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THE EPOCH TIMES **IFFE & THE EPOCH TIMES IFFE & THE EPOCH TITES IFFE & THE EPOCH TITES IFFE**



Romanian Gulag Survivor:

'Communism Is a Cancer on Humanity'

Dan Novacovici details his experience in Romania, and warns against communism's spread in the United States

Dan Novacovici and his friends take a trip to the Fagaras Mountains to bring supplies to men involved in the anti-communist resistance movement and who were hiding in caves in the mountainous region, circa 1948–1950.





PETA EVANS

omanian gulag survivor Dan Novacovici has some invaluable insight regarding the current state of the world: He recognizes all the glaring signs of a communist agenda and began to realize several years ago that "communism was being implanted openly in the United States."

The 85-year-old Washington, D.C., resident was a political prisoner in Romania during its post-World War II communist era; being the son of a general in the king's army didn't help matters. In fact, Novacovici's father was special forces commander and right-hand man for the last king of Romania, Michael I, who was forced to abdicate the throne in 1947 after being unsuccessful in pushing back against Soviet invasion. Aside from this family connection to someone the communists deemed an "enemy of the people," Novacovici was found to be a member of an anti-communist poetry group.

He was sent to two gulags and reached the point of near death under extreme torture and starvation. Fortuitously, he survived and eventually escaped to France, later immigrating to the United States with his wife, Emilia, and daughter, Anca, thinking that "the United States would be the last country in which communism would come."

"I never thought it would come here in my generation," Novacovici told The Epoch Times. "It started, I believe, in 1948 every university has a communism club."

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Dan Novacovici and his friends during a trip to the Fagaras Mountains, circa 1948–1950.



Dan Novacovici (R) with his wife at the fourth congress of the Worldwide Union of Free Romanians, held in Romania for the first time in 1994.



Dan Novacovici (R) with his brother, Doru, and sister, Doina.



Dan Novacovici (L) at age 27, with his father and sister, a few months after being freed from the gulags in 1963.



Ticu and Lucia Novacovici, Dan's parents.



Dan Novacovici and his wife, Emilia, on their wedding day in 1973.

Romanian Gulag Survivor: 'Communism Is a Cancer on Humanity'

Dan Novacovici details his experience in Romania, and warns against communism's spread in the United States

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He pointed to "the way things are repeated in the same messaging across multiple media outlets," and "the fear that is created with this pandemic," as all-too-familiar, telltale signs of a communist-infiltrated media and government.

"The sentence structure and the way things are presented right now in the media is the same as in communism," he said.

"I can't point to a specific document that lists the phrases, but I recognize them from communism. ... Phrases about how they care about people, about the future, but specifically the way it is phrased—that they do it for the good of the people. So-sanctions are for your health, 'we are thinking about you and your loved ones.""

He added that encouraging separation between family members and friends "is



Dan Novacovici, 85, resides in Washington, D.C.

lighting its occurrence during the COVID-19 pandemic. All in all, despite the overthrow of commu-

nism throughout the Eastern Bloc in 1989 and the collapse of the Soviet Union in 1991, the gulag survivor holds that the threat of world communism prevails.

"I see it approaching in the West," he said, "and slowly gaining ground worldwide."

In an interview with The Epoch Times, Novacovici detailed his extraordinary journey, from witnessing the beginnings of communism in his home country, opposing it, and surviving under tyranny; to escaping and becoming an advocate for safeguards against the spread of communism in the United States.

'When the Communists Came'

Now a husband, father, and grandfather, Novacovici was 8 years old when the Russian communists took over Romania in 1944.

"When the communists came, my father took us to a place near Pitesti, about 100 kilometers [62 miles] outside of Bucharest, to keep us safe," he said, referring to a 100-hectare (about 250 acres) farm estate owned by his great-aunt

"I remember the Russians came in on horseback and, discovering one of my great-aunt's horses, Dolina, which was a racehorse, they took [it] for themselves. They killed the dogs; went into the house, looked for alcohol, found 10 to 15 bottles ... they drank them all. They found my dad's uniform and decorations and said, 'this man killed a lot of Russians.'"

The Russian officers took two horses, but killed one when she wouldn't let them ride her.

By 1948, the communists had taken his great-aunt's estate and placed her under house arrest in a little house in Pitesti, where "she had to sign a sheet every day that that is where she was," Novacovici said.

Meanwhile, he returned to Bucharest with his sister, Doina, and brother, Doru. His mother, Lucia, a high school teacher of physics, chemistry, and mathematics, died when he was only 13 years old.

"At the high school, they changed the principal to the cleaning lady," Novacovici said. "The first thing, the cleaning lady met with

also a classic communist approach," high- all the teachers and told them to sweep all the classrooms and that she will be checking on them. My mother was so upset, she got breast cancer and she died at 39 years old."

Life Under Communism

When Novacovici's father, Ticu, left the army at the end of the war in 1945, he started a construction company with work in Bucharest rebuilding the National Assembly-the equivalent of the Senate. Working under the supervision of traditionalist figure Mihail Sadoveanu, who was then president of the National Assembly, Ticu Novacovici was given only two months to remodel the building's great hall, which Sadoveanu feared was too short a time.

"Sadoveanu showed him a gun and said, 'If it's not done in two months and the Russians walk through here, you can kill me first, then kill yourself, because they will kill us if it's not done," Dan Novacovici said.

In school, everyone had to take classes about Marxism and Leninism.

"The teachers weren't allowed to say anything except what was written on their script-adapted locally," Novacovici said. The script, he added, explained "how society worked" and that the bourgeoisie was the "the class that exploited others ... the enemy of the people."

"Colleagues in high school were kicked out because their parents were 'exploiters' ... one of my professors knew Russian and helped a lot of kids to not get kicked out; he taught students to say that their parents weren't in the exploiter class," he said.

Still, one of Novacovici's classmates was expelled for having a parent who worked in management at an American company.

Students were forced to sing communist songs, and there were also gangs who beat up kids who were deemed as belonging to the wrong class.

"I had a teacher who taught us to sing a Marxist song. It was about hatred for the 'ruling' class-to beat up and kill the ruling class," he said. "There was a guy in my class whose nickname was Tarzan-he was a bully and bullied anyone in the 'exploiting class."

To get into construction college in Bucharest, Novacovici had to compete against 20 or so others by completing a written and oral exam whose results were separated between those of the working class and those of the bourgeoisie—the middle class—so they could be assessed differently. About 8 to 10 percent of those 20 students were considered bourgeoisie, while the other 90 percent were in the working class.

"In that 10 percent, you had to get a 9.5 to 10 grade; the others were admitted when they had a grade 4 or higher," he said.

Sometimes, even if a student did well in an exam, grades were given based on orders, such as in the case of Novacovici's sister.

"Doina took a written math exam, she got a 9; at the oral exam, they kicked her out because she was the daughter of a former colonel; 'bandit'-she's not allowed to go to college," he said.

Family members turning against each other wasn't uncommon. Novacovici's adoptive brother, Gigi, whom Ticu Novacovici adopted toward the end of the war, eventually became a socialist and turned against his adoptive father, despite everything he'd done for him. "He was about 12 years older than me, around 21 years old in 1944," Novacovici said of Gigi. "He accused my father of being an

exploiting capitalist." In recalling how Gigi had come to be adopted, Novacovici said his father was on his way home one day when he came upon a homeless kid on a wooden box; he had no parents. Ticu Novacovici provided him with a home, food, and lodging. He later made him the boss of his construction company and he

also sent him to school. "He even went to college, since he was considered a peasant worker," he said.

The Fight for Freedom

Near the end of high school, around 1952, Dan and Doru Novacovici, along with a group of friends, started an anti-communist poetry group. They would meet every week at his place, turn off the lights, have someone guard the door, and go into one of the rooms to discuss poems and novellas.

During this time, his father was working on the border-in charge of protecting Bucharest, since he'd been reactivated in the military and reappointed as a colonel-and was gone for two to three years. He returned in 1956, when the Hungarian revolution came and echoed in Romania. He said to his sons, "Make sure you don't do anything and don't speak with anyone, because there are a lot of people who are trying to get you because you're my kids."

However, Novacovici, his brother, and the others began putting notes in people's mailboxes to encourage unity against the communists and to help promote morale.

"I assured them that the Americans will come and free us," he said. "I didn't use the typewriter, because [the communists] followed exactly the model of the typewriters." They couldn't write by hand either, lest they be tracked by their handwriting, so they used rubber stamps from kids' games.

"There was a 14-year-old kid who was sent to jail by his father, who came to be the one to sentence his child," he said, indicating how imperative it was to not be found out, even by potentially disloyal family members. "The Russians left, but everyone was still in charge."

An anti-communist resistance movement had formed in Romania in the late 1940s and held out for the most part until the mid-1950s; armed men took to the mountains, taking refuge in caves, to fight against the communist regime. Novacovici and his friends would go hiking to drop supplies and guns off to them. But "the mountain men were killed," he said, when a Romanian prisoner of the Russian communists became part of the Securitate-the secret police-and was tasked with hunting the men down.

"He dressed as a priest and he went to the villages saying he wanted to help the mountain folks," Novacovici said. "Those people trusted him and would tell him where people were hiding. He would send groups to kill them directly. He was counter information, so he was also spying on the spies. In Romania, he could arrest anyone and get him killedup to the level of ministers."

That small poetry society was similarly tricked when a communist informant nuzzled his way into the group after they'd put feelers out for more members in hopes of expanding their group.

"One of the ones in the group, who was a great writer, Paul, was a former legionary," Novacovici said. "In principle, legionaries were nationalists and loved their country, so we assumed that he would be on our side. He was the traitor."

Members of the group had recruited Paul believing that as an ultra-nationalist and religious man who'd been jailed for standing up to the communists, he'd be the last person to "rat people out." He had all the names of the group's members and their planned actions, which he gave to the Securitate.

In 1959, Novacovici and the others were arrested.

"[We] found out after that, Paul, when he originally went to jail, was freed on the condition that he would give away 8 to 10 people 66

There was a 14-year-old kid who was sent to jail by his father, who came to be the one to sentence his child.

Dan Novacovici



(riding racehorse Dolina), on his greataunt's 100-hectare farm estate outside of Bucharest in 1944.



father, Ticu, who was a colonel in the Romanian military.



Dan Novacovici with his wife, Emilia, and daughter, Anca, in France, circa 1982.

66

The way things are presented right now in the media is the same as in communism.

Dan Novacovici

by the end of the year—or else he would be sent back to jail," Novacovici said.

The Gulags

He was 23 when he was arrested in October 1959, and in February 1960, he was sentenced to five years of forced labor followed by five more years of no civil rights.

"I was condemned for planned crimes against the 'social order,'" he said. But before sentencing, the torture had already begun.

"I was put in a room and sat in a corner ... in the other corner was an interrogator. Then they start with the interrogation—'Bandit, did you do this?'---if you said no, he would beat you up, then he would ring the bell and two others would come and take you to the next room and beat you up. If, when that was done, you could walk, they would put you back in the cell; if not, they would throw you on a blanket and drag you back to the cell."

That first day after his arrest, the interrogator beat him so much that he lost most of his top and bottom teeth, with only two or three still left and the rest dangling from their nerves.

"The pain was so much that I didn't feel the rest of the beatings that day," Novacovici said.

Periodically, people were taken from their cells to be interrogated and beaten, and weren't allowed to speak to each other. When his sentencing was finalized, he was to be sent to Jilava prison to be processed.

"Before leaving, they called me in and they asked me to share if I heard anyone speaking negatively about them in jail, and if I agreed, I would be back in college in two to three weeks," he said. "I said, 'I wouldn't remember if I heard anything,' and the guy said, 'no problem, you can just tell [on] your colleague.' I said I couldn't do that."

Following four months at Jilava—a fort established by King Carol I of Romania to protect Bucharest that had been transformed into a prison by the Russian communists— Novacovici was sent to Luciu Giurgeni on the Danube River, and put on a boat called Girond, a floating gulag.

"We would have forced labor, in the rice fields from morning until night, with leaches that clung on to us while we worked," he said. One time, he made a mistake when a guard asked him to lift a hatch in the barracks; he

was supposed to slide it across, not lift it. "The guard took me and beat me up, then put me in isolation—a metal box with no window," he said. "I couldn't eat or drink. I

stayed [there] three days." After about two to three months, everyone on the boat was sent to Gradina, in Balta Brailei. It was another gulag. Each person had to dig out 10 cubic meters (353 cubic feet) of dirt each day and, with a wheelbarrow,

transport it all up to the pier. "By the end of the day, everyone was so tired that we linked arms to be able to walk narrative ... the definitions of basic words are

back," Novacovici said. The guards monitored each prisoner to make sure they achieved the quota of dirt

each day. "The persons who didn't [achieve the quo-

ta] would stay at the door when they came back at the end of the day; they would take off their clothes, sit down, and get beaten with braided wire," he said.

Eventually, Novacovici's weight dwindled to 64 pounds and he was transferred to a working group of older people and people who were expected to die soon. A fellow in the group, Titu, once attempted to bring food to Novacovici, but was caught and got beaten up by the guards.

Freedom in America

about what happened,"

Novacovici was freed from the gulag after an international convention held in the spring of 1963 obliged Romania to send political prisoners home.

"They said, 'You're free, you can't talk about anything you did, you're free to do whatever you want,'" he recalled the gulag's guards

everything is politicized. saying. "'No obligation, you just can't talk

At the time he was released, he had a

shaved head and a mustache so long that it wrapped around his ears. Ten years later, in 1973, Dan married Emilia,

and their daughter was born soon after.

In 1980, determined to expose communism's true face to the world but unable to do so from within Romania, which was still under Soviet rule, he decided to leave the country. The family emigrated to France as political refugees. There, Novacovici joined a prisoners-of-war organization in Paris and successfully lobbied the European Union to prevent a deal that would allow Romania to export its food.

"There were stocks of meat, pork, and cheese from Romania that was getting ready for massive export," he said. "A country who has cartels for food-meaning that the food was rationed—should not be able to sell to the EU when they are not giving that food to their own people."

As a result of his efforts, the food stocks were placed in the Romanian markets.

In 1983, the family emigrated to the United States and settled in Princeton, New Jersey, where Novacovici started a residential construction and inspection business. He immediately began working on helping to free Romanians from communism, and since then, has done everything in his power to expose the evils of communist ideology.

From 1984 to about 1995, he wrote almost daily for various Romanian newspapers.

"I had my own column in a Romanian New York newspaper in which I provided information about people who were in prison so that people could find their families," he said. "Communism took everyone at night and they disappeared and no one knew where they were after."

Novacovici helped create and was the U.S. representative for the Worldwide Union of Free Romanians. He was also instrumental in Romania's addition to NATO, and has been a major supporter of the Victims of Communism Memorial Foundation (VOC), helping the organization educate the world about what communism really is and telling his story.

Today, he calls on all Americans and the world's people to "wake up" and see the evidence all around that communism is right here in the West. "There are too many people who are financially involved and don't think far ahead to the repercussions of following the party line," he said.

"The creation of the 'Ministry of Truth' and a disinformation section of Homeland Security is also clearly suppressing freedom of speech. In social media, [people are] being de-platformed for saying things that don't agree with the main narrative. The declaration that Republicans are terrorists by the Democrats makes you scared to speak out or say that you're Republican. ... Attorneys change the laws in various states to fit the being changed to fit the narrative."

Whenever some truth is stated, Novacovici said, an opposing piece of media shows up providing a bit of truth, then falsifying the rest. And then, there's technology to follow you and track your information and data.

"It is much easier than under the oldschool communism, where they sent people to your house to bug the phone," he said. "Now, large companies do it and share it with the government."

What advice does the gulag survivor have for his fellow Americans and the rest of the world?

"Don't listen to mainstream media," he says. "Most of it across the West says the same thing using the same words; that is not a coincidence, it is brainwashing. ... Ask questions and do your own research—check multiple sources. This closed mindset has been introduced and is working very well—there is no room for discussion or disagreement;

"Communism is a cancer on humanity. It's a cancer that is moving quickly. You can only stop it by thinking, logically, what is good for people-not what someone tells you is good, but what you think is good for you."

> Novacovici with his wife, Emilia, in 2022.









Planting These Seeds Can Change All of Us for the Better

JEFF MINICK

goodness, we blindly give around us. A teacher, for example, may inspire a

student while remaining entirely unaware of the effect or the consequences.

Known for the acting talents he brought to films such as "Bridget Jones's Diary" and "The King's Speech," for which he won the Oscar for Best Actor, Colin Firth called his college English teacher and drama coach, Penny Edwards, "one of the most important women in [his] life." He invited her to come with him when he received a special award from Parliament.

It's unlikely that Edwards realized at the time that she was coaching a future Hollywood star. She was simply bringing the

enthusiasm for which she was known into her classroom, and Firth was swept up by it.

ften, in carrying out in- In his "Meditations," the philosopher tentional acts of grace and and emperor Marcus Aurelius pays homage to his grandfather, who taught him a part of ourselves to those good manners and to keep his temper, and to his great-grandfather, who passed on to him the lesson that the expenses of home tutors were well worth the cost. It's extremely unlikely that these kinsmen anticipated immortality in words later written by their offspring. They unwittingly passed on to Aurelius gifts that added to his greatness.

> Here, my Grandma Helen, my mom's stepmother, comes to mind. Like so many of her contemporaries, Grandma had lived through the Great Depression. She worked well into old age, raised children, and spent most of her days without extravagance of any kind. Through deed, rather than word, she taught me lessons in hard

Hard times call for real men who can charge forward and be masters of those difficult situations.

work and stoicism, the value of humor in times of trouble, and love. From the smile of a stranger to lessons

learned from a coach or grandparent, we receive nourishment of the spirit.

Shadows on the Land

As readers of The Epoch Times know, we're living in strange times. Lots of things we took for granted just three or four years ago now seem out of whack. The inflation and recession, the scarcity of certain goods, the staggering rise of violent crime, the crazy spending by our overreaching government—on and on goes the list. Even worse, perhaps, there's a feeling in

our country that things are off, that something dark and bad is taking place that we can't quite identify. In the past six months or so, for example, I've met several people who have turned down being interviewed, afraid to speak their minds, preferring, as one told me, to keep their heads down.

And maybe it's just me projecting my own unease, but the men and women I see on the sidewalks and in stores seem unhappy these days, more somber and withdrawn, more guarded and fearful than in the past.

Brighten the Corner Where We Are

In the classic children's novel "The Secret Garden," we find the following dialogue:

"Might I," quavered Mary, "might I have a bit of earth?"

In her eagerness she did not realize how queer the words would sound and that they were not the ones she had meant to say. Mr. Craven looked quite startled. "Earth!" he repeated. "What do you mean?" "To plant seeds in-to make things growto see them come alive," Mary faltered.

Mary's wish contains an invaluable lesson for us. The girl wants soil and seed for planting flowers "to see them come alive." We can do the same, as all around us we find soil, by which I mean the hearts and minds of people young and old, begging for cultivation, particularly now. They merely lack the seed, sun, and rain to make that garden happen.

As we've seen above, nearly all of us have it within our power to become gardeners of the soul, to plant seeds. And unlike the labor and tools required to grow roses and crocuses, or if you prefer, tomatoes and pumpkins, sowing the seeds of cheer and goodwill can be as effortless as a smile and a nod to a shopper at the grocery store or a pat on the back and a word of encouragement to a disconsolate grandchild.

Suppose that we Epoch Times readers launched a new movement in America, a gardening project intended to lift downcast spirits while we also work to preserve our liberties. There's a lot of us, and our efforts to bring some sunshine to friends and strangers might prove infectious, so that the beneficiaries of our kind word or good deed might then pass it on to others. "We cannot all do great things," Mother Teresa said. "But we can do small things with great love."

Some might consider my ideas idealistic, impractical, or just plain goofy. Well, perhaps. On the other hand, what have we got to lose?

Jeff Minick lives and writes in Front Royal, Virginia. 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.

Raising Boys to Be Real Men

Teach them to be confident protectors and providers with advice from an 1886 publication

ANNIE HOLMQUIST

If you're a young, marriageable woman these days—or even if you're the parent or grandparent of one—you've probably asked the following question once or twice: "Where are all the good men?"

To be sure, there's no shortage of males, but there just doesn't seem to be the "real men" types-those who embrace masculinity and the protector and provider roles that traditionally come with it.

As one female noted on Reddit a few months ago, "Every time I go on a date, I discover the person sitting across from me

is a modern, effeminate, and weak man." Pointing out that many of today's men are weak isn't an attempt to bash them. Indeed,

bashing and tearing down the male sex is probably one of the many reasons they've become feminized, in addition to the cod- that you think of them as trustworthy indling, soft environment in which they've dividuals, not helpless creatures who can't been raised.

Instead, we should look forward to the future, seeking to ensure that today's boys turn into tomorrow's men, ready to lead, work hard, and raise strong families of their own. But where do we start?

As many of the male sex turn increasingly effeminate, models of traditional manhood decrease. But looking to the past gives us some helpful clues in knowing how to raise today's boys to be tomorrow's real men.

I found one of these models in an 1886 publication titled "Items of Interest, Vol. 8." Under the topic heading "Don't Undervalue the Boy," it lays out a game plan for raising men that is still relevant today.

Have Confidence in Young Boys

Adults tend to treat little boys like babies far longer than they should. Let boys know do anything right.



As "Items of Interest" describes, "a proper amount of confidence, and words of encouragement and advice, and giving him to understand that you trust him in many ways, helps to make a man of him long before he is a man in either stature or years." One of the best ways to increase a young boy's confidence in himself (and your confidence in him) is to give him increasingly greater responsibilities. Let him ride his bike to ever greater distances, let him run an errand for you, ave him take

ENTREPRENEURS

Special-Needs Teen Launches Popular Dog Treat Business

Nick Napolitano, who has cerebral palsy, and his family run a thriving business

DAVE PAONE

Right from the beginning, the odds were stacked against Nick Napolitano. He was born 10 weeks premature and, at 11 months old, was diagnosed with spastic quadriplegic cerebral palsy, which limited his limbs to little or no use.

He wasn't off to a good start.

"Quadriplegia is the most severe of the three types of spastic cerebral palsy. It requires lifelong treatment and support," wrote Dr. Gina Jansheski, of Cerebral Palsy Guidance. "In spastic quadriplegia, the condition affects both legs and arms as well as the trunk and face in many children.

"The overarching cause is brain damage before birth, during, or shortly after." Napolitano was born in 2003 and began

physical therapy at 6 months old. "We learned at probably about two and half years old that he wouldn't walk," Na-

politano's mother, Jennifer Hinze, told The Epoch Times. "I joined every support group I could. I read everything I could. I got involved with other parents of kids with the same diagnosis."

Hinze estimates that the number of operations Napolitano has had is somewhere between 20 and 25.

"Every single time he has a growth spurt, he has to have surgery," she said. Napolitano has been in a wheelchair his whole life and has limited use of his hands.

He works his iPad using a joystick and speaks very slowly. Regardless, Hinze wants to keep her son

as active as he can be. "Nicholas has been involved in Spe-

cial Olympics since he was in elementary school," she said. "We keep him very busy." **Getting a Dog** Six years ago, Hinze surprised her son with

a puppy, which they named Hemi. It's part Shih Tzu and part Rashon. "I was actually on vacation when Mom got

him," Napolitano told The Epoch Times. Hinze and Napolitano's father were divorced at that point, and Napolitano was visiting his dad. When he returned, he had a dog.

Hinze, her second husband whom she married in 2018, and Napolitano live in Augusta, Wisconsin. Napolitano's father passed away in 2021.

Hemi Inspires a Business

Napolitano graduated from high school last year and currently attends a school for disabled young adults, where he learns life skills. But Hinze's plan was to find him employment after high school. Hinze had worked as a life coach for stu-

dents with disabilities at her son's high school before he went there.

"I would see a lot of kids [with disabilities] graduate and not get jobs," she said. "And so I had already thought, 'Well, I don't want that to happen to Nick. So we need to come up with a business for him.'

"I wasn't even sure what the business would be. All I knew was that I love to bake and so does Nick."

One day, they were ready to bake cupcakes when Hinze took a look at Hemi and thought of dog treats.

"I knew I wanted it to be an easy recipe, and I knew I wanted it to be a recipe that didn't have preservatives in it," she said. "I needed it to be something easy for him to remember. So when he's talking about his dog treats, he can tell everybody what they're made out of." They settled on a recipe using oatmeal,

peanut butter, and banana. Once they started making them, they put the word out on social media

"It just blew up," Hinze said. "We'd make some and package them individually, and we drove all around and handed out all these dog treats, and everybody was like, 'You should make a business out of this."" So they did.

Exponential Growth

being sold in 21 stores throughout Wisconsin, including coffee shops, one major grocery store, five Ace Hardware stores, a few boutiques, a few restaurants, and a nutrition club.

Before they knew it, their product was

"All of those stores had contacted us," Hinze said.

ALL PHOTOS COURTESY OF JENNIFER HINZE



Jennifer Hinze and her son Nick Napolitano with their dog Hemi, which inspired Nick's Dog Treats.

charge of a repair project around the house—whatever it is, make sure to let go and give him a chance to stretch his wings. And then, sit back and let him amaze you with how well he stepped up to the plate of responsibility.

Encourage Curiosity

Boys have a natural bent toward investigation, "Items of Interest" notes, and when we ignore that bent, we miss a huge opportunity to help them learn and grow. One of the best ways to do this is by willingly answering their questions. "If you do not explain puzzling things to them, you oblige them to make many experiments before they find out," the publication explains.

In other words, adults who are willing to answer a boy's questions will likely keep him out of trouble, saving adults a lot of headaches in the process!

Let Them Work With Their Hands

Today, we're afraid of letting children use equipment that could cause them to get cut or have some type of an accident. But giving a young boy tools to work with, even a simple hammer and nails, allows him to build his store of knowledge while also

a vision for what he can do in the future. As "Items of Interest" explains:

"Give him tools, and let him find out for himself whether he has any mechanical taste or not. ... If a boy finds he can make a few articles with his hand, it tends to make him rely on himself. And the planning that is necessary for the execution of the work is a discipline and an education of great value to him.

"The future welfare and happiness of the boy depends on the surroundings of his youth. When he arrives at that period in his life that he is obliged to choose what profession or what line of business to follow, it is highly important he should take no false step. And if in his youth he has cultivated a taste for any particular branch, the choice of a profession or business will be made more easy."

Don't Assume He's Your 'Mini-Me'

Parents naturally want their sons to follow in their footsteps. Such a desire is OK, but only as long as it doesn't lead them into thinking that their son will or won't be interested in a certain activity just because his parents are interested or not.

"Items of Interest" exhorts us: "Do not teaching him some valuable character and discourage him, as parents are apt to do,

I wasn't even

sure what the business would be. All I knew was that I love to bake and so does Nick.

Jennifer Hinze, Nick Napolitano's mother



Nick Napolitano with a batch of dog treats.



Several of Napolitano's products for sale at an event at a hospital in Minnesota

Hard times

call for real

men who

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forward and

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Nick Napolitano and his mother, Jennifer Hinze, show off their "Nick's Dog Treats" T-shirts.

She credited this to the exposure they've had on television news and radio talk shows and in magazines.

"We went from one store to 19 stores in one year," Hinze said.

The goal all along was to have a bakery store where they could make and sell the dog treats, because baking them at home takes up the entire kitchen and a bedroom, which serves as their base for shipping the treats to distant vendors.

They discovered a small building for sale nearby. They purchased it in May and started renovations in June. There's a grand opening planned for October.

Not Just Dog Treats

"We had so many people that would say, 'Well, we don't have a dog but we still want to support you," Hinze said.

So Hinze and Napolitano partnered with Door County Coffee & Tea Co. and sell their products as well.

Additionally, they sell stickers, candles, and "Nick's Dog Treats" T-shirts and coffee mugs, but the treats and the coffee are the big sellers.

Their dog treats are also appealing to cats. "Cats love our treats," Hinze said. "We've had people buy them, and they send us videos of their cats eating them.'

Napolitano said, "My friend Ethan has a cat, and he gave his cat some of my dog treats. He actually ate them all."

The Future

Hinze feels that since the business has survived for four years—which included the COVID-19 pandemic-and she has already been asked twice about franchising, it will continue to be successful.

Napolitano will be in school for two more years and will also work a few hours per week with a job coach at Goodwill, pricing merchandise.

But once those are finished, his focus will be on the dog treats business from that point forward.

"Your dog treats store will be your career," Hinze said. "That's what I always tell him.'

by saying: 'Oh, it is no use for you to try to do anything with tools. I never have any taste that way, and of course you have not."

These points seem simple and straightforward, but in an age when children are bubble-wrapped for protection, placed in front of a phone or video game for entertainment, or encouraged to transition to another gender, the idea of allowing boys to learn and grow the old-fashioned way seems novel—and perhaps even frightening.

The thing to remember, though, is that hard times are likely coming. And hard times call for real men who can charge forward and be masters of those difficult situations.

Why not prepare your son to be one of the few real men who will be ready for the hard times? In doing so, he will be able to devote his energy to leading others through the difficult seasons, instead of simply trying to cope and take care of himself.

And that sounds like a win, not only for your son, but for countless others as well.

Annie Holmquist is the editor of Intellectual Takeout and the online editor of Chronicles Magazine, both projects of the Charlemagne Institute.

DEAR NEXT GENERATION

How It Was in the '30s, '40s, and '50s

→ Advice from our readers to our young people

was born in the middle of the Depression. Two brothers preceded me, and I was followed by a sister. My two brothers were both born in hospitals, but my sister and I were born at home. I guess my folks couldn't afford any more hospital bills. We lived on Whidbey Island, located in Puget Sound in Washington State. We lived in a remote location, so our upbringing was probably a lot different from children raised in an urban environment such as Seattle.

Our lifestyle was pretty much the same as our neighbors and friends, so our living conditions were not unique. Our formative years were shaped by the Great Depression, World War II, Truman, and Ike. Comparing our standard of living then with today's, one would probably consider it to have been below the poverty level. We had what we needed and didn't have to take welfare, even if it was available.

Here is how things were back in my day: Marriage was between a man and

a woman. They stayed together for life. Divorces were an exception.

Couples had children and were expected to love and care for them to the best of their ability.

Children contributed time and effort to the family unit. These contributions were called "chores." Our chores consisted of gathering and bringing in wood for heat and cooking, washing dishes, feeding the animals, working in the garden, digging a new pit for the outhouse, putting up hay for the winter, digging clams, and catching crabs for dinner to name a few. Allowances were not provided.

We were encouraged to begin earning and saving money early on. If we wanted to purchase stuff beyond what our parents provided, the money came out of our pocket. We expected nothing less. I bought my first bike and car with the money I earned.

The only vices I can remember when growing up were smoking and drinking beer. Drugs were unheard of. Out-ofwedlock births were rare.

We said the Pledge of Allegiance every morning in grade school. We learned the 3 R's and were graded on our accomplishments—or lack thereof.

Our parents paid for our school lunches, or more than likely, we brought a sack lunch. I even saved the sack and waxed paper. In my senior year, I cleaned the caf-

eteria after school to pay for my lunches. We respected our elders and stayed out of trouble.

We were given the territory and opportunity to roam where we wanted. It was up to us to decide what we were going to do with our free time. Free time came after the chores were done. Most of the time, our parents didn't know where we were. A standing rule was: "Be home for dinner." We had no TV, cellphones, internet, or computer games, only a radio for evening programs.

Kids were expected to attend and graduate from high school. Going on to college was strongly encouraged. All four of us kids attended college. My brother and I graduated. We were able to work and pay our own way, with some help from our parents when they could. I graduated with \$150 in student debt. Our parents included us in a lot of ac-

tivities. These included camping, mountain backpack trips, fishing, coming to our sports events, and letting us kids go with Dad to some of his work sites.

I am 86 and my wife, Celie, is 82. We are both physically active and involved in church and community affairs. I would encourage everyone to get involved in community activities. We should be willing to contribute our time and talent. Celie and I have been married for 55 years and have two children, both with families.

The contrast between what it was like to be raised in the '30s, '40s, and '50s against today's environment is truly striking. I consider my growing-up period as the best of times. Young people today are working under a whole new set of rules, and the rules are not good. I find it incredible how far our society has declined since the time I was growing up until today. This nation has got to reverse course if we hope to save this next generation and this country.

-Richard Bryant, Oregon



A 90-Year-Old's Birthday Speech: Time and Chance

I was born in 1932. At that time, the birth rate was on a steep decline. A great jazz song summed it up eloquently: "There ain't no romance without finance." Baby Joe, with his usual sense of perfect timing, came into this world during the heyday of the Great Depression. The Great Depression didn't only take an economic toll; fear left some of our parents emotionally disturbed. My mother was neurotic. I am neurotic!

Children are usually doing something they shouldn't; this promotes their fear. Since we were always afraid of getting caught by adults, we were keen observers of their behavior. We were all eyes and ears. When they had conversations and when we were present, sometimes, one would say, "They don't know what we are talking about." We knew!

Our world extended only as far as our feet would take us. This was not a bad thing. Walking slowly, we were conscious of our little world and had time to think as well as be very observant. On Dec. 7, 1941, as I was walking in Brooklyn on Avenue P., I overheard some adults excitedly talking: "The Japanese bombed Pearl Harbor." Pearl Harbor? I never heard of it. I went home and located it on my World Atlas. It was halfway around the world.

World War II was the most monumental event in my lifetime. To this day, it has shaped my very being. I have never looked at things the same way again!

Our leaders thought it was best for us that they not tell the public how badly the war was initially going. Soldiers with their 50-caliber machine guns in sandbag emplacements along with the Coney Island boardwalk were placed there to show the public that we were prepared. In truth, the Axis could not possibly mount an air attack on Brooklyn. However, it was comforting to know that Nathan's was well defended.

We became "the arsenal of democracy." The defense industry boomed. There were well-paying jobs for everyone. The Depression was over at last. The people were united in our effort to defeat the Axis powers.

Gradually on all fronts, the Allies started to win the war. The culmination of all this effort resulted in the Axis powers unconditionally surrendering. One morning, I was awakened to the sounds of a car driver deliberately backfiring his car. Finally, the war was over!

During the war, a group of us boys became fascinated with airplanes. We could identify most Allied and Axis aircraft and argue about their relative merits. Our Lockheed P38 Lightning was faster than the German ME 109, but the ME 109 had fuel injection and could turn a tighter circle, and so it went. I wrote to our airplane manufacturers asking for photos of their aircraft. My wall was covered with beautiful color photos of them. We knew that our chances of flying in a war plane was not going to happen. So, for us, we would build and fly gas-engine powered flying models that we

could control. U-Control would be best for us. We had a devise called a U-Reely control handle that we used. Tilt the hand up, the plane would climb, tilt the hand down, the plane would dive. The control handle had two light wires that were tethered to the airplane. We generally used about 75 feet of line. With the pilot standing in the center, he could fly the plane in a 150-foot diameter circle. Sometimes, this method was called "spindizzy." If the pilot attained sufficient skill, it was possible for him to control the airplane in a wide range of aerobatics. But first, we had to learn how to build and fly the

thing. After many crashes, I learned that by careful attention to details, perseverance, and patience, I would be successful. My plane flew successfully and I landed it in one piece. We literally jumped for joy and cheered. The Wright brothers couldn't have been happier!

I thought that this experience would provide me with a framework for success in life. I was wrong! The other two factors that I didn't take into account were timing and luck. Robert Burns was plowing his field when he noticed that he destroyed a mouse nest. The mouse probably thought it had built a safe, snug home. All its labor, nest, and plans were upended in an instant. "The best-laid plans of mice and men oft go amiss." After my divorce, I was that mouse. I lost everything that I had worked for in the most productive years of my life. I was homeless and reduced to my only possessions that would fit into my old

blue van. Back to square one! The turning point of the Pacific War with Japan was the Battle of Midway. We had broken the Japanese code and had information of when and where their aircraft carriers would be. These were the same ships that launched their aircraft that attacked Pearl Harbor on December 7. They had to be destroyed!

The plan was: Our torpedo planes and dive bombers would attack the Japanese fleet simultaneously, forcing the ships to divide their anti-aircraft fire. This was critical because the torpedo planes would be flying low and facing the broadsides of the ships with every antiaircraft firing at them, unless the ships had to fire at multiple angle targets.

As luck would have it, the torpedo planes and dive bombers missed their pre-appointed rendezvous time or place. This error assured that the Japanese ships would have much more effective antiaircraft fire. The torpedo planes arrived first, so they had to commence the attack alone. The Japanese ships shot down every torpedo plane. Then, the dive bombers arrived and were able to sink four aircraft carriers, as well as other ships. The thin line between triumph and tragedy, success and failure is often governed by time and chance.

If I have learned anything in my lifetime, it is: The vagaries of life preclude any certainties.

—Joseph Cirina, New York

What advice would you like to give to the younger generations? We call on all of our readers to share the timeless values that define right and wrong, and pass the torch, if you will, through your wisdom and hard-earned experience. We feel that the passing down of this wisdom has diminished over time, and that only with a strong moral foundation can future generations thrive.

Send your advice, along with your full name, state, and contact information to NextGeneration@epochtimes.com or mail it to: *Next Generation, The Epoch Times,* 229 W. 28th St., Floor 7, New York, NY 10001

I consider my growing-up period as the best of times. Young people today are working under a whole new set of rules, and the rules are not good. COURTESY OF PETER K BURIAN CORY-SA 4

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES



1. The medieval town of Assisi, residential and religious buildings, rests on the slopes of Mount Subasio behind the town. The imposing white bell tower of the basilica surveys the urban landscape. The basilica's façade is fabricated from the colored stones of Mount Subasio. The façade reflects a pink color during the day and a white color in the moonlight. Simone di Pucciarello, a wealthy citizen of Assisi, donated the land for the basilica, a hill previously known as "Hill of Hell" where criminals were executed. Today, it is known as the "Hill of Paradise."

The Basilica of Saint Francis of Assisi

How a basilica contributed to the development of the Italian Renaissance

ARIANE TRIEBSWETTER

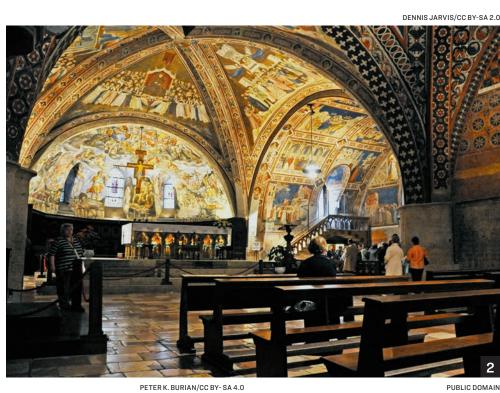
In the charming streets of the Italian city of Assisi, in the region of Umbria, an atmosphere of mysticism reigns. There, perched on the glorious slopes of Mount Subasio in the province of Perugia, rests the Basilica of St. Francis of Assisi, a site of incomparable architectural and artistic treasures. The basilica not only influenced Assisi's architecture, but also planted the seeds for the early Italian Renaissance.

The basilica was built as a shrine to honor Francis, the holy man of Assisi. The site was designed by Maestro Jacopo Tedesco and it was completed in 1253. A crypt for the saint's body was added in 1822. The basilica's architecture helped establish typical elements of Italian Gothic architecture, a combination of the European Romanesque and Gothic architectures. Examples of Italian Gothic architecture in the basilica include flying buttresses, a bell tower, a polychromatic setting, a rib vault, and tall vertical windows.

The site has two levels: the upper church and the lower church. The architecture blends Romanesque and Gothic styles as the upper church is in a French Gothic style with a white-washed brick façade and with Italian elements using a variety of colors and adornments. The lower church is built in an Umbrian Romanesque style with ribbed-crossed vaults over the nave and is sparsely decorated and dimly lit to represent the saint's ethos of simplicity.

The site also displays numerous frescos by prestigious early-Renaissance Italian artists such as Cimabue, Pietro Lorenzetti, Simone Martini, and Giotto. The frescos were some of the first examples of the early Italian Renaissance.

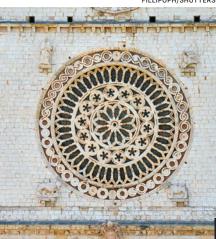
Ariane Triebswetter is an international freelance journalist, with a background in modern literature and classical music.











PUBLIC DOMAI



2. The papal altar of the lower church is made out of one block of stone from Como in 1230. The altar is complemented by Gothic walnut choir stalls and a series of ornamented Gothic arches, supported by 12 columns. The walls are covered with "Last Judgment" frescos by Cesare Sermei di Orvieto (1609–1668), and the vaults have paintings by Maestro delle Vele, a pupil of Giotto (circa 1330), depicting the "Triumph of Saint Francis." The stainedglass windows are attributed to Giovanni di Bonino.

3. Halfway down the lower church's nave (the central part of a church, often surrounded by aisles), a double stairway leads into the crypt where St. Francis is buried. The remains were hidden from grave robbers; after the sarcophagus was rediscovered in 1822, Pasquale Belli designed the marble crypt in a Neo-classical style, characterized by simple geometric forms, symmetry, and precious materials. Ugo Tarchi redesigned it using bare stone between 1925 and 1932, in the Neo-Romanesque style, characterized by rough square stones, polychromatic stonework, and an imposing appearance 4. The strikingly colorful, airy, and majestic nave of the upper church constructed as a simple, single four-bay nave with a cross-vaulted ceiling, and floor patterns of leaves and crosses. Golden stars decorate four ribbed vaults on the blue ceiling. Unlike the design of the lower basilica, the clustered columns have ribs in a Gothic style. Tall Gothic stained-glass windows line the nave. The frescos along the walls depict scenes by artists Pietro Cavallini, Cimabue, and Jacopo Torriti.

5. A fresco to the right of the lower church's high altar depicts the Virgin Mary and Christ as a child, surrounded by saints. In the right corner, St. Francis is shown. This painting is by the famous Florentine artist Cimabue, who was Giotto's teacher. As such, this basilica saw the beginnings of a new artistic movement. This specific painting is known as the "Maestà," which means "majesty." Maestà refers to any Medieval and Renaissance religious painting depicting the Virgin with Christ as a child, surrounded by angels or saints.

6. In the tympanum (a decorative wall surface above an entrance, door, or window) above the two cusped arches of the basilica's exterior, there is a rose window with carvings, which are typical Romanesque decorative details. It is enclosed in a Renaissance-style porch with large white stone walls and arched windows. This window is often called the "eye of God" or "the eye of the most beautiful church in the world," according to author Gualtiero Belucci in "Assisi, Heart of the World."

7. In the lower part of the nave of the upper basilica are a series of 28 frescoes depicting the life of St. Francis, attributed to the famous Italian painter Giotto. Here, St. Francis's humble life is depicted through his actions. The first fresco on the left depicts the saint's visit to locals, and the second fresco in the center shows him donating his coat. The last fresco shows the building that is going to hold his tomb. The colors of the frescoes are still vivid and, according to famous art historian Giorgio Vasari, the frescos were executed between 1296 and 1304.



Early Homeschooling: 'Go Home and Play With That Baby!'

JENNIFER CABRERA

fter spilling my insights and sarcasm about life as a homeschool family at a convention, I step away from the podium and am usually met by anxious parents of schoolaged kids who are considering homeschooling or have just begun and need a little guidance. After one of my speaking sessions recently, I was met with an astonishingly different and possibly more eager crowd of parents.

The topic of the session was Quick Start Homeschooling, meant as a hit-the-groundrunning crash course. Specifically, I was speaking to parents disillusioned by their child's education during the pandemic shutdowns, and those suddenly aware of-and seeking to escape—the political and social agendas bulldozing their family values.

This time, I stepped away from the podium, took a swig of my cold coffee, and almost shockspit it at the first couple in line to greet me:

"Hi, we loved your talk! Our son is 10 months old, and we are looking for ways to start the homeschooling process early and get him ready to learn with us. Do you have any sug- to multiple universities with scholarships. gestions for educational activities or programs I know how to homeschool. we can start doing now?"

I glanced over at my convention assistant (i.e., my husband) and saw my shock mirrored in his goggling eyes. We silently conversated: 10 months old? We were still struggling with sleep schedules and how to work a diaper genie at that point.

"Go home and play with that baby!" I impulsively blasted.

The words flew out of my mouth with blunt but jovial force. A skill (or fault) that I inherited from my Granny, who told it like it was and then blessed your heart. Basically, be nice but tell the truth, because the truth is the nicest thing you can offer.

The next couple waiting to chat heightened my amazement even more when they chimed in:

"Oh, we don't even have kids yet. We just got married and are doing some research to know exactly how we want to parent and educate our future children."

Suddenly, hubs and I felt like the slackers in the room. We became homeschoolers by spite

8 Things to Include in Your Nighttime Routine

BARBARA DANZA

Many people pay particular attention to their morning routine but not as much to their nighttime routine. As the day presses on and energy levels dwindle, it's too easy to find oneself falling asleep in front of the television with an open bag of chips. Clearly, there's a better way.

One of the best ways to ensure a great day ahead is to start the night before. Here are eight things to do before bed to make each tomorrow better.

and divine intervention. These young parents (and pre-parents!) were researching, furiously taking notes, and lugging around backpacks filled with curriculum brochures and uberhealthy snacks.

Their energy intimidated me. I wasn't speechless, of course. I could talk homeschooling for days.

I stood silent for a moment, deciding how to answer with what I knew these over-achieving parents needed to hear (less bluntly). I was also thinking about refreshing my coffee and devouring a chocolate croissant, if I'm being honest.

My homeschool expertise is the result of time in the trenches. I was not homeschooled. We pulled our twins from public school after second grade. Our youngest never attended. I have now officially homeschooled K-12th grade. I have worry lines and a coffee addiction from on-the-job training without a supervisor, defending our educational choices from skeptics, loving my kids through big achievements and backtalk, feeling isolated and smothered at the same time, and teaching math to three boys for 10-plus years. It was worth every wrinkle. My twins have just been accepted

These shiny, fresh, and focused parents wanted my advice on preparing for struc-

tured homeschool learning to the same suc-

cess. What I had to share wasn't the blueprint

Parents Are Naturally

they were after.

Equipped to Homeschool Homeschooling is, simply, holistic parenting. Most parents, especially the kind willing to spend a summer weekend in a windowless conventional hall talking unit studies, are already prepared to teach their own children naturally. They just

don't realize it because an overly regulated society tells them they are inadequate and ill-equipped. Schools and government are reaching earlier and earlier into preschools and nurseries with money-driven pro-

grams. Milestone checklists fool parents into thinking that, without a structured syllabus, their child won't thrive. As a result, new homeschool parents feel they need training to take on natural parenting. The truth is, babies are sponges for learning

about the world around them. Moms and dads

Wrap Up the Day

Before winding down, take a few minutes to make sure your work is completed, your home is tidy, and any open loops have been closed. Finishing the work of the day allows you to enjoy a relaxing evening with a mind at ease.

Set Tomorrow's Intention

Spend a few minutes thinking ⊘= about the new day ahead. What would make it great? What obligations must you uphold? What are the three most important things to accomplish? What's the thing you're most looking forward to? Jot down your ideas and rest assured that you've got some direction for the morning.

Get Comfy

Take the time to wash up, put comfortable pajamas on, and

Play and everyday living are the most effective educational tools for early homeschooling.

Milestone checklists fool parents into thinking that, without a structured syllabus,

their child won't thrive.

- 140

- 130 - 120 - 100 ----- 91

generally take care of yourself. It can be tempting to cut corners when you're tired, but it's worth the effort to maintain and care for yourself.

Dim the Lights

Utilize the lighting in your home, along with your fireplace or candles along with your fireplace or candles, to set an atmosphere of rest and relaxation. Turning down the lights will begin to signal to your mind that it'll soon be time to sleep.

Enjoy a Warm Beverage

5 Warm milk, decaffeinated tea, or some blend that you prefer provides a cozy accompaniment to the act of winding down. Treat yourself to a restful beverage to enjoy each evening.

Catch Up With Loved Ones

Spend screen-free quality time with your loved ones each eve-

are inherent teachers with the most love and concern for the child's character, safety, and spiritual and educational needs. It's a natural dynamic that doesn't need a syllabus, and especially not a walled-off classroom.

Playing With Baby

What parents need to do to is embrace real-life learning. Go home and play with that baby.

Play and everyday living are the most effective educational tools for early homeschooling. The natural simplicity is why it works. There are many published programs marketed to eager parents hoping to make their children exceptional. Many are simply exceptional at lining the author's pockets. Adherence to these scripted programs leads parents away from personalized, naturally effective interaction with their children.

Here's my advice for homeschooling the earliest years:

- Play with that baby. Phones down. Play with toys or even the boxes they came in. Throw a ball, play peek-a-boo or hide and seek. Go for walks. Go to the park. Finger paint with pudding in the highchair. All early learning happens through play and mimicking. Give them some plastic bowls and spoons to play with while you cook. Pretend to be a dinosaur or an airplane. Play grocery store, play doctor, play bus driver. Just play.
- Talk with that baby. Make eye contact and expect a reply, even if it's a happily tossed soggy cracker. Point to things and say their name randomly. While out for a walk, look for all things purple, point and say purple. Narrate your day aloud with expression. "Let's get the mail. Wave at Mr. George. Let's go pay this bill now. Always avoid late
- payments, Joshy. They get you on the fees." • Sing with that baby. Babies don't care if you can't carry a tune in a bucket. Rhyme builds memory. Dance while singing and acting silly. Enjoy the giggles from your audience. Clap to the beat. Let them beat a spoon on a pot. Listen to different music together, not just baby tunes.
- Explore with that baby. Let them touch different textures, taste different foods, hear different sounds, and see different animals, sights, and weather. Let them step in the mud, sand, and grass barefoot. Talk about it all.

And, above all:

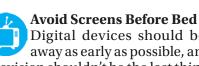
 Read to that baby. This is the most important and only slightly structured activity that I recommend for early homeschooling. Start with indestructible books they can chew on. Move to board books and picture books. Be fun and do the voices, show emotion, point at the pictures. Read at bedtime, naptime, while they're eating, anytime really. Make it a treat to read just one more. I started reading to mine when they were infants, and still read aloud to my seniors almost daily. I believe it to be the secret to homeschooling success as it builds language and comprehension skills and is priceless family time.

Prepping Advice for Pre-Parents

planning to homeschool someday: Go home and get to know each other and your beliefs. Enjoy each other and the quiet. Build a secure foundation for your marriage and a loving home to share with the children you hope will bless it. Because when you add kids and homeschooling, you'll find that there is plenty more to argue about than finances and in-laws. Brace yourselves. Trust your instincts as parents before reaching for the latest flashy methods. You are in for an adventure that God will bless beyond what you can plan for or imagine!

Jennifer Cabrera is the writer and author at *HifalutinHomeschooler.com, cohost of The* Homeschool Solutions Show podcast, and writes for Homeschooling Today Magazine. She is a physician assistant and holds a master's degree in public health, but found that homeschooling her three boys was everything she never knew she always wanted to do.

> ning. Check in with each other, talk about your day, and have fun.



Digital devices should be put away as early as possible, and the television shouldn't be the last thing you see before you fall asleep. Give your mind a break from those stimulants and allow quiet to conclude your night.

Time writing or reading before bed can work wonders to get yourself ready for a sound night's sleep.

Fall Asleep on Time

The key to getting to sleep on time is to begin your nighttime routine early. Allow ample time to wind down and get sleepy so that you can enjoy a full night's sleep and ride tomorrow with a full tank of energy to tackle the day.



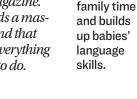
HOW MUCH

Reading is

priceless

builds memory.

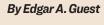
Lastly, here's my advice for the pre-kid couples



ALL ICONS BY BOGDAN FLORESCU/THE EPOCH TIMES

FOR KIDS ONLY THE EPOCH TIMES

The Old-Time Family







It makes me smile to hear 'em tell each other nowadays The burdens they are bearing, with a child or two to raise. Of course the cost of living has gone soaring to the sky And our kids are wearing garments that my parents couldn't buy. Now my father wasn't wealthy, but I never heard nim squeal Because eight of us were sitting at the table every meal.

People fancy they are martyrs if their children number three, And four or five they reckon makes a large-sized family. A dozen hungry youngsters at a table I have seen And their daddy didn't grumble when they licked the platter clean.

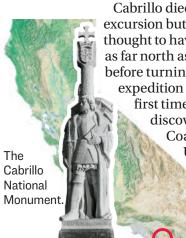
Oh, I wonder how these mothers and these fathers up-to-date Would like the job of buying little shoes for seven or eight. We were eight around the table in those happy days back them,

Eight that cleaned our plates of pot-pie and then passed them up again; Eight that needed shoes and stockings, eight to wash and put to bed, And with mighty little money in the purse, as I have said, But with all the care we brought them, and through all the days of stress, I never heard my father or my mother wish for less.



This Week in History **IS DISCOVERED** n Sept. 28, 1542, Spanish explorer Juan Rodríguez Juan Rodríguez Cabrillo landed in the

present-day San Diego. CC BY-SA 3.0 He and his crew had departed from a port in Mexico and anchored their ship, the San Salvador, three months later. The port he is presumed to have landed upon is now Cabrillo National Monument, established in 1913 in honor of



(MAP) INTREPIX: (STATUE) AMADEUSTX/SHUTTER

the explorer.

Cabrillo died during the excursion but his crew is thought to have traveled as far north as Oregon before turning back. This expedition marks the first time Europeans discovered the West Coast of today's United States.

San Diego

ALL PHOTOS BY SHUTTER

Cabrillo.

THE GREAT BARRACUDA

By Aidan Danza

he great barracuda is a fearsome species of fish, although they are, for the most part, harmless. However, such a large and unique fish captures the imagination of those who have heard of, seen, or caught them.

The great barracuda is a resident of all tropical seas, except for the eastern Pacific, Sometimes they stray from this range and they are perfectly capable of eating larger pop up in all sorts of odd places. There have been records of the odd barracuda visiting Massachusetts, Bermuda, and the Red Sea. For the most part, however, they live around the edges of coral reefs.

A predatory fish, they are perfectly specialized to perform this task. The silvery gray body is four to six feet long, and is fusiform, meaning that it is torpedo-shaped. The purpose of this body shape is speed, and it works: The barracuda can reach up to 36 miles per hour.

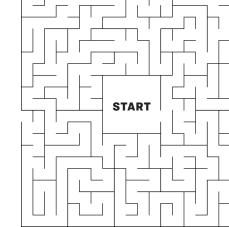
They eat mostly smaller fish which stay in schools, although fish. The barracuda will often follow schools of fish, not striking until it has fully digested its last meal and has become hungry again. When it gets hungry the barracuda will

attack. Its favorite foods are groupers, snappers, mullets, killifishes, herrings, anchovies, jacks, and grunts. When not feeding on a school of fish, the barracuda will look for food throughout the water column, not being particularly picky about where it finds its next meal. If it happens to find a large fish that cannot

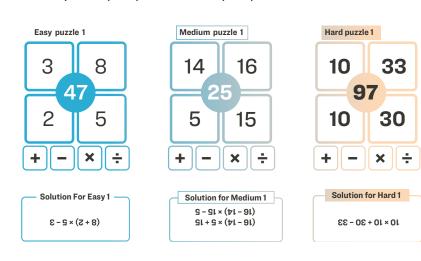
be swallowed whole through its narrow body, the barracuda can actually chop a fish cleanly in half with its enormous teeth.

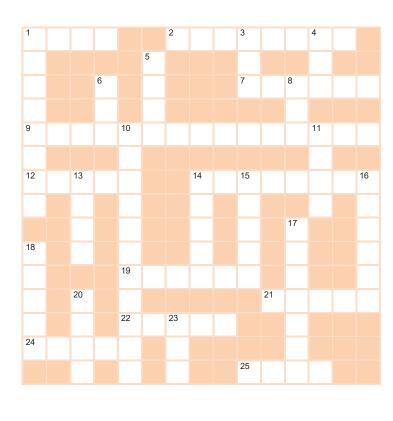
Unlike a shark, it finds its food by sight, not by smell. This tactic can make the barracuda potentially dangerous to divers. Especially in murky water, the barracuda can mistake the stainless steel bits in a diver's rig for small fish and go after them. They also can sometimes fight with divers over a fish they caught while spearfishing. Overall, however, barracuda attacks are quite rare.





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





HEKWOWELE

Across

- 1 Where you bake bread (4) 2 What you serve chili in (4,4)
- It may be placed under a fork (6)
- How to take a chicken's temperature (4,11)
- 12 Where we eat dinner (5)

Down

- **1** Bit of kitchen wear (4,4)
- **3** Stovetop need (3)
- **4** Stir-fry pan (3)
- **5** It could be a 'main' or a 'side' (4)
- **6** Where soup becomes soup (3)
- 8 It has a shell (3)
- 10 Tool for taking a chicken's temperature (11)
- **11** Server's need (4)
- **13** Way to prepare an egg (4)
- **14** You might knead it! (5)
- **15** Cookie recipe ingredient (5)
- **16** "Fine" holder of fish? (6)
- 17 Soft-shell clam (7)
- **18** Whipped cream maker (5) 20 How to use a wisk! (4)
- 23 Best place for cocoa on a fall day! (3)
- 14 Where washed plates dry (4,4)
- **19** Potato's foe (6)
- 21 Soup server (5)
- 22 Need one for a 3-minute egg (5)
- **24** It's placed next to the spoon (5)
- 25 It's left of the plate (4)

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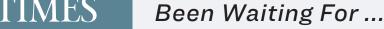
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