

THE EPOCH TIMES

LIFE &

TRADITION

ALL PHOTOS BY RANDY LITZINGER



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

Purposeful 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

ANITA L. SHERMAN

Strategic 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 screen.

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

statements, plans of action and successful solutions don’t happen without effort and dedicated work.

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

caring and committed parents very seriously. They set aside time to openly share their feelings and come up with family to-do 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.

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?

Continued on Page 2

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 without water. 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: ferocity.

Continued on Page 3

MONKEY BUSINESS IMAGES/SHUTTERSTOCK



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.

ART EXPLORATION FOR THE YOUNG AND YOUNG AT HEART

The Making of Thanksgiving

ANDREA NUTT FALCE

What 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 ...”

In this glowing painting, (shown below) Homer depicts a rich harvest and the strength of vision and heart in the American youth.

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 Day became an official federal holiday.

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 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 heroism of the American Revolution.

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

A Simple Farmer

After offering his life to fight for freedom 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 private 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 fruitfulness.

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 Thanksgiving.

Andrea Nutt Falce is a happy wife and mother of four. She is also a Florentine-trained classical realist artist and author of the children’s book, “It’s a Jungle Out There.” Her work can be found at AndreaNutt.com

“For to Be a Farmer’s Boy,” 1887, by Winslow Homer. Watercolor on wove paper; 14 inches by 20 inches. The Art Institute of Chicago.



FOR KIDS ONLY

THE EPOCH TIMES



Halfway Down

by A.A. Milne

Halfway down the stairs is a stair where I sit, there isn’t any other stair quite like it. I’m not at the bottom, I’m not at the top; so this is the stair where I always stop.

Halfway up the stairs isn’t up. And it isn’t down. It isn’t in the nursery, it isn’t in town. And all sorts of funny thoughts Run round my head. It isn’t really Anywhere! It’s somewhere else Instead!

MARIAROLDANPAZOS/SHUTTERSTOCK

“There is no place like home.”

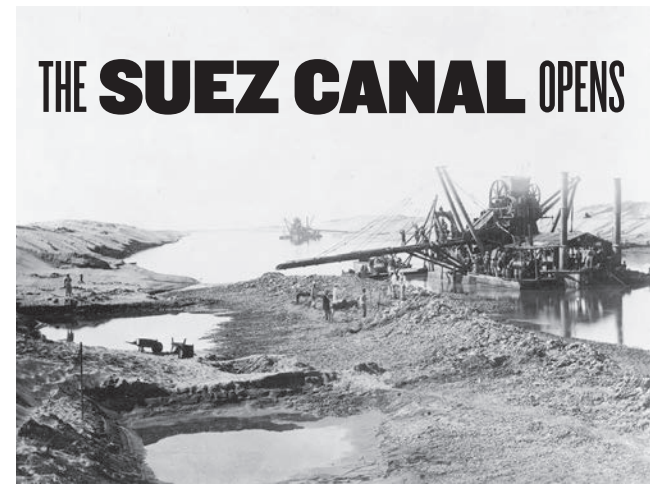
L. FRANK BAUM (1856-1919), AMERICAN AUTHOR

JIMMY DEAN/UNSPLASH

WHICH ROOM HAS NO DOORS?

WOOLHSNW V

ALL PHOTOS BY SHUTTERSTOCK



The construction of the Suez Canal, circa 1860.

On 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

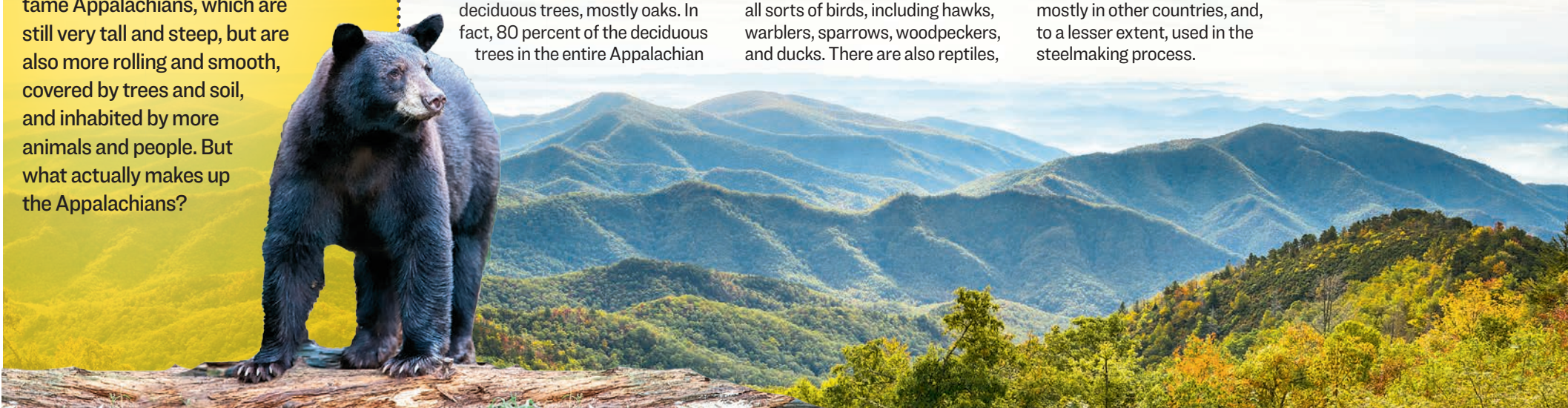
THE APPALACHIAN MOUNTAINS

The Appalachians are one of two large mountain ranges in America. To the West we have the Rockies, obviously rocky, but also tall and cold, and to the East we have the more tame Appalachians, which are still very tall and steep, but are also more rolling and smooth, covered by trees and soil, and inhabited by more animals and people. But what actually makes up the Appalachians?

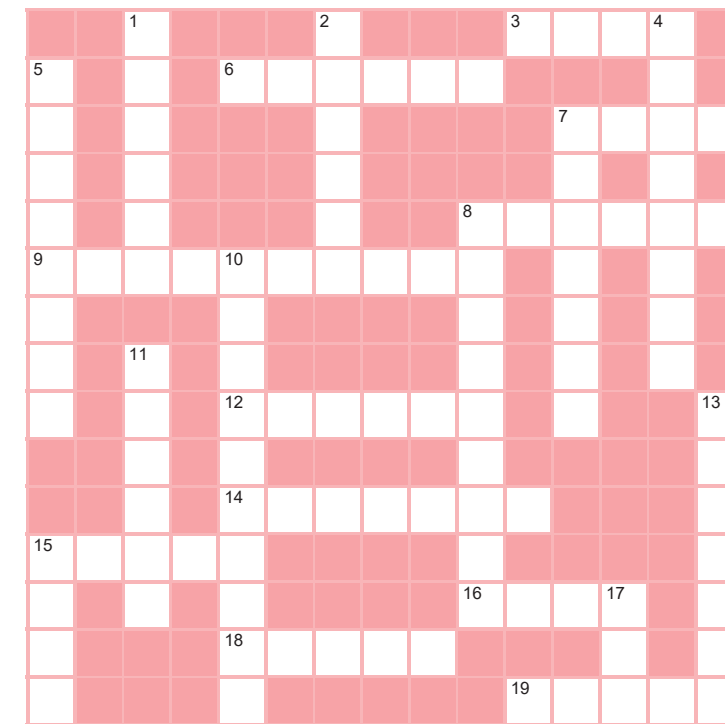
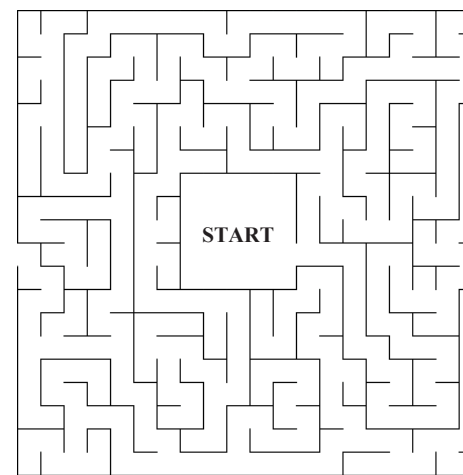
Well, let’s start from the surface. For the most part, the Appalachians, from Newfoundland to Alabama, are covered by various types of forests. In the northern parts, in New England, the area is covered by coniferous forests, consisting mostly of hemlocks, pines, and spruces, but, moving southwest to the Adirondacks and the Catskills in New York, the conifers are replaced by more deciduous trees, mostly oaks. In fact, 80 percent of the deciduous trees in the entire Appalachian

mountains are oaks. The rest are maples, beeches, poplars, walnuts, and other types present in smaller quantities. In these woods live many 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 Carolina and Tennessee. There are 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 that live in the area. 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.



AMAZING ESCAPES!



- ### Down
- Way up (6)
 - Alternative to blinds (6)
 - Little road to garage (8)
 - Not front entryway (8)
 - It’s probably in the kitchen (7)
 - It’s not the back entryway (5,4)
 - Where you wipe your shoes (7,3)
 - It provides a view (6)
 - Keeps the house warm (7)
 - Bathroom basin (4)
 - It moves air around (3)

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

Easy puzzle 1

6	9
11	
1	7

+ - x ÷

Solution For Easy 1
1 - 9 + (- 6)
9 - 1 + 2 = 6

Medium puzzle 1

5	13
76	
5	6

+ - x ÷

Solution for Medium 1
5 + 9 + 5 + 81

Hard puzzle 1

8	26
12	
5	25

+ - x ÷

Solution for Hard 1
92 - 9 + 8 + 92



- ### Across
- 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)
 - Where clothes hang (6)
 - Where birthday cards arrive (7)
 - Hot spot (5)
 - It’s overhead (4)
 - Storage spot (5)
 - It keeps the dog from wandering (5)

神韻晚會 2021-2022 SHEN YUN

**NEW SHOW ADDED
SUNDAY 6PM,
GET TICKETS NOW!**



ALL-NEW PRODUCTION
WITH LIVE ORCHESTRA



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...

A splendid culture flourished in China for 5,000 years.

A Divine Culture – Lost

Ancient Chinese civilization—infused with Buddhist and Taoist spirituality and values—thrived for thousands of years until communism seized power. Under tyranny, much of this divinely inspired culture has been destroyed or forgotten.

Darkness Spreads from China

Decades of tumultuous communist struggle brought unimaginable human suffering upon the Chinese people. And now, the darkness of this tyranny reaches beyond China’s borders causing suffering and panic all around the world.

Hope and Renewal

Ushering in a grand renaissance, Shen Yun presents a majestic vision filled with hope.

The gong resounds, the curtain opens, and a heavenly scene is right before your eyes. Fairies emerge from a sea of billowing clouds. Mongolians ride on horseback across grasslands as vast as the sky. Classic stories of love and loss, of humor and heroic deeds, of divine intervention, all come to life on stage.

Shen Yun Returns

Shen Yun restores the vibrant, exciting, and profound essence of Chinese culture. Witness the beauty. Behold the drama.

This is China before communism.

“It was encouraging. It gave me hope that even in places and times of oppression and darkness, so much light can come out of that.”

—Paul Skousen, professor and author

“It’s life-changing, you’ll walk away feeling positive, and like you want to help the world be a better place.”

—Andrea Preisler, actress and therapist

“My heart has wings when watching this. I couldn’t be happier.”

—Samantha Imlay, dance studio director

NOV 20–21 • STATE THEATRE NEW JERSEY

SAT 7:30PM • SUN 1PM & 6PM | 15 Livingston Avenue, New Brunswick, NJ 08901

Visit: ShenYun.com | Call: **888-90-SHOWS** (74697)