

THE EPOCH TIMES

LIFE &

TRADITION

COURTESY OF LIVE ACTION



Live Action has seen countless people change their stance on abortion once they learn the truth.

Lila Rose founded the pro-life organization Live Action when she was 15.

How Respect for Truth, Human Dignity Is Turning the Tide on Abortion

Live Action founder Lila Rose on restoring a culture of life in America

CATHERINE YANG

Lila Rose was in her teens when she came across an abortion handbook, and knowing nothing about the actual procedure, she flipped through the pamphlet and saw illustrations of young children—one of the earliest a 10-week-old in the womb being dismembered via suction abortion.

Ten weeks in, a person already has all the necessary vital organs formed. It struck her that abortion by definition was the violent act of taking a life.

But this isn't what most people think about on a day-to-day basis, and so it's not what many people understand abortion to be.

"Most people are not passionately decided about abortion. They're actually fairly uninformed and haven't taken a lot of time to think about it, or maybe they've been involved in the past with an abortion and they've buried the pain they felt, or they feel it's a political issue that'll never be resolved—most people haven't taken the time to take about the fact that there is a child growing rapidly even in just the first few weeks of pregnancy," said Rose, who

founded the pro-life organization Live Action at age 15.

"There have been decades and decades of propaganda pushed by powerful political sources, by many media, by the abortion industry, by the entertainment world, and even in education."

Originally intended as an educational resource for her local community, Live Action has since become a leading voice in the national and even global fight against abortion. In just the past few years, its followers have tripled, growing close to 5 million, largely because pro-life grassroots organizations are springing up on the local level all across the country.

"We do see hearts and minds change all the time," Rose said. "I'm very hopeful; the truth is very powerful and when it's spoken, when it's shared, it changes everything. And that's what I'm seeing in our culture, despite the attacks that I see, the evil that's being done, I see tremendous good. And I think we can turn this around, we can restore our nation and build a culture of life."

What Is Abortion?

When Rose says "propaganda," she isn't



SAMIRA BOUAOU/THE EPOCH TIMES

The 45th annual March for Life rally in Washington on Jan. 19, 2018.

exaggerating. Many who believe abortion to be a human right have built this belief on top of a mountain of falsities. As a result, Live Action has seen countless people change their stance on abortion once they learn the truth.

"I started doing investigative reporting in

college, that's when I realized how much bias there was in media and how little truth was being told," said Rose.

Abortion in the news was always framed positively; media would downplay or not talk about the risks that come with abortion, *Continued on Page 4*

100-Year-Old Veteran Army Nurse Shares Memories of World War II

LOUISE BEVAN

In 1944, Regina Benson joined the Army Nurse Corps in Philadelphia. She was just 24. The retired Army nurse is now 100 years old.

Benson, from McLean, Virginia, hailed the United States as "the greatest country in the world because of its freedoms and because people can carry out their dreams." She urged young Americans today to love their country and remember the sacrifices that military service members have made for the sake of American freedom.



Regina Benson in an interview with the U.S. Department of Defense at the Pentagon on July 10, 2020.

"Remain true to your country," she told the U.S. Department of Defense. "We can pursue our dreams and hopes."

After joining the Army Nurse Corps, Benson, along with her three fellow nursing school classmates, was deployed overseas to serve in the World War II effort. Benson was assigned to stations in Japan, Hawaii, and Okinawa, serving a year and seven months before returning to the United States to marry her sweetheart.

"She was fearless," said Benson's daughter, Phyllis. *Continued on Page 5*

DEAR READERS

In time for Veterans Day this year, we would like to know: What lessons have veterans taught you? How have they changed your life?

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

Apples and Oranges: The Dangers of Comparison

JEFF MINICK

“Comparisons are odious.” The earliest known use of that old adage dates from around 1440, when John Lydgate wrote in his “Debate between the horse, goose, and sheep” that “Odyous of olde been comparisoun, and of comparisoun engendryd is haterede.” The line “comparisons are odious” also appears in the works of such writers as Shakespeare, Cervantes, and Christopher Marlowe.

Our spelling has undergone some obvious changes in the last 600 years, but does the sentiment behind “Comparisons are odious” remain valid? Do comparisons engender hatred? Let’s take a look.

Everyday Distinctions

For most of us, comparison comes as naturally as drawing a breath. When we’re shopping for paper towels at the grocery store, we compare the price and the overall quality of the various rolls on the shelves. When we go to buy a car, we compare dozens of details before making our purchase.

The “compare and contrast” essay remains a perpetual favorite among teachers and national test agencies. The Advanced Placement English Literature test frequently gives students two poems and asks them to compare and contrast them in such areas as theme, clarity, and structure.

In the last year, three of my children have moved from one house into another. Comparing their new homes to the old seems both natural and harmless to me.

Most of us make comparisons in the political realm, socialism versus freedom, libertarianism versus conservatism, and so on. To do so is right and just, and helps determine what sort of government we possess.

On some occasions, even our judgment of others does no harm. For argument’s sake, suppose I see two women seated together in the coffee shop I frequent, one a lanky beauty with dark hair, the other blonde, dowdily dressed, and a little overweight. Initially, I judge the first to be more beautiful than the other. When I hear the golden laughter of the blonde woman, however, I think to myself, “Someday she’s going to meet a guy who will fall in love with that laugh.”

It’s when we judge people on a less superficial level that we enter a dark wood.

Selves

Let’s start with ourselves. When we constantly compare ourselves to others, a friend or a family member, we may find them a model for emulation and self-improvement, but we are just as likely to become critical of our own lives. The man in his late 20s working as a clerk at a drugstore may look at his boyhood friend, now an attorney, and become depressed by his own lack of success. The quiet teenager who spends an evening as a wallflower at a school dance while her vivacious best friend is the center of attention may believe something is horribly wrong with her compared to her friend.

I have several adult acquaintances, middle-aged and older, who to this day look at schoolmates or close friends who have made a success of their lives, and berate themselves for what they regard as their own diminished stature. They cannot see themselves as I see them, men and women with good hearts who are doing the best they can in a tough world.

Such self-comparisons can run in an opposite direction as well, and become equally damaging. Several times in my younger years, I heard stories of men and women I knew who had betrayed the trust of family or friends in one way or the other, or who had failed to meet some unwritten code. “I would never do that,” I would say to myself and even to others, but then came that day of reckoning when I did hurt some people. “Pride goeth before a fall” is the danger here, and today, older, wiser, and much more beaten about, I try harder to withhold criticizing or judging others in my life.

To Each His Own

When we compare one person to another, we can also reap horrible results. The mother who says to little Johnny, “Why can’t you behave yourself like your sister Sally?” has just sliced her son to the quick. When a commentator tells us President Donald Trump is another Adolph Hitler or Benito Mussolini, he not only engages in a completely bogus metaphor, but he also makes a fool of himself, displaying both a lack of historical knowledge and a lack of proportion.



ALL PHOTOS BY SHUTTERSTOCK

Comparison can be as damaging to ourselves as it is to others.

Good parents in particular are aware that each of their children has a completely different makeup from the other siblings. Here is Johnny, rambunctious, loud, and demanding, while Sally enjoys peace and quiet, and tends to be a people pleaser. Their young brother, Steve, has trouble making choices, hangs back a little from kids he doesn’t know, and regards the world with wary, nervous eyes.

Mom and Dad understand their children possess different temperaments, and adjust accordingly to the needs and character of each child.

Condemnation

When I told a friend I was writing about comparisons, she wrote the following to me in an email: “I think it [comparison] applies to judging people. As we are each entirely unique, judging eliminates all but one or two characteristics of a person. When we love a child, we love the whole child, and it’s painful to hear others judge that child—because they can’t see the whole. They are ignorant.”

Most of us are prone to this form of comparison and condemnation, mostly from ignorance. Some people today, for example, negatively compare the present to the past. They look at men such as George Washington and Thomas Jefferson, and condemn them as monsters for owning

Parents are aware that their children may differ tremendously and adjust according to the needs of each child.



VIRTUES

The Forgotten Virtue: Prudence

When we think of prudence, the word caution may come to mind. Some may even associate it with “prude,” meaning a person who is overly modest or priggish in their behavior.

To the ancients, however, prudence was one of the four cardinal virtues, the “auriga virtutum,” the charioteer of all virtues. Derived from the Latin “providentia”—looking ahead, sagacity—prudence involves listening to ourselves and to others, seeking advice and wisdom, and then making a righteous judgment for a course of action and laying plans for the future.

Most of us, especially when we were young, often ignore this charioteer. We leap into a situation without considering all the consequences, or we spurn a parent’s advice and land not on our feet but on our face. A lack of prudence can have consequences on a national level as well.

We live in an age when prudence takes a back seat to spontaneity, when feeling and emotion push aside reason and sobriety.

Prudence needs resuscitation. By reviving the practice of that virtue, both publicly and privately, we will give the reins of our runaway horses back to the charioteer.

—Jeff Minick



“Prudence and Manly Virtue” by Paolo Veronese, 1560-1561.

Today, older, wiser, and much more beaten about, I try harder to withhold criticizing or judging others in my life.

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](#) to follow his blog.

slaves while ignoring their gifts and accomplishments. Such judges are all too often blind to their own flaws and those of their culture. One example: These critics may savage our ancestors as racists, all the while speaking of concepts like “white privilege” and “white fragility,” which are racist in and of themselves.

To paraphrase my friend who wrote the email, all too often we don’t see the whole person. We are ignorant, and in this case ignorance is not bliss.

The Solution

If we accept those around us, as my friend wrote, as “each entirely unique,” and ourselves in this same way, the urge for comparison and its sometime companion, condemnation, diminishes. If we reserve the judgment that often comes with comparison, we can avoid doing harm to ourselves and to others.

Lydgate wrote that comparison engenders hatred. Perhaps. But it’s far more likely that comparison makes those who judge a little smaller in spirit, a little darker in soul.

That prolific author, Anonymous, gave us these words: “The only person you should try to be better than is who you were yesterday.”

That’s the best prescription for healthy comparisons.

DEAR NEXT GENERATION:

‘My wonderful homeland fell prey to poisonous socialism’

→ Advice from our readers to our young people

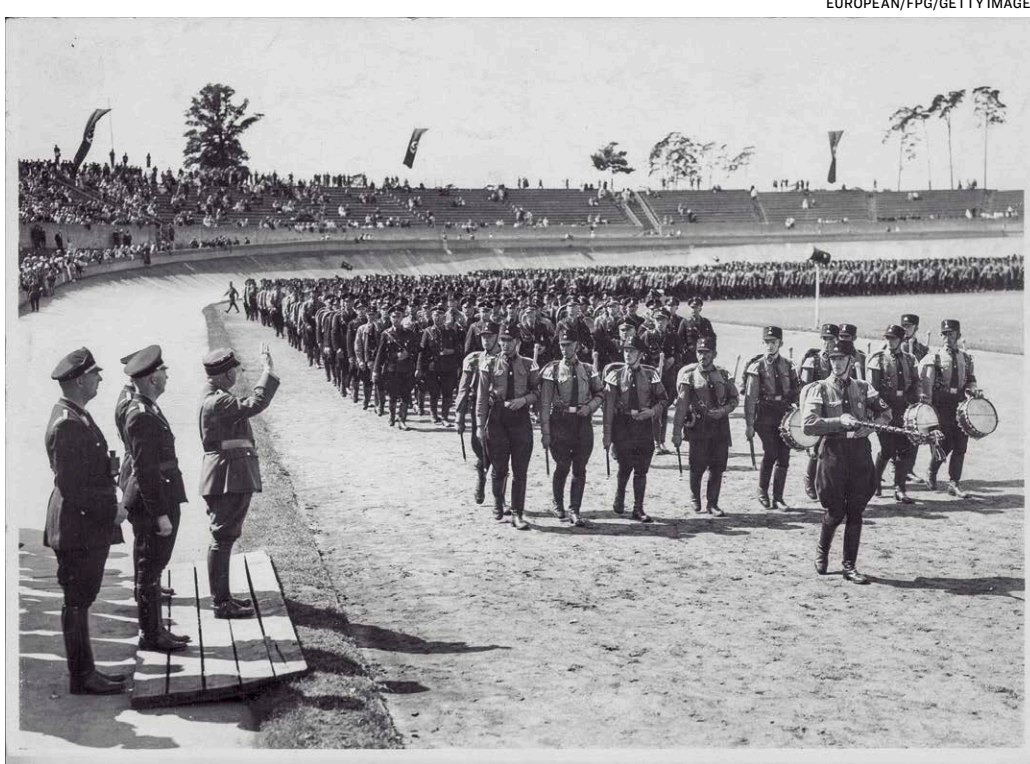
I just came across a speech I gave at a campaign event 4 1/2 years ago about the evils of socialism. It needs repeating since it fits the present. I lived through Hitler’s and Stalin’s socialism and often wonder how I sustained myself. Even as a very young girl in the 1930s, I knew that my beloved homeland was drastically changing. My memories from that period are chilling especially as I correlate many developments I witnessed to those ongoing in the United States.

During the 1930s, my father was a railroad administrator—a highly-regarded position at the time, and he was being pressured to join the “Party.” Noticing that representatives of the Party included thugs in brown shirts smashing windows and vandalizing businesses (Black Lives Matter?), he declined. Eventually, he was ordered to participate for two months of “reeducation.” He returned home in an ambulance, never to recover from the beatings and torture he had endured at the hands of Party operatives. He died shortly after. His last words to me were: “Do not give in. Never give up.”

I recall being 14 years old and needing dental work. After a painful operation, I boarded a streetcar with gauze in my mouth. A cowardly Schutzstaffel (SS) agent punched me in the face, knocking my teeth out. He heard me talk about my father’s demise and vilifying the “Party,” so he made me pay the price for my speech. No one was spared from physical abuse by the SS or the brownshirts—young or old, male or female, all were fair game for assault.

In the years that followed, my wonderful homeland fell prey to poisonous socialism that hid under the name of National Socialistic Arbeiter Partei Deutschlands or National Socialism. (Italy called it Fascism.) Party members would enter German schools (even private or religious) and tell the teachers that they would adopt a universal national curriculum (Common Core?).

My brother was drafted into the military at the age of 15 years old. I was forced out of college to enter into service to direct and trace munition trains destined for



German SS, or Schutzstaffel, soldiers take part in a Nazi Party parade prior to World War II, in Germany on Aug. 13, 1933.

Russia (They had to use young girls for this task since all men were on the “Russian Front”). I got to see Russia under the dictatorship of the murderous Stalin and what socialism did to that country. I saw bodies hanging from lamp-posts along the Dnieper River’s edges (Ukraine)—not from nooses but from hooks in their necks. They were dissidents to the regime (brown or red) and were left hanging ... I saw many, many trainloads of Jews and dissenters being sent to reeducation camps, which had devolved into concentration camps in 1940 for the purpose of “population cleansing.” It is for those poor souls that I share my life story—to always remember and perhaps awaken others to the dangers of socialism and its derivatives.

We had no freedom and neither had the media. They had to publish what they were told, such as the number of Allied planes the Germans supposedly shot down daily (in their dreams) and how well the war in Russia went!

One day, a frantic neighbor came on his bike to our house announcing that he had an American in his barn and he could not communicate with him. Would I please come and help. It turns out his plane was

shot down by the German Flak. It took seven weeks to get him back to Great Britain. We stayed in touch, he came back, we were married, and here I am! I became an American citizen, embraced my new country, my anthem, my flag, my Constitution. When I voted for the first time I wept with joy! I love my country for all its glory with all its imperfections.

It is for many of these reasons that I am adamant the “Silent Majority” be silent no longer, and that the younger generations educate themselves, learn from the past, and appreciate their God-given country! —Margaret Fallat

Here are some worthy pillars: Forgiveness. Generosity. Laughter. Memories.

Keep short records of when someone wrongs you. You’ll be more healthy. A favorite quote says: “To err is human, to forgive is divine.” It is more blessed to give than to receive. Find a homeless shelter or a local family to help. Write an encouraging note to a widow. Laughter (even medical professionals agree) is medicinal. In fact, learn to laugh at yourself! Don’t waste your laughter on a “tee hee.” Practice a belly laugh!

DEAR JUNE with June Kellum



Dear June, Ever since COVID-19, my relatives won’t let anyone visit my grandfather, who lives with them. They say this is out of precaution for his health. This is creating some hard feelings between his other adult children, who want to see him, and the adult children he lives with.

Meantime, they are still taking him on outings outside, where there are people in the vicinity including their own friends—even if socially distanced. Of course, I would also like to see him. I feel this isn’t good for him to be isolated like this without his say and I am concerned about friction within the family (which was already present to some extent). What can be done?

—Chloe P., New York

‘My relatives won’t let anyone visit my grandfather’

→ Advice for keeping the peace within families

Dear Chloe, On one hand, it is probably a very good thing that your relatives have been caring for your grandfather at home as early in the summer; it was reported that upwards of 40 percent of COVID-19 deaths in America have been associated with nursing homes.

However, it does seem like a double standard if the relatives caring for him let him interact with non-family but are restricting family. Could the reason for this be the family frictions you mentioned?

Perhaps there is an issue of trust? Do your grandfather’s caregivers feel that family won’t respect social distance but their friends will?

People have had a wide range of responses to the pandemic—some have been very strict about isolating themselves, even from family,

while others have been much more relaxed. To a certain extent this is justified because some families have much greater risk factors than others. For example, I know of one family where the mother was pregnant throughout the lockdown. The baby was born in late September, and they told their close neighbors, who were also good friends, that if the friends’ children started going to school, they would not feel comfortable having the kids play together. Even though babies do not seem to be as much affected as other groups theoretically, this is of course understandable, since their immune systems are not quite as strong as adults’.

There is also the issue that some people are more fearful of COVID-19 than others either because of the information they are consuming or their disposition, and experience is showing that COVID-19 is something of a wild card in terms of who has severe reactions.

Could either of these factors be at play with your grandfather’s caregivers? If so, I’d be inclined to give them grace.

Of course, the risks and fears need to be balanced with your grandfather’s quality of life and his wishes. Are you or someone he trusts able to talk with him directly about what he wants?

Since the situation is centered upon him, I would push things only as far as he desires. Maybe he would prefer to have all his children on speaking terms instead of having some insist on seeing him and thereby increasing family friction.

Three suggestions as your family

When a loved one dies, their memory doesn’t die with them. Grieve, yes. In your grieving, rehearse those fun and poignant memories. Now go make your own memories. Please don’t think it costs a lot of money to make a memory. I will never forget the first time my husband took our sons (7 and 9) fishing. They were gone all day and into the evening. I looked forward to dozens of fish being photographed. They arrived, sweaty and grinning from ear to ear. One fish. One day of making memories.

—Marlene Daniels

Dear Next Generation, “Grandparents sort of sprinkle stardust over the lives of little children.” —Alex Haley

I retrieved these profound thoughts from a column by Rabbi Gellman. One of his readers asked him this question, “What would you say in your final moments?” While it may be rare that young people ever think about their final moments, there is a valuable lesson in this story.

At a bar mitzvah being conducted at Rabbi Gellman’s synagogue, it was, and still is customary, for the rabbi to call upon the parents and grandparents to bless the child in their own words. The diminutive grandfather, a Holocaust survivor, rose from his seat, approached his grandson, looked up at the tall 13-year-old, and in his thick Yiddish accent said: “In this life you are going to meet people who need help. If you can help them—help them.”

Then, according to Rabbi Gellman, he sat down and cried.

Imagine a culture where the dominant character traits are caring, compassion, kindness, gentleness, and self-restraint. If you want to change the world, remember the words of Seneca, “It is another’s fault if he be not grateful; but it is mine if I do not give.”

—James L. Casale

What advice would you like to give to the younger generations?

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

Send your advice, along with your full name, state, and contact information to NextGeneration@epochtimes.com or mail it to:

Next Generation, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001

embarks on what will be difficult discussions: First, focus on appreciation for the sacrifices of the caregivers and concern for your grandfather’s well-being. Even if the rest of the family doesn’t feel the caregivers are doing well or maybe don’t have pure motives (is there inheritance or other advantages involved?). Whatever the case may be, appreciate the good they have done as this can help calm tensions.

Secondly, be patient (unless his state warrants immediate action). Perhaps suggest to the relatives that you would like to visit him over the holidays so they have time to become comfortable with the idea.

Finally, during the discussions, listen very closely to the caregivers. There is something you can do during difficult conversations, which is to repeat back what the other party has said such that they agree that you have accurately summarized their point. This helps to make the other party feel understood and respected, feelings that are important for a fruitful discussion.

Sincerely,
June

Do you have a question for our advice columnist, Dear June? Whether it’s a frustrating family matter, a social etiquette issue, a minor annoyance, or a big life question, send it to DearJune@EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001

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

How Respect for Truth, Human Dignity Is Turning the Tide on Abortion

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much less be honest about the fact that it ends a human life. But as Rose started reporting on what goes on inside abortion clinics, she saw hearts and minds changing. It inspired her to expand the organization.

The push to normalize abortion rose along with the sexual revolution, which found a lot of success by tying itself to the women's empowerment movement. Helen Gurley Brown's *Cosmopolitan* magazine, aiming to be the female version of *Playboy*, would spin fictional stories of glamorous lives and helped shaped the narrative that childbearing and family would be detrimental to a woman's happiness.

Then, abortion activists Larry Lader and Bernard Nathanson founded the National Abortion Rights Action League with the goal of repealing all abortion restriction laws. People started hearing about thousands upon thousands of women dying in back-alley abortions, which strengthened the push to legalize abortions—except that

Lader later confessed that they had knowingly and willingly made up the numbers. They claimed their poll results showed that more than 80 percent of Americans supported abortion, when it was only 5 percent; and if the number of abortion-related deaths was 100 in a particular year, they would say it was 5,000 to 10,000.

Today, fewer than 30 states require abortion clinics to report complications, and it's up to the clinics to share the information, so there is no clear mortality rate from abortion for women in the United States, making it impossible to determine that legalizing abortion has made it any safer. High-profile cases of deaths in abortion clinics such as that of abortionist Kermit Gosnell also paint the picture of abortion as an unsafe practice, but get minimal coverage in the media.

Rose points out that abortion wounds women more than physically. It's often framed as "empowering" for women and about choice and bodily autonomy, but foists the responsibility onto the woman to have an abortion and leaves her alone to deal with the trauma that statistically commonly accompanies an abortion, sometimes years later when triggered by another pregnancy.

But perhaps the biggest surprise for some people new to learning about abortion is the fact that life begins with conception has nothing to do with belief, and isn't a partisan issue; it is instead what biologists have scientifically confirmed.

A heartbeat begins as early as three weeks; 22 days into fertilization, the new heart is pumping blood and other vital organs are forming. By nine weeks, that heart has divided into four chambers; the baby can suck its thumb, stretch, and even sigh.

An abortion also isn't health care. Doctors, both for and against abortion, have confirmed that an abortion is never a necessary life-saving procedure. There are cases where it is difficult or even impossible to save both the mother and growing child, and in those cases, it may be necessary to induce labor and end up with a slim chance of supporting the premature baby outside of the womb, but abortion is the act of specifically targeting and killing the growing child in the womb.

This is especially true in cases of late-term abortions, which many mistakenly believe to be something that only happens in rare and life-saving cases. If there is a medical issue, a C-section to deliver the baby is considered faster and safer than an abortion when it's necessary to separate the child and mother.

"Roe v. Wade was bad, bad law, it was a poorly cited case that invented this false right to abortion that is not in our Constitution," said Rose. If the rationale for abortion is that women should be able to choose to kill unborn children, a problem of unequal treatment of human life arises wherein some people in society get to decide whether others, who are more vulnerable, are allowed to live. This has resulted in abortions based on the baby's sex, or deciding that children with certain conditions are less deserving of life than others.

COURTESY OF LIVE ACTION



Rose says, "We do see hearts and minds change all the time. I'm very hopeful."

Today, the multibillion-dollar abortion industry continues to lie about abortion when it claims abortion is risk-free and humane.

Today, the multibillion-dollar abortion industry continues to lie about abortion when it claims abortion is risk-free and humane. Knowing its history, Rose and other pro-life advocates weren't surprised when abortion clinics pushed to stay open during the recent pandemic stay-at-home orders under the guise of health care. But even more concerning was the industry's push to make the "abortion pill" something people can obtain without an in-clinic appointment.

The Pill Problem

While abortions have been on the decline over the past decade, there was a 2 percent increase from 2017 to 2018, largely because of the increase in abortion pill use.

The procedure is actually two pills: the first, Mifeprex, stops progesterone from reaching the fetus, starving it of nutrients until it dies, and the second pill, Misoprostol, is taken two days later to induce a miscarriage so the woman goes into labor and expels the dead baby.

The pill procedure has a complication rate four times higher than a surgical abortion, and can sometimes fail, meaning the baby is still alive or parts of the baby remain in the uterus and surgery is still needed.

The pill procedure is meant for pregnancies up to 10 weeks, after which complication rates can double, but with no doctor's appointment necessary, the pill may be distributed to women further along in pregnancy. Clinics vary widely in how they describe the procedure and potential risks, some likening it to a period, so there are horror stories abound from women who were shocked to see the fetus and amount of blood afterward. Clinics also fail to disclose that the abortion can be reversible, if the woman has only taken the first pill.

'Culture of Death'

Rose and others have pointed out how a culture that can so easily kill more than 2,300 human lives a day is one in which we lose respect for human dignity.

"Overall I think our culture struggles

with forces that want us to objectify the vulnerable, and that's part of this... culture of use as opposed to love and compassion, where we use each other for our own ends, and with abortion, worse, we're willing to kill each other for our own ends," Rose said. In this culture, we've seen more and more sexual abuse, growing sex trafficking, and the sexual exploitation of children even in mainstream media.

The largest nationwide abortion provider, Planned Parenthood, for instance, has a documented history of aiding sex traffickers. Rose and others have done undercover investigations resulting in videos showing abortion clinic workers turning a blind eye to the fact that clients were minors and even encouraging underage sex, failing to report abuse when clients disclose it, and offering discounts or advice to pimps so they could keep bringing in girls who were minors.

"I think that a culture that would kill a child and throw them out like medical waste, a child just because they're not born yet, it shouldn't surprise us that that's a culture that would use children for the pleasure of adults and steal their innocence, it's a disrespect for children and lack of respect for humans," Rose said. "It's part of the same culture."

"If we want to combat [it], we have to reassert human dignity," Rose said. "If we can do that, if we can say every human being is precious and made in the image and likeness of God, has basic human rights, deserves love, deserves justice, then that is a rejection of all these attacks on children."

Culture and law are intertwined, Rose said, so Live Action is committed to working on both.

"We certainly believe that until people change, policy won't change, so you need to do the work to educate, you need to do the work to activate, but you can't ignore the political space because ultimately the protection of the pre-born is a legal issue at its core," Rose said. "They need to have legal protection just like you or I do, equal protection under the law, that is a right promised to them just like it is promised to us under the 14th amendment."

Abortion laws vary widely from state to state, so it really is in the hands of local grassroots organizations and advocates, Rose added, and that movement is growing—especially among younger people.

"We are seeing historic low abortion rates today. We've seen unprecedented gains on the state level with historic pro-life legislation proposed and passed at the state level," she said. "We are seeing abortion facilities closing, we have a continual decline of abortion facilities nationwide, so these are all great steps in the right direction. There is more work to be done, there are 2,363 children killed every day on average in America, so our work is far from over. We are in the middle of this fight, but we are seeing progress."

A child holds a sign at the 45th Annual March for Life rally in Washington on Jan. 19, 2018.



SAMIRA BOUADOU/THE EPOCH TIMES

100-Year-Old Veteran Army Nurse Shares Memories of World War II

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That fearlessness ran in her family. Benson's four brothers served in the armed forces, and her husband was also a member of the military.

Benson worked the wards and operating rooms of Pacific Army hospitals, clocking in 12 hours at a time.

While stationed in Hawaii, Benson met Army 2nd Lt. William Benson, a supply officer and company commander who eventually rose to the rank of lieutenant colonel—and the pair fell in love. However, romance was a brief reprieve.

Benson shared some of her most haunting war stories from overseas deployment. In one anecdote, Benson recalled a heavy storm hitting while they were sailing across the Pacific.

"The captain decided we

would go down with the ship," she said, "and of course, everybody got on their knees and prayed and promised God many things. Then all of a sudden, the ship calmed down, and we went through the eye of the storm and everybody went back to what they were doing."

Benson worked the wards and operating rooms of Pacific Army hospitals, clocking in 12 hours at a time. Enduring harrowing sights and immeasurable losses, Benson said that her most important role was "to give comfort to those troops who were dying." She was able to tell the mothers of those young soldiers that their sons hadn't died alone, because she was with them.

The dedicated nurse served the front lines until the very end; the Japanese surrendered on Aug. 15, 1945.

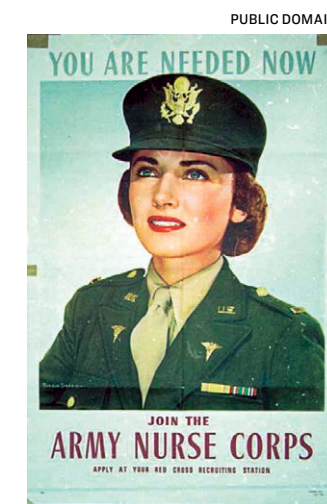
"I was delighted, but the Japanese [troops] in the hills didn't know that World War II was over and they came down [from the hills] shooting at us," she said.

However, after signing an official surrender agreement weeks later, the Japanese extended their hospitality to the visiting Americans, inviting them into their homes.

"We ate dinner with them, talk-



Joint Chiefs Chairman Army Gen. Mark A. Milley presents Regina Benson with the Joint Service Achievement Medal at the Pentagon on July 10, 2020.



A recruiting poster for the Army Nurse Corps.

ed to them, and stayed in some of the Japanese homes," said Benson, adding that the Americans shared their rations with the Japanese.

Returning to the United States in April 1946, Benson married William and settled into family life, along with a new role as a civilian surgical nurse.

On Aug. 31, U.S. Army officials honored the veteran nurse on Facebook, on the occasion of her 100th birthday.

In one photo from her visit to the Pentagon, Joint Chiefs Chairman Army Gen. Mark A. Milley presented the Joint Service

Achievement Medal to Benson in recognition of her contribution to the war effort.

The social media tribute was acknowledged by thousands, with well-wishers leaving notes of thanks and congratulations.

"The Greatest Generation! Do what they had to do! No questions asked!" wrote one well-wisher. "God Bless her!"

"Thank you Ms. Regina Benson for your service and sacrifices," another commenter wrote. "You and other nurses served in the country are all inspirations and great heroes of this nation. Congratulations to all veterans."

Live Like a Stoic for a Week

A practical philosophy with modern relevance

CATHERINE YANG

Note the exact time and date of when you were last angry, or afraid, and write down the event. What was the actual situation you faced? What were the exact emotions and desires you experienced during the event? What were the thoughts that went through your head? Were some of these reactions within our control? Were parts of the event beyond your control? And what did you actually do? Did your actions help you or not?

This is part of a self-monitoring Stoic exercise, which thousands of people over the summer, and each year for Stoic Week (this year Oct. 19–25), participate as part of an experiment to determine if living like a Stoic has any benefits.

These lessons have proved useful during the pandemic; over the summer, the organization Modern Stoicism launched a free four-week course on Stoicism in the UK with 2,500 signups, with participants afterward reporting increases in resilience, life satisfaction, and positive emotions, and decreases in negative emotions.

The Practical Philosophy

Donald Robertson was a teenager when he began looking into philosophy; the death of his father spurred a search for a new way of life. He became interested in meditation and Buddhism, and continued to study philosophy for his undergraduate degree. It wasn't until graduate school that he encountered Stoicism—then a seemingly little-known school considered not so important in the field of philosophy. He wondered why.

"There's some irony in it," said Robertson, who co-runs Stoic Week. Philosophers would say what the Stoics really did was to find practical applications for existing philosophy, such as that of Socrates. In other words, Stoicism was too practical to be interesting philosophy. Robertson found it applicable and beneficial not just in his personal life, but also in his work as a psychotherapist. He realized Stoicism was really the inspiration behind cognitive behavioral therapy, and this practical philosophy helped many of his clients as well. That was 25 years ago, and Stoicism has since become a popular and growing self-help movement.

"It wasn't popular back then; I gave talks at conferences to psychotherapists, and I never realized the general public was so interested," Robertson said.

His writing about the parallels between cognitive behavioral therapy and Stoicism

led to him recording the instructions for one of the concepts, "View from Above," so listeners can go through the meditation and focus on gaining perspective. This got him involved with a project at Exeter University with professor Chris Gill, who had a group of people trying to find modern practical relevance to ancient classical texts—they had already tried a "Live Like Galen" week, and "View from Above" inspired the idea to create a course that could help modern people "live like a Stoic." That's how Stoic Week was born.

Stoic Week

There is a misconception about what Stoicism is largely because "stoicism" is a word that has a very different definition from that of the ancient philosophy of "Stoicism." The distinction is important because one is healthy and the other is not, said Robertson, also the author of "How to Think Like a Roman Emperor: The Stoic Philosophy of Marcus Aurelius."

"Lower case" stoicism is about enduring pain or hardship without complaint or display of feelings, that "stiff upper lip" image, and is actually considered psychologically unhealthy. Stoic Week is changing the misunderstanding about what the school of thought is. "Zest," surprisingly, was the trait most positively correlated with Stoicism after the most recent course, Robertson said.

"Stoic philosophy is about achieving eudai-

monia or happiness in the true and original sense of the word, i.e., actually flourishing. In modern therapy we say there's a big difference between 'feeling better' and actually 'getting better,'" Robertson said. "There's a huge difference between 'feeling happy' and actually 'being happy,' in the sense of flourishing rather than being hapless. The Stoics claim that the key to flourishing is moral wisdom and excellence of character, roughly translated as virtue (areté)."

Since 2013, Robertson and psychologist Tim LeBon have run Stoic Week (Learn.ModernStoicism.com). Some 20,000 people have participated since then, with consistently positive feedback. It includes a handbook and a series of self-guided courses to help participants understand and adapt Stoic principles and do Stoic exercises.

The exercises and questionnaires help participants determine whether they've experienced beneficial changes. The benefits might be educational, psychological (in gaining resilience and happiness), or even moral if the week helps develop their ethics, or they may find that Stoicism isn't for them at all, in which case they will still have learned something valuable about themselves, the guide explains.

The day's exercises begin and end with morning and evening meditations, and there is a daily lunchtime mindfulness exercise

as well. Some reflective questions or text by relevant ancient philosophers accompany each exercise: Epictetus, Seneca, Zeno, and others are the guides.

What Can the Stoics Teach Us?

Stoicism has much to do with judgment, and for Stoic Week there is a focus on three central ideas—value, emotions, and community.

"The Stoics argued that the most important thing in life and the only thing with real value is 'virtue' or 'excellence of character,'" according to the guide. As the argument goes, an excellent mental state is a prerequisite for happiness. Focusing inward to develop a virtuous character allows one to interact with the world in a better, kinder, and more positive way.

With emotions, while "lower case" stoicism may give the impression that Stoics push aside or deny emotions, Stoicism actually holds the idea that "emotions are ultimately the product of judgments we make." Perhaps anger is the result of misjudging a situation and fearing something that will not happen, or didn't actually happen. Stoics separate emotions within our control and involuntary reflex-like aspects of emotion, such as stammering or being startled. Here, too, there is excellence to aim for: the "good desires" or emotions are joy, discretion, and willing to do what is truly good for the well-being of others.

Third, Stoics saw themselves as part of something greater; one of the better-known principles of Stoicism is living in harmony with "Nature," which was understood not just as the world around us but as a living cosmos, with all things being part of an organic whole to be embraced. This extends to other people as well, as humans are social creatures and by nature exist in communities. To work collaboratively with others is in fact to better your own nature.

There are also aspects of Stoicism that have little relevance today, Robertson added, like its original adherence to Zeus as the creator. The original Stoics believed Zeus created all of nature including rational human beings, and wished to follow Zeus's will; it was a religion in that sense, but even in ancient times, there were people who adapted Stoicism's principles without taking it as a religion.

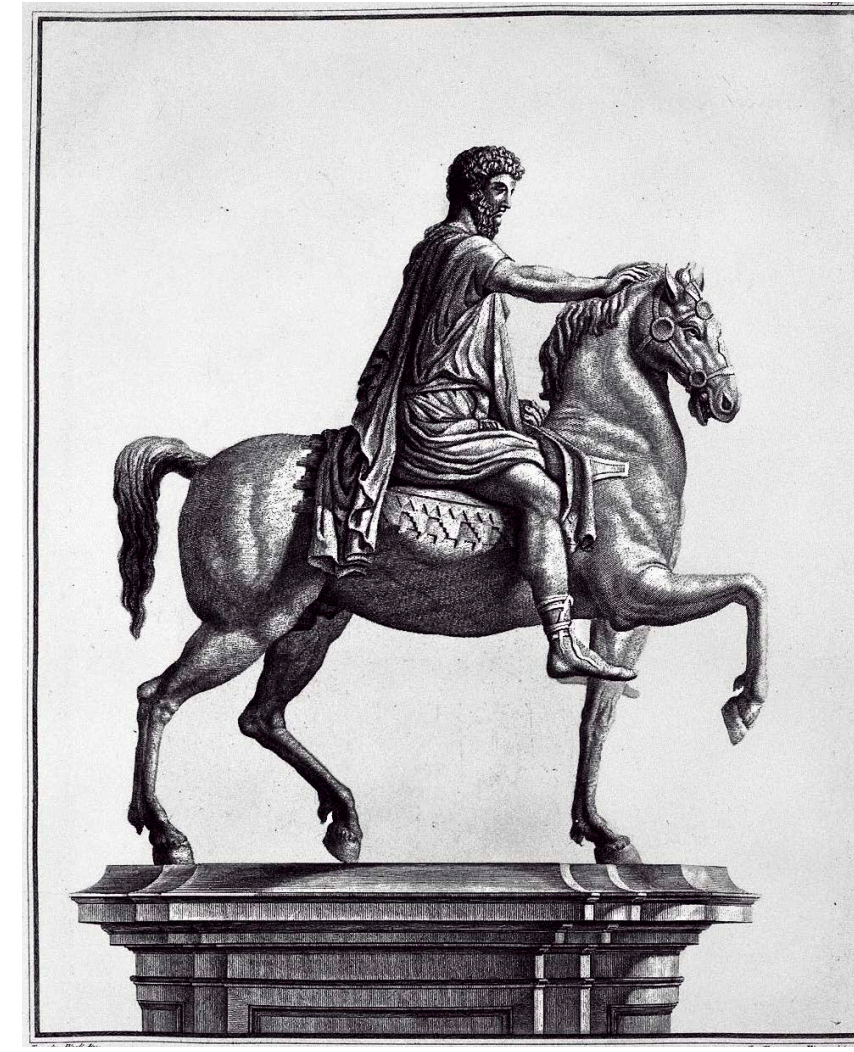
Some of the texts and sources about Stoicism used today are by Cicero or Plutarch, Robertson said, who weren't Stoics themselves. Plutarch was a critic of it, and both thinkers aligned with the rivaling Platonic school of thought, but they expounded on aspects of Stoicism in a way that is useful to modern-day readers.

Stoicism has really gained a community in the past decade, Robertson said, and it's largely due to the internet.

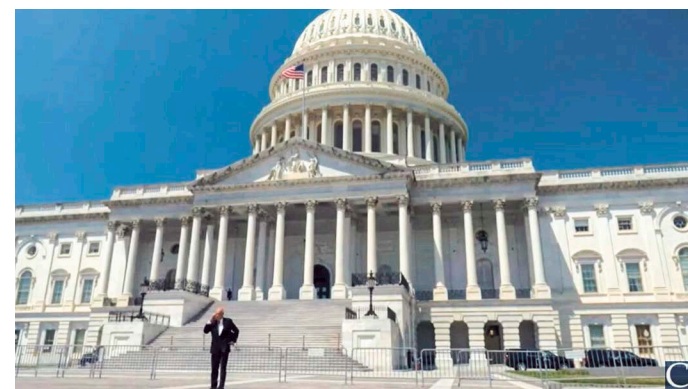
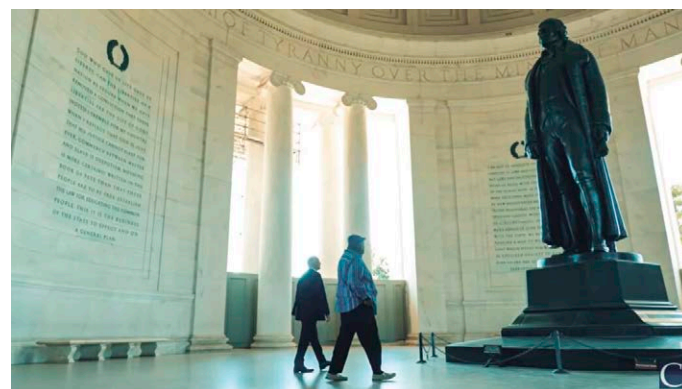
He remembers with the advent of Facebook, discovering that half a million people had listed Marcus Aurelius as one of their favorite writers (and he is still a best seller)—it's just that these people had previously nowhere to go to talk about "Meditations" or Stoicism with others.

Now that there are plenty of communities, classical wisdom may be more accessible than ever.

PUBLIC DOMAIN



Equestrian statue of Marcus Aurelius by Giovanni Battista Piranesi.



(Left) Nick Searcy in "America, America, God Shed His Grace on Thee." (Middle) James "Bo Snerdley" Golden, producer of "The Rush Limbaugh Show" with Nick Searcy at the Jefferson Memorial in Washington. (Right) Nick Searcy at the U.S. Capitol.

Actor Nick Searcy on New Documentary 'America, America, God Shed His Grace on Thee'

CATHERINE YANG

Back in April, as businesses shut down, beaches closed, and skate parks were filled with sand by government orders, people who had never been to church in their life set foot in one during a service as a thousand more people sat outside a Newbury Park, California, church, ready to take citations so that the people inside could worship, if it came to that. But it didn't—even as counter-protesters carried signs across the street and law enforcement kept watch from both sides, officers weren't willing to arrest worshippers. There was even a sheriff inside, attending the service.

Liberty is God's idea, the pastor, Rob McCoy, said as he was interviewed after the fact for the documentary "America, America, God Shed His Grace on Thee." The film premiered on Oct. 10 during the live-streamed Western Conservative Summit 2020.

The documentary was directed by Chris Burgard and Jeff Hunt, and stars Nick Searcy as he interviews people from coast to coast about what God has to do with America, and how that's changed since its found-

ing. Although the expedited filmmaking journey felt "like wandering around in a maze with a blindfold and earmuffs," they took that central idea and ran with it, and came out with a timely and topical film.

"They laughed and cried and stood up and cheered and they did everything I wanted them to do," Searcy said of the audience at their initial screening. "Within the first two minutes there's a big laugh."

"That's one of the important things about the film—it's OK to have some fun with this, it's not all boring and we're going to die—we've got to have a little fun even if we think the ship is going down," Searcy said. "It was a labor of love for all of us, and I'm just humbled to have been a part of it."

The film includes many interviews, including with Ben Shapiro, Sen. Ted Cruz, Dennis Prager, Brigitte Gabriel, Alveda King, Ambassador Andrew Young, HUD Secretary Ben Carson, and former presidential candidate, the late Herman Cain, a good friend of Searcy's.

"Which turned out to be his last interview," Searcy said. "Herman's been a friend of mine for many years, that interview was very special. It's just an unforgettable moment that I had."

“It made me examine my relationship with God over the years, and how that had changed and how that came to be. Even not intentionally, my personal story is part of the movie.”

Nick Searcy

During the making of the film, Searcy found he was having something of a spiritual journey himself.

"It made me examine my relationship with God over the years, and how that had changed and how that came to be," Searcy said. "Even not intentionally, my personal story is part of the movie."

Founded on Religious Liberty

The very idea of America was founded on the idea of religious liberty.

"These Christians founded America on an Old Testament basis largely," radio host Dennis Prager says in the film. "They took the great ideas of the Hebrew Bible and made them universal."

Many people know this much, but they might not know to what extent religious principles guided the individuals who fought in and led the American Revolution. Interviewees tell stories of the sermons pastors gave before leading men into battle, and what that period of time really looked like.

"The Constitution depends on people to [put it into action]. Why? Because it's bottom-up governance," said historian Larry Schweikart in the film. "The Puritans who came over here, the Pilgrims, were con-

gregational; their leadership was bottom-up, their organization was bottom-up. And so as a result there is built into the American fabric from the beginning a hostility toward top-down governance of all sorts," he said.

Those same biblical principles and the value of religious liberty drove the abolition of slavery and the subsequent civil rights movement up through modern history. "Point to the truth that all men are created equally, and that is America," said James "Bo Snerdley" Golden, producer of "The Rush Limbaugh Show."

But, Searcy reminds us, over the years this liberty has eroded, and the film delves into why. There's a reason why even atheists are joining together with conservative Christians, as is shown in the film, to protect churches—they realize what's at stake.

"At the end of the day, it's not even really about religion, it's about liberty, which is what this country was founded for," Searcy said. "That's what's at stake here, that's what we might lose if we're not careful."

The film can be viewed on the YouTube page for the Centennial Institute (<https://bit.ly/37f4bSR>).

The Uncommon Life of Bessie Coleman

LAWRENCE W. REED

How many times have we heard praises sung for "the common man" or "the common woman"? Far more than I can count, and it bothers me every time the phrase comes up. Why? Because it is not the common to which we owe our highest gratitude. That honor belongs to the uncommon.

Imagine a parent advising a child, "Work hard and some day you might become common!" or "Never let your aspirations rise above commonness!" or "Don't be different, just blend in with the crowd." I would pity a child raised in a home of such low aspirations. What a bore humanity would be if no one were uncommonly good or uniquely talented or singularly inspirational or unusually courageous.

In studying history, my attention is drawn to uncommon people, those who do extraordinary things that raise our standards and leave the world a better place. I have no interest in leveling their spirits or accomplishments until they are no higher than average. I leave that nasty business, which has become all too common today, to others.

I recently learned of another inspiring non-commoner and I'm eager to tell you about her right here. Her name was Bessie Coleman.

She was born in Atlanta, Georgia, in 1892 but when she was two, the Coleman clan moved to Waxahachie, Texas, where Bessie grew up as 1 of 13 children in a poor family of cotton sharecroppers. Her mother was African American; her father was part African American and part Native American (either Cherokee or Choctaw).

A century ago, being both poor and of minority blood presented you with significant obstacles just about anywhere in the world. You could sulk, complain, or get mad—or you could do what Bessie Coleman did. She overcame barriers with spunk and ambition. She made something of herself.

Bessie aimed high from an early age. She studied hard, read all she could, and dreamed big. She left rural Texas and headed to Chicago in 1915 at the age of 23. While working in a barber shop there, she learned of people flying airplanes in war-torn Eu-



(Top) Bessie Coleman in 1922. (Above) Bessie Coleman set her sights on becoming a pilot. She became a sensation as a barnstorming stunt flyer.

rope. She set her sights on becoming a pilot, which meant she would have to go to France to take lessons. All the pilots in America then were white men, and none had any interest in teaching a black woman how to fly.

She worked two jobs. She saved every penny she could. She even learned French in a Berlitz language school. By 1920, Bessie Coleman was ready for Paris. In less than a year, she was the world's first black woman and its first Native American to earn an aviation pilot's license.

Returning to America, she became a sensation as a barnstorming stunt flyer and a huge attraction for air shows all over the country. For five years as the world's greatest female civil aviator, she earned the cheers of large crowds thrilled by her daredevil flying.

Biographer Connie Plantz writes,

"Every loop-the-loop, barrel roll, and figure eight showed the audience on the ground that an African American could fly a plane. As Bessie Coleman zipped through the sky, her message was as clear as skywriting: Don't be afraid to take risks. Fly!"

Racial discrimination always bothered Bessie. Once she became a famous figure, she used her status to strike at it. She steadfastly refused to participate in any events that prohibited African Americans from

attending. Any air show that discriminated paid a high price: They would not get one of the biggest star attractions in the circuit. On another occasion, a movie company flew her to New York to appear in a film called "Shadow and Sunshine." When she realized they wanted her in a role that accentuated old stereotypes about blacks, she literally walked off the set.

Tragedy brought Bessie Coleman's amazing career to an abrupt and early end. In Jacksonville, Florida, in April 1926, she was thrown from her plane when it nosedived. She was only 34.

In her book, "Queen Bess: Daredevil Aviator," Doris L. Rich reveals that at the flyer's funeral in Jacksonville, "More than 5,000 attended the service, among them hundreds of schoolchildren who had heard Bessie speak the day before she was killed." Three days later when her body arrived in Chicago, another 10,000 filed past her coffin. The next day, 5,000 more packed the church for the final service before burial.

Though she didn't live long enough to realize her dream of creating a school for black aviators, she inspired countless people precisely because she was so uncommon.

God bless Bessie Coleman, a hero for all people and for all time.

For Additional Information

"The Life of Bessie Coleman" by Connie Plantz
"Queen Bess: Daredevil Aviator" by Doris L. Rich
"Fly High: The Story of Bessie Coleman" by Louise Borden
"The Legend: The Bessie Coleman Story" (video)

Lawrence W. Reed is FEE's president emeritus, Humphreys family senior fellow, and Ron Manners global ambassador for liberty, having served for nearly 11 years as FEE's president (2008–2019). He is the author of the 2020 book "Was Jesus a Socialist?" as well as "Real Heroes: Incredible True Stories of Courage, Character, and Conviction" and "Excuse Me, Professor: Challenging the Myths of Progressivism." His website is LawrenceWReed.com. This article was originally published on FEE.org



LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Faith and Beauty Meet in FLORENCE'S CATHEDRAL SQUARE

Italy's Florence Cathedral, commonly known as the "Duomo," dominates Florence's skyline. Located in Cathedral Square, the cathedral complex also includes the Baptistery of St. John and Giotto's Bell Tower—all are astounding examples of Renaissance art and architecture. The buildings were decorated inside and out by the finest artists of the

time, such as the sculptor Donatello and painter Giorgio Vasari whose depictions of illustrious people from secular or spiritual life inspire all who see them.

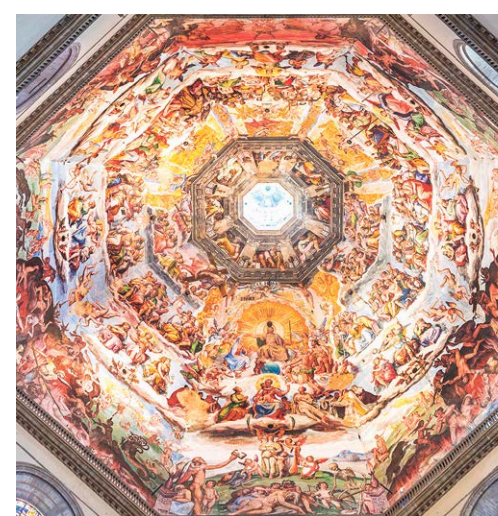
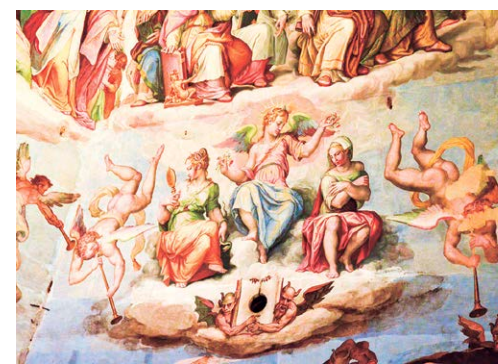
Florence's Duomo Took Time to Blossom
Florence Cathedral, as it appears today, took nearly 140 years to complete.

Designed by architect Arnolfo di Cambio, the first stone of the Gothic cathedral was laid in 1296, on the day that Roman Catholics celebrate the birth of the Virgin Mary: Sept. 8. The date is particularly significant to the cathedral's founding as it was originally called Santa Maria del Fiore, or St. Mary of the Flower. The flower represents Christ in the Virgin Mary's womb.

Cambio's original design was altered and expanded over the years. And on Aug. 30, 1436, architect Filippo Brunelleschi finished the building when he crowned the cathedral with an astonishing octagonal dome about 108 feet high with no external support, an incredible engineering feat to this day.



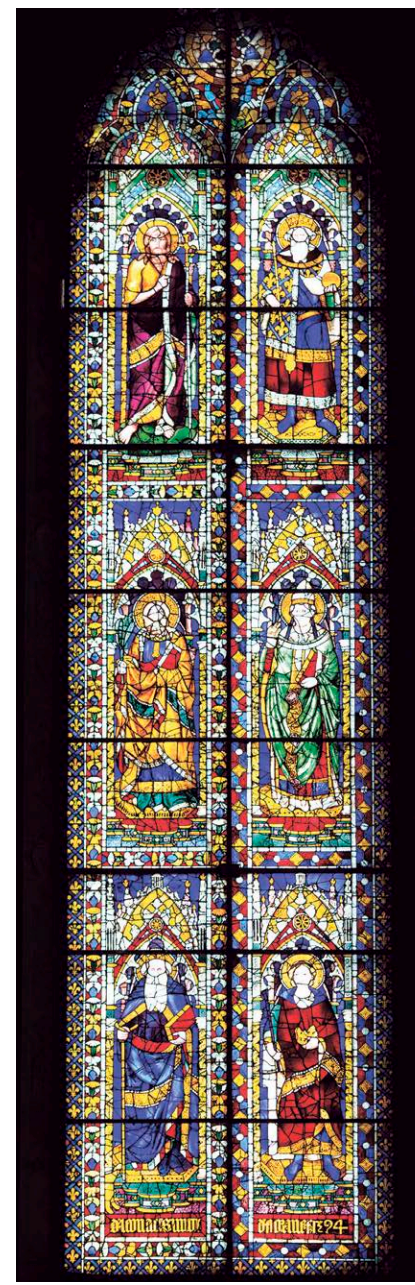
(Left) Madonna with child and two angels are depicted on a portal of the cathedral. (Right) The exterior of the cathedral is decorated in a geometric arrangement of white marble from Carrara, green marble from Prato, and red marble from Siena. (Below) The construction of the cathedral started in the late 13th century; the dome was added in the 15th century.



(Top left) Detail, "The Last Judgment." (Middle left) "The Last Judgment" was designed by Giorgio Vasari but painted mostly by his student Federico Zuccari. (Right) Giotto's bell tower. (Above) The interior of the octagonal dome of the Baptistery of Saint John is covered in mosaics.



The magnificent dome was designed by Filippo Brunelleschi.



(Below) The Gates of Paradise, a pair of gilded bronze doors designed by sculptor Lorenzo Ghiberti at the north entrance of the Baptistery of St. John. (Bottom) The Florence Cathedral is formally known as Santa Maria del Fiore.



Reading for Rest in a Chaotic World

ANNIE HOLMQUIST

"Annie, you know more about children's literature than anyone I've ever known," a friend remarked to me a while back.

Rolling my eyes, I laughingly denied this claim. "Nonsense!" I replied, "I know someone who is far more knowledgeable about children's literature than I am!"

I was talking about a woman whom I will call the "Queen of Old Children's Literature." Browsing her shelves arouses delightful remembrances of books I read as a child and had almost forgotten. I indulged in this activity the other day, picking out several titles from the small bookstore she hosts in her house.

As I chatted with the Book Queen, we engaged in a short discussion of why these old books were a cut above what we have today. In my mind, the nostalgia that these 50- to 100-year-old stories awaken is not what makes them great, although it is certainly a fun benefit. The level of writing and vocabulary in these books is also a plus, but that's not the main reason either. Nor is it the unexpected plot twists, which so surprise our postmodern sensibilities, dulled as they are by recycled movie plots redeemable only through an abundance of special effects.

The heart and soul of these books is the honor and character they effortlessly impart and implant in one's mind.

Take a book that I recently discovered on Project Gutenberg by early-20th-century author Grace S. Richmond. I have read a number of Richmond's stories before, but had never explored "The Second Violin," a book which she wrote in 1906.

Richmond's plot involves a family of five children, three of whom are in their late teens and early 20s. These young people are left to take charge of family affairs when their mother is taken ill and their father must travel with her to another state to aid her recovery. I'm only a few chapters in, but I've already discovered several lessons in this story.

Sacrifice
When faced with the news of tightened finances and family illness, the oldest three children put their desires on hold. Instead of howling about their rights to higher education, as many would today, or even doing the admirable thing of continuing with college but working to pay their own way, they sacrifice and accept the responsibilities of adulthood for the good of their parents and siblings.

Work Ethic
The sacrifices of these young adults would be meaningless but for the strong work ethic that enables them to carry out their resolutions. The oldest seeks a job to provide for the family and looks for it not in the law offices or other intellectual fields in which he would be more comfortable, but in mechanic shops in order to gain manual labor experience. The youngest daughter, an abject failure as a cook, is thrust into the role and refuses to give up despite many setbacks and struggles.



ALL PHOTOS BY SHUTTERSTOCK

The heart and soul of these books is the honor and character they effortlessly impart and implant in one's mind.

Charity

Modern society often approaches life's difficulties with an "it's-not-my-problem" attitude. We expect the government to pick up the slack for those who are in dire straits and we often prefer to keep to ourselves instead of spending time with others. That's not the case in Richmond's story. Her characters take time to care for the less fortunate, assuming extra responsibilities upon themselves in doing so.

Honesty

When the youngest member of the family's failure to follow through on a task causes a severe accident, he steps up and confesses his role, bravely taking flak for something he could have covered up, and resolving to make things right.

Family

Finally, the familial love shown in Richmond's story is rare to see. They're certainly not perfect, squabbling over trifles or flaring up in anger at each other's flaws, but



In old stories, characters often exhibit a strong work ethic.

they stick together, honoring their parents and seeking to cause them as little worry as possible.

Perhaps it is this emphasis on family that truly makes these stories great. As Bill Lind notes in his book "Retroculture: Taking America Back":

"We can also learn a great deal about how families kept themselves strong in earlier times from books. Much of the literature from our nation's history revolves around family life, because it was so central; it was much more important than what governments or schools or even churches did."

In a world that's increasingly careening out of control, I find a certain sense of rest in digging out these old stories and indulging in them. But while I may be indulging myself, I'm also being challenged to strive toward a more virtuous standard of living.

I'll be the first to admit that the qualities listed above don't come easily. It's hard to take responsibility, think of one's selfless, and show love to others.

Yet these qualities are what once made our country and its people great. If we want to return to that greatness, then perhaps we would be wise to give ourselves more of a glimpse into what we are missing, in hopes of inspiring ourselves to live out the same qualities.

Looking for an easy place to start? I recommend the three-volume set of "Great Stories Remembered!"

Annie Holmquist is the editor of Intellectual Takeout. When not writing or editing, she enjoys reading, gardening, and time with family and friend. This article was originally published on Intellectual Takeout.

A focus on familial love is in large part what makes these old stories great.



FOR KIDS ONLY

THE EPOCH TIMES



THE US GOVERNMENT DEFINES WORK RULES

On Oct. 24, 1938, the U.S. Fair Labor Standards Act went into effect. This law established a minimum wage, or the smallest amount of money an employee could be paid. It began at 25 cents per hour. It also established the 40-hour work week as the standard number of hours of a full-time work week. When an employee worked more than 40 hours, they were entitled to a higher overtime rate. The regulations applied to businesses across all industries.

Today there is still a 40-hour work week, but the minimum wage has risen to \$7.25 per hour.



Men at work on the construction of the Golden Gate Bridge in San Francisco in this file photo.

Jack-O-Lantern Song

Anonymous

Upon one wild and windy night—
Woo-oo, woo-oo, Woo-oo, woo-oot—
We, Jacks, our lanterns all did light—
The Windt—it surely knewt—FORt—

Whistle and whistlet—and whist! Now, list!
Woo-oo, woo-oo, Woo-oo, woo-oot—
Whirling and twirling, with turn and twist,
The windt—it softly blew.

It was the creepiest, scariest night—
Woo-oo, woo-oo, Woo-oo, woo-oot—
We held our breath, then lost it quite,
The windt—it surely knewt—FORt—

Whistle and whistlet—and whist! Now, list!
Woo-oo, woo-oo, Woo-oo, woo-oot—
Whirling and twirling, with turn and twist,
The windt—it loudly blew.

It rose in all its main and might,
Woo-oo, woo-oo, Woo-oo, woo-oot—
It blew out every single light!
The windt—it surely knewt—Oht—

Whistle and whistlet—and whist! Now, list!
Woo-oo, woo-oo, Woo-oo, woo-oot—
Whirling and twirling, with turn and twist,
That windt—it laughed "Ho oh!"

WHY DID THE WITCHES WEAR NAME TAGS?



YUGANOV KONSTANTIN/SHUTTERSTOCK

I'm so glad I live in a world where there are Octobers.

L. M. MONTGOMERY (1874-1942),
CANADIAN AUTHOR

GRAF VISION/SHUTTERSTOCK

By Aidan Danza, age 14

WOODPECKERS

(PART II)

Woodpeckers are one of the most lovable birds in our country.

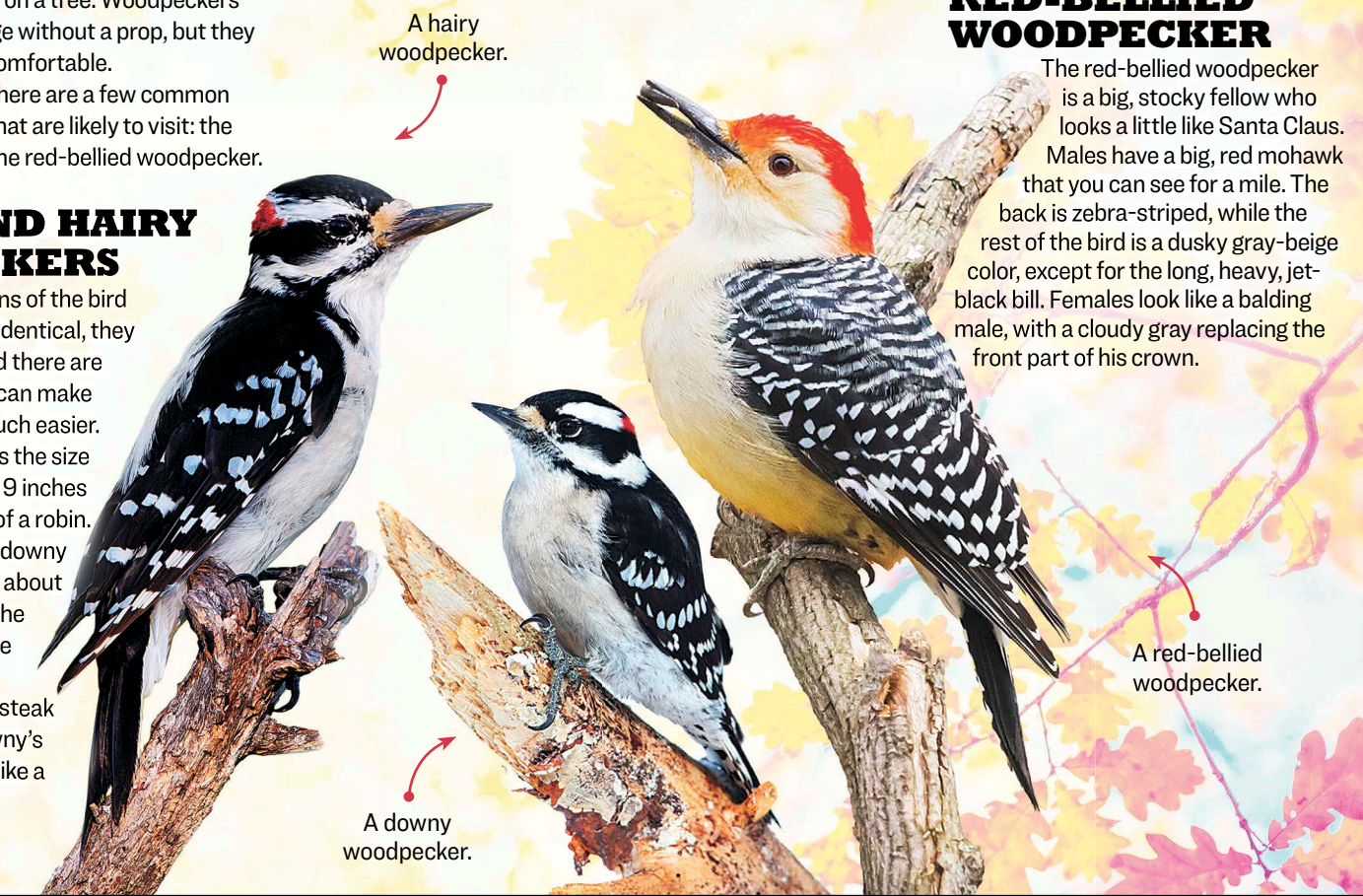
Their entire attitude and way about life seems to brighten the world. Even though woodpeckers' real home is the woods, you can invite them to your backyard with a feeder just for them, and surely at least three species of them will come to your restaurant. The only food that woodpeckers will eat from a feeder is suet. Suet is a fatty mixture, made in a rectangular cake, contained in a suet cage. Woodpeckers require a special suet cage with a wooden protrusion on the bottom of it that they can brace their tails against.

In the wild, they do this on a tree. Woodpeckers will eat from a suet cage without a prop, but they certainly won't be as comfortable.

At this suet feeder, there are a few common types of woodpecker that are likely to visit: the downy, the hairy, and the red-bellied woodpecker.

DOWNY AND HAIRY WOODPECKERS

These guys are the twins of the bird world. While they look identical, they are not, technically, and there are a few differences that can make distinguishing them much easier. The first difference is the size of the bird. The hairy is 9 inches long, or about the size of a robin. On the other hand, the downy is 5 to 7 inches long, or about the size of a sparrow. The second difference is the bill. The hairy's bill is a long, heavy thing like a steak knife, whereas the downy's bill is small and petite, like a toothpick.



RED-BELLIED WOODPECKER

The red-bellied woodpecker is a big, stocky fellow who looks a little like Santa Claus. Males have a big, red mohawk that you can see for a mile. The back is zebra-striped, while the rest of the bird is a dusky gray-beige color, except for the long, heavy, jet-black bill. Females look like a balding male, with a cloudy gray replacing the front part of his crown.

How to Give Your Kids a Happy Childhood

BARBARA DANZA

Most parents, I think it's safe to say, wish for their children to have a happy childhood. Our social media feeds, and the endless images that bombard us from all angles, might lead us to believe that the things or opportunities we give our children are the keys to unlocking their happiness.

On the contrary, I believe it's much simpler than that. So set aside that FOMO (fear of missing out), that sense of falling short, and that urge to buy things that don't matter. Now, consider the following list of the most fundamental building blocks for a truly happy childhood.

Love and Security

A loving home where children feel safe to be themselves—to make mistakes, to learn, to create, to ask questions, to let down their guard, and to be free—is perhaps the greatest luxury a child could hope for. A safe and secure foundation from which to live out childhood is something money cannot buy.



PAIGE CODY/UNSPASH

Time for free play is essential for children.

It is truly priceless.

Routine and Discipline

Solid routines and effective discipline are truly an extension of love; they provide a sense of security and care that children need.

Morning routines, bedtime routines, bathing routines, cleaning routines, eating routines, and more, can establish positive habits

and a sense of security. Upholding the rules of the household is a profound expression of loving care for our children.

In contrast, a family life with no rhythm or routine can feel chaotic and stressful. A child who is never disciplined gets the message that parents don't care.

Free Play

Open space on our calendars can seem a luxury, but it is crucial for children of all ages. Time to simply play, run, read, think, be still, and just be is something every child needs. So much learning, understanding, and creative development happen in this space. Before you book your kids solid, remember to pencil in time to be free.

Respect and Open Communication

Children, and people in general, want to be respected for who they truly are and to be heard. Parents who really listen to their children give them a great gift.

Rather than speaking down to them or underestimating them—

or worse, ignoring them in the face of outside distractions—we should try to hear what our children are telling us. Respect them as people and allow what they are capable of to come forth. Keep the lines of communication open at all times.

Regular Family Vacations

This may sound like a luxury, but it certainly doesn't have to be. In the modern age, taking time out from the daily grind and focusing completely on time together as a family is a necessity.

A family vacation doesn't have to be a luxurious or expensive affair. It certainly could be that, but it can also be a simple weekend away or an even more simple "staycation" when work, school, and other outside obligations are set aside for the sake of complete focus on family time.

Regardless of cost, these will be the memories our children carry with them for all of their lives. These will also be the experiences that underpin a healthy family reset, a centering and strengthening of the bonds we share.

A Quality Education

Our fundamental duties as parents are to love and teach our children. Know what your children are learning in school and—perhaps more importantly—what they're not, and supplement when necessary.

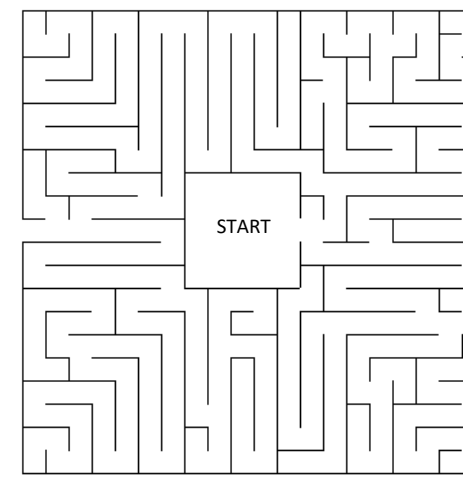
Look for learning opportunities in everyday life. Read books, watch documentaries, visit museums, and have adventures. We are our children's greatest teachers.

A Focus on Character

Of course, the most important lessons to teach our children are the moral principles we wish to impart. Whether through a religious or spiritual practice, a philosophy, or simply our own behavior, we must teach our children how to be good people.

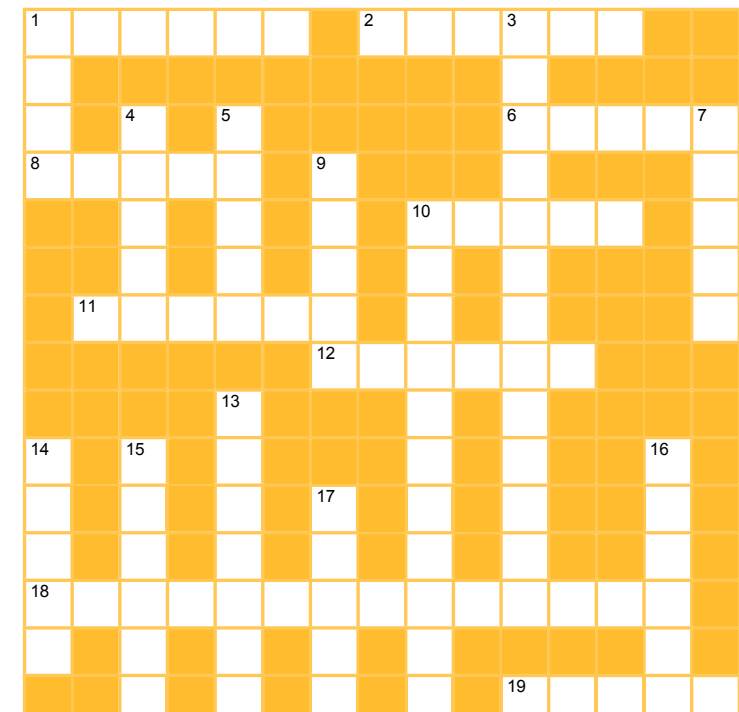
While there will always be circumstances in life we can't control, if we aim for the simple elements, rather than reaching for frivolous or material things, we stand a good chance of giving our kids a happy childhood.

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>4</td><td>10</td></tr> <tr><td>98</td></tr> <tr><td>3</td><td>9</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	4	10	98	3	9	+	-	x	÷	<table border="1"> <tr><td>7</td><td>19</td></tr> <tr><td>88</td></tr> <tr><td>4</td><td>10</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	7	19	88	4	10	+	-	x	÷	<table border="1"> <tr><td>5</td><td>33</td></tr> <tr><td>76</td></tr> <tr><td>2</td><td>20</td></tr> <tr><td>+</td><td>-</td><td>x</td><td>÷</td></tr> </table>	5	33	76	2	20	+	-	x	÷
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Solution For Easy 1	Solution for Medium 1	Solution for Hard 1																											
01 - 6 x 6 = 6	6 x (2 - 01 + 61)	02 + 2 x (6 - 66)																											

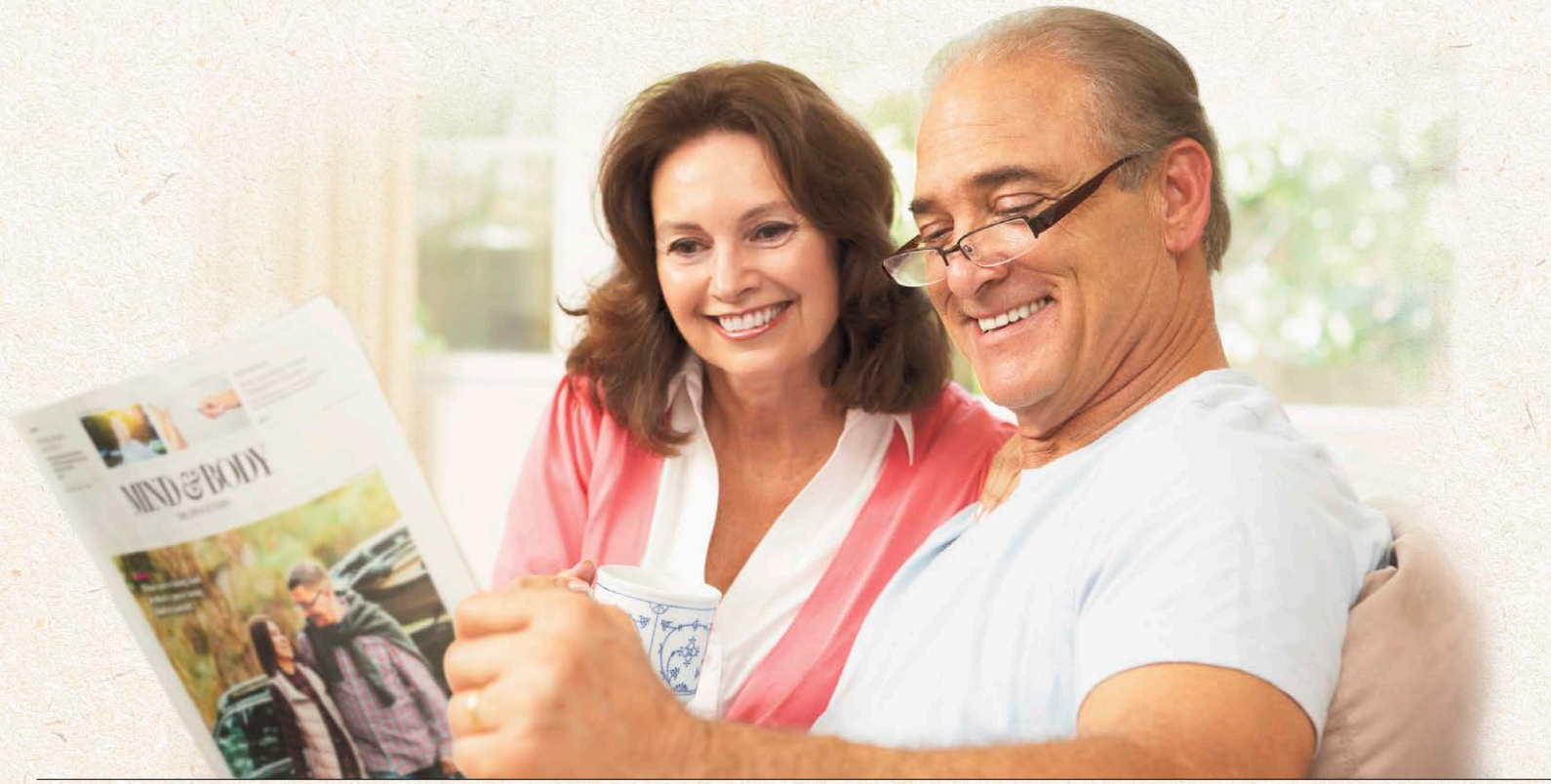


Across

- Buckaroo (6)
- Bugs Bunny is one (6)
- Link's princess (5)
- Fastest guy on earth (5)
- Airplane driver (5)

Down

- White hat wearer (4)
- Woody's high-flying pal (13)
- "Donkey Kong" hero (5)
- Hamlet's father, e.g. (5)
- Winged guardian (5)
- "West Side Story" character (5)
- Member of the force (11)
- Daryl Hannah played one in "Splash" (7)
- Dorothy squished one in the "Wizard of Oz" (5)
- 1960s flower child (6)
- Blackbeard was one (6)
- "Aladdin" apparition (5)
- Her costume might include a white jacket (6)
- He fights dragons (6)
- His shield is made of vibranium (14)
- Batman foe (5)



A media that puts you first

Hello, Epoch VIP—and welcome to this week’s issue of The Epoch Times! We’re incredibly grateful that you’re holding this paper in your hands right now. In fact, that’s the moment most of us look forward to each week, whether we’re in the field reporting on the latest news or in the bullpen rushing late-night proofs to the presses. All of our work is done with this fact in mind—the fact that every week, a reader like you will pick up our paper and look both to be informed by the truth and inspired by tradition. It’s a fact that lets us take pride in the work we do, and also a fact that motivates us to push ourselves a little harder every day. If this is your first time getting our paper in

the mail, that’s wonderful! As this will be the baseline for you to evaluate us by, we hope you can take a good look. From here on out, the hope is that you’ll find us becoming a better read with each week. To that end, consider us always at your service. As an independent media, we’re not backed by any corporation or multimillion-dollar holding company, so you—our readers—are truly the people to whom we answer. We’re honored to have so many Americans depending on us as an honest window to the world, and it’s a duty we don’t take lightly. Feel free to contact us for anything from issues with your subscription to a suggestion for a new column. Let our editors know if anything can be even more accurate. Use our social media to post new ideas. Our ears

are open: we’re trying to bring truth and tradition back into vogue again, and we’d love any help we can get. Aside from “very informed person,” Epoch VIP has a second meaning for us. You are also indeed a very important person—not just to us, but to the rest of the nation. You’re a person who values honesty, freedom of thought, and the goodness humanity has passed down from generation to generation since its oldest days. And for such a person, we’d gladly give our all. Thank you for reading and for being a subscriber. Most of all, thank you for giving us hope that a media rooted in honesty can thrive in today’s society. *In Truth and Tradition,*
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