

THE EPOCH TIMES LIFE & TRADITION

A PATRICK A. ALBRIGHT, MCOE PAO PHOTOGRAPHER/U.S. ARMY/CC BY 2.0



David E. Grange Jr. takes part in the U.S. Army Best Ranger Competition in Fort Benning, Ga., on April 12, 2019.

According to a Pentagon report, 71 percent of Americans 17-24 were ineligible to serve in our military.

The Task Ahead: Making Heroes

Preparing our young people to become champions for liberty, truth, and justice

JEFF MINICK

Throughout “Last Stands: Why Men Fight When All Is Lost,” which I highly recommend, author and Epoch Times columnist Michael Walsh raises a number of questions pertinent to Western culture and masculinity in the 21st century. Is our culture capable of producing citizens possessed by a sense of honor? Do we still regard heroism—duty, honor, and country, often practiced in the face of tremendous odds—as a virtue? Are young American men today prepared to fight in a war as did Walsh’s father in Korea, a Marine at the Chosin Reservoir doing battle with a horde of Chinese soldiers?

In ‘Last Stands,’ Walsh asks, ‘Do we still have a concept of what it is like to live—and die—nobly?’

Let’s start with that last question. To which the answer is no.

Bad News

Three years ago, the Heritage Foundation examined a Pentagon report stating that 71 percent of Americans between the ages of 17 and 24 were ineligible to serve in our military, even if they wished to do so. That figure includes both males and females.

Many of our young people either lack the high school diploma required by the military or else can’t pass the basic tests required to join the armed services. Their failure reflects the failure of our schools to educate students even in the basics of math, reading, writing, and critical thinking.

Others fail to qualify for military service because they have criminal records. According to a report included in the Heritage Foundation article, nearly 10 percent of applicants miss the mark because of crimes committed, and that figure is based on information already 11 years old.

Issues of health, especially obesity, are

also impediments to enlisting in military service. Every year, the armed services reject many prospective recruits because of their weight, and as the report states, that problem is only getting worse. In contrast, Audie Murphy, World War II’s most decorated U.S. combat soldier, had to gain weight to enlist in the Army.

Though not listed in the report as a major factor in declining enlistments, we may also surmise drug abuse would bar some applicants from putting on a uniform and standing to post.

More Bad News

And now our young people have endured a year of school shutdowns, restrictions on participation in sports, and in many cases confinement to their homes.

As a result, many of them have fallen behind in their education. Doubtless, too, students have gained weight as a result of sports cancellations and more time than

Continued on Page 2

Message in a Bottle

Kite-surfer track downs owner of letter and diamond ring

LOUISE BEVAN

Canadian kite-surfer Sebastien Allain accidentally lost his gear during a winter surfing trip, but the hours-long search to recover his possessions yielded an unexpected find: a message in a bottle, which happened to also contain a diamond ring.

Allain tracked down the sender and learned this wasn’t the first message he has

sent, nor the first that was returned to him.

Allain was surfing at Nova Scotia’s Chezzetcook Bay on Dec. 6, 2020, when a strong gust of wind flipped his kite into the water. As Allain later explained to CTV News, “The wind was offshore, so it drove the kite out to sea.”

He had borrowed the expensive equipment from a friend. Determined to retrieve it, the surfer mapped out the area and waited for the bad weather to die down before swimming through cold, choppy waters to a nearby island to conduct the search.

Continued on Page 4



COURTESY OF SEBASTIEN ALLAIN

Kite-surfer Sebastien Allain.

ROMAN KOSLOPOV/SHUTTERSTOCK

The Task Ahead: Making Heroes



Continued from Page 1

ever spent entertaining themselves on their screens. Many youngsters, particularly teenagers, are suffering from depression and mental problems, conditions often caused by their constrained social life and the disruption of their normal activities. They will fail not only to qualify for military service, but may also be hampered by these conditions from living healthy, happy lives. So what can we do?

Make 'Em Tough

Every issue of *The Epoch Times* offers articles on the value of exercise and diet. Though my cooking days are mostly gone—I live alone and most often eat canned soups, microwave meals, and prepackaged salads—some of these articles have inspired me to take better care of my body. I have begun a walking program, I try to get a good night's sleep, and I swallow a daily dose of various vitamins.

We must help our children take these same measures. Depending on the pandemic restrictions we face, we can adapt to that situation and encourage physical exercise: running and walking, backyard sports, dance, and other exercise classes taken from our computers. On a recent visit with some relatives, a 10-year-old grandson who wants to become a boxer asked me to be his trainer. That was impossible, I told him, because I live six hours away, but I promised to send him a training schedule. Those guidelines may not make him Rocky Balboa, but they may make him stronger if he follows them.

With very little effort, and without spending a fortune, we can also provide our children with nutritious meals. Samuel Johnson, editor of the first real dictionary in English, defined oats as “a grain which in England is generally given to horses, but in Scotland supports the people,” to which Scotsman James Boswell, Johnson's biographer, replied, “Aye, and that's why England has such fine horses, and Scotland such fine people.”

Oats, vegetables, fruit, and other such staples are cheap and readily available foods that help produce healthy children.

Education Is Our Responsibility

Whether your children attend public or private school, whether they are learning in a classroom or virtually by a computer, isn't important. What is important is whether they are learning.

Our current pandemic has driven home one point about learning: We're all home-

schoolers now. It has restored a proper balance in education, showing us what was always true though often forgotten: Parents are the chief educators of their children, meaning it's up to us to see that our young people are educated when they leave home, especially in the basics of reading, writing, and math. Kids who master those subjects at age appropriate levels can tackle any other subject.

All of us should be appalled that so many of our older teens and those in their early 20s lack either the degree or the learning skills to enter the armed services. We can buck that trend by keeping an eye on the studies of our sons and daughters. We can foster in them a love for reading. We can have them shut down their screens for certain hours of the day and have them keep journals or write letters to friends and relatives. And when they need help with some subject such as algebra or world history, we can reach out to others for assistance or make use of the vast resources of the internet.

Kitchen Table Warriors

In “Last Stands,” Walsh asks, “Do we still have a concept of what it is like to live—and die—nobly?”

Well, do we? And if not, then how do we instill such a concept in our young people, and maybe even in ourselves?

Children can learn honor, heroism, and such virtues as patience and fortitude in a variety of ways: the example of their parents or friends, reading stories and books from fairy tales to novels, watching certain movies, and from conversation.

In terms of books and movies, our store of resources is inexhaustible. Google “reading list for children's classics,” for example, and dozens of sites leap to the screen. Movies such as “Chariots of Fire” and “Sophie Scholl: The Final Days” can instill values like persistence, courage, and love of God in our older children.

Family meals can be a natural and productive time to build virtue. Discussing a child's day, talking about national events with older children, and sharing our

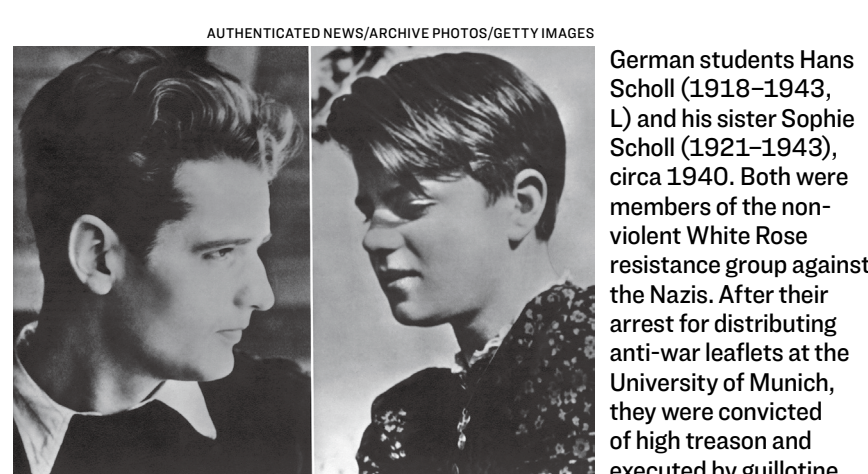
We must endow them with hope rather than despair, with love rather than hatred, and with faith rather than bitter cynicism.



These pandemic times have made it clear that parents are the chief educators of their children.



“The Defence of Rorke's Drift, 1879” by Alphonse-Marie-Adolphe de Neuville, 1880.



German students Hans Scholl (1918–1943, L) and his sister Sophie Scholl (1921–1943), circa 1940. Both were members of the non-violent White Rose resistance group against the Nazis. After their arrest for distributing anti-war leaflets at the University of Munich, they were convicted of high treason and executed by guillotine.

Children can learn honor and heroism in a variety of ways: the example of their parents or friends, reading stories and books, watching certain movies, and from conversation.



MLADEN ZIVKOVIC/SHUTTERSTOCK

own difficulties at the workplace can imbue our young people with wisdom and values that might otherwise be lost to them.

Brave Hearts

Many people I know are in despair over the fate of our country. The long restrictions, shutdowns, and mandates of the pandemic have left them exhausted. A summer of rioting and the mess of an ugly election year have double-downed on that fatigue, leading some to despair over the future.

Here, too, we can take a lesson from Walsh's “Last Stands.” The Spartans who prepared themselves for death at Thermopylae, the six soldiers of the French Foreign Legion who charged their Mexican opponents at Camarón, the British troops facing what seemed certain death at Rorke's Drift: When confronted by calamity, these men and many others throughout history didn't give up, whine about their fate, or run away. They fought back, as the poet Macaulay put it, “facing fearful odds, for the ashes of his fathers, and the temples of his gods.”

Yes, we are living in tough times. But if we give way to the darkness, if we declare all is lost, we are infecting our children with a virus deadly not to the body but to the soul. For the sake of their future and for the future of our country, we must endow them with hope rather than despair, with love rather than hatred, and with faith rather than bitter cynicism.

Come what may, let us all be of good heart.

Michael Walsh ends “Last Stands” with a well-known Latin tag: “Si vis pacem, para bellum.” “If you want peace, prepare for war.”

The wars fought by our children may take place on fields of battle, but will more likely be waged in our courtrooms, our legislative bodies, our media, and the public square. To prepare them for those struggles, let's make warriors of our young people, champions for liberty, truth, and justice.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. He is the author of two novels, “Amanda Bell” and “Dust On Their Wings,” and two works of non-fiction, “Learning As I Go” and “Movies Make The Man.” Today, he lives and writes in Front Royal, Va. See JeffMinick.com to follow his blog.

DEAR JUNE

On Family and Relationships



Who Pays for the Wedding?

→ When a family's financial circumstances are a constraint

Dear June,
My wife is about to retire and I am already retired. We're “middle-middle class” economically and have less than six figures put away for a savings cushion. Our 30-year-old daughter is a full-time college loan officer professional at \$55K per year and will have her MBA next year as well. She has lived on her own and has been financially independent since age 19. She is distance dating (they see one another several times per year) a younger college man who comes from wealth. He will soon graduate and we are anticipating wedding bells soon.

In today's society, am I wrong to ask her to pay for her own wedding? How is it handled these days? We simply could not afford a wedding and really feel she should handle this under the circumstances. We prefer to come as guests and give a modest gift. We're thinking (ahead) that the groom's parents would likely foot the bill as an alternative for “appearance's sake,” but we do not agree with that either. Should we frankly lay out these concerns to our daughter and express our feelings beforehand or not?

Mr. and Mrs. Stressed

→ **Dear Mr. and Mrs. Stressed,**
I don't think customs need to dictate who pays for a wedding.

Without knowing your daughter, I would not assume what her expectations might be; although I would assume she is aware of your income and not ask you to spend beyond your means.

If she does, then, of course, you may

explain your circumstances and at the same time, offer to help her out in other ways.

There are so many things only a parent can do, to support a bride before, during, and after her wedding day. For example, help make a photo collage or video about the couple to show at the wedding—it could even be a surprise if you think she would like this. And if nothing else, write a really good speech to welcome her husband to your family.

If the groom's parents want to pay for the wedding, that, of course, is their choice. I would accept their decision graciously and without any judgment about their motivations. Also, for wealthy people, something like this is not a big deal and might give them great joy.

If your daughter is going to marry a good and wealthy man, this is certainly a blessing for her and for your family. There are also many blessings that come with smaller incomes as frugal lifestyles can nurture many virtues.

For your own well-being and to strengthen your family bonds as your daughter approaches this new and important chapter, I would focus your thoughts on what you can give, instead of what you cannot.

In fact, you might go ahead and start writing your wedding speech as a way to remind yourself what you admire about them and hope for their future together.

Sincerely,
June

Dear June,

My almost 9-year-old grandson still calls his father “da-da.” It is appalling and embarrassing and I'm worried about how he is and will be perceived by teachers, coaches, and peers. When I had the courage to bring it up to my son several years ago, he blew it off saying something about “we think it's cute,” so I dropped it. I've prayed about this through the years of course. Now, his younger 5-year-old brother is doing the same. Yes, there are other signs at home of dysfunction. This one is the most outward manifestation. My husband said to let it go, we can't change their thinking and we might offend them and they might pull away from us. Please help.

Sincerely,
Worried

→ Dear Worried,

Certainly “da-da” is not very age-appropriate beyond the toddler years, and I can see how this would be embarrassing. However, as an outsider judging from your description, I don't see anyone being harmed, so I do not understand what exactly about this situation feels appalling to you?

It seems like your son and his



There are many things that only parents can do to support a bride before, during, and after her wedding.

children are all happy with the term. I would expect that if they felt social pressure and it bothered them, they would change.

However, you also mentioned other signs of dysfunction. Are they more serious? What does your husband think? Do you have anyone else you can seek an opinion from?

But before you start asking though, I would try to take any emotional charge out of the situation. The Serenity Prayer by American theologian Reinhold Niebuhr might be a good starting point:

“God grant me the serenity
To accept the things I cannot
change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the path-
way to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all
things right
If I surrender to His Will;

Sincerely,
June

So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.”

I think as women, one of the most powerful ways we can affect change in the men close to us is through our warmth. Our warmth is like the sun in the fable of the sun and the north wind: no matter how hard the wind blew, it could not get the man to take off his heavy cloak but all the sun had to do was shine and the cloak came right off.

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. 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.

ALL PHOTOS COURTESY OF SAN BERNARDINO COUNTY DISTRICT ATTORNEY'S OFFICE

Neglected Baby Finds New Home, New Life

LOUISE BEVAN

In July 2018, a sheriff's deputy came across a starving baby girl living in squalor, inside a filthy trailer with her father. The deputy was responding to an unrelated call in San Bernardino County, California; fearing for her life, the officer intervened.

Almost three years later, the little girl is now thriving in a new forever home after winning the hearts of her foster parents.

San Bernardino County Sheriff's Deputy Mike Richardson had been investigating a shooting in a Rancho Cucamonga neighborhood, and upon questioning neighbors, he was led to a man named Drake Petronzi in a mobile home.

Petronzi was found holding his emaciated baby girl in a wet towel.

“The baby did not look her true age,” Richardson said according to a news release. “I have a young daughter, so I know what a healthy six-month-old baby should look like.”

The baby's father insisted she was fed, but Richardson and his partner weren't satisfied.

Noting a gun on the counter, the smell of rotting food, soiled furniture, and no electricity or running water in the trailer, the deputy took matters into his own hands and called for medical backup.

Loma Linda University Children's Hospital pediatrician Dr. Melissa Siccama speculated that the baby may only have had 3 or 4 days left to live. “You could see



(Left) Deputy Mike Richardson and fellow deputies found Payge in a severely malnourished and neglected state while investigating an unrelated incident in Rancho Cucamonga, Calif.

(Middle) Two-year-old Payge has flourished with her adoptive family.

(Right) Payge with her adoptive family.

her bones,” she said. “She was significantly dehydrated.”

The baby's name was Payge. She was also suffering from numerous signs of abuse and neglect, including a severe skin infection. An investigation revealed that Payge's parents had plenty of formula but had neglected to feed her. As Payge was cared for in the hospital,



she gained weight, and she was eventually placed by county social workers with experienced foster carers Dawn and George Huff, who gave her the love and care she needed.

The Huffs say they knew immediately Payge had found her forever home under their roof. “We were just the foster family that got the call,” Dawn shared, speaking to CBSLA.

Payge was officially adopted by the Huffs in August 2020.

She now also has an adoptive sister and two older siblings, and her life is filled with joy—a dramatic transformation from her previous situation living with her biological father, who is now scheduled to attend a sentencing hearing in February.

Richardson and Payge were recently reunited this month. She even gifted the deputy a handmade card as a token of her family's gratitude for his heroic act of intervention.

“This tops my career,” Richardson said. “I could retire tomorrow and be happy with my accomplishment. Just that one.”

Finding Freedom From Fear in Anxious Times

ANNIE HOLMQUIST

Fear. Nervousness. Anxiety. If you are lucky enough to avoid these feelings dominating your person right now and turning a few more hairs gray, then you can likely still smell them in the air and see them in the actions of those around you.

It doesn't matter which political party people align themselves with. Liberals' fears showed in their frantic attempts to impeach Trump at any cost and call for the National Guard to secure Joe Biden's inauguration, even after they lambasted a similar action by Trump during the summer riots. Meanwhile, conservatives look askance at politicians who seem prepared to pursue politically motivated punishments against voters for whom they chose to vote for, all while ducking for cover from the censorship onslaughts of Big Tech.

Fear? Yup, it's all around you.

Sadly, such fear plays right into the hands of diabolical forces, a fact masterfully portrayed by C.S. Lewis through the demon Screwtape in "The Screwtape Letters." Fear, writes Screwtape, is best fostered when men fixate on the future, giving their hearts to it and "[placing] their treasure in it." Thinking about the future "inflames hope and fear," giving a focus to the unknown, "so that in making them think about it we make them think of unrealities." This is the opposite of what Screwtape's "Enemy," aka God, wants men to do.

Screwtape continues:

"But we want a man hag-ridden by the Future—haunted by visions of an imminent heaven or hell upon earth—ready to break the Enemy's commands in the Present if by so doing we make him think he can attain the one or avert the other—dependent for his faith on the success or failure of schemes whose end he will not live to see. We want



JOHNNY COHEN/UNSPASH

▼
C.S. Lewis's "Screwtape Letters" can offer us some wisdom in these times: to treasure the small, happy moments among family and friends; and to weather hardships with calm and compassion.

a whole race perpetually in pursuit of the rainbow's end, never honest, nor kind, nor happy now, but always using as mere fuel wherewith to heap the altar of the future every real gift which is offered them in the Present."

This mentality sounds familiar, especially in the political realm. Each party is always looking toward the next election, convinced that a certain candidate with the right political ideals will be the savior we need. We pull strings and work hard to see that messiah ride in on a white horse, only to be disappointed when he fails to achieve office, or disillusioned when he does, but

pursues an agenda opposite of that which we imagined. While all this plays out in a continuous cycle, we live in a continuous state of fear, first worrying about what will happen if our plans don't succeed, then worrying when we don't see them come to pass.

So how do we get off this merry-go-round of fear fostered by our fixation on the future?

Here Screwtape also reveals the answer: Live in the present and focus on the eternal. "The humans live in time but our Enemy destines them to eternity. He therefore, I believe, wants them to attend chiefly to two things, to eternity itself, and to that point of time which they call the Present. For the Present is the point at which time touches eternity. Of the present moment, and of it only, humans have an experience analogous to the experience which our Enemy has of reality as a whole; in it alone freedom and actuality are offered them.

"He would therefore have them continually concerned either with eternity (which means being concerned with Him) or with the Present—either meditating on their eternal union with, or separation from, Himself, or else obeying the present voice of conscience, bearing the present cross, receiving the present grace, giving thanks for the present pleasure."

For us humans who seem to exist in a state of constant worry, following such a path is easier said than done. But it does give us some perspective and goals. We can make sure we behave responsibly and respectfully to those around us, even when we are being treated unfairly. We can rejoice in the small victories and happy moments that arise amongst our families and friends. We can embrace the difficulties that come across our path and seek to weather them with a peaceful, calm attitude, rather than the angry one which so readily rears its head.

Lastly, we can focus on eternity and the One who holds it. As Screwtape reveals, true freedom and fulfilled existence are found in God. Might we not find the freedom from fear that so many of us crave right now if, as St. Augustine posited, we rest our restless hearts in Him?

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

Customers Chip In to Send Favorite Tim Hortons Worker Back to College

LOUISE BEVAN

When a drive-through employee with an infectious positive persona was forced to drop out of college, customers rallied to raise enough funds to send him back to school to finish his degree.

Vishnu Gopansothilingan, an employee at Tim Hortons at Sobeyes Plaza, in Ontario, Canada, was blown away by his beloved customers' generosity.

"He makes your day," Tim Hortons drive-through customer Matthew Shulman told CBC Radio-Canada. "This guy, he fist-bumps you, he gives you weather reports. Everybody in the community thinks they're special and he only does it with them, but it turns out he's doing it with everybody."

Shulman started a GoFundMe campaign after learning that Gopansothilingan had dropped out of his IT program at York University due to financial hardship.

Describing the cheerful employee as "a ray of sunshine" during uncertain times, Shulman implored the Vaughan community to "do something life changing."

"Many of us are much more fortunate financially than [sic] he is," Shulman wrote. "I am asking that anyone [whose] lives he has impacted in a positive way, like mine and my children's ... we do something to give back to someone who gives to us daily."

To date, Shulman's fund has raised \$29,000 from 722 donors, almost three times its original goal.

On Dec. 24, 2020, Shulman presented Gopansothilingan with the money outside Tim Hortons. The humble employee brought donuts for everyone, later telling CBC, "It's amazing how people appreciate the small things that I do ... I love people. This is who I am, giving back and making people smile."

Another of Gopansothilingan's champions, lawyer Nicole Kopping-Pavars, shared footage of the check presentation on her personal Facebook page, captioned, "I'm more inspired and

“He truly is a phenomenal human being with a heart of gold.”

Nicole Kopping-Pavars



Tim Hortons employee Vishnu Gopansothilingan.

humbled than ever before."

Writing to The Epoch Times via email, Kopping-Pavars, who began the Vishnu Chronicles on her Facebook page last year—as she was so inspired by all the small conversation they had—elaborated.

"Life has changed ... it took [Gopansothilingan] a while to adjust to this newfound fame. He is such a humble guy and still can't believe that this all happened," she wrote.

The returning college student would like to use the money to give back to the community, helping kids and families learn how to be "independent and sustainable," Kopping-Pavars said. Once a bodybuilder and fitness trainer, Gopansothilingan also has ambitions to use his skills to help keep kids off the streets and learn how to live independently, clean lives.

"For him, it's about creating hope and opportunities," she added. "He truly is a phenomenal human being with a heart of gold."

Message in a Bottle

Kite-surfer track downs owner of letter and diamond ring

Continued from Page 1

After hours, Allain eventually located the missing kite, but he also noticed something shiny half stuck in the swampy ground: a sealed bottle containing a note and a small object.

He picked it up.

Allain drove home, looking forward to a warm meal and a hot shower. But what was in the bottle? "I had completely forgotten about it," he told The Epoch Times, "so we went in the truck to retrieve it."

Inside, he found three handwritten pages. He learned that the bottle was from a local man in his 70s who had been sending messages like this for 30 years.

The man would write a short letter with his address in the hopes of making new acquaintances across the world, Allain explained.

Also inside the bottle, he found a small diamond ring, which once belonged to the sender's mother, who died in 2018. Allain shared photos of his incredible find on his Instagram.

"He had no one to pass on his mother's wedding ring, thus he placed it inside this one bottle in the hope that it would find a good home," Allain said.

Fortuitously, the week prior to finding the ring, Allain had proposed to his girlfriend of five years, Liosa.

The couple decided to contact the sender, a retired miller, and even decided to pay him a visit. Bearing a box of Christmas chocolates, they visited the man and were entertained with tales of messages in bottles sent over the course of decades.

Another bottle had washed up and was discovered by a teacher whose students sent droves of Christmas cards to the retiree. While remaining anonymous and declining to be interviewed, the man says that he is happy his bottles are bringing joy to others.

We would love to hear your stories! You can share them with us at emg.inspired@epoch-times.com

VETERANS

A Green Beret's Battle Against Traumatic Brain Injury

ANDREW THOMAS

While Andrew Marr pursued his college studies on a football scholarship, the wars in Afghanistan and Iraq were intensifying. Reflecting on men and women of his age who were risking their lives, he didn't feel right focusing on his personal goals and interests while others were forgoing their own to protect the nation.

Marr decided he would pursue a career defending the Constitution. He had also always wanted to test himself in combat.

After Marr finished his undergraduate work in 2006, he enlisted in the Army. After qualifying for Special Forces in 2009, he became an engineering expert on his team. His specialty involved logistics and explosives, and he was responsible for disposing of unexploded ordnance as well as proactively using explosives in combat.

"Just like in any other discipline or art, to be good at something, there's only one way to do that. It's to practice it over and over and over again," Marr said.

The Blast Factory

Marr was frequently deployed to Afghanistan and southeast Asia between 2009 and 2013. When he wasn't actively in combat, he was training and was exposed to explosions constantly. While he experienced multiple explosions in combat, it was the cumulative effect of these blasts that would impact him the most.

Coming home, Marr was one of this group of Special Forces operators who were physically and psychologically elite and who had survived lethal and difficult experiences without any visible injuries. However, he had invisible wounds and struggled to square his status as an elite warrior with what he felt inside.

"That makes it incredibly difficult and frustrating," Marr said. "That is a very difficult, a very lonely tough process."

Marr returned from his last combat deployment in September 2013, but he didn't begin experiencing symptoms of traumatic brain injury (TBI) until January 2014. The first symptom Marr felt was a complete

lack of energy. Then the physical symptoms hit, and he began having severe daily migraines. He struggled to maintain his vision and balance; at times even walking in a straight line was taxing. He then started to suffer from anxiety and panic attacks that would surprise him out of nowhere.

"At first I start feeling incredibly dizzy, have a shortness of breath, and then my lungs would clench. It felt like there was a fist coming through my stomach, and then after that, I would just start crying completely uncontrollably," Marr said.

Marr couldn't anticipate these episodes and felt powerless to stop them from running their course. He began to experience severe depression, and couldn't perceive the connection between the anxiety and the ensuing depression. He had always been a happy person, he loved his wife, his family, and his job, and couldn't comprehend why

he would wake up feeling as if his entire team had been killed the night before because of a mistake he had made.

Then his cognitive ability began to decline. For instance, he struggled to grasp certain words in his vocabulary and his short-term memory was impaired. All of this impacted his interpersonal relationships, including his marriage. He found himself easily enraged by everyday annoyances like traffic. His loved ones struggled to understand.

"It became a very scary and dangerous environment for my family, and unfortunately anybody that was around me," Marr said.

Turning Point

The only solution Marr could think of was alcohol. He can remember going to the liquor store, buying a fifth of whiskey, and guzzling the bottle in tears. He thought the only way he could calm and alleviate his anxiety and hopelessness was to drink. He began drinking from the time he woke up until the time he went to bed.

Marr sought out conventional treatment but found it only exacerbated his issues. He underwent psychotherapy and began taking numerous medications. He found himself in the care of several specialists, but there was no holistic approach to his treatment, and his underlying TBI went unaddressed.

Marr reached a crossroads when his 13-month-old son was hospitalized for a surgery to remove a growth on his neck.

He was in the intensive care unit with his son, and was drinking. He took a swig from a bottle of whiskey, swallowed a painkiller pill, and gazed down at his son. All of a sudden, he had a moment of clarity.

"I realized that at that time I was of no value whatsoever to him or my family in the condition that I was in," Marr recalled.

Marr made a promise there and then to himself and his son. First, he was committed to return to being the man he was before his TBI. Second, he was determined to go off all of the various medications he was on. Finally, he decided to spend the rest of his life helping his peers who were contending with TBI. Those three pillars were the foundation that would pull him out of his crisis.

"That allowed me to reframe what was important in my life, and I needed to do those things to be the man that I needed to be for my kids and my wife," Marr said.

A New Approach

After Marr made these commitments to himself and his family, he began experimenting with different kinds of treatment. Many of these methods weren't covered under his insurance, but he nevertheless forged ahead on his journey of recovery across the country, looking for alternative therapies.

After receiving treatment in Texas, Marr's story was published in an article. He then received an email from a Dr. Mark Gordon, who introduced himself and told him the work he had been doing on TBI in veterans. He shared some of the results of his stud-



COURTESY OF ANDREW MARR

“I needed to do those things to be the man that I needed to be for my kids and my wife.”

Andrew Marr, founder, Warrior Angels Foundation

▲ Andrew Marr and his family.

ies, and encouraged Marr to call him. Marr dug a little deeper into Gordon's research and background, and was astounded at the substance and personalized treatment he found in the doctor's approach.

"I can't even tell you what it was like to hear something like that for the first time," Marr said.

A few months later, Marr met Gordon in Southern California. After running lab tests, Gordon discovered that Marr's TBI had caused inflammation in his brain, which caused pituitary deficiencies that were leading to his depression, anxiety, anger, and cognitive decline. This idea had never been contemplated during Marr's conventional treatment.

Gordon put Marr on a regimen of natural and hormone therapies, and the treatment was an incredible success.

Today, Marr is medication-free and is a happy husband and father of seven.

Marr and his brother, who was an Apache helicopter pilot, have since co-authored the best-selling book "Tales From the Blast Factory," which was recently adapted into the film "Quiet Explosions: Healing the Brain." He has also since earned his MBA from Pepperdine University and is an executive in the energy industry in Houston. These accomplishments would have seemed inconceivable before Marr's treatment.

"I'm able to do the things in life that I want to do. I'm able to go and pursue the goals that I want to," Marr said.

Since 2015, Marr has supported 350 veterans with TBI through his organization Warrior Angels Foundation by sponsoring and connecting them to Gordon's treatment. The foundation has also been able to train more than 500 medical providers in this new treatment.

"We are able to provide these things to help to turn proven leaders back on and get back in the game of life. When you can do that, the ripple effects across time is overwhelming because you turn a high-performing proven leader back on individually who is then going to have a positive impact on their family, a positive impact on their community," Marr said.

Landlord Forgives Part of Overdue Rent in Exchange for Community Service

LOUISE BEVAN

A Florida landlord of more than 500 housing units has come up with a novel way to alleviate rent arrears for the tenants by pledging to forgive \$100 of overdue rent for every hour a tenant volunteers at a recognized nonprofit charity.

Staffers at the Contemporary Housing Alternatives of Florida (CHAF), providing affordable housing for low-income families across Pinellas County, grew concerned for the tenants amid the pandemic. Around 20 percent of their tenants owed rent due to losing income since March 2020, reports the Tampa Bay Times.

It was the nonprofit's director of property management, Holly Butler, 48, who dreamed up the rent-forgiveness scheme. "I thought it might be a kooky idea, but I pitched it," she said.

Butler's team was on board, calling it the Back on Track program and offering the deal to any of their tenants who had lost work or hours due to the pandemic.

Rent for a two-bedroom apartment at

CHAF's Pinellas Park site averages \$700 a month. The nonprofit had suffered a rent revenue loss of approximately \$300,000 by the end of 2020.

CHAF CEO Joseph Lettelieir ventured that they might never have seen that money anyway. But the Back on Track program, he asserted, gives tenants "some pride and a feeling they're doing something ... Bottom line, they're good tenants and we'd like to keep them."

To date, more than two dozen resident tenants have taken advantage of the program, pledging their time to food banks, trash-collection efforts, tidying up a trailer park, and clearing up trash along the shorelines with Tampa Bay Watch. Participants in one event removed more than 400 pounds of garbage from the neighborhood nearby.

The charity Hope Villages of America also partnered with CHAF to support the rent-relief program, welcoming volunteers to help sort, pack, and label food for distribution to a food pantry. Twenty tenants pledged 150 hours of their time, combined.



COURTESY OF CHAF

Tenants of housing run by Contemporary Housing Alternatives of Florida are offered a chance at rent forgiveness by doing community service.

"They were excited," Hope Villages CEO Kirk Ray Smith told WTSP. "They were glad they were no longer staying anywhere for free."

According to the U.S. Census Bureau's Household Pulse Survey, more than 8 percent of Florida residents are experiencing housing insecurity, many of whom have slight or no confidence that they will make their next month's rent or mortgage payment.

CHAF has been supporting its tenants since the onset of the pandemic. In April 2020, every household that paid rent on time received a \$25 grocery store gift card. The nonprofit also helped tenants access payment plans for staggered rent payments.

The nonprofit's latest rent-forgiveness program "takes a group that is really struggling and offers them an opportunity to hold up their head and do something for the community," said Lettelieir.

"I was hoping that it could ignite a passion for community service," added Butler, speaking to WFTS. "I thought if they go out and start going somewhere, they could meet people. Maybe it could lead to a job."

CHAF hopes that other landlords of affordable housing will follow suit and help struggling people keep roofs over their heads in hard times.

DEAR NEXT GENERATION:

'Life was much better back then because of our families'

→ Advice from our readers to our young people

Wisdom of the Ages:

I am 68 years old this past November and I would like to pass on some of the things I learned growing up. When we were little, I can remember my brother, sister, and I had chores to do every day and on weekends. Everyday chores were making your bed in the morning, eating breakfast and cleaning up, and making sure we had our homework done and ready for school.

On the weekends, we shared cleaning the whole house, helping my mom, and working outside during summer cutting grass and cleaning flower beds. I would have rather been playing with my friends then, but now I would like to go back and have one summer with my parents doing it all over again.

On Saturday, we all went shopping to learn how to feed a family and carried the groceries into the house when we were done. There are so many people today that did not have family structure to grow up in and never learned how to do the everyday common things in life.

My father worked in construction, and many times he took my brother and I and my two first cousins after school or on Saturday when dad and my uncle had a construction job to do.

I did the same things with my three children and try to help my nine grandchildren with the same life lessons.

One thing that I remember quite well is on a Sunday morning right after a big snowstorm—we lived in Buffalo, N.Y.—I thought we were never going to church this morning since no one could get their cars out from the side streets. I asked my parents how we could get to church since we couldn't get out. They told me we were going to walk. I thought we were going to be the only ones there today. After we left home and walked to the first major street, I saw what must have been up to three or four hundred people with the same idea, walking along the side of a plowed major street. Nothing would stop us back then.

Life was much better back then because of our families.

Now my wife and I moved to North Carolina to be near most of our children and grandchildren to help them build the great life experiences we had growing up and

There are so many people today that did not have family structure to grow up in and never learned how to do the everyday common things in life.

hand down this great life to them!
—John Brancato Sr.

Dear Next Generation,

Listen more than you speak. Pick your mentors carefully. Learn from those who know more than you do. Read widely and never stop learning while you are still breathing.

Early in my career as a high school and middle school history teacher, I experienced a modicum of success and quickly thought too much of myself. It went to my head. I didn't realize that I was still so ignorant of the art of teaching. Then in 1969, I moved my family to Naples, Florida, and met my lifelong mentor, friend, and confidant, Mary Ann Cunningham.

It was the early '70s. Mary was assigned to a 4th- and 5th-grade team teaching experiment at Avalon Elementary School in Naples, Florida; I was the other teacher. We taught more than 70 students in a very large room. I soon learned that Mary was the master teacher and I knew little about my craft.

Every parent dreams of having Mary as a teacher for their child. She made success unavoidable for her students. She was always the teacher that most parents requested. Mix patience, kindness, honesty, creativity, perseverance, genuine affection for her students, and wrap it around knowledge and professionalism, and you have a superior teacher and mentor. She was and still is at 80-plus years a voracious reader who records the titles of every book she reads and why she likes it.

Mentors are those people who are respected and looked up to and always admit they don't know it all and never will, but keep on learning. In the teaching profession, it's called staff development. It's true in every profession from the trades to the medical profession and every line of work in between.

Too many young people associate and look up to the wrong person or group. That is a recipe for disaster. Remove yourself from anyone, any group, or any situation that approves of drugs, breaking the law, or violating your family values.

Recognize a mentor as someone who genuinely wants to help and guide you without asking anything in return. Someone who possesses the qualities of Mary Ann Cunningham.

—James L. Casale

To the Rising Generation:

Once, long seasons past to eternity, we the

people who have reached the time of life where our "long green home" is sending us postcards (in current terms: email notices), it was common for the striplings to seek the wisdom and knowledge of their elders. Sadly, it's a near lost art, but this news sheet tries to continue the tradition. With that in mind, let me offer this from a 19th-century French American writer Mr. Stephen Grellet:

"I shall pass through this world but once: any good thing, therefore, that I can do, or any kindness I can show to any human being, let me do it now, let me not defer it or neglect it, for I shall not pass this way again."

This quote I have printed on a linen canvas made as a faux scroll, hanging on a wall of my house. The words have served me well in a time of war, for 40 years of marriage, through my working life, and on to the assistance to children and grandchildren, that they may have a better start in life. It strikes the balance between selfishness and mindless altruism. It is my gift to you—the rising generation—to do with it as you will; for, indeed, I will not pass this way again.

—Charles Anthony

Dear next generation,

Don't open doors without closing those behind you. Forgive, life is too short to hold on to any negativity. Always be there for your family. Keep getting up no matter how many times you fall never give up. Always finish what you start, don't give up. Give of yourself to those less fortunate and always put God first, and you will never be last.

—Adela Rivera

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

'Karate Kid' Star on Secret to Happy 33-Year Marriage to High School Sweetheart

JENNI JULANDER

Actor Ralph Macchio has shared the secrets to his happy 33-year marriage with his high school sweetheart, Phyllis Fierro.

With a rate of divorce in the United States as high as 50 percent, according

to the American Psychological Association, it's remarkable how some marriages have withstood the test of time—particularly when we're talking marriages coming out of Hollywood.

Macchio says that not only has his marriage been successful, but also that his wife is the one who made his Hollywood dreams possible.

"Without her and without the foundation and the family we established, 'one foot in, one foot out' would have been very, very difficult on my own," the Cobra Kai star told People magazine. "Because there would not be balance."

The father of two made his debut as teen martial arts student Daniel LaRusso in the 1984 film "The Karate Kid." He was just 22 years old, but he had already met his wife-to-be years earlier at a cousin's birthday party when he was 15.

"This is 1970 or whatever," he laughed. "So this is Cheez Doodles, 7 Up, Tootsie Rolls, probably the Ruffles with onion dip. She was a friend of my cousin, and we just smiled and talked and danced a little. Probably the Hustle!"

Back then, Macchio didn't yet know that he and Fierro would eventually become parents to Daniel, 25, and Julie, 28.

According to Macchio, the success of their relationship all stems from commitment.

"It's the belief through the easy times, through the tough times, whatever we encounter, that we are meant to be together," the actor said.

“It's the belief through the easy times, through the tough times, whatever we encounter, that we are meant to be together.”

Ralph Macchio, actor



Actor Ralph Macchio on "The IMDb Show" on June 10, 2019, in Studio City, Calif.

This year has thrown a few extra hurdles at the couple, too, with Fierro being a front-line nurse practitioner helping patients in their battles against COVID-19.

"We know that we will overcome all because we believe in that, the foundation of that," Macchio added.

These days, Macchio is still a busy actor. Most recently, he appeared in season 3 of Cobra Kai, which premiered on Netflix on New Year's Day.

Of the show, he told Yahoo News: "It's exceeded my expectations. Not that I didn't feel we were making something great that was connecting to the original story, the nostalgia of the Karate Kid universe and paying homage to that and never losing sight of that. But to propel to this level on YouTube, break out in that way ..."

He added that the "low expectations" for the show gave them an advantage.

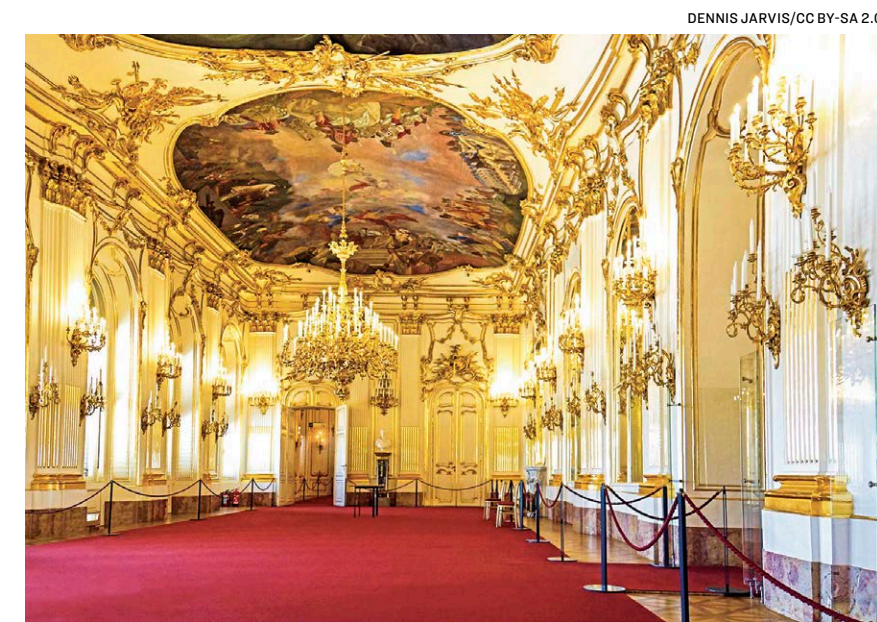
"The press and the media was like, 'OK, they're doing this now. Sure, no one has any original ideas, why not do this?'" Macchio said. "So that was a good thing for us."



Julia Macchio, Ralph Macchio, and Phyllis Fierro attend the screening of "Cobra Kai" during the 2018 Tribeca Film Festival at SVA Theatre in New York on April 24, 2018.



Schönbrunn Palace with the gloriette in the background.



(Top) The Vieux Laque Room. (Above) The Great Gallery.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

The Heart of the Last Austro-Hungarian Empire: Schönbrunn Palace in Vienna

For nearly 350 years, Vienna's elegant Schönbrunn Palace was home to the powerful Habsburg dynasty, Austria's last monarchy.

The Habsburgs ruled many kingdoms across Europe, such as Bohemia, Hungary, Portugal, and Spain. At the heart of the Habsburgs' rule was a respect for the local heritage. They allowed local communities to continue speaking their own languages and practicing their religious and cultural traditions.

The Habsburgs' rule effectively ended in 1918, after the dissolution of Austro-Hungarian Empire at the end of World War I, although the reigning monarch, Charles I, never abdicated.

In 1919, the Austrian parliament initiated the Habsburg Law, confiscating all of the Habsburgs' assets and expelling the ruling family. Charles I was banned from entering Austria, and other male Habsburgs could return only if they renounced any claim to the throne. Parts of the Habsburg Law have now been repealed, but the family's property was never returned to them.

The Estate

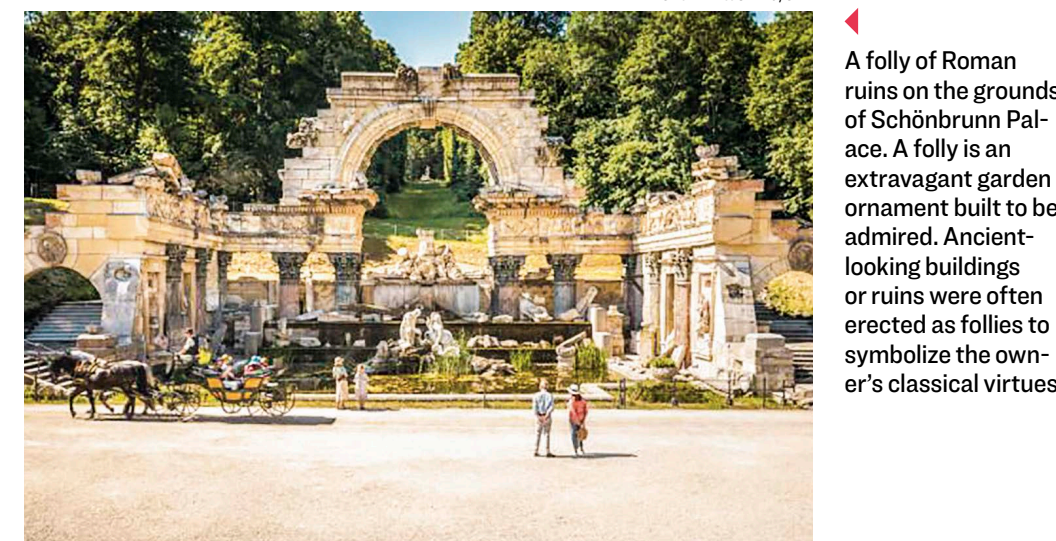
Holy Roman Emperor Maximilian II, a Habs-

burg, purchased the estate in 1569, mainly for hunting game. The estate transformed many times over the years, from a 17th-century hunting lodge, to a château de plaisance, and then a palace in the 18th century.

The most extensive building and renovations were ordered by Marie Antoinette's mother, Empress Maria Theresa, in the mid to late 18th century, and then by Emperor Franz Joseph in the late 19th century.

Today, the palace mainly reflects those eras, showcasing the exquisite 18th- and 19th-century Rococo and Rococo Revival architectural styles, respectively. The Rococo style consists of sweeping curves with ornate naturalistic and often fanciful motifs, although the elegant palace façade with its refined design and harmonious arches has been pared down from its original Rococo design.

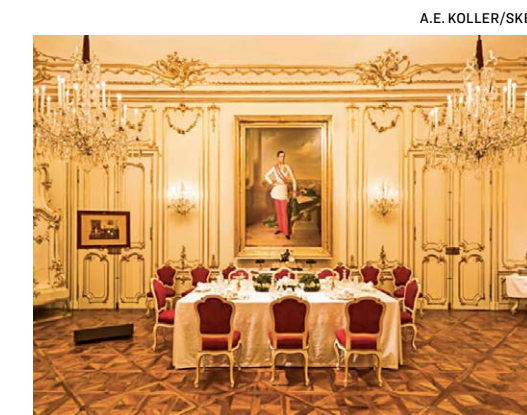
One of the architectural highlights is the magnificent gloriette, an elevated garden building constructed so guests could admire the surroundings. Commissioned by Empress Maria Theresa, it represents the "Just War," a traditional doctrine that stipulated moral values for the right to declare war and the appropriate conduct when at war.



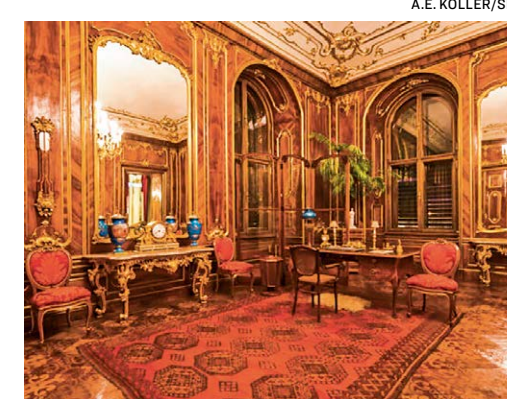
A folly of Roman ruins on the grounds of Schönbrunn Palace. A folly is an extravagant garden ornament built to be admired. Ancient-looking buildings or ruins were often erected as follies to symbolize the owner's classical virtues.



The Hall of Ceremonies.



The Marie Antoinette Room.



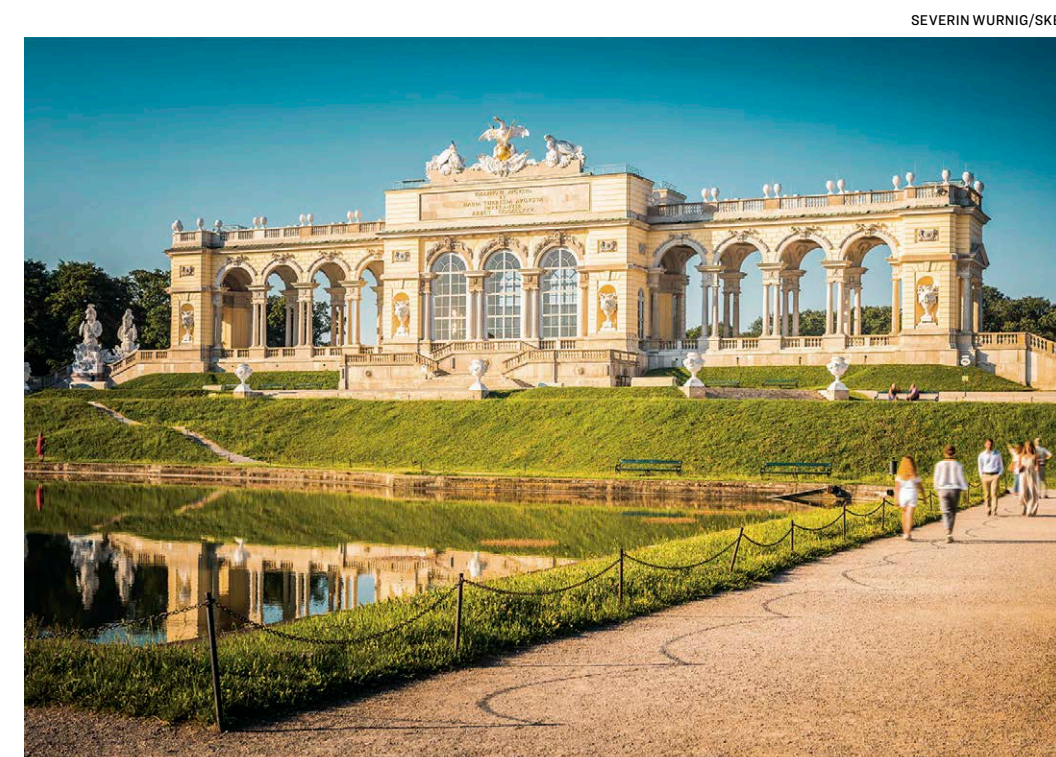
The Walnut Room.



The Imperial Couple's Bedroom.



Schönbrunn Palace's maze and labyrinth.



The gloriette.



Lewis reminds parents that they do not have to do all the teaching themselves. Resources include curriculums, learning pods, innovative online learning, and local community college courses, for example.

PARENTING

The Homeschooling Experiment: Tips for Parents

A conversation with homeschooling dad and CEO Kimball Lewis

BARBARA DANZA

Parents have had a lot thrown at them over the past year. Kimball Lewis has seen the impact of these times on families firsthand, as CEO of parenting coaching company Empowering Parents. The website, EmpoweringParents.com, offers guidance to parents dealing with difficult situations, including defiance, lying, backtalk, and lack of laziness. “We deal with pretty much the full gamut of child behavior problems that make parenting and home life hard,” he said. “I’d say the most common statement we get from parents who reach out to us, ‘I’m at my wit’s end with my child; I just don’t know what to do anymore.’”

Himself a homeschooling dad, he offers great advice for those in the thick of it.

The Epoch Times: This has been a challenging period for parents. What challenges has your company most commonly coached parents through during this time?
Kimball Lewis: Keeping kids motivated and on-task when virtual learning has been the number one problem related to COVID. Schools are very thoughtful and thorough in how they structure the day for learning so as to avoid chaos. Teachers are trained in classroom manage-

ment. Parents were just not ready to deal with this. But with the proper structures in place, a set of defined rules, and a system of accountability, parents can learn to manage this process effectively. This is how we help them.

“**We homeschooled our kids, but we hardly did any actual teaching. Instead, we mostly just managed their learning.**”

Kimball Lewis, CEO, Empowering Parents

The Epoch Times: As a parent yourself, you elected to homeschool your sons. Tell us about that decision.
Mr. Lewis: There were many factors. Primarily, we believed that we could do the job more efficiently and thoroughly than the schools. Also, we wanted the flexibility to pick and choose a curriculum and focus on things like mathematics, writing, and music. And that means focusing less or ignoring altogether subjects that didn’t seem as important. We weren’t beholden to all those requirements. I also had this fundamental belief that jamming hundreds of adolescents

together in the same place day after day is not the ideal learning environment. It always felt to me like a bad sociology experiment. I had this desire for my kids to be primarily influenced by mature adults during their formative years. As homeschoolers, our kids spent 80 percent of their time with mature adults and 20 percent with other kids their age. In a traditional school, that’s reversed—kids spend most of their time with other kids. Parents would ask me, “Aren’t you worried your kids won’t be socialized?” And my response was always, “I prefer my kids to be socialized by mature adults rather than immature seventh-graders.” So I never bought the socialization argument—it never made sense to me.

In any case, it started as an experiment. Our kids were home for April vacation one year, and we decided on a whim not to send them back to school the following Monday. We figured we would do the rest of the year at home just to see how it went. They never went back.

The Epoch Times: What have you found to be the greatest benefits of homeschooling?
Mr. Lewis: We found it much less stressful overall. Our kids learned a tremendous amount without long school days and nights of homework. Also, our kids were never sleep-de-

prived. We made sure they always got the sleep they needed and were well-rested. I believe that sleep deprivation is one of the main impediments to learning, and waking up at 6:30 a.m. to catch a bus for a traditional school day is not conducive to getting the 10-plus hours of sleep that many adolescents need. When [they’re] well-rested, behavioral problems are minimized, and learning is easier and more enjoyable.

One thing that surprised me was the tremendous sense of freedom to be suddenly unattached to the school system. It felt as if we suddenly removed ourselves from the rat race. We could go on vacation when we wanted, and we could reschedule our days as we liked. It was liberating.

The Epoch Times: What would you advise parents who are considering pulling their children out of school to homeschool?

Mr. Lewis: You don’t have to do all the teaching, you just have to find the curriculums or other resources. Consider yourself primarily the administrator, not the teacher. As our kids got older and the subjects more difficult, we found alternatives to doing the teaching ourselves. There are learning pods, two-day per week hybrid schools (at low cost), innovative online learning, and local community college courses. There’s so much richness, so don’t consider it a choice between public school versus 100 percent learning at home with you as the teacher.

We homeschooled our kids, but we hardly did any actual teaching. Instead, we mostly just managed their learning. We worked with them to determine a reasonable curriculum, but they executed it. They learned to learn on their own. We mostly made sure they were doing the right things, and we held them accountable for the work.

The Epoch Times: Is there any final advice you’d like to offer parents reading this?

Mr. Lewis: If you’re thinking about it, just give it a try. You can always re-enroll in public school. It’s not for everyone, but you won’t know unless you try it. Here are some other thoughts from this article: EmpoweringParents.com/article/homeschool-tips-for-parents-just-getting-started/

1. Keep Homeschool Simple at First
 Keep things simple for the first few weeks or months while you get acclimated. We decided that the kids would only do school from 9 to 1 each day. Are four hours enough? Yes, that’s plenty to start. You can get a lot done in four hours given that there’s no bus to ride, no recess, and no cafeteria. Homeschooling is low-overhead and efficient.

2. Don’t Try to Replicate What Happens in School
 Don’t try to replicate their school experience. If you’re a teacher, you could pull this off, but the nature of homeschooling is that it is not as structured. You don’t need to set up a curriculum for five classes and stick to a rigid schedule. Consider the lack of structure as a feature, not a bug.

FAMILY

How Chores Build Self-Confidence

ANNIE HOLMQUIST

With mass homeschooling becoming the new norm starting early last year, one might easily assume that parents have by now adjusted to their new roles as teachers and work-from-home employees, in addition to their parenting responsibilities. That may be true for some, but I tend to think those people are in the minority.

A piece in the Irish Times confirms this notion. The article consists of several testimonials from parents trying to adjust to the faux homeschooling that their school districts have thrust upon them. While some found that they had smoothed out the bugs to function at a reasonable level, others were left unsatisfied. This includes one mother who said she only got four hours of sleep each night last week. Such short nights were the result of too many responsibilities, including juggling house chores and dealing with “frustrated and bored kids.”

This mother’s new responsibilities are unlikely to be alleviated until the pandemic comes to an end. But her statement about chores and bored kids suggests there is one potentially stress-relieving solution right under her nose: combine the two.

It’s easy for many parents to view their children as the small, helpless babies that they first met. The fact is, those children grow up, and if they’re of school age, then they’re probably well equipped to take on more responsibility than we generally give them.

Having bored children pick up the slack around the house isn’t mean. Rather, it’s those people are in the minority.

Homeschooling veterans Harvey and Laurie Bluedorn elaborate on this fact in their book “Teaching the Trivium” when they say, “Do not do for yourself what your child can do for you.” Their rationale for such a statement all comes back to the idea of self-esteem: “Your child needs to esteem himself lower than others, beginning with his parents. He can gather the clothes for laundry, and he can fold the laundry. Then he can do the laundry. He can set the table and wash the dishes. Then he can help fix the meals. He can vacuum the floor and dust the furniture. Then he can wash the windows.”

Least parents fear they will become slave drivers by inflicting such a chore regimen upon their children, the Bluedorns have some heartening advice: “If you do all of this for him, then he will



Children will develop self-confidence by taking on useful tasks.

develop a notion of self-esteem: ‘I am so important that everyone ought to do things for me.’ But if he learns to do it for himself, then he will develop a notion of self-confidence: ‘I can do it myself.’ And if he learns to do it for you, then he will develop a notion of self-usefulness: ‘I can be helpful, and I am needed around here.’”

Building self-esteem in a child is a high priority in our day. Yet, the way the Bluedorns describe self-esteem doesn’t make it sound all that desirable. Astute parents would rather build confidence and usefulness in their children, and they can do so by training them to take on many

responsibilities around the home, which in turn helps relieve parents worn out by household chores and house-bound kids.

So, if you feel you’re stuck at home, trying to hold down a job while also overseeing your child’s education, use this time to your advantage! Have your kids look through cookbooks, plan menus, write grocery lists, and help with or take full responsibility for preparing a certain meal. Make chores fun by pairing your children up and having contests to complete chores in record time, or suggesting they tell stories while washing the dishes, or even role-play while they vacuum or clean the bathroom. Turn chores into a privilege that can only be done by those who work hard and learn a job well. And offer surprises here and there, like a special kind of office cream, a new book, or a unique outing—not as a bribe, but as a reward to those who do their jobs well.

You may be surprised. Your load may be lightened, and your children may turn into confident, useful young children who are ahead of the curve in their journey toward responsible adulthood.

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



FOR KIDS ONLY

THE EPOCH TIMES

Groundhog Day

Author Unknown

Old Groundhog stretched in his leafy bed. He turned over slowly and then he said, “I wonder if spring is on the way, I’ll go and check the weather today...”

WHAT ANIMAL TAKES UP THE MOST LAND?

ANTONGRACHEV/SHUTTERSTOCK



“**The groundhog is like most prophets; it delivers its prediction then disappears.**”

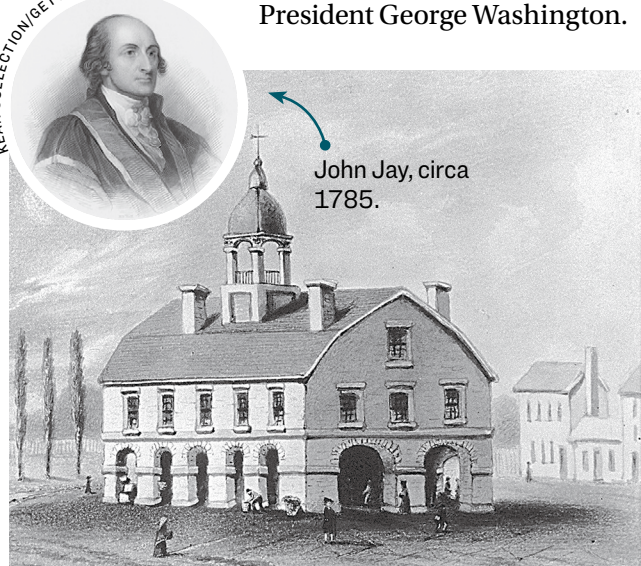
WILLIAM E. VAUGHN (1915–1977), COLUMNIST

CHEMPINA/SHUTTERSTOCK



COURT IS IN SESSION

On Feb. 1, 1790, the first session of the U.S. Supreme Court was held in New York City. The Judiciary Act had been passed the year before, establishing the court. On its first day, court was held in the Royal Exchange building. The first justices included John Jay as chief justice, along with John Rutledge, William Cushing, John Blair, Robert Harrison and James Wilson, all nominated by President George Washington.



An engraving of the Royal Exchange building, circa 1790.

By Aidan Danza, age 14

THE GIANT MANTA RAY

Giant manta rays are the largest and most famous ray in the world (perhaps aside from the stingray).

There are two manta ray species: the giant manta is the largest ray on earth and keeps mostly to open seas, while the reef manta ray is smaller and usually stays in reefs.

The giant manta is really a sight to see! Its wings can usually reach 22 feet wide from tip to tip, while the largest ever recorded was 30 feet wide. With such an enormous size, it can be rather surprising that the giant manta ray eats mostly tiny zooplankton. However, it isn’t uncommon for giant mantas to snatch the occasional small fish.

The giant manta ray varies in color from completely black to black on top and white on bottom. Sometimes, the black is a gray-blue, while the white belly is always spotted with gray. The splotches on the belly are unique to each individual ray, like a human fingerprint or zebra stripes.

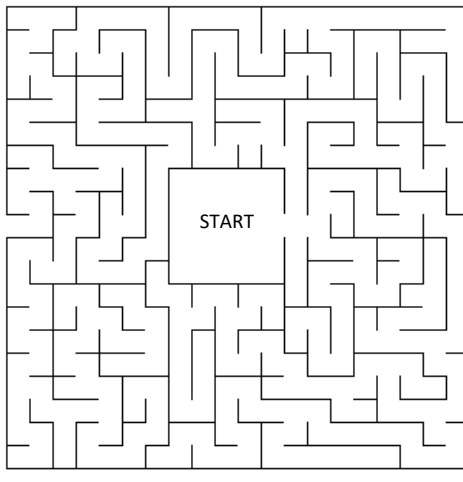
Giant manta rays engage in some of the most incredible behavior in the seas. While they are normally solitary and keep to themselves, during the mating season, they aggregate in huge flocks. It’s at this time that

they engage in the famous behavior of jumping. It’s unknown why they perform this behavior, but has been speculated that they do it for courtship, feeding, communicating, and shaking off parasites.

Giant manta rays are equipped with cephalic fins, or head fins, to assist with feeding on zooplankton. These fins are opposed in different ways, like fingers, to funnel water and plankton into the mouth. However, it is speculated that they are actually used in other ways, including communication, steering, and sensing things.



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

5	7
3	6
+ - x ÷	

Solution For Easy 1
 9 + 5 + (6 ÷ 3)
 2 × (6 - 5 + 9)

Medium puzzle 1

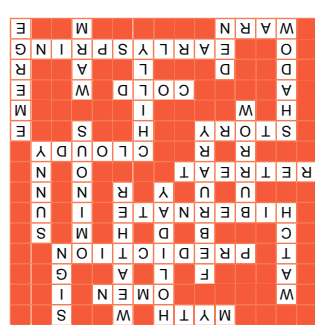
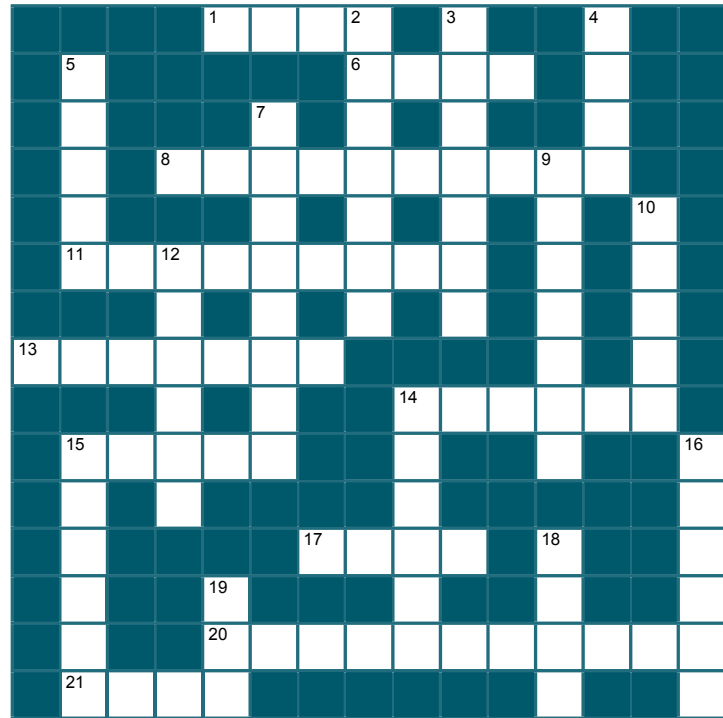
2	20
1	11
+ - x ÷	

Solution for Medium 1
 11 - 2 + (1 - 02)
 (1 + 2) × (11 - 02)

Hard puzzle 1

16	33
4	24
+ - x ÷	

Solution for Hard 1
 7 - 12 - 91 + 82



Across

- 1 Folklore story (4)
- 6 Groundhog’s shadow (4)
- 8 Guess about the future (10)
- 11 What bears do in the winter (9)
- 13 What groundhogs do if they see their shadow (7)

Down

- 2 Should Groundhog Day be a _____? (7)
- 3 Can groundhogs predict this? (7)
- 4 Groundhog’s shadow could be a _____ (4)
- 5 “Check this out!” (5)
- 7 Month that Groundhog Day is in (8)
- 9 A clear day on Groundhog Day (7)
- 10 This weather causes shadows! (5)
- 12 Groundhog’s house (6)
- 14 A bit cold outside (6)
- 15 What the Groundhog looks for when it comes out of its burrow (6)
- 16 What Punsutawney Phil will do on February 2nd (6)
- 18 Seeds will sprout if the ground is _____ (4)
- 19 Hibernation site (3)

- 14 The weather if there are no shadows (6)
- 15 Tale (5)
- 17 Wintery weather (4)
- 20 Warm weather in February (5,6)
- 21 Alert (4)

NTD TELEVISION

INDEPENDENT, UNBIASED NEWS



WATCH ON



NTD.COM

@NEWS_NTD
@NTDTELEVISION

NTD

THE EPOCH TIMES

TRUTH and TRADITION

UPDATED

HELP IS JUST A CLICK AWAY!

TheEpochTimes.com/help



It's quick and easy!
You will never have to wait again.

FROM THIS PAGE YOU CAN:

FIND ANSWERS FROM A COMPREHENSIVE FAQ SECTION

- Troubleshoot common problems
- Learn our terms and conditions

USE OUR CUSTOMER SERVICE LIVE CHAT

- Tell us your subscription inquiries or concerns

SUBMIT REQUESTS ONLINE*

- Report delivery and other subscription issues
- Provide editorial and other feedback

ACCESS THE CUSTOMER PORTAL

- Manage your subscription account

*Cancellations are processed on the hotline only.

Your subscription will not only provide you with accurate news and features, but also contribute to the revival of American journalism and help safeguard our freedoms for future generations. Learn more at EpochSubscription.com

3 EASY WAYS TO SUBSCRIBE:

ONLINE EpochSample.com

BY PHONE (917) 905-2080

BY MAIL **The Epoch Times**
229 W. 28th St., Fl. 7
New York, NY 10001



EVERY WEEK, WE'LL SEND YOU:

- ONE PRINT PAPER*
- UNLIMITED DIGITAL ACCESS

PLEASE PRINT LEGIBLY (INCLUDE APT., STE., OR UNIT NO.)

Yes, I'd like to subscribe for: 3 Months for \$49 12 Months for \$159

NAME _____ PHONE _____

ADDRESS _____ APT. # _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PAY BY CHECK (PAYABLE TO THE EPOCH TIMES) USE MY CREDIT CARD

CARD # _____

EXPIRATION | M | M | Y | Y | CARD CVV# _____ ZIP _____

NAME ON CARD _____ SIGNATURE _____

BY SIGNING THIS SUBSCRIPTION FORM, I AFFIRM THAT I HAVE READ, UNDERSTOOD AND AGREED WITH THE TERMS AND CONDITIONS AT ReadEpoch.com/Terms
I ALSO AFFIRM ALL INFO ABOVE IS COMPLETE AND ACCURATE.

*The weekly paper is mailed out every Wednesday. Your first issue should arrive within 14 days of us receiving your subscription order form.

THE EPOCH TIMES
TRUTH AND TRADITION