

THURSDAY, JULY 4, 2019

COURTESY OF PAULA WHITE MINISTRIES

# THE EPOCH TIMES LIFE & TRADITION

Donald Trump's  
spiritual adviser on  
faith, policy, and the  
president

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ON JULY 4,  
LET US REMEMBER THE  
**FOUNDATIONS OF  
OUR HAPPINESS**

**B4**

**REMBRANDT  
AND THE  
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*Paula White-Cain*



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# 6 Key Elements of a Great Summer

BARBARA DANZA



## School's out for summer! Now, what do we do?

While summer conjures delightful thoughts of beach days, endless outdoor play, barbecues, and ice cream, parents and children often find the transition from rigid school routines to the free-wheeling days of summer surprisingly challenging.

Within no time, sleep patterns get out of whack, nutritional standards are tossed out the window, and rhythms and routines become scattered. At first, the newfound freedom is liberating, but moods, energy, and motivation can soon suffer.

The good news is that a few simple tweaks can make all the difference. To keep spirits up, moods regulated, and sweet summer fun a regular experience, incorporate these key elements into your summer.

### Steady Rhythms

One summer day, you might wake up early for the kids' camp and, the next night, you may be out late watching fireworks. Summer fun

can be exhausting!

While your schedule from one day to the next may vary widely this season, you can still instill a rhythm to the basic parts of each day. Maintain a wake-up routine, regardless of what time you wake up. Do the same for bedtime, mealtime, cleanup routines, etc. Don't skip important tasks such as running the dishwasher each night, or finishing a load of laundry each day, or whatever keeps your house humming. Keep rhythms steady.

### Nutrition and Sleep

Keep the house stocked with whole, nutritious foods that are easy to grab quickly. When food shopping, avoid the bags of chips and boxes of cookies. Make water the beverage of choice to reduce sugar intake. Pay attention to how much sleep everyone's getting and adjust when necessary. It can be surprisingly easy to go off the rails when it comes to basic needs such as sleep and nutrition. Keep that in mind and give it the

attention it deserves. You'll all be a merrier bunch for it.

### Fun Buffered With Boredom

Oh, what fun you can have this summer! It's tempting to book up every day with adventurous outings and activities. Those are great, but add balance with in-between days of doing nothing and experiencing boredom.

Boredom is great for kids—not to worry. Rest, relaxation, and creative free play will make way for the energy needed for the next day's exciting adventures.

### Nature

Get everyone outside as much as you can. See the ocean, the lake, the forest, the park. Unplug from electronics and enjoy the sights, sounds, and smells of nature. Bring a ball, pack a picnic, swim, walk, bike, and make being in nature a top priority for you this summer. The benefits are countless.

### Responsibility

Summer is an especially good time to increase your children's load of responsibilities. Teach them new skills at home—how to do laundry, vacuum, fix things, declutter, cook, take out the trash, or simply put away their toys—whatever is appropriate to their developmental stage. After a brief period of training, you'll enjoy more help around the house (just when you need it) and your kids will grow in their capacity to contribute and realize their potential.

### A Keystone Event

Have something big to look forward to this summer. A vacation, a road trip to visit a relative, a big project, a family event—something that makes this summer unique. You'll have something to look forward to as a family. Enjoy focusing on preparing for it and making it happen together. If you're fortunate, this will become a family memory that will be cherished for a lifetime.



COURTESY OF KARIANNE WOOD

## 10 OUTDOOR ENTERTAINING IDEAS

### KARIANNE WOOD

**1. Cut flowers from your yard to decorate the table.** You're already outside. The flowers are right around the corner. Just snip off a few blooms or greenery or leaves or branches, or whatever your yard tells you to.

**2. Choose sturdy non-matching seating.** You are outside. The grass and trees don't care if your chairs match. When we eat in the backyard, everyone just grabs a chair and heads outside. Every eater for him (or her) self.

**3. Bring along music.** Nothing fancy, just a cell phone. Stream music or just play from your playlist. It's amazing how a little music makes the corn taste better.

**4. Use dish towels as linens.** If you've tried paper outside before and it just blows away, dish towels are a great option. Then use them to clean up the table afterward.

**5. Create an overhead display.** This is reserved for fancy parties only. It takes a little work, but it's so worth it. I took an old tray that had with holes on the sides, hung it from jute twine and then just filled it with greenery from the yard.

**6. Add outdoor games.** You always want to talk after dinner. My teenagers don't. With a little planning, you have outdoor games ready for them like horseshoes or croquet or whiffle ball to play after dinner.

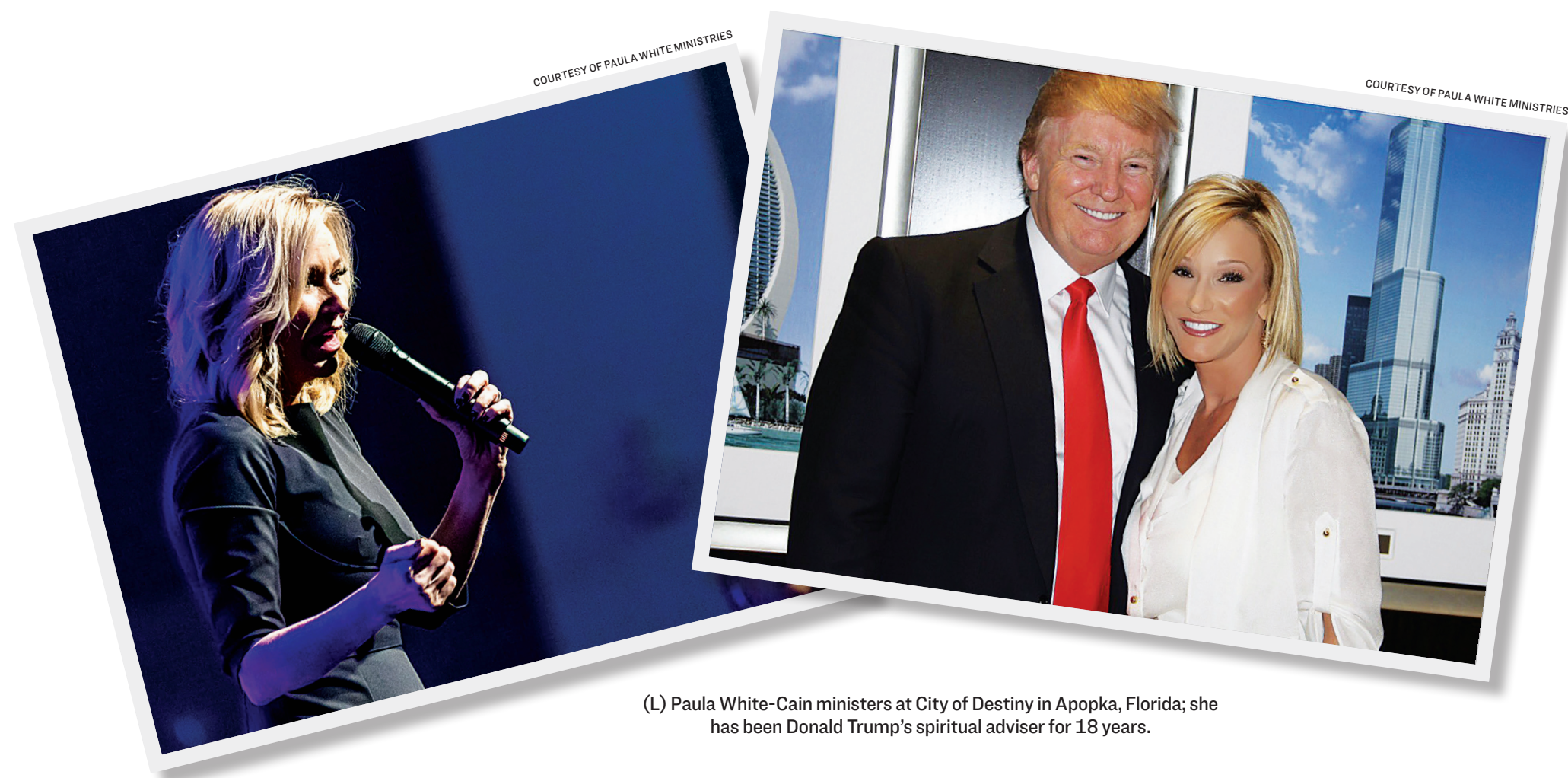
**7. Simple white dishes are a great option.** They go with everything, especially the country.

**8. Think fresh.** There's just something about eating fresh vegetables outside that reminds me of summer. Shop farmers' markets, roadside stands, or even the organic section of the grocery store for the freshest options around.

**9. Add a few throws and pillows.** Add a couple of throws in a basket. That way, if it gets chilly as the sun goes down, you can just wrap up. It's a great way to encourage more talking.

**10. Enjoy.** Don't stress. Don't worry. That's the joy of eating outside. If something spills, there's no need to clean it up. Just sit back, relax and enjoy family and friends and dancing sunlight.

*KariAnne Wood writes the award-winning lifestyle blog [Thistlewood Farms](#), a tiny corner of the internet where all her stories and DIYs hang out and drink sweet tea. She is the author of "The DIY Home Planner" and "The DIY Style Finder." She lives in the Dallas area with her husband and four children. Her website is [ThistlewoodFarms.com](#)*



(L) Paula White-Cain ministers at City of Destiny in Apopka, Florida; she has been Donald Trump's spiritual adviser for 18 years.

# Paula White-Cain

## Donald Trump's Spiritual Adviser on Faith, Policy, and the President

### ANDREW THOMAS

Paula White-Cain has been a pastor for 34 years, and has been a spiritual adviser to Donald Trump since 2001. The Epoch Times had an opportunity to discuss White-Cain's work, and her relationship with the president.

It started 18 years ago, when White-Cain received a call from Trump. He told her that he had watched her sermons on Christian television and began to recall three of her sermons almost verbatim, she said.

The Florida pastor happened to be in New York doing a Bible study with the New York Yankees. Trump invited her to his office, where she met him, his family, and some of his staff. Over time, she became close with all of them.

### Finding Faith

White-Cain tells her own story in her upcoming memoir, "Something Greater," which will be released Oct. 15. She had to overcome adversity as a child, which influenced her spiritual journey: Her father committed suicide when she was just 5, and she also endured sexual and physical abuse from the age of 6 to 13.

At 18, she was an overachiever in college because, she said, she felt like she had something to prove. She was an excellent student and a talented gymnast.

"[I] had a lot of trauma, a lot of pain, but I also had this desire and need for love and acceptance," White-Cain explained.

She recalled how she found her spiritual path.

One day, she went to a friend's grandmother's house, and the friend's uncle was there. He told her he had answers to her questions and solutions for her pain and problems, she recalled.

He opened a Bible and started to talk to her about the Gospel. Initially, she recalls being guarded, but then started to open up as he spoke with her.

"He began to explain to me the Gospel, salvation, that God had a plan for my life, that He loved me with an everlasting love," White-Cain told The Epoch Times.

As she immersed herself in the Bible, she started to find her purpose, she said.



### PAULA WHITE-CAIN

**Based in:** Orlando area

**Occupations:** President of Paula White Ministries, and spiritual adviser to President Donald Trump

**Author of:** "Something Greater: Finding Triumphs Over Trials," to be released Oct. 15

### Contemplating the Presidency

In 2011, Trump considered running for president.

"He saw the direction that America was heading, and really believed that he was called to make a difference," she recalled him expressing at the time.

There were several prayer meetings at Trump Tower in 2011.

At one point, White-Cain said, Trump called and asked her to gather pastors for prayer.

The following day, Trump asked her what she felt God was saying. She told him that he could be of great service to the nation, but the timing wasn't quite right. Trump agreed, and asked her to continue to pray on the subject.

White-Cain and other pastors held prayer meetings in the following years, and they asked Trump tough questions, such as where he stood on abortion.

Throughout the process, they got to know him well.

"They certainly got glimpses of the man that I know ... Then-Mr. Trump never said, 'I want your vote, or I want your endorsement.' He was building relationships. He was listening, he was being heard. He's one of the most phenomenal listeners, a brilliant thinker. He heard what people had to say, what the concerns of the faith community were." And they, in turn, found who he was and where he stood on different issues.

By 2015, Trump felt it was time to run for the highest office. When he was elected, White-Cain prayed that President Trump would have the wisdom to lead the nation with discernment and to fulfill God's will.

"He really believes in America and in making it great again. He had absolutely everything to lose and nothing to gain by doing this personally," she said.

"He saw the direction America was heading and really believed that he was called to make a difference ... He works for free, comes out fighting every single day because he really believes in the value of what our Constitution was founded on ... understanding there's an accountability to God, as well as to the American people and those that he serves."

### Faith and Policy

Faith has long been part of the president's journey.

"[It's] something that has been a part of his life from his childhood, deeply embedded, given to him by his parents, and then, eventually, his own personal walk," said White-Cain.

White-Cain said the president's faith plays a role in his policy making, giving his opposition to abortion as an example.

"You can see he's probably one of the most pro-life presidents we've ever had," White-Cain said, citing examples, including his plan to defund Planned Parenthood, and the expansion of the "Mexico City policy" to restrict funding to organizations that provide or promote abortions.

"[He] believes in life, recognizes we're not just fighting for the unborn, we're now fighting for the born [with] what happened

in Pennsylvania, New York, etc."

In January, New York Gov. Andrew Cuomo signed a law that allows mothers to abort their unborn child up until the time of birth, if the mother's health or life is deemed at stake.

In Pennsylvania, the state House passed a bill in May to ban abortion of any unborn child due solely to a prenatal diagnosis of Down's syndrome. The bill is now in the state Senate for consideration.

Another example, she said, is how faith has shaped the president's views on prison reform and "second chances," particularly regarding the First Step Act (formerly Incarcerated Reenter Society Transformed Safety Transitioning Every Person Act). During one prayer meeting, White-Cain said Trump asked her and other pastors if they believed a hardened criminal could be rehabilitated.

One of the people present was a professor and former bank robber, and he explained to the president the role that faith played in his own personal transformation.

On foreign policy, she said Trump's faith guided him to recognize Jerusalem as the capital of Israel and move the U.S. embassy there.

"He listens to good counsel, but he obviously is a man that is not afraid to make decisions, especially decisions that others wouldn't," White-Cain said.

"He's certainly not afraid to take a tough stance," she said. "I always say he doesn't start a fight, but he certainly will finish it if necessary."

"You can't separate your faith from your decisions," White-Cain said.

"He understands the power of prayer," she said, and turns to prayer every time there is a domestic crisis, such as a natural disaster or mass shooting, or when confronted with international crises.

"He understands that prayer makes a difference. He's called this nation many times to prayer," she said.

According to White-Cain, while the president doesn't attend church every week, similar to many people in our modern society, he talks to God frequently.

White-Cain views her role as his spiritual adviser as an assignment from God.

"I pray for him every day, several times a day," she said. "For me, my priority is to pray for him because I understand the power of prayer, and to also be that pastoral voice."

As for the president, "prayer's a lifestyle for him, which I think would maybe be a little bit shocking to people ... It is truly important to him."

"But he doesn't just pray," she added. From his visits with soldiers at the Walter Reed medical center, to time spent with those who have been hurt through tragedies, White-Cain said the president is "an extremely compassionate person," but it's not something he always publicizes.

"I know that is his faith has given him tremendous strength all throughout his life," she said.

Growing up, his mother taught him that "all things are possible and don't ever quit because God's on your side. And I think that plays out in him as president."



Pastor Paula White-Cain speaks at President-elect Donald Trump's inauguration ceremony in front of the U.S. Capitol on Jan. 20, 2017.



SAMIRA BOUADJ/THE EPOCH TIMES



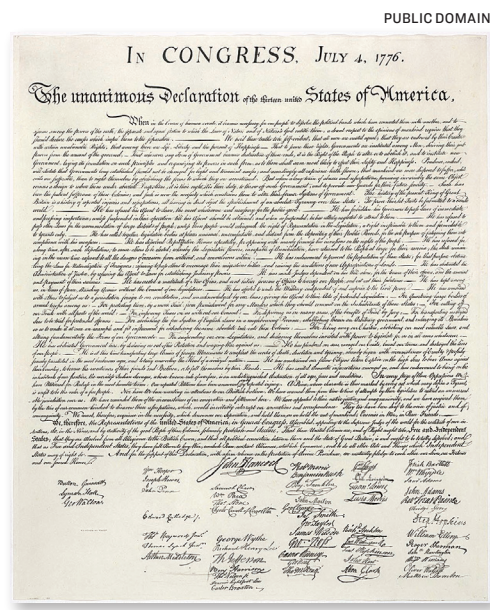
A 100-foot American flag is unfurled on the USS Intrepid during a Memorial Day ceremony in New York on May 26, 2014.

# Let Us Remember the Foundations of Our Happiness: Sacrifice

JOSHUA CHARLES

W come upon our annual festival of national birth, and most of us see it as an opportunity for a day off, a time for fun with family and friends, a time to be patriotic. It's all those things. But it does us well to remember what was at stake not only that day, but during that time. After years of back and forth with the British Parliament, the American colonists were faced with the barrels of British muskets at Lexington and Concord in April 1775. The Red Coats attempted to take an armory of colonial weapons, and, in response, the colonists had defended themselves. The

battle led to the famous "shot heard round the world"—no one to this day knows if it was a British or an American soldier who fired the first shot of what would become the American Revolutionary War. But shot it was. Soon after, Congress established the Continental Army, and, at the suggestion of John Adams, appointed George Washington as its commander in chief. Congress would then write a declaration to the world explaining their reasons for taking up arms—this was a year before the Declaration of Independence: "Our cause is just. Our union is perfect," Congress wrote. "We most solemnly, before God and the world, declare that, exerting the utmost energy of those powers which



John Adams wrote in 1777, the year after independence was declared, "O posterity! You will never know how much it cost the present generation to preserve your freedom."

PUBLIC DOMAIN



"The Battle of Lexington" by William Barnes Wollen, 1910.

**This side of Heaven, we should always remember the costs which enable our happiness.**



John Adams knew well that winning independence would not be a bloodless endeavor.

our beneficent Creator hath graciously bestowed upon us, the arms we have been compelled by our enemies to assume we will, in defiance of every hazard, with unabating firmness and perseverance, employ for the preservation of our liberties, being with our [one] mind resolved to die free men rather than live slaves."

It must be remembered that, at this point, independence was not yet decided. Many in Congress and throughout the colonies didn't have independence on their minds. But a famous pamphlet published in January 1776 would galvanize them—Thomas Paine's "Common Sense." Paine argued, among other things, that monarchy was inconsistent with the Bible, and that it was absurd for a small island 3,000 miles away to rule a vast continent. To this day, the pamphlet remains one of the most-read publications ever (proportional to the American population at the time). It'd be the equivalent of roughly half of Americans today reading the same book.

The summer of 1776 commenced, and with it, the weighty issues of the day. King George III had declared the colonies in rebellion, and the momentous issue of independence was finally on the table.

A committee was appointed to write the Declaration, which included Thomas Jefferson, John Adams, and Benjamin Franklin. They decided Jefferson should be the primary author, and it was Jefferson who penned the immortal words of our founding document. The Continental Congress, after some debate and alterations (including Jefferson's condemnation of slavery), approved the document on July 2, and with it, a previous resolution that the colonies should be independent. John Adams wrote to his wife Abigail on July 3:

"Yesterday the greatest question was decided, which ever was debated in America, and a greater perhaps, never was or will be decided among men. A Resolution was passed without one dissenting colony "that these united Colonies, are, and of right ought to be free and independent States, and as such, they have, and of right ought to have full power to make war, conclude peace, establish commerce, and to do all the other acts and things, which other States may rightfully do." You will see in a few days a Declaration setting forth the causes, which have impelled us to this mighty Revolution, and the reasons which

will justify it, in the sight of God and man." But Adams knew this would be no bloodless endeavor. It would cost dearly. He recognized it for the revolutionary action it was, but believed it justified by divine and natural justice:

"It is the will of Heaven, that the two countries should be sundered forever. It may be the will of Heaven that America shall suffer calamities still more wasting and distresses yet more dreadful... I must submit all my hopes and fears, to an overruling Providence, in which, unfashionable as the Faith may be, I firmly believe."

Apparently full of unbounded enthusiasm, Adams wrote a second letter to his wife Abigail—one that is quoted often, but, of course, assigns the great event to July 2, rather than July 4, but which prophetically anticipates our celebrations of the day:

"The Second Day of July 1776 will be the most memorable Epocha, in the history of America—I am apt to believe that it will be celebrated, by succeeding generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shevs, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other from this time forward forever more."

Again, he made clear how sober he was—this was no ordinary matter, America wouldn't be transported on a feather bed. He knew this was not the end of the struggle, but the beginning:

"You will think me transported with enthusiasm but I am not—I am well aware of the toil and blood and treasure, that it will cost us to maintain this Declaration, and support and defend these States—Yet through all the Gloom I can see the rays of ravishing light and glory. I can see that the end is more than worth all the means. And that posterity will triumph in that day's transactions, even although we should rue it, which I trust in God we shall not."

Soon after, George Washington issued his General Orders to all his troops, and wrote as follows:

"The blessings and protection of Heaven are at all times necessary but especially so in times of public distress and danger—The General hopes and trusts, that every officer, and man, will endeavor so to live,

and act, as becomes a Christian Soldier defending the dearest Rights and Liberties of his country."

We should remember these words and sentiments this Fourth of July, for the first Fourth of July wasn't a time for BBQs, fireworks, and fun. It was a time of distress, of war, cannon fire, and death. Most of the delegates to the Continental Congress could not even sign the document when it was finally approved and ready to be signed. There was hardly any army to speak of, and the British were advancing on Philadelphia. All was bleak, and an enduring independence seemed out of reach.

But it was reached. After eight long years of war, our forebears won their independence. Only then, could they enjoy fireworks and joy. Only after they had spilled their blood could they look on the Fourth of July with happiness and wonder.

This side of Heaven, we should always remember the costs that enable our happiness—the blood upon which our joy has been established. Wives lost husbands, husbands lost children, children lost parents, and parents lost children. We should remember that all enduring happiness—the happiness worth having—is built upon sacrifice.

Let us read these words to our children, and to each other. Let us recall the true source and foundations of this day's joy.

On this Fourth of July, in a time most would admit is perilous and divided, when the strands of brotherhood among fellow countrymen seem frayed and weak, we would do well to remember Adams' sobering words the following year, 1777, when the heady days of July 1776 were past, and the days of blood and sacrifice were upon them:

"O posterity! You will never know how much it cost the present generation to preserve your freedom. I hope you will make a good use of it. If you do not, I shall repent in Heaven I ever took half the pains to preserve it."

Joshua Charles is a bestselling author, historian, researcher, and international speaker. He is a passionate defender of America's founding principles, Judeo-Christian civilization, and the Catholic faith, to which he converted in 2018. He loves telling, and helping others tell, great stories that communicate great truths. See more at [JoshuaCharles.com](http://JoshuaCharles.com)

**Our cause is just. Our union is perfect.**

*Declaration of the Causes and Necessity of Taking Up Arms, written by the Second Continental Congress in 1775*

"Declaration of Independence" by John Trumbull, 1819. It depicts the five-man committee that drafted the document presenting their work to the Continental Congress.

PUBLIC DOMAIN



## These Honored Dead: Paying Homage to Our Past

JEFF MINICK

Most Americans have at least a passing familiarity with the Battle of Gettysburg, that terrible trilogy of days from July 1 to July 3, 1863, that left 6,000 Americans—Northerners and Southerners—dead on the field of battle.

Total casualties from the fighting—killed, wounded, and missing—rose above 50,000.

Later that year, President Abraham Lincoln delivered his "Dedicatory Remarks" at the consecration ceremony for the Soldiers' National Cemetery in Gettysburg, Pennsylvania, a resting place for many of the Union dead. The president's brief remarks, known to us as Lincoln's Gettysburg Address, is considered the finest speech in U.S. history and is one more reason why we remember this battle.

Many historians regard Gettysburg as the turning point in the Civil War, calling it "the high-tide of the Confederacy." Gen. Robert E. Lee returned to Virginia having lost one third of his Army of Northern Virginia, and though Gen. George Meade failed to pursue Lee's men—many of his soldiers were exhausted, and Meade himself, appointed to his post just before the battle, had lost several of his commanders to death and wounds—Gettysburg marked the final attempt by the South to bring the war to its Northern neighbors.

Often overlooked or forgotten is what occurred on July 4 of that same year.

While the two forces at Gettysburg spent the Fourth of July in relative peace, sitting at each other across blood-soaked fields and woodlands, Gen. Ulysses S. Grant's army

**In Grant, Lincoln finally found the general who would win the war.**



PUBLIC DOMAIN

captured the fortified town of Vicksburg, Mississippi. After enduring a siege of more than 40 days, Confederate Gen. John Pemberton sur-

rendered his army of almost 30,000 men to Grant.

The fall of Vicksburg and the Union victory brought consequences of great ma-

gnitude. The first was strategic. The surrender of Vicksburg, followed a few days later by the capture of Port Huron by Union Gen.

Nathaniel Banks, gave the North command of the Mississippi River and split the South in two, cutting off the states of Louisiana, Arkansas, and Texas from the Confederacy. The North could now supply its western army by use of America's longest river, giving Union forces an enormous advantage in the months to come.

Just as importantly, Vicksburg boosted the reputation of Gen. Grant. In the three weeks preceding the siege, he conducted a brilliant campaign. His forces marched 180 miles, fought and won five battles, and captured close to 6,000 prisoners. With the Confederate surrender at Vicksburg—Lincoln wrote that the Mississippi "again goes unweaved to the sea"—Grant won the respect and fame that would soon catapult him to the post of general-in-chief of the Union armies, and from there into the presidency.

Grant was the general Lincoln had sought for more than two years: a fighter,

a man who wasn't skittish about taking on the much-feared Robert E. Lee, and a battle-toughened commander who knew that under his supervision were the men and the supplies that would deliver the destruction of the Confederacy.

Though he had won commendations in the war with Mexico, Grant had spent the seven years before the Civil War struggling to make a living as a civilian, having resigned from the Army after an incident involving drinking. Later, when some detractors went to the president and accused the general of drinking too much whiskey, legend states that Lincoln replied, "Can you tell me where he gets his whiskey?" They asked the president why he wanted to know. "Because if I could find out," Lincoln supposedly replied, "I would send a barrel of this wonderful whiskey to every general in the army."

In Grant, Lincoln finally found the general who would win the war.

**The fall of Vicksburg and the Union victory brought consequences of great magnitude.**

Visiting America's Historic Sites

Summer is the time when many of us pack up our cars and take off on a vacation: the beach, the mountains, Disney World, the big city, or Grandpa's farm in Iowa. While making these trips, why not take a break from the interstate, hit the back roads, and absorb some history?

If you're traveling near Gettysburg, visit that battlefield, slip among the rocks of Devil's Den, and imagine the crack of musket balls against those boulders. Stand at the tree-line facing Cemetery Hill and stare across that wide field, and then imagine how those men in buttermut-gray must have felt as they stepped out for Pickett's Charge.

If your itinerary puts you near Vicksburg, stop at the national military park and try to envision yourself in one of those small caves dug by the city's inhabitants trying to escape the Union bombardment. Visit

Vicksburg's USS Cairo Museum, where you can see the salvaged remains of one of our nation's first ironclad warships.

Our country offers thousands of such chances to step back into the past. From Boston's Old North Church to San Diego's Presidio Park, from Montana's Little Big Horn Battlefield to North Carolina's Oconaluftee Indian Village, you'll find pieces of Americana. Even here in the small town of Front Royal, Virginia, where I live, you can visit Confederate spy Belle Boyd's house, the Warren Heritage Society, and the Virginia Beer Museum.

These trips also allow us the perfect opportunity to introduce our children and grandchildren to their American past, bringing to life what they have read in books or learned in a classroom. Many of the employees and volunteers at these sites are passionate about the past, and the fire of their enthusiasm may well light a flame in our young people,

rousing a life-long interest in history.

When we pay a call on the past, when we walk through the streets of Colonial Williamsburg or stand in silence among the graves of Arlington National Cemetery, we remember and honor the men and women who helped build our country. We remember who we were, who we are, and who we can become. In recollecting the triumphs and travails of our ancestors, we are also ensuring, as Lincoln once said, "that government of the people, by the people, for the people, shall not perish from the earth."

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, North Carolina. Today, he lives and writes in Front Royal, Virginia. See [JeffMinick.com](http://JeffMinick.com) to follow his blog.





Larry and Connie Clowers of Gettysburg, Pa., are living historians who, since their retirement, have been portraying the Grants.

# Living History Couple on Respect From Another Era

The Clowers decided long ago they would portray the Grants, and do it right. They aim to bring a little piece of the best of the past into our present and hopefully the future.

CATHERINE YANG

GETTYSBURG, Pa.—Larry Clowers came to play Ulysses S. Grant practically by accident—or perhaps fate.

He was working as an extra in Southern California at the time, and the actor playing Ulysses Grant decided he didn't want to do it anymore.

"So, they looked at me and said, 'You're the right height, shape, and most importantly, the clothes fit you,'" Larry said.

Just like that, he was playing the part of America's 18th president. Then, he was asked to do it again, and again, and he got into it.

"And then, I drafted her," said Larry with a laugh, referring to his wife Connie, who had been working in wardrobe, also happened to be the same height as Julia Grant.

Larry and Connie Clowers of Gettysburg, Pennsylvania, have been portraying the Grants as living historians since their retirement. And though the couple has now performed 7,000 programs combined, it's anything but a job to them.

"I don't think anyone has as much fun as us," Larry told The Epoch Times in a conversation at the Lightner Farmhouse Bed and Breakfast in Gettysburg on June 15.

**7,000 Performances, Unscripted**  
The Clowers eventually made a decision: This was going to be the one role to play for the rest of their lives, and they were going to do it

**“This boy ... asked me a question which I remember to this day: ‘General Grant, how do you handle those generals who refuse to take orders from you?’”**

Larry Clowers, living historian

The Clowerses don't use any scripts. The couple has to date performed 7,000 programs combined.

COURTESY OF THE CLOWERSES

well and do it right. Of course, they had to wait until they had retired and could move to Gettysburg, from California, to do so full time.

In this historic town, it's not uncommon to see a person or two just walk down the street in period dress.

The Clowerses have done all manner of performances for guests of all walks of life, from inner-city grade school students in Southern California to group tours in Spain, from military veterans reunions to private conversations with well-known entertainment figures.

The Grants traveled around the world after the Civil War on diplomatic trips, and the Clowerses have followed in their footsteps to those same destinations. They take only enough money to cover their expenses, and volunteer whenever they are able in order to bring history to life.

It's imperative to the Clowerses that they know the Grants inside and out. They don't use any sort of script, which allows them to be flexible and tailor their conversations to the people they're speaking to.

"Between the two of us, we've got over 200 books and publications about the Grants," Larry said. Connie joked that their three children have said that there are more pictures of the Grant children than of them in the house nowadays.

"We got home from a trip one night and there was a voicemail that said, 'Can you come tomorrow at 12 and do a program for us?'" Larry said. They'd just gotten off the plane and gone straight home after a trip, and it was 1 o'clock in the morning.

They said they could be there. "And we had a wonderful time," Larry said.

## Ready for Anything

Knowing the Grants deeply enough to be able to handle any situation is something that's been proven necessary more than once.

Larry remembered a government breakfast event he was invited to, where his contact couldn't give him any information ahead



A reenactment of the Battle of Gettysburg, on the occasion of its 150th anniversary, in Gettysburg, Pa., on July 4, 2013.



Union and Confederate role-players skirmish during a reenactment of the Battle of Gettysburg in Gettysburg, Pa., on June 29, 2013. Some 8,000 reenactors participated.



Confederate Civil War role-players launch an evening attack during a three-day Battle of Gettysburg reenactment in Gettysburg, Pa., on June 29, 2013.

of time. He showed up, and there were hundreds of people, including a few high-level officials. But he still had no idea what the event was about.

"Just don't worry about it," his contact told him again. Larry only found out a moment before he was to give his talk:

"Well, our guest speaker this morning ... will be speaking about how we will be able to tie hot lunches for school children with the assets that were available in the Civil War."

He was speechless.

"I walked up there a little slower than normal," Larry said.

Connie added, "What I saw during that talk was that glazed look."

Honestly, Larry still can't remember what he said. But it was good enough that it earned him three standing ovations and whooping cheers. Several people after the event asked him for a copy of his speech.

"Everything comes from the heart: You take all your experience, you take all this background, and you merge it together," Larry

said. "I know more about Ulysses's young life than I know about mine, because it's written. I don't remember a lot of things I did. But I can [read about his] and speak about it. And you take all this knowledge you've gleaned over all the years we've been doing this, and it's amazing what you can do." "What's the point of having all this knowledge if we can't share it?" Connie said.

## Love Story

Part of what makes being living historians so enjoyable is the fact that the Grants were a couple worth emulating.

"There was a bit of a star-crossed lovers' element," Larry added. The Grants were fierce abolitionists, and the Dents, Julia's family, were the opposite. The two of them married for love, without family approval, and Ulysses's family didn't attend the wedding.

The incredible bond of trust and affection between Julia and Ulysses Grant carried through their entire life.

"She was the rock that kept him going," Larry said, as Connie nodded. "They had complete trust in each other."

"It was one of respect. It was one of total respect," Larry said. "You can see it even in this century: If you visit the General Grant National Monument in New York City, they are not buried, they are entombed ... Miss Julia wanted, and so did Ulysses, the Grants to be seen as equals, side-by-side for eternity."

"The discovery of this deep respect led to a conscious effort by the Clowerses to bring that element into their own personal, daily lives. Actually, Connie added, a lot of it can be seen in the customs of the time.

The Clowerses are particular about accurately adhering to those customs, which tends to pique curiosity, regardless of the age group of the audience.

"We go through customs: How I would greet you, all the protocols,



Larry Clowers often asks, "How do you go from being completely poor with no prospects, a family with four kids, practically no money [to] in four years commanding the armies of the United States and an eight-year elected president?"

how a gentleman would escort a lady ... a lot of the older people can relate to these because they can remember the courtesies they used to give, wearing a glove, gentlemen opening doors," Larry said.

"We show ladies the correct way you would offer your hand to a gentleman, the correct way that he would take your hand, we go through a lot of the customs ... it was very, very important," Connie said.

These are small acts meant to show respect. Grant always took care to pay his respects, and in emulating even just the gestures and words, it sticks with you, Larry said.

"After a while, you start working on this and you get to be that kind of character," he said. "You emulate this, and it becomes a part of you. And that's important, because I think it shows that not only do we respect ourselves, but we respect you."

It's interesting to note, in their

experience, people appear to be more accepting of courtesies and are ready to play along when the Clowerses are in costume. The respect is infectious, and people around them become more polite to total strangers, if only in their presence. In this way, they are able to bring a little piece of the best of the past into the present.

"Surprisingly enough, and I find this so refreshing, the vast majority of young girls who hear that love that idea," Larry said.

The couple recalled programs they've done for middle schoolers and high school students, in which they would explain how young ladies would be escorted, the customs they adhered to, and how they were treated differently—very differently—from the behavior of today. Overwhelmingly, the students were enthusiastic about the values the couple shared.

"We'd like to let them know what we've lost as a people," Larry said. "It doesn't matter what eth-

nic background you have, or who you are, how old you are. It's just respect."

## Bringing History to Life

Some of the most profound experiences the Clowerses have had have been with students. People often say children have no interest in history, but the Clowerses, who have a talent for bringing that to life, feel history merely needs to be brought to young people.

"Let me tell you the best question I've ever had," Larry said, describing one high school he visited. "This boy was unique ... he asked me a question which I remember to this day: 'General Grant, how do you handle those generals who refuse to take orders from you?'"

The insightful question stuck with him. Grant, indeed, had generals who didn't want to take orders, and Larry told him that Grant would remind them of why they were there. Not for glory, or fame, or to be able to fight in a war, but to

fulfill their duty to their country. Reminded of shared ideals, people are able to set aside differences and accomplish bigger things.

In another instance, Larry was shopping for furniture, when he got a tap on his shoulder. He turned around to find a very tall young man.

"He said, 'You don't remember me?'" Larry didn't. "You came to my fifth-grade class years ago and you've made a difference in my life, and I just wanted to say thank you.' ... I get goosebumps today thinking about that."

Another time, Larry received a letter from a schoolteacher.

"He said: 'One of the students was on the verge of committing suicide. She listened to what you had to say, and came around, and now, she's one of my best students,'" Larry said.

What exactly is so inspiring about the program?

"The Grants' story is really one of the biggest losers in American history—and I start off many of the programs in schools with: How do you go from being completely poor with no prospects, a family with four kids, practically no money—how do you go from being that person and, in four years, commanding the armies of the United States and an eight-year elected president?" Larry said.

"I take them on this journey," Larry said. "Just because of where you are, your circumstances, doesn't mean you're trapped there. You build your life yourself."

It's a compelling success story. The Clowerses have a lot of love for the Grants and strive to represent them with integrity. An experience that Connie had, while reading a letter from Julia to an audience of the Grant descendants, has stayed in her heart. One of them came up to her with tears in his eyes and gave her a big hug, and said, "That's my great-great-grandmother."

"That was my moment," Connie said. "I knew I was doing the right thing."





## ARTS

# Rembrandt and the Writing on the Wall

What we can learn from  
'Belshazzar's Feast'

## ERIC BESS

We seem to fashion our lives today by what we choose to indulge ourselves with. I like sushi and you like deep-dish pizza; I like Ravel and you like Beyoncé. These choices seem to even define us.

Our era is not entirely unique. In the 1630s, when Rembrandt was trying to establish himself as a painter of large historical scenes and when biblical stories were still considered histories as opposed to mere mythology, the great painter depicted one biblical story that touches on the price paid for living to merely indulge oneself.

His "Belshazzar's Feast" tells the story of Chapter 5 in the Bible's Book of Daniel.

**The Story of Belshazzar, the King**

In the Bible, Belshazzar is son to the Babylonian King Nebuchadnezzar, the longest-reigning, most powerful king of Babylon and the destroyer of Solomon's Temple, a holy temple in ancient Jerusalem.

King Nebuchadnezzar stole the sacred artifacts of Solomon's Temple during its destruction. Then, to add insult to injury and as shown in Rembrandt's painting, Belshazzar holds a great feast and uses stolen vessels from Solomon's Temple to drink wine and serve food.

**During the feast, however, a hand appears out of thin air and writes on the wall: 'MENE, MENE, TEKEL, UPHARSIN.'**

A self-portrait of Rembrandt at age 34, 1640.



During the feast, however, a hand appears out of thin air and writes on the wall: "MENE, MENE, TEKEL, UPHARSIN." Belshazzar brings in his magicians and advisers to decipher these words, but no one is able to help.

Finally, Daniel, a noble Jewish youth and servant to the king, interprets the message and, according to the National Gallery, reads: "God has numbered the days of your kingdom and brought it to an end; you have

been weighed in the balances and found wanting; your kingdom is given to the Medes and Persians."

Daniel is rewarded for his interpretation of the message, and Belshazzar is killed that night.

**A Message for All Times**

So, what might this painting and story mean for us today?

I interpret it as a caution against pride and vanity. Good is rewarded and bad is punished. In this instance, Belshazzar has misused holy artifacts for proud and vain indulgences in pleasure, and, therefore, he is forced to give up his kingdom and his life.

Good Daniel is rewarded for having a sufficient understanding of the divine so as to offer an interpretation of its mysteries. His is a truer and deeper understanding of and connection to the sacred.

Rembrandt uses the drama of the figures to depict this scene well, but he also uses elements from typical Dutch "vanitas" still-life paintings.

Vanitas still-life paintings often contain everyday items that are symbols for the temporality of pleasure and the lack of fulfillment resulting from material pursuits.

Pieter Claesz, a contemporary of Rembrandt, is considered a vanitas painter, and



"Belshazzar's Feast" by Rembrandt, about 1636-1638.

these elements can be seen in his famous "Vanitas Still-Life." Claesz has included an overturned goblet, a pocket watch, a burning wick that appears to be close to its end, and a skull and bones on top of books.

All of these signify the passing of time or the dregs of life. Claesz is attempting to subtly warn his viewers that earthly pleasures and pursuits all come to an end, and it is best to not waste time.

Rembrandt is not so subtle in his approach. The table is filled with food, wine, and the holy objects that contain them. The figures wear fine clothes and expensive jewelry.

One figure at the back left is entertaining everyone with music, and interestingly enough, the person playing the music and the person listening to the music are the only two that seem to miss the "writing on the wall."

The typical elements of the vanitas still-life are present. Rembrandt, however, seems

to scream at his viewers, warning them to take note of the dangers of pride and vanity. Belshazzar is shown bumping into and knocking over his own glass. The woman in front of him is also shown almost turning her glass of wine upside down: The drama of the scene has overwhelmed her.

Their pleasures and material pursuits no longer matter in the grand scheme of things. The light from the divine message has captivated their attention, but it is too late.

**The Pleasures of the Arts**

Something more, however, must be said about the two figures distracted from the divine message, despite the drama occurring around them. Why would Rembrandt depict the musician and the listener as the only two not engaged in the drama of the scene? What is he saying about the arts?

It appears that he is saying something similar to what Socrates had said 2,000

years before him: Art that only imitates the pleasures of life is a distraction from deeper, transcendent truths.

In these modern times, our freedoms are often associated only with our ability to choose our indulgences. In Western society, we choose our tastes as individuals, and we fashion our lives according to these choices.

I interpret Rembrandt's painting as suggesting that if our choices are merely based on our indulgences, then we are never really exercising freedom. If our choices are not based in self-reflection and an attempt to understand deeper truths, then by our pursuit of and addiction to temporal and ephemeral pleasures, we are orchestrating our own destruction.

*Eric Bess is a practicing representational artist. He is currently a doctoral student at the Institute for Doctoral Studies in the Visual Arts (IDSVA).*

## A Love for Fashion Leads to Couple's Nuanced Portrayal of Civil War Figures

## CATHERINE YANG

GETTYSBURG, Pa.—Bonnie Orlando has always loved to play dress up, in part for the beautiful fashions, and in part to play the role of somebody else for a little while. Her favorite pieces are from eras past; she finds vintage dresses more beautiful and dignified than the dress of today.

It was this love for vintage fashion that led Bonnie and her husband to Gettysburg, Pennsylvania, to live as living historians.

Bonnie and her husband, Frank, had a home in Kutztown, Pennsylvania. They raised three children who grew up and moved away. Both educators, she taught German and he taught English before working as a high school principal for 26 years, but they both had a passion for history. As it happens, Gettysburg was less than two hours away.

**“Gentlemen do not lie, they do not steal, they do not cheat; what can be more important than that?”**

*Frank Orlando, Civil War living historian*



Frank and Bonnie Orlando portray Robert E. Lee and Mary Lee.

"I said, 'All I want is a nice dress to walk up and down the streets and have fun,'" Bonnie told The Epoch Times in the Lightner Farmhouse Bed and Breakfast on June 15.

With the thought of purchasing a vacation home in the city, they took a weekend trip to Gettysburg—and there was no turning back. They moved to the historical town, though it would take four years to sell their house in Kutztown.

Bonnie got her beautiful dress, so Frank got a uniform. It was a Confederate captain's uniform, but it might have been Frank's beard that really drew reactions. People started coming up to him on the street and calling him Gen. Robert E. Lee.

Bonnie decided that if he was going to be Robert E. Lee, she would be Mary Lee. She found that Mary had a fascinating life. She was sassy, intelligent, and a little bit spoiled. Bonnie discovered that it was interesting to play out the story of Mary Anna Custis Lee.

Frank discovered in his research that he is actually the same height, weight, and build as Robert E. Lee was; and he was able to connect with Lee as an educator.

In addition to being a general, Lee was president of Washington College, now Washington and Lee University, where he established an honor system that was simple, but effective.

"We have but one rule here," Lee wrote, "and it is that every student be a gentleman."



Portrait of Robert E. Lee at age 31, then a young lieutenant of engineers, U.S. Army, by William Edward West, 1838.

"Gentlemen do not lie, they do not steal, they do not cheat; what can be more important than that?" Frank said. "Extremely simple ... there are no stronger words than that, and they're very short words."

"He was not a trained educator," Frank added, but Lee's code of conduct and the principled behavior that resulted in his students led people from top universities to visit, hoping to glean his administrative secrets to success.

Lee was a principled man and consistent in how he applied his principles, which Frank knows can be difficult, from working with school administration and students. The Lees



Portrait of Mary Custis Lee by Auguste Hervieu, 1830.

were devout Christians and guided by their moral values, which the Orlandos found they could also relate to.

"So many of the characteristics that he possessed, I believe [in] totally," Frank said.

"He was a very consistent man, very passionate man, highly religious man, very organized," he said, before adding to get a reaction out of Bonnie, "unlike his wife."

The couple makes an effort to inject a bit of humor into their interactions when they portray the Lees, because it's engaging, and most importantly, it's humanizing.

"See, we treat them like human beings. Husbands and wife, mother and father, which most people don't take the time to do," Frank said.

Research into this historical couple is never-ending, Frank said, and they particularly like to read the Lees' private letters. Lee wrote extensively to his family, sometimes sharing thoughts and opinions more complex and surprising than he would publicly.

**No topic is off-limits when the couple answers guests' questions.**

"The last thing we want to do is to depict these two great people in a non-truthful manner," Frank said.

Since the Orlandos moved to Gettysburg, they've gone from having no intention of participating in reenactments to reading and researching almost every day, and performing in front of thousands of people every year.

"When we moved here, we didn't know we'd get into this much depth and detail of this," Frank said.

The couple has portrayed the Lees for a dozen years and has traveled all over the Northeast with their program.

No topic is off-limits when the couple answers guests' questions.

While in character, Bonnie is asked a lot about her costume (she has more than 35 period dresses) and Mary Lee's home, Arlington House, which she was bitter about losing. She shows visitors Mary Lee's incredible strength of will, and how she never gave up, despite

the forces she was contending with, from the Union occupancy of her home to the arthritis that crippled her hands.

Frank is frequently asked about Lee's military tactics and the side he chose, which his letters reveal to be a complicated, nuanced issue. People often come to their programs knowing little beyond the fact that Lee was perhaps a traitor, but Frank tells the story of his patriotism.

The couple is often asked questions about slavery, and about the current political climate, as there are calls to remove Confederate monuments and so forth.

"I always answer the same way by telling them that, 'Hey, we'll make the same mistakes we made all over again. You just cannot forget about your history—we are who we are because of our history,'" Frank said.

The Orlandos' intimate study of the Lees as human beings has given them a nuanced view and a perspective that they realize could be lost if citizens don't study U.S. history.

They have guests who accuse the Lees of a plethora of things, but the Orlandos don't shy from any topic. People who are open to learning leave with a broadened worldview, but some don't and, in their experience, have been more interested in arguing than knowing what really happened. It's a harmful view to decide that because there were things wrongly done in history, that history should be done away with.

"I always feel quite strongly that if our audiences can take just one thing we say away, learn one thing, and then build on that, I feel as if I've been successful," Frank said.



WISDOM OF TRADITION

# Live With a Light Heart: Lessons From Italian Folk Tales

JOSHUA PHILIPP

There's a shared belief in many cultures, from ancient Europe to China, that a person's fortunes and misfortunes in life are preordained. In ancient Greece and Rome, philosophy was the study of wisdom, and joy was synonymous with virtue.

A good life came from being a good person, while struggling and fighting to get ahead was seen in many cultures as only a path to short-term gain and long-term suffering.

These concepts are also embodied in some of the old Italian folktales. And before we go on, let me say briefly that folk and fairy tales weren't always for kids. As author Hans Wilhelm said in his Life Explained video series, these stories, which existed in oral traditions, were only written down around 300 years ago by Charles Perrault, and close to 100 years after by the Brothers Grimm.

"Originally, all these stories were shared amongst adults only," he said.

Yet, what makes these stories so enduring, that over hundreds of years we can still turn to them and find value? Wilhelm said that fairy tales "are metaphors for the growth of our soul," that "reflect our personal journey through life." They tie to the deeper concept that "everything that we encounter is arranged for our benefit, and the final goal of freedom. And the wonderful fairy tales keep reminding us of this fact, over and over again."

On a similar note, author J.R.R. Tolkien explained in his 1939 lecture, "On Fairy-Stories," that the human mind has great capabilities to visualize, and stories that go beyond the physical world help our minds transcend the limits placed around us.

Tolkien said fairy tales aren't contrary to reason. Instead, "the keener and the clearer is the reason, the better fantasy will it make. If men were ever in a state in which they did



"Italian Folktales," compiled by Italo Calvino, republished by The Folio Society.

not want to know or could not perceive truth, then Fantasy would languish until they were cured. If they ever get into that state, Fantasy will perish, and become Morbid Delusion."

"If men really could not distinguish between frogs and men, fairy-stories about frog-kings would not have arisen," he wrote.

With this in mind, let's now discuss two stories: "The Man Wreathed in Seaweed," and "The Ship with Three Decks." Both can be found in "Italian Folktales," published in 1959 by Italo Calvino, who collected 200 folktales in Italy—and which The Folio Society recently republished in a collector's form.

**Italian Folktales**

In "The Man Wreathed in Seaweed," a king's daughter is kidnapped, and a group of men set off on a sea voyage to find her. Standing on the deck looking to join this voyage is a well-known vagrant and tippler named Samphire Starboard. The captain can't stand him, and after setting sail, and seeing how Starboard doesn't pull his weight on the ship, the captain decides to trick him into getting into the lifeboat, then abandons him at sea near an island.

After finding himself betrayed, Starboard doesn't seem to mind, and finds a nearby cove where the princess is being held by a giant, shapeshifting octopus which, through her advice, he's able to defeat. They leave together, only to be picked up by the same captain who abandoned Starboard at sea.

This time, however, the captain is jealous. He wanted to be the one to rescue the princess—not the bum he tried marooning. So, he has Starboard thrown overboard, makes it back to the kingdom, and is set to wed the princess. Yet, just before the processions begin, Starboard comes out of the sea, wreathed in seaweed. The princess tells the king what happened, the captain is thrown in prison for his crimes, and Starboard and the princess get married.

A similar story is told in "The Ship With Three Decks," in which a boy is made the godson of the King of England, and when he reaches maturity, is told to bring a letter to the king to become his heir. He's warned, however, to be wary of three unscrupulous fellows along the way. He manages to evade two of them, but the third tricks him, steals the letter for himself, takes the young man's place, and tells everyone the

young man is his servant.

Now, the young man doesn't seem to make much fuss. And when it turns out the king's daughter gets kidnapped, who else gets sent to rescue her but the young man. At the docks, he meets an old man who advises him on how to pass the trials ahead, and fills one deck of a boat with cheese rinds, another with bread crumbs, and another with stinking carrion. These end up being gifts to an island of mice, an island of ants, and an island of vultures, respectively, who end up helping the young boy pass three tests needed to rescue the princess.

Yet, when he returns, wouldn't you guess it? The evil man, guessing the young man will tell everyone the

truth of how their roles were switched, pays two thugs to abduct and murder the young man. And they do. Yet, having saved some magic water from one of the tests on the island, the old man manages to revive the young man—who in his revived state appears more handsome than ever.

The evil man, seeing this, asks what the liquid is. He's told it's boiling oil. And in a failed attempt to replicate the miraculous effects, the man stabs himself, then jumps into a bin of boiling oil. The

evil man is destroyed, and the young man gets the girl.

**Lasting Lessons**

Now, both of these stories are unbelievable. Yet, both of these stories are also valuable. Yes, the trials are fantastic-involving elements that go beyond any sense of normal reality. But the tests of faith and of character are little different than anything many of us will also face in life. The shape-shifting octopus may be any seeming insurmountable trial we overcome. The princess in need of rescue can be any goal we aim to achieve.

The real questions are: How do we go about facing these trials, and how can we achieve our goals in life? The common answer from folk tales, or these tales in particular, is that we should go about our trials without fear and with our hearts at ease.

The main characters in these stories don't seem to be especially bright. They're Forrest Gump-like figures, who are made out to be simple and gullible. But that's also part of their charm. And they run into men who are cunning, deceptive, and very much out for their own gain—but these qualities are shown as their downfall. And therein lies an important lesson. The world is filled with people who think personal gain is the highest pursuit in life, and these people are often the architects of their own misery.

Life doesn't always grant awards to the smartest or most cunning of us either. Yet, when facing situations like this, do we keep a light heart, or do we become like the villains out to backstab and sabotage the gentle-hearted heroes? I'd argue the latter choice would be to the detriment of a person's basic happiness—finding contentment with what you have will always be better than looking for contentment in what you don't have. And it's in lessons like this that we can appreciate the value of folk tales.



## FOR KIDS ONLY

THE EPOCH TIMES



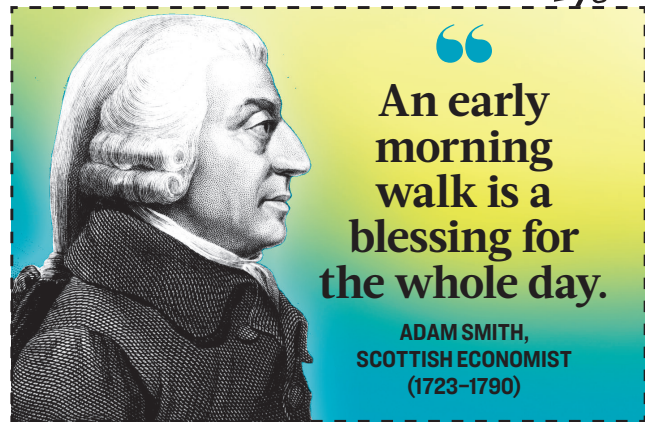
### The Brown Thrush

from "Poems Teachers Ask For" by Lucy Larcom

There's a merry brown thrush sitting up in the tree,  
He's singing to me! He's singing to me!  
And what does he say, little girl, little boy?  
"Oh the world's running over with joy!  
Don't you hear? Don't you see?  
Hush! Look! In my tree,  
I'm as happy as happy can be!"

And the brown thrush keeps singing,  
"A nest do you see,  
And five eggs hid by me in the juniper tree?  
Don't meddle! Don't touch! Little girl, little boy,  
Or the world will lose some of its joy!  
Now I'm glad! Now I'm free!  
And I always shall be,  
If you never bring sorrow to me."

So the merry brown thrush sings away in the tree,  
To you and to me, to you and to me;  
And he sings all the day, little girl, little boy,  
"Oh the world's running over with joy;  
But long it won't be  
Don't you know? Don't you see?  
Unless we are as good as can be!"



“An early morning walk is a blessing for the whole day.”

ADAM SMITH,  
SCOTTISH ECONOMIST  
(1723-1790)



WHAT'S HARDER TO CATCH THE FASTER YOU RUN?

YOUR BREATH

By Aidan Danza, age 13

## ANIMALS OF THE ICE AGE

### The last Ice Age

There were animals that looked extremely different than today's animals. These animals were adapted for their extremely cold world. Animals like the Giant Beaver look just like today's beaver, just bigger. Other animals, though, like the Jefferson's Ground Sloth, were so different from today's animals that they cannot be compared to any modern animal.



WARPANT/AHUTTERSTOCK

### GIANT SHORT-FACED BEAR

These bears were huge—so huge that they are the largest North American carnivorous land mammal ever. As their name indicates, their face was shorter than other bears, and they were much larger too, almost 12 feet high on their hind legs and five feet high on all fours. Scientists estimate that they could run over 40 miles an hour. While the Giant Short-Faced Bear went extinct thousands of years ago, it has one living relative, the spectacled bear.

### MAMMOTH

The Mammoth is probably the best-known ice age animal. It is about the size of a modern elephant, but it had longer hair for protection from the cold. Some of the woolly mammoth's hairs were three feet long! Their long, curved tusks may have been used for fighting, but they are also suspected to have been used as a digging tool. Even though



OZAJ/AHUTTERSTOCK



LULIYA BUTENKO/AHUTTERSTOCK

### MASTODON

Mastodons are different than mammoths. While they both look like elephants, mastodons are shorter and stockier, and have smaller ears. They also lived 30 million years ago to 10,000 years ago. Mammoths, on the other hand, appeared 5 million years ago and disappeared 3,000 years ago. Mastodons were also smaller than mammoths, and ate leaves rather than the mammoth's favorite, grass. Like mammoths, they had thick brown hair. Their curved tusks could grow up to eight feet long. However, females did not have tusks.

### SAIGA

Saiga Antelope are some of the most odd-looking ice age animals there were. Their body and neck look like that of a regular antelope, but their head has a large, bulbous nose and short curved horns. Their noses are a special adaptation that allow them to warm the air around them. When the earth warmed at the end of the ice age, the Saiga went extinct in all parts of the world except for areas in Kazakhstan, Russia and Mongolia, although they are critically endangered.



NIKOLAI DENISOV/AHUTTERSTOCK

### GIANT BEAVER

Giant Beavers were beavers the size of a bear. Just like its name indicates, they are a huge version of today's beaver. Their hind feet would be considerably larger than a modern beaver comparatively speaking, and their teeth were also different than the modern beaver. Giant beavers were most common in what is now Indiana and Illinois.



JODY ANN/AHUTTERSTOCK

### GROUND SLOTH



AMTSWA/AHUTTERSTOCK

Ground Sloths lived in forests along rivers and lakes, but when the ice age hit, they had a hard time enduring the cold. While many say they went extinct 11,700 years ago, some say they survived longer on islands in the Caribbean. They had the same diet as the modern tree sloth, but they got it differently. They stripped their leaves off the branches with their long curved claws. Their hind legs came in useful when they reared up to get leaves in high places. Some sloths grew up to 10 feet long and weighed more than one ton.

BOOK REVIEW

## A New, Balanced History of America

JEFF MINICK

In "Land of Hope: An Invitation to the Great American Story," Wilfred M. McClay, author and honored professor at the University of Oklahoma, gives readers a well-written, informative, and balanced account of the history of our republic. Though it has the feel of a textbook—our country might well undergo a renewal if this volume were in the hands of every high school and college student in the land—"Land of Hope" is, as the subtitle promises, the story of America, a narrative history that moves along at a good clip but includes thumbnail biographies, anecdotes, and little-known events.

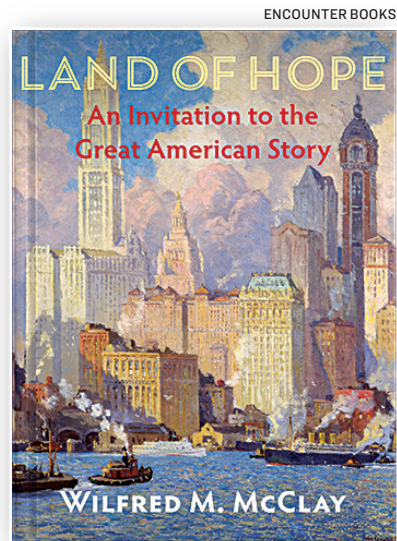
Unlike some histories, "Land of Hope" takes a balanced approach to events of the past. Whatever the subject—the events leading up to the Civil War, the imperialism of the early 20th century, or the Cold War—McClay examines all sides of an issue. In discussing the Progressives of the early 20th century, for example, he makes their case and the good they did, but then turns to G.K. Chesterton and warns us of "an important principle of reform: before you tear down a fence, be sure you fully understand the use that fence was erected to serve."

Because of this even-handed ap-

Unlike some histories, 'Land of Hope' takes a balanced approach to events of the past.

**Land of Hope: An Invitation to the Great American Story**

Author Wilfred M. McClay  
Publisher Encounter Books  
Pages 504 pgs  
Price \$34.99



proach, "bad guys" and "good guys" are a rarity in "Land of Hope." McClay brings to his analysis of historical figures not only his craft and knowledge of his subject, but also the realization that the people of the past were not stick figures but living, breathing human beings, people of their time who had no crystal ball for seeing into the future, whose motives, like ours, were a mixed bag of the personal and the visionary.

McClay's brief biography of Henry Ford, for example, brilliantly sums up why this industrial magnate was able to attract workers to his assembly lines. Once Ford realized that such work could be "boring at best,

dehumanizing at worst," and wanting his workers to be able to afford the cars they were producing, his "wages were as much as double that of the competition; he would also move to a forty-hour workweek to make it more attractive for his workers to instick with him. As a consequence, the turnover rates in his factories dropped by 90 percent."

Throughout this history, McClay reminds his readers several times that "One of the worst sins of the present—not just ours but any present—is its tendency to condescend toward the past, which is much easier to do when one doesn't trouble to know the full context of that past or try to grasp the nature of its challenges..."

When we judge the past by our own standards, we fail to understand that past. Moreover, we fail to understand ourselves more fully in the context of our history. Like the blind men inspecting an elephant in the famous Indian fable, we identify only a part of the whole and declare we have found reality.

**Based on Love for Our Country**

Perhaps best of all, McClay clearly loves his country. Despite our many flaws, despite our failures, despite what remains to be done to improve the United States, we have in "Land of Hope" a book of hope.

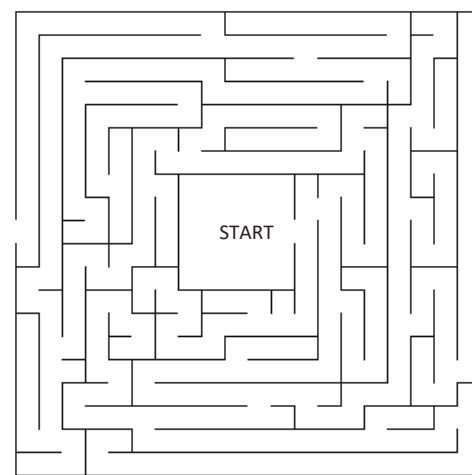
McClay finishes his history with a short chapter defending American patriotism. At the end of this chapter, McClay writes, "We need to take aboard fully ... that all human beings are created equal in the eyes of the Creator and that they bear an inherent dignity that cannot be taken away from them."

He then adds that we need to "remember, and teach others to remember," the meaning of "Lexington and Concord, and Independence Hall, and Gettysburg, and Promontory Point, Pointe du Hoc, and Birmingham, and West Berlin, and countless other places and moments of spirit and sacrifice in the American past—places and moments with which the American future will need to be conversant and will need to keep faith. I hope this book can be helpful in carrying out these important tasks."

Thank you, Professor McClay. You have done your work in carrying out these important tasks. Time for the rest of us to do the same.

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, North Carolina. Today, he lives and writes in Front Royal, Virginia. See JeffMinick.com to follow his blog.

## 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

8	10
61	
6	9

Solution for Easy 1  
8 - 6 + 9 = 1

Medium puzzle 1

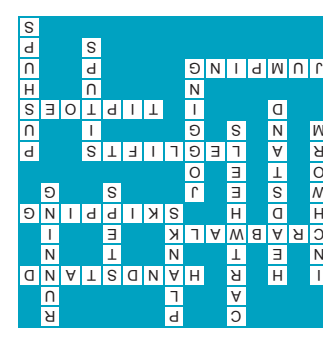
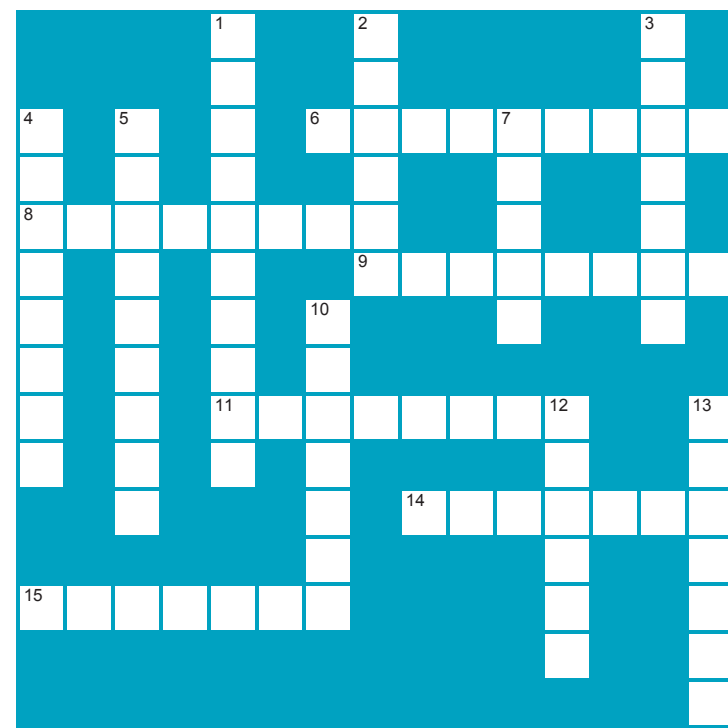
11	13
22	
3	12

Solution for Medium 1  
11 x (11 - 6 + 2)

Hard puzzle 1

10	32
92	
4	12

Solution for Hard 1  
28 - 7 + 61 x 2



**Across**

- 6 Heels-over-head feat (9)
- 8 Move belly-up on all fours (8)
- 9 You can do this with or without a rope (8)
- 11 Lay down and raise your feet high! (8)
- 14 Ballerinas dance on these (7)
- 15 \_\_\_\_\_ Jacks (7)

**Down**

- 1 Things happy people do (10)
- 2 Like a push-up, but hold it! (6)
- 3 Faster than walking or jogging (7)
- 4 Exercise like you're measuring a marigold \_A\_(8)
- 5 Another upside-down feat! (9)
- 7 Walk up and down the \_\_\_\_\_! (5)
- 10 Not quite running, but faster than walking! (7)
- 12 Lay down and then touch elbows to your knees (6)
- 13 "Give me 10!" army exercise (7)

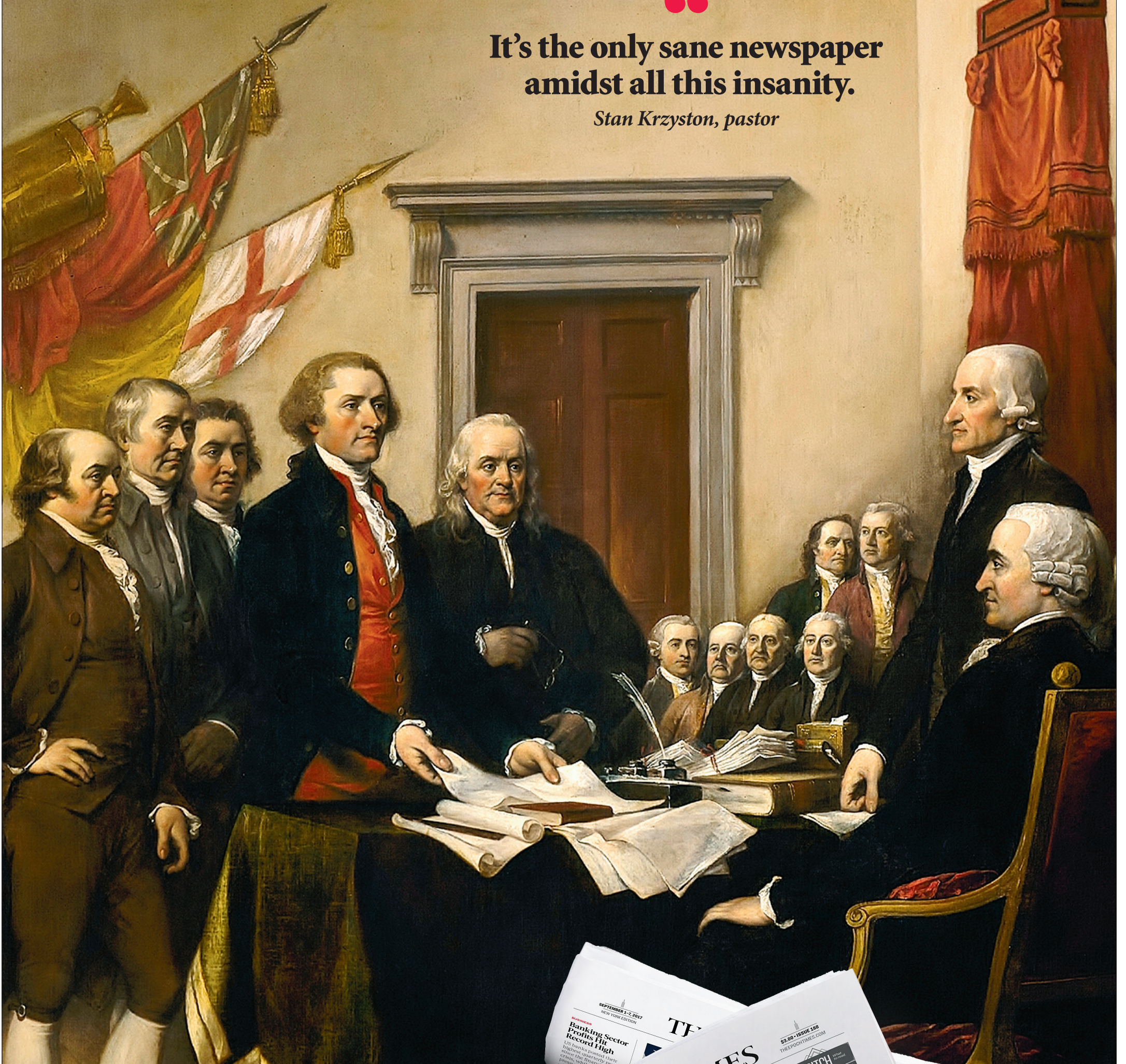


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