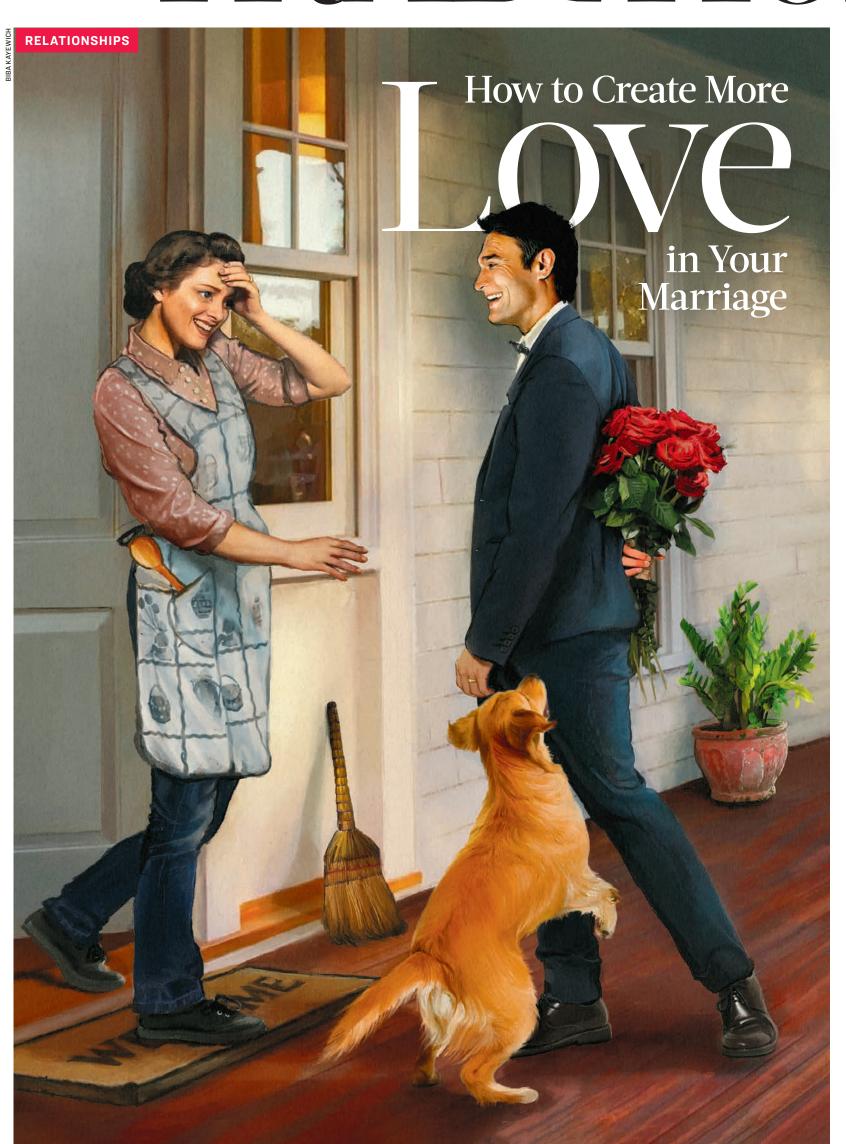
THE EPOCH TIMES



Use Gary Chapman's 'The 5 Love Languages' and these other tips to strengthen your connection with your partner

JUNE KELLUM

Loving relationships are truly a blessing. They are an oasis in a challenging and difficult world. But while romance may arise spontaneously and fill us with love, once the honeymoon phase has passed, we usually need to invest to maintain and deepen our love for our

"The key to finding joy in loving others is to focus on giving love, not on getting it," Gary Chapman, an author, speaker, and counselor, writes in his book "Love as a Way of Life."

Chapman also outlined the five love languages, a facet of human nature in which we tend to feel love based primarily on one of these five things: words of affirmation, acts of service, gifts, quality time, and physical touch.

The other four may not make us feel deeply loved or appreciated, no matter how much heart our partner puts into them.

If you don't have a sense of what your primary love language is, there are free online quizzes you can take, or you can read Chapman's book "The 5 Love Languages: The Secret to Love That Lasts."

After you learn your language, to build more love in your marriage, you might want to figure out your partner's preferred language. As I mentioned above, everyone generally has one language through which they best receive love, and often, couples have different languages. So if your language is words of affirmation, but your partner's language is physical touch, you could tell him many times a day how much you love and appreciate him, but he might find these words empty and actually feel more loved when you give him a hug.

Our habits, both thoughts and actions, have a lot to do with creating love and harmony in marriage, so once you know your partner's love language, develop habits of communicating with him through these habits. The following are some ideas:

Continued on Page 2

Gifts don't have to break the bank; it's more about the thoughtfulness and meaning put into the gift that counts.

Finding True Satisfaction

A change of perspective reframes what is worth pursuing in life

Practicing gratitude is simple but its benefits can be lifechanging.



BARBARA DANZA

In both the East and the West, philosophies and religions have called on us to be still, let go, and rest in faith. Yet so many of us spend our time striving for a better life.

We define what we want, then hustle and push ourselves to make it happen. When it does happen, we find something else to strive for. When it doesn't happen, we lament great disappointment. True satisfaction seems elusive.

Is this the best way to live life? Is it all about striving, achieving, pursuing, and obtaining?

What would happen if we stopped striving or, perhaps, redefined what's worth striving for?

Instead of pursuing self-interest and material gain, might we strive to improve ourselves internally? Rather than wealth, accolades, possessions, and com-

fort, what if we focused on the following instead?

Gratitude

As Aesop put it, "Gratitude turns what we have into enough."

To practice feeling grateful and appreciative of all of life's abundance is simple, but its benefits can be transformative.

Choose your preferred method—a daily prayer, a discussion at the dinner table, or a note you write in your journal each day. List a number of things you're grateful for. Truly feel your sense of appreciation and wonder for the many gifts you've been blessed with. Whether it's the air in your lungs, the sunshine outside your window, the love of your family, or a moment you enjoyed—the more you think about it, the more you will find to be grateful for.

Continued on Page 3



Discipline allows us to take on the responsibilities of life and to forge a foundationfor greater things

Shen Yun: Be on the Side of Heaven

New York-based Shen Yun Performing Arts is the world's premier classical Chinese dance and music company, established in 2006. Aiming for an artistic revival and celebration of China's rich cultural heritage, the company performs classical Chinese dance, ethnic and folk dance, and story-based dance, accompanied by orchestral and solo performers.



The story-based dances and the soloists' songs talked about love and kindness. They are very touching. The key is the sense of humanity that Shen Yun delivers.

PARK JONG-HO, company manager, Busan, South Korea



[The message is] that it is important to maintain one's being and that we are something more than just soil and body, that we are immense souls, we are divine, and to remember it, not to forget it. And to behave accordingly among all of us.

LARA RIVERA, artist, Bilbao, Spair



There is nothing in the cosmos more wonderful than the human person, and that's what was really communicated through the performance.

JASON JONES, filmmaker, Washington

Shen Yun's Upcoming Performances

Reno	Nev.	Feb. 7-8
Escondido	Calif.	Feb. 8-14
El Paso	Texas	Feb. 11
New Orleans	La.	Feb. 11
Hartford	Conn.	Feb. 11
Tucson	Ariz.	Feb. 11-12
Corpus Christi	Texas	Feb. 14
Mesa	Ariz.	Feb. 14-17

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. We have covered audience reactions since Shen Yun's inception in 2006.

please visit ShenYun.com/tickets



One way to show love to someone who prefers words of affirmation is to write appreciative messages and leave them around the house for them to find.

How to Create More Love in Your Marriage

Continued from Page 1

Words of Affirmation

Tell your spouse regularly that you love

Notice his accomplishments and what he does that helps or pleases you, and tell **Physical Touch** him how much you appreciate him and

Write notes with loving and appreciative messages and hide them where your spouse will find them.

Acts of Service

Do her chores occasionally, especially the ones you know she dislikes. Do your chores consistently so she knows she can count on you.

Ask her if there's anything you can do for her. You might be surprised by what she wishes.

Whenever you get yourself a drink, ask if you can get her one as well. This is an especially good habit if your partner doesn't drink enough. If you cook, make food that you know she enjoys. This might mean preparing two meals or eating something you are not as enthusiastic about.

Make sure you mark special occasions with gifts. These need not break the bank, because it's more about the thought behind the gift.

If your gift-loving partner has trouble letting go of gifts and has accumulated too many, consider giving gifts he can habits that can keep your relationship use up such as nice toiletries, candles, or perhaps gourmet food.

Photographs and photo books make great sentimental gifts.

Quality Time

If your partner's love language is quality time, make sure you turn your phone off and give her your full attention at some point each day. Meals are a good time for this. If you have children, spend a little time together after the kids are in bed. Schedule regular date nights where you

spend the whole evening focused on her. Doing things like cleaning the kitchen together while talking can also be good quality time if you're very busy and can't ind time to sit together.

Greet your spouse with physical touch, such as a hug or a kiss. One tip from a marriage counselor I heard is to make this touch last at least four seconds.

If your partner's love language is quality time, make sure you turn your phone off and give him your full attention at some point each day.

Make massage or cuddles a daily routine. This could be a short foot or shoulder rub, a gentle rub on where he most holds tension, or just time sitting close enough together so that you are touching.

A spontaneous touch in the form of hugs, a hand on the back, or a quick kiss can also tell your spouse you love him.

Keeping the Bond Strong

In addition to focusing on your partner's love language, there are some general loving and strong:

- Tell the truth. Even white lies and halftruths will strain the fabric of any relationship, because your words can't fully be trusted and you'll live with a nervous feeling that you might one day be found out. If you have made a mistake, confess and earnestly try to do better.
- Embrace sacrifice. All of our relationships require us to sacrifice in one way or another, so be prepared to let go of

some of your desires in order to make your partner happy. This shouldn't feel like you're constantly suppressing your needs—although from time to time, this might be necessary—this should instead feel like you're gladly giving up certain things because your relationship is precious and worth the sacrifice.

- Focus on your partner's strengths. After you're married, you will undoubtedly come to know your partner's faults. Be kind and gentle with these and try to minimize them in your mind while you focus on her strengths. If necessary, remind yourself of your own shortcomings. We're all in a process of growing, and love gives us strength to overcome many things, whereas criticism and fault-finding usually saps everyone's energy.
- Understand that men and women are different. They often have different priorities, innate drives, and ways of thinking. Unless properly understood, these can cause conflicts. Understanding how men and women are different and complementary can open doors for greater understanding, appreciation, and love. To learn more about this, you can check out books such as "Fascinating Womanhood," "His Needs, Her Needs," "The Alpha Female's Guide to Men and Marriage," and "The Surrendered Wife."
- Take care of yourself. Eating, resting, and exercising properly are things many people struggle with, but getting and keeping yourself in a positive cycle will give you so much more energy to love your spouse. Taking care of yourself does require discipline, but it can also help strengthen your will if you know you need to do it for both yourself and your relationship.
- Let go of stuff that doesn't serve you. Possessions take time and energy and can be a barrier to a loving relationship. The less you have, the less you feel you need to downsize, and the freer your time and space for love.

DEAR NEXT GENERATION Advice from our readers to our young people

The Only Quest Worth Pursuing

What is the deeper meaning behind Valentine's Day?

Dear Next Generation.

It's important to look at the deeper meaning behind Valentine's Day because there's a lot more going on besides heartshaped boxes of chocolate, flowers, and teddy bears. The concept of love is definitely worth exploring. I believe that not only is true love possible but that it's the ideal natural state of every human being.

I make no pretensions of being an authority on this subject, but I've found that you don't have to be. You just have to believe in it. True love is real, and it's incredibly powerful. It's hidden, yes, and some people never discover it, but that doesn't change the fact of its existence. It has a lot of imposters and imitators in the world, but true love isn't something people can cook up or manufacture or even imagine. It's either there or it isn't there. Like buried treasure, it awaits someone to actively seek it or stumble on it. And when it's found, it's worth relinguishing everything else for.

True love often takes a long time to reveal itself and can survive devastating setbacks. An honest history of a truly wonderful marriage will often reveal a trail of mind-numbing daily trivia, confusing and frustrating problems, and even inexplicably tragic events. But if the bond is there, the marriage will not only survive these things but grow stronger because of them.

But there's something even more profound here. The people who have the greatest understanding of love, whether married or single, have tuned into the astonishing finding that life is meant to be a romance on a spiritual level. This involves an incredible adventure and is the material of the loftiest wisdom and the finest fairy tales. The plot is very similar to that of "Beauty and the Beast," where Belle learns to trust and later love a man whose appearance frightens her and whose ways she finds mysterious. Once she decides to abandon her life to him, regardless of what that may mean, she's able to see him as he truly is, her future is unlocked, and the vistas of true love are opened to her.

It should also be remembered that Valentine's Day itself is named after a man who became known as St. Valentine. Historians have written that he was ordered to be executed by Emperor Claudius II



True love demands the utmost courage and faith.

Phyllis Woods, Florida



because he refused to renounce his faith. He put his life on the line rather than give up his belief in the God he loved. Love is that deep and that profound.

There's no question that the quest for true love demands the utmost courage and faith. We are, after all, in a world that's sometimes cruel, occasionally crazy, and often unfair. It's very daring to decide to love when it's humanly impossible to do so. But I'm convinced that it's the only quest worth pursuing.

—Phyllis Woods, Florida Former high school English teacher and author of the young reader fairy tale "The Kingdom of Fairwind"

If you can communicate effectively, it doesn't necessarily mean you can lead. But if you can't communicate effectively, you can't lead.

The fear of speaking in front of a group of any size is real and a constraint for all $too\,many\,people -\!\!-\!young\,and\,old.\,It's\,one \\ \qquad to\,NextGeneration@epochtimes.com\,or\,mail\,it's\,one \\$ of the main reasons that so many people fail to maximize their potential. In fact, 28th St., Floor 7, New York, NY 10001

public speaking is often listed as the No. 1 fear of individuals. Heights, going to the dentist, snakes, and flying are the second, third, fourth, and fifth of the greatest fears, but speaking tops all others.

It can be paralyzing; it was for me in high school. Whenever I had to give a presentation, even if it was simply a book report, I would feign illness. Fortunately, in college, all students were required to take a speech class. I remember walking out of the building after giving my first three-minute speech and feeling like I had just been told that I didn't have cancer—it was such a relief to have it over.

It's difficult to convince many young people that working on their communication skills (speaking, writing, and listening) are as important or more important than their athletic skill. If I had children, I wouldn't care if they played baseball, football, basketball, or ping pong. But I would be adamant that they work on their communication skills so they didn't make the mistakes I made in my youth.

If you're giving a presentation and have the option of its length, err on the side of brevity. Very few speeches are too short. In seeking advice for a commencement speech that I was asked to deliver years ago, I contacted the only health care executive I've ever known who has exceptional speaking skills. His only advice was: "Always leave them wanting to hear just a little bit more."

One last piece of advice to anyone of any age who's going to give an important presentation. It isn't enough to practice it a couple times. You need to practice it until you can't stand the thought of doing it one more time. Then, and only then, are you ready to give the presentation.

It's wise to follow the axiom of the Navy SEALs: "We don't train until we get it right. We train until we can't get

—Terence Moore, Michigan

What advice would you like to give to the younger generations? We call on all of 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: Next Generation, The Epoch Times, 229 W.

Gratitude

enough.

Aesop

turns what

we have into



Constantly striving, pursuing, and wishing can erode your peace of mind, but practicing stillness helps to foster a sense of calm and centeredness.

Finding True Satisfaction

Continued from Page 1

Presence

It can sometimes be easier to dream and envision a different future than face the circumstances at hand and do what needs to be done.

Perhaps stoic philosopher Seneca put it

"Putting things off is the biggest waste of life: it snatches away each day as it comes, and denies us the present by promising the

future. The greatest obstacle to living is expectancy, which hangs upon tomorrow and loses today. You are arranging what lies in Fortune's control, and abandoning what lies in yours. What are you looking at? To what goal are you straining? The whole future lies in uncertainty: live immediately."

The best way to pave a good future is to be responsible for today.

Discipline

Instead of deriving from the relentless chasing of a dangling carrot, fulfillment can come from living up to one's own standards through practicing discipline and handling the matters at hand.

Discipline can mean refraining from certain behaviors or consistently enacting

others. If our heads are always in the clouds and we can't even make our beds or keep our refrigerators stocked, the likelihood of achieving excellence on a grander scale will likely elude us.

On the other hand, one who can master discipline and take on the responsibilities of life tends to forge a foundation for greater things in the future.

Wisdom

An excessive focus on material gain or other worldly pursuits may be an indication of the need for higher wisdom. History has left us a treasure trove of great wisdom. Seek out new ideas to consider, and let go of the empty pursuits that aren't serving you.

Kindness

The relentless pursuit of personal gain is a sure sign of a self-centered focus. When we point our gaze outward, we see the needs of others and find our compassion for them. Putting our skills and talents to use in the service of others is a much more rewarding effort. Inadvertently, you may find yourself enjoying the things you were striving for just the same.

Constantly striving, pursuing, and wishing can rob you of the ability to find peace in your heart and mind. Practice getting calm, being still, and observing what truly is. There's value in stillness, which a voracious hustler will surely miss.

Be still. Let go. Rest in

How might your perspective change if you do?

Putting our skills and talents to use in the service of others is a much more rewarding effort than only focusing on personal gain.



Hailed as a seer for her visions, Hildegard of Bingen wrote books of wisdom and folk medicine, composed music, toured Germany giving sermons, and advised high-ranking leaders in church and state.

HILDE GARDIS a Virgin Prophetes, Abbess of St Ruperts Nunnerye. She died at Bingen Ao Do:



Week 6, 2023 THE EPOCH TIMES

Beginning at age 5, Hildegard of Bingen's visions depicted everything from jewelencrusted castles and fire-breathing beasts to figures radiating light and set against





written near the end of Hildegard's life, in

which her strange visions are accompa-

nied by equally strange illustrations. He

Around 1151, Hildegard brought out her first book, "Scivias," or "Know the Way." Written over 10 years, it includes descriptions and interpretations of 26 visions about creation, redemption, and sanctification.

HISTORY

Hildegard of Bingen: Harmonious Visionary

1180. Aged 82 yeares. W. Marshall sculpsit.

With her visions from heaven, the abbess spread a message of beauty and delight

ANDREW BENSON BROWN

Self-denial, patience, humility, and gentleness are a few that come to mind. During the Middle Ages, European civilization embodied this ideal in the status it accorded members of monastic disciplines. To the medieval mind, monks and nuns fulfilled an immensely practical purpose: to perform charitable works and pray for humanity.

One of the greatest of these figures was Hildegard of Bingen. Her writings, surprisingly, don't embrace the stereotypical dichotomy that contrasts the profound but dour ascetic with the cheerful, shallow hedonist. Life, for her, wasn't just a trial of endurance, but a source of beauty and delight.

Born Prophetess

Hildegard was born in 1098 in Bermersheim, Germany, as the youngest of 10 children. From an early age, she was subject to vivid, emotionally intense visions. As she later saw it, God "impressed" them into her soul in the womb. At age 3, she saw "a great light." Her first articulated vision came at age 5, when she predicted the precise time a calf would be born and its color. While some of the visions were appealing, like jewel-encrusted castles, many of them were bizarre and even gruesome: fire-breathing beasts or pregnant women carrying fullgrown men in their bellies.

Hildegard was a sickly child who grew into a sickly adult. Her frailness was seen as further evidence of her strong spiritual nature. At age 8, her parents sent her to the monastery of Disibodenberg. She lived there with an anchoress named Jutta, where she spent much of her time reading library books.

The monastery attracted more nuns, became a convent, and eventually elected Hildegard as the abbess after Jutta died. Throughout her early life, people were understandably put off by her disturbing visions, so she began keeping them to herself. But after she became abbess, she started writing them down. Around 1151, she brought out her first book, "Scivias," or "Know the Way," with the blessing of Pope Eugenius III. Written over a period of 10 years, it includes descriptions and interpretations of 26 visions about creation,

redemption, and sanctification.

Hildegard was hailed as a seer. She wrote rom Buddhist and Jain monks to more books of wisdom and folk medicine, Sufi mystics, all religions recog- composed music, toured Germany givnize common traits of holiness. ing sermons, and advised high-ranking leaders in church and state. She attracted many followers and founded an abbey at Rupertsberg. When that in turn became too large, she founded another one at Eibingen. Built in 1165, this last structure is still in existence today.

Lushness of the Soul

Disibodenberg monastery, located on a site between two rivers, was abundant in vegetation. Even today, its ruins exude the ambiance of a peaceful, holy place. It inspired a central concept that pervades all of Hildegard's writings: "viriditas." It literally means "greenness" and has often been translated as "moisture." The word, however, has more of a connotation of life-giving lushness. Hildegard used it to describe the divine breath in all good things large and small. Saints embody viriditas, while sluggish monks and nuns lack it. It's both the source of virtue and a goal that novices must work toward.

"The soul is the life-force of the body," she wrote, "just as moisture [viriditas] is the lifeforce of a plant. Moisture makes a plant grow and be fruitful; so the soul enables the body to behave as it should, and be virtuous" ("Book of Divine Works," 4.21).

Hildegard didn't view the material world

as merely a veil of tears or a cradle of temptation, but as a beautiful place where man and nature exist in balance. She enjoins us to use all our faculties—soul, body, emotions, and mind—to appreciate creation: "You understand so little of what is around you because you do not use what is within you" ("Scivias," 1.2.29). She thought that wisdom gave people the moral freedom to cultivate good habits and find fulfillment in a higher purpose: "Although they are small in stature, human beings are powerful in spirit. While their feet are on the ground, their heads can attain great spiritual heights" ("Physica," 761).

Science Meets Faith

Modern scholars have diagnosed Hildegard with various medical conditions to explain her visions. The famous neurologist Oliver Sacks has perhaps made the most convincing identification in his book, "Migraine." He referred to a manuscript of "Scivias"

Hildegard didn't view the material world as merely a veil of tears or a cradle of temptation, but as a beautiful place where man and nature exist in balance.

Even today, the ruins

monastery exude the

ambiance of a peaceful,

HARADESERTFOX CC BY-SA 3.0

of Disibodenberg

observed that the drawings based on her descriptions—figures radiating light and set against concentric, wavy lines—are very similar to a type of migraine that appears as bright lights against a dark background. Hildegard's experience of stars falling into the sea, which she interpreted allegorically to represent the fall of the rebel angels from heaven, is literally, in Sack's words, "a shower of phosphenes in transit across the visual field, their passage being succeeded by a negative scotoma." But does such a rationalization dismiss the divine origin of Hildegard's visions? Sacks says no. Her disorder changed the entire course of her life and provided her with the "ecstatic inspiration" to lead, advise, heal others, and be a force for good in the world.

Courage and Canonization Throughout her life, Hildegard demonstrat-

ally interpenetrate.

ed moral courage in standing up to overseers who wanted to control her visionary status for their own interests. When Disibodenberg abbey grew rich from an influx of donations due to Hildegard's presence there, the abbot initially refused to let her leave with her nuns to start a new one (in other words, he lacked "viriditas"). When she persisted in her ambition, he incited his monks to stir hostility among the locals. Accused of madness and falsifying her visions, Hildegard fell ill in bed. She neither moved nor spoke for weeks. Finally the abbot, afraid she would die, granted her request and her health revived.

Despite their physiological origins, her mys-

tical experiences were authentic and their

effects were real. The lesson is that science

and faith, far from being incompatible, actu-

On other occasions, she settled conflicts with overbearing monks by appealing to the pope. Eventually, she gained the independence to direct her nuns with minimal oversight. Her moral example and achievements have won her lasting admiration, and in 2012, the "Sybil of the Rhine" was named a doctor of the Church, one of 37 esteemed theologians to receive this title. Spiritual seekers continue to find encouragement in her blending of the material and immaterial realms.

In her book "Causes and Cures," Hildegard wrote: "When the elements from which the world is made work in harmony, the soil is health, the trees yield abundant fruit, the fields yield abundant harvests, and all are happy. But if the elements do not work in harmony, then the world becomes sick. The same applies to human beings."

Andrew Benson Brown is a Missouri-based poet, journalist, and writing coach. He is an editor at Bard Owl Publishing and Communications and the author of "Legends of Liberty," an epic poem about the American Revolution. For more information, visit Apollogist.wordpress.com.

Roses and Groundhogs: Let's Make Valentine's Day a True Festival of Love

Take some lessons from a 1993 film and transform how you love others

JEFF MINICK

Every year, on Feb. 2, world-famous groundhog and weather prognosticator Punxsutawney Phil of Pennsylvania see if you can say those last five words 10 times really fast—tells us what the rest of winter will look like. With a great show of ceremony, the chubby little guy is brought out before a large, boisterous crowd. If he sees his shadow, we've got six more weeks of cold temps, icicles, and snow. No shadow, and an early spring is coming down the pike.

Twelve days later, February brings us Valentine's Day. Perhaps rooted in the ancient Roman holiday of Lupercalia, which celebrated the advent of spring and included fertility rites, this festival was appropriated by Christians when fifth-century Pope Gelasius I banished Lupercalia and replaced it with Saint Valentine's Day. It's unclear which Saint Valens can claim the honor of that name, but in the late Middle Ages, poets such as Geoffrey Chaucer attached romantic love to this feast day, and by the 16th century, lovers and spouses were exchanging written messages proclaiming their affections. A couple of centuries later, printed cards became available.

Symbols of the day included Cupid, the Roman god of love and birds, stemming from the ancient belief that their mating season begins in mid-February; roses, a symbol of beauty and love; chocolates; and cards—all of which today are tokens of romantic affection.

But groundhogs? Where do they fit into our Valentine's Day with its profusion of candies, cards, and candlelight dinners? Time to go to the movies.

Phil and Phil

In Harold Ramis's 1993 film "Groundhog Day," arrogant and egocentric weather forecaster Phil Connors (Bill Murray), his cameraman Larry (Chris Elliott), and his producer Rita Hanson (Andie MacDowell) are dispatched to Punxsutawney to cover Groundhog Day. Phil despises his assignment and the fact that he and the groundhog share the same name, treats everyone he meets with a condescending contempt, and can hardly wait to return to Pittsburgh.

But a bad storm forces the trio to remain overnight in Punxsutawney, and when Phil

awakens the next morning, it's Groundhog Day once again. Everything that happened the day before is repeated, although only he realizes it. Even worse, this pattern becomes his life. Some strange twist of the universe forces Phil to relive Groundhog Day again and again and again.

Soon realizing that his actions carry no consequences—he awakens every morning with all his previous day's deeds wiped away—Phil turns to a life of hedonism, stuffing himself with desserts in the café, seducing a local woman, stealing money from an armored truck, and even slugging a former high school classmate turned insurance salesman. Finally, driven to despair by this endless repetition of days, he attempts to do away with himself, climbing into a bathtub with a toaster, for example, or diving off a tall building. Yet each day finds him resurrected, lying in his bed in the Cherry Tree Inn at dawn on Groundhog Day.

Turning Point

Finally, Phil confides in Rita and convinces her that the time warp in which he is stuck is real. She then offers to accompany him throughout the day to see if together they can discern what is happening to him. That night, before falling asleep in his room at the inn, she suggests that these days of repetition are a gift to Phil, a remarkable chance to make more of his life.

In the morning, Rita has disappeared, and it's once again Groundhog Day, but Phil is no longer the same man. He is gra-



Phil Connors (Bill Murray) finds himself stuck in a temporal loop, living the same day over and over again, in "Groundhog Day."

grace, charm, and goodness.

live a good life. When Phil does his 180 and makes him-

Love You Forever

At one point, Phil whispers to Rita, "You're of my life."

Rita has captured his heart. Like millions of men down through the centuries, Phil has fallen in love, realizes he doesn't measure up to Rita's expectations, and so strives to become a man more deserving of the woman he adores.

man from jerk softens Rita's heart. Earlier in the film, when Phil asks her, "Who is your perfect guy?" he sneers when Rita offers a list of attributes such as romantic, courageous, humble, supportive, and

worthy of love.

Through Rita, Phil Connors finally escapes Groundhog Day and resumes his life. His



Rita Hanson (Andie MacDowell) and Phil Connors (Bill Murray), in a scene from "Groundhog Day."

cious and kind to all those he has mistreated in the past, including Larry and Rita, and becomes adept at the piano, French, and ice-sculpting. By movie's end, Phil has remade himselfinto a Renaissance man of

This message of self-improvement and of fulfilling our potential has appealed to a broad range of viewers. In "The Curmudgeon's Guide to Getting Ahead," an ideal gift, by the way, for young people ages 17 to 25 or so, Charles Murray advises readers to "watch Groundhog Day repeatedly." It is, he writes, "a profound moral fable that deals with the most fundamental issues of virtue and happiness" and "will help you

self a better man, we are left with the impression that Rita's advice accounts for his reversal. But if we closely watch this scene, we can discern another driving force behind Phil's transformation.

the kindest, sweetest, prettiest person I've ever met in my life." He then kisses her on the cheek and tells her he'd been attracted to her since he first saw her, and adds: "I don't deserve someone like you. But if I ever could, I swear I would love you for the rest

And he succeeds. His change to gentle-

has become that guy. He has made himself tine's Day.

A Feast Day for Everyone

efforts to win her also connect him to the townspeople he once scorned. Love has conquered the cynic and narcissist. Now, of all our holidays, Valentine's Day

is the only date on the calendar dedicated to human love. It's true that all the fuss is aimed at romantic love, candlelight dinners with that special one in your life, or a weekend getaway from the kids. It's also true that these restrictions annoy others, who may feel excluded from the festivities.

But what if we added a few more ponies to that carousel? What if we kept the romance in place, but also viewed the holiday as a special occasion to express our affections to others we love, our family and friends? What if, as Phil learned to his credit, we made an effort on that day to honor and appreciate all those we love, seeking to strengthen our connections with them?

Heaven only knows our country is in need of those connections. That Americans are troubled nowadays, often divided and angry with one another, should be obvious to anyone who follows the news. Right now, I suspect, most of us could use a generous helping of love, and here's a day designed for just that purpose. And as I pointed out last year in an Epoch

Times article about Valentine's Day, there are lots of ways we can celebrate these bonds of affection. Grandparents could send cards to their grandchildren. Flownthe-nest children might telephone their parents. We could email some friends, telling them what they mean to us. We could throw a party and lift a glass to love. If Dad is in assisted living, we might deliver a plate of holiday cookies to him and his companions. Ditto for the kids in our child's classroom.

It's simple, really. All we really have to do on this day is to say "I love you" to those who should already know it.

Top that off with a serving all around of crème brûlée or chocolate-covered strawberries, and you'll have a five-star Valen-

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."

ACTS OF KINDNESS

Kindhearted Plumber Launches Business to Help the Vulnerable

When James Anderson saw the conditions experienced by many of the elderly and vulnerable, he took matters into his own hands

EPOCH INSPIRED STAFF

A kindhearted plumber left a cancer-stricken man amazed and teary-eyed after he installed a free boiler a day after he called.

Born in Liverpool, UK, James Anderson is a fully qualified plumbing and heating engineer who currently resides in Burnley, Lancashire.

In 2017, Anderson was called for a second opinion at the house of a disabled, elderly gentleman who was almost conned by a heat-"[He] was nearly scammed out of 5,500

[pounds] for work he did not need," Anderson told The Epoch Times. "The memory of him sitting there in his bed with a hoist is still fresh in my memory ... so fragile and helpless." Shocked on witnessing this and on learning about the low-quality life that many elderly, disabled, and vulnerable people had to lead due to poor heating and plumbing, Anderson

established Depher (Disability and Elderly Plumbing and Heating Emergency Repair). "I couldn't believe it and I made it my life mission to make sure I could help as many people as I could, whatever the cost," Anderson said, according to Daily Mail. "If you've got disabilities, issues, sometimes overcome and we want to make sure they're taken care of."

Since the inception of the communityinitiative company, Anderson and his team have delivered a "lifesaving service" to more than 1 million people. Their services include plumbing, heating, gas, electricity, and food, among other things.

Currently, the company works with 67 subcontractors across the country who assist with plumbing and heating emergencies. According to Anderson, to cover the cost of

labor and materials, the company receives more than 80 percent of its funds through donations from the public and companies, and 20 percent from paid work. The money helps with providing free servic-

es during the winter months and discounted services at other times. Anderson believes that every customer has their own story, and they're all treated with

the same respect and dignity. In December 2022, Anderson and his team received a call from Macmillan nurses and a doctor regarding a cancer-stricken patient,

Robert Downs, who needed help with a boiler. Downs—battling cancer for the third time—had tried to get help with his broken boiler, but couldn't find any. However, as these things can become too difficult to soon as Depher got to know about Downs's



James Anderson started Depher after he learned about the low-quality lives that many elderly, disabled, and vulnerable people experience due to poor heating and plumbing.

need, they were able to install a Glow-worm boiler for free.

Anderson told The Epoch Times that as Downs had been battling cancer, they supported and fought with him every step of

According to Anderson, Downs's reaction to receiving the boiler was "priceless." The elderly man was amazed by the gesture and teared up.

The plumber, who has worked tirelessly over the past six years to help those in need, told BBC Breakfast that he's been driven by a promise that he made to his baby son, William, who died in 2013.

Anderson had pledged to his son to become Share your stories with us at emg.inspired@ "the man that he would have grown up to

about us," Anderson said.

daily dose of inspiration by signing up for the



The Depher initiative works with 67 subcontractors across the country that assist with plumbing and heating emergencies, often installing needed appliances for free.

William in there," Anderson said. "I really

hope I've done him proud." During the onset of the pandemic, Anderson helped deliver personal protective equipment and food to his community.

Recently, with the rise in the cost of living, Anderson and his team have been busier than ever. They have been dealing with people in distress who are tired of being told no.

Anderson told The Epoch Times that they're really humbled by all the people they can help. "If you need us, we are here. If you don't need us and someone else does, tell them

epochtimes.com, and continue to get your show people humanity, there's a little bit of

ALL PHOTOS BY SHUTTERSTOC

Born in 1725, John Wilkes spent his career in politics pushing for the reduction of concentrated power. Engraving based on a painting by R.E. Pine. ALL PHOTOS BY GETTY IMAGES

THE EPOCH TIMES Week 6, 2023

The Hero of Liberty Who King George III Arrested for 'Sedition'

When John Wilkes died in 1797, British liberty was more robust than it was in the year of his birth-in part because of him and his 'radicalism'

LAWRENCE W. REED

n the long history of memorably scintillating exchanges between British parliamentarians, one ranks as my personal favorite. Though attribution is sometimes disputed, it seems most likely that the principals were John Montagu, fourth earl of Sandwich, and the member from Middlesex, John Wilkes.

Montagu: Sir, I do not know whether you will die on the gallows or of the pox. Wilkes: That depends, my lord, on whether I embrace your lordship's principles or your mistress.

Repartee doesn't get much better than that. And it certainly fits the style and reputation of Wilkes. Once, when a constituent told him he'd rather vote for the devil, Wilkes famously responded: "Naturally. And if your friend decides against standing, can I count on your vote?"

Wilkes deserves applause for his rapier wit but also for something much more important: challenging the arrogance of power. He was known in his day as a "radical" on the matter. Today, we might label him "libertarian" in principles and policy and perhaps even "libertine" in personal habits (He was a notorious womanizer). His pugnacious quarrels with a king and a prime minister are my focus in this essay. Born in London in 1725, Wilkes in his adult life was cursed with bad looks. Widely known as "the ugliest man in England," he countered his unattractive countenance with eloquence, humor, and an eagerness to assault the powers that be with truth as he saw it. Fortunately, the voters in



King George III was criticized by Wilkes for his handling of the Seven Years' War and taxation of the American colonists. Engraving based on a painting by Joshua Reynolds.

Middlesex appreciated his boldness more than his appearance. He charmed his way into election to the House of Commons as a devotee of William Pitt the Elder and, like Pitt, became a vociferous opponent of King George III's war against the American colonies.

Pitt's successor as prime minister in 1762, Lord Bute of Scotland, earned the wrath of Wilkes for the whole of his brief premiership. Bute negotiated the treaty that ended the Seven Years' War (known in America as the French and Indian War), which Wilkes thought gave too many concessions to the French. Wilkes also opposed Bute's plan to tax the Americans to pay for the war.

In an April 1763 speech written by Bute, King George III publicly endorsed his prime minister's policies. Wilkes responded with a merciless broadside in his publication, The North Briton. His opening paragraph aimed squarely at Bute:

"The North Briton has been steady in his opposition to a single, insolent, incapable, despotic minister and is equally ready, in the service of his country, to combat the tripled-headed, Cerberean administration."

"Cerberean," incidentally, referred to Cerberus, the vicious, three-headed watchdog in Greek mythology that guards the gates of Hades.

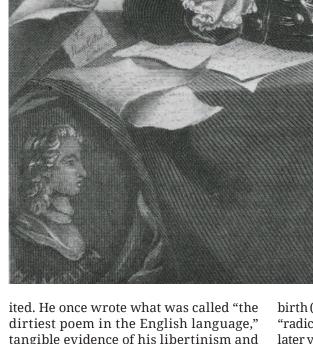
The king himself fared slightly better, but Wilkes nonetheless lamented that George III had given "the sanction of his sacred name to the most odious measures." The terms of the peace treaty drew "the contempt of mankind on our wretched negotiators," he declared. He strongly hinted at official corruption when he wrote, "Many unnecessary expenses have been incurred, only to increase the power of the crown, that is, to create more lucrative jobs for the creatures of the minister." He closed with what the king took as a thinly veiled threat:

"The prerogative of the crown is to exert the constitutional powers entrusted to it in a way, not of blind favor and partiality, but of wisdom and judgment. This is the spirit of our constitution. The people, too, have their prerogative, and, I hope, the words of Dryden will be engraved on our hearts, 'Freedom is the English subject's prerogative."

George III took it personally. He ordered the arrest of Wilkes and dozens of his followers on charges of seditious libel. For most of the nearly 1,000 years of British monarchy, kings would have remanded foes like Wilkes to the gallows forthwith. But as a measure of the steady progress of British liberty (from Magna Carta in 1215 through the English Bill of Rights in 1689), the case went to the courts.

Wilkes argued that as a member of Parliament, he was exempt from libel charges against the monarch. The lord chief justice agreed. Wilkes was released and took his seat again in the House of Commons. He resumed his attacks on the government. Bute's successor George Grenville in par-

Over the next decade, Wilkes fought for the continued reduction of concentrated power, including the right of printers to publish the debates in Parliament uned-



tangible evidence of his libertinism and his sometimes scandalous personal life. No matter the issue, he wasn't averse to, shall we say, "pushing the envelope."

Among his defenders was the great statesman Edmund Burke, who himself chipped away at the power and privileges of the British establishment.

Though Wilkes won reelection on an antigovernment platform in 1768, Parliament expelled him. He was reelected again in three successive elections a month apart in February, March, and April 1769—only to see Parliament void each election and attempt to give his seat to someone else. In the April balloting, Wilkes garnered more than 79 percent of the vote against Parliament's choice of Henry Luttrell. The House of Commons seated Luttrell anyway.

Out of Parliament, Wilkes got himself elected as an alderman for London (equivalent to a city council seat), and then lord mayor of London in 1774. When he ran again for the House of Commons a few months later, he won back his Middlesex seat. Parliament had moved on to more pressing matters, namely, rising tensions with the American colonies. Wilkes was allowed to take his seat, a perch he used to assail the government's drift toward war.

It shouldn't surprise you to learn that the man who introduced the first bill in the House of Commons for reforming Parliament itself was none other than John Wil-

British liberty, when Wilkes died in 1797, was more robust than it was in the year of his birth (1725)—in part because of him and his "radicalism." Though he settled down in his later years into a more "moderate" perspective (and lost popular support because of it), his most significant contributions remain unquestionably those of his earlier days.

Now and everywhere, as in the 18th century in Britain, lovers of freedom must recognize and appreciate those who man the barricades. Two centuries after the events described above, Ronald Reagan expressed a truth with which the radical Wilkes would, I think, heartily agree:

"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."

This article was originally published on

Lawrence W. Reed is FEE's president emeritus, Humphreys Family senior fellow, and Ron Manners global ambassador for Llberty, having served for nearly 11 years as FEE's president (2008–2019). He is author of the 2020 book, "Was Iesus a Socialist?" as well as "Real Heroes: Incredible True Stories of Courage, Character, and Conviction" and "Excuse Me, Professor: Challenging the Myths of Progressivism." Follow on LinkedIn and Like his public figure page on Facebook. His website is LawrenceWReed.com

To the Valentines Struggling to Hang On

Marriages, just like individuals, go through difficult seasons in life

BERNADETTE BONANNO

MARRIAGE

This isn't a lovey-dovey Valentine's Day story. This is a shout-out to all the valentines struggling to hang on.

For 30 years, my husband, Mike, and I have worked with couples preparing for marriage. Over the years, as we aged and morphed, the topics we discussed with the couples morphed as well.

These days, after brief introductions, the first thing I say to the couples is this: "If you are in this for life, I mean through thick and thin, then before you tie the knot, you owe it to your self to ask your fiancé, 'Are you in this

Abruptly, the room gets serious, eyes widen, and I continue: "Ask each other: What if we can't enjoy the lifestyle we hope for? What if I

gain 30 pounds? What if I go through seasons of illness or depression? What if I get in an accident and my personality and body changes? What if we can't have children or lose a child? Before we tie the knot, at this point, I need to know. Are you in this for life?"

Of the many lifelong marriages we know, we don't know one that hasn't endured very difficult seasons. Maybe that's because every individual life goes through periods of "rocking and rolling." So put two lives together, and it's no wonder.

Our culture promotes the idea that there's a program, a fix, or a pill to solve any problem. Believing this nonsense, we assume we're different from other couples when struggles arise. We "wear makeup" to hide our blemishes.

Meanwhile, if we were a fly on the wall in any house on the block, we'd be comforted

knowing that it's not always, as Mr. Rogers sang, "a beautiful day in the neighborhood." We think: "There must be something wrong with us! Maybe I married the wrong person. I'll get it right the next time." But the next time, we may find we're reading the same book—it's just a different chapter.

While encouraging the couples to work together as a team in all areas of marriage and family life, we're brutally honest with them and attempt to debunk this cultural narrative. Wrapping up our time to-

gether, we say: "Marriage can be your greatest blessing and a lot of



bases—financially, physically, spiritually, sexually, and socially. But at some point, you will feel like you're up a creek without

a paddle. Try not to be surprised. Hang on

Because our culture romotes quickfix solutions, struggling couples may be tempted to think they are different

from other couples.

lives in Albany, N.Y.



The elegant Winter Palace is a striking example of the baroque style in 18th-century Russia. Painted in green and white, the monumental palace exterior combines both decorative arts with traditional architecture. The three-story building is composed of four facades featuring two-tier colonnades and golden stucco moldings. Abundance is the key word here: Windows are abundant, as are the cornices (decorative moldings) and sculptured figures, conferring a majestic appearance to the palace.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

THE HERMITAGE OF

St. Petersburg

MUSEUM OF ART AND ARCHITECTURE

ARIANE TRIEBSWETTER

One of the largest art museums in the world and the former residence of the Romanov czars, the State Hermitage Museum in St. Petersburg, Russia, is in the historical center of the city.

Composed of five buildings, the Hermitage hosts about 3 million items dating from the Stone Age to the present, including old masters' paintings. But it's much more than a museum: it's also an architectural work of art.

In 1754, Empress Elizabeth of Russia commissioned architect Bartolomeo Rastrelli to design the Winter Palace, a sumptuous baroque-style residence that took more than eight years to build. Catherine the Great then expanded the build-

ing and transformed much of the baroque interiors into neoclassical designs, the architectural fashion at the time.

Catherine was also interested in art, and new buildings in neoclassical styles surfaced next to the royal residence to house her impressive art collection. Successively, the Small Hermitage, the Great Hermitage, the Hermitage Theatre, and the New Hermitage emerged. Completed in 1795, the new array of buildings along with the palace became known as "Hermitage" (from the French "retreat").

Each building and each room of the Hermitage is an architectural marvel. The exterior of the Winter Palace is a masterpiece of Russian baroque architecture, with its abundance of molded decorations, featuring golden stucco.

Most interiors are in the neoclassical style, as shown in St. George's Hall, a large state hall with Corinthian pink marble columns and patterned floors. Other highlights of the complex include the Pavilion Hall with Gothic, Oriental, and Renaissance elements; the Raphael Loggias gallery with frescoes inspired by the Vatican Palace; and the Auditorium in the French Rococo style.

The buildings that hold archeological and artistic masterpieces are themselves great works of art.

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



1. Located in the Small Hermitage, this is one of the most opulent rooms in the complex. The Pavilion Hall, designed by Andrei Stackenschneider in 1858, combines Gothic, Oriental, and Renaissance elements. Crystal chandeliers are found throughout the room, supported by white marble columns and gilded stucco ceilings and walls. The mosaic set on the floor is a copy of an ancient Roman mosaic. 2. A rare example of the "Second Rococo" style (the revival of the Rococo style) in the Winter Palace. Designed by

architect Harald Bosse in 1853, this boudoir features exquisite ornamentation, with gilded furniture, red brocatelle (silk fabric), and an ormolu chandelier reflected in the central mirror, giving an overall impression of luxury and comfort. 3. One of the most famous rooms of the Great Hermitage is the Raphael Loggias. Commissioned by Empress Catherine II in the 1780s, it's an exact reproduction of the frescoes in the Papal Palace in Vatican City. The copies of the frescoes are in the tempera technique. The vaults here







are decorated with scenes from the Holy Scriptures (known as "Raphael's Bible"), and the painted walls are decorated with "grotesques" (ornamentation motifs). 4. A room made out of gold: the gold-drawing room was designed by architect Alexander Briullov between 1838 and 1841. Refurbished by Andrei Stackenschneider after the 1837 fire, the architecture follows the opulent Byzantine style, with its vaulted ceiling, gildedwall moldings, and gilded doors. The décor is completed by a magnificent parquet floor.

"American Shipping off the Rock of Gibraltar," 1873.

FINE ARTS

A Russian Painter's Magical Brush

Nearly two hundred years later, Ivan Aivazovsky's maritime oil paintings continue to astound



"The Ninth Wave," 1850.



"Fishermen on the Beach," 1852.



"Rainbow," 1873.

ΑΝΝΑ ΜΑςΟΝ

true trailblazer in the world of oil painting, Russian artist Ivan Aivazovsky produced almost magical results in his seascapes, so masterfully did he wield his brush. Looking at his works, one can almost taste the salty ocean spray.

Over his lifetime, Aivazovsky amassed around 6,000 finished works, more than half of which were maritime subjects. Blessed with an eye and a hand for portraying the movement and translucence of waves, the artist succeeded in capturing on canvas the roiling, foaming essence of the sea.

As a budding artist, Aivazovsky was sent by the Imperial Academy of Arts to study in Europe. The emerging star spent an illustrious few years mingling with other creatives in Italy and France. He was lauded by contemporaries such as the English painter J.M.W. Turner and received gold medal awards from the pope at the time and France's Self-portrait, 1874, came common parlance in Rus-Royal Academy.

by Ivan Aivazovsky.

Upon returning to Russia, Aivazovsky had become a celebrity. Impressed by his outstanding talent, the Russian navy named Aivazovsky their official painter, and his travel adventures really began. In 1845, he was sent on a voyage to Constantinople and the Greek archipelago. With raw energy and not yet age 30, the artist produced a treasure trove of marine, coastal, and battle

"The Ninth Wave" is widely considered Aivazovsky's most famous work and is monumental in scale—measuring almost 11 by 7 feet. It depicts the aftermath of a shipwreck set before a bonfire of a sunrise, with waves in the fore seeming to hold the intensifying morning sunlight in their aqueous grasp.

Like that of Turner, Aivazovsky's use of strong atmospheric perspective sometimes tips on the verge of fusing sea and sky. His adding a glorious sunrise in "The Ninth Wave," or a sunset in "Storm Near Eupatoria," throws an emotional dimension into the mix.

In those years, artists sought to breach the foregoing neoclassical concept of the "rational" in their work in search of a more transcendent emotion found in the "sublime." Like Turner, Aivazovsky sometimes did so through an almost abstract flatness in his handling of materials that subsumes the image.

Besides "The Ninth Wave," the artist produced such masterworks as "Wave," "Storm Near Eupatoria," and "View of Odessa on a Moonlit

> A public opinion poll conducted in 2017 found that, among Russians, Aivazovsky's paintings are the best-regarded of all those done by Russian artists. The saying "worthy of Aivazovsky's brush," popularized by Anton Chekhov, besia for describing something of

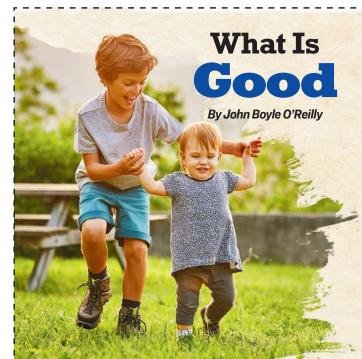
incomparable loveliness. In 1892, not long before his death in Feodosia in the year 1900, Aivazovsky made a trip to America. After the trip, he painted Niagara Falls, once more succeeding in capturing the raw power and sublime majesty of Mother Nature.

While many legendary artists of the modern era suffered tragic lives, Aivazovsky was not one of them. The master of seascapes enjoyed a glorious career of fortune and fame, and the extraordinary beauty of his paintings continues to delight two centuries on.

Late in what was an amazingly gifted, dynamic, and admired life, Aivazovsky himself said: "Even in deep old age, I still have a strong passion within me, and I work constantly."



FOR KIDS ONLY THE EPOCH TIMES



WHAT DID THE

SAY TO HIS WIFE ON

"What is the real good?" I asked in musing mood.

Order, said the law court; Knowledge, said the school; Truth, said the wise man; Pleasure, said the fool; Love, said the maiden; Beauty, said the page; Freedom, said the dreamer; Home, said the sage; Fame, said the soldier; Equity, the seer;—

Spake my heart full sadly: 'The answer is not here.'

Then within my bosom Softly this I heard: 'Each heart holds the secret: Kindness is the word.'

> decided to stick with love ... hate is too great a burden

> > MARTIN LUTHER KING, JR.

to bear.



THE **IS FORMED**

n Feb. 8, 1861, shortly after the election of U.S. President Abraham Lincoln,

seven states that had seceded days earlier (South Carolina, Mississippi, Florida, Alabama, Georgia, Louisiana, and Texas) officially formed the Confederate States of America. They elected Jefferson Davis, former secretary of war, as their

The Civil War began only a few months later. During the war, the Confederacy grew to 13 states and included Virginia, Arkansas, North Carolina, Tennessee, Missouri, and Kentucky. It was finally dissolved at the conclusion of the war in 1865.



cartoon depicting Abraham Lincoln Davis fighting over a map of the United States, with George B. McClellan trying to the map, circa

ALL PHOTOS BY SHUTTERSTOCK

US flag designs

from 1861 to

By Aidan Danza

THE TALLGRASS PRAIRIE



as opposed to the more westerly, arid, shortgrass prairie. There are four main species of grass that grow here, and they dominate above all other plant species in normal prairie conditions. These species are all perennials, and they are all warm-

season grasses, meaning they grow

most in the late summer.



BIG BLUESTEM

Big bluestem is the tallest of the tallgrass, growing 4 to 8 feet tall. The grass can be quite aggressive, but this characteristic is counteracted by the fact that cattle and buffalo simply adore the stuff and will not hesitate to eat it all wherever it's present. The grass grows very deep roots and rhizomes (sometimes 6 to 10 feet deep) and puts out its seed in the fall, after which it proceeds to die off in the winter. However, being a perennial, the grass will be back in the spring with the same vigor



SWITCHGRASS Switchgrass is another perennial

warm-season grass. Like the big and is very tall, but it grows only to around five feet at most. Some types grow in a bunching habit, meaning that they grow in shrublike clusters, while others grow in a sod, like a lawn. As they die off in autumn, they show a beautiful orange color.



INDIANGRASS

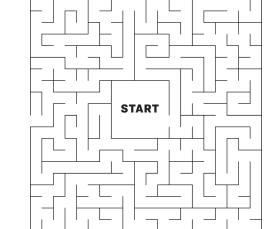
Indiangrass is yet another perennial warm-season grass. It forms a sod and has a bluegreen color, eventually forming large seed heads. It's also another favorite of cattle and buffalo and is actually renewed by fire, not unlike several other species of grasses and trees. This necessitates controlled burns in areas where it's present.



LITTLE **BLUESTEM**

This grass' favorite habitat is bottomland areas with full sun In perfect conditions, it can grow to three feet tall. It grows in a bunching habit and is a popular ornamental grass because of its bluish color in the springtime and rusty red stems in the fall and winter. The seeds are also a favorite of birds.





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



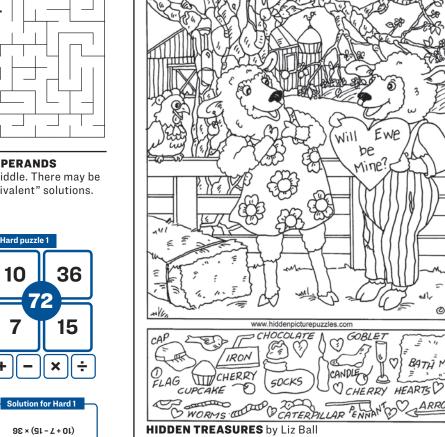
Solution For Easy 1

 $(7-01) \times (7+8)$

17 12

17 × 2 - 15 - 12

(10 + 7 - 15) × 36



www.HiddenPicturePuzzles.com





OEAEUZXCUPIDHZM BXGROMANCETAUKN LDFUBELOVEDQOOO EMBRACEIFLAMECN NIHTIÉANKFDSMOS TRUICEFNTEOKWLT IETNGFNFDRRBYAR NRAGTMIDUYEOXTU EIADRGSMITTENEC FONDNESSEKAJZSK Embrace Fiancée Flame Flirt Fondnes Friend

WORD SEARCH: Happy Valentine's Day!

LOVEBIRDSFLIRTH

Gift

Heart Lovebirds Moonstruck

TRUTH and TRADITION

In Our Own Words

Uplifting, Inspiring, and Useful





Family life has a tremendous impact on individuals and society as a whole.

Barbara DanzaContributing Editor

Dear Epoch VIP,

I'm so happy you're receiving The Epoch Times in your home. I'm Barbara Danza, a contributing editor. You may have seen my articles in the Life & Tradition section or perhaps your children have discovered the page I edit: For Kids Only.

This is pretty much a dream job for me. Between interviewing knowledgeable and inspiring experts and influencers, diving into research about subjects I'm passionate about, or joyfully putting together a special page for our younger readers to enjoy, I feel so fortunate to play a small part in what The Epoch Times is bringing to the world. That I get to do this while taking care of my own family at home and homeschooling my children is truly a blessing.

Most of my work focuses on family life. Though it seems traditional family values have been under attack for some time in our culture, I see more families searching for ways to simplify their lives, preserve the magic of childhood, pass on family traditions, provide their children a solid education and ground their family life in the values they hold most dear.

Families face many issues today—from inadequacies in our educational systems to an increasing array of alternatives, from the frantic overscheduling of our lives to a trend toward simplicity, from the onslaught of disturbing media messages to more focus on what's good and true.

Family life has a tremendous impact on individuals and society as a whole. There are endless topics to explore. Should you have one you'd like me to cover, or if you have feedback you'd like to offer about my work, please send it on. I'd love to hear from you.

My first article in The Epoch Times was published back in its early days in 2005. It has been astonishing to watch our media company grow and see what a deep need it fulfills for our ever expanding audience. I feel lucky to be part of an enterprise that is giving so many people, as they often put it, what they've been searching for.

I hope you enjoy this week's edition of the paper, and that in addition to being well-informed about current events, you find ideas that are uplifting, inspiring, and useful in your own life.

We have only just begun. Please help us continue to expand our reach by sharing The Epoch Times with your family and friends.

Thank you for reading, for coming onboard as a subscriber and for supporting the work we do.

Knowing that there are people like you who value high standards of

journalism and traditional American values inspires us all to keep going.

In Truth and Tradition,

Barbara Danza The Epoch Times



Wake America Up With the Gift of Real News



nvestigations by The Epoch Times have shown how Big Government, Big Media, and Big Tech work together to shape and twist what you think and believe.

Recent events have taught us that this is a true threat to democracy. So with the help of our generous supporters—we're taking action.

Please give today at SupportEpoch.com to fund our Real News initiatives: **EpochWire** which makes our fact-based journalism readily available to about 6,000* local papers around the country through a newswire service.

Epoch Journalism Institute to train traditional, fact-based journalists. YOU can wake America up with the gift of Real News that honors Truth and Tradition. Make a tax-deductible gift to The Epoch Times TODAY to support Real News.

With you on our side, we can reach millions of Americans with the truth.

Donate Today

SupportEpoch.com



SCAN TO GIV

Yes, I'd like to donate!

□ \$50

□ \$100

□ \$300

□ \$500

☐ \$1,000 ☐ Others:

The Epoch Times is a registered 501(c)(3) nonprofit. All gifts are tax-deductible.

Mail check to

The Epoch Times
Attn: Accounting Department
229 W. 28th St., Fl. 7, New York, NY 10001

THE EPOCH TIMES

▶ Pay by credit card / debit card at SupportEpoch.com

*Medill Local News Initiative

▶ Pay by check (payable to The Epoch Times Association Inc.)

Your Billing Information (Please Print Legibly)

FIRST NAMEADDRESS		ST NAME		
		UNIT#	UNIT#	
CITY	STATE	ZIP		
EMAIL				
PHONE	SIG	GNATURE		