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LIVING WELL

Staying Sharp in Old Age

Lessons From 3 Founding Fathers

JEFF MINICK

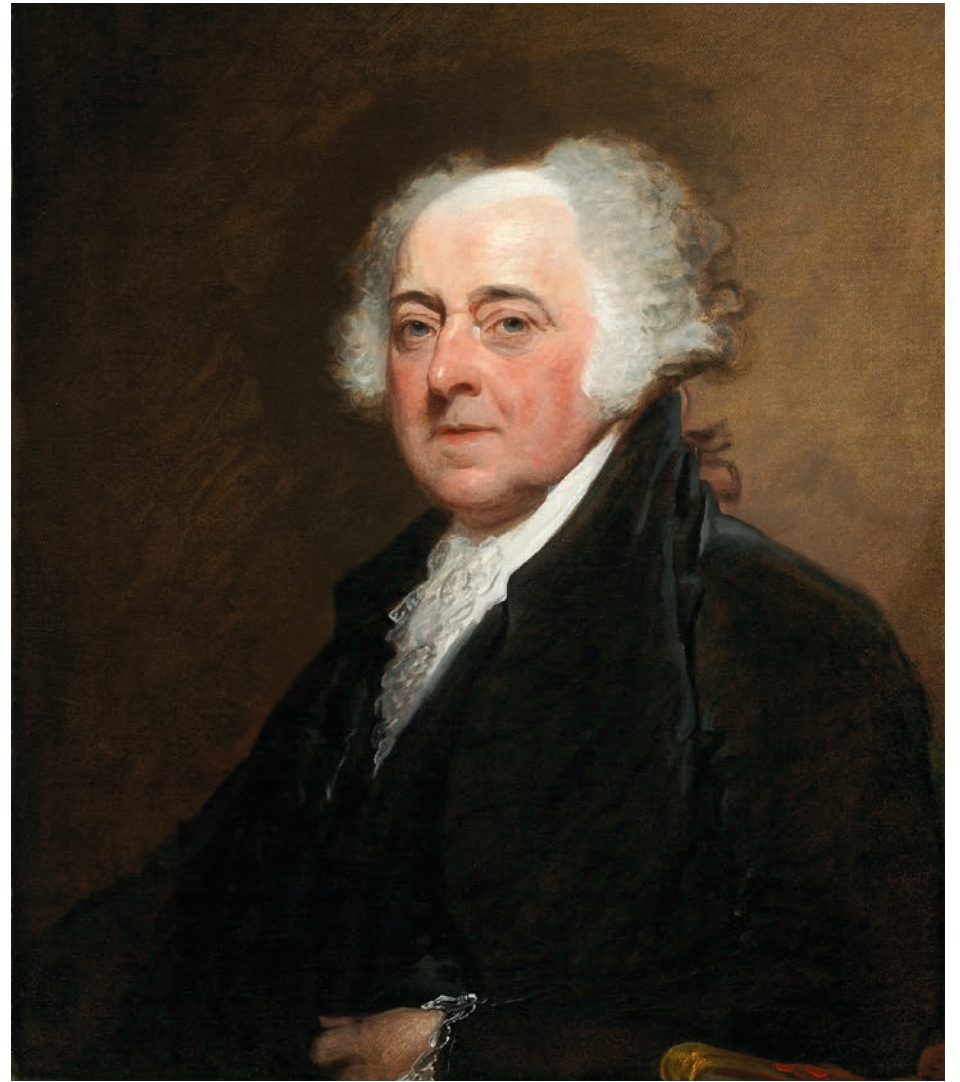
Those of us who are entering old age frequently read books or online articles about ways to enhance our mental agility, to keep our minds nimble and quick.

Some people follow special diets, believing that certain foods or supplemental vitamins can strengthen our powers of reason and thought. Others exercise at the gym or take long walks through their neighborhood as a means to keep the lights burning in the attic. Some experts tell us that playing cards or board games, or matching wits with Sudoku or crossword puzzles help feed our powers of cognition. A few

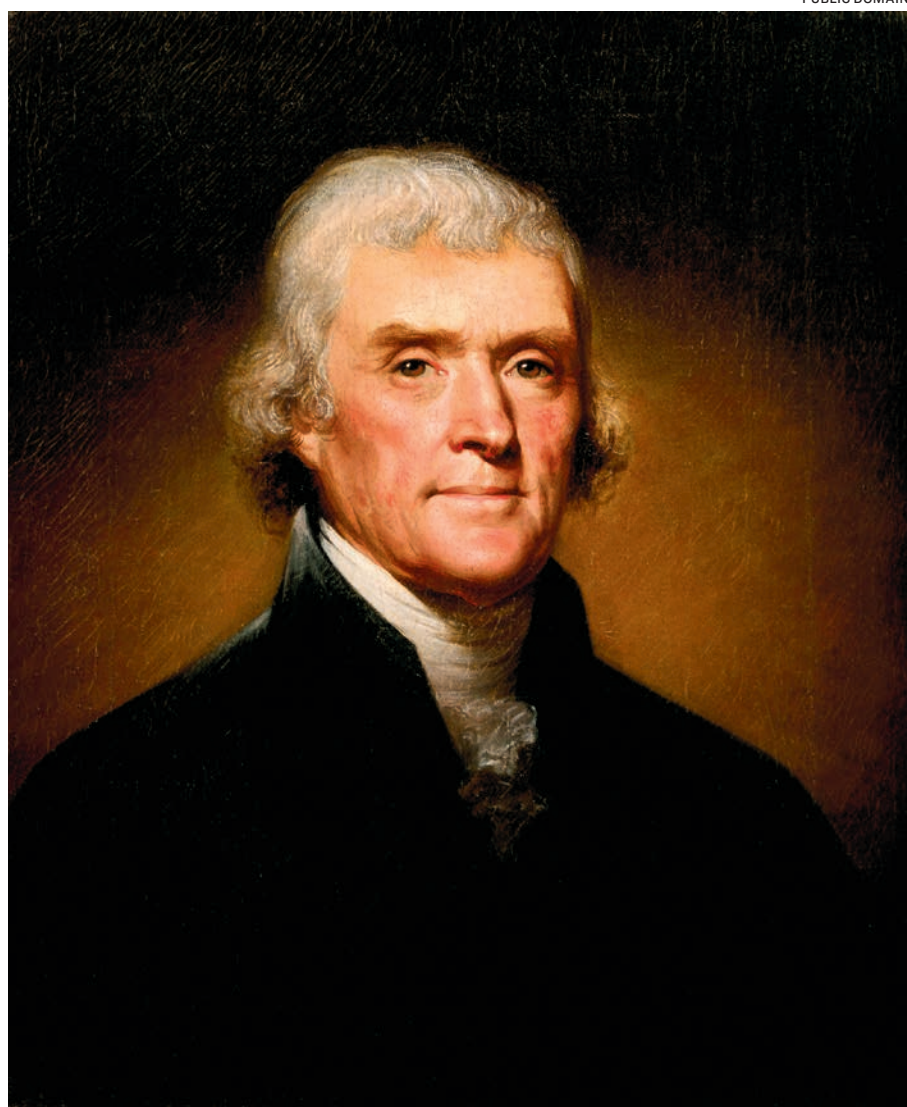
of the elderly people I've known believe that communication—conversations with family and friends, reading, writing letters and emails—contributes to the care and preservation of the mind.

Other men and women find that work helps to keep them young. Clint Eastwood, age 91, just directed and starred in another Western, "Cry Macho," and the 87-year-old woman who works at the laundromat in my town is still going strong. Helen Hooven Santmyer was 80 years old when she finished writing her 1,184-page best-selling novel "... And Ladies of the Club," and Michelangelo was creating art at the age of 88.

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John Adams opined: "Old minds are like old horses; you must exercise them if you wish to keep them in working order." A portrait of John Adams, circa 1800-1815, by Gilbert Stuart. Oil on canvas, 29 inches by 24 inches.



Thomas Jefferson advised no less than two hours of exercise a day, regardless of weather. "Thomas Jefferson," 1801, by Rembrandt Peale. Oil on canvas, 23 1/8 inches by 19 1/4 inches.



A portrait of Benjamin Franklin, 1767, by David Martin. Oil on canvas, 50 inches by 39 29/32 inches. Franklin coined the expression, "An apple a day keeps the doctor away." He also walked and lifted weights into his old age.

FAMILY

Boys Are Falling Further and Further Behind Their Sisters: Should We Care?

LEONARD SAX

There is a growing gender gap in higher education. According to the latest figures from the National Student Clearinghouse Research Center, as of spring 2021, women accounted for 59.5 percent of students attending colleges and universities nationwide. Among four-year private colleges, women now account for 61 percent

of all students. Both figures represent new records.

Douglas Shapiro, executive director of research at the National Student Clearinghouse, told The Wall Street Journal earlier this month that if current trends continue, within a few years, there will be two women graduating from college for every one man.

Well, so what? In 1970, men accounted for 58 percent of students attending

colleges and universities, and there was no great outcry back then about the gender imbalance. Why should we be concerned now that the pendulum has swung in the other direction?

I think there are good reasons for concern, which can be summed up in three words: "educational assortative mating."

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A first grader draws during recess at Stark Elementary School in Stamford, Conn., on Oct. 21, 2020.

LIVING WELL

Staying Sharp in Old Age

Lessons From 3 Founding Fathers

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And three of our Founding Fathers—Benjamin Franklin, John Adams, and Thomas Jefferson—all lived and worked to a ripe old age. Let's see what advice and practices they might offer us on aging and brainpower.

Diet and Drink

Among his contemporaries, Thomas Jefferson (1743–1826) was well known for his advocacy of eating little meat and a great many vegetables. Two years before Jefferson's death, Daniel Webster dined at his table and later wrote, "He enjoys his meal well, taking with his meat a large proportion of his vegetables." Webster also noted, "He has a strong preference for the wines of the Continent, of which he has many sorts of excellent quality." Webster was correct about Jefferson's love of wine. As president, for instance, he ordered 20,000 bottles of wine from Europe for his personal collection.

In "Benjamin Franklin—a Founding Foodie," writer Tori Avey tells us that Franklin (1706–1790) also loved wine and took an intense interest in food and in weight control. He coined the phrase "An apple a day

keeps the doctor away," he sometimes practiced vegetarianism, and while in London, he was delighted to learn about soybeans and tofu. Though not as heavy a drinker as many of his contemporaries, Franklin once described wine as "a constant proof that God loves us, and loves to see us happy."

John Adams (1735–1826) stuck to a traditional New England diet of humble foods, often boiled, and typically kicked off his day with a glass of hard cider, followed in the evening by several glasses of Madeira.

None of these men were eating processed foods, and all were careful to select healthy fare for their meals. Might those dietary restraints partially explain their mental acuity in their old age?

Exercising the Body

We sometimes forget that our ancestors lived in a time when exercise, even for men such as the Founding Fathers, was part of the daily routine: walking a mile or so to school or town, planting gardens and fields, riding horses, hunting and fishing.

After serving as president, John Adams returned to his farm in Massachusetts, where he directed

workers in the barns and fields, and sometimes pitched in alongside them. Franklin—a swimmer in his youth—is the only Founding Father in the Swimming Hall of Fame and was an outspoken advocate for exercise his entire life. He walked and lifted weights into his old age, declaring "No gains without pains," even when such exercise left him sore and fatigued.

Thomas Jefferson wrote, "Not less than two hours a day should be devoted to exercise, and the weather should be little regarded." On another occasion, he noted that "leaving all the afternoon for exercise and recreation, which are as necessary as reading; I will rather say more necessary, because health is worth more than learning."

These gentlemen all understood the interplay between physical and mental health and aging.

Exercising the Mind

Most readers can recollect the greatest accomplishments of these three men. Adams was a leader in the American Revolution and our second president. Jefferson was the chief architect of the Declaration of Independence and followed Adams into the White House. Like Jefferson, Franklin was a Renaissance man: an inventor, a diplomat, and creator of public libraries and fire departments.

What we may not know is that these three men continued their work and achievements late into life. Thomas Jefferson founded the University of Virginia in 1819, when he was in his 70s. After serving as president, John Adams spent a good deal of time writing pamphlets, books, and letters, a correspondence that includes more than 100 letters to Jefferson, once they had renewed their broken friendship. Just a few years before his death, Benjamin Franklin served as president of the Supreme Executive Council of Pennsylvania, the equivalent of a governor, and even attended the Constitutional Convention that met



in Philadelphia in 1787.

Moreover, all three men had a lifelong passion for books and reading. At the time of their death, both Adams and Franklin had collected more than 3,000 volumes in their personal libraries. They spoke often to others of what they were reading, subjects that ran from fiction to biographies and histories.

"I cannot live without books," Jefferson wrote to Adams in 1815. That letter was in reference to the sale of his collection of 6,500 books to

the U.S. government to replace the library in the Capitol building after the British had burned it. Jefferson continued to collect books and in his later years read such authors as Tacitus, Homer, and Shakespeare. Surely reading and pondering such authors helped these men stay in shape.

Good Advice

John Adams once stated, "Old minds are like old horses; you must exercise them if you wish to keep

them in working order."

All three of these historical figures followed that wise counsel. Despite their advanced ages—they lived approximately 25 to 30 years longer than the average male of that time—diet, exercise, work, and reading kept them alert and mentally acute until their final days.

By their example, they teach older people like me that our minds stay young when they remain engaged.

And just in case any younger readers have made their way through

my article, here's a bit of humorous advice from Ben Franklin: "Many people die at twenty-five and aren't buried until they're seventy-five."

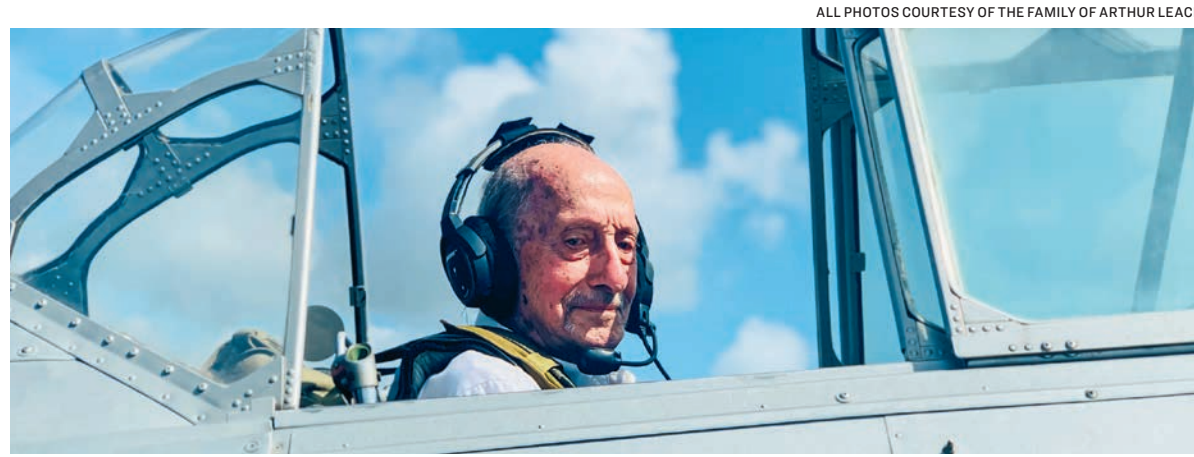
Live rather than exist, Franklin is telling us. Engage the world. Acquire knowledge. Dream big and embrace each day. That's the ticket to a full and useful life that leads to wisdom.

Even in old age, Adams, Franklin, and Jefferson did these very things.

And barring illness, so can the rest of us.

Jeff Minick has four children and a growing platoon of grand-children. 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.

Franklin, Adams, and Jefferson all recognized the importance of physical exercise in keeping active and healthy.



Art Leach at the Pensacola Beach Air Show in July 2021.

VETERANS

World War II Fighter Pilot Recalls His Time in the Pacific

DUSTIN BASS

Arthur Leach is 101 years old. Sometimes, age is just a number. Sometimes, it's a story. Leach's age is full of stories.

When I interviewed Leach recently for The Sons of History's collection of military interviews, I was given a bit more perspective into his age. Before we began recording our conversation, he told me his first car was a 1924 Model T that he bought for \$18; gas was 16 cents per gallon.

Leach, a fighter pilot for the U.S. Navy in World War II, enlisted in February 1942 during his final semester of college at Illinois Wesleyan University in Bloomington.

He was informed he would be in uniform before he could walk across the graduation stage. After some negotiating with the Navy office and some local leaders, it was agreed he could finish college before leaving for the service. He graduated on June 8 and was in uniform on June 10.

His flight training took him to Iowa City, St. Louis, Pensacola, Miami, Lake Michigan, San Diego, Seattle, and eventually the Hawaiian Islands.

On one mission toward Tokyo, [Leach] said he noticed tracer bullets zoom past him.



Art Leach was awarded the Distinguished Flying Cross.

It would take approximately a year before he would be commissioned.

The same day he was commissioned, he married Eileen Holforthy. The very next day, he went to Miami for fighter training.

Leach flew open-cockpit biplanes such as the Boeing-Stearman and the N3N, then the SNJ Texan, the Brewster F2A Buffalo, and ultimately the F6F Hellcat, which gave America air superiority in the Pacific. The Hellcat is best known in World War II for its dominance during the June 1944 invasion of the Mariana Islands, which became known as the Great Marianas Turkey Shoot.

Before being stationed on the USS Yorktown, he made his first carrier landings on one of the two large ships refitted to be practice carriers, the USS Wolverine and the USS Sable. The practice landings were conducted on Lake Michigan and were absolutely pivotal to ensure pilots were capable of carrier landings and would have enough confidence to conduct such landings in the Pacific Ocean.

Despite the ship's massive size, landing on a carrier at sea was incredibly difficult.

"The carrier is moving about 30-35 miles per hour with the wind over the deck, you're landing at about 90-100," he said. "You come over the deck and circle and adjust on the downwind leg to get your position and your height in relation to the ship, and then you'd start your turn to come up the back. But you don't want to a long straightway because your engine is big and you cannot see the deck when you're going straight up behind it playing catch up. If you came in too fast, you'd be floating over the barrier and land on the guys who landed before you. That happens occasionally, and of course, kills everyone it hits."

Countless calculations had to be considered just to land, such as wind speed, carrier speed, plane speed, the tilt of the wings, the location of the landing, and the angle of the landing. Taking off was no easy feat either. Often, poor landings ended fatally. Poor takeoffs were even more deadly.

"The flight deck is a dangerous place," he stated. "You take off at 3:30 or 4 o'clock in the morning and you can't see the end, but you've got to get off. A lot of guys don't make it and, of course, you never see them again. The ship runs right over him. The airplane sinks in 15 seconds. It's going to sink even faster with the ship going about 30 miles or more. You hear it scrape all the way down."

When it came to flying, the Japanese Zeros were the superior fighter planes in the Pacific, at least for a while. The Grumman F6F Hellcat was introduced in late 1942, but saw most of its action beginning in 1943.

This is the year Art began combat missions. During his time in the air, he was credited with 3.5 kills (the 0.5 being due to Leach and another pilot shooting down the same plane). He also took aim at destroying Japanese gunboats.

"We could do 400 miles an hour, and we're a little harder to hit when we're going 300 or 400," he said about attacking the gunboats. "We'd pick up a little ground fire and get bullet holes in the wings and fuselage. As long as it doesn't hit something

life-threatening, it doesn't matter particularly."

Leach flew missions throughout many of the Philippine Islands, including Manila, Luzon, Mindoro, and Samar. He also fought in the largest naval battle in history, the Battle of Leyte Gulf. On one mission toward Tokyo, he said he noticed tracer bullets zoom past him. He suddenly felt something wet on his back.

"I thought, 'Ge! I've been hit and it doesn't hurt,'" he said. "It was all just a cold sweat. I felt good that I was able to sweat."

He stayed in the Navy after the end of World War II as part of the Ready Reserves in Glenview, Illinois. After 14 years as a pilot, flying just about every plane the Navy had, he ended his career as a senior lieutenant. Shortly before he left the Navy, he was informed he was going to be promoted to lieutenant commander, which is equivalent to a major rank.

"I didn't bother to accept it because I was going to quit and secondly, I wasn't going to get a pension anyway, so rank wouldn't mean nothing," he said.

Leach was awarded the Distinguished Flying Cross, which is awarded for heroism or outstanding achievement during an aerial flight. Charles Lindbergh was the first to receive the award after his flight across the Atlantic. Leach was also awarded two air medals.

Unfortunately, he doesn't have the medals and citations he received, or even his military uniform, because his house burned to the ground in the 1950s while he and his family were out of town.

Leach may no longer have any of his war memorabilia, but age hasn't hindered his ability to recollect those memories from before, during, and after the war. And those are memories are more than just stories. They provide perspective.

Dustin Bass is the co-host of The Sons of History podcast and the creator of the Thinking It Through YouTube channel. He is also an author.

FAMILY

Boys Are Falling Further and Further Behind Their Sisters: Should We Care?

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Educational assortative mating means that if a woman has earned a four-year degree and she is looking for a husband, she will usually choose a man whose educational achievement is equal to or greater than her own. Fifty years ago, if a man earned a four-year degree and was looking for a woman to marry, he might have many qualifications in mind for his future wife; but educational attainment wasn't one of them.

In that era, college-educated men were happy to marry women who had never attended college. In our era, college-educated women are hoping to marry college-educated men. And there aren't enough college-educated men to go around.

This problem isn't confined to the college-educated. I am a family doctor. A young woman in my own practice, let's call her Linda, has two small children. She has never been married. She has never attended college. I bumped into the father of her two children. He told me how much he loves Linda. He told me that he has proposed marriage, twice, and both times Linda turned him down. I asked Linda, as gently as I could, why she didn't want to marry the father of her two children. She answered: "Dr. Sax, I already have two babies at home. I don't need a third!"

At every level, not just among the college-educated, young women seeking a man to marry are looking for men who are at least as competent and hard-working as they are. But ever since the 1980s, boys' academic achievement in high school has declined relative to girls, not primarily because girls are doing better but because boys are doing worse.

Marriage rates in the United States peaked at 16.4 per 1,000 per

year in 1946. As recently as 1990, marriage rates were still 9.8 per 1,000. Right now, the marriage rate is 6.1 per 1,000: that's the lowest on record, going back to the 1880s. Although many factors have contributed to the decline in marriage, scholars agree that one major factor driving the decline is the reality that many women want their husbands to earn more than they do. American women have always tended to prefer husbands who can earn more than they do, but the growing phenomenon of underachieving young men means that there aren't enough successful men to go around.

Nevertheless, many women still want to have children. What is a woman to do, if she wants a child but she can't find a suitable husband? Among women who have earned a bachelor's degree or graduate degree, about one in four women age 32 to 38 weren't married when they had their first babies, according to the latest survey published earlier this month, which the author, Andrew Cherlin, discussed on the Institute for Family Studies blog. That is more than a sixfold increase from 1996, when the share of unmarried women in that group was just 4 percent.

What is driving the rise in the numbers of unmotivated boys and underachieving young men? And what can we do about it? In my book "Boys Adrift," I identify multiple factors that have combined to disengage boys and young men from hard work and academic achievement. The bad news is that these factors are pervasive. The good news is that parents who understand these challenges can arm their sons with the tools those boys need in order to fulfill their potential.



What is driving the rise in the numbers of unmotivated boys and underachieving young men?

This article was originally published by the Institute for Family Studies.

Leonard Sax, MD, Ph.D., is the author of "Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men" (Basic Books).

One major factor is the collapse of our culture's construction of masculinity. A generation ago, Sam Cooke had a No. 1 hit song in which he admitted that he didn't know much about history.

"Now I don't claim to be an A student / but I'm trying to be / 'cause maybe by being an A student, baby / I can win your love for me."

That song was characteristic of American popular culture in the 1960s and 1970s. That was an era in which the Beach Boys could advise young men to "be true to your school." It's impossible to imagine contemporary male singer-celebrities such as Bruno Mars or Drake singing about trying to earn better grades in school or about being true to their school. In place of Sam Cooke humbly admitting that he "don't know much about history" but vowing to do better, we have Lil Nas X boasting in his Grammy Award-winning hit song that "can't nobody tell me nothing / you can't tell me nothing."

That means that parents have to find positive male role models for their sons. That man might be a teacher, a coach, a pastor, or a family friend. If you're lucky, the boy's father can also be a role model. I also advise parents to immerse their sons in the stories of good men—men who embody the values we want our sons to learn. In "Boys Adrift," I suggested the stories of the martyred Israeli Prime Minister Yitzhak Rabin, the German pastor Dietrich Bonhoeffer, and the Civil War abolitionist hero Joshua Chamberlain, among others.

In "Boys Adrift," I also presented evidence that schools bear some of the blame for the disengagement of boys from education. American schools, with a few exceptions, have become unfriendly to boys. Boys doing things that boys have always done—such as pointing fingers at each other saying "bang bang, you're dead," or doodling a sketch of a sword—now often get into trouble at school. But reprimanding an elementary-school boy for chewing his

pastry into the shape of a gun doesn't change that boy into a flower child who wants to talk about his feelings. More often, such discipline results in a boy who says: "School is stupid. I'm gonna go home and play Grand Theft Auto, where I get rewarded for killing people."

Parents need to find schools where teachers and administrators know how to create an environment that is friendly to boys without being unfriendly to girls. (For those interested, I offer workshops on how to do just that, based on my visits to more than 460 schools over the past 20 years.) Here are some tips on identifying a boy-friendly school:

- A boy-friendly elementary school offers at least three recesses per day, and kids are allowed to play tag during recess.
- At high school: Look at the list of students earning academic honors. Look for a roughly 50-50 girl-boy split. If 80 percent of the students on the honor roll are girls, year after year, then it's likely that most boys at that school regard academic achievement as un-masculine.
- At successful high schools, the boy who is captain of the football team is often a top scholar as well. That's no longer common in the United States, but it still happens. I have seen it. When it happens, it's no accident. The school leaders have mindfully created a school culture where it's cool for a boy to be a gentleman and a scholar.

Finding a school that is a better fit for your child may require moving from one state to another—as my wife and I did.

Most women want husbands who are their equals in motivation, work ethic, and achievement. Our culture now largely fails to motivate boys to work as hard as their sisters. That means that parents need to step in and do the work that the culture once did.

That's a lot to ask. But it can be done.

TIMELESS WISDOM FOR THE MODERN MAN

Roosevelt's Ode to the Strenuous Life

His call to action, to toil for a noble cause and embrace responsibility, is as relevant as ever

RYAN MOFFATT

An almost mythical figure in U.S. history, Theodore Roosevelt embodied the very essence of masculine virtues. "The Strenuous Life," his great speech on toil and vigor, is a timeless call to action. This cherished and oft-quoted address is one of the most eloquent expressions of American idealism, just as relevant today as it was in Roosevelt's time.

Delivered in Chicago in 1899, when Roosevelt was governor of New York, the speech combined stoic wisdom with an appeal for individual industry and effort to further American prosperity. The opening remarks sum up the essence of Roosevelt's vision of America, one that would come to define his presidency.

He said: "I wish to preach, not the doctrine of ignoble ease, but the doctrine of the strenuous life, the life of toil and effort, of labor and strife; to preach that highest form of success which comes, not to the man who desires mere easy peace, but to the man who does not shrink from danger, from hardship, or from bitter toil, and who out of these wins the splendid ultimate triumph."

Roosevelt knew that the American ideal wasn't only contained in the written Constitution but in the constitution of its citizens and their eagerness to work for noble purpose and just cause.

It wasn't merely an appeal to American grit and tenacity, but an endorsement of supreme effort as the key to personal and national transformation. Weak in his youth, Roosevelt toiled relentlessly to mold himself into a man capable of leading both an army and a country.

Arguably the most virile president in U.S. history, Roosevelt was a frail child, unremarkable in strength and stature. He was a sickly, asthmatic boy who had to sleep propped up in bed. Far from a beacon of vitality, Roosevelt was advised that a desk job would suit his weak countenance.

But Roosevelt's father, seeing his son suffer the wrath of ill health and childhood bullies, took him aside and implored him



Theodore Roosevelt (1858-1919) during a visit to the Badlands of South Dakota.

to remake himself through vigorous exercise, namely boxing. Heeding his father's advice, Roosevelt committed himself to strengthen his frail body through mental fortitude and effort. In near miraculous fashion, he succeeded, reinventing himself as a sportsman proficient in hiking, rowing, boxing, and jiu-jitsu, activities he would enjoy throughout his life.

Roosevelt's personal embodiment of struggle and triumph endowed his "Strenuous Life" speech with a power rare in even the most stirring presidential addresses.

"We do not admire the man of timid peace," he said. "We admire the man who embodies victorious effort; the man who never wrongs his neighbor, who is prompt to help a friend, but who has those virile qualities necessary to win in the stern strife of actual life."

An Edict for the Modern Man

The modern man can take heart that the principles espoused by Roosevelt have exceptional potency in today's world, where comfort and safety have taken the place of liberty.

The toil and effort of past generations may have granted us a life of peace, but comfort and convenience have made "ig-

noble ease" the default as a result of the trappings and temptations of the modern world. But strength in body and sharpness of mind is ours for the taking if we can overcome the hindrance of self-imposed limitations.

Weak in his youth, Roosevelt toiled relentlessly to mold himself into a man capable of leading both an army and a country.

There is no need to relive the hardships of our ancestors, but we should honor their sacrifice by remembering that comfort isn't a virtue, and that toiling for a noble cause molds both character and fortune. The man willing to adopt responsibility and embrace the strenuous life will find himself moving swiftly toward places of power and prestige unworthy of the mediocre man content with comfort and ease. Those who apply supreme effort to their chosen trade and

rid themselves of unworthy habits will rise quickly and assuredly through the ranks of common men who have yet to realize that their fate is of their own making.

It may be tempting to sit and wait for so-called experts to solve the existential crises of our time but the American ideal compels each of us to strive forward with a spirit of vigor and self-reliance, not for selfish ends but with morality and responsibility. Roosevelt perfectly articulates this sentiment with succinct wisdom in his closing remarks:

"Let us therefore boldly face the life of strife, resolute to do our duty well and manfully; resolute to uphold righteousness by deed and by word; resolute to be both honest and brave, to serve high ideals, yet to use practical methods. Above all, let us shrink from no strife, moral or physical, within or without the nation, provided we are certain that the strife is justified, for it is only through strife, through hard and dangerous endeavor, that we shall ultimately win the goal of true national greatness."

Ryan Moffatt is a tradesman, father, writer, and musician.

All in a Day's Work

A young family puts in the hard work to follow their dreams

LOUISE BEVAN

A young plumber who quit a secure job to go solo is celebrating the fruits of his labor. Not only does he now employ others, but he also just landed the largest plumbing contract of his career thus far.

Noah Fladager, 26, has been married to Caitlin, 27, for almost seven years. Speaking to The Epoch Times, the couple said that life with their two kids in Vancouver, Canada, is "good, but busy."

Noah's journey toward becoming his own boss began when he started Stronghold Plumbing in 2019, after four years of working as a plumber in Vancouver. He wanted to be able to provide the life he had dreamed of for his family.

"You're pretty stuck at a certain ceiling when you're working for somebody," he said.

Noah didn't go to college, but was told that he could make good money with a trade skill and found that plumbing was a good fit. As of 2021, he's proven himself right: Business is booming.

Caitlin said despite their family members and friends initially being hesitant about Noah—a father to two young children—quitting his secure, well-paying job and venturing to start a new business, he has

marked a milestone success with his determination and hard work.

Ignoring the naysayers, Noah worked six to seven days per week until he was doing well enough to hire his first employee. Today, he has multiple employees and has just landed his largest job yet, installing the plumbing in 40 rooms inside a new hotel.

Caitlin said she loves Noah for his drive and his ability to balance work life with fatherhood. She feels that life's hardships have definitely made them "stronger and more solidified" in their love for each other, and they now feel they have the wisdom of a 50-year-old married couple.

Ignoring the naysayers, Noah worked six to seven days per week until he was doing well enough to hire his first employee.

Caitlin is proud that her husband's hard work means that they can afford to live well in Vancouver and that their kids can have "nicer things" than they had when they were younger.

"Noah isn't the type of person who will just say he wants something and then work the bare minimum together," she said.

"When he wants something, he just goes all in and won't stop until he's worked to get it. I find that really admirable, because that's really hard to find in anybody



Noah Fladager with his wife Caitlin and son in front of a new hotel where his company has been contracted to do some plumbing work.

nowadays.

"I also love how good of a dad he is and how much he helps me when he is home."

Noah and Caitlin, who met at high school in 2010, have toiled since their early days as a couple. When Caitlin got pregnant at 17, Noah left his job at a pizza parlor and moved them to Alberta to begin a plumbing apprenticeship.

"It was really hard, though, because we moved 10 hours away from all of our family with a 3-month-old baby," Caitlin said.

It didn't get easier when the couple returned to Vancouver; both of their families warned Noah to stick with his secure job rather than risk a solo venture.

"My dad and his dad both have their own companies in the trades," she said, stating that she understood where their parents' fears were coming from and how they just

wanted her family to be well-supported. "But I just told them, 'I know Noah,' and he's always wanted to do his own thing. I always believed in him because he has the millionaire mindset."

Noah's journey to a better and more secure future wasn't without sacrifices: family time being among them.

"We got the two young kids at home," Noah said. "And it's hard for Caitlin as well, because I'm always putting in a lot of long hours, which is what you got to do. When you start up a company, you don't exactly know where your next paycheck is coming from."

Yet, seeing his hard work pay off has propelled Noah to keep going. Caitlin, who works from home, got used to spending a lot of time with their kids by herself and dining alone. But through it all, she has continued to champion her husband from the homefront.

"I don't know if I would be able to get where I am today without her, for sure," Noah said of his wife.

Now that Noah has staff and Stronghold Plumbing is growing, he's trying to learn how to delegate. He's also pleased that he no longer has to battle the skeptics.

Caitlin hopes that others hear their story and know that it's possible to marry young, have kids young, and still live well. While claiming college is "important," she also hopes that people can see that a modern-day university education isn't a necessary prerequisite for success.

Noah, who loves Caitlin for her perennial support and for being a "great mom," doesn't believe his story should be unique.

"Hard work is essential for well-being in life, for yourself, your family ... and society as a whole," he said.

"A lot of people are in harder circumstances than others, but if you are willing to put in the work, you can follow your dreams."



(Top) Katie with her father David and her boat Falanda. (Above) Katie's boat was occasionally surrounded by pods of dolphins.



Katie McCabe sailing in her vessel Falanda.

14-Year-Old Girl Becomes Youngest to Sail 1,600 Miles Around Britain

LOUISE BEVAN

After convincing her parents to let her embark on the biggest solo sailing venture of her life, a teenager became the youngest person ever to single-handedly sail 1,600 nautical miles around Britain.

Katie McCabe, 14, is the tiller of her very own boat—the beautiful turquoise vessel Falanda. In August, she broke the record previously held by Timothy Long of Aylesbury, England, who completed the same trip at the age of 15.

Katie started from her hometown of Topsham, Devon, on June 30, and finished the journey 7 1/2 weeks later. She was escorted into the dock by a fleet of 20 boats and welcomed home by a cheering, waving crowd.

Completing the expedition, she shared her elation on Facebook, posting: "Wow, what a return! Tonight I can officially say I have sailed single-handedly around Britain, something I have been dreaming of doing since forever!"

Traveling counterclockwise, Katie charted an epic course: passing the River Solent, the Thames, the Firth of Forth, the Caledonian Canal, the Irish Sea to Wales, the Ramsey Sound, Milford Haven, crossing the Bristol Channel, around Land's End and the Lizard, and arriving back home to Topsham.

She navigated the route herself, and enjoyed the peace and quiet of life at sea.

Occasionally accompanied by pods of dolphins, she spotted native puffins and cheery seals, and was dwarfed by tankers further out at sea.

Nor was it just for fun. Katie partnered with Sea Shepherd UK, raising more than 16,000 pounds (approx. \$22,000) in donations with funds going toward the charity's efforts to conserve and protect marine wildlife.

But before the trip even began, Katie admitted she faced headwinds when she brought the idea to her parents, Hazel and David McCabe.

"Dad was all for it," she told the Daily Mail. "But Mum wasn't keen."

Katie "passed the Mum test" during a family trip to the Scilly Isles in 2020, impressing her parents by sailing Falanda by herself. Nevertheless, David, 54, kept a watchful eye from a distance, trailing his daughter on her record-breaking trip in case she "crashed into a million-pound yacht," Katie said.

Still, with her father as far as five miles behind, the teen felt "very alone" under the cover of darkness.

As for her daily toil, the seafarer was self-sufficient, spending between eight and 15 hours at sea every day, while mooring at harbors most nights, where she would check in with her dad.

"The longest period at sea was 32 hours," she recalled. "By the end of that, I was exhausted and there hadn't been time to put

my protective gear on. I got pretty wet."

Katie's mom, Hazel, 49, knows her daughter can weather storms, both real and figurative.

"She's very determined," she said. "She's seen it all through and we are very proud."

Among those who came to congratulate her was Timothy Long, the previous record holder.

She broke the record previously held by Timothy Long of Aylesbury, England, who completed the same trip at the age of 15.

"Last year, I got to meet Timothy whilst he was on his way around Britain to become the youngest person to go round solo," Katie shared on Facebook. "Almost a year later, he was at the boatyard waving me in as I broke his record."

"I think it was great of him to even be able to look at me and Falanda, never mind be actually friendly," she added. "I'd like to think I'd be that 'nice' if someone younger went round next year!"

Katie found her sea legs earlier than most.

A Surprise Guest Makes a Bride's Day

LOUISE BEVAN

A bride who thought her grandfather wouldn't make it to her wedding because of COVID-19 got the shock of her life when he surprised her on her special day. The bride's outburst of happy tears was caught on camera as the close-knit pair embraced.

Days before her wedding, Suzy Dean, a high school English teacher in South Florida, received a call from her 82-year-old grandfather, Henry Dean III, while working out. It was the fourth cancellation call she'd received that day. The news that Henry wasn't going to attend her wedding broke her heart.

"He told me he just didn't feel safe and was making the decision to stay in Virginia," the 27-year-old told The Epoch Times via email. "I knew it was a heartbreaking decision for him, and I would never expect or ask that my grandpa put himself in a position that made him feel unsafe."

Suzy said she and her grandpa have shared a very close bond over the years. She credits him for informing her worldview with his love and compassion, excitement for the mundane, and ability to find beauty in places that others wouldn't. Because of this, she said, it was "imperative" that Henry attend her wedding.

"I couldn't imagine spending my wedding day without him spreading his joy and

augmenting my own," she said.

Suzy's wedding was being held at an outdoor venue, although only with 70 guests. She respected her grandfather's choice not to come, but was overcome with sadness after their phone call.

"I told him I would call him again once I was able to process his decision, but I never got the chance," she said. "I found myself crying every time I thought about it; I did not want him to feel guilty."

Unbeknown to Suzy, Henry changed his mind just a week later. He called Suzy's parents to break the good news, but asked them to keep it a secret with his special surprise in mind.

On July 25, 2020—Suzy's wedding day—her father, Henry Dean IV, orchestrated the big reveal by walking ahead of his 82-year-old father as the party approached the aisle. Suzy's bridesmaids had already walked, and as she turned to urge her father to hurry, that's when she saw her grandfather step to one side.

"My grandpa had been walking behind him," said Suzy. "We didn't say anything, because we said it all with our faces ... the feeling was indescribable."

This was one of the very few times, she said, that her grandpa teared up. Suzy was reminded of the only other time she had seen her grandfather cry: when she told him she was expecting a baby. Yet, overcome



Suzy Dean was overcome with emotion upon seeing her grandfather at her wedding.

with emotion, Suzy found herself panicking in front of her wedding guests. Luckily, a bridesmaid helped calm her down.

Suzy later found out, to her shock, that her mother's original plan was to have Henry sitting in the front row.

"I had to keep myself together during the entire ceremony, which was the hard part," she said. "I couldn't wait to see him and hug him after."

Wedding photographer Colleen Sanclément was there to catch the moment when Suzy and Henry hugged. She shared five of the sweetest shots on Instagram, adding, "As wedding photographers, we're not just here to capture pretty poses. We're here to

document all of the precious and timeless moments in between as well!"

Suzy knew her grandfather was still uncomfortable being at the wedding. He took "necessary precautions," she said, even eating separately from the other guests. However, she spent time with him near the bonfire as he ate.

The blushing bride recalls guests and vendors tearing up as she and Henry held one another. "I was still in such shock that I didn't have much to say," she told The Epoch Times. "But I hugged him and cried in his arms and told him how important he was to me, and I think that said enough."

Henry, a retired Florida Highway Patrol officer, regularly travels between Florida, Virginia, and Kentucky, and sees his granddaughter often. Yet their last meeting before Suzy's wedding was likely three months earlier, she said.

Suzy, who had sleepovers with her cousins at her grandparents' home every Friday night growing up, cherishes her memories of their family trips, and credits Henry with having "more energy than me and most people that I know."

On her wedding day, her grandpa gifted her yet another incredible memory to cherish for the rest of her life.

"I still constantly find myself tearing up over it," she said. "I'm unbelievably lucky to have a grandpa like him."

ALL PHOTOS COURTESY OF KATIE MCCABE



HALFPOINT/SHUTTERSTOCK

DEAR NEXT GENERATION

Lessons From a 91-Year-Old Grandmother

→ Advice from our readers to our young people

I'm a 91-year-old woman, mother of three, and great-grandmother of six. The following list is what I've learned during my lifetime. Some of the things I've learned by experience, as I haven't always adhered to these principles. I've been to the school of hard knocks, and I've learned these things to be true.

1. Be honest in all things, as honesty gives you a clear conscience. Dishonesty weighs you down.
2. Don't speak ill of others. You don't know their complete circumstances. When someone speaks negative things about someone, try to find something positive to say about that person. You'll find that this creates within you a love and better understanding of people.
3. Pray often to your God for guidance in life, as life can sometimes be hard, and you'll find times when you don't know what to do. Things will fall into place, maybe not as you would like, but you'll find that whatever happens, it will turn out to your satisfaction—and sometimes your amazement.
4. Don't worry about what's happening in the world, unless there's something you can do about it. However, stay in touch with what's happening, as you may in some small or large way make a difference.
5. Stay in touch with your family, from your siblings to your grandparents. You'll gain a lot from their histories, and as you grow older, you'll wish that you had conversed with them more to know them better. Make it a ritual to be with them monthly or more if they live close, or if they're far away, visit them at least once a year.
6. Take some time for yourself to be alone, as someday you may be alone and will need to be able to entertain yourself. This usually happens when you live longer than your family or friends. Get to

SCOTT OLSON/BETTY IMAGES



◀ Bikers head toward Sturgis, S.D., for the annual Sturgis Motorcycle Rally in this file photo. The rally attracts an estimated 500,000 people to this town of 6,600 in the southwestern corner of the state.

Be honest in all things, as honesty gives you a clear conscience. Dishonesty weighs you down.

know your neighbors, so you can help them or call on them when in need.

7. Keep your mind and body active, always learn and experience new things.
8. Try to visit all the states in this great country before making a trip to foreign countries. There are wonderful things to see here in the United States.
9. When and if you find someone you would like to be with for the rest of your life, get to know that person well before making a commitment. Love at first sight sometimes backfires, and you can find yourself dissatisfied and unhappy later on.
10. And lastly, a happy marriage depends on cooperation and understanding of your soulmate's needs and vice versa. Be free to enjoy the things that you love to do and let your partner be free also. Be faithful to one another, so that distrust doesn't enter into your marriage. If your partner wants the two of you to do something together, cooperate and try to enjoy the moment, even if it's something you don't especially care for. There will be times when you'll feel the same. And sometimes, surprisingly, you may find it enjoyable. There will be times when you're angry at one another, but never let the sun go down on your anger. Get over it. If you keep anger overnight, it destroys a little bit of the adoration you have for your mate. Each little hurt takes away the romance you had at the beginning, so be careful what you do or say.

—Patricia Toombs, Fresno

Some basics I tried to impart to my children: You can't help others until you've helped yourself.

Never forget favors done for you, but always forget favors you've done for others. Don't judge a man or woman until you've walked a mile in their moccasins.

Never look back, something may be gaining on you. Charge forward, the past is prologue.

—L.J. Martin, Montana

Slow down, talk slower. We older people hear better if folks speak slower. What's the rush?

—Marty Chilton, Oregon

Having attended the "Borrego Broads" Bible study for many years (actually 30), we decided to stray from the good book—twice. We did an independent and conjunctive study of the women of the Bible. It was very interesting, and we learned some background information on prominent women. The second time, we studied a book called "The Purpose Driven Life." One of the ladies said her Bible study at church studied it and thought all of us might benefit from it.

It was interesting in that we learned that God has a purpose for us that might not be what we thought our purpose was. As I've

grown older, I've had the delight of looking back at some interesting developments and memories. I went about my life trying to do "the right thing"—as I had learned it—growing up.

There are all stages of humanity: being born, growing up, learning, giving back to God and fellow man, and eventually leaving this world hopefully having done something meaningful with our lives. I thought I needed to do and be something useful for humanity: learn as much as I could, find a loving companion, have a family, and contribute my knowledge and family to society. That seemed like a reasonable flow chart! Now I feel like I did that. Having aged, I look back at the "good things" I've accomplished and realize there's more than just these things. Life is filled with intangibles!

How can my "purpose" aid others? I see it in others as they go about everyday issues. I can't see the purpose of my life until I get a warm feeling about helping someone, mostly by encouraging people. I can see the ripples upon the water of my life as a pebble casts ripples on a pond.

I recognize that people have been the pebbles rippling the water of my life. I've recollected and cherished the memories of people who have encouraged me. I can't count how many times I've doubted and failed over the years and have been lifted up by someone with a thought or gesture. It inspires me to be someone else's pebble. I guess my purpose-driven life is to be someone's pebble!

—Bonniégail Coleman, Colorado

The Military Subordinate's Code: Big Fish, Little Fish

Suppose a superior calls you out. Your three allowable responses are:

1. "Yes, Sir"
2. "No, Sir"
3. "No excuse, Sir"

Then shut up!

Stand at attention and maintain eye contact (you'll sweat!).

The supervisor will most likely ask for an explanation.

- Don't go on and on.
- Don't blame others, the hour, the weather, or the system.
- For God's sake, don't lie or fabricate!
- Do take responsibility for your actions and the results.

The superior knows this code and if you stick with it without blinking, the superior will cut you some slack, maybe even smile—been there, done that!

Ask, "May I be excused, sir?" If he says, "Yes," step back one step, about-face, and get out of Dodge!

The superior has other fish to fry!

—Lt. Col. Clair E. Walter USAF (Retired)

I rode out to Sturgis, South Dakota, with a few friends of mine to take part in their annual motorcycle rally held in August. This is an occasion where all types of individuals get together to share experiences, admire the bikes, and have a few beers. It's also an occasion where you can meet some very rough individuals who are there to take out their anger or show their attitude to the unsuspecting participants. This is the place where one should remember what I call "the power of the nod." Just a mere nod of your head when someone is approaching you can stave off any uncomfortable situation. A little recognition in the way of respect is all it takes. However, the nod doesn't always work.

While sitting at a bar, a rough-looking Hell's Angels biker was sitting in the seat next to me, and I greeted him with my patented nod.

"What are you looking at?" wasn't the response I expected. Realizing I needed to diffuse the situation as quickly and peacefully as possible, I replied: "A man that could use a beer. Can I buy you one?" Not only did this diffuse the situation, but he warmed up to me as if he was my best friend.

Someone once said that a person who throws the first punch ran out of words.

—Steve Lurie, Illinois

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, 5 Penn Plaza, 8th Fl. New York, NY, 10001

GOLDEN AGE FILMS

Director John Ford's Ode to Faith and Family

IAN KANE

Although I'd heard about the 1941 film "How Green Was My Valley," I'd never gotten around to watching it. But ever since I've embarked on my recent one-man "John Ford Cinematic Appreciation Tour" (yes, I just made that up) adventure, I knew it was only a matter of time before I would be pulled into its warm embrace. After watching the film, I'll say that it reminds me of how versatile the legendary director was, despite often being minimized to the role of filmmaker of Westerns.

As a filmmaker myself, I understand that one of John Ford's gifts lay in picking the right cast and crew for his productions. In this case, it was screenwriter Philip Dunne, who adapted author and playwright Richard Llewellyn's immensely popular book of the same name (first published in 1939). Dunne's brilliant adaptation is paired with one of the masters of black and white cinematography, Arthur C. Miller, with Ford's vision (along with producer Darryl F. Zanuck), and an uber-talented cast to create a cinematic masterpiece. This is evidenced by one of the most beautifully poetic film openings in filmmaking history.

We see Huw Morgan, older in age, as he collects his meager belongings together. His departure is narrated: "I am packing my belongings in the shawl my mother used to wear when she went to the market. And I'm going from my valley. And this time, I shall never return."

As the man walks out of the village, through the narration and shots of the ash-covered hills surrounding it (the village is in a valley, after all), we sense that it must have been beautiful once upon a time.

Then, we're suddenly whisked back in time to when Huw was a young lad of 10 (young Roddy McDowall) as he recounts his idyllic childhood. Miller's sweeping shots are sumptuous, and as Huw is guided around the rolling green foothills surrounding his village (before the coal mines ruined them) by his loving father, Gwilym Morgan (Donald Crisp, "Mutiny on the Bounty," "The Dawn Patrol").

Shortly thereafter, we're introduced to Huw's older brothers, Ianto (John Loder), Ivor (Patric Knowles), Davy (Richard Fraser), Gwilym Jr. (Evan S. Evans), and Owen (James Monks), who all work at the local coal mine. Keeping things neat and orderly on the home front are Beth (Sara Allgood), the matriarch of the family, and the only daughter, Angharad (Maureen O'Hara). Gwilym, still strong as an ox, walks home proudly with his sons at the ends of every work day, along with a stream of fellow sooty miners. As they shamble down from the mines, they break out into beautiful old Welsh song—a hymn, "Bread of Heaven."

As the men pass through their home's front gate, they drop their earnings into Beth's apron. The next part of this daily



▲ The opening shot of the film "How Green Was My Valley" paints a dismal image of a once-thriving village.

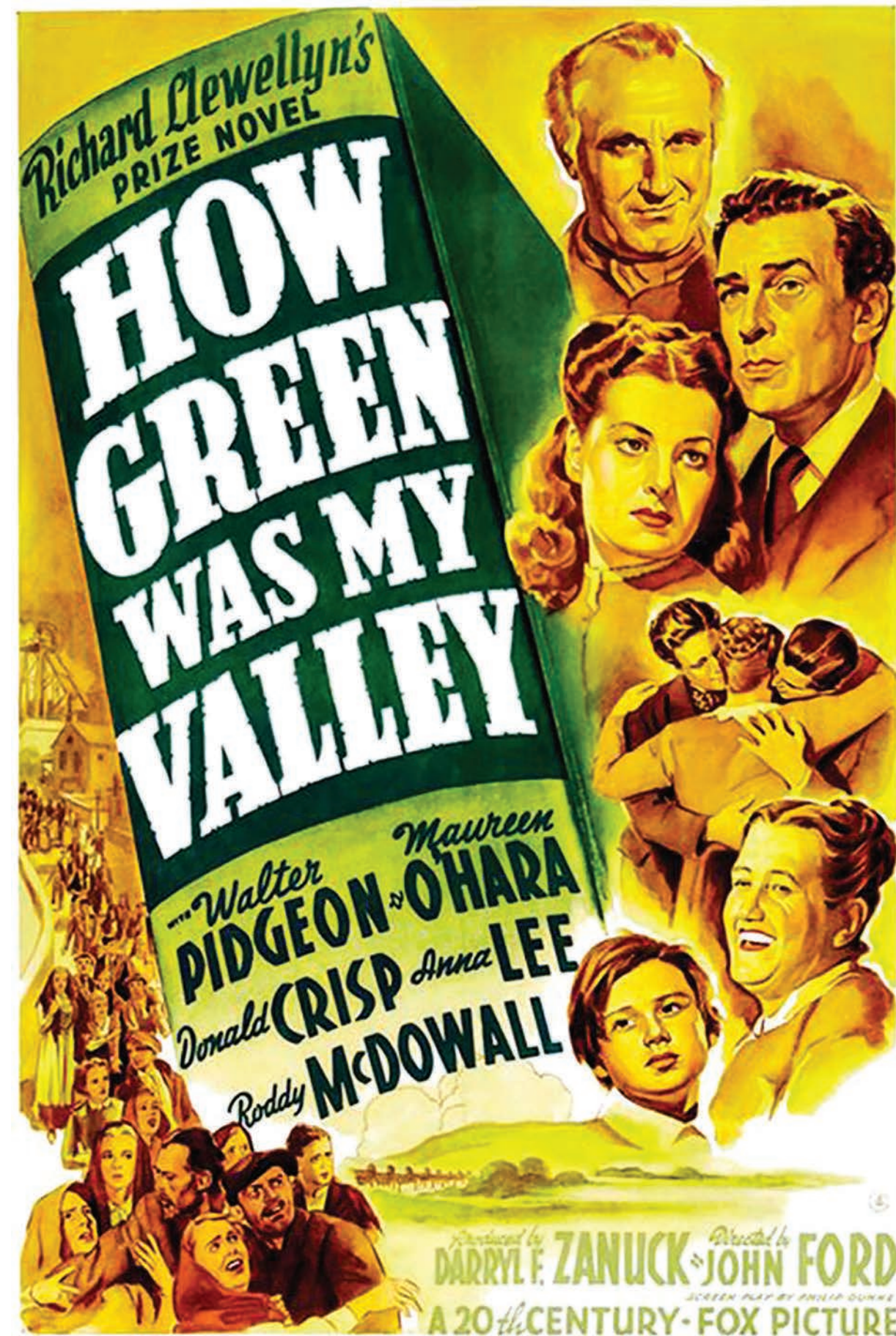
'How Green Was My Valley'

Director
John FordStarring
Walter Pidgeon, Maureen O'Hara, Anna Lee

Not Rated

Running Time
1 hour, 58 minutesRelease Date
Oct. 28, 1941

★★★★★



routine involves their going into the backyard to wash off the soot before coming together at the dinner table and praying before digging in.

Trouble first shows up when the miner's wages get cut and the oldest boys want to join a union. Pops, a staunch traditionalist, isn't keen on that idea. But one evening, during dinner, the brothers confront him. The eldest brother, Ivor, caps off the dramatic showdown by saying that the brothers aren't questioning the head of the household's authority—while obviously questioning his authority. As a result of the family fracas, the boys move to separate lodgings in the village.

Some of the other villagers aren't happy with Gwilym's stubbornness, and tensions run deep for a while. But when certain forces start to threaten the family, Beth takes things into her own hands and, in a powerful scene, lets those forces know that she won't have any of it. Meanwhile, the local preacher, Mr. Gruffydd (Walter Pidgeon), tries to find a middle

ground between the factions.

From there, the family (and villagers) endure many trials and tribulations—various ups and downs that test their resolve and family ties. But through it all, we learn about the strength of conviction in doing the right thing and helping those most in need—especially when "those" happen to be your family, friends, and community.

"How Green Was My Valley" is one of the finest family films I've seen; it showcases what can be accomplished with an exceptionally strong cast and with brilliant "outside-the-box" filmmakers. The film confronts touchy subjects but ultimately uplifts viewers by focusing on the importance of faith and family.

Ian Kane is an U.S. Army veteran, author, filmmaker, and actor. He is dedicated to the development and production of innovative, thought-provoking, character-driven films and books of the highest quality. To see more, visit DreamFlightEnt.com

▲ The cast of "How Green Was My Valley" are all top-notch.



(Top left) Preacher Mr. Gruffydd (Walter Pidgeon) tries to rekindle young Huw's (Roddy McDowall) faith. (Top right) Perhaps love is in the air between Angharad (Maureen O'Hara) and Mr. Gruffydd (Walter Pidgeon). (Above left) (L-R) Mother Beth (Sara Allgood), and two of her children: Angharad (Maureen O'Hara) and Huw (Roddy McDowall). (Above right) Brothers Ivor (Patric Knowles) (L) and Owen (James Monks) are interested in unionizing the mine, which opposes their father's wishes.

Irish actress Sara Allgood was nominated for the Academy Award for Best Supporting Actress for her role as Beth Morgan.

EDUCATION

Lessons in Freedom and Responsibility

A conversation with ‘Tuttle Twins’ creator Connor Boyack

BARBARA DANZA

Connor Boyack is the author of the popular children’s book series: “The Tuttle Twins.” Through entertaining stories, the series teaches kids timeless moral principles and the fundamental values of freedom. Each book chronicles the adventures of twins Ethan and Emily and focuses on essential concepts such as individual liberty, free markets, and the Golden Rule.

With its success, “The Tuttle Twins” brand has expanded to include an animated series (with a first episode due out on Oct. 12) and, most recently, a monthly kids magazine—“Tuttle Times.”

As more and more parents find themselves searching for resources for homeschooling or teaching their children important ideas they’re not learning at school, “The Tuttle Twins” continues to increase in popularity.

I spoke to Connor Boyack about the new ventures and how his products have served parents during recent times. Here’s what he said.



COURTESY OF TUTTLE TWINS

Tuttle Times is a new monthly magazine from the creators of the “Tuttle Twins” series.

THE EPOCH TIMES: Since the first “Tuttle Twins” book was published, the series seems to have enjoyed ever-increasing popularity. What draws so many families to “The Tuttle Twins”?

CONNOR BOYACK: Freedom-minded parents are worried about everything “woke.” They’re seeing propaganda in public school, garbage on social media, and so they want to make sure their children have their heads on straight and are taught true principles. And, sadly, there aren’t many voices out there to trust. There’s a clear problem for which the “Tuttle Twins” is a solution—and it certainly helps that our books are spreading by such strong word of mouth. Parents really like what we’ve been offering their families.

THE EPOCH TIMES: What has been the most surprising feedback you’ve received from parents using your products?

MR. BOYACK: When we started creating the “Tuttle Twins” books, we set out to teach children the ideas of freedom. What was a huge surprise is how many parents told us that they themselves were learning these ideas for the first time. Clearly, this is a failure of public schools for decades—not teaching about sound money, property rights, free markets, and more. Every day we hear from parents who love learning alongside their children with the “Tuttle Twins,” so we love that we’ve been able to create a whole family learning experience out of it.

FAMILY

How to Make Your Children Feel Safe and Loved at Home

BARBARA DANZA



FIZES/SHUTTERSTOCK

Whether it’s a silly joke or a serious concern, children benefit from having a patient listener.

obligations that are on your calendar, and saying no a bit more frequently than you’re accustomed to.

Replace being busy with a balance between enjoyable action and restful rejuvenation. Take time to enjoy life’s simple pleasures.

Display Happy Memories

Photos of special times spent together as a family remind children they are loved, that they belong, and that life has both hard times and great times. Select images for the

frames in your home that inspire a smile and bring back memories you and your family cherish.

Share Nourishing Meals

Sharing a meal together is a bonding experience. Set all digital devices aside and sit down at the table together to eat, talk, and simply enjoy each other’s company. Making mealtimes a regular and predictable occurrence will provide your children with a sense of security.

Hear What They Have to Say

You may find yourself jumping from one task to the next as each day presses on, but be sure to hear your children when they speak to you. The dishes can wait; the laundry will be there later; your email response time can lag—if your child is sharing his or her heart with you, or simply telling you about the silly thing they read in their book, listen. Hone your listening skills and send them the message that you’re always there for them to talk with, share, open up to, and confide in.

Find a Rhythm to Your Days

A predictable rhythm to each day can provide a surprising amount of comfort to the whole family. Waking at approximately the same time, eating dinner at the same time, winding down in the evenings at the same time, and going to bed at the same time each

to help parents embarking on this new effort, and it’s great.

The message I would send to new homeschoolers is to shun the rigidity and structure of public schooling. I wrote a book a few years ago called “Passion-Driven Education” for parents to learn about how they can tailor their child’s education around their interests, to make learning fun and deeply meaningful. The families that embrace this customized approach see such massive success with their kids because they are honoring the personal desires and goals of their child, rather than simply subjecting their child to a standard someone else came up with.

THE EPOCH TIMES: What motivates you to continue this work?

MR. BOYACK: The world seems to have gone crazy lately, and I hear directly from so many families who are struggling to feel a sense of stability. They’re worried their children are being exposed to “influencers” and role models who are leading them down dark paths. Families need help, and I and our team are in the privileged position of being able to offer help to many of them. When problems abound, it’s an amazing feeling to have a solution to offer. Yes, we have our critics—socialists don’t really like us—but I wake up each morning absolutely energized to go serve more families and help restore some sanity to our world.

THE EPOCH TIMES: You’re now launching a magazine. How does the magazine content differ from “The Tuttle Twins” books?

MR. BOYACK: Our community is clearly hungry for more content, and many parents remember fondly the monthly magazines they would receive as a child full of activities, lessons, and more. We want to teach kids in a variety of formats—books, podcasts, cartoons, and now a magazine where they can do activities and projects that are interactive and give kids an opportunity to explore and apply the ideas they’re learning. The new magazine is a vehicle through which we can teach these ideas in another fun format.

THE EPOCH TIMES: The number of parents choosing to homeschool their children has skyrocketed in the past couple of years. As a homeschooler yourself, what advice or encouragement can you offer the newbies?

MR. BOYACK: The beautiful thing about homeschooling today is that there are so many options and opportunities for families. One family’s homeschooling approach can be completely different from another’s. There are so many online communities and support systems

Slow Down

Like a simmering stew or a gently glowing candle, refrain from always operating at a hurried pace. Slow down your day-to-day, allowing plenty of free time, rest, and empty space. This may mean reducing the number of activities the kids are signed up for, renegotiating appointments and

FOR KIDS ONLY

THE EPOCH TIMES



September

by Helen Hunt Jackson

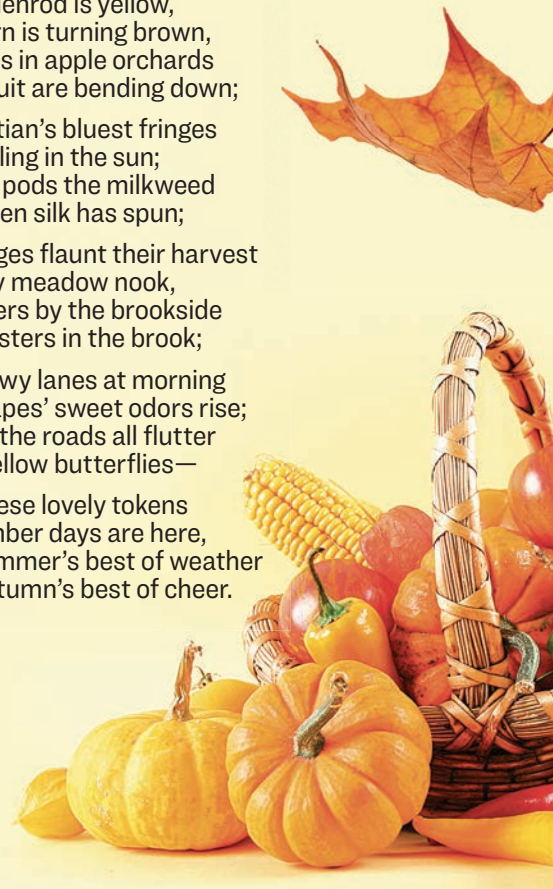
The goldenrod is yellow,
The corn is turning brown,
The trees in apple orchards
With fruit are bending down;

The gentian’s bluest fringes
Are curling in the sun;
In dusty pods the milkweed
Its hidden silk has spun;

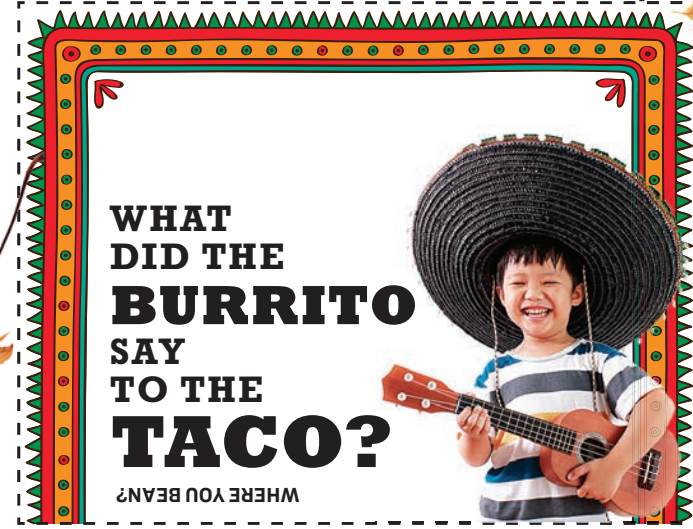
The sedges flaunt their harvest
In every meadow nook,
And asters by the brookside
Make asters in the brook;

From dewy lanes at morning
The grapes’ sweet odors rise;
At noon the roads all flutter
With yellow butterflies—

By all these lovely tokens
September days are here,
With summer’s best of weather
And autumn’s best of cheer.



LISA A/SHUTTERSTOCK



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ALL IMAGES BY SHUTTERSTOCK

MOZART PREMIERS ‘THE MAGIC FLUTE’

On Sept. 30, 1791, one of Wolfgang Amadeus Mozart’s most popular operas premiered in Vienna. “The Magic Flute,” or “Die Zauberflöte,” is a timeless tale of dark versus light or good versus evil and begins in a far away land that is ruled by an evil Queen of the Night. You may recognize some of the music, such as the aria in “The Magic Flute,” performed by Papageno, the bird catcher. “The Magic Flute” retains its popularity today and is the third-most commonly performed opera around the world.



JOE JRANO/SHUTTERSTOCK

By Aidan Danza, age 15

ALL PHOTOS BY SHUTTERSTOCK

MORE FABLES FROM AESOP

Aesop’s Fables are some of the most important and interesting stories that the world has seen.

They were written, of course, by Aesop, an ancient Greek man whom we know very little about. Historians speculate that he was a slave who lived around 420 B.C. Though we know so little about him, a remarkable amount of his quality stories have been enjoyed throughout the years.



THE BIRDS AND THE SEED

A swallow and some other birds met in a field, as they watched a farmer sow hemp seeds.

“Eat all those seeds,” said the swallow, “eat them quick. Those seeds will kill us one day.”

The other birds paid him no heed, and soon the hemp seeds grew into hemp plants, which were then harvested and made into rope, which was woven into nets which caught many an unfortunate bird.

Destroy the seed of evil, or it will grow up to your ruin.

THE LION AND THE BULLS

Four bulls grazed in a field and became friends. A lion, seeing this, knew that he could not defeat four bulls at the same time, and thus decided that he would divide the bulls, whispering to each bull, in turn, of some minor grievance that the lion had witnessed, until the bulls became angry, fought, and went their separate ways. Soon after, the lion killed and ate each bull.

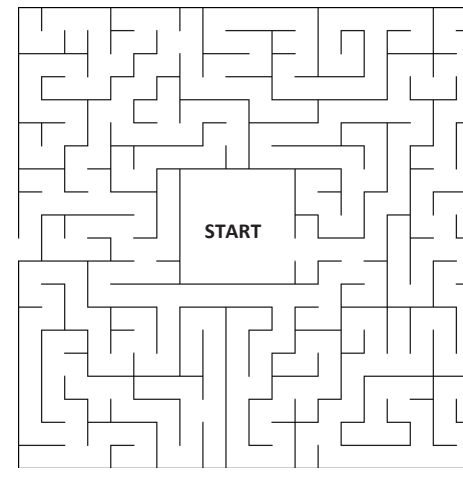
Unity gives strength, division creates weakness.

THE WOLF AND THE DOG

A wolf, who was near death of starvation, came upon a farm, where he met a dog. The dog took pity on the wolf and said: “If you want you can learn to help the farmer do his work. He will reward you with food fit for kings, and a warm bed.” The wolf was keen, and he walked back to the house with the dog. As they walked, the wolf noticed an imprint on the dog’s neck, and he asked what it was.

“Oh, it’s nothing,” said the dog, “it’s just from the collar they use to chain me up at night. It is irritating, but you get used to it.” “Not for me,” said the wolf, and he turned to go, saying, “Hardship in liberty is better than welfare in slavery.”

AMAZING ESCAPES!



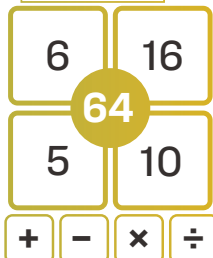
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

Easy puzzle 1



Solution For Easy 1
7 + 9 = 16
16 + 4 = 20
20 + 9 = 29

Medium puzzle 1

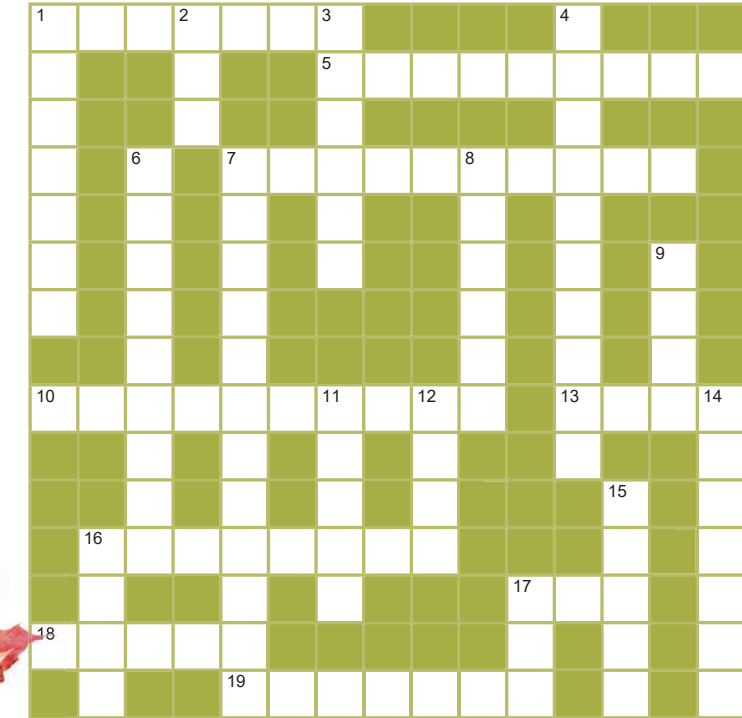


Solution For Medium 1
91 - 9 = 82
82 - 5 = 77
77 + 10 = 87

Hard puzzle 1



Solution For Hard 1
92 x (1 - 82 - 82)
(92 - 82) x (1 - 82)



Across

- 1 Olla (4,3)
- 5 Kitchen gizmo (3,6)
- 7 Kind of spice grinder (6,4)
- 10 Coffee-maker (10)
- 13 Pepper’s partner (4)

Down

- 1 Veggie cooker (7)
- 2 Stir-fry pan (3)
- 3 Bag holder (3,3)
- 4 Container for cooking meat loaf (6,4)
- 6 What you make in a baking dish (9)
- 7 Cook’s helper (6,6)
- 8 Boring tool (6)
- 9 One way to cook eggs (4)
- 11 Clothing protector (5)
- 12 Bread maker (4)
- 14 English muffin heater (7)
- 15 Spaghetti catcher (5)
- 16 Small portable table (4)
- 17 It may go on the stove or in the oven (3)

- 16 1/768 gallon (8)
- 17 It may be cherry or pecan (3)
- 18 Where we sit down to eat! (5)
- 19 Little baking dish (7)

**THE
EPOCH
TIMES**

Epoch Times reporter Charlotte Cuthbertson interviews Yuma County Sheriff Leon Wilmot in the desert by the U.S.-Mexico border.



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- Contribute sharp-eyed commentaries and analysis on the latest hot-button issues related to China
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- To apply, send your author bio, two or more samples of your work, and pitch an idea for an article to djyeditor@epochtimes.com

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- Cover topics related to China
- Requirement: at least two years of professional journalism experience
- To apply, send your résumé, cover letter, two or more samples of your news writing, and pitch a story idea to djyeditor@epochtimes.com

Australia Reporter

- Cover local, national and Pacific news in Australia
- A bachelor's degree and one year of professional news writing required
- To apply, send your résumé, two references, a cover letter, and samples of your work to hr@epochtimes.com.au

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- Edit and publish wire content as well as content from partner providers
- To apply, send your résumé, a cover letter, two or more samples of your work, and three references to newsroom@epochtimes.com

Travel Editor

- Shape and execute travel content strategy, manage day-to-day operations, work with staff and freelancers, and offer our audience travel stories that inspire and inform
- A minimum of five years experience in journalism, with at least two years' experience editing travel
- To apply, send your résumé, a cover letter, two or more samples of your work, and three references to philipp@epochtimes.com

Magazine Layout Designer

- Design and layout magazines and other print and digital products
- Requirements: bachelor's degree in graphic design or marketing and two or more years of related experience; advanced knowledge of Adobe Indesign, Illustrator, and Photoshop
- To apply, send your résumé, a cover letter, portfolio, and three references to careers@epochtimes.com

Assistant Food Editor

- Help shape and execute food content strategy, build and work with a team of writers, and manage day-to-day operations, including editing and occasionally writing a wide range of food and cooking articles for web and print
- Requirement: four or more years of journalism experience, with at least two years of experience in editing food content, including developing and editing recipes
- Professional cooking experience preferred, including culinary school, restaurant or catering jobs, and test kitchen work
- To apply, send your résumé, a cover letter, three to five samples of your work to food@epochtimes.com

Food Reporter

- Write feature articles about time-honored culinary traditions and recipes, from across the U.S. and around the world
- Requirement: two years of professional journalism experience, preferably with a focus on food. Professional cooking and/or recipe development experience is a plus.
- To apply, send your author bio or résumé, three to five samples of previously published work, and 1 to 3 story pitches to food@epochtimes.com



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