

THE EPOCH TIMES LIFE & TRADITION

ALL PHOTOS COURTESY OF SUZY BOMGARDNER



Suzy Bomgardner, the outgoing library director at Unicoi County Public Library in Erwin, Tenn., at a crocheting class offered by the library.

AMERICAN LIFE

JEFF MINICK

Drive down any interstate in the United States, and the sights are the same. Sure, the terrain and weather differ—Eastern Colorado sports the Great Plains and the Southern Rockies, and snow blowers are roaring in Minnesota even while tourists are basking in the sun of Mississippi’s Gulf Coast. Apart from those differences, these highways are mostly one and the same.

“**We’re there for people after the casseroles stop.**”

Janet Speer, volunteer, Stephen Ministries

The high speeds require a driver’s complete attention to the road, and the off-ramps generally feature the same bill of fare: fast food restaurants, chain motels, gas stations, and some occasional signage urging travelers to come see some local attraction.

Meanwhile, embedded all around this spiderweb of expressways are the United States’ communities and small towns. Some of these places are distinguished by odd names, such

Small Towns, Big Hearts

A tribute to the builders of our communities



(Left) The Unicoi County Public Library organizes a “Yarn Bomb” event every March to celebrate National Read Across America Week, draping tree trunks, utility poles, and more with crocheted pieces. (Right) Its seed library offers patrons packages from Baker Creek or Eden Brothers, as well as locally collected seeds.

as Whynot, North Carolina; Truth or Consequences, New Mexico; and Popejoy, Iowa. Some have served as the stage for history’s dramas, such as Osawatomie, Kansas, and Williamsburg, Virginia.

For the most part, however, many see these towns, when they see them at all, as ordinary and dull, scarcely worth a glance. Eager to make Thanksgiving dinner at Aunt Zelda’s country estate, the family from D.C. leaves I-81 and blows through Strasburg, Virginia, little noting the Victorian buildings and unaware of the many annual events hosted by the town.

Even some of the folks who reside in such dots on the map may have given little thought as to why their towns have survived or why they shine with vibrancy and pride.

The answer is simple, really. It lies in the talents and passions of those who love and care for these communities. Let’s meet some of them.

Working Hand-in-Hand

Billed as the “Gateway to the Shenandoah Valley,” Warren County, Virginia, has a population of about 40,000. Take away 15,000 residents living in the county seat, Front Royal, and you’ll find the rest scattered among hamlets, neighborhoods, and farms.

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‘Unschooling’ Teaches Kids Through Living

How Hawaiian mom Haley Celeste Miller is helping her kids thrive

LOUISE CHAMBERS

Maui, Hawaii, natives Haley Celeste Miller, 31, and her husband, Travis Okano, 32, met at a movie theater at the age of 12 and have been together ever since. Miller is a stay-at-home mom and professional network marketer for Young Living Essential Oils, and Okano is a part-time farmer,

part-time landscaper, and part-time hotel valet. Their children are Caleb, 11, Nash, 8, and Mila, 4.

“Caleb is such a serious kid and he’s actually the reason why we ‘unschool.’ He’s very brilliant,” Miller, who shares their family life on Instagram, told The Epoch Times, describing Nash as “the life of the party” and claiming that Mila “runs the show most days.”

‘Our Journey Began’ While pregnant with her second child at 23,

Miller decided she wanted her kids to have everything she never had. Growing up as the child of drug-addicted parents, Miller had taken on responsibility for her sisters, and her own education suffered until a teacher became her champion in eighth grade.

When she was 23, Miller and Okano were both working two jobs and were on food stamps and low-income housing, struggling to make ends meet.

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COURTESY OF HALEY CELESTE MILLER



(L-R) Mila, 4, Nash, 8, and Caleb, 11.

SACRED ART

Meeting the Four Evangelists in Berlin

Gothic sculptor Tilman Riemenschneider's Münnerstadt Altarpiece

LORRAINE FERRIER

BERLIN—Gothic sculptors had God in mind with every piece that they made. Their carefully crafted sculptures, illustrating the Bible and the lives of saints, formed an important part of church architecture—cementing the word of God into the heart of man.

Architects, artists, and artisans ensured everything in the church glorified God, so that even the illiterate could understand the word of God.

In his article "Erwin Panofsky's Gothic Architecture," Benedictine monk Daniel J. Heisey distills some of the 20th-century art critic's work.

"Panofsky's insight was that through proportion and distinction of parts, a Gothic cathedral was as solid and precise in its service of Catholic doctrine as was the treatise of a Scholastic theologian."

Art museums and galleries around the world now contain fragments of these church stories in carvings, sculptures, and other architectural motifs. We appreciate the beauty of those pieces isolated from their original church architecture, like reading a line of verse without knowing the whole poem.

Together, the scenes show us that even sinners can repent and become saints.

Tilman Riemenschneider's four evangelists, from the altarpiece of the church of St. Mary Magdalene in Münnerstadt, Bavaria, is a classic example. Last year, I admired these carvings at the Bode Museum in Berlin. The figures had once been part of the church's predella (the lowest part of the altarpiece). The evangelists are displayed in the order that their gospels appear in the Bible—Matthew, Mark, Luke, and John. The replica figures on display in the church's predella today follow this order too.

Riemenschneider (circa 1460–1531) worked in a time of artistic transition, the Northern Renaissance (around 1380–1580). His figures typify the Gothic style that he was trained in, championing sublimely expressive works over anatomical accuracy, and creating art that appeals to the emotions, whether terror, awe, or religious fervor.

Riemenschneider carved the four figures in limewood, his favored medium. He was among the first artists to leave his figures



Gothic sculptor Tilman Riemenschneider designed the altarpiece in the Church of St. Mary Magdalene in Münnerstadt, Bavaria. Some of Riemenschneider's original works remain in the altarpiece but the casing was made in the early 1980s, and replica pieces, such as the four evangelists, were added over time.

unadorned by paint or metal leaf, preferring to give them a light wax. Each piece alone speaks volumes. He carved each evangelist so as to symbolize the work that he did. Mark and Luke are dressed as contemporary, humanist scholars indicating pious learning, and Matthew and John are dressed in ancient robes hinting that these are the apostles.

He included the beasts that are symbolic of each evangelist, carving Mark with a winged lion and Luke with a winged ox. He made separate carvings of John's eagle and Matthew's angel; these were directly attached to the predella, but are now lost.

The museum's curators have a wooden mock-up of the Münnerstadt Altarpiece on display, showing where the four evangelists fit into the overall altarpiece theme of the life of Mary Magdalene, who is mentioned in the gospel of each of the four evangelists. Together, the scenes show us that even sinners can repent and become saints.

Displayed together, Riemenschneider's four evangelists form a cohesive group. Each figure appears to interact with another, with their bodies turning to the middle, above which would be the central altarpiece panel (corpus) showing angels carrying Mary Magdalene to heaven, flanked by St. Kilian and St. Elizabeth of Thuringia.

Shutters of painted or decorative reliefs flank the corpus. The two panels on the left wing show "Christ Appearing to Mary Magdalene" (top) and "Christ in the House of Simon," and the two on the right wing show "Mary Magdalene's Last Communion" (top) and "Mary Magdalene's Burial." The shutters are open on Sundays and other holy days.

According to the Bode Museum, engraver Martin Schongauer's woodblock prints inspired many of Riemenschneider's sculptures. For instance, in this altarpiece, Riemenschneider's sculptural relief "Christ Appearing to Mary Magdalene" bears a striking resemblance to Schongauer's print "Christ Appearing to the Magdalene." This is the scene often referred to as "Noli me Tangere," where the resurrected Christ tells Magdalene not to touch him, for he hasn't yet ascended to his father in heaven.

The altarpiece tracery stretches another two levels above the corpus. Directly above the corpus, the Virgin Mary and St. John the Evangelist flank the trinity. Higher into the heavens of the tracery stands St. John the Baptist.

Riemenschneider's four evangelists have long been removed from the Church of St. Mary Magdalene, yet the sculptor's sacred intent for the figures springs forth from the works, demanding an eternal reverence beyond words.

PUBLIC DOMAIN



The story of Finn MacCool is the story of the roots of Irish society and culture. Finn MacCool by Beatrice Elvery.

LITERATURE

The Tales of Finn MacCool: Strange, Inspiring, Funny, and Profound

PAUL PREZZIA

The folk stories of Gaelic heroes are a rich source of imaginative literature for children and adults alike, and the greatest of these heroes is the legendary Finn MacCool.

While Finn is the subject of many legends, some of his tales best exemplify the four qualities of Gaelic folktales: They are strange, inspiring, funny, and profound.

The Strangeness of Wonder

To talk about strangeness as a reason for reading and listening to Irish legends might seem strange; we can all think of a lot of strange things we would not want to expose ourselves and especially our children to. But there is a different kind of strange: that of realizing the limitations of our own point of view and experience, of realizing that there are beautiful and interesting things we have

yet to learn in this immense world. It is the strangeness of wonder.

With the story of Finn, it starts with his very name: In Gaelic, it is written "Fionn mac Cumhail," but it is pronounced pretty much like the anglicized version, "Finn MacCool."

Another odd thing is the mystery of who Finn is, for to dive into the story of Finn MacCool is to discover the roots of Irish society and culture itself. It is a society and culture that, while Christian, never got rid of its old religious heritage and stories. Instead, it transformed them and, in the process, enlarged the status of human beings.

In the stories the Irish told themselves through centuries, Finn was sometimes portrayed as a giant and sometimes as a heroic man. On this topic, the great Irish poet W.B. Yeats noted that, "When the pagan gods of Ireland ... robbed of worship and offerings, grew smaller and smaller in the popular imagination, until they turned into the fairies, the pagan heroes grew bigger and bigger, until they turned into the giants."

A Tale of Overcoming Adversity

Finn's early years illustrate the inspiring nature of these stories. From childhood, he faced adversity and overcame it with great pluck.

He was born to the Irish princess and beauty, Muirne, in his aunt's house. His father, Cumhall (pronounced something like "Cu-ahl"), the leader of the great warrior clan, the Fianna, had recently died in battle. He had fought and lost this battle with his rival within the Fianna, and the reason this battle occurred was directly connected to Finn's birth.

Cumhall had fallen in love with Muirne but her father had refused to give her to him in marriage, and so Cumhall abducted her. Muirne's consent seems implied in the fact that both her father and Cumhall's rival, Goll MacMorna, tried to kill her after the battle. Finn grew up on the run. He would serve a local Irish king until it was discovered that he was Cumhall's son, and then he would be sent away for fear of Goll's reprisals. Then it was on to another Irish king, and another. But plucky little Finn (he is a mere boy in all these stories) never gave up trying to make his way in a world that opposed him.

Through all his early trials, he is described as having only one lasting desire: wisdom.

A Funny Story

Finn lived the fugitive life until he came to the abode of the druid-poet Finnegas, who lived on the river Boyne. Finnegas, a kind-hearted man, took Finn into his service and told him about the fish he had been trying to catch in the river for seven years: the Salmon of Knowledge. Finn asked Finnegas what would happen if he caught the fish.

"Then I would have All Knowledge," replied the sage.

This story of Finn and the Salmon is not flippant or merely ridiculous, but humorous all the same. Finn continued to ask the sage questions about the Salmon, such as "What would you do with all knowledge?" The response: "A weighty question. I could answer it if I had All Knowledge, but not until then."

Salmon was so wise because it had eaten a nut of knowledge. Around a secret pool, nine hazel trees grew, dropping nuts of knowledge into the pool, where the Salmon

ate the nut. When Finn pointed out that Finnegas could just go to this pool and eat the nut of knowledge himself, Finnegas wryly responded that he would, if he only had All Knowledge and knew where the pool was!

Finnegas eventually caught the Salmon of Knowledge and instructed Finn to prepare and cook it for him. Finn obeyed him, but accidentally burned his thumb on the fish while cooking it. Sucking his injured thumb like anyone would, suddenly this small boy had access to All Knowledge.

With this knowledge came Finn's opportunity to overcome Goll MacMorna. Any conundrum that he faced was met by simply putting his thumb in his mouth, for it was now a Thumb of Knowledge. The story, with a wink in its straight face, points out that Finn would always place this thumb under his wisdom tooth, which was now the Tooth of Knowledge.

Beneath It All: Profundity

Goll MacMorna eventually relinquished leadership of the Fianna to Finn MacCool. Having filled his father's shoes, Finn continued on to more adventures, such as his single combat with the fire-breathing fairy, Aillen. This episode illustrates the profound quality of folktales in the way in which they indirectly guide us toward virtue.

The fairy, Aillen, bore a grudge against the ancient Irish town of Tara. Every year, it would come on the night of the feast of Samhain, play beautiful music that would put all the defenders to sleep, and then burn a great part of the town with fire from its mouth.

Finn decided to stand against this monster, but he needed something to keep awake. A member of his clan gave him something that could help: the magic spear, Birga.

It was a weapon enchanted with great loathsomeness; for one thing, it was extremely hot, and smelly as well. Simply by touching his forehead to it, Finn would be incapable of falling asleep while the rest of the town did so. And so, catching the fairy off guard, Finn killed him with the spear.

Mysterious and interesting in itself, this story of Finn's confrontation with Aillen illustrates the importance of courage and self-sacrifice. Finn overcame fear in deciding to challenge the Aillen. He also endured the pain and discomfort in using the Birga to keep awake.

Not only do we see the importance of these virtues individually, but also the importance of them working together. For without the willingness to endure pain, Finn would have fallen asleep and been killed by the fairy. Without courage—well, there would have been no story to begin with, and Aillen would be terrorizing Tara to this day!

To read more Irish legends, particularly those about Finn MacCool, see "Irish Fairy Stories" by James Stephens.

Paul Prezzia received his M.A. in History from the University of Notre Dame in 2012. He now serves as business manager, athletics coach, and Latin teacher at Gregory the Great Academy, and lives in Elmhurst Township, Pa., with his wife and children.

THE EPOCH TIMES INTERVIEWS SHEN YUN AUDIENCES

Shen Yun: A 'Sacred Experience'

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.



"The singers vocally were so rich and passionate, and it really felt like a sacred experience. Like a heavenly sort of sacred experience."

AUDREY FERNANDEZ FRASER, co-artistic director, Christopher Street Collegium, New York



"Go because the heavenly feeling envelops everything in the show. It's a sensation of floating above everyone and feeling everything beneath you."

ASSI NASSIM, government adviser, Tel Aviv, Israel



"[Shen Yun] is probably one of the most significant things I've seen in my life!"

LASSE KAUKOMA, leading architect, National Defense Medical Center, Adelaide, Australia



"The feeling was overwhelming. It was like I had entered another dimension, another world of such precise beauty."

DANIELLA LUGASSY, opera singer, Tel Aviv, Israel

Shen Yun's Upcoming Performances

| | | |
|-----------------|--------|-------------|
| Idaho Falls | Idaho | April 19 |
| Purchase | N.Y. | April 20-23 |
| Rosemont | Ill. | April 20-23 |
| San Diego | Calif. | April 21-23 |
| Birmingham | Ala. | April 22 |
| University Park | Ill. | April 27-30 |
| Stamford | Conn. | April 27-30 |
| Baltimore | Md. | April 28-30 |

For additional performance dates, please visit 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.

How to Find Good Children's Books at Budget Prices

There are countless great books to add to your home library, if you just know where to look

ANNIE HOLMQUIST

I took a trip to my local library the other day, visiting the children's section for the first time in a while. I was appalled.

My surprise didn't come because the shelves were empty—they were well-filled. Nor did it come because the books I loved as a child had largely disappeared—I already knew that many of them were purged from the shelves, deemed too old-fashioned or beyond repair or replacement. What surprised me was the row after row of flashy, cartoonish covers sporting titles that signaled a woke, politically correct, and superficial worldview. It seemed that any child who commendably pulled himself away from video games and social media long enough to pick up a book would just receive more of the same content, only in a slower-paced, readable form.

So how do we help our children navigate the world of books in a postmodern society of politically correct feelings and relative truth? The first thing to know is what makes a good, worthwhile story. One of the most masterful writers of the 20th century, C.S. Lewis, laid out several points in his essay "On Three Ways of Writing for Children," which parents can use when helping their children choose good reading material.

What Makes a Good Book?

Reading material portraying realistic children is one of the first items for which parents should look. Lewis explains this point by citing Edith Nesbit's trilogy on the Bastable family, which is told from the perspective of the oldest boy, Oswald, who gives his thoughts and opinions in an honest way that almost any child can relate to. Such a humorous depiction, Lewis explains, "enables the children who read it to do something much more mature than they realize," namely, to engage in character study—an exercise that aids in understanding not only the book, but also themselves.

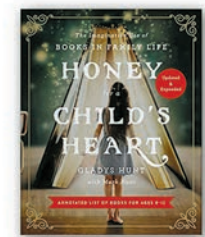
In addition to realistic children, good books provide depictions of the various personalities in real life. "Consider Mr. Badger in 'The Wind in the Willows,'" Lewis writes, "that extraordinary amalgam of high rank, coarse manners, gruffness, shyness, and goodness. The child who has once met Mr. Badger has ever afterwards, in its bones, a knowledge of humanity and of English social history which it could not get in any other way." In other words, the various personalities depicted in good books provide valuable interpersonal knowledge and skills—but such knowledge is cloaked so that children don't realize they're learning it.

Good literature hides the pill of knowledge in the jam of imagination, excitement, and entertainment. Just like television, it provides an occasion for ingesting ideologies and awareness of the world. But unlike television, the picture of the world that a good book presents will actually make the children who read it grow into better men and women, knowledgeable not only of

Good books will teach good things, but will do so in such a way that children hardly recognize the values they are learning.



'BOOKS CHILDREN LOVE' By Elizabeth Wilson



'HONEY FOR A CHILD'S HEART' By Gladys Hunt



'HAND THAT ROCKS THE CRADLE' By Nathaniel Blueborn

Good literature hides the pill of knowledge in the jam of imagination, excitement, and entertainment.



the world in which they live, but of how to interact capably with it.

A third thing that good books should offer is a moral. Not a shove-it-down-your-throat moral, mind you, but a subtle one that settles into the subconsciousness of the child. "The child as reader is neither to be patronized nor idolized," Lewis writes, "we talk to him as man to man. But the worst attitude of all would be the professional attitude which regards children in the lump as a sort of raw material which we have to handle." Good books will teach good things, but will do so in such a way that children hardly recognize the values they are learning.

Where Can Good Books Be Found?

In a world of many libraries similar to the one I explored the other day, how do we steer our children toward good literature, or even know how to find it ourselves? Several tricks come to mind.

The first is to look for old books. I have found that anything published in the 1950s or earlier is likely to be solid and wholesome, filled with storylines and morals that are unobjectionable. Unless these books have been republished recently, the covers will likely not be much to look at, and the pages will undoubtedly be somewhat yellowed, but the inside is what counts.

The second is to familiarize yourself with classic authors. Classic anthologies of short stories, such as Joe Wheeler's "Great Stories Remembered" volumes, are a tremendous tool in this area, for they offer a smattering of author names and story styles. Selecting the ones you like and then searching sites such as Archive.org for those same authors often provides other titles under their names. These can often be found in used bookstores or even online in digital format.

Finally, surround yourself with good book lists. "Books Children Love" by Elizabeth Wilson, "Honey for a Child's Heart" by Gladys Hunt, and "Hand that Rocks the Cradle" by Nathaniel Blueborn are several book-length lists that categorize and describe books by genre and age appropriateness. Carole Joy Seid's online book list is another great resource.

Familiarizing yourself with such resources will soon enable you to spot a likely candidate for a good children's book a mile away, enabling you to build your own library for your children. A case in point is what happened after I dejectedly left the children's section at my local library and went to the discard room. Within minutes, I spotted roughly 15 promising children's books or classics, several of which I had never read but knew were good options because I recognized the authors' names. Best of all, these potential additions to my home library were less than a dollar each.

Many libraries around the country have these discard rooms, often acting under the banner of the "Friends of the Library" group. They process donations of old books and books the library discards, reselling them for a song to those who know the value of a good book, no matter its age. Exploring these rooms or hitting the large sales these groups host is one of the best ways to start your own library at an inexpensive price.

Who knows? Perhaps you, too, will become a connoisseur of good children's books!

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.

A mother reads to her children in this illustration by American artist Jessie Willcox Smith (1863-1935).



FOR KIDS ONLY

THE EPOCH TIMES

Week 16, 2023

This Week in History

On a Lane in Spring

By John Clare

A Little Lane, the brook runs close beside
And sparkles in the sunshine while the fish
glide swiftly by
And hedges leafing with the green spring tide
From out their greenery the old birds fly
And chirp and whistle in the morning sun
The pilewort glitters 'neath the pale blue sky
The little robin has its nest begun
And grass green linnets round the bushes fly
How Mild the Spring Comes in; the daisy buds
Lift up their golden blossoms to the sky
How lovely are the pingsles and
the woods
Here a beetle runs; and there a fly
Rests on the Arum leaf in
bottle green
And all the Spring in this
Sweet lane is seen

ALL PHOTOS BY SHUTTERSTOCK

Sports serve society by providing vivid examples of excellence.

GEORGE F. WILL (1941-PRESENT), AMERICAN JOURNALIST

PIXEL SHOT/SHUTTERSTOCK

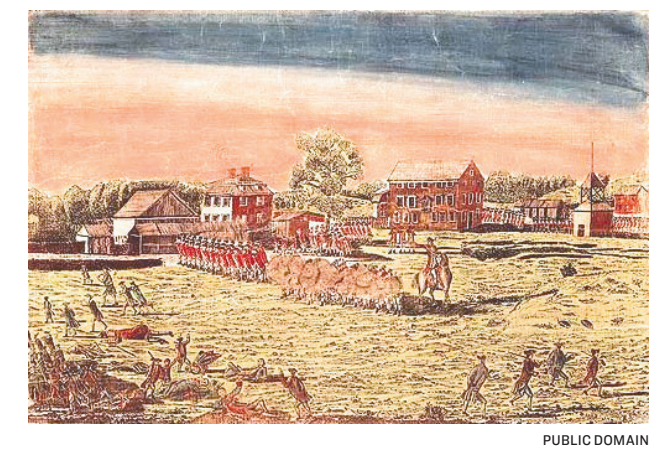
WHY WAS THE UMPIRE CHUBBY?

ALL PHOTOS BY SHUTTERSTOCK

THE BATTLE BEGINS

On April 19, 1775, the first battles of what became known as the Revolutionary War took place. Tensions had been growing for years between the American colonists and the British. The night before, British troops moved in an attempt to steal the colonists' weapons. However, the colonists learned of their plan and had warning, thanks to Paul Revere and others who cried, "The British are coming!"

On the April 19, the towns of Lexington and Concord, Massachusetts, saw the first battles of the war that would last until 1783, when America won its independence.



PUBLIC DOMAIN

By Aidan Danza

THE PURPLE MARTIN

The purple martin is a cheery bird, one that signals the arrival of spring (at least in this part of the world) and also one that has the unique designation of being housed entirely by human beings.

The species, as a whole, is generally attracted to human beings, not just for housing during the nesting season, but even during the winter.

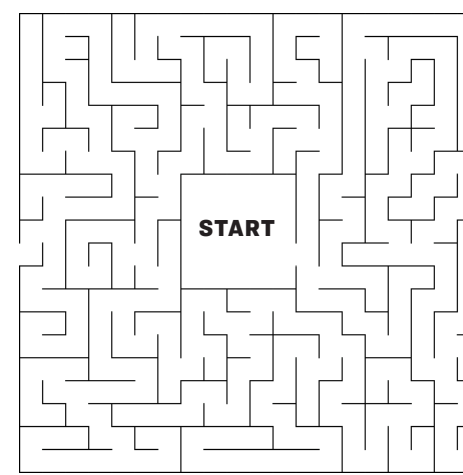
It isn't known how exactly martins became so attached to human beings. Some people attribute this to the Native Americans, who were known to put hollowed out gourds up to house the martins, which apparently were good sentries. Others say it was due to 19th-century Americans who put up copious amounts of martin condos. Perhaps martins are, and always were, just a fact of human civilization in America east of the Rockies. All we now know is that martins, as a species, are almost entirely dependent on man-made housing in order to bring up their young.

The houses come in two common styles, which are often seen together. The first is a gourd-shaped (but probably made of plastic today) hanging birdhouse modeled off of the original design used by the American Indians. These can house one family of martins. The other is a mass apartment complex, normally called a condo, that can house many martin families in one building. The birds don't seem to mind either way, as long as there are at least four units of housing, so they aren't alone.

When the nesting is done, the martins' association with mankind doesn't stop. They will form dense swarms to migrate, which roost for a few weeks at a time in the lead-up to migration. Usually, they choose not to roost in secluded areas, like some other species would, but instead seem to prefer to roost in cities or human structures. The flocks can be so large that they are visible on weather radars. When they reach their wintering grounds in South America, they will hold up in one location for months, which creates a great nuisance to the residents of some towns and cities, who complain of having to bring in dump trucks to clean up after the birds' droppings and feathers.

A "condo" can house many martin families.

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

Easy puzzle 1

| | | | |
|---|----|---|---|
| 3 | 10 | | |
| | 88 | | |
| 1 | 5 | | |
| + | - | x | ÷ |

Solution For Easy 1
(6 + 9) + (1 + 0)

Medium puzzle 1

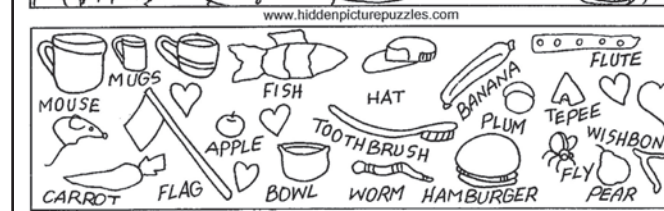
| | | | |
|----|----|---|---|
| 16 | 20 | | |
| | 48 | | |
| 7 | 19 | | |
| + | - | x | ÷ |

Solution For Medium 1
(- 9) + 61 + 02
(91 - 02) + (- 61)

Hard puzzle 1

| | | | |
|----|----|---|---|
| 10 | 32 | | |
| | 42 | | |
| 4 | 29 | | |
| + | - | x | ÷ |

Solution For Hard 1
(62 - 26) + (1 + 0)



HIDDEN TREASURES by Liz Ball
www.HiddenPicturePuzzles.com

WORD SEARCH: Happy Easter!

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

- Archery
- Baseball
- Bowling
- Boxing
- Climbing
- Cricket
- Curling
- Cycling
- Fencing
- Fishing
- Fitness
- Football
- Golf
- Gymnastics
- Hockey
- Judo
- Karate
- Pingpong
- Pool
- Surfing
- Riding
- Rugby
- Running
- Shooting
- Skating
- Tennis
- Volleyball
- Weightlifting
- Yoga

Getting Back on Track

It's never too late to restart fresh and change your life for the better

Even a few minutes of fresh air can help bring rejuvenation and restore energy levels.

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So your New Year's resolution fell on its face 10 days into January, and your habit tracker hasn't seen any marks in a while. You've fallen off the horse, gotten off track, endured some setbacks, and you're not feeling so great about it at the moment.

There's only one thing to do. Get up, dust yourself off, and get back on track. It's time for a fresh start, and it's easier than you think.

Stop Beating Yourself Up

You aren't a robot, and life has many ups and downs. Things aren't always going to go according to plan. Everybody falls down sometimes. The most important thing to do when that happens is to get back up as quickly as possible.

Don't wallow. Don't lie there lamenting the fact that you've fallen. Don't run that mental tape of insults and disgust that you tend to barrage yourself with in times such as this.

Get up. Be gentle with yourself. Put one foot in front of the other. It's time to tidy the mess and get back on track. Take just a few days to walk through the following steps.

Physical Needs First

Follow the lead of famed psychologist Abraham Maslow outlined in his hierarchy of needs by focusing on your most basic needs first. Often, when we get off track, it's because key aspects of life such as sleep, nutrition, and exercise have been neglected.

Grab some water and head to the kitchen. As you hydrate, look in the fridge, the freezer, the cupboards—and assess the situation. Clean out the processed, sugar-filled foods and order some fresh fruits and vegetables, quality meats, and healthy snack options to have on hand. Stock your kitchen with plenty of delicious and healthy options that will nourish and fuel you.

Next, either head out the door for a brisk walk or head to the bedroom for a much-needed nap. Either one will be an investment in your energy. If sleep has been an issue lately, choose the nap. If you've been oversleeping but neglecting to move your body, grab those sneakers and enjoy some fresh air, even if just for a few minutes.

Decide on a bedtime that you'll stick to and an exercise schedule that you'll com-

mit to. Continue working toward your fresh start tomorrow.

Shape Up Your Environment

Next, assess your environment.

Unplug from digital devices and the onslaught of media messaging while you tidy up your home. Starting with just one thing, then another, put items away, wipe down surfaces, get a load of laundry going, and simply put-ter around making your personal space a bit tidier and cleaner.

Set a new policy for yourself that you never leave a room without improving it in some small way.

Dump Your Brain

As you admire your newly improved space, pour yourself a cup of coffee, tea, or water and sit down with a pen and paper. It's time for a brain dump.

Jot down, in no particular order, the things weighing on your mind. From the abstract, such as "I want to have more fun," to the minute, such as "I need to buy more tape." There are no wrong answers, no inappropriate topics, and no grade at the end—just dump every big and small thing that's been weighing on your mind until you can't possibly think of another thing.

You'll likely end up with a page or pages full of the most random assortment of chaos, and it'll actually make you feel better. You've captured it, and your mind can take a rest from trying to remember it all. Step away from it for the day and enjoy the little bit of relief it brings. You'll be back to it, don't worry.

Inbox Zero

As you continue to care for your most basic needs, find time to tidy up the inputs that you've been receiving. Go through your email, your physical mail, and any other online or offline receptacles for communication.

Handle the bills, the responses, the calendar items, and toss or delete whatever you can. Close all open loops.

Prioritize

When you're ready, and as you continue to take care of yourself and your personal space, return to your brain dump and set aside a few pens of varying colors.

Tend to your responsibilities with loving care like you would a garden.

Prioritizing which roles you play in the lives of those around you, and how best to perform those roles, will help to keep you focused on what and who is important to you.



On a new page, jot down the main roles you play in your life and in the lives of those around you. As you do, contemplate how you can best perform the duties of those roles.

Further, jot down what's most important to you in life. What are your top priorities? What do you believe life is for? Why do you believe you're here? This may lead you to some spiritual study or prayer. Take all the time you wish.

Return to your brain dump, and with one pen color, cross out all of the things on there that don't really matter to you, that you simply do not want to do or pursue, or that you've decided are no longer important.

With another color, circle all of the things you wish to remember or get to eventually but that you won't or can't handle now. You just want to remember that you might do them sometime in the future.

The things left untouched on your list are your current concerns. Take another pen and circle the three that you deem the most important. Those three are to inform your to-do list for the next few days or longer, until they are complete.

Take Action

Take at least one small—even tiny—action toward the completion of one item on your new to-do list. Give yourself a high five.

Reflect

As you continue to take care of yourself, your environment, and your responsibilities, reflect on what led you to get off track and how much better you're feeling now. Continue to take small actions toward making progress on your highest priorities.

Grow

Keep the momentum going by seeking out inspiration from good books and ideas that nourish your mind. Seek spiritual growth through your religious practice or personal study. Celebrate the fact that you've begun to turn this ship around.

You're getting back on track. Tend to your responsibilities with loving care like you would a garden. Keep at it.

The next time you feel like you've fallen off the horse, rinse and repeat.

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