THE EPOCH TIMES

The Stansell family is a tight-knit unit guided by a family value plan created by the parents. Pictured (L to R): Amelia Grace, Amelia, Troy, and Betsy Ann (Bitsy) Stansell.

FAMILY FIRST

Parenting: It Starts With a Plan



Amelia Stansell and her daughters prepare a treat in their kitchen in Warrenton, Va.

Meet the Stansells, who formulated a mission and guiding principles for their family

trategic planning sessions. Company retreats. Visions and goal setting.

Most of us who have worked in any kind of administrative environment have sat in brainstorming meetings with someone facilitating the event probably with a flip chart or computer

We know the drill. You have a vision, a mission statement, you arrive at "the why" and then start listing "the how's."

But what about your family unit and how it runs? Is there a plan or just day-to-day survival?

Most of us, especially spouses and parents, have expectations about how we would like things to be within our households. Perhaps without putting it into words we want our relationships to grow and be nurtured.

But, like company mission

successful solutions don't happen without effort and dedicated

Parenting is a privilege and a blessing. It's also a huge challenge, and parents learn quickly that there are no magic bullets and often look to other parents for advice.

To guide their journey on the path of parenthood, some parents even create a roadmap—their own set of written down family values.

Family Goals

Troy and Amelia Stansell have called Warrenton, Virginia, home for 15 years. They have two young daughters, Amelia Grace, 9, and Betsy Ann (better known by her nickname, "Bitsy"), who recently turned 7.

In their 40s, Troy and Amelia take their roles as supportive spouses, heartfelt friends, and

statements, plans of action and | caring and committed parents very seriously. They set aside time to openly share their feelings and come up with family todo lists. These are not lists to do with grocery shopping or projects around the house or health goals (although there are those lists) but lists that speak to values.

ALL PHOTOS BY RANDY LITZINGER

What kind of young women will Amelia Grace and Bitsy be when they are on their own and walking their own journeys in the world?

Will they be women of faith, respectful, kind, courteous, courageous, confident, creative, disciplined, and responsible with a buck?

If these are the kinds of daughters whom Troy and Amelia would like them to become, what is their role in creating that recipe?

How are they to be educated? What environment will be the best for them to grow?

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Let's Make It Happen: Saving Thanksgiving From the Grinch

JEFF MINICK

Dr. Seuss wrote "How the Grinch Stole Christmas!" the story of a sour, solitary creature who despises the joy that Christmas brings to others.

This year, the Grinch has widened his ambitions and is taking aim at Thanksgiving.

Our country is in a mess. Gas prices are soaring. The cost of groceries, including turkeys, is rising every month. In the middle of a shortage of hospital workers, vaccine mandates are driving health care professionals away from their jobs. Our southern border is a disaster, some of our schools are failing to educate students, and our supply chain is in chaos, leading to shortages of goods

and higher prices for such things as lumber and cars.

Good news seems as rare as snow in August.

Even worse, many Americans are frayed in spirit, afraid the country, like some of its politicians, is going off the deep end, diving like lunatic lemmings into a swimming pool withoutwater. As we plug along, keeping our fingers crossed in hopes of better days, some may wonder what they have to be thankful for and how to celebrate in such dour times.

How can we stop the Grinch from stealing Thanksgiving?

Here is my answer in a word:

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This is a great day for building family and friendships, not for argument and animosity.

Games, such as charades, are guaranteed to provide some good laughs.

Purposeful Parenting: It Starts With a Plan

Meet the Stansells, who formulated a mission and guiding principles for their family

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How much travel? How many books? How many sets of colored pencils, crayons, and finger paints? Do they allow video games and, if so, which ones and how often? What about screen time? What about attendance at church? And the lists go on.

A Faith Foundation

Troy's home state is Idaho and Amelia is originally from Washington, where she grew up on a dairy farm. They met when they were students at the University of Idaho. Troy hails from Lutheran and Quaker backgrounds and Amelia from a Presby-

Both shared that attendance at church wasn't always regular as adults but the base had been established and it was important that their children be raised knowing God and on a foundation of faith.

"This is something that we both agree on," Amelia said.

Active and committed, the Stansells participate in many of their church's charitable and relief efforts.

Choosing the Classroom

Both girls attended a Montessori preschool and kindergarten. Then it was time to think about elementary school and that education piece in the girls' lives.

The Stansells decided to send their daughters to Fresta Valley Christian School, founded in 1977 in Fauquier County, serving students from preschool through grade 12. Its mission was in line with their intent for the girls to have a quality education with a Christian perspective.

Will they be women of faith, respectful, kind, courteous, courageous, confident, creative, disciplined, and responsible with a buck?

The school is small, and the community of administrators, teachers, and parents is a tight-knit group. "We like what we see—the structure,

discipline, quality education, confidence," Troy said. "The teachers want the students to be challenged and to do better."

"Respect is big for us, for yourself and for others," said Amelia. She likes that their girls are not only challenged academically but values are instilled that elevate and raise them up. "They're not pulled down."

"It's a partnership between the teachers and the parents," said Troy. "It is a place where they are learning but they are also learning to love God and they are surrounded by love."

Troy is a quality engineer with Micron and Amelia is a senior commercial loan officer with UVA (University of Virginia) Community Credit Union. As business professionals, they're confronted with work challenges, choices, and consequences on a daily basis.

As parents of two young daughters, they want those lessons about choices and consequences to be learned early.

"We want them to think and make good decisions. We let them manage small problems now on their own," Troy said, with the hope that later, they will make good decisions when it comes to larger issues.

He got up and grabbed a book from their home library. "This is good," he said, referring to a book by Dr. Foster Cline and Jim Fay, "Parenting With Love and Logic: Teaching Children Responsibility."

Bringing In Big Sister

In 2019, they decided to bring in an exchange student: 16-year-old Kaili, from China, became part of the Stansell house-

"We went from two young girls to having a teenager in the house," smiled Troy. "Gave me a taste of what to expect when my girls are older."

"She's an awesome kid and it was such a great experience," said Amelia. "We are her American family and there will always be

a space for her here."

Kaili became the big sister to Amelia Grace and Bitsy. They watched her play the violin, experiment with drums, do calculus, and join them in art projects.

Kaili's stay was extended because of COV-ID-19 and travel restrictions. The Stansells drove her to Chicago, where she is attending college.

Troy looked wistful. "It was hard saying goodbye. I can only imagine what it's going to be like when we send our own daughters off to college."

Travel Time

The family's road trip to Chicago is only one of many trips together the family has taken over the years, in the United States as well as abroad.

Amelia reminisced about securing a passport for one of their daughters in time to make a wedding overseas. "They were small and we had strollers

and all that but we did it," she said. And there's been no looking back when it

comes to travel, which is a passion for Troy and Amelia. "If we can do it, why wait until they are 18 for them to see the world?" said Amelia, who likes to take the girls to foreign local

"Their education is not always out of a book," added Troy.

markets and neighborhoods and cook new

Making Time for Mom and Dad

Amelia's mother, Kathleen, comes several times a year for extended visits. When she does, Troy and Amelia have an opportunity to travel without their daughters.

"There's mom and dad but there's also husband and wife and friends," said Amelia. "We feel it makes us better parents when we take time together to recharge." It was on one of their trips together, in 2018, that the Stansell Family Values Plan came into being.

"We were somewhere near the Czech Republic, and our conversation turned to putting down our family goals on paper,"

Amelia was quick to cooperate. She usually has a pad of paper and pencil handy for taking notes.

"It helps to ground things when you write them down," added Amelia, who is also keen on having family retreats to refine their plan and make any necessary adjust-

ally, the Stansells are on the same page when it comes to raising their daughters.

And they are on the same page when it comes to respecting each other. Amelia is more outspoken. Troy tends to be quieter. Coming up on their 20th wedding anniversary, they both recognize that they wear a lot of hats, but it's important to make time for your spouse.

"Sometimes we have mini check-in dates," said Amelia. "We grab a cup of coffee and talk. If we have each other we can take on anything."

While guidelines are definitely in place in the Stansell household, there is lots of

As Amelia and Troy sit at the kitchen table, coffee cups in hand, the girls make occasional appearances. Amelia stops to comb Bitsy's hair. Troy takes a minute to help Amelia Grace look for the family cat.

Their refrigerator is a mosaic of calen-



Deciding to host an exchange student proved a gift for the Stansell family. (L to R) Troy Stansell holding Amelia Grace, Amelia Stansell, and Kaili holding Bitsy. (Anita Sherman)



Education, trave, I faith, family, fun—these are all part of the Stansell family recipe.

dars, post-it notes, photographs, recipes, the girl's drawings, and funny magnets. Their family room is filled with cozy places to sit, books to read, plants to water, and projects to finish.

Another room has a large dollhouse, more books, and art materials.

There are potlucks and birthday parties on their agendas, parks to visit, puzzles to put together, dinners to cook, and sweets

Faith, education, travel, outreach, fun, and family are just some of the ingredients They may have different tactics, but stra-that make the Stansell recipe good preparation for a pleasant parenting journey. Ineir family values were created by input from many people whom they admire and love.

"If our story can inspire one other family on this parenting journey, that's a good thing," said Amelia, "and it will also be a piece of history that we can pass down and share with our daughters to let them know what legacy their parents were trying to leave for them.

Anita L. Sherman is an award-winning journalist who has more than 20 years of experience as a writer and editor for local papers and regional publications in Virginia. She now works as a freelance writer and is working on her first novel. *She is the mother of three grown children* and grandmother to four, and she resides in Warrenton, Va. Anita can be reached at anitajustwrite@gmail.com



It was a panda-themed party for Betsy Ann (Bitsy, L), as she turned 7 in July. The girls had fundecorating these cakes.

STANSELL FAMILY VALUES

GUIDING PRINCIPLES: To leave a legacy to our children and our children's children while enjoying what lies ahead.

"I am willing to do today what you won't, so I can do tomorrow what you can't." -George S. Clayson, "Richest Man in

STEWARDSHIP: Making the most of God's blessings and not being wasteful.

Babylon"

- The present is a gift and must not be
- wasted for tomorrow is not promised Be proactive and not procrastinate

· LIVE not just breathe

- Leverage God-given skills, talents, and
- vocation as an opportunity to serve Not waste time on idle thought, but put

into action TREASURE:

- Wisely invest the gifts given to you Be charitable, it isn't our money, but God's money that we have been entrust-
- Not taking on debt so you are not a slave
- Not be wasteful of our Earth and its resources or things

TEAMWORK: As a family unit we work together and mutually support each other Our family unit is a collection of individuals and our family is a team and puts

- family first Leverage each other's talents and
- strengths We know when to ask for help

INDEPENDENCE: Staying true to one's self through personal freedom

- Independent Thinkers—we do not give in to peer pressure or mob mentality Financially Independent—we do not take
- on debt therefore we are not slaves to the
- We can be nimble because we are not limited by debt We don't "owe" others favors because we
- do not ask for them—we ask for help, not

LEARNING: We believe in life-long learning through formal and informal education and experiences.

Learn at every opportunity—including failures If you are not failing or feeling pain, you

are not testing the limits of your strength and therefore not growing to your fullest potential

LEGACY: We work to leave "it" better for our children and their children. Financially

- Strong family values
- Globally throughout our community and beyond

PURPOSEFUL: We are deliberate in our thoughts and actions and begin with the

- We make rational choices and thoughts based on data and reality.
- We are moving in a direction and making choices based on our goals and values. **RESPECT:** Showing care, compassion, and

honor of oneself and others. We are respectful of ourselves, our family, and others: things, time, talent, and trea-

A Very Special Anniversary

Frankie King, 97, who is being cared for by a hospice, and Royce King, 98, celebrated 77 years of marriage

The

nonagenarian

Frankie and

Frankie on her

77th wedding

anniversary.

couple

Royce

LOUISE BEVAN

When the staff at an Iowa hospice found out that one of their residents was ringing in her 77th wedding anniversary and was married to her sweetheart without a wedding dress in 1944, they decided to give her the opportunity to walk down the aisle in a stunning gown for the very first time.

Breathtaking bride 97-year-old Frances "Frankie" King is cared for by St. Croix Home Hospice. Her smitten husband, Royce King, is 98.

The nonagenarian couple celebrated 77 years of a happy marriage in their home's backyard on Sept. 24, "under an altar they brought and flowers from the patio," their daughter, 68-year-old Susan (Sue) K. Bilodeau, told The Epoch Times.

"I helped Mom get dressed, while Dad's health aide helped with his uniform," she said. "The team escorted Dad out to the yard, in a chair under the altar, to wait for Mom. We put a handkerchief over his eyes for the 'reveal.'"

The couple had tied the knot while Royce, a former U.S Air Force pilot, was on short leave from his post in Lawrenceville, Illinois. On two days' notice, they married at Grace United Methodist Church in Oelwein on Sept. 16, 1944.

With no time to shop and fit a wedding gown, Frankie wore a long, white dress instead. The couple had a maid of honor, a best man, a few friends, family, and some guests from out of town, but no photographer.

Thus when hospice staff heard of their story, they wanted to do something.

"The staff of St. Croix Home Hospice has been so affected by Dad and Mom due to their fun personalities and their love and devotion to each other," said Sue. "They went several steps further for Mom and Dad in organizing this very special ceremony for them."

According to Sue, her parents were really excited about learning of the hospice staff's

So, 77 years on, the couple even got the opportunity to get plenty of photographs of the magical moment as Royce saw his beaming bride in her dress for the first time.



"It was a perfect vintage 1940s gown belonging to one of the team's family members," Sue said. "When we removed the handkerchief, [Dad] was able to see Mom standing in front of him in her beautiful gown." Wearing his U.S. Air Force uniform that

he was married in, Royce was in "utter love" seeing his wife dressed in a gown. "He just beamed, and didn't stop smiling

for a long time," Sue said. As Sue and St. Croix staffers escorted

Frankie to her husband, the hospice's music therapist played songs from the 1940s on his saxophone and guitar. As high school sweethearts, Frankie and Royce bonded over their shared love of band, choir, and church youth groups.

After graduation, Frankie attended Cornell

College in Mt. Vernon while Royce went

to Iowa State, and then enlisted into the United States Air Force. Being away, Royce proposed from afar. "Dad sent a diamond engagement ring home to his father in Oelwein to have it appraised," Sue said, "then, as all four parents were present, his father presented it to Mom in a rose on Royce's behalf, and

placed it on her finger.' After the wedding, Royce left to pilot a C-47 cargo plane in World War II. Later, he became a farm implement dealer for International Harvester. Meanwhile, Frankie was a homemaker, a part-time dental assistant, and a florist.

Together, they remained active in their church and community throughout their lives.

"Whether it was driving mothers and



children to Minneapolis to the Shriner's Hospital, or baking and serving to friends and neighbors," said Sue, "they were always a part of the community's events."

The couple, who are parents to two children, Susan and James, 71, went on to welcome four grandchildren and seven greatgrandchildren, and have lived in the same home in Oelwein for 68 years.

Witnessing her parents' long-standing relationship firsthand, Sue said: "My parents are so special, not only because they have such a faithful bond to each other, but because they are such respectable, honest, hardworking, giving people."

The couple had tied the knot while Royce, a former U.S Air Force pilot, was on short leave from his post in Lawrenceville, Illinois.

Sharing photos of Royce and Frankie's very special 77th wedding anniversary on Facebook, St. Croix Hospice wrote: "Hospice is about honoring the entire life of a patient, and even adding to the story."

"That is exactly what they did," Sue said. Louise Bevan is a writer, born and raised in London, England. She covers inspiring

news and human interest stories.

Let's Make It Happen: Saving Thanksgiving From the Grinch

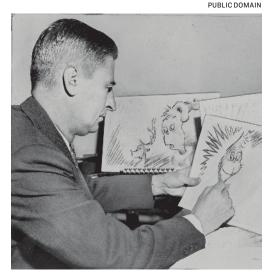
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Passion and Gratitude

If we're going to deliver a knockout punch to the Grinch, we must celebrate Thanksgiving as fiercely and boldly as possible. We need to fill our dining rooms and kitchens not just with the scent of turkey, dressing, gravy, and pumpkin pies, but with love, happiness, and raucous laughter as well. On this special day, we need to kick to the curb the frightened and bitter mood that hangs like a cloud over our country, and

shine some light on the darkness. We can begin our resistance by recollecting what we have to be grateful for. For the time being, for example, we still live in a bastion of freedom. We can still buy gasoline and groceries. We retain our rights to worship as we please, speak our minds,

and gather in peaceful protest. On a more personal level, surely all of us can think of at least one thing for which we are grateful: our loved ones, our jobs, the fact that we have a roof over our heads, and a freezer full of food. I get up every morning and offer a brief prayer of gratitude for still being here, alive, and breathing on planet Earth.



The Grinch has tried stealing Christmas already—keep him away from Thanksgiving with good company and good cheer.

Let's take these thoughts of gratitude and make them a focal point on Nov. 25.

Bring a Smile and a Positive Attitude "If you don't have anything nice to say," the old maxim goes, "don't say

anything at all." That bit of wisdom, which many of us heard from our mothers, may not be easy to put into practice on a day-to-day basis, but we can become intentional on Thanksgiving and abide by this injunction.

This is a day of gratitude and appreciation. It's not the day to rail about President Biden, to sneer at your conservative uncle, to mock your niece for getting yet another tattoo, or to criticize your daughter-in-law for the behavior of her 4-year-old. If your sibling insists on jumping into politics, just grin

and change the topic. This is a great day for building family and friendships, not for argument and animosity. Leave the critic at the front door and look for the positives in the people around you.

Ways and Means

On Thanksgiving, families celebrate in all sorts of ways other than the meal. These activities can bond us with others and add even more festivity to the feast. Here are a few possibilities taken from my own clan, as well as some observed in other celebrations. Card and board games can be a hit with

young and old. My friend John, who will be spending Thanksgiving here along with my children and grandchildren, plays card games such as Spoons, Spit, and Go Fish with the grandkids, and you can generally hear the lot of them hooting with laughter and shouts for hours. That commotion warms the heart.

Charades is another great game for email or a note of appreciation to someone grownups and adolescents alike, particularly when you have a crown. Unleash that actor inside of you and have a blast.

Last year at our gathering, I introduced a new tradition: a family singalong. I copied lyrics offline of such songs as "God Bless Let's Join the Battle America," "The National

> Anthem," and even John Denver's "Take Me Home, Country Roads," and adults and kids belted them out. We were still in the deep throes of the Wuhan virus at that time, and my oldest son, beaming with pleasure, said our songfest made him

feel good to be alive again. Many children love to hear sto-Get on a video call to ries from the childhoods of their connect with faraway parents and grandparents, aunts and uncles. Consider gathering some of the kids around Grandma in the living room and letting

them travel back in time to her youth. Football games in the backyard, Thanksgiving scavenger hunts, a family walk around the neighborhood: All can brighten the day.

Spoken Thanks

Many families gather before the turkey fest to offer individual thanks, words of gratitude for some circumstance or person in their lives. Such a ceremony offers opportunities to know others better, affords moments of laughter—the smaller children with their thoughts provide the reason for much of that amusement—and serves as a reminder of blessings in our own lives we may have overlooked.

And if you're alone on this day? Maybe you're stationed at Fort Hood, Texas, and the rest of the family has gathered at the farm in South Dakota? Grab the phone or turn on Zoom, and make contact.

This is also the perfect day to write an

you treasure to express your gratitude that this person is a part of your life. That correspondence won't arrive until after the holiday, but your kind words may bring

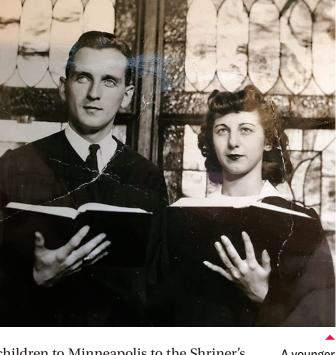
them immense joy.

The Grinch has held sway over America for far too long a time, sapping joy and pleasure from our lives. More and more people are now fighting back against this dismal state of affairs. In places such as Texas and Alabama, for example, tens of thousands of unmasked spectators are filling football stadiums and cheering on their teams. In many other localities, people are out and about, enjoying the beach, going to con-

certs, and throwing parties. It's up to us to save Thanksgiving, and ourselves, from the clutches of the Grinch. Let's make this Thanksgiving the best

We need to fill our dining rooms and kitchens not just with the scent of turkey, dressing, gravy, and pumpkin pies, but with love, happiness, and raucous laughter as well.

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.



A younger Frances (Frankie) and Royce A.

5 Reasons to Try Year-Round Homeschooling

KAREN DOLL

Veteran homeschoolers around the world share a well-kept secret that I'm going to let you in on—year-round homeschooling. I know this might sound challenging, but it can actually revitalize your homeschool.

First, let's define year-round homeschooling. Basically, you do school from January through December, but instead of taking off during the summer months, you take regular, shorter breaks all throughout your school year. That's where homeschooling and lifestyle blend together seamlessly for academic success.

Families choose to homeschool yearround for a variety of reasons, but here are some of the more common reasons and the ones that inspired me to give it a try. It just might be the blessing you're seeking in your homeschool.

One of the biggest advantages of homeschooling year-round is the flexibility it gives you. Life happens. So, when you're hit by emergencies or illnesses, the last thing you need to worry about is missing school days. You have ample time to

family-friendly schedule that best matches your lifestyle. Some homeschoolers do a four-day week and then have field-trip Fridays or opt for a long weekend instead. You can also take one week off every six weeks and take a longer three-week break for the holidays. It's always reassuring to know there's a break coming up soon, which helps lessen any frustrations or weariness that you and your children might be feeling. Or try mixing and matching your weeks on and off.

Another great perk is the ability to take vacations during the off-season. We always went where we enjoyed the luxuries of no crowds, lower prices, and cooler temperatures.

The Benefits of Routine

Kids thrive on routine. Year-round homeschooling allows your family to follow the same routine all year long. When kids know what is expected of if your kids were in a traditional school



With year-round homeschooling, you can take time to delve into topics that require more attention.

them, they're more likely to have a positive, can-do attitude. They're able to focus better on the task at hand whether that be schoolwork, completing a chore, You also have the freedom to create a or practicing a sport or musical instrument. They tend to manage their time much better.

> With year-round homeschooling, there is no sleep-wake cycle transition

You also have the freedom to create a family-friendly schedule that best matches your lifestyle.

to the beach for a week in late September, period between the beginning of sum mer vacation and the first day of school, and then again between the last day of summer and back-to-school mode. Kids simply move easily from school day to **The Gift of Time** school day no matter the season.

A regular routine is especially comforting for kids with special needs. And, before and are now homeschoolers due to the upheaval of the pandemic, this is particularly helpful and stress-relieving.

Consistent Instruction

Consistent instruction helps keep your kids on track. Long summer breaks disrupt the natural flow of learning and depending upon the child, some are able to start back up in the fall without much review, but many simply can't. Studies show that students typically forget 25 percent to 30 percent of what they learned the previous year in the core subjects of math and language arts. And unfortunately, as your kids enter into the higher grade levels, learning loss percentages increase.

For year-round homeschoolers, September is just another month in the school year and not jam-packed with reviewing. You and your kids can simply focus on moving forward each day.

I bet you often find yourself wishing there was more time in the day. Well, year-round homeschooling is the gift of long curriculum. This allows you to hit the pause button when your kids need extra help with a specific concept or subject or want to delve deeper into a topic of interest. Or revel in the gift of serendipity—go ahead and carpe diem that gorgeous fall day and take a day trip, visit a national park, go horseback riding, walk along a nature trail, or visit a zoo or a farm. You can do today's work

days to complete a typical nine-month-

Summer Homeschooling

I know what you're thinking, but no, this isn't the typical summer school. Summer homeschooling is the new and improved version of summer learning. Summer homeschooling is a unique experience, as different as every homeschooling family is from one another.

As for my family, we chose to focus on the core subjects of math and language arts with an emphasis on daily reading and journaling. Throughout the week, we mixed in some kitchen science and fine arts and took field trips to fascinating historical landmarks, museums, or cultural festivals.

Like many year-round homeschoolers, we kept the same routine but tweaked the schedule a little to fit the lighter workload. The afternoons were then open for our kids to explore their interests, pursue a hobby, or work on

And, even if your kids are busy with summer activities, day camp, and sports, these can count as school.

If you think about it, year-round homeschooling is like a dress rehearsal for real life. Real-life doesn't take off for the summer and bosses won't excuse you for a long summer break. Life is a perpetual balancing act of work and play, so what you're really doing when you choose to homeschool in this way is setting your kids up for success in life.

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wassergass, Pennsylvania. *She enjoys writing about homeschooling,* gardening, food and culture, family life, and the joys of chicken keeping. Visit her at time. You have an entire year's worth of *AtHomeWithKarenDoll.wordpress.com*

Considering a Career Change? Tips for Taking a Big Leap

A conversation with career coach Ken Coleman

BARBARA DANZA

One of the many unexpected consequences of the pandemic and resulting public health measures is a reevaluation of one's work. Many are realigning their careers, goals, and lives and are taking a big leap in a different direction.

Just in time for what some are dubbing "The Great Resignation," career coach Ken Coleman is releasing his new book "From Paycheck to Purpose: The Clear Path to Doing Work You Love." I asked his advice on making a job change during these times. Here's what he said.

The Epoch Times: Many people are rethinking their careers right now. How do you know it's time to make a change?

Ken Coleman: There are two questions to ask yourself: "Should I leave?" and "Can I leave?"

Let's take "Should I leave?" first. If your current job doesn't have you on the path toward the future you want then, yes, you should leave. You owe it to yourself to make a change. If you're in a toxic environment under bad leadership and it's affecting your well-being then, yes, you should leave. Are you bored out of your mind? Yes? Leave! You were created to fill a unique role and you will be happiest in your work when you fill that role.

Now ask yourself, "Can I leave?" I strongly encourage people to make sure they have the next job before making a move. Unless you can afford a potentially lengthy gap between jobs, be patient. You don't want to hurt yourself or your family financially.

The Epoch Times: Once you decide you want to make a career change,

"From Paycheck to Purpose: The Clear Path to Doing Work You Love" by Ken Coleman



Career expert Ken Coleman.

Don't let pride or the fear of rejection stop you from connecting with people inside your circle and beyond.

Ken Coleman

what steps should you take to make a successful transition?

Mr. Coleman: First, resign from your current position with class and integrity. Tell your leader before anyone else, and make a plan to help them after you're gone. Make sure you know your new industry and company inside and out. You've got to do your homework. When you start your new job, ask a ton of questions and take a lot of notes. Learn the company culture and structure. Keep your lunch plans open so you can connect with other team members. Focus on relationships. Get to know your teammates and your leader. You now share the mission, and you want to communicate that you're

The Epoch Times: Some people know they are dissatisfied with their jobs but don't know what work would bring them satisfaction. How can they determine what career is best for them? **Mr. Coleman:** Great question! What you're talking about is someone finding their sweet spot. You can do that by asking yourself a series of questions. I recommend journaling or making a list of whatever comes to mind:

What are some of my natural talents? Of those talents, which gives me energy and makes me feel alive?

What specific group of people would I most love to help? What problem do I want to solve for that group of people?

What solutions can I provide?

When you sit down to reflect on these questions, you'll notice patterns appear. Pay attention to those patterns because they're indicators of what

your dream job could be. My Career Clarity Guide has helped thousands of people across America get unstuck. This downloadable guide will help you understand who you are so you can take bold steps toward your

The Epoch Times: What are some of the most common mistakes people make when making significant career changes? **Mr. Coleman:** Not doing the research and not connecting with the right people who can help you. The last thing you want when you're thinking about a career change is to end up in a new job you equally hate. Make sure you know enough about the industry and role you want to pursue, and don't let pride or the fear of rejection stop you from connecting with people inside your circle and beyond.

Your goal should be to find a position that allows you to work in your sweet spot—the intersection of what you do best, what you love to do most, and the results that matter to you.

The Epoch Times: There are good and bad aspects to any work, of course. How do you know when you've found the right path for yourself?

Mr. Coleman: Exactly. We're not talking about seeing unicorns and rainbows at the office. We're talking about finding the right role, for the right pay, in the right environment, at the right timing. That's a career grand slam, and it's entirely within

The Epoch Times: The world has been through some major shifts. Do you believe this is a good time to consider a big career leap?

Mr. Coleman: It's the best time! More than 4 million people left their jobs in August, and the trend is expected to continue into the new year. The pandemic gave people space to consider what they do, where they do it, and whether it's actually what they want to be doing. It's given people pause for perspective.

Now is the time to get clear, get qualified, get connected, and get started. Work that you love and accomplishing results that matter isn't a pipe dream.

What I Discovered From My Father's Recovery From COVID

DUSTIN BASS

Commentary

In early September, I wrote an article entitled "Faith and Love in the Time of CO-VID" about my father's bout with COVID pneumonia. When I wrote that article, my father was being moved from the ICU to a non-ICU room.

In all, he was in the hospital for two months and had been at death's door for a good portion of that period. On Sept. 30, I picked him up from the rehabilitation center to bring him home.

When I have posted about my father making it through this near-death experience, I have used the hashtag #miracleman. I can assure you it isn't hyperbole. When he walked into the hospital, his oxygen level was at 81 percent, which is dangerously low. Weeks into his stay, he contracted a secondary infection that quickly filled up his lungs. The doctors had no idea what the infection was and were merely using guesswork to treat it. He couldn't be off his oxygen without the risk of suffocation.

There were other concerns about his health. He had been bedridden for so long, clotting was a real threat (despite the blood thinners). There was concern about the stress of the situation and his high blood pressure. Then, there was the concern about his mental health: being trapped in a room with no visitors, hardly any sleep, and hallucinations from delirium. If there ever was a time to worry, those couple of months were full of those times. The worry led to faith, faith led to prayer, and prayer led to peace of mind; that was a consistent cycle, not just a one-time instance.

As my father began to improve, I got to witness a number of things—some that brought me hope, and others brought me despair.

What brought me hope was the massive outpouring of support I received from friends, and, of course, family. I co-host a history podcast, and fans who had never messaged or reached out before flooded me with well wishes and prayers. There were nurses who treated weariness, display the utmost love and concern for my father. More than anything, I noticed how my father never lost his sense of humor,

like this). I watched my mother, through

The author, Dustin Bass,

with his father.

his dignity, or his hope. But it wasn't so much hope that he would survive, but that his hope was in the Lord, that no matter the outcome, it would be alright. That's empowering for one who will eventually have to face death.

Despair

There were moments, however, from our experience dealing with the medical community that brought despair. We witnessed how the hospital turned itself into a prison. There were no visitors almy father with dignity and kindness. lowed; it took a Texas law to be passed in My mother, brother, and I proved the order for one visitor a day to visit with a importance of family engagement with patient. In my father's weakness, nurses spital staff, even at the level of an- would often leave the tray of food for my noyance (but that cannot matter in cases father as if expecting him to feed himself. When I have posted about my father making it through this near-death experience, I have used the hashtag #miracleman. I can assure you it is not

While in the non-ICU room trying to recover, I remember how red his eyelids were from the lack of sleep, and how nurses and workers in the hospital cared very little for how much noise they made. If two factors for improving someone's health are human contact and sleep, then one would think both of those factors would be prioritized.

In the year 2021, with the medical community constantly praising itself for advances in medicine and medical technology, it was surprising to see how little they did for my father except provide oxygen, vitamins, and the guesswork of antibiotics. There is no doubt that had my father not told them that a ventilator was out of the question, the doctors would have treated him like everyone else on the floor and sealed his fate with a ventilator. It truly is unconscionable what hospital systems have turned into, but it appears that as long as they are paid an inordinate amount of money by the insurance companies or the government, then nothing much else matters to them; the bill has proven that.

Humanity

It isn't that despair outweighs hope simply because I was able to write more about the former. Truly, hope did outweigh despair because there were far more instances of hope than despair, and that stemmed from people-not

That's the great takeaway from it all. Our humanity in all this prevailed. Perhaps not from the perspective of the hospital staff and system, but from the many who showed their love and support. I think we all need to understand how very important that is to everyone. There isn't a person out there-well, there might be a few-who would prefer loneliness and neglect over interaction and care. We need each other. We need contact. Sadly, I believe the medical community has lost sight of that with this pandemic and it is destroying that great institution.

Well before I nearly lost my father, I had learned to always get a good hug from him and tell him that I love him. Life has shown our family how fleeting time with each other is, and these past few months merely reiterated that point, in no uncertain terms.

Heaven knows we aren't promised tonorrow, so we better get our words and hugs in while we can.

ALL PHOTOS COURTESY OF COURTESY OF CINDY MOORE-ROSS

True Champions

A cross-country coach catches a heartwarming postrace moment

LOUISE BEVAN

A high school cross-country running star has gone viral for an act of spontaneous generosity. After breaking the course record at a running meet in Orono, Maine, she promptly gifted her gold medal to a blind runner from a competing school in recognition of his commitment to their shared love. Sophomore Ruth White of Orono High School told Noah Carver of Washington Academy how proud she was of him after

No one knew the kind act had taken place until running coach Cindy Moore-Rossi uploaded the heartwarming photos to Facebook the day after the Annual Orono Red Riot Championship Race at Orono High School on Oct. 9.

"We all were talking and laughing when this fine young lady walked up to [Noah] and stood before him with no fanfare, no special attention," Cindy wrote on a Facebook post that has since been deleted.

Cindy, who has coached cross-country running at Machias Memorial High School for 25 years and Jonesport Beals High School for 12, had her camera in hand as Ruth's act of kindness unfolded.

"That young lady took her medal off and placed it over Noah's head. She told him how proud she was of him and she wanted him to have her record course breaking medal," Moore-Rossi said.

Noah's father and sighted guide, Richard Buzz Carver, his mother and his coach, Su-

zanne Carver, along with coach Carol Smith watched in amazement while Cindy recalls having tears dripping from her eyes.

Meanwhile, Noah, who has been blind since birth, and running alongside his father since the age of 5, was blown away by Ruth's gesture. "I felt that she really recognized me as an

athlete rather than the blind kid first," the teen told News Center Maine. "And I felt that that was very significant, also." Moments before, Ruth broke the record

by flying over the finish line at 14:29:05 to a cheering crowd. For Cindy, witnessing record-breaking

Ruth running is itself an experience. "She runs with pure enjoyment, and I swear she never appears to even sweat. She seems to just float on air," Cindy wrote on the Face-Cindy has known Noah since he was a

little boy and counts his family as friends. The Orono Red Riot Championship Race is one of her favorite events, owing to its family-oriented atmosphere and inclusivity. "I'm color blind to the color of a school

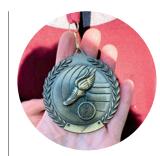
uniform," she told The Epoch Times, "so I

cheer loudly for all teams." Noah, who has run all the season's courses with his father, just like every other runner, "has no fear," Cindy said in a Facebook post. "He knows commitment, he works hard, he

never gives up." "He is another one of those athletes that is a class act," she added.

Cindy supposed the story came at a time when people needed their faith restored that good things still happen.

"Ruth, you may never see this message, but I want you to know you made this old coach's heart very happy," said Cindy. "Your one simple act of good sportsmanship and kindness will never leave my memory ... Sports do not build character, they reveal it."



High school sophomore Ruth White gives Noah Carver her gold medal.

Moments before, Ruth broke the record by flying over the finish line at 14:29:05 to a cheering crowd.



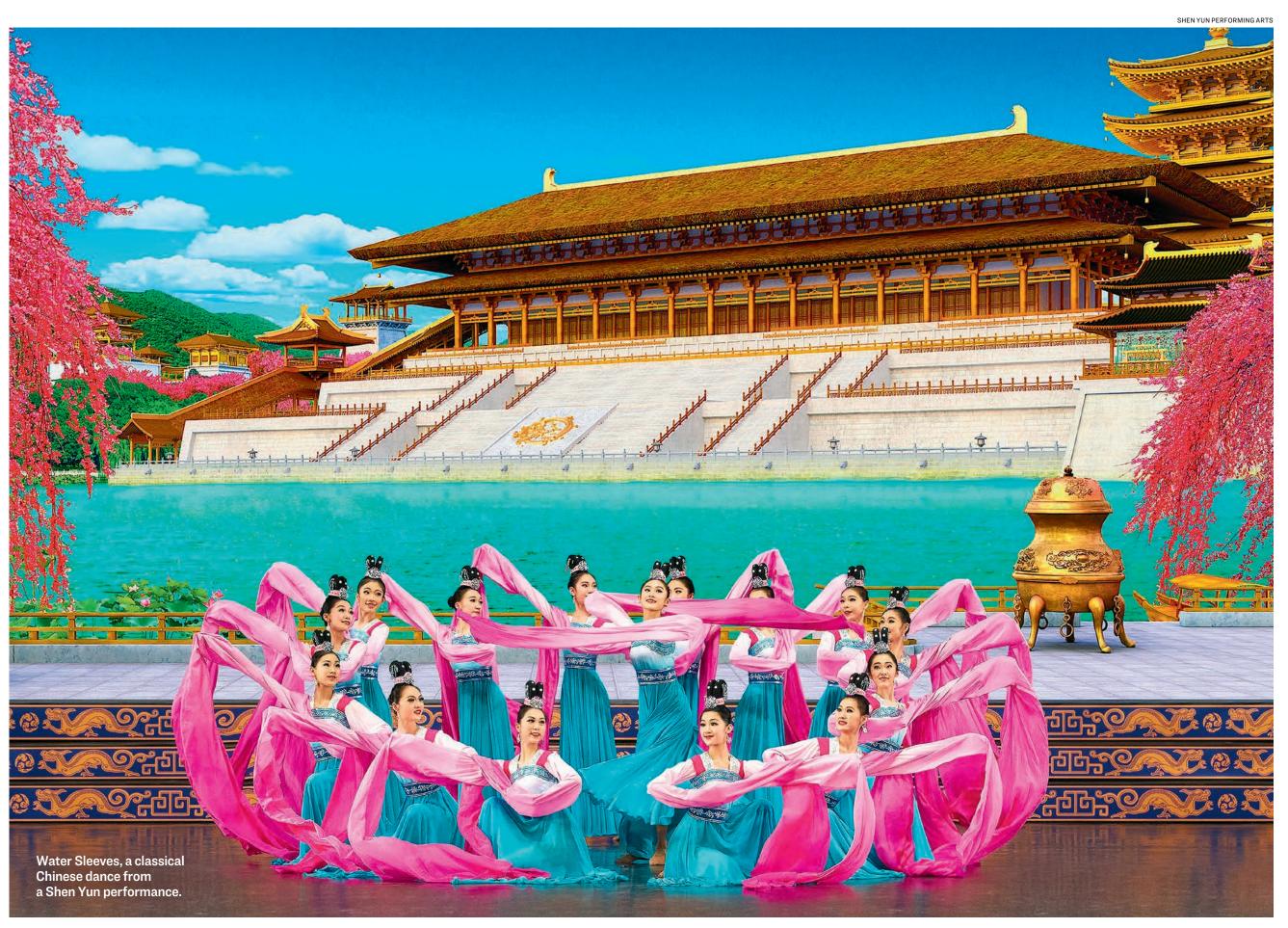
High school sophomore Ruth White gives Noah

Carver her gold medal.

Noah Carver of Washington Academy and Ruth White of Orono High School in Orono, Maine.

PERFORMING ARTS

Why Chinese Dance Is Thriving Outside China



CATHERINE YANG

t's no secret that many of Shen Yun Performing Arts' earliest dancers were alumni of China's Beijing Dance Academy. Yet a decade after New York-based Shen Yun's inception, its performances started to look worlds apart from that of any Chinese dance company.

"Think about it, Beijing [Dance Academy] has its pick of the best dancers from not hundreds but thousands across the country. When we [Shen Yun] began, it certainly wasn't like that," said Gu Yun, one such alumnus who is a longtime dance teacher and choreographer with Shen Yun. When Shen Yun's dance academy was newly formed, it received applicants who were more eager than trained.

In September, Gu gave an interview in New York state in between judging an international classical Chinese dance competition, to which dancers from around the world had applied. He said that those who weren't from Shen Yun had applied hoping to learn more about Shen Yun's dance method, which, since its introduction to the public, has become the high bar that classical Chinese dancers aspire to reach.

The Difference Is Plain to See In a recent video profile on the web-

site Shen Yun Creations, company principal dancer Steven Wang described what his dance experience in China was like compared to his experience with Shen Yun in New York.

"When I was 12 years old, I was accepted into a professional dance academy, and I've been dancing ever since. It's been around 20 years," he said.

"The style of dance I studied in China, when you do movements, you would put in a lot of your own little quirks. But if you are to do Shen Yun's style of classical Chinese dance, you would need to do it with a grand bearing. For example, when the men dance, they have to be very masculine, valiant, and majestic.

"Every preparatory move, every pose, every expression, gives the dance a feeling of grandeur. And when you complete a technique, you finish off with a dignified pose.

For example, "if you were doing the

Shen Yun's dancers often describe the aesthetic the company pursues as 'grand.'

'Han Tang' style of dance inside China," dancers finish off their movements by contracting into a ball, "as if [they're] crawling on the ground."

"So just this alone draws a very stark contrast," he said.

Shen Yun's dancers often describe the aesthetic the company pursues as "grand." The artists strive to present a dignified view of humanity in their dances, in line with the values of traditional Chinese culture, which has respect for the divine as one of its core beliefs. It also holds the view that man was created in the image of gods, by a supreme Creator.

It is not for a lack of trying that mainland Chinese dance schools and companies, all with ties to the Chinese communist regime, have failed to capture international audiences.

When Shen Yun, with its mission of reviving divinely inspired traditional Chinese culture through the arts, first gained world renown, the Chinese Communist Party's reaction was to try to steal its thunder and take control of the narrative. It created some 60 Chinese dance companies and sent them across the world, sure that its own welltrained dancers would define Chinese dance internationally.

"Now, have you heard of any of these [companies]?" Shen Yun emcee Jared Madsen asked in an interview with NTD. "No, because they weren't very good. Why? Because no one wants to see communist propaganda.

"When they do talk about traditional Chinese culture, they use it to try to promote communism. I mean, here, we see right through it, [saying,] 'This is propaganda, and nobody wants to watch this."

That said, the term "classical Chinese dance" was indeed coined by Beijing Dance Academy. When the school opened in the 1950s, the first of its kind, it was tasked with organizing Chinese dance in a way that could be taught and passed down for generations. Up until then, dance was passed down from an experienced dancer in a theater troupe or imperial court to apprentices.

When the academy invited these experienced dancers to teach so as to document that precious knowledge, it eventually landed on the name classical Chinese dance to describe this form that had been tempered and developed over thousands of years. Then came the Cultural Revolution, a campaign in the 1960s and 1970s in which the Chinese Communist Party set out to destroy traditional Chinese culture and replace it with communist culture through bloodshed and book-burning. After that, the reasoning behind the art form was lost and was no longer passed on to any new

But in an academy in upstate New York, Shen Yun artists have tirelessly researched the past, hoping to revive the best of traditional Chinese culture. In doing so, they've resurrected not only historical figures and beloved stories onstage, but the values stemming from Confucianism, Taoism, and Buddhism inherent in those stories. In addition to bringing classical Chinese dance to the world stage, they've selected and further developed the dance methods left to them by antiquity, refining their art until they've created something that can truly be called "classical."

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. For more information please visit ShenYunPerformingArts.org

Shen Yun's Upcoming Performances

New Jersey	Nov. 20-21
Minnesota	Dec. 3-4
Iowa	Dec. 4-5
Nebraska	Dec. 7-8
South Carolina	Dec. 18-19
California	Dec. 22-27
Connecticut	Dec. 26
California	Dec. 28-29
Florida	Dec. 28-30
California	Dec. 29-30
California	Dec. 30- Jan. 1, 2022
Wisconsin	Dec. 31- Jan. 2, 2022
North Carolina	Dec. 31- Jan. 1, 2022
Jacksonville/Orange Park	
Florida	Jan. 1-2, 2022
	Minnesota Iowa Nebraska South Carolina California Connecticut California Florida California California Wisconsin North Carolina

Jan 2-9, 2022

For additional performance dates. please visit ShenYun.com/tickets

San Francisco California

REACHING WITHIN: WHAT TRADITIONAL ART OFFERS THE HEART

The Meek and Selfless Nobleman: 'Bertuccio's Bride'

ERIC BESS

Sometimes, we hold on tightly to the things in our lives. To avoid suffering and hardship, we might think it's wise to acquire and hoard as much wealth as possible. But in reality, by focusing on what we lack, or fear we lack, we might cause ourselves many sleepless nights.

I recently came across a painting by Edward Robert Hughes called "Bertuccio's Bride," which displays a grand gesture of Bertuccio, great wisdom resides in charitable and joyful giving.

The Story of Bertuccio

The story of Bertuccio is told in "The Nights of Straparola" by Giovanni Francesco Straparola, who was a writer during the Italian Renaissance. In order to take a close look at Hughes's painting, we must first know Bertuccio's story.

Bertuccio was 15 years old when his father died. His father left him a small inheritance, but Bertuccio was able to access only 300 ducats of his inheritance at the age of 25. When he turned 25 years old, he asked his mother for 100 ducats from the 300 he was allowed. Bertuccio's mother gave him his inheritance, but she begged the boy—who wasn't very clever—to use the money wisely lest they become even poorer.

Bertuccio and the Murdered Man

Bertuccio took the money and went on his way. He happened upon a murderous thief who was beating the dead body of a man he had robbed and killed. Bertuccio intervened and offered to pay the thief for the dead man's body. The thief agreed to give up the body for 80 ducats. Bertuccio took the body to a church and offered up his remaining 20 ducats to have the body properly buried.

After he returned home, his mother asked him what he had done with his money, and Bertuccio explained how he had used it. His mother became upset with him. Bertuccio, however, feeling that he had done the right thing, remained joyful despite her anger.

Bertuccio and the Princess

Soon, Bertuccio asked his mother for the last 200 ducats of his inheritance. His mother, lacking confidence in him and reluctant, angrily told him to take his money and never willing sacrifice. According to the story of come back home again. Undaunted, he consoled her and told her that he would do well with the money this time. Bertuccio set off on his way again and saw

two soldiers fighting over a girl they had captured. Bertuccio again intervened and told the soldiers that he would buy the girl's freedom for 200 ducats. The two soldiers agreed and split the money between themselves.

Bertuccio took the girl to his home to meet his mother. He told her that he spent his 200 ducats for the girl's freedom and that now the girl and his mother could become friends. Of course, his mother was very angry and even wished him dead. She believed that he would one day ruin their family. However, again Bertuccio did not let her words anger him and instead tried to comfort her.

The Wedding and Bertuccio's Sacrifice

Bertuccio and his mother did not know that the young girl was Princess Tarquinia, daughter of the king of Novarra. The distressed king sent soldiers to find his missing daughter. They found her at Bertuccio's house, and Bertuccio happily wished her well as she left with the soldiers. Before Tarquinia left Bertuccio's home, however, she told him that when her father allowed her to marry he should come to court and identify himself by putting his right hand to his head. Bertuccio agreed.



A photograph of Edward Robert Hughes, circa 1870.

Bertuccio wants to give what he has for the benefit of others.

Soon the king announced that Tarquinia was to be married, and suitors from all around journeyed to court to claim the princess's hand in marriage. Bertuccio immediately hopped on his old, thin horse and rode to court. On the way, he ran into a wealthy nobleman, who asked Bertuccio where he was headed. Bertuccio told the nobleman the whole story. Upon hearing the story, the nobleman threatened to take Bertuccio's place as a suitor.

Unperturbed, Bertuccio encouraged the nobleman to go to court and wished him good luck in winning the princess's affection. The nobleman, surprised at this response, instead decided to take a chance and give Bertuccio his new horse and clothes as long as Bertuccio agreed to give the nobleman half of the gifts he received from the king. Bertuccio agreed, and he headed to court.

Bertuccio's Bride The new horse and clothes made Bertuccio stand out among the other suitors at court. When the time was right, Bertuccio made the signal with his hand, and Tarquinia chose him to be her husband. The couple were happily married.

On the way back to Bertuccio's house, however, the newlyweds ran into the nobleman. The nobleman asked for his reward, and Bertuccio willingly offered half of everything he had received. The nobleman, however, asked about dividing Tarquinia. Should they cut her in half? Bertuccio asked the nobleman to take her whole and let her live. He then thanked the nobleman for his kindness before he began his journey again.

The nobleman was greatly impressed by Bertuccio's selfless character and revealed himself as the spirit of the man murdered by the thief. To repay his kindness and selflessness, the nobleman gave great wealth to Bertuccio, who rode home to his mother. She, in turn, was finally impressed by the riches and the princess.

Hughes's 'Bertuccio's Bride' Hughes's painting depicts the moment Bertuccio willingly gives half of his riches over to the nobleman. The focal point is Bertuccio, whose warm orange shirt helps him stand out against the cool blues and greens of the background. He kneels on one knee, looks up at the nobleman, and presents the valuable items that occupy the bottom right corner of the composition.

Since they exchanged clothes before Bertuccio made it to court, the nobleman is dressed in Bertuccio's ragged clothing riddled with holes. The nobleman rests apathetically against a tree. He holds the sword he intends to use to cut the princess in half and looks down at Bertuccio.

At the left, in the background, stands Bertuccio's new wife, Princess Tarquinia. She watches the event with fear at the idea that she will be cut in half. In the background at the right, the two horses look out at the beautiful landscape.

The Meek Nobleman

Straparola's story can shift our understanding of nobility and wealth. On the surface, all of the characters in the story exist in a world that is lacking. The characters all lack something: The mother lacks a clever son; the dead body is disrespected and lacking proper funeral rights; the princess lacks her freedom; and the king lacks his daughter.

As for the unsavory characters, they not only lack something but also act to take what they want. The soldiers want to kidnap the girl and do so, the thief wants money and kills for it, and the nobleman wants half of Bertuccio's wealth and suggests cutting the bride in two.

Bertuccio, however, does not exist in the world this way. He does not view the world as lacking and sees no need to take from it. Instead, he experiences life from a viewpoint of abundance. He wants to give what he has



"Bertuccio's Bride," 1895, by Edward Robert Hughes. Watercolor and gouache on white paper, 39.5 inches by

for the benefit of others. Many of the other characters are unhappy, but Bertuccio's wealth both figuratively and literally comes from his joyful ability to let go of whatever is seemingly his. He is materially and emotionally wealthy because he is unselfish.

Interestingly enough, Hughes depicted the poor Bertuccio as the wealthy one even though he kneels at the feet of the nobleman and presents half of his riches. Bertuccio is the wealthy one despite caring little for wealth.

Of course, the nobleman will reveal himself to be the spirit of the dead man and seems to be testing Bertuccio to make sure that he is worthy of riches, but this doesn't take away from the fact that the meek Bertuccio is painted as the wealthy nobleman and the wealthy nobleman—as he plays the role of someone who would cut a person in half—is shown in poor attire and spirits. In other words, the truly wealthy person is the one who gives and not the one who cleverly tries to take.

Bertuccio is shown the moment before he receives more than he gives away. Is Hughes's painting a reminder that good character is ewarded and that we reap what we sow? Does Bertuccio's meek posture suggest that his character is the cause of his riches? Is Hughes's depiction of Bertuccio an illustra $tion\, of\, a\, specific\, type\, of\, nobility: a\, man\, meek$ in worldly pursuits, but noble in selflessness?

Have you ever seen a work of art that you thought was beautiful but had no idea what it meant? In our series "Reaching Within: What Traditional Art Offers the Heart," we interpret the classical visual arts in ways that may be morally insightful for us today. We try to approach each work of art to see how our historical creations might inspire within us our own innate goodness.

Eric Bess is a practicing representational artist and is a doctoral candidate at the Institute for Doctoral Studies in the Visual Arts (IDSVA).

The Making of Thanksgiving

ANDREA NUTT FALCE

hat does the Thanksgiving holiday bring to mind? If you said: family, roast turkey, cranberry sauce, or pumpkin pie, that would likely strike a chord in the minds of most Americans. If asked about the true origin of Thanksgiving, however, the answer might be a matter of greater debate, mixed, mashed, and buttered-up with inaccurate lore.

What did you learn about Thanksgiving in school? Did it have something to do with Plymouth Rock, pilgrims, a shared harvest thanks to Native Americans, and conversations about peace or oppression? While pilgrims were known to have celebrated festivals honoring God for good harvests and, there are accounts of Native American tribes being invited to meals, a whole lot of propaganda peppers the reality of events at the American table.

Some people reduce Thanksgiving to a mere "Turkey Day." Some deny both God and gratitude. But those who value truth and tradition must at least insist on an accurate historical conversation regarding the holiday.

Washington's Proclamation

On Oct. 3, 1789, George Washington, first President of the newly formed United States of America, issued the first Thanksgiving Proclamation. In Washington's own words:

"...it is the duty of all Nations to acknowledge the providence of Almighty God, to obey his will, to be grateful for his benefits, and humbly to implore his protection and favor ... Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be—That we may then all unite in rendering unto him our sincere and humble thanks ... for the civil and religious liberty with which we are blessed ... we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech him to pardon our national and other transgressions ..."

Some call Washington's Proclamation the first executive order, some call it the second. Other groups appear inclined to ignore its existence altogether. President George Washington was passionate about giving thanks. He wrote a letter to James Madison expressing his desire to institute a national day of gratitude to God several months before he appealed to Congress for it. He was additionally known to have designated special days of prayer after triumphs on the battlefield during the Revolutionary War. After Washington, many American presidents continued the tradition of Thanksgiving, and many states kept it up in November or declared additional days of thanksgiving to God throughout the year. Thanking God is a foundational American tradition. It has also been long understood as essential to the formation of a strong national character.

Healing

On another Oct. 3, 1863, as a response to a critical Union victory at the battle of Gettysburg, President Abraham Lincoln announced the nation would celebrate an official Thanksgiving holiday on Nov. 26, 1863. The nation had been ravaged by civil war and its honorable leader looked to the Lord for help and for healing, beginning with thanks. In Lincoln's words:

"The year that is drawing towards its close, has been filled with the blessings of fruitful fields and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added, which are of so extraordinary a nature, that they cannot fail to penetrate and soften even the heart which is habitually insensible to the ever

watchful providence of Almighty God ... They are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy. It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore



"Washington Rallying the Troops at Monmouth," 1854, by Emanuel Leutze. Oil on canvas; 23 feet by 13 feet. Doe Memorial Library.

invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens

From its earliest proclamation, Thanksgiving Day was intended as an American holiday to honor God and thank the Almighty for his gifts, peace, and the fruitfulness of our precious land. It wasn't until President Franklin Delano Roosevelt in the 20th century that anyone attempted to alter the observation of Thanksgiving Day suggested by Lincoln. But in order to maximize commercialism before Christmas, in 1939, FDR decided to move Thanksgiving to the second to last Thursday of November. Prioritizing economic agendas over a day of thanks didn't sit entirely well with the nation; 32 states issued proclamations accepting the President's alteration of the holiday and 16 states refused.

For two years the country celebrated Thanksgiving on separate weeks. On Oct. 6, 1941, Congress proposed making Thanksgiving Day a set holiday, the last Thursday of November. For the sake of compromise the Senate amended the resolution to the fourth Thursday (accounting for capitalistic concerns regarding Novembers with five Thursdays). President Roosevelt signed the resolution on Dec. 26, 1941. That's when Thanksgiving

The U.S. government was created to respect and protect the will, freedom, and faith of the American people. But, as the Founding Fathers taught, it

Day became an official federal holiday.

should never be taken for granted. In 1854, an oil painting titled "Washington Rallying the Troops at Monmouth" was completed by a German American immigrant named Emanuel Leutze. Leutze so admired American ideals that even when he returned to Europe to study painting, he chose to use his art to influence European reformers regarding the virtue and

14 inches by 20 inches. The Art Institute of heroism of the American Revolution.

In this glowing

below) Homer

depicts a rich

harvest and

the strength

of vision and

heart in the

"For to Be a Farmer's Boy,"

1887, by Winslow Homer.

Watercolor on wove paper;

American

youth.

painting,

(shown

The scene depicts General Washington riding courageously through a battleground, saber drawn, leading American soldiers to victory.

After offering his life to fight for free-

A Simple Farmer

dom as a soldier, and then serving two terms as President, rather than grasp at permanent political power, Washington relinquished his position to work the land that he loved. George Washington was a resolute leader of nations and also a simple, thankful farmer. When he returned to Mount Vernon after the Revolution, Washington wrote to an acquaintance, "At length my Dear Marquis I am become a private citizen on the banks of the Potomac, & under the shadow of my own Vine & my own Fig-tree."

George Washington mentioned the vine and fig tree throughout his pri vate writings about farm life, making a subtle reference to the biblical passage "And Judah and Israel dwelt safely, every man under his vine and under his fig tree." (1 Kings 4:25)

There is a second painting you may find pleasure in this holiday. It is a beautiful, little work of watercolor by another American artist named Winslow Homer. The piece, titled "For to Be a Farmer's Boy," was painted in 1887. In the image, an adolescent stands amidst a fertile crop of pumpkins and greens. According to the Art Institute of Chicago, X-rays and testing reveal that the glowing sky was originally painted in chrome yellow and rose madder—which are both fugitive pigments (meaning they fade over time but would have created a strong sense of sunlight at the day's end).

The significance of the work remains clear. Though his head is in shade, a hardworking boy faces the setting sun in apparent contemplation. The title of the work is based on an Old English song about a youngster relishing the opportunity of labor in spite of his tender age. In this glowing painting, Homer depicts a rich harvest and the strength of vision and heart in the American youth. For to be a farmer's boy or girl in America is to partake in a legacy of faith, freedom, and

We are a nation where a farmer can become president, and the greatest presidents have relished the opportunity to sweat over a bountiful harvest. The humble and heroic effort of Americans aided by God ought to inspire thanks indeed.

May it also inspire us, young and old, to keep working to preserve the sacred tradition of gratitude epitomized in

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



Halfway

Down

Halfway down the stairs

i'm not at the bottom,

i'm not at the top;

so this is the stair

by A.A. Milne

is a stair

where i sit.

other stair

quite like

I always

there isn't any

FOR KIDS ONLY THE EPOCH TIMES







This Week in

THE SUEZ CANAL OPENS



The construction of the Suez Canal, circa 1860

n Nov. 17, 1869, the Suez Canal, which connects the Mediterranean Sea and the Red Sea, was officially opened.

The canal originally measured only 25 feet

deep, 72 feet wide at the bottom, and 200 to 300 feet wide on the surface across the Isthmus of Suez. It later underwent improvements, and many cargo ships utilize the passage to this day.



By Aidan Danza, age 15

THE **APPALACHIAN MOUNTAINS**



Halfway up the stairs

It isn't in the nursery,

And all sorts of funny

Run round my head.

It's somewhere else

And it isn't down.

It isn't in town.

Isn't up

thoughts

It isn't really

Anywhere!

Well, let's start from the mountains are oaks. The rest are surface. For the most part, the maples, beeches, poplars, walnuts, Appalachians, from Newfoundland and other types present in smaller to Alabama, are covered by various types of forests. In the northern In these woods live many parts, in New England, the area is covered by coniferous forests, consisting mostly of hemlocks, pines, and spruces, but, moving southwest to the Adirondacks and the Catskills in New York, the

animals. Deer, raccoons, rabbits, squirrels, and chipmunks are all common. In addition to these tamer animals, bears are also common, especially in the Great Smoky Mountains in North all sorts of birds, including hawks, warblers, sparrows, woodpeckers,

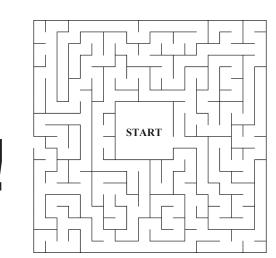
and ducks. There are also reptiles,

especially in the south, and there are a few types of rattlesnakes Going a bit deeper, the Appalachians are made of various rock types, including granite, limestone, shale, and sandstone. Of course, the Appalachians also contain vast deposits of coal, the mining of which was formerly one

of the Appalachians' foremost industries. It is still used for heat mostly in other countries, and, to a lesser extent, used in the steelmaking process.

what actually makes up

the Appalachians?



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 $1 + (7 \times 3) + 6 = 28$



Solution For Easy 1

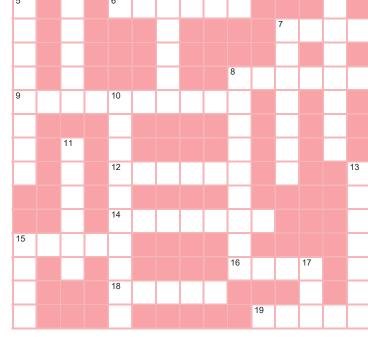
1-9×(1-6)



Solution for Medium 1 13×2+0+2



S2+8+2-S6



1 Way up (6)

2 Alternative to blinds (6) 4 Little road to garage (8)

5 Not front entryway (8)

7 It's probably in the kitchen (7)

8 It's not the back entryway (5,4) 10 Where you wipe your shoes (7,3)

11 It provides a view (6)

13 Keeps the house warm (7)

15 Bathroom basin (4)

17 It moves air around (3)

You may have a front one

and a back one (4) You walk on this (6)

Baby holder (4)

Water source (6)

Kitchen appliance (4,6)

14 Where birthday cards arrive (7)

15 Hot spot (5)

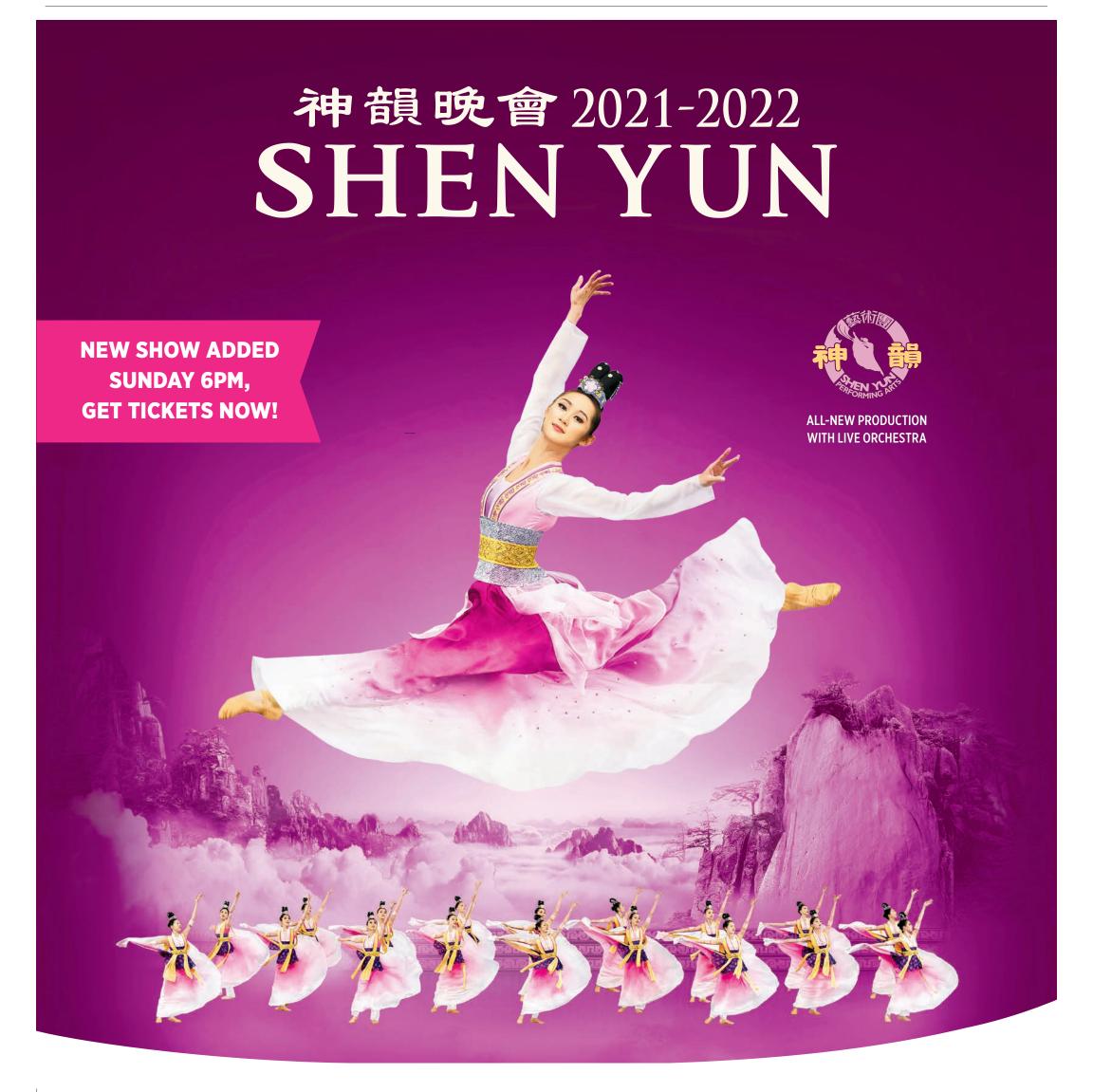
16 It's overhead (4)

12 Where closes hang (6)

18 Storage spot (5)

19 It keeps the dog from wandering (5)

THE EPOCH TIMES Week 46, 2021



China Before Communism

China was once called "Land of the Divine." There was a time when divine beings walked upon the earth, leaving behind wisdom that gave birth to everything from medical innovations to opera, dance, architecture, and even martial arts...

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"It was encouraging. It gave me

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—Andrea Preisler, actress and therapist

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—Samantha Imlay, dance studio director

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