

THE EPOCH TIMES

LIFE &

TRADITION



Mikell Bedenbaugh when he was a young surfer.

A Father's Legacy

Troy Bedenbaugh, who has 'zero memories' of his late father, found the latter's lost surfboard—and in the process, the people who loved him

LOUISE CHAMBERS

After tracking down a lost surfboard made by his late father, a young filmmaker felt compelled to learn more about his dad by tracing the boards he made back to the people who loved him most.

South Carolina-born Troy Bedenbaugh, 25, lives in St. Petersburg, Florida, and runs a video production company. His father, Mikell Ralph Bedenbaugh, passed away on Aug. 17, 2004, when Troy was 7 years old.

"I didn't even realize the effect of it until later," Bedenbaugh told *The Epoch Times*. "He actually died of a massive heart attack. It was the last thing anyone expected. ... He died, actually, while he was surfing.

"Making the film 'One Lost Many Found,' the biggest thing that I learned was just the importance of living life, to not only serve yourself, but to serve others, and to cherish those around you.

"Twenty years later, people were still crying in the interviews because of the things that [my dad] did for them. Even after he died, being able to see the impact he made [on others] really had a strong effect on me."

The Missing Surfboard

His father "did a lot of things" to make ends meet, Bedenbaugh said, but one thing he excelled at was shaping surfboards. After his death, an artist painted a memorial mural on the back of one of his boards, and for his mother, Robin Ruonala, that board became her favorite.

Continued on Page 2



Mikell Bedenbaugh and his son Troy Bedenbaugh.



BIBA KATWICH

Practicing Self-Discipline

Building the life you want begins with yourself

BARBARA DANZA

Whatever you aim to do and achieve in life, whomever you wish to become—the ability to discipline yourself is sure to play a major role in your success. Whether you're seeking financial security, increased physical strength and fitness, a clear and organized home, professional achieve-

ment, improved relationships, or inner peace—if you can cultivate the ability to discipline yourself, you're halfway there.

It's all too easy in life to get caught up, to drift along, and to let life pass you by. In modern society, the forces vying for your attention, your focus, and your will are sophisticated and ubiquitous. You have every tool of distraction you could ever dream of at your disposal. Most people, it seems,

choose the path of least resistance—succumbing to temptation, choosing comfort, and avoiding the reality of the gap between where they are and where they could and should be.

Self-discipline is what's required to overcome such forces and live in alignment with your core values. After all, isn't that what your aims and visions are truly about?

Continued on Page 2

To strengthen your motivation, it helps to define the purpose of your goals.

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THE EPOCH TIMES
INTERVIEWS
SHEN YUN AUDIENCES‘Shen Yun
is the work
of God’

New York-based Shen Yun Performing Arts, established in 2006, is the world's premier classical Chinese dance and music company. 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.

ANNIE GONG/THE EPOCH TIMES



“

We were amazed by their technique, but most importantly, it was the smiles on their faces and the beauty. It's because Shen Yun is the work of God.

GUO-SHOU SHEN,
chief of obstetrics and
gynecology, Gong Memorial
Hospital, Miaoli, Taiwan

NTD



“

It's so inspiring to me to see people stand for their beliefs in the face of persecution. I'm just so thankful for what [Shen Yun] is doing. They are always welcome in Utah.

QUINN KOTTER,
Utah state representative

FRANK LIANG/THE EPOCH TIMES



“

If [Shen Yun's] message could get to many people, you would see a different world.

TED MAZIEJKA,
a consultant, Charlotte, N.C.

Shen Yun's Upcoming Performances

Denver Colo.	March 8-12
Claremont Calif.	March 10-12
Venice Fla.	March 11-12
Lakeland Fla.	March 14-15
Cheyenne Wyo.	March 14-15
Thousand Oaks Calif.	March 14-16

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

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



Caring for the small details, such as when doing chores, is a blessing to yourself and those you share life with.

PHOTO BY SHEN YUN

Practicing
Self-Discipline

Continued from Page 1

Define Your Why

In order to strengthen your will to maintain discipline, it helps if you've defined the purpose of your goals. Why do you want to accomplish these things and steer your life in this direction? Why are fostering certain habits important in the grand scheme of

things? Why do you believe you exist?

That's right—ask the big questions to get closer to the big answers, and the pull of that North Star will be stronger than that of petty diversions.

Systematize

Once you know what you're aiming at and why you're aiming at it, increase the odds

of your success by putting systems in place to support you. Consider your daily routines, your schedule, your habits, and your environment.

For example, if you're aiming to improve your fitness, a habit of getting your workout clothes on upon waking might be a helpful routine to employ. The routine of walking out the door right after you brush your teeth to head to your gym or on a walk might leverage an already established routine (teeth brushing) to spur you on. Committing to a frequency and time of exercise on your calendar can also help to maintain your drive and prevent other activities from taking over those time slots. Keeping your alarm clock on the other side of the room may help you to wake up earlier

under the impression that they were also going to hire movers," Bedenbaugh said.

"I just call it a big miscommunication. Long story short, my stepdad said they could sell a lot of the stuff that we [left behind], and somehow the surfboard got sold."

In July 2020, Bedenbaugh decided to start looking for the missing surfboard. He reached out to local auctions with no luck before looking up his mom's old home on the internet, calling the present owners, and striking gold.

They weren't keen to sell the board, but in September 2020 they made an offer and Bedenbaugh snapped it up; he wanted to surprise his mom for Christmas. "My best friend's dad ... he picked it up for me and shipped it to North Carolina, to my sister's house. That's where I surprised my mom," he said.

Bedenbaugh filmed the big reveal and uploaded the footage to TikTok, where, upon seeing the lost board, Robin bursts into tears of joy and disbelief. "She was just blown away," he said. "She couldn't believe that I was able to track it down. It was just really cool to see her be able to reconnect with our past in a positive way."

Bedenbaugh's footage has more than 15 million views to date. While shocked, the filmmaker believes the "raw, honest story" must resonate easily with anyone who has lost a loved one.

‘One Lost Many Found’

Bedenbaugh's parents got married on April 11, 1980. They had three daughters and two sons together.

One weekend when the kids were away, his father suffered a massive heart attack

while surfing after a hurricane; with the help of a passing medic on the beach, his mother called an ambulance, and his father spent two days on life support.

"That allowed my sisters to come back and essentially say goodbye, but he was brain dead at that point ... my brother and I were so young, we didn't go in the room," Bedenbaugh said. "Some of his last words were [that] he wanted to get his surfboard, because he had just made it. ... Then he passed away, right in my mom's arms."

Bedenbaugh laments that he had "zero memories" of his father.

Gifted his mom the lost surfboard planted the seed of an idea. In September 2021, he began shooting a short documentary film on his father's life, "One Lost Many Found."

"I interviewed eight people, a mix of family and my dad's close friends," he said. "Basically what I did was discover him through the boards that he shaped and left behind ... as a device to discover who he was."

Bedenbaugh flew to California to meet his father's old surfing buddies and even located his father's signed memorial board from his "paddle out," the group surf outing held in his memory. Bedenbaugh learned that his 6-foot, athletic, funny father had a close-knit social circle.

"He didn't have a ton of friends, but the ones that he did have he obviously impacted very strongly," Bedenbaugh said.

On Aug. 27, 2022, shortly after the 18th anniversary of his father's passing, "One Lost Many Found" premiered at Buffer Festival in Toronto, Canada. To date, the documentary has more than 120,000 views on YouTube.

to guarantee the time for exercise.

Think through what you're trying to do and set up any and all systems in your life that can make it a simpler and easier task.

Track Your Progress

One secret to achieving your goals is realizing that the real joy comes from the progress you make along the way, not the final achievement at the end of your journey. Further, many of life's aims are lifelong pursuits with no set finish line. You don't completely stop practicing good nutrition when you reach your goal weight, for example.

One secret to achieving
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make along the way.

Set up tools to measure your progress as you go. Any time you improve and make progress toward your aim is worth celebrating. If you're trying to lose 30 pounds and you lose one, celebrate. If you're trying to pay off \$100,000 worth of debt and you pay off \$100, celebrate. Tracking allows you to see incremental improvements all along the way, spurring you on.

Slow Down

Sometimes, we deem the small details of life that we're responsible for as insignificant minutiae, but doing well with each is an act of discipline. Find the art in washing the dishes, folding the laundry, and wiping down your countertops. Caring for the small details is a blessing to yourself and those you share life with. It's an inspiration to those around you. It also builds a foundation from which to tackle those tasks you deem more significant. Don't carelessly rush through. Slow down, take care, and do those little things as well as you possibly can.

Discipline Your Mind

Your thoughts play a major role in the quality of your life. Take a look at the thoughts that run through your mind on repeat. Are they kind? Are they true? Are they bringing out the best in you? Are they limiting your ability to reach your greatest potential?

Discipline yourself to forgo thoughts that hinder your life. Pay attention to the thoughts that run as if on a repeating record and change them if they're doing you a disservice.

Discipline Your Tongue

Similarly, mind your speech. How often do you look back on a conversation or even an email and regret what you said? Your words have power. Maintain truthful speech as much as possible. Listen more than you talk. Choose to refrain from sowing discord and negativity in general. Use your speech to extend kindness. Recognize that every word is a choice. Choose wisely.

As a 25-year-old man, Bedenbaugh knows he resembles his father. After moving to Florida, his wife encouraged him to get back into surfing, and he began missing his father more than ever.

"I was like, 'I've never really felt this before,'" he said. "Growing up, I didn't think of him. But now ... him missing big moments, or even the small moments, I definitely would love to just talk to him."

"The majority of what people strive for in life, no one's ever gonna remember it ... but people do remember the impact you left on them personally. So if I could say anything, it's just, don't take for granted the people around you in your life. It's never going to be perfect, but do your best to serve others and be present with others, and live a life that's selfless."

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Robin Ruonala and Mikell Bedenbaugh.

LITERATURE

A.A. Milne: The Wisdom
of Winnie the Pooh

There's a safe place to be found in the Hundred Acre Wood, and comfort for children and adults alike



ANDREW BENSON BROWN

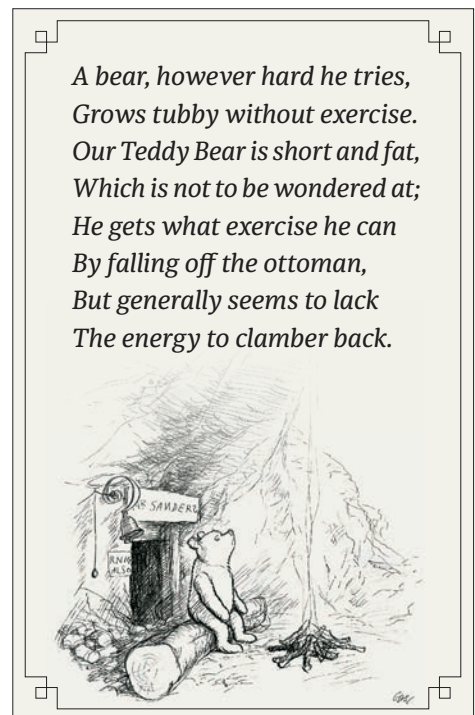
Every adult knows that the world is a scary place. We try to shield our children in a safe environment that allows them to develop the confidence and assurance to, one day, confront this scariness. Children that lack this nurturing atmosphere sadly tend to learn maladaptive ways of dealing with the world.

Less obvious is that adults, too, sometimes need to experience the nostalgia of childhood to prevent being overwhelmed by cares and anxieties. Often, the best way to do this is by sharing the experience of an imaginary world with one's own child. And there's one author, more than any other, who captures the essence of both childhood hope and grown-up wistfulness.

The Birth of Pooh

Alan Alexander Milne was born in 1882 in England. He grew up in a boarding school, Henley House, that was run by his father; one of Milne's teachers was famous science fiction writer H.G. Wells. He found his first literary success as a humorist for Punch magazine before enlisting in World War I, during which he witnessed firsthand the horrors of the Somme. Although he had always been opposed to war, he became an ardent pacifist upon returning to Britain. After attaining prominence as a playwright, he achieved immortality when he turned his hand to children's literature.

Next year will mark the 100th anniversary of when Milne published "When We Were Very Young," the book of poetry that introduced the world to Christopher Robin. Only four poems in the collection are actually about him, while only one poem, "Teddy Bear," hints at what would later become one of the most famous creations in all of children's literature:



Those who know anything about the life of Milne probably know that the characters were based on his own son, Christopher Robin, and the toys in his nursery. In physical appearance, Winnie the Pooh was based on the teddy bear of the son of the books' illustrator, E.H. Shepherd. In habit, however, it was the teddy bear the young Christopher took everywhere with him. The names "Winnie" and "Pooh" were taken, respectively, from a black bear at the London Zoo and a swan in Sussex, both of which Christopher was fond of.

"When We Were Very Young" was an instant bestseller, taking Milne's publisher by surprise. It was immediately recognized as the most important work of children's literature since "Alice in Wonderland." Three more books followed: another book of verse, "Now We Are Six," and two prose collections, "Winnie-the-Pooh" and "The House at Pooh Corner."

Analyzing Pooh

Academic criticism has sought to "explain" Pooh through the lenses of every conceivable paradigm: Freudian, Marxist, Feminist, Taoist, and more. Milne's

biographer, Ann Thwaite, summarized some of these theories: Chasing honey represents sexual cravings or the crass competition of the free market, Heffalumps are symbols of colonialism, and the Hundred Acre Wood is an anti-patriarchal paradise ("A.A. Milne: The Man Behind Winnie-The-Pooh," Random House: New York, 1990). They're classic examples of reading into the text what you want to see. No other authorial creation of modern times has been subjected to such a mountain of conjectural baloney (although the "Tao of Pooh," the most successful of these publications, has merit in the moral lessons it draws).

Whether Milne liked
children or was good
with his own, it is
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that he understood
them in a way that few
adults ever have.

Since, all things being equal, the simplest explanation tends to be the right one, we can take the stories at face value for what they overtly depict: kindness, cooperation, freedom from constraints, and the spirit of adventure. The characters represent universal personality types: the neurotic Eeyore, the timid Piglet, the intellectually arrogant Owl, the zany outgoing Tigger, the bossy Rabbit, and the brainless Pooh. Their faults make them lovable, and their attempts to overcome them avoid caricature. There's often an imaginary monster—Heffalump, Jaguar, Backson—that catalyzes a quest, forcing everyone to face their limitations. In the process, Piglet must demonstrate bravery, Rabbit realizes he can't control everything, and Owl's pretensions are deflated. Pooh often speaks in rhymes and riddles, employing a strange dream logic that, while it gets him into trouble, expresses a deeper wisdom about how things should be.

Just when it seems that the group of animals is facing the end, Christopher Robin arrives to rescue them. It's Christopher Robin who plays the role of the responsible parent, making sure no harm comes to anyone and explaining how the world works. In Chapter 8 of "Winnie-the-Pooh," he announces that they're going on an expedition:

"We're going to discover the North Pole."
"Oh!" said Pooh again. "What is the North Pole?" he asked.
"It's just a thing you discover," said

Christopher Robin carelessly, not being quite sure himself.

"Oh! I see," said Pooh. "Are bears any good at discovering it?"
"Of course they are!"

After gathering everyone for the search, Pooh finds a long pole to help Roo out of a pool he had fallen in. Then they stick the pole in the ground. Christopher Robin ties a sign to it, convincing everyone that it's the North Pole and that Pooh discovered it. The story demonstrates both the importance of helping others and the need to give children reassuring answers to life's questions. Even when Christopher Robin is fallible (as all parents are), the animals find emotional comfort in accepting his explanations. He's the ideal responsible authority figure.

The Afterlife of Pooh

Even after the series made him a wealthy international celebrity, Milne didn't change his modest lifestyle. He also refused to keep going after the fourth book. He wanted to be known as a playwright and serious novelist, not a children's author. In his later years, he took pains to distance himself from the Pooh books, going so far as to state that he didn't like children. His son, Christopher Robin Milne, confirmed this in his own autobiography, where he described a childhood very different from the one portrayed in the Hundred Acre Wood.

Whether Milne liked children or was good with his own, it's certainly the case

that he understood them in a way that few adults ever have. Even more than capturing a child's mindset, he understood the adult need for fond memories. The "Pooh" books were devoured by presidents, royalty, and business leaders—every grown-up, high and low, saw something of their own early lives in the Hundred Acre Wood, where imagination is safe to roam. Although Milne's plays, novels, and other writings are long out of print, Winnie the Pooh will likely endure for as long as humanity does.

The closing sentence of "The House at Pooh Corner," the final book in the series, remains an apt expression of Milne's legacy.

"Wherever they go and whatever happens to them on the way, in that enchanted place on the top of the Forest, a little boy and his Bear will always be playing."

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OH DEAR, LET'S HAVE A LOOK AT YOU—
WHY, WHAT'S HAPPENED TO YOUR TAIL?!!

The characters from "Winnie the Pooh" are among the most recognizable of any children's books ever written.

Nathan and Kate Stapleton and their boys, Harry and Angus.



COURTESY OF KATE STAPLETON



COURTESY OF KATE STAPLETON

Nathan Stapleton and his baby son, Angus.

Nathan, who has no movement from the shoulders down, said that his wife and sons became his purpose after the injury. "They are the driving force behind my mindset," he said.

Dead for 16 Minutes

Retiring from the NRL after 61 games and 17 tries, Nathan married Kate, and they moved together into a rural home to tend the land. But during Nathan's first-ever Rugby Union game for Boorowa Goldies on April 9, 2022, in West Wyalong, playing alongside Kate's brother—a long-held dream fulfilled—everything changed.

"I don't remember the incident," Nathan said. "The last thing I remember was Kate's brother had his hands on my head and on the ground, that's when I knew something was serious, but I obviously couldn't do anything about it."

Nathan was technically dead for 16 minutes but owes his life to local off-duty nurse Louise McCabe, who was present at the game and kept Nathan alive using CPR until an ambulance arrived.

The ambulance took Nathan from the rugby pitch to the hospital, from where he was airlifted by helicopter to Prince of Wales Hospital in Sydney, a four-hour drive from the Stapletons' home at the time. As soon as Kate—who was seven months pregnant at the time—heard from her brother that Nathan had been injured, she drove to Sydney to be by his side.

She said: "I didn't know the severity of Nathan's injury. I did know it was serious because he was getting airlifted. ... When I got to Sydney, Nathan was in an induced coma at this stage, and I saw him briefly before he went in to have an operation on his spine. Nathan had breathing tubes down his throat. ... It was really very confronting."

2 Roads

Nathan had fractured the C3 and C4 vertebrae in his neck, ultimately leaving him quadriplegic. He had screws placed in his neck to secure his spine and was placed on a ventilator, which he will likely remain on for the rest of his life. Nathan was fitted with a tracheotomy and a suprapubic catheter and faced the prospect of life in a wheelchair.

"You can never imagine it, and you would never wish it upon anybody, let alone on your own husband. This is Nathan's biggest fear, so it was terrifying, to be honest, and I was heartbroken for him," Kate said, adding, "But not at one stage did I

Former Rugby Player Paralyzed by Spinal Injury Beats All Odds to See Birth of His Son

Nathan Stapleton made the decision to stay strong for his family

LOUISE CHAMBERS

Former professional rugby league footballer who was left paralyzed after a severe spinal cord injury on the field never gave up hope, persevering through the darkest days by being there for the birth of his second son and now navigating life as a quadriplegic.

Former Australian National Rugby League (NRL) player Nathan Stapleton, 32, and his wife, 31-year-old Kate, have been together for 15 years. The pair grew up in two small towns in northern New South Wales, Australia, and met as teens through a mutual friend. Today, they have two kids together, toddler Harry and 7-month-old Angus, and the family's bond is unbreakable.

"Nathan is the best dad in the whole entire world," Kate told The Epoch Times. "He always has been an incredible dad. All he's ever wanted to do was have kids, and he's just got a special bond with the boys."

"I can't put into words how proud I am of Nathan."

Kate Stapleton

Love Endures Through Alzheimer's

Betty Pettit, who has dementia, may often forget who she is, but she always remembers her beloved husband

LOUISE CHAMBERS

An elderly New Yorker with late-stage dementia often forgets herself, but she never fails to recognize her beloved husband of 63 years and has even coined a catchphrase: "He's my guy!" The couple has unwittingly become a viral sensation since their son began sharing sweet moments from their family home on social media.

Originally from small towns south of Buffalo, New York, Bob and Betty Pettit, both 85, met in fifth grade and started dating as teens in 1955. They later married and had three sons. Bob was a civil engineer, while Betty was a full-time homemaker. Today, they live with their youngest son, 48-year-old self-employed web developer Joshua Pettit, at his home in Mooresville, North Carolina.

It was around 10 years ago when Bob began to notice his wife behaving strangely. "Patience, understanding, and willingness to assist in all facets of a loved one's existence is difficult to grasp at first. But with this disease, you learn that they need to increasingly rely upon you for basic tasks," Bob told The Epoch Times.

The Early Signs

"She began to sometimes repeat stories, forget details, shuffle papers and items around, and misplace things," Bob said.

"She was unable to remember her phone number, or address, or manage checking out at a store without assistance. Sometimes we chalked it up to 'senior moments,' but looking back, we now see these were the early signs [of dementia]."

In 2014, Betty was diagnosed with lung cancer, then kidney cancer. She and Bob were living an active lifestyle at a senior community in Florida at the time, but decided to move to North Carolina for consistency in Betty's treatment.

"Thankfully, both her cancers were dealt with surgically. She didn't have to undergo any chemo or radiation," Bob said.

Yet Betty had already had hip, hernia, and colon surgeries. Joshua said that anesthesia has the potential to accelerate memory problems.

Joshua said: "The condition got worse after the lung surgery. We consulted with a neurologist. At that point, she was already moderate-severe with Alzheimer's."

Betty was officially diagnosed in 2017,



"I'm in awe of the love my parents share."

Joshua Pettit, Betty's son and assistant caregiver

and her loved ones are still adjusting to her rapid decline.

Joshua remembers his mom as "always good-natured, fun, and a social butterfly" who volunteered with the church, Cub Scouts, and the local fire department's ladies auxiliary. While no longer able to travel or socialize like before, Betty is surrounded by love and care at home.

Bob, who is still the apple of his wife's eye despite her failing memory, said, "I'm thankful that she still remembers me, and usually Josh as well."

'He's My Guy!'

Joshua's decision to share snippets of life with Betty and Bob on social media came after catching his mom talking to herself in a full-length mirror during a Thanksgiving beach vacation in 2021. He was touched by her sweetness toward the reflection she did not recognize.

"She started talking to herself as if it was another person," Joshua said. "I was watching it happen, thought it was cute, and decided to film it. I posted it that evening on Facebook, just to my friends, and one of my friends joked that the video would be viral."

Joshua uploaded the sweet clip to TikTok, where it amassed millions of views and tens of thousands of comments within days. "People were truly moved, not only by her kindness to herself, but they related to their own loved ones who had Alzheimer's," Joshua said. "People wanted to know more about Betty and see more of her, so I started



RENEE MCKAY/GETTY IMAGES

Nathan Stapleton runs in his fourth try during the round five NRL match between the Cronulla-Sutherland Sharks and New Zealand Warriors at Remondis Stadium in Sydney, Australia, on April 5, 2014.

ever lose hope, nor was I ever not positive about our situation because I truly knew and believed that Nathan would improve."

Just like his wife, Nathan dug deep and found purpose despite his suffering. He said: "It was very hard just trying to come to terms with what had happened and ... what my life was gonna be like. I just knew that there were [two] roads to take. The first road was to sit there and take the pity road, bringing everyone else's spirit and hopes down. Or, be strong for everyone, especially my two boys ... so if it means that I've got to stay strong ... well, I'm more than happy to make the sacrifice if it means I get to watch my boys grow up."

Nathan had to learn how to breathe, talk, and eat all over again, and Kate never left his side. As her due date approached, she barely had time to think about the birth, and when she went into labor in the hospital ward in July, it was Nathan's team that arranged for her to give birth at the adjoining Royal Hospital for Women. They also brought Nathan to her side.

'Nothing Else Mattered'

Kate said: "Every wife wants her husband to be there for the birth of their child, and it was one of my biggest fears not having Nathan. ... I need his emotional support more than anything. So I was just so grateful and so happy and so thankful that he was there with me. ... His words of encouragement were just everything I needed to tell me that I had to do this, keep going."

Nathan fought really hard to be there at the birth of Angus. He pushed through his recovery, speech, and breathing to ensure that he could be there.

"Nothing means more to Nathan than his son, and it shows," Kate said.

When baby Angus was born, hospital staff placed him on Nathan's chest. Photographer Alisia Mason of Sydney Birth Stories captured the emotional moment



Kate and Nathan Stapleton on their wedding day.

COURTESY OF KATE STAPLETON



COURTESY OF ALISIA MASON PHOTOGRAPHY AND SYDNEY BIRTH STORIES

on camera.

Nathan said: "It was basically the only time that I didn't feel like the injury was taking over. ... Everything went away, and it was just Kate and I at that moment, then when Angus was born it was just us three, a

Hospital staff place baby Angus on Nathan Stapleton's chest.

doing videos talking to her, and those ended up including my father as well."

Betty and Bob's charming interactions over breakfast, or laughing over Bob's goofy attempts to elicit a smile from his wife, get thousands of views. Even when Betty cannot recognize her own face in the wedding photo Bob has screen-printed on his cooking apron, she leans over sweetly to her spouse and reiterates, "He's my guy."

Watching Bob and Joshua take care of Betty has inspired social media users to send gifts through the mail, including cookies, blankets, stuffed animals, slippers, snow globes, and books for Betty, who remains confused about her fame but delighted by the love and attention.



Bob and Betty Pettit enjoying the ocean.

Joshua said: "The messages I received literally almost moved me to tears. This is when I realized that by sharing these videos, I was actually helping people understand the disease. Many people had questions. ... We've tried to share what we know and have learned, in the hope we can help more people."

A Steady Decline

There are so many sweet moments, Joshua said, but just as many challenging moments. Feedback from viewers has allowed him and his father to feel confident that they are doing a good job taking care of Betty and are not alone in their experience.

Betty is now in the final stage of her dis-

ALL PHOTOS COURTESY OF JOSHUA PETTIT



Bob and Betty Pettit have been inseparable since their marriage in 1959.

ease. She needs help washing, dressing, using the bathroom, cutting up her food, and standing steady. But she remains at home where Bob is her full-time caregiver, Joshua assists, and the family has hired a part-time aide to give Bob some respite.

"The biggest thing to understand about this disease is it never improves, it only gets worse. It's a constant and steady decline. So just when you think something is manageable, everything changes," Joshua said. "There are times we have great patience, and times we lose our temper and get frustrated. The good news is, if you get upset or angry, she doesn't remember and it passes, and you can recompose yourself and try to be more patient."

Bob added, "We're learning different ways to adapt the house and our surroundings to make her life easier, things like installing rails and devices so she can't fall out of bed."

'Til Death Do Us Part

Bob has begun writing down his life story with Betty, to be compiled into a book of memories. Recalling falling in love with his wife, Bob wrote, "Betty was active in the school band and cheerleading. I began to notice her when I went to basketball games. ... I didn't think I had a chance to date her."

Betty began dating a friend of Bob's, but as Bob's feelings intensified, he convinced his friend to "date girls at college" instead. He and Betty finally got together, but it took a blip on the radar for Bob to realize

little bubble. At that point in time, nothing else in the world mattered."

During this difficult period of time, Kate's mother moved to Sydney to help with child care, and Kate, formerly a business manager, put her career on hiatus while she took care of her husband and oversaw home modifications ahead of his release from the hospital.

Strength

Nathan has also been grateful that his toddler, Harry, doesn't seem fazed by the changes in his father's abilities.

"At first, it was my biggest concern ... how my son would see me," Nathan said. "But he's at an age where he's too young to understand. ... He just knew that dad was 'different,' but now, at the moment, he just sees it as normal. He comes up on the chair and gives me a hug and a kiss every day, and for me that's everything."

Kate, who describes her husband as "incredibly funny, cheeky, and witty," is grateful that she has not lost Nathan since his accident and marvels at his strength.

"I can't put into words how proud I am of Nathan," she said. "If I could bottle up Nathan's mental strength and sell it, I would be an absolute billionaire, because what he is achieving, the adversity that he is conquering daily, and the strength that he keeps on drawing from I don't know where, is absolutely incredible. He's so inspirational."

Nathan describes his wife as "the rock of the family," saying: "I'm in absolute awe of how she's looked after our boys and still turned up to the hospital every day with a smile on her face. That means the most to me. She's a one-of-a-kind woman, and one day I hope to repay her somehow."

The couple has also been overwhelmed by the support from the Boorowa Goldies and Nathan's former NRL teams, the Cronulla Sharks and the Sydney Roosters, in addition to the support from friends and strangers since setting up a GoFundMe page to help with mounting medical bills and Nathan's rehabilitation. But what means the most to Kate is the messages of hope that accompany each donation.

The couple is looking to the future and raising their boys together.

Approaching a year since Nathan's spinal injury, he can move his head and lift his shoulders. He uses an electric wheelchair, which he controls using his chin, and a laptop controlled by facial expressions and voice commands. After 8 months in the hospital, Nathan went back home.

Kate told The Epoch Times: "In the end, Nathan isn't sick, and that's something that Nathan and I obviously draw on every single day as well, that we're so blessed. Nathan isn't terminally ill, he can only improve from here. ... There's just hope in front of us."

For anyone facing an uphill battle, Nathan advises, "Try and find something to fight for every day."

"You don't know what you're capable of until you're in adversity," he said. "Every day, just find something to fight for. Happiness is definitely a choice. ... I'm already happy, anyway, but I genuinely believe we'll be truly happy. I'm just blessed that I can still wake up every day and watch my boys run around."

he had found his one true love.

"During the second year in college, my roommate, Karl, talked me into going to prom with a girl from his class," he wrote. "It was a mistake on my part for taking another girl, as it hurt Betty. ... Afterward, we had a heart-to-heart talk, and it was then that I realized I had fallen in love."

In the winter of 1958, Bob had an engagement ring made from his grandmother's diamond and proposed just before Christmas. The couple tied the knot on Sept. 19, 1959, at the United Methodist Church in Ellcottville, New York. Bob's best memories of their shared life include having their sons, buying their first home, retiring, and spending nine years touring the United States in an RV together.

Today, the couple has four adult grandchildren, and their family is still expanding.

Joshua said that caring for dementia patients is immensely challenging, and many caregivers don't have the time or resources to care for their loved ones at home. He knows his family's situation is precious.

"This is truly a widespread problem," he said. "I felt like I was in the minority but have since talked to hundreds and thousands of other caregivers and people with dementia. ... Providing this level of care is truly something most people cannot imagine."

"I'm fortunate that I am able to have my parents here, with me. I'm in awe of the love my parents share. People joke that my dad has the 'til death do us part' part down!"

HISTORY

How Much Does the West Owe the Vikings?

DUSTIN BASS

The Vikings have inspired the creation of movies, TV shows, video games, and books, although that inspiration is almost always in the stereotypical sense of war, plundering, and pillaging. But aside from the stereotypes—which are stereotypical because they are true—the Vikings actually contributed to Western civilization in ways we often don't consider.

Arthur Herman, historian and bestselling author of numerous works, including his latest, "The Viking Heart: How Scandinavians Conquered the World," suggests that we can tie many of our customs, laws, and commercial enterprises to the Norse, along with the obvious popular culture.

The start of that cultural influence can easily be traced back to A.D. 793, when Vikings, either the Danes or Norwegians, raided a monastery off the eastern coast of England. The monks of Lindisfarne suffered brutally, but it was just the beginning of two centuries of Viking dominance. That dominance is typically noted as ending in 1066, when the last great Viking, King Harald Hardrada of Norway, was killed at the Battle of Stamford Bridge—a battle that ensued shortly before the Battle of Hastings, where William the Conqueror of Normandy defeated, and therefore dethroned, King Harold Godwinson of England.

"It is an era ripe with violence, wars, and pillaging," Herman said during an interview on "The Sons of History" podcast. "Not just Vikings against their neighbors, but among the Vikings themselves, among the different Scandinavian tribes."

Political Impact

Herman quickly pointed out that these tribes of warriors weren't led by warlords or tyrants, but that their leaders were actually democratically elected. Well before the Vikings stormed the shores of England, they had been practicing a form of democracy.

"They were very much what we would call today 'self-governing,'" he said.

He explained that the chieftains and kings were elected by a tribal assembly called "The Thing" termed among the Norse as "Althing." The term is still used today in Iceland, which was founded as a Norwegian colony. In fact, the practice of Althing continues to this day.

"The line of succession has remained pretty much the same," Herman said. "The participation of voters has gotten bigger. Women as well as men vote. But the idea that those who govern you are responsible and accountable to you, and that their authority relies on your consent, that's part of the Viking way. It's part of Viking politics."

The historian noted that the Vikings didn't leave their democratic tradition in Scandinavia. They brought it with them wherever they landed, and they ended up in many places throughout Europe and the Mediterranean.

"The Vikings leave a long-standing impact in England on political thinking in terms of land settlement, laws, customs, and language," he said. "The direct line from our Anglo-Saxon ideas about democracy to the Viking tribal assembly is a long, but very discernible and impactful, one."

Nautical and Commercial Impact

It may be difficult to conceive that such seemingly brutal and harsh people would practice such civilized political and legal customs. Another aspect of Viking culture that benefited the West, though definitely not surprising, was their nautical prowess.



ALL IMAGES IN THE PUBLIC DOMAIN UNLESS OTHERWISE NOTED

ess. The longships are now the stuff of legend, with their long bodies, dragon heads, and shield walls. These ships, however, were quite singularly what made the Vikings so deadly. Herman noted that the Vikings simply used existing nautical technology to expand their empire.

"You have these two technologies: the longship with its shallow draft and buoyancy, which is impressive, but hardly revolutionary; then you have the square sail, which is not really an innovation," he explained. "But when you put the two together, you have a weapon system that gives you enormous shock and awe that allows you to strike with lightning speed, go anywhere the river courses will carry you. When the wind fails, you hit the oars and you are able to move upstream as far as the river will carry you, even to a city like Paris down the Seine River. That's the secret to the Viking Age."

Though the Vikings, as mentioned, are usually known for raiding, Herman proffered the fact that they should also be remembered for their trading and their advancement of regional and global trade routes.

"Those Viking raiding patterns became trading patterns that created a whole global trading network extending from Eastern Europe to the capital at Constantinople, reaching as far east as Baghdad, all the way across Northern Europe into Ireland, eventually Iceland and Greenland, and finally to the shores of North America," he said. "The Vikings established a global trading network that really never diminished, and it became the basis for the Atlantic trading system in the later ages of the 16th and 17th centuries."

A very interesting fact about those raids and trades was that it was very common for women to be found aboard the longships. Herman pointed out that evidence, specifically DNA evidence, has established that these "shield maidens" are more than just Norse legend, but factual. It also substantiates the notion that women enjoyed a level of "independence" and "respect in the law and custom" that, according to Herman, "stands out among other Dark Age societies."

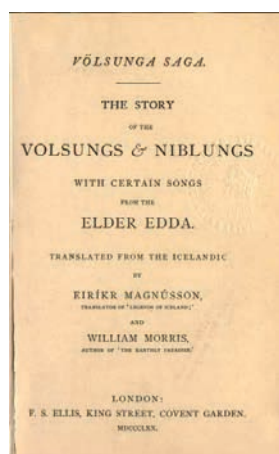
Impact on Popular Culture

Indeed, the Vikings, for more reasons than just "shield maidens," stood out among their civilizational contemporaries. And

Well before the Vikings stormed the shores of England, they had been practicing a form of democracy.



The Edda manuscripts, dating to the 13th century, remain the most comprehensive primary sources on Norse mythology and culture available today.



The legendary "Volsunga Saga," first written in Old Norse in the late 13th century, still attracts readers.



"The Saga of Erik the Red" gave the first indication to historians that the Vikings established a settlement in North America well before Christopher Columbus arrived.



J.R.R. Tolkien drew on Norse influences when creating the dragon Smaug in "The Hobbit."

perhaps it's that most obvious reason that is most notable: their impact on popular culture from the 19th century to today.

Herman indicated that the West has been so affected by the Vikings because of what was left behind by their skalds, those who composed poems and sagas. These works of literature established, in documented form, the mythology and epics of the Norsemen, which were eventually discovered, reproduced, and celebrated throughout Western culture.

Historically, Herman said that it was "The Saga of Erik the Red" that provided the first clues that the Vikings arrived in North America and established a settlement well before Christopher Columbus arrived. Fictionally, it was the "Volsunga Saga," which tells the story of the mighty warrior Sigurd and his quest for a treasure hidden and kept secret by the dragon Fafnir, which inspired the dragon Smaug and other elements of J.R.R. Tolkien's "The Hobbit."

Before Tolkien created his classic fantasy tale, however, it was the German composer Richard Wagner who was inspired by the "Volsunga Saga" to create his "Ring of the Nibelung" operas. These German operas led to the British author's fantasy trilogy, which led to the New Zealand film director Peter Jackson's epic film adaptation of the trilogy, which grossed nearly \$3 billion in global box office revenue. In addition, "Egil's Saga," "Njal's Saga," and the Edda manuscripts influenced some of the most influential creators of today, including George Lucas with "Star Wars," J.K. Rowling with the "Harry Potter" series, and George R.R. Martin with "Game of Thrones." There are also the Norse mythological characters in the Marvel movies and the various Viking films and TV shows, video games, and countless novels.

"The Viking sagas still have their influence on shaping modern pop culture," Herman stated. "How we think about fantasy, literature, the characters, the realm of possibilities, so much of this springs out of those original Norse sagas."

As the years go by, the Vikings, nearly a millennium after the death of their last great king, continue to affect Western civilization.

Dustin Bass is an author and co-host of The Sons of History podcast.

Correction

The article "Soren Kierkegaard: Seeking Wisdom Through Parables," published in the March 1 edition, gave an incorrect birth year for the 19th-century philosopher. He was born in 1813. The Epoch Times regrets the error.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

ALL PHOTOS COURTESY OF THE MARK TWAIN HOUSE



MARK TWAIN HOUSE

A Grand Home for an American Writer

DEENA BOUKNIGHT

Volumes have been written about the quintessentially American author who was inspired by his experience as a Mississippi riverboat pilot to choose the name by which he would pen his works. The term "mark twain," a steamboat depth measurement, became Samuel Langhorne Clemens's pseudonym, with which classic literary works such as "Adventures of Huckleberry Finn" and "The Prince and the Pauper" were associated.

The Clemens family desired a uniquely visual residence.

Although born in Florida, Missouri, Clemens moved to Hartford, Connecticut, in 1871 after his career as an author took off, because he was fond of the area. After renting a home for a time, Clemens and his wife, Olivia, enlisted well-known New York architect Edward Tuckerman Potter to design in 1873 their 11,500-square-foot, 25-room dream home, where, not surprisingly, the library is central. It was here, with his wife and three children, that Mark Twain was most prolific.

However, the house was sold in 1903, primarily because of the family's sadness about the death of their young adult daughter, Susy, from meningitis. The house changed owners several times before its formal restoration began in 1963, which was also the same year the Mark Twain House was designated a National Historic Landmark.

A 30-plus-year writer-journalist, Deena C. Bouknight works from her Western North Carolina mountain cottage and has contributed articles on food culture, travel, people, and more to local, regional, national, and international publications. She has written three novels, including the only historical fiction about the East Coast's worst earthquake. Her website is DeenaBouknightWriting.com



(Above) The Mark Twain Home's main exterior architectural design feature, according to Society of Architectural Historians, is the extensive wood bracing of the gables, porch, and railings in what was known as "stick style." Approaching the front of the home, visitors are struck by the conspicuous octagonal tower and the large wrap-around porch. Red brick masonry is set off with a patterned, tricolor slate tile roof and four polychrome-brickwork chimneystacks.



(Left) Not surprising is the fact that the Clemens's library was a centerpiece of the elaborate home. Approximately 1,200 books are shelved in the lavishly carved bookcases. The room is outfitted with comfortable upholstery, including a daybed, and bedecked with original art, most of which was not owned by the Clemens family but is similar to paintings of the time period that they would have owned.



Standing in the wide, well-lit library, in front of the to-the-ceiling wood-carved mantel, Samuel Clemens often recited to friends and family poetry, stories, and excerpts from his latest works. Sumptuous tufted velvet chairs invited readers to grab a book and stay awhile. The brass plate at the bottom of the mantel and above the fireplace is a Ralph Waldo Emerson quote: "The ornament of a house is the friends who frequent it."



The versatility of the longship made Viking raids deadly.

WESTENDS/GETTY IMAGES

FAMILY

How to Practice Positive Parenting

Certified parenting coach Sarah R. Moore offers techniques to cultivate peace in the home

Children thrive in environments and relationships where they are given love, calm acceptance, and connection.



BARBARA DANZA

The chaotic state of the world and alarming rates of depression and anxiety among children and teens have today's parents treading in turbulent waters. I asked Sarah R. Moore, founder of Dandelion Seeds Positive Parenting and author of "Peaceful Discipline: Story Teaching, Brain Science & Better Behavior," for her advice. Here's what she said.

The Epoch Times: What inspired you to write your new book, "Peaceful Discipline: Story Teaching, Brain Science & Better Behavior?"

Sarah R. Moore: A decade ago, when my daughter was an infant, her pediatrician flat-out told me to never pick up my child when she cried. Although my intuition told me I should respond to her, he said she was manipulating me and that I should let him know when I was ready to "get serious about parenting."

At the time, I froze at the shock of his inane advice. It was then and there, though, that I decided my calling was to empower other parents and caregivers to build responsive, connection-based relationships with children of all ages. This book was born of my desire to, as he suggested, get very serious about parenting—although my path was not as he intended. (And yes, we found a much better informed pediatrician and never returned to the first guy).

The Epoch Times: We are living in challenging times. From what you're seeing through your work, how do you believe parents are faring?

Ms. Moore: My heart goes out to parents. They're struggling big time. According to a recent study, 66 percent of parents are suffering from burnout way above and beyond everyday stressors. This burnout is strongly associated with depression, anxiety, and increased alcohol consumption, as well as the likelihood for parents to engage in punitive parenting practices.

I see this in every parenting group I coach and hear about it daily. Parents need compassion and practical support for conscious parenting more than ever.

The Epoch Times: There is increasing concern about the mental health of children and teens. What are some simple ways parents can nurture their children's well-being in this regard?

Ms. Moore: Between chronic overscheduling and intense pressure to perform, children and teens really can't catch a break these days. "Rest" has disappeared from our vocabulary, or at best, we consider it a luxury. Rest is not optional! Build in intentional downtime. Play more (adults, too). Practice not multitasking and be fully present, wherever you may be. Model for your kids that it's OK to say "no" to people or activities that aren't serving their physical or emotional well-being. It sounds like a radical act of self-compassion, but let your children see you exhale sometimes. Most importantly, check in with your kids. They need to know you legitimately care about them.

The Epoch Times: What do you believe are the main causes of the spike in depression and anxiety in today's youth?

Ms. Moore: Beyond the shadow of a doubt, I believe it's chronic disconnection. Disconnection from the self. Disconnection from others. Disconnection from our higher purpose.

As a society, we've replaced emotional intimacy with superficiality. On a subconscious level, children and teens are constantly asking, "Am I safe here?" Between a lack of authentic and meaningful relationships and fear that their every movement will show up on ever-critical social media, there are few "safe places" to connect in meaningful ways anymore. No one can thrive like that. Every child needs at least one person who cares enough to put down their phone, look the child in the eye, and say, "I'm here for you." Kids need to know they still matter.

The Epoch Times: When it comes to disciplining children, what are some key practices you recommend to effectively teach children while maintaining peace at home?

Ms. Moore: We know this about the human brain: Children literally cannot learn when they feel emotionally unsafe. The learning part of the brain effectively shuts off when it perceives any form of threat (for example, a parent yelling at them). If we, the adults, can



I believe truly seeing the child in front of us is perhaps the most impactful first step we can take to help mitigate the current mental health crisis.

Sarah R. Moore, certified coach, author, founder

model emotional regulation and peaceful, collaborative problem-solving, that helps our children feel safe enough to run to us—rather than from us—when they have a problem or have made a poor decision.

We can remember that "discipline" means to teach, not to punish. We teach them best by modeling patience, being curious rather than critical, sharing experiences and stories, and offering compassion. Additionally, it helps a lot to learn what's appropriate for different stages of child development, rather than making assumptions about what we think our child "should" be able to do. Children want to do well for us when they feel emotionally connected to us. I go into a lot of "how to" details in the book.

The Epoch Times: As children get older, how should parents adjust their disciplining strategies?

Ms. Moore: When children are very young, adults often make unilateral decisions about what's best for them. This makes sense, because little kids need safe boundaries. As children get older, I recommend a collaborative approach to solving problems.

Using nonviolent communication, invite the child to brainstorm with you when a problem arises—or better, proactively before problems arise. Kids are more likely to "buy into" the right ways of handling situations if we've valued their input and helped them be part of the problem-solving process. Kids are so much smarter than we often give them credit for.

The Epoch Times: What do you think today's kids need most from their parents?

Ms. Moore: According to the research of Daniel J. Siegel and Tina Payne Bryson, children build a secure attachment with their parents when the parents help them feel the "four S's"—safe, seen, soothed, and secure. If I had to pick one area on which to focus right now, I'd choose "seen."

Children long to be accepted and understood. I believe truly seeing the child in front of us is perhaps the most impactful first step we can take to help mitigate the current mental health crisis. Just show up, learn what really matters to them, and give them a soft place to land with you. True safety for our children will flow from this connection. From there, they can thrive.

DEAR NEXT GENERATION Advice from our readers to our young people

Grandfather's Shaving Tips

Young men shaving—vive la différence, eh! As heavy beards start to disappear in favor of handsome male faces, I intend to purchase a quality shaving brush for each of my grandsons when they are old enough to actually shave.

Accompanying this shaving brush will be a proper shaving mug with family crest or favorite quote.

Ordinary bars of soap can be broken up into pieces and compacted into this unique personal shaving mug.

The first step in shaving is continuous warm water onto a washcloth to wash the

face area to be shaved. Step two: The key is to soak the shaving brush for 30 seconds under hot water and then insert the hot shaving brush into the shaving mug and stir vigorously to create a warm soapy lather and apply to face area to be shaved.

Years ago, there was an attempt to create a shaving cream dispenser that under hot water would create a hot lather for shaving. This idea was not a big success, but the idea of creating your own hot soap lather in your own portable soap shaving mug was.

Step three: Use a Gillette razor to shave the facial area, followed by a warm facecloth to clean up the excess soap lather.

From where I sit—or shave!—this practice is a fast, fun morning shaving exercise, in my humble grandfather's opinion! And the family photo with my grandsons Cole and Monty enjoying watching my morning

Frank Gardiner and his grandsons, Cole and Monty, during his morning shave.



shave confirms this fun, "old"—and possibly future—shaving tradition!

—“Grampy Frank” aka Frank Gardiner Toronto, Canada

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

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



FOR KIDS ONLY

THE EPOCH TIMES

Week 10, 2023

Spring Morning

By A.A. Milne

Where am I going? I don't quite know.
Down to the stream where the king-cups grow-
Up on the hill where the pine-trees blow-
Anywhere, anywhere. I don't know.

Where am I going? The clouds sail by,
Little ones, baby ones, over the sky.
Where am I going? The shadows pass,
Little ones, baby ones, over the grass.

If you were a cloud, and sailed up there,
You'd sail on water as blue as air,
And you'd see me here in the fields and say:
"Doesn't the sky look green today?"

Where am I going? The high rooks call:
"It's awful fun to be born at all."
Where am I going? The ring-doves coo:
"We do have beautiful things to do."

If you were a bird, and lived on high,
You'd lean on the wind when the wind came by,
You'd say to the wind when it took you away:
"That's where I wanted to go today!"

Where am I going? I don't quite know.
What does it matter where people go?
Down to the wood where the blue-bells grow-
Anywhere, anywhere. I don't know.

WHAT'S THE BEST TYPE OF PICKLE TO EAT IN THE SPRING?

DAFFO DILLS



You can cut all the flowers but you cannot keep spring from coming.

PABLO NERUDA (1904-1973), CHILEAN POET



ALL PHOTOS BY SHUTTERSTOCK

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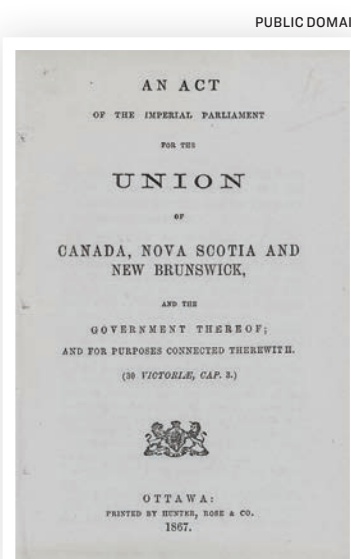
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This Week in History

A CONSTITUTION FOR CANADA

On March 8, 1867, the United Kingdom's Parliament passed the British North America Act. It decreed that three British colonies in North America—Nova Scotia, New Brunswick, and Canada—be united under one name: Canada. The Act also played the role of Canada's constitution.

Canada operated under this Act until 1982 when authority was transferred to Canada's independent Parliament.



The front page of a copy of the British North America Act, 1867.

PUBLIC DOMAIN

ALL PHOTOS BY SHUTTERSTOCK

ATTRACTING BIRDS TO YOUR BACKYARD

ROBINS

If you have tall shrubs or short trees, the chances are moderately high you'll have a robin's nest in one of them. If you have even a small lawn, robins are almost guaranteed to be seen pulling up worms all day long. A birdbath will also attract robins.

JAYS

Blue jays are the only jay species in the eastern United States (unless you live in Florida, where the Florida scrub-jay resides) while in the West, there are three: the California scrub-jay, the Woodhouse's scrub-jay, and the Steller's jay. Jays will eat almost anything, but favorites are shelled and whole peanuts.

PIGEONS AND DOVES

Pigeons are common in cities, and mourning doves are common almost everywhere. They usually don't eat off of feeders, but instead, they eat off the ground. They eat millet and sunflower seeds.

SPARROWS

Sparrows are one of the easiest birds to attract. Even if you simply sprinkle some bird seed onto the ground, they'll come. Sparrows will eat sunflower seeds, millet, and safflower seeds.

WOODPECKERS

Woodpeckers like tall trees to get grubs and other larvae from the wood. If you don't have any tall trees in your yard, you might try a suet feeder, especially if there are already some tall trees in the neighborhood. Woodpeckers usually don't live in cities.

WRENS

Wrens don't usually eat seeds but, if you aren't squeamish, will be attracted by mealworms. These are a favorite of other hard-to-attract birds, too, including thrushes, warblers, orioles, thrashers, and bluebirds. Wrens also eat suet and come to birdhouses with an entry hole diameter of 1.1/2 inches.

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

9	10		
	60		
4	10		
+	-	x	÷

Solution For Easy 1

01 + 01 x (9 - 6)

Medium puzzle 1

8	14		
	40		
1	10		
+	-	x	÷

Solution for Medium 1

8 x (01 - 1 + 10)

Hard puzzle 1

4	33		
	30		
3	19		
+	-	x	÷

Solution for Hard 1

8 x (9 - 61 - 68)



HIDDEN TREASURES by Liz Ball
www.HiddenPicturePuzzles.com

WORD SEARCH: Spring Is Coming!

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

Baby animals	Green
Baseball	Grow
Bloom	Hatch
Bud	Lamb
Bulbs	March
Bunny	May
Butterfly	Melt
Chick	Nest
Crocus	Polliwog
Easter	Rabbit
Flowers	Rain
Foal	Rebirth
Grass	Robin
	Shed
	Snowdrop
	Spring
	Sprout
	Tadpole
	Thaw
	Tulip
	Umbrella
	Warming
	Weather
	Windy
	Worm

TRUTH and TRADITION

In Our Own Words



“

I try to create a beautiful, uplifting, or thoughtful experience in order to reconnect us to our spirituality.

Sharon Kilarski
Arts and Culture Editor

The Best of the Human Experience

Dear Epoch VIP,

If you're at all like me, you know that it can be ugly out there. You read about it in the news, watch it on the screen, and maybe even see it out your window. And it seems worse lately—depressing. That's where The Epoch Times steps in.

Ever since its creation, The Epoch Times has featured an arts and culture section that acknowledges the importance of the truly beautiful—whether beautiful in a physical sense or a moral one, and we continue that mission today.

And as the Arts and Culture editor, the mission is at the center of how I run my section.

In keeping with our motto of Truth and Tradition, we aim to present the best and noblest that human culture has to offer. By exploring the best craftsmanship in the world, we acknowledge that diligence, hard work, and patience produce excellence. In reviewing films, we search for those that are actually good for the soul, or, conversely, we point out where they have failed in this regard. By looking to our heritage for historical, literary, and mythical figures, we seek those with outstanding character and virtues to offer as exemplars to emulate. And by looking to the classics in music, the performing arts, and fine arts, we find themes that emphasize dignity, uprightness, harmony, and purity to inspire us.

In a sense, traditional art, stemming from traditional culture and values, aims at the heart and can speak

to us in surprising ways—as though we are having a conversation with a dear and trusted friend.

And just as conversations with a friend will sometimes touch on pain, the traditional arts not only capture the breath of human experience but its depth as well, allowing us to recognize our sins and frailties, and transforming humanity's inevitable pain to give that pain meaning. It is the beauty of the classics that carry out this alchemy.

Most importantly, I believe that art has traditionally been a link to the sacred, as a way to remind us of purpose on earth. **As the late philosopher Roger Scruton wrote, “True art is an appeal to our higher nature, an attempt to affirm that other kingdom in which moral and spiritual order prevails.”**

That our society today has forgotten this purpose is all the more reason that each week, as editor of Arts and Culture, I try to create a beautiful, uplifting, or thoughtful experience in order to reconnect us to our spirituality.

I'm continuing to find paintings, stories, and remarkable figures that astonish me and I hope they will affect you, dear reader, too. I hope you will enjoy the Arts and Culture section, and that it can help you step away for a moment from the violent, cynical, demonic, immodest, insulting, and tasteless. I hope our content leaves you refreshed and anticipating the next issue.

In Truth and Tradition,

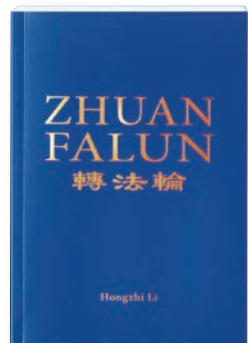
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