

# THE EPOCH TIMES

# LIFE &

# TRADITION

FAMILY

## Home Free

*Handing on liberty to the very young*

JEFF MINICK

“Give me a child until he is 7 and I will show you the man” is a saying attributed to St. Ignatius of Loyola. “Give me four years to teach the children, and the seed I have sown will never be uprooted” is credited to Vladimir Lenin.

Despite their radically opposed world-views, both the Jesuit and the Marxist recognized the importance of education and the impressionability of young minds. As Jane Austen might have put it, this “is a truth universally acknowledged.”

For many years, a debate has raged over indoctrination in our schools, centered on the teaching of socialist principles, and more recently on race and gender critical theory. Our universities are ground zero for these culture wars. In the past few years, these same battles have erupted in our elementary and secondary schools. Millions of parents became aware of these ideologies when the pandemic and distance learning gave them a front row seat in their children’s classrooms. Some responded by withdrawing their children from public schools and enrolling them elsewhere, some are fighting back, and some have either ignored the situation or put out the white flag.

Whatever their situation, however, all parents and grandparents have the power to vaccinate their children against collectivism and postmodern dogma. Keeping in mind those aphorisms from Ignatius and Lenin, we can teach them from their early years to love liberty and our rights as Americans.

And the resources for that worthy undertaking are at our fingertips.

### Toddlers and Tykes

Have you read “The Little Red Hen” to your little ones?

*Continued on Page 2*

### Children’s Literature

Classic stories and many others, simple and yet profound, are perfect for teaching the virtues associated with liberty to the pre-K set.

BIBA KAYEWICH



Examples from history offer opportunities to discuss with children the American ideals that our country was founded on.

EDUCATION

## The End of Education as We Know It? (Part 1 of 2)

ChatGPT stands to change the educational landscape in seismic ways and is something every parent and educator needs to know about

MATTHEW JOHN

It’s times like these that try men’s and women’s souls—in education, particularly. And the times just got a whole lot more trying.

Two-plus years of unparalleled COVID-19 pandemic disruptions, rancorous rows over who gets to decide curricula and the placement of

critical race theory, and increasing student incivility have been enough to send many a veteran teacher packing for early retirement. Those newer to the profession are swimming in rougher waters than previous generations charted or perhaps could have imagined. There’s now a national shortage of teachers and support staff to show for it.

On the bright side, at the classroom level, things were just starting to gain some semblance of normality—or so most teachers I’ve spoken with were reporting at the start of the year. Sure, many a student was showing the lingering effects of pandemic-era purgatory, having fallen behind in basics such as reading and writing after months squirreled away at home, learning online.

*Continued on Page 2*

KASPARS GRINVALDS/SHUTTERSTOCK



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## MENTAL HEALTH

# 10 Truths About Trauma

A close look at a complex issue

GREGORY JANTZ

As an incurable optimist, I daily recognize the many things in our world that cause us to smile and celebrate.

As a mental health professional, I daily recognize the many things in our world that cause people pain and peril. Many of the troubles plaguing our society subject people to traumatic experiences, usually at no fault of their own. In fact, nearly everyone will encounter traumatic events at some time, in some form.

Trauma sometimes happens in the most deplorable ways we can imagine, such as sexual assault, domestic violence, combat, or public shootings. Other forms are more common but no less devastating: the loss of a loved one, a bitter divorce, or being diagnosed with a life-threatening disease.

The COVID-19 pandemic brought unexpected trauma to millions of people through prolonged sickness, sudden job loss, financial crisis, loss of loved ones, or relapse into substance abuse. Simply put, any experience that leaves a person deeply wounded and feeling broken inside can have long-lasting detrimental effects.

For the past 30 years, I have treated a wide variety of serious issues, including addiction, depression, anxiety, eating disorders, and relationship problems. When I founded a mental health and treatment clinic in 1984, I didn't fully understand that most ailments and afflictions people struggle with can be traced back to trauma of some kind. Many people suffer from the aftereffects of trauma—including depression, anxiety, addiction, panic attacks, insomnia, and suicidal ideation—for years or even a lifetime.

## All-Too-Common Fact of Life

The number of people who have experienced one or more of these traumatizing events in their lifetime is staggering. Using data on the prevalence of post-traumatic stress disorder (PTSD) in America as a guide, a stark picture emerges:

- An estimated 70 percent of adults in the United States have experienced a traumatic event at least once in their lives, and up to 20 percent of these people go on to develop PTSD.
- Approximately 8.7 percent of all U.S. adults—1 in 13—will develop PTSD during their lifetime.
- An estimated one out of nine women will develop PTSD at some time in their lives. Women are twice as likely as men

- to develop PTSD.
- More than two-thirds of children report experiencing at least one traumatic event in their lives before age 16—with more than 13 percent developing some post-traumatic stress symptoms.

If it's true that traumatic events are an unfortunate fact of life, then a wise first step toward healing is to ask: What is trauma and how does it work? I have compiled a list of 10 important traits of trauma that will shed light on what this enemy is and what we can expect of it as we work toward healing.

## 1 Trauma Comes in All Shapes and Sizes

In researching my book "Triumph Over Trauma," I came across many definitions of what this means. One that comes closest to the target is from the National Council for Mental Wellbeing: "Trauma is any event or series of events that is experienced or witnessed by an individual and has long-lasting social, physical, spiritual, or psychological effects."

I zero in on the phrase "any event." There is no single definition of what constitutes trauma and no definitive set of predictable effects on well-being. We all have personal parameters for what makes an event traumatic—because we are all distinct individuals shaped by the combination of past experience, personality, physiological traits, and other conditions that are uniquely our own.

## 2 All Trauma Is Personal and Deeply Felt

Recently, I spoke with an 81-year-old woman whose 14-year-old dachshund had passed away. A widow for 20 years, this dog had been her constant companion and comfort for many years. Describing her grief, this woman used the word "traumatizing," and no doubt it was for her.

Other people might consider the loss of a pet to be sad but not devastating. Likewise, some people might regard a job loss as a "set-back" while others would experience it as a traumatic event. The point is that no one can ever decide for anyone else what is or isn't traumatic.

Every trauma survivor willing to work for it can go on to live a life with close relationships, inner peace, and energy to pursue their dreams.



Resilience is a quality that can be acquired and developed by anyone, and is instrumental to trauma recovery.

OLEKSH PIROGONNYI / THE EPOCH TIMES

## 3 Trauma Survivors Often Feel Shame

This is one of the tragic ironies of trauma: Those who are innocent suffer emotional turmoil, creating many associated problems they then also have to deal with. An essential component of healing is to recognize unhealthy emotions that don't belong to you and replace them with healthy ones that do belong to you. Not all feelings of shame, guilt, or remorse are justified or fair.

## 4 Trauma Isn't a Sign of Failure

It's a sad fact that our society seems obsessed with fault-finding. Take a look, for instance, at the nature and tone of a lot of social media content. When a post itself doesn't point fingers and cast blame, you can count on the comments from others to do so. This has created a culture of scrutiny in which we hold everything that happens under a microscope to discover whose mistake is behind it all.

Given this conditioning, when someone has suffered a traumatic event, we often don't realize how easy it is to transmit the subtle assumption that in some way they must have brought it upon themselves. The greatest damage happens when the traumatized person begins to believe it, too.

## 5 Time Alone Isn't Enough to Heal Traumatic Stress

Phrases such as "time heals all wounds" and "just give it time" may be some of the most misleading, unhelpful advice you can receive following a traumatic experience. It's true that some people have reserves of resilience that allow them to bounce back after a period of recovery. That is far better explained by the fact that each person is unique and responds differently to trauma than by the simple passage of time.

## 6 Unresolved Trauma Begets Further Trauma

Many people suffering the aftermath of past pain are unwilling or unable to address the initial traumatic event and therefore stay stuck in unhealthy patterns of behavior and emotional distress.

Survivors of accidents, disasters, childhood abuse, and other traumas often endure lifelong symptoms. These symptoms range from anxiety and depression to unexplained physical pain, fatigue, illness, and harmful "acting out" behaviors (substance abuse, risky sex, criminal activities, and so on). Untreated and unaddressed trauma often goes on replicating itself into new sources of trauma.

## 7 You Can't 'Muscle Through' Traumatic Stress

Willpower, determination, and grit are helpful in allowing you to take steps forward, but they aren't enough to get over your distress. That is because trauma deeply affects you emotionally, physically, mentally, and spiritually. Some people mistakenly believe that traumatic distress will "go away" if they keep pressing on. Trying to be strong and steadfast

is a worthy pursuit—but not enough to achieve lasting health.

## 8 Trauma Reshapes Your Life—but Isn't the End

It's common for people who have suffered a traumatic event to mentally divide their lives into "before" and "after." That's natural and probably unavoidable, since trauma ushers in fundamental changes that shouldn't be denied. The danger lies in how we think of "after."

Early on, it's extremely difficult to imagine returning to anything resembling normal. But this is why seeking professional help is vitally important—so that there is someone on your team who can hold open the space for your pain while gently steering you back toward wellness. It's true that you will never be quite the same person you were before—but it's also completely false that your life is now forever defined by endless fear, anger, or shame.

## 9 Trauma Recovery Requires and Builds Resilience

The American Psychological Association (APA) defines resilience as "the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress." In other words, it's the capability to bounce back up when life knocks you down.

It isn't true that some people are born with resilience and others aren't. Resilience is a quality that can be acquired and developed by anyone. The APA notes: "While certain factors might make some individuals more resilient than others, resilience isn't necessarily a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts, and actions that anyone can learn and develop."

## 10 Trauma Healing Can Happen to Anyone

Brokenness following a traumatic event is never a one-way ticket or a life sentence. We are certainly changed by trauma and can never undo what happened to us. It becomes a part of who we are, like everything else we've ever experienced. But it's a blatant lie to envision yourself like Humpty Dumpty lying in pieces on the ground, without a hope of ever being whole again.

Every trauma survivor willing to work for it can go on to live a life with close relationships, inner peace, and energy to pursue their dreams.

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Many people suffer from the aftereffects of trauma for years or even a lifetime.

## SOCIETY

# Father Challenges Gender Ideology

When he learned about puberty blockers for kids, Chris Elston took to the streets to have face-to-face conversations with people

MICHAEL WING

A Vancouver dad was shocked upon hearing that puberty blockers were being prescribed to kids with gender dysphoria. A father of two young daughters, Chris Elston's concern led to investigation which led to his conclusion that no science was behind this at all. So, he vocalized his concerns literally from the rooftops.

When Elston's efforts to voice his dissent on a street billboard in Vancouver were frustrated, in his mind, the only option was to go out and become a human billboard. Donning a sandwich signboard, he hit the streets to have conversations with regular people.

Having spoken with some 11,000 people, he says 90 percent agree with his message; the other 10 percent were hoodwinked by propaganda that preys on people's natural compassion and nurturing instincts.

"They say that if you don't transition children, they will kill themselves, therefore we need to sterilize them or else they'll die," Elston told *The Epoch Times*. "This is a lie. There's no evidence to support it; all the evidence in the world actually points to the opposite."

"There are no studies in kids on this, but we know with adults: 10 years after transitioning is when suicides peak and they're 19.1 times [more likely to commit suicide] than their peers, after adjusting for similar mental health comorbidities."

Elston also cited a study from the University of Toronto that followed 139 boys from age 5 growing into their 20s that determined that in 87.8 percent of cases of severe gender dysphoria, after puberty, the condition simply went away.

## Turning the Tables, Speaking Truth to Power

Of his motive for becoming a human billboard, Elston said he "learned about this business of giving children drugs which stopped their bodies from going into puberty, stopping the development of children, giving them the opposite sex's hormones, and doing surgeries on kids as well."

"People don't believe that, but there's all the proof in the world. And it just really impacted me, so I started researching this, and the more you research this, the more crazy it gets," he said.

So Elston geared up by having wearable signboards printed and cheekily controlled nomenclature by self-identifying as a "dad." His sign then defined a "dad" as a "noun" and "a human male who protects his kids from gender ideology." His other signboard read, "Children cannot consent to puberty blockers," cleverly turning the whole consent debate on its head.

Turning the tables while speaking truth to power became Elston's strategy.

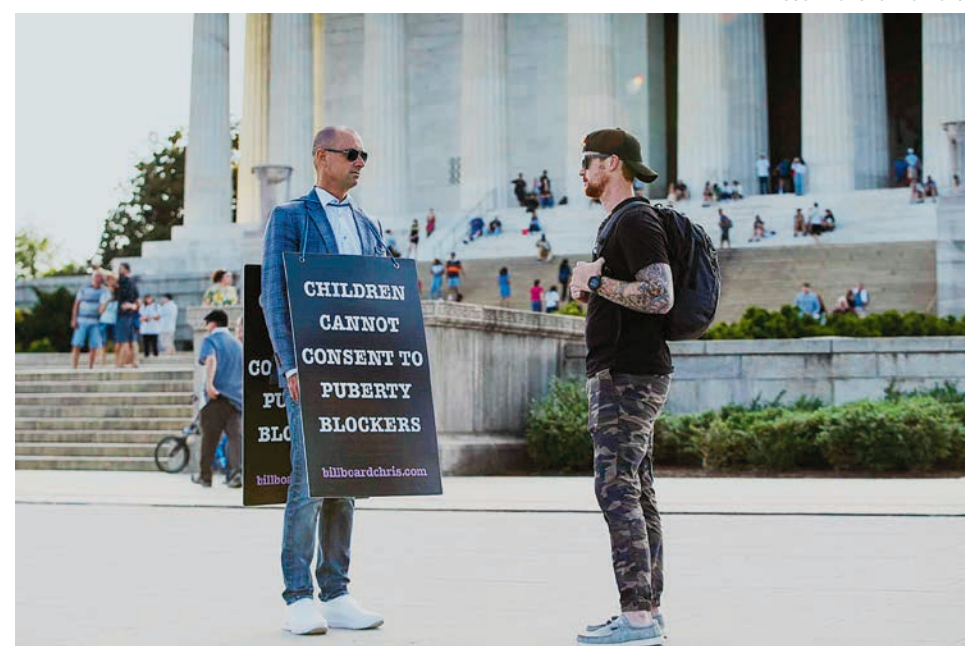
"They can take down my billboard off the street, but they can't take it off my back, because it's not actually hate speech," he said. "I realized right away when I started going outside wearing these signs, in terms of media or social media, it's way more powerful than some expensive billboard because there's a person behind it. And that was inspiring people."

Elston's face-to-face street conversations, intended to educate, are bound to succeed—or that, he's certain. But he's met resistance. In 2021, he was violently assaulted on a street by masked Antifa members dressed in black. They walked up, punched his head, and broke his arm with a large traffic cone. They didn't say anything.

But Elston has committed himself to nonviolence, as he was almost charged by police when he fought back last time. "The police are not on my side, necessarily," he said. "A lot of police are, but some of the authorities, and definitely the politicians, are not on my side."

Though most people he speaks with are on his side, a loud, raging minority stands on the far side of a rift that's hard to cross. With no hope of convincing angry individuals, he deploys a measured strategy of calm, compassion-based dialogue, presenting ideas they already agree with but which contradict the propaganda they have swallowed.

He says things such as, "We shouldn't be putting children in some stereotypical box," and



Chris Elston speaks with a bystander at the Lincoln Memorial in Washington.



Chris Elston is joined by his supporters to demonstrate against gender affirmation treatments and surgeries on minors, outside of Boston Children's Hospital in Boston on Sept. 18, 2022.

"There's no right way to be a boy or a girl," which causes them considerable "cognitive dissonance;" they don't know how to respond.

"There are competing ideas going on in their head," Elston said. "We thought he was a terrible bigot. He's saying something that makes a ton of sense."

## Billboard Advertising

Elston's idea of becoming a walking signboard stemmed from another billboard that made waves in the UK relating to the author of the *Harry Potter* books, J.K. Rowling, who spoke against transitioning children. Someone put up a billboard in an Edinburgh train station saying, "I [heard] JK Rowling." It lasted one day before being taken down.

Elston put up one similar with the same verbiage in Vancouver. It was vandalized with paint and removed the next day. Vancouver councillor Sarah Kirby-Yung decided it as hateful, saying the

sign gave her "that feeling in the pit of your stomach." Rather than back down, though, Elston doubled down by putting up signs across the United States including in Times Square and Washington. As the United States has stronger free speech laws, those billboards stayed up.

While billboard advertising failed Elston in Canada, his faith in one-on-one street talks remains steadfast. "We just need to educate a certain percentage of them before we can put an end to this madness," he said. "Because people don't know what's going on, or they've been lied to about what's going on."

## Following the Science

Elston says he has found allies in alternative media and conservative groups who have helped him reach millions with his message. Traveling and speaking, he recently visited the U.S. Capitol to meet with House Speaker Kevin McCarthy, and he saw how House Republicans are aiming to curtail Biden's "gender-affirming care," which advocates transitioning children.

Meanwhile, in Canada, the government unanimously passed Bill C-4 in December 2021. Touted by legacy media as a "bill to ban conversion therapy," critics say the benign-sounding bill is anything but. Even feminist activists have criticized it for its prohibition on all intervention on behalf of kids that might affirm their biological gender.

"Bill C-4 makes it a criminal offense to help the child feel comfortable with their sex," Elston said, before lamenting his countrymen's willingness to comply. "All of Canada's medical bodies, they just do the approved standard of care."

If Canada really wants to follow the science, it should do as Finland, Sweden, and England have and follow it, he said, before noting what many dutiful Canadian doctors are probably thinking.

"A lot of doctors are speaking out against this, but they won't get listened to by their medical bodies... They're refusing to conduct a systematic review; why won't they just review the evidence and report on it?"

Phrases such as 'time heals all wounds' are very misleading, because each person is unique and responds differently to trauma.



TIMELESS WISDOM FOR MODERN TIMES

# Marcus Aurelius

## How to Lead Responsibly

The last emperor of Rome's golden age exemplified wise rulership

ANDREW BENSON BROWN

"If a man were called to fix the period in the history of the world, during which the condition of the human race was most happy and prosperous, he would, without hesitation, name that which elapsed from the death of Domitian to the accession of Commodus."

So writes Edward Gibbon near the beginning of his classic work, "The History of the Decline and Fall of the Roman Empire." He was referring to the second half of the period we know as the "Pax Romana," or Roman Peace. It was an age of prosperity and wise rulership comparable to the early days of the American republic. During this time, the Roman Empire was governed by five good emperors: Nerva, Trajan, Hadrian, Antoninus Pius, and Marcus Aurelius. Of these, the most celebrated is the last.

### A Philosopher King

Marcus Aurelius was a bookish man who, given the choice, would have liked nothing more than to be a philosopher. Instead, he was raised to the position of emperor in A.D. 161 and reigned for nearly 20 years. His writings, which were recorded in Greek and never intended for publication, had no official title, but have become known as "Meditations." They were probably written in the last few years of his life, when he was conducting a war against German tribes in the Danube region.

Aurelius is one of the best examples of Plato's "philosopher king" the world has known. With his reputation for wisdom, he is comparable in biblical history with King Solomon (minus the 700 wives). But while Solomon's weakness was his pride, the dominant tone in "Meditations" is humility. There is a total absence, in this book, of the public-oriented reflections contained in the memoirs of most politicians, where their main concern is to defend the decisions they made while in office. Aurelius, by contrast, having no need to campaign for reelection, is honest in putting his weaknesses on display.

### Avoid Power Trips

Although he was the most powerful man in the known world, Aurelius was never corrupted by the power bestowed on him, as were so many of the other Roman emperors (including his own son, who succeeded him). He even deferred much of that power to the Senate, restoring the ancient authority they wielded during the days of the Republic, which, by the time of the

**The secret to carrying out your duties well and leading others is, at bottom, leading yourself and not allowing emotions to overwhelm you.**



Marcus Aurelius was a Stoic philosopher and the last of the "Five Good Emperors" of Rome. The "Equestrian Statue of Marcus Aurelius" on the Capitoline Hill in Rome.

ABXY2/SHUTTERSTOCK

Roman empire, had become largely ceremonial. Aurelius was happy to do this; while he never neglected the duties of ruling, he looked upon them as an onerous burden that he wouldn't wish upon anyone. His virtuous example is instructive for leaders today.

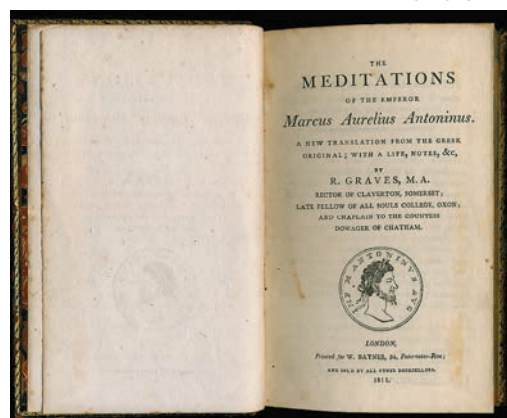
Aurelius's first rule for wielding influence is, somewhat ironically, to avoid positions of power when you can: "Take care that you are not made into a Caesar, that you are not dyed with this dye; for such things happen." His advice is unexpected, but not irrational. Being hungry for power is often indicative of an underlying personality disorder, and we tend to distrust those who express an active desire for it. Assume mantles of authority only when necessary.

### Embrace Virtue

If you do happen to be vested with power, though, the next step is to not let it go to your head: "Keep yourself then simple, good, pure, serious, free from affectation, a friend of justice, a worshipper of the gods, kind, affectionate, strenuous in all proper acts."

This is easier said than done. One of the most potentially frustrating things in life, whether you are a president or a customer service representative, is that you will often find yourself interacting with unpleasant people. Aurelius experienced this too and even worked the reflection into his daily routine as a way of dealing with it: "Begin the morning by saying to yourself, I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, unsocial. All these things happen to them by reason of their ignorance of what is good and evil."

But as long as you understand that the good and the bad are all part of the same divine order of things, Aurelius writes, you can tell



PUBLIC DOMAIN

"Meditations" is a collection of Marcus Aurelius's personal writings, in which he ponders life and death, change, acceptance, and other Stoic themes.

yourself that you cannot "be injured by any of them." Sometimes, people just have bad days. Try to be cooperative rather than work against others, as difficult as that can sometimes be.

Virtue is of paramount importance to a ruler in preventing a loss of perspective. As powerful as you might become, there are still a great many things that will always be beyond your control, even in an age such as ours, in which surveillance technology allows leaders to keep tabs on citizens to an unprecedented degree. Leaders are not gods. Whoever you are, you are still a fallible human being in the end, composed of "a little flesh and breath." An individual, in the larger scheme of the universe, is but "a grain of a fig," and occupies the earth for only "the turning of a gimlet."

### Lead Yourself First

The secret to carrying out your duties well and leading others is, at bottom, leading yourself and not allowing emotions to overwhelm you. We have all had bosses who throw temper tantrums when things don't go right, and we feel, at such times, that such people have lost control over their own leadership abilities. "Consider how much more pain is brought on us by the anger and vexation caused by such acts than by the acts themselves," Aurelius writes.

Aurelius's son Commodus often lost sight of this piece of wisdom. After the good emperor's death in A.D. 180, the Roman Empire fell into decline. While there would be occasional effective emperors here and there, the governing tendencies of the age that followed were marked by fluctuations between decadence and chaos. But while few leaders seem to have heeded Aurelius's advice, occasional references to "Meditations" in late antiquity and the Middle Ages indicate that he wasn't completely forgotten. When the first printed edition of the book was released in 1558 or 1559, it became popular again.

Aurelius's reputation has remained especially high among military and political leaders such as Robert E. Lee. But one need not wield a position of power to find valuable advice in "Meditations." Everyone, after all, has the responsibility of governing their own constitution. As Aurelius said, "Put an end once [and] for all to this discussion of what a good man should be, and be one."

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RETROCLIPART/SHUTTERSTOCK

DEAR NEXT GENERATION Advice from our readers to our young people

## Wisdom to Contemplate

Lessons from yesteryear that are harder to learn today

Life is precious. Particularly, to someone who is 78 and playing the "back nine."

This leads me to my first snippet of wisdom: Time is infinite. It cannot be banked but can be lost instantly. Look at it as a commodity that you purchase through the Apple app store. Let's say it is packaged in 60-minute units. How much would you pay for 24 units? In today's reality, you can choose to auto-refill or purchase occasionally. Spend it wisely!

As the years went by, I realized that I hit the "life lottery" by being born to Depression-era parents. Respecting authority, prayer, pledge of allegiance, learning to save, swift accountability for actions, chores, and a healthy fear of God were standard fare. The Ten Commandments mattered! The focus on education, listen-

ing, traveling, and the knowledge gained from racing was priceless.

My Polish immigrant grandparents, as well as my parents and I, were clear on our respective genders and roles. They were not my "friends." I can still hear my homemaker mom say, "Billy you must be responsible for your behavior, open doors for ladies and the elderly, and no hats worn indoors and certainly NOT at meals." A dad who worked two jobs to "make ends meet" still found time to spend with me and share his wisdom. Physical intimacy was not "just something to do." Procreation was a gift and a huge mutual responsibility.

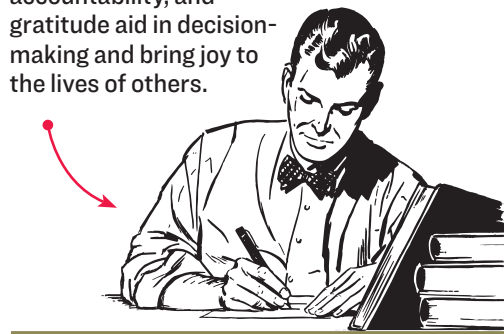
Actions had consequences. Truth was easier to remember. Hard work was honored and respected. Equal opportunity did

not mean equal outcome. Performance was expected and rewarded. Lead with a firm handshake and meet their eyes. Work to live, invest for net worth. Understand the power of compounding. You can't beat dividends. Stay clear of the stampede, play equities for the long term. Compete with the Joneses and you lose. Being underrated can be an asset. It is true—stupidity is voluntary. You reflect your friends. Focus on hitting singles. Continue to load the bases and with the next hit, you're scoring and the game gets easier. Be grateful and be a good steward of what may be given to you. Yes, there is a right and wrong. Develop a moral compass.

I grew to treasure what I call this yardstick of values and beliefs my parents passed on to me and I garnered through the years. I find I sleep better measuring my choices/decisions against this guide post. It helped immensely in bringing joy to my life and hopefully bringing joy to others. May the readers pick and choose as they wish and leave the rest.

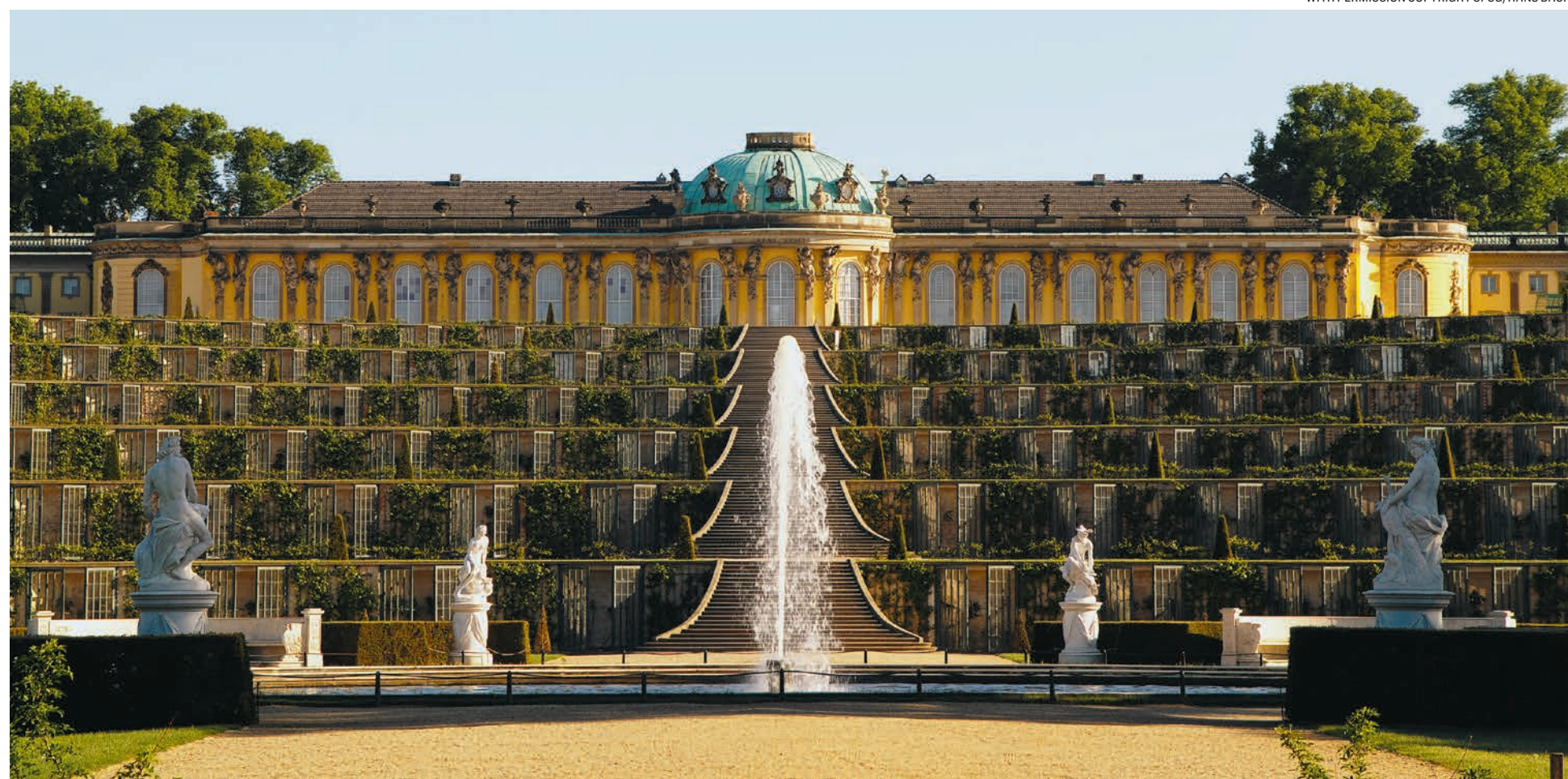
—W. W. Bednarczyk, Minnesota

Values like hard work, accountability, and gratitude aid in decision-making and bring joy to the lives of others.



**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](mailto:NextGeneration@epochtimes.com) or mail it to: *Next Generation, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001.*



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The garden side of Sanssouci is the most famous view of the palace, with its six-fold sweep of the staircase. The one-story level façade on the upper plateau of a vineyard provides the perfect stage for the Rococo lifestyle, close to nature. The structure stands apart from multi-level extravagant Baroque palaces that act as a representation of power.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

## Sanctuary of a Prussian King: Germany's Palace of Sanssouci

ARIANE TRIEBSWETTER

No other palace represents the personality of Frederick the Great as much as the magnificent Sanssouci. Originally designed as a summer residence near Potsdam (now Germany), it represents Frederick's ideals through its elegant Rococo architecture.

Sanssouci ("without care") wasn't only Frederick's favorite place to stay but also his retreat and sanctuary. Built between 1745 and 1747 by architect Georg Wenzeslaus von Knobelsdorff according to the king's sketches, the palace features an impressive park with unique decorative features.

It's no wonder that the Prussian king selected this particular style for a summer palace instead of the opulent Baroque style.

**Friedrich preferred the playful design of the garden façade, which made him feel closer to nature.**

The Rococo style is characterized by its grace, lightness, and playfulness, based on carefree themes such as aristocratic life and romance.

Natural images are found throughout the palace. The interiors are covered with foliage, flowers, vines, fruits, and birds. It's almost as if nature became part of the palace, transforming it into a paradise. The elegant interior rooms reflect a clear expression of the king's love for nature, most of which open onto the gardens. Highlights include the concert room with intricate rocaille decoration; the square Jasper Hall, featuring precious jasper; and the Marble Hall, inspired by images of antiquity.

Other highlights include the Picture Gallery, which features works by Caravaggio

and Rubens, and the New Chambers palace in the late Rococo style, located on the right and left of the central palace structure. Frederick William IV later enlarged the palace and redesigned the Baroque garden as a landscape garden, with structures such as the Orangery Palace and the Roman Baths, bringing Italy to Prussia. However, most of the original style remained, as an homage to Frederick the Great's vision.

Today, Frederick, the "philosopher of Sanssouci" as he was affectionally called, rests on the grounds of his beloved summer home.

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

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The sumptuous Marble Hall is the only room in the palace in the classical style. Both walls and floor are covered with white marble from Carrara, Italy. On the cornice, supported by majestic columns, figures symbolize astronomy, architecture, music, painting, and sculpture.

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The light and airy interior of the Chinese House is an architectural gem of the Rococo period. The walls feature gilded consoles, on which porcelain objects are displayed. The Chinese-inspired ceiling represents a social gathering depicted in an illusionistic manner.

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Located in the New Chambers, the magnificent Jasper Hall features precious pink jasper, marble floors, ancient busts, and elegant gilding on the walls.

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WITH PERMISSION, COPYRIGHT SP50/HANS BACH



(Left) Also located in the New Chambers, the Picture Gallery is the oldest independent museum in Germany. The elongated hall features a gilded stucco ceiling and a floor made of white and yellow marble. Outstanding works from the Italian, Dutch, and Flemish schools of painting are on display here.

(Above) One of the jewels of the palace park: the Chinese House, a playful green Rococo building. The pavilion's Chinoiserie style exterior features life-sized gilded figures depicting Chinese musicians and tea drinkers, which were based on sketches from Frederick the Great himself. This pavilion also symbolized an escape into a fantasy world for the monarch during his stays at Sanssouci.

MURIEL DE SEIZE/GETTY IMAGES

FAMILY

# What Parents Need to Know About Screen Time



Too much screen time is not only detrimental for children, but also for the parent-child relationship if the parents are paying more attention to their devices than to their kids.

Too much screen time is a barrier to healthy relationships and growth

BARBARA DANZA

Digital devices have become a thorn in the side of many parents. Like opening Pandora's box, once kids are given access to these glowing screens, it becomes difficult to scale back their use. As this technology garners more influence over our lives, the detrimental effects of its use among children are becoming ever clearer.

I asked Taïno Bendz, founder of Phone Free Day and author of the upcoming book "Tech-Life Balance, 101 Ways to Thrive in a Digital World," for his advice to parents. Here's what he said.

**The Epoch Times:** What is Phone Free Day, and what inspired you to start it? **Taïno Bendz:** It was 2019, down on all fours on a playground with my kids. Another child started crying and looked up to find the parents. I looked up, too, but all that met me was the back of a dozen smartphones, all parents fully absorbed by their screens. I realized how adults' phone use looks from the perspective of a child and felt, "This is not how I want my kids to grow up."

I talked to my then-coach and we came up with the idea to start Phone Free Day as an annual challenge. It is a nonprofit initiative that serves as a platform where people, among other things, can read about the impacts of tech overuse; take a smartphone addiction test; and the main thing—take on a challenge to change their relationship with technology and reap the benefits! It is all about what we are getting, not what we are giving up. As most people cannot practically go a full day without their phone, there are different levels from phone free while eating, all the way up to fully phone free.

Long before the event at the playground, which was the catalyst, I had noticed how devices had gone from new and cool to a burden for many people, causing stress and affecting sleep, relationships, and much more. My wife and I had a phone-free wedding in 2014, which the guests loved, as they could interact with each other much more and focus on the experience rather than snapping the best

photo and picking the right filter and hashtag.

**The Epoch Times:** What do you wish more parents understood about children's use of technology today?

**Mr. Bendz:** It is vital to understand that digital technology can affect everything from children's brain development, speech development, cognitive abilities, physical and mental well-being, to sleep, eyesight, and hearing. When used in a purposeful and balanced way, technology can support all of these areas, but the reality is that many children's tech use is neither purposeful nor balanced, and more and more studies are pointing toward the potential harmful effects.

I also wish that parents realized that tech use is not a right, it is a privilege, and that they are doing their child a favor in the long run by teaching them tech-life balance.

For younger children, I wish parents understood that just because a child stops crying when a device is put in front of them, it is not teaching them self-control, nor improving the parent-child bond! It is a quick fix with potential long-term ill effects.

Finally, I wish parents understood that it is OK for kids to be bored. Quite the opposite really, it is good for kids (and adults!) to be bored. Our job as parents is not to keep them constantly occupied and stimulated.

**The Epoch Times:** Many parents today find it difficult to understand how much screen time is too much and what boundaries should be put in place for their children. What would you advise them to do?

**Mr. Bendz:** Following official guidelines is a great place to start (and you can blame someone else, too!). Organizations such as the American Academy of Child and Adolescent Psychiatry, the American Academy of Pediatrics, and the World Health Organization have recommendations on the amount of screen time for different age brackets and, equally important, what type of screen time is appropriate. The amount of screen time and appropriate boundaries of course depend on age and individual circumstances, but as a starter, I encourage everyone to keep mealtimes device free, as well as bedrooms.

I also strongly recommend parents to follow social media age limits, which many parents are not even aware

of. Most platforms, including TikTok, Instagram, and Snapchat, have an age limit of 13.

**The Epoch Times:** If a parent wishes to reduce the time their children spend on screens, how would you recommend they go about implementing that?

**Mr. Bendz:** Absolute No. 1—talk to your child. Children often understand a lot more than we give them credit for. I have worked with parents who have tried implementing rules and prohibitions, but only succeeded once they actually sat down with their child, expressed their concerns, laid out some stats and research, and asked for the child's input and point of view.

**I also wish that parents realized that tech use is not a right, it is a privilege, and that they are doing their child a favor in the long run by teaching them tech-life balance.**

Taïno Bendz, founder, Phone Free Day

Depending on their age, you can ask questions like: "What do you like about your tech use?" "Is there any aspect that you don't like?" "Have you had any bad experiences online?" "What do you think about my tech use?" Be open and honest and do this as a family—you as a parent need to change, too! If you show that you are willing to make a sacrifice and change your own habits, it is much more likely that they will follow suit.

Be clear with the motivation, your "why" behind wanting to change. Set some ground rules that everyone at home follows, and have some fun with it! Perhaps you have a device-free evening and cook their favorite food, or do something together with them. I know it is easier said than done, but I have also seen how changed tech habits have changed entire families and made them much more tight-knitted, happier, and healthier!

**The Epoch Times:** What impact do you believe parents' use of technology has on their children?



"Tech Life Balance: 101 Ways to Thrive in a Digital World" by Taïno Bendz.



# FOR KIDS ONLY

THE EPOCH TIMES

Week 13, 2023

## Grandpapa

By Dinah Maria Mulock Craik

Grandpapa lives at the end of the lane,  
His cottage is small and its furniture plain;  
No pony to ride on, no equipage grand,—  
A garden, and just half an acre of land;  
No dainties to dine off, and very few toys,—  
Yet is grandpapa's house the delight of the boys.

Grandpapa once lived in one little room,  
Grandpapa worked all day long at his loom:  
He speaks with queer accent, does dear grandpapa,  
And not half so well as papa and mamma.  
The girls think his clothes are a little rough,  
But the boys all declare they can't love him enough.

A man of the people in manners and mind,  
Yet so honest, so tender, so clever, so kind:  
Makes the best of his lot still, where'er it be cast.  
A sturdy old Englishman, game to the last.  
Though simple and humble and unknown to fame,  
It's good luck to the boys to bear grandpapa's name!

**Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.**

ALEX HALEY (1921–1992), AMERICAN WRITER



MONKEY BUSINESS IMAGES/SHUTTERSTOCK

**HOW LONG DOES IT TAKE GRANDMA TO BAKE A BATCH OF COOKIES?**



SHANGHAI NAN-SECON

P. SARANYA/SHUTTERSTOCK

## This Week in History

ALL PHOTOS BY SHUTTERSTOCK



One of the thousands of terra cotta soldiers.

## AN ARMY IS FOUND

On March 29, 1974, farmers digging a well in Xi'an City, Shaanxi Province, China, happened upon a most unexpected discovery. An army of lifelike terra cotta soldiers were found. Further archaeological digging revealed some 8,000 clay soldiers as well as chariots and horses. They are considered to have been made during the rule of the first emperor of China, Qin Shi Huang (259–210 B.C.).

Full height: 200 YEARS

By Aidan Danza

# THE SAGUARO CACTUS

**The Saguaro Cactus is probably the most iconic plant in the desert Southwest.**

As the sun sets over a desert dotted with these tall cacti, an idyllic picture forms that is probably the first image most people think of when they think of the Southwest. Not only are they beautiful to look at, but they are also a very important part of the Southwest for the animal population.



Without water, things take a long time to grow, and the saguaro is no exception. To grow one inch, the baby saguaro may take up to 10 years. By 70 years old, the cactus will be 6 1/2 feet tall and will produce its first flowers. The cactus reaches its full height by about 200 years old, while it may start to produce its first arm at 100 years.

Most of its roots are around the surface, laying out roots just below the surface that are as long as the cactus is tall, while also sending down a taproot (like a carrot) that may be five-feet deep. The roots' purpose is to collect water and nutrients. The cactus stores the water it collects inside its stem, and it can store so much water that the plant's

weight can increase by one whole ton.

The cactus produces flowers and fruit. The state of Arizona has declared the white flowers produced by the cactus to be the state's official flower. The cactus may produce more than 200 flowers in a season, but only opens them a few at a time to ensure that they are fully pollinated. The flowers produce nectar, which attracts both bats and doves (especially white-winged doves), which drink the nectar and, while doing so, pollinate the saguaro flowers.

If the flowers are pollinated, they produce fruits, which are an important food source for all the animals in the area, including birds, coyotes, tortoises, and javelinas.



**THE CACTUS FRUIT AND THE ANIMALS THAT CONSUME IT**



Birds.

Javelinas.

Coyotes.

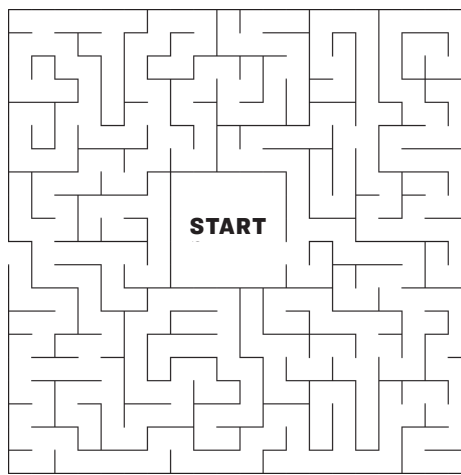
Tortoise.

First arm: 100 YEARS

6 1/2 feet. First flower: 70 YEARS

1 inch: 10 YEARS

## 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**

3	5		
45			
3	4		
+	-	x	÷

**Solution For Easy 1**  
5 × (6 - 3) × 7

**Medium puzzle 1**

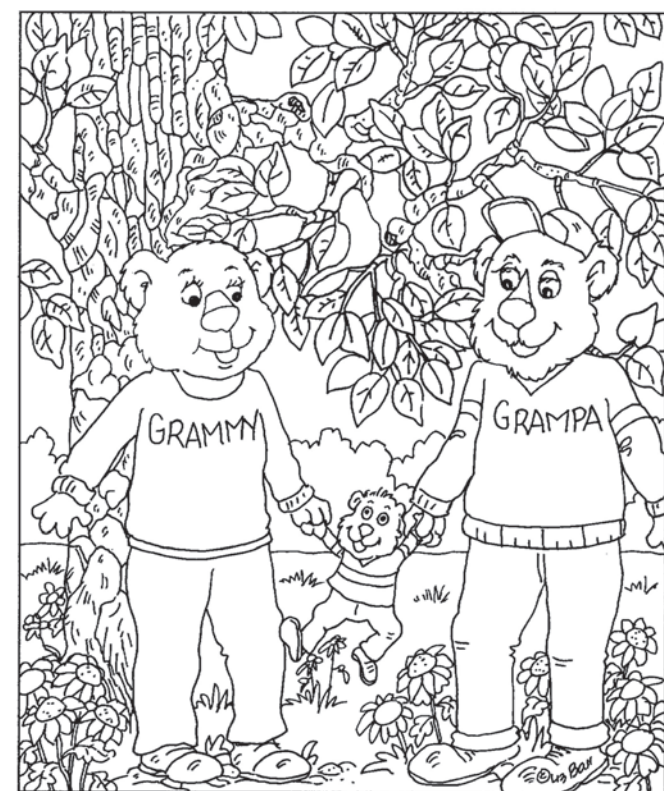
8	20		
36			
4	9		
+	-	x	÷

**Solution for Medium 1**  
8 - 7 × (6 - 02)

**Hard puzzle 1**

18	27		
30			
4	25		
+	-	x	÷

**Solution for Hard 1**  
7 - 81 - 82 + 22



**HIDDEN TREASURES** by Liz Ball  
[www.HiddenPicturePuzzles.com](http://www.HiddenPicturePuzzles.com)

### WORD SEARCH:

What Do You Call Your Grandparents?

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

- |           |         |
|-----------|---------|
| Big Daddy | Mimi    |
| Boppa     | Nana    |
| Buddy     | Nandy   |
| Gaga      | Nanny   |
| Grammy    | Papaw   |
| Gramps    | Pappy   |
| Pop-Pop   | Pop-Pop |
| Granddad  | Poppy   |
| Grandma   | Yaya    |
| Grandpa   |         |
| Granny    |         |
| Mamaw     |         |
| Meemaw    |         |



# THINK TWICE

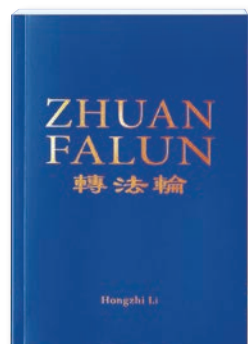
Don't let these mistaken beliefs hold you back

MYTH	REALITY
I won't have time to keep up with The Epoch Times.	We make it easy to build and maintain the habit of staying informed through our mobile app, our email newsletters, and our audio articles. You won't even notice that The Epoch Times has become a part of your day until, well, it has. We are in a worldwide war of ideas and worldviews. Only truth will save the nation, and each of us is responsible for keeping the truth alive.
I can find similar content somewhere else for free.	The Epoch Times is the number one independent media in America. Not only do we report stories the legacy media won't touch, we regularly break stories before even conservative sources can. Our worldwide team of carefully vetted investigative journalists is second to none, and that means you get news you won't find anywhere else. Plus, we have exclusive EpochTV shows, Epoch Health, special reports, premium magazines and so much more.

**THE  
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## A Life-Changing Bestseller



**Z**huan Falun expounds on the profound principles of Truthfulness, Compassion, and Tolerance. It focuses on a long-forgotten term called "cultivation" and the importance of moral character on one's path to spiritual perfection.  
The book is the main text of the spiritual practice Falun Dafa. It was a national bestseller in China in the 1990s, and has since been translated into more than 40 languages. Find out why it has captured the hearts and minds of tens of millions of people in more than 100 countries worldwide.

“What made Falun Gong stand out from other qigong exercises and meditation practices was a moral system—compassion, truthfulness, and forbearance—unmistakably Buddhist in origin.

Arthur Waldron  
LAUDER PROFESSOR, UNIVERSITY OF PENNSYLVANIA

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