

THE EPOCH TIMES

LIFE &

TRADITION

ALL PHOTOS COURTESY OF GREGORY GROZOS



Gregory Grozos creates miniature worlds, such as this tiny library, which he finds to be a powerful symbol of humankind's accomplishments as a civilization. His work can be found online on [etsy.com/shop/MicroJewellery](https://www.etsy.com/shop/MicroJewellery)

ART

Greek Artist's Miniature Worlds Inspire Beauty and Kindness

'Being an artist brings with it a lot of responsibility,' says Gregory Grozos



DAKSHA DEVNANI

With a harmonious combination of tiny pieces and materials, a Greek artist has been creating aesthetically pleasing miniature worlds enclosed in small boxes, frames, and watch cases.

From an early age, Gregory Grozos had a natural inclination for the arts, as his father was a graphic designer who also liked to paint in his free time. Following in his father's footsteps, Grozos went on to study graphic design and earned a degree from the Athens School of Fine Arts.

"There were many art books in the house that I would take off the

bookcase and go through as a young child," he told The Epoch Times. "It was a great environment to start developing my aspiration to become an artist."

Grozos said he's aware of the responsibility he shoulders in creating works that have the potential to impact the world and "how art can affect people positively or negatively." He said it's his faith in the divine that leads him to envision whether his reasoning and purpose for creating a piece of art would make our world a better place or a worse one.

Continued on Page 2

1. A miniature town is set upon a beautiful old bronze button. The buildings and other details are made with painted watch parts. Surrounding the town are a bridge, a pavilion, a well, and a water mill.

2. A tiny man works in a miniature factory inside a glass dome.

Good Talk: Reviving the Art of Conversation

JEFF MINICK

In "Lost in the Cosmos: The Last Self-Help Book," Walker Percy writes, "Johnny Carson, when questioned about his aplomb on the stage before a TV audience of millions, replied: 'Sure, I'm at ease up there—because I'm in control—but when I'm at a cocktail party and caught in a one-on-one conversation: panic city!'"

In his book of essays, "Wind-

Sprints," Joseph Epstein recounts an incident from the life of John Keats when the poet took a two-mile walk with Samuel Taylor Coleridge, "one of the famous talkers of his day." In a letter to his brother, Keats wrote: "I heard his voice as he came toward me—I heard it as he moved away—I heard it all the interval—if it may be called so."

Regarding conversation, most of us probably find ourselves in the mid-

dle of these two extremes. Perhaps we do just fine when talking one-on-one with a friend, but clam up when we find ourselves at a wedding where half the guests are strangers to us. Perhaps we do better in a crowd, working our way around the room from person to person without having to engage anyone except on a surface level.

Continued on Page 2



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The art of conversation is an essential tool in personal relationships as well as in business networking.

PARENTING MATTERS

The Value of Pets

Not only do family pets offer many health benefits, but they can also teach kids about caring and responsibility

PARNELL DONAHUE

I became acutely aware of the value of pets while at work one beautiful summer's day. I was enjoying lunch on the clinic patio when I noticed a teen patient of mine walking toward me.

Shaking my extended hand, she began, "I want you to meet someone." She gestured to the dog on the end of a short leash. "His name is Ollie," she continued as she sat down under the market umbrella and lifted the rather large dog to her lap. He licked her on the lips.

"I suppose you think that's unsanitary," she said without embarrassment. Then added, "It's better than kissing a dumb boy!" Her mood shifted abruptly and tears welled up in her eyes.

"Sounds like you broke up with your boyfriend," I suggested.

"Hebroke up with me!" Tears began flowing. Ollie gazed at her as she talked, then began licking away her tears. When he thought she had cried long enough, he nibbled on her ear lobe. With that, she giggled and pulled herself together, looked at me, and said: "I just can't stay sad or mad when Ollie's around. He always understands. People should be more like dogs."

"I know my mom loves me, but she just doesn't understand the way Ollie does; neither do my friends. Having Ollie is like always having a best friend. I tell him everything, and he listens and understands. He never interrupts, never gets mad at me, never tells me what to do, and is always there when I need him."

Emily knew what she was talking about. Dogs show compassion, loyalty, and un-



Having a pet teaches kids some important life lessons, such as responsibility.

conditional love, and they give us another opportunity to enjoy God's creation.

Studies have shown what pet owners have always known: having a pet helps us stay healthy. Doctors have discovered that pet owners live longer, recover faster after an illness or injury, and are generally happier than adults who do not have a pet.

People seeing therapists are more comfortable talking about sensitive issues while holding, petting, or just being near a pet.

Kids who have a close relationship with a pet have an easier time coping with the stresses of life. The American Academy of Pediatrics in a statement about ways to love your kids said, "Owning a pet can make children, even those with chronic illnesses and disabilities, feel better by stimulating physical activity, enhancing their overall attitude, and offering constant companionship."

Recent studies show that infants who are exposed to dogs and cats have fewer allergies as children and adults, which is at odds with the medical advice families with a history of allergies usually get. Doctors now know that the presence of a dog or cat in the home decreases the risk of allergies and asthma.

Psychologists and psychiatrists have discovered that pets can help their patients get better faster. People seeing therapists are more comfortable talking about sensitive issues while holding, petting, or just being near a pet. The grandmother of our family dog, Belle, worked with a psychotherapist in Wisconsin.

Pets, especially big dogs and horses, encourage their owners to exercise. Exercise has many health benefits; it reduces the incidence of obesity, decreases the risk of heart attack, and helps control blood pressure. And the dogs provide protection as well as companionship.

Some dogs help kids learn to read. My grandson's school had a dog named Dusty, who loved to sit and listen to the kids read. Dusty was never critical of the reader and always interested in anyone who offered attention. The kids loved to read to Dusty, and by reading more, they improved their reading skills and their self-esteem.

Pet owners have told me that caring for a pet taught their kids some important lessons. They learn to focus on things other than themselves. Feeding or brushing a dog is not like taking out the trash; both need to be done, but dogs show appreciation for what is done for them, while the trash doesn't care. Kids know when they are needed and feel appreciated, which helps develop self-esteem. These lessons teach structure, responsibility, and discipline. Make sure your children help with the

pet's care. Too often parents assume that responsibility, but if parents do all the work, how will the children benefit?

At the age of 16, our dog Belle became ill and crossed the rainbow bridge. It was a very traumatic event for us. I made Belle a beautiful coffin, we wrapped in a blanket her veterinarian, Dr. Bowling, kindly provided, and we buried Belle in our backyard. We pondered getting another dog. Some months later one of our grown sons asked when were we going to replace Belle. I answered we weren't sure we would.

"Well," he said, "you should!" "Why?" Mary asked. "Because since Belle died, Dad's getting crabby."

Later that year we brought Frosty home. Frosty has many of the same pedigree ancestors as Belle, and is just as sweet. What a difference Frosty has made in our lives.

If you have the space, the time, and can afford it, get your family a dog, or some other pet; let your kids help with its care, and see what a difference it makes in your family.

Enjoy the kids in your life, and may God continue to bless you and your family.

Dr. Parnell Donahue is a pediatrician, military veteran, author of four books, and the blog ParentingWithDrPar.com, and host of WBOU's "Parenting Matters" show. He and his wife, Mary, have four adult children; all hold doctorates, two also are MDs. Contact him at Parenting-Matters.com

CHILDREN'S BOOKS

Children's Bedtime Reads for Fall

BARBARA DANZA

Autumn is an exciting time for a child. The wind is picking up, trees are painted in warm hues, and pumpkins, apples, and scarecrows abound. The school session is in full swing, and the holidays are around the corner.

As night falls earlier and earlier, perhaps there is time for an extra bedtime story. In celebration of this season of brisk anticipation and home comforts, here are some titles to enjoy with the children in your life.

As night falls earlier and earlier, perhaps there is time for an extra bedtime story.

"The Little Old Lady Who Was Not Afraid of Anything," by Linda Williams, illustrated by Megan Lloyd, tells the tale of a spunky lady who doesn't let fear get in her way, even when she encounters two shoes walking by themselves in the woods at night or a scary pumpkin face yelling "Boo!" at her.

This enjoyable story builds and builds as the lady travels home in the dark, encountering noisy, animated objects—a pair of pants going "Wiggle, Wiggle" and two gloves going "Clap, Clap." This story handles well the subject of fear, is a delightful read-aloud experience, and is just right for Halloween time.

"Bear Feels Sick," by Karma Wilson, illustrated by Jane Chapman, is an adorable

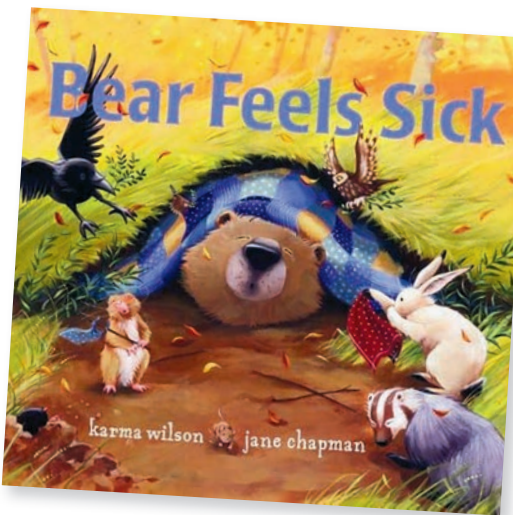
tale of an achy, sniffly bear and the loving care his animal friends afford him to help him feel better. More than just a good book to have around during flu season, this story truly centers on compassion for others. This message of kindness is delivered nicely through simple language and endearing illustrations.

"I Am a Bunny," by Ole Risom, illustrated by Richard Scarry, is a classic board book that sweetly illustrates a bunny's experience with each season. Ideal for this time of year when the changing of seasons is perhaps most evident, this story beautifully portrays nature's annual rituals through the eyes of bunny Nicholas.

As colorful autumn leaves fall across the page, Nicholas simply says, "In the fall, I like to watch the leaves falling from the trees." "I Am a Bunny" is a picture book that can serve as a first book for the very young and enjoyed for years to come.

"Strega Nona's Harvest" by Tomie dePaola celebrates the bounty of the season and the spirit of generosity through the familiar antics of its adorable title character, the Italian granny Strega Nona, who dePaola first introduced to readers in 1975. "Strega Nona's Harvest" follows the beloved grandmother and her assistants Bambolona and Big Anthony through the planting season to harvest time. When Big Anthony doesn't exactly follow Strega Nona's instructions, he finds himself harvesting more bounty than he bargained for.

At the end of the season, Big Anthony's garden produces more vegetables than he knows what to do with. Each night he secretly piles his harvest at Strega Nona's doorstep. Puzzled, Strega Nona goes to



the village to find the source of the abundance. She learns there that her garden was the only successful one in the village and swiftly prepares a banquet and shares her good fortune with those in need.

"Strega Nona's Harvest" is a delightful story that contains so many heartwarming elements; from respect for the seeds and the process of gardening and nature at large, to the diligent spirit of doing a good job, to the heart of generosity in sharing one's abundance.

"Over the River and Through the Wood," by Lydia Maria Child, illustrated by Christopher Manson, is a lovely rendition of the classic Thanksgiving poem. It features woodcut pictures that tell the story of a horse-drawn sleigh carrying a family to grandfather's house for the holiday feast.

The illustrations beautifully portray the cold November weather, the anticipation of the trip, and the warmth of home and family upon arrival. Children will love to read this over and over again.



FOR KIDS ONLY

THE EPOCH TIMES

Week 41, 2021

I Hear America Singing

by Walt Whitman

I hear America singing, the varied carols I hear,
Those of mechanics, each one singing his as it should be
blithe and strong,
The carpenter singing his as he measures his plank or beam,
The mason singing his as he makes ready for work,
or leaves off work,
The boatman singing what belongs to him in his boat,
the deckhand singing on the steamboat deck,
The shoemaker singing as he sits on his bench,
the hatter singing as he stands,
The wood-cutter's song, the ploughboy's on his way in
the morning, or at noon intermission or at sundown,
The delicious singing of the mother, or of the young wife
at work, or of the girl sewing or washing,
Each singing what belongs to him or her and to none else,
The day what belongs to the day—at night the party of
young fellows, robust, friendly,
Singing with open mouths their strong melodious songs.

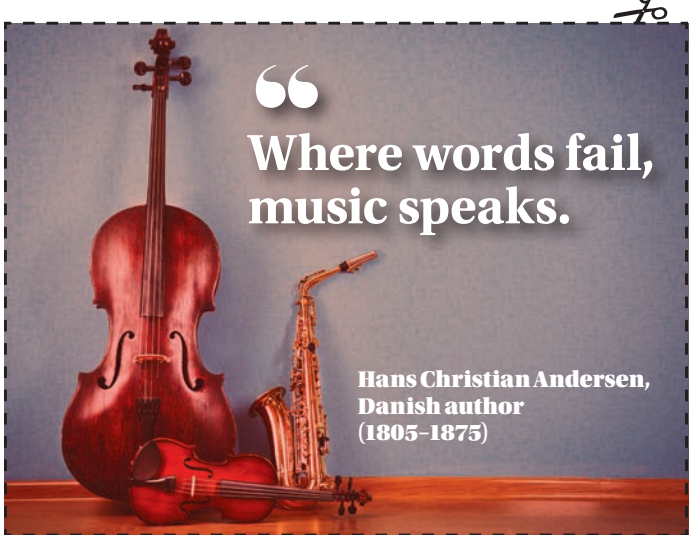


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WHY DID MOZART GIVE AWAY HIS CHICKENS?



KSENA SHESTAKOVA/SHUTTERSTOCK



AFRICA STUDIO/SHUTTERSTOCK

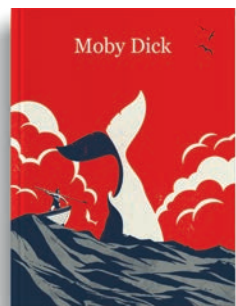
This Week in History

MOBY-DICK IS PUBLISHED

On Oct. 18, 1851, a novel called "The Whale" by American author Herman Melville was first published in London, then a month later in America. The now-famous tale of Captain Ahab and his pursuit of a giant whale was, at first, not very successful. In fact, Melville had to take on a second career to make ends meet.

It wasn't until the 1920s, three decades after Melville's death, that the novel was rediscovered and its popularity began to grow. The novel, under the name "Moby-Dick," is now considered an American classic.

The whale in this classic tale was named after a real albino sperm whale in Melville's era called Mocha Dick.



WIKIMEDIA COMMONS



By Aidan Danza, age 15

THE MAGPIE



The Magpie is a bird most known for its thieving.

Supposedly, magpies steal all sorts of trinkets that happen to catch their eye. Beyond their criminal reputation, the magpie is a most interesting bird.



A close-up of magpie feathers. They have beautiful color patterns on them, resembling a sheen of oil in water.

There are more than 20 species of magpie, which are not limited to the usual black-and-white, but also include, in Asia, exotic shades of bright green and blue. Only two species, the black-billed and the yellow-billed, live in America. Both live only in the West, with the yellow-billed Mmgpie only inhabiting a small part of California. Both species are found mostly in open areas, including fields, suburbs, and open woodlands.

The Eurasian magpie has been the subject of many a story, both fact and fiction, usually involving its reputation for thievery. An entire opera was written about it: "La Gazza Ladra," or "The Thieving Magpie," written by Gioachino Rossini. It tells the story of a servant girl who is accused of stealing silver and is sentenced to death. Luckily, before she is executed, the true thief is discovered to be a magpie, and the girl is freed.

In truth, however, it is difficult to know whether magpies actually steal things. There have been instances of magpies coveting shiny things. One

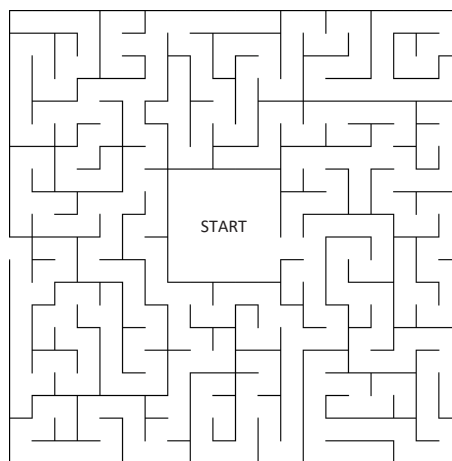
magpie stole (but later returned) a set of car keys from a mechanic's shop in England. Also in England, another magpie was discovered to have stolen and kept an engagement ring for three years.

However, in a scientific experiment in which piles of nuts and shiny things were placed next to each other, magpies didn't steal from either of the piles, and were apparently scared of the shiny things. This may be explained by the fact that the magpies were paired up during the experiment. Perhaps the few magpies that do steal are simply trying to attract a mate.



ALL PHOTOS BY SHUTTERSTOCK

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

7	8		
4	8		
+	-	x	/

Solution For Easy 1
4 - 8 + 8

Medium puzzle 1

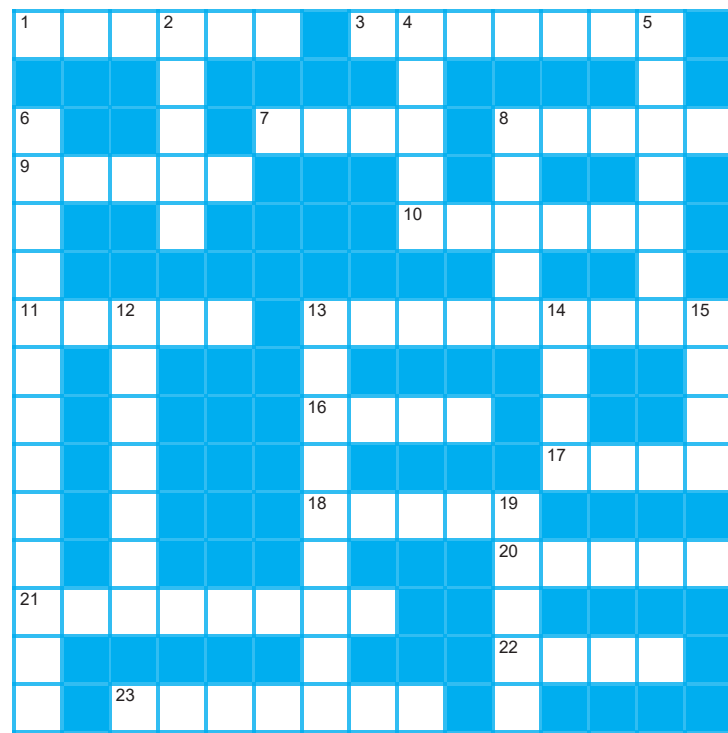
8	17		
5	15		
+	-	x	/

Solution for Medium 1
8 + (4 - 5 + 9)

Hard puzzle 1

18	22		
12	21		
+	-	x	/

Solution for Hard 1
21 + 12 + (81 - 22)



Across

- One of the clefs (6)
- Musical sound (4)
- Violin, cello, bass (7)
- "Silent Night," e.g. (4)
- Beat (5)
- Quartet member (5)
- Series of musical movements (6)
- Starts and Stripes (John Philip Sousa) (5)

Down

- What 2 Jingle ____ (5)
- Catchy songs (5)
- The highest part in a harmony (7)
- Vocalist's musical support (13)
- Luciano Pavarotti or Placido Domingo (5)
- They used to be played on a phonograph (7)
- Singing without instrument back-up (1,8)
- Two people singing together (4)
- Found on a staff (4)
- Story told in song (5)
- Squeeze box (9)
- One of the Saxophones (4)
- Musical sound (4)
- It has 88 keys (5)
- Middle C is a reference ____ (5)
- Band (8)
- Music genre (4)
- Cradlesong (7)

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



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<p>US Regional Reporter <i>Full-Time</i></p> <ul style="list-style-type: none"> Cover local and state news of national relevance Positions available in every U.S. state Requirements: a bachelor's degree and two years of experience as a professional reporter To apply, send your résumé, cover letter, and three or more samples of your work to careers@epochtimes.com 	<p>Senior Reporter <i>Full-Time</i></p> <ul style="list-style-type: none"> Cover an assigned beat, including a variety of U.S. national topics and world news Requirements: a bachelor's degree in journalism or a related field and five years of experience as a professional reporter To apply, send your résumé, cover letter, and three or more samples of your work to careers@epochtimes.com 	<p>New York Reporter <i>Full-Time</i></p> <ul style="list-style-type: none"> Cover news on one of a number of assigned beats, including City Hall, police, schools and transportation Requirements: a bachelor's degree in journalism or a related field and two years of experience as a professional reporter To apply, send your résumé, cover letter, and three or more samples of your work to careers@epochtimes.com 	<p>Economics and Business Reporter</p> <ul style="list-style-type: none"> Cover economics, business and finance news Bachelor's degree and two or more years of journalism experience, preferably with a focus on business/economics To apply, send your résumé, a cover letter, two or more samples of your work, and three references to business@epochtimes.com 	<p>Breaking News Reporter</p> <ul style="list-style-type: none"> Cover breaking news in the United States and around the world At least 2 years of experience in news reporting Send your résumé, a cover letter, two or more samples of your work, and three references to newsroom@epochtimes.com
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