

THE EPOCH TIMES

LIFE &

TRADITION



How a family responds to a husband or dad can encourage him to be a better father.

FAMILY

On This Dad's Day, Let's Polish Up Fatherhood

Now's the time to reflect on what Father's Day really means

By Jeff Minick

Many years ago, my bride-to-be cajoled me into some dance lessons. During those few sessions, as our instructor guided us through some ballroom basics, he repeated several times, "Just remember, the woman is the picture, the man is the frame."

This same description might apply to traditional two-parent families, in which Mom is usually the more vivid picture in a child's life. She's the one who carries the

pre-born baby, kisses the toddler's scraped knee, cries on the first day of school, and drives the kids to soccer, ballet, martial arts, drama club, and birthday parties.

Dad often plays second fiddle in this duet of parenting. He's the guy who arrives home around suppertime after selling insurance or hammering nails all day. He's the one who can teach his little girl how to bait a hook or his son to throw a football, but fumbles with the words "I love you" or "I'm sorry."

In short, he's the frame and Mom's the picture.

Unfortunately, these days, that frame

is cracked, dusty, and neglected. Here's just one example. Right now, the United States has more single-parent households than any other country in the world, and it's not even close. Women head up the vast majority of these households, while lots of dads have gone missing in action. Coming behind them are growing numbers of young men who claim they don't want to be fathers at all.

Time for a change, I'd say. What if on this Father's Day all of us, dads included, pitched in with some polish and glue, and made that fatherhood frame shine again?

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LIVING WELL

10 Simple Habits to Foster This Summer

Use this season to refresh your life

By Barbara Danza

Summertime is an opportune time to focus on making improvements in yourself and your life. The days are longer, the schedule is more relaxed, and there is time and space to review, reflect, and retool the areas of your life that could use some refreshing.

When it comes to making improvements, often the key is to focus on habits. Here are 10 simple habits to foster this summer.

Make Your Bed

In his famous talk, Navy Seal Adm. William McRaven stated, "If you want to change the world, start off by making your bed." Making your bed starts the day right and sets the tone for continued success throughout. It instantly improves the state of your bedroom and takes less than two minutes.

Move Every Day

When you can find simple habits that produce a ripple effect throughout your life, you're maximizing the impact of your efforts. Moving your body every day is one of those powerful habits that can affect the other aspects of your life.

Choose activities and systems that are easy to incorporate into your life. Perhaps you'll wear a step tracker and aim for a certain number of steps each day. Perhaps you'll leave your sneakers at the door and go for a walk before work each day or after dinner. Perhaps you'll create a playlist of upbeat songs that encourage you to dance about your house while you clean. Perhaps you'll play your favorite sport, go to the gym, or design a workout at home you'll stick to. Whatever you do, move your body each day for increased energy, an improved emotional state, and better health.

Love Your Outfit

When was the last time you refreshed your wardrobe? The

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▲ Summer is the perfect time to play, talk, and overall spend quality time with loved ones.

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THE EPOCH TIMES



Whatever the day calls for, loving your outfit will give you the confidence to take on new opportunities.

LIVING WELL

10 Simple Habits to Foster This Summer

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past few years have encouraged a culture of sweatpants and staying home. This summer may be a great time to add some pieces to your closet that you can wear to feel a bit more put together. When you feel great in your clothes, you'll be more apt to show up for life and take on new opportunities. Whatever the day calls for, make it a habit to love your outfit each day.

Set Up a Declutter Station

Summer is a great time to clear the decks. Set up a station of boxes or bags in your home where you'll toss items to be donated, sold, or thrown away. When one container fills, take it away and replace it with another. By the end of the summer, you'll find your home easier to clean and more inspiring to live in.

Reduce Your Screen Time

The last thing you want to do is look back on summer and realize you spent a giant chunk of your summer hours staring at your phone. Set a screen time strategy in place for yourself and your family before summer begins. Keeping devices tucked away in a central location most of the time helps reduce their use.

Playing music in the home can have the effect of diminishing the pull of the screens. Consider making a rule of only looking at your phone between certain hours of the day. You can also use tracking and blocking tools on digital devices to monitor and control their usage.

Real life happens off-screen. Set those things aside and enjoy summer.

Stock Your Kitchen

Summer is usually a time when routines and schedules change. With that, diet and nutrition can sometimes fly out the window.

Prepare in advance for the new rhythm of your days by ensuring that your kitchen is stocked with the healthy options you and your family will need. Perhaps this is a season where more grab-and-go snacks would be helpful, more salad fixings at hand might be great, and some easy items to grill

might be good to have on hand. Finally, make sure you have a routine to re-up your supply each week.

Choose Relationships Over To-Do Lists

The most ambitious among us may see the summer blank slate as an opportunity to get more work done or tackle huge projects. While there likely is an opportunity here to take on something like that, balance that with the opportunity to spend time with the people who are most important to you. Play, lounge, talk, gather—spend quality time with your loved ones this summer. You don't get a prize at the end for the number of boxes you checked.

Soak Up the Sun

Spending time in the sunshine is one of the many simple pleasures summer has to offer. Get that vitamin D and spend time outside in the fresh air each day.

Journal

The benefits of journaling are many, and summertime is a great time to begin that habit, if it's not something you do already. Simply procure a lovely notebook and some fun pens, and spend a few minutes each day jotting down your thoughts, capturing your ideas, doodling for fun, or even pasting in some pictures or keepsakes.

The act of reflection and self-examination and the practice of allowing your thoughts to materialize on the page can be therapeutic, inspiring, and rejuvenating. You'll gain clarity and motivation, and it can bring you great peace as well. There's no right or wrong way to do it—just start.

Read

Whether lounging at the pool or the beach or curled up in your favorite spot at home, summertime is a great time to enjoy great books. Choose the ones you've always wanted to read, ones that will inspire you to improve, and ones that will enliven your spirit. Utilize your library, local bookstores, and online resources, and make time each day to read.

DEAR NEXT GENERATION

Advice from our readers to our young people



Poor decisions have consequences, but with the right mindset, they can lead to reflection and change.

Letters From Jail

Advice from prisoners who learned from their mistakes

To the younger generation, "Advice, from the belly of the beast." I am a 41-year-old federal prisoner, convicted of drug trafficking and weapons possession. I hope you will take heed of this advice and avoid the mess I made for myself and my loved ones.

First, it is in your best interest to find a religion to adhere to. The Bible will

FAMILY

On This Dad's Day, Let's Polish Up Fatherhood

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Here are some ways we can get started.

Mad at Dad? 2 Points to Consider

Before commencing these repairs, we need to acknowledge that many people have strained or broken relationships with their fathers, or don't even know who they are, and therefore, aren't fans of Father's Day. Those who feel this way might keep a couple of points in mind.

First, consider the 1972 "Proclamation 4127—Father's Day," by which the federal government officially established the third Sunday in June as Father's Day. Kicking off the document is this declaration: "To have a father—to be a father—is to come very near the heart of life itself. In fatherhood, we know the elemental magic and joy of humanity."

As we read on, we find this proclamation asks us to honor the nobility of fatherhood. Consequently, whether we are blessed with the best father in the world or cursed with the worst, we can celebrate Father's Day as an ideal rather than a personal reality.

Second, and much more importantly, it pays to remember that all of us were born of a mother and a father. Whatever our personal relationship with our father, because of that man, we are unique creatures, breathing and alive here in this mystery we call life. By some calculations, the odds of that happening, of you being born as you, have been reckoned at about 1 in 400 trillion. If nothing else, each of us is mathematical miracle, created by a mother and a father.

There's a statistic that might give you pause when shaking a fist at Dad.

Step Up to the Plate, Dads

Father's Day was established to honor our fathers. Perhaps, however, this special day should also serve to remind all fathers to honor fatherhood.

Many dads already do so. In 2019, Pew Research Center found that more fathers are working from home and helping care for the children, that they view parenting as being a key to their identity, and that they are "much more involved in child care than they were 50 years ago." Clearly, millions of fathers in our country are deeply engaged with their families and children.

So here's a thought: Maybe on this Father's Day, those of us who are dads and granddads might take some time to mull over our performance. Sure, we love our children and grandchildren, but do we communicate that love with words and hugs? Are we good listeners? Do we think before shooting out advice to our teenage daughter or our grandson? Do we hold back on criticizing our grown children's parenting skills?

And for all those fathers who are separated for whatever reason from their children, maybe this is the day to try to repair those broken bridges. A note in the mail, a phone call if appropriate, or a prearranged visit if that is a possibility—even if your efforts fail, you did what a father should do. You tried.



GRADYREES/GETTY IMAGES

Words From Mom

Like nearly all adults, fathers these days need encouragement. Here's where you can step in, Mom. Leave him a note where he'll find it, telling him how much you and the children appreciate all he does. If the children are small, give him gifts from them, a Dad's Day coffee mug, a framed photograph of him sleeping with the baby on his chest, a fun T-shirt, like the one inscribed "You Can't Scare Me, I Have Two Daughters."

Your cheers can make him a better man and father.

Calling All Children

Whether you're 17 or 35, make this a special Father's Day. Gifts, cards, and a backyard cookout are great, but what Dad needs most from you is you. Your presence on this day will mean everything to him. Conversations needn't be profound; the time together is what counts and what he'll treasure in his memory. If you live too far away for a personal visit, set up a meeting by phone

or on Zoom. The goal is to connect.

And if you haven't seen your father in a long time—the result of a falling out or a divorce when you were younger—consider mending the relationship. Again, a card or a call may fail, but at least you tried.

My wife and I once owned a bookshop about three blocks from our house. Sometimes, as I walked home in the early evening, my young children would be waiting for me at the foot of the sidewalk. They'd wave as soon as they saw me, and I'd smile, wave, and pick up my pace. Looking back, I realize how much those little gestures of welcome meant to me, and I hope they made me want to be a father worthy of that salute.

We often hear of fathers making better children. We often forget that children can make better fathers.

Memories

Those of us whose fathers have died can pause on this day to bring them to mind.

For many of us, those recollections may be a sweet and sour blend of memories, but that's all right. Young or old, male or female, we can take what was the best in our fathers and vow to keep it as our own, and in the same breath promise ourselves to avoid their shortcomings and flaws.

These excursions into grief and the past can be painful, but if we summon up the courage, listen closely, and open our hearts, the dead, including our fathers, will speak to us in our memories.

Others among the living will speak to us too, if we dads and children are willing to listen. Grandparents, friends, and mentors can all influence the formation of fathers.

The equation is simple: Good dads make good daughters and sons.

And that should be the target for all of us.

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 nonfiction, "Learning As I Go" and "Movies Make The Man." Today, he lives and writes in Front Royal, Va.

Remember that no one owes you anything. Everything in this world must be earned. It doesn't matter how hard your life is, you are not a victim. You can and will succeed if you only believe and see yourself winning in your mind. Your self-image is the key. If you see yourself in a positive light, positive things will happen.

Always ask questions! Don't just believe everything people tell you. If something doesn't seem right, then it probably isn't. Don't be intellectually lazy, find the facts yourself. Especially regarding our country. If it was so bad here, millions would not be flooding the border. Take a look at other places and thank God every day that you are here.

In conclusion, always take responsibility for your actions. If you mess up, make it right somehow. Ask God to forgive you, and remember to forgive those who wronged you. I will pray for you. God bless. Respectfully,
—Joshua R. Souza, Pennsylvania

Do not trust or rely on your juvenile way of thinking, especially if you don't stand for something righteous. Before you make a choice on anything, seek guidance and evaluate how it will affect those who are around you. I've made choices where I did not think about how much suffering I would cause my family. Now I regret all of it and would give anything to be with my loving family again. I acted on impulse and didn't think about anyone else but me. Above all, seek the Lord and do not conform to this deceptive world. God Bless. Maranatha!

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—Irving Gomez
P.S.: I am serving 25 years in a federal prison. I'm a changed man now, thanks to my Lord.

What advice would you like to give to the younger generations? We call on all of our readers to share the timeless values that define right and wrong, and pass the torch, if you will, through your wisdom and hard-earned experience. We feel that the passing down of this wisdom has diminished over time, and that only with a strong moral foundation can future generations thrive.

Send your advice, along with your full name, state, and contact information to NextGeneration@epochtimes.com or mail it to: Next Generation, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001



In 1903, Theodore Roosevelt visited the Grand Canyon. He admonished his audience to “leave it as it is.”

JTBASKINPHOTO/GETTY IMAGES

HISTORY

The President Said, ‘Keep It for Your Children’

How Theodore Roosevelt saved the Grand Canyon

By Andrew Benson Brown

What makes the United States special? Not everyone agrees. A growing number of people think that it’s not special at all. But in at least one respect, they are dead wrong: America is home to unique land formations of unparalleled beauty. These sacred spaces used to embody the essence of what it means to be an American—and in the eyes of many, they still do.

Most visitors to the Grand Canyon probably count themselves among this number, as it’s difficult to gaze into the seemingly limitless, mile-deep ravine and not feel a sense of awe mixed with pride. But were it not for Theodore Roosevelt, it is unlikely that millions of people would be able to experience this.

The Beginnings of Conservation While the Grand Canyon has a long geological history, the political side of its story began in 1872. In that year, two things happened: President Ulysses S. Grant inaugurated Yellowstone as the first national park, and he signed the General Mining Act, which declared all mineral deposits on federal public land to be “free and open for exploration and purchase.” These two pieces of legislation set in motion contradictory aims of conservation and economic extraction that, to this day, remain unresolved.

The Grand Canyon was one place where these competing ambitions clashed. Some gazers, beholding its breathtaking rock strata, saw only dollar signs. In the 1880s, Benjamin Harrison, then a senator from Indiana, tried three separate times to introduce legislation naming the Grand Canyon a national park. On each occasion, his bill was de-

feated by private interest groups. After becoming president, Harrison was able to name the site a forest reserve in 1893. This action was problematic, however, because the canyon’s only forests were located on its rim. Furthermore, having forest reserve status didn’t offer sufficient protection against claims by miners, or even loggers or ranchers, all of whom simply ignored the new law. Arizona politicians and businessmen had a vested interest in both extracting natural resources and developing the area around the

canyon for tourism. Ironically, it was the encroachment of the railroad that aided the goal of furthering the site’s protection.

A New Champion

In 1903, President Theodore Roosevelt took a cross-country trip by train. One of his stops was the Grand Canyon. Peer-

ing over the edge, he fell silent with awe. In a speech that he later delivered before a large crowd, Roosevelt said, “I shall not attempt to describe it, because I cannot.” He admonished his audience: “Leave it as it is. Man cannot improve on it; not a bit. The ages have been at work on it, and man can only mar it. What you can do is to keep it for your children and your children’s children and for all who come after you, as one of the great sights which every American, if he can travel at all, should see.”

Roosevelt’s words carried weight. He had a reputation for being a great outdoorsman. Though asthmatic and frail as a child, Roosevelt cultivated athletic prowess and later explored the Dakota Badlands. He was an avid game hunter who witnessed firsthand the closing of the frontier, the exploitation of the West for economic gain, and the disappearance of species.

In his chosen career as a politician and statesman, he developed a vision of promoting the public good over personal profit. While Harrison was president, Roosevelt played his part by founding a club dedicated to championing laws protecting America’s beautiful spaces. He even helped get the Forest Reserve Act of 1891 passed.

When Roosevelt became president after McKinley’s assassination in 1901, Big Business had a new enemy in the White House. Although Roosevelt was part of the emerging “progressive” movement, this term had a somewhat different

meaning than it does today.

Like the present-day conservative movement, that progressive movement saw the political philosopher Edmund Burke as its great precursor. Roosevelt went so far as to quote Burke in his fifth annual message to Congress in 1905, saying that “men are qualified for civil liberty in exact proportion to their disposition to put moral chains upon their own appetites.”

Roosevelt had a hard time reining in corporate appetites, though, despite his forceful personality. He created five new national parks, but like Harrison, he failed to add the Grand Canyon to that number when he encountered the same entrenched opposition. Something more would be needed to safeguard it.

The Antiquities Act

Conservation laws took a giant leap forward in 1906, when Roosevelt signed into law “An Act for the Preservation of American Antiquities.” It classified a new type of public land: the national monument. This classification was necessary not only because of industrial exploitation, but also because thieves were plundering ancient archeological sites in search of valuable relics. Local and state organizations were ineffective in their efforts to stop them.

The meat of the Antiquities Act is contained in the opening clause of Section 2, where it states that the president is authorized “to declare by public proclamation historic landmarks, historic and prehistoric structures, and other

objects of historic or scientific interest that are situated upon the lands owned or controlled by the Government of the United States to be national monuments, ... the limits of which in all cases shall be confined to the smallest area compatible with the proper care and management of the objects to be protected.”

The act gave the president domestic powers in a way that no other law had before or has since. It allowed the president to designate national monuments without the approval of Congress, and it took an act of Congress to abolish such a designation. Roosevelt named Devil’s Tower the first such monument in September of that year. It did not extend far beyond the rock formation itself and clearly corresponded to the act’s scope of keeping a designated space “confined to the smallest area compatible with proper care and management.”

Within the first six months of signing the act, Roosevelt designated four other monuments. Archeological sites, such as the Gila cliff dwellings of New Mexico, were unambiguous “antiquities” that could easily be classed as “objects of historic or scientific interest.”

The Grand Canyon was a different case entirely. Fortunately, it contained prehistoric ruins that were of historic interest. Additionally, the canyon itself lent scientific interest by virtue of its unique geology, making it much more than a mere archeological site. The site was larger than the state of Rhode Island, extending for nearly 2,000 square miles. How could such a vast area be managed?

Under Roosevelt’s tenure, the Forest Service was created in 1905 as a way of managing the 150 national forests he established. Another agency would be needed to manage national parks and monuments. For the time being, this function would be carried out by the Department of the Interior. But neither Gifford Pinchot, first chief of the Forest Service, nor any administrators of the Interior Department, had any clear idea of how to appropriately deal with these landmarks.

Roosevelt was not one to allow legal terms or procedures to get in the way of realizing his vision for the United States. Specific methods could be worked out later. He interpreted the vague scope of the clause in a loose manner when, on Jan. 11, 1908, he declared the Grand Canyon a national monument.

Consequences and Influence

Despite the far-reaching powers that the Antiquities Act gave Roosevelt, his decision predictably met with opposition from the usual suspects. The most vehement enemy of the Grand Canyon National Monument was Ralph Henry Cameron, a party boss and mining investor who became an Arizona senator. Well into the 1920s, Cameron filed lawsuits against the U.S. government to assert his alleged property rights, in what some called a blatant misuse of public office for private gain. He was not successful.

Roosevelt’s expansive interpretation of the act was adopted by later presidents. They have used it almost a hundred times. Critics have pointed out that the act concentrates power in the executive branch to a degree unintended by Congress, even claiming that it grants the president a level of authority approaching that of European monarchs. But though one may question some of the later selections for monument status, the early ones that Roosevelt established



MECKY/GETTY IMAGES

So that the Grand Canyon would remain as it had been created, President Theodore Roosevelt created the means to protect it. He wrote, “Keep it for your children.”

are uncontroversial public treasures. His use of the law as a tool of preservation has made it one of the most influential pieces of legislation in American history.

After Roosevelt left office, the National Park Service was created in 1916 to provide competent management of the United States’ new landmarks. Then, only a month after Roosevelt’s death in early 1919, Grand Canyon National Park became a reality. Though he did not live to see it receive full protection, his vigorous and shrewd actions made it possible.

In 1932, President Herbert Hoover proclaimed a second Grand Canyon National Monument adjacent to the original park. In 1969, President Lyndon Johnson established Marble Canyon National Monument. Both of these sites have since been merged into the current Grand Canyon National Park. In 1979, the Grand Canyon was named a

UNESCO World Heritage Site.

As one of America’s foremost cultural icons, the Grand Canyon is a self-evident source of wonder and majesty. Less obvious, but more profound, was Roosevelt’s belief that this beauty was also a source of virtue—that beholding splendor could inspire one toward noble action. This is what he meant when he said, “Keep it for your children.” A hundred years after his death, Americans have admirably upheld this aspect of Roosevelt’s vision.

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 Apollologist.wordpress.com



EVERETT COLLECTION/SHUTTERSTOCK

Theodore Roosevelt sits on a large rock at Glacier Point at Yosemite on May 17, 1903.



PUBLIC DOMAIN

“Saint Francis of Assisi in Ecstasy,” circa 1595, by Caravaggio. Oil on canvas; 36 inches by 50 inches. Wadsworth Atheneum, Hartford, Connecticut.

SACRED ART

Caravaggio’s ‘Saint Francis of Assisi in Ecstasy’

By Michelle Plastrik

Artists throughout the centuries have been inspired by St. Francis of Assisi. An early masterpiece by one of these artists, Michelangelo Merisi da Caravaggio, is “Saint Francis of Assisi in Ecstasy,” held in the collection of the Wadsworth Atheneum Museum of Art in Connecticut. This is the artist’s first known religious canvas and one of the most important Baroque paintings in an American museum collection. It showcases Caravaggio’s extraordinary style and technique: the theatrical use of light, naturalistic depictions of

people and objects, and psychological narratives.

The painting is currently on view in a special exhibition at The National Gallery in London featuring a wide range of artworks to explore the life and legacy of the 13th-century Christian saint. The exhibition exalts St. Francis’s longstanding significance as patron saint of animals and nature, as well as his commitment to the poor.

A Baroque Revision

After the Protestant Reformation, the Catholic Church amplified its emphasis on devotion to and emulation of

saints, with the Italian St. Francis—who renounced his worldly wealth in favor of a life dedicated to poverty and service—being the most popular. The medieval and Renaissance portrayals of the saint evolved in the Baroque period to include a new composition: the saint after his stigmatization, supported by an angel. This format may have been first introduced in Caravaggio’s “Saint Francis of Assisi in Ecstasy.”

In his biography “Caravaggio: A Life Sacred and Profane,” Andrew Graham-Dixon writes, “In every sense—style, iconography, drama—the painting broke new ground.” Caravaggio was the first to show the saint lying down, cradled by a kneeling angel, at the moment that he received the stigmata, wounded on his right side but with no other signs of the stigmata on his hands and feet.

In “Saint Francis of Assisi in Ecstasy,” Caravaggio places the figures of the saint and angel close to the picture

plane, which allows the viewer to intimately experience their presence and St. Francis’s ecstatic state. The composition draws inspiration from the established artistic motifs of Christ held by an angel, and a Pietà, where the Madonna cradles his body.

The two figures in “Saint Francis of Assisi in Ecstasy” are bathed in a spotlight of divine light, emphasizing this poetic, mystical moment. Caravaggio refers to the established visual depiction of the Nativity with his painting’s nocturnal setting. Despite the painting’s dim landscape, one can just barely make out a group of shepherds seated and gathered around a campfire. This tenebrism (the use of extreme contrast of light and dark) intensifies dramatic effect and is strongly associ-

This painting is currently on view in a special exhibition at the National Gallery in London.

ated with Caravaggio’s work.

Identifying himself with St. Francis, Caravaggio used his own unshaven face as the model in “Saint Francis of Assisi in Ecstasy.” This realistic depiction emphasizes that St. Francis was a real person from the relatively recent past. Keith Christiansen, curator emeritus at The Metropolitan Museum of Art, has written about how Caravaggio’s practice of using live, posed models for his paintings fostered a novel experience of recognition

and relatability between a viewer and his artwork.

Saint Francis continues to be one of Christianity’s most influential figures. The current pope took his papal name from the saint. Likewise, Caravaggio remains one of the most significant

and influential artists in history. The artist felt a strong connection to Counter-Reformation Catholic spirituality, which can be seen in his religious paintings. These include several depictions of St. Francis.

Caravaggio’s “Saint Francis of Assisi in Ecstasy” was fundamental in his development as a painter with a unique and fresh style. As Graham-Dixon wrote, “Saint Francis of Assisi is more than an illustration of an episode in the life of a saint. The picture offers a consoling dream of transfiguration, a condition of oneness with Christ to which anyone might aspire.”

Michelle Plastrik is an art advisor living in New York City. She writes on a range of topics, including art history, the art market, museums, art fairs, and special exhibitions.

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▲ A 2022 trip to the seaside of Maine.



▲ A 2022 exotic ranch experience in Texas.

TRAVEL

‘Forever Friendships’: Conservative, Older Women’s Travel Group Is Booming

Solo travelers can have the adventure of a lifetime and make lifelong friends, all in the same trip

By Catherine Yang

Between the elections and a pandemic, 2020 brought about deep divisions that made it difficult for people to reach out and form connections at a time when it was needed most.

In the aftermath, Deborah Schutt, Kim Kalan, and Jane Rabe, entrepreneurs with plenty of travel experience, embarked on a venture to get women back out into the world. They tried wine-and-cheese events. They tried mother-daughter trips. Kalan, who ran outdoor businesses Gage Outdoors and Big Hat Outdoors with her husband, tried asking clients, mostly men, whether they’d gift girls trips to their wives.

They were all complete and utter flops. After a year and a half of failed projects and money lost, the trio went out to lunch together, albeit a little sadly, Kalan said. There, they came up with one more idea. “We said, let’s see if we can get conservative women to travel together,” Kalan recalled. It turned out to be the perfect formula. The idea would turn into Beatrice Bradley (BBGage.com), a travel club in which women would travel solo but experience a destination together in a group of no more than a dozen with a host who has everything already booked and planned.

They put up a Facebook ad that focused on conservative, patriotic women over 50 and immediately got a response. Kalan recalled seeing alerts that first day about new sign-ups by the minute. By the Fourth of July, they had received some 700 members, and Facebook shut the ad down.

In 2022, the group organized 32 trips, and this year will see 55. Next year, there are some 70 trips planned, with other ventures in the works. Broader travel industry statistics show similar growth: Solo travel is the biggest growing sector, and a vast majority of those travelers are female. A quarter of Americans reported considering a solo trip this year.

“Somehow we stumbled upon it over chicken wings and salad,” Kalan said. “It’s truly magical ... these women come together, and a lot of these women come from a bad spot ... and they come and they heal. It truly is magical.”

Friendships Forged Through Adventure

Debbie Henderson lost her husband a few years ago. They had been a close couple, and Henderson cared for him all the way to the end. She’d brought him home from the hospital and set up a hospital bed for him in their home by a window and slept nearby. She heard him take his last breaths, saw him close his eyes for the last time, and then she called the funeral home and crawled into bed beside him to wait.

After he passed, she fell into a deep depression, losing her appetite for life. She dropped a drastic amount of weight and was skeletal at 95 pounds, when one day she woke up and realized she had

stopped living herself and decided it had been long enough. “I started my journey back to living again, and that’s when I found Beatrice Bradley and that’s why I tell them that they saved my life,” Henderson said. “I needed to get back to my life and they gave me the opportunity.”

Henderson isn’t the only one with a story like this, Kalan explained. Some of these women lost spouses by death or divorce, some have lost children to suicide, and many have lost friends. She can hear the courage they’ve mustered up in order to book these trips when she speaks to them by phone, and she has experienced numerous times in person the transformation that they undergo on these five- to seven-day trips.

Schutt recalled one woman who told her she hadn’t laughed in the two years after losing her husband and lived in a cloud of gloom. But on the trip she took, she smiled and laughed every single day.

“Jane and Deborah and I, we’ve lost a lot of our friends. And it’s hard. It’s sad. You don’t know how to have fun anymore. So these women come on these trips, and they truly learn how to have fun again,” Kalan said. “They’re all grandmas going ziplining, going rafting, hiking, eating fabulous food.”

The women average 67 years old, and

they jump into adventures, whether it’s ziplining together or swimming with manatees. The more adventurous the trip, the more it seems to appeal to the older set, Kalan quipped. And on every trip, the hosts hear women say that they’d had the trip of a lifetime. But, they add, the magic of it is really in the camaraderie.

Henderson and her husband had both been in the travel business and took vacations together frequently, but traveling alone seemed too intimidating for her. With a group of other women, of a similar age and with similar views—Beatrice Bradley stresses repeatedly in its sign-up process that the club is for conservative, patriotic women who love the United States—Henderson and other women said they have one less thing to worry about. There’s no fear

of being ostracized on a trip or a political debate dividing a travel group; as such, the travelers usually leave behind the issues of politics altogether in pursuit of adventure.

Ivy McKinney has a long list of places she wanted to experience and a husband who will travel but doesn’t quite enjoy it. Many times, she said, he will ask whether one of her girlfriends could go with her instead. She considered traveling alone but wasn’t quite sold on the idea of having to plan out everything herself and then sit in restaurants alone. The meticulous planning at Beatrice Bradley convinced

McKinney after her first trip to then book five more, many of them with women she met on her first trip.

“They just think of everything,” McKinney said.

The trips are paid for up front, and travelers book their own flights. Once they arrive, hotels, meals, snacks, itinerary, and everything else is covered and considered, so there aren’t additional fees or planning to take care of while you’re there, according to McKinney.

The company is a boutique one, selecting unique accommodations such as a mansion in the mountains or local chef-driven restaurants. It’s not budget travel; trip costs run in the thousands. McKinney’s New York City Christmas trip was about \$3,000, and international trips run higher; Schutt’s recent Costa Rica and Ireland trips came out between \$6,000 and \$7,000. At those prices, the Beatrice Bradley team is conscious that the trips are truly special experiences for these women, and they make it so that the women need not focus on anything but enjoying the experience. “And the great thing is, that was kind of unexpected for me, was that I made friends that I’ll have for the rest of my life,” McKinney said. “I know all about their lives and they know all about mine, so it’s really forever friends. You just don’t really have the opportunity to make friends like that in your day-to-day life.”

At the request of several club members, the Beatrice Bradley team cautiously ventured into couples’ trips. One such trip went well this year, and more may come in the future. The founders said that a travel club for younger women, in their 30s and 40s, is also on the horizon.

Beatrice

The club is named after Schutt’s grandmother, Beatrice Belle Baker Bradley.

“My grandmother was a take-no-prisoners kind of feisty woman,” Schutt said. “She’d say, ‘Come and let’s have a little adventure today.’ I remember when I was 4, she took me to the movie ‘Gigi’ ... we’d grab our coats and get into the car and go somewhere, just spend the day doing something fun.”

“She really, really said to me, ‘You need to embrace adventure. Have fun. Don’t be afraid of it. Don’t let anybody talk you out of something. Be fearless. Push yourself and try something new and different. You’re going to enjoy life so much more.’ She was very bold in that way, well before her time.”

Beatrice didn’t have the opportunity to travel the world, or to travel much at all, but the fearlessness that Schutt admired in her grandmother inspired her to name the travel club after her.

“It puts people together and gives them a chance to be fearless and embrace adventure and meet all these new people.”

Beatrice Bradley is an advertising partner of The Epoch Times and American Essence.



▲ A coastal tour of Portugal and visits to medieval castles in Lisbon and seaside villages.



▲ An immersion trip to Havana, Cuba, in March 2023.



FOR KIDS ONLY

THE EPOCH TIMES

OLIVER ROSSI/GETTY IMAGES

Only a Dad

By Edgar Albert Guest

Only a dad, with a tired face,
Coming home from the daily race,
Bringing little of gold or fame,
To show how well he has played the game,
But glad in his heart that his own rejoice
To see him come, and to hear his voice.

Only a dad, with a brood of four,
One of ten million men or more.
Plodding along in the daily strife,
Bearing the whips and the scorns of life,
With never a whimper of pain or hate,
For the sake of those who at home await.

Only a dad, neither rich nor proud,
Merely one of the surging crowd
Toiling, striving from day to day,
Facing whatever may come his way,
Silent, whenever the harsh condemn,
And bearing it all for the love of them.

Only a dad, but he gives his all
To smooth the way for his children small,
Doing, with courage stern and grim,
The deeds that his father did for him.
This is the line that for him I pen,
Only a dad, but the best of men.



SEOR001/SHUTTERSTOCK

“For unflagging interest and enjoyment, a household of children, if things go reasonably well, certainly all other forms of success and achievement lose their importance by comparison.”

THEODORE ROOSEVELT (1858-1919), 26TH PRESIDENT OF THE UNITED STATES

ROR0012P/SHUTTERSTOCK



GERMAN FORCES ENTER FRANCE

In a key moment in World War II, German forces began their bold occupation of France, on June 14, 1940. Paris residents woke up that morning to the sound of booming German voices declaring their imposed rule and announcing a curfew of 8 p.m. The French suffered greatly at the hands of the German Gestapo (the Nazi state police) as they harassed, arrested, spied on, and brutally persecuted the French Jews and anyone deemed to be sympathizers. The occupation lasted four years.



Adolf Hitler walking in front of the Eiffel Tower in Paris on June 23, 1940.

BUENDESARCHIV, BILD 183-H28708 / HEINRICH HOFFMANN / CC-BY-SA 3.0

By Aidan Danza

ALL PHOTOS BY SHUTTERSTOCK

THE TIGER SHARK



The tiger shark is known to be one of the more dangerous sharks, second only to the notorious great white shark.

Over the years, 138 humans have been attacked by tiger sharks, with 36 of these attacks sadly ending in fatalities. This high figure is due to the aggressive nature of the shark, as well as its wide range of food preferences.



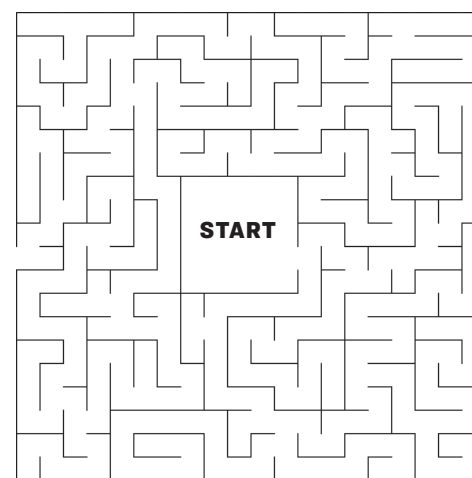
Fossilized tiger shark tooth.

Tiger sharks have a varied carnivorous diet. Their typical prey include other sharks, fish, crabs, lobsters, squid, rays, porpoises, injured or dead whales, and dugongs and manatees (large, tranquil sea mammals). They hunt stealthily, relying on their cryptic camouflage and the cover of darkness to sneak up on unsuspecting prey. To find their prey in the vast ocean, they use

their ampullae of Lorenzini, receptors on the end of their nose that detect electromagnetic signals given off by other sea life. They also use their lateral lines, sensory organs that run the length of the body, to detect minuscule vibrations in the water from other animals. When they do catch prey, they can quickly inflict a lot of damage;

their serrated teeth can penetrate a sea turtle shell. Tiger sharks eat a bit more adventurously than most other sharks. A tiger shark was once caught with the remains of a bulldog and his leash still inside its stomach. Juveniles have been known to snack on songbirds. In Australia, a tiger shark was caught with echidna spines in its stomach.

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

6	10		
33			
1	7		
+	-	x	÷

Solution For Easy 1
01 - 1 + 9 = 2

Medium puzzle 1

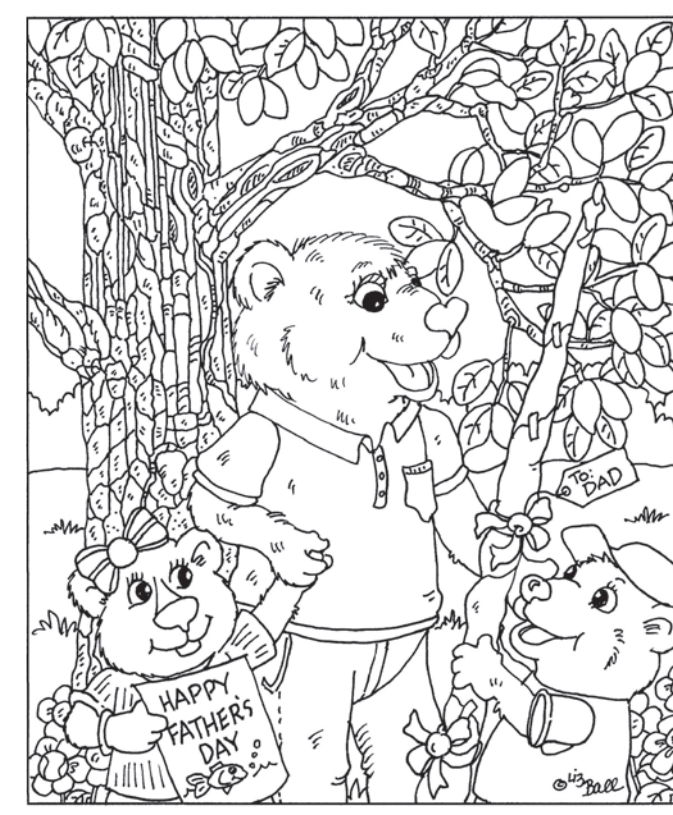
19	20		
19			
10	20		
+	-	x	÷

Solution for Medium 1
61 + 01 x (02 - 02)

Hard puzzle 1

19	33		
87			
15	20		
+	-	x	÷

Solution for Hard 1
91 + 61 + 02 + 62



HIDDEN TREASURES by Liz Ball
www.HiddenPicturePuzzles.com

WORD SEARCH: Happy Father's Day!

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

Best	Guiding	Handy
Blessed	Handy	Honest
Brave	Honest	Indebted
Brilliant	Indebted	Kind
Busy	Kind	Loved
Caring	Loved	Loving
Clever	Loving	Loyal
Cool	Loyal	Lucky
Devoted	Lucky	Stern
Doting	Parental	Super
Fun	Proud	Sweet
Gentle	Sentimental	Teaching
Giving	Smart	Watchful
Great	Stable	Wise

ALL PHOTOS COURTESY OF JOYCE JANCZAK



◀ The wedding dress that was worn by seven different brides from the same family.

One gown ...
seven brides

1 Dress, 7 Brides

The same wedding dress has been passed down through the family for 80 years

By Louise Chambers

Seven women from the same family have created a beautiful legacy by wearing the same wedding dress for their nuptials: a gown that was originally bought at an Ohio department store more than 80 years ago.

After her engagement, Ohio native Joyce Janczak—who is the youngest of 11 siblings—was deciding what to wear for her church wedding in 1981 when she asked her mother about her own wedding dress. To Janczak’s surprise, her mother still had the dress, folded in tissue in an old box on a high shelf in a closet.

“It was so much fun getting it out and trying it on,” Janczak told *The Epoch Times*. “Unfortunately, it was too small and needed to be let out to fit me, but we knew a lady who could do this.”

Janczak’s mother mentioned that several of her sisters had borrowed the dress—purchased at Lazarus Department store in 1940 for \$19—for their own weddings during the eras of the Great Depression and World War II.

“I am a very sentimental person,” said Janczak, who was thrilled by her chance to wear the satin gown with puffed sleeves, satin buttons at the back, and a sweetheart neckline.

Over 41 years, the fabric of the dress had “aged to what they call candlelight satin,” Janczak said. Two columns of lace running from the shoulder through the train had also deteriorated, so she had the lace replaced and panels of fabric added to the sides and the bottom to make the dress her size.

Recalling the special day, she said: “Walking down the aisle with my dad, I felt loved and cherished. I was very close to my mom and admired her greatly, and since she and my dad had such a great marriage, I knew that wearing my mom’s dress was a blessing on my marriage.”

“I was very close to my mom and admired her greatly. ... I knew that wearing my mom’s dress was a blessing on my marriage.”

Joyce Janczak

All but one of the women who had worn the dress previously were in attendance at Janczak’s wedding; her Aunt Fran passed away before she was born.

Janczak, a government worker who later became a stay-at-home mom, went on to have four children. As they grew and attended school, Janczak returned to work in the religious education department at their church.

However, after the pandemic began, she retired from her job.

In 2022, Janczak’s daughter Carissa Janczak, now Carissa Harter, became engaged. She and her then-fiance planned to tie the knot at Our Lady of Perpetual Help Church in Grove City, but she wanted to keep her choice of dress a secret.

“I knew I wanted to wear my mother’s wedding dress and make it a surprise for her,” Harter said. “I didn’t know how I

was going to make it work, nor where the dress was located at that time, but I knew I wanted that piece of her and that piece of my grandmother with me. It was all about the sentimental value.”

Harter, 31, an assistant clinical professor at Ohio State University’s College of Optometry, found out that her sister-in-law had the dress. Together, the two came up with a plan to modernize the gown in secret with the help of Janczak’s best friend, expert seamstress Jill Standeford. Harter even turned off her location services during her clandestine dress fittings so that her mom wouldn’t know where she was.

“We decided to make the dress sleeveless,” she said. “The only problem was that I had reservations about whether [Standeford] could keep the secret. A part of me was afraid she would spill the beans, because she knew exactly how excited and moved my mom would feel about the whole thing.”

Working on the dress helped distract Harter from the stress of a new house, her job, and wedding planning, and brought her back to her family and what was important.

“I felt like I had a good luck charm for my marriage, as the wonderful women who wore it before me set the expectations pretty high,” she said. “I felt like my mom and grandma were surrounding me with love and hugs, hugs that I wouldn’t be able to physically have from my grandmother because she passed in 2016.”

When Janczak first saw her daughter walking down the aisle, she was surprised that she wasn’t wearing the simple white dress that she had left her with in the bridal room.

“I was transported in time and moved to tears,” Janczak said. “I still tear up when I think about that moment. I recognized the dress immediately, because it was so different from what she had planned to wear.”

“Later, Carissa told me when her father came to get her to escort her down the aisle, she asked him, ‘Dad, do you recognize this dress?’ He answered, ‘The only person who looked more beautiful in that dress was your mother.’”

After her daughter’s wedding, Janczak began researching the rich history of the satin wedding dress.

“The first five brides wore the same veil,” she said. “By the time 30 years had passed, the veil had deteriorated badly, and I was not able to wear it. I wore a veil made by my seamstress, and Carissa wore a veil made by [Standeford].”

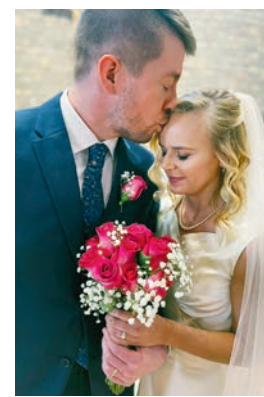
Standeford was fascinated by all the stitching she found in the seams, as they were in various shades of white, which chronicled the different places that some of the other women had needed to alter the dress to fit them, Janczak said.

After gathering photos of the wedding dress and its many appearances from her cousins, Janczak asked her sister-in-law to compile a collage titled “One Gown, Seven Brides.”

Janczak shared the unique story on Facebook on her daughter’s first wedding anniversary.

“What a legacy!” she said.

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



Chase Harter and Carissa Janczak on their wedding day.

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