THE EPOCH TIMES LIFE TRADITON



Flag-Carrying 11-Year-Old Takes Big Steps to Thank Law Enforcement

Jordan Ramirez, 11, sits in front of an American flag painted on the fence at his home in La Puente, Calif., on Jan. 19, 2021.

CHRIS KARR

On any given Saturday morning, people living in Southern California might catch a glimpse of 11-year-old Jordan Ramirez taking his weekly stroll.

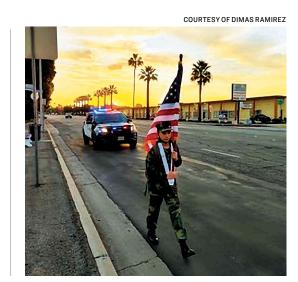
He isn't difficult to spot. Ramirez dresses in military fatigues and carries a large "Thin Blue Line" American flag as he walks from police station to police station, often accompanied by an escort of squad cars.

"I want to show the first responders that I respect them," Ramirez told The Epoch Times.

Since Sept. 26, Ramirez has visited 55 police, sheriff, highway patrol, and fire

I want to show the first responders that I respect them.

Jordan Ramirez, 11



Jordan Ramirez carries an American flag on his weekly walk between police stations in Southern California on Dec. 5, 2020.

stations during his "Thank You for Your Service Walk," covering nearly 120 total miles. At each stop, he presents officers with a plaque affirming his appreciation, and he says they're grateful.

He said he wants to show them that they're "not alone out there. You're not the only ones out there doing good. And there's more that support you as well."

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Leave the Darkness at the Door: Evenings at Home



JEFF MINICK

Our new president has promised Americans "a dark winter." Whether he's simply noting a hard truth or whether he and his administration intend to make it so, the next few months will likely bring hardship and discouragement to a nation already beaten down by a year of pandemic, months of rioting, and the ugliest presidential contest in our history.

Combine these tribulations with wintertime's Seasonal Affective Disorder (SAD), and our mood may become as bleak as the brown Virginia fields near my house. The American Psychiatric Association recog-

Board games, cards, and charades lighten the mood and bring much needed laughter.

nizes SAD as a type of depression, afflicting in its most extreme form about 5 percent of all Americans. Some symptoms of SAD include eating too much, particularly carbohydrates, sleeping too much, and a loss of interest in activities once enjoyed.

As I read this list of symptoms, I wondered whether the good doctors might not add PAD (Pandemic Affective Disorder) to their list of ailments. Many afflicted with PAD show the same symptoms as those suffering from SAD. Even in regard to the milder cases of either disorder, this past year has left many masked and isolated Americans down in the dumps, and the coming months show no signs of bringing relief from these conditions.

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Ramirez—a La Puente resident with family serving in all four major branches of the U.S. military—is a member of the San Gabriel Valley Young Marines. On Jan. 15, he was promoted to the rank of Private First Class.

"Even though he hasn't been with his unit for a while because of COVID, he's earned his promotion," Dimas Ramirez, Jordan's father, told The Epoch Times.

"His unit commander told me that the Young Marines headquarters in Virginia [has] been getting a lot of calls regarding Jordan [because of] what he's been up to."

An Idea Is Born

The disruption to Jordan's routine posed by COVID-19 inspired the boy to show his support for local law enforcement.

Before the pandemic, Jordan regularly participated in 5K races in his military uniform to honor his unit. When the races started getting canceled, he sought a way to continue showing his appreciation for the military and first responders.

"Back in early July, he was aware of what's going on out there," said Dimas, referring to the ongoing nationwide protests that occurred in the wake of George Floyd's death on May 25.

Jordan began by visiting police and fire departments in the San Gabriel Valley. Since then, he and his father have ventured into Los Angeles County and Orange County, where Jordan has made stops at police departments in Fullerton, Ana-



heim, Garden Grove, La Habra, Brea, Placentia, Tustin, Irvine, and Newport Beach. Dimas said Jordan plans to go even

major cities. "There's so much negativity out there that we need positive out there; you know, the people need it. And I guess this is a way for him to do it, and he enjoys it," he said.

World Record Holder

Jordan is no stranger to long distance walking and running: At age 10, he nabbed a world record for being the youngest person to run a marathon on all seven continents—a title he stole from his sister, who completed the same challenge at age 12.

"I wanted to break her record," he said. The endeavor—which took him to Australia, Egypt, London, Thailand, Antarctica, Chile, and Los Angeles—took about

11-year-old Jordan Ramirez holds a folded American flag at his home in La Puente, further, perhaps even to other states and Calif., on Jan. 19, 2021.

> Since Sept. 26, Ramirez has visited 55 police, sheriff, highway patrol, and fire stations.

a year and a half to complete.

"It was very cold," Jordan recalled of his marathon in Antarctica. "There was a lot of ice. It was the longest one I've done around eight hours."

By contrast, the boy faced 82 percent humidity at the marathon in Thailand, necessitating a midnight start time so the runners "don't dehydrate even more than what they do already," according to Dimas.

Jordan has also competed in 15 halfmarathons, 30 10K runs, and around 175 5K races. Though he said he doesn't have an exercise routine per se, he runs several times per week on a treadmill in his backyard.

Jordan, whose other hobbies include building Legos and drawing, said he wants to be a firefighter someday.

"I want to save people," he said.

Leave the Darkness at the Door: Evenings at Home

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Left to our own devices, we must devise ways to stay mentally, physically, and spiritually healthy throughout this ordeal. I would suggest starting with our homes.

The 400-year-old dictum that "An Englishman's home is his castle" meant that no one could enter a private home without a clear invitation.

The same holds true for Americans.

Whether we live in a mansion or a fivefloor walkup studio apartment, we should make that old adage our motto, banishing not only unwanted persons from our castles but also any poisonous mood we ourselves may have picked up in the public square. Once we arrive home and close the door behind us, we should make a conscious effort to bring light and cheer into the place we live, turning our backs as much as possible on the wintry season and leaving its present discontents outside.

If we have children, if we are married, or if we share a house with friends, we must attempt to bring optimism and happiness into those lives. By doing so, we not only buck up the morale of our loved ones, but we also do the same for ourselves. If we live alone, this task is often more difficult but still doable.

Here are some suggestions to put this idea into action.

Eight Tips

Don't turn on the evening news. Either watch it later online, or better yet, go to sites like The Epoch Times and read the news. Why spoil your evening as soon as you arrive home?

Offer compliments and a listening ear to your children, spouses, and apartment mates. If your 6-year-old rushes you with a crayon drawing she finished that afternoon, pause, really look at it, and give her a smile and a pat on the back. Thank your spouse for the day's hard work. These little gestures of affection and appreciation add up.

Enjoy your evening meal. Whether you are alone, as I often am, or with others, take pleasure in the food at supper, no matter how humble the fare. Mealtime is an especially appropriate time to feel gratitude for this blessing of nourishment in your life, and the evening meal in particular is for many of us a signal the day is winding down. We can make these meals occasions for reflection and celebration.

If you live with others, try playing board games, cards, charades, or some other games. These will often take your mind off your troubles and bring some needed laughter. If you live by yourself, chess, solitaire, or other games can be played alone. Right now, for example, I play solitaire daily and am, I believe, on the longest losing streak in the history of that game. Consider a family read-aloud. Like games, books can divert us from the



fellowship.

Once we arrive home and close the door behind us, we should make a conscious effort to bring light and cheer into the place we live.

ers. (I've tried reading aloud to myself a few times. Not so good, though the slower pace does force me to more deeply appreciate the author's cadence and word choice.)

Watch older movies: "The Thin Man" series, "A Tree Grows in Brooklyn," "Casablanca," "Chariots of Fire." These and a hundred other films show adults behaving like grownups, and are free of the violence, cynicism, and obscenities of so many more modern films. Classic Hollywood cinema generally aimed to inspire and cheer up its audiences rather than depress them, and movies such as these still possess the ability to rouse our spirits.

Invite friends into your home for drinks or a simple meal. Keep in mind that the purpose of these entertainments is not the food but the fellowship, so take a relaxed approach to the cooking and the housecleaning. Your guests may bring the woes of the world with them, the national news of the day, but in this case, a lively discussion along with some laughter may act as a blessing rather than a curse.

Practice prayer and meditation. Several families I know pray together just before the kids go to bed. These few minutes of quiet and thoughtful reflection, which sometimes includes spiritual readings, create bonding and unity.

Other Devices

Readers will likely think of another dozen ways to find some peace and distraction from our present troubles: baking cookies, sewing or woodworking, taking up a new hobby.

In my own case, I find one source of pleasure in tidying up and cleaning, particularly the kitchen. Every couple of days I remove everything—books, newspapers, and magazines, mail, pencils and pens, bottles of vitamins and wine—from my kitchen's island table. I put all of these items in their proper place and then wipe down the cleared table with Windex and some paper towels.

Although I performed this task just two

days ago, already that island table is once again piled with all those items I mentioned. So today I'll again spend half an hour cleaning it off, take satisfaction in the job, and make the vow I always make and always break to keep that table free of junk and clean.

I have to smile at those broken vows and that ever-resurgent mound of clutter. Maybe subconsciously I need to keep repeating this task to help keep my sanity.

Little Civilizations

In the 1971 movie "The Omega Man," Charlton Heston plays an Army colonel and a doctor who injects himself with an experimental serum and survives a plague caused by biological warfare. While believing himself the last healthy survivor of this pandemic, he fights against "the Family," mutants who have also survived and who are determined to kill him.

At one point in the film, Heston returns to his fortified home after a day of doing battle against his adversaries, changes into a ruffed shirt and jacket reminiscent of the 18th century, begins cooking supper, pours himself a drink, turns on some instrumental music, and sits at a table lit with candles to play a solitary chess game with a bust of Julius Caesar opposite him.

Without saying so overtly, the director and the writers for "The Omega Man" show us the heart of any civilization: the

We all need some place of safety, some moat and drawbridge separating us from the troubles of the world, a fortress behind whose walls we may rest our weary bones and even if for just a little while, find some peace from the disturbances and clamor beyond our front door.

This winter, let's make our homes sanctuaries against the forces of darkness.

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 nonfiction, "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.

affection towards family members, whether listening ear or offering

gestures of



Small Wins: 10 Ideas to Give Your Day a Boost

BARBARA DANZA

Medals won

by Jordan

hang in his

La Puente,

Calif., on Jan.

Ramirez

home in

Because so many of us are "staying home" working remotely and schooling virtually—managing our time well and resisting temptations that distract and lead to procrastination can be quite challenging. There's a lack of external accountability that, while freeing, can also encourage slacking off from doing what we know we need to (and even

How often do you find yourself at the end of what felt like a busy day only to realize you hadn't accomplished much at all? When was the last time you began a day intent on tackling your to-do list, but wound up frittering your time away on distractions and procrastination?

The next time you find your motivation lacking or your day getting away from you, rather than wallowing in despair or beating yourself up, give yourself a small win by completing one tiny little task. Sometimes it's the smallest things that act as obstacles to handling the bigger things. What's more, the feeling of accomplishment after completing even the tiniest task can be surprisingly encouraging.

Here are some examples of small wins you might aim for to give you just the boost you need to turn your day around.

Make Your Bed

You can probably make your bed in under two minutes. Remind yourself of this fact and get it done. Do it as fast as you can, let go of perfection, and bask in the success of a made bed that just made your entire room look a whole lot better.

Empty Your Sink

Are there dirty dishes sitting in your sink? Wash them or rinse them and put them into the dishwasher. This task is probably no more than a five-minute chore. When the sink is

empty, give it a swipe and get it clean and shiny. A clean sink makes the kitchen feel altogether cleaner and under control.

Open Your Mail

you and causing you anxiety? Take 10 minutes to open each piece, and handle whatever it is. Chances are, a large percentage of it needs only to be shredded and put into the

Do you have a pile of unopened mail taunting



Looking for some quick motivation and a sense of accomplishment? Take on a small task such as making your bed or clearing the sink.

recycling bin. The rest may require some action that you can choose to do immediately (it's always the best idea) or set aside to do very soon. Just having opened and sorted the mail will relieve the anxiety of not knowing what was in there, if you had missed a deadline or important notification, and reduced the volume of the pile altogether.

Get Dressed

Pause for a moment and look at what you're wearing. Did you sleep in that? Is your hair still wet from your shower an hour ago? Are you ready for prime time if someone comes to the door or if you have to run a quick errand?

More time at home has a way of sucking the motivation to get ready right out the window. However, when you don't look your best or feel presentable, it can have a detrimental effect on how you approach your day, how you interact with others, and even what you're

able to accomplish in a day. So, get up, get dressed, and smile back at that lovely person in the mirror.

Put Away Your Laundry

Do you have a pile of clean laundry waiting to reach its final destination? How long has it been sitting there? Have you been pulling from that pile for each

day's new outfit? It's time to get that off your couch, your floor, or your oureau, and into its rightful spot. Celebrate after each little item gets put away—

the socks matched up and back in the sock drawer, the pants from last week neatly hung in the closet, your favorite pajamas in your pajama drawer, etc. One by one, diminish the pile until it has disappeared and your once occupied surface is now clean again.

Fill a Donation Bag

Take out a bag from your last grocery shopping and walk around your home with it, filling it with items you no longer need. When the bag is full, place it at your front door or in the trunk of your car to ensure that it makes its way to the local donation center. This may take 10 minutes, but you'll feel immediately

Take the time to get fully ready each day. less burdened and more accomplished for having made your space a bit cleaner. Do this regularly, and you'll begin to let go of clutter for good.

Add Easy Tasks to Your List

For some of us, the very act of checking off an item on our list brings us a disproportionate amount of joy and motivation. Add supereasy items to your checklist, like brushing your teeth, hanging up your coat, or having a glass of water. These are not too difficult to do and you'd probably do them if they weren't on your list, but they are good for you nonetheless, and the act of checking them off may just lead you to want to check

Add Fun Tasks to Your List

You're in charge of how you spend your time, so don't be such a tyrant. Why not enjoy some of the items on your to-do list? Add to your list things such as having a snack, playing with the kids, taking time to yourself, or calling a friend. You'll get the joy of checking them off and the benefit of adding joy to your day, which will keep you going through the more mundane items.

Make a Gratefulness List

Another list? Yes. Make a quick list (spend one to two minutes) each day of five things you're grateful for. Gratitude sets your perspective straight and encourages you to live life to the fullest.

Treat Yourself Kindly

The voice in your head says more to you than anyone else, so make sure it's not killing your motivation at every turn. Begin to take notice of the way you speak to yourself in your mind and treat yourself generally. Aim to, as psychologist Jordan Peterson puts it, "treat yourself as if you were someone that you are responsible for helping."

Kind Plumber Offers Free Services to Disabled and Elderly Vulnerable to Scams

JENNI JULANDER

Sadly, it isn't unheard of for contract workers to scam unsuspecting clients. When those clients are elderly or on fixed incomes, it's even more disheartening. Still, there are plenty of kindhearted peo-

ple out there. One plumber in the UK has garnered public attention for his efforts to set right some of that injustice. After learning about scams in his industry, James Anderson spent \$68,408 of his

and plumbing repairs free of charge. "In 2017, having witnessed a plumber from a heating company try to fraud an elderly and disabled person out of thousands of pounds ... I decided to do something about it," Anderson shared on his Go-FundMe page.

own money during the pandemic to help

10,000 families in need, making heating

On Jan. 7, the 53-year-old plumber told Daily Mail that he was shocked to learn how some of his elderly and disabled clients had been scammed, sometimes for thousands of pounds.

"When I first realized that these vulnerable people were being taken advantage of, it broke me," Anderson said. "I couldn't believe it."

Learning about these scams led Ander-



James Anderson, founder of Depher (Disabled and Elderly Plumbing and Heating Emergency Response).

The dad of six has put in 70-hour weeks, working seven days a week and using funds from donations and his full time job to fund the charity.

son to launch a nonprofit in 2017. The organization, Depher (Disabled and Elderly Plumbing and Heating Emergency Response), provides assistance with plumbing, heating, and repairs for the disabled and elderly community.

"I made it my life mission to make sure I could help as many people as I could, whatever the cost," he said. "If you've got disabilities, issues, sometimes these things can become too difficult to overcome and we want to make sure they're taken care

Since then, the dad of six has put in 70hour weeks, working seven days a week and using funds from donations and his full-time job to fund the charity.

"The reality they are living in is not what people see, it's horrible," Anderson said. "And seeing it first hand really changed my life. We've all got a social responsibility to each other—we need to be there for each other."

Anderson recalled the first time that his eyes were opened to these types of situations. In 2017, he was called to an elderly and disabled man's home for a second opinion. He soon discovered that someone had tried to scam the man out of \$7,525.

He founded Depher the same year. "We started off just doing plumbing and heating," he said. "But we saw so many people struggling, it felt like it was wrong to stop there. Anything we can do, we will try to do."

"There are thousands of elderly and disabled people in our towns, cities, and communities that suffer in silence because they are either too proud or too scared to ask for help," Anderson wrote on his fundraising page, which is just \$11,900 away from its

\$41,098 goal (30,000 pounds). "We promise that the elderly and disabled will always have a voice and support through Depher," he added.

Anderson told Daily Mail that he's so dedicated, he can't remember his last day off. "It's been a lot of sweat and pain but we're carrying on until the good man upstairs tells me I'm done ... I'll have enough rest

when I'm dead," he joked. All kidding aside though, Anderson's work has impacted thousands of people in need and is likely to change the lives of thousands more going forward.

Why Jordan Peterson's Home Is Decorated With Soviet Propaganda Art

JONATHAN MILTIMORE

Whenever I visit the home of a friend or acquaintance, I make a point of looking at two things. One of them is their library.

One can learn a great deal about someone simply by checking out the books on their shelves, I've found. Are they filled with books on how to make money or sci-fi? Are the crime thrillers written by John Grisham and James Patterson or Capote or Mailer?

Sometimes patterns emerge. Biographies of inspirational figures tend to be accompanied by literature on self-improvement. If you find an Ayn Rand novel, almost invariably you'll find something written by Hayek or on Ronald Reagan. Sometimes it's the randomness that's striking. "Say, what are these romances doing next to Kierkegard? And why is Bukowski with Chesterton and C.S. Lewis?"

And what if there are no books? Well, maybe that tells a story, too.

Some may think of this as snooping, but books are on display for a reason. They say things about us. Which leads me to the second thing I observe when I visit someone's home: artwork.

Like the books on our shelves, the art in homes can say a lot about us. That's, again, why people display it—and have been known to pay extraordinary amounts of money to do so.

Art Lionizing 'the Soviet Revolutionary Spirit'

I've been in homes that have displayed unusual artwork, including one house decorated in African-themed pieces that many would consider pornographic. But I don't believe I've ever seen anything quite as unusual and unique as the art in Jordan Peterson's home.

To be clear, I've never actually visited Peterson's house. But his home and its artwork are described in some detail by Norman Doidge, who wrote the foreword to Peterson's bestselling book "12 Rules for Life."

Doidge met Peterson in 2004 at a gathering hosted by mutual friends, a pair of Polish emigres who came of age during the days of the Soviet empire. At the time, Peterson was a professor at the University of Toronto, and he and Doidge—a psychiatrist and psychoanalyst—soon became friends. (Apart men shared a passion for the great books, artwork?



Jordan Peterson speaks at the 2018 Young Women's Leadership Summit hosted by Turning Point USA in Dallas on June 15, 2018.

particularly "soulful Russian novels.")

Doidge visited Peterson on more than one occasion, and he describes the Peterson house as "the most fascinating and shocking middle-class home I had seen." Among the fascinations was an impressive collection of unusual artwork.

Books and art can tell you a great deal about people, as I said, but one must be careful to not draw the wrong conclusions.

"They had art, some carved masks, and abstract portraits, but they were overwhelmed by a huge collection of original Socialist Realist paintings of Lenin and the early Communists commissioned by the USSR," writes Doidge. "Paintings lionizing the Soviet revolutionary spirit completely filled every single

wall, the ceilings, even the bathrooms." Books and art can tell you a great deal about people, as I said, but one must be careful to not draw the wrong conclusions. Which invites an important question: Why from their scientific interests, it seems the was Peterson's home covered in Soviet era it out.'

One might assume that Peterson was a socialist. Yet, this isn't the case. Or maybe, one might guess, Peterson began gobbling up Soviet propaganda pieces following the fall of the Soviet Union simply as investment. (I wish I had possessed the foresight to buy up a bunch of vintage Soviet art following the fall of the Soviet empire; alas, I was only 12.) Perhaps, but this wouldn't explain why it's displayed throughout

Fortunately, Doidge offers us an answer. "The paintings were not there because Jordan had any totalitarian sympathies, but because he wanted to remind himself of something he knew he and everyone else would rather forget: that over a hundred million people were murdered in the name of utopia," Doidge writes.

The Horrors of Collective Power

It's easy to forget that people like Lenin, Stalin, Hitler, Pol Pot, and Mao weren't actually monsters. They were simply people who did monstrous things in their quest to build utopias.

"Our policy was to provide an affluent life for the people," Pol Pot once explained in a famous 1979 interview with The Guardian. "There were mistakes made in carrying

It was the great lie that bewitched so many

in the 20th century—the idea that a more perfect world could be built through collectivism and coercion. And it was one that consumed many people, not just the devils of history.

"I have seen the future and it works," the American investigative journalist Lincoln Steffens once observed after visiting Stalin's Soviet Union.

It seems absurd to think anyone could possibly forget that 100 million people were murdered in the name of utopia—until you realize many of us have. The horrors of collective power seem mostly a distant memory, especially among intellectuals. There was a time when many intellectual giants—Aldous Huxley, George Orwell, and J.R.R. Tolkien, among them—saw concentrated government power as perhaps the greatest threat to humanity.

"It's probable that all the world's governments will be more or less completely totalitarian even before the harnessing of atomic energy; that they will be totalitarian during and after the harnessing seems almost certain," Huxley observed not long after the conclusion of World War II. "Only a large-scale popular movement toward decentralization and self-help can arrest the present tendency toward statism."

Huxley was no crank. He was one of the most brilliant minds of the 20th century. But any intellectual offering such a warning today would likely be dismissed by fellow scholars as just that, a crank.

Many seem happy to forget the great lesson of the 20th century: Those who seek to create heaven on earth through coercion almost invariably create hell. (To paraphrase the French author and psychiatrist François Lelord.)

Jordan Peterson is determined to not forget. And we'd all do well to remember that a healthy and prosperous society is built through peace, trade, and freedom—not government force.

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COURTESY OF ANGE



(Above) Angel holds a banner with the message "Stop Persecuting Falun Gong" opposite the main entrance of the Chinese Consulate in Toorak in Melbourne, Australia.

> (Left) Angel, a Falun Gong practitioner. Tiananmen Square in Beijing in 2001.

Angel, 49,

fled China

enduring

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later, in December 2001, police officers again illegally abducted Angel from her workplace and took her to a brainwashing center, where she went on a hunger strike to protest the persecution. She was force-fed salty meals mixed with unknown substances.

The abuse took a toll on Angel's health, and her blood pressure became dangerously low. Her family received a letter stating that she was going to be "unconditionally released." Back home, however, she was still monitored by the communist

After her health stabilized, she continued her efforts to expose the persecution. In 2004, she was arrested for the third time for handing out informational brochures about the practice and its suppression. The torture Angel endured this time was worse and more inhumane than her first two incarcerations.

"Several people pinned me down to force-feed me," Angel said. "In order to get released earlier, prisoners collaborated with the police to torture us wildly."

Some prisoners jumped on her chest "with as much force as possible with their whole body weight pressing down." Meanwhile, other prisoners grabbed her head and pulled her hair.

"They force-fed me extremely salty things. I felt terribly thirsty. My tongue felt dry like sand," she said. "My stomach felt like it was burning. I don't know what they poured in."

Recalled a startling incident during the March 2004 detention, Angel said: "When I was incarcerated, guards drew my blood. I was confused at the time. Of the 20 people detained in that large room, why was only my blood drawn? Why didn't they take blood from anyone else?"

However, being the sole Falun Gong adherent in the cell during that time, Angel realized two years later the reason why her blood was drawn.

"It was finally in 2006 when the truth was revealed. The Chinese Communist Party is killing Falun Gong practitioners for their organs to sell. That's when I finally realized that the CCP is engaged in such evil. Killing innocents on-demand," Angel said.

In 2006, two independent Canadian investigators—David Matas, an international human rights lawyer, and David Kilgour, a former Canadian secretary of state (Asia Pacific) and human rights advocate—published a 46-page report, accompanied by 14 appendices, confirming that Falun Gong prisoners of conscience were being murdered for their vital organs in China.

Being force-fed for a month and after undergoing horrific torture, Angel's condition began to deteriorate, and she was unable to walk or take care of her well-being; she was admitted to the forced labor camp's

"A doctor said that as my endocrine was a mess, I could die at any moment, so it was useless to treat me. They refused to accept me," she said.

Angel's family was notified to pick her up. When her mother saw her lying immobile, she was shocked.

"I was persecuted to the point of being unrecognizable. My elderly mother cried, shouting my name. The policemen told my mother: 'We're handing her over to you. She's still alive," Angel recalled.

'Feeling of Hope'



WANG WEIXING/MINGHUI.OF

An illustration of forcefeeding, a routine torture method employed in Chinese prisons to coerce prisoners of conscience to give up their faith.

Woman Recalls Horrors of Living Under 'Communist Terror' in China

Angel, 49, was persecuted for her faith

DAKSHA DEVNANI

Having fled communist China, a woman who was almost killed for her faith 20 years ago is now on a mission to expose the gross injustices committed by the Chinese Communist Party (CCP).

She is one of the countless innocent citiovernight and a threat to the communist a problem, it became very painful." regime's ideologies of Marxism and atheism after the CCP initiated a nationwide crackdown to eradicate Falun Gong—a spiritual meditation system that is freely practiced by more than 100 million people across the world but that has been being violently suppressed in China since 1999.

Angel, 49, fled China in 2015 after enduring years of harrowing persecution and narrowly escaping organ harvesting. She currently resides in Melbourne, Australia, where she enjoys the freedom to follow her faith. However, two decades ago, life was completely different for her.

"They attempted to force me to renounce my faith. But I'm not a piece of wood. I have my own thoughts," Angel, who declined to give her Chinese name due to safety concerns, told the Falun Dafa Information Center, recalling the torture she faced after she was abducted from work by the Chinese police and taken to a brainwashing center in 2001.

"This is a trampling of human rights, trampling freedom of belief."

In order to protest against the barbaric persecution, Angel went on a hunger strike, but that resulted in more abuses. Authorities pushed a rubber tube into Angel's mouth to force-feed her while several people pressed her down.

"When they pulled out the tube, it was covered in blood. I really don't want to recall this ..." Angel said of the harrowing experience.

Faith Rooted in

'Truth, Compassion, Tolerance' Angel recalled the pre-1999 days when between 70 million and 100 million people were practicing Falun Gong in China

"Falun Gong's incredible healing efficacy enabled many people to have stronger, healthier bodies," Angel said. "So, people naturally wanted to tell others about it." At its peak, 100 million people were practicing.

At the young age of 28, Angel suffered from several health issues and anxiety.

"This led to depression," she said. "I couldn't control my emotions and felt lost in life. "Being so distressed all the time caused

my heart rate to become irregular. Sometimes when climbing two flights of stairs, my heart would palpitate like crazy, my body would feel weak, and I would be zens who were viewed as "state enemies" sweating. ... Moreover, my liver developed Yet, Angel said, the "psychological pain

far outweighed her physical pains."

Feeling hopeless, she felt that she wouldn't even make it to the age of 40. In the pursuit to regain her health, Angel decided to try the meditative exercises of Falun Gong. "After practicing Falun Gong, I became a cheerful, optimistic, happy person," she said.

Falun Gong, also known as Falun Dafa, is an ancient mind-body cultivation system based on the universal tenets of truthfulness, compassion, and tolerance; the practice consists of five gentle and slow-moving

Persecuted

Since July 1999, countless Falun Gong adherents have been arrested and tortured during illegal incarceration. Thousands of practitioners across China have died as a result of the persecution in the last 21 years. Angel is one of the many living witnesses who have survived these brutalities.

In 2000, with the hope to appeal for the freedom to practice Falun Gong, Angel along with four other adherents got on a train to Tiananmen Square in Beijing.

"We went to appeal for our right to practice freely, in peace," she recalled. "We'd only been sitting for 10 seconds or so when we were illegally abducted.

"Police and plainclothes officers were everywhere on Tiananmen Square."

After Angel was taken to a local police station, she was questioned about where she lived and worked. However, as she refused to reveal her identity, police officers burned the back of her hand with a lighter, which resulted in large blisters.

Another adherent divulged Angel's and others' identities to the police officers after struggling to endure the physical abuse. Angel was then sent back to her city, where she was detained at her workplace for four days and monitored round the clock. "I was traumatized by the incident,"

Angel said. "This was my first time being persecuted."

However, it wasn't the end. Just a year

After facing horrendous abuses, Angel knew staying in China was life-threatening for her.

"Living under the communist red terror in China, there's no guarantee that I'll be safe. Given the danger, and in desperation, I fled China and flew to Australia, this beautiful and free country," Angel said.

Angel has resided in Australia for the past five years and works as a cleaner 20 days a month, and in the remaining time, she endeavors to create awareness of the persecution that is still ongoing in her beloved homeland of China.

Despite rain or shine, Angel is determined to expose the crimes of the CCP and is often seen silently holding a large white banner that reads "Stop Persecuting Falun Gong" directly opposite the main entrance of the Chinese Consulate in the Melbourne neighborhood of Toorak.

Angel strives to collect signatures for a petition to be sent to the Australian government, calling for an immediate end to the persecution of Falun Gong.

"As long as I do my part well, by allowing people to realize the terrible truth of the situation in China, people will willingly take my signature board to sign. For me ... that's hope," Angel said.

She says witnessing people's kindness is the "most beautiful thing."

"When I see people reading our materials and learning about the persecution, that feeling of hope arises."

Arshdeep Sarao contributed to this report.

Woman Gifts Car to High School Senior Who Walked 7 Miles to Work Each Day

LOUISE BEVAN

A deserving high school senior has been gifted his very own set of wheels after a woman found out he was walking seven miles after classes, every day, to attend his 40-hour-aweek employment at a restaurant.

"I knew if I had to walk to work every day to get a car, that's what I was going to do," Cobb County, Georgia, 12th-grader Jayden Sutton told Fox 5 Atlanta.

"When I get out of school around 3:30, I will go straight to work," he said. "I walk to work, and I work 6 to 8 hours, and get off and walk straight home." Sutton makes the seven-mile journey

each day to his job as a server and then makes another five-mile journey back to his house after he gets off work at 10:30 p.m. if co-workers don't offer him a ride. Despite rain or shine, the teenager has made the effort to walk, hoping to save money for a car. However, thanks to Lavonda Wright, the mother of the teen's friend, his walking days are over.

Wright first encountered a hard-working Sutton on his long commute to work while driving on Dec. 10, 2020. "We noticed a young man walking at the speed of lightning with headphones on," Wright explained on GoFundMe. "My son asked me to slow down so he could check on his friend."

The mom offered to drive Sutton as far as she was going until she heard his story. "Immediately my heart got full," she said. "I was literally holding back tears ... I said, 'Baby, I'll be taking you all the way to work, forget my plans for now."

Inspired by the young boy, Wright told Sutton that she would be paying for his Uber rides for the next week so his body

Wright was also compelled to do more and spent the following days concocting a plan of action.

Wright set up a GoFundMe page on Dec. 12, 2020, with the goal to raise \$4,000 in 30 days. However, with the help of donors' generous contributions, Wright raised almost \$7,000, enough to buy the struggling teen

a car of his own. Further blessings came when Nalley Honda's Union City dealership manager learned of Wright's mission to help a deserving teen. The manager lowered the price of a car to suit her budget, according to Fox 5 Atlanta.

Wright also has plans for the almost \$2,500 that has amassed since the car was purchased. "We're still trying to pay Jayden's car insurance up for the year, assist with gas, assist his mother," Wright said.

Sutton's mother had lost her job, and her car was totaled. Presenting Sutton with the keys to his

very own vehicle at the dealership on Jan. 14, Wright exclaimed, "Let me say, this is your car!" Sutton, overwhelmed, embraced Wright

and said: "I just want to say thank you. A

million times. You don't understand how "If you're doing something good or trying to reach a goal, keep doing it," the grateful senior advised others. "You might get some

help. That's what happened to me." Wright shared the joyful moment with friends, followers, and donors in a Facebook post. "Look at Jayden's amazing smile receiving his new car and keys," she posted.

"His beautiful mom was present and

we've connected on new levels like we've

Share your stories with us at emg. inspired@epochtimes.com, and get your daily dose of inspiration by signing up for the Epoch Inspired newsletter at *TheEpochTimes.com/newsletter*

known each other for years," Wright added.

"Making a difference in this world is truly

needed right now! I'm overwhelmed in

God's love."

Lavonda Wright and Jayden Sutton at the Nalley Honda dealership in Union City, Ga. on Jan. 14,

DEAR NEXT GENERATION:

'Choose Contentment Over Comparison'

→ Advice from our readers to our young people

Dear next generation,

hen my son was 4 years old, he loved all things "construction" and was in his glory when he received a yellow plastic dump truck for his birthday. Jumping up and down excitedly, he begged me to take him to the park right away. At the sandbox, his eyes sparkled with delight as he made "vroom vroom" and "beep beep" noises, filling and emptying his truck with sand. He was in a state of utter bliss and could have played with his truck for hours. But, all of a sudden, he glimpsed something behind me and his face clouded over. I turned to see another boy arriving at the park. He was holding a dump truck: it was big, red, and had flashing lights and sounds. The glee my son had experienced only moments ago was replaced by disappointment, as he looked at his smaller, more "basic" truck. Pretty soon, he asked to leave and go home.

We are all going to be given different gifts throughout life—a talent for music, or a best friend who really understands us, or living in a safe, friendly neighborhood. When we notice, appreciate, and fully enjoy the good things we already have, we experience contentment. We are satisfied with what we have, and feel grateful.

On the other hand, when we compare what we have or what we do with others, we often lose that sense of satisfaction and happiness. Any time we compare, we either feel superior or inferior to another,

and that is a guaranteed way to feel discontent and unhappy.

In this age of technology, comparison is especially rampant on social media. It may seem like your peers all go on fabulous vacations, or frequently show off shiny, expensive things. It can be difficult to remember that we are all blessed, in different ways, and that a staged, filtered photo online doesn't always represent a person's

Keep yourself in a state of contentment by reminding yourself every day of things you are thankful for. Affirmations such as "I love going fishing with my family" or "My new pink sweater feels so soft and cozy" instantly transports us to a place of appreciation and joy. It can be challenging work to choose contentment over comparison, but your life will greatly benefit from keeping your eyes on your own good fortune!

—Melanie Ely, Ontario

Dear next generation,

One of the most offensive conversations I had still resonates in my mind. I was working for a tooling company, as a customer service representative. Basically, I assisted customers with their tool purchases. One day the boss called me into his office and asked me a question. I answered the question and then he said this: "Who are you talking to? Look at me when you talk to me." I was in my 20s when this occurred and I have to shamefully admit, I was embarrassed. My feelings were hurt, and I didn't like him talking to me like that. I did not realize at the time how low my self-esteem was and how terrible my communication skills were.

Young people, in this age of technology

ALL PHOTOS COURTESY OF RENEE MCINTOS

It can be difficult to remember that we are all blessed, in different ways, and that a staged,

filtered

represent

a person's

true story.

photo online

doesn't always

where everyone is communicating on their phone, texting, posting, and even dating, the fundamental art of honest communication is falling to the wayside. As hard as it was for me back then, it is even harder now. I have spoken to many people throughout the years, and many of them do not look you in the eye when they talk to you.

The advice my boss gave me that day changed my life and my confidence. Conversations are vital. When Jesus recruited His disciples, they walked together, they talked together. There's a popular saying, well at least it used to be popular, that goes "Keep it real." When you are communicating behind the protection of a phone or computer, it is not real. Dating online is not real. Look people in the eyes and talk to them. If you have never done this, as I hadn't those many years ago, it will be hard at first but trust me, you can do it!

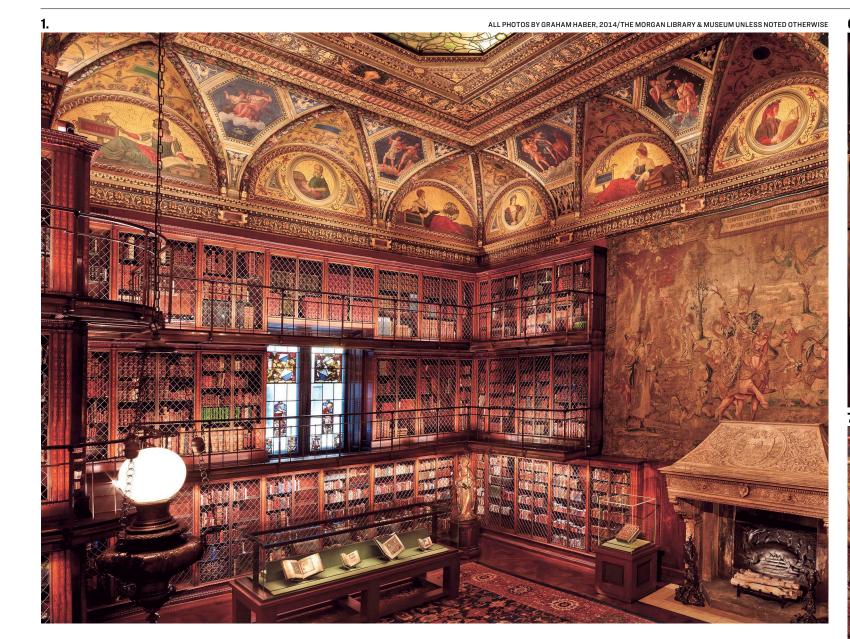
-Mark Augustine, California

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

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

American Renaissance Gem: 'Mr. Morgan's Jewel Case'

ncient Greek, Roman, and Renaissance art and architecture gloriously unite in the McKim Building that houses the late financier John Pier-

In 1902, Morgan hired Charles F. McKim, of the architectural firm McKim, Mead & White, to build a library next to Morgan's brownstone on 36th Street and Madison Avenue, in New York.

McKim's design was influenced by two 16th-century Roman villas: Villa Giulia and Villa Medici.

The building façade is made of Tennessee marble. A Palladian arch, supported by four ionic columns, elegantly frames the building entrance. Visitors are welcomed into the building by a grand pair of bronze doors, imported from Florence, Italy, and made in the style of early Renaissance artist Lorenzo Ghiberti's famous Florence Baptistery doors.

Once inside the building, it's easy to see why, by 1904, some people called the library "Mr. Morgan's jewel case." Lapis lazuli columns, mosaic panels, and marble surfaces beautifully decorate the rotunda at the center of the building. Homer, Dante, and Petrarch are just a few of the ancient figures depicted in the rotunda, hinting at the caliber of the literary greats that visitors will discover inside.

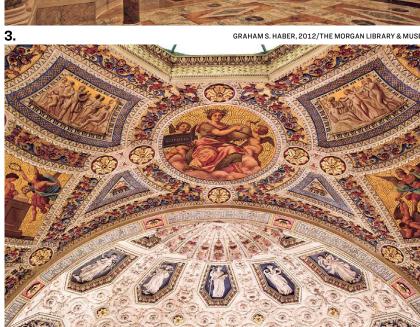
Three rooms lead off the rotunda: the West Room (Morgan's study), the East Room (Morgan's library), and the North Room (the former office of the Morgan library's first director).

Deep-red silk damask inspired by Villa Chigi, the Rome home of the Renaissance banker Agostino Chigi, adorn the walls of Morgan's study. The rich red and the 16thcentury coffered wooden ceiling create a luxurious cocoon effect, allowing some of Morgan's most prized possessions to shine.

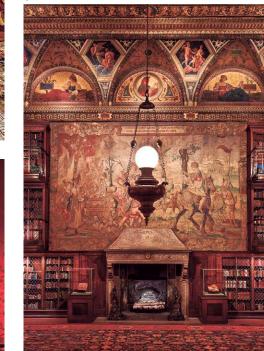
In Morgan's library, a world of books can be discovered in the 30-foot wall-toceiling bookcases, inlaid with Circassian walnut. Socrates, Galileo, Botticelli, and Michelangelo are some of the cultural icons depicted in the ceiling murals by noted muralist Harry Siddons Mowbray.

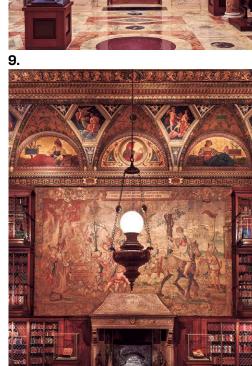
In the North Room, Morgan's earliest works are on display from the ancient Near East, Egypt, Rome, and Greece, including a set of ancient Near East cylinder seals, which were pictorial communications, dating from 3,500 B.C.













Samson Farkas, a 3 1/2-year-old from Far North Queensland, Australia.

Tot With Rare Heart Defect Still Smiles as Family Gives 'as Many Days as Possible'

LOUISE BEVAN

Born with a rare heart defect, 3 1/2-year-old Samson Farkas, has already undergone two open-heart surgeries and has clinically died nine times. But the brave boy, and his family, are still fighting.

At the very least, his mother hopes to "give Samson the opportunity to as many days, earthside, as possible," she told The Epoch Times.

Renee McIntosh, 40, is also mom to 19-year-old twin boys Lachlan and Jordan, 17-year-old Brock, and 11-month-old Cruiz.

"The older boys have an unbelievable bond with Samson and have also felt a great deal of heartache with the traumatic rollercoaster ride our family set on, 3 1/2 years ago," she said.

Renee and her partner, Jason Farkas, of Cairns in far north Queensland, Australia, learned at 16 weeks into pregnancy

with Samson was at high risk for Edwards syndrome and Down syndrome.

She describes the catastrophic, and miraculous, events that occurred during the pregnancy.

"I stood up and had lost all fluid around the baby," Renee, who has Type 1 diabetes, said. "I was sent home with the 'bag of bears of hope,' which is given to mothers whose babies pass." Yet, four days later, Renee's wa-

When he was born, Samson Farkas had to be resuscitated and spent his first 54 days on life support.





weeks. She was "flown with only the clothes on my back" by Australia's Royal Flying Doctor Service to Brisbane, where baby Samson, weighing approximately 4.4 pounds, was delivered via emergency cesarean section.

ters had reaccumulated. "This in

itself said to me, 'Wow, this kid

really wants to be here," she said.

Brisbane, where a team of car-

diologists diagnosed Samson

with hypoplastic right heart

syndrome (HRHS), a rare defect

that affects normal blood flow

through the heart. He was given

a 5 percent chance of survival.

Renee said, "but there was no

At 23 weeks, Renee flew to

"Samson was born blue and needed to be resuscitated and put on life support," said Renee. "I wasn't able to see my little boy until over 32 hours after I had given birth; he was too unstable." Brokenhearted, Renee and Jason were asked if they would like to take their baby home to "love him for as long as he sur-

Samson fought hard over the months that followed. At 14 days old, he caught rhinovirus. He spent 54 days on respiratory support, but by the age of 3 months, he had reached his goal weight. He received a cardiac catheter but needed to be resuscitated after reacting to the anesthetic. He underwent his first open-heart surgery for a shunt, which failed, and then spent nine "long, gruel-

ing hours" on a bypass machine. Samson received donated tissue but lost oxygen during the procedure and began to have seizures. After Samson got an MRI, Renee and Jason were told that their son would never walk

The couple spent Samson's first 183 days of life in the hospital. Owing to the financial toll, they lost their home in Ravenshoe but relocated to Cairns with the support of family to await another procedure. After the operation, Samson turned 1.

"This was one hell of a celebra-

Today, Samson has only 60 percent oxygen saturation to his blood and exhausts easily, but Renee marvels at his bravery.

Samson loves his brothers, the moon, trains, the beach, and playing doctor. "Through all his battles and daily struggles he still manages to smile," said Renee. "Our motto is, 'God only gives his greatest battles to "We were given the option of his strongest soldiers,' and He chose us for a reason.'

Samson continues to defy

"He is walking and talking," said Renee. "He has a team of great therapists. He was recently given clearance to attend daycare, [where] he just flourished and absolutely loved seeing all his friends."

Through all his battles and daily struggles he still manages to smile.

Renee McIntosh

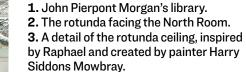
The toddler nonetheless requires further heart surgery; his family is awaiting their doctors' verdict. "It's like PTSD," Renee said. "I just pray for the best possible outcome, and again, hold

In support of Renee and Jason, a family friend launched a crowdfunding page to help with rent, flights, and accommodation related to Samson's procedures. The financial help, said Renee, allows her family to remain "emotionally present"

"He could live another 20 years or it could all end tomorrow," Renee told Daily Mail. "It's a waiting game ... if [the next surgery] doesn't go ahead, doctors say there's nothing more they can do."

Renee and Jason maintain a Facebook group, Samson's Crew FNQ, to chronicle their son's ongoing journey.

"Just sharing his story and having people pray, or emit their positive energy our way, is more than enough for us."



4. Stunning works by Netherlandish and Italian painters hang in the Morgan Study, from Hans Memling to Perugino to Jacopo

Tintoretto, to name a few. 5. John Pierpont Morgan's library in the winter of 2011.

6. The vault in John Pierpont Morgan's study. 7. John Pierpont Morgan's library.

8. The rotunda facing the East Room.

9. Above the fireplace in the Morgan Library,

a 16th-century tapestry designed by Netherlandish artist Pieter Coecke van Aelst informs visitors how to triumph over Avarice. The tapestry is one in a series depicting the

seven deadly sins.

How to Help Kids Build Strong 'Financial Foundations'

A conversation with financial expert Anthony ONeal

BARBARA DANZA

It's commonly lamented that students aren't taught life skills in school, such as how to balance a budget or manage their money. Ramsey Solutions, the company founded by financial expert Dave Ramsey, aims to change that with "Financial Foundations," financial literacy programs specifically designed for middle school and high school students.

The programs, created for school teachers and homeschoolers, feature video lessons from Ramsey personalities including Anthony ONeal, a dynamic speaker, the author of "Debt Free Degree," and co-author of "The Graduate Survival Guide." I asked ONeal about his advice for students who want to understand how to manage their money. Here's what he said.

The Epoch Times: Your work is dedicated to inspiring young people to understand how to manage their finances well. What inspired you to walk this path? Anthony ONeal: I've seen firsthand the lack of financial literacy young people have today. They graduate high school not knowing how to handle their money, because financial literacy is not a mandatory class in most schools. And unfortunately, many parents aren't having those conversations with their kids. This is a major reason why 73 percent of Americans are living paycheck to paycheck—they were never taught how to handle their own money. I want to do my part in helping people build wealth, and that starts with teaching young people how to handle their money with wisdom.

The Epoch Times: What are the benefits of teaching financial literacy at a young age? **Mr. ONeal:** The caliber of your future will be determined by the choices you make today. We need to help educate young people how to make the right choices when it comes to their finances. They need to be taught the basics, so

that moving forward, they can make the right financial choices with the correct information. I made some unwise money decisions when I was young, and I want to help young people avoid those same mistakes that I made.

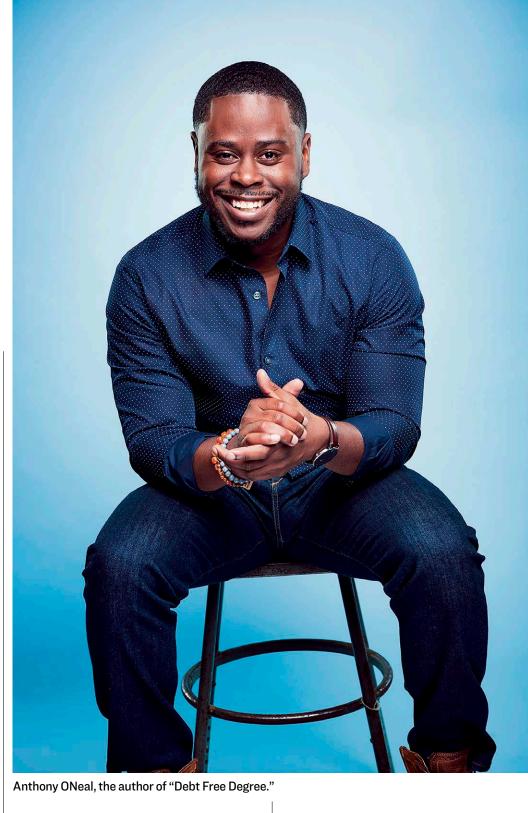
The Epoch Times: What are the key fundamentals kids need to understand about

Mr. ONeal: Money doesn't grow on trees. There isn't an unlimited supply of money, and your parents aren't going to take care of you financially forever. Kids need to have a plan for their own money—a budget. A budget will give them structure for their money, and this is the time in life they need structure the most. They also need to take debt off the table, not even making it an option for themselves. Debt will rob you of your future, and we see this happening now with the student loan debt crisis. Preparation at a young age will help these kids walk into a much better finan-

The Epoch Times: What misconceptions do young people tend to have about

Mr. ONeal: Young people typically think that taking on debt is inevitable, and a lot times they learn this from their parents. They think that you need a credit card because without it you can't get a credit score. And without a credit score, you can't make a life for yourself as an adult. This is false. There are ways around needing credit to get what you want and sometimes the answer is simply to save for what you want and pay for it in cash. They also think that there is no way you can go to college without student loans, but that's also not true. Yes, it will take work and dedication, but in the long run you'll be so thankful get through the present.

The Epoch Times: How can you make the topic of personal finance fun for kids?



Mr. ONeal: You have to relate it to real life. Tell them the kind of life that they can have in the future if they start doing the hard work now. Have them envision it! Like most things, they won't see the results tomorrow or the next day, but good decisions multiplied by time will give you a healthy financial life. Give them a sense of vision and show the steps to take to get there. If they are looking to make money, encourage them to work around the home for commission (not allowance). Allowance doesn't require work, commission does. This empowers them to make their own money, but gives them the foundaputting in the work.

The Epoch Times: What advice do you have for parents and teachers who want to

encourage their kids to take responsibility for their finances?

Mr. ONeal: Do not baby your kids financially. They are capable of taking on some financial responsibility, but you have to give them the opportunities and tools to do so. When you're making your budget, have them sit down with you and do theirs. Whether that income be from a household chore commission or a job, show them that they need to have a plan for their money. If they choose to spend it all, don't give them any more. In life, there are consequences to your money decisions and learning that early on is important. I also believe that if college is in your kid's future, they should pay for 10 to 20 percent of it on their own. This can be from a job or scholarships or grants that they apply for. Kids need sweat equity in the game.

TRAVEL

Carlisle, 'Gateway to the West'

A vibrant historic town in Cumberland County, Pennsylvania

RACHAEL DYMSKI

The heart of downtown Carlisle, Pennsylvania, marked with stately architecture, hidden alleys, and old homes, is akin to that of an elderly great lady: mature and put together at first glance, but, upon closer inspection, privately bursting with stories of her vibrant past.

The streets, lined with austere brick townhomes, arched doorways that lead to small alleyways, and private gardens, largely reflect the original plan of the town from the 1750s. Plaques nailed into plaster siding or erected as wayside markers along the main sidewalk are etched with details that offer a window into Carlisle's rich and varied history.

Tucked between the Blue Mountains of Cumberland County, in the heart of southcentral Pennsylvania, the town of Carlisle began as a trading post in the 1720s. Named after the town in the north of England, Carlisle was elected county seat of the newly formed county in the 1750s.

The early years of Carlisle were tumultu-

ous and rocky, marked by skirmishes, negotiations, sieges, and warfare. Just a few years after its founding, Carlisle found itself at continuous odds with the Native American Iroquois Confederacy. Benjamin Franklin arrived to negotiate a treaty in 1753, one that was albeit short-lived, as a year later, the French and Indian War began. He stayed at a tavern which, until its demise in 1906, was marked as the Franklin House.

From 1750 to 1815, Carlisle held the title of Gateway to the West, the door to the frontier. Crossed by major roads and routes, Carlisle played a key role in westward expansion. Today, the town still sits at the intersection of two major trucking routes.

During the Revolutionary War, the town became a munitions supply line, offering much needed logistical support through the Carlisle Barracks, the second-oldest Army post in the United States. For a short time, Maj. John Andre of the British forces was held prisoner in Carlisle.

The statue of Mary Ludwig Hays McCauley, widely known as "Molly Pitcher," is located in the Old Public Graveyard in Carlisle. Molly is said to have earned her fame by bringing pitchers of water to soldiers fighting at the Battle of Monmouth, New Jersey, in 1778, and then bravely fighting in her husband's place after he was wounded in battle. A brewery in her name on High Street honors her heroic actions and patri-

After the Revolutionary War, Carlisle was a contender for the nation's capital. In 1794, George Washington spent a week in Carlisle, reviewing and organizing and reviewing his troops before heading west to quell the Whiskey Rebellion.

Carlisle was no less active in the years leading up to and including the Civil War. After abolishing slavery in 1847, many counties in Pennsylvania became routes



A statue of "Molly Pitcher" in Carlisle's Old

for the Underground Railroad, leading fugitive slaves from southern states to freedom in the North or Canada. A few routes ran through Carlisle and its surrounding towns. The Old Courthouse, an impressive brick structure with a bell and clock tower, was the stage for two runaway slave cases, the ruling of one sparking a riot that resulted in the death of a slaveholder.

In 1861, Carlisle came under siege by Gen. Jeb Stuart. The Union militia, led by Maj. Gen. William Smith, refused to surrender, famously replying, "Shell away, and be damned."

In the years since the Civil War, Carlisle has become a center for arts, education, entertainment, and outdoor recreation. Home to Dickinson College, the Army War College, and the Central Pennsylvania Youth Ballet, Carlisle attracts students and visitors from all over the region and world.

Situated near the midway point of the Appalachian Trail, the 2,200-mile hiking trail that stretches from Maine to Georgia, Carlisle is surrounded by beautiful, accessible hikes. The town of Carlisle is bike-friendly, encouraging its residents and visitors alike to explore its corners on two wheels.

Carlisle is perhaps most famous for its annual car shows, put on regularly at the Carlisle Fairgrounds.

Where to Eat

With the addition of microbreweries and flavorful independent restaurants, Carlisle is putting itself on the map as a food destination. Denim Coffee Shop, a specialty coffee shop and roaster near the square in Carlisle, provides smooth, unique roasts, carefully sourced with deep care and respect for the farmer who grows the bean.

Issei Noodle and 1794 The Whiskey Rebellion serve unique foods with fresh, local ingredients. Molly Pitcher Brewing Company and Desperate Times Brewery stock their menus with craft beers and flavorful food, perfect for enjoying after a day of exploring Carlisle's history.

At every turn, the quaint, historic town of Carlisle invites visitors and residents in for a closer look. Brimming with far more stories and anecdotes than a single article can contain, Carlisle beckons lovers of nature and history to explore its streets, squares, and trails, uncovering what lies beneath its picturesque façade.

Rachael Dymski is an author, florist, and mom to two little girls. She is currently writing a novel about the German occupation of the Channel Islands and blogs on her website, RachaelDymski.com





WHAT

DID THE

BEE SAY

VALENTINE?

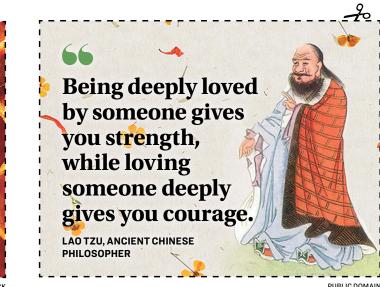
I LOVE BEE-ING WITH YOU, HONEY.

TO HIS

Of Love: **A Sonnet** Robert Herrick (1591–1674)

How love came in I do not know, Whether by the eye, or ear, or no; Or whether with he soul it came (At first) infused with the same;

Whether in part 'tis here or there, Or, like the soul, whole everywhere That troubles me: but I as well As any other this can tell: That when from hence she does depart The outlet then is from the heart.



This Week in

THE **ELECTORAL** COLLEGE'S

An illustration of George Washington receiving the news of his election as the first American president, 1789. Martha Washington (R)

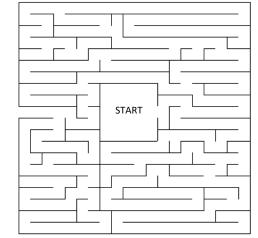


n Feb. 4, 1789, the first Electoral College met. Ten states: Connecticut, Delaware, Georgia, Massachusetts, Maryland, New Hampshire, New Jersey, Pennsylvania, South Carolina, and Virginia cast their votes. Three states were absent: New York due to a failure to field a slate of electors. and North Carolina and Rhode Island because they hadn't yet ratified the Constitution. Washington was unanimously elected, receiving

69 electoral votes.







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 $1 + (7 \times 3) + 6 = 28$



Solution For Easy 1

9-6+E×6

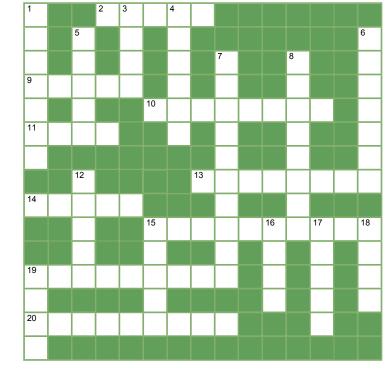


Solution for Medium 1





32+11+6-24



though there are exceptions

to that as well. Usually, small

sized owls eat medium-sized

owls eat insects and very

small rodents, medium-

middle on the intelligence

demonstrated considerable

intelligence to bait prey with

their favorite food, and to

spectrum. They have

1 Lovey stuff (7)

3 A single red one is a sign of love (4) 4 Boy who wants to date a girl (6)

Their wings beat silently,

allowing them to take prey

cryptically colored in browns

or grays, to hide from prey.

by surprise, and they are

5 Beau (5)

Valentine's Day gift (7)

7 A boy's date (10)

Affection (8)

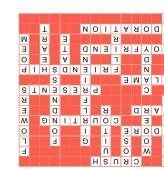
12 Chocolate kisses, possibly (5) **15** Bat an eye? (5)

16 Go "out with" (4)

17 Shape of some Valentine's Day candy (5)

18 It may be on a Valentine's Day card (4)

19 Male suitor (4)



Across

2 "Finding Nemo" turtle (5)

10 Dating, old style (8)

What you may receive from an

admirer on Valentine's Day (4)

9 Love a lot (5)

13 Gifts (8)

15 It may last forever (10)

19 A girl may receive chocolates from

14 Heartthrob (5)

20 Worship (9)



LIFE & TRADITION THE EPOCH TIMES Week 5, 2021

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TRUTH and TRADITION

In Our Own Words

or Our Parents, for Our Children, for Generations to Come

Dear Epoch VIP,

Once again, thank you for being a subscriber this week you've probably seen this message a million times on this very page, but I assure you it's because we really do appreciate you that much!

I'm Channaly Philipp, your editor for Life and Tradition. But not just that: I'm also the daughter of a Khmer Rouge survivor, a former liberal arts college student, and now a mother.

Each one of these identities gives me one more reason why I must keep doing what I do at The Epoch Times every day.

You see, my father, like many other fathers, has a story. Only 45 medical doctors survived the killing fields and death camps of the Khmer Rouge in Cambodia, and he, Dr. Nal Oum, was the only doctor lucky enough to have escaped one of the Khmer Rouge camps.

But what he saw before he walked 22 arduous days through the jungle to Thailand, leaving him on the brink of death, left a mark on his psyche like no other: he had seen humanity at its absolute worst. He had seen what people were capable of when performing under a system that enabled their worst vices—the communist system.

The Khmer Rouge's rampage left 2 million Cambodian corpses in its wake, a faceless statistic to many. To my father, however, around 100 of them will always have names and faces, because they belonged to the sick children and infants that the Khmer Rouge forced him to abandon as they drove the populace from the city to the countryside in pursuit of a doomed agrarian utopia.

He remembers their tiny faces, their tiny beds. He remembers them every day.

At gunpoint, he was forced to leave his hospital and the lives of his patients to the Khmer Rouge, to communism-to death.

He's never forgotten what he had to do on that fateful day, and even now, he's unable to forget the pain in the eyes of these children formerly under his care.

His life now is dedicated to ensuring that the rest of the world never forgets, either.

Twenty years later, and half-way around the world, as I embarked to enroll in one of our nation's elite colleges, I was met on campus and in some classes with—what else? Socialism, cloaked in the ideals of social justice, and as an impressionable young mind, it saddens me to admit that because I was young and well-intentioned, I fell for it.

It wasn't until years later, after leaving the hallowed halls of American academe, and then becoming a parent, I realized all of it was a lie. A beautiful lie, and probably the same beautiful lie that was told to the youths who had held my father at gunpoint.

I saw how subtly the indoctrination began at my daughter's public elementary school, as early as kindergarten. Looking ahead, I could see the gears of the machine turning. Mass public schooling churning out generation after generation of youth perfectly calibrated to these new, false definitions of kindness, equality, truth, and righteousness.

This is why The Epoch Times' motto of "truth and tradition" has always spoken to me; today, it's a guiding principle for me in how I run my small corner of the paper.

In the Life and Tradition section, I aim to preserve and protect the best of what's been left to us by the generations who came before: their values, their traditions, their stories—history as our families lived and experienced it, so we that we can learn from their wisdom and their sacrifices as we create our future.

And perhaps most importantly, I want to give hope to anyone that's still looking for a beacon of light—of real truth, of real goodness—in our modern society.

It is admittedly a lofty goal, but for all the children—for those in my father's memory, for my own, and for yours—I have no choice but to at least try.

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In Truth and Tradition,

Channaly Philipp The Epoch Times



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