

# THE EPOCH TIMES

# LIFE &

# TRADITION

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CULTURE

## The Quest for Healthy Masculinity

A book from 1903 offers insights into modern day's masculinity crisis



In his book "Manhood's Morning," Joseph A. Conwell encourages young men to go at life with gusto, overcoming difficulties and setbacks with a noble character.

By Annie Holmquist

My sister recently organized a church event just for boys—an event where they could spend time together playing sports while also learning important truths from older males. She purposely left the girls out, wanting to give boys an occasion where they didn't have to compete with the opposite sex for time and attention.

Judging from the engaged attention and interest I saw from the boys as I sat on the sidelines, my sister was absolutely right in her assessment. A single mom sitting with me further confirmed this, exclaiming several times how good it was for her sons to have guy interaction like the type we were watching.

**If today's young men fail to work on improving themselves—their habits, tendencies, beliefs, and sins—there is no hope for our nation at large.**

It's increasingly apparent that America is dealing with a masculinity crisis. Young men and boys are recognizing that they are adrift, Christine Emba noted in a recent article for "The Washington Post," but this recognition is sometimes leading them to less than exemplary models of masculinity, such as media personality Andrew Tate, who appears to mix good advice—"work hard"—with bad—"women are property." Indeed, it seems we are embroiled in yet another cultural battle, with some trying to pull men toward being more feminine while others are trying to pull them toward an unhealthy, abusive form of masculinity.

Amid this confusion, I stumbled on "Manhood's Morning," a 1903 book by Joseph Alfred Conwell. In his chapter "What Young Men Must Be," Conwell offers a surprisingly balanced and timeless blueprint for healthy manhood, encouraging his readers that "*being* something is an essential preliminary to *doing* something" and that "the greatest friend to liberty is he who governs himself." As such, Conwell offers the following six actions males should take in their quest for healthy masculinity.

Continued on Page 2

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## When Tempers Flare: How to Deal With Angry People

Tips on how to navigate the hot-headed people in your life

By Gregory Jantz

In my role as a mental health professional, I hear comments such as these every week:

"When my spouse starts to get upset, it quickly escalates and sometimes spins out of control. I don't know what to do."

"My coworker flies off the handle at the slightest problem, and it scares me. He's going to get himself fired—or

maybe get somebody hurt."

"My roommate is always ranting and raving about something, and it gets my own blood boiling. What can you do with a hot-headed person?"

Chances are that you could say something similar. That's because we all have at least one angry, explosive person in our lives—and for most of us, there are several of them.

If volatile people aren't among our circle of family members, friends, and coworkers, we certainly encounter them on the road, at the grocery store, and in the neighborhood. It's no surprise that recent research has found that:

- According to Harvard Medical School, nearly two-thirds of U.S. adolescents have experienced an anger outburst that involved threatening violence, destroying property, or engaging in violence toward others.
- In a 2019 study by The Zebra, 82 percent of people admitted to committing an act of road rage in the past year.
- Nearly 65 percent of office workers have experienced office rage, and

Continued on C2

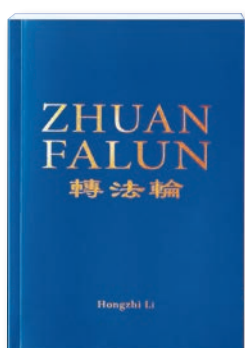


◀ Taking a break from an escalating encounter is sometimes the best way to handle an angry person.





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Arthur Waldron  
LAUDER PROFESSOR, UNIVERSITY OF PENNSYLVANIA

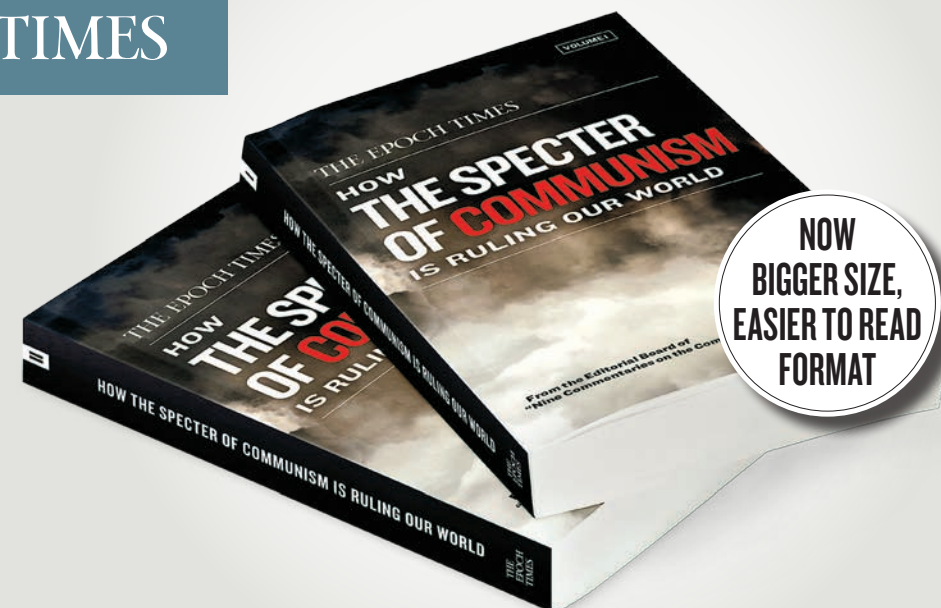
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CULTURE

# The Quest for Healthy Masculinity

Continued from Page 1

### Aim High

“There is at the present time an overwhelming glut of incompetency and a famine of available, desirable men,” Conwell writes. This isn't because lack of privilege and fortune have kept men from achieving success and competency; rather, it is because they haven't made the best of what they have been given. As such, Conwell encourages young men to go to life with gusto, overcoming difficulties and setbacks with a noble character that seeks to root out the flaws present in their innermost being.

Indeed, the quality specimen of manhood, Conwell suggests, is one “that believes what it now doubts, that constructs what it now neglects, that cultivates and saves what it now wastes; that lays upon the altars of duty and loyalty what it now sacrifices at the shrine of base indulgences and selfish greed.”

If today's young men fail to work on improving themselves—their habits, tendencies, beliefs, and sins—then there is no hope for our nation at large, Conwell explains.

“Nobility of character has ever been the bulwark of nations. History teaches nothing more plainly than that progress and prosperity require a corresponding improvement in the type of manhood.”

### Diligent in Business

“Diligence is more than simply industry,” Conwell writes. “It means work-

ing with the might; throwing energy, heart and life into what we do.”

Diligence in matters of business is all about the small things, Conwell explains. The guy who wants to be a true man will carefully manage his finances, keeping accurate records of his accounts, even the small ones. He won't “fritter away” his “early earnings,” for doing so will make poverty a habit. Instead, a true man saves and practices “self-denial,” creating a good pattern to follow for the rest of his life.

### Fight for Right

Fighting for right means fighting for others more than self.

“What young men need most is to become enamored of humanity,” Conwell writes, showing “love and sympathy” to others around them.

“Young men, more than any other

class, should be interested in the effort to correct the evils of intemperance, crime and lawlessness,” he continues, urging them that they must lead the charge in this fight for right, rather than sitting on the sidelines waiting for someone else to rally the troops for battle.

### Pursue the Path of Purity

In this age of pornography and easy sex, those who advocate purity can often be cast as prudes, a type of weak, sissified man. That picture is the opposite of the picture Conwell paints of true masculinity.

True men “appreciate their own

The true man will recognize that women can bring great happiness to life, and as such, men must seek to win the gift of a woman by having a pure heart and living a clean, guileless life themselves.

bodies, and especially their sexual natures,” Conwell writes. But they have reverence for them, using them in the right way and for the right reasons. “The passions are not to be despised nor blasted by sin, but held and appreciated as a sacred possession and as the most attractive, noble and magnetic expression of manhood.” This is because from them stems one of the most foundational building blocks of society: the family.

“Purity of life is the palladium of earthly happiness; it is the stronghold of religion and the chief cornerstone of society,” Conwell writes. In other words, men who get their sexual lives into a pure, working order will not only benefit themselves, but will set society on the right path as well.

### Show Kindness Toward the Fairer Sex

In the current pushback against feminism, it sometimes seems like those seeking a revival of masculinity kick it into overdrive, treating women with toughness and indecency in order to show what strong men they are. While such a reaction may be understandable, it certainly isn't true masculinity, for “every true man holds sacred the estate of womanhood,” Conwell writes. “Genuine gallantry enthralls all women.”

The true man will recognize that women can bring great happiness to life, and as such, men must seek to win the gift of a woman by having a pure heart and living a clean, guileless life themselves, Conwell explains.

### Practice Spiritual Disciplines

“Of all the subjects which young men are called upon to consider religion is of first importance,” Conwell writes, noting that neglect and indifference toward spiritual matters is “the foe in America to-day.” Conwell contradicts the idea that religion is just an emotional sentiment; rather, “it is a moral and spiritual force and supplies man's highest needs.

As such, Conwell recommends three spiritual disciplines for young men to practice. The first is to read the Bible, for “threads of manly strength and vigor run through its pages.”

Second, he names church attendance as “essential to every young man,” for it “teaches not only spiritual truths, but patriotism, morality ethics, refinement and culture.”



BIBA KAYEWICH

Sports provide a great way for boys to compete and learn from each other.

Conwell also notes that church provides a venue in which to cultivate much-needed friendships, not only among members of the same sex, but among those of the opposite as well, providing “to young men and women the safest and most desirable ground on which to meet, enjoy each other's company, fall in love and marry.”

Finally, Conwell encourages men

to observe the Sabbath, noting that it “was made for man” and that he needs it. Taking this rest enables men to “do more work and better work” rather than continuing in “unremitting plod.”

It isn't hard to see that today's males are in crisis. What's harder, however, is figuring out how to set them on the right path. But perhaps, in the end, the

prescription for healthy masculinity is right under our noses in the pages of the past.

Annie Holmquist is a cultural commentator hailing from America's heartland who loves classic books, architecture, music, and values. Her writings can be found at *Annie's Attic on Substack*.

## When Tempers Flare: How to Deal With Angry People

Continued from Page 1

- 45 percent of employees regularly lose their tempers at work, according to The British Association of Anger Management.

So what's the best way to deal with people whose anger alarms you or even frightens you? We'll get to specific responses that you can take, but first, let's set the context.

Anger is a normal, natural emotion. Some people misunderstand the role of anger in their lives, relationships, and interactions with others. They believe that it's wrong to feel angry and that this emotion should be avoided or suppressed. But anger is a normal part of being human and a helpful response to dangerous or unjust encounters. Channeled properly, anger can propel people toward noble goals, empowering them to stand up for what's morally right and protect themselves from threats to their safety.

Anger can be constructive or destructive, depending on how it's handled. Anger itself isn't the problem, but the expression of it can be a huge problem. Mismanagement of angry feelings and the inability to control heated emotions can quickly become destructive rather than constructive.

Psychologists sometimes refer to ‘clean anger’ versus ‘dirty anger.’ Clean anger means finding responsible, appropriate, and productive ways to express strong emotions. We behave reasonably, rationally, and safely, not allowing supercharged feelings to take control. Conversely, dirty anger is any negative, unhealthy, or counterproductive expression, which can include shouting, making threats, and damaging property.

### Beware of Flamethrowers

I refer to people who are unable or unwilling to manage their blazing emotions as flamethrowers. These individuals aim their fiery fury at a specific person or at no one in particular. They have a pattern of unpredictable, heated rants that might also involve physical actions, such as throwing objects or pounding a wall. Innocuous incidents can ignite a flamethrower's hair-trigger temper, causing the person to spew a caustic barrage.

While most of us succumb to occasional venting, anger becomes a flamethrower's default setting, with his or her internal filter always pointed toward life as unfair, unreasonable, or unjust. When enraged, this person feels vindicated, powerful, and in control. Amid the rush of adrenaline, flamethrowers may feel empowered and energized, which can become addictive. Treating others as verbal punching bags is a classic sign of toxic behavior.

### Healthy Ways to Respond When an Eruption Occurs

Although anger management is a challenge for many people and a strain on mental health, there are several strategies for defusing a confrontational situation.

Above all, keep yourself safe. If you suddenly realized that you were holding a ticking bomb that was about to explode, the wisest step would be to drop it and run! Yet when it comes to dealing with an explosive person, many of us ignore the best defense we have: safe distance. We remain in harm's way, on the angry person's terms, long past when it's productive or prudent to do so.

Protecting yourself is paramount. In extreme cases, where physical violence is a possibility, it's vital that you leave immediately. If you feel threatened in any way, go now.

Take a time-out. Even when you aren't subject to bodily harm, there's no need to submit to an angry, emotional beating either. It's important to recognize when the heat of rage has overwhelmed any possibility of reason or compromise—and to take a break for the sake of avoiding further escalation. The time-out can last minutes, hours, days, or longer. The point is that you're allowed to maintain a healthy space for as long as you continue to feel exposed to the flamethrower's unmanaged anger. Use the time to organize your thoughts so that you can have a constructive discussion later.

Resist the urge to fight fire with fire. If there's one thing that acts like gasoline poured on the fire of someone's out-of-control anger, it's more anger. Yes, you have the right to be safe, to set boundaries, and to push back when

necessary. But getting angry yourself is the path least likely to lead to peace. Remember that anger by itself is only an emotion. It has no power to “force” you to respond one way or another. We're conditioned through experience to treat someone's anger like the ring-side bell at a boxing match—a signal to come out swinging. But it need not

be that way. We can choose to see that anger is contagious only if we let it be. Staying calm means not allowing the sparks from someone else's anger to ignite your own.

Lower the temperature. When someone begins to feel angry, they aren't thinking with their higher brain; they're operating from their amygdala—the area of the brain responsible for the fight-or-flight response and fear processing. This is sometimes called the “lizard brain,” the part that's primal and non-rational. Give the angry person time and space to regain composure. The

calmer you remain, the quicker the angry person will calm down, too.

Don't try to point out irrational behavior while the person is behaving irrationally. Attempting to control or confront someone who's throwing a temper tantrum is like waving a red flag in front of a bull. It's only going to escalate their heated emotions. Angry people often see themselves as standing up to an unfair world, so they're likely to feel attacked if you try to point out their unreasonable behavior.

Set and hold your boundaries. Establishing a boundary is equivalent to drawing a line in the sand and saying, “You aren't permitted to cross!” or building a fence around your property and posting a sign that reads, “No trespassing!” You need the emotional strength and clear conviction to know precisely what kind of toxic behavior you're willing to put up with and what you aren't will-



Though you may be surrounded by negativity, avoid fighting fire with fire. Anger is contagious only if you let it be.

ing to put up with. For instance, you might decide that if someone starts berating you or calling you names, that's your cue to leave the scene. If the angry person insults others who you care about, you can choose to not participate and respectfully say so.

Use calming words and tone. It's hard to argue with the wisdom found in this Old Testament proverb, “A gentle answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1). In the heat of the moment, speak softly and avoid provocative words. Hold up your hands in a gesture of disengagement and say something such as, “I can see that you're upset, and I want to hear you out. Let's just take a deep breath and cool off.”

Address conflict when anger has cooled. Once the person has calmed down, you can pursue a rational conversation. You can have a discussion at this moment if the person has calmed down sufficiently. But if the tension is still high, arrange a time to talk the next day or even a week later. A little time and space might provide a different perspective on the triggering event. Express your own needs and wishes while speaking honestly and respectfully. It's important to consider the other person's needs and feelings and to show that you respect them. This approach doesn't impose any conditions upon the angry person's behavior; it simply holds the door open for productive problem-solving now that the heat has dissipated.

Gregory Jantz, Ph.D., is the founder and director of the mental health clinic *The Center: A Place of Hope* in Edmonds, Wash. He is the author of *Healing Depression for Life*, *The Anxiety Reset*, and many other books. Find Mr. Jantz at *APlaceOfHope.com*





▲ "A Blacksmith's Shop," 1771, by Joseph Wright of Derby.

## POETRY

# The Heroism Required to Forge Our Own Future

Longfellow's blacksmith crafts a well-lived life

By Marlena Figue

## 'The Village Blacksmith'

Under a spreading chestnut-tree  
The village smithy stands;  
The smith, a mighty man is he,  
With large and sinewy hands,  
And the muscles of his brawny arms  
Are strong as iron bands.  
His hair is crisp and black,  
and long;  
His face is like the tan;  
His brow is wet with honest sweat,  
He earns what'er he can,  
And looks the whole world  
in the face,  
For he owes not any man.  
Week in, week out, from morn  
till night,  
You can hear his bellows blow;  
You can hear him swing his heavy  
sledge,  
With measured beat and slow,  
Like a sexton ringing the village  
bell,  
When the evening sun is low.  
And children coming home  
from school  
Look in at the open door;  
They love to see the flaming forge,  
And hear the bellows roar,  
And catch the burning sparks  
that fly

Like chaff from a threshing floor.  
He goes on Sunday to the church,  
And sits among his boys;  
He hears the parson pray  
and preach,  
He hears his daughter's voice,  
Singing in the village choir,  
And it makes his heart rejoice.  
It sounds to him like her  
mother's voice  
Singing in Paradise!  
He needs must think of her  
once more,  
How in the grave she lies;  
And with his hard, rough hand  
he wipes  
A tear out of his eyes.  
Toiling—rejoicing—sorrowing,  
Onward through life he goes;  
Each morning sees some task  
begin,  
Each evening sees it close;  
Something attempted,  
something done,  
Has earned a night's repose.  
Thanks, thanks to thee, my  
worthy friend,  
For the lesson thou hast taught!  
Thus at the flaming forge of life  
Our fortunes must be wrought;  
Thus on its sounding anvil  
shaped  
Each burning deed and thought.

As students traipsing through the viridian Irish countryside or marching along the cobblestone streets of Italian cities, we chanted, "Under a spreading chestnut tree, the village smithy stands." Pulled from many different educational backgrounds to share a semester abroad during college, we somehow found in the recesses of our memory an unexpected common link.

It was Henry Wadsworth Longfellow's "The Village Blacksmith" and how proudly our small, merry troop of American students recited it to pass the time on our long excursions. To anyone who overheard us and didn't understand English, it likely seemed quite odd.

Published in 1840, the poem became a staple of required reading and often memorization in American schools for many years. The blacksmith who stands as the subject of the poem embodies a quiet, everyday heroism. In fact, Longfellow's readers would soon experience a dramatic call to heroism as the country neared the outbreak of the Civil War.

However, the type of heroism exemplified in the poem doesn't necessarily propel us into battle; it can be enacted under any circumstances. What matters is that we lead a purposeful life as the blacksmith does in the poem. Finding this purpose is what enables us to lead a life well-lived, such that we arrive at each night with the sense that we've earned our repose.

### The Village Smithy

In the beginning of the poem, Longfellow spends considerable time describing the physical appearance of the blacksmith, for his physical strength parallels his spiritual fortitude. "He earns what'er he can," Longfellow writes, indicating that the blacksmith utilizes his talents and capabilities to their utmost to provide for his family and to ensure that he leaves no debt unpaid. He works continuously, such that the swinging of his sledge serves as a steady rhythm in the life of the village.

The blacksmith's strength is a source of wonder to the children, who aren't scared away by the impressive display of force from the smithy but instead are drawn to it. It isn't brute force but the blacksmith's care for his craft that drives the smithy, and this draws the children to the forge, fearless of the sparks.

Along with the dignity he derives from his work, the blacksmith finds the source of his joy in worship and family. His heart is able to rejoice in spite of the sorrow that has touched his life, and his strength

and gentleness are evinced in the single gesture of wiping the tear from his eye as he's reminded of his wife who passed away. In his earthly life, he's driven onward by hope in the life to come and his faith that only there will we have eternal rest and music undying.

### The Flaming Forge of Life

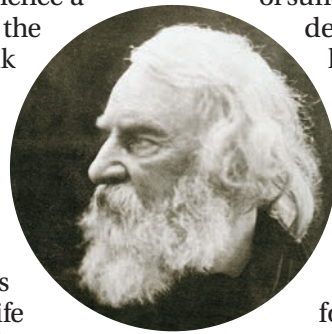
Many analyses of the poem seem to summarize the main idea as the notion that we control our own destiny, but if the focus of the poem is to be on autonomy at all, it's in the sense that the blacksmith crafts a life well-lived one day at a time. He actively works toward something each day but allows himself the appropriate, well-earned rest from his toil. By all appearances, he leads a quiet, unextraordinary existence, but Longfellow paints him as heroic, and so he is.

The blacksmith isn't without his share of suffering, but he bears his burdens well, shouldering his hardship as a natural part of his lot on earth and profiting from it through growth in endurance and fortitude.

The lesson that the blacksmith teaches us isn't merely that we can forge our own futures if only we exert enough willpower over them. Instead, the blacksmith teaches us to keep careful watch over our conduct and shape our characters with painstaking care, as you would on an anvil.

The image implies a forceful action, for it's only with difficulty and continued, rigorous discipline that we arrive at the virtue exemplified by the blacksmith. However, by embracing this task, as well as the other burdens life allots us, we're able to live a purposeful and fulfilling life that brings joy to others and to ourselves.

Marlena Figue received her M.A. in Italian Literature from Middlebury College in 2021 and graduated from the University of Dallas in 2020 with a B.A. in Italian and English. She currently has a teaching fellowship and teaches English at a high school in Italy.



▲ Henry Wadsworth Longfellow, 1868, photographed by Julia Margaret Cameron.

## CORRECTION

The article "A Witness to War and Surrender," published on page C1 of the Aug. 9 edition, misstated the timing of Luciano "Louis" Charles Graziano's military draft letter. Mr. Graziano received the letter shortly before his 20th birthday. The Epoch Times regrets the error.

## FILM REVIEW

# The CCP Steals Ecuador

A documentary that makes a compelling indictment

By Joe Bendel

Colonialism is alive and well in today's world, but it's now best represented by the Chinese Communist Party's (CCP's) "Belt and Road Initiative." The CCP is strangling Ecuador, especially the country's indigenous population, with a system of predatory loans and contracts that extract valuable land-use "concessions."

Alarmed by the damage wrought by Chinese mining and petroleum interests that threaten their traditional way of life, many such indigenous Ecuadorians have organized an underground resistance to their Chinese colonizers and the leftist government facilitating their plunder of the nation's land.

Filmmaker Marc Wiese follows two of their leaders and an investigative journalist as they evade the regime's militarized police throughout the documentary "This Stolen Country of Mine."

### 'This Stolen Country of Mine'

There's a spiritual dynamic to the indigenous uprising, reflected in the ceremony that opens Mr. Wiese's documentary. He also captures the stunning beauty of the mountainous Ecuadorian countryside. Indeed, there are great parallels between what's happening in Ecuador and China's systematic despoilment of the Tibetan environment by similar state-connected mining concerns.

The stakes are high, as viewers quickly discern. In fact, the film nearly ends before it even reaches the 10-minute mark, when Mr. Wiese and the activists he's accompanying are pulled over by police. Fortunately, they take advantage of the chaos generated by a nearby riot in front of a Chinese-owned mine to slip off into the mountains.

The other defining images of Mr. Wiese's documentary are the vast piles of documents his camera pans over. These are the thousands of leases and contracts Rafael Correa's Chavist (Hugo Chavez-inspired and -aligned) regime signed with the CCP regime and politically connected Chinese mining and petroleum companies. These agreements weren't supposed to be public knowledge, but they were uncovered by newspaper reporter Fernando Vil-



▲ Xi Jinping (L), leader of the Chinese Communist Party and Rafael Correa, former president of Ecuador, in a scene from "This Stolen Country of Mine."

lavecencio, who was later elected to the General Assembly and was running for president before his assassination on Aug. 8. Obviously, his appearances in "This Stolen Country of Mine" now take on even greater significance.

### Corrupt Policies and Practices

In explaining China's relationship with Ecuador, Mr. Villavicencio bluntly tells viewers: "We've been colonized." For his efforts, he became a fugitive in his own country, facing arrest, even after Mr. Correa engaged in "lawfare" lawsuits to destroy the journalist financially.

Yet, ironically, Mr. Correa might endorse this exposé of his misrule, considering that he's now in exile himself, having fallen out with his hand-picked successor, Lenín Moreno (who was indeed named after the Bolshevik). Most of the worst police actions documented in "This Stolen Country of Mine" were perpetrated under Mr. Moreno's watch. Ecuador finally turned against toxic leftism in their most recent election, but the problem is that they're still saddled with all these exploitative Chinese agreements.

It should also be noted that Mr. Wiese is a filmmaker with an eye for visuals and an affinity for the poetic. He incorporates several impressionistic interludes that soak up the grandeur of the Ecuadorian landscape. But the film, mostly through Mr. Villavicencio, still cogently explains the corrupt policies and practices that transferred control of the Latin American country's natural resources to the CCP establishment.

There has been some international news coverage of the CCP's nakedly colonialist campaign to dominate Africa, but their similarly imperialistic campaign in Latin America (within our own hemisphere) has largely flown under the media radar. Mr. Wiese's docu-

**The film presents convincing evidence of the damage China has done.**

### 'This Stolen Country of Mine'

#### Documentary

Director

Marc Wiese

Running Time

1 hour, 33 minutes

MPAA Rating

Not Rated

Release Date

Aug. 10, 2023

★ ★ ★ ★ ★

A confrontation with the Ecuadorian military in "This Stolen Country of Mine."



## BOOK REVIEW

# 'Dead Fall: A Thriller' by Brad Thor

By Anita L. Sherman

Brad Thor fans are in for another roller coaster ride with his latest thriller, "Dead Fall." For more than two decades, Mr. Thor has captured imaginations and hearts with his Scot Harvath adventures. This is his 22nd in the series.

If you are unfamiliar with his action-packed chillers or his alter-ego champion, you won't be disappointed to discover the virtuous character and the rough-and-tumble scenarios in which he excels. Older and no doubt wiser, Harvath returns as America's top sleuth and hero to grace the pages of another riveting narrative, this one with primary action taking place in Ukraine.

Mr. Thor intentionally sets his novels in contemporary hot spots around the globe. With the ongoing conflict between Ukraine and Russia making international headlines, reading this one is that much more powerful. Mr. Thor weaves scenes of atrocities into the background upon which Harvath becomes a source of light and hope.

As with his other novels, chapters are designed to introduce readers to the players and their respective playgrounds: be that in war-torn villages in Ukraine, inside FBI headquarters in Washington, at tucked-away restaurants in Boston, or at clandestine meetings in Kyiv or Moscow.

The characters are as vividly described

as are the scenes. You can visualize them as Mr. Thor throws in details such as the designer brand of suit they are wearing or the wristwatch they sport. It all adds to the flavor and spice of the characters with whom Harvath is dealing as he takes on another mission.

And while there is always a question of whether to dive into another boiling cauldron, Harvath never hesitates long. He believes in America, he is a patriot, he is highly skilled at what he does, and because he's a near one-man force, for him, there is no option. Regardless of specific missions, his overall purpose in life is to protect and defend. He doesn't don a cape and can't fly, nor does he possess other supernatural abilities, but he's definitely a high-profile hero and one with a huge heart.

### Harvath to the Rescue

Early chapters introduce young Anna Royko, an American of Ukrainian descent. Horrified by the bombing of a children's hospital and maternity ward, she becomes embroiled in action when a small nonprofit takes her on; helping young orphans becomes her calling. It also makes her a target for a rogue mercenary group. This violent set of combatants includes former convicts and mental patients. Its leader has established himself as a ruthless torturer.

Resistance to these mercenaries has been minimal, as most able-bodied men are

off fighting the war. Royko is one of their victims, among many aid workers, but it's Harvath's mission to find and rescue her. Obstructing his efforts are a lack of men and supplies, shady behind-the-scenes politics, and an unsolved death from a fancy high rise in Washington.

And while the rogue thugs, known as the Ravens, are committing their acts of barbarism, another rogue team is out looting artwork and priceless cultural treasures that have been hidden away.

Ultimately, all of the puzzle pieces are put together and the mystery solved.

### War Is Hell

Mr. Thor is never without his personal perspective on global politics. What if this war had been stopped sooner? Perhaps all of this lunacy could have been avoided. Harvath laments that people have forgotten history or choose to ignore it.

As Mr. Thor describes Harvath's thoughts, readers get a taste of his sensibilities:



### 'DEAD FALL'

By Brad Thor

Atria/Emily

Bestler Books

July 25, 2023

Hardcover

352 pages

mentary is a good introduction to the subject, but much more light needs to be shed on China's corrupting influence on Ecuador and other nations in the Americas.

From start to finish, it's clear that Mr. Wiese's sympathies lie with the indigenous people and those who share their environmental concerns. Indeed, Mr. Wiese's affinity for causes superficially associated with "the left" makes the film quite effective as an indictment of CCP imperialism and its Chavist allies.

At times, "This Stolen Country of Mine" could be described as artistically crafted, but it exposes systemic injustice and corruption. It also comes at an appropriate time. The world's democratic nations need to formulate a strategy to help developing nations untangle themselves from the Belt and Road Initiative.

Mr. Wiese and his subjects present convincing evidence of the damage China has done. It's very highly recommended.

The film is in Spanish with English subtitles and starts streaming on OVID.tv on Aug. 10.

Joe Bendel writes about independent film and lives in New York. To read his most recent articles, visit [jbspins.blogspot.com](https://jbspins.blogspot.com)

"There was nothing as provocative as weakness. Inaction was action. Autocrats, strongmen, and dictators could all smell weakness from miles away. It was an aphrodisiac to them; an open invitation to come and take what they wanted, a promise that there would be no consequences for their actions. Only when civilized nations drew a bright line and followed through with heavy consequences for crossing that line could those dictators, autocrats, and strongmen be kept in check."

Harvath's unique skill set to take down the bad guys is often chilling and cold. He's very laser focused and acts with lightning-quick decisions when it comes to eliminating threats. He's equally focused on taking care of all under his wing. He's not to be messed with.

He's a lethal weapon. He's also well-educated and -cultured, has exquisite tastes, is a romantic, and has a wry sense of humor.

Mr. Thor has established himself as a master of this genre. He thoroughly researches the subjects of his books, making them educational and entertaining. "Dead Fall" will keep readers turning the pages.

Anita L. Sherman is an award-winning journalist who has more than 20 years of experience as a writer and editor for local papers and regional publications in Virginia. She now works as a freelance writer and is working on her first novel. She is the mother of three grown children and grandmother to four, and she resides in Warrenton, Va. She can be reached at [anitajustwrite@gmail.com](mailto:anitajustwrite@gmail.com)



FAMILY

# Jump Starts: 5 Practical Ways to Help Teens Become Adults

Author Bethany Mandel shares tips for preparing teens to enter the real world

By Jeff Minick

In the book "Stolen Youth: How Radicals Are Erasing Innocence and Indoctrinating a Generation," co-author Bethany Mandel recounts her time spent bedside in a hospital with her dying mother. At one point, when her mother has only hours left to live, half a dozen doctors and medical students inappropriately show up to examine the device regulating her mother's spinal cord fluid. Forced to take charge, Ms. Mandel orders them out of the room. Later, when her mom is gasping for her last breaths, she commands her grandmother to quit screaming or go away. She wants her mom to die in peace.

Ms. Mandel was 16 years old at the time. She then tells us that her chronically ill mother had modeled and taught this assertiveness and other adult skills to her, perhaps in anticipation of her death, and now Ms. Mandel is passing along these same lessons to her own children. "While still in middle and high school," Ms. Mandel writes, "I was getting a crash course in what is now facetiously referred to as 'adulting.'" That crash course included lessons in doing the laundry, preparing meals, cleaning the house, paying bills, and even picking her way

through the bureaucracy of the health care system.

This skill set, gifted to her by her mother, helped Ms. Mandel walk the hard path that lay ahead, a path that can be rocky for a lot of teens headed into the world on their own for the first time. By employing common sense and following the example of Ms. Mandel's mother, parents can help their children on this journey by removing some of those stones.

**While a vast majority of teens are aware that financial success derives from knowing the rules of the money game, all too often they don't know how to play.**

**Home Economics 101**

Every teenager should know the basics of cooking a meal, doing a load of laundry, and keeping a house, apartment, or even a dorm room tidy and clean. Many young people, some from an early age, pick up all three of these skills simply by helping Mom or Dad around the house. Cooking is probably the trickiest skill to impart, especially for parents working

full time who have little time to spend in the kitchen. If you're in this boat, search online for "teenagers cooking a meal," and you'll find loads of recipes that teens can make by themselves. It's a win-win for all, as they pick up some stove-top prowess while you receive the gift of a meal.

Oh, and don't forget the car. New drivers should know how to check the oil, inflate or change a tire, and keep an eye on the gas gauge.

**Bargain Hunters**

Teaching teens to pay attention to sales, particularly at the grocery store, will save them thousands of dollars over a lifetime. Once Mary or John earns that driver's license, send them off to the store to do the weekly grocery shopping, reminding them to check out the prices of the items that they buy. Not only will this save you valuable time, but it will also accustom your teens to comparison shopping.

**Mealtime Manners**

Look online for "importance of table manners and etiquette," and a slew of sites pop up, all of them explaining that how we dine affects those around us in interactions. As one post advises, "Every business meal is an interview, so table manners are essential to your success."

As you scroll through these sites, note that a good number of them are connected to universities, evidence that many young people need some instruction in mealtime etiquette.

The young person, or anyone else for that matter, who talks with his mouth full, wolfs down his food, and picks up stray bits of chicken and peas with his fingers while on a date or during a business lunch won't only end up with an empty plate, but with egg all over his face. It's time to call on a modified version of Miss Manners. If your teen might take instruction better from a third party, go back to that keyboard, type "videos showing the importance of table manners," and you're in business.

**Making the Call**

Many young people, and adults as well, spend hours a day on their phones, texting or on social media, but they're anxious or even terrified when making a real phone call to anyone other than a friend or relative.

Her mother's illness forced Ms. Mandel to speak on the phone with bureaucrats and business owners while still in her mid-teens. We can train our kids to do the same. Does Michael have questions about his financial aid packet? Have him make the call to the college. Is Natalie looking for a summer job as a camp counselor? Have her call and request the application.

These little things build the self-reliance that marks an adult.

**Finance and Finesse**

Should 18-year-olds have a bank account and debit and credit cards? Should they practice budgeting expenditures and earnings? Should they understand that taking out a loan on a college education or a car means repaying that money? Should they consider setting aside a percentage of their income, when possible, for that unexpected rainy day that always arrives at the worst possible time? The answer to all of these questions is a resounding, "yes."

But while a vast majority of teens are aware that financial success derives from knowing the rules of the money game, all too often they don't know how to play. That debit card makes for quick and easy purchases online—punch a few keys, and those goods are on the way—but they sometimes forget, as do many adults, that they've just spent \$100. They sign off on a college loan for thousands of dollars, not realizing that they're gambling future earnings against present expenditures.

Once again, numerous online sites offer help and training. Ramsey Solutions, for example, features the article "How to Teach Teenagers About Money." A key point here is that "more is caught than taught," meaning that teens will learn about personal finance by working with their parents on budgeting, spending, investing, and taking out loans.

One part of this Ramsey Solutions article is "Things Teens Waste Money On," which lists such expenditures as fast foods, spring breaks, trendy clothes, and the latest smartphones. Sharing this article with the teen in your life will make them more aware of how they spend their money.

**Raising Up Adults**

In the Ramsey Solutions article, we also find this advice: "Think of your teen as an adult in training. It's your job (as the adult of the house) to teach your teen what they need to know for that moment you send them off to college, trade school, or even their own apartment."

Looking back at her own teen years, Ms. Mandel echoes these sentiments, "I was put in charge of all these tasks in our family in part to help my disabled mother with household management but also so that I could gain experience while still wearing the 'training wheels' of having my mother present to troubleshoot or answer questions."

Some of the things that we teach our teens, such as cooking up a supper for four, are trifles. Others, such as opening a college savings fund with summer earnings, have greater ramifications.

But all of these lessons, large or small, will last a lifetime.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, N.C. 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." Today, he lives and writes in Front Royal, Va.

Teens should know the basics of keeping their rooms tidy and clean, including how to do a load of laundry.



BIBA KAYEVICH

# FOR KIDS ONLY

THE EPOCH TIMES

**Will Ever?**  
By Walter de la Mare

Will he ever be weary of wandering,  
The flaming sun?  
Ever weary of waning in lovelight,  
The white still moon?  
Will ever a shepherd come  
With a crook of simple gold,  
And lead all the little stars  
Like lambs to the fold?

Will ever the Wanderer sail  
From over the sea,  
Up the river of water,  
To the stones to me?  
Will he take us all into his ship,  
Dreaming, and wait us far,  
To where in the clouds of the West,  
The Islands are?

**WHY DO ALIENS TEND TO SPILL THEIR TEA?**  
BECAUSE THEIR SAUCERS FLY.

**Man must rise above the Earth—to the top of the atmosphere and beyond—for only thus will he fully understand the world in which he lives.**  
SOCRATES (470 B.C.-399 B.C.), GREEK PHILOSOPHER

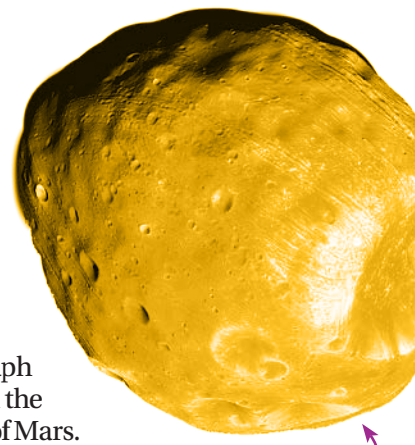
# This Week in History

## MARS MOON DISCOVERED

On Aug. 17, 1877, American astronomer Asaph Hall discovered the first known moon of Mars. The moon is potato-like in shape and has a mean diameter of around 14 miles. (For comparison, Earth's moon is more than 2,000 miles in diameter.) The moon came to be named Phobos, which in Greek means fear.

It was named after one of the horses that pulled the chariot for the Greek god Ares. Hall discovered Mars's second moon later that year. To date, these are the only known moons of Mars.

Professor Asaph Hall in 1899.



Phobos, imaged by the Mars Reconnaissance Orbiter on March 23, 2008.

By Aidan Danza

# THE CLOSEST STAR

**The closest star to Earth is, of course, the sun.** Beyond the sun, however, things get really interesting. The closest star to our solar system is actually a triple-star system called Alpha Centauri. A triple-star system is one in which two stars orbit each other, while the third star, called Proxima Centauri, orbits around them. It's as if the two stars turn, like bolts in a car wheel, while Proxima Centauri orbits the two stars, like a tire.

Proxima Centauri is the closest of the three stars to Earth, and it was only discovered in 1915 due to its faintness. The other two stars in the system, Rigil Kentaurus (or Alpha Centauri A) and Toliman (also called Alpha Centauri B) were discovered in 1689 by a French Jesuit priest called Jean Richaud, while the system as a whole has been known since ancient times.

Proxima Centauri is so small that it is almost 1/10th the size of our sun, although it has produced some of the biggest stellar flares ever recorded. In 2019, one of these flares occurred, lasting for seven seconds. It was said to be 100 times more powerful than any recorded solar flare. Given the stars' proximity to Earth, extensive research has been done on the planets that orbit the three stars, and there are several planets that may be habitable. A good candidate is Proxima Centauri b, an Earth-like planet that takes 11 days to orbit the star. This means that a year on Proxima Centauri b is only 1.1 Earth days. Still, it's possibly habitable, because it's the proper distance from its star for water to occur as a liquid, not as ice or as vapor. There are other planets, too, including two more orbiting Proxima Centauri and another two orbiting Toliman, although some of these planets haven't yet been confirmed. One of these planets is similar to Neptune, with giant orbits and icy, gaseous surfaces, while another is very similar to Mercury, orbiting Toliman at a distance of 3.7 million miles, or 10 times closer to its star than Mercury is to the sun.

**AMAZING ESCAPES!**

START

**WORD SEARCH: Space is Cool!**

STAR XXS SPACE JUNK  
GSASATELLITECAM  
GASHSPACEXRMAXY  
ATTUTKTS PNOESLC  
LUETRZEHLRECTUO  
ARRTOJLOAPKCRNM  
XNOLNUEKNTUOIE  
YHIEAPSMEURNVT  
EODEUCY TNOYOE  
MARSTTOSAIEIMRA  
DORBOEPR TUNWYSL  
CRGTIREERUKLBEI  
FRUTHTMOSEVENUE  
YLGRAVITYADMOON  
PSPACESTATIONQS

Aliens  
Asteroid  
Astronaut  
Astronomy  
Comet  
Earth  
Galaxy  
Gravity  
Jupiter  
Mars  
Mercury  
Meteor  
Moon  
Neptune  
Orbit  
Planet  
Pluto  
Rocket  
Satellite

Saturn  
Star  
Shuttle  
Sun  
Space Junk  
Telescope  
Universe  
Venus

**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**  
1 9  
37  
1 4  
+ - x ÷  
Solution For Easy 1  
1 x (1 + 9)

**Medium puzzle 1**  
6 15  
10  
3 13  
+ - x ÷  
Solution For Medium 1  
6 x 9 - 31 + 91

**Hard puzzle 1**  
9 36  
90  
2 9  
+ - x ÷  
Solution For Hard 1  
2 x (96 - 8 x 6) + 6 + 6 + 2 x 96

**HIDDEN TREASURES** by Liz Ball  
www.HiddenPicturePuzzles.com





KRISTIN SNIPPE/UNSPASH

◀ Located in the 2nd district of Marseille and standing next to the old port, Marseille Cathedral is an impressive sight as viewed from the sea. The use of different shades of stones and marble set the cathedral apart from other churches of the era. Rather than following the Byzantine architectural tradition, it follows the 19th-century historicism style, an eclectic revival of past styles.

LARGER THAN LIFE: Art that inspires us through the ages

# France's Neo-Byzantine Cathedral of Marseille

By Ariane Triebswetter

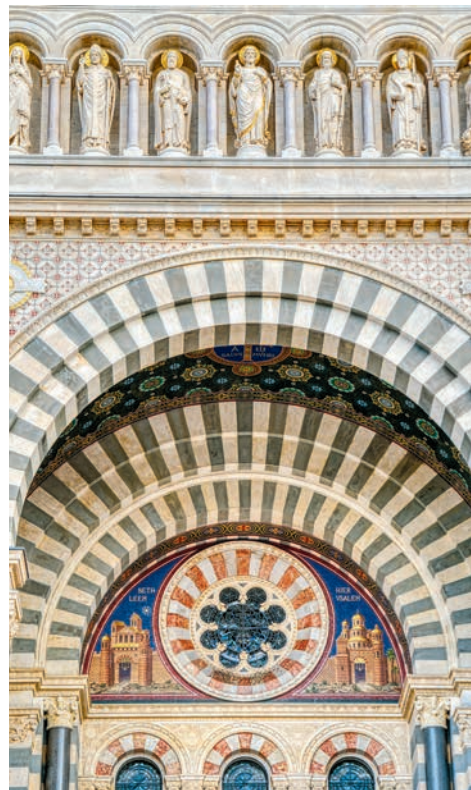
One of the largest and oldest churches built in France since the Middle Ages, the Marseille Cathedral is a marvel of Neo-Byzantine architecture. It's an example of a historicism, a 19th-century trend focusing on the revival of past architectural styles.

The church is located between the old and new ports of the city, and known locally as the Major Cathedral, or "Cathédrale de la Major."

In the 19th century, Marseille was the second-largest city in France and the country's first port. With its open sea access, it was an essential point of passage between the West and the East, and locals decided to build a large cathedral, comparable in its dimensions to St. Peter's church in Rome. In 1852, the Bishop of Marseille commissioned a cathedral in the Roman-Byzantine style, to invoke the city's sea connections with the ancient Byzantine empire.

On Sept. 26, 1852, Napoleon III laid the first stone of the construction on the site of the old cathedral, which dated back to the 11th century. Only some parts were dismantled for the new eight-domed structure; both structures can be seen today.

Built between 1852 and 1893 and based on the plans of architect Léon Vaudoyer, the new cathedral took over 40 years to finish. Architect Jacques Henri Espérandieu added the frameworks and domes, and architect Henri Antoine Révoil designed



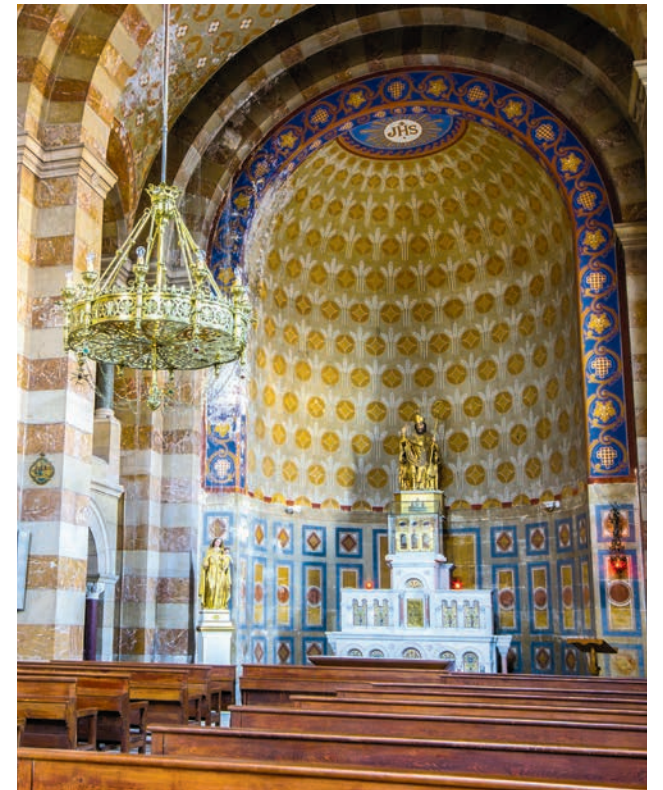
▲ The church's tympanum, a semi-circular structure over its entrance, is located under small statues of Christ and his disciples. The tympanum, within the façade's triple arch, features a marble rose window in its center, surrounded by a blue and gold mosaic of Jerusalem and Bethlehem, which was inspired by the Mausoleum of Galla Placidia in Ravenna.

the magnificent interior. Completed in 1893, the cathedral features a striped Byzantine façade and a colorful interior



▲ Above the church's main altar is the central bronze dome, supported by four onyx columns from Tunis, and intricate golden flower ornamentations. The octagonal dome is lit by eight semi-circular arched windows framed by white marble columns. The center of the dome features a colorful rosette on a dark blue background.

adorned with gold, bronze, and marble décor, as well as mosaics, statues, and stained-glass windows.



▲ One of the numerous side naves of the cathedral, with walls covered in gold and marble, is reminiscent of the opulence typically seen in Byzantine churches. Dark gray porphyry columns are supported by arches and present carved marble foliage, while the marble balustrade supports an impressive bronze candelabra. The altar is framed by a triple blue and gold mosaic arch and holds a statue by Auguste Carli, representing St. Veronica wiping the face of Jesus when he fell to the ground.

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

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