THE EPOCH TIMES LIFE TRADITON

Marriage is the adventure of a lifetime.

RELATIONSHIPS

How to Make the Most of Your Marriage

Tips on keeping the fires of love alive

JEFF MINICK

ne of the biggest days of your life has come and gone.
You've stood up before a group of people and taken vows you've sworn to uphold.
Perhaps you followed up that event with a gala, an evening of dining and dance, or perhaps you left some clerk's office in City Hall and drove back to your apartment.
Perhaps you then headed out for a week at Martha's Vineyard or a weekend in the mountains.

Whatever the case, you're now married. In the words of yesteryear, you've plighted your troth to another. You've promised your beloved to honor a union of flesh and spirit, to stick together in the good and bad seasons of your love. As the traditional words put it,

you've vowed to be wedded, "to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, until we are parted by death. This is my solemn vow."

Flash forward 10 years. You and your spouse have three children under the age of 8, you're having trouble making the mortgage payments, and your mom is unloading advice on you about marriage and childrearing like some longshoreman unpacking a container ship out in Los Angeles.

Some folks warn, "Old age isn't for sissies." The same might be said about marriage. If we let it, marriage can be one bumpy old road.

So how can we keep that road smooth and in good repair? How do we honor those vows, keep the fires of love alive, and get the most out of our marriage?

Reverence

Most of us know O. Henry's short story "The Gift of the Magi" about a poor couple at Christmastime. Della sells her beautiful hair to buy Jim a platinum fob chain for his treasured watch, and Jim sells his watch to buy his young wife a set of combs for her hair.

The story ends, "And here I have lamely related to you the uneventful chronicle of two foolish children in a flat who most unwisely sacrificed for each other the greatest treasures of their house. But in a last word to the wise of these days let it be said that of all who give gifts these two were the wisest. Of all who give and receive gifts, such as they are the wisest. Everywhere they are the wisest. They are the magi."

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ART EXPLORATION FOR THE YOUNG AND YOUNG AT HEART

Courageous Hearts, Soaring Toward Eternity

A reflection on Bram Stoker's novel 'Dracula' and Isaac Levitan's painting 'Above the Eternal Tranquility'

A portrait of Isaac Levitan (1893) by Valentin Serov.

ANDREA NUTT FALCE

Autumn in America is a fine time to contemplate change and the unchanging. The moody month of October ushers in colorful leaves, clear skies, and crisp breezes. Early evenings give way to scampering feet and wildly costumed kids in the frightful pursuit of candy! It's almost Halloween.

This time of year scary stories lure us in, and they can be captivating. Is it the

heart-palpitating effect? Perhaps it's the intrigue of a spirit world just beyond our immediate detection, or simply the ageold struggle between malevolence and righteousness that resonates. Whatever the reason, what better way to prepare for Halloween than by revisiting one of the most spectacular spooky classics of the English language, "Dracula."

Bram Stoker's 1897 novel "Dracula" is one of the first and best of all vampire

tales. The story unfolds through journal entries from a group of English men and women, one American hunter, and the Dutch professor Abraham Van Helsing. Stoker introduces brave and insightful characters, especially Mina and Jonathan Harker, Dr. Seward, and Dr. Van Helsing. Among them, the old stalwart, Van Helsing, might just be the best.

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RELATIONSHIPS

How to Make the Most of Your Marriage

Tips on keeping the fires of love alive





Couples can get swept up in the daily routine.

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When we revere our spouse, when we cherish that special relationship, like Della and Jim we become magi bearing gifts.

For years after my wife Kris's death in 2004, I tormented myself by wondering whether I had failed to give her such gifts. Could I not have treated her better? Could I not have thanked her more for her many kindnesses or told her more often how much I loved her?

One day, at a memorial service for my wife's mother, Kris's best friend from childhood and Iwere eating lunch opposite each other in the church's hall. We talked a bit about Kris and her death, and then Susie paused, looked me square in the eye, and said, "I hope you know you were the love of her life."

That burden I'd carried for years immediately fell away.

My tears came later.

Long ago, Kris and I took classes in conversational German at a community college in preparation for our honeymoon. When a much older couple in the class learned we were to be married, they beamed their congratulations. Then the elderly gentleman turned serious, wagged his finger in our faces, and said, "Just remember. Respect. Respect for each other is the key to a happy marriage."

For the rest of the time Kris and I had together, I frequently thought of that man and did my best to heed his advice.

Respect is the first cousin of reverence and has many faces. It means listening. It means biting our tongues when we're angry rather than arguing or spitting out hurtful words. It means trying to understand our spouse's point of view when we come to loggerheads.

Recreation and Rejuvenation

Like everyone else, couples can become swept up in routine, burdened by the de-



Reminiscing about memories strengthens bonds.

mands of daily living, household chores, caring for children, and meeting other obligations. Frequently, this whirlwind leads them to neglect their marriage.

Just as their commanders send combatweary soldiers off the battlefield for R&R, or "rest and recuperation," couples should do the same. This marital R&R, meaning "recreation and rejuvenation," doesn't necessarily mean a month on the beaches of Hawaii or a couple of weeks at a rental house on the North Carolina's Outer Banks, though both sound wonderful.

No—this time away from the battleground of duty and stress can be much simpler than making some long excursion. A weekly or monthly date night; a walk together in the evenings, even with the children in tow; watching a movie together while holding hands; a glass of wine shared on the back deck or on the tiny porch of an apartment: these small moments, seemingly so insignificant, accumulate over time and forge bonds between husbands and wives. They create the links that help preserve marriages in tough times.

This recreation, or if you will, re-creation, also brings a renewed vigor to the relationship, a daily resurrection of devotion and love.

Remembrance

How many of us at age 50 pause to remember why we fell in love and married at 25? Do we look at our husband or wife through the lens of all the years we've spent together? Do we remember the girl we fell in love with, her close-clipped hair, the laughter we shared in that bakery when we bought her the Raggedy Anne cookie jar after she commented on it, the night on the Boston Esplanade when we celebrated the Bicentennial together? Do we remember that awkward young man who stumbled over in Front Royal, Va. See Jeff Minick.com to his words when he introduced himself, who follow his blog.



brought us flowers when he showed up at the door for that first date, who six months later dropped to his knees and asked for our hand in marriage?

Memory is a wonderful tool for keeping a marriage alive and vibrant. Whether we spend time exchanging these memories with each other, laughing over some silly incident from the past, or ruing a mistake, or whether we reminisce in private, recognition of the past we've shared strengthens

When we remember who we were, we have the opportunity to remember who

Studies have shown that happy marriages bring unexpected benefits. Married people have lower stress levels, for example, they tend to live longer, and they even get better sleep. There are tax benefits, and couples have less of a tendency toward depression and better outcomes after surgery.

All well and good, but of course no reason

No, we marry hoping for love and companionship, for the adventure of a lifetime, for the mutual joys and sorrows, for the daily kindness and tender graces, and for the mysteries in the other that time and familiarity will never, thank goodness, fully solve.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. He is the author of two novels, "Amanda Bell" and "Dust on Their Wings," and two works of nonfiction, "Learning as I Go" and "Movies Make the Man." Today, he lives and writes



The Immeasurable Value of Man's Best Friend

DUSTIN BASS

A Texas historian friend of mine. Stephen L. Hardin, told me a story the other day about a dog and a plot of land. During the American migration into Mexican Texas, an immigrant came to Texas with his dog and ran into a Tejano from the Nacogdoches area.

The dog was apparently such a wonderful specimen that the Tejano inquired if he could buy it. The immigrant said he would sell it for \$100 (about \$3,000 today), proving his affinity for his pet. The Tejano stated he didn't have that kind of money, but would be willing to part with a large tract of land in exchange.

The exchange commenced immediately. The immigrant was provided the deed for about 17,000 acres, and the Tejano had procured a new best friend. This story proves two things: There was plenty of land to go around in Texas in the early 1800s, and it's hard to put a price tag on a good dog.

Growing up, I always had a dog. The first dog I had was a Chow mix named Goliath. He lived up to his name. He was a big dog that legitimized the phrase "Beware of Dog." He died during my senior year of high school. Early that morning, we found him lying peacefully on the grass. He had simply fallen asleep and didn't wake up.

I remember burying him in the backyard that morning. After coming back from school and having dinner with my family, I went to the backyard and stood for a while thinking about Goliath. I thought about the amount of time I had spent with him, or the lack thereof. I made a promise to him that night. I promised that the next dog I had I

would treat like man's best friend. About six months later, a friend had a Labrador-mix she couldn't keep. It was about six months old and already house-trained. Her name was Jasmine and though she started out as the family dog, she eventually became mine. After college, she lived with me.

When I began my career in sports journalism, Jasmine would come with me to the outdoor games. The softball teams loved her as their quasi-mascot. I would bring her to the office and she would stay near my desk while I wrote or made

We practically went everywhere together. Living in Houston, the surfing scene is less than stellar, and rare are the moments when surfing is worth doing. Even rarer were friends who were interested in surfing. Jasmine was my surfing partner. She would stay near the cooler and chair until I returned from the water. We went on trips together, even venturing as far as Fort Collins, Colorado. (I became a loyal fan of the New Belgium Brewery because they were so welcoming of my dog.)

Jasmine was the epitome of the term "man's best friend." I had her for 14 years, but then age caught up with her and she passed. It was interesting to me how much it affected me. I was sad when Goliath died, but I was heartbroken when Jasmine died. Perhaps it was because we spent so much time together, or maybe it was because she was such a good dog.

I remember a friend reaching out shortly after Jasmine died about a dog that needed a home. I honestly wasn't ready for another dog. Not to be melodramatic, but it was too soon; I think dog owners understand the sentiment.

It was a number of months later. while hosting a Christmas party, that a friend asked if I was considering getting another dog. I said I was considering it, and added that I had always wanted a Siberian Husky. I have always been a Jack London fan, and after reading "The Call of the Wild" as a child, I had wanted a

Husky. (I know Buck is not a Husky.) A few days later, by some kind of fate, a friend texted me a photo of a Golden Husky asking if I was interested. Strangely, she had been at the party but hadn't overheard my comment. The Husky had been found wandering near some train tracks in a small town. Of course, I

wanted the dog. He was already at a mature age, probably around 6 or 7—but he wasn't mature. He didn't listen that well, and it took about four months to train him not to pee in the house, get on the couch or the bed, or wander off (he was an escape artist). In fact, I was very close to giving away my first Husky. After the fourth month, we became very close. Fittingly, I named him Jack.

Jack was full of energy and always ready to play. He loved going for walks, despite the Texas heat. He always tried to talk (Husky owners can relate). Our time together, however, was cut short. He had developed a brain tumor and had to be put to sleep. It was a brutal way to go

out. I still remember that day vividly. I vividly remember all three days I lost those three dogs.

Shortly after Jack died, my brother after having to deal with all that heartache. It was true that losing a dog caused a lot of grief. I shed a lot of tears, in particular after Jasmine. But I told him that the time I had with those dogs outweighed the short time I had to endure los-

The benefits far outweigh the negatives. You have a constant companion, one that is always happy to see you. A dog can help keep you active with walks and other activities. And something else I've noticed about having a dog: It helps you get to know your neighbors. There is just something about a dog that makes your life better.

That's why I recently got another dog. Madison is a Lab-Catahoula mix and is now about 6 months old. It had been a few years since Jack, but it was simply time to get a dog. I think people who want a dog, but feel they wouldn't know what to do with one, should get one anyway. You don't have to know what to do with a dog. Somehow, the dog figures that out for you.

In a time where so many people have found themselves lonely or lethargic due to the pandemic, getting a dog seems like the proper choice, almost the logical one. The dog you get may not be worth 17,000 acres of land, but then again it's hard to put a price tag on a good dog.

Dustin Bass is the co-host of The Sons of History podcast



Madison, the author's dog, as a puppy

ART EXPLORATION FOR THE YOUNG AND YOUNG AT HEART

Courageous Hearts, Soaring Toward Eternity

A reflection on Bram Stoker's novel 'Dracula' and Isaac Levitan's painting 'Above the Eternal Tranquility

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Precise in his mental processes, he's a careful scientist, a skilled doctor, and both a gifted psychology instructor and student of life. He is a man of the times and for all times. Plus, he battles vampires. I love Van Helsing because he fights the good fight. At the end of the day, the story of "Dracula" is a portrayal of the eternal clash between good and evil, light and darkness.

The classic novel naturally conjures vivid imagery. Printed and reprinted over the years, sometimes one sees on the book's cover a portrait of Vlad the Impaler, a spooky graveyard scene, or a pale-faced monster. Yet in my estimation, frightening pictures are too limited in scope for the broad perspective of this work.

If I were to assign a visual guide to the opening and closing of this story, it might be Isaac Levitan's "Above the Eternal Tranquility." This glorious work of oil on canvas was created by Levitan in 1894, three years before Stoker finished writing "Dracula." The painting appears to have been made from the vantage of a cliff high above the outcropping, which overlooks a shimmering lake at dawn or dusk.

Levitan's painting offers a stirring perspective on the architecture of humanity as compared with the vastness of creation. A small cemetery marks the placement of human souls who've met their limits. There, the Creator is remembered in a little church. "Above the Eternal Tranquility" is a profoundly human work, about mortality and to many young people now.

eternity. It soars with quiet hope—the hope that is intrinsically embedded in all beauty and points toward forever.

Isaac Levitan, the grandson of a rabbi, was born in a part of the Russian Empire that is modern-day Lithuania. The spot is nearly straight north of Romania, where Castle Dracula is set. Despite having great talent, the artist spent part of his life in poverty after his mother died and his father fell ill during his teenage years. Levitan's father soon died, too. Levitan never married and never had children. Succumbing to a fatal heart condition himself, he lived fewer than 40 years. Perhaps it was the perception of his own mortality that led Levitan to contemplate the beyond with an extraordinary sensitivity to beauty. He is survived by a profound body of landscapes.

Levitan, a Russian Jew, and Stoker, a Protestant Irishman, were European contemporaries of one another. They were realist artists looking over a precipice toward rapid change in the sciences, humanities, religion, and lifestyle. In their time, the beautiful, the true, and the good were still valued, but much was coming into question. And, human progress isn't always pyramidal, particularly in art.

Today, schools boast of STEM (Science, Technology, Engineering, and Math) accreditations, which have a fine place, but can't represent a complete education in the absence of broader human understanding. Ethics, philosophy, art, religion, and other studies in the humanities formerly recognized as essential, are virtually unknown



"Above the Eternal Tranquility," 1894, by Isaac Levitan. Oil on canvas; 59 inches by 81 inches. Tretyakov Gallery

"Ah, it is the fault of our science that it wants to explain all; and if it explain not, then it says there is nothing to explain." Stoker attributed those lines to the character Van Helsing as he pursued the perplexity of evil. There's more to life than what men can know and explain through science and technology. Whether we view life through the naked eye, screens, or modern telescopes, the fact remains, humankind sees better when it admits it can't see all.

"We shall have an open mind, and not let a little bit of truth check the rush of a big truth, like a small rock does a railway truck. We get the small truth first. Good! We keep him, and value him; but all the same, we must not let him think himself all the truth in the universe," says Van Helsing.

In "Dracula," Van Helsing and companions pursue the truth with authentic openmindedness. They use the new science and tech at their disposal to struggle against a art, music, even law, it's a humanities-based terrible foe, but they don't limit themselves to the simple tools of science. Blood transfusions, recorders, typewriters, and trains were modern developments at the time. They were good tools but the most important turned out to be courage, will, heart, faith, hope, and love.

Modern man is often tempted to consider himself more advanced than those who came before. If tech were the measure of supremacy, perhaps it would be true. We are surrounded by it, engrossed by it. How many times have you hung out with family or noticed a group of young friends sharing a bite, with all eyes cast down into phones?

Historically, the ritual of breaking bread and conversations at mealtime have connected people in meaningful ways. Recently, my family and I were out to a favorite dinner, sushi. As we dined, an adorable 2-year-old was seated beside her mom and a friend. The tiny girl was absorbed in an iPad. After an hour or so, when we were ready to leave, the tot shyly lifted her eyes and began to wave. Responding to the child for the first time in our observation, the girl's mom wordlessly plugged a cord into the computer and placed a headset over her toddler's ears. The child began to struggle and cry but finally dropped her eyes to the screen and ceased to wave. Our 4-year-old lamented, "We didn't even get to say hi." The other toddler simply resigned to a virtual solitary confinement.

As long as human beings remain human, they must participate in the humanities. Every time we make moral judgments, create exercise. However advanced our science or fancy our technology, we need the humanities as well as real flesh and blood connections. They keep us well. In Stoker's story, Dracula is pursued by

the Harkers, Van Helsing, and companions. Though science fails to explain the evil before them, they finally discern what the creature is: a monster who feeds on the lifeblood of others to perpetuate his worldly existence. While vampires may lack concrete reality, they remain a powerful metaphor for the evil that possesses the hearts of men who sacrifice the wellness of others for earthly gain. The struggle between good and evil is as timeless as it's ever been. While evil attempts to suck the life out of humanity, holy people sacrifice all but their souls for the sake of that which is above.

Mankind has ever been tempted by the belief that the material here and now is all that matters. But really, there's much to be learned from the wisdom of those who lived, learned, and struggled before us. It's foolish to reduce what is beyond ourselves to the limitations of our own invention.

In the end, it was not the Winchester that did Dracula in, but faith, courage, and hearts inclined toward eternal tranquility.

Andrea Nutt Falce is a happy wife and mother of four. She is also a Florentinetrained classical realist artist and author of the children's book, "It's a Jungle Out There." Her work can be found at AndreaNutt.com

What Men Can Do to Improve Their Marriage

The little things are the big things

JEFF MINICK

"What does a woman want?" Sigmund Freud famously asked.

In many ways, it's a knuckleheaded guestion. With almost 4 billion females on the planet, we can assume that women want any number of things. Surely most of them desire what the great bulk of humanity wants: respect, love, joy, liberty, and so on. Those universal hopes aside, we might surmise that Freud's question would elicit 4 billion answers.

So let's narrow down the question. Let's ask instead: "What do wives want from their husbands?"

Nope—that's still too broad. With nearly 70 million married women in the United States alone, we can imagine that wives might want everything ranging from a husband who brings home a higher paycheck to a guy who doesn't leave his clothing strewn all over the floor.

Let's try a more specific approach. Let's take a different angle and ask: What might men do to please their wives and so improve their marriages? How can they better love and care for their spouse?

Below are some pointers on how to make for happier wives and stronger marriages tips I've gleaned from personal observation and from reading articles on the subject.

Listening

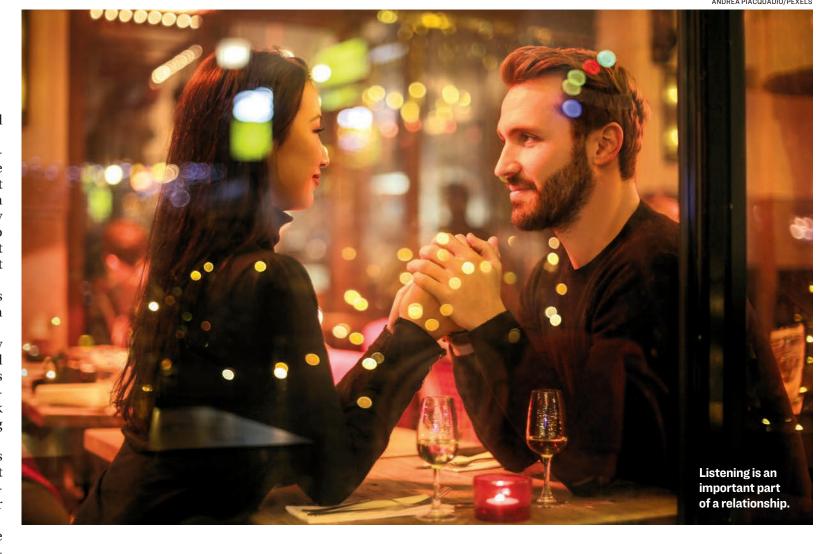
A chief complaint from some women is, "He doesn't hear a thing I say," and she may well be right. "Familiarity breeds contempt" is an old saying with which I've never agreed, but certainly familiarity can breed indifference.

Listening is a major component of any conversation, and even casual conversation is an important part of marriage. If your wife is telling you about the horrendous day she had at work—the boss was sick, the phone never stopped ringing—listen and respond to her rather than nodding while wondering if the weather will allow you to play golf on Saturday.

Taking a walk? Hold her hand. Passing her in the kitchen? Pause and give her a hug. Watching a movie together on the sofa? Put your arm around her shoulder.

In her online article, "The One Thing Happy Couples Do Every Day to Keep Their Relationship Strong," Danielle Friedman discusses the many benefits of touching our partner. Hugs and even a simple squeeze of the shoulder release "the hormone oxytocin, often called the 'love hormone,' in the brain, which helps to sustain feelings of deep attachment.

Quoting anthropologist Helen Fisher, Friedman writes, "'We've evolved all kinds of brain mechanisms to fall madly in love and stay in love,' she says, and touch is high



among them."

Do you want to keep the love-light in your wife's eyes burning bright? Reach out and

Most adults don't receive enough compliments. Make sure your wife isn't one of them.

Who doesn't feel appreciated when receiving a gift, especially an unexpected one?

Flowers, chocolate, and other treats are popular emblems of love given by men to women and are certainly worthy gifts, but an even better one can be a card or a handwritten note telling your spouse how much and why you love her. Skip the flowery language and put your feelings into your own words. Put the note in a conspicuous place or on the bedroom pillow when you leave the house.

Even better, you could algout an envelope and a stamp and mail it to her. Few of us receive personal letters in the mailbox in this age of email. Post this out-of-season Valentine, and you'll make her day.

Nearly 60 years ago, my maternal grandparents operated a dairy farm in Pennsylvania. My grandfather, who rose early to milk the cows, frequently left little notes of endearment to his wife. On the day he collapsed in the barn from a heart attack—he died without regaining consciousness four days later—he

left one of those little love notes for her. He was gone, but Grandma knew to the end of her days that she was his beloved.

In the last month, two moms have independently praised their husbands for helping with the kids as soon as they enter the front door after work. To paraphrase one of them, her husband leaves the house as a contractor and comes home as a dad.

Women appreciate good dads, especially when they're married to one. Sharing the duties and joys of parenting is a sure-fire way to raise good kids and to strengthen a marriage.

Marriage can't be a democracy, but it's a partnership. Sometimes we men find ourselves on the opposite side of a fence—or even a chasm—from our wives. Our employer wants to give us a promotion and a raise, but accepting those honors involves moving to Dallas. Our wife is perfectly happy with her life in Savannah, her childhood home where she has a network of family a hug.

In this situation, real difficulties and resentments can arise. And here's where we must listen carefully to her, taking a rational approach but also recognizing that human beings aren't Mr. Spock from "Star

Trek," but creatures driven by emotions. But whatever we decide, or if we find a compromise—"Let's try Dallas for a year, and if we don't like it, we'll come back to Savannah"—we share the decisions and outcomes with our wives.

TERO VESALAINEN/SHUTTERSTOCK

Compliments

Whether you've been married a week or 50 years, whether she's dressed for a party or is cleaning the kitchen in an old T-shirt and paint-stained jeans, tell the woman in your life she's beautiful. If she made you your all-time favorite chili, thank her. If she tells you some goofy joke, laugh and

Most adults don't receive enough compliments. Make sure your wife isn't one of them.

Appreciation

If you've come along with me this far, gentlemen, do me a favor. Look at your wife. I mean, really look at her. Consider her in all her aspects. Think of all the joys and trials you've shared, the times she's had your back, the graces she's brought into your life. Study those hands that are perhaps worn from a hundred daily tasks, that face you fell in love with, that woman who has loved you in sunshine and in shadows. And then give your wife

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. He is the author of two novels, "Amanda Bell" and "Dust on Their Wings," and two works of nonfiction, "Learning as I Go" and "Movies Make the Man." Today, he lives and writes in Front Royal, Va. See *JeffMinick.com to follow his blog.*

RELATIONSHIPS

Finding a Perfect Mate Starts With Oneself

ANNIE HOLMQUIST

The online world is negatively affecting the American dating scene. If you didn't suspect that already, an experience recorded by Villanova professor Anna Bonta Moreland over at First Things will make that clear.

Moreland gave her students an online discussion assignment to share their dating experiences. The results were very moving and revealed how tired these young people were of what's known as the hook-up culture. Yet when she got them into class to discuss, they clammed up. It was too personal to utter these things face to face, even though her students were used to baring all in online dating relationships (sometimes literally!).

young people like my students?" she says. I would expand that question further, for I don't believe it is just dating apps that have made it so difficult for young people to settle

down and raise a traditional family. Instead, it is the idea that perfection is necessary in order to achieve marriage.

"What have these dating apps done to



Online dating often reinforces the quest to seek the perfect mate rather than focus

The quest for perfection is undoubtedly fostered by our need for instant gratification in a materialistic society. As Moreland says of her students, "they settle for a quick fix, a temporary satiation of a deep, human desire to love and be loved, to know and be known," always thinking that eventually they will find the perfect mate ... but just not right now.

The online world reinforces this idea by presenting too many options—one potential spouse offers great charisma, but then another one offers great kindness, while a third has an intelligent mind. If only a person could find every perfect quality in one package, a package where the chemistry explodes when one finally meets this ideal person.

The quest for perfection is also fostered by the fear of repeating the mistakes of past generations, namely the divorce mentality that permeates American culture. Because so many of today's young people were raised in broken homes, they're scared to even try marriage. So they engage in a number of short-term relationships, hooking up with first this one, then that one, then moving on to another when the latest one disappoints, always seeking that soul mate who will sat-

isfy all their needs and never leave them. Unfortunately, the quest for perfection in a mate and marriage is futile, a fact that Alexander Riley explores in a review of Jordan Peterson's latest book, "Beyond Order," in the October issue of Chronicles Magazine. Instead of wasting effort on imagining and searching for perfection in others, Riley agrees with Peterson's suggestion that individuals cultivate their own character, seeking to prepare and refine themselves to take on the responsibility of marriage:

"Contrary to the dominant message in this culture, one does not find the perfect partner and marriage. One makes a good match by constant effort and the steadfast will to persevere in the relationship. People waiting for perfect matches will find their idealism getting in the way of the practical work on self that is necessary to become the kind of person capable of being married to one other person for a lifetime."

In essence, those who want to marry and marry well will work on themselves first. They won't waste time swiping left and right or hooking up with this one or that one to test if perfection is there. In rejecting this quest for their ideal and focusing on improving self instead, they'll learn to deny themselves, an all-important quality that will actually make a relationship and then marriage between two imperfect people work.

It's good and right that young people should be careful about whom they choose to marry. But in that caution, they should be the ones doing the work to ensure that their future spouse marries a selfless person.

Annie Holmquist is the editor of Intellectual Takeout and the online editor of Chronicles Magazine, both projects of the Charlemagne *Institute. This article was originally pub*lished on Intellectual Takeout.

HISTORY

Warren Harding's Historic Speech on Race: How Black and White Americans Responded

When the president finished, the cheers all came from the back

LAWRENCE W. REED

No matter which major party won America's presidential election in 1920, the country was destined for another chief executive from Ohio. Both major party candidates, Republican Warren Harding and Democrat James Cox, hailed from the Buckeye State.

The likable Harding emerged as a landslide victor, died in office two and a half years later, and is poorly regarded by the bulk of professional historians. It's not the first time, however, that the self-anointed "experts" deviated from the masses. (Have you seen the scores on RottenTomatoes. com for the nauseatingly unctuous film "Fauci"? The so-called top critics, numbering 16, awarded the hagiography a 94 percent Tomatometer rating. The "audiences" score drew from 500+ people and it's a measly 2 percent. Count me with the proletariat on that one.)

Harding was popular among Americans as a whole, largely because—unlike his meddlesome and preachy predecessor Woodrow Wilson—he left us alone, cut our taxes, and kept the peace. People were so disgusted with the big government of the staunchly racist Wilson that even a mediocre successor betrayed by a few corrupt underlings looked good by comparison. Of some 80 U.S. Treasury secretaries in the country's history, by the way, Harding appointed the best of them, Andrew Mellon

If I were to assign a Tomatometer score to Harding's White House tenure, it would probably be 50 percent, or about a five on a 10-point scale. Not the worst (Wilson earns that award), and not the best. But because Harding rarely gets a fair shake, I'd like to praise him on this centennial date of something he did well.

It was Oct. 26, 1921. The scene was an assembly of 30,000 people in the heart sions had bubbled up everywhere in the nity for themselves, and in which recog aftermath of race riots such as the Tulsa Massacre only five months before. There in Birmingham, President Harding became the first American president of the 20th century to openly call for the political equality of blacks in largely white America.

The audience was segregated—20,000 whites in the front, 10,000 blacks in the rear. When the president finished, the cheers all came from the back.

On race, Harding was in one way a product of his times. He endorsed blacks and whites going their separate ways in social settings if they so chose. He wasn't a fan of intermarriage.

But when it came to race and the law, he was well ahead of his time. He spurned the notion that the law should treat one race differently than another. He warned the Birmingham audience that he was going to speak frankly "whether you like it or not," and he sure did.

He noted with regret, for example, that "Thousands of black men, serving their country [in World War I] just as patriotically as did the white men, were transported overseas and experienced the life of countries where their color aroused less antagonism than it does here."

Harding said it was a "colored" soldier who told him that "the war brought his race the first real conception of citizenship—the first full realization that the flag was their flag, to fight for, to be protected by them, and also to protect them."

The good folks in 1921 Birmingham needed to hear that, especially from the highest official in the land.

Harding told the 30,000 assembled in Birmingham that the goals we should pursue together are "complete uniformity in ideals, absolute equality in the paths of knowledge and culture, equal opportunity for those who strive, and equal admiration for those who achieve."

He declared that while blacks and whites should be free to associate or to separate in their personal and social choices, pursuing even a degree of racial pride if they want, there should be "no occasion" for "limitations of the individual's opportunity."

"I would insist upon equal educational

opportunity for both" blacks and whites,

Here are additional excerpts from Harding's exceptional and historic speech:

"These things lead one to hope that we shall find an adjustment of relations between the two races, in which both can of the deeply Democratic and Jim Crow enjoy full citizenship, the full measure of South—Birmingham, Alabama. Racial ten-usefulness to the country and of opportution and reward shall at last be distributed in proportion to individual deserts, regardless of race or color."

> "Coming as Americans do from many origins of race, tradition, language, color, institutions, heredity; engaged as we are in the huge effort to work an honorable national destiny from so many different elements; the one thing we must sedulously avoid is the development of group and class organizations in this country. There has been time when we heard too much about the labor vote, the business vote, the Irish vote, the Scandinavian vote, the Italian vote, and so on. But the demagogues who would array class against class and group against group have fortunately found little to reward their efforts. That is because, despite the demagogues, the idea of our oneness as Americans has risen superior to every appeal to mere class and group. And so I would wish it might be in this matter of our national problem of races. I would accent that a black man can not be a white man, and that he does not need and should not aspire to be as much like a white man as possible in order to accomplish the best that is possible for him. He should seek to be, and he should be encouraged to be, the best possible black man, and not the best possible imitation of a white man."

> "Just as I do not wish the South to be politically entirely of one party; just as I believe that is bad for the South, and for the rest of the country as well, so I do not want the colored people to be entirely of one party. I wish that both the tradition of a solidly Democratic South and the tradition of a solidly Republican black race might be broken up. Neither political sectionalism nor any system of rigid groupings of the people will in the long run prosper our country. I want to see the time come when black men will regard themselves as full participants in the benefits and duties of American citizenship; when they will vote for Democratic candidates, if they prefer the Democratic policy on tariff or taxation, or foreign relations, or what-not; and when they will vote the Republican ticket only

President Warren Harding makes a speech at Martinsburg, W.Va., during his "Voyage of Understanding" trip to Alaska in July 1923.

Those were **bold** and remarkable words for a president to utter in 1921, let alone a president written off by later historians as unworthy of the job.

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

for like reasons. We can not go on, as we have gone for more than a half century, with one great section of our population, numbering as many people as the entire population of some significant countries of Europe, set off from real contribution to solving our national issues, because of a division on race lines."

"I plead with my own political party to lay aside every program that looks to lining up the black man as a mere political adjunct. Let there be an end of prejudice and of demagogy in this line. Let the South understand the menace which lies in forcing upon the black race an attitude of political solidarity. The greater hope, the dissipation of hatred, the discouragement of dangerous passions lie in persuading the black people to forget old prejudices and to have them believe that, under the rule of whatever political party, they would be treated just as other people are treated, guaranteed all the rights that people of other colors enjoy, and made, in short, to regard themselves as citizens of a country and not of a particular race."

"When I speak of education as a part of this race question, I do not want the States or the Nation to attempt to educate people, whether white or black, into something they are not fitted to be. I have no sympathy with the half-baked altruism that would overstock us with doctors and lawyers, of whatever color, and leave us in need of people fit and willing to do the manual work of a workaday world. But I would like to see an education that would fit every man not only to do his particular work as well as possible but to rise to a higher plane if he would deserve it. For that sort of education I have no fears, whether it be given to a black man or a white man. From that sort of education. I believe, black men, white men, the whole Nation, would draw immeasurable benefit."

Those were bold and remarkable words for a president to utter in 1921, let alone a president written off by later historians as unworthy of the job. The country certainly never heard anything like this from Wilson, who did all he could to keep blacks out of the federal government, or to segregate them if they slipped in. Republican Harding hired blacks; Democrat Wilson fired them.

One more thing you should know is exactly where in Birmingham that the underrated Harding said these admirable things. It was—no kidding—in a place called Woodrow Wilson Park.

Cousteau

Director

Liz Garbus

Documentary

MPAA Rating

Running Time

Release Date

Oct. 22, 2021

1 hour, 33 minutes

DEAR NEXT GENERATION

'Live Like Your Word Is Everything'

→ Advice from our readers to our young people

was born in the year 1947, and I've lived a very full life and learned many lessons over the years. In my early years, right was right and wrong was wrong. It wasn't hard to tell the difference. Today that isn't so true. Situational ethics have become the rule too many I say, "go for it." times for too many folks.

My advice to the young folks of today is to live like your word is everything. What does that mean? If you make a commitment to Start with the end in mind. No matter something (anything) with a spoken word, what task or interaction you face, take you must abide by that commitment. It the time to sit down and visualize what of an old farmer, "Your word is your bond." the task or interaction with other people, A good reputation is a most valuable asset you can stay focused on the task at hand to own. Never tell a lie: It will only make and not get distracted or waylaid from things worse, because you'll have to keep your original purpose. Keep your eye on What can you discover in the world and in telling more lies to cover for the first one. Finally and most importantly, follow the

have them do unto you. This simple phrase is very easy to understand and needs no further explanation.

You young folks are living in a time when God and His Word are being forgotten, and what I've known as "morality" is almost gone. It's every man for himself and to blazes with the next guy. You have the opportunity to make the world a better place.

—R. Keith Vogt, Pennsylvania

shouldn't require a written contract to your end objectives are. Write them down. complete the "transaction." In the words Then, when you actually get started on most valuable asset to own. the end goal.

Write your own eulogy. What is it that you

"Golden Rule." Do unto others as you would want to hear about the life that you lead? Then live it.

—Mary S. Sullivan, Virginia

A world is waiting to be

discovered in nature,

away from phones.

My advice to the next generation would be to change any negative directions in their lives, stop any issues, evils in their lives, and start new positive trends. Make a fresh start for themselves and their families. Get help if necessary, but enjoy a better future. Don't be mired in the past.

A good reputation is a

yourself that isn't on your phone, on social media, or on screens of any kind? What can

you find in nature, in art, even in books? Or on a treasure hunt to see what's in your own mind when you let it expand on a walk or a hike? Perhaps you like to do something with your hands or collect something.

What if you had talents and purpose that are outside the box that is defined by the world's current social structure? What if you're a pioneer of something exciting? Let your mind breathe!

Obsession with your phone and screens can be like slavery. You may be leaving a great part of yourself undiscovered. Try setting aside your phone for an hour each day or at least each week. Be brave! It will be rewarding and fun and you'll be a leader in your generation!

-Maria Dios

I'm 81 years old, but don't hang up yet. Marriage is a beautiful gift from God. Marriage is hard work, but of magnificent rewards. I have three sons, 11 grandchildren, and four great-grandchildren. Our only daughter died at age 22 in a car accident. My wife of 39 years died of cancer. Only through perseverance and my Christian faith have I been consoled and blessed. My family is so precious and

In closing, may I add a little advice? Your purity is of the utmost importance. Imagine, our creator has in His love for all us, wives and husbands, given us the gift of mutual love to create a child just like us, yet totally unique!

> — My thoughts, Jack Mallett, Saskatchewan

Here's some advice for the younger generation. I learned this mantra from a mentor 50 years ago, and I'm passing it on to my grandchildren: You can't control how you feel, but you can control how you act.

-Julie Crowl, Colorado

It's important to know what humility looks like in order to be humble, even when the act of doing so doesn't come naturally. Never be passive, but always be humble. Sometimes being humble may not be sincere at the moment, but reflection will prove that doing so was best. And the more humility is practiced, the more natural it becomes and the better you'll become at making a positive impact.

—Stan Crader, Missouri

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 foun tion 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

A Fond Farewell to Beloved Friends

An unexpected visit touches a dying woman

LOUISE BEVAN

Holman with

Aided by hospice staff, a dying woman had the chance to see her beloved horse and two dogs one last time as the precious pets were brought to her bedside.

"Following her arrival at the hospice, our care team soon discovered that patient Jan Holman had some very special friends in her life, and following a spell of four weeks in hospital, she was missing them desper-





Cavalier King Charles spaniels named Monty and Rowley. In addition, Jan was the proud keeper of a handsome piebald cob, named Bob. Dennis said that when his wife was moved from her hospital bed to the hospice in Chester, it was "just such a relief," as the couple was then allowed to welcome

ately," the Hospice of the Good Shepherd

in Chester, England, shared on Facebook.

Jan, 68, and her husband, Dennis, who

were married for 46 years, shared two

regular visitors. However, he had never imagined that their dogs and Jan's horse would be allowed to make the list. Yet hospice staffers knew what Jan needed. "Even though Jan wasn't able to get out of bed, she was so excited to have the chance to see Bob one more time," they shared. "The nurses wheeled her bed to the patio

doors and the team from Thornleigh Park

Farm Stables, where Bob is in livery, walked

him into the hospice courtyard for a very emotional reunion." Bob "put his head through the doors and nuzzled Jan's neck and lap." The detailed, touching photos show the reunion between the horse and rider during which the cob enjoyed a treat of carrots, bananas, and apples. Jan was overcome by the chance to see

her animals one last time. "I just can't believe what the staff here at the hospice have done for me," she said, adding that she was still riding Bob just a few weeks



The Holmans' two spaniels, named Monty and Rowley, also paid a visit.

prior. "He is such an important part of my life, and I have missed him so much," she added. Jan was aware that they could arrange for her dogs to visit, as they had a neighbor who was at the hospice a few years ago and she was allowed to get her dogs in. However, Jan didn't expect they would ever be able to give her the chance to see her horse one

The hospice said that taking care of their patient's emotional and spiritual needs is just as important as caring for their clinical needs.

"It's about making a difference to our patients and their families in whatever way we can," they said.

Caroline Siddall, director of income generation for the Hospice of the Good Shepherd, informed The Epoch Times that Jan died on Oct. 11. The hospice, Siddall said, must continue to raise 3.5 million pounds (approx. US\$4.8 million) every single year in order to deliver its life-changing services to others.

FILM REVIEW

THE EPOCH TIMES Week 43, 202

A Worthy Examination of a Brilliant Career

MICHAEL CLARK

Perhaps the first reality TV star, French oceanographer Jacques Cousteau introduced multiple generations to the wonders of the deep. As ripe and deserving a candidate as any for the subject of a documentary, this production—a joint venture between Disney and National Geographic—reveals the details of Cousteau's lesserknown private life and his extensive work as a filmmaker and producer.

Culling assorted media from a multitude of sources including newsreels, clips from "The Undersea World" TV show, various films, and Cousteau family photos and home movies, director Liz Garbus spent five years assembling the film, and her dogged dedication shows. Aided by a thorough yet unhurried screenplay by Pax Wassermann and Mark Monroe, Garbus makes the most of the economic 93-minutes running time.

An Underwater Career

The recipient of multiple Emmy and Academy Awards as well as the winner of a Peabody Award, Garbus received the full co-operation of the Cousteau family, which has led some to make accusations that she acted as a gun-for-hire by slapping together a biased fluff piece. But this is far from anything resembling a sugarcoated or burnished piece of propaganda.

Had it not been for an automobile accident in 1930 that left him with two broken arms, Jacques-Yves Cousteau would have likely never been known. Part of his recuperation involved swimming in the French Riviera near the city of Toulon, and after an encounter with a stingray, that was it: Cousteau was hooked. From this point forward, he would spend little time on dry land and almost immediately began exploring the world's waters. including the first of three Academy Awards

It was during the production of his second feature ("Épaves"), that Cousteau and his creative partners Marcel Ichac and Emile Gaghan began using the Aqua-Lung prototypes (which they designed) for prolonged time underwater. The finished movie caught the eye of the French Navy (in which Cousteau was still active) and the trio was charged with examining underwater war vehicle wreckage and mine clearing. Perhaps not the greatest gig in the world, but one that led to another, which was the first project to study coral reefs.

This project came at a huge public relations cost because the crew of the Calypso used dynamite to clear areas close to the reefs and that resulted in the unintentional slaughter of thousands of nearby fish.

Having proved his talent and drive in relatively short order, Cousteau and his first wife Simone—mostly through private funds and donations—acquired the Calypso, a ship they'd overhaul and eventually occupy for the next half century.

Even with an all-volunteer crew, the cost of operating such an enterprise began mounting, and Cousteau took a job offered to him by the English government (fronting for BP) to search for oil reserves in the Persian Gulf. This decision flew directly in the face of what Cousteau and his team were trying to achieve, and it weighed on him for the rest of his days. The film hits full stride at the midway

point where underwater cameras invented by Cousteau were used to film in the Red Sea, the Persian Gulf, the Indian Ocean, and the Mediterranean Sea. The footage was assembled and eventually became "The Silent World" (1956), co-directed by Cousteau and Louis Malle.

The movie received numerous accolades



for Cousteau and the first documentary to didn't draw nearly the same number of win the Palme d'Or at the Cannes Film Festival (a feat not achieved again until 2004 with "Fahrenheit 9/11"). Oddly enough, Cousteau disliked the tag "documentarian" and instead preferred "action director," while likening himself to directors such as John Ford and John Huston. Over the span of 53 years, Cousteau would direct 23 features and shorts and produce well over eral agenda beyond ecology. 100 television projects.

As extensive as 'Becoming Cousteau' is, it's still a low-visibility documentary.

The Personal Cost

A workaholic by anyone's definition, Cousteau's dedication to his career came at a dear cost. A self-admitted "terrible father," he had little substantial early interaction with the two sons from his first marriage; however, both of them followed in his professional footsteps with wildly different

To be completely fair, Simone was as much of an absentee parent as her husband and ended up logging in more total hours aboard the Calypso than he.

After a 10-year deal with ABC TV expired in 1976, Cousteau went on to produce 10 further series over the next 30 years that

viewers, yet he worked up until the very end. During his final years, Cousteau took it upon himself to become an ecological spokesman rallying against the mounting pollution of global waters, yet managed to do so without injecting politics into the mix. He saw himself as a custodian of the planet and not an "activist" with a periph-

A Live-Action Biography Is Needed As extensive as "Becoming Cousteau" is, it's

still a low-visibility documentary with next to no advertising budget and in all likelihood will be viewed only by established, diehard Cousteau fans.

What we need at this point is a full-blown live-action biography produced by a major studio that will cover the life of this amazing man. It will entertain the masses and educate the young folks who have no intention of ever watching his back catalog. In my humble opinion, Adrien Brody would be the perfect choice to portray Cousteau.

"Becoming Cousteau" is presented in English with frequently subtitled French.

Originally from Washington, D.C., Michael Clark has written for over 30 local and national film industry media outlets and is ranked in the top 10 of the Atlanta media marketplace. He co-founded the Atlanta Film Critics Circle in 2017 and is a regular contributor to the Shannon Burke Show on FloridaManRadio.com. Since 1995, Mr. Clark has written over 4,000 movie reviews and film-related articles.

GOLDEN AGE FILMS

Popcorn and Inspiration: 'Rio Grande': The Fantastic Finale to John Ford's Cavalry Trilogy

IAN KANE

After I'dwatched 1949's "She Wore a Yellow Ribbon," I learned that it was part of director John Ford's "Cavalry Trilogy." I recently watched and reviewed the first film in the series, 1948's "Fort Apache," and now I've seen 1950's "Rio Grande." I'm actually glad that I viewed the first and third films back-to-back, as "Rio Grande" is nearly a sequel to "Fort Apache."

In "Rio Grande," John Wayne reprises the character of Kirby Yorke, a lieutenant colonel and commander of a cavalry regiment on the fringes of Texas, not far from the Mexican border. Local Apaches intermittently harass Texans and largely avoid capture by conve-



The Western is essentially a romance and a heartfelt one.

'Rio Grande' Director

John Ford Starring John Wayne, Maureen O'Hara, Ben Johnson **Not Rated**

Running Time 1 hour, 45 minutes **Release Date** Nov. 15, 1950

The film brought John Wayne and Maureen

the cavalry pursues them. Due to a U.S. agreement with Mexico, the cavalry is forbidden from crossing the Rio Grande into Mexico.

An added ripple of complication shows up in the form of Kirby Yorke's son, Jefferson "Jeff" Yorke (Claude Jarman Jr.), who was randomly assigned to his unit. Having failed the mathematics requirements to secure a spot at the prestigious U.S. Military Academy West Point, the youngster chose to sign up as an enlisted man and serve his country.

Both the younger and older Yorkes agree to not let their relationship interfere with their sworn duties as military men, even though they haven't seen each other in 15 years. Soon, the younger Yorke gets involved in a "soldiers fight" with another enlisted man and earns respect among the soldiers, specifically two other recruits, Travis Tyree (Ben Johnson) and "Sandy" Boone (Harry Carey Jr.).

If that weren't enough of a strain for Lt. Col. Yorke, his long-separated wife, Kathleen (Maureen O'Hara), shows up at the post. She's determined to take their son back home to Virginia with her. She dislikes the military way of life and considers it not only unnecessarily dangerous but an extremely lonely existence. Indeed, Lt. Col. Yorke is quite the silent, suffering type.

The smoldering passion between Kathleen and the elder Yorke is almost palpable, but he tries his best (at least initially) to resist her. Meanwhile, she tries to convince her son that military service isn't for him. But the youngster's commitment to his duty and service to his country is resolute, and he shrugs off her suggestions.

As Jeff adroitly points out—both of his parents are extremely stubborn in their own ways. Later, Lt. Col. Yorke explains to Kathleen that if their son was to return to Virginia, he'd rightly be viewed as a quitter—he also has an obligation to protect his honor and own up to his word as a man.

Another subplot begins to develop as a for a man accused of manslaughter. That ity. To see more, visit DreamFlightEnt.com

niently skipping across the border whenever man happens to be Tyree, who is eventually placed in the post's stockade. But the recruit escapes his imprisonment after stealing Lt. Col. Yorke's horse.

Lt. Col. Yorke and Kathleen begin to heal

their fractured relationship, while simultaneously trying to outdo each other with regard to knowing what's best for their son. As their complicated relationship gradually mends, Lt. Gen. Philip Sheridan (J. Car-

rol Naish) drops some heavy orders on Lt. Col. Yorke: He's to take a cavalry detachment with him and pursue the Apache into Mexico, run them down, and put an end to them once and for all. It's a risky maneuver since it's essentially invading Mexico.

A Fine Finale

This final piece of the Cavalry Trilogy is probably the most nuanced of the three films. It's essentially a romance and a heartfelt one at that—with intermittent bits of drama, com-

edy, and action thrown in to liven things up. While they're all excellent in their own ways, Ford, Wayne, O'Hara, and the scenestealing Victor McLaglen (as the hilarious Sgt. Maj. Timothy Quincannon) seem to be at the top of their form here, having made a multitude of films together by the time this one was produced in 1950.

"Rio Grande" is a tremendous cinematic achievement and one of the most convincing, non-corny romantic films I've ever seen. It reveals how lonely military life and one's commitment to the service of their country can sometimes be. It also carries the message of how it's never too late for a fractured family to heal.

Not to take anything away from the other two films in the Cavalry Trilogy, but this is probably my favorite.

Ian Kane is an U.S. Army veteran, author, filmmaker, and actor. He is dedicated to the development and production of innovative, thought-provoking, charactercouple of Texas lawmen show up looking driven films and books of the highest qual-



(Back, L-R) Officers Andrew Skae, Lt. Benjamin Veenema, Kevin Foley, and Marc Lecourieux

To the Rescue

Police officer offers his guitar to boy whose instrument was destroyed by bullies

LOUISE BEVAN

After a 9-year-old boy and his parents appeared at their local police station to report that the boy's guitar had been smashed by bullies, one officer went above and beyond—he gifted the devastated boy his very own guitar.

Patrol officer Andrew Skae from Hawthorne, New Jersey, was on duty on Aug. 28 when his colleague Officer Marc Lecourieux met Evan and his parents in the lobby of the Hawthorne Police Department.

"Evan and his father told Officer Lecourieux that three juvenile females asked to see his guitar as he was walking around his neighborhood," Skae, 30, told The Epoch Times. "Evan handed them the gui tar, and the girls smashed it on the ground, destroying it."

When Lecourieux relayed the story, the entire squad was upset by Evan's misfortune. Skae quickly volunteered that he had an acoustic Ibanez guitar at his parents' house; the guitar, he thought, would make the perfect replacement.

"I haven't played it in a while, and wanted it to be put to good use," he said. "[We] asked our supervisor if we could all go over as a squad and hand it to Evan; our supervisor, Lt. Benjamin Veenema, didn't think twice

Two hours after Evan's visit to the station, the squad arrived at his house and invited him outside for a surprise.

"Evan then walked up the steps to the porch where I was waiting with the guitar," Skae said. "He was ecstatic, and I remember him saying, 'This is so cool, the coolest thing ever' ... We gave him one rule for the guitar: ust keep playing, and make sure to remem ber us when you're a famous rock star."

A photo of the guitar handover was snapped and posted on the department's social media, and it quickly went viral.

"I was approached by multiple coworkers and community members over the next few days, all saying how heartwarming it was to see," Skae recalled. "My response was the same: 'I just wanted him to have it, it was the right thing to do."

Skae believes gifting his guitar to Evan exemplifies his hometown's community spirit.

"Our department loves interacting with the community, and we always find ways of doing so," he said. "We show up when we are called, no matter what, and when the person requesting help or assistance sees an officer that they recognize, it can help calm them and know that they will be cared for and taken care of in a professional manner."

The officer hopes Evan will see the squad around town and be excited to say hello, "because we love that," the officer added.

A Down-to-Earth Approach to Life Balance

BARBARA DANZA

he latest book from author Christy Wright is a refreshingly practical guide to getting on top of the things that matter most and away from the things that don't.

In "Take Back Your Time: The Guilt-Free Guide to Life Balance," Wright begins by redefining the concept of life balance—a term that has become, perhaps, a bit vacuous. She reframes the idea from vaguely describing balancing each aspect of life evenly to "doing the right things at the right time." The aim, Wright says, is not to divide your time or energy between work and home equally all the time but to feel a sense of balance in your heart and mind, even when life gets busy.

If something matters, it needs to make it on the calendar or it won't happen.

Christy Wright

Like a good coach, Wright encourages participation in exercises that are mapped out in a free, online printable that follows the lessons in each chapter. The exercises first guide you through your perceptions of balance and then the five steps of what she deems "The Path to Balance."

What makes this book stand out from many others that have been written about ideas like life balance and time management is that Wright's perspective is one of down-to-earth, relatable, lived experience. She's a mom and a professional, and she has walked through seasons when she felt pulled in a million different directions and that she wished she could just get it together.

This book is about walking away from that hamster wheel and being at peace with the way you spend your precious time rather than simply wasting it on being busy and feeling guilty.

Wright describes tour common reasons why people tend to feel out of balance, namely: "doing too many things, not doing enough things, doing the wrong things, and not doing the right things."

Her five steps aim to figure out what the right things are—in other words, your top priorities in life or the things that matter most to you. Next, she helps you identify the things that you're doing—or at least adding to your to-do list—that don't really matter. In step three, rubber hits the road when you create a schedule and add the right things to your calendar and task lists.

"If something matters, it needs to make it on the calendar or it won't happen," Wright says.

After mapping out what to do and when to do it, Wright pivots to working on mindset in her last two steps. Step four is "protect what matters." Here's where you look



Being present and mindful allows you to enjoy the moment.

at those times where you say yes to things out of obligation or don't put enough value on that family time at home. She talks about confidence and boundaries, and her words are encouraging and empowering. She gives you permission to steward your time in the best way you see fit.

Being Present

In step five, "be present for what matters," Wright reminds us that we can get our priorities straight and set up rock-solid boundaries, but if our attention is elsewhere—if our minds are wandering off thinking about the things we're not doing, or if we're distracted by our phones—we're missing the time we're spending anyway, so what does

One simple strategy she shares is that she asks herself, "What is right in front of me?" to redirect her attention to the present mo-

"Whether it's my daughter grabbing my leg, my coworker talking in a meeting, a neighbor waving as we pass on the street, or just a beautiful sunset right outside my window, when I redirect my thoughts to what's right in front of me—when I practice mindfulness—I allow myself to experience and actually enjoy the moment I'm in. I allow myself to actually enjoy my life," she says.

"Take Back Your Time" is the perfect book for the overwhelmed mom, the professional with too much on her plate, or anyone who is feeling frazzled or pulled in too many directions. Christy Wright guides you back on the path from busy to balanced, simply, practically, and with kind-hearted encouragement.

CHRISTY WRIGH **TAKE BACK** YOUR TIME

Time: The GuiltFree Guide to Life Balance' **Author**

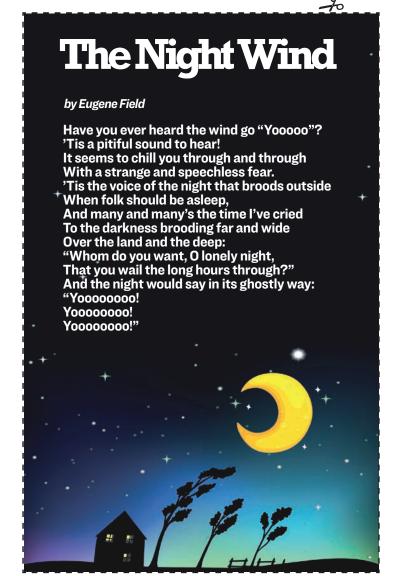
Christy Wright **Publisher** Ramsey Press, 2021 **Pages**

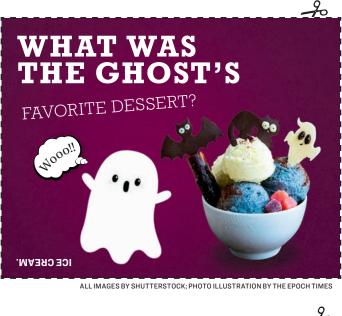
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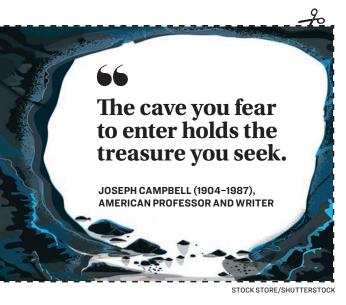














COMPLETED

creation of monumental proportions, the mountainside carving of U.S. Presidents George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln was completed in South Dakota by sculptor Gutzon Borglum and his son, Lincoln, on Oct. 31, 1941. Each head measures 60 feet in height.

The specific presidents were chosen to represent the nation's birth, growth, development, and preservation. Now a national monument, Mount Rushmore is visited by millions of people each year.



By Aidan Danza, age 15

THE YELLOW-

This common songbird is quite easy

to see, unlike many other animals of

the woods. It can be seen at forest

edges, and it prefers forests with

in the winter in most of the East,

though it's a summer resident in

coniferous trees, though it frequents

mixed forests as well. It can be found

Northern New England and parts of

Pennsylvania. In the summer, it eats

mainly insects, while in the winter,

when the insects go dormant, the

male and female are similar, with

crown, and above the tail, but the

female is mainly brown whereas

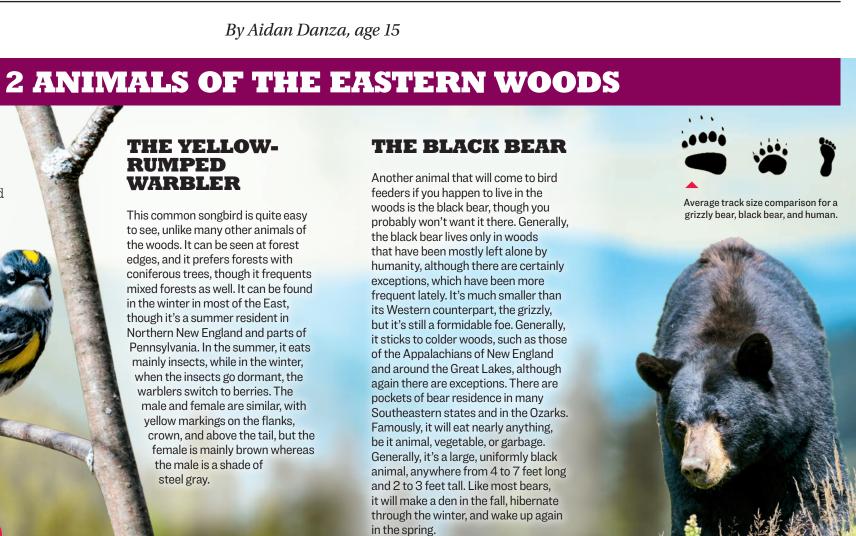
yellow markings on the flanks,

the male is a shade of

warblers switch to berries. The

RUMPED

WARBLER





Type in "yellow-rumped

they sound like.

warbler" online to hear what

large part of

once were woods. In these

places, there is a myriad of

animals. Many are quite

common, but elusive

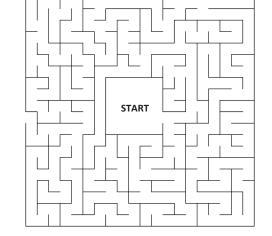
and shy, others

have less fear of

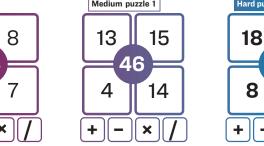
Eastern America is covered

by woods containing broad-leaved

trees such as oaks, or suburbs that



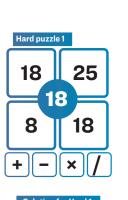
USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, - AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: $6 + (7 \times 3) + 1 = 28$ and $1 + (7 \times 3) + 6 = 28$



7 × (4 - 2 × 8)

Solution for Medium 1 12+14+13+4

(18 + 8 - 52) × 18



6 Spacey costume (9) 7 Witching hour (8) 8 Military costume (7) 9 Halloween is on the ____ (6-5) 10 Royal costume (6) 12 Ground clouds (3)

Down

2 Fog's kin (4)

3 Scare (7)

4 Pumpkin-colored (6)

14 Hangout (5)

16 Casper is a friendly one (5) 17 Hex (5)

18 Fake hair (3)

19 Dracula can turn into one (3)



Egyptian pyramid (4) 3 Fairy tale character (5)

16 Halloween like (8) 18 "Charlotte's ___" (3)

13 He carries a scythe (4,6)

15 Underground chamber (5)

14 Holler (4)

20 Mechanical man (5) 21 Ballerina's dress (4)

22 Beyond bad (8)

A Stranger's Kindness An exhausted mom finds some respite thanks to a

thoughtful stranger

LOUISE BEVAN

A mom of two from New Zealand struggling to cope with restless kids during a ferry delay was surprised and touched when a stranger stepped in.

Stay-at-home mom, Emma Heaphy, who is also a lawyer and author, said in her LoveWhatMatters post that this unprompted act of kindness "is what supporting a mother looks like."

Heaphy's hours-long journey with her children was waylaid by a lengthy delay at the ferry terminal. By 2 a.m., she was trying in vain to find a spot on the floor for a moment's rest. But her children, fidgety after hours of being confined in the car, were crawling all over her.

That's when a stranger noticed Heaphy's exhaustion and started collecting her kids' scattered toys from the floor, without being asked. Next, she brought Heaphy water from the dispenser, without knowing how long it had been since her last meal or drink.

Then, the thoughtful stranger asked if she could help comfort the children.

Heaphy said: "[It was] a completely refreshing approach taken by someone I didn't expect, asking if she could help me by trying to get my fussy 8-month-old baby to sleep so I could have a much-needed break or nap, or in her words, 'anything

"I needed her more than she will ever know that night," Heaphy said. "And it was more than the physical help our situation

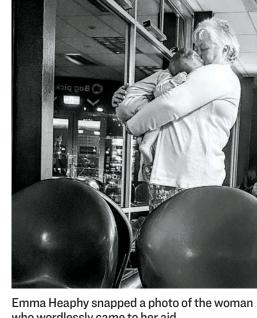
screamed for. It was about feeling seen." Beyond struggling as a mom, Heaphy simply felt like "a person who needed a hand" that night. Moved, she snapped a tender photo of her baby being cradled by the kind stranger who understood a mother's needs, and shared it online. Heaphy said that her baby son, who usu-

ally only relaxes in his mother's arms, slept soundly for half an hour. "I did nothing other than watch them in front of me in peace, eyes open but arms resting," Heaphy wrote. "She was

a stranger, but she was the silver lining

The mom of two eventually headed home with nothing but a name and a photo, but the memory left a lasting impression. She hopes that others choose to reach out, too, as even the smallest act of kindness could make an exhausted mother's day.

Heaphy is the author of a book, "Dear Motherhood," a collection of poetry and prose dedicated to the key stages of each woman's early motherhood journey.



who wordlessly came to her aid.

THE EPOCH TIMES Week 43, 2021



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—Paul Skousen, professor and author

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—Andrea Preisler, actress and therapist

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—Samantha Imlay, dance studio director

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