

THE EPOCH TIMES

LIFE &

TRADITION

BIBA KAYEWICH

Down Memory Lane:

Saving and Sharing Good Memories

Is Easy, Healthy, and Fun

No matter how fast life seems to fly by, memories keep us connected to the happy days of yesteryear

JEFF MINICK

Trust me friend a hundred years
Goes faster than you think, so don't blink
Written by Casey Beathard and Chris Wallin, that's the refrain for country music star Kenny Chesney's poignant hit song, "Don't Blink." The ballad tells of a 102-year-old man celebrating his birthday on television, who when asked the secret of life, says:

*Don't blink, cause just like that
you're 6 years old
And you take a nap
And you wake up and you're 25
And your high school sweetheart
becomes your wife.
Don't blink, you just might miss
Your babies growing like mine did
Turning into moms and dads
Next thing you know your
better half
Of 50 years is there in bed
And you're praying God takes
you instead*

Most of us, even the young, have experienced this revelation of time sweeping past us, as fast and furious as a wind in March. A 29-year-old kisses her daughter's bruised knee suddenly recollects her own mother doing the same for her after she had tripped and fallen in the yard and is jolted by how swiftly the years have flown away since her childhood.

And yet, while we can't reset the ticking clock of our lives, just like that young mother, we, fortunately, can return, if we so choose, to happier days gone by via that time capsule of the mind: the memory.

The Way We Were

"Nothing is ever really lost to us as long as we remember it," L.M. Montgomery, author of "Anne of Green Gables," wrote in "The Story Girl."

It's for this reason that we look with pity on our loved ones undergoing the ordeal of dementia, witnessing their confusion and the progressive loss of their faculties.

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INTERVIEW TIME

Interviewing family members about their life experiences is a great way to learn more about them and pass on their memory to future generations.

1-Child-Policy Survivor Advocates for the Unborn

Abandoned as an infant because of China's 1-child policy, Shaohannah Faith hopes to end abortion in her lifetime

LOUISE CHAMBERS

A baby girl was among hundreds of millions of babies aborted or abandoned during China's one-child policy era, a law enforced between 1980 and 2016. Luckily, she was adopted as a toddler by a kindhearted woman from the United States. Grateful that her birth mom chose life, she now dedicates herself to the pro-life movement, advocating for change to protect unborn babies.

Many are women, like herself, who may have been given up because of their family's preference for a boy.

Shaohannah Faith was born in the Guangxi autonomous region of China and grew up in Minnesota after being adopted. Today, she lives just outside Washington and works as the capitol area regional coordinator for Students for Life of America (SFLA) in the Washington metro area.

Talking to The Epoch Times, Shaohannah said she was abandoned in a small box in the Guangxi region, in a city called Beihai, when she was only a few months old.

"I knew about China's one-child policy for pretty much as long as I can remember," she said.

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COURTESY OF SHAOHANNAH FAITH

Shaohannah Faith wants to see abortion become unthinkable in her lifetime.

ALL PHOTOS COURTESY OF SHAOHANNAH FAITH

Down Memory Lane:

Saving and Sharing Good Memories

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Kids love hearing about their parents' and grandparents' childhood adventures and mishaps, such as accidentally smashing a window while playing baseball.

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In myriad ways, human beings are made up of memories, and when those memories begin vanishing, so does the person. That people wish to prevent that disappearance by preserving the present, especially those moments associated with joy or achievement, can be seen everywhere. Pharaohs and kings have left monuments as signs of their glory so that others might remember them. Writers and painters frequently include themselves or the people and places they've known in their art. The rest of us snap photographs or make videos in hopes of capturing those fleet-

ing delights of a graduation or a wedding, using the pictures later to aid recollection. Some folks keep a journal to record their toddler's first step, the day she learned to ride a bicycle, and her first dance in middle school. We keep these mementos not only as markers of celebration but also as sparks to light the flames of memory. And here are some other ways to keep those fires burning.

Interviews

One spring morning nearly 40 years ago, I sat at her dining room table and asked my mother about her family tree, recording the information as she spoke. It was good stuff, but I should have asked Mom for details from her own life. What was her favorite candy as a kid? Her favorite game? When and where did she first meet my dad? What was her biggest dream for herself when she was 16?

With the help of some electronic device or even just pen and paper, ask family members questions and record their answers.

I know a lot about my mom and have passed much of that information to my children, but I missed the perfect chance to know a whole lot more. With the help of some electronic device or even just pen and paper, ask family members questions and record their answers. If you're a 16-year-old who's close to your grandfather, set aside an hour or so, lift up the lid on his past, and write down what he says. His responses may surprise you. Grandparents might reverse this process, asking their offspring similar questions. Either way, the result is a time capsule, bits of the past and present to be reopened and treasured in the future.

The Joy of the Jar

Memory jars—small, decorative boxes will serve just as well—are easy, provide fun for the family, and can even give you a much-needed lift on a bad day. The concept is simple. Take a large, clean jar with a lid, decorate it as you will, and keep it on the kitchen counter or the dining room table where it won't be overlooked. Alongside it, keep some pens, pencils, and pieces of paper for recording memories. Cutting some three- by five-inch index cards in half for reasons of space works perfectly fine. After that, how you use the jar is up to you. Some people make a memory jar a part of some special occasion—birthdays, anniversaries, Christmas. Those present write down a comment about the event or the person involved and drop it in the jar. With the same purpose in mind, some people create a memory jar for the funeral of a loved one. Others

pass the paper and pens around the supper table once per week and have family members write down an event they want to remember. It can be as important as making the cut for the basketball team or as trivial as baking a pie with Mom. A few words usually suffice to jog the memory. If you're keeping your own personal memory jar or box, sometimes pulling out one of the written reminders can bring a flood of sweet thoughts or a needed smile. The comments deposited in a memory jar honoring a deceased relative, when read later, can bring tender memories. If the jar has notes from the entire family, a shared meal is the perfect time to have two or three people dig into the jar, pull out a note, read it aloud, and then ask the person who wrote it to tell the story behind the note. These aids to memory can bring laughter and tears, as well as deeper connections with those we love. Which brings us to one of the best ways to savor the past and keep it alive.

Story Time

Who doesn't enjoy a good story? If you want your childhood memories kept alive, tell those stories to your children and grandchildren. We know kids love hearing about Grandma's beloved foxhound when she was an adolescent or the time Dad hit a home run playing sandlot ball but smashed a neighbor's window, because they keep coming back and asking for more. And if you want to better recall the kids' stories of their adventures or humorous moments, tell those stories to friends or other family members. Look online for the "power of telling stories to kids about our past," and you'll find a dozen or more benefits derived from this activity, from the development of better listening skills in school to an enhanced ability to make moral judgments. Best of all, however, you're leaving a part of yourself in your children, who will remember and relish your childhood tales long after you've left this earth. An example: My uncle and dad passed on some wild tales about my Great-Grandfather Clark. Both my children and grandchildren have gotten some fun from these family gems, but the stories also connect them to an ancestor born 150 years ago and will live on in them and perhaps their descendants. Whatever avenue we use—photographs, journals, story boxes, or storytelling—passing along our memories, especially the good ones, enriches those around us, keeps our special moments a vibrant part of who we are and reconnects us with our heritage.

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.

Every Little Bit Counts

Celebrate each success on the way to achieving your goals

When a reporter asked Thomas Edison how it felt to fail 1,000 times before inventing the light bulb, Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."



FPG/ARCHIVE PHOTOS/GETTY IMAGES

BARBARA DANZA

When setting your sights on a goal—perhaps you want to clean out your closet, lose 20 pounds, get out of debt, spend more time with your family, wake up earlier, or be a friendlier person—whatever it is, it helps to remember that every little bit counts.

Keep Going

It can be easy to feel overwhelmed when staring at the large gap between where you are and where you aim to be. You may start off with a jolt of enthusiasm, but if progress is harder to come by or slower than you anticipated, discouragement can set in. The key at this juncture is to, of course, not

give up. As Thomas Edison once said, "Many of life's failures are people who did not realize how close they were to success when they gave up." To keep going, to stay motivated, you want to home in on any tiny bit of progress that has been made and celebrate that.

Slowly but Surely

If you want to clean out your closet, for example, you might be able to envision a perfectly decluttered, pristinely organized space in which everything you love is beautifully displayed and easy to access. In reality, however, when you begin to assess your closet's current condition, you may not know where to start or how on earth you'll ever have the time and energy to push through and reach your goal. The gap between here and there seems too big. Although you may be tempted to empty the entire closet in one fell swoop and power through your task all at once, consider whether this project can be broken down into much smaller chunks to tackle over a lengthened period of time. If you can make small improvements to your closet regularly and consistently do so until your goal is reached, might the end result be better and the process more enjoyable? You may even develop a habit of continuous improvement in the process that allows your closet to not only become clean but also stay clean. In "Continuous Improvement: How It Works and How to Master It," author James Clear wrote: "The typical approach to self-improvement is to set a large goal, then try to take

big leaps in order to accomplish the goal as little time as possible. While this may sound good in theory, it often ends in burnout, frustration, and failure. Instead, we should focus on continuous improvement by slowly and slightly adjusting our normal everyday habits and behaviors."

Every little tiny bit of progress is another bit of proof that you're aiming for your greatest potential.

With some goals, such as losing weight, one fell swoop isn't going to cut it. You can't just pull an all-nighter and find yourself down 20 pounds. The road to weight loss, like other goals, is often one of peaks and valleys. You may find you've lost weight one week and gained a little bit back the next. To stay consistent along your path and not give up, it can be enough to simply celebrate the overall improvement and tiny wins as you go. If your trajectory is headed in the right direction, you should stay the course. Eliminating debt is another goal that might take a long time to achieve. It requires sacrifice and discipline to see it through. Shifting your perspective about what counts as a win along the way can keep spirits up and motivation strong. For example, if you're only



Every dollar of debt eliminated is \$1 closer to being debt-free—and as such, is worth celebrating.

going to celebrate when your credit card balance equals zero, you're missing out on many opportunities to boost your momentum along the way. What if you celebrated every \$1,000 or even \$100 reduction in your total debt? What if you cheered every time the total debt went down at all?

Achieve Your Potential

In fact, each small amount of progress is worth celebrating—because even though it may not sound like a big deal to get one sock drawer tidied, one pound lost, or \$1 of debt eliminated, it's actually a representation of your tenacity, discipline, and fortitude to keep going and improve yourself. You're proving yourself to be someone you can rely on and someone who can change for the better. Every little tiny bit of progress is another bit of proof that you're aiming for your greatest potential and that you'll actually do what it takes to be at your very best. You may not be there immediately, but when it comes to progress, every little bit counts.

1-Child-Policy Survivor Advocates for the Unborn

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"The pressure that they put on people to have only one child and, especially in a male-driven society, to have a boy. I knew that I was one of the many girls who was abandoned and basically left to die because of the policy."

In a coordinated effort to rescue unborn babies, Shaohannah is actively participating in SFLA's nationwide protests in March against over-the-counter sales of chemical abortion pills.

"A message that I want to convey is that life is a gift."

Shaohannah Faith, regional coordinator, Students for Life of America

Dana Stancavage, SFLA's press specialist and online editor and also Shaohannah's friend and mentor, said: "This is such a dangerous drug to make over-the-counter accessible. It impacts our public waterways, it impacts women who are four times more likely to have injury infertility, and there's an unfortunate rising death toll from using these pills. ... They certainly shouldn't be at your local drugstore."

Left to Die

Shaohannah has always felt sad about her origin story and has wondered what her life could have been like but harbors no resentment toward her birth family.

"I understand that in a country like China, there is a lot of pressure from the government," she said. "The choices that they may have had to make might not have been the choices they would have wanted for me. But I'm very grateful for the fact that they chose an option where I was able to be rescued and live."

"[My birth mom] gave me this gift in allowing me to have the life I have now. I wouldn't have anything that I have right now if it was not for her or her making the choices that she did, which I'm sure were not easy." Shaohannah's adoptive mom, Sheila, was single but looking to have a child when she began the process of overseas adoption through the Children's Home Society of Minnesota. China was the obvious choice, as Sheila had previously studied abroad in China and had fallen in love with the Chinese people.

She was connected with Shaohannah at her orphanage when the baby girl was a little more than a year old. As far as Shaohannah knows, her birth family is still in China, but she hasn't yet been successful in connecting with them through genetic testing. However, she has met other adults who were once abandoned during the enforcement of China's one-child policy. Many are women, like herself, who may have been given up because of their family's preference for a boy.

From Abandoned to Advocate

As Shaohannah moved through high school and college, her interest in activism increased. She planned to major in political science and worked in the Maryland General Assembly before transitioning into full-time work as a pro-life activist for SFLA.

SFLA holds rallies at the U.S. Supreme Court and has recently held a lobby day in Washington for the Born-Alive Protection Act. They assist daily on college campuses so that SFLA members can engage with pro-abortion students face-to-face and share information, such as Standing With You on campus, a nationwide directory to connect women with pregnancy resources, including adoption support.

In July 2022, when the D.C. City Council was seeking to pass legislation to protect people who would have aided in any self-managed abortions and protect anyone who participated in that, Shaohannah testified on behalf of SFLA and asked: "How much is a child like me worth?"

She gave an example of a student whose view on abortion changed after a conversation at the SFLA campus stand.

"I was hosting a display at Mount St. Mary's University when we were approached by a couple of young women interested in the display," Shaohannah said. "We asked them when they thought human rights should begin, and after looking at fetal models which demonstrate the humanity of preborn children, they agreed that abortion should not be legal through all nine months. ... We were excited to see these girls realize that the pro-life movement is here to offer support and life-affirming resources."

In the controversial case of women who conceive in rape, Shaohannah knows her stance. "We don't assign grades to someone's birth certificate based on the circumstances of how they were conceived," she said. "Rape is horrible, it's the worst thing that can happen to another person, but it does not make sense to turn around and commit another act of violence against another innocent person. If we wouldn't discriminate and devalue a toddler who happened to be conceived in rape, we shouldn't do the same to a preborn baby."

Shaohannah's next battle is advocating for U.S. laws that protect preborn lives from the moment of conception. She's also preparing to take protest materials against the chemical abortion pill on a spring tour to college campuses around Maryland and Washington.

"A message that I want to convey is that life is a gift. It's a gift that I've been given that I'm allowed to continue fighting for and see it cherished more than it was when I was born," she said.



Shaohannah Faith at a Students for Life of America rally at the U.S. Supreme Court.



Shaohannah Faith was born and abandoned in the Guangxi autonomous region of southern China.

'Life Is a Gift'

Shaohannah says she has been bullied for her pro-life beliefs many times but keeps in mind that SFLA's goal is to foster conversation and share scientifically accurate information about preborn human lives. She believes in what she does.

"I love that I get to do something that I'm passionate about. I'm very blessed in that I have a wonderful team, and it's a team of people who come from different backgrounds ... but we can all unite around this fact that abortion ends human life, and we're going to work to see abortion become unthinkable in our lifetime," she said.

China's one-child policy was officially retracted in 2016. According to Shaohannah, the Chinese Communist Party has claimed to have "prevented or ended" 300 million births, a figure she finds horrific, since it's "never, ever morally right in any circumstances to end lives."

"It's about this culture of death. They've created this devaluing of life in the womb, and we have that here as well. It's not something new," she said. "To me, that's why part of this fight for preborn lives matters so much, because it's taking a stand against this culture of death ... desensitization and dehumanizing."

"[Roe v. Wade] was the roadblock that we got through in order to make abortion not only illegal but also make it unthinkable. We have a poster, a blueprint. ... We want women to feel supported because women don't need abortion to succeed; they don't need abortion in order to be equal. They can have their careers, their dreams, and their children, too. But to do that, we need to support them."

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DEAR JUNE On Family and Relationships



Mother Prays to Heal Relationship With Family

You can still find peace, even if you don't have all the answers

Dear June,
I'm over 80 and struggling with my relationship with my children. My daughter and granddaughter, and one son and his wife (who live far away) avoid, disregard, mock, ghost, and shun me. I love them deeply and have strongly invested myself to try for more positive relationships. I've prayed for my daughter since before she was born. Now 50 years later, I'm praying all day long and know less about this situation. Over the years, I've apologized to my four children for things that the Lord showed me that I needed to make right, but it hasn't helped.

I went to apologize to my daughter for a recent incident. The incident was this: While hurrying across the parking lot of my granddaughter's school to greet my daughter and my granddaughter after volleyball practice, I saw my teenage granddaughter hastily jump into the car while my daughter pushed it into reverse and stepped on the gas coming to a stop right by the place where I was standing. My daughter leaned forward to obstruct her window. After a quick hello they hurriedly drove out of the parking lot and I could see a man with a hat on in the passenger seat. I found out later that the man was my grandson, visiting from out of town, and I was deeply cut.

Before I apologized, I prayed: "Work humility in my life that I may be authentic. Give me the words to say and gentle demeanor. Please go before with your Spirit and prepare the way." I wrote down what I would say and looked at it for anything that might sound accusatory or judgmental. I called my daughter and asked if I could see her for five minutes during her lunch hour (she works from home) and she agreed, her children were home and heard everything. "I am responsible for your speeding away from the parking lot. There is something about me made you do this. You are a good person and would not have done this without my causing it. I am so sorry for what I have caused you to do. I have humbled myself to come over here and apologize so that you might feel better." I felt no judgment for her actions as I talked to her. I humbly and sincerely apologized and took responsibility for her driving away and trying to conceal my grandson. She stood up and was crying, yelling, gesturing, and speaking very loudly as some of her offenses were angrily pouring out. "All you ever do is say NO, no, no! I would love to have a relationship with you. I pray many times a day for our relationship. You don't even know me! I have told many people about our relationship. You are a difficult personality."

She prays and I pray, but there has been no change in attitude that I know about. If we could get help at this time of impasse it would be very helpful. She seemed open to that at the time of our talk. I hope that we could move ahead in our relationship.

Last year, I had so much pain and anxiety over this that I went to a counselor provided by Medicare. We got to the point the counselor wanted my daughter and me to come in for counsel. I don't think I will live very much longer since I have multiple serious health problems. I don't want this to be unfinished when I die and I also prefer Christian counseling so I discontinued the counseling.

A Hopeful, Elderly Mother

➔ **Dear Hopeful, Elderly Mother,**
I empathize with your struggle. Relationships with children are so dear to a mother's heart; when they aren't right it brings us deep sadness. It seems you have long been working hard and sincerely to better the relationships with your family, but to no avail. You've been praying a lot over this matter, but no answer has come. My first suggestion is then to surrender your worry and hopes to God. He certainly has an answer and a plan for you; however, it can be very hard to see this when we're in the midst of suffering.

This is a truth and a pitfall that we sometimes encounter—we can get so wrapped up in certain ideas about what we think our spiritual path should look like that it becomes a narrow mindset. Perhaps instead of asking for and seeking discernment, thank God for giving you an opportunity to grow spiritually. It's OK to be clueless about the solution. Give the timing and solution to your problems over to God. He made you a mother. He knows the sadness in your heart. If He isn't answering yet there's a reason.

What I do when facing a stressful situation is to first of all calm down. Being fearful, upset, or nervous doesn't make it easier to find a solution. I do this by first looking at my energy—when I don't feel calm and peaceful, this tells me that I need to look at what in myself is triggering these feelings. Often the cause is a thought deep in the back of my mind—an assumption I wasn't aware of connected with fear or desire.

For example, once when my oldest son was a year and a half and I was babysitting another toddler, my son grabbed a stick and started hitting his friend on the head. As a young mom, my reaction was fear and embarrassment because it happened just as the father of the other child walked in. I feared if I didn't correct

my son's behavior he would continue to hit other children. I was also embarrassed because I didn't want the father to think I wasn't raising my child well and so in a rush of emotion I spoke sharply to my son and smacked his hand. My son cried for a bit, more out of surprise than pain because I didn't hit him hard, then he immediately picked up something else and proceeded to whack his friend on the head again.

This was, of course, not the only time my fears have caused me to make bad parenting choices and it was a huge relief to me when I read a parenting article that pointed out that overreacting is often due to fears we have as parents. Now I try to handle issues from a place of calm. When I'm not calm, I take the time to look for why—to figure out what I'm afraid of and or what I'm desiring that's making me emotional.

One benefit of counseling is that both people walk into the session prepared to talk about emotional issues.

You mention that you want the issues with your children to be resolved before you die—a perfectly natural wish, but since you also don't think you have much time, is there perhaps some fear? If so, then it may be that the fear is blocking things from resolving.

It's wonderful that you and your daughter pray for one another. To me, this indicates that she doesn't bear you deep resentment, despite the difficulty of the relationship. Perhaps she doesn't want to be in your company, but it doesn't seem like this arises from deep bitterness.

Apologizing
In the way you described your apology, there were a couple of things that stood out to me.

The first was that when you apologized to your daughter, you took all the responsibility onto yourself. I can see that you sincerely wished to make her feel better, but in taking the blame for her behavior onto yourself, you may actually make her feel frustrated—she may feel you're treating her like an incapable child, not the free-willed adult she is. After your apology, your daughter said that she doesn't feel understood by you.

Secondly, she might have been better able to hear your apology at a different time and place. This was for her an emotional topic, so it would be best to arrange a time and space

for discussion when you can both be prepared and focused. The timing of this apology might have added to her stress because she was in the middle of a busy day, had her children around, maybe hadn't eaten her lunch yet—and then to be asked to focus on a situation that clearly made her uncomfortable was perhaps too much for her at the moment. Maybe in a different situation, she would have wanted to share with you but at such a moment she didn't have time or the mental/emotional space to open her heart.

One benefit of counseling is that both people walk into the session prepared to talk about emotional issues. It can also be helpful to have these conversations outside in nature where people tend to feel calmer. Also, walking while talking can make difficult conversations a bit easier for some people.

Building Relationship

My final thought is that perhaps you can start to build the relationships you want in small ways and with simple things. First of all, try to be relaxed and happy yourself; appreciate and enjoy the time you do spend with your family. Put "fixing relationships" on the back burner and focus on getting to know your family, as if you're making a new acquaintance.

What are some things you can do together that you would both enjoy? Or you know that they will enjoy? Maybe a movie night, or going to the theater, a church function, or a local attraction together.

Listen more than you talk. Find out what hobbies and interests your family is excited about.

Figure out their love languages.

Let others decide when it's time to bring up deep emotional topics.

Also, if there's any help you can render them, do it. And ask them for help with things you need and thank them for it.

Hopefully, some of this helps.

*Sincerely,
June*



Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY, 10001

June Kellum is a married mother of four and longtime Epoch Times journalist covering family, relationships, and health topics.

Australia's Oldest University Student Advocates for the Elderly

Val Fell, 93, has made it her mission to bring awareness to dementia and ageism

LOUISE CHAMBERS

At 93, Australia's oldest university student is a force to be reckoned with. With no desire to retire, she's so busy advocating for the elderly that she has to study part time.

Val Fell was born in Sydney, Australia, on Feb 14, 1929. A great-grandmother of three, today she lives in Wollongong, New South Wales, and is studying for a bachelor of dementia care at the University of Tasmania. She told The Epoch Times: "I'm not literally on the grounds of the university ... I do the lectures online, but we do meet and they accept me as an individual, regardless of the fact that I'm old enough to be their great-grandmother!"

Fell's husband, Ian, was diagnosed with dementia in 2006 at the age of 77. Fell looked after Ian at home until 2010 when he was transferred to residential care and died in 2013.

Fell was disappointed by the lack of support from their friends, who knew little of dementia. She thus joined Alzheimer's Australia New South Wales and, in 2012, started a group to run annual dementia forums, which has since hosted 10 events, according to Sydney Herald.

She likes to "keep up-to-date with what is happening in the field." She did a few courses online on dementia research and care, along with some short courses on dementia advocacy before enrolling for a bachelor's degree in dementia care part time.

She's an ambassador for the National Older Person's Reference Group and the Council on the Ageing Australia. Additionally, she's on the Aged Care Council of Elders, a 14-member government body appointed in 2022 to help improve aged care.

"Probably one of the reasons I'm doing what I'm doing is because of what happened; social isolation, and the things that I experienced during the time my husband had dementia and shortly afterward," Fell told The Epoch Times. "In the last 10 years, I have run a big conference of about 400 people where we raise awareness of dementia and ... ageism."

Through her efforts, Fell said she had been trying to reduce the stigma attached to being old or having dementia.

"These days, many people seem to think that once you reach a certain age, you don't have any part to play in life," Val said. "It's quite a different thing, really ... I think that as you get older, you should concentrate on what you can do and forget about what you can't do."

Fell believes that once a person reaches a certain age, that doesn't mean that life has stopped.

She has also experienced ageism firsthand. She recalled an experience with a waiter at a group farewell dinner.

"We went through the whole rigmarole; red wine, white wine, still, sparkling. Then he came to me, looked at me for a minute or two, and said, 'Would you like a cup of tea?' I said, 'No, thank you. I'd like a glass of red wine,'" Fell said. "Somebody else recently asked me if I could still read. People keep asking me if I made arrangements to go into a nursing home."

She wants to remind those who are younger that "sometime in the future, you too are going to age."



Val Fell with her granddaughter at the Order of Australia Medal luncheon in 2022.

"You do not know what that's going to be like, so don't turn away from older people's approach and talk to them as normal people, because that's what they are," Fell said. "Older people are just normal people who have lived a few more years than you."

To that end, Fell is a champion for inter-generational education at primary, secondary, and tertiary levels and has learned, since introducing elderly folk to school-aged children, that kids don't discriminate.

"One morning a week, I go to school on Zoom. I'm connected to a classroom, and I'm also connected at the same time to the activities room in an aged care nursing home," Fell said. "We have a lesson together, we talk about a particular topic in the curriculum, and the children put forward their ideas, the elderly people in the nursing home put forward their ideas, [and] it's wonderful to see the empathy that develops."

Fell grew up as the eighth of 11 children—seven girls and four boys—and was the first in her family to attend university. She went to Sydney University in 1946 for a degree in mathematics.

She married Ian in 1955 and after a couple of years teaching math and a few years working as a statistician for various companies, she raised four children and returned to education. She's one of three surviving siblings whose mother lived to the age of 100.

Fell, who lives by herself, said the biggest change she has noticed in her lifetime is how technology has developed.

She saw her first computer in 1954 in London, and it was in a room that took up the

entire floor of the building. However, now computers can fit into a handbag.

Despite her age, Fell has adapted to the changes in technology rather well. She said she attends online classes and the only challenges she faces are the occasional issue with her laptop or in preparing a PowerPoint presentation. Otherwise, she "manages well."

In 2020, Fell received the Wollongong City Council Senior Citizen Award for 50 years of voluntary work in community education, and in 2022, she received an Order of Australia Medal for services in the field of dementia. Fell, who has been busy and has currently put her studies on hold, told The Sydney Morning Herald, "I'm studying part time because I'm busy, but I need to hurry up. I don't want to still be the oldest student at 100!"

"I don't think she'll ever slow down," Fell's son, Gordon Fell, told The Feed. "She's always been like this, so that's her one speed."

The nonagenarian believes that studying both feeds independence and fosters community. "It's good for the body, it's good for the mind, and it's good for physical activities. I always tell people that they should keep on learning," she told The Epoch Times.

All five of Fell's grandchildren have degrees, a fact that she's proud of. Time with her beloved family is one thing, among many, that keeps Fell healthy and happy.

She advises others: "Keep doing things within your community or within your home. There's nothing wrong with having a glass of wine with your dinner at night, but don't drink in excess. Don't eat in excess, watch your diet. Be active and healthy; a healthy mind brings a healthy body, a healthy body leads to a healthy mind, and vice versa."

Fell hopes for a future without ageism or dementia. The latter will take years, she said. "That won't happen in my lifetime, but it might happen in yours ... therefore, we need to look after the people who have dementia, and walk with them through their journey."

“
I think
that as you
get older,
you should
concentrate
on what you
can do and
forget about
what you
can't do.

Val Fell

Val Fell believes that studying feeds independence and fosters community.



ALL PHOTOS COURTESY OF VAL FELL



Val and Ian Fell on their wedding day in 1955.



Val Fell with her son Gordon Fell and his family.



Stoicism has been preserved to this day through the teachings and writings of Seneca, Epictetus, and Marcus Aurelius. (Top) “Last Words of the Emperor Marcus Aurelius,” 1844, by Eugène Delacroix. (Above) “The Death of Seneca, 1773,” by Jacques-Louis David.



Born in the first century A.D., Epictetus remains one of Stoicism's greatest philosophers. Engraved frontispiece of Edward Ivis' Latin translation (or versification) of Epictetus' Enchiridion, printed in Oxford in 1715.

Epictetus

On Mastering the Will

The teachings of a Stoic philosopher are relevant for the digital age

ANDREW BENSON BROWN

“Wish the things which happen to be as they are, and you will have a tranquil flow of life.”—Epictetus, Roman philosopher

It's advice that's alien to the modern mentality. Shouldn't everyone want everything to be better? But when we consider various people's definitions of “better” and how the logical conclusion of certain forms of prog-

ress is often worse than the imperfect status quo, we might reconsider this statement. Although we aren't likely to become fatalists in the end, Epictetus might help us to curb overzealous idealism.

A Life of Slavery
Epictetus was born around A.D. 50 in Phrygia (present-day Turkey). Unlike his older contemporary Seneca, who was a member of the aristocracy, Epictetus was born into slavery. If Seneca was a thinker much like St. Paul—a comparison I made in last week's article in this series—then Epictetus is more directly comparable with Jesus. While Seneca professed the value of seeing life from the position of the slave, Epictetus lived this outlook. This complete coherence of life and thought led to Epictetus being called the greatest of the Stoic philosophers.

His master was a man named Epaphroditus, a freedman who was a secretary to Emperor Nero. Being a former slave didn't give Epaphroditus any sense of perspective, however, and it's said that he tortured Epictetus. According to some sources, Epictetus became permanently disabled after his master broke his leg. This cruelty was slightly counterbalanced by two generous services Epaphroditus was known to have performed in his life: He allowed Epictetus to study Stoic philosophy, and he assisted the tyrant Nero in committing suicide. For this latter act, Emperor Domitian had Epaphroditus executed.

Epictetus was freed sometime after this. In A.D. 93, Domitian decided that philosophers were dangerous to the state and banished them from Italy. Epictetus fled to western Greece, founded a school, gathered students, and became famous. He continued to live a humble lifestyle and ended his days as the friend of Emperor Hadrian.

Developing Self-Control
Like Jesus and Socrates, Epictetus talked but wrote nothing. It was his pupil, the historian Arrian, who wrote down the teachings from his lectures. Two books have come down to us thanks to Arrian's diligence: the “Discourses,” a longer work of which about half survives, and the shorter “Enchiridion,” or

“Handbook”—a compilation of sayings that applied Epictetus's teachings to everyday life. In his book “Epictetus: A Stoic and Socratic Guide to Life,” scholar A.A. Long said that “the main focus of Epictetus' teaching is not on perfection or ideal wisdom, but on shaping and improving the mindset of ordinary persons like ourselves.” While philosophers such as Plato and Aristotle tended to be read by scholarly types, Epictetus's “Handbook” was popular among laypeople.

The “Handbook” begins with the famous line: “Of things some are in our power, and others are not.” Epictetus elaborates that we can control our own opinions, movements, desires, and aversions, while everything outside of our own acts—body, property, reputation, and magisterial offices—is beyond our power.

Psychologist Julian Rotter modernized this insight with the term “locus of control.” Rotter showed how people with an “internal” locus are psychologically healthier, as they believe themselves to be in control of their own lives, while those with an “external” locus believe themselves to be buffeted by forces of society and suffer from depression, anxiety, and low self-esteem.

While Rotter's theory accords with most Americans' ideas about themselves, Epictetus's views weren't so simple. His fundamental point was that no one really has an

internal locus of control—those who believe they do are deceiving themselves. Random disasters or the whims of the powerful can wreck your life at any moment. Those who realize this and come to terms with their external locus of control will, paradoxically, develop a healthier internal locus than those who believe that they're in charge of their lives. “If you think the things ... which are in the power of others to be your own, you will be hindered, you will lament, you will be disturbed, you will blame both gods and men,” he said.

By training yourself to not desire or be concerned with things beyond your power, you'll minimize disappointment and “do nothing involuntarily.” Finding happiness within yourself allows you to endure any suffering—a lesson Epictetus no doubt learned from being beaten by his master.

Epictetus's reflections make him one of the first thinkers to tackle the problem of the human will in depth. His lessons are well-suited to times like our own, when many people, hungering for status while despairing about a world falling into chaos, are suffering from unprecedented levels of mental illness.

Stoicism in the Internet Age
In his foreword to Regnery Publishing's new edition of “Gateway to the Stoics,” classicist Spencer Klavan situated Stoicism in the context of the “disorienting atmosphere of digital technology.” He likened the internet to “an Epicurean chaos of people, images, and ideas hurtling at random through an endless void.” Within this milieu, the figures of Stoicism are experiencing a popular resurgence, providing order amid atomization. The subreddit r/Stoicism has almost half a million members, mostly male, who look to Epictetus and others for love advice and professional coaching.

But Klavan noted a curious tendency: These truth-seekers tend to jettison Stoicism's theology and only focus on its ethical teachings. But consider what Epictetus said in chapter 31 of the “Handbook”: “As to piety towards the Gods you must know that this is the chief thing to have right opinions about them, to think that they exist, and that they administer the All well and justly.” We must practice duty and obedience, Epictetus said, “to yield to them in everything which happens, and voluntarily to follow it as being accomplished by the wisest intelligence.”

By changing “Gods” to the singular “God” here, the passage takes on parallels with Jesus's lessons in the gospels about obedience to the Father. Epictetus's sayings, in fact, are so similar to verses from the New Testament that the scholar Douglas Sharp once wrote a book entirely made up of side-by-side comparisons of the two sources.

The point, as Klavan noted, is that “without God, stoicism cannot save.” Lessons on obedience don't make sense if there's no one to be obedient to. Enduring suffering is meaningless without a higher reason, or “logos,” that provides cosmic purpose. If everything is just atoms and the void, why put so much effort into strengthening the will or developing an internal locus of control?

Rotter was a behaviorist who measured people's loci of control in terms of rewards and punishments. All good scientific theories read like Ancient Wisdom 2.0, but in the emphasis on materialism, something gets lost. It's the sort of progress in which one throws out the old vinyl record in favor of the digital recording—when the music gets compressed, the resonance and richness of the original sound quality vanish. In the end, as Epictetus understood, ethics needs to be grounded in metaphysics.

Andrew Benson Brown is a Missouri-based poet, journalist, and writing coach. He is an editor at Bard Owl Publishing and Communications and the author of “Legends of Liberty,” an epic poem about the American Revolution. For more infor-

one another, a couple will carry through-out eternity. It's perhaps God's ultimate Gift. Let's not confuse it with lesser things. —Christine Brown

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



Located 31 miles from Richmond, Va., the Greek Revival-style home called North Bend sits on 1,200 Copland family-owned acres where corn, wheat, soybeans, and more are grown and livestock raised. The home was remodeled to double its size in 1853, and the addition is based on the architectural handbooks of noted 19th-century builder-architect Asher Benjamin, whose work was Federal and Greek Revival in nature.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

North Bend: A Late 19th-Century Home With Its History Intact

DEENA BOUKNIGHT

If rooms and furnishings could talk, the home referred to as North Bend in Charles City, Virginia, would be in perpetual chatter mode. Throughout its history, many significant occurrences took place within the Greek Revival-style home, starting with its construction in 1801 by John Minge for his wife, Sarah Harrison, the sister of William Henry Harrison, who was the ninth president of the United States.

In an 1830 census, there were 80 slaves listed at North Bend, but David Minge, the son of John Minge Jr., inherited the property before the Civil War encroached on the area. Following his religious convictions, he freed the enslaved people across

the state line into Maryland.

In 1864, 30,000 Union troops commanded by Gen. Philip Sheridan and Gen. Ulysses S. Grant flowed into the area, and dug trenches through North Bend to the nearby James River. And one of the most noteworthy items in the home is the desk that Sheridan used when temporarily billeted at the home.

Octogenarian Ridgely (“everyone calls me Nannie”) Copland is North Bend's current owner. Her husband, George Forbes Copland (now deceased), was not only a direct descendant of Sarah Harrison, but was also the great, great, grandson of Edmund Ruffin, who fired the first shot in the Civil War against the federally held Fort Sumter on April 12, 1861, near Charleston, South Carolina.

“Nannie” not only lives at North Bend, but enjoys leading tours, pointing out artifacts, and sharing countless historical stories with friends and guests she allows to visit or stay there. “History is extremely important,” Copland said. “We learn from it, and I like to share as much as possible.”

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



Referred by the home's family as the Rose Room for its soft rose hues conveyed in the bedding, upholstery, and area rug, the centerpiece is a four-poster canopy bed hung with lace. Antique porcelain dolls serve as decorative accents, while a velvet-covered settee with carved cabriole-style legs fits perfectly at the foot of the bed.



The family room features heirlooms, original antiques and paintings, old dolls, rare books, distinct china and silver pieces, preserved historic correspondence, and more. Each chair in this eclectically decorated space conveys a distinct decorating style, from Mission to Victorian to Empire.



The home's dining room, which opens to a music and game room, is furnished with an antique dining table and a mix of dining chairs, including a few ornately carved ones that have survived more than a century of use. A brass-and-glass light fixture hangs overhead, while a traditional corner armoire houses antique family porcelain.

DEAR NEXT GENERATION Advice from our readers to our young people

The Essence of True Love

Thoughts on ‘Somewhere in Time’ and the building blocks of marriage

Several nights ago, I listened to another beautiful song on YouTube. “Somewhere in Time” has perhaps the most haunting melody I've ever heard. The version I heard came with a trailer for the movie from which the song came. The story involves a young man who becomes captivated by the picture of an actress who lived several generations before his time. He's so captivated, he manages to get himself transported back to her time, where they meet and fall in love. The trailer ends with them in bed.

As I said earlier, the music is beautiful. I

True love is based on much more than physical attraction.

couldn't get it out of my head. I've played it every night since I first heard it. However, the accompanying trailer bothers me. It seems to imply that the ultimate culmination of true love is sex. It isn't, even though that's an assumption held by many in our world today. Now, don't read me wrong. Sex is an important part of marital love. It's one of the most important parts. But it's the only thing that draws a couple together, their union won't last.



A love founded on admiration, respect, and gratitude will create a marriage that lasts the years.

(friendship) through eros (romantic love) to agape (divine love—the kind of love which sent Jesus to the cross). This love for



Requests for tips are increasing in places such as coffee shops and bakeries.

Navigating the Etiquette of Tipping in Our Culture of Entitlement

Etiquette instructor Bethany Friske weighs in on escalating tipping demands

ANNIE HOLMQUIST

Last fall, I was offered complimentary coffee at a nearby shop due to some inconvenient circumstances taking place at my office building. Not one to pass up a free perk when offered, I hopped on over a few times, feeling like I was living in the lap of luxury with my hot drink. But then one of the baristas made a comment about tips, indicating that he was annoyed I wasn't contributing anything to his tip jar. Taken aback, I guiltily began forking over some cash for the jar, even though I never thought tipping was a necessity in a coffee shop. As it turns out, it wasn't just a case of me being behind the times in tipping. Requests for tips are escalating in many new arenas—such as coffee shops and bakeries—CBS recently reported, often driven by the COVID-19 pandemic and the rise of digital kiosks. Since I am not the only customer who senses that the tipping culture is getting out of hand, I turned to etiquette instructor Bethany Friske, the owner of Doors of Success School of Etiquette, for some advice on how to handle tipping with polite and gracious confidence. Friske herself has seen tipping demands

increase in recent months and agrees that COVID-19 played a role. Because takeout was the only option for many food establishments, she says, customers began leaving the tips normally reserved for sit-down dinners to food establishments of all types as a token of generosity and support during difficult times. But as is so often the case, what begins as a gesture of goodwill soon becomes expected.

Tipping at any sit-down restaurant is good etiquette, Friske says, but restaurants where you pick up your order or bus your own dishes don't fall in this category.

"We are such a 'you-owe-me' society," Friske said, acknowledging that the entitlement culture has wormed its way into the demand for tips. "It's not healthy at all," for "it takes out the goodness of what other people could do for you," sucking the joy

out of a practice intended to show gratitude for a service well-performed. Friske, who was accosted for a tip several times recently by the cashier at a coffee shop drive-thru window, says she "would never not tip in an industry that it was expected in." Tipping at any sit-down restaurant is good etiquette, Friske says, but restaurants in which you pick up your order or bus your own dishes don't fall in this category. "A person does not need to feel obligated to tip at a coffee shop," Friske says. However, she suggests that those who have complicated or large orders should consider doing so out of courtesy and gratitude. And if you're a shop regular and your barista always has your coffee exactly as you like it at exactly the right time you come in every morning, such service should be rewarded. Furthermore, Friske recommends tipping for food delivery services, such as pizza or Door Dash. Service workers in hair and nail salons and massage parlors are also individuals who should get a little something extra for their trouble. We should also be ready to tip while traveling, Friske says, suggesting that it's always good to bring a collection of small bills along to save yourself from getting in the awkward situation of wanting to tip but only having a \$20 bill. Any hotel worker who does a service for you, such as the concierge or the bellhop, should get a few extra dollars depending on the service,

as should taxi drivers and valets. Regarding the latter, Friske advises that the tip should go to the valet who returns your car to you, not the person who whisks it away and parks it.

If you're like me, you've probably been faced with a receipt or digital kiosk asking if you'd like to add a tip of 15 percent, 18 percent, 20 percent, and more. A recent CNBC article even featured financial professionals advising that 20 percent is the minimum tip a person should give. Such suggestions leave me feeling like my intended tips make me look like a cheap-skate, so I asked Friske to provide a reasonable monetary range for tipping. For those who find inflation eating at their pocketbooks, Friske has good news: Such high tip amounts aren't always necessary. The etiquette of tipping all depends on the time, place, and service. A 15 percent tip is reasonable for a sit-down lunch, Friske explains, while you should expect to give 20 percent for service at a sit-down dinner. Twenty percent is also reasonable for large parties or superior service. In all these situations, however, Friske advises us to make sure the tax is subtracted before figuring out the tip, as restaurants are increasingly likely to include tax when they calculate the tip for you.

What happens if you are in a situation where tipping is expected, but you are given terrible service? Is that a time when you can forego a tip altogether? There are two schools of thought on this, Friske says. The first is the one her grandparents regularly practiced by choosing to think the best of someone. If they received terrible service, they would tip extra, reasoning that the server was just having a really bad day. Their tip, then, was an attempt to make that day a whole lot better. The other school of thought is that you "speak through your tip," still leaving one, but diminishing the amount to 10 or 15 percent of the total bill. Friske advises against this second option, however, if the tipper is one who likes to leave a religious tract along with the tip, as doing so completely counteracts the message conveyed in the tract.

In conclusion, Friske encourages us to remember that tipping is "only as awkward as we make it." The more we seek to put others at ease and bless them with our tips, the more joy-filled we will find ourselves in a potentially awkward situation.

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.



The etiquette of tipping depends on the time of day, place, and service provided.



On The World

By Francis Quarles

The world's an Inn; and I her guest.
I eat; I drink; I take my rest.
My hostess, nature, does deny me
Nothing, wherewith she can supply me;
Where, having stayed a while, I pay
Her lavish bills, and go my way.



OLGA NIKIFOROVA/SHUTTERSTOCK

“A ship in harbor is safe, but that is not what ships are built for.”

JOHN A. SHEDD
(1859-1928),
AMERICAN AUTHOR



SIPPACORN/SHUTTERSTOCK

By Aidan Danza

NOT YOUR AVERAGE SQUIRREL

ALL PHOTOS BY SHUTTERSTOCK UNLESS OTHERWISE NOTED

If you are a resident of that great American expanse known as suburbia, you are undoubtedly very familiar with the eastern (or western) gray squirrel. It's big, very lovable, and a glutton for bird food. There are different species of squirrel out there, however, and some of them are extremely rare.



BLACK MORPH GRAY SQUIRREL

This first squirrel may be a bit of a cheat. Technically, it's the same species as the regular gray squirrel, but it's black. The black fur is due to a genetic mutation that codes for the pigment. They are more common in the Great Lakes region than anywhere else in the eastern gray squirrel's range. Across the whole range of the eastern gray squirrel, it's estimated that there exists one black morph squirrel for every 10,000 regular gray squirrels.



PREVOST'S SQUIRREL

The Prevost's squirrel is a resident of Southeast Asia, and in terms of habitat and lifestyle, it's quite similar to the eastern gray squirrel. The most notable difference, though, is its stunning color pattern. It has a black back, then a white stripe along the flanks and cheeks, which gives way to a bright-orange stomach and forepaws. They nest in trees, like the gray squirrel, and usually have their young in July and August. While they are born naked and helpless, they grow into full adults in just six weeks. Their favorite foods are figs, seeds, and eggs.



JAPANESE DWARF FLYING SQUIRREL

This squirrel is reclusive and nocturnal, preferring to spend its life high in the treetops, where it's unseen by prying scientific eyes. As such, not much is known about the Japanese dwarf flying squirrel, but we do know that it lives only on the Japanese islands of Honshu and Kyushu (Honshu is the largest Japanese island, Kyushu is the southernmost main island). This squirrel enjoys eating nuts, seeds, buds, bark, and fruit. It has flaps of skin between its front and rear legs that allow it to glide from tree to tree.

‘The Parenting Map’: A Conversation With Dr. Shefali

Advice from a clinical psychologist on how to create the ‘ultimate’ parent-child relationship

BARBARA DANZA

Clinical psychologist and best-selling author Shefali Tsabary has become a go-to resource for parents seeking encouragement as they do their very best to raise happy and healthy children. Her new book, “The Parenting Map: Step-by-Step Solutions to Consciously Create the Ultimate Parent-Child Relationship,” is being described as a parenting manual. At a time when



EVGENY ATAMANENKO/SHUTTERSTOCK

Children thrive when they are in connected and consistent relationships; without these, they are more apt to be influenced by outside influences.

pressures on parents and children seem to be at all-time highs, I asked Dr. Shefali for her best parenting advice. Here's what she said.

The Epoch Times: What inspired you to write “The Parenting Map”?
Shefali Tsabary: Parents, the world over, are confused, frustrated, and overwhelmed. I have dedicated my career to helping parents feel more empowered and confident in their parenting. This is why I wrote this book. All parents need help, and this is the manual that every parent wishes their child was born with. It is the how-to book of conscious parenting. In 20 steps, I outline all the strategies and tools parents can use to elevate their parenting to become more conscious. Every step has practice exercises for parents to use to build stronger connections with their children and to allow them to grow into empowered and resilient human beings.

The Epoch Times: The world has been through some trials of late to say the least, and both parents and children seem to be feeling great pressure. What most concerns you about parenting today?
Ms. Shefali: The most concerning element of modern parenting today is the intense level of distractions we see all

around us. The most important ingredient for raising healthy children is present and connected parents, and yet this seems to be in jeopardy today as parents are so distracted and overwhelmed by technology and social media. The less a parent is present and attentive in the early years of childhood, the greater the risk the child faces to grow up feeling unworthy and anxious.

The Epoch Times: Reports of increasing childhood anxiety, depression, and even suicide are on parents' minds these days. What do you believe is causing this disturbing trend?
Ms. Shefali: Increased isolation and decreased social connection are often at the root of these ailments. Children thrive when they are ensconced in connected and consistent relationships. When they do not have this in their lives, they flounder and feel a sense of inner unworthiness. They feel as if they are not worthy enough for their parents' attention and focus. And they are more prone to outside influences and interference.

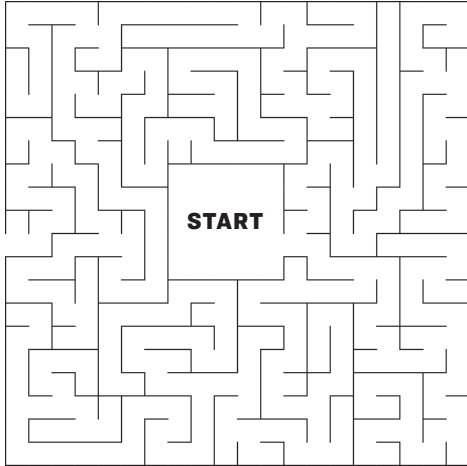
The Epoch Times: Another great concern of many parents is the impact of social media on their children. What limits, if any, do you advise parents to put in place

for their children (and perhaps, themselves) when it comes to social media?
Ms. Shefali: I strongly advise parents to adopt a “NO SCREENS TIL TEENS” policy at the very least, and even then, to have strict boundaries and guidelines for them to follow. Our children's brains are not able to work through the constant stimulation that these algorithms provide and these rob our children of their innate needs of play, quiet, boredom, and creativity.

The Epoch Times: “The Parenting Map” centers on the idea of the ultimate parent-child relationship. What does that look like?
Ms. Shefali: The ultimate parent-child relationship is one where both within the relationship feel as though they are being honored and seen for who it is they are. It is a connected and respectful relationship instead of a controlling and hierarchical one.

The Epoch Times: What's the one thing you wish every parent understood?
Ms. Shefali: That our children are not our possessions or objects that we can control or maneuver, but instead are here to claim their own sovereign spirit and direction. Once we recognize their sovereign spirit, they will be able to thrive and soar.

AMAZING ESCAPES!



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

Easy puzzle 1

6	8		
	57		
5	7		
+	-	x	÷

Solution For Easy 1
8 - 9 + (9 + 2)
9 - 9 + 2 x 8

Medium puzzle 1

5	20		
	35		
5	5		
+	-	x	÷

Solution for Medium 1
9 + 5 + 9 + 02

Hard puzzle 1

11	33		
	21		
4	25		
+	-	x	÷

Solution for Hard 1
11 - 7 x (52 - 62)



HIDDEN TREASURES by Liz Ball
www.HiddenPicturePuzzles.com

WORD SEARCH: Let's Go On Spring Vacation

ITINERARYCAMERA
SAFARI CAMPING UN
LNLSNDCEUWMOTEL
ABATHINGSUITLEOM
NBEACHTAEXEEMEO
DARTXSSKUBTOSNU
VCFIAYCFMOOIIAN
SKIOSAEWHTUAUPT
OPCNPNXCSRZPTIA
UAHNAREICTBPVCI
VCULUKRDNYUCOTN
EKETUEYFXXSAYUS
NREKOLZSAILBARO
IRATRESORTNIGEV
RLAISUREOKDNESF

Backpack	Leisure
Bathing suit	Motel
Beach	Mountains
Boat	Museum
Cabin	Pictures
Camera	Relax
Camping	Resort
Coast	Return
Cruise	Safari
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We see our reporting as a way of navigating the world together, just like how we’d share the news with our own family around the dinner table.

Because of this, we communicate a great deal with our readers—because your voice matters—and that starts with listening.

“As a newspaper, we aim to be a starter of conversations, not the be-all and end-all,” explains Jan Jekielek, senior editor and host of “American Thought Leaders.” “We want to be media that doesn’t just talk, but that listens deeply and tries to understand the bigger picture.”

Our team of editors, reporters, and producers uses your feedback to bring you the news that’s important to your life. As senior reporter, Charlotte Cuthbertson says, “I want people to open our paper and see the strength and resilience that many other people just like them have exhibited in today’s changing times. I want ... to ensure that the voice of the ordinary citizen shall not perish from American public discourse.”

Your voice matters and, from the entire Epoch Times team, we’re so glad to have you with us. Please don’t hesitate to reach out to us at any time with questions or comments.

Thank you.
Jasper Fakkert, Editor-in-Chief

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