

THE EPOCH TIMES

LIFE &

TRADITION

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"Trading Treasures" by Tim Cox.



Cowboy Artist

Captures the West

Tim Cox's Western realism paintings draw on decades of ranch work

Today, nearly 50 years on as a professional painter, Cox has no intention of retiring any time soon.

MICHAEL WING

Setting the mood for a cowboy painting, 65-year-old New Mexico artist Tim Cox begins mounting a smoothly primed board on an easel, and, paintbrush in hand, applies ever-so-thinly diluted washes of lightly pigmented tones of oil and spirits.

He masses-in main shapes first, fuzzy blobs—there will be plenty of time for details later—and a picture begins emerging, like a ghost, from the stark white gessoed panel surface. A pencil underdrawing ensures the composition is plotted accurately.

Storm clouds roiling across a backdrop or vast expanses of diffused blue sky or perhaps a blazing sunset help bring that Western mood to fruition. When the details start plucking forth the scene, steadily bringing it into focus, they don't stop until every depicted variety of grass, shape of animal's ear, or horse's gait bespeak

meaningfully of years lived, growing up on a ranch in Arizona in the 1970s.

Cox has been piling up eight or 12 of these panels per year for the past 47 years—since he was a teen growing up near Duncan.

"My great-grandparents had a ranch down in Douglas, Arizona," he told The Epoch Times. "I went to work on a ranch when I was 8 years old in the summertime. ... I got paid like a dollar a day, but I thought it was bigtime stuff, making \$40 to \$50 for the summer while you're out on summer break."

He trained his first horse at age 12 and lived off the grid before he even knew there was one. The nearest electrical pole was 1 1/2 hours away; the nearest shopping center, 2 1/2 hours. All this impressed upon a young imagination during those formative years. It was Cox's drawing and painting skills that first caught his teacher's eyes.

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FAMILY

As Family Farms Dwindle Nationwide, a 93-Year-Old Farmer Retires

KAREN MAHONEY

WEST BEND, Wis.—Frank Falter remembers working alongside his father and siblings—planting the fields, harvesting hay, mucking the stalls, and feeding and milking the cows—on what was once his father's 120-acre farm near West Bend, Wisconsin.

Those childhood chores led to a lifetime of farming until Falter, 93, retired this year. Falter's farm now joins a decades-long trend of family farms vanishing from the nation's landscape.

Farms passed from father to son to grandson are disappearing. Large commercial operations with hundreds of cows and mass-produced crops are taking their place.

"I got a lot of satisfaction out of plant-

ing a crop, doing my best to control weeds and other pests, watching them grow, and then harvesting," Falter said.

"When some men retire, they start a hobby, go fishing or golfing. I don't fish or golf. My hobby is farming—unfortunately, I've been dealing with some health issues, so I decided it was time to retire."

Falter has lived on the family's farm since he was born in the farmhouse on Dec. 18, 1928, in the township of Trenton in Washington County.

He was the fourth of six surviving children of Leo and Adela Falter. As with his older siblings, his mother delivered him on her own. Only one of the Falter children was born in a hospital.

Ten years before Falter was born, his

father purchased the 120-acre farm in Wisconsin and provided for his growing family through long, grueling hours working the fields and caring for the animals.

"There were about 65 acres of tillable farmland; the remainder was pasture and woodland. Horses were used to till the soil and pull the planting and harvesting machinery," Falter said.

"At that time, and for about the next 30 years, there were about 15 cows that were milked by hand. The farm chores were done with a fork or shovel, pail or bushel basket, or a wheelbarrow. There were also a few hogs and a flock of laying hens on the farm."

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CHRIS DUZYNSKI/THE EPOCH TIMES



Frank Falter with his wife, Althea, on their Wisconsin farm in August 2022.



"Summer Is Almost Gone" by Tim Cox.

Cowboy Artist Captures the West

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"My kindergarten teacher called my mom and dad to come in to see her, and I thought I might be in trouble for something," he said. "She said, 'You need to get this child art lessons.'"

"Our small town at Duncan had a pharmacist who was also an artist. And he had a place where he painted set up in the drugstore, and he would sell fountain drinks and milkshakes and malts," Cox said.

After school, Cox would walk over for a hamburger and watch the man paint. One way or another, he got the lessons he needed.

As a teen, he was already selling his paintings for \$5 a pop. His dad, who worked for Arizona State Highway, found plenty of patrons among his coworkers. Cox took art classes with Polish realist painter Frederick Taubes, who remarked on Cox's realism, in a strong

Polish accent, "Your horses are more horsey than the horse!" He received orders for paintings from all the students in the class.

At 17, he signed on with Trailside Galleries in Scottsdale. He eventually joined Cowboy Artists of America, serving as president for three terms.

In almost all of his paintings, Cox incorporates cowboys, cattle, grandchildren, and great-grandchildren. In one of his favorites, "Trading Treasures," Cox incorporates cowboys trading sterling silver antiques. COVID-19 mandates even made a cameo.

"It was right after coronavirus where they had lifted a bunch of the isolation, and I just wanted to do something that represents freedom," he said.

In "Glorious Freedom," Cox depicts his granddaughter riding full-out, wind blowing through her hair, to capture how free she felt.

Visiting ranches from Arizona to New Mex-

ico to Wyoming—while living, breathing, and loving the cowboy life—Cox portrays the experience in all its glory.

Today, nearly 50 years on as a professional artist, Cox has no intention of retiring any time soon. Living in Bloomfield, New Mexico, the cowboy artist continues to hone his craft. He expected to get faster as he got older and more experienced; oddly, that's not what happened.

"I always thought the older I got, the more I learned, the faster I'd get," he said. "But I found out that the more I learned, the less I could let things slide by. I work on it to get it just right, don't just let it go. I struggle until I get it right."

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LIVING THE COWBOY LIFE

Visiting ranches from Arizona, to New Mexico, to Wyoming—while living, breathing, loving the cowboy life—Cox portrays modern day ranch life in all its glory.



1. "Gathering the Weaning Trap" by Tim Cox.

2. "When Horse Whispering Gets Loud."

3. "Glorious Freedom."

4. "If These Walls Could Talk."

5. "Bunched Up."

6. "Through Dawn's Dusty Light."



FAMILY

As Family Farms Dwindle Nationwide, a 93-Year-Old Farmer Retires

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In 1941, when Falter was 13, his father purchased a used tractor and plow to relieve the horses of the heavy fieldwork.

Around that time, they had electricity installed, which enabled them to retire the kerosene lamps and lanterns that they used to light the house and barn.

"Around 1948, we finally installed running water to the house, which amounted to one cold water faucet in the kitchen. Before that, we pumped water with a hand pump at the well and carried it into the house with a pail," he said.

"The water to the barn for the livestock had been pumped using a small gasoline engine for many years. My father was one of the first farms to install drinking cups for the cows in the barn—a lot of other farmers chased their cattle into a creek or something."

Falter has lived on his family farm since he was born in the farmhouse on Dec. 18, 1928, in the township of Trenton, Wisconsin.

For most of his elementary school years, Falter attended Holy Trinity School, except for one year when he attended the one-room Pleasant Hill Country School.

In the early mornings and late afternoons, he and his siblings worked on the farm doing chores, but after finishing eighth grade, his father decided that Falter wouldn't continue to high school because he needed him on the farm.

"I was the only one of the six that never went to high school," Falter said. "I would've liked to go, but I accepted his decision. It wasn't uncommon at the time for farm boys to stay home and help farm."

"My older siblings graduated high school and found other employment. My younger brother and sister went on to college."

Thankfully, 4-H helped fill the gap of not going to high school. He enjoyed attending the weekly meetings with his friends and showing his animals at the county fair.

He remained home to help his father with the farm until 1951, when he married Mary Ann Bohn. The 22-year-old and his new wife rented the farm on shares from his parents for six years.

They lived in the farmhouse where he was born and raised their five children. Several years later, they purchased the farm from his parents.

"We later installed a bathroom and a hot water heater in the house," he said. "Before that, we used an outdoor toilet. There was no furnace. We heated the house with a wood stove in one half and an oil burner in the other half."

In the 1970s, Falter gradually increased the number of cows in his herd to about 110. He built a free-stall barn and milking parlor. He improved the farmland by tilling wetlands, removing brush, building stone fences, and putting in contour strips.

"Also, as land became available, we bought



The Falter farm in Wisconsin has been in the family for two centuries.

more land," he said. "We also rented neighboring farmland to be able to raise enough feed to feed our increased herd size. Most of the work was done by family members."

"My wife and the kids all helped on the farm as they were growing up. I did hire a teenage nephew and some neighbor kids part-time as needed."

Falter's oldest son graduated high school and enlisted in the military. Because he lived on a farm, he wasn't required to report to basic training until after the crops were harvested that fall.

"My two younger sons both farmed with me for a number of years after high school," he said. "Eventually, my younger son took a job in a field he liked but continued to help on the farm."

Unfortunately, in 1975, when she was just 47, he lost his beloved Mary Ann to cancer.

He was a widower for four years when he met Althea Vollmer Bremser at a support group for those who had lost a spouse. She was raising her six children on her own.

"It took about a year before I asked her out on a date," Falter said with a laugh. "I was surprised when she said yes. It took great courage for me to ask her out after not dating for so long."

"I never thought I would get married again. I didn't think there would be a woman in the world who would want to be with someone who milked cows twice a day for 365 days a year. I just didn't think it would work."

They were married on July 18, 1980. She moved into the farmhouse, and they began their life together, although it bothered him that Althea was living in the shadow of the life he built with his late wife.

"The cabinets were half filled with my late

wife's things, and I just didn't think it was fair," he said. "So, I built a home for her on my property, and we rented out the farmhouse that I lived in all my life."

"I drew up the plans with Althea's approval. One of my nephews is a builder; he gave me a good deal and roughed out the house and put the roof on. We had some lumber on the farm from an ice storm we had that took down a bunch of high lines. I got a guy who sawed all the wood into the board and batten I used to side the house."

With the couple doing much of the work themselves, which included digging the basement and laying the concrete block, the house was ready in about a year. They moved into the house in 1996 and are proud that they can fit 45 people in the living room and kitchen for parties and holidays.

"Of course, we have to step over the little ones," Falter said with a laugh. "We have a lot of little ones. We have a blended family of 11 children, and we have 22 grandchildren and 16 great-grandchildren."

"I am lucky that only one of my family members, a granddaughter, lives out of state. The rest live not much more than an hour away."

Throughout his adult life, Falter was a member and past president of the Washington County Farm Bureau. He was also active in the township and county governments. He was elected and served on the Washington County Board of Supervisors for 18 years, and in 1966, he was appointed to and served on the Town of Trenton Plan Commission.

Although he enjoyed everything about farming, Falter began to realize that milking over 100 dairy cows twice a day was becoming

too demanding for him, especially since his children were not interested in continuing in his footsteps.

"The farm work with only family labor required more than 12 hours a day on weekdays and six hours on Sundays, and I was getting older," he said.

"My wife and sons and I decided we wanted a less demanding lifestyle, so we began downsizing the dairy herd. In March of 2001, we sold the last cows. We were no longer a dairy farm, so I no longer needed to employ help. My son Fred farmed with me until we quit dairy farming."

Interestingly, in 2001, when he stopped dairy farming, only 2.5 percent of Wisconsin dairy farms had more than 100 cows. In 2022, very few farms have fewer than 100 cows.

"The family farms are disappearing, and commercial farms have taken over," Falter said. "So many people don't want to spend the time it requires to care for the cows and milk them twice a day. The average person is not used to doing that much work."

For the next 20 years, he continued farming the land on his own, growing corn, soybeans, wheat, and hay.

In 2021, he rented out his farmland and stopped renting the neighboring 120 acres that he had been using since 1966. He continued renting smaller parcels near his home but gave that up this year.

"It was becoming too much for me, and I would have trouble finding someone to combine my crops. The machinery has changed, and it would be too expensive for me to purchase new equipment at this stage of my life," he said.

"I miss it, but I'm glad I stopped due to my health concerns. I've owned all my land longer than anyone before me. Also, all the land I farmed, both owned and rented, I've farmed more than anyone before me."

Falter continues to stay active with a small garden bursting with cabbage, cucumbers, tomatoes, lettuce, and other produce. Althea enjoys canning and recently canned a large batch of bread-and-butter pickles.

"Althea broke her hip last year and now she walks with a cane, but she helps me in the garden and helps me mow our big lawn and does her own housework," he said. "She pays all our bills and does the bookkeeping."

They are members of Holy Trinity Catholic Church, where he was baptized. Only one other person has been a member for longer.

The couple credits their strong Catholic faith for their great marriage.

"She must have had a good marriage the first time around to want to come into this setup," Falter said. "And that's God's honest truth."



Frank Falter, who has spent a lifetime on his family's Wisconsin farm, retired at age 93, in August 2022.

Practicing Gratitude as a Family

Here are many ways to give thanks, this Thanksgiving and beyond



Encourage your family members to send thoughtful thank-you cards to loved ones and acquaintances.

BARBARA DANZA

Thanksgiving is such a lovely time of celebration. It kicks off the holiday season with a focus on togetherness, hospitality, and, of course, gratitude. The weeks leading up to Thanksgiving mark the perfect time to shift the focus in your home to an appreciation for the great abundance that you and your family enjoy and the many blessings in your life. Here are some ways to do just that:

Thanksgiving Tree

Head outside for a nature walk with the kids and instruct everyone to keep their eyes peeled for the perfect branch for your Thanksgiving tree. A small branch that can fit in a vase, with numerous arms would be great. Display your branch in the vessel of your choice in a prominent place. Each day, hang leaves cut out of card stock with something each family member is thankful for written on them. As Thanksgiving approaches, encourage your family to keep adding leaves to your "tree" and watch it grow as your appreciation for your many blessings grows along with it.

Share Your Blessings

Search in your community for places of need and enlist your family to contribute. Facebook groups, neighbors, local school groups, religious centers, and volunteer organizations can be great resources in your quest. Find a cause that resonates with you and your family, and give it your all. The opportunity to share your blessings will surely expand everyone's sense of gratitude.

Say 'Thank You'

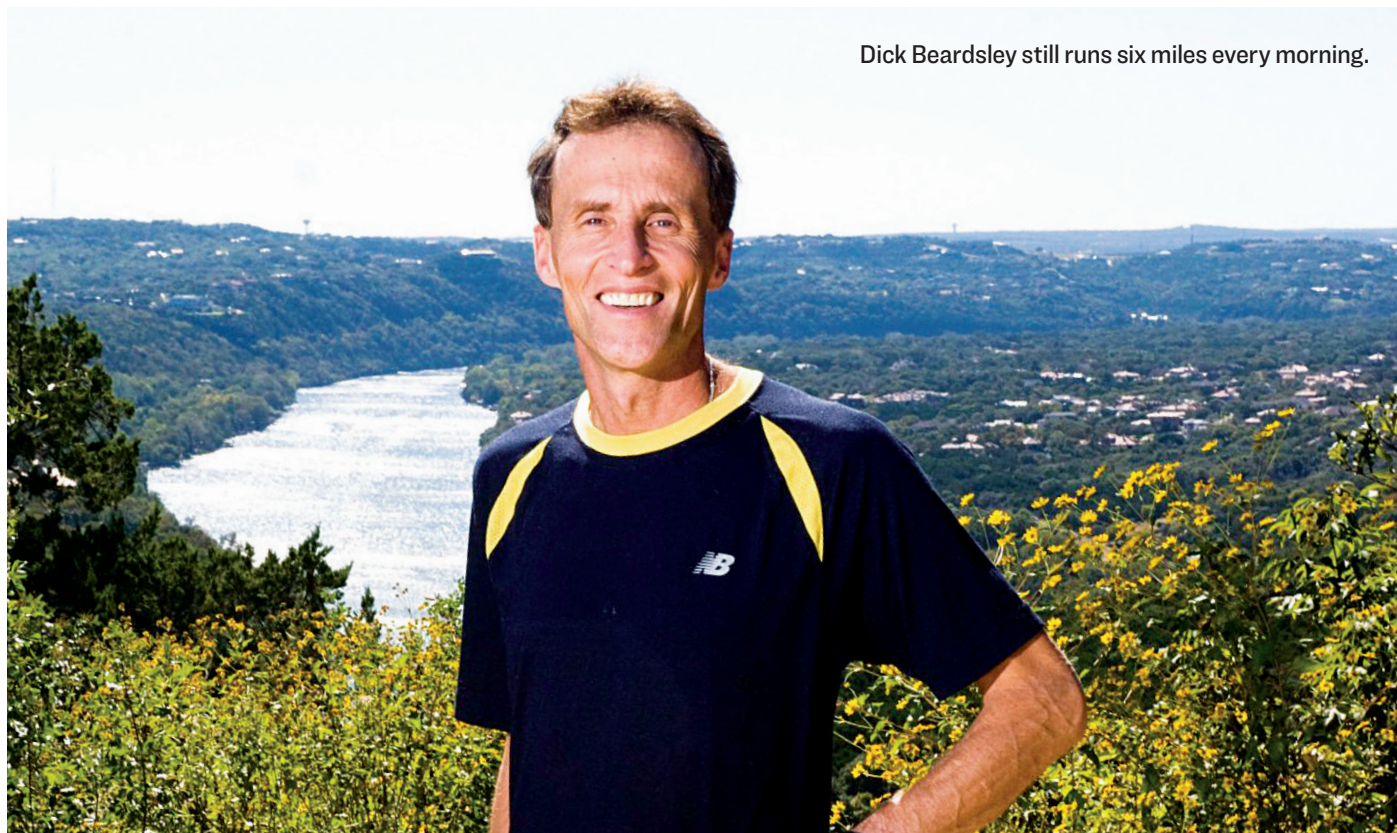
As simple as it sounds, we probably don't express our thanks as often as we could. Challenge each member of your family to say "thank you" to someone every single day leading up to Thanksgiving. When you shift the focus to thankfulness in this way, you may be surprised by how many times you have the opportunity to express thanks each day. Whether you've received service at a store or restaurant, or a stranger held the door for you as you were entering a building, or you received a compliment, or someone blessed you as you sneezed—count your thanks and revel in the beauty of your connections.

Send Thank-Yous

Kicking it up a notch, get back to the age-old tradition of sending thank-you notes. Set out thank-you cards, envelopes, pens, and even stickers and crayons—whatever will make it fun—and encourage your family to write thank-you notes to loved ones and acquaintances. Think about the special birthday gift you thoroughly enjoyed, or the warm welcome you always receive in a relative's home. Maybe a note to Dad hidden in his lunchbox thanking him for working so hard would be appreciated. Taking the time to send out heartfelt thanks will be a delight for the sender and recipient alike.

Continue Throughout the Year

Practicing gratitude has been shown to improve both health and happiness in people of all ages. Why not extend the practice throughout the year? Whether you continue to add to your tree, or simply end each day asking every family member what they're thankful for today, maintain a heart of gratitude in your home and see how it affects your entire family for the better. Happy Thanksgiving.



Dick Beardsley still runs six miles every morning.

Marathon Legend Overcomes Addiction and Loss

Dick Beardsley's faith has helped him through injuries, drug addiction, and the loss of his son

LOUISE CHAMBERS

Runner Dick Beardsley was no stranger to the media limelight at the peak of his running career. A marathon record-holder, he became an inspiration to many in the sports world. But the toughest marathon he would ever face occurred after his retirement, when a series of accidents and an addiction to prescription painkillers sent him spiraling to rock bottom.

Through it all, God stood by Beardsley's side, and today, the former runner is a motivational speaker who helps others.

The Winning Streak

Beardsley, 66, grew up in the small town of Wayzata, Minnesota, just west of Minneapolis. As a child, he spent a lot of time in nearby Bemidji, where he lives today. He made headlines in April 1981 when he won the first London Marathon, intentionally tying for first place with Inge Simonsen of Oslo, Norway, whom he still calls a friend.

On June 20, 1981, Beardsley won his first Grandma's Marathon in a time of 2:09:36, a record that stood for 33 years. He won that event in 1982, before finishing second in the 1982 Boston Marathon to world record holder Alberto Salazar.

"He ran 2:08:51, and I ran 2:08:52," Beardsley told *The Epoch Times*. "At the time, it was the closest Boston Marathon finish in history."

Beardsley's last race as an elite runner was the 1988 Olympic Marathon Trials in Jersey City, New Jersey. In late fall of 1989, his winning streak came to an abrupt end when he suffered a freak accident on the dairy farm he had taken over near Shafer, Minnesota, with his first wife, Mary.

The Nightmares Begin

"I was unloading corn onto an elevator, and I got caught in the power takeoff shaft," he said.

The rotating mechanism mangled Beardsley's body, breaking his right arm, left leg, and ribs on his right side. A piece of metal also speared his right upper chest. He barely recalls dragging himself back to the house.

"I had a couple of surgeries to put me back together and was in the hospital for a few weeks," Beardsley said. "When I got home a couple of weeks later, I got a bad infection in my leg, and almost lost it, but they did more surgery and saved it. It affected me both physically and mentally for quite some time. I couldn't do anything for a few months, and I had terrible nightmares."

Eventually, the nightmares faded, Beardsley's body healed from the immense trauma, and he stopped taking the painkillers he had been prescribed. However, in July 1992, he was involved in a serious car crash and underwent major spinal surgery. A short time after his recovery, he was hit by a truck and went back into surgery. Not long after, he fell off a cliff while hiking.

After every injury, Beardsley was given prescription drugs to manage his pain.

"It got to where I didn't need them anymore, but I kept on taking them, and at that point, it was out of control," he said. "I was taking a cocktail of Demerol, Percocet,



Marathon legend Dick Beardsley.



Dick Beardsley playing guitar.

begin treatment, and after three weeks, he entered an outpatient program in Fargo.

"Going through the withdrawals was incredibly hard; I'd never been in that much agony in my life," he said. "For the first few weeks in treatment, I was in denial, and then one day, it just hit that yes, I was a drug addict, and I started recovery."

'Please, God'

In the early stages of his treatment, Beardsley's withdrawal was so excruciating that he struggled to dress and drag himself to group meetings, according to an interview with *The Hope Report*. He swears he would have cut off his arms and legs to relieve the pain if he had only "had access to a saw," but still he was determined to learn how to recover.

"One morning, I'm crawling along the floor trying ... to get to my group meeting, and I blacked out. ... I woke up laying in my own vomit. I remember looking up and saying, 'God, please God, either just take me right now or please help get me better,'" he said.

That night, Beardsley slept for the first time, for a short time.

Without his faith, Beardsley is certain he wouldn't have lived to tell his tale. A church-goer since childhood, he told *The Epoch Times*, "Faith has always been a very important part of my life, even more so the past 30 years. ... It was everything in my recovery!"

Seeing his progress in treatment, a judge was impressed and waived a hefty fine and instead asked him to complete 200 hours of community service, speaking to groups about his addiction. At first humiliated, the former runner would soon turn his platform into an opportunity to redeem himself and help others. He became a motivational speaker and penned a book, "Staying the Course."

However, his struggles weren't over. The presence of God was once again instrumental when Beardsley was crushed by the sudden loss of his son, Andy, to suicide on Oct. 4, 2015. Andy was an Iraq War veteran and just 31 when he took his own life.

"I'll never completely overcome the loss of my son, and I don't want to," Beardsley said. "I talk to him every day, and what brings me joy, peace, and comfort is knowing that someday I'll be able to hold him in my arms again and give him a big hug. If by sharing Andy's death with others, it keeps someone else from taking their life, that is my goal."

'Don't Ever Give Up'

Beardsley has been drug-free since Feb. 12, 1997, and claims he never once considered using drugs to numb the pain of Andy's death. Even through several surgeries—including back surgery and two knee replacements—Beardsley and his second wife, Jill, had a game plan: Jill collected his prescriptions, administered the correct doses, and kept the drugs with her at all times.

For the past 25 years, the former marathon champ has been a motivational speaker—he's traveled the world to share his story and shows no signs of stopping. He was inducted into the National Distance Running Hall of Fame in 2010. He still runs six miles every morning; is a fishing guide for his own company, Dick Beardsley Fishing Guide Service; and runs Lake Bemidji Bed and Breakfast alongside his wife.

"Jill does all of the work, and I am her sherpa," he said.

When Beardsley looks back on his life, he's grateful for the good times.

He said: "When I wake in the morning, I try to have a smile on my face, enthusiasm in my voice, joy in my heart, and faith in my soul. Those four things have helped me through many difficult times.

"Don't ever give up!" he said, especially to those struggling with addiction. "If you need to be in treatment 10 times or more, don't ever give up. You can get your life back, and it can be better than ever before."

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Without his faith, Beardsley is certain he would not have lived to tell his tale.



Dick Beardsley now runs Dick Beardsley Fishing Guide Service.

A 5th-Century Roman's Guide to Happiness in a World Full of Pain, Loss, and Injustice

The Roman statesman Boethius was unjustly imprisoned, tortured, and executed. But shortly before his death in 524 A.D., he left us a priceless lesson about the gift of life.

LOGAN ALBRIGHT

My mother passed away in August, four days short of her 70th birthday. When we lose something we love, it's easy to feel bitter, resentful, and cheated. It's easy to feel that life is cruel, systematically robbing us of everything good until we're left with nothing. While these feelings are understandable—forgivable even—they miss far more than they capture about the human condition.

Today, when I look around, I see a lot of bitterness in the world. I see anger at injustice and at poverty. I see resentment at promises unfulfilled. I see blame being directed at people belonging to different generations, the "wrong" political parties, and different ethnicities. Everyone seems so unhappy, convinced that the world is in decline, ruined by those who came before to cheat us out of our birthright through the malice of prejudice and greed.

Of course, there's some legitimacy to all of these complaints, and indeed it can be hard not to buckle under the onslaught of bad news that seems forever to pour down on our heads from the doom-laden buckets of cable news and social media. But while there's good reason for pessimism, there's equally good reason for optimism and gratitude; yet, those are two things that I don't see very much of at all.

I can already hear you scoffing.

"Gratitude? I'm supposed to be grateful to the politicians who start wars abroad and oppress their citizens at home, to the corporations that scar the land and exploit workers, to the baby boomers who created many of the problems we face today?" No, that isn't what I'm saying at all. Just hear me out.

Fifteen hundred years ago, a Roman statesman named Boethius (480–524 A.D.) was imprisoned by his enemies, and while in confinement, he wrote a little book called "The Consolation of Philosophy." While this book isn't so widely known today, for centuries, it was one of the most popular books in the world, and for good reason.

In it, Boethius recounts an imaginary conversation between himself and the personification of Philosophy. He begins by lamenting the injustice of his fate, only to be consoled by Philosophy pointing out that, despite appearances, he really has nothing to complain about after all. Good fortune, she observes, is fickle by nature. Anyone who chooses to enjoy the gifts of Fortune does so in the knowledge that sooner or later, they will be taken away.

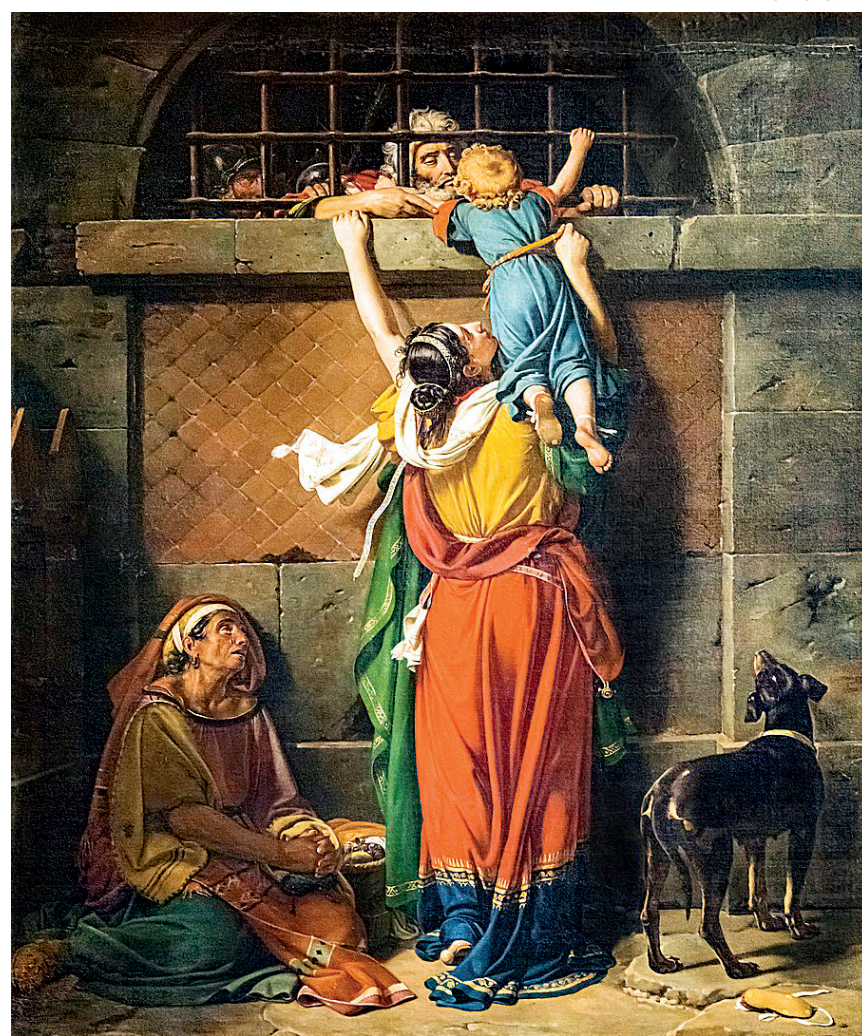
In other words, we should focus on the good times while they last, not obsess over the end which must inevitably come. All good things are fleeting. We know this, and so shouldn't be disappointed when our allotted time runs out. A child who's lucky enough to vacation at Disney World may be sad when it's time to go home, but the fact that a joyful experience doesn't last forever doesn't make it any less joyful. Only a fool

would prefer never to experience anything good in the apprehension that it will one day disappear.

"The Consolation of Philosophy" makes many compelling points, but for me, the most powerful is that life is a gift to be cherished. It may be an imperfect gift, at times even a frustrating one, but it is a gift, nevertheless; and if we accept it, we should do so with appropriate gratitude and humility. Maybe you can't afford a new house or to go to college, but if you're reading this, chances are you can afford food and some sort of a roof over your head. Maybe there's too much pollution, and too many trees are chopped down, but the fact that trees exist at all is a miracle.

The great illness of our age is a myopia that prevents us from gaining the proper perspective over our place in history, or in the larger world. For too many people, yesterday may as well not have existed, never mind last year or last century. The crushing poverty of the 19th-century peasant or the modern Ethiopian are too remote for them even to consider. The fact that it takes two incomes to support a family (at least in the style to which we have grown accustomed) seems reason enough to rebel against civilization itself as a failed enterprise.

Bitterness arises because our expectations in life, poorly calibrated by Instagram and the promises of politicians and professors, aren't being met. But why should they be? The world doesn't owe us anything. Our simple state of existing doesn't confer any obligations on others to satisfy our every



"Farewell of Consul Boethius to His Family," 1826, by Jean Victor Schnetz.

PARENTING

How Fostering Animals Benefits Kids

KAREN DOLL

I've always been an animal lover. Eventually, when I became a stay-at-home mom and a homeschooling parent, I felt it was the perfect time to put out the welcome mat for some needy four-legged friends.

Fostering animals is always a win-win experience—the animals get the extra TLC they need, and your kids get the experience of a lifetime.

Companionship

Animals make excellent companions. Whether your kids prefer dogs, cats, birds, horses, chickens, guinea pigs, snakes, or goats, animals love freely and with their entire being. It's no wonder why kids gravitate toward their pets when they're in need of comfort because they're sick or scared or a loyal confidant to share their

We have the astonishing good fortune to be alive in a time of endless miracles and opportunities.

want. No one has been cheated out of any birthright because, to put it bluntly, we have no birthrights to begin with.

We might easily have perished before drawing our first breath, as so many millions have over the course of human history. But no, instead we have the astonishing good fortune to be alive in a time of endless miracles and opportunities.

We can learn anything we want with the touch of a button. Food is so plentiful that the greatest health crisis we face comes from having too much of it. Modern medicine has extended both the length and quality of life, as well as virtually eliminating infant mortality. It's never been easier or cheaper to travel the globe, experiencing other cultures and the wonders of nature. And for the first time in history, it's possible to earn enough money to live on by playing games or watching movies for the amusement of others, all from the comfort of your own air-conditioned home, complete with hot and cold running water whenever you want it.

I realize that all this is in danger of coming across as a bit glib. "Lower your expectation, shut up, and be grateful" is hardly satisfying advice to anyone, and the problems of today are made no less real by the observation that there have been worse difficulties in the past. I'm not saying to ignore them or to give up on campaigning to make the world a better place. In fact, my point is the opposite. For it is only through a sense of optimism that we can actually improve things.

We have to believe that things can get better before we can work to make them so. The alternative is the sort of nihilistic misery that leads to riots, looting, and the desire to tear down entire social structures with little regard for what comes next. After all, if the world is in unavoidable decline, there's little reason not to be as destructive as possible. That we find an antidote to this attitude is, I believe, imperative to the survival of our civilization.

To that end, I propose the following: Remember Boethius. Dispute his tragic and unjust end—he was tortured and executed shortly after "The Consolation of Philosophy" was written—he understood that our existence is a gift.

Life, in some ways, is as frustrating and full of loss today as it was in his time, but if we can attack these challenges with gratitude rather than resentment, with awe, joy, and laughter rather than pessimism and grief, with a broader perspective than our own solipsism, then we can not only survive, but flourish. We can work to build things up rather than tear them down.

That's the way we'll get through the hard times. That's the way we'll make a better world for the future.

This article was originally published on FEE.org

Logan Albright is the director of research at Free the People.

And caring for an animal well can be a big self-esteem booster for your kids.

Helps Determine if Your Kids Are Ready for a Pet

Since fostering an animal is only temporary, you and your kids get a true up-close-and-personal glimpse into pet ownership. You'll quickly know if they're ready and mature enough to handle the responsibility.

If you're interested in becoming a foster family for a needy animal, check with your local animal shelters and rescues. Many are overflowing with kittens at this time of year and will be grateful for your help. And if you have the appropriate housing needs for larger animals or livestock, check with a few local farms.

Also, the shelter, rescue, or farm typically provides you with an ample supply of food, any medications and/or vitamin supplements, a cage or crate, and any other supplies you'll need to care for your foster animal.

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wassergass, Pa. She enjoys writing about homeschooling, gardening, food and culture, family life, and the joys of chicken keeping. Visit her at AtHomeWithKarenDoll.wordpress.com



Fostering an animal is a good way for children to learn responsibility.

The Powerful Influence of Good Parenting

Studies show that good parenting from both mother and father is crucial for children's development and well-being

PARNELL DONAHUE

Alec was a state-level long-distance runner. He started running in 7th grade and continued through high school. He won the state championship as a high school junior.

"I forgot why he came to see me that day, but during the visit he told me that the next weekend he would be running in the state cross country meet. He glowed and flushed red as he added, 'I'm favored to win.'"

"Your dad must be so proud of you," I pondered.

He looked at his feet and mumbled, "He has never seen me run."

"Oh, I'm sorry. Does he live far away?"

"No, he lives in town, but he says he is too busy to come to a meet. Actually, I've only seen him twice since I started high school." Then, trying to make an excuse for his dad, he added, "I was only 5 when he and Mom divorced. He's not really a part of my life. I wish he could be, though!"

"I feel sorry for your dad," I said. "He's missing out on knowing his own son, and from what I can tell a really great son at that!"

I can't imagine anything as sad as a man intentionally not knowing his own son. The pleasure we dads feel with their every accomplishment is unmatched by anything we accomplish ourselves.

"I want to know my kids, and be part of their life," Alec explained. Then he hung his head again and said, "But, I heard, and read too, that kids become their parents, and so I suppose I can't really control what kind of a dad I'll be—if I ever even become a dad."

"Well, there is some truth in that saying," I replied, "But you can be the person or dad you want to be, if you care enough to become the man and father you want and need to be. Being a good dad is work. You know how to work, or you wouldn't be running next weekend. It looks to me that you have the passion needed to be just about any kind of man you want to become."

Mothers' Influence

There's long been advice on how to be a good parent. The Old Testament warns us that the son should not be punished for the sins of his parents (Deuteronomy 24:16), but the parents' sins are often visited upon the children. Think of

Neonatal Abstinence Syndrome (NAS). It occurs when babies of drug-addicted mothers are disconnected from their mother's placenta at birth, resulting in infant irritability, tremors, vomiting, diarrhea, poor feeding, inconsolable crying, and often seizures. Babies need to stay in the newborn ICU for many days, even weeks. In 2016, over 31,000 infants with NAS were cared for in U.S. hospitals, according to a study done by Vanderbilt University Medical Center. Many of them will never have normal emotional, mental, or physical health.

Contrary to popular belief, many of these mothers are not addicted to street drugs, but to pain medicine, tranquilizers, sedatives, or other physician-prescribed medications. "Although some of these babies are born addicted to heroin or other street drugs, about one-third are born to middle-class women who have become silently addicted to prescription medications for issues such as chronic back pain and depression," said Cleveland neonatologist Sabine Iben, MD.

Some sexually transmitted diseases like human papillomavirus (HPV), a virus that causes genital warts and cancer of the cervix, mouth, throat, and penis, can cause considerable problems for babies. During delivery, an infected woman can transfer the virus to her infant, leading to multiple warts developing in the baby's throat, trachea, and lungs. Removal of these warts is difficult, often impossible, and breathing may be so compromised that it leads to death.

Likewise, a pregnant mother can give her baby syphilis, which can affect all of the baby's organs including its heart and brain. In the United States, the number of babies born with syphilis has increased each and every year since 2013. According to a study done by the CDC, 2,148 babies were born with congenital syphilis in 2020. Of these, 149 of them were stillborn or died of syphilis during infancy. All pregnant women need to be tested for syphilis and other STDs early in pregnancy.

Fathers' Influence

Even before birth, a father's attitudes and actions are important to his children. A 2021 study from Finland indicates that the father's prenatal behavior toward the developing baby is predictive of his relationship with the child at 4 months of age. His attitude also foretells the future nature of the father-child relationship.

It is well known that if a mother is depressed, her children soon become depressed, and when she gets well, so do her children. An 2011 study published by the Journal of Pediatrics found that depressed dads also lead to depressed kids. Consequently, treatment of parental depression in either parent leads to



For many fathers—and volunteer fathers—pleasure in their sons' accomplishments far outweighs anything they accomplish themselves.

resolving their children's depression, and early treatment can prevent their kids from developing depression.

Alcoholism is often a problem for both men and women, and affects children in many ways. There are several genes that can lead to alcohol addiction; two have been identified, ADH1B and ALDH2. "Twin studies in the U.S. and Europe suggest that approximately 45-65 percent of the liability [for developing alcoholism] is due to genetic factors," according to the Nature Reviews Gastroenterology & Hepatology article "Genetics and Alcoholism" by Howard J. Edenberg and Tatiana Foroud. But remember having the genes can be overcome just by avoiding alcohol. Alcoholism is a horrid disease and can lead to many physical, emotional, and often financial problems and increases the likelihood of divorce. Alcoholics are more likely to divorce, suffer from spousal abuse, or abuse their spouses and/or kids.

There are many studies that confirm both mom's and dad's significant role in transmitting their own disease to their children. But one recent study shows something that most fathers will like to hear. In this study, rough-and-tumble play between father and child was associated with the child developing better working memory, fewer working-memory problems, and higher working-memory ability. This study adds to the growing evidence of the importance of any father-

child play or other activity done together in developing memory.

Being a Good Parent

So, back to Alec. I don't know why Alec's dad decided to abandon him, but I do know that the following weekend, Alec came in first at the state cross country meet. For the second time, he was the state champion runner! I met him at the finish line to congratulate him, but before I could shake his hand he gave me a sweat-drenched hug.

He knew for a moment the feeling of being a son, and I was reminded once again what being a dad is all about. And like most encounters between dads and sons, I think this volunteer dad gained the most.

Thank you, Alec, for sharing that morning with me.

If you know a boy or girl who does not have a "real" dad or mom, be one—if just for a minute. You'll be surprised at how much you will be appreciated and how good you will feel.

May God continue to bless you and your family.

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

Climbing Out of the Grievance Pit

Instead of dwelling on problems and blaming others, use these circumstances to cultivate true wisdom

ANNIE HOLMQUIST

Sometimes one gets great insight from the oddest places. This happened to me the other day when a headline about Meghan, the Duchess of Sussex, caught my eye.

As we all know, Meghan had a massive fallout with the British royal family, moving to the United States with her husband, Prince Harry, to allegedly live private lives. But having such privacy has been difficult, as the couple, particularly Meghan, have actively sought the camera to complain about the many injustices they endured during their life as royals.

Such complaining must go, however, if Meghan wants to redeem her public image, according to former Vanity Fair editor Tina Brown. "I think Meghan does really need to find the thing she cares about the most and develop her own sort of brand that isn't just a grievance brand, that is actually something we recognize as hers," Brown said. "It's hard to find that and I think she hasn't yet found that but

I think she could if she rows back from the focusing always on what didn't work."

And in the little phrase "grievance brand," we get a clear view of what's wrong with society.

Yes, Meghan is a prime example of one who airs her grievances. But unfortunately, Meghan isn't the only one guilty of this. We're all members of the grievance culture—I know I am! We're all too eager to blame others for our mistakes and dwell on our problems than to learn from them and move on.

Some of us have been abused in the past—sexually, physically, or emotionally—and thus, we have a hard time building new relationships or mentally getting past our hurts. Some of us have been abandoned by spouses or parents or even close friends, resulting in a betrayal that causes us to distrust everyone. Others have been lied about, canceled, maligned, or stolen from, creating an anger and shame that constantly eats at them. Because of these situations, what Brown

said about Meghan needing to get out of the grievance pit applies to all of us. The only way we get past our grievances is by looking forward and moving on to something more positive, instead of fixating on what didn't work or what others did to us.

That's hard to do because it requires us to change direction midstream and turn around to take a different path in life. Former spy Whittaker Chambers had to do this when he left the Communist Party. As he writes in his autobiography, "Witness," such a change is accompanied by "fears, uncertainties, self-doubts, cowardices, flinchings of the will." These feelings are "natural to any man who undertakes to reverse in mid-course the journey of his life," Chambers wrote, but while hard, they also bring "a surging release and a sense of freedom, like a man who bursts at last gasp out of a drowning sea."

So how do we get past all these fears—or what can motivate us to change gears from grievance to freedom? The answer is the pursuit of true wisdom.

"True wisdom," Chambers wrote, "comes from the overcoming of suffering and sin. All true wisdom is therefore touched with sadness."

Thus, we're left with a choice. We can continue on as members of the grievance culture, holding on to our fears and hurts and blaming others for our problems. But

those who do so remain fools, which is likely why so many in our culture seem to know and understand nothing.

The other option is to embrace the sadness and suffering that come into our lives, using these to climb to new heights of understanding. In doing so, we'll gain wisdom not only to use in our own lives, but to pass along to others as well, pulling them out of their own grievance pits.

The only way we get past our grievances is by looking forward and moving on to something more positive.

And as more of us choose this response to the grievances that inevitably come into our lives, the more likely it is that the grievance culture will disappear entirely.

This article was originally published on Intellectual Takeout.

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

ALL PHOTOS BY SHUTTERSTOCK



LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Granada's Majestic ALHAMBRA

ARIANE TRIEBSWETTER

In the historic city of Granada, in the autonomous community of Andalusia, Spain, the charming streets and steep hills are filled with the scent of tapas and the sound of flamenco music, all of which rise to the Alhambra palace, a majestic Moorish fortress above the city.

What American author Washington Irving called "the abode of beauty" in his "Tales of the Alhambra" (1832) is a magnificent complex of medieval and Renaissance residential palaces and courtyards within a walled fortress. Built between 1238 and 1358, the fortress is composed of three re-

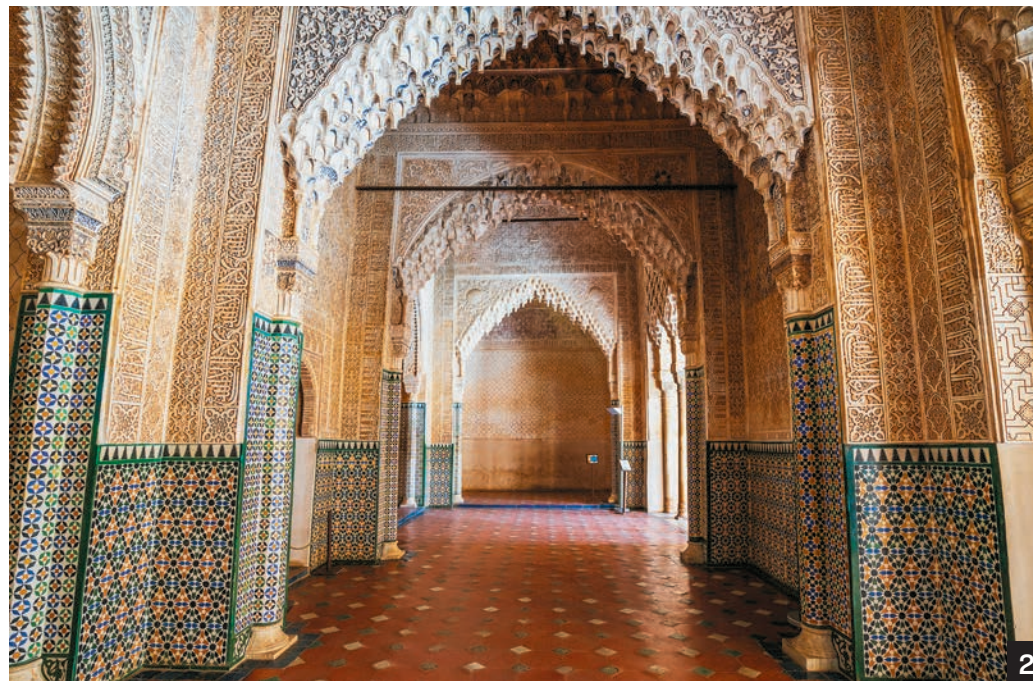
stored palaces, all constructed in the 14th century: the Partal Palace, the Palace of the Lions, and the Comares Palace, which are all connected by paths, gardens, and courtyards.

Although located in Western Europe, the Alhambra's splendid architecture is Islamic, with decorated arches, columns, frescoes, geometrical patterns, enchanting gardens, painted tiles, vaulted ceilings, water features, and highly ornamented walls. The Alhambra is elegant yet vibrant with its exquisite color palette, complexly decorated surfaces, and layering of different ornamental elements. The architecture features carved wooden ceilings, ceramic mosaics,

and plasterworks, reflecting the Moorish artistic tradition to cover all surfaces with intricate ornaments. The exceptionally ornate interior spaces contrast with the courtyards, which have plainer walls.

Besides being filled with artistic beauty and incredible architectural features, the Alhambra is a place full of stories. The walls literally carry words with their calligraphic decoration. Cursive and Kufic poems by famous poets of the court of Granada ornate the magnificent walls.

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



1. The majestic Alhambra palace, on top of the hill al-Sabika, overlooks the city of Granada. In Arabic, "Alhambra" means "the red," and the name is thought to be derived from the reddish color of the outer walls, built out of tapia (rammed earth). The complex has 26 acres, one mile of walls, four main gates, and 30 towers, creating a city within a city.

2. Across the Courtyard of the Lions is the Hall of the Kings, a space divided into a series of arches and alcoves leading up to a vaulted ceiling. It has beautiful geometric patterns and stucco walls, characteristic of Moorish architecture. Once again, the simplicity of the exterior contrasts with the richly decorated interior.

3. A magnificent garden for a magnificent complex. Just outside of the Alhambra is a Nasrid-era country estate called the Generalife (from the Arabic "Jannat al-arifa," meaning "paradise" or "garden"), which features a number of ornamental gardens. Here, we have one of the most beautiful Generalife gardens: a long patio with two rows of water fountains and a water channel symbolizing purification.

4. This covered patio area is the focal point of the Comares Palace. This courtyard is 140 feet long by 74 feet wide and is commonly known as the Court of the Myrtles. It has typical Islamic elements, with a large pool of water reflecting the palace's raised façade, the arches, and the white marble of the pavement, which contrasts with the pond and the symmetric myrtles.

5. One of the most famous sights of the Alhambra is the Courtyard of the Lions in the Palace of the Lions. The oblong court is surrounded by an ornate gallery with stucco filigree walls and a wooden domed ceiling supported by 124 white slender marble columns. In the center of the court is an alabaster basin, surrounded by 12 white marble lions, which symbolize strength and courage.

6. An overview of the Hall of the Ambassadors, a 37-foot square room in the Comares Tower and the largest room in the Alhambra. This throne room contains some of the most diverse architectural and decorative elements of the complex, such as the double arched windows, the arched lattice windows on high walls, intricate geometric details on the walls, the ceramic tiles, and complex carved stucco motifs with calligraphy and patterns.

7. A closer look at the beautiful intricate ceiling of the Hall of the Kings shows the star motif that is common in Islamic architecture. Here, it is decorated with carved and painted stucco. This is an example of vaulted muqarnas, a method of ornamented vaulting using three-dimensional, honeycomb-like decorative elements.

Alhambra is a place full of stories. The walls literally carry words with their calligraphic decoration.

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Reading out loud to children helps them develop listening and memory skills, and helps to cultivate a love of reading.

Tips to Help Your Kids Fall in Love With Reading

KAREN DOLL

My mother, Virginia, loved to read, and as the saying goes: like mother, like daughter. When I was 5 years old, she took me to get my first library card—a treasure that led to a lifelong love for reading. Our regular excursions to the library were nothing short of adventures.

When I became a mother, I read to my own children from the day they were born. It was such a lovely bonding time that grew into a natural part of who we were as a family.

Reading is the gateway to delight, knowledge, and adventure. So how can you help your kids fall in love with reading? It's simple, really. Create a reader-friendly home environment with these simple tips.

Read Aloud

Start by reading aloud to your babies. Babies love to snuggle close and hear their mama's voice. In addition to being a wonderful bonding experience, the act of reading aloud helps even the youngest babies develop strong listening and memory skills.

As your kids grow, draw them into the different stories by pausing to ask them questions and encouraging them to predict what might happen next.

Read to your children as often as possible and choose from a variety of different genres each time, which not only provides your kids with a well-balanced experience, but also helps them to figure out what types of books they'd like to read. Wholeheartedly engage your children in the story by adapting your voice and body language to match the different characters in the story. Whisper, giggle, shout, make faces, and really play the different parts.

Make reading aloud a special bedtime tradition by gathering your children, getting cozy on the couch, and sharing a new or favorite book.

For inspiration and guidance, read the best-selling "Jim Trelease's Read-Aloud Handbook," which you can find at Trelease-On-Reading.com or Amazon.

Take Your Children to the Library

There's no better place than your local library to get your kids excited about books.

I highly recommend getting your children a library card as soon as they're age-appropriate. Spend the afternoon in the children's section, allowing your child to choose books and read them together. Then, help your child to pick out several books to borrow using their new card.

Introduce yourselves to the children's librarians and help your children get acquainted with them, as they could very well be your kids' newest BFFs. Visit often and

Modeling a love for reading is the best way to inspire a love for reading in your children.



Reading is the gateway to delight, knowledge, and adventure.

Studies have shown that children who are surrounded by books in their homes have a significantly greater chance of developing a love of reading.

take advantage of all the reading events your library has to offer, such as story times, summer reading programs, and seasonal activities based on books.

Model a Love for Reading

Modeling a love for reading is the best way to inspire a love for reading in your children. Read where your kids are likely to see you reading, either for pleasure or to learn a new skill such as how to bake a tasty new treat they'll gobble up with glee.

Be dramatic. Laugh out loud when you read something funny and, if the passage is child-friendly, go ahead and share it with your kids.

Fill Your House With Books

Create a home library filled with a variety of books. I know books can be expensive, but your library doesn't have to cost you a fortune. We regularly perused used bookstores, seasonal library sales, and yard sales. If you homeschool, many conventions host used book sales and you can always find a great assortment of gently used gems to satisfy every reader's tastes.

An ideal home library should include both fiction and nonfiction books. Engage your children with seasonal picture books and wordless picture books. Include classics such as "Black Beauty" and "Little Women" as well as historical fiction books and biographies. Add in books of poetry, fairy tales, fables, and mythological tales. The "New True Books Series" will teach your children all about the many amazing people and places in the world.

Create Cozy Reading Nooks

Create irresistibly cozy reading nooks in strategic child-friendly spots in your house, such as a window seat, an alcove in the family room, in the open space underneath a stairway and, if you have the space, a corner in the kitchen.

Add a few brightly colored pillows, a bean bag chair, a lightweight blanket or throw, and a basket or two of books, and let the reading begin.

Pair Books With Fun Activities

Create positive, enjoyable connections for your kids by pairing books with fun activities. My husband has always been a railroad enthusiast, so naturally, our kids had train books and toys from day one, including a wooden train set with a few of the iconic train characters from "The Railway Series" such as Thomas the Tank Engine and Percy.

So whenever I'd read books about trains, our kids listened while holding their trains and acting out the story line or moving them along a small train layout on the floor nearby.

Or, you can engage your kids with "The Greatest Picnic in the World" by Anna Grossnickle Hines, and allow them to draw the perfect picnic lunch or pack a picnic basket with plastic play foods.

Karen Doll is a freelance writer and homeschooling consultant based in the small village of Wassergass, Pa. She enjoys writing about homeschooling, gardening, food and culture, family life, and the joys of chicken keeping. Visit her at AtHomeWithKarenDoll.wordpress.com



MIKHALCHUKSTUDIO/SHUTTERSTOCK

Baking Christmas cookies is a great activity for the kids, and sharing cookies with others teaches them generosity.

Simple Christmas Traditions to Share With Your Family

Set aside some time this holiday season to cultivate the Christmas spirit with these timeless family activities

BARBARA DANZA

Christmas will be here before we know it. If you ask me, the best way to celebrate the spirit of this peaceful and beautiful season is to share simple traditions with your family. Here are a few ideas to inspire your holiday plans.

Seasonal Music

Be sure to have your favorite Christmas playlist ready to go. As soon as those Thanksgiving leftovers are packed away, it's time to "fa-la-la-la." The messages of so many of the familiar holiday favorites are truly beautiful and make the perfect soundtrack to each day until the end of the year.

Family Decorating

Make decorating your home a family affair. It's such a delight to reminisce as each Christmas ornament is taken out of its box and carefully hung on the tree or as familiar objects that have been passed down are carefully displayed around the home. Allow even young children to get creative when it comes to decorating. Decorating shouldn't be a chore but a celebratory activity you look forward to each year.

Essential Scents

Family traditions create lifelong memories. One way to trigger happy memories is through the careful use of scents. Choose Christmas candles or oils to infuse the smells of the season throughout your home.

Christmas Cookies

Christmas calls for cookies. Make baking and sharing your favorites into an activity that the entire family takes part in. Share recipes your family has loved for generations. Decorate cookie tins, with which you can share your creations with family and friends. Your children will learn life skills, the value of generosity, and the delight of family time together.

Holiday Fun

Head out to take your family's Christmas picture. Go visit Santa Claus. Pack up the hot chocolate, and ride around town admiring the Christmas lights. Enjoy Christmas movies on the couch. Don those matching Christmas pajamas. Do all of the Christmassy things that make the season come to life for your family.

Special Gatherings

The past few years have wreaked havoc on people's ability and willingness to gather. Send those invitations, pay visits, and hug your loved ones. Gather together and spread holiday cheer to those you cherish most.

Selfless Giving

In addition to the presents that you'll no doubt give to family and friends, inspire your family to give of themselves in some way. Perhaps you donate your time or money to a cause you deem important, or perhaps you embark on random acts of kindness throughout your community. Perhaps you seek out a family in need to improve their Christmas in whatever way you can. Christmas is about love and generosity—two wonderful ideals to instill in your children and share with the world around you.



Week 44, 2022

FOR KIDS ONLY

THE EPOCH TIMES

The Stick-Together Families

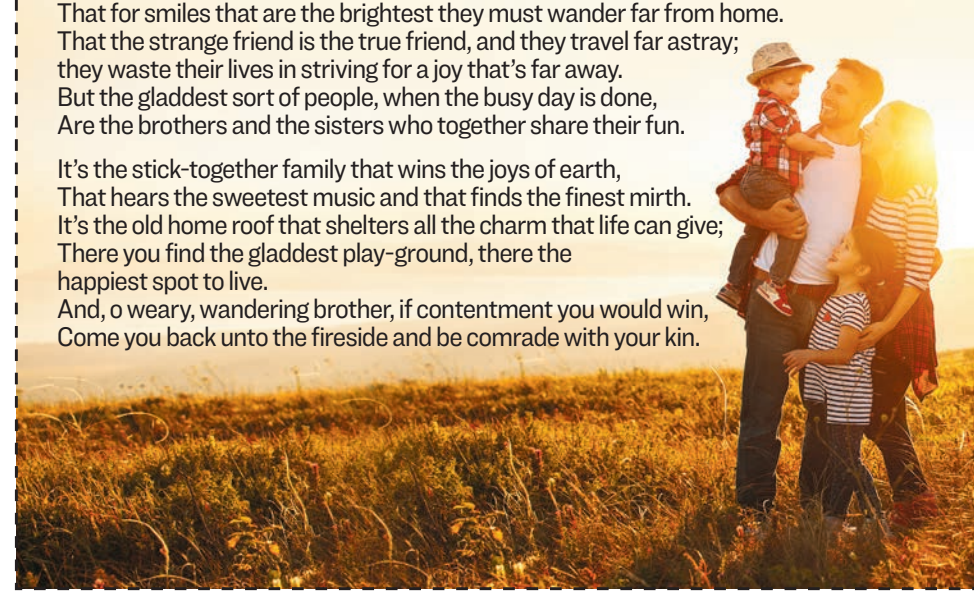
by Edgar Guest

The stick-together families are happier by far Than the brothers and the sisters who take separate highways are. The gladdest people living are the wholesome folks who make A circle at the fireside that no power but death can break. And the finest of conventions ever held beneath the sun Are the little family gatherings when the busy day is done.

There are rich folk, there are poor folk, who imagine they are wise, And they're very quick to shatter all the little family ties. Each goes searching after pleasure in his own selected way, Each with strangers likes to wander, and with strangers likes to play. But it's bitterness they harvest, and it's empty joy they find, For the children that are wisest are the stick-together kind.

There are some who seem to fancy that for gladness they must roam, That for smiles that are the brightest they must wander far from home. That the strange friend is the true friend, and they travel far astray; they waste their lives in striving for a joy that's far away. But the gladdest sort of people, when the busy day is done, Are the brothers and the sisters who together share their fun.

It's the stick-together family that wins the joys of earth, That hears the sweetest music and that finds the finest mirth. It's the old home roof that shelters all the charm that life can give; There you find the gladdest play-ground, there the happiest spot to live. And, o weary, wandering brother, if contentment you would win, Come you back unto the fireside and be comrade with your kin.



EVENYI ATAMANENKO/SHUTTERSTOCK

WHY WAS THE RABBIT SO HAPPY?
BECAUSE SOME BUNNY LOVED HIM

As the family goes, so goes the nation and so goes the whole world in which we live.

POPE JOHN PAUL II (1920-2005)

This Week in History

LINCOLN MARRIES

On Nov. 4, 1842, Abraham Lincoln, the future president of the United States, married Mary Anne Todd of Kentucky. The wedding took place at Todd's sister's home in Illinois.

Todd grew up in political circles and strongly supported her husband's political career and the cause of the abolition of slavery.

Todd's life was not easy, as she experienced the loss of three children and suffered from various ailments, along with, of course, bearing witness to the assassination of her husband in 1865.



ALL PHOTOS IN THE PUBLIC DOMAIN

By Aidan Danza

ALL PHOTOS BY SHUTTERSTOCK; PHOTO ILLUSTRATION BY BOGDAN FLORESCU/THE EPOCH TIMES

THE MOUNTAIN GOAT

The Rocky Mountain peaks are a treacherous place, with some of the highest mountains in North America.

These mountains are laden with steep rises, impassable cliffs, and deep chasms which are dangerous to all large animals except the mountain goat, which is suited perfectly to them.

While most residents of mountain areas prefer to live in the more fertile valleys, the mountain goat, as the name suggests, stays at high altitudes on mountains and cliffs of the northern Rockies, from southeast Alaska to central Idaho and Wyoming. They are able to do this because of their hooves, which are large and black, with a unique sole that is reported to be almost rubber-like—a great aid for traction. This feature allows them to climb nimbly from cliff to cliff without falling into the deep chasms they live with on a daily basis. In fact, mother goats will actually give birth on cliffs, which is actually for safety purposes, since no predators can reach them.

Other important appendages for mountain goats are their sharp horns. The horns are large, black, and hard, with females having slightly smaller, straighter

horns than males. Unlike deer, the horns are permanent, with the goat retaining them for their whole life. Each year, the horn will grow a new layer, making rings just like those of a tree that make it possible to ascertain the age of a dead goat. The horns are used mostly for fighting, especially by males, who don't charge each other head-on like many horned animals, but instead stand side-by-side, facing opposite directions,

stabbing each other's sides.

The mountain goat's horns and hooves are very tough, but the cause of most mountain goats' death is the wearing down of their teeth. Once their teeth are spent from a life of chewing tough plants, they simply wear away, disabling the goat from eating. This usually happens at the age of twelve, and it is also the most common cause of death for many other species of goats and sheep.



AMAZING ESCAPES!

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

Easy puzzle 1

6	10		
6	7		
+	-	x	÷

Solution For Easy 1
9 - 2 - 9 = 0!

Medium puzzle 1

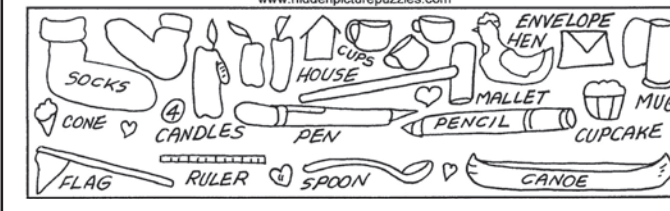
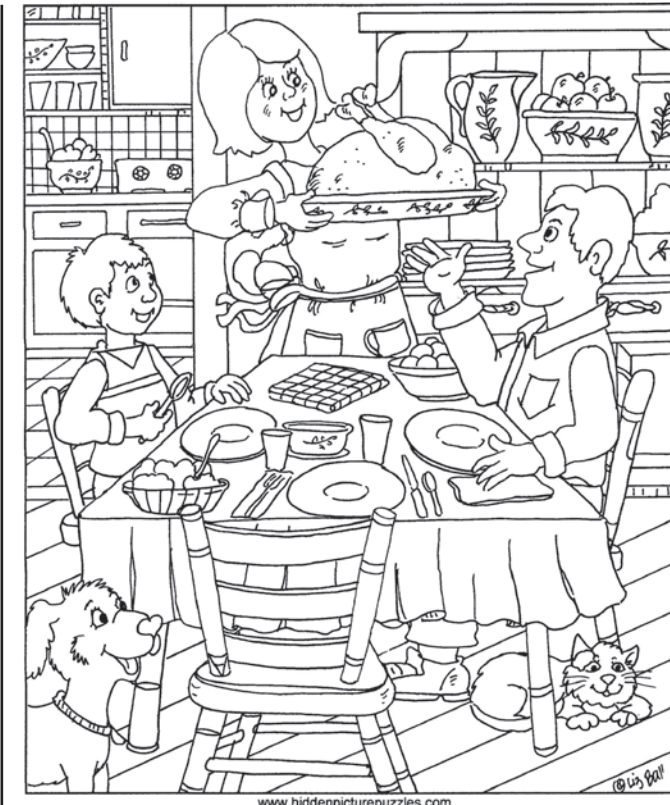
6	13		
4	10		
+	-	x	÷

Solution for Medium 1
0! - 9 = (9 - 8)

Hard puzzle 1

8	35		
7	10		
+	-	x	÷

Solution for Hard 1
(8 - 0) = (2 + 56)



HIDDEN TREASURES by Liz Ball
www.HiddenPicturePuzzles.com

WORD SEARCH: A Family Affair!

K	C	H	I	L	D	S	D	W	I	F	E	A	G	W
F	I	A	N	C	E	E	A	A	H	F	P	C	R	E
L	W	N	F	K	H	M	V	T	U	M	C	K	A	D
I	E	U	A	C	T	U	B	A	G	O	S	N	D	
N	D	R	M	H	Y	O	S	R	M	A	H	W	I	
E	L	T	I	O	Y	O	G	B	H	U	O	T	Y	N
A	O	U	L	M	E	B	U	T	A	E	F	P	E	G
G	C	R	E	F	U	S	N	E	N	I	B	S	R	
E	K	E	O	H	U	R	V	B	G	D	D	R	I	T
T	W	I	N	O	T	N	I	N	F	S	A	I	S	
N	A	N	A	U	X	R	C	E	E	A	T	D	T	P
A	N	C	E	S	T	O	R	L	N	P	T	E	E	A
A	U	A	Q	E	K	I	T	H	E	D	H	R	P	
J	X	N	X	G	R	A	M	P	S	X	N	E	E	A
B	R	O	T	H	E	R	M	O	T	H	E	R	W	R

Ancestor	Gramps	
Aunt	Granny	
Bride	Heir	
Brother	Homehouse	
Child	Husband	
Dad	Kim	
Daughter	Kind	
Family	Lineage	
Father	Ma	
Fiancee	Mother	
Friend	Nana	
Grampa	Nephew	
	Uncle	
	Nurture	
	Wedding	
	Papa	
	Wedlock	
	Sister	
	Wife	
	Tribe	
	Youngster	
	Twin	
	Youth	



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