

# THE EPOCH TIMES

# LIFE &

# TRADITION

COURTESY OF SHEN YUN PERFORMING ARTS



▲ Shen Yun Symphony Orchestra, which has graced many renowned stages around the world, including Boston's Symphony Hall (above), will be performing at Lincoln Center in New York on Oct. 22, 2023.

PERFORMING ARTS

## A Musical Ensemble Inspired by East and West

After a 3-year hiatus, Shen Yun Symphony Orchestra is returning to the stage at David Geffen Hall in New York City on Oct. 22 for only 2 concerts

By Catherine Yang

Shen Yun Symphony Orchestra is returning to New York City for two performances on Oct. 22, 2023. The orchestra, comprising musicians from world-renowned Shen Yun Performing Arts, was formed in response to the high demand from audiences who wanted to hear more of Shen Yun's music. Shen Yun is the world's premier classical Chinese dance company,

formed in New York in 2006 by artists from around the world. The ensemble will only be performing for one day, on Sunday, Oct. 22, 2023, at 1 p.m. and 5 p.m. at David Geffen Hall at Lincoln Center, which reopened last year after a half-billion-dollar renovation. "I would say that in Shen Yun, we are not just performing music, playing notes and tunes. We go deep inside the meaning of the music, even past the emotional side—most orchestras go to the emo-

tional side, but we go beyond that—to illustrate the deeper meaning," Shen Yun Symphony Orchestra Conductor Milen Nachev said in an interview on the performing arts group's blog. "It's like a secret code inside the musical text that we bring out to the audience. It's not necessary for them to understand the secret code, but the effect and the resonance are there." Mr. Nachev, born in Bulgaria, served  
*Continued on Page 2*

**Ancient Chinese instruments are blended seamlessly into the Western orchestra. The grandeur of the symphony amplifies ancient Chinese melodies.**

LIFESTYLE

By Gregory Jantz

## For Maximum Health, Optimize Your Optimism

We've all heard the cliché that optimists see the glass as half full and pessimists see the glass as half empty. Another adage tells us that optimists see the doughnut and pessimists see the hole. Whatever your preferred metaphor, we can agree that it's always more enjoyable to spend time around positive, upbeat people rather than negative, downbeat people. What's more, we know that an

optimistic outlook has a wide range of benefits. Developing a hopeful attitude is far more potent for wellness than many people recognize. During the past decades, dozens of research studies have demonstrated the benefits of optimism in individual lives, relationships, organizations, and society as a whole. These studies show that optimists fare better than pessimists in work, school, and sports. Positive people  
*Continued on Page 2*



PAUL BRADBURY/GETTY IMAGES

Optimists fare better than pessimists in many areas of life.





## A Life-Changing Bestseller



Zhuan 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

Fayuanbooks.com or 845-538-4490

Send check to Fa Yuan, Inc.  
20 Smith Road, Middletown, NY 10941



THE  
EPOCH  
TIMES

## Stay Informed, No Matter Where You Are



Get the  
best-rated  
news app.

★★★★★ 4.8

Based on App Store ratings

Keep your trusted news in your pocket with our mobile app, available on the App Store and Google Play.



DOWNLOAD OUR APP



Milen Nachev conducts Shen Yun Symphony Orchestra.

SHEN YUN SYMPHONY ORCHESTRA

### PERFORMING ARTS

## A Musical Ensemble Inspired by East and West

Continued from Page 1

as principal conductor and music director of several major Eastern European orchestras, and his recordings have been regularly broadcast by the BBC and Radio France. He has just finished his 10th season of performing with Shen Yun.

‘A Certain Magical Transparency’ Since its debut more than a decade ago, Shen Yun Symphony Orchestra has graced the halls of the Kennedy Center, Tokyo Opera City Concert Hall, Boston Symphony Hall, Segerstrom Concert Hall, and many others. Its music is unique because it com-

bines the best classical musical traditions of the East and the West.

Ancient Chinese instruments are blended seamlessly into a Western orchestra. The grandeur of the symphony amplifies ancient Chinese melodies.

The Western brass and strings play ancient Chinese melodies as easily as they take up a Western waltz or fanfare.

“The Chinese instruments help us create special tonal colors and make our sonority and texture particularly rich and distinctive,” Mr. Nachev said.

“You have beautiful and ever-flowing Eastern melodies supported and amplified by the power of the Western harmony. And with the full-size symphony orchestra, you have incredible dynamic range.

“In this performance, we have the capability to create for the audience a certain magical transparency using imaginative orchestration. It’s like opening the door to a different realm.

“We strive to create a transcendent musical experience that resonates with the hearts and minds of the audience.

“Each performance is an opportunity to transport our listeners to another world and inspire their imagination.”

### Programming

Every year, Shen Yun Symphony Orchestra’s program includes a mix of original compositions, as well as classical favorites, demonstrating how classical music is truly a universal language, able to con-

vey the essence of any culture.

This year’s lineup includes Sibelius’s “Finlandia,” the fourth movement of Dvorak’s “Symphony No. 9,” the “Butterfly Lovers’ Violin Concerto,” and several yet-to-be-announced original works.

The classical pieces will be performed with only Western instruments, as written. In Shen Yun’s original compositions, ancient Chinese melodies are arranged to take advantage of the grandeur of a full orchestra, and the two classical music disciplines meld harmoniously.

These original works are why Shen Yun Symphony Orchestra performs standalone concerts—each year, Shen Yun performs an all-new program with original compositions accompanying the dozen-plus dances. Due to high demand, the New York-based company began offering recordings of the soundtracks, and in 2012, several of the orchestras were combined to give a concert at Carnegie Hall.

Chinese music isn’t well known in the West, and a common misconception is that the music is pentatonic, or written on a five-note scale.

Qin Yuan, a composer with Shen Yun, previously explained to The Epoch Times that ancient Chinese music was

in fact composed in other ways.

“A lot of people think it’s based on a pentatonic scale, but it actually isn’t. In ancient China, there were three scales most commonly used, but all three of these were seven-note scales,” Ms. Qin said. “They really used the same notes as the ones you find in Western classical music. But what’s different is how the notes are used and arranged; the musical rules are then entirely different.”

Traditional Chinese culture was said to be divinely inspired and centered on the idea of harmony between heaven, earth, and humankind. All of its arts, including the music that Shen Yun has inherited, reflect these values.

### Beloved by Audiences

When Shen Yun Symphony Orchestra last held a concert in 2019, human rights activist and Chinese dissident Yang Jianli had tickets to see it in Washington. But he was so busy that he missed it, so he immediately bought tickets for the last show—in Boston—and hopped on a plane.

“The quality is so impressive, and a lot of the original pieces have Chinese cultural meaning behind them,” he said. “You can hear truth, beauty, and goodness in the music very clearly.”

Phil Dawicki, who also attended the concert in Boston, secured balcony tickets at the last minute and said that the distance in no way diminished the energy of the music washing over him.

“It was like air coming at you, with sound, and sort of uplifting, just makes you feel good to be alive.”

Retired chorus teacher Dale Whittington said, “[It’s the] greatest orchestra I’ve ever heard. I’m glad that I lived long enough to hear this.”

“It’s a new sound when you blend one culture with another culture—it worked beautifully,” mezzo-soprano JoAnn Domb said after attending a concert.

“I’ve never heard anything better anywhere,” said Tim Knight, a musician who has worked with renowned orchestras.

“The ability of composers and arrangers to create this kind of excellence is just amazing,” said Fred Astmann, an organist.

### ‘Positive Energy’

In a previous interview, Mr. Nachev said the artists of Shen Yun all take their spiritual cultivation very seriously. Like most others involved in Shen Yun, he practices Falun Gong, also called Falun Dafa, an ancient Chinese spiritual practice consisting of simple, slow-moving meditation exercises along with teachings based on the principles of truthfulness, compassion, and tolerance. It grew in popularity during the 1990s, with 70 million to 100 million adherents in China by the end of the decade, according to official estimates at the time.

Feeling threatened by the practice’s popularity, the Chinese Communist Party launched a systematic elimination campaign in July 1999. Since then, millions of



▲ Violinist Debbie Jin with Shen Yun Symphony Orchestra.

Falun Gong adherents have been detained inside prisons, labor camps, and other facilities, with hundreds of thousands tortured while incarcerated, according to the Falun Dafa Information Center.

Mr. Nachev believes that the meditative practice accounts for the incredible harmony and inspiration he sees in the group.

“Being in the environment of spiritual cultivation helps a lot. We are literally living together, studying together, developing ourselves together, we are meditating together—and this creates positive energy all around us. I have no doubt that this positive energy helps a lot when we go on stage,” he said.

The Epoch Times is a proud sponsor of Shen Yun Performing Arts. For more information, please visit [ShenYunSymphony.com](http://ShenYunSymphony.com)

### Chinese Instruments

A few select Chinese instruments, distinct and representative, are included in the ensemble.

The pipa, a five-stringed Chinese lute, is known as the “king of instruments” and can be plucked or strummed to create a variety of effects.



The bowed erhu has a famously wide range of expression, dynamics, and texture, and is sometimes said to be the closest to the human voice, with its two strings reflective of the human vocal cords.



There are also Chinese percussion instruments included, but the orchestra is otherwise much like a standard symphony orchestra, albeit on the larger side.

(PPA) / TAKE NOGI/GETTY IMAGES; (ERHU) MARTIN WILKES/GETTY IMAGES

### LIFESTYLE

## For Maximum Health, Optimize Your Optimism

Continued from Page 1

are likely to achieve more goals, handle stress more wisely, overcome depression more quickly, cope with illness better, and live longer.

Consider just a few benefits of optimism:

- According to a Harvard study, an optimistic outlook early in life can predict better health and a lower rate of death during follow-up periods of 15 to 40 years.
- An analysis of 15 studies involving more than 200,000 participants found a 35 percent lower chance of getting heart disease and a 14 percent lower chance of early death for optimistic people.
- Being optimistic has been shown to improve biological risk factors such as high blood sugar and cholesterol.
- Positive thinking boosts immunity and reduces the chance of infection and cancer.
- A 2017 study found that, even after considering other healthy behaviors, optimistic people had a 15 percent longer lifespan and 50 percent greater chance of living past 85 than people with a negative outlook.

### The Expectation Advantage

One reason optimists thrive is that they expect good things to happen and anticipate a positive outcome for any situation. What a person expects has a significant influence on the final result of whatever the expectations are about.

Researchers often use the 12-item “Life Orientation Test” to measure people’s level of optimism and pessimism. This and other tools help to explain that pessimists tend to assume blame for bad events (“It’s my fault”), believe the negative situation will continue (“This is going to last forever”), and take on a gloom-and-doom perspective (“This will lead to catastrophe”).

In contrast, optimists don’t blame themselves for negative events. Instead, they tend to give themselves appropriate credit for good news, believe that positive developments will continue, and remain confident that encouraging events will spill over into many areas of life. Anticipating a positive outcome often becomes a self-fulfilling prophecy—a person’s attitudes are activated to achieve the desired results.

### Optimism Is a Matter of Outlook

Can a person who isn’t naturally optimistic develop a more positive outlook? Absolutely. Optimism isn’t just something a person is born with; optimism can be exercised and strengthened, like a muscle.

One study from 2015 examined the psychological traits of identical twins and found that genetics accounted for 38 percent of optimistic tendencies. An earlier study demonstrated that 20 percent of optimistic outlook is attributed to inherited DNA. Although we would all love to be born with the “optimism gene,” these and similar studies should come as good news: optimism is mostly a learned trait, and we can all grow in our ability to become more optimistic.

Most of all, both optimism and pessimism are determined by how we think about our circumstances and adversities. Take Jack, for example. His car broke down on the way to work. Immediately, his mind started swirling with pessimistic views. He thought to himself, If I weren’t so irresponsible, this wouldn’t have happened. I should have been more prepared. Jack believed that his entire day would be ruined because of this one setback. And since Jack kept on chastising himself and blaming his “usual bad luck,” he did indeed have a lousy day.

Now consider Jill, whose car also broke down on the way to work that very same morning. Jill accepts that sometimes difficult things occur that are beyond her control, and she doesn’t allow setbacks to negatively affect how she views herself. After inspecting her flat tire, Jill thought to herself, “Well, these things happen. It’s no big deal. I’ll call a tow truck and catch a ride to work.” Jill accepted the situation, dealt with it, and moved on with her day. She wasn’t thrilled with the hassle and coming repair costs, but she kept the predicament in perspective and made a conscious choice to remain positive.

### More Than ‘Happy Thoughts’

Optimism is a way of reframing obstacles. Here are strategies for strengthening your optimism muscle:

**PRACTICE GRATITUDE FOR BOTH BIG AND SMALL THINGS.** Spend a few minutes each day listing three blessings in your life and describe how you’re enriched by them. Naming the things you’re thankful for each day will prompt you to see more and more. Soon enough, your mind will naturally look for reasons to be grateful.

**LOOK FOR OPPORTUNITIES IN SETBACKS.** Part of what makes a difficult situation so hard

to handle is the sense that you’re powerless, but that’s rarely (if ever) the case. If you suddenly remember something you did or said that offended someone, you now have the opportunity to practice humility and seek forgiveness. If you started a business that didn’t succeed, you have the opportunity to examine what went wrong so you have a better chance of success next time.

Developing a hopeful attitude is far more potent for wellness than many people recognize.

**MONITOR YOUR SELF-TALK.** We talk to ourselves all day long, and the way we talk to ourselves matters tremendously. Our inner voice affects the atmosphere in our minds, how we view ourselves, and how we perceive the world around us. The way you talk to yourself sets the tone for how you’ll engage with the world and the types of interactions you’ll come to expect with others.

**GET MOVING.** Going for a walk or run might be the last thing you feel like doing when you can’t stop thinking about something negative. But research shows that physical

activity can help decrease anxiety and depression. What’s more, studies have found that getting regular physical activity helps you to ruminate less to begin with. Even a single stint of exercise helps decrease pessimistic thoughts.

**DUMP THE DRAINERS.** Life is full of people, obligations, and tasks that siphon off our energy and drag us down. Some we can’t avoid, but some we can and should. Steer clear of people who soak up your positive energy like a dry sponge in a puddle of water. Likewise, avoid chronic complainers and pessimists.

**PINPOINT POSITIVES.** In your journal—or in conversation with a friend or counselor—identify specific aspects of your life that you feel especially positive and optimistic about. It might be your work, parenting, marriage, spiritual growth, or creative pursuits. Be as specific as possible, and celebrate the good things in your life.

**TAKE ACTION TO DEMONSTRATE NEW THINKING.** On a piece of paper, write down a negative belief that you feel is holding you back and weighing you down. Now take the piece of paper, fold it up, and throw it in your blazing fireplace (or flush it down the toilet or put it through your shredder). As you do, say to yourself, “This belief has been with me for a long time—but not anymore. I’m choosing to let it go and replace it with a more positive, more accurate belief about myself.”

**ENVISION YOUR BEST POSSIBLE SELF AND LIFE.** For the next two weeks, spend 15 minutes thinking about and writing about enjoying the best possible circumstances in your future. Ponder your goals and dreams—and envision that everything works out to be

the very best situation. Then spend another five minutes visualizing this best future life as vividly as you can, with a lot of details. This exercise is more than just a feel-good pep talk for yourself; you’ll be retraining your mind and redirecting your thoughts. A study published in the Journal of Behavior Therapy and Experimental Psychiatry demonstrated that this exercise boosted participants’ level of optimism.

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](http://APlaceOfHope.com)



▲ Each situation presents a new opportunity to choose our attitude.



“Augustus Saint-Gaudens working in his studio,” 1908, by Kenyon Cox. Metropolitan Museum of Art, New York.



PROFILES IN HISTORY

# Saint-Gaudens: Eminent Sculptor of American Heroes

His monumental sculptures have an important place in American culture

By Dustin Bass

Augustus Saint-Gaudens (1848–1907) possessed the rare gift of expressing the heroism of both mythological and natural figures, and often, he combined the two to express the heroism of modern Americans.

Born in Dublin in the midst of the Great Famine, his French shoemaker father, Bernard Paul Ernest Saint-Gaudens, moved his family to America only months after Saint-Gaudens’s birth. It was a decision both immediately necessary and ultimately history-making.

### The Apprentice

During the years of the Civil War, Saint-Gaudens apprenticed with French cameo cutters in New York City, learning first under Louis Avet for three years, and then, after a falling out with Avet, under Jules Le Brethon. While apprenticing, he also attended classes in New York at the National Academy of Design and the Cooper Union. Noticing their son’s gift for sculpting, Bernard Saint-Gaudens and his wife, Mary McGuinness, permitted him to pursue his artistic education in Paris.

In 1867, Augustus Saint-Gaudens arrived in Paris. He worked as a cameo cutter to support himself while studying under French sculptor François Jouffroy, who was impressed with the young man’s ability and in 1868 recommended his admission to the prestigious École des Beaux-Arts.

When the Franco-Prussian War

broke out, the artist moved south to Rome where he completed one of his first sculptures: the “Hiawatha” in marble. Saint-Gaudens had received inspiration for the thoughtful piece after reading Henry Wadsworth Longfellow’s epic poem “The Song of Hiawatha.”

Over the next several years, he moved back and forth between New York City and Rome, all the while working

Equestrian statue of Gen. William Tecumseh Sherman accompanied by the allegorical figure Victory, 1902, by Augustus Saint-Gaudens. Grand Army Plaza, New York City.



on his craft. He permanently returned to New York in 1875 to work for Tiffany Studios as a metal engraver; there, he befriended painter John La Farge and architects Stanford White and Charles McKim. La Farge encouraged Saint-Gaudens to pursue the art of reliefs.

### Seeking Reliefs

At La Farge’s urging, Saint-Gaudens applied for the commission to sculpt a monument of Adm. David Glasgow Farragut to be displayed in Madison Square Park. Farragut, who was a rear admiral during the Civil War, is best known for his defiant words “Damn the torpedoes! Full speed!” at the Battle of Mobile Bay.

When Saint-Gaudens won the commission in 1876, he decided to return to Paris with his new wife along with architect White, where he began work on the monument. White designed the exedra, or semicircular stone base, for the monument. After its completion and unveiling in 1881, the talents of the young artist were in great demand.

The numerous works of Saint-Gaudens can be found in places ranging from Chicago and Washington to Boston and even the fireplace of Cornelius Vanderbilt II (the mantelpiece that now resides in the Metropolitan Museum of Art). He built some of the most memorable sculptures of the late 19th and early 20th centuries, including “Abraham Lincoln: The Man” (Chicago), “Diana the Huntress” (originally created to stand atop the tower of Madison Square Garden), the “Adams Memorial” (a haunting

sculpture in Washington), “Deacon Chapin” (Springfield, Mass.), the “Sherman Monument” (an equestrian statue in New York City’s Central Park of Gen. William Tecumseh Sherman led by the winged goddess Victory), and the “Shaw Memorial” (a bas-relief of Gen. Robert Gould Shaw and the 54th Infantry Regiment on Boston Common, in Boston).

### A Distinctively American Spirit

Regarding the “Sherman Monument,” Theodore Roosevelt, who became friends with Saint-Gaudens and commissioned him to design gold coins during his presidency, wrote to him, saying:

his work left a lasting impression on American culture. His life’s work often reflected Longfellow’s epic poem, which stated:

Ye who love a nation’s legends,  
Love the ballads of a people,  
That like voices from afar off  
Call to us to pause and listen.

The work of Saint-Gaudens perhaps doesn’t “call us to pause and listen,” but it does “call us to pause and look.”

“I can say with all sincerity that I know of no man, of no one living, who could have done it. To take grim, homely, old Sherman, the type and ideal of a democratic general, and put with him an allegorical figure, such as you did, could result in one of two ways—a ludicrous failure, or striking the very highest note of the sculptor’s art. Thrice over to the good fortune of our countrymen, it was given to you to strike this highest note.”

Though Saint-Gaudens died relatively young in 1907 due to cancer,



Monument of Adm. David Glasgow Farragut, 1880, by Augustus Saint-Gaudens. Madison Square Park, New York City.

### Augustus Saint-Gaudens built some of the most memorable sculptures of the late 19th and early 20th century.

expression of a distinctively American spirit.”

Dustin Bass is an author and co-host of *The Sons of History* podcast. He also writes two weekly series for *The Epoch Times*: *Profiles in History* and *This Week in History*.

POETRY

## Autumn Embodies Abundance in a Chesterton Poem

The everyday gifts of freedom discovered when abandoning worldly pleasures

By Marlena Figge

### ‘Gold Leaves’

Lo! I am come to autumn,  
When all the leaves are gold;  
Grey hairs and golden leaves  
cry out  
The year and I are old.  
In youth I sought the prince  
of men,  
Captain in cosmic wars,  
Our Titan, even the weeds  
would show  
Defiant, to the stars.  
But now a great thing in the  
street  
Seems any human nod,  
Where shift in strange  
democracy  
The million masks of God.  
In youth I sought the golden  
flower  
Hidden in wood or wold,  
But I am come to autumn,  
When all the leaves are gold.

ing to see his king in scattered, mundane things such as the human nods he encounters in the street. Like those in the Bible who expected a great military ruler instead of a humble carpenter for a Messiah, so too, the speaker expects to encounter his Creator in a singular majestic being rather than in the faces of all the unassuming souls he meets in day-to-day life.

With this newfound realization enters the image of the golden flower that the speaker was seeking. Thinking to find a spectacular and divine beauty concentrated in a single, elusive source, he instead finds himself surrounded by God’s presence in every created thing. Chasing the rare golden flower, he looks up and discovers the overwhelming abundance of the brilliant gold foliage of autumn greeting him everywhere he turns.

### Hopes Exceeded

By the time the line “I am come to autumn” makes its way down from the first to the final stanza, it has assumed a new meaning. Autumn no longer represents a season of decline or even maturity. Instead, autumn contains the overflowing life the speaker found after his conversion.

As he grows in wisdom and adjusts his outlook on the world, the speaker observes the “million masks of God” shifting in continual movement around him. Suddenly, grace is at work everywhere, even when it had previously seemed so scarce it was almost nowhere to be found.

As a convert himself, Chesterton expresses well the amazement of seeing what now seems a most conspicuous divine presence in the world, which was imperceptible to him before. He is taken

### ‘Gold Leaves’ celebrates happily disappointed expectations.

aback, startled by the multitude of beautiful things around him in a world that is colored anew.

In the political connotations of the shift from a ruling Titan to a democracy, we understand the newfound freedom and expansive mood of the speaker as he abandons the shackles of slavery in the chase after worldly pleasures in exchange for the boundless freedom of grace. Within this grace is a beauty, not hidden or available only to a select few, but observable wherever we turn our gaze.

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



▲ With the autumn of life can come a welcomed change in perspective.





The glory days of Rome are still visible to us in the magnificent ruins left behind. "Roman Capriccio: The Colosseum and Other Monuments," 1735, by Giovanni Paolo Panini.

CULTURE

# Imperium Romanum: History, the Sexes, and the Self

By Jeff Minick

Sometimes a random comment enters the brain, and the mind suddenly becomes a playground, with thoughts dashing about like a 5-year-old racing from the swings to the slides to the sandbox and back again.

This recently happened to me after a friend mentioned the current popularity of memes about Ancient Rome. Several of these were amusing. My favorite was of a schoolboy seated in a classroom with the visage of Julius Caesar plastered over his face. The first panel showed the boy studying a notebook; in the second, hidden behind the notebook, we find a map of ancient Gaul and Britain. The caption reads, "When the teacher thinks you're studying but you're actually planning to invade Britain." Here the male students in the history classes I once taught popped to mind.

But what really revved up my imagination—think of that kid again, cut loose on the playground—was Tyler O'Neil's article, "Of course, I think about the Roman Empire Daily. You Don't?" Mr. O'Neil described another new trend on social media in which "wives were surprised to hear their husbands say they think about the Roman Empire every day or a number of times a week," and he provided some good answers as to why Rome continues to entrance us today. If you want some laughs, don't miss the short video that accompanies the essay. Better yet, ask the men in your life whether they ever think of the Roman Empire.

It was Mr. O'Neil's piece and the video that sent my thoughts careening around like racked balls on a pool table after a solid break.

**Back to the Past**

It isn't uncommon to wish ourselves back into the past. One friend has mentioned several times that she has fantasies about living in the 19th century, when manners and decorum mattered more than now, and a college teacher once told me that he often sank into the 18th century whenever he returned to his bachelor's quarters. Another woman I know discovered that her husband thinks of returning to the Rome of 44 B.C. and rescuing Caesar from his assassins.

In my own case, if someone asked me

"How often do you think about the Roman Empire?" I would say several times per week but always in conjunction with thoughts about our own imperium Americanum. Our politicians in Washington appear historically illiterate by failing to make this comparison, ignoring lessons taught by the fall of Rome, such as opening our borders and so undermining the concept of American citizenship, burdening our nation with monstrous debt, devaluing the currency, and by their policies helping to destroy public morality. The Romans did all these things, and the empire eventually crumbled.

At any rate, these daydreams of the past strike me as a plus. In our present age, when Clio, the Muse of History, lies strapped to a gurney, these folks are offering life support.

**Men and Women**

Ours is an age that wants everything explained—it's a major reason behind our culture's wholesale abandonment of a deity. Anything that can't be dissected in some laboratory of postmodernism is suspect. In short, we seek to banish mystery, including the mysteries of the opposite sex.

That so many men ponder the Roman Empire and that so many women are astounded by these musings is but a trivial example of the conundrum that exists between Mars and Venus. As my mind played with ideas, I realized, as I have before, that the riddles in the female are part of their allure and appeal. No matter how much we men may think we apprehend them, for the most part, females remain puzzles missing a piece or two, and the same surely holds true for their take on men. Although sometimes unpleasant, our differences add salt and pepper to our relationships and make a tangy dish of life.

Most of the time, the male and female natures are complementary. They fit together, this time as a puzzle completed. We need each other, not only to propagate the race but to become more fully human. Mulling over these matters, at one point my mind returned to Ancient Rome, this time to the orator and philosopher Cicero, who once wrote, "If you have a garden and a library, you have everything you

need." Hmm. So was it a room filled with books rather than Eve that Adam was missing in the Garden of Eden? I don't think so.

**History and the Self**

"I don't know much about history, and I wouldn't give a nickel for all the history in the world. History is more or less bunk. It is a tradition. We want to live in the present, and the only history that is worth a tinker's damn is the history we make today."

Ah, good old Henry Ford. That sentiment, which he spent the rest of his days trying to explain, is very much alive in our present age of historical illiteracy. The self-proclaimed communists among us, for example, appear to have no clue that since 1920, their Marxist predecessors murdered 100 million people. During the days I spent on my cerebral playground, Prime Minister Justin Trudeau, Ukrainian President Volodymyr Zelenskyy, and the Canadian parliament cheered for a 90-something Ukrainian when it was announced that he had fought the Russians in World War II, oblivious to the fact that fighting the Russians meant he had served with the Nazis. And as mentioned earlier, our own Congress and current administration seem oblivious to historical patterns.

As I romped with these ideas on the playground, it occurred to me that this ignorance and outright rejection of history is, in a very real sense, an ignorance and rejection of the self. We didn't just appear on planet Earth, alien creatures utterly devoid of a past. Instead, we are the flesh-and-blood embodiments of history itself. In his opening to "Look Homeward, Angel," the novelist Thomas Wolfe gives this poetic yet accurate explanation of our lineage:

"Each of us is all the sums he has not counted: subtract us into nakedness and night again, and you shall see begin in Crete 4,000 years ago the love that ended yesterday in Texas.... Our lives are haunted by a Georgia slattern, because a London cutpurse went unhung. Each moment is the fruit of 40,000 years."

You and I are not only the genetic repository of all those who preceded us; we're

the inheritors of a culture produced over millennia. The Romans are only a part of this heritage. To throw away the past as "bunk" is to throw yourself on the same pile of trash.

**Wrapping Up**

"All roads lead to Rome" was true in its day. In my case, however, all roads led from Rome to America.

After playing around with these ideas, let me conclude by applauding the men who are thinking of the ancient world. However offhandedly, they recognize the importance of history.

The time I spent in the imagination also reminded me that to cast off the past à la Henry Ford is to abandon our very selves in the bargain.

And finally, my romp in the park gave me the chance to smile yet again with gratitude and appreciation for the sweet gulf between men and women. As the Romans might say, Natura nihil frustra facit: "Nature does nothing in vain."

*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.*



EMME0174/GETTY IMAGES

## FOR KIDS ONLY

THE EPOCH TIMES

### Lemon Pie

By Edgar A. Guest

The world is full of gladness,  
There are joys of many kinds,  
There's a cure for every sadness,  
That each troubled mortal finds.  
And my little cares grow lighter  
And I cease to fret and sigh,  
And my eyes with joy grow brighter  
When she makes a lemon pie.

When the bronze is on the filling  
That's one mass of shining gold,  
And its molten joy is spilling  
On the plate, my heart grows bold  
And the kids and I in chorus  
Raise one glad exultant cry  
And we cheer the treat before us  
Which is mother's lemon pie.

Then the little troubles vanish,  
And the sorrows disappear,  
Then we find the grit to banish  
All the cares that hovered near,  
And we smack our lips in pleasure  
O'er a joy no coin can buy,  
And we down the golden treasure  
Which is known as lemon pie.

“Food is our common ground—a universal experience.”

JAMES BEARD (1903–1985), AMERICAN CHEF AND COOKING SCHOOL FOUNDER

### WHAT DOES A NOSEY PEPPER DO?

IT GETS A LALAPENO BUSINESS.

## This Week in History

### A CORNERSTONE IS LAID

On Oct. 13, 1792, a ceremonial cornerstone was laid at the site of the future White House. The year prior, President George Washington had announced the new site of the country's capital—moving it from Philadelphia to the more centrally located district that was established near the Potomac River that would later become known as Washington, D.C.

The White House was designed by architect James Hoban. President John Adams and his wife, Abigail, were the first to move into the White House on Nov. 1, 1800. President Adams famously wrote, "I pray Heaven to bestow the best of Blessings on this House and all that shall hereafter inhabit it. May none but honest and wise men ever rule under this roof."



▲ The earliest known photograph of the White House, taken in 1846 by John Plumbe during the administration of President James K. Polk

## ALUMINUM

By Aidan Danza

ALL IMAGES BY SHUTTERSTOCK UNLESS OTHERWISE NOTED

**Aluminum is one of the world's most abundant metals**

and is used in a wide variety of commercial applications. However, aluminum does not exist in nature in its metallic form that we see in our rolls of foil.

In nature, aluminum always occurs as part of a compound, often in igneous rocks, like feldspars and micas, and in clay soil. In reactions with some chemicals, it forms the crystals ruby and sapphire, and is present in other gemstones such as topaz and garnet. Until the scientific age, aluminum was not really used, and wasn't introduced to the public until the Paris World's Fair in 1855.

It was in 1886 when extracting aluminum became practical, with a chemical method removing the metal from a mineral called bauxite. This method is still used today. After this method was discovered, aluminum's popularity has only risen. Today, approximately 75 million tons of aluminum are extracted worldwide every year.

The reason aluminum is used in such quantity is its low density. Though aluminum is three times lighter than iron, it is almost as durable as steel. Additionally, it is effectively rustproof. Aluminum is so reactive that when exposed to oxygen it almost immediately forms a hard film on the surface of the metal that prevents it from rusting. Its main uses include aluminum foil, soda cans, some car bodies, airplanes, traffic light poles, and much more. It is also made into alloys (mixtures of metals) that are also extremely useful. Aluminum alloys are used in car wheels, engines, mobile phones, and computers.

An illustration of the main entrance of Palais de l'Industrie, where the Paris World's Fair was held in 1855.

**Bauxite.**

Chemical extraction.

Ruby.

Sapphire.

Topaz.

Garnet.

## AMAZING ESCAPES!

START

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

**Easy puzzle 1**

6	8		
5	6		
+	-	x	÷

**Solution For Easy 1**

9 x (9 - 9 + 8)

**Medium puzzle 1**

3	19		
2	12		
+	-	x	÷

**Solution for Medium 1**

8 - 2 x (21 + 6)

**Hard puzzle 1**

28	34		
2	32		
+	-	x	÷

**Solution for Hard 1**

96 ÷ 2 x (82 - 28)

**WORD SEARCH:** Let's Get Cooking!

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

Apron  
Blender  
Bowls  
Can Opener  
Chef's Knife  
Colander  
Flatware  
Food Processor  
Glasses  
Grater  
Juicer  
Kitchen Shears  
Mugs  
Oven Mitts  
Peeler

Pitcher  
Plates  
Sauté Bowl  
Sauce Pans  
Saute Pan  
Scale

Skillet  
Spatulas  
Tea Kettle  
Tongs  
Wisk  
Wok

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



ALL PHOTOS BY SHUTTERSTOCK



▲ Located on Plaza de Mayo, a privileged location in Buenos Aires, the Colón Theater was designed by architects Francesco Tamburini, Vittorio Meano, and Jules Dormal. The building was the first iron-frame structure in Buenos Aires.

LARGER THAN LIFE: Architecture Through the Ages

# An Argentine Theater of Classic Proportions

With its classical design, Colón Theater can stand with the best in the world

By Ariane Triebswetter

Considered one of the best opera houses in the world for its exceptional acoustics, the Colón Theater is named after explorer Christopher Columbus (Cristóbal Colón in Spain) and features eclectic architectural elements and breathtaking decorations.

Located in Buenos Aires, the opera house dates back to the 19th century, when Argentina wanted to build a European-style opera house in its capital as a symbol of refinement. Three successive European architects designed the theater and supervised its construction over 20 years. The inauguration took place in 1908, with the opera “Aida” by Giuseppe Verdi.

Behind its striking façade, the theater hosts majestic interiors, inspired by the Garnier Opera in Paris. Every corner of the Colón Theater is decorated with fine attention to detail, and everything is made to ensure the highest quality of acoustics possible. While there is not one defined style, the theater combines eclectic elements from the Italian and French classic styles, blending symmetry, grace, and beauty. The main theater space is designed in the classic horseshoe shape of

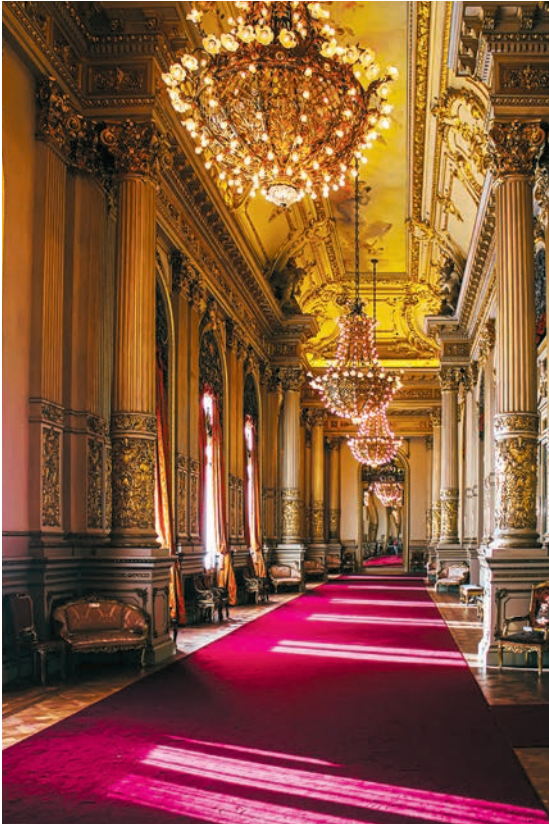
Italian opera houses, with the dimensions of French opera houses.

The theater underwent some restoration and renovation in 2010. Today, the Colón Theater ranks in importance with Milan’s La Scala, the Paris Opera, the Vienna State Opera, and London’s Royal Opera House.

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

## Argentina wanted a European-style opera house as a symbol of refinement.

► With its Italian horseshoe shape, the main auditorium has more than 2,400 seats over 7 levels, with open boxes in the French style on the sides and red velvet seats on the first floor, opposite the gilded stage. The stage highlights decorations and stage designs, most of which are produced in the theater’s local workshop. The hall features incredible acoustics, rendered possible by the proportions of the room, which turn the auditorium into an echo chamber.



▲ The Golden Hall is located on the first floor of the Colón Theater. The magnificent columns and chandeliers are inspired by the great halls of the palace at Versailles and the Schönbrunn Palace. On each side of the walls, pilasters are carved and decorated in a delicate 22-karat gold gilding.



▲ The Hall of Busts is another highlight of the Colón Theater. As the name indicates, it is a small hall with sculptural figures of famous composers. At the top of this arch is the bust of French composer Charles Gounod, supported by the columns and pilasters in fake Botticino marble.



We’ve been demonized, demonetized, deplatformed, and even arbitrarily detained for our reporting. But we keep going, because we know that America—and the world—needs an independent voice now more than ever.

### 3 EASY WAYS TO SUBSCRIBE:

ONLINE **ReadEpoch.com**

BY PHONE\* **(833) 699-1888**

BY MAIL **The Epoch Times**  
**5 Penn Plaza, Fl 8**  
**New York, NY 10001**



- EVERY WEEK, WE’LL SEND YOU:
- ONE PRINT PAPER\*\*\*
  - UNLIMITED DIGITAL ACCESS

## THE EPOCH TIMES

\*For our online help center, please visit **Help.TheEpochTimes.com** \*\*The Epoch Times reserve the right to modify our prices at any time without further notice. Cancel anytime. \*\*\* The weekly paper is mailed out every Wednesday. Your first issue should arrive within 14 days of our receiving your subscription order form.

Yes, I’d like to subscribe for:

☐ **\$159\*\***  
for 12 months  
(\$13.25/month)

☐ **\$89**  
for 6 months  
(\$14.67/month)

☐ **\$49**  
for 3 months  
(\$16.33/month)

**BEST DEAL**

Subscribe **ONLINE**  
at **ReadEpoch.com**

**SAVE \$5**  
one-time discount

Check processing is time-consuming and error prone. We value each reader and do not intend to make life harder for readers using checks. Setting up your subscription with a credit card allows us to pass the cost saving on to you. We follow the Payment Card Industry Data Security Standard (PCI DSS).

PLEASE PRINT LEGIBLY (INCLUDE APT., STE., OR UNIT NO.) (PAYABLE TO THE EPOCH TIMES)

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT. # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

We strongly suggest that you provide us your email to access our self-service customer portal, our digital content, as well as our apps on iPhone and Android.

I AFFIRM THAT I HAVE READ, UNDERSTOOD, AND AGREED WITH THE TERMS AND CONDITIONS AT **ReadEpoch.com/Terms**  
I ALSO AFFIRM ALL INFO ABOVE IS COMPLETE AND ACCURATE.