# THE EPOCH TIMES LIFE LIFE TRADITON

 $Reach \ out \ to \ loved \ ones \ on \ this \ Valentine's \ Day \ and \ let \ them \ know \ how \ grateful \ you \ are \ for \ the \ role \ they \ play \ in \ your \ life.$ 

# Be My Valentine: Embracing the Day

This year is the perfect time to expand the scope of this festival of love

JEFF MINICK

f all the special days on our calendar, surely Valentine's Day is the strangest.
Unlike occasions such as Memorial Day, the Fourth of July, Martin Luther King Day, or even Christmas and New Year's Day, Valentine's Day isn't an official national holiday.

Celebrations such as Mother's Day, Father's Day, or Easter are by their very names clear as to their purpose. We take Mom to lunch, we buy Dad a power tool or a book, and we celebrate the resurrection on Easter or at least have a bunny magically bring the kids baskets of candy.

But Valentine's Day? Really, what's the point? Is it, as a couple of my friends claim, a holiday concocted by Hallmark cards, chocolate manufacturers, and florists? Is it a festival reeking of artifice and false sentiment? Isn't February 14, at bottom, bogus in its demands that we shower a beloved with gifts, something we could do any day of the year?

of the year?
I don't think so.

No—the older I get, the more I see Valentine's Day as unique, as rare as a red rose in a February snow. Religion and race play no part on this day. The tags we assign ourselves—liberal, conservative, libertarian—matter not a whit in the festivities of February 14.



"Love's Secrets" by William-Adolphe Bouguereau, 1896.

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### Priests for Life National Director Says Pro-Life Gains Can't Be Undone by Policy

Frank Pavone on the prolife movement: 'Proceed with confidence'



COURTESY OF PRIESTS FOR LIFE

Father Frank Pavone is the national director of Priests for Life.

#### CATHERINE YANG

In 1994, a young woman went to get an abortion, but when she looked out the window of the facility, she saw a priest. She decided to go outside to talk to the praying man

"And she changed her mind. I ended up helping her baptize her baby, and now, all these years later she's still in touch with me, and that baby that we saved that day ended up having a baby of her own," said Frank Pavone, national director of Priests for Life.

People in the pro-life movement tend to have stories like this—but they know most of the lives they've saved they'll never meet. When Pavone first heard about the March for Life in Washington, D.C., he was still in high school. He attended the third annual event in 1976, before he knew anyone who had an abortion or what abortion was all about. But as he got involved over the years, and after he became a priest, he felt a "call within a call," and got permission from the Church to dedicate himself to pro-life advocacy.

After all, the founder of the abortion industry, Bernard Nathanson, who later became pro-life himself, had said that if all the clergy across the nation had stood up against abortion, the effort to normalize abortion never would have taken hold.

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Anytime
you hear of
somebody
who's pregnant
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you can
actually help
save that life.

Frank Pavone, national director, Priests for Life

RENATE VANAGA/UNSPLASH

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Moreover, in this dark winter of pandemic and bitter political divisions, we need this day more than ever.

Because, you see, Valentine's Day is a celebration of love.

#### **A Short History**

Though we think of February 14 as a day set aside for romance and exchanges of gifts between couples, the event possibly takes its name from a Bishop Valentine martyred by the ancient Romans. Legend has it that on the night before his execution, he wrote a note to the daughter of his jailer, whom he had cured of blindness, and signed it "from vour Valentine."

For centuries, we find no link between romantic love and the feast day of this saint. With the development of "courtly love" in the late Middle Ages, however, the idea of a special day dedicated to romance gained traction, especially among the English. Later, writers like Chaucer, Shakespeare, and John Donne mentioned "Valentine" in their work, and by the 18th century, people from all social classes in Britain often ex-

changed gifts or letters on this day. Colonists carried this tradition to

America and to other countries where the English had planted the Union Jack. In the 1840s, Esther Howland of Worcester, Massachusetts, began manu-

facturing Valentine's Day cards, the sales of which exceeded her wildest expectations man is making and eventually brought her the title "the Mother of the American Valentine." death/Even as

We now celebrate this feast day with heartshaped boxes of candy, bouquets of roses, and sweethearts, or conversation sugar hearts, bearing such inscriptions as "Be Vincent Millay, Mine" or "Miss You," but maybe it's time we branched out from that narrow interpretation.

#### A Festival of Love

"Yet many a

friends with

I speak, from

alone," wrote

poet Edna St.

pictured here

in 1914.

lack of love

Don't get me wrong. Valentine's Day should remain the occasion when through gifts, cards, and special meals, we show affection to a beloved, but this year is also the perfect time to expand the scope of this festival

In her sonnet "Love Is Not All," Edna St. Vincent Millay wrote these lines:

"Love can not fill the thickened lung with

Nor clean the blood nor set the fractured

bone; Yet many a man is making friends with

Even as I speak, from lack of love alone."

Those words are a little dramatic for our purposes here, yet how many of us forget to share our affections with those we love? How many of us feel unloved or unappreciated? How many among us at this very moment



Valentine's Day falls on a Sunday this year. Why not share a meal and have fun with friends or family?

are making friends with death from lack of

If we make February 14 a Day of Love, a special time of year when we consciously share appreciation and endearments with our family and our friends, those small efforts might bring some light to this dark old

Here are some suggestions to make this

**Homemade Cards** Have the children make cards or drawings, and send them to some relatives: grandparents, aunts, uncles, and cousins. These days, receiving a personal letter in the mail is a rare treat. My grandchildren adore a friend of mine who lives alone—they call him "Uncle John"—and since I'll be visiting them before Valentine's Day, I'll bring along some stamps, envelopes, and paper. We'll make some special cards and get them in the mail before Valentine's Day.

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.

#### Celebration

Throw a Valentine's Day party in your home. This year, the 14th falls on a Sunday, a perfect time for sharing a meal and having some fun with friends or family. If the kids are included, you can devise a Valentine treasure hunt. If it's couples only, you might lift your glass and offer this old toast from Sir Walter Scott: "To every lovely lady bright, I wish a gallant faithful knight; To every faithful lover, too, I wish a trusting lady true."

Corny? Sure. But no cornier than the sentiments expressed on many gift cards. Besides, corny on this special day can be a good thing.

#### **Reach Out and Touch Someone**

We've heard a lot this year about social distancing and distance learning, but on February 14 we can practice distance loving. We can call people we love not for a chat about the weather or to discuss the national news, but to tell them simply and directly we are grateful for the role they play in our lives. When is the last time, for example, we talked to our mothers or fathers, or some other person who helped raise us, and thanked them for all they did? In my case, I have two relatives by marriage with whom I haven't spoken since Christmas, not from any hard feelings but simply from laziness and neglect, putting off those calls to talk with friends and family closer to me. Time for a change.

#### **Express Appreciation**

Gratitude is a handmaiden of love. When's the last time we thanked our employees for their hard work? When's the last time we told a friend how grateful we are she's a part of our life? My wife died almost 17 years ago, and I still find myself wishing I had complimented her more for all the good things she brought into my life. Sure, these people may know how we feel about them, but most of us welcome a word of appreciation. It's a small thing, requiring minimum effort, but often has the power to deliver a great gift to the recipient.

#### Embrace the Day

Last Valentine's Day, I wrote an article titled "10 Tips for Men to Survive Valentine's Day." While aimed at guys, including myself, who often resent this holiday, one of those tips offers this advice:

"Instead of enduring or disparaging Valentine's Day, why not have some fun? You must mark the occasion anyway, so why not whoop it up? Make the evening an extravaganza for the woman you love and for yourself. Here's a great excuse to dine at that Thai restaurant you've wanted to try, or to visit that brewery you both enjoy. Invite some friends to your house or apartment, and throw a party."

A few of my family members are Moravians, a Protestant group similar to Lutherans Every once in a while, Moravian services include a lovefeast, a time during church when sweet buns and beverages are served—the lovefeasts I have attended featured sweet coffee with cream—to enhance fellowship and the ancient idea of agape, the highest form of love.

On Valentine's Day, let's emulate that practice of fellowship. Let's spread the joy of this day as far and as wide as we can, and make Valentine's Day a lovefeast that will bring smiles and warm hearts to all those people we treasure.

#### **DEAR JUNE** On Family and Relationships

THE EPOCH TIMES Week 6, 202



# Happily Ever After: Creating Love That Endures

Dear Married Couples,

Do you still feel love for the person you married? I truly hope so. But in many marriages, feelings of closeness are superseded by negative emotions. So since Valentine's Day is coming, I'd like to share some ideas for how to create a love that can endure life's ups and downs.

When I say love, I'm of course not talking about the butterflies-in-stomach, excited, in-love feeling. This type of very romantic, blissful love, the kind we celebrate on Valentine's Day, usually lasts only a couple of years. But beyond this honeymoon phase, it is possible—through effort, sacrifice, and sometimes a readjustment of priorities—to maintain warmth, connection, and a deep appreciation for your spouse.

#### Love Languages

The concept of "love languages" was crystallized from the work of counselor and author Gary Chapman who spent years trying to understand were expressing love to their spouse, while spouses said they were not receiving it.

Chapman discovered that there are five ways in which people across cultures give and receive love: through physical touch, words of praise, acts of service, gifts, and spending quality time together. What he realized is that each of us has a primary language that makes us feel loved. However, often our spouse's primary language is different from what we think it is, so for example a

husband might shower his wife with gifts, while what she really wants is physical affection or to have her role appreciated.

So learning what your spouse's love language is and then using it to communicate often with him or her is a good way to start building your bond.

#### Love Habits

In addition to love languages, Chapman also studied the attributes of people who are successful at loving, and he distilled seven key characteristics: kindness, patience, forgiveness, courtesy, humility, generosity, and honesty. These virtues apply to any relationship but certainly form a solid foundation for marriage.

In his book, "Love as a Way of Life," Chapman gives an example of how kindness can transform a marriage:

"One husband shared his experience: 'I had been harsh with my wife by cutting down her ideas and telling her that what she said was not logical. I raised my voice and told her exactly what I thought. She walked out of the room, and I returned to the ball game on television. Thirty minutes later she walked in with a sandwich, chips, and a Coke, all neatly arranged on a tray. She placed the train on my lap and said. 'I love you.' Then she kissed me on the cheek and walked out. I sat there thinking. This is not right. This is not supposed to happen. ... Her kindness overwhelmed me. I put the tray down, went into the kitchen, and apologized."

The book has many more enlightening anecdotes and practical support to help you develop a more loving relationship.

#### Masculine and Feminine Natures

A lack of understanding of the different and complementary natures of men and women is a big stumbling block in many modern marriages. While men and women are capable of doing the work traditionally allotted the other gender, for example, men can do a good job caring for children and women can be successful breadwinners, the reality is that when given a choice, most people make lifestyle choices that follow traditional gender roles because it is what they find most fulfilling.

For example, men have a natural desire to protect and provide, and women want a strong, protective mate. Women also have a natural desire to nurture children. Often when a woman hits 30, her priorities shift dramatically from a focus on career to a focus on family, and many women prefer to work part-time or not at all in order to stay home with their very young children.

In various lectures and interviews, Canadian psychologist Jordan Peterson points out that he has seen many women who, after rising to the top of



Author Gary Chapman found that these seven key characteristics are key in solid relationships: kindness, patience, forgiveness, courtesy, humility, generosity, and honesty.

their fields, decide to guit in their 30s because it is simply more meaningful to them to have time with their families.

When couples make choices outside of traditional roles, it can lead their relationship off-kilter, for example, women may be less content as the main income earners after children come along, and the resulting stress and resentments can really take a toll on marriage.

For more insight on masculine and feminine natures and how to optimize your life for marital love, I recommend the work of relationship coach Suzanne Venker. She's authored several books and you can listen to her podcast "The Suzanne Venker Show."

Women Lead Relationships Another facet of masculine and feminine natures is that when it comes to the tenor of a relationship, it is women who set the tone. This means both that many issues arise from the woman's side (although they may look like they are coming from the man's) and that she can do a lot on her own to create harmony.

In general, men are less emotional and simpler in their desires compared to women who tend to be more emotionally savvy but also more critical and easily dissatisfied.

The Husband Store joke illustrates this difference:

A store that sells husbands has opened up in town. A sign at the entrance explains there are six floors and the value of the husband increases on each floor. However, a woman can only enter the store once and can only go up the floors or exit the building.

On the first floor of the Husband Store are men who have jobs. On the second they have jobs and are good with kids. On the third, in addition to having jobs and being good with kids, they are also good-looking. On floor four, the men also help with

housework, and on floor five, in addition to all the other attributes, the potential husbands have a strong romantic streak. Most women who come to the store

the top floor are like." On the sixth floor, they find a sign that reads: "You are visitor 31,456,012 to this floor. There are no men on this floor. This floor exists solely as proof that

think, "Wow, I wonder what men on

women are impossible to please. Thank you for shopping at the Husband Store." Across the street is the Wife Store,

only the first two floors have ever been visited.

Having high standards and being attuned to one's emotions are good to a point, but yin needs yang for balance, and so too do women benefit from men being stoic. If she replaces criticism with the desire to fulfill his relatively simple desires, she will be richly rewarded with affection.

For more on this and useful advice on embracing the best of traditional femininity, I recommend the book: "Fascinating Womanhood" by Helen

In conclusion, the message I hope you take from this is that, despite what you might have heard, you can build a strong and enduring bond with your spouse and live your own happily ever after together. The caveat is that you will have to sacrifice, but of course this is true for achieving anything worthwhile.

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.

# As Sweet as Pie

89-year-old great-grandmother bakes for people in need: 'It keeps me going'

#### **LOUISE BEVAN**

An 89-year-old great-grandmother who started baking pies for the vulnerable and elderly during the pandemic has become a social media star for her acts of kindness. Flo Osborne, who lives in Dovercourt

in Essex, England, started baking apple, cherry, and savory steak pies in her tiny home kitchen for a local charity, North Essex Support Team (NEST). NEST, an organization that provides support and donations of household items to

utes the pies to the elderly and vulnerable adults and children as a part of its hot meals Flo, who makes every pie from scratch, grew up watching her mother bake. Today, Flo's family runs a restaurant, Samuel

families and individuals in need, distrib-

made hundreds of pies since April 2020. Her proud son, Graham, was brought up on Flo's homemade pies. "To watch her make them is unreal," he told the BBC; after mixing lard, margarine, flour, and cold

Pepys, and the kindhearted woman has

water for the pastry, his mother "bangs it out and they're done, and they're perfect." Firefighter and NEST manager Les Nicoll wrote on Facebook in October 2020, "This is I believe a remarkable act of community kindness, also a huge victory over age and supposed infirmity.' Struggling to get Flo's story into the lo-

cal press, Nicoll said, "I am asking you to share ... and make the amazing Flo a social media hero." The heartfelt post was shared by more

than 735,000 people. Photographer Belinda Grant, seeing Nicoll's post, reached out and arranged to spend the day with the 89-yearold baker.

Calling Flo "truly a local hero and a national treasure," Grant documented their day in a series of photos and a film sharing the story of Flo and her special pies. Flo said to Grant that "there's no secret"

her family. Flo loves baking these pies. "It keeps me going ... Some people say I'm mad, but I

to how delicious the pies taste, and she gets

the ingredients of the pie with support from



Flo Osborne.

Some people say I'm mad, but I just tell them that I love to help other people. If I can help them, I will.

ust tell them that I love to help other peoole. If I can help them, I will," she told The Nicoll estimated that NEST receives

around 20 pies from Flo every two weeks. Each pie makes 16 servings. "But she'll always make extra pies so that our volunteers can enjoy them, too," he added. While news of Flo's achievement reached

as far as Australia on social media, closer to home, Flo's pies caught the attention of Manchester United soccer star Marcus Rashford and Prime Minister Boris Iohnson.

Rashford, who started a campaign to fight childhood hunger, brought Flo to the attention of his 4.2 million Twitter followers. Prime Minister Boris Johnson wrote to

Flo personally to thank her for her contribution, also naming her a Points of Light "I was amazed to hear of your extraor-

son. "I know you do this with no thought of recognition, but you deserve every word of praise." Flo said, "I can't understand what all the fuss is all about!" adding, "All I'm doing is

trying to help the old folk."

dinary one-woman bakery," wrote John-

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#### **DEAR NEXT GENERATION:**

# 'Don't Focus on Your Own Happiness'

**→** Advice from our readers to our young people

ear Next Generation, Your generation receives endless messages about how important it is to arrange your circumstances to suit you, and you are told that this will make you happy.

You are told to resent authority and worship your dreams. You are told that you should be "heard," even if it means silencing others. You are told that disagreement is dangerous. Our culture not only legitimatizes but applauds selfish lifestyle choices that wreak chaos on friends and family. You are growing up in a self-obsessed culture. The strange thing is, the more you pursue your own happiness, the more fearful and

lonely you become. Think about your friends who struggle constantly with anxiety and depression. Do they spend a lot of time thinking about how they feel, constantly critiquing and giving

their opinion, seeking attention, complaining, wishing, and focusing on what they don't have? Maybe this is you, especially if you were raised by people who were led to believe that their job was to prevent you from ever being disappointed or frustrated.

If you want to break this cycle of selfcenteredness and misery, here's the key. Don't focus on your own happiness. Think about two or three of the most contented, happiest, beloved people you know, and ask them three questions: Do you have high self-esteem? What do you do for self-care? What do you want most for your children? Chances are, you'll get a quizzical look for the first two questions, and for the last question, you will not hear, "I just want them to be happy." They'll say, "I want them to be good people." Because they know that good people are always happy, but happiness is not the point.

The secret is that these people—the ones who make the world a better place, the ones who serve others, who live within their budget, who maintain long-term relationships, who do what they should do regardless of how they feel, who are faithful in their marriages and their relationship with God, who make sensible decisions, who give to the poor, who are genuinely interested in others—these people don't spend time thinking about themselves or whether or not they are happy.

As they work hard, do the right thing, and put others first, they live very happy, satisfying lives. Their lives are contented, joyful, and filled with people who adore them.

The irony is, your happiness has nothing to do with you. Let that sink in for a minute. If you understand what it means, and you're ready to take your focus off yourself, you need to know that self-absorption is not a personality style, and it's not a mental health condition. It's a choice.

Breaking the cycle of self-indulgence, self-pity, and sadness will not happen quickly. Our thought patterns are habits formed from repetition. But as you develop new habits by repeatedly choosing action over moping, forgiveness over complain-

ing, and focusing on others over yourself, you'll find that a great weight is lifted. And that will make you very happy. — Lisa Woody

What advice would you like to give to the

Argyle, Texas

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

younger generations?

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

foundation can future generations thrive.

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

# Priests for Life National Director Says Pro-Life Gains Can't Be Undone by Policy

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Instead, the pro-life movement was framed as negative or shaming, or a little weird, and that image took hold in the main-

But over the years, people have come to see it for what it really is, Pavone said.

"We are looking to help the people who are pregnant and afraid; they are in so much desolation and despair they want to go have their children aborted ... it's a terrible thing that they just feel they have no choice," Pavone said.

Oftentimes, people tell women, with very good intentions, that the baby is "her choice." Everyone around her repeats the message "It's your choice."

"But when you think about it from the point of view of the woman who's going through this, what she's hearing is that she's all alone in this to decide. What if what they're looking for instead is, 'Isn't somebody going to tell me that they're with me, and that they're going to help both me and this baby get through this?" Pavone said, and the pro-life movement is really a response to that.

"We are finding it easier and easier to talk to people about this topic because more people are seeing the pro-life side of this of this issue, more people are thinking it through, they're wrestling with their own feelings," he said.

#### **Americans Support Life**

Culturally, Americans tend not to support abortion on demand with no restrictions. Regardless of whether they consider themselves "pro-life" or "pro-choice," polls show that responses tend to be nuanced, and the later the pregnancy term, the lower the percentage of abortion supporters.

From the political arena to churches to other places where pro-life advocates talk about the movement, Pavone says they're all seeing more people "increasingly concerned that we've gone too far."

"Because America is just one of four countries that allows abortion throughout pregnancy," he said. "They'll say, 'I didn't know that abortion was happening in the sixth month of pregnancy.' When they find this out, they say, 'How can that be?'"

"Culturally, the trend has been growing more and more in a pro-life direction; that's from a number of dynamics that nobody can change," Pavone said.

The first factor is science: We now know more about the unborn than we have ever



known; ultrasound imaging has improved and people put their photos of weeks-old unborn babies in their photo albums; expecting parents know when hands and feet are formed, how early the heart starts beating, and so on.

"Secondly, the experience of those that have an abortion is something that that is becoming more clear," he said. "Those are powerful testimonies, and those are

There are many reasons for this. On the

Culturally, Americans tend not to support abortion on demand with no restrictions.

one hand, people are seeing that abortion is not a quick fix and doesn't bring the solutions it promises, and on the other hand, women who suffered abortion-related trauma silently for years, sometimes decades, see that perhaps they too can have a chance to heal.

Thirdly, many young people in recent years have started to join the pro-life move-

"There's an awareness of being a survivor," Pavone said. "These same people that march and speak up for the unborn, they're also speaking up for themselves because they realized at a certain point in life, they were not protected when they were living and growing in their mother's womb.

tion towards a point of realizing that abortion is not a good idea."

#### More younger people are getting Silent No More

involved in the pro-life movement.

Jan. 19, 2018.

Above, people attend the 45th Annual

March for Life rally in Washington on

In 2003, on the 30th anniversary of Roe v. Wade, after the March for Life in Washington, D.C., took place, there was, as usual, a pro-abortion rally on the steps of the Supreme Court.

Georgette Forney, president of Anglicans for Life, stood beside their rally with a sign that read "I regret choosing to abort my

It didn't garner the response she expected, or really any response at all. One person told her they were sorry she felt that way, but she was otherwise ignored. Where was the support for women after abortion?

Upset, she told Pavone about it, and the two of them and Janet Morana, executive director of Priests for Life, decided they needed to do something to put a spotlight on this. Women had always shared experiences of having an abortion, or what it was like even years later, but they wanted to see if they couldn't put it in the framework of a worldwide campaign, so more people could understand, and see a chance of healing. The campaign was titled "Silent

As a priest, Pavone had the experience of counseling women who had abortions. They would often tell him, "I want to share my story so I can help other people avoid this pain."

Not all of them, but many, he said, are "sad, they're hurting, they may be angry, and they may be—this is a common characteristic of people who've had abortions—just unable and unwilling to even talk about it. Because it's so painful."

"They just want to bury that and forget about it. And you can't do that forever because it's a pain that's crying out to be healed, so it expresses itself in other ways, sometimes in self-destructive behaviors and so forth, like a paralysis, they're not living life to the fullest, because they're paralyzed and trying to suppress this

"So Silent No More was not only the sharing of the stories, it is an invitation to healing, letting people know they're not alone and they don't need to be suffering like this, that there are people ready to help," he said.

#### Ready to Help

Pavone says it's always interesting to see the reactions of people learning about the state of abortion across the country, because first there's a sense of understanding, but it doesn't stop there.

"And then they get the reaction, 'OK, I want to help, I've got to do something about this," he said. "And that's certainly very younger people," Pavone said. "So these gratifying to see because that's what we're dynamics are not things that a change in always encouraging people to do—speak and federal levels. "It's an issue that won't confidence, increase your interactivity as government policy can stop. These are up for life, help out pregnant moms, do things that will continue to move our na- something about this issue, educate peo- we're coming up on the 50th anniversary we'll see this through to a victory."

ple, and certainly vote pro-life. And it's in two years." gratifying to see more people stepping up and doing that."

One of the things Pavone advises is finding out where the pregnancy centers are in your area, should you ever need to give a pregnant mother some help and advice. These centers outnumber abortion facilities across the country and are meant to help both the woman and the baby with a variety of services, but they certainly aren't household names.

"Anytime you hear of somebody who's pregnant and in need, you can actually help save that life," Pavone said.



#### Culturally, the trend has been growing more and more in a pro-life direction; that's from a number of dynamics that nobody can change.

Frank Pavone, national director, Priests for Life

There also tend to be local pro-life organizations one can connect with, or networks online and through social media, and Pavone recommends joining or following some resources to become better informed, because there is constantly new information. It also helps people discover ways they can better use their gifts in the movement, whether it's through writing or sharing their own stories or something else.

And some of that new information is legislation. "There is always something in the pipeline," Pavone said, both on the state strong as ever," Pavone said. "Proceed with go away, even though with Roe v. Wade, much as possible, and stay united. And

"Talking with one's representatives on both of those levels and inquiring about pro-life legislation that needs to be supported or pro-abortion legislation that needs to be opposed, people can do a lot in that arena.

There are certainly things a president can do alone, via executive orders, as President Joe Biden has already done with the order that reversed the Mexico City Policy, thereby allowing federal funds to go to foreign nonprofits that promote or perform abortions overseas.

It does harm, but it's limited, Pavone said. "Bigger policy issues that involve Congress, it's not like the Democrats have a free hand; it's a razor-thin majority."

States all have their own varied restrictions on abortion, so policy at the federal level would be about eliminating certain restrictions wholesale such as by redefining terms, Pavone said. This might be done by introducing a vaguely worded bill to remove "obstacles" to abortion on the federal level, which could render what most consider to be "common sense restrictions" like parental consent clauses for minors null on the state level.

"Given how strongly the American people oppose getting rid of these protections, I'm not so sure they would do this. So there are dangers legislatively, but certainly there's no guarantee they're going to go forward," Pavone said.

There are also pro-life bills being reintroduced on the federal level, such as the Born Alive bill, which gives equal protections to babies who are born alive after surviving an abortion attempt.

On the state level, Pavone said it's likely that the states where Republicans won elections will pass many pro-life bills in the next two years, because these states have Republican executive, legislative, and judicial branches, increasing the chance that bills will not only get passed but signed into law and then upheld in court, he said.

"I think that what we're going to see in the next few years is a lot of successful statelevel activity. On the federal level, we'll be playing defense to a certain extent, but also on offense in the sense that when we introduce very reasonable pro-life bills like 'Let's protect babies that were born alive,' the unwillingness of the Democrats to go along with that will turn into a key issue for the elections in the midterms," Pavone said.

"They're going to say, 'Why are you going to reelect someone who doesn't know how to protect a baby, one that's born alive?'

"There will be better days politically ahead, but the wider movement is just as

## What to Expect When You're **Expecting Totalitarianism**

#### **ANNIE HOLMQUIST**

The political jargon and posturing one hears these days seems to suggest that we are in an era unlike any that has ever occurred before. Hope springs anew, there is light at the end of the tunnel, politicians gush, and for those of our elites who really want to impress with their knowledge of history, a reference to Abraham Lincoln fits the bill nicely: we're seeing "a new birth of freedom"!

I'd agree that something certainly is in the process of being birthed, but I'd be hardpressed to call that baby "freedom." Some would even say this baby better bears the opposing name of "totalitarianism."

But before we throw labels around, it's helpful to know what we mean by such terms. What does totalitarianism look like? Robert Nisbet gives some answers to that question in his 1953 classic, "The Quest for Community":

#### 1. Politics Is Everything

"In the totalitarian order the political tie becomes the all-in-all," Nisbet explains. Gone is the importance of the individual. Instead, individuals become cogs in the machine of a centralized government. This situation creates a "psychological setting that alone makes possible the massive remaking of the human consciousness."

#### 2. Hiding Behind a Front of

'Democracy'

Totalitarian government, Nisbet infers, doesn't wish to appear as the controlling, **3. Diversity Is Abolished** centralized power that it is. Instead, "the



you can read good books, study history, and discuss these sources with others.

#### If totalitarianism wants us to erase our memories of history, community, morality, and faith, then we must cling tightly to those very things.

proceed from the basic will of the people." Thus, when authoritarian laws are passed, they will be framed as necessary for the preservation of democracy, even when it can be clearly seen that nothing could be further from the truth. Doing so enables the government "to bend, soften, and corrode the will to resistance in preference to forcible and brutal breaking of the will."

Diversity is a pet issue for many in our power of the government must seem to government and culture today. Yet what

people fail to realize is that under totalitarian rule, "the natural diversity of society is swept away." In its place comes militaristic conformity to the party line "in art and in politics, in science and economy." Totalitarian government, it seems, is cancel culture on steroids.

#### 4. New Replaces Old

Perhaps one of the most prominent features of a totalitarian regime is its quest to replace the old with the new. The past becomes synonymous with the bad and everything is redefined. "History, art, science, and morality, all of these must be redesigned, placed in a new context, in order to make of a power a seamless web of certainty and conformity."

The replacement of the new with the old is necessary because, as Nisbet explains: "Totalitarianism is an ideology of nihilism. But nihilism is not enough." Thus while totalitarianism must remove the old in order for its new ideology to function, it also recognizes that something must fill the void left by the loss of faith and community. To this end, it attempts to implement a larger group effort that points back to the political and offers allegiance to the state.

The question remains as to whether we have seen these traits play out in our own society of late. So let's go down

Is politics everything these days? It certainly seems like it. One almost has to become a Luddite in order to get away from hearing political conversation. Even when one isn't bombarded with politics on the news, political jargon somehow manages to creep into our private lives at work, in conversations, and even in our entertainment options.

How about democracy or diversity? The terms are certainly thrown around a lot these days, but whether or not we're really seeing democracy in action or ex-

periencing true diversity of thought is up for debate in an era in which genuine censorship is happening before our eyes.

Finally, where is the old being whitewashed by the new? We don't have to look far. Toppled statues abound, "The 1619 Project" exemplifies attempts to change and undermine the historical narrative, younger generations now accept sexual immorality as normal, and even science seems to drift along with the political winds.

If we are indeed now experiencing totalitarian government more than ever, how can we keep ourselves from being sucked into the vortex, simply becoming another mindless cog in the totalitarian

The simple answer seems to be to swim upstream and foster those things which totalitarian government is against. If totalitarianism wants us to erase our memories of history, community, morality, and faith, then we must cling tightly to those very things.

This memory muscle can be strengthened by reading good books, studying history, and discussing the gleanings from these sources with others. Regularly attending church, getting involved with the community there, and inviting that community into your home for fellowship will also increase that anti-totalitarian muscle. And last but not least, embracing family and expending energy to model good morals and behavior to your children will not only be helpful for the current fight against totalitarianism, but for future battles as well.

"Totalitarianism is an affair of mass attitudes," Nisbet said. Don't run with the crowd.

Annie Holmquist is the editor of Intellectual Takeout. This article was originally published on Intellectual "And that has a deep personal impact.

'Gee, my life wasn't protected, what does that mean?' And this is motivating a lot of

## Jan Ernst Matzeliger: The Henry Ford of Shoes

#### **LAWRENCE W. REED**

Suppose that I figured out a way to revolutionize the shoe industry. An invention of my own design would double shoe production and cut shoe prices in half. It would provide thousands of new jobs for mostly young or poor people. I could do it without a penny of taxpayer money. Indeed, I faced some major disadvantages to overcome, not the least of which was the fact that I'm a poor immigrant from Dutch Guiana (now Surinam) and my mother was a black slave.

If you met me, knowing what I have just told you about myself, which of the following would you want to say to me?

1. You didn't build that! 2. You need to pay more taxes and be regu

3. Were you motivated by greed? 4. Who did you exploit along the way? 5. You're a hero!

If you answered 1, 2, 3, or 4, that probably says a lot more about you than it does me, and it isn't good. If 5 was your answer, go to the head of your Sociology class.

Of course, I (Lawrence Reed) cannot lay claim to any of the accomplishments cited above. But a remarkable young man named Jan Ernst Matzeliger (1852–1889)certainly can. If you wear shoes, you owe him a debt of gratitude.

Born in 1852 in Paramaribo, Matzeliger was the son of a Dutch engineer and a Surinamese black woman who was a household slave. Jan grew up working in his father's work-

shops, where he exhibited a very promising aptitude for handling and fixing machines. At the age of 19, he spent his savings sailing the world on a merchant ship before he

settled two years later in Philadelphia—without a job or friends and speaking only Dutch. But he learned English and made friends fast. When offered employment in a shoe factory in 1877 in Lynn, Massachusetts, he grabbed it. His English was then so good that he taught Sunday school at one of the few churches in the city that welcomed blacks

Shoes in those days were made as they had been for centuries mostly by hand, one at a time. It was a laborious task, as Byron Crudup explains:

into its congregation.

"For proper fit, the customer's feet had to be duplicated in size and form by creating a stone or wooden mold called a "last" from which the shoes were sized and shaped. Since the greatest difficulty in shoe making was the actual assembly of the sole to the upper shoe, it required great skill to tack and sew the two components together. It was thought that such intricate work could only be done by skilled

Jan Ernst

Matzeliger

1889) in

human hands. Matzeliger's inventive mind zeroed in on the solution. If a machine could be developed that would automate the "lasting" process attaching the sole to the upper shoe—the result would be an explosion in productivity. It took him several years of trial and error but such a machine is precisely what he invented and received a patent for in 1883.

The most expert shoe laster, using standard hand tools, would be lucky if he could turn out 50 pairs of shoes in a day. With Matzeliger's machine, he could produce upwards of 700. It was like going from horse and buggy to a Ferrari overnight.

Two years later, the young inventor sold a

working model and the rights to replicate the machine to venture capitalists, who paid him the equivalent in today's money of about \$400,000. In no time, it became the standard throughout the industry. Important elements of it are still in use in shoe factories today.

Tragically, Matzeliger had worked so hard on the invention, often going without food so he could afford materials, that he put his health in jeopardy. He contracted tuberculosis and died at the age of 36

in 1889. The University of Houston's John Lienhard describes Matzeliger's final five years as happy ones:

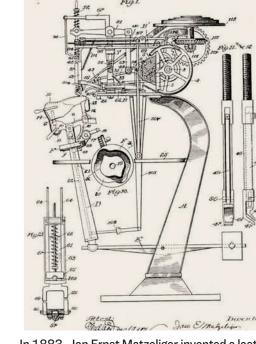
"He'd gained membership in the North Congregational Church. He'd gained friends. He taught Sunday school, and he taught oil painting. He also poured out his inventive genius on new machines. Meanwhile, he'd cut the cost of making shoes in two.

When tuberculosis claimed him, his will left a big piece of his fortunes to the Church that'd seen beyond the color of his skin. He made special provisions for his drawing instruments, his Bible, and his technical books—the things that'd really mattered to him.

In 1984, Lynn, Massachusetts, finally named a bridge after this good and quiet man who'd done so much for the city, who'd done so much for all America. Finally, they honored this triumph of the mind, against all odds."

In September 1991, the U.S. Postal Service issued a 29-cent stamp in memory of Jan Ernst Matzeliger. It was an honor he richly deserved.

For Additional Information, See: "Jan Earnst Matzeliger: A Lasting Inven-



In 1883, Jan Ernst Matzeliger invented a lasting machine, which attached the sole to the upper shoe. Up till then, this task had been done manually and was very time-consuming.

tion" by Peggy U. Plet

"Shoes for Everyone: A Story About Jan Matzeliger" by Barbara Mitchell

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

This article was originally published on FEE.org.

**FROM A READER** 

# The Elephant in the Room

**JOHN FALCE** 

he day I broke the elephant was not a good day. To start, my father was deployed on a Coast Guard ship, so all of us were struggling with despondency. To make matters worse, both my siblings and I, for then we numbered three, were screaming and roughhousing up and down the house as my poor mother tried to clean it. Everyone in the house was trembling on the brink of emotional (and in my mother's case, physical) collapse. That was the day I broke the elephant.

#### The care of a mother in her child's hour of need is mercy itself.

My mom found the elephant online. It reminded her of a statue that her aunt used to have. She loved that elephant and was constantly reprimanding us, the children, who were equally enamored with it, not to play on it, not to jump over it, and absolutely not to ride it. Despite the occasional good intention, we paid spare attention. We began at first to play around it, then to incorporate it into other games, finally deteriorating into mounting and galloping on it rodeo-style. The day the elephant was broken, I remember, she had warned me already more than once for abusing it.

I can't recall what finally, inevitably, pushed us all over the edge. Maybe we scattered her dust pile one too many times. Maybe someone picked the wrong moment to run screaming through the kitchen. Whatever the cause, my mom finally snapped. At her wit's end, she started hollering at us in consummate vexation. Eventually, her frustration gave way to distress. She started crying, and that was it. Just like that, all of us were sobbing hysterically and holding on to each other as our frayed nerves gave way completely. This went on for quite some time before we began to wipe our eyes and pull ourselves together. Then, out of the blue, my mom asked: "Who wants to go out for ice cream?" Just like that, our moods swung 180 degrees and cheerful pandemonium ensued. Everyone else ran upstairs to get changed. I began jumping over the elephant. Backforth. Back-forth. Faster and faster until

I had slightly mistimed one of my leaps. My bare feet crashed straight through the ceramic top of the sculpture. For a moment, I just stared down at my feet, feeling no pain. I couldn't reconcile my feet inside the elephant. What had happened seemed impossible. Then blood began coursing down my legs from a thousand tiny cuts. I started howling, more in shock than anything. My mom came running. She took it all in at a glance, then without a word began fixing it. I was pulled from the elephant. The sharp shards were thrown away. My mother put me in the tub and started to clean my wounds.



Author John Falce.

At this point, however, I was more worried about ice cream than anything else. I took a deep breath, sniffling for effect, and asked, "Can we still go for ice cream?" She didn't hesitate. Ice cream was still on. The care of a mother in her child's hour of need is mercy itself.

So we went for ice cream with cookie crumbs and gummy worms on top. When we returned home and in the following days, life proceeded peacefully. Some weeks later, when my father got back, in an attempt to please my mother, Dad reincarnated that elephant as a lamp, which lights our house lopsidedly to this day.

Though the elephant went on to shine brightly, it couldn't be as if it didn't smash. I never faced punishment for breaking that ceramic monument, instead I learned a valuable lesson. The many times I blew my mom off, sure that I was right, she had actually been correct and predictive. I started to pay more attention to my parents and adults in general, and to regard direction from older and wiser heads than mine. When I broke the elephant, I broke off

some bad habits as well ... or at least I thought a little more about trying.

John Falce is 12 years old. He is Catholic, lives with his military pilot father, Florentine-trained artist mother, two brothers, and sister on a four-acre hobby farm in Milton, Fla. He is trying his hand at raising pigs when he's not at school. John got into writing while obligingly editing for his mother's book. He loves a good

story and hopes you enjoy this one.

# Once Homeless and Alone, Army Officer Finds His 'Band of Brothers'





during pandemic conditions in New York City.

1st Lt. Mat-

thew Mickey

lives in New

York City with

ise, his 9-year-

old daughter,

Lily, and two

English bull-

dogs. Mickey

is assigned to

the New York

City Recruiting

Battalion, 1st

Army Recruit-

ing Brigade.

his wife, Den-



#### **JENNI JULANDER**

As a boy orphaned at a young age, Matthew Mickey was homeless when he witnessed on television the Twin Towers collapse on 9/11. He made the decision to join the U.S. Army to fight in the war on terror, and that turned his life around completely.

Now a first lieutenant, Mickey, who lives in North Carolina, said he hopes his life's story will be an inspiration to those facing

"All I want is to give hope to others," he told The Epoch Times.

Going "from foster home to foster home to foster home" while growing up was rough enough. Between being bullied by the older kids, a looming sense of being alone in the world, and eventually being kicked out of his foster home at age 16, Mickey learned he had to rely on himself.

To support himself, the teen took on any work he could find, from odd jobs at the grocery store to working as a janitor at McDonald's; he eventually took a job in construction and commercial plumbing. He sometimes couchsurfed but mostly slept in an old Isuzu Trooper, catching a few hours of sleep each morning before school

With very little pocket money for gas, Mickey made it through the winters by lining his car windows with newspaper. "I stayed cold," Mickey said. "I didn't really have much money for gas." It was

still cold, but it helped. Yet, he wasn't stingy with his money. When other homeless people in the area needed help, he gave them spare change without hesitation.

His longtime friend Christopher "Buster" Brown was one of the few who encouraged Mickey during high school.

"He had a heart of gold," Buster said. "He would take the shirt off his back and give it to you. He had leadership. He just needed someone to believe in him."

But on 9/11, Mickey's heart of gold broke. When he realized that thousands of children had just lost one or both parents, and many of them would go into foster care if extended family members couldn't take them in, he descended into a haze of anger and depression.

"They were going to have to live my life," Mickey said. It was a prospect that horrified him.

Mickey's life had been a series of letdowns, and he had been told it would end in failure no matter what he tried. With a low GPA, he wouldn't make it into college. Just to make ends meet, he often worked well past midnight, a reality that seemed like it would never end.

He wouldn't have wished that on anyone, he said. So, he decided to do something about it.

On Sept. 12, 2001, Mickey walked into a recruiting station, ready to join whatever branch would take him.

"My nation needed me," he recalled. "That part of it is true. But the whole truth isn't as patriotic. It really was a cry for help. I know that sounds dramatic, but my life was very dramatic at the time. I couldn't fathom moving on alone, and I didn't want to try"

He breathed a sigh of relief when he was accepted. Sgt. Smith, Mickey's recruiter, explained how the infantry was a band of brothers, a family. It was the kind of environment Mickey had always wanted.

My nation needed me. That part of it is true. But the whole truth isn't as patriotic. It really was a cry for help ... I couldn't fathom moving on alone, and I didn't want to try.

1st Lt. Matthew Mickey

His friend Buster encouraged him to go through with the process.

"You and me both know you can do it," Buster said, sensing Mickey's hesitation. 'Make a life for yourself."

Now, almost two decades later, Mickey has risen through the ranks to reach first lieutenant. He now works as an executive officer at the Army's Bronx Recruiting Battalion in New York, where he lives with his wife, Denise, and their 9-year-old daughter, Lily.

After obtaining a master's degree, a dream that had for so long seemed farfetched when he was younger, Mickey says he feels like he's made it in life.

"It makes me feel great when he says that he feels complete now," Denise said, "that he feels like he is part of a team." Soon, Mickey will be retiring from the Army, and he's started thinking about a future teaching financial education.

"I want to change lives in teaching people how to use the stock market to reach financial freedom," he told The Epoch Times. "It is scary to transition out of the Army ... [but] as long as I am helping people and or a team for a greater cause ... will be thrilled to see what comes next."



A spectacular sunrise highlights the sublime art and architecture of the basilica.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

## The Sublime 'Church of Gold': St. Mark's Basilica, in Venice, Italy

From dawn to dusk, the golden mosaics on current basilica began in 1063, and the rethe facade of St. Mark's Basilica in Venice shimmer and shine to differing degrees. The constantly shifting sunlight seems to bring endless dramatic effects to the mosa-

ic pictures that depict mainly religious life. The mosaics were first created in 1071, and developed over eight centuries to cover around 9,500 square yards of the basilica, inside and out, reflecting a mixture of Italian and the original Byzantine designs.

Besides the mosaics, gold decorations dominate the basilica, so much so that from the 11th century on, it was known as the "Chiesa d'Oro" or "Church of Gold."

#### The Architecture

St Mark's Basilica was consecrated in 832. Late in the 10th century, the church was damaged by fire. Construction of the



A detail of the Pala d'Oro (altar retable) that houses the relics of St. Mark. Between the 10th and 12th centuries, Venetians commissioned craftsmen in Constantinople to create the ornate Pala d'Oro with over 250 enamels.

sulting Greek-Byzantine building is thought to have been influenced by the former Church of Hagia Sophia (now a mosque) in Istanbul, then known as the Eastern Roman Empire (Byzantine) city of Constantinople. Today, the basilica is one of the best exam-

ples of Italo-Byzantine design. The different types of art and architecture throughout the basilica are of different eras and places, making the structure particularly unique. For instance, on the façade, ancient statues and columns stand alongside the portals that are decorated with narrow bands of carvings in Romanesque style, which was popular from the 6th through 11th centuries. And the basilica's many mosaics reflect both Venetian and Byzantine designs.

Some of the ancient and Byzantine art and architectural treasures in the basilica are original pieces from the East. For instance, on the Fourth Crusade, Venetians brought back to their city many mosaics, friezes, columns, and capitals after the Sack of Constantinople in 1204. Some of these notable items were the icon of the Madonna Nicopeia, the enamels of the golden altarpiece, and the four copper-gilded horses from the Hippodrome.

The rest of the "Byzantine" art and architecture, although Byzantine in appearance, was created by skilled Venetian craftsmen.

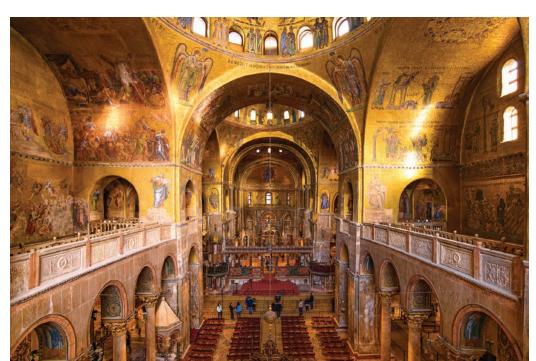
The basilica was the Doge's chapel until 1807, a decade after the fall of the Venetian Republic, when the basilica became the city's cathedral and the seat of its patriarch, a position similar to a bishop's.



Venetian and Byzantine designs delightfully collide on the church's exterior.



The mosaics on the building's west façade show scenes from the life of Christ and highlight St.





(Left) The floor plan of the basilica is based on the Greek cross, which consists of equal-length vertical and horizontal lines. (Right) One of the majestic entrances.

# The Journey to Understand Love Can Begin Young

5 children's books that show the power of love



"We are not human beings on a spiritual journey. We are spiritual beings on a human journey," wrote American educator and businessman Stephen Covey. There cannot be a more important lesson to teach our children.

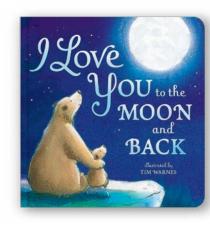
First, of course, children need to understand the power of love. One of Aesop's Fables makes this very point:

The Wind and the Sun were disputing which was the stronger. They saw a traveler coming down the road, and the Sun said: "I see a way to decide our dispute. to take off his cloak shall be regarded as the stronger. You begin."

So the Sun retired behind a cloud, and the Wind began to blow as hard as it could upon the traveler. But the harder he blew the more closely did the traveler wrap his cloak round him, till at last the Wind had to give up in despair.

Then the Sun came out and shone in all his glory upon the traveler, who soon found it too hot to walk with his cloak on.

As we journey through life, let's stay on a righteous path, shunning the chilling winds of hate and embracing the warm, comforting rays of love. And, let's teach our littlest spiritual beings about the simple, yet incredibly complex aspects of love. Here are a few children's book that can start that process.



#### **Love Is Limitless**

"I Love You to the Moon and Back" by Amelia Hepworth is a cute, rhyming board book. In it, a bear and a cub begin their day together with lots of fun and when evening comes, they snuggle together. The Every day the puppy returns, gets fed,

bear says, "So snuggle safely in my arms, our day is nearly done. I love you to the moon and stars, my precious little one."

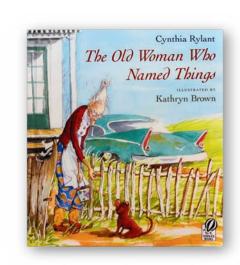
We can assume that this story is speaking of a parent's love for its child. However, the book can also apply to other kinds of strong, lasting love, expressed by the idea of reaching to the moon. What a beautiful, simple thought: Love is limitless; it has no

#### Love Finds a Way

In "While We Can't Hug (A Hedgehog and Tortoise Story)," a picture book, by Eoin McLaughlin and Polly Dunbar, Whichever of us can cause that traveler a hedgehog and tortoise are physically separated because of social distancing. A wise owl comes along and tells them that even though they can't hug, there are lots of other ways to show love.

Standing on opposite pages, the pair send signals, letters, dances, air kisses, songs, and so on across the empty space. So creative!

The ending, though, is what moves the reader: "They could not touch. They could not hug. But they both knew that they were



#### Love Is Worth the Risk

Cynthia Rylant is a story about a very old woman who has outlived all her friends and is afraid to love again. To compensate, she names her belongings, which will outlive her, and thinks of them as living

One day, a stray puppy appears, which she feeds, but sends away afterwards.

and then the woman sends it away. Time passes and the old woman now feeds the dog but doesn't claim it by naming the stray or by letting it stay.

Let's teach our

littlest spiritual

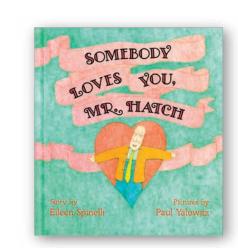
beings about

the simple, yet

aspects of love.

One day, the dog doesn't show up, and the woman eventually goes looking for it, only to find the dog in a pound. When a pound employee asks about its name, the woman must make a decision. She thinks about not only how fortunate she is to find the dog again but also how lucky she was to have had her friends although she outlived them all. She takes the dog, now named "Lucky," home with her.

The book encapsulates for children Hilary Stanton Zunin's quote: "The risk of love is loss, and the price of loss is grief-But the pain of grief is only a shadow when compared with the pain of never risking love."



#### **Love Begets Love**

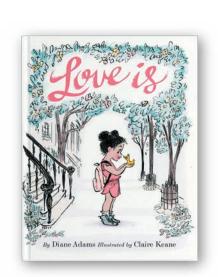
"Somebody Loves You, Mr. Hatch" by Eileen Spinelli features a man who is very detached from those around him. He follows quite a dull routine and is never really noticed. Things change when the mail carrier delivers a mysterious package with a big pink bow and a special note that says, "Somebody loves you."

This simple gift changes Mr. Hatch's outlook on life. Since he doesn't know who course, she has more to love. sent it to him, he starts to do good deeds for all. Mr. Hatch really blooms, as does loving and being loved back. the artwork, which changes from pale colors to bright, happy ones.

Weeks later, the mail carrier arrives with the news that the package was delivered to the wrong address. This upsets poor Mr. Hatch and he returns to his old ways as a recluse. However, Mr. Hatch has now become so much a part of the community was delivered by mistake, his friends and neighbors rally around him. They make a huge sign that says, "Everybody loves

that when it is disclosed that the package

The book illustrates beautifully the idea that how you present yourself to the world is how the world responds.



#### **Letting Go Does Not Mean Losing Love**

finds a duckling that has wandered away from the park onto the city streets; she takes it home to care for it. The baby duck requires constant attention and the adorable illustrations show her working hard to do just that. The one with the girl and duck are nose to nose is especially sweet.

Time passes and there comes a day when the pet duck has grown too big for the bathtub. The girl knows the duck is ready to go back to the pond, but is sad as she nudges it toward the water.

As time passes and the girl misses the duck, she visits the pond one day and the duck approaches her in a loving way—accompanied by its six ducklings. Now, of

This joyous book shows the b

*Linda Wiegenfeld is a retired teacher.* She can be reached for comments or suggestions at LWiegenfeld@aol.com. For other children's books on the same topic, visit the author's previous Epoch Times article "Children's Books About Wavs

In "Love Is" by Diane Adams, a little girl

Love Is Expressed."

## A Lion used to prowl about a field in which Four Oxen used to dwell. Many a time he tried to attack them; but whenever he came near they turned their tails to one another, so that whichever way he approached them he was met by the horns of one of them. At last, however, they fell a-quarrelling among themselves, and each went off to pasture alone in a separate corner of the field. Then the Lion attacked them one by one and soon made an end of all four. United we stand, divided we fall.

here are

many interest-

ing species

ranging in size from

living across a wide

range of regions and

small to enormous, and

habitats. Most owls are

nocturnal, though this

isn't the case for those

such as deserts and

tundra. However, the

mainly in woods.

that live in open country,

most common owls live

**ESCAPES!** 

Solution For Easy 1

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of owl in

America,

The 4 Oxen

by Aesop

and the Lion

# This Week in



# CANADA CHOOSES A FLAG

hough the country of Canada (the world's second-largest country in geographical area) was founded in 1867, it wasn't until Feb. 15, 1965, that the maple leaf flag became the official flag of Canada.

The maple leaf had long been a national symbol of the country and the red stripes were meant to represent the sacrifice of Canadians during World War I.





By Aidan Danza, age 14

FOR KIDS ONLY

THE EPOCH TIMES

WHY DIDN'T THE

OXEN

LAUGH AT THE

**FARMER'S FUNNY** 

**STORY?** 

Chi ku shi fu

吃苦是福

A CHINESE SAYING, MEANING

'EATING BITTERNESS IS GOOD FORTUNE."

#### **OWLS EASTERN AND WESTERN GREAT HORNED OWL** The great horned owl is one of the largest and most **SCREECH OWLS** common American owls. It is nocturnal, living in Like most owls, the screech owls are mostly nocturnal. woods, as well as in open country such as fields. There are two types—eastern and western screech owls— They are very opportunistic in their diet, eating and they are almost identical, varying only with calls, bill mostly medium-sized mammals and birds, such as color, and geographic location. rabbits and ducks. They will also eat smaller and Western screech owls live in the Rockies and West, while larger prey, including other hawks and owls, and eastern screech owls live east of the Rockies. They rodents as small as mice. Unlike the screech only ever come into contact with each other in owls, they nest in platform nests in parts of western Texas and Colorado. treetops, and will also use cliffs, barns, Both species are small, with large ear tufts. and deserted buildings. All westerns and many easterns are gray. while some eastern screech owls are actually **BARN OWL** red. They prefer to live in woods, but, if the conditions are right, both species will live in These birds live mostly in open suburbs, and the western screech owl areas, such as farmland, can occasionally be found in deserts, marshes, deserts, and ranches. They will nest in coasts, and mountains. Both species eed trees to nest in, and even then any cavity that appeals to ey will nest only in pre-drilled them, including natural tree cavities and nesting cavities, cliffs, barns, and nest boxes. They prefer to eat small rodents, such as mice, rats, and voles, occasionally eating small songbirds.

## Rediscovering the 7 ways to be more Wonder of Childhood childlike as an adult

#### **BARBARA DANZA**

When the world seems heavy and stressful, pausing to reflect on happy memories of childhood and the dreams and inspiration you carried in your youth can refresh your spirit. There are qualities we possess as chil-

dren that somehow get lost as we grow up. Play Children aren't worried about paying bills or meeting deadlines. They're not overly concerned about the judgment of others or failure. They're unendingly curious, creative, and playful. For these reasons and more, it's a joy for adults to spend time with children.

Of course, being childish is not the recommendation here. The inability to delay gratification and temper one's emotions and unwillingness to share are but a few of the childish tendencies well-functioning adults grow out of. However, becoming more childlike as an adult can have its benefits.

Imagine if you could recover some aspects of who you once were before you began to try to impress others, live up to the expectations of the world, or shield yourself from possible ridicule or blame. Here are seven ways to begin to do that.

#### **Vet Your Inputs**

Consider the content you're regularly con-

suming, and whether or not you'd share it with your own children or a young child you care about. If it's not good for them, might it also have a negative impact on you?

What we consume stays with us and influences us. Take care in choosing the content you allow into your life.

Adults can be so terribly busy. It's not long after the flame of childhood has been extinguished that the joy of play goes along with it. Make time to play once more. One person's

play may look different from that of another. You may like board games while someone else may prefer to paint, put together a car engine, or read a good book.

Whatever play looks like for you, do it. Make it a part of your life. Have some fun!

In childhood, everything is new. Life is a wonder—an exploration.

Face each day with that same sense of wonder you enjoyed in your childhood. Make time to explore new areas of your neighborhood, study a new topic, try new foods, or learn a new skill. Renew your sense of exploration and curiosity about the world and yourself. You may open your life up to new possibilities.

#### Laugh Out Loud

You may type "LOL" regularly, but when was the last time you truly laughed out loud? You know that kind of laugh where tears run down your face and your cheeks begin to hurt and you can hardly bring yourself

Call up that old friend (you know the one) who knows all of your old stories and is always ready to laugh. Put on your favorite comedian or watch an old sitcom that you have always found hysterical.

Look for the humor in life and enjoy the gift of laughter.

#### Be Silly

Adults can be so serious—enough of that. Be silly. Make up a silly song. Make silly faces with your kids. Play a fun, silly joke on your spouse. Tell a silly joke to your

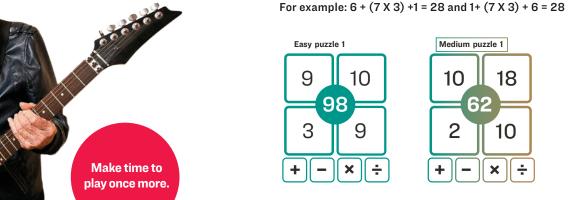
It's not uncommon for adults to consider themselves devoid of creativity, while most children believe themselves to be very creative. Let go of the notion that you lack in this area and get down to getting creative. Whatever you're drawn to do—go do it. Make something out of nothing.

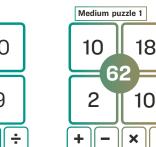
Look back at your childhood. How did you most like to spend your time? When left on your own, what did you think about? What questions about life did you ponder? If prayer was a part of your life, what did you say to God?

Allow yourself a quiet space and enough time to recall what your heart and mind were focused on as a child. What were your thoughts before the world imposed its expectations and influences upon you?

Remember who you were. You may find that's closer to who you







**USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS** 

Solution for Medium 1 81 - 01 × (2 - 01)

28 + 21 + 9 - 31

28

# (+, - 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.

2020 was the Year of the \_\_\_\_ (5) 2022 will be Year of the \_\_\_\_ (5) Eating tangerines bring good \_\_\_\_ (4)

'Houses of Heaven" (6) People will light these to celebrate the "Year of the Ox" (7)

The 12th zodiac animal (3) Lighthearted pranksters who have

## theability to achieve their dreams (6)

The 7th animal of the Chinese zodiac (5)

This festival will be on February 26th,

**7** This food represents prosperity (9)

12 In Chinese, these animals are called

for New Year is a tradition (4)

replaced with this animal (4)

13 Buying something made with this metal

14 In Japan and Tibet, the Year of the Pig is

15 The 6th animal of the Chinese zodiac (5)

Year celebration (7)

Have a party, say (9)

2021 and is the last festival of the New

Firecrackers scare away the evil ones (7)

This goes in "Hong Bao" (red envelopes)

Lóng, and look like snakes with legs (6)

18 Color that is a symbol of happiness (3)

17 The 8th zodiac animal follows the Year

Chinese New Year (8)

14 Gifts from the gods (9)

of the Horse (4)

19 Red container for money gifts on



THE EPOCH TIMES Week 6, 2021

# Truth and Tradition

## The Gift of Strength in a Challenging Time

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NEAL BOGOSIAN

Give the Gift of Truth and Tradition, at any time





# I urge everyone to financially support you to offset the demonetization efforts by YouTube. God bless!

In the overall state of media censorship and misinformation, The Epoch Times is a Godsend. My only sources for current events is The Epoch Times and your sister station NTD. Despite the big tech censorship from platforms like YouTube, I really enjoy watching your investigative presentations by Joshua Phillip as well as presentations by Roman Balmakov. Thank you for holding true to your motto, as it seems like Truth and Tradition are scarce commodities these days.

NICK MENDOZA

Because of the banning that Big Tech is doing to a lot of people, I would stay away from YouTube, Facebook, Twitter and some of the others. Go with free speech. I really like that you're on Censored.news. Keep up with the good work and the true facts.

MARGIE MCMILLAN

I truly admire your courage in reporting the truth about what is happening in the U.S. and our world, and your defiance of the big tech censors in reporting on issues that concern millions of us, including election fraud and abuse of power by big tech. I urge everyone to financially support you to offset the demonetization efforts by YouTube. God bless!

RICHARD C

I have heard that The Epoch
Times YouTube channel has been
demonetized. Consider developing
a channel for media devices like
Roku. I believe the quality of your
content will make this successful
and would allow you to sell
advertising with (potentially) less
censorship from tech companies.

GEOFF BARNARD

I just signed up and love your news. So wonderful to read truth, not the lies and spin of MSM [mainstream media]. I am sorry you were demonetized by YouTube. You are patriots!

JULIE WIRTEL

I was discouraged to hear that YouTube is now trying to shut you down. That makes me all the more determined to support you as an independent media voice. I'm from Canada and there is virtually no independent media voice here. We even have mail delivery people refusing to deliver The Epoch Times, as if they're are somehow empowered to censor what views can be disseminated. Please keep up the amazing work you all do.

BOB HULLEY

We saw one of The Epoch Times' ads on YouTube about four months ago and subscribed. You got us through the election informed and sane, with coverage of what was happening we could find nowhere else. I have shamelessly re-posted your articles on my blog, forwarded to others information for which your reporters have done all the spadework and talked at least 3 other people into subscribing. Your \$1 offer is so ridiculously reasonable we are sending a contribution for your full subscription price to cover the last 4 months (and to make up for the demonetization/censorship). You're worth it!

JESSICA RENSHAW

Hope you guys hang strong after demonetization by YouTube. Epoch Times is awesome and [I] enjoy getting updates throughout the day.

HOWARD STEIN

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