

# THE EPOCH TIMES LIFE & TRADITION

Boneta became embattled in a 10-year-long fight against overregulation and corruption.

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**BACK-TO-SCHOOL ANXIETY**

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Are your kiddos excited to go back to school? Underneath mumbling and grumbling about the prospect of returning (or starting school for the first time) may lie a sense of worry or anxiety.

Dr. Scott Symington is a clinical psychologist and author of “Freedom from Anxious Thoughts and Feelings: A Two-Step Mindfulness Approach for Moving Beyond Fear and Worry.” I asked Dr. Symington for his advice for curbing back-to-school anxiety. Here’s what he said.

**THE EPOCH TIMES:** Back-to-school time can drum up feelings of anxiety, especially for the littlest students entering kindergarten. What strategies can parents employ to prepare their kindergarteners for their transition to school?

**DR. SCOTT SYMINGTON:** Try the CAR approach: C = Communicate, A = Acclimate in Advance, R = Routines.

Communicate. Prior to school starting, ask your little one about her thoughts and feelings. What are you excited about? Are you worried about anything? Start the dialogue. Normalize any fears she has and—when appropriate—relate it back to your own experience growing up. You want to communicate that it’s normal to be afraid and that she can be both excited and fearful at the same time. It may also be helpful to highlight an example where she faced and overcame a challenge, such as acclimating to a new summer camp.

Acclimate in Advance. In addition to engaging your little one in dialogue, there are other ways to demystify the upcoming school experience. You can drive by the school and point out the new classroom, as well as where the drop-off/pick-up is. Maybe your child would like to draw a picture for the new teacher or look at the teacher’s picture to begin forming a connection. If at all possible, it’s also helpful to connect your child to other incoming students who are in the same grade or classroom.

Routines. It’s important to set up the home routines and structures before school starts. Set the new bedtime they’ll have once school starts. Try to have dinner around the same time, followed by a predictable ritual for bath time and winding down before lights out. The home structure should allow for a smooth, consistent transition from coming home tired (and full of rich experiences) to a peaceful head on the pillow.

**THE EPOCH TIMES:** Of course, it’s not just kindergarteners who may feel anxiety about heading back to school. In what ways do older children tend to experience anxiety this time of year?

**DR. SYMINGTON:** As kids get older, often separation anxiety (being away from parents and the home) is less of an issue. There are still worries, however, around fitting in socially, getting used to a new teacher, and the general uncertainty of a new experience. In addition, kids also can worry about the increased demand and pressure that comes with the new grade. There can be fears of failing and not being able to keep up with their peers, as well as handling the homework load.

**THE EPOCH TIMES:** What have you observed in your practice about childhood anxiety in general? What are you most concerned about?

**DR. SYMINGTON:** A lot of kids worry. Around 20 percent of children and adolescents are affected by anxiety. Our children worry about failing tests (and sometimes the grade); being called on in class; navigating teacher personalities; something bad happening to their parents; being bullied or socially excluded; and the list goes on.

The challenge is most kids aren’t talking about these worries, for fear of not being understood or viewed as different.

## HOW TO CURB Back-to-School Anxiety

Expert advice for parents and children



EVERNY ATAMANENKO/SHUTTERSTOCK

That’s why as parents we need to be aware of the signs that our child’s worries—something all children experience to one degree or another—have become a problem, such as a noticeable change in behavior or physical symptoms that are often associated with anxiety (stomach problems, headaches, etc.). What we don’t want is a worried child who feels privately embattled and alone in his anxiety.

**THE EPOCH TIMES:** Are there environmental factors that parents can adjust to try to decrease their children’s anxiety? For example, how does sleep and diet impact anxiety levels, typically?

**DR. SYMINGTON:** Circling back to the CAR approach mentioned earlier, set routines are key for your child. Create a home structure and rituals that support what you know is good and healthy for your loved one, even if he or she resists it in the beginning. They need a lot of sleep and a home ritual that supports this important need. And food matters too! There is a direct correlation between sugar intake and elevated anxiety symptoms. Limit the treats and increase the healthy proteins and vegetables.

**THE EPOCH TIMES:** Parents may also experience anxiety about their children returning to school. What advice would you give them?

**DR. SYMINGTON:** You are the primary role model for your child. Implement the healthy strategies from which your loved one would also benefit. Share your worries with a trusted other or write them down and then redirect your attention and life energy to other life activities, instead of going away in your mind and continuously investing in the distressing thoughts.

I developed a user-friendly application of mindfulness that guides you through the specific mental and emotional steps that defuse anxious thoughts and feelings: “Freedom From Anxious Thoughts & Feelings: A Two-Step Mindfulness Approach for Moving Beyond Fear & Worry.” It’s an approach you can also share with

▲ You want to communicate that it’s normal to be afraid and that she can be both excited and fearful at the same time.



Dr. Scott Symington.

▶ You can demystify the school experience in advance, for example by visiting the new classroom or connecting to other incoming students.

your child.

Lastly, for your stress and your child’s wellbeing, adopt and practice mindful breathing. Your breath is key in regulating the central nervous system, the system that is implicated in both anxiety and relaxation. There are apps, such as Headspace and Calm, and other programs (Mind Yeti, etc.) that can help you and your family integrate mindfulness into a busy life.

**THE EPOCH TIMES:** Are there any other tips you’d recommend parents keep in mind during the

back-to-school season?

**DR. SYMINGTON:** Remember you’re supposed to apply the oxygen mask first to your own face and then your child’s. If you pass out, you can’t be that helpful to your child. To be present, emotionally balanced, and resourceful, you need to stay anchored and healthy as a person. Figure out what you need as an individual and parent to keep your stress down and your spirits high. Once you identify them, build these activities and routines into the schedule much like a fixed appointment.



SHAROMKA/SHUTTERSTOCK

It’s important to set up the home routines and structures before school starts.

## Swearing Off Swearing: The Degradation of Language and Culture

JEFF MINICK

“The General is sorry to be informed that the foolish, and wicked practice of profane cursing and swearing (a vice heretofore little-known in an American Army) is growing into fashion; he hopes the officers will, by example, as well as influence, endeavor to check it, and that both they, and the men will reflect, that we can have little hopes of the blessing of Heaven on our Arms, if we insult it by our impiety, and folly; added to this, it is a vice so mean and low, without any temptation, that every man of sense, and character, detests and despises it.”

—George Washington, General Orders, August 3, 1776

Where’s George when you need him? Since the 1960s, the language of our public square has descended into a pit of vulgarity. Once confined to the barracks, fraternity houses, homes, and private conversations, obscene language has now become commonplace in public life.

This misuse of language ... degrades us. It too often cuts short a discussion, kills an argument, or cuts the emotions.

Our movies routinely contain profanity: “The Wolf of Wall Street” tops the list by inserting a certain expletive 506 times into its storyline. That same profanity has crept into popular music, and in rap songs is par for the course. Many bloggers and those who comment on their sites litter their sentences with crudities, often employed in so unskilled a manner as to make the writers sound like some seventh grader just learning to cuss. Actors and politicians tweet out

curse words that might have blistered their grandmothers’ ears. Even in speeches and interviews, these same people throw out profanities with the careless ease of a Santa Claus tossing candy to kids during a Christmas parade.

Some researchers and opinion-makers find little wrong in the use of these expletives. Some say swearing helps reduce our stress levels. Some contend that obscenities act as intensifiers in arguments.

Others argue that profanity is everywhere and we need to get used to it, that these are just words and can do no harm. A writer at Etiquette Hell, an online site that exists to encourage civility, respect, and manners, rebukes these ideas: “So, if public begging became common, we should all accept it? Bank deposit slips in wedding invitations, if done by nearly everyone, are just fine and dandy? If the whole world goes mad with greed, we’ll jump right off that greedy cliff with them? Uh, no. Just because ‘lots of people do it’ is not a logical argument that it is a right thing to do.”

Of course, many of us—and I include myself—do swear from time to time. We whack our thumb with a hammer, and out it comes. We reach for a shoe in the morning, atop which sits a brown hairy spider seemingly the size of a lemon, and out it comes. We meet with our accountant in tax season, she shares her calculations of what we’ll owe the feds, and out it comes.

And sometimes swearing can produce a desired effect, acting like a slap in the face, a boot to the bottom, or a sign of an impending explosion. When that staid, mousey secretary in the office, frequently bullied by her boss, suddenly unleashes a string of curses at the broken copier, you know the volcano is about to blow. Even George Washington once gave way to a volley of oaths. When Gen. Charles Lee bungled the Battle of Monmouth, Washington unloaded on him. We have no record of what Washington said, but we do know that his soldiers looked on with gape-mouthed astonishment and



PHIL COFFMAN/UNSPLOASH

We ourselves can work to clean up our act, to abolish cursing both aloud and in our thoughts. This is a tough proposition for some of us, particularly in the thinking compartment, but if we wish to change our culture, we must start at home.

that Lafayette commented: “Wonderful! Never have I heard such swearing before or since!”

But these are the exceptions. Or they were until recently. Today, some among us feel free to bombard anyone within earshot—men, women, and children—with cannonades of foul language. From the teenagers I’ve passed on the streets to the actor denouncing Donald Trump, from the man in the grocery store loudly and casually cursing into his cell phone to the politician who uses expletives as weapons, the crude, the bad, and the ugly assault our senses.

Of course, most of us refrain, at least in public, from employing what mothers once called a potty mouth. In the last three years, for example, I have gone to the same coffee shop four or five times a week to escape my apartment and to read or write. During that time, I remember only one man, a loud guy in his 60s, who turned the air blue with his language.

Nonetheless, we see what Washington called the “wicked practice of profane cursing and swearing” becoming more and more acceptable, one more symptom of our cultural sickness, one more sign of our turn toward incivility and ugliness.

This misuse of language, particularly by those who lead us and shape our culture, degrades us. It degrades civilization. It too often cuts short a discussion, kills an argument, or cuts the emotions.

So what, if anything, can we do? First, we can inform our politicians, our actors, and other public figures who customarily resort to such language that

we find it offensive. We live in the great age of communication, when to type or tweet a protest requires only a few minutes of time. No long reproof is needed, simply, “Your message would be more effective without the obscenities.”

Next, we can teach our children and grandchildren that this crude public language is wrong, that it lowers the standard of civility and raises the black flag of barbarism.

Finally, we ourselves can work to clean up our act, to abolish cursing both aloud and in our thoughts. This is a tough proposition for some of us, particularly in the thinking compartment, but if we wish to change our culture, we must start at home. An anecdote, possibly apocryphal, involving the writer G.K. Chesterton illustrates this fundamental concept.

The Times of London sent out a query to famous authors “What is wrong with the world?” to which Chesterton responded:

Dear sir,  
I am,  
Yours,  
G.K. Chesterton

If we wish to rebuild our culture, we must first make sure that we have our own house in order.

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

## Robopets: Solution to Loneliness or Fraud?

DAVID EVANS

There has been a great disturbance in the force, like a million chirpy robot voices crying out for owners.

In everyday terms, we are facing what Wired terms “the second coming of robot pets.”

This surge in companion robots is exemplified in a cutesy little bot called Kiki, whose appeal (beyond being adorable) is its ability to simulate mood changes through dynamic facial expressions, responding to its owner’s voice, and cheery chirps.

Kiki was designed with a dynamic personality in large part because it’s supposed to be a solution to loneliness. Its inventor, Mita Yun, grew up without any siblings or pets, and so wants Kiki to be a companion to people who might otherwise have lonely lives.

This isn’t quite the world that science fiction predicted. The fear was always that we would be stuck with murderously muscly Californian governor doppelgängers before we got R2-D2. But it appears that R2-D2 is winning out (yay!), for according to Wired, “There have never been more robots for companionship.”

Now, no one is going to shed any tears over this (unless you’re weird and have a thing for the Terminator). Like R2-D2, these new robopets will doubtless be delightful. It’s hard to look at a bot like Kiki without being charmed, and I for one would love a cute little robot that could putter around the house and keep my cat company when I’m away.

That said, I do wonder if friendly animatronics may sharpen rather than blunt the bite of isolation that plagues many Americans today.

For as Philip K. Dick, one of the

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great sci-fi writers of the 20th century, notes in his classic work about humans and robots, “Do Androids Dream of Electric Sheep,” “You can’t go from people to nonpeople.”

Think about that insight for a moment in the context of the relationships offered by people versus robots.

Because let’s face it, relationships are messy. Whether it be family, friends, or co-workers, having to cooperate with others requires a lot of sacrifice and not getting what you want.

By contrast, owning a menagerie of increasingly advanced and lifelike robots seems to offer all the companionship you could want with

none of the messy strings attached.

Let’s just think this farfetched, simply reflect on the impact smartphones and social media have already had on our relationships.

Now imagine if social media was a cute and cuddly robot.

Yet as Dick notes, “Owning and maintain a fraud [has] a way of gradually demoralizing [a person].” This demoralizing disconnect can be clearly seen in the kind of relationship that robots offer us. A robot is built to serve, and they offer us relationships on our own time and terms.

Real relationships don’t work like that. Any cat owner will tell you that a cat comes hardwired to be served.

Our fellow homo sapiens also come with their own needs and desires, which can only be met through compromise and self-denial.

And that is where the real richness of companionship emerges.

By contrast, the more we substitute a fraud for reality, the more we insulate ourselves with robotic friends who give us their unlimited attention and require nothing in return, the more demoralized and lonelier we’ll be.

Because Dick is right, “You can’t go from people to nonpeople.”

David Evans is from Minnesota. This article was originally published on [IntellectualTakeout.com](http://IntellectualTakeout.com).



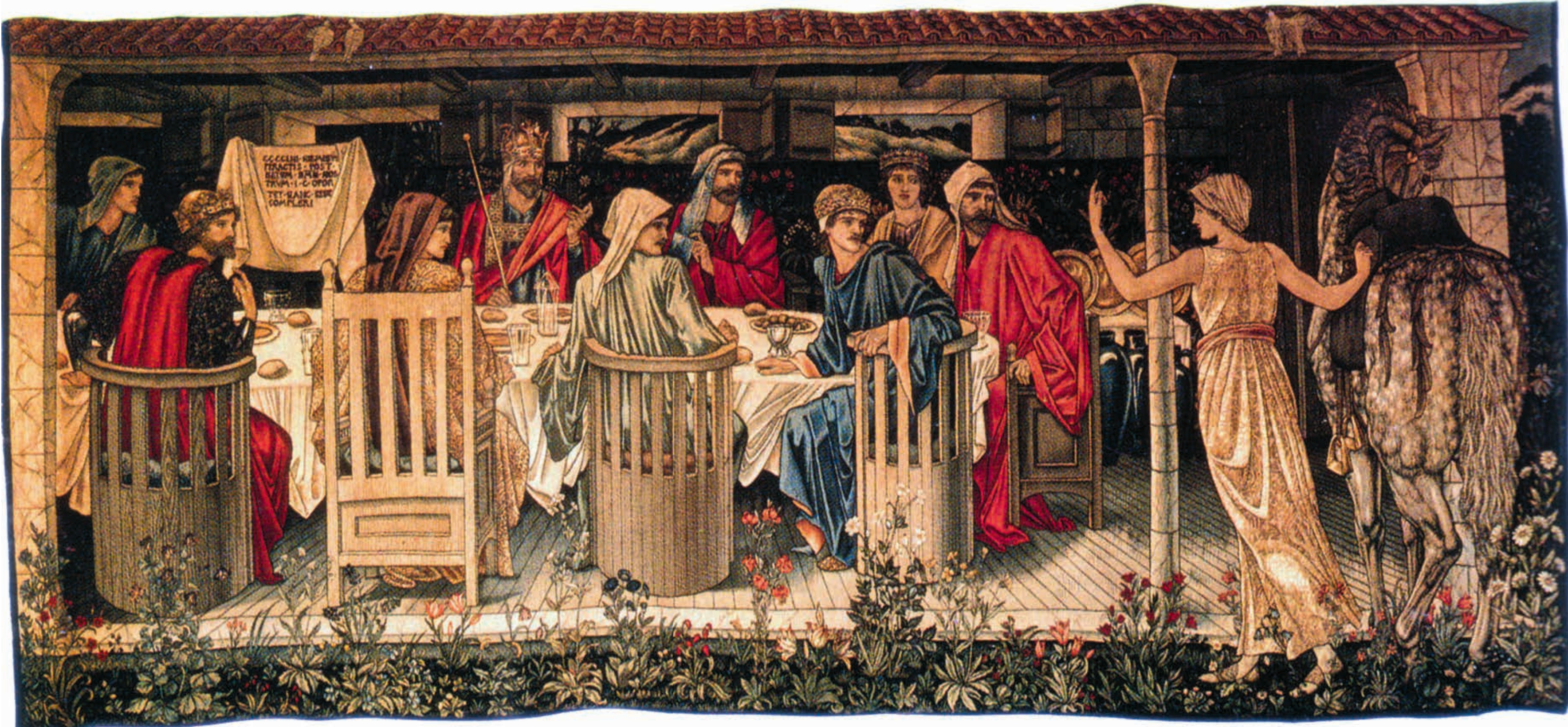
ROBYN BECK/AFP/GETTY IMAGES

▶ Companion robot Kiki the cat at CES 2019 consumer electronics show at the Las Vegas Convention Center on Jan. 9, 2019.

KNIGHTS OF THE ROUND TABLE

# The Holy Grail

## Behind the Most Famous King Arthur Quest



EVAN MANTYK

**T**he Holy Grail. What is it? Today, you can call something the Holy Grail of fill-in-the-blank. You can fill in any field here, and the Holy Grail of it means something that is very hard to find but is highly valuable in that field. Red diamonds are the rarest and may be called the Holy Grail of jewels or diamonds. The “Carolina Reaper” is now considered the hottest pepper in the world. It is relatively difficult to grow and hard to find, so we might call it the Holy Grail of peppers.

But what is the Holy Grail itself? Based on legend, it is the cup that Jesus Christ drank from during the famous Last Supper, the night before the day he was arrested and killed. It is the same Last Supper that was made into a painting by Leonardo da Vinci and has become one of the most cherished paintings in the world.

According to the legend, this same cup was used to catch the blood of Jesus while he was hanging on the cross the next day. After Jesus’s death, one of his twelve disciples, named Joseph of Arimathea, brought the Holy Grail to England, where it was lost.

Not counting recent Holy Grail-related books and movies, such as those featuring Indiana Jones or the writings of Dan Brown, the Holy Grail really gained its place in the popular imagination through the half-mythical King Arthur and his Knights of the Round Table, who are believed to have lived about 1,500 years ago. They were renowned for their bravery, their chivalry, and their many great adventures.

The quest for the Holy Grail has become their greatest and most well-known quest. But why?

### The Legend

The legend begins with King Arthur and his knights sitting together at the Round Table in Camelot when they suddenly hear a crash of thunder, according to Sir Thomas Malory’s “Le Morte d’Arthur.”

Then they see an incredibly bright light that leaves everyone speechless, for it is so bright that they can see each other as they have never seen each other before. A wonderful fragrance also fills the hall, and an image of the Grail appears as if covered in a silky, white cloth, which they can’t touch.

After it disappears, Sir Gawain initiates

▲ “The Knights of the Round Table Summoned to the Quest by the Strange Damsel,” number 1 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for George McCulloch 1898-99 varies slightly from the original woven for Stanmore Hall. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

the quest to obtain the Holy Grail. King Arthur opposes the quest, knowing it will bring much suffering to his knights. He says to Gawain, “For when they depart from here I am sure they all shall never meet again in this world, for many shall die in the quest.”

However, perilous quests are what knights undertake by their nature, so King Arthur is helpless in stopping them from going.

Before the knights leave, a mysterious old knight clothed like a monk shows up and says, “I warn you plainly, he that is not clean of his sins shall not see the mysteries of our Lord Jesus Christ.”

Here, it becomes clear that the quest for the Holy Grail is not an ordinary sort of quest to prove one’s fighting abilities or fight for the king’s honor. Rather, it is a spiritual quest meant for cultivating oneself.

The Knights of the Round Table go separate ways in search of the Grail. One of the first adventures that some of the knights have is to defeat seven evil knights who have a castle full of women whom they have captured and keep imprisoned. Sir Gawain says that these seven knights represent the “seven deadly sins,” which are, in the Christian tradition, anger, laziness, overeating, greed, lust, arrogance, and jealousy.

In searching for the Grail, the knights must resist such sins and look inside themselves for impurities. As often as they engage in fights, they pray to God, confess their sins, and promise to do better.

### Knights Battle Within

On the quest, the knight known as the greatest warrior, Sir Lancelot, encounters the Holy Grail in a half-awake and half-dream state. He tries to lift it but cannot. His failure, he realizes, is because his heart is not pure. Afterward, Lancelot confesses to a hermit that he has had inappropriate thoughts about King Arthur’s queen, Guinevere.

He confesses, “All my great deeds in battle that I have done, I did for the most part for the queen’s sake, and for her sake would go into battle whether it was right or wrong, and never did I battle only for God’s sake.” He earnestly promises to mend his ways.

Sir Percival, wandering on his own, is rescued from starvation by a beautiful damsel who, though rich, has been disowned and needs his protection. He becomes madly in love with her, but just before he is about to satisfy his desires



with her, he catches sight of a holy symbol attached to his sword and remembers his vows of chivalry. He immediately regains himself, and the damsel and tent where she lay evaporate into black smoke. The story goes on to reveal that the damsel was in fact a demon from hell.

After this terrible shock, Sir Percival says, “Since my flesh has been my master, I shall punish it,” and he cuts into his thigh, drawing blood. He then says, “O good Lord, take this in payment for what I have done against thee. ... How close was I to losing what I would never have gotten back again, my virginity.”

The third major knight in the quest for the Holy Grail is Sir Galahad, the son of Sir Lancelot. Unlike his father, Sir Galahad is known for his purity and holiness and can even miraculously heal people who are sick.

When the knights reach the Fisher King (also known as the Maimed King since he is crippled), who keeps the Holy Grail, the Fisher King’s son presents them with the ancient broken sword of Joseph of Arimathea. The knights realize that they must put it together, but are unable to do so until they finally give it to Sir Galahad. He is able to put the pieces together, and they suddenly fuse together. The sword then levitates into the air. As the story goes: “The sword arose great and marvelous, and was full of heat so strong that many men hid in fear.”

The voice of Jesus Christ is then heard, telling them that they must go to a mythical place near the Holy Land

▲ “The Attainment: The Vision of the Holy Grail to Sir Galahad, Sir Bors, and Sir Percival, number 6 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for Lawrence Hodson of Compton Hall 1895-96. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

All quotes adapted from Sir Thomas Malory’s “Le Morte d’Arthur.”

Evan Mantyk is an English teacher in New York and president of the Society of Classical Poets.

(where Jesus lived and taught), called Sarras, to return the Holy Grail to where it had come from.

### Gaining Enlightenment

It is worth noting here that the knights have no thought that they should keep the Holy Grail for themselves or take it back to King Arthur. The relationship with a higher, divine power is very clear. The knights know they are merely human beings who must obey.

Sir Galahad is also commanded to heal the crippled Fisher King with a magical spear, which he does.

After some adventures in going to the home of the Holy Grail in Sarras, the three knights make it. At this time, Sir Galahad, having completed his quest and preserved his purity, is taken up to heaven along with the Holy Grail.

The text says: “A great multitude of angels bare his soul up to heaven, as his two fellow knights saw it. Also, the two knights saw come from heaven a hand, but they did not see the body. And then it came right to the Holy Grail, and took it and the spear, and took them up to heaven.”

We might say that Sir Galahad completed his spiritual cultivation or achieved enlightenment. In reading the story, there is an abundance of lessons for those who seek to take up spiritual cultivation, or seek to better understand it.

First, one must know the basics of what is right and wrong, here captured by the dangerous seven deadly sins manifested as the seven evil knights first defeated.

Second, one must have the right inten-

tion for wanting to cultivate oneself. One cannot be like Sir Lancelot, who was doing great deeds for the queen’s sake and not for God’s sake. Of course, one must act for the right purpose, for a higher spiritual purpose, and ultimately for one’s own cultivation and final enlightenment.

Third, one cannot be deluded by the false illusions of the ordinary world, like Sir Gawain was deluded by the beautiful, rich lady. Such illusions are very enticing but are demons out to destroy you if they take you off of your spiritual quest.

Fourth, we see that Sir Galahad is already well on his way to enlightenment, for his purity and realm of mind allowed him to have the ability to heal people, to put the sword of Joseph back together, and finally to ascend to heaven.

Last, the story teaches that human beings are not meant to possess the Holy Grail; rather, it is something divine that is above them. Thus, the Holy Grail is finally returned to where it came from and where it should be. This theme of returning to one’s origin is similar to the theme found in the Taoist tradition, in which the ultimate goal is to return to the original true self.

This inner meaning of spiritual cultivation and seeking enlightenment is truly what is behind the story of the Holy Grail and its popularity and, to a great extent, King Arthur’s popularity. It is what is truly meaningful and why people around the world can only look at it in awe, leading to the endless tales, stories, movies, books, and so on, which are renewed in every age.



(Top) “The Arming and Departure of the Knights,” number 2 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. This version woven by Morris & Co. for Lawrence Hodson of Compton Hall 1895-96. Wool and silk on cotton warp. Birmingham Museum and Art Gallery.

(Bottom) “The Failure of Sir Lancelot to Enter the Chapel of the Holy Grail,” number 3 of the Holy Grail tapestries, overall design and figures by Sir Edward Burne-Jones, woven by Morris & Co. 1891-94 for Stanmore Hall. Wool and silk on cotton warp.

FREEDOM IN FARMING

“American values are what makes us a beacon of hope, all over the world. And freedom and property rights are inseparable.”

Martha Boneta

# Martha Boneta

## Taking a Stand for Liberty



Boneta fulfilled a childhood dream when she bought 65-acre Liberty Farm in Virginia. Little did she know she'd become embattled in a 10-year-long fight against overregulation and corruption

CATHERINE YANG

**W**ASHINGTON—In 2006, Martha Boneta fulfilled a childhood dream when she purchased a small 65-acre property called Liberty Farm in Virginia. She didn't realize she would become embattled in a tedious, 10-year-long fight against corruption.

“It's kind of serendipity that it would be called Liberty Farm, and then it would ultimately become a place that people all over the country, really all over the world, view as a place of liberty because of the battle we had there,” Boneta said.

Boneta is a small farm owner turned na-

“I really fell in love with farming, and the idea of growing food and feeding your family and others. And I couldn't wait to have my own family farm.”

Martha Boneta

tional speaker and advocate after the fight for her farm resulted in two namesake bills that preserve the freedoms of small farmers in Virginia.

“My faith in God, my family, my friends, and my love for this country [kept me going],” Boneta said. “Literally 10 years—most people would probably give up because of the sacrifice ... if it wasn't for those things, it would be very, very difficult.”

But Boneta triumphed and realized her story wasn't just about her and her little farm. She realized our fundamental rights can never be taken for granted, and we can't get complacent. Since then, her voice has been an empowering and inspiring one to many individuals across the country.

On the Fourth of July in the nation's capital, surrounded by friends, Boneta was optimistic about the future of America.

“I know what it's like when you feel like you can't compete against the government,” she said. “When I speak all over

the country, I want everybody that hears my voice to know that you can make a difference, no matter who you are.”

### Her Dream Farm

When Boneta was a little girl, her grandfather passed away and her grandmother came to live with the family—her mother, father, and two older sisters.

“She turned our backyard into a massive kitchen garden,” Boneta remembered.

“From the time when I was little, we grew enough vegetables in our backyard to feed our family, but also there was enough for the community.”

That's when Boneta decided she was going to be a farmer.

“I really fell in love with farming, and the idea of growing food and feeding your family and others,” she said. “And I couldn't wait to have my own family farm.”

It didn't happen right away; Boneta says lightly her parents probably hoped she'd grow out of wanting to be a farmer. They wanted their three girls to pursue higher

education for themselves and be able to contribute to their community, and Boneta went to law school.

But then she finished school, and still wanted the farm. That was where her heart was.

Boneta found Liberty Farm, a little rundown farmhouse from the 1800s on land that was advertised to be the site of “Stonewall” Jackson's bivouac. The brigadier general had just been promoted two days prior to his troops' march toward the battle where he would make history—where 30,000 Confederate soldiers faced 35,000 Union soldiers at the First Battle of Manassas.

It needed a lot of love. It would take a tremendous amount of labor just to get the property into a condition where Boneta could farm, but with a lot of heart, hard work, and the help of friends, she rehabilitated the farm.

Small family farms have incredibly low-profit margins, and constantly have to find creative ways to cover all costs, whether that's selling vegetables or exotic eggs, keeping bees, or setting up corn mazes. Instead of an abundance of cash, they have their freedom—at least, in theory.

“I never dreamed in my whole life, I would work so hard, I sacrificed so much just to farm and to just hit roadblock after roadblock after roadblock,” Boneta said.

### Inspections

Almost immediately, Boneta was hit with inspection after inspection and told she was not allowed to use her land for a whole slew of things not spelled out in the agreement she signed when she purchased the property.

For instance, neighbors had begun coming by daily to buy vegetables or eggs, so Boneta put up signs, which earned her a violation simply because they were handmade. Someone then sent a photo of an abused horse to local government agencies falsely claiming it was an animal on Boneta's farm, setting up another series of hoops to jump through.

The encounters with county inspectors were hostile. Boneta was complying with the terms of her easement, and the inspections were only supposed to occur if the agency suspected she had violated a specific item in the easement. Instead, she would be told they were “looking for any changes” and be subject to thorough checks.

It was baffling and threw her worldview into confusion.

“I grew up in a hard-working family where, you know, my mom and my dad told us that if you work really hard you can be anything you want here in the United States of America,” Boneta said. “Doesn't matter where you come from, doesn't matter what socioeconomic background is, doesn't matter the color of your skin or what you believe in—if you work really hard, no matter what, you can achieve your dream.”

Coming in with that kind of mentality, Boneta said, she was actually shocked that the government was coming in to shut down her farm—literally.

“Things came to light when she received a letter from her bank in which she learned that someone on the county Board of Supervisors had worked with a third party to attempt to buy her mortgage. She started digging into public records, and several names kept reappearing.

It turned out that individuals from various groups—real estate, environmental, governmental—had come together to try

to push Boneta off her land.

Her discovery of this information didn't stop the harassment; a few years later she was given a citation of major zoning violations and fined thousands of dollars—suddenly she was being criminalized for selling produce on the farm, something all farms did. She had to shut down the farm during peak farming season.

Boneta had turned a run-down, unused plot of land into a lovely farm and very attractive piece of real estate.

She and others realized that the bullying tactics she was subjected to weren't exactly unique, that others experiencing the same thing might have given up and sold their land after the first few years. But she stuck in there.

The amount of regulation she was subject to escalated until Boneta became national news when her farm was shut down, and she was slapped with a \$15,000 fine for hosting a young girl's small birthday party. And this was in the state of Virginia—where agriculture is the top industry.

But as the bullying escalated, so did the stakes. Boneta knew that she wasn't just fighting for her small farm, but a basic American right.

“American values are what makes us a beacon of hope, all over the world. And freedom and property rights are inseparable,” Boneta said.

There are localities where people aren't allowed to grow vegetables in their yard or keep a chicken for eggs, despite property law being something the country was founded on.

Her grandmother had instilled in her more than just a love of farming. “Seeing her work ethic ... seeing that devotion to family really instilled those values in me,” Boneta said. “Growing up in a family that really values protecting and loving each other ... really impressed upon me how important that is.”

### Make a Difference

She didn't charge into advocacy headfirst and overconfident. The first time Boneta was asked to speak in front of an audience and share her story, she was scared.

“When my story broke and made national news, I was getting asked to speak all over the country,” Boneta said. “I was so terrified. I would literally shake and could barely get my words out.”

“Then once I started speaking, I felt that if I spoke from my heart, no matter what, that's all that mattered,” Boneta said.

Boneta's story resulted in the Boneta Bill 1 and 2 which protects small family farmers from over-regulation, and the bills have served as a foundation for similar legislation elsewhere.

People would come up to Boneta after events and thank her, tell her they were finding the courage to stand up and protect their freedoms. They would seek her advice as well, wondering what one single person could possibly do against endless red tape.

She tells them to show up, participate, and don't be afraid to be heard.

“I'm living, breathing proof that we can fight back against over-regulation, we can prevail, and we can create more opportunity.”

She now speaks about property rights, agriculture, trade, small business, and a variety of other policy issues. But at the end of the day, she is grateful.

“I feel incredibly blessed to be a part of it,” Boneta said. “I'm so grateful to be an American, and I'm so grateful to be alive for such as this, to be witnessing these great things happening to our nation: the

ALL PHOTOS BY SAMIRA BOUAOU/THE EPOCH TIMES



(Top) Boneta attends to the goats at the farm.

(Above) A green emu egg.

economy is soaring, unemployment is an all-time low ... there's so much more to come.”

### A Farm Restored

Today, just an hour out from Washington, Boneta keeps bees, raises a variety of animals, and grows vegetables sustainably, trying to replicate the robust flavors and textures from her grandmother's garden.

It's a seasonal farm, so when she isn't traveling the nation and speaking at political events, ranching organizations, or college campuses, Boneta is working on the farm through summer and fall.

“I muck stalls, I fix fences, I collect eggs. It's not glamorous work but it is so fulfilling,” Boneta said. “But I'll tell you, at the end of the day, everything I want to know about politics, you can learn on a farm.”

She likens the way the farm animals vet one another to the way legislation is hashed out in Washington, and she extends an invitation to every politician to visit and muck stalls.

“If you're not willing to get dirty with America's family farmers that feed your community, then how can you govern?” she said. “I've had a few take me up on the offer.”

She's gratified that she can use the farm for educational purposes; she opens the farm to the public on weekends and does tours by appointment.

“That's probably one of the greatest joys of my life,” she said. Many visitors are from the city, and have children who don't know that eggs are warm and come in every color and shape, and get excited over farm animals like the emus, whose eggs are green, sparkly, and the size of a dozen chicken eggs.

People can forget where food comes from, Boneta said, but there is more awareness today; farmers markets are popular and many colleges offer agriculture courses.

“It's so important that we continue to keep the American family farmer thriving,” she said. “And you know, when the family farmer thrives, really America thrives.”

“Farming is freedom. The ability to produce food on your land, without the government intervening and telling you what you can grow or having to tell the government what you're growing. You have the ability to produce the food of your choice on your land and sell it to the public; it's fundamental to being an American.”



When Boneta was young, she “fell in love with farming, and the idea of growing food and feeding your family and others,” she said. “And I couldn't wait to have my own family farm.”



## RELATIONSHIPS

# It's Not You, It's Us

Break out of conflicts by finding patterns that keep us stuck



## MICHAEL COURTER

When people are in conflict with each other, they tend to see the conflict in terms of finding fault. They ask whose fault it is, and who is right and who is wrong. The answer is almost always, "It's not me, it's them!"

One powerful way to break out of conflicts with people, even long-term conflicts, is to start seeing their cyclical, mutually reinforcing patterns. In other words: It's not you, it's us! Let me give you an example of a typical but fictitious couple.

Milton and Sue come into my office because they have been fighting so much that they don't know if they can keep their marriage together. They are both worried that getting a divorce would be dire for their three children, but they don't know if it's even worse for the children to see them fighting all of the time. They each describe to me how they see the problem.

**'It's Your Fault'**

Sue sharply says that Milton never pays any attention to her or thinks about her needs. She says that whenever she tries to talk to him, he either spaces out, complains that he's too tired, or says he has too much work to do. "Even when I can pin him down, he just placates me, but whatever I say just goes in one ear and out the other!" she complains. "We hardly ever do anything together and it's been years since he's gotten me anything special or taken a vacation. It seems like ever since we had the children, I've been completely forgotten and put on the shelf." She gives me a pleading look.

Milton then perks up. He says, "Sue is always so angry. I can never do anything right. Even when we do spend time together or I try to do something nice, all she does is complain about how it isn't what she wants and I just give up. I'm just too little, too late."

He drops his head in his hands in a gesture of resignation. Sue and Milton don't agree on much, but they are both right about one thing. If they dissolve the family, it's the children who will suffer the most. According to the Institute for Family Studies, "Children who experience the divorce of their parents, on average, are at greater risk—usually two to three times greater risk—of a wide range of problems, including emotional insecurity, loneliness, peer pressure, illness, poor school performance, loss of faith, and divorce later in life."

**So Who Is Right?**

Is Milton too checked out of the relationship or is Sue too demanding and critical? Trying to figure out who is right is exactly what blocks us from seeing the situation clearly.

The first step in breaking out of conflict with someone is to start to see relationships as patterns of cyclical interaction. We act and react to each other in predictable and reciprocal ways. Our actions call to each other for responses. If I criticize you, I am calling for you to defend yourself. If I block out what you are saying, you will feel compelled to raise the intensity or volume of the message to get your point across.

The contents of our arguments may be dif-

ferent and the people involved are unique. However, the underlying structure of our arguments is often very similar. This allows us to identify patterns more quickly and intervene to change the pattern, without having to solve all of the problems on the surface.

The way that most people deal with conflict and disconnection can be broken into two basic strategies. One is to pursue, push, or try to confront the other party to the conflict. Another is to distance, withdraw, or try to placate the other person, usually while pushing aside our own wants and needs. Most people have a preference for one of these two strategies, but we may resort to both in different relationships or at different times in the same relationship.

Long-term problems often result when one person's strategy intensifies the other's and they become mutually reinforcing. Sue and Milton have a fairly typical self-reinforcing pattern. Sue is feeling ignored and neglected and she is pursuing Milton to try and have her needs met. Milton is feeling helpless and unable to make Sue happy, and he's withdrawing to try and soothe his anxiety and his worries that he is an inadequate husband.

The more Milton checks out, the more Sue feels left out and pushes for closeness. The more Sue pushes, the further Milton withdraws to avoid Sue's criticisms. It's no wonder that they are stuck.

**Strategies**

So what can they do about it?

One powerful way to break out of conflicts with people, even long-term conflicts, is to start seeing their cyclical, mutually reinforcing patterns.

## EDUCATION

## The Benefits of Instilling an Early Work Ethic

## ANNIE HOLMQUIST

One of the hallmarks of modern America is the tendency toward prolonged childhood.

While it used to be the norm to enter the adult working world by one's mid- to late-teens, students now extend their preparation for career well into their 20s (and sometimes beyond), enabled by parents who act as their caretakers, education experts who insist that they get as much classroom education as possible, and a government that encourages them to stay on the family health plan until age 26.

Many Americans seem tired of this prolonged childhood and are longing for the days when young people were ready and willing to provide for themselves by the time

they finished high school. The question is, how can American young people break out of this mold?

One solution that seems to be simmering beneath the surface is the rising interest in allowing teens to work in various job settings for high school credit. As a recent article in The Hechinger Report explains, that option is one that is being expanded in Vermont high schools.

The interesting thing about Vermont's work-based learning program is that the high school credit it offers isn't just for fluff experiences such as basket-weaving, nor are the job settings limited to those in traditional manufacturing trades. Instead, they provide math and science credits to students working with engineers, economics credits to those working in the financial sector, and English credits to those writing un-

der the supervision of music critics.

"Before students can earn academic credit, they must complete a final project, which is then assessed by a highly qualified teacher in that content area. [Program overseer Rachael] Potts said students have written papers, designed structural models, or created business plans for their projects."

In other words, students get to see firsthand how the various lectures, math problems, and other bits of information they have learned in the classroom apply in the real world. Additionally, such scenarios appear to help students mature into adults who have a greater excitement for learning and a desire to be strong and ambitious workers, a fact to which 17-year-old Silas Woods can attest: "Honestly, if you get the ball roll-

**Students get to see firsthand how the various lectures, math problems, and other bits of information they have learned in the classroom apply in the real world.**

ing way earlier, it'd be way easier for you as you go through life," Woods said. "Every kid wants to find that job that they can just wake up and be stoked for in the morn-

ing, which is my main goal right now," he added. "I look forward to waking up and going to work."

Such a work ethic was once a main characteristic of young people in America. In fact, one might even argue that it was one that defined the American founders, many of whom charged into higher learning and business at ages at which today's young people are first exploring the halls of their high school.

Would we see the maturity and adulthood Americans are longing for if more schools allowed students to start their careers early and double up learning with life in the adult working world?

Annie Holmquist is the editor of *Intellectual Takeout*. This post was originally published on *Intellectual Takeout*.

## EDUCATION

## Schools Are Outdated. It's Time for Reform

By continuing along with this standardized type of schooling, we are putting millions at a disadvantage

## PAUL BOYCE

The public education system we currently know has been around for more than 150 years. However, the basic schooling model remains the same. Roughly 20 to 30 kids of the same age are stuffed into a classroom and taught by one teacher.

Even though the curricula have developed, the essence has stayed the same. Children are still taught in a standardized and industrialized way. As with anything that comes from centralized control, it is highly inefficient, bureaucratic, and wasteful.

Yes, the overall educational system has changed in many regards. However, the way we are taught has not. A teacher at the front and the children seated is the optimal way to learn for some students, but others struggle in this environment.

Children learn best in different ways. Some children are best suited to learn through visual stimulation. Others may learn best through hands-on education. The reality is that the current educational system doesn't really accommodate any learning style, nor does it aim for anything other than high test scores.

**Let Children Be Children and Enhance Their Minds**

Children rarely are allowed to be children. Play is stifled. Students are crammed into a classroom and taught in a standardized way. Creativity is restricted. They aren't allowed to harness their inquisitive minds. Questioning things is part of the analytic mind and a key to societal development, but this takes a backseat to examinations.

The very nature of tests relies on memorization, repetition, and regurgitation: Tests infrequently harness the analytical mind. They train students to know the answers. However, they don't train them on how to find the answers.

Faculty aspire to develop students' thinking skills, but research shows that in practice, we tend to aim at facts and concepts in the disciplines, at the lowest cognitive levels, rather than the development of intellect or values.

Critical thinking is key to creating free and individual minds. It is also increasingly important in today's age, where the line between information and facts is so fine. In fact, 95 percent of statistics are made up. A critical mind will question where this actually came from. Where did this statistic come from? Is it actually reliable?



Under the current system, each child is bundled under one standardized umbrella. When considering the different types of learners, it is easy to see why some get left behind.

The issue we have today is that students are taught to test. Whether the information makes sense or not is irrelevant as long as it is correct. This comes at a cost. Schools teach students what to think as opposed to how to think. There are important critical question whatever they read or accept any claim blindly? Or, perhaps, do they accept it as long as it confirms their biases? The current system is failing because it is offering the wrong type of education. We must develop individual minds, not mindless zombies.

**Learning Styles**

Each child is unique in their own right. Each has a different personality and preferred way of learning. Under the current system, each child is bundled under one standardized umbrella. When considering the different types of learners, it is easy to see why some get left behind.

The four learning styles include: visual learners, auditory learners, reading/writing learners, and kinesthetic learners. However, the idea of learning styles is not definitive. That is to say that you are not exclusively one type of learner or another.

Research from Pashler et al. disputes the evidence of specific learning styles.

Rather, these learning styles are preferences rather than "hard-coded." This is to say that these preferred learning styles can change over time. When a specific learning style is preferred, it is easier for students to take in that information. For example, some students may prefer visual stimulation to emphasize a point, so graphs and charts may be useful. If this engages the students, they take more in. This inevitably affects educational outcomes.

Kinaesthetic learners are probably the biggest anomaly in the classroom. For students who learn best by being active, the classroom is the last place to be. It is no wonder why there are always a few individuals who are consistently disengaged. These individuals are often sporty and have high levels of energy. The traditional football captain who struggles to maintain his place on course may spring to mind. By continuing along with this standardized type of schooling, we are putting millions at a disadvantage.

**Educational Stagnation**

Whether you buy into learning styles or not, it is evident that the current classroom system is outdated. Literacy rates have stagnated since 1971, while there has been no progress in math since 1990. So what are the causes of this stagnation?

The New York Times would have you believe the issue is underfunding. Throwing more money at something is a classic proposal used by modern-day liberals. This problem cannot be solved with money alone, however. Kansas City, Missouri, provides us with a perfect example. It currently spends roughly 63 percent of its entire budget on schooling. Benefiting from the best-funded school facilities in the country, student performance has failed to improve. Furthermore, the U.S. spends more on education than any other OECD country besides Norway.

At the same time, it is receiving little value for the money. Outcomes are average, but mathematic results are particularly poor. Coun-

tries such as Vietnam, Hungary, and Slovakia score higher.

**Testing Is Outdated**

So why is testing such a bad thing? It teaches children how to absorb information. Children "learn for a test." However, once the test is taken, is the information truly absorbed? How long does it stay present in the mind? Research by neurobiologists Blake Richards and Paul Frankland suggests it isn't very long.

**The very nature of tests relies on memorization, repetition, and regurgitation: Tests infrequently harness the analytical mind.**

According to the neurobiologists, the brain quickly disregards information that is no longer required. Forgetting is an evolutionary strategy to promote the survival of the species. Richards and Frankland state:

"From this perspective, forgetting is not necessarily a failure of memory. Rather, it may represent an investment in a more optimal mnemonic strategy."

It is true that repetition can help with memory retention. However, if that specific memory is not recalled, it is eventually forgotten. Further research from Bacon and Stewart studied individual students for up to two years following course completion. They concluded that most of the knowledge gained during the course was lost within two years.

It is clear that the current system is generally based upon memory—who can memorize the most information to prepare for the test. Is this really arming kids with the tools they need for adulthood?

**Potential Solutions**

One potential solution for education would be to start "formal" schooling at age seven. Research from the University of Cambridge concludes that there are benefits of later starts to formal education. This evidence relates to the contribution of playful experiences to children's development as learners and the consequences of starting formal learning at the age of four to five years of age.

There also needs to be a reduction in the level of testing. We have developed a system whereby teachers have a strong incentive to "teach to test." It's about memorizing as much information as possible rather than learning how to think. Furthermore, the testing culture is putting a strain on both teachers' and students' mental health. Test results are the be-all and end-all. It is for that reason that many teachers are already leaving the profession. Reforming this testing culture would not only reduce teacher and student stress but also relieve teacher turnover rates.

Thirdly, school vouchers are a viable option. There are already a number of states that have experimented with this. Mostly, there has been large success across the board. The benefits of school choice are widely documented. The vast majority of existing studies find positive effects. Not only are test scores improved, but graduation rates and civic engagement are also enhanced.

Paul Boyce is a business economics graduate from the UK and currently an editor at *BoyceWire.com*. This article was originally published on *FEE.org*





Lisa Canning is the author of the new book "The Possibility Mom: How to be a Great Mom and Pursue Your Dreams at the Same Time."

# 'The Possibility Mom'

## A Conversation With Lisa Canning

BARBARA DANZA

You may know Lisa Canning from HGTV's "Marriage Under Construction," where she offered design advice. Since then, she has worked behind the scenes for the cable network, launched her own design company, encouraged other moms through her website, and written a book. What's more, she has a thriving family. Canning and her husband are expecting their eighth child. To say her plate is full would be an understatement. How does she do it all? I recently asked her that and more.

**“For so many years, I lived my life based on someone else's measurement of success.”**

Lisa Canning

I held this to be true for a long time. But as the number of children we had grew, and career opportunities grew, I became more and more dissatisfied with this line of thinking. Why can't a modern mom have it all? And here it all at the same time? Here is what I have discovered to be true. When a mom can be strategic, and understand what activities only she can do both at work and home, and what activities she can delegate both at work and home, and can create intentional appointments in her calendar to accomplish the things that are essential and important and based around her measurement of success, she can have it all. Let's unpack this a bit further. In my calendar, I schedule the things that only I can do first. Only I can take care of my health, so what this looks like for me is regular exercise, a prioritization of rest, and prayer time in the morning. Only I can date my spouse, so this has a regular appointment on my calendar on Wednesday afternoon. Only I can nurture the relationships with my kids, so this looks like hanging out with them phone-free every afternoon. Only I can create content for certain aspects of my business—and this happens during specific times during the day. In order for this to happen, I delegate a lot of things. We have an incredible nanny who cooks

meals, helps with laundry, and provides loving care to my kids when I am working or on a date with my husband. My dad helps out around the house with small maintenance jobs to the point where I don't even think about them anymore. We automate grocery shopping and have three meals delivered per week via a subscription service. The point I am trying to make here is that I believe a mom can have it all—but she can't do it all herself.

**THE EPOCH TIMES:** At the beginning of your book, this line stuck out to me: "In no other period of history has there been as many ways for a mother to fail." Pressures seem to come from everywhere. How do you avoid overwhelm in the face of these kinds of pressures? **MS. CANNING:** I believe the secret to this is defining success inwardly. I used to define success based on what my peers or other moms in the schoolyard were doing. When I finally had the courage to break the mold and chart a new course, life all of a sudden got so much freer. Even in the midst of what I am doing now at this unique time of launching a book, where the demands on my time are quite atypical from my regular schedule, I have had to ensure I keep checking in with myself, and my husband, to ensure that I'm not responding to pressure. For me, that has looked like ensuring the standards I live by and have claimed to be my definition of success—which includes a weekly date night and phone-free time with my kids daily—do not get thrown out the window. This has hugely helped me reduce overwhelm, because the act of spending time with the people I love naturally makes me feel happy and whole.

**“I believe a mom can have it all—but she can't do it all herself.”**

Lisa Canning

What is so challenging about equating our self-worth with our external accomplishments, is that we can't ever really be satisfied. There is always more money to be made. There is always another title to get. And if we cannot feel fulfilled where we are today with what we have, how can we be assured that the next thing we obtain will make us happy and content? It's not easy, but this stuff requires work. It requires looking inward, and it requires examining if we like the person that we are, and if we don't, why not? **THE EPOCH TIMES:** You talk about designing a life around what matters most to you. Do you have any practical tips that a busy

mom can put into practice to begin to uncover what matters most to her?

**MS. CANNING:** I like to recommend people get brave by casting vision, and imagining how they want to be remembered at the end of their life. At the end of your life, how do you want to be remembered? And in order for that to happen, what do you need to do today? If you want to be remembered as a great wife, you've got to act like that today. If you want to be remembered as a present mom, you've got to be a present mom right now! So for me, the quickest way to uncover what matters most is to begin with looking ahead at how you want to be remembered for how you lived your life, and then mapping out what you need to do today in order to be that person.

**THE EPOCH TIMES:** What motivates you to keep doing the work you're doing? **MS. CANNING:** I want to change a generation of motherhood. I want to help moms understand that it doesn't have to be so hard, and that they have a say in how they live and the quality of their life, and the quality of their family's life. And I want moms all over the world to understand that motherhood does not have to be the death of your dreams, and the pursuit of your dreams does not have to produce overwhelming amounts of mom guilt all the time! It does not make you a bad mom to pursue your dreams! Your dreams have been given to you for a specific reason, because the world needs them! And you need them. This might sound like a humble brag but I honestly don't think I am a remarkable person, or I have superhuman abilities. I simply just developed, through so much trial and error, a strategic approach to time and energy management, that I believe all moms have the ability to do, whether you're raising your first child, or you're raising multiple. You can be a great mom and pursue your dreams at the same time, and it's my mission to share this with as many people that will listen.

# FOR KIDS ONLY

## THE EPOCH TIMES



### The Funny Kittens

from "The Jingle Book" by Carolyn Wells

Once there were some silly kittens,  
And they knitted woolly mittens  
To bestow upon the freezing Hottentots.  
But the Hottentots refused them,  
Saying that they never used them  
Unless crocheted of red with yellow spots.

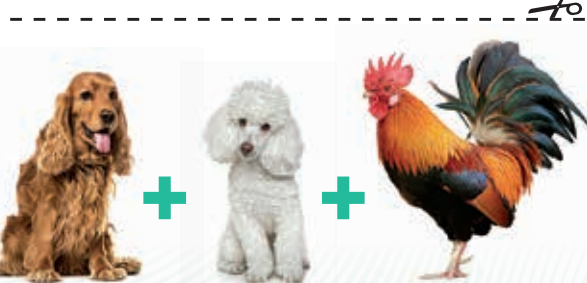
So the silly little kittens  
Took their blue and white striped mittens  
To a Bear who lived within a hollow tree;  
The Bear responded sadly,  
"I would wear your mittens gladly,  
But I fear they are too gay for such as me."

Then the kittens, almost weeping,  
Came to where a Cow lay sleeping,  
And they woke her with this piteous request,  
"Won't you wear our mittens furry?"  
Said the Cow, "My dears, don't worry;  
I will put them on as soon as I am dressed."

Then the Cow put on her bonnet  
With a wreath of roses on it,  
And a beautiful mantilla fringed with white;  
And she donned the pretty mittens,  
While the silly little kittens  
Clapped their paws in admiration at the sight.

**“I believe it is an established maxim in morals that he who makes an assertion without knowing whether it is true or false, is guilty of falsehood; and the accidental truth of the assertion, does not justify or excuse him.”**

ABRAHAM LINCOLN (1809-1865)



WHAT WOULD YOU GET IF YOU CROSSED A **COCKER SPANIEL, A POODLE, AND A ROOSTER?**

A COCKERPOODLEDOO

## This Week in History

### KRAKATOA ERUPTS

On August 27, 1883, Krakatoa, a volcano in the Sunda Strait between the Indonesian islands of Java and Sumatra, erupted. It was one of the fiercest volcanic events ever recorded. It was reportedly heard as far away as Australia. Two-thirds of the island of Krakatoa were destroyed. Approximately 40,000 people died from the eruption and tsunamis that followed.



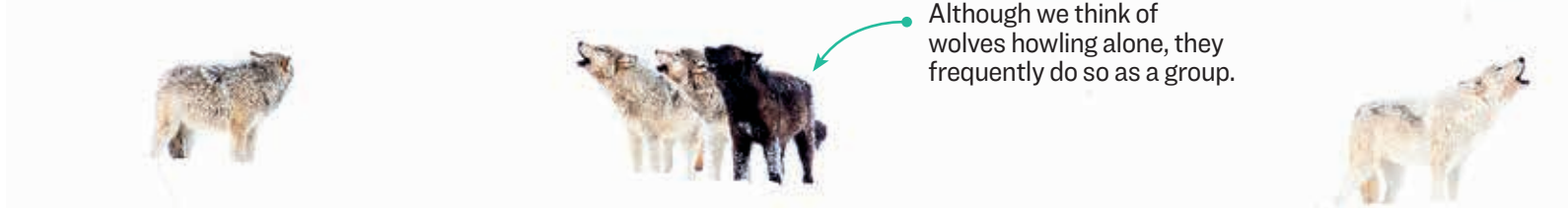
An 1888 lithograph of the 1883 eruption of Krakatoa

By Aidan Danza, age 13

## SPECIES SPOTLIGHT: GRAY WOLF

**The gray wolf is one of the most iconic species of the American West.**

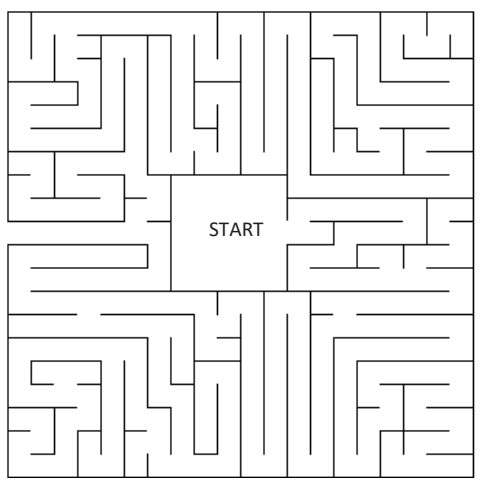
Its status as an icon is equal to that of the elk, moose, and maybe even the bald eagle.



Although we think of wolves howling alone, they frequently do so as a group.

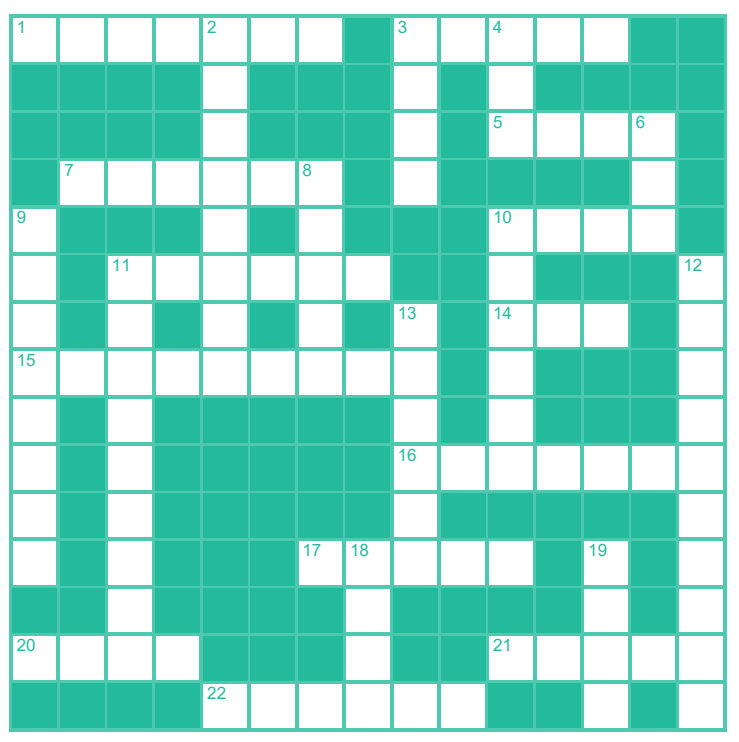
The gray wolves are the largest species of canid (dog, fox, jackal, dingo, wolf, etc.) They can be anywhere from 36-63 inches long (head and body), and males are normally larger than females. In the Arctic, gray wolves are white, and as they get farther south their colors mix from black, cinnamon, gray, brown, and pure black in some color morphs. In North America, the gray wolf has two color phases: The normal gray wolf color is a combination of all the colors, with gray, black, white, cinnamon, and brown. The back is usually darker, and parts of the face and legs also have cinnamon. The second phase is black and brown, with some white specks, and a paler belly. Young wolves are gray with brownish-black. The ears can be black or buff-colored. They can weigh 40-175 pounds. Wolf packs have specific structures and customs. The only pair of wolves in the pack that breed are the alpha (or dominant) male and female. The female will dig a den, where the pups are born. There can be one to fourteen pups, but normally there are six or seven. They stay in the den for eight to 10 weeks, and for the next two weeks they are out of the den but still cared for by their mother. After this time, the pups are cared for by the rest of the pack and are fed regurgitated food by all of them until during their sixth week. Then they are fed meat. Female pups are mature when they are two years old, while males are mature when they are three. They will leave their pack between the age of one and three. The average lifespan of a wolf in the wild is five to six years. However they can live for up to 15 years, especially in captivity. The pack consists of two to 36 wolves, but most are between five and nine wolves. The pack's hierarchy is very strict. The alpha male is first in rank, followed by his mate, the alpha female. If the alpha male dies, is sick, or injured, the beta (second male in command) will take his place. If this happens, the alpha will normally leave the pack. Ranks determine who eats first, for the most part. Those lower in rank will demonstrate certain behaviors such as crouching and rolling over to show their belly to the alpha. The pack will stay in the same place while they are raising their pups, and will be nomadic in fall in winter when their pups are able to travel.

## 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	Medium puzzle 1	Hard puzzle 1																														
<table border="1"> <tr><td>2</td><td>10</td></tr> <tr><td>60</td><td></td></tr> <tr><td>1</td><td>10</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	2	10	60		1	10	+	-	x	÷	<table border="1"> <tr><td>5</td><td>18</td></tr> <tr><td>32</td><td></td></tr> <tr><td>4</td><td>5</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	5	18	32		4	5	+	-	x	÷	<table border="1"> <tr><td>17</td><td>32</td></tr> <tr><td>42</td><td></td></tr> <tr><td>5</td><td>19</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	17	32	42		5	19	+	-	x	÷
2	10																															
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42																																
5	19																															
+	-	x	÷																													
Solution For Easy 1 $(1 + 2) \times (10 + 10)$	Solution For Medium 1 $5 \times 5 + 18$ $4 \times (5 - 9 - 8)$	Solution For Hard 1 $28 \div 5 \times (21 - 6)$																														



**Across**

- It likes to spin its wheel (7)
- Tropical lizard (5)
- Warty amphibian (4)
- Predatory insect (6)
- Jumper (4)
- A tarantula is one (6)
- They are often white (3)
- It's not a swine (9)
- Colony with tunnels (7)
- Boa (5)
- Porgy and bass (4)
- "Giddyup!" obeyer (5)
- Snapper (6)

**Down**

- Epitome of slowness (8)
- It's half the faun (4)
- Stimpy, for one (3)
- Adoption from a pound (3)
- Beasts that baa (5)
- Mr. Pricklepants in "Toy Story 3," e.g. (8)
- Creature in "Kindergarten Cop" (6)
- Long insects (9)
- Amphibian (10)
- Large lizard (6)
- A witch may need its eye (4)
- A Budgie is one kind (4)

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