

# THE EPOCH TIMES

# LIFE &

# TRADITION

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Chris Norton walks down the aisle with his wife, Emily Summers, in Jupiter, Fla., on April 21, 2018.

## 7 Years for 7 Yards

Chris Norton, who was paralyzed after a football accident, on his journey through faith, marriage, and fostering

**LOUISE BEVAN**

Destined to lead with firm faith and determination, a Florida-based paralyzed man's love story has been turned into a documentary film, "7 Yards," guiding others to discover blessings and higher meanings amid life's hardships, without losing hope.

Nearly three years ago, Chris Norton walked steadily the precious seven yards down the aisle, arm-in-arm with his beloved soulmate, Emily Summers, leaving the 200-strong congregation in attendance in tears of joy.

Chris, once an aspiring athlete, was confined to a wheelchair after a college football accident left him paralyzed below the neck. He thought he'd never find love, let alone walk on his wedding day. Today, Chris, a full-time motivational speaker, and Emily, his beautiful wife and best friend, have adopted five and fostered 18 children from their home in Wellington, Florida.

Talking to The Epoch Times, the couple, both 28, shared how their love and faith helped them brave through life's challenges and raise their children right.

**The Life-Changing Blow**

Every single day, said Chris, "I have to choose faith over fear."

*Continued on Page 2*

## It Starts With the Basics: The Formula for the Best of Lives

**JEFF MINICK**

F. Washington Jarvis (1939–2018) was an Episcopalian priest who for 30 years served as the headmaster of Boston's Roxbury Latin School, the oldest school in continued existence in North America. Jarvis frequently delivered inspirational talks to the boys in his school, and 40 of these addresses were collected in "With Love and Prayers: A Headmaster Speaks to the Next Generation."

In one of these, "The Spiritual Dimension," Jarvis closes with these thoughts:

"I saw a snippet on public television in July about a summer camp that had these words written over its entrance—words that sum up my hopes and prayers for all of you, words that sum up everything I've been trying to say. The words are these: 'God first, others

second, myself last.' That is the formula for the best of lives."

God first, others second, myself last.

That seems a worthy and wise hierarchy of obligations, but we must ask ourselves two questions. First, do most Americans practice this formula? And if not, how might we ourselves revive this idea?

**Taking the Right Path**

In the past 50 years, church membership in America has fallen dramatically. A growing number of people proclaim themselves atheists while a much larger number declare they are "spiritual but not religious," as if to say, "Well, I believe something is out there, but that's about all I know."

*Continued on Page 5*

JOUKE VAN KEULEN/SHUTTERSTOCK



Giving our attention and time to others takes the focus off ourselves and diminishes our own difficulties.



# 7 Years for 7 Yards

Continued from Page 1

"I was an 18-year-old kid, grew up in a small town, went to play college football at Luther College in Northeast Iowa," Chris said, recalling the Oct. 16, 2010, game when he misjudged a tackle.

"I hit him at full speed, full force. But instead of hitting him with my shoulder, I collide with my head ... the next thing I know, I'm laying there face down, motionless."

Chris was airlifted to Mayo Clinic in Rochester, Minnesota. He had fractured his C3-C4 vertebrae and was given a 3 percent chance of regaining any feeling or movement below the neck.

"I started out with nothing," he said. "My parents and my sisters never left my side. I wouldn't be where I'm at today without them. There's plenty of nights where my dad or my mom, they would read from the Bible—I just couldn't sleep. I was just so restless and thinking about my future and so scared.

"I was hopeless, at times, but what gave me hope was knowing that I have God. He can take this mess and this challenge, this hardship, and He can turn it into good."

After months of hard work, Chris slowly started to regain a little bit of movement in his arms; he finally wiggled his toe on Thanksgiving morning. He returned to college as a sophomore in August 2011.

Today, he uses a wheelchair, but he can walk short distances with the assistance of one person and has enough dexterity to feed himself. He does physical therapy for up to six hours a day.

## Discovering True Love

Like any young man, Chris had always dreamed of having a wife and kids, but after his accident, he felt his hope had "crashed and burned." Yet over time, he cultivated a new sense of self-worth, and that's when he met Emily in 2013, three years after his injury.

"We agreed to meet in this public spot, but right by a hot dog stand," Chris said. "I was in awe of just how beautiful she was and just telling myself, 'Chris, don't blow it.' She just wanted to get to know me for who I was. Emily was that person who I felt so connected with—a special person with a big heart. She believes more in me than I believe in myself."

Emily calls Chris her best friend. Together, the couple nurtured an unbreakable bond and started working toward one of Chris's ambitions: He wanted to walk across the stage at college graduation.

"Chris actually proposed to me the day before," said Emily. "I was super nervous, but when we got up there, and he started taking a few steps, I just remember looking up and smiling at him."

The video of the incredible moment was viewed by millions. The couple felt com-



COURTESY OF SEAN BERRY/FOTOLANTHROPY



COURTESY OF CHRIS NORTON



COURTESY OF CHRIS NORTON

mitted to inspire hope in others by repeating the feat on their wedding day. At their outdoor ceremony on April 21, 2018, in Jupiter, Florida, the couple did just that.

"It was an incredible moment, incredible feeling. I've been working seven years to walk seven yards," said Chris. "I just knew that regardless of what happened, that was going to be OK. Even if I tripped and fell down the aisle, I still had Emily."

Emily said the biggest things that she loves about Chris are his determination and his work ethic. "He's always trying to get better. He is constantly doing everything in his power and putting in the work to just get the results he wants, trying to impact others and make the world a better place."

## Nurturing Faith and Hope

Bolstered by his ability to help other kids and adults, Chris started the Chris Norton Foundation in 2012 as a way to support people with neuromuscular disorders to gain access to recovery options. The foundation also runs an action-packed summer "wheelchair camp" for kids. The couple has also welcomed kids in need into their own home.

"We've fostered 18 children so far," said Chris. "They didn't choose this life, and same with me ... we can kind of relate. I believe it was chosen for them and for us to come together."

Emily shared that while mentoring in high school, she had met a girl named Whitley who was taken from an unsafe home environment and placed in foster care. At 17, Whitley left care and had nowhere to go. She called Emily and Chris, who were in their early 20s. The couple took Whitley in and eventually adopted her.

1. Norton became confined to a wheelchair after a college football accident left him paralyzed below the neck.

2. Chris Norton (R) with the members of his college football team.

3. Chris Norton and Emily Summers with their four adopted daughters and two foster sons.

"So Whitley is our oldest daughter, and she's literally the reason why we foster, why we've adopted. [I knew] this is what I want to do for the rest of my life," Emily said. "I want to help kids in these situations."

Together, Chris and Emily went on to adopt four biological sisters: Ava, 11; Lily, 10; Issy, 7; and Ariana, 4. They currently foster two boys, aged 6 and 2.

"We love being foster parents," Emily said. "It's just amazing to see what love and stability, and helping kids know that they're safe and special, and helping lead them to God, can do in their lives. I've seen God move in my life during hard moments and difficult times. It always amazes me just how He pulls you through, no matter what you go through."

Chris said: "I've shown the kids just through my own actions, that you have to keep moving forward with a positive attitude and just got to put your best foot forward. It's possible to move forward, despite hardships in life, and even use those hardships as a source of blessing."

Inspired by Chris's incredible journey, Fotolanthropy, a nonprofit dedicated to stories of hope, reached out, wanting to film a documentary, "7 Yards," Chris's life story, was released on Feb. 23 through Amazon Prime, Prime Video, and Apple TV.

Today, Chris, a beloved husband and a dotting father, thinks of his spinal cord injury as a blessing.

"It's led to inspiring other people, it's led to meeting Emily, led to fostering, even adopting, this film coming out, my motivational speaking; I'm thankful that it's happened because it's made me a better person," he said.

"Hardships can be utilized in a way that can make life that much more meaningful."



COURTESY OF SEAN BERRY/FOTOLANTHROPY

## Recognizing 3 Elements of True Learning

ANNIE HOLMQUIST

A smile came to my face as I drove past a school this morning. No longer was it a desolate ghost town; instead, I had to navigate a long line of cars and buses waiting to turn into the parking lot to drop children off.

While it's good to see kids going back to school, I can't help but wonder what type of things those little ones will learn as they sit in class. How can parents who faithfully bring their children to school recognize whether a child is being educated and working toward becoming a successful adult, or is simply being steadily propagandized instead?

This is a question every parent should ask to evaluate the kind of school their child is enrolled in, whether that be public, private, virtual, or home. Unfortunately, the concept of a "good education" is often distorted these days, so we have no clue what the signs of true learning are.

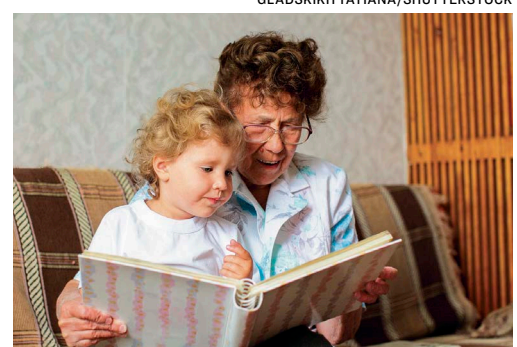
It's in this area that David Hicks's "Norms and Nobility" comes to the rescue. As classical education expert Martin Cothran says, Hicks's advice "won't go over well at your local teachers' college," but that is actually a point in its favor!

Here are three markers by which parents can evaluate whether their child is experiencing "true learning."

### Well-Mannered

Learning isn't measured in the number of degrees one has, Hicks explains, nor is it measured in the skills one has learned. Rather, "true learning is revealed in character."

Said character manifests itself in good manners, Hicks goes on to say. A student who is the product of true learning will know how to behave appropriately and correctly or is simply being steadily propagandized instead?



GLADSKIKH TATIANA/SHUTTERSTOCK

Praising children must be balanced with teaching them to be virtuous, else they risk becoming arrogant.

in the circumstances he encounters. He will exhibit patience and will be "good-humored," and "when good humor deserts the educated man, his good manners [will] sustain him."

Ask yourself: Is the education your child is receiving training him to be well-mannered? Can he delay gratification or put others first? If he is learning to make himself pre-eminent—his desires, his needs, his identity—then perhaps it's time for an educational adjustment.

### Avoiding Arrogance

"The educated man," Hicks writes, "is never aggressive in his behavior or arrogant in his mood: these are marks of an ignoramus, or of the modern student, with a talent for 'faking it.'"

Praise and recognition of a child's achievements are good and necessary things. However, they must be carefully balanced with training in virtue, otherwise, a child will become an unbearable know-it-all. A child who is the product of true learning will be confident in his abilities, recognizing those who helped him reach such levels, and not flaunting his knowledge and talents in boastful ways.

### Pursuing Truth

It's popular in today's world to blaze one's own trail and create one's own truth, a truth often based on feelings or emotions. This tack, however, is the opposite of true learning, for as Hicks writes, "True learning knows what is good, serves it above self, reproduces it, and recognizes that in knowledge lies this responsibility."

In essence, true learning trains children not only to know truth, but to put it into practice in their daily lives and their interactions with others.

Time away from our regular mode of education gives us all a chance to step back and view the schools our children attend with fresh eyes. Does the education they offer put your child on the path of true learning, or does it leave much to be desired? If the latter, will we overlook it and go with the flow out of convenience, or will we make the sacrifices required to ensure our children grow up to be well-rounded, well-educated adults who become life-long learners?

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

## DEAR JUNE

On Family and Relationships



## Dealing With a Passive-Aggressive Husband

Dear June,

I need your help on how to feel loving to my passive-aggressive husband. He frequently criticizes me, calls me negative [things], and complains about being underappreciated. He then denies he's doing these things. When I put a new shrub or flowers in our yard, he will water the grass around it but avoid watering the plant I just put in. This seems crazy to me and makes me want to get out of the marriage and quit wasting my life with someone like this.

Can you advise me?

Kim, Alabama

→ Dear Kim,

This sounds frustrating and challenging, and indeed something needs to change. But don't give up hope yet, as this kind of dynamic can be transformed.

As a woman, you probably have much more power than you realize to bring about this transformation. And your kindness, gentleness, and respect for your husband will be key.

I recently heard a true story, from a country with different moral norms, in which a husband had brought his mistress home to live with his wife and four children. The wife was of course very distraught by this and sought advice from someone she trusted. She was told to dress a bit better and to be kind and respectful to both husband and mistress (I know this seems like crazy advice to many). But this woman followed the advice, and eventually, both the husband and mistress realized they were wrong. The latter ended their relationship and the mistress voluntarily moved out.

I tell this story not to suggest that anyone condone infidelity, which can be a reason to end a marriage, but because it shows the magnificent power of kindness and respect.

So if your husband is telling you that he doesn't feel appreciated, then this would be a very good place to start. It sounds like it may be very hard for you to feel appreciative of him at this time given his behavior, but there must be something to appreciate. If there is nothing you can find currently, then perhaps you can think back to what first attracted you to him. What qualities did you appreciate then? Are they still in evidence in any way?

The marriage guidebook "Fascinating Womanhood" by Helen Andelin says that if a wife doesn't appreciate her husband, this can make a man difficult to live with: "Suppose a man is so obnoxious that his own children run from him. He picks arguments, habitually disagrees with you, and in other ways makes life difficult. It's almost as though he's taking revenge for some mysterious reason you don't understand. Look beneath the surface. He



PUBLIC DOMAIN

Women can set the tone in their relationships through patience, kindness, and respect for their husbands. "On the Threshold (of a Proposal)," 1900, by Edmund Leighton.

may be a man of high caliber who hasn't been appreciated for his full worth. This can infuriate him. He appreciates himself, but why can't others? When a man of quality, with a good self-image, is not fully appreciated by his wife, he can become difficult to live with."

I think most of us ladies were never taught to properly appreciate, respect, and admire the men in our lives. It seems that the pendulum of culture has swung to a place where it is expected that men appreciate, respect, and admire us, or else they aren't seen as good husbands, but there is no longer such a standard for women. In fact, some don't see it as wrong to criticize their husbands on an ongoing basis, even openly in front of children and in public. This is very damaging to men and relationships.

Although admiration is all important to a man, it isn't something he can get for himself. It must be given to him by those who respect and love him.

Helen Andelin, author, "Fascinating Womanhood"

So you may be unknowingly hurting your husband, and while he clearly isn't communicating in a very gentlemanly or direct way, I would set this aside and reflect on whether something you are doing is bringing out this side of him. I do recommend reading "Fascinating Womanhood" for more insight, as it includes an eye-opening list of many ways women sabotage our relationships with men.

Also, it might be helpful to reflect on your respective family lives because negative patterns you noticed in your parents or in his are likely to play out between you. Sometimes even destructive patterns feel natural to us if we grew up with them, and we may not even realize we are harming another person. This could be why he denies he's hurting you—he may really not be able to see it as a problem if this is how he was brought up.

Know Your Strengths and Let Yin Balance Yang In traditional Chinese thought, yin and yang were seen as opposite

wife who is critical, nagging, contentious, or irritable. This is all to say that it is incumbent on women to set the tone in a relationship. Practically speaking, this means that we need a great deal of patience, the ability to read between the lines, and the willingness to try to understand what he is communicating. We do this naturally with children because we are clear that they aren't going to be able to express their emotional and physical needs verbally to us, but due to cultural shifts, we've stopped doing this for the men in our lives.

As a woman, you probably have much more power than you realize to bring about this transformation. And your kindness, gentleness, and respect for your husband will be key.

### Admiration and Love

"Fascinating Womanhood" also emphasizes the importance of wives showing admiration (which is a bit different from appreciation) for their husbands because men need admiration in the same way that women need love.

"Deep in his heart, every man longs for admiration of his manliness—his masculine skills, abilities, achievements, ideas, dreams, and manly body. He hungers for it as for bread. Just as you need love, he needs admiration. In fact, the center of a woman's happiness in marriage is to be loved—but the center of a man's is to be admired," the book states.

"Although admiration is all-important to a man, it isn't something he can get for himself. It must be given to him by those who respect and love him. He likes receiving it from any and every source, but especially from the woman he loves. The woman who can pass over his human frailties and discover things to genuinely admire, things which others fail to notice or appreciate, is a woman to be treasured. It is such a woman who wins his deepest and most tender affection. As she gives him admiration, he returns love."

So perhaps the next time your husband waters the lawn but not your plants, thank him for taking care of this task; or tell him how beautiful the yard looks under his care and how much you appreciate his attention to your home. Then as you water the plant yourself, imagine you are pouring love into his (and your) wounded hearts so that they can heal.

As to whether to leave a marriage, the standard reason in times past was either repeated and unrepentant infidelity or a man's refusal to support his family despite being able to. There is a lot of gray area though, and especially if children are involved, their needs must be considered and physical separation may be best while issues are sorted out.

I hope for you that it's the case that you have married a man of high caliber, who perhaps has never been given the benefit of receiving true kindness or appreciation for his accomplishments.

We all have one or two people close to us with whom, although we love them dearly, we have difficult relationships to manage, and yet because of this, they teach us to be better than we currently are.

Sincerely,  
June

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.



# How a Blind Man Survived the 9/11 World Trade Center Attack

## Lessons about calm, confidence, and teamwork

ANDREW THOMAS

Michael Hingson has been blind his entire life but is a prime example of someone who isn't defined or hindered by his inability to see. His confidence and the lessons he learned from his first guide dog would help him excel professionally—and even survive a terrorist attack on 9/11. Hingson, 70, who lives in Victorville, California, was born two months premature. The pure oxygen environment in his incubator damaged his retinas, leaving him blind. His parents discovered he was blind when he was four months old. A local doctor suggested that they send him to a specialized school and said he would never achieve anything. But his parents were loving, supportive, and expected their son to follow his passions. "My parents raised me believing that I could make my own choices and do whatever I wanted to do," Hingson said.

### Childhood

Hingson grew up like many typical kids. When he was young, he walked the streets of Chicago with his brothers and cousins, and once he and his family moved to Palmdale, California, at age 5, he rode a bike around his neighborhood. He went to public school, and participated in regular and advanced classes with sighted students. Hingson was also an Eagle Scout, and attended the University of California-Irvine.

"I just really didn't even think about not being able to see. It just wasn't part of what was an issue for me. I never viewed it as a limitation. I did what I could do and felt very comfortable in my own skin, so I grew up believing that I could do whatever I chose," Hingson said.

Hingson said we live in a world that seems to be constructed around eyesight, but the problem is that sighted people don't see the value of their other senses and don't exercise them to their full ability.

"Blindness isn't the problem. It's the low expectations, the misunderstanding, and a lack of education that people have about blindness," Hingson said.

### Confidence and Teamwork

Hingson received his first guide dog, a 64-pound golden retriever named Squire, when he was 14 years old. He worked with Squire all the way through college, and the relationship they had taught him critical lessons that he carried with him even after Squire tragically died. Most importantly, Hingson learned how to build, and function in, a team.

The confidence instilled at an early age from his parents and the teamwork skills he learned from working with Squire helped Hingson thrive in his professional life and sales career. They also helped him survive on one of the most infamous days in modern American history.



COURTESY OF MICHAEL HINGSON

Michael Hingson with his guide dog Roselle.

"I just really didn't even think about not being able to see. It just wasn't part of what was an issue for me. I never viewed it as a limitation."

Michael Hingson

### September 11, 2001

On the morning of Sept. 11, 2001, Hingson and his guide dog Roselle headed to work at the World Trade Center in Manhattan from their home in New Jersey. He had planned to get there early, but there had been a delay on the New Jersey Transit.

When they arrived, they went to the 78th floor, where he and his colleague David Frank prepared a sales seminar that they planned to give throughout the course of the day. After they set up their projector and other equipment, Hingson was reaching for a letterhead when he felt the building lurch and heard a muffled explosion. Then, the building began to lean toward the other tower. At first, nobody was aware that an airplane had crashed into the tower.

Hingson had spent a great deal of time learning about the layout of the building and the evacuation procedures.

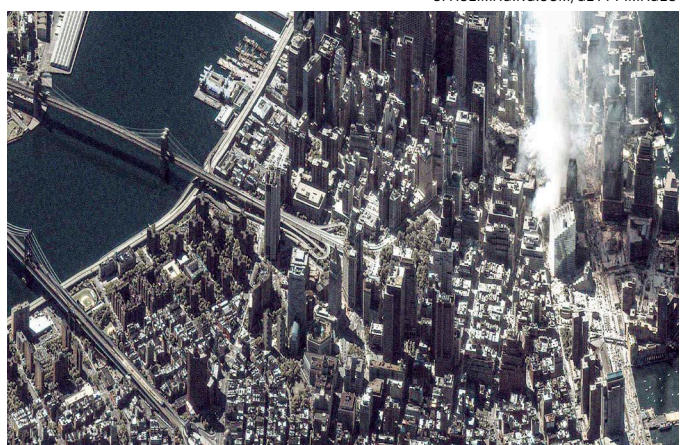
"Lessons learned from flying on a lot of airplanes: Know as much as you can," Hingson said.

Hingson had mentally prepared for an emergency at the World Trade Center, and that morning, his evacuation plan went into action. When the building corrected itself and was vertical again, Roselle came out from under his desk. He took the dog's leash and commanded it to heel. At that point, the building dropped about six feet.

His colleague David Frank looked out the window and saw the fire, smoke, and falling debris. Frightened and panicked, he began describing what was happening to Hingson. Frank urged them to flee the building immediately. Hingson told him to slow down.

"He finally used the big line: 'Mike, you don't understand. You can't see it.' Well, the problem wasn't what I wasn't seeing, it was what David wasn't seeing," Hingson said.

Roselle, who was sitting next to Hingson, seemed unaffected by the chaos. The dog



SPACEIMAGING.COM/GETTY IMAGES

was wagging its tail, yawning, and seemingly wondering why it had been awoken from its slumber. Roselle wasn't giving him any indication of fear, which conveyed to Hingson that the danger wasn't imminent enough to not try to evacuate in a calm and orderly fashion.

Hingson eventually got Frank's attention and focus, and they began to escort others to the stairwell. Survivors from the floors above passed them on the way down, some of them severely burned. Hingson just kept praising and encouraging Roselle because he wanted to keep his dog focused on the task at hand. Frank began to panic again. Hingson told him that if he and Roselle could escape, so could he.

Frank regained his focus, and walking ahead a floor below Hingson, began shouting out what he saw, which gave other people something to focus on and pay attention to, so they could keep calm on the way down. When they finally reached the lobby, they found themselves in ankle-deep water. Once outside, they began walking north. That's when they saw that the second tower was ablaze.

They took shelter in a subway station, and when they emerged, they found that Tower 2 had collapsed. Shortly after Tower 1 collapsed, Hingson was able to reach his wife on the phone and learn about the terrorist hijackings.

Looking back, Hingson realized how his relationship with Roselle, his skills, and his ability to observe all came together to help him and his colleagues survive that tragic morning.

"It strengthened the relationship. It validated the relationship, and it validated all the different things that I had learned that led up to that day and that emergency," Hingson said.

Hingson has continued his career in sales and has traveled around the country and the world to speak about his experience on Sept. 11, 2001. He talks about the importance of teamwork, leadership, and trust, all of which helped him and Roselle survive that day.

Hingson has also recently launched a program called Blinded by Fear. By developing a method to teach the techniques and mindset that helped him survive on 9/11, he wants people to learn how to control and manage their fears, and to use fear as a motivator instead of a hindrance. "People are more resilient than they give themselves credit for," he said.

This image captured by a satellite on Sept. 12, 2001, shows an area of white dust and smoke where the towers of the World Trade Center once stood in New York City.

# Getting Through the Pandemic Stronger

## Suicide prevention advocate Dennis Gillan on post-traumatic growth and the value of relationships

CATHERINE YANG

In late 2019, Dennis Gillan gave a TEDx talk about the loneliness epidemic, and right before February 2020, it was published online.

"It was so bizarre," said Gillan, a public speaker, suicide prevention advocate, and executive director of the Half A Sorrow Foundation, as in the Swedish proverb he likes to share: "A shared joy is a double joy, shared sorrow is half a sorrow."

In January 2020, Gillan was looking at a busy year with speaking engagements around the country in places he'd always wanted to go. The talk he gives is a difficult one: He is one of three brothers, and two of them committed suicide. Since then, he's done what he can to try to prevent anyone else from ever having to experience what Gillan felt himself.

"It's a brutal talk, talking about my brothers, but I love it because, afterward, people come up and I feel like I'm fulfilling my purpose in life and turning my misery into a mission," Gillan said.

And then the pandemic hit. All his work stopped and people started putting plans on hold, wondering what to do next. Suddenly, many faced loneliness.

### The Work Is Worth It

Gillan gave several tips in his talk on preventing loneliness, and after pandemic-related shutdowns were ordered, he took a look at his list and realized people couldn't put most of them into action anymore because of social distancing.

"I'm trying to find COVID-friendly activities myself," Gillan said. Previously, he had set up a good system of regular get-togethers with friends, including weekly breakfasts with a group of men from his apartment building. They've tried to keep it up, sitting several feet apart and all wearing masks as they nurse coffee cups that keep their hands warm.

There were a few weeks when the local numbers were bad that they stopped meeting, but they could feel the toll it took on their mental and emotional well-being. So they get socially distanced coffee, outdoors when possible.

"It takes a little extra work, but you've got to find those COVID-friendly activities," Gillan said, recommending something outdoors. "The benefit of being outside in the sunlight is you get vitamin D."

"One of the activities that came up is tennis; I can play tennis because the person is on the other side of the net, far away, but we still talk, and we're exercising, which is really good for your mental health," he said. Their local tennis center is now fully booked, and the local bike repair shop has his hands full with work. "I see tons of guys on bicycles near my house."

"It takes a little extra work, and you may have to take up an activity that you're not really good at. You may have to ride a bike even though you haven't ridden one in years," he

said. But the trade-off is worth it because the difference for some people's mental health can be like night and day.

His wife works from home, but she makes up a commute. "She goes out the side door of the house, 'I'll be right back,' she goes around the house and comes in the front door and goes, 'Honey, I'm home,'" he said. She also takes the dog out for a walk at the end of every day.

Many parents have seen their children wither away during quarantine with distance learning, and there have been districts pushing to open schools primarily because of it. Gillan says you'll have to pull the parent card and get the kids outside. ("Listen, I'm dropping you off at the tennis center whether you like it or not.")

"If you don't, as a parent, they will sit there on the iPad all day. It's the path of least resistance," he said.

The other day, as he was standing in his backyard, Gillan saw his neighbors' children jumping on their trampoline. They had soccer jerseys on and said they'd signed up.

"You liking it?" Gillan asked them. "Not really," they answered. He found it funnier than the kids did, but the kids need parents to take the reins here, he said.

Gillan and his wife have had to find creative ways to stave off isolation during the pandemic, too.

"We have backyard meetings with our neighbors, we have a fence, a chain-link fence, we stay on our side, they stay on their side, and we just chat. We just make time to talk across the fence," he said. It's a hassle, but once you do it and feel the benefits, it's worth it, he explained. For many people, it's become more obvious than ever that sustaining relationships take work, but it's also shown how valuable relationships are.

"My wife marvels at the fact that I still stay in touch with kids from grade school. There's



BRIAN A. JACKSON / SHUTTERSTOCK  
Making the effort to stay connected with friends and loved ones is well worth it, especially through isolating times.



COURTESY OF HALF A SORROW FOUNDATION

Dennis Gillan is a public speaker, suicide prevention advocate, and the executive director of Half A Sorrow Foundation.

"The whole pandemic has got us into a really good position to talk about mental health as a whole."

Dennis Gillan

five or six guys that I went to Catholic school with in New York," he said. "It's work, but it's absolutely worth it, in the end."

That includes those friends who never call you. Everyone has them, Gillan said, where if you don't call them, you don't talk. He was complaining about it recently, and another friend of his said, "Well, Dennis, that's your role."

"You have to be the catalyst, you have to be the change you want to see. If you enjoy talking to people, you have to dial the phone. There's four or five guys that if I don't call, we don't talk, but if I get over my little ego and I call them, we have a great conversation. And that's my role, it's my job, and I don't mind because I value those relationships," he said.

"I had Zoom meetings with college friends of mine, we weren't seeing each other even before COVID," he said. It was more than a dozen people, whom he'd met in 1981. "At the end of the Zoom meeting, someone says, 'Why weren't we doing this before?'"

Social media has been an absolute lifeline for some people during this pandemic, Gillan said, even his 85-year-old mother has started using it. But social media is also something we all know needs to be used with moderation, he added.

"Like everything in life, there's a limit, and I don't want us to come out of this pandemic and that becomes our way of being connected. I still think we need belly to belly, eye to eye," he said. If the pandemic abates and people still don't come out of their houses, he said, then that's a different story.

### Post-Traumatic Growth

The pandemic might have brought trauma, but Gillan is trying to respond to it by writing a positive narrative for himself, not a negative one.

"There's this thing called post-traumatic growth," Gillan said, that's experienced by people who've gone through ordeals most of us can't imagine, and who aren't only still standing in the aftermath but still helping others, leaving the rest of us wondering: "How do you do it?"

There are several positive responses to trauma that are indicators of post-traumatic growth, including a renewed or increased appreciation for life, finding new opportunities, personal strength, relationships with others, and spiritual change. Gillan says he's felt many of these himself, such as how the extra work in keeping up with his relationships made him appreciate them even more, and how picking up a new activity is looked at as an opportunity. There are lasting benefits to such growth.

"If I lived through this, I can live through anything," he said. "In 2025, if the stock market tanks or whatever, people will say, you know what, I survived 2020, I can survive this."

These events also prompt spiritual questioning, causing an opportunity for spiritual growth. "There's got to be a purpose in my life. Some healthy questions, too: Why am I here? Why am I on this third rock from the sun?"

As a suicide prevention advocate, Gillan has a couple of numbers he keeps track of. From 2018 to 2019, the annual number of suicides actually went down. The 2020 numbers aren't compiled yet, and locally there was some chatter that didn't sound good by the end of the year, but Gillan is holding out hope.

"Maybe people will see that post-traumatic growth, maybe that will happen," he said. If anything, 2020 has also become a year in which everyone's become better versed in talking about mental health, he noticed.

"The whole pandemic has got us into a really good position to talk about mental health as a whole," he said. "2020 got us to this mental health tipping point, where it's OK to talk about it now."

"I just want people to know, we will get through this. And what we look like on the other side, I don't know. I don't have that crystal ball, but I do think we will be stronger because of it. I don't want people to punch out because of this pandemic. We need you here. It will make us stronger. Let it do its work on us; our society will come out, give it time."

# It Starts With the Basics: The Formula for the Best of Lives

Continued from Page 1

No sane person would put such a vague belief first in life.

But there is a way to make this formula work for all of us, whatever our views of religion. We can commit ourselves to a code of honor and integrity that acts as a compass in our daily lives, guiding us in our decision-making and our treatment of others. We might, for example, make the traditional virtues along with truth, goodness, and beauty—what some call the transcendentals—the North Star for all our judgments, thereby maintaining Jarvis's prescription.

**In our 'age of the selfie,' putting ourselves last may seem a concept as antiquated as spats or movie newsreels.**

Some among us, perhaps most of us, sometimes fail to live up to such principles. The movie star who flies by private jet halfway around the world to a conference on climate change, the politician who promises voters to work for change, but then falls into lockstep with his colleagues after the election, the young woman who watches her college friend getting ripped up on social media for a misspoken word and is too frightened to defend her: our press reports all the time on such people.

Like them, we too may fail at times to honor

our code, but if we possess such a guiding light, these are but missteps, and we can find our way once again to the right path.

### Giving of Ourselves

Many of us routinely place others ahead of ourselves. We care for children or aging parents, we give up our seats in church to the pregnant woman standing by the wall, we donate some of our hard-earned cash to a charity, or spend an evening a week serving a meal in a homeless shelter.

But surely this part of Jarvis's formula includes the Golden Rule—"Do unto others as you would have them do unto you"—and here we often fail miserably. A plumber cheats a man whose water pipes have frozen, charging him far more than the usual rate. A teenage girl confides to a friend that she's pregnant, and soon that friend is sharing that news with others. A father promises his son he'll come to his next ball game, but once again reneges and plays golf with his boss.

These days, some of the worst of those who break the Golden Rule belong to the cancel culture mob, those who through social media viciously attack strangers for cultural misappropriation, for having the wrong political opinions, or for simply posting a

thoughtless and innocent remark on Facebook. No Golden Rule in this ugly arena.

Putting others ahead of our wants and desires involves more than helping an elderly lady across the street or taking some herbal tea to a sick neighbor. It means treating family, friends, and strangers with the dignity and charity we ask for ourselves.

to others, we can tear down the walls of that dungeon. By helping others, we help ourselves. Often I've found that focusing on another's problems—a grandchild's tears over a math lesson, a friend's struggles with finances—diminishes my own difficulties and anxieties.

### The Hierarchy of Harmony

Jarvis's formula for the best life has a long history. Confucius, Plato, St. Paul, Thomas Aquinas: these thinkers and many more devoted themselves to finding the order of human obligations, desires, and loyalties that would bring practitioners peace and satisfaction, and many of them came to the same conclusion as Jarvis. When we abide by this hierarchy, we live harmonious lives. When that order breaks down, when we turn it on its head, we find ourselves in a mess of misplaced responsibilities and unintended consequences, often bringing grief and pain to others as well as to ourselves.

In his "Overture" to "12 Rules for Life," Jordan Peterson writes, "If we each live properly, we will collectively flourish."

In other words, right order equals right living. The equation is as simple and as complicated as that.

*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 Ashesville, 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](http://JeffMinick.com) to follow his blog.*



JOHN FREDRICKS/THE EPOCH TIMES

Michael Hingson at his home in Victorville, Calif., on Feb. 4, 2021.



## TIMELESS WISDOM

# Better Than Gold

JOSHUA CHARLES

There are few things our world needs more right now than wisdom. But what is it exactly? Let me begin by observing that we humans can “know” things on three different levels.

The first and lowest level is mere data, consisting of isolated facts, figures, dates, people, and observations. This is the lowest form of “knowing.”

The second level is knowledge, which organizes and systematizes the data we perceive such that we understand their cause and end.

The third and highest level is wisdom. Great minds throughout history have given different but, I would argue, mutually compatible definitions of wisdom.

Let’s begin with Socrates. In the “Apology” of Plato, his student, we are told that Socrates’s friend Chaerephon inquired of the oracle at Delphi whether there was any man wiser than Socrates. The oracle said there wasn’t. Socrates was puzzled by this, and after pondering the oracle’s answer concluded that what it meant was “This man among you, mortals, is wisest who, like Socrates, understands that his wisdom is worthless.” From Socrates, therefore, we see that wisdom involves a sense of one’s own limitations, a sense of humility.

In his “Nicomachean Ethics,” Plato’s student, Aristotle, distinguished between two types of wisdom: theoretical and practical. Theoretical wisdom essentially amounted to a deep knowledge and understanding of a particular subject. Practical wisdom, on the other hand, was knowledge of how to live well, for according to Aristotle, “It is evident that it is impossible to be practically wise without being good.” Thus, for Aristotle, wisdom was both deep knowledge and living a virtuous life.

Xunzi, a Chinese philosopher who lived just after Aristotle, affirmed that the wise man is he who first orders himself and from there orders his surroundings—his family, workplace, or if he is a ruler, the state.

“For the gentleman’s cultivation of his heart,” he declared, “nothing is better than integrity.”

With this personal integrity, the wise man could then adapt to the world around him. “If you are well-ordered, then you will become enlightened. When you are enlightened, then you can adapt to things.



To transform and adapt in succession is called Heavenly virtue.”

We thus see that Xunzi believed that the “Heavenly virtue” of wisdom included the ability to adapt to the world around us.

Likewise, some of the books in the Bible are almost exclusively focused on wisdom. For example, King Solomon identified God as the ultimate source of wisdom. In the words of St. Thomas Aquinas, who himself was quoting Aristotle, “It belongs to wisdom to consider the highest cause,” which St. Thomas identified with God, who providentially orders all things.

And as wisdom is ultimately identified with God, the Bible is full of advice to listen to those in authority over us, the wise, and the experienced. Its wisdom books also insist that to be wise, we must also listen to criticism, and accept rebuke from the wise. Scripture likewise affirms what was said by Aristotle, Xunzi, and many others, namely that being wise means living virtuously.

Thus, wisdom far exceeds data and knowledge in multiple ways.

First, while data and knowledge can be oriented around a variety of lower causes (beauty in art, design in engineering, law in jurisprudence, etc.), wisdom is ultimately oriented to the highest cause, namely God. As such, it applies to and orients everything else in life, for life proceeds from God.

Second, wisdom requires humility, and a willingness to accept advice and even rebuke—neither of which are necessary to acquire data or knowledge.

Third, wisdom is intrinsically connected to virtue, and thus not just what we think about life, but how we live it. Data and knowledge can remain abstractions in the mind. But wisdom must necessarily become incarnate. It’s a state of being. It sees beyond the horizon and understands that which data and knowledge can never fully grasp, but only describe.

Finally, wisdom must be animated by

“School of Athens”  
by Raphael.

**Wisdom must necessarily become incarnate. It is a state of being. It sees beyond the horizon, and understands that which data and knowledge can never fully grasp, but only describe.**

love—of learning, of life, of human beings, and ultimately of God. Many people have accurate data and knowledge in their heads, but if they lack wisdom, they are liable to misuse it because they are not anchored by love of anything greater than themselves, for as St. Paul observed, “Knowledge” puffs up, but love builds up.” Possessing data and knowledge can, and often does lead to arrogance. Possessing wisdom leads to the opposite.

While this isn’t an exhaustive treatment of wisdom, it gives us enough to broadly identify what characterizes a wise person according to many great minds throughout history. To be a wise person, one must—at a minimum—be someone who:

1. Fears and respects God;
2. Humbly acknowledges their imperfections and limitations;
3. Listens to the correction and counsel of authorities, elders, and those with more experience; and
4. Adapts all this toward the purpose of living a virtuous life.

These are the four principles underlying the Timeless Wisdom column, whose purpose is to bring the wisdom of great minds throughout the world and human history to bear on modern life—even if, or perhaps especially when, it contradicts our own views and assumptions.

The reason is simple, and was perfectly articulated 3,000 years ago by King Solomon: “Happy is the man who finds wisdom, and the man who gets understanding, for the gain from it is better than gain from silver and its profit better than gold.”

*Joshua Charles is a former White House speechwriter for Vice President Mike Pence, No. 1 New York Times bestselling author, historian, columnist, writer/ghostwriter, and public speaker. Follow him on Twitter @JoshuaTCharles or see JoshuaTCharles.com*

free market system, American citizens would be storming the gates of nations throughout Central and South America rather than vice versa.

Seek and demand the truth. Educate yourself. Take responsibility. Lift your head. Be free.

—John Alexander, Washington

Dear next generation,

I have told my son since he was small, “What are the five most important words you can tell someone?”

“How can I help you?”

He is 29 years old and has never forgotten that.

I believe if more younger people thought that way, especially to older citizens, things wouldn’t be as bad as they are now!

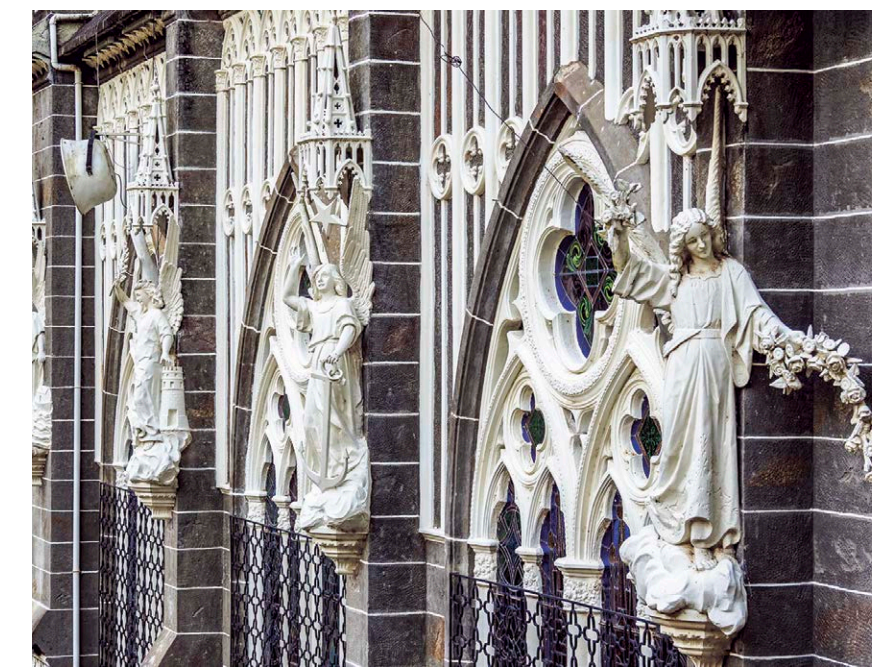
—Peter Moale, California

**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 mail it to:

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



(Above) On the church exterior, celestial beings greet visitors. (Left) Colombia’s spectacular National Shrine Basilica of Our Lady of Las Lajas rises 330 feet from a canyon.



(Left) The carvings and sculptures all glorify God. (Right) The mysterious mural of the Virgin Mary with Christ (C), St. Dominic (L), and St. Francis is still revered in Las Lajas Shrine today. It’s not known who created the picture, and German geologists who tested the rock discovered that the images are not painted but that the color permeates several feet of the rock itself.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

## Colombia’s Astonishing Las Lajas Shrine

It is 1754. A violent storm erupts over Ipiales in south Colombia, just seven miles shy of Ecuador. Amerindian Maria Meneses de Quiñones and her deaf-mute daughter Rosa frantically search for shelter, having been caught out in a canyon. Finding a suitable space, the two huddle together between two “laja,” two slabs of flat rock similar to shale or slate.

Suddenly, Rosa points to the wall and

shouts, “The Mestiza is calling me.” She’d seen a vision of the Virgin Mary and was pointing to her image.

The mother and daughter told no one of the Virgin Mary’s appearance or Rosa’s miraculous recovery.

When Rosa died, Maria went to the site where her daughter had seen the Virgin Mary and prayed. Then came an astounding miracle: The Virgin Mary brought Rosa back to life.

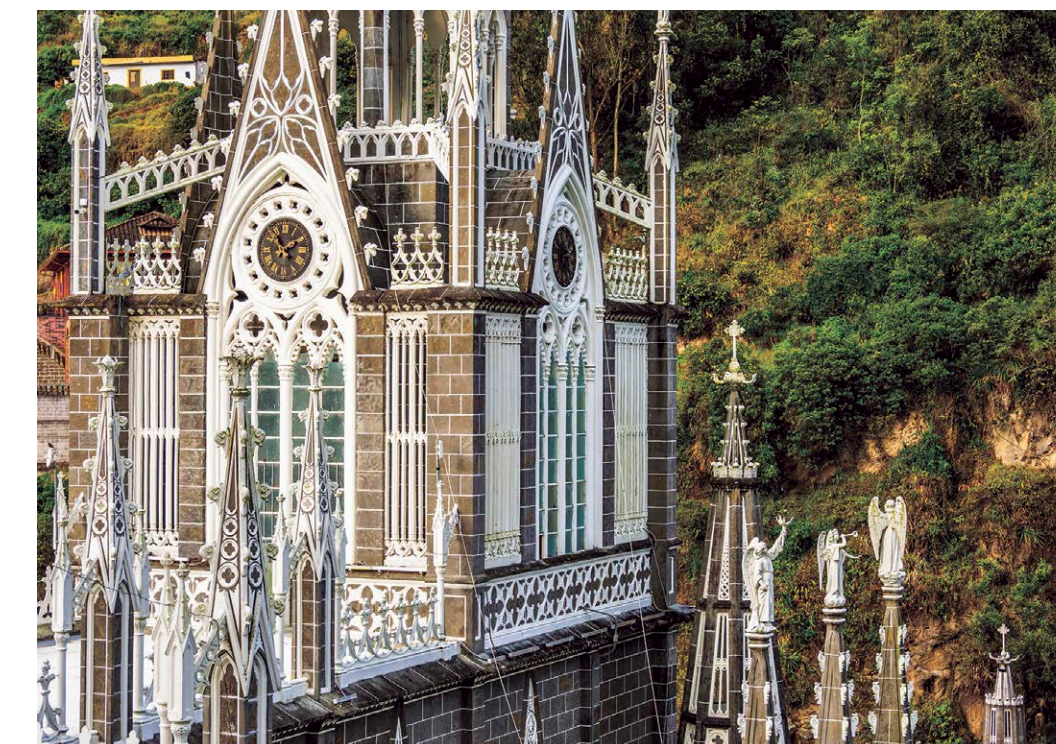
Rosa and Maria couldn’t keep that a secret. When Maria went back to the site of the miracle to show others, she noticed, for the first time, a beautiful picture of the Virgin Mary holding Christ in her arms.

The Holy Mother and Child are flanked by St. Dominic and St. Francis. To this day, the origin of the image is unknown.

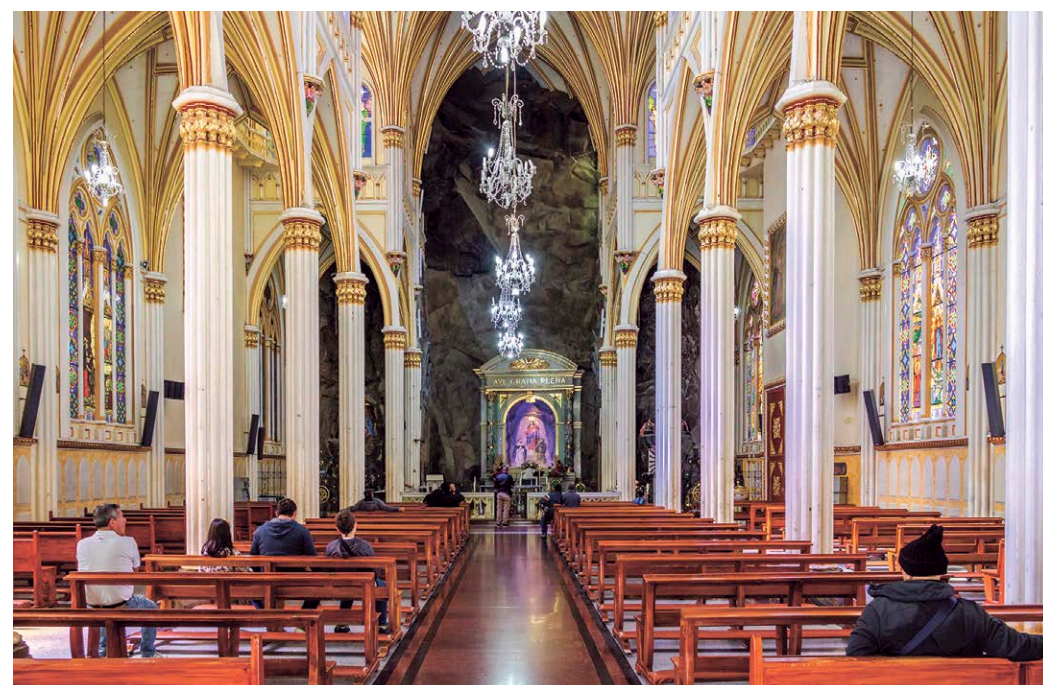
From around 1756, a shrine has marked the spot where these miracles took place. The first shrine was said to have been made

of straw and wood. In 1802, a larger shrine was built in its place. The Gothic-style shrine we see today—rising 330 feet from the canyon floor—was built over time, between 1916 and 1949.

In 1994, the Vatican named the shrine a minor basilica. Pilgrims visiting the National Shrine Basilica of Our Lady of Las Lajas, commonly known as Las Lajas Shrine, pay their respects and perhaps hope for a miracle.



(Left) An angel faithfully looks up to heaven. (Middle) Angelic music greets visitors on the bridge to Las Lajas Shrine. (Right) Some consider the church to be among the world’s most beautiful. (Bottom left) The nave of Las Lajas Shrine. (Bottom right) The Gothic style Las Lajas Shrine.



DEAR NEXT GENERATION:

## ‘Seek and Demand the Truth’

→ Advice from our readers to our young people

Dear next generation,

Several years ago, I caught a flight out of California to attend a funeral back east. During the final leg of my trip, I pulled out a business magazine I had purchased during a layover. An article featuring advice from several leading business giants caught my eye—especially one story in particular. The author was interviewing a CEO of a major global firm and asked him to share any insight gained through his years of experience.

The executive shared a story of a time when he and his family were vacationing in India where they had an opportunity to travel on a guided safari, riding large pachyderms across the landscape. At predetermined points of interest along the route, the group would stop and dismount as their guide prepared to secure each elephant.

He began by driving a steel stake about one foot deep into the ground with a small but weighty hammer and repeated this task in front of each animal. Next, he walked down the line and took the leader rope of each elephant and quickly hitched it around the stake in front of them. The executive became intrigued as he observed the guide’s method of securing each of these majestic

In our current time, we have gone from the Information Age to the Age of Misinformation.

beasts. He asked the guide what kept an elephant from simply raising its head and pulling the stake out of the ground and setting itself free. Surely, a small stake only one foot deep couldn’t adequately hold such a large animal in place against its own will. “You are right,” said the guide, “the elephant can easily lift up his head and pull the stake out of the ground. But he doesn’t know that.”

The guide went on to explain that when an elephant is a baby, he’s tied under the same conditions. The baby will pull several times against the stake but cannot set himself free. From that time forward, the baby will grow into an adult, believing that he cannot pull the stake out of the ground. At that moment, the CEO thought of all the people he had known in business who demonstrated the same affliction as those elephants—people who were capable of much greater things in life but were somehow tied to the stake of their own memories and imaginations, unable to lift their heads and set themselves free.

This story resonates today. In our current time, we have gone from the Information Age to the Age of Misinformation. The socialist lie of victimhood has targeted your generation and caused many of you to believe that the government is your answer to a fulfilled life. Personal ambition and responsibility are deemed sordid and penurious. Don’t believe it! If socialism were truly superior to our



# Connecting With Mothers Through Empathy, Humor

A conversation with Tara Clark, the Modern Mom

BARBARA DANZA

No one ever said motherhood would be easy. Yes, it's wonderful in a million different ways, but also overwhelming, and, often, pretty hilarious. Moms find comfort in sharing their trials and tribulations with other moms. Back in the day, this would take place at a neighborhood coffee klatch or a mommy-and-me group, but now online communities led by influencers such as Tara Clark, known for her Instagram account @modernmomprobs, provide an outlet and resource for the needs of many mothers.

Clark, known for her ability to see the humor in the parenting adventure, is also the author of the upcoming book, "Modern Mom Probs: A Survival Guide for 21st Century Mothers." I asked her about her experience as a mom and about connecting with moms online. Here's what she said.

**The Epoch Times:** What first inspired you to begin writing and sharing content about motherhood?

**Tara Clark:** Before my son was born, I worked in social media at Nickelodeon where I managed Nick Jr and Nick@Nite properties pre-Instagram days. So I have a background in content creation and media. I originally began my account for two reasons: one, to find a creative outlet since I was a stay-at-home mom, and two, to connect with other moms. I didn't have a lot of mom friends to talk about my experiences as a mother.

My son was 3 when I started the account fully in the throes of that tantrum phase—glad that's over! So I was looking for a way to connect with other mothers online and make them laugh with memes. Sometimes, the content creator needs to laugh even more than the audience. Over the years, the account evolved to embrace the realities of modern mom problems while maintaining an upbeat humorous voice. Now it's really the perfect marriage of humor and community.

**The Epoch Times:** Your @modernmomprobs Instagram account reaches over half a million followers. Why do you believe the content that you share has resonated so strongly with so many?

**Ms. Clark:** The content on @modernmomprobs is universally relatable. It's about the everyday occurrences we experience as parents. The never-ending laundry pile. The comedy of errors that is distance learning. I'm an observant person who notices the little funny things that happen through the day. Also, I make an effort to not make any jokes on the backs of other people—sometimes myself but not other people. My comedy is not so heavy that it becomes dark or alienating. Between the comedy and the

empowering message for mothers, many people all over the world relate to it. That's how they know they are not alone in their motherhood journey.

**The Epoch Times:** What "problems" or challenges do you think modern moms face that are different from what moms of previous generations experienced?

**Ms. Clark:** Modern mom problems are frequently discussed on my platform. Sometimes they can be as frivolous as the obnoxious traffic at the school pick-up line, or something serious like post-partum depression. Some of these modern mom problems include the lack of an in-person village, information overload, mental load, the concept of "balance," social media perfection, judgment from others, mental health issues, loneliness, and financial pressures.

Calling something a modern mom problem isn't whining or complaining. It's identifying areas in our lives that require our attention. Naming something a problem is sometimes the first step in solving it, like the crushing weight of parenting during a pandemic. We don't have all of the answers, but at least we're not alone in our experiences, unique as they are. One of the benefits of social media is that our generation is able to talk about these issues. We are normalizing the conversation by talking about it together.

**The Epoch Times:** What stage of parenting are you currently in?

**Ms. Clark:** Right now, I am currently in my favorite stage of parenting. I have one 8-year-old son, who is learning to be independent yet he's still a love bug. For us, the age of 1 1/2 to age 3 was really challenging with tantrums. This age is a beautiful balance of independence and maturity, but needing cuddles, snuggles, and a lot of love. Age 8 is logging onto your Zoom call and popping out of the classroom to grab a hug from Mom.

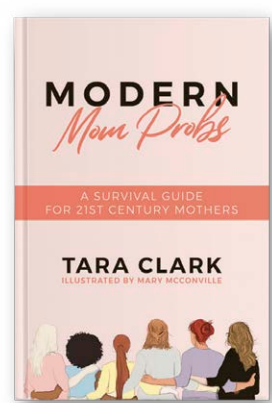
**The Epoch Times:** What have you found to be the best and most challenging parts of being a mom?

**Ms. Clark:** The most challenging part of being a mom was when my son was experiencing tantrums. My son struggled with tantrums and regulating his emotions for about two years. It was an all-consuming time. Maintaining your calm while trying to be a supportive rock for a little person who was not at all at his center was a real struggle. I wish there were as many resources as there are now available when my son was younger. One excellent Instagram account focusing on toddler tantrums is called Big Little Feelings.

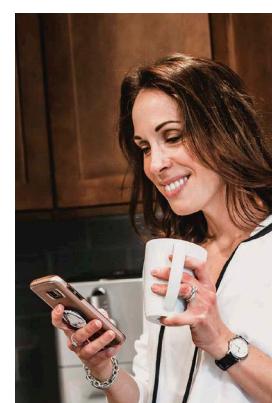
The best parts of being a mom are having shared experiences with your children doing the things you love, whether it's playing outside, cooking a meal, or just cuddling up on the couch and reading a book. Watching them develop from

“It's about the everyday occurrences we experience as parents. The never-ending laundry pile. The comedy of errors that is distance learning.”

Tara Clark



"Modern Mom Probs: A Survival Guide for 21st Century Mothers" by Tara Clark.



Clark channels her observations into her Instagram account, @modernmomprobs, and posts that provide connection and comfort for many mothers.



Tara Clark, author of "Modern Mom Probs: A Survival Guide for 21st Century Mothers."

these tiny beings to walking, talking (and never stop talking) interesting people is such a gift. Sometimes I will steal a glance at my son while he talks about his interests, and my heart just melts.

**The Epoch Times:** You have a knack for finding the humor in mom life. What's one of the funniest experiences you've had as a mom so far?

**Ms. Clark:** Motherhood is full of funny and endearing moments. Just this week, as I was tidying up my son's virtual classroom workspace, I noticed that he had several Google tabs open featuring adorable, fluffy gray kittens. When I saw them, I said: "Sweetie, why do you have these tabs open? You should be focusing on your Zoom call." He turned to me and said, "They are my emotional support animals and they help me get through the day." It was the sweetest, most honest moment steeped in pandemic life.

**The Epoch Times:** One "modern mom prob" we've all been dealing with is, of course, a pandemic and the various measures that have been put in place in our society to combat it. From your interactions with your online community, how do you think moms are doing and what do you think has been the biggest challenge for them during this time?

**Ms. Clark:** Thanks to the Instagram polls feature and the living laboratory that is social media, I know how many of my mom followers are faring. They're struggling. I recently posed the question, "What is one modern mom problem you are currently struggling with?" and received an overwhelming response. The answers ranged from challenges with remote learning to loneliness to lack of a village. All of those things except for remote learning existed before the pandemic but now they're exacerbated by it. Some of the challenges mentioned repeatedly are loneliness, feeling disconnected, feeling the weight of the world, and the pressure from every direction whether it's work, children, or home responsibilities.

**The Epoch Times:** What inspires you to continue to create content for modern moms?

**Ms. Clark:** Modern moms. Modern moms inspire me every day. How they are able to wake up each day and give their all to their families while maintaining their own sense of identity. Everyday life is funny when you just stop and look around to observe what's happening. When I create a light-hearted post, it is about the things I see in everyday life that other moms experience, too. There's a sense of commonality and community through shared experiences. For the heartfelt posts, I want people to feel connected and that there is a sense of community of modern moms who "get it."

list. Whatever they were, look back on these with gratitude.

**What Could Have Been Better About Today?**

Was it all rainbows and unicorns, or would you have preferred to tweak a few parts? Whether you lost your temper, you missed a deadline, or spent too much time scrolling on your social media accounts, ask yourself what lessons you might learn from them.

**What Will Tomorrow Be Like?**

Aiming at something positive will set you off in the right direction. Do you need to block out distractions and make progress on a project? Or, on the lighter side, would you like to do something fun with your family or get more rest?

**What Will You Wear?**

OK, let's get down to the nitty-gritty. Now that you have a vision of how tomorrow will look, ideally, working out some of the details in advance will get you started feeling on top of things. Pick out your outfit for tomorrow and set it out—including shoes and accessories. That's one less decision on tomorrow's plate.

**What Will You Eat?**

Speaking of plates, what will you be eating

tomorrow? Are you cooking at home, ordering in, or eating out? Are there nutritional goals you're trying to achieve? Think through breakfast, lunch, dinner, and snacks. Throw a protein bar in your bag to stave off hunger while you're on the go. Program your coffee maker to ensure your coffee's ready when you are. Prep some ingredients if you won't have a lot of time to cook tomorrow.

**What Must Be Done?**

Make a list of any non-negotiable activities that must be done no matter what. Jot down when you'll tackle them, and audit your list; if it's too long and can't be done, renegotiate or reschedule some of these items.

**What Would Make the Day Great?**

What else would you enjoy in your day? Meet a friend for coffee, or celebrate a productive day of checking boxes with a movie and your favorite snack. If you have a favorite hobby, set some time aside for it. Include these things as you design your day.

When you're done, prepare your home, meals, and clothes for the day ahead—and hit the hay. At the end of the day tomorrow, ask yourself these questions again. Rinse and repeat. Imagine the kind of days you'll be having if you do this for a week, a month, or even a year.

# How to Design a Great Day

7 questions to ask yourself each night

BARBARA DANZA

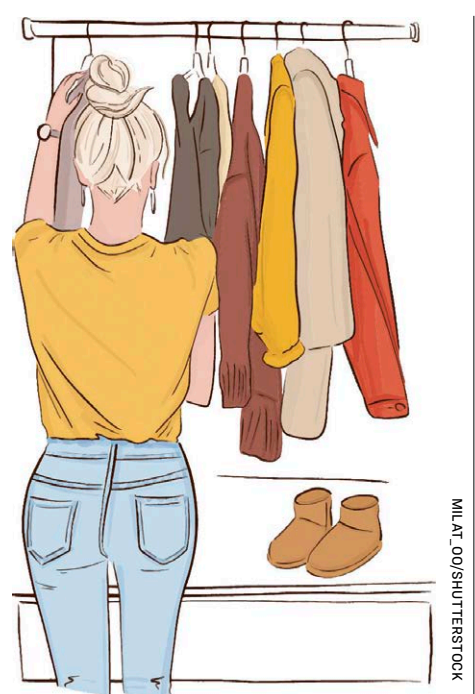
Do you wonder where you spent your hours at the end of each day? Do you wish you focused more on your priorities or had just a bit more fun?

You can—by designing the day you want to have tomorrow. I'm not suggesting you kid yourself into believing you're in complete control of what may happen in your day, but even if everything goes only 50 percent according to your plan, you'll be 50 percent better off.

It's worth scratching down a few ideas the night before. Here are seven questions to ask yourself each night before you hit the hay.

**What Was Great About Today?**

Look back at the day that you're just wrapping up and think of your favorite parts. Perhaps it was that leisurely cup of coffee you enjoyed this morning, or that surprise phone call from a friend after lunch, or the time you spent outdoors, or getting to check off that nagging to-do item on your



Preparing your outfit for the next day is one less decision you'll have to make tomorrow.

# FOR KIDS ONLY

THE EPOCH TIMES

## The Flowers

by Robert Louis Stevenson

All the names I know from nurse: Gardener's garters, Shepherd's purse, Bachelor's buttons, Lady's smock, And the Lady Hollyhock.

Fairy places, fairy things, Fairy woods where the wild bee wings, Tiny trees for tiny dames— These must all be fairy names!

Tiny woods below whose boughs Shady fairies weave a house; Tiny tree-tops, rose or thyme, Where the browner fairies climb!

Fair are grown-up people's trees, But the fairest woods are these; Where, if I were not so tall, I should live for good and all.

## WHAT DO YOU CALL A RABBIT WITH FLEAS?

ANNON SONG

## Spring is sooner recognized by plants than by men.

CHINESE PROVERB

# This Week in History

## A NEW PLANET IS DISCOVERED

It's also known as the "sideways planet" because it rotates on its side.

On March 13, 1781, English astronomer William Herschel discovered the seventh planet from the sun while trying to observe dimmer stars through his telescope. The new planet was named Uranus for the Greek god Ouranos.

The planet is visible to the naked eye but, before Herschel's observation, was always thought to be a star because of its dim light and slow orbit.

Sir William Herschel (circa 1781) holding a depiction of "The Georgian Planet" with its Satellites," having discovered the seventh planet from the sun.

By Aidan Danza, age 14

# THE LARGEST LAKES IN THE WORLD

### CASPIAN SEA

The Caspian Sea is so large that it's often considered a sea, hence the name. It's the world's largest inland body of water, covering 143,000 square miles. It's completely landlocked, and it's bordered by five countries. Though it's now a lake, it actually was a sea until 11 million years ago, when geological changes closed it off to the Sea of Azov, which connects to the Black Sea and the Mediterranean Sea.

Geologically, the Caspian Sea is very interesting. Its northern bottom was formed at least 541 million years ago.

The Caspian Sea holds 400 animal species, including the Caspian seal, which is one of the smallest seals in the world, and is a very important place for many birds, including flamingoes.

### LAKE SUPERIOR

The next-largest lake, Lake Superior, is relatively close to home, bordering the states of Michigan, Wisconsin, Minnesota, and Ontario, Canada. It covers 31,700 square miles, and is certainly the largest freshwater lake, whereas the Caspian Sea is salty. The deepest point of Lake Superior is 1,300 feet and, generally, it's a very cold lake, with an average temperature of 40 degrees F, freezing up to 95 percent in winter! A wealth of fish come from the lake, including brook and lake trout, lake sturgeon, smallmouth bass, and walleye.

### LAKE VICTORIA

Lake Victoria, in the countries of Uganda, Kenya, and Tanzania in Africa, covers 26,590 square miles, about the size of Ireland. Compared to most lakes, it's very young, only around 400,000 years old. The lake is shallow for its size, with an average depth of 131 feet. Studies have shown that the lake has actually dried up three times since its formation. The lake is also the source of the famous Nile River, which flows north from Lake Victoria through Egypt into the Mediterranean.

It's important for fisheries and trade routes between the three countries that surround the lake.



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If you've seen big tech's conduct since the 2020 election, it's not hard to see how they're putting the gasoline on censorship.

After the violence on Jan. 6, they took down videos and photos, blocked or put warning labels on posts, and suspended accounts en masse.

What this has done is suppressed information, helping to shape a narrative that does not represent the full picture of what happened.

While this online censorship is not new, the pace and scale of it is, and we're afraid this is a trend that's going to continue.

We had multiple reporters and photographers

on the ground that day, taking photos and videos, getting interviews, and giving you timely updates on the events as they unfolded.

**While we can't do anything about big tech's censorship, what we can do is to bring you more and better coverage of events like these.**

**To do this though, we need your support.**

**What Our Readers Say**

*(after YouTube has completely demonetized us)*

**‘ 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 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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