleep issues, and picky eating. Parenting can be very challenging at times and it is often hard to know what to do when faced with these kinds of challenges. Additionally, I have seen many parents who are surprised by how parenting requires a constant need for patience, consistency, and flexibility. However, it is important for parents to remember that they are not alone and that there are resources available to help them through these difficult times.

**The Epoch Times:** What are some of the most common mistakes parents make?

**Ms. Kahlon:** There are many mistakes that parents can make, but some of the most common ones include being too lenient, being too strict, and not showing enough affection. The biggest I see is that parents take their child's behavior very personally when it is a child struggling in the moment. It is important for parents to find a balance that works for them and their families. Additionally,

every family is different, so what works for one parent may not work for another. It is also important to be mindful of the words we use when talking to our children as well as our actions. Our children learn from us and if we are constantly yelling or using negative language, they will mimic that behavior. Instead, it is important to lead by example and lead with an open mind and heart, as things are always changing.

**The Epoch Times:** What are some practices that the most confident parents get right?

**Ms. Kahlon:** I have come up with a method called "The 3Rs: Redo, Rewind, Repair" to help parents teach social and emotional learning through their relationship with

their child. This can also be found in my parenting book. It helps the parent understand what they are seeing with their child's behavior and how to support them with specifics down to language. Some of the most confident parents I know are able to be flexible, have a sense of humor, and are patient after they start using this method, since they aren't taking the behaviors personally. Parenting can be very difficult at times and it often requires a lot of trial and error. The important thing is that parents do not give up when things get tough. Additionally, it's important that parents also know when to ask for help from friends, family members, or even professionals when they need it.

**"I wanted to create a resource that would empower parents with the specific tools and knowledge they need to have confidence in their ability to raise happy, healthy children."**

Vanessa Kahlon, behavioral specialist and author

**The Epoch Times:** For the parent reading this now who's struggling to feel like they're doing a good job, how would you advise them to begin to turn things around?

**Ms. Kahlon:** There is no one answer to this question, as each parent and family is different. However, some tips that may help a struggling parent feel more confident are to take breaks when needed, reach out for help from friends or family members, and try not to be too hard on yourself. Everyone makes mistakes, and when you own your mistakes, your child is watching. Parenting can be very challenging, and talking to an expert will give you a lot of solutions. Taking help at the right time from the right people can ease your load to a lot of extents. Understand their behavior patterns, talk to them, figure out the root cause of the problem, and be more accepting toward them.

**The Epoch Times:** What motivates you to continue to do the work you do?

**Ms. Kahlon:** First and foremost, I love working with professionals and families and helping them navigate through challenging times. I am continually learning new things about families, children, and myself, which helps me to be a more effective parent coach. It is lovely to see the positive impact that my work has on families, which motivates me to keep going, even when things are tough. There is nothing more special than when you see a spark in the child's eye looking at their parent when they did something and were successful. Those are the moments I'm looking for between two people, connection!

Parenting requires a constant need for patience, consistency, and flexibility, says Kahlon.



EVGENY ATAMANENKO/SHUTTERSTOCK

## Teen's Good Deed Leads to New Friendship

When a grandmother lost her wallet, she wasn't expecting an act of kindness

LOUISE CHAMBERS

A grandmother and the teen who drove miles to return her lost wallet after finding it in a parking lot have struck up an unlikely friendship.

Dee Harkrider, 61, is a grandmother of seven from Wynne, Arkansas. On Jan. 12, she lost her wallet in a Forrester City, Arkansas, Walmart parking lot and didn't realize it until she had driven to Palestine, Arkansas, and received a call from her close friend, Elaine Keown.

Keown wanted to know if Harkrider knew a young man named Delivontae Johnson.

"He had found my wallet and was trying to get in touch with me to return it," Harkrider told The Epoch Times. "He was headed to my house when he saw my address on my driver's license. That concerned her, so that's when she had called me."

Nineteen-year-old Johnson, an East Arkansas Community College student,

said: "After seeing the name on the license, I searched it up on Facebook ... and let Miss Dee know that I had her wallet."

However, when he didn't get an immediate response to his message, he went through her photos, found Keown, and texted her to let her know about the missing wallet.

Johnson had hit a pothole in Memphis on the way to church 11 days prior and had pulled into the Walmart parking lot in his hometown of Forrester City to use the ATM en route to the mechanic. That's when he spotted Harkrider's missing wallet in a shopping cart.

"I didn't know that my problem would become someone else's blessing," the teen said. "I just wanted to do something good and take the wallet to the owner myself." Learning that Harkrider wasn't at home in Wynne, but in Palestine, Johnson took

a detour and drove more than 20 miles out of his way to reach her. He called Harkrider on the way and met her in a CRSmalls and Co. restaurant parking lot.

"He told me he wanted to make sure I got my wallet back," Harkrider said. "Everything was in it! I was so grateful for what he had done, so I had a \$20 bill tucked in my wallet and gave that to him to show my appreciation. I wish I had had more to give him."

The grateful grandmother took a selfie with Johnson and shared their story on Facebook. The post went viral.

"I wanted him to be recognized for what he had done, plus wanted to share the goodness of God. ... I do believe God puts people in our lives, and in my case, it was for good that Delivontae came into my life. ... At only 19 years old, he showed honesty, compassion, and integrity for another human being," she told The Epoch Times. Since their meeting, the student and

the grandmother have connected on Facebook, and they message each other to "check in." Harkrider is grateful to Johnson for his integrity and to his mother for raising four children with a strong moral compass by herself.

She has also connected with Johnson's mother on Facebook and hopes to meet her soon.

"I think the biggest thing I have learned from this is that I, along with many people, are skeptical about our young people, for we hear so much of the bad," Harkrider said. "Delivontae has helped restore my faith. ... His actions represent how God can work through people, and we as God's people need to step up and support and encourage our young people."

The teen was equally moved by meeting Harkrider.

"One thing I learned about this situation is, if you do good, good things will follow you," Johnson said. "There are two things I gained from this situation: respect, and a great friend, Miss Dee!"



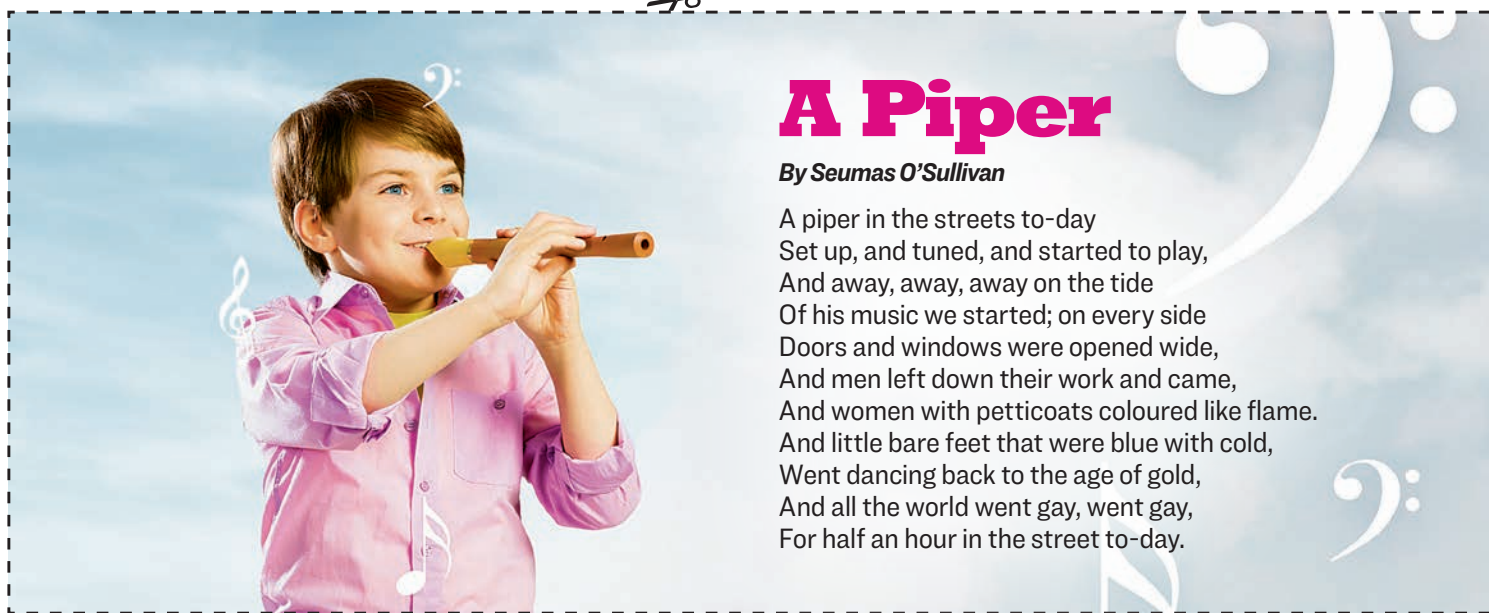
Dee Harkrider lost her wallet in a Walmart parking lot, but Delivontae Johnson went out of his way to return it to her.



# FOR KIDS ONLY

THE EPOCH TIMES

Week 7, 2023



## A Piper

By Seumas O'Sullivan

A piper in the streets to-day  
Set up, and tuned, and started to play,  
And away, away, away on the tide  
Of his music we started; on every side  
Doors and windows were opened wide,  
And men left down their work and came,  
And women with petticoats coloured like flame,  
And little bare feet that were blue with cold,  
Went dancing back to the age of gold,  
And all the world went gay, went gay,  
For half an hour in the street to-day.



Entertainment provides relief. Art provokes engagement.

DAVID FOSTER WALLACE (1962-2008), AMERICAN NOVELIST

By Aidan Danza

## THE SPARROW AND THE STARLING

**T**here are many people who hold the belief that two bird species introduced from Europe—the house sparrow and the European starling—are invasive and shouldn't really be here. These two species have quite an interesting origin story. The house sparrow was introduced several times by different people in the 1850s and '60s by homesick immigrants who wanted a taste of home in their daily lives or by scientists who thought the birds would be good for pest control. The European starling was introduced on March 6, 1890, by a man named Eugene Schieffelin, who had also introduced one of the sparrow populations. Some say that he was influenced by his love of Shakespeare, who featured both birds in his plays. He also had an interest in pest control and hoped that the birds, especially the starlings, would improve the American landscape. Now, many birding articles would diverge from this point and go on to list how bad these birds have been for the environment and for other species. Yes, they do compete with native species for food, and yes, they compete with them for housing. But I counter that sentiment with two important points. The first is that the birds are enjoyable to watch, and they are everywhere. They do add to our landscape. The starlings have a very unique, bubbling, babbling song, which is enjoyable to listen to. Their antics at feeders and their flocking tendencies makes them quite lovable. In flight, the starlings make huge flocks called murmurations, which can blanket the sky in their smoke-like movements. The sparrows, too, add some mojo to backyard feeders, hopping around in flocks. Secondly, the simple fact is that they are here, and they are here to stay. There simply isn't much we can do about them but enjoy them. So, enjoy these two beautiful birds!

A murmuration of starlings is a sight to behold.

When a grandmother lost her wallet, she wasn't expecting an act of kindness

LOUISE CHAMBERS

A grandmother and the teen who drove miles to return her lost wallet after finding it in a parking lot have struck up an unlikely friendship.

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said: "After seeing the name on the license, I searched it up on Facebook ... and let Miss Dee know that I had her wallet."

However, when he didn't get an immediate response to his message, he went through her photos, found Keown, and texted her to let her know about the missing wallet.

Johnson had hit a pothole in Memphis on the way to church 11 days prior and had pulled into the Walmart parking lot in his hometown of Forrester City to use the ATM en route to the mechanic. That's when he spotted Harkrider's missing wallet in a shopping cart.

"I didn't know that my problem would become someone else's blessing," the teen said. "I just wanted to do something good and take the wallet to the owner myself." Learning that Harkrider wasn't at home in Wynne, but in Palestine, Johnson took

a detour and drove more than 20 miles out of his way to reach her. He called Harkrider on the way and met her in a CRSmalls and Co. restaurant parking lot.

"He told me he wanted to make sure I got my wallet back," Harkrider said. "Everything was in it! I was so grateful for what he had done, so I had a \$20 bill tucked in my wallet and gave that to him to show my appreciation. I wish I had had more to give him."

The grateful grandmother took a selfie with Johnson and shared their story on Facebook. The post went viral.

"I wanted him to be recognized for what he had done, plus wanted to share the goodness of God. ... I do believe God puts people in our lives, and in my case, it was for good that Delivontae came into my life. ... At only 19 years old, he showed honesty, compassion, and integrity for another human being," she told The Epoch Times. Since their meeting, the student and

the grandmother have connected on Facebook, and they message each other to "check in." Harkrider is grateful to Johnson for his integrity and to his mother for raising four children with a strong moral compass by herself.

She has also connected with Johnson's mother on Facebook and hopes to meet her soon.

"I think the biggest thing I have learned from this is that I, along with many people, are skeptical about our young people, for we hear so much of the bad," Harkrider said. "Delivontae has helped restore my faith. ... His actions represent how God can work through people, and we as God's people need to step up and support and encourage our young people."

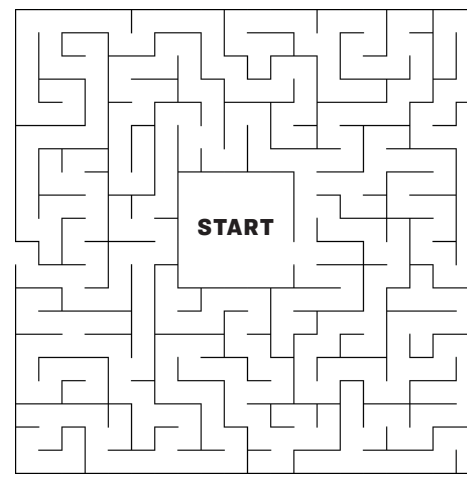
The teen was equally moved by meeting Harkrider.

"One thing I learned about this situation is, if you do good, good things will follow you," Johnson said. "There are two things I gained from this situation: respect, and a great friend, Miss Dee!"



Dee Harkrider lost her wallet in a Walmart parking lot, but Delivontae Johnson went out of his way to return it to her.

## 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 X 3) + 2 = 28 and 1 + (7 X 3) + 6 = 28

Easy puzzle 1

4	9
1	9

Solution For Easy 1  
6 - 9 x (1 + 6)

Medium puzzle 1

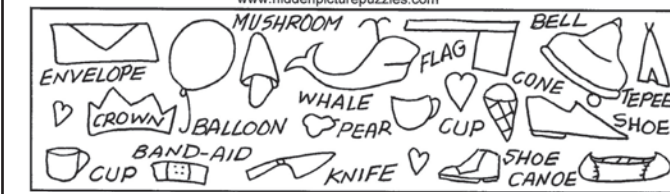
11	14
2	12

Solution For Medium 1  
91 - 2 x (11 + 21)

Hard puzzle 1

33	34
32	34

Solution For Hard 1  
28 x 96 - 88 x 96



HIDDEN TREASURES by Liz Ball  
www.HiddenPicturePuzzles.com

WORD SEARCH: What Do You Do For Entertainment?

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

Amusement park	Aquarium	Baseball	Dancing	Fashion show	Football	Gardening	Juggling	Pantomime	Regatta	Rodeo	Rowing	Sailing	Track	Trapeze acts	Variety show	Wrestling	Zoo	Theater
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TRUTH and TRADITION

In Our Own Words

# The Woman Behind the Hotline (Part 1)



“We take your feedback very seriously. Usually when you send feedback ... we read your messages one by one and give serious thought to areas for improvement.”

**Teresa You**  
Manager, Customer Service

Dear Epoch VIP,

I started working for The Epoch Times back in 2011 as a reporter for the Chinese-language edition of the paper. In 2017, I switched over to the customer-facing side of the business. Having been a psychology major back in college, I wanted to go back to people and relationships.

Like many career moves, this one came with a huge learning curve.

When a lot of people talk about customer service, maybe they think it's talking to customers on the phone, or maybe over email, but it's actually more complicated than that. So many dots have to be connected to make it work—from hiring, to training, to quality control, to keeping up with changes in the entire company. In short, things were a lot more complicated than I first thought.

We've grown in the last few years because of the support from readers like you. On the hotline, we've been trying to hire more people to reduce wait times which then create more efficient workflows to better accommodate our customers. We're also trying to provide more technical support for problems with our digital products, like our Epoch Times app. We've also been working on more self-service tools to help you better help yourself, like the online Help Center and your subscriber Account Portal.

**And your feedback has been super valuable in telling us whether we're heading in the right direction.**

We take your feedback very seriously. Usually when you send feedback (or if other departments forward us your feedback), we read your messages one by one and give serious thought to areas for improvement. We don't want to be just any other company doing customer service: we hope to really get connected with every one of our readers, every one of you.

**You are so important to us. And because of that, we really value making you happy.**

One of my favorite parts of the job is being able to get the firsthand feedback from you, our readers—including hearing your support and seeing your reaction to our media.

For example, a subscriber sent us a letter saying that when he first saw our newspaper he sat down for a while because of being in shock—he couldn't believe that a newspaper like this still existed! And his letter isn't the only one I remember. We keep all your letters and put them up around our New York office so we don't lose sight of why we do what we do.

For me, my job is not about money or fame or power. It's about the subscriber who calls in, and we can hear his concern for this country in his voice. It's about the subscriber who breaks into tears on the phone because she was so worried about things that she couldn't sleep.

I can relate to these subscribers because I came from a communist country: China. My parents, who had been arbitrarily detained in China, sent me here to the United States at the age of 17 because they wanted me to enjoy this country's freedom. I don't want the same things that have happened to the Chinese to happen to people here—even though in some ways, I think they already have.

**I want to end by telling you that especially because I am an immigrant from China, I really appreciate the freedom I enjoy in this country.** Because of that, I want the best for this country and its people, and I will do my part by supporting a media that I believe has the interests of this country and its people at heart: The Epoch Times.

*In Truth and Tradition,*

Teresa You  
The Epoch Times



Learn more about The Epoch Times at [EpochSubscription.com](https://EpochSubscription.com)

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