THE EPOCH TIMES LIFE TRADITON

Veteran With a Heart of Gold

Travis Mills, quadruple amputee and co-founder of a retreat for vets and their families, cares deeply about showing others a path back to normalcy

MAUREEN MACKEY

ravis Mills may be one of the most inspirational young people in our country—but he likely won't care for that characterization.

That's because despite how ex-

That's because, despite how extraordinary this man has been in the face of struggle, he prefers shining a light on other veterans and their families. He prefers leading others to healing. He's proved it for years.

As co-founder, with his wife, Kelsey, of the nonprofit Travis Mills Foundation, he focuses on helping post-9/11 wounded warriors enjoy life again. He wants them to get outside in the fresh air, be active with their families, and regain the vital understanding that they can do almost everything they did before they lost their legs, or their arms, or suffered other grave physical injuries in service to our country.

Wounded vets, no matter what they've endured, must want to get better, Travis Mills believes. As he told The Epoch Times in an exclusive interview, veterans must be willing to write the brave new chapter of their lives before he and his foundation can begin to help them.

Once they do—"it's just incredible," says Mills of the experience he's been able to create. "It's impressive. When I think about what my foundation is doing for them and their families, I can't help but smile."

The Travis Mills Foundation offers a free, weeklong vacation for wounded warriors and their families at a fully adaptive getaway in gorgeous central Maine. Everything is paid for, including travel and expenses. What's more, thousands of volunteers from all over the country, from all walks of life, apply to help out and keep things running smoothly.

At the retreat, there's boating, fishing, and snowshoeing. There's canoeing and cooking, martial arts and massage therapy—and much more. The can-do getaway opened its doors in 2017 to 89 families.

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Getting and Giving: Manhood and Service

Americans have had a long history of volunteerism. In its early days, limited government and daily hardships meant settlers had to help one another.

Volunteers also benefit from offering their time and efforts, from gaining a greater sense of purpose to health benefits.

JEFF MINICK

"We make a living by what we get," Winston Churchill once said, "but we make a life by what we give."

Unless we are fabulously wealthy or living in a monastery, we men are interested in making a living. As I wrote earlier, work has a special meaning for men, and part of that meaning has to do with making an income. At the least, we want to earn enough money to supply our needs and the needs of those depending on us. Because we live in a culture that judges a man not by his worth as a human being but by the amount of money

he makes, some of us also want the big bucks. That teacher of English literature may win the praise of students and parents, but his income is a fraction of his neighbor who is a stockbroker.

So getting counts for men.

But what about giving? What does Churchill mean when he writes that "we make a life by what we give."

He means service to others.

Roots

In the West, we have a long tradition of men serving the polis, the public square.

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In 2018, 131 families took part. And in 2019, more than 200 families enjoyed themselves there.

While COVID-19 threw a wrench into the 2020 schedule, the work continues in a big way, with the addition soon of a new health and wellness center. In February 2021, the foundation hopes to welcome guests to its winter programs courtesy of donations, volunteers, and a lot of heart.

From Staff Sergeant to Quadruple

Travis Mills knows all about sacrifice, pain, and the excruciating road to healing. Mills, 33, is one of only five quadruple amputees from the post-9/11 conflicts to survive his wounds.

Showing nothing less than pure grit, Travis Mills walked again just two months after arriving at Walter Reed.

As a staff sergeant with the Army's 82nd Airborne Division, he was severely injured during routine foot patrol in Afghanistan by an IED (improvised explosive device) during his third deployment, on April 10, 2012. He was just 24 years old.

The bomb tore off his right arm and his right leg. He was thrown into the air by the explosion and landed on his head. When he rolled over and opened his eyes, he saw that his right limbs were gone and that his left leg had been "snapped through the bone at the femur, where the knee met." It hung there, "draped over," by mere muscle and tendon, as he tells the story. His left hand was still there, but two fingers were gone—"and my left wrist was blown out really bad."

A medic rushed in to tend to him, despite his pleas to "leave me and go save my men." Within 10 minutes, Mills was flown by helicopter to a hospital as medical staff continued to care for him. After 14 hours in surgery and more than 30 blood transfusions, he woke up in Landstuhl, Germany, on his 25th birthday as a quadruple amputee. And on April 17, just a week after his



Mills with his wife Kelsey, their daughter Chloe, and their son

(L-R) Maverick

and Xander

Foreman, 6,

York Veterans

Day Parade in

Manhattan on

Nov. 11, 2014

world changed forever, he arrived at Walter Reed National Military Medical Center outside Washington, D.C.

There, Mills came to understand his new mission: to get better again for his family. His wife, Kelsey, never left his side and assured him they were in this together. Their daughter, Chloe, was just six months old. His entire family rallied around him, including his parents and his in-laws. His father-in-law, Craig Buck, whom he calls his "best friend," Reed apartment for months at a time to help the family in any way necessary. Showing nothing less than pure grit,

Readers Respond: What Lessons Have Veterans Taught You?

In time for Veterans Day this year, we asked: What lessons have veterans taught you? How have they changed your life? Here are a few of the many responses we received. You can read more online at TheEpochTimes.com My father was a combat veteran from World War II, surviving the

He always said that you defined your worth in life every day, by what you got accomplished each day.

war with a Silver Star and Purple Heart award. He came home to marry his sweetheart, earn a living, and raise me and my two sisters. He brought a few things with him from his flying days, and never really talked about it very much. In fact, I found out more about my father's "ventures" after watching a pilot episode of a "Vets" TV series than I'd ever learned from him directly.

Growing up, I watched him work long hours to provide for us, working second jobs, to make sure we had new shoes when the

time came and to save for the occasional family vacation. He tried getting back into baseball, a sport he'd come to love because of his dad. The German bullet wedged in the back of his femur, however, kept him from getting back to his old playing level. But, to him, it was "OK, I have other things What he taught me, in

it didn't necessarily matter what you were, or what you did, during "yesterday." Of course, you were the sum total of all your yesterdays good or bad, but it never defined you to the point where, when you woke up the following morning, it determined what you could or could not accomplish. He always said that you defined your worth in life every day, by what you got

addition to many other

lessons of life, was that

accomplished each day. So, that was one of my many lessons from "my" veteran—it's not necessarily what you've done before, but what you intend to do today, and for the rest of your life, and to make sure it's a worthwhile

It's a lesson I strive to honor, every morning I have the privilege of waking up and greeting a new

—H.M. Hargrove

As a young boy growing up in the



'50s in South Carolina, I always only three were documented, enjoyed hearing the war stories of veterans, many of whom never really recovered from their experiences in the war and died young from their abuses of their body. There were many who did not talk about their experiences in the '50s, and I became aware as they aged and stories emerged of their experiences. [It] surprised me how they came back from the war, went back to work, married and had families, and were role models that influenced me and

others for the rest of our lives. One such Marine veteran (I played with his kids and the Japanese weapons he brought home) I had known all my life was the most humble man in my church. her findings. He was wounded five or six times

with the last wound causing him to limp the rest of his life. He never complained. He worked for the railroad for the next 40 years and would never consider taking disability [benefits].

When I joined the Marine Corps, he was more proud than me. His last words to me before I shipped out to Okinawa, where he was shot in the hip, which caused his disability: "Don't let me down, Marine!" I never did.

—Chuck DeLorme

the New York

Veterans Day

Manhattan on

Nov. 11, 2014.

Back in 1999, my second daughter received an assignment from her junior high history teacher to interview a veteran and report on

My father had served in the Koin major battles in the Pacific, but rean War, but was not available

TRAVIS MILLS AT A GLANCE

Founder, Travis Mills Foundation (2013)

Age: 33

Married to Kelsey Mills; two children, Chloe and Dax

Military service: 2006-2012, U.S. Army Staff Sergeant, 82nd Airborne (Ret.)

Awards: Purple Heart, Bronze Star, 2019 Citizen Honors Service Act

Motto: "Never give up. Never quit."

Documentary: "Travis: A Soldier's Story" (2013)

Book: "Tough As They Come" with Marcus Brotherton (2015)

Website: TravisMills.org

Travis Mills walked again just two months after arriving at Walter Reed. Every single day, for hours on end, he worked on his strength, his rehab, and his ability to function with prostheses.

"There aren't many vets who can say they learned to walk at the same time as their young daughter did," he says. "But that's how it went. Chloe and I did it together."

He enthusiastically credits his family for all the progress he made. "I've had amazing support along the way."

Mills understands he's lucky—and he knows the great sacrifices others have made to help him heal and learn to adapt anew to a variety of everyday living situations. It's why his foundation offers a special week's getaway for caregiver mothers of wounded vets—and another one for caregiver fathers as well.

"The whole goal of our Maine program is for veterans to have a good time with their families again," he says. "Wounded warriors should not live a life on the sidelines. They can get out there and be active."

But it's not just about the vets having "the best week of their lives," he says. Mills and his foundation also offer what he calls "recalibrate programs," since he understands there are "mental health aspects to all of this."

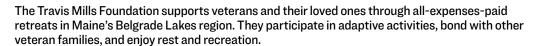
Travis and Kelsey Mills started their foundation in 2013, just a year and a half after he was wounded. They wanted to give back to others in a big way after so many people, he says, "showed him so much love" during his time at Walter Reed (he was there for a total of 19 months). With the help of charitable do-











nations, they bought property in Maine and renovated it over a long period of time to make it completely barrier-free and user-friendly for wounded warriors.

At the retreat, veterans and their families "participate in adaptive activities, bond with other veteran families, and enjoy rest and relaxation in Maine's outdoors," as his website notes.

The chance to go fishing, boating, and biking is a huge gift to these warriors, as is the opportunity to be around other vets like themselves. The family Mills says. They look around and see others coping with challenges and issues just as they are—and they are

boosted by new friendships. No longer are they alone in their

journey. No longer is their family the only one that's "different." Now, they have buddies. They have bonds. And they have the bonus of confidence in their futures.

'Grateful That People Believe in Me' The Epoch Times asked Mills: Does faith play a role in the life he leads today, where others are his focus?

"Yes," he said quietly. "But I don't pubdon't have to be Christian to be part of who we are or what we do. Anybody and everybody is welcome here."

It's about revitalization for the wounded warriors and their families, he stresses. It's about rediscovering an active lifestyle. And, by the way, "it's really

"I'm grateful that people believe in me," he says about the foundation that bears his name. "I'm a small-town kid

from Vassar, Michigan. I'm fortunate." Mills also gives motivational speeches to groups across the country; he's partowner, as well, of several local businesses. Above all, he has a "don't-pity-me" demeanor and a self-deprecating sense of humor. He believes in never giving up.

"There are maybe three minutes of my day that I don't truly enjoy," he says, "when I need some help putting on my legs and my arm in the morning. But once I'm all put together, then I go about

my day like anyone else." In addition to their daughter Chloe, who is now nine, Mills and his wife have a young son, Dax, who's three. Life is

"I get out and I do everything I can to make sure that my kids see a father who's just like everyone else—just as normal as can be," he says. "I can drive wherever I need to drive. I can walk wherever I need to walk. I can feed myself. Whatever I need to do, I do it."

Mills says he learned early on from his parents that "just because something's difficult, that's no excuse for giving up." That and scores of other upbeat messages fill the book he wrote about his life, "Tough As They Come." Gary Sinise wrote the foreword; it was a New York Times bestseller.

On Amazon, plenty of readers praised the book: "Every American should read this book," one person wrote. Another said, "We need a Travis in our life."

Among those who took note of his personal story and the retreat he offers to vets is Mike Rowe, whose show, "Returning the Favor," did a full program on Mills and his foundation. Rowe's team also surprised Mills by building a challenging ropes course on the retreat

Mills remains unaffected by any such attention. His eyes are fully focused on helping other veterans and those who love them.

"For all the people we bring to Maine, we show them that life goes on. Yes, bad things happen to good people," says Travis Mills. "But we have to keep pushing forward."

Or, as he also puts it: "What is this all for, if not for my family?"

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SPENCER PLATT/GETTY IMAGES

at the time, so I called the local nursing home in our home town He remembered to inquire if they had a veteran receiving care and if we may inseeing the blast and terview him. The nurse who answered said that she had a few then watching the residents who served in the armed shockwave rippleforces and asked that I hold while she checked who was available out across the city She returned on the line and said, where everything "Have I got a veteran for you! He is George Marquardt, who flew on the ground many missions in World War II." Upon arriving and being inturned black.

troduced, we soon learned that George W. Marquardt served as captain in the 393rd Bombardcraft sharply away from the city and prepare for the bomb blast. ment Squadron. Although he was regularly assigned to the Up An' He remembered that he and his Atom, he flew in the mission to crew were a bit perplexed; in all their bombing missions, they had bomb Hiroshima as the aircraft commander of the Necessary Evil, never felt the shockwave from the aircraft assigned to take photographs of the event. He also flew the Enola Gay during the Nagasaki

bombing mission in August 1945.

Captain Marquardt could not

speak due to a condition with his

throat, but graciously agreed to

answering yes and no questions,

and writing notes to my daughter's

inquiries. He shared with us many

photographs and gave us a pam-

on the mission over Hiroshima.

phlet that described and reported

He shared about many heroic

and dangerous missions he flew

during his service during the war:

sorties over Tinian in the South

Pacific, his training in Wendover,

Utah, and his personal experience

During his training in Wendo-

ver, he was instructed that shortly after the bomb was dropped, they

over Hiroshima.

As his crew shot photographs, he piloted the maneuver, just as they had trained. Captain Marquardt reported that when the shockwave hit the bottom of the plane, "It felt as if a great big hand had talk with us through gestures, come out of the sky and smacked our aircraft extremely hard" and it took a few moments to gain control over the aircraft again.

He remembered seeing the blast and then watching the shockwave ripple-out across the city, where everything on the ground turned black. He lamented, "I knew right then that thousands of innocent people had just died." He also reported that he and his crew were mostly quiet on the flight back to base. He said that he prayed and hoped that God was with us.

The nurse had been checking on us periodically throughout were to steer and bank the airthe interview, and I sensed that His wounded co-pilot lay beside

we had probably overstayed our planned time with Captain Marquardt. I wanted my daughter to understand the gravity of our experience; I told the Captain: "When you performed your service during the war, I was not born yet, and neither was my daughter. I thank you for doing what you did. It is because of you and many others that we continue to live in this country I love, and we still have the freedom that we enjoy."

I had begun to get a little teary, and a couple of tears appeared as I expressed my gratitude. Captain Marquardt, at this point, was completely overcome and tears were running down his cheeks.

At this point, the nurse poked her head in the room. She looked a little confused, her voice was stressed when she asked, "Is everything OK?" A smile spread across Captain Marquardt's face as he shook his head in the affirmative.

Through our experience with Captain George W. Marquardt, we beheld one who lived that part of history. My love for my country grew immensely as I found that Captain Marquardt loved it as well. Our freedom is delicate and requires great care, and each generation must protect it as it is passed from one generation to the next.

—Scot R. Meyers

My Uncle Bill was critically wounded on the cold steel floor of his B-17, riddled by ack-ack over Bremen, Germany. While his plane limped back to England on two engines, he yelled out to his mates that he "wasn't dead, yet."



Members of the U.S. military march in the Veterans Day Parade in New York City on Nov. 11, 2016.

him. The gutsy bombardier flew them all home.

On the same day, I was born in Batavia, N.Y., on Sept. 26, 1944. Uncle Bill spent months recovering from the wounds that scarred his abdomen and left pieces of shrapnel near his heart. He was my childhood hero, and I'm sure I must have annoyed him with my undisguised hero-worship, but he never let on until we both had grown older that my little-boy attention gave him the faith and energy to heal his terrible war-

born anguish. Although Uncle Bill died years ago, our story lives on. I've celebrated my birthday for many years in many different places, but my Uncle Bill hasn't missed one party, and I know he will be with me wherever Sept. 26 happens to

—Gary McLouth

I learned respect through my father, who taught me [to have the] courage to do what I think is right. My dad served in World War I and World War II.

And after my brother got back home from Vietnam, I learned love is the armor of life.

Then I learned from my nephew who served in the Iraq War to use

unstoppable determination for success in my life. Thank you for this opportunity.

Reaching into the bank of love and respect for our veterans brings many emotions that I would not ever want to leave behind. —Melissa A. Kellogg

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ALL PHOTOS COURTESY OF DEVIN CLEVENGER

For more than a decade, Devin Clevenger suffered from suicidal depression. Along the way she learned to change her outlook on life. Now, "I'm just a positive, happy person," she said.

Building a New Life

How a young woman overcame depression and victim mentality, and chose to be happy

CATHERINE YANG

evin Clevenger knows that when she says positive thinking and being happy is just a matter of choice, it sounds a little trite. But when she explains what she's gone through in order to be happy, she emphasizes how important "choice" is.

"It's a conscious effort and it's a commitment," said Clevenger, who lives in Indiana.

After an abusive childhood, Clevenger was legally emancipated at age 17 and thought she had found shouldn't need to rely on anybody.

Then a colleague of hers called her out on her victim mentality—how she would wallow in her situation instead of trying to make her life better. It made Clevenger start to question her choices.

In a few short years, everything changed. Clevenger overcame her anxiety, depression, and self-sabotaging behavior, and realized she could craft exactly the life she want-

ed—and is now living it. "Reframing—my dating life actually—led me to the life I wanted," Clevenger said. And what she want-

ed was commitment and a family. "It's awesome," said Clevenger, now in her mid-20s and married. "We travel all the time and we do things I was never able to do as a child all the time—I grew up very, very poor; we never got to travel anywhere or see anything or go on vacation. I couldn't even join sports because my mom couldn't afford to put me in anything. So I'm just gaining a lot more experience with

"And I come home to my man every night, which is my favorite part of the day," Clevenger said. "We just have a blast. We almost have too much fun."

life—the things around me, places,

people—it's all really awesome."

Clinging to Independence

"I used to be so negative, I was one of those people who was so negative I would get irritated around people who were happy and positive, and now it's funny because I am that person, I'm just a positive, happy person," she said.

For more than a decade, Clevenger said, she suffered from suicidal depression. Home life was chaotic, abusive, and manipulative.

"By the time I was 17, that was my identity," Clevenger said. Once her mother was no longer her guardian, Clevenger even moved out of state point," Clevenger said.

to get away from the influence of

Clevenger has good memories of her mother's second marriage and her first stepfather, and her younger sister who came from that marriage is still her best friend. But the second time her mother remarried, it was to a manipulative man, and Clevenger's mother changed into someone she didn't recognize.

"It completely destroyed our family," Clevenger said. Her mother developed bipolar disorder and has since been diagnosed with PTSD, which she suspects she herself and her sister may suffer from as well. freedom. Instead, in her emotion- Her mother continued the abuse ally vulnerable state, she turned to her stepfather began, and Clevengdrugs, raves, and the belief that she er realized that though it was in her nature to fight back, she constantly let her mother drag her back in and wreak havoc on her mental and

> "Every single day, there was never peace, there was never joy, there was never happiness; it was constant anger and bitterness and distrust and negativity," Clevenger said.

"Learning to value myself and walking away from my mom was probably the hardest thing I've ever had to do, but it was the most lifechanging and beneficial thing that I've ever done as well," she said.

She was physically free now, but in an emotionally vulnerable state and carrying a lot of pain because her parents hadn't ever been there for her. Social media and the culture at large told her that was OK, it was feminist and strong to not need

"I really clung to the whole independence part of it, that really drew me in," Clevenger said. But that was coupled with the belief that life was something that just happened to you, and she had been dealt an unfair hand but had no power to You are change the unfair hand she had

It got to the point where Clevenger was homeless and living in her car for two weeks, because she didn't want to rely on anyone or ask anyone for help, and her mental state was worse than her physical state. She was anxious, depressed, angry, and suffering from insomnia. She had never been further from the life

"I got to a point where I was so depressed I just didn't want to live, and I was like, man, something's got to change. I was just miserable day in and day out, and I can't do this for the rest of my life," she said.

"Luckily, when I hit that breaking point, I had somebody in my life who could guide me at that beginning





Learning to Receive

that to be eye-opening.

There was a friend and colleague at

work who lived her life with a posi-

tive outlook, and Clevenger found

"She helped me realize my per-

spective on things was very skewed;

she held me accountable for my de-

cisions and behavior," she said. "I

was drifting through decisions like

I didn't have a choice, and she was

like: 'No, you always have a choice.

You have choices: you could have

done this, or you could have done

this, instead you chose to do this."

It was like a light bulb turned on,

"I didn't have anybody who showed

up for me, and she showed up for

me and offered help; even if I didn't

take it, she was still offering, which

was totally foreign to me," Clevenger

car to stay with her friend for a while,

place and back on her feet. Clevenger

and Clevenger realized her friend

Devin Clevenger who is in her mid-20s, lives in Indiana.

committing to yourself that 'I am no longer going to choose negative

thoughts because they don't serve me.'

Devin Clevenger

Even from a young age, the most important things to Clevenger were faith and family. She says today that her belief in God was what got her through the toughest times, and that without God she wouldn't even be here today. But at her breaking point, she was angry at everything, at the world, and even at God. She knew what her values were, but she also knew that none of her actions reflected her true values. Even though she wanted a family, she wasn't dating

"I was doing what society tells you, that it's normal or common to always be talking or always hanging out, and I would commit early without actually having that commitment," she said. "I never knew I could be proactive about getting where I wanted to

be, which was getting married." It might have been the insomnia that did it: Clevenger got desperate enough for a solution that she tried self-hypnosis through a meditation video on YouTube, and in the process learned that she had wired herself to

believe a lot of lies. "It helped me with my mental health processing, that my thoughts are not reality, or don't define me. There was a lot of negative mental processing I had that I wasn't even conscious of," she said. "By starting meditation, it helped kickstart my journey of becoming positive and rewiring my thought process, to think differently about situations."

Clevenger started meditating regusaid. She ended up moving out of her larly, and to this day meditates in the morning and at night. She started which led to her getting her own to surround herself with people she wanted to be like—people in happy, began to think about her choices, committed marriages—and valued their consequences, and what she herself enough to set boundaries

with people who wouldn't help her live out her values.

"I know that we know that and we say that—you have control over your life—but until you really get that, things don't change, you stay stuck. It's true and it makes sense, but it has to be something you recognize from within, like 'Oh, I really do have the power," Clevenger said. She taught herself to make choices that reflect her values, and had to learn to receive the love and nurturing that came from others as well. She'd lived an independent life already, and learned it didn't bring fulfillment.

"I wanted to be more social, so I would go out to things and talk to people and get involved," she said. "Actually being proactive and doing things really changed things for me. Especially for me in my situation, I've been manipulated and abused for so long that I didn't feel like I had any sort of power over my life, so that awareness that 'I have control over my life,' that was a big tipping point

says, but well worth it. Every person has emotions, but Clevenger's default state had been to give in to her emotions regardless of what they were and let them get out of control. She had to consciously choose to separate and let go of her negative thoughts stemming from out-of-control emotions, and instead make her actions and decisions reflect her values. She learned to calm herself down and choose to see roadblocks as opportunities for growth rather than setbacks, and says every situation truly has a silver lining.

It is definitely hard work, Clevenger

"You are committing to yourself negative thoughts because they don't me in the heart," she said.

serve me,'" Clevenger said. And in fact, after a few months, it wasn't so hard. She did eventually seek therapy, but did most of the heavy lifting in sorting through her past trauma and self-sabotaging habits even before that. Choosing to be positive is now second nature for her.

"That took me a lot to work through, and there's still probably things I will have to work through for the rest of my life, even though I have largely healed now and am in a very good place," Clevenger said. She's also in contact with her mother again, but at arm's length. "She has healed a lot, but honestly she has a long way to go still," Clevenger said.

Becoming More of Herself

First, Clevenger noticed the suicidal depression had lifted.

"I no longer felt like I wanted to die, honestly, though I know that sounds horrible, but it's true," she said. Then she realized, "You know, I actually enjoy life."

"And I enjoyed it, I enjoyed the experience, and I'm thankful for being alive, and that was a huge turning point for me, going from being completely miserable and suffering every single day to not suffering at all and being just grateful and thankful. It's like I'm two different people," she said. She had a vision for the life she wanted, one that adhered to traditional values, and she aligned her choices and actions to obtain it.

Becoming a happier person has led Clevenger to want to do more to help and guide others, and she adds that this comes from embracing her femininity.

"Men and women are innately different, we're just not the same," Clevenger said. She hears from women all the time who insist that men and women are the same in every way and women can do anything a man does, and she thinks they're missing

"There is actually so much beauty in our differences, and we're created to work and thrive together, and it's beautiful in that dynamic when we do share our differences," she said. "That's the beauty in humanity, we're all different, and when we work together, it makes this beautiful bigger picture."

"A man's innate desire is to provide and protect, he feels valued when he can do those things, and he gets the most out of that," she said. "And when a woman feels protected and provided for, when she feels safe, she can be more of what she's best at, which is nurturing, supportive, and creative."

"It's become like a competition, men versus women. Let's just work together like we're supposed to; it's not supposed to be a competition, it's supposed to be a collaboration,"

"I've lived on my own, I've been independent since I was 17, but ... I was never happy or content or fulfilled. Just because I can [do it all on my own doesn't mean that's where my time is best spent," she said. "Now I have more time to pour into not only myself but others around me, which is what feminine nature is good at doing—nurturing, tending, loving, and encouraging.

In college, Clevenger once had attended a conference where she saw a presentation about human trafficking, and the numbers had just floored her. It was modern-day slavery, yet this was the first time she was

"It just completely shattered my soul, it made my heart ache so bad, I just didn't have the awareness of how bad it was," Clevenger said. She wanted to do something to help, but her life had been in disarray and she didn't have the capacity. But now, in a good place, she's picked up that

"I've spent the last couple of months on social media less. I've traveled more and I've been praying a lot about a vision of what I wanted to create," she said. She wants to share traditional values and help more women see that they shouldn't burn themselves out doing things that don't fulfill them, and has started podcasting and opened an online business (GrownThroughGrace. BigCartel.com) to start growing her platform, with a percentage of proceeds going toward RescueAmerica, an organization combating human trafficking. "There's a lot of evil going that 'I am no longer going to choose on in this world, but that just struck

Getting and Giving: Manhood and Service

Continued from Page 1

Athenians required its male citizens to undertake certain duties such as participating in elections and serving in the military during times of war. Like the Athenians, the Romans of the Republic regarded such participation as a duty for all male citizens.

During the Middle Ages, service was at the heart of the feudal system, with kings, lords, knights, and serfs linked one to the other by specific obligations. Because they were required, however, these obligations fail to meet our modern concept of volunteerism, of giving our time and energy to others free of charge. If we look instead at the monastic orders of that time, however, we do find men and women who made it their business to shelter travelers, care for the sick, feed the hungry, and provide aid

Because of the hardships faced by its pioneers and settlers, and because of its limited government, America might well be called the birthplace of volunteerism. Benjamin Franklin, for example, founded an all-volunteer fire department, the first in the United States. French diplomat and historian Alexis de Tocqueville believed that such groups formed the backbone of the new nation. In "Democracy in America," he wrote, "When you allow them to associate freely in everything, they end up seeing in association the universal and, so to speak, unique means that men can use to attain the various ends that they propose."

Like Churchill, there are many other proponents of service in our modern world. Albert Einstein, for example, once stated, "It is every man's obligation to put into the world at least the equivalent of what he takes out of it." Though Muhammad Ali is about as different from Einstein as is humanly possible, the famed boxer took a similar stance on giving. "Service to others," he once said, "is the rent you pay for your room here on earth."

Making It Personal

Men in all walks of life give of themselves by caring for their families.

Every morning before dawn, my 34-yearold neighbor, Sam, sets off in his pickup truck to go to work. A self-employed contractor and builder, he puts in long hours at the worksite five or six days a week, laboring not only for his own gain but for his wife and his two young daughters.

Another young man of my acquaintance, an attorney, frequently makes supper and entertains the children on his return home from the office, all to allow his wife a brief vacation from her household duties and

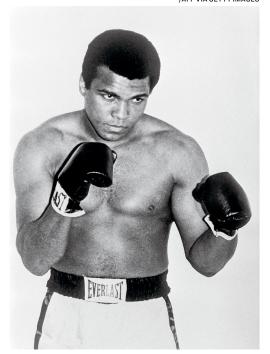
A grandfather I know in North Carolina has spent hundreds of hours in this past year helping his daughter and her family by overseeing and directing the builders

of their new house. To help his loved ones in such ways is the most vital form of service for a man. It takes precedence over recreation and pleasure, their risk of hypertension, or high blood and is an integral part of that foundation pressure, by 40 percent." stone of civilization, the family.

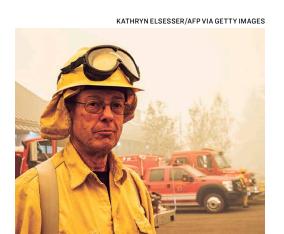
In the Public Square

Though public volunteerism has declined in recent years, Americans still give of Don't Men Volunteer as Much as Women?" themselves on average more than any other nation in the world, and men are a

part of this phenomenon. Younger men tend to take a part in the activities of their children. They become soccer coaches, Scout leaders, and Sunday school teachers. My doctor coached my son in basketball because his own sons were on the team. As a result, Jeremy de-



Boxer Muhammad Ali said, "Service to others is the rent you pay for your room here on earth."



Volunteer firefighter Bruce Brunstad in Gates, Ore., on Sept. 10, 2020. It was Benjamin Franklin who founded the first all-volunteer fire department in the United States.

veloped into a fine player and also found Coach a mentor to be admired. For similar reasons, I long ago served as a Cub Scout leader and taught youngsters in Sunday school at my church. Of course, lots of other dads did the same.

Older men can also make a difference in their community. The leader of the Boy Scout troop my youngest son joined left that position after becoming an empty nester, but he was so effective and popular that the parents begged him to come back, which he did. Another man with whom I was acquainted, at the time in his late 70s, visited an elementary school two days a week to read to the children and to teach

In "The Book of Man," William Bennett writes: "The spirit of democracy lives on in more than just constitutions, laws, and court decisions; it is manifest in the lives of its people. Henry Wadsworth Longfellow wrote, 'The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.' It should be our privilege to come to the aid of our fellow man, a small price to pay for the freedoms we all enjoy."

The benefits of service to individuals and organizations are obvious. Without people stepping forward to offer their time and talents, the activities of youth groups, soup kitchens, libraries, and a host of other organizations would either become curtailed

or cease to exist altogether. There are also enormous benefits for the

In her online article "Volunteerism and US Civil Society," Susan Dreyfus looks at a few of the gifts offered back to us when we give of ourselves. Volunteerism can help bring unity to a community, as people of all races and backgrounds pitch into a task. She cites studies showing that volunteering can reduce loneliness, isolation, and depression, and allows those involved to

find a greater purpose in life. Volunteering may even have a physical impact. Research from Carnegie Mellon University suggests, "Older adults who volunteer at least 200 hours per year decrease

Missing Men

Despite these benefits, men of all ages volunteer much less than women. In "Why Dan Kopf opens his online article with this story: "When YCore, an organization that promotes volunteerism among young professionals, sent out its inaugural recruitment letters, the leadership was stunned by one aspect of who they heard from. Though the letters were sent out to a gender balanced group, 95% of the responses came from women."

As Kopf points out, this is an extreme case, but nonetheless, women volunteer at much higher rates than men. He cites different studies showing some possible reasons for this discrepancy—women working more in the home or part time, for example, are sometimes more free to help at their child's school or at church but eventually Kopf concludes that this gap remains a mystery.

To men of all ages, then, if you are lonely, or if your day job brings little personal satisfaction, or if you are looking to make a difference in someone's life, consider finding a group in need of your services.

You'll be doing good for the world and good for yourself.

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.

ALL PHOTOS COURTESY OF STATE PALACES AND GARDENS OF BADEN-WUERTTEMBERG

→ Advice from our readers to our young people

The material culture is sometimes looked upon negatively by people disposed to have a frugal, Spartan-like disposition. Conversely, the joy of finally possessing an object of our desire can flood our whole being with a sense of wonder.

"A Thing of Beauty if a Joy Forever." The key word is thing, not many things. Many things are not usually directly additive to pleasure. Humans are most likely to remember a singular moment in their lives or a series of separate notable events.

At the time of World War II, when I was chine, or any other object of their desire. That is, until the war was over and industry changed over from war production to civilian production. The money was there, but we could only wait, compounding our anticipation for something new.

We were still relegated to driving old cars or other ancient forms of transportation. In my father's case, a 1931 Model A Ford, was a 1940 Harley-Davidson motorcycle. This was not altogether a bad thing. We

DEAR JUNE

On Family and Relationships

learned to take care of and treasure whatever we owned. In the advertising of the time, the manufacturers showed us the many new products that would soon be available.

Of course, this only increased our an-

The cost of the war had almost destroyed the British economy. Combined with the devaluation of the pound and their advanced motorcycle technology, their postwar motorcycles were very attractive to me. After poring through many brochures and devouring every photo and technical specification, I made my choice. A 1950 Matchless G9 500 Twin would be mine!

In the quaint world I lived in at the time, growing up, because of the war, there were credit availability for an 18-year-old was no minor or major products available for not an option. If you wanted to buy somecivilian consumption. The Depression thing, you first had to save your money. I arm real wheel, it fairly floated over the was over and people were working in the was earning \$1.37 an hour as an appren- bumps in the road. Or so it seemed to me. war industry. They were making money, tice electrician and was contributing \$25 but could not buy a new car, washing ma- a week to our household. Even with me doing side jobs, it took me quite a while to accumulate the \$725 I needed to purchase the Matchless.

That happy day finally arrived. Off we went to East New York and Carl's Motorcycles on Linden Boulevard. There on the showroom floor, resplendent in polished aluminum, chrome, and finished in a flawlessly applied black baked enamel, with which he later sold for \$14. My preference hand-painted gold pinstripes, sat the object of my affection. What a beautiful sight it was! I will never forget that day.



A Matchless tank badge.

Since that time, I have owned a few new cars and motorcycles, but the Matchless still stands out in my mind.

The ride home, to me, was like a trip on a magic carpet. With the Matchless's front "teledraulic" telescopic fork and its swing By contrast, after striking a pothole with the Harley, I almost was thrown over the handlebars. The Matchless had other wonderful features designed to make the rider one with the machine. Unlike the Harley, I no longer had to take one hand off the handlebar to shift gears. Its foot-operated gear shift and hand-operated clutch, combined with the superior placement of all the controls, assured me that this motorcycle was much safer to operate.

The riding position with my feet resting on the footpegs enabled me to just rotate my foot slightly to apply the rear brake. With the Harley, I had to first lift my foot off the foot rest and then step on the pedal to apply the rear brake. The seating arrangement, with my feet resting on its footpegs, and

my knees bent at a slight angle, acted to absorb road shock, thereby helping to maintain control.

By any standard, these features added up to an ergonomic delight.

I had experienced the almost perfect set of circumstances to really appreciate what I would finally own. First, the lack of availability of the object of my desire. Then, making do with what I had. Then, the lack of the means to buy something. Finally, saving and accumulating the money to buy the thing I wanted. Fortunately, by that time the Matchless had really evolved into something that was vastly superior to what I previously had owned.

At age 87, I am now in the twilight of my life. The Matchless is still fresh in my memory. That single purchase has greatly influenced my attitude towards everything I own. I feel that my possessions, although they are inanimate objects, deserve care, should be free from abuse, and be treasured. The Matchless still lives within me today. —Joe Cirina

Dear Next Generation,

On their 21st birthday, each of our grandchildren received a photo album with our genealogy, our personal stories, and pictures of them in our family gatherings over the years. Also included, to reinforce the values taught and modeled by us and their parents, were these proverbs to guide their

Grandy's Proverbs:

- 1. Wishing won't make it so!
- 2. Good fortune favors the prepared mind. 3. There is no greater delight than go-
- ing somewhere in search of adventure and discovering yourself.
- 4. "The first requisite of a good citizen in this Republic of ours is that he shall be able and willing to pull his own weight."—Theodore Roosevelt
- 5. Pay yourself first (i.e., savings plan)! 6. Do what is right rather than what is easy.
- 7. Think great thoughts, but relish small pleasures.
- 8. All that glitters is not gold.
- 9. Never confuse your net worth with your self-worth!
- 10. Goodness is greater than greatness.
- We are what we repeatedly do. 12. "Excellence is not an act, but a
- habit."—Aristotle 13. "What you leave behind is not an

engraved stone, but woven into the lives of others."—Pericles —Ann Porter AKA Grandy

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



LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

GERMANY'S LUXURIOUS Ludwigsburg Residential Palace

s vast as it is sublime, Germany's pastel-yellow Ludwigsburg Residential Palace ▲ was once considered the "Versailles of Swabia." The region of Swabia, in the southwest of the country, no longer exists, but Versailles-like grandeur can still be seen throughout Ludwigsburg Palace.

The palace was commissioned in the early 18th century by the Duke of Württemberg, Eberhard Ludwig, who named the palace in his honor. (Ludwigsburg translates to Louis's Castle in English.) Constructed over almost 30 years, the palace with its more than 450 rooms includes some of the finest Baroque, Rococo, and Classical art and architecture.

Ludwigsburg's Baroque craftsmen and architects were mostly trained in the Bohemian style of architecture, which gives the palace a distinctive Czech and Austrian style. But elements of Versailles are echoed in the very fabric of Ludwigsburg Palace, from the distinctive mansard (French Baroque) rooftops to its mirrored halls to its Paris-commissioned furniture. And even the town of Ludwigsburg was specifically created after the palace was built, just



The palace features several museums, including a ceramics museum, a fashion museum, the Baroque Gallery, the private apartments of Duke Carl Eugen, and an interactive museum for young visitors.

The assembly room





The records room.



The second antechamber



The king's staircase in the New Corps de Logis.

A Delicate Situation Involving Food and Hygiene

est and diplomatic solution

I've searched the web and cannot find Please advise!

Dear J.P.,

cate situation to decline!

your colleague in the most truthful yet tactful way possible. This means finding

not involve mentioning the reason you explained above.

For example, you could say that the meals of late have not been sitting well with you. Or you could simply say that you no longer feel right accepting food from him

Or if you have considered starting a diet—maybe an intermittent fasting schedule that eliminates some meals this might be a good opportunity to start

or her, perhaps because you've not been

and it would give you a reason to refuse. Or perhaps you could say that you very much appreciate their generosity, but for self-development reasons, you feel you should start making your own food a slow cooker, Instant Pot, or air fryer might help make this more possible.

Also, a slow cooker or Instant Pot might themselves be a way out, depending on the situation. If they offer you meals on an irregular schedule, can you refuse on the pretext that you already have something at home in your cooker? This casual refusal might work best if the food was also made

There might also be a relationship angle. Perhaps you have a girlfriend or are interested in someone and you can tell the lady—if it is a lady—who makes food for you that it would be better for your relationship if you no longer accept meals from her.

you, I hope they have given you some inspiration to find an honest and diplo-

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.



→ Advice for finding an hon-

Dear June,

anything addressing my particular predicament. I've a friend at work who prepares meals for me oftentimes and I've always graciously accepted and enjoyed them. One day, however, I was aghast to observe them picking and eating a booger. In horror, I watched as they repeated this morbid mucophagy. Now I am unable to eat anything they bring and I feel bad just throwing it away every time. I don't want to hurt their feelings.

Indeed it is a pity to throw away good homemade food, but it is certainly a deli-

I would advise communicating with

a legitimate reason to refuse but that does for others, not just you. At the same time,

it might not stop the offers from coming, which could be awkward over time.

If none of these examples are true for

Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W.

The palace and gardens

take the lead on

some holiday

their creative

corations and flea

HOMESCHOOL

8 Ways to Add Holiday Fun to Homeschool Days

BARBARA DANZA

Right around the time you may be feeling like your homeschool routine could use some extra sparkle, a boost of creativity and a touch of magic—the holidays appear on the horizon—providing just the inspiration you need to close out the semester with smiles and some good cheer.

Here are eight ways to incorporate holiday fun into your homeschool this year.

Holiday Tunes

The easiest way to inject the holiday spirit into everything you do is to play your favorite holiday music. Create a long and lovely playlist of all of your family's favorites and fa-la-la your way through math, language arts, and all the rest.



DIY Decor

Whether you're planning the holiday dinner table or decking the halls with boughs of holly, the possibilities are endless when it comes to putting artistic skills to use. Ditch worksheets for a table of craft supplies and messy fun, and allow your kids to take the lead on some decorative choices this year. They'll flex their creative muscles while making holiday memories to last a lifetime.

Homemade Gifts

In a year that may feature an emptier calendar than usual, make good use of the extra time by creating personalized, heartfelt gifts for loved ones this season. Encourage your children to think compassionately of each gift recipient and what might bring them comfort or joy. Whether you're baking special treats, customizing a gift basket, knitting a scarf, or putting other unique talents to work, you'll reinforce lessons in creativity and good character.

Holiday Shopping

Can shopping be educational? It sure can. Have your children make a list, devise a budget, research options, and plan a shopping excursion to take care of their own personal gift lists this year. You can even incorporate working extra chores to earn more money or starting their own business, even, to teach countless lessons and life skills centered on holiday giving.



Celebratory Books

Of course, enjoying holiday books is a no-brainer for homeschoolers. Amp up your collection by visiting a local bookstore or your library. Take advantage of your library's online request system to locate classic reads that will set the tone for the holiday season.



Tasty Treats

No holiday is complete without homemade sweet treats. Enlist your children to peruse cookbooks for new recipe ideas. Allow them freedom in the kitchen, to measure, mix, and use various tools and appliances. Encourage tasting, decorating, packaging and sharing. Kitchen learning is extra delicious this time of year.

Festive Movies

Just because you homeschool doesn't mean your kiddos need to miss out on the delight of watching a holiday movie "in school." Toss aside the curriculum for a surprise showing of "The Muppet Christmas Carol," "The Polar Express," or "Frosty the Snowman," and don't forget the popcorn!

One aspect that sets apart homeschooling from the standard model of school is that a family can dig deep into their traditions and values. Truly celebrate what's most meaningful to you this time of year, incorporating it all into your children's education. Whatever you're celebrating, teach your children the deeper meanings behind the celebrations and instill in them the values you hold most dear.

COURTESY OF EMILY LYNN PAULSON

Emily Lynn Paulson.

Women need

connection

and support

and a place

is on their

hearts.

to share what

Emily Lynn Paulson



FAMILY

The Sober Realities of Motherhood

A conversation with Emily Lynn Paulson, founder of the Sober Mom Squad

BARBARA DANZA

You've seen the mugs, the T-shirts, and the memes all laughing hilariously at moms and their reliance on "mommy juice" to get them through the day. How reliant are some mothers, though, on alcohol to cope with the pressures they face today? What impact is this "mommy juice" messaging having on families?

I recently spoke to Emily Lynn Paulson, founder of the Sober Mom Squad, about this and other concerns. Here's what she said.

The Epoch Times: What is the Sober Mom Squad?

Emily Lynn Paulson: The Sober Mom Squad is just as it sounds. We are a community of moms who desire to raise our children without "mommy juice." We offer virtual meetups (over Zoom), a forum for sharing, parenting resources, masterclasses, live expert webinars, group coaching, and so much more.

The Epoch Times: What inspired you to start the Sober Mom Squad?

Ms. Paulson: At the start of the pandemic there was a huge uptick in the number of women reaching out for sober coaching. Many were women who previously considered themselves social drinkers, but found that they were drinking more than ever, as well as women who were uncomfortable with the amount they were showing their kids that they were drinking. And most women were finding that the extreme stress and pressure were increasing their "treatment" by using booze.

At the same time, the messaging hitting our inboxes and social media feeds was

the pandemic! I knew there had to be a way to help support women and create a community, to help share tips and give moms a place to vent about their unique challenges without the added pressure of wine-mom culture.

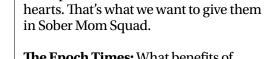
all about needing to drink to get through

The Epoch Times: How pervasive, in your opinion, is "mommy juice" culture among today's moms?

Ms. Paulson: Extremely pervasive, and sneaky! We make a joke about it, but we don't make a joke about any other drug. Alcohol is a drug. It kills more people than all illicit and prescription drugs combined. When you see the cute pink cans of wine and spiked seltzer, and alcohol messaging all around you, it makes you subconsciously believe that it's no big deal. What women need is connection. Alcohol doesn't connect, it numbs. Women need stress relief. Alcohol doesn't relieve stress, it exacerbates it. Women need a break. Alcohol may temporarily numb pain, but it makes everything worse in the long run. Alcohol is not a requirement for motherhood, yet it's sold as such.

The Epoch Times: What common struggles have you uncovered among moms in the Sober Mom Squad community? Ms. Paulson: The need for escape. Al-

cohol is often used as an escape, which is certainly why I used it. Unfortunately, whatever you are trying to escape doesn't go away, and alcohol further exacerbates the problems, creating a need for itself. Learning how to deal with the feelings beneath the drink is the key in giving your body and brain what it really needs. Women need connection and support



and a place to share what is on their

The Epoch Times: What benefits of sobriety have moms shared in your com-

Ms. Paulson: That they feel more connected and present in their lives. That they are less irritable with their children. That the "problems" they drank to deal with are no longer problems now that they aren't drinking. That they sleep better, feel better, can get more done in their day, and make better choices.

The Epoch Times: What impact do you hope the Sober Mom Squad will have on families?

Ms. Paulson: I hope that families will be more connected, lean on each other, and talk more about the challenges facing them, while finding positive outlets, ogether. Increasing awareness about alcohol and what alcohol does to the brain, oody, and relationships is positive, and doesn't require becoming a fully dry or anti-drinking household! It's about communication, education, and harm reduction. My dream is that future generations grow up with the knowledge that alcohol is a dangerous drug, not a requirement for being an adult.

The Epoch Times: What advice would you give a mom reading this who finds herself turning to "mommy juice" more often than she'd like?

Ms. Paulson: You are not alone, and it is not your fault. Alcohol is an addictive substance, so if you find yourself wanting it more often, that is not your fault! The fact that you are questioning before it gets to a problematic place—and it's not if, it's when—is a very good thing. My advice is always to ask yourself what you're drinking for. What is the feeling? Are you thirsty? Drink something else. Stressed? Go run around the block! Bored? Read a book or turn on the TV. There is always a remedy that doesn't include ingesting a





Invictus

Out of the night that covers me, Black as the pit from pole to pole,

I thank whatever gods may be

For my unconquerable soul.

In the fell clutch of circumstance

I have not winced nor cried aloud. Under the bludgeonings of chance

My head is bloody, but unbowed.

Beyond this place of wrath and tears

Finds and shall find me unafraid.

And yet the menace of the years

It matters not how strait the gate.

I am the captain of my soul.

I am the master of my fate,

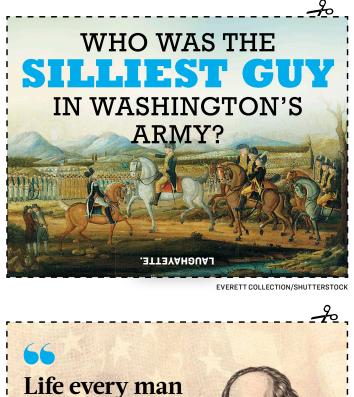
Looms but the Horror of the shade,

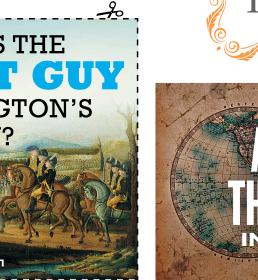
How charged with punishments the scroll,

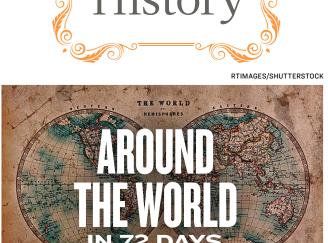
by William Ernest Henley

FOR KIDS ONLY

THE EPOCH TIMES







n Nov. 14, 1889, a reporter for the New York World set out to complete the journey depicted in Jules Verne's 1872 novel, "Around the World in Eight Days." In the story, protagonist (or main character) Phileas Fogg accepts a wager to circumnavigate the globe within 80 days. He'll win if he can do it. The novel is still popular today.

In real life, on this day, reporter Nellie Bly managed to circumnavigate the globe in 72 days and 6 hours, marking a world record.



The cover of the board game Round the World with Nellie Bly, circa

By Aidan Danza, age 14

LIVESTOCK AROUND THE WORLD

holds dear; but

holds honor far

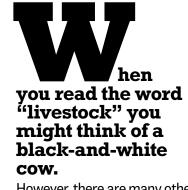
more precious

dear than life.

WILLIAM SHAKESPEARE

the dear man

(PART I)



Yaks are the livestock used in the mountainous, highelevation areas of Tibet and the Himalayas. They are closely related to cows, but they've been given a few characteristics suitable for a cold, rocky, sparse environment. Firstly, their hair is long and thick, protecting them against the cold. Secondly, they have larger lungs than regular cattle, which suck in as much of the thin Tibetan air as possible. They were first domesticated for use as a beast of burden, meaning that they would carry the loads of a caravan, much like a camel or a donkey. However, they are also used for their fur, hides, meat, and also for their ability to pull plows and thresh grain.

YAK

ALPACA

The alpaca is a small, camel-like animal hailing from the Andes mountains from South America. They are the domesticated version of the wild vicuñas, (pronounced vic-oon-ya). They are usually around three feet tall at the shoulder, and 4 to 7 feet long. The closely related llama is slightly larger. Sometimes they spit at each other when they are stressed or threatened. Just like most other livestock, alpacas are herbivores, eating mostly grass, but also leaves, wood, bark, and shoots. They are primarily

TEXAS LONGHORN If you live in the western United States,

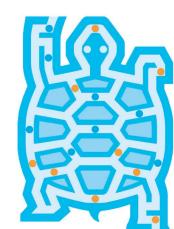
you've probably seen these guys. They are very large cattle, which come in many different colors, with one key similaritytheir horns. These horns are some of the largest donned by any cattle. The world record for horn length is almost 11 feet from tip to tip! They are very hardy in the harsh Texan or Mexican environment, and they eat a wider variety of grasses and plants than other cattle do.



ENTER THE MAZE FROM THE BOTTOM RIGHT LEG AND EXIT AT THE TOP LEFT LEG. You must between orange and blue

Solution For Easy 1

dots. You can retrace your path but you must not back up along a path.



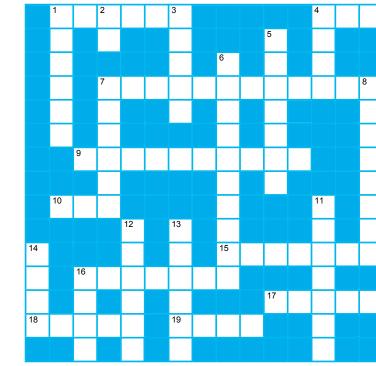
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: $6 + (7 \times 3) + 1 = 28$ and $1 + (7 \times 3) + 6 = 28$

20 21 13 8

(12-13) × 3+50

31+51+8-58

31



- 1 Mother's mate (6)
- 2 Pa's mate (2) **3** Younger years (5)
- 4 Friends and acquaintances (4)
- **6** Junior's son relative to Junior's dad (10)
- **7** Buddy (6)

5 Descendant (7)

- **8** Cousin (8) 11 Wedding planner (7)
- 12 Female sibling (6)
- **13** Mom's dad (6)
- **14** Dad's sister, e.g. (4)
- **16** Inheritor (4)

- They usually share a last name (6)
- 4 Relatives (3)

9 Grandchild, for one (10)

- **7** Adoptive parent (12)

15 Extraction (7)

10 Mom's partner (3)

16 Most dads in relation to their wife (7) 17 Mom's brother (5)

19 Another word for "father" (4)

18 Extended family (5)

THE EPOCH TIMES Week 46, 2020



Welcome to a Tradition Two Centuries in the Making

ello there, Epoch VIP! We're thrilled to have you here with us. We hope this paper finds you well—especially in today's world. There are new developments almost every day, with different interpretations coming from all different factions. It's a situation which makes it quite difficult to see what our future looks like as a country, and as a society.

In times like these, we believe that the best way to ground ourselves is to look into the past and see what's worked for our forefathers. That's why you may have heard that our motto is "truth and tradition," or that we're bringing back "traditional American journalism."

To us, this means that our work is guided by the same values and ideals that have guided our nation for centuries: values like honesty, trust, faith, and compassion; ideals like freedom of expression, independent thought, equality, and unalienable rights.

We hope that when you read our paper, you'll be able to see these ideals and values reflected in our articles. We hope, as they've done for us, that they can give you strength and tranquility in this trying time.

Because to us, you're more than a subscriber, or a reader. You're one of our allies in the preservation of the greatest things that humanity has to offer—our history, our morals, our beliefs, our classics. You're an ally in our mission to ensure that the wisdom of our ancestors can be passed down to our progeny, that generations of Americans to

come will be able to understand the words left to us by our founding fathers.

And please don't hesitate to let us know if there's anything we could be doing better—whether it's in our reporting, our design or our customer service. The task of preserving history isn't an easy one and we'd like to get things as close to perfect as we possibly can. With you on our side, we hope to make even faster progress in the right direction.

Thank you for being a reader and thank you for being an ally in our quest for traditional American journalism. You give us a reason to exist.

*In Truth and Tradition,*The Epoch Times

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