THE EPOCH TIMES

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 worldviews, 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.

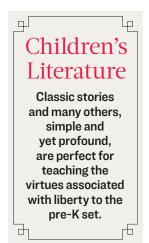
Whatever their situation, however, all parents and grandparents have the power to vaccinate their children against collectivism and postmodern dogma. Keeping in mind those aphorisms from Ignatius and Lenin, we can teach them from their early years to love liberty and our rights as Americans.

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





the American ideals that our

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 pandemicera purgatory, having fallen behind in basics such as reading and writing after months squirreled away at home, learning online.

Continued on Page 2





ChatGPT is free to use and can generate a completely original essay on any topic in less than a minute.



Unsupervised play facilitates independence, imagination, and creativity in children.

Continued from Page 1

It sports the old lessons that we reap what we sow and hard work brings rewards. How about "The Little Engine That Could"? That blue engine delivered presents to children on the other side of a mountain, all the time teaching determination by chanting "I think I can, I think I can." These classic stories and many others, simple and yet profound, are perfect for teaching the virtues associated with liberty to the pre-K set.

Want to reinforce your children's innocence and goodness? Give them some poetry. Within just a few minutes, a 3-year-old can memorize Robert Louis Stevenson's "The world is so full of a number of things/ I'm sure we should all be as happy as kings," which teaches gratitude for all the beauties and wonders they survey. From "Twinkle Twinkle Little Star" to "Purple Cow," children can find delight and laughter in verse, both of which are attributes of liberty. Search online for "poems for toddlers," and a beautiful garden of such verse is yours for the having.

And don't forget the fairy tales. In many of these stories, the heroes are children, not yet teenagers, thrown into hardship and dangers demanding from them courage and self-reliance. Tales such as "Jack and the Beanstalk," "The Three Little Pigs," and "Cinderella" teach kids that obstacles and wickedness can be overcome, lessons that again are key ingredients for the soul's embrace of freedom and the good.

School: The First 6 Years

Mary and Johnny have learned to ride bikes and tie their shoes, but most importantly, the kids have learned to read.

Most children still love readalouds with Dad or Grandma, but they're also ready to jump into stories, biography, and history on their own. Here, libraries and bookstores offer a multitude of choices featuring freedom and resilience as vir-

tues, from the "Little House on the Prairie" books to the "Childhood of Famous Americans" series. Recommendations abound online, such as the Great Books lists at the Liberty Common Elementary School, a charter school in Fort Collins,

Also available to families are new resources promoting the ideals of liberty, free enterprise, and true critical thinking. Heroes of Liberty offers biographies, most of them based on 20th-century figures, for readers aged 7 to 12. If you visit its website, be sure to check out the blog's advice for parents. Brave Books aims its publications more at early elementary school, maybe up to fourth grade, and features colorful books as antidotes to our cultural confusion. Each book comes with a game and family conversation starters.

Want to reinforce your children's innocence and goodness? Give them some poetry.

American Cornerstones Institute offers the "Little Patriots" series and a free online learning platform teaching K-5 students civics lessons, history, and American values, with workbooks and activities free of

Hands-Off Instruction

We're all familiar with the value of hands-on learning in school, from fifth grade field trips to graduate students' studying environmental science at the coast.

If we wish to raise children who cherish freedom, however, we must also allow them the joys of play and learning that are unsupervised by us. Building castles with blocks and Playmobil knights, putting up tents in the backyard, playing soldier in the woods, putting together puzzles—these and countless other acts of the imagination build independence and creativity in the child.

THE EPOCH TIMES Week 13, 2023

In addition, most children are hardwired for the freedom that movement and exploration bring. They run where adults would walk; they skip around the room while telling a story; they are energy in motion. Give them the time and space to expend that energy, away from all but protective supervision, and their unfettered minds and active bodies will teach them the meaning of liberty.

'Families Are Resistance Cells'

That is the name of a chapter in Rod Dreher's "Live Not by Lies." Here, Dreher introduces his readers to the Benda clan of Prague, who for years lived under the thumb of totalitarianism in communist Czechoslovakia.

Indoctrinated daily at state schools and essentially everywhere else in public, the Benda children gathered in the evenings in their apartment, where the parents instructed them in their Catholic faith, screened movies such as "High Noon," with its depiction of a sheriff standing alone against the bad guys, and read aloud to them for two and three hours at a time, which included making their way through "The Lord of the Rings" six times, with each reading just as enjoyable and profitable as the last.

In this underground classroom, the Benda parents taught their children mental and spiritual resistance to communism, and to contribute to "the moral reconstruction of their nation" once totalitarianism was defeated, which all of them fully anticipated. As one of the Bendas' sons told Dreher, "The key is to expose children to stories that help them know the difference between truth and falsehood, and teach them how to discern this in real life."

If the Benda family can accomplish such feats while risking arrest and prison, surely the rest of us living today in America can do the same.

ALL PHOTOS BY GETTY IMAGES

Some reading this article may protest, "But this sort of education in liberty is indoctrination, just like the schools teaching woke ideology."

Children are largely blank slates, and what is inscribed on their minds and souls, by education and experience, determine who and what they will become. If we want to raise them to value those rights of life, liberty, and the pursuit of happiness that have been so important for so long to so many Americans, we must teach them to know, love, and serve those ideals.

The Victims of Communism Memorial Foundation in Washington features a number of short videos in which survivors of totalitarian regimes from around the world bear witness to the suppression, atrocities, and murders carried out by those governments. In one of these documentaries, which are, by the way, appropriate for our young in upper elementary school and beyond, Nal Oum tells of his narrow escape from the killing fields of Cambodia. He begins his narrative with these words: "The more you step on me, the more you press on me, I prepare myself like a spring. I have a mission to do."

Like Oum, we too have a mission. It is to honor truth and liberty and to teach these treasures to our children.

Editor's Note: Nal Oum is the father of Epoch Times editor Channaly Philipp.

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.



A piece from Shen Yun Performing Arts' 2019 performance.

SHEN YUN

A BOON TO THE PERFORMING ARTS WORLD

CATHERINE YANG

The arts are a notoriously difficult industry to crack, and the pandemic has made it only more difficult for performing arts companies to thrive. According to nationwide surveys, many core arts organizations haven't yet returned to pre-pandemic levels of activity.

But one company has a standout story.

After cutting its 2020 global tour short in March, Shen Yun Performing Arts returned to touring in the summer of 2021, long before many other performing arts groups. It represented a ray of hope, both for audiences and the performing arts community.

By the fall of 2021, Shen Yun had resumed performances worldwide, and its ongoing 2022-2023 season is its largest ever, with the world's premier classical Chinese dance company set to visit 200 cities around the world with its eight touring groups. For half a year, more than 150 performances are held each month, and the demand is only growing.

Even before the pandemic, Shen Yun was somewhat of a wonder in the industry. Typically, these companies—presenting ballets, operas, and orchestras—rely on old chestnuts (think "The Nutcracker" and Beethoven's Fifth) to bring in half of the audience, and earned revenue is typically expected to cover only half

An unusual case, the vast majority of Shen Yun's budget is covered by earned revenue. Mike Wang, one of Shen Yun's representatives, confirmed in an interview that the New York-based company receives no government funding and few donations.

All this is more surprising considering Shen Yun's productions are, by some measures, ex-

The New York-based company receives no government funding.

First, there is the sheer size of the dance groups. Each of the eight companies is composed of about 80 people, which includes the dancers, the musicians of a full orchestra, and the crew. And each season requires a great deal of travel. Then, there is the fact that every year, Shen

Yun puts on an entirely new program, meaning about a dozen new dances to choreograph, along with new couture costumes, new music compositions, and new backdrop sets to accompany each piece.

Today, premieres of new choreography or compositions are usually prepared with much fanfare, and audiences don't expect more than one or two from any given performing arts group per season. Shen Yun's approach is atypical and indeed raises the bar on what a group of artists can accomplish.

"We make a new production every year. We keep improving our technology, our choreography, our costumes, the storyline, the music, everything. The production cost is extremely high," Wang said. "Is it worth it?

"That's true art, and it's for the benefit of many people." Shen Yun's standards are high across the board, in part because the artists know how much of an impact they can have on the audience, he said. The company has received and read numerous reviews over the years of those who have had uplifting, even transformative experiences seeing Shen Yun's performances.

proving, we keep pushing the boundaries of performing arts, and it's for the benefit of our audiences and the performing arts world," he said. For this reason, every bit of support is met with

gratitude. Wang said a handful of theaters were able to cap their rental fees or give a low flat fee and reasonable labor costs, which contributed to Shen Yun's being able to perform in cities across Southern California for more than a month. These cases were actually mutually beneficial; a few years ago, a theater in the UK shared data showing that 66 percent of the attendees were new theatergoers, Wang said.

"We're bringing in new audiences, people who never came to the theater. That's also one way we're pushing boundaries," he said.

Reaching the American Dream

Many, for these reasons, consider Shen Yun a classic American success story.

The mission of this music and dance company is to revive 5,000 years of Chinese civilization, but ironically, the show can't be seen in China at all.

In 2006, a group of leading artists from China formed Shen Yun in New York. Many of them were dissidents who were facing persecution by the Chinese Communist Party for their faith and sought refuge and freedom of belief and expression overseas.

Since then, millions have witnessed this revival of a divinely inspired culture, and Shen Yun of the company's budget, with the rest coming has been warmly welcomed around the world. Carlos Veitía, director of the Eduardo Brito Na

tional Theater, saw Shen Yun when it performed

at the Eduardo Brito National Theater in Santo Domingo, Dominican Republic, this February. "For me, this is a brilliant moment within my management in the theater because [Shen Yun] is a dance company that believes in virtues, in discipline, in raising the human spirit, that all countries, all cultures, have to watch," he said. "The National Theater will always be open to any-

one who comes with art, to tell the truth about it. "It's a culture so enormous and so ancient. It is a precious company ... of very well-trained

Macarena López, director of Espacio Cartuja Center CITE—the theater that hosted Shen Yun in Sevilla, Spain—said she was transported to a world of "sublime beauty" while watching the performance on March 8.

"What we have here today from the dancers is a show of the highest category. I tell you, the orchestra, the sound it has, is something magi-

Harry Haourari, associate director of operations at Lincoln Center, saw the performance

with his daughter in New York City last year. "I think it's gorgeous! It's beautiful. I give it a

10!" he said. "I like the production, the choreography. The culture that I had to learn about was absolutely incredible! "I really love the live orchestra, especially that

moment when they introduced the conductor and everybody else. There's nothing like music with a live orchestra. I believe music is healing—if you take it deep in your heart and you listen, it's really healing."

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. For more information, please visit ShenYunPerformingArts.org

Periorina	nces	
Eugene	Ore.	March 29
New Brunswick	N.J.	March 30-Apr
Seattle	Wash.	March 31-Apr
	A1 1	4 110 4

please visit ShenYun.com/tickets

EDUCATION

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

Continued from Page 1

But things were back in full swing—in

person, mank goodness. And then the kraken from "Clash of the Titans" was released.

Or perhaps, if we're trafficking in ancient Greek memes, we should say the Trojan horse. Because in this case, the monster that's been unleashed upon educators (and parents, too, take note!) hardly comes with 10-inch teeth and scaly serpentine skin.

It's called ChatGPT, and if anything, it's being heralded with something sounding more like a hallelujah chorus in some circles, at least in Silicon Valley. The mere mention of the name among educational administrators and staff, by contrast, evokes dread and despair. It seems to be about the one thing everyone in education can

What ChatGPT can do for students has made teachers agree upon at the moment.

What Is ChatGPT?

Books on Amazon herald the revolutionary power of the tool, with titles such as "The ChatGPT Millionaire," which promises in its subtitle that "Making Money Online has never been this EASY." Other works vouch that it can write nonfiction for you, that it could teach you to "crush" job interviews, and even that it holds "The Key to the New Future of Medicine."

Its own creators don't package it with so much hyperbole (they're computer engineers, after all). But they do list a pretty impressive bevy of powers the new online AI tool offers. Among them are correcting grammar, translating text, summarizing notes, generating creative copy, solving math problems, debugging code, and even writing speeches and letters.

All this shouldn't be so surprising, given the blistering pace that Artificial Intelligence (AI) has been progressing at in recent years. It was but a little more than two decades ago that an AI computer, Deep Blue, defeated the world's reigning chess champion. in defeat.

But what has teachers staying up at night in cold sweats is what ChatGPT can do for students. And do eerily well. Things, mind you, that nobody should be doing.

Such as cheating.

Think of ChatGPT as cheating 2.0. The barrier to entry just got lowered a whole lot for would-be delinquents. No longer does the wayward

> 9th grader have to beg his older brother for that dusty copy of his English essay analyzing "The Grapes of Wrath." Nor does the only child cheater have to dole out big bucks for online essay services and wait—heaven forbid—a full day or two

for the illicit rewards. Now it's down to less than a minute. And it's free. The only limit is the kid's

creativity "Write me a five-paragraph essay comparing Macbeth and Hamlet," he asks, and moments later it's populating the screen—with perfect grammar, a possible quote or two, and alarmingly good logic. What, no citations? You can ask for

Whoops, the paper looks a little too good to be true? "Rewrite the essay below at an 8th-grade level," you prod. And it will. Startlingly

It's not perfect, however, as any teacher who's given it a spin will attest to. Sometimes its references are off, its facts a little garbled, and its points not quite valid. But it's hard to tell, and most likely any student resorting to using it isn't about to pick up on the output's shortcomings. Or care, when the assignment is due in a matter of hours and they haven't

read the 400-page book. The scariest thing is that it's not very traceable (although that may change, according to its makers, OpenAI). Each prompt that's given to the uber chat machine generates

Just seven years ago, it was the world output that's truly unique, in real Go champion's turn to leave the arena time. No two essays it whips up are going to be the same. Nor will they With or in print before. It's not savvy pla-

giarism. It's genuinely new. Only it's not yours. It isn't the product of your own mind and effort. And that's the whole point of school assignments in the first

All of which brings us to the matter

Changing Education

Unlike the fictional kraken of "Clash of the Titans" fame, this beast wasn't unleashed with malevolent intent. (It's about revenue, of course.) But much like the creature of lore, its every move sends waves big and fierce enough to crush the unsuspecting

citizens at its shores. In practical terms, I think Chat-GPT is most likely going to play out in several ways on the educational

First, its effects are apt to be inequitable. One can readily imagine the achievement gap only worsening in

This will partly come down to

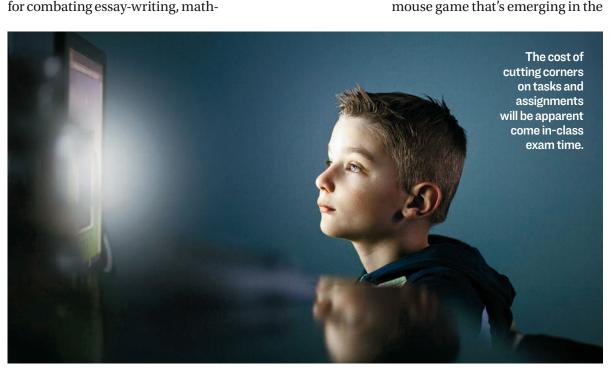
which schools have the bandwidth

ChatGPT, students no longer have to challenge themselves to write an analytical essay or finish a book report.

solving AI tools of its ilk. Yes, trained teachers can spot a darned good deep-fake—if circumstances allow for it. You first have to know each of your students well enough to know their baseline performance, their voice, their command of the language, and so on to know when something is written in another hand. That's exponentially harder to do when you're teaching in a public school district with swelling class sizes and a teacher shortage. It's one thing to know each of your 40 students well, but it's another to say the same for 125 or more. With a stack of 100-plus essays going into the weekend to grade, simple efficiencies dictate that you can't treat each with the same degree of nuance and attention that the teacher in the same subject at, say, an elite boarding school might with a stack

of papers one-third the size. Similarly, teacher abilities aside, some schools are much more likely to have the resources at their disposal to purchase the kind of plagiarism-detecting software needed to

spot a ChatGPT-type fake. (For anyone pining for the Looney Tunes theatrics of their youth, you can now tune in to the cat-andmouse game that's emerging in the





Al's impact on education is reminiscent of the Trojan horse from Greek mythology, because there are hidden dangers underneath its

appealing veneer.

AI arena—with AI software tools popping up left and right to combat the fake essays being authored by the sibling AI software across town. Oh, the irony of it all.)

We might also imagine the impact playing out with great discrepancy across different demographics of households and communities. A good deal of the onus to thwart naughty student doings is going to fall on parents, and for single parents or those working double jobs who lack the extra time and energy to carefully watch a child's online adventures during homework time, bad things are prone to happen.

By extension, I might envision character education playing a bigger role in schools with all this (if there's any silver lining to this artificial cloud!). Never has it been more imperative for students to cultivate the kind of self-awareness, discipline, ethical judgment, and self-control that were once such a big part of education and a proper upbringing. Think of it as ChatGPT's implied moral imperative, if you will.

Those who ignore it do so at their own peril. The cost of cutting corners on essays, research assignments, and math tasks done in the dark will

be steep and painful come in-class exam time. But by end-of-term, the damage may already be done. That time on task can never be recouped. Hence, a widening achievement gap

We might also anticipate—conthat it may well be college students who suffer the most from the quickfix tool. Sure, they're more mature than their younger adolescent selves. But these students will be the ones with the most unsupervised time, as the bulk of college-level work (essays, research, and so forth) is done on one's own. Savvy teachers and administrations at the elementary and secondary levels might be able to pivot quickly and opt for more of a "flipped classroom" approach, where the bulk of work is done in the classroom. Many teachers who weathered the pandemic and mastered the switch to online or hybrid teaching will be especially poised

At the college level, by contrast, you're on your own. That 10-page paper on Newtonian physics ain't going to happen on your professor's

paid time in the lecture hall. Lastly, we might also expect that certain subjects are going to be hit harder by all of this (and have to be more creative in their coping mechanisms). For example, the world language teacher has much less to quake over than, say, the American Lit instructor; the former's students will be doing oodles of performative work, and formative assessments will be taking place daily in the classroom. AI can't read aloud the lines of your French dialogue in

Or at least not yet ... Editor's note: This is the first of two pieces exploring ChatGPT and AI's impact on the educational landscape. The next installment will explore what teachers, parents, and schools can do to mitigate the deleterious potentials of such tools.

your voice at your level.

Matthew John is a veteran teacher and writer who is passionate about history, culture, and good literature. He lives in New York.

It's worth it for us.

"It's worth our effort, because we keep im-

Shen Yun's Upcoming

For additional performance dates

MENTAL HEALTH

10 Truths About Trauma

A close look at a complex issue

GREGORY JANTZ

s an incurable optimist, I daily recognize the many things in our world that cause us to smile and As a mental health profes-

sional, I daily recognize the many things in our world that cause people pain and peril. If it's true that traumatic 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 list of 10 important traits of deplorable ways we can imagine, such as trauma that will shed light on sexual assault, domestic violence, combat, what this enemy is and what we or public shootings. Other forms are more can expect of it as we work toward

common but no less devastating: the loss healing. 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 any experience that leaves a person deeply

wounded and feeling broken inside can

have long-lasting detrimental effects.

wide variety of serious issues, including addiction, depression, anxiety, eating disorders, and relationship problems. When I founded a mental health and treatment 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 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 The point is that no one can ever will develop PTSD at some time in their decide for anyone else what is lives. Women are twice as likely as men or isn't traumatic.

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

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

Trauma Comes in All Shapes

In researching my book "Triumph Over Trauma," I came loss, financial crisis, loss of loved ones, or across many definitions of what this relapse into substance abuse. Simply put, 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 For the past 30 years, I have treated a by an individual and has long-lasting social, physical, spiritual, or psychological

I zero in on the phrase "any event." There is no single definition of what constitutes clinic in 1984, I didn't fully understand trauma and no definitive set of predictthat most ailments and afflictions people able effects on well-being. We all have perstruggle with can be traced back to trauma sonal parameters for what makes an event of some kind. Many people suffer from the traumatic—because we are all distinct inaftereffects of trauma—including depres- dividuals shaped by the combination of sion, anxiety, addiction, panic attacks, insomnia, and suicidal ideation—for years cal traits, and other conditions that are uniquely our own.

> All Trauma Is Personal and **Deeply Felt**

Recently, I spoke with an 81-yearold woman whose 14-year-old data on the prevalence of post-traumatic 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 "setback" while others would experience it as a traumatic event.

such as 'time

neals all wounds'

are very misleading,

ecause each person is

nique and responds

differently 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.

OLEKSII PIDSOSONNY /THE EPOCH TIMES

Every trauma

survivor

willing to

Trauma Survivors Often 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.

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

> 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,

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.

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 dis-

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.

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.

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.

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."

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.

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

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



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 Uni-

versity 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

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—of 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

"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 signthat 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 [heart] 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 councilor Sarah Kirby-Yung derided it as hateful, saying the

Chris Elston poses

beside Chloe Cole, who

previously underwent

transition surgery

before rejecting

transgenderism and

embracing her biological

womanhood.

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

sign gave her "that feeling in the pit of

Elston in Canada, his faith in one-on-one street talks remains steadfast. "We just need to educate a certain percentage of board stemmed from another billboard 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 country-

men'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?"

noun CHILDREN a human male CANNOT who protects CONSENT TO his kids from gender ideology PUBERTY billboardchris.com BLOCKERS

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

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

The secret to

carrying out

your duties

leading others

is, at bottom,

leading your

self and not

allowing emo-

tions to over-

whelm

VOU.

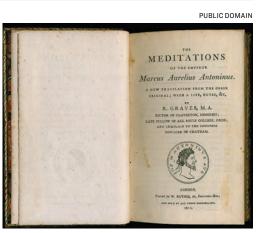
well and

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."





Week 13, 2023 THE EPOCH TIMES

"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

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

should be, and be one."

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

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.

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 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

wordpress.com

DEAR NEXT GENERATION Advice from our readers to our young people

Wisdom to Contemplate

Lessons from yesteryear that are harder to learn today

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-

Life is precious. Particularly, to someone ing, traveling, and the knowledge gained from racing was priceless.

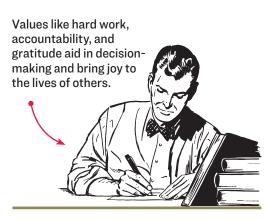
My Polish immigrant grandparents, as well as my parents and I, were clear on our respective genders and roles. They were not my "friends." I can still hear my homemaker mom say, "Billy you must be responsible for your behavior, open doors for ladies and the elderly, and no hats worn indoors and certainly 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



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.

What advice would you like to give to

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.



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

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

depicted in an illusionistic manner.

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.



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.

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

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

WITH PERMISSION, COPYRIGHT SPSG/CELIA ROGGI

The Rococo style is characterized by its 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.

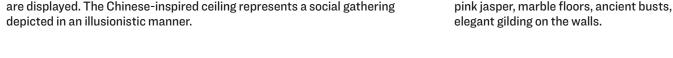
LIFE & TRADITION

Today, Frederick, the "philosopher of Sanssouci" as he was affectionally called, rests on the grounds of his beloved sum-

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



Located in the New Chambers, the magnificent Jasper Hall features precious pink jasper, marble floors, ancient busts, and





WITH PERMISSION, COPYRIGHT SPSG/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.

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

BARBARA DANZA

igital devices have become a it becomes difficult to scale back their use. As this technology garners more influence over our lives, the detrimental tial harmful effects. effects of its use among children are becoming ever clearer.

I asked Taíno 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? **Taíno 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

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 thorn in the side of many par-used in a purposeful and balanced ents. Like opening Pandora's way, technology can support all of oox, once kids are given ac- these areas, but the reality is that many cess to these glowing screens, children's tech use is neither purposeful nor balanced, and more and more studies are pointing toward the poten-

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

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. "Tech Life I also strongly recommend Balance: 101 parents to follow social me-Ways to Thrive in dia age limits, which many a Digital World" parents are not even aware by Taíno Bendz.

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

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.

LIFE BALANCE

101 WAYS TO THRIVE IN A DIGITAL WORLD

TAÍNO BENDZ

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.

Taíno 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

Mr. Bendz: Parents' use of technology is affecting not only their own health and well-being, but also their children's development and the parent-child relationship. Attention from the parent is vital for a child's development, regardless of the age of the child. A baby literally uses eye contact and their parent's face as a compass to the world and to interpret events around them. A toddler, all the way up to a teenager, looks to their parents for confirmation, affirmation, support, and much more. Put a device in the parent's hand and that connection is broken. That important work email, the scrolling of news or social media, that text message is coming between you and your child and signals to the child that whatever you are doing on the device is more important than them.

Anyone, not only children, feels neglected when the other person is checking their phone during a conversation, and studies support the notion that relationships take a hit when devices are around.

Lastly, parents are of course role models, so our own tech use very much affects our children's view of how a relationship with technology should look.

The Epoch Times: What most concerns you when it comes to children's use of digital devices?

Mr. Bendz: If I were to pick one concern, it would be that they grow up so connected that they are disconnected to the world around us. What does this mean? It means that when more time is invested into the online world and relationships, less time is left for the analog world with its slower but more sustainable dopamine release. It means that they can become tuned and oversensitive to social feedback, and reduce their integrity and determination in the process. It means that the entertainment, joyfulness, and creativity are streamed and that they become consumers of play, instead of producers.

Connected to growing up lost and disconnected is of course mental health. I see firsthand the implications of what I call "attention-grabbing technologies" on children and their development in all areas, from learning, to sleep, stress, and anxiety, to social skills.

Tech-life balance is within reach for everyone, and freeing up time spent on devices means more time for other things. And who would not want more time? I've met so many people, both individuals and families, who have been far down the device hole and have greatly improved their quality of life by small habit changes.

FOR KIDS ONLY THE EPOCH TIMES

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.

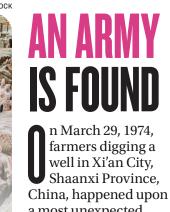
Grandpapa once lived in one little room, Grandpapa worked all day long at his loom: He speaks with queer accent, does dear grandpapa, And not half so well as papa and mamma. The girls think his clothes are a little rough, But the boys all declare they can't love him enough.

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!

HOW LONG DOES IT TAKE GRANDMA O BAKE A BATCH OF

Nobody can do for little children what grandparents do. **Grandparents sort of** sprinkle stardust over the lives of little children. ALEX HALEY (1921-1992),

This Week in History



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

> > 100 YEARS

6 ½ feet.

First flower.

70 YEARS

10 YEARS

By Aidan Danza

THE SAGUARO CACTUS

he 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.

ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISI

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 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 whitewinged 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.









Ворра

Buddy

Gaga

Granddad

Grandma

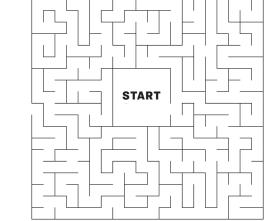
Grandpa

Granny

Mamaw

Meemav





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



Solution For Easy 1

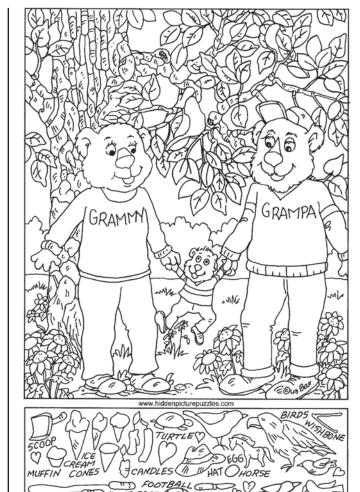
9×(E-E×t)



8-4×(8-02)

27 18 25 + | - | × | ÷

57 + 25 - 18 - 4



HIDDEN TREASURES by Liz Ball www.HiddenPicturePuzzles.com

MBEHVSPAPPYWGDZ F G R A N D P A G R A M M Y \ SEVIPQAGDMPOPP MOWOSDFOAGLAPMU 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 C

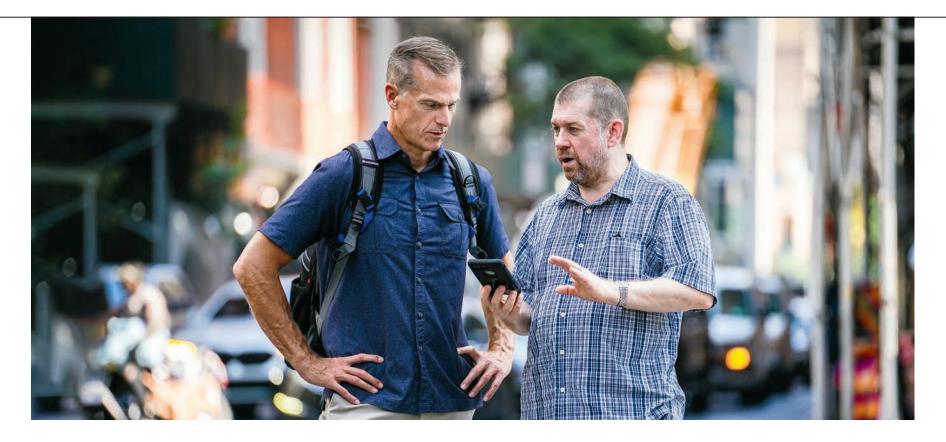
What Do You Call Your Grandparents?

NRGAGAADDNXEKZG GRANDMAWVYWDXDF Big Daddy Nandy Grammy Gramps

OUAWNPPDYNIMIM

Pop-Pop

THE EPOCH TIMES Week 13, 2023



THINK TWICE

Don't let these mistaken beliefs hold you back

MYTH

I won't have time to keep up with The Epoch Times.

REALITY

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 EPOCH TIMES



A Life-Changing Bestseller



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

Order Your Copy





Promo.Fayuanbooks.com or 845-538-4490