THE EPOCH TIMES LIFE TRADITON

Family caregivers spend an average of 24.4 hours per week providing care, according to a 2015 report by the National Alliance for Caregiving and AARP.

Loving Care The Story of Jane and Sam—and Millions of Others

JEFF MINICK

Being the primary caregiver for a loved one at home isn't for the faint of heart.

Recently I spoke by phone with a woman—I'll call her Jane, as she wishes to remain anonymous—who has spent the past 18 months caring for her failing husband in their apart-

ment. Her dedication and her trials during this time, especially during the pandemic, offer us both inspiration and some warnings about what we may expect if we find ourselves

caring for someone at home.
Jane is 77 years old, her husband 91. This year, they'll celebrate their 27th year of marriage. Jane's husband—we'll call him Sam—spent his life in the radio broadcasting industry, first behind the microphone and then in management; Jane worked in the corporate world.

In 2019, Sam suffered an illness that left him temporarily immobile, which was later diagnosed as a urinary tract infection. After almost a week in a hospital, followed by three weeks in a rehab center, he returned home an invalid.

Jane then faced the unknown.

She refused to place Sam in a nursing facility, yet she was unfamiliar with home care for someone who would soon lose his memory, who would need 24-hour-a-day

help with everything from bathing to feeding, and who would eventually lose his appetite for food except for a few select dishes.

This is her story—and I suspect, the story of many other readers.

Homebound

Here's a part of the email sent to me by Jane before we spoke on the phone:

"These thoughts are not in any kind of chronological order ... just written as they came to me.

"When your loved one is suddenly admitted to a hospital, life as you know it stops! There is no more 'routine.' There is no more 'normal.' Your focus narrows. And, if your loved one is able to come home from the hospital, you're going to become a caregiver. You just don't realize you will have that title. I wasn't prepared for the title. And, what's kept me going is my love for my husband, my faith, and my sense of humor.

Continued on ${\it Page 2}$

Accident Spurred Burn Survivor to Change His Life

Paul Harris, who endured more than 100 surgeries, focuses on living life to the fullest

LINDA KC REYNOLDS

Paul Harris, 20, felt fortunate to have a job working as a roughneck, drilling, laying, and digging up pipe for water wells. He wasn't thrilled about the job, but at least it supported his destructive habits.

Until one day.

"It started out like any other day, but this day changed my life forever—looking back, I see that it was one miraculous event after another," said Harris, now 52.

After retrieving and loading 800 feet of pipe onto a 1965 GMC, Harris's workmate and driver, Dave, decided to get some well-deserved refreshments at a nearby gas station—that's when their

vehicle started to fail.

"Dave is pumping the brakes, downshifting and we were still not stopping," Harris said. He then grabbed the emergency brake, stopping inches away from a parked tractor-trailer.

Immediately, they called their boss to report the problem. Showing up with brake fluid, the boss assured them everything would be OK and they must continue driving.

"Dave is pumping the brakes, I'm looking at the wheels and oil is squirting out profusely," Harris said. "I knew it was bad, and no way would we make it another 20 miles."

At first, Harris refused to get back into the failed vehicle.

"I'm 20 years old, arguing with my boss, but he intimidated me and made me feel guilty and stupid, so reluctantly I got back in the truck."

Stopping several times to add more brake fluid, they continued down the freeway. Harris was fixated on the construction zone ahead when Dave started grinding gears and smashing on the brakes.

"Jump! We're not going to make it!" the driver yelled.

Harris tried to open the door but the airflow kept it shut.

"It happened so fast yet, it was in slow motion," Harris said.

Continued on **Page 5**



Paul Harris's graduation photo was the last picture taken before he was in an accident that burned over 85 percent of his body.

KEAN COLLECTION/GETTY IMAGES

The Story of Jane and Sam-and Millions of Others

Continued from Page 1

"He was in the hospital for a week ... then in rehab for 21 days. Then, I became 100 percent responsible for his care. In the weeks and months that followed, he became weaker and more feeble. Every month, something that had been within his scope of ability was eliminated. He looked forward to getting the mail, but it became too far for him to walk to our mailbox (about 30 feet away from our front door), and the danger of his falling was too great. When he did fall, I could not lift him ... so EMS would arrive to pick him up and put him in bed or in a chair.

"Over time, he forgot all his good hygiene habits. He couldn't choose his clothes for the day. He couldn't answer the house phone beside his chair before the answering machine kicked in. He couldn't stand in the tub to shower. He forgot how to turn on his electric toothbrush. He became in-

Because of his increasing inability to walk or carry on a conversation, and because she feared Sam catching the virus, they first gave up restaurants, then church, then visits with family. For several months of the pandemic, Jane kept all visitors, including family and friends, away from the house, afraid she or Sam would become sick.

"When he became homebound," she said, "I became homebound."

Vanished Pleasures

Two of Sam's joys in life were food and televised sports, particularly the basketball and football games played by the North Carolina State University "Wolfpack."

Though he still watches these games— Jane tapes them if he's asleep—Sam has no real idea what teams are playing. He watches Fox News in this same state of confusion, unable to follow any of the stories or reports.

These days, Sam also shows a similar lack of interest in eating. As Jane wrote to me: "This is a man who loved food and enjoyed a good meal ... and then his taste buds began to change. This has been a very frustrating time for me as I have not been able to find anything he likes to eat, except cold shrimp. Nothing tastes good to him: not vegetables, not hot dogs, and not ice cream or milkshakes. But, he NEVER complains."

The Hardest Part

Such caregiving is tough, as Jane readily

When she first began caring for Sam, she felt incompetent. Each day brought new demands and duties, and she learned on the job, seeking advice from others, looking for resources and tips online, and inventing her own ways of helping Sam. Her mother, she told me, would have known more about such caregiving.

"Where's Mama when I need her?" she



Family members may take turns caring for a loved one, if their schedule permits.



asked with a soft laugh.

What's kept

me going is

my love for

my husband,

my faith, and

my sense of

humor.

Jeff Minick has

four children and a

growing platoon of

grandchildren. For

20 years, he taught

history, literature,

of homeschooling

of two novels—

"Amanda Bell"

and "Dust on Their

works of non-fiction,

Wings," and two

"Learning as I Go"

and "Movies Make

the Man." Today,

he lives and writes

in Front Royal, Va.

See JeffMinick.com to

and Latin to seminars

students in Asheville,

N.C. He is the author

Jane

If you know

As for her isolation during this time, due to Sam's decline and to COVID-19, Jane said: "What I miss most is adult conversation, hugs, and facial expressions in stores because of the masks. Friends called Sam for several months, but realized very quickly that he could only listen but not respond. So calls from them these days are few and far between."

With the assistance of her daughterin-law, who is just a few miles down the road, and her daughter who lives two hours away, Jane is able to leave Sam in their care and run errands.

"He misses me every time I leave the house," she said, "and won't go to sleep until I come home."

The Bigger Picture In a variety of ways, many Americans provide such care for family members, friends, or neighbors.

The online article "Caregiver Statistics: Demographics" defines these people as "informal caregivers" as opposed to paid workers supervising the health of the elderly, the sick, or the disabled. Every year, tens of millions of these informal caregivers provide services to their recipients, ranging from a few hours a week spent running errands or helping them dress to assuming total care of a loved one as Jane does.

The report offers some interesting statistics. The older the caregiver, for example, the more hours they spend at that task. Those in their 70s like Jane, for example, spend 34.5 hours of their week tending to a loved one. We also learn that "on average, caregivers spend 13 days each month on tasks such as shopping, food preparation, housekeeping, laundry, transportation, and giving medication."

How to Help

If we know someone in this situation, one of the best ways to boost a caregiver's morale is to call that person. As Jane pointed out, isolation and loneliness are hard on her. Sam sleeps up to 18 hours a day and lacks the cognitive power to carry on a conversation. Consequently, people in Jane's particular situation—full-time caregivers—are often desperate for human contact. As she said, "When family and friends call to talk with me, it's the highlight of my day."

We can touch these people and brighten their day in other ways as well: bringing a meal, sending a letter, or buying them

some small gift such as flowers or baked goods. If they are neighbors, we can offer to sit with their loved ones while they take a walk or go to the grocery store. These deeds may seem small to us, but they can mean the world to caregivers like Jane.

Those who

or partner

spend 44.6

hours per

caregiving

according

report by

Alliance for

Caregiving

and AARP.

tasks.

look after a spouse

The Reason Why

Doubtless, caregivers act from many different motives. The daughter whose relationship with her elderly mother was never stellar may care for Mom out of a sense of filial duty. The son-in-law who quarreled on occasion with his wife's father may share his home with him out of love for his spouse. Accepting the inconveniences of travel and spending less time with their grandchildren, a brother and sister I know, both retired, take turns throughout the week caring for their 100-year-old mother because they don't want her in a nursing

So why does Jane endure these suffer-

In a word, love. She told me how much Sam had loved her throughout their marriage, how he never questioned her when she had to stay late for work, how he expressed his gratitude to her even after his illness, thanking her for her many kindnesses, how he spends his days "being positive and loving" to her and to others.

"Even now, he doesn't have down days,"

"He's my focus," she wrote to me. "He's my purpose in life right now. And his love for me has never dimmed. He's not aggressive, never gets angry, and has never lost his 'positive' outlook. I am truly blessed!" Jane said, "I pray every morning I get out of bed that I can make a good day for Sam." A little later in our conversation, she added: "Ever since we met, Sam has treated me like a queen. How could I not take care

Some stories I write hit me harder than others, and this was one of them. I hope to heaven I would have the guts and the love to take care of a loved one this way.

To Jane and all of you caring for others, let me end with a personal word: Your tenderness and goodness of heart inspire those of us who know of your sacrifices and hardships. By your good deeds, you are polishing up the old words like love, duty, and compassion, and making them shine.

Thank you for being beacons of light and beauty in the world.

DEAR JUNE On Family and Relationships



Meeting Anger With Calm and Love

Dear June,

I read your article on families, and while impressed, you're missing one crucial piece. These people for whatever reason are angry. You can't have a conversation with them. They become defensive. I've been friends with someone for 40 years. Her husband is an atheist, which we've ignored all this time. He also drinks till he's unbearable to be with. My feelings have changed toward my friend and now I cannot stand her husband. We talk via phone, but nothing important.

I have a gay sister-in-law who I loved and would have done anything for. Even my husband loved her, but since the hatred brought about by the liberals has taken hold, again our feelings have dwindled, and for the first time, I no longer want to accept their choices in their lifestyle. All I do is have less and less to do with them. I'm acting as if I hate myself for this, but can no longer bring back the love I once felt for either of them. I pray, asking the Lord leaving it up to me. Thanks for listening. God bless.

→ Dear J.D.,

Right now, there is a lot of anger and hatred in our society, and it is shocking and demoralizing when our family or friends direct these at us.

You are absolutely right to pull away from this dynamic because our ordinary human bonds cannot be sustained in such a dynamic.

However, this is becoming a new normal in America, and so for our own peace of mind and for the future of our country, we need to learn to meet this anger with calm and compassion.

The following are my thoughts on how we might begin to do this. And I do agree that it is up to each of us, although I think we have divine support.

You said that people become defensive when you try to have a conversation. This is because what lies beneath the anger isn't rational. Let me explain.

KGB defector Yuri Bezmenov identified four steps that would allow communist revolution to take place in a country. The first step is demoralization. Just as this sounds, it means to shift people's moral framework until they are willing to take on the cause of revolution.

This has been happening incrementally in the United States for decades, and it appears to now be reaching a crescendo.

I recommend that everyone do their research into the history of the Frankfurt School and understand what the terms critical theory and postmodernism actually mean so that they can see better for themselves what has been happening.

To give a very brief overview, when the political failure of communism became undeniable, a group of intellectuals who believed staunchly in a British stage actress and manager Laura Keene (1826-1873) in stage costume as Portia in William Shakespeare's "The Merchant of the object of hate must be destroyed. future utopia came together to keep the revolution alive by applying Marx-Fischer says the difference between ist theories, combined with those anger and hate is that anger is more of Hegel and Freud, to social issues. geared toward changing a person's From this group, informally called the Frankfurt School for its place of origin, belief that they can change. or more formally as the Institute for That hatred is often directed at Social Research, the world got critical theory, which is now applied to

race, gender, and sexuality, and taught

widely in America's universities. The

ideas of one member of this group,

Herbert Marcuse, were particularly

influential in student movements in

of defining history as all about op-

pression running throughout today's

critical theories. Of course, oppression

but in contrast, in the Judeo-Christian

framework, suffering is also what en-

nobles us—allowing us to come closer

to our divine potential. Saints never

had an easy life, and they are notable

for their care, love, and sacrifice in the

What we are seeing today is in part

the effects of the same sort of malevo-

lence that caused tens of millions of

deaths under political communism.

You can read about this more in depth

in The Epoch Times' series "How the

Specter of Communism Is Ruling Our

As you well know, hatred is very infec-

tious, and in order to release it, it may

be helpful to reflect on what it is. This

I would never have considered my-

self a hateful person, but in moments

I was curious about the definition

of hate and came upon the work of

thought her findings were interest-

ing. According to her research, some

of the key elements of hate involve a

group has malevolent intent, and that

this malevolence is irredeemable, thus

moral component; they are under-

scored by a belief that a person or

Dutch researcher Agneta Fischer and

of honest reflection, I have seen its

World" (ReadEpoch.com/Specter).

face of hate and hardship.

Overcoming Hate

has been true for me.

and suffering have certainly always

been part of the human condition,

It's not hard to see the Marxist theme

the 1960s.

groups (abstract concepts) rather than individuals, although it can also be toward an individual A third characteristic is that this

hatred arises out of a moral framework that justifies acts of violence.

So my answer to countering hate is this: Forgive others. Recognize that their angry, cruel actions are the result of their suffering and manipulation by cultural forces—to turn the tables, they are being oppressed by oppressive ideas of oppression.

The moral fabric of society has become increasingly weak in recent decades, and many people have either not been raised with strong moral values or have been pulled by the strong currents in education and society at large to forget their roots. This is not the fault of any one group or individual, and people from all walks of life have contributed, including some religious and spiritual leaders whose ignoble actions have caused many to lose faith.

We must also let go of an overly strong desire to see justice. If you believe in divine justice, then you can be at peace knowing all will face the consequences of their actions, though perhaps not in this life. And as I have written before, we must temper our need for justice with mercy.

As Shakespeare's Portia reminds us in "The Merchant of Venice," "Earthly power doth then show likest God's when mercy seasons justice."

Betrayal and Forgiveness

It seems your sister-in-law has betrayed your trust and love. As I said above, a healthy first step is to pull away, and it is perfectly normal that your feelings would cool toward her. It takes a process to forgive. And even after forgiving her, it may not be possible to restore your former bond unless she changes.

But on the other hand, forgiving her could be what starts to awaken her conscience. And for many people, it is easier to awaken their conscience than

I believe that forgiveness and love have tremendous power to transform people. Here is one example from the book "Love as a Way of Life" by Gary

"Years ago, Nicky Cruz, a drugaddicted gang leader on the streets of New York, confronted David Wilkerson, a young man committed to helping people like Nicky. 'You come near me and I'll kill you,' Nicky warned.

"You could do that. You could cut me in a thousand pieces and lay them out in the street and every piece would love you,' Wilkerson responded."

Cruz subsequently transformed his life into one of service. You can search for him online to find his account of his interactions with Wilkerson.

It's perhaps more difficult with family and friends than with strangers to adopt an attitude of "I will love you no matter what" because this takes emotional distance and a great deal of compassion and forbearance. But it is precisely when we succeed at what is psychologically difficult that we gain new strength, and this virtue-based strength is real empowerment.

So in conclusion, the advice I think is most relevant is what Jesus said while being crucified: "Forgive them, for they know not what they do." And in doing this, you will set yourself free as well.

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

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



Venice," circa 1860.

Where's Mr. Spock When You Need Him? Let's Bring Back Reason and Logic

JEFF MINICK

re we losing our ability to tackle problems using logic and reason? L L Evidence suggests the answer to that question is a thunderous "Yes!" Let's consider just one example.

Since Inauguration Day, our government is creating programs that will cost more trillions of dollars than the trillions we've already spent. Troops remain stationed in Washington D.C. to no discernible purpose, experts daily contradict one another on how to battle the pandemic, and Congress is pushing the Equality Act, which will likely destroy women's sports, restrict religious beliefs and free speech, and negatively impact the freedoms of health care professionals. Clear thinking among the political set appears to have gone AWOL.

Causes for this diminished ability to reason abound. Let's look at some possible explanations before searching for ways to revive logic and thought.

Intelligence and Our Schools

Google "declining IQ scores," and you'll discover a boatload of sites analyzing why IQ scores in developed countries have fallen for decades. Experts theorize that environmental factors such as our use of electronic gadgets, failing schools, reduced reading, and poor nutrition may be responsible for this about-face in these

As most Epoch Times readers are aware, our educational system is a mess. Test scores in our elementary and secondary schools are either stagnant or falling. Students taking American history classes, for example, graduate high school ignorant about the Constitution, the Civil War, and American heroes such as George Washington, Teddy Roosevelt, and Dolly Madison. Worse, many leave school convinced by their teachers and textbooks that the United States is a wretched bastion of racism, sexism, and oppression. Most recently, some educators and bureaucrats have decided that even the way we teach math to our children is racist, that demanding a correct answer to a problem, for instance, gives Asian Americans and whites an advantage over black and Hispanic students.

Our Smart Devices May Be Dumbing Us Down

In his online article "Are We Losing Our Ability to Think?" Samuel Greengard blames our "smart" devices for the decline in our cognitive powers. After writing how our phones and computers have rendered many of us intellectual weaklings, Greengard adds this observation:

"Here's some worse news: In an era in which there's unsurpassed information at our fingertips—including thousands of online libraries full of books and reference materials on almost every imaginable subject—there's more ignorance than ever. A glance at the Web serves up a mind-bending and horrifying array of lies, half-truths, hoaxes, urban legends, conspiracy theories, and just plain nuttiness. And the problem seems to be getting worse."

Real thinking and some research allow us to see through these deceptions. At the least, logic should endow us with a sense of skepticism.

Extremism and Feeling Versus

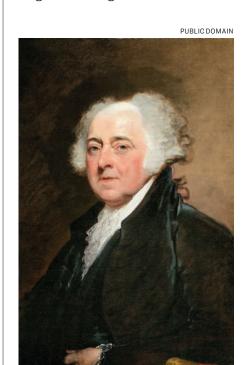
Moreover, political extremism now has thrown logic and debate from the saddle and seized the reins. The harm that will be done by opening our southern borders to immigrants should be a no-brainer, but progressives want the votes of these illegal migrants. The ongoing crackdown on conservative outlets and personalities should rouse all Americans to defend the First Amendment, but we find instead many who are perfectly happy with the erosion of free speech.

As in the public forum, for decades, emotions have trumped rational thought among many of our citizens. "Let it all hang out" was the watchword, and psychologists and others told us of the importance of sharing our feelings. College students attack speakers to avoid having their feelings hurt, and some of us have listened to the wild confessions of strangers in wonderment at their unbound confidences.

All too often we are swayed by senti-



Test scores in elementary and secondary schools have been either stagnant or falling.



"John Adams" by Gilbert Stuart, circa 1800/1815. In Josiah Bunting III's novel, "An Education for Our Time," Thomas Jefferson complimented John Adams, saying he was "as disinterested as the Being who made him."

One of the highest compliments our Founding Fathers could pay to another was 'disinterestedness.' ment rather than common sense, with the winds of whim and desire, unmoored from reason, taking us where they will.

A Forgotten Practice

The 18th century would have scorned too much heart and too little head as a prescription for disaster.

One of the highest compliments our Founding Fathers could pay to another was "disinterestedness." As Josiah Bunting III wrote in his novel about the ideal college, "An Education for Our Time," Thomas Jefferson once complimented John Adams by saying he was "as disinterested as the Being who made him."

In our time, disinterest in any matter—personal or public—is as rare a concept as honor, yet the two are closely entwined. Disinterest according to Bunting, and as practiced by our ancestors, meant "building as a habit of conduct the mastery of all urgings that would drive a man from his duty and the elimination of all calculations of benefit or gain." To be disinterested allows us to weigh the merits and faults of a proposition or an argument without bringing along the baggage of prejudice and passion.

Is there a way to restore such disinterestedness, to strengthen the powers of logic and reason?

Teaching Logic and Rhetoric

In "Revisiting the prophetic work of Neil Postman about the media," Casey Chalk examines the predictions made years ago by writer and educator Postman regarding the disastrous effects of the media on our culture and on our ability to think. Near the end of his article, Chalk writes: "Finally, Postman promoted the education of vigorous exposition, logic, and rhetoric, all being necessary for citizenship. Implementing these proposals as is already happening in our nation's budding classical school movement—is necessary for forming an intelligent, capable, and reflective citizenry."

To give the tools of logic to our young people is to offer them protection against manipulation by politicians, the media, and individuals. They can learn to spot different fallacies common today—straw man arguments, appeals to ignorance, circular arguments, ad hominem attacks, and the rest—and so realize when someone is making a false argument or at-

tempting to mislead or bamboozle them. Moreover, logic joined with rhetoric the art of effective speaking or writing can be a powerful tool for communicating with others. Ours is the great age of communication, and when we can write and speak with ordered and objective thoughts arranged in a logical fashion, we can sway others by our arguments and our words. The email written to a retailer about a product we manufacture, the memo to employees regarding the office dress code, the letter of encouragement to a son in college: logic, reason, and rhetoric can enhance all of our com-

Fortunately for parents and students, a multitude of programs and books teach these skills. At the online Cathy Duffy Reviews, for example, Duffy, who has figured as a writer, speaker, and reviewer of products in the homeschool world since my wife and I long ago educated our children at home, looks at more than 30 such resources. Some I have used, such as Martin Cothran's "Traditional Logic" and the superb workbooks from the "Critical Thinking Company;" others are unfamiliar to me. Yet all of these resources aim to train young people in the basic skills associated with logic and

To give the tools of logic to our young people is to offer them protection against manipulation by politicians, the media, and individuals.

The Beginning of Wisdom

"Logic," said Star Trek's Mr. Spock (Leonard Nimoy), "is the beginning of wisdom, not the end of it."

In high school, my friends and I were fans of the original Star Trek, and particularly of the logical Vulcan-human Spock. Lines such as "May I say I have not thoroughly enjoyed serving with humans? I find their illogic and foolish emotions a constant irritant" made us laugh with delight, and some kids were always shooting each other the Spock hand sign and saying, as he did, "Live long and prosper."

We don't need to cast away our emotions and so become Mr. Spock, but neither should we ignore the efficacy of deliberation and thinking. Human beings are the most intelligent creatures on the planet, and when we fail to employ that intelligence to the best of our ability, the consequences can be dire. Exercising our critical thinking skills makes us better citizens, better as well at whatever work we do, and is a gift easily passed on to our children.

Combine logic and reason with our feelings, make a union of the heart and the head, and we become more fully

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 non-fiction, "Learning As I Go" and "Movies Make The Man." Today, he lives and writes in Front Royal, Va. See *JeffMinick.com to follow his blog.*

Arming Children for the Battle of Prepackaged Thinking

ANNIE HOLMQUIST

"I'm so glad to be back in the classroom!" a young high school student told me the other day.

Her enthusiasm is understandable. As one of the first students to get back to some form of normalcy in public schooling, she's probably the envy of many others who want to be in person with their friends and teachers, even if their faces are obscured by masks.

Yet as students begin to head back to inperson school, a narrative is quickly emerging that goes something like this: Kids are behind. We need drastic measures to catch

Woke immersion programs have been on the rise for years.

That first part is certainly true, and was so even prior to the pandemic based on the proficiency scores reported by the Nation's Report Card. The second part also has some truth to it, but the proposed solutions are, in essence, more time spent in woke or politically correct classrooms. At least if a recent article by Anya Kamenetz from NPR is anything to judge by.

Summer school is the No. 1 recommendation on the list which Kamenetz puts forth. She also mentions tutoring, but then goes on to name "safer and more equitable schools" as her third recommendation.

Reading between the lines, this seems to be a code word for further governmental involvement in the everyday lives of families and children, including "support for mental health and needed accommodations" and "strong relationships with caring adults." Students, Kamenetz reports, are also "asking for different content in the classroom," a curricula focused on "empathy" and celebrating diversity, exposing the "violent history of America."

Forget about foreign language immersion programs. This is "woke" immersion at its finest.

Unfortunately, woke immersion pro-

a Westocentric view of the world. Teachers who dare to teach The Bard do so through a woke lens of "Marxist theory" and "toxic masculinity analysis."

Even the area of mathematics is not safe from woke culture. Recent training materials instruct teachers in ways to promote antiracism and create "a collective approach to dismantling white supremacy." Said white supremacy "shows up in math classrooms," the materials explain, when "the focus is on getting the 'right' answer," or when teachers "treat mistakes as problems," because such actions signal "perfectionism" and "paternalism."

Schools may say they are helping kids "catch up," but really they are just instilling them with a bunch of prepackaged thoughts.

These prepackaged thoughts were addressed by John Taylor Gatto in an essay entitled "Confederacy of Dunces." Dunces, Gatto wrote, are what schools produce best and on purpose. They are "the victims of the non-thought of secondhand ideas" who well know "the opinions of Time magazine and CBS, The New York Times and the President." They are selective in "which prethought thoughts, which received opinions" they take to heart. Gatto goes on to say:

Mass dumbness is vital to modern society. The dumb person is wonderfully flexible clay for psychological shaping by market research, government policymakers, public-opinion leaders, and any other interest group. The more pre-thought thoughts a person has memorized, the easier it is to predict what choices he or she will make. What dumb people cannot do is think for themselves or ever be alone for very long without feeling crazy. That is the whole point of national forced schooling; we aren't supposed to be able to think for ourselves because independent thinking gets in the way of "professional" thinking, which is believed to follow rules of scientific precision.

What can parents do to make sure their children aren't fed prepackaged woke talking points? Gatto provides wise advice to parents of all stripes, whether their children are in private or public schools or are homeschooled.

1. Teach Practical Skills

Students have "no idea how their own part grams have been on the rise for years. The fits into the whole," Gatto says. Teaching effort to drive Shakespeare, long the gold them practical skills such as gardening and standard of English literature, from the carpentry, and even the basics of creating classroom is an example of this. Shake- one's own entertainment, will help students speare represents "white supremacy" and understand how the world works. This in

Books that show you the best questions to ask aren't just stupid. They hurt the intellect under the guise of helping it, just as standardized tests do.

John Taylor Gatto, educator

turn will make them far less susceptible to those who try to fill their minds with prepackaged woke thoughts.

2. Provide Real Books

When today's schools assign books, they often assign them with reading comprehension guides. Unfortunately, these prepackaged questions don't help children think outside the box, nor do they encourage an interest in reading. On the other hand, giving a child a book to read for fun and having him ask the questions and direct the conversation will expand his mind and foster an interest in reading, rather than killing it. "Books that show you the best questions to ask aren't just stupid," Gatto writes, "they hurt the intellect under the guise of helping it, just as standardized tests do."

3. Evaluate Experts

"It's very useful to some groups that children are trained to be dependent on experts, to react to titles instead of judging the real men and women who hide behind the titles," cautions Gatto. To avoid this, parents should teach their children to evaluate the "experts" around them. Does a certain "expert" have good character? Where does he get his information? What books and other experts does she readily appeal to? In doing so, children will be more likely to recognize and reject propaganda.

The battle for the hearts, minds, and souls of our children is only intensifying. Making sure that your child is equipped with tools to engage in the battle against prepackaged thoughts is the first step toward ensuring they won't become another woke automaton.

Annie Holmquist is the editor of Intellectual Takeout. This article was originally published on Intellectual Takeout.

children life skills such as carpentry ing will help them understand how the world



Accident Spurred Burn Survivor to Change His Life

Continued from Page 1

After plowing through construction signs and hitting a K-rail, the truck flew over two lanes of traffic and landed upside down in a ravine. Still holding onto the door handle, Harris tried to push open the door. No luck.

"I remember being amazed I wasn't hurt, not even a scratch."

Looking back, Harris said the accident was one miracle after another.

Turning to check on Dave, he saw that a pipe had pierced the cab and the driver. "I started shaking his shoulder, telling

him to get out, to get moving. I saw that he was decapitated but I didn't want to believe he was dead. I just wanted him to get out," Harris said.

That's when Harris noticed the flames coming from underneath. As flames engulfed the cab, Harris ham-

mered the side window with his elbow but only hurt himself. Frantically, he began kicking the windshield. "My hair was on fire, my face was melt-

ing, but I'm still kicking and kicking. I know I'm going to die if I don't get out. I kick the windshield one last time with everything I got—and it doesn't break."

Surrendering to Fate

Exhausted, Harris laid with his feet on the glass and surrendered to his fate. He didn't have one drop of energy left. For the first to me. I promise you, I didn't think so at the time, just for a split second, he thought of a higher power.

"All of a sudden, the window fell out, it was like God reached down and lifted me out of the gates of hell," he said. He crawled out feet first and upon standing, he was blasted by a CO2 fire extinguisher. An employee from a Denny's restaurant had seen the accident, grabbed an extinguisher, and was there the second Harris emerged from the flaming cab.

"CO2 was the best thing that could be used on a burning person because it is cold and sterile. I was instantly saved from fire," Harris said.

Looking up, he saw that the employee was about to help the driver. Harris warned him: "Stop! He is dead! The truck is going to blow—run!" The employee fled but Harris was only able to take two steps before the

missed Harris. Looking down, Harris saw that his hands were completely black with deep cracks. "I didn't pass out but my brain thought

Miraculously, the flames and debris

I saw enough and I temporarily lost my vision," he said.

Later, he found out that the paramedics who showed up immediately were at the intersection waiting for a light when they witnessed the accident. Harris was medevaced to the Sherman Oaks burn center; his nurse also happened to be at the intersection and had witnessed the accident.

Miracles Looking back, Harris said the accident was one miracle after another.

"It actually saved my life and was one of the best things that could have happened

time. I was addicted to drugs and alcohol, I was a very lost soul and not a good person. After the accident, I felt I had a legitimate excuse to ... abuse drugs—and better yet, they were free!" he said.

With more than 85 percent of his body burned and enduring more than 100 surgeries, Harris focused on the few parts of his body that didn't hurt.

"It's all a matter of perspective. Ten on my pain level is probably not the same as your 10." Harris said he died four times on the operating table and had a vision of demons consuming him. "It was as real and scary as being burned alive. I knew I had to change my life."

Moving Forward

He attended an Alcoholics Anonymous meeting and has been sober for nearly 30 years. With God's help, he said, he was able to accept his situation. At 20, he said he was fortunate to get a glimpse of what a gift it is to be alive. He is a member of the motorcycle club Messengers for Recovery and is helping addicts.

"The doctors said I probably would not live past the age of 40 and I should be extremely careful of infections and injuring

After the accident, Harris married and had two children; he divorced 20 years later. Through it all, he doesn't regret one Linda KC Reynolds began her photogday of what he calls his "fabulous life." He rides motocross with his 19-year-old son and enjoys spending time with his daughter and her family. After running his own septic company for several years, he is ready to retire and spend his time with friends in Lake Havasu, on the border between California and Arizona.



enjoys being his own boss. After enduring over 100 surgeries, Harris is ready to sell his sanitation company and share his message of living life to the fullest

"Never let a doctor or anyone tell you how long you are expected to live or what you can or can not do," he said. Harris placed in motocross competitions, shattered his collarbone, and lost a finger while racing, but that still hasn't slowed him down.

"Life is too short to spend one second living in fear," he said.

Harris is in the process of rewriting his book, "Living Your Destiny" with remarks by Mark Victor Hansen, author of "Chicken Soup for the Soul;" Stephen Covey, author of "The 7 Habits of Highly Effective People;" and financial expert Robert Allen.

raphy career in the U.S. Air Force. After serving six years, she worked full-time for Northrop Grumman on the B-2 stealth bomber and now freelances for various aerospace companies and other venues. She is passionate about free speech, musical production, and sharing peoples' stories.

DEAR NEXT GENERATION:

'It is love that is the flashlight that illuminates the path we should tread'

→ Advice from our readers to our young people

Dear next generation,

am in my 76th year, married for 47 years to my soulmate, with two children, of whom I am immensely proud, and three beautiful grandchildren, all of whom live within walking distance of our home.

My formative years were spent in England, a country vividly displaying the physical and psychological effects of a world war. Deprivation and delayed gratification were common for all. No sugar, little meat, we used salt in our porridge; not much heat in the winter, judicious use of earnings. I used a slate for a couple of years at school before graduating to paper, pen, and inkwell. Underclothes were made of wool. My parents were people of faith and we all attended church weekly. There was no TV in England for most people till the '50s, so outdoor sports and indoor games were the norm. My formative years were fleeting and I was hurled into a fast-changing world with one foot in the rather safe and predictable past, and the other firmly planted in the future.

It was the past that directed my disciplined, honest, moral, courteous, and caring way of life. I believed family was paramount, patriotism important, and faith a goal. The '60s were the most tumultuous years, but I survived while I witnessed the steady destruction of most of what I believed. Fortunately, faith came to my rescue. It insulated me from the "progressive" environment while successive "feelgood" generations were formed by people, including myself. I never succumbed to the diseases of addiction through drugs or sex. More importantly, I became personally acquainted with the scriptures of Jesus Christ, The Word, and found this to be the most compelling self-help book of life. I regret that my education never explained to me my purpose in life, that I was born intentioned to follow two rules—love God and love my neighbor. It is love that is the flashlight that illuminates the path we should tread, and God is the source of that light. Everything I need to know is found in that exclusive

> —Randal Agostini, Satellite Beach, Florida

To the Next Generation:

"What are you reading this week?" This is a question that I often ask younger folks, and I get a blank stare or a non-answer amounting to "I don't have time to read." Did you forget about reading books? Do you read for information and knowledge or entertainment and enjoyment? I seem to remember all those parenting suggestions to read to your children to instill a love of reading. My suggestion to the next generation is to read—books, magazine articles, short stories, free e-books.

Reading text messages, tweets, and Instagram is not reading. Try various genres: biographies, memoirs, history, fitness and health, military, self-help, historical novels, mystery, thrillers, pop culture, religion, teen scene, parenting, leadership, current events, politics, and so much more to enrich your world and educate yourself. If life circumstances prevent traveling, read about the places that interest you. A book can "take you there." The internet is wonderful for a quick search, but it cannot replace a good book.

Reading is relaxing and enriching; it exercises your brain. Every piece of new information you store in your brain creates new brain pathways and strengthens your memory. An exciting novel can take you to a different world, while an interesting short article will distract you from the stress and tension of the day. Reading fills your brain with new information, expanding your awareness of various subjects, thus making you a more interesting person even if just for casual conversation. The more you read, the better your vocabulary and your ability to write resulting in better communication skills and more self-confidence. Reading helps you focus; helps you relax; helps build your analytical thinking skills. Reading can be free entertainment. Read about Andrew Carnegie, who gave the nation the gift of



"The Reader" by Jean-Honoré Fragonard, circa 1770-72.

My formative

years were

spent in

England,

a country

displaying

the physical

psychological

effects of a

world war.

vividly

our library system. Reading allows you to accumulate a treasure that can never be lost or taken away from you.

> —Christine O'Loughlin, Columbia, Maryland

Dear next generation,

During the pandemic, I have read several articles about how people were becoming lonely, isolated, anxious, and depressed. Not just sick physically from COVID-19 but emotionally and psychologically ill from the social distancing and the lack of human interaction and connection.

Over the most recent years of my life, I have come to realize how important my church family is. As I grow older my relatives whom I have been close to pass on or move away. They are sorely missed and cannot be replaced; there is a void in their absence from my life. My church family, however, is continuously being replenished. As older folks pass on or go into nursing homes—which has its restrictions during COVID-19—or younger ones move away, new church members come in.

I belong to a group of volunteers from our church, which along with other church members and temple members, feed and clothe the poor and the homeless. When the pandemic hit, some skeptics asked us if we were going to continue feeding the homeless and the poor. We actually had to double our efforts as some local groups backed off due to the seriousness of the virus.

My wife and I have been more involved and active in our community now than before the pandemic. All of this being said, we wear masks, continuously wash our hands, and social distance. No member of our outreach group has gotten COVID-19 from those we serve nor have we transmitted it to those we serve.

So my advice to the next generation is to get involved in helping others; whether it is through a church, synagogue or mosque, or other outreach group. When we could no longer see our grandchildren due to the COVID-19 restrictions, we read bedtime stories to them over FaceTime. Of course with Zoom, cellphones, and the internet, there are many ways to reach others.

Recently we started a food pantry at a local residence that houses 70 previously homeless people. Every month we deliver food from our local food bank, thousands of pounds each month. We get a group of volunteers to package the goods in their community room and help deliver them to their rooms. It is so rewarding to see their eyes light up and to hear their gratefulness. After all, "it is in giving that we receive."

-Rick Costanzo, Cleveland, Ohio

Advice for the Next Generation:

Much has already been offered that is so very true and good. Our thoughts to add:

- . Always be honest especially with yourself. Learn to identify your true feelings and where they come from. If they are not what you desire, perhaps they come from self-centered expectations or incomplete information. Seek a trusted source with whom you can share your thoughts, one who is impartial to your frame of thinking.
- 2. Follow simple morality. Don't cause other people or yourself damage by your words or actions.
- . Pick exceptional role models who have positive traits that you would like to emulate. Someone who smiles a lot and gives service to others would be a good place to start if you don't give service or smile.
- . Take time with the older generation. Learn from them. Ask questions.

-Bill and Lani Reynolds Camarillo, California

Dear next generation,

In 1969, at age 16, I was offered the opportunity to spend a summer in France with my teacher, her family, and three other girls. I eagerly asked my parents if this was something they would consider. They agreed; if I could raise the money for my airfare and incidental expenses, they would pay for my room and board. I would be having a true immersion experience for eight weeks, for \$800 for room and board.

I worked at a Woolworth's store as a cashier on Saturdays and three nights a week, and was paid minimum wage (\$1.60 in 1969-70). With my earnings, I bought my airline ticket and most of the clothes that I would need. Several months later, the day came to buy traveler's checks for my room and board. I heard my mom and dad talking, discussing the fact that they were having some financial difficulties and they didn't know where they would find the money.

COURTESY OF BELINDA STANLEY



Belinda Stanley (first R) in France in 1970.

My father was a building contractor, a business which is often feast or famine. He would not back down on the deal that they had made with me, however. He sold a practically new trailer for much less than what he had paid for it. I will never forget the day he called me into his room, opened his wallet, and counted out eight \$100 bills into my hand.

The trip was the experience of a lifetime, but what I remember most is my parents' love and the sacrifices they made to make it happen for me. The other girls did not have to earn part of their expenses. Their parents paid for everything; however, I think that I got the most out of the experience. Fifty years later I can still picture that special moment when my dad kept his part of the bargain.

-Belinda Stanley, Helotes, Texas

What advice would you like to give to the younger generations?

We call on all of our readers to share the timeless values that define right and wrong, and pass the torch, if you will, through your wisdom and hard-earned experience. We feel that the passing down of this wisdom has diminished over time, and that only with a strong moral foundation can future generations thrive.

Send your advice, along with your full name, state, and contact information to NextGeneration@epochtimes.com or mail it to:

Next Generation, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY 10001



1. Two of the four bridges that cross the canal of the Plaza de España. Each bridge represents an ancient Spanish kingdom.

2. Flamenco dancers in Seville's Plaza de España. Flamenco is the traditional dance

of Andalusia in southern Spain. Seville is Andalusia's capital. 3. The elegant portico gallery

of the autonomous community

with its coffered ceiling. 4. Colorful ceramic tiles show the 49 provinces of Spain.

5. Notable Spaniards peer out from medallions on the building. This image shows San Fernando who was king of Castile from 1217, king of León from 1230, and king of Galicia from 1231. Fernando was canonized in the 17th century.

6. A detail of the ceramic tiles on a bridge.

7. A decorative tile marks the 1929 exposition that was held at the Plaza de España.

8. Seville's grand Plaza de España was built as part of the Ibero-American Exposition of 1929, to express Spain's cultural and socioeconomic

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Stupendously Spanish: Seville's Plaza de España

of Seville made preparations to host the Ibero-American Exposition of 1929. The aim of the exposition was to demonstrate Spain's cultural and socioeconomic wealth to the world.

All countries that exhibited at the exposition had historical links to Spain, such as the United States, Portugal, and Latin and encompasses a mixture of architec-

and Cuba, to name a few. And of course, Spain's provinces were represented.

One of the architectural gems from that time is the Plaza de España or Spain Square. Designed by Spanish architect Aníbal González, the spectacular square covers a monumental 59,800 square yards

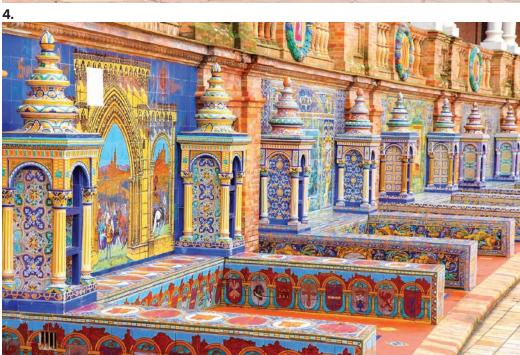
Renaissance Revival, Spanish Baroque Revival, and Neo-Mudéjar, a type of Moorish Revival architecture.

Every inch of the square's immense architecture announces Spain. Alongside the semicircular building runs a canal that can be crossed by four bridges, representing the ancient Spanish kingdoms of León,

From around 1910 to 1929, the Spanish city American countries such as Brazil, Mexico, tural styles, including Art Deco, Spanish Castile, Aragon, and Navarre. Alcoves and benches covered in colorful ceramic tiles display scenes from Spain's 49 provinces. And notable Spaniards seem to peer out from the walls, where they are depicted on medallions.

> The porticoed gallery with a coffered ceiling graciously introduces visitors to the building from the vast, open square.















A Step-by-Step Guide to Homeschooling

For those who just want to be told how to do it

BARBARA DANZA

tarting out as a new homeschooling parent can be both exciting and overwhelming. Some are thrilled to finally take the reins and hit the ground running. Others have no idea where to begin and wish that someone would just tell them what to do.

The thing is, there is no one correct way to homeschool. The possibilities are many. That is, of course, an enormous blessing, but can also be overwhelming. When you can do just about anything, you may end up doing nothing at all.

So, if you'd like some direction, here's a roadmap. This isn't the only way to start, but it's one way. More often than not, the key to getting started is simply to start—just one foot in front of the other. You can do this.

Step 1: Check Your State's Regulations

Each state in the United States has its own regulations for homeschoolers. Some require a number of things from parents and some require almost nothing. Know what will be required of you and take note.

Step 2: Deschool

Deschooling is the act of shaking off and letting go of the many notions, assumptions, and beliefs that have been impressed upon you and your children about learning and education by school. Especially if your children are exiting the public school system (including if they've been doing virtual school recently, which bears no resemblance to homeschooling), you'll want to spend some time deschooling, whether that's a few weeks or a few months.

How? Spend your days enjoying each other's company, playing, diving into activities that interest your children, reading aloud, making and crafting, and generally doing the things your children are naturally inclined to do when they don't "have school."

Rather than screen-centric activities, I would recommend those that engage their minds and hearts. Spend lots of time outdoors and in deep conversations with your kids. Listen to and watch them closely. Notice how their innate curiosity begins to reengage with the world and how the drudg- **Step 4: Find Curricula** ery of school becomes a distant memory. You'll feel like you're doing a lot of nothing but will likely at some point find yourself astonished at how much they're learning without the "help" of school. That's when you'll know deschooling is working.

Step 3: Map Out Your Calendar

While deschooling, it'd be a good time for you to take a look at your calendar. Decide how many weeks of school you'll complete in the coming year and when you'll take breaks throughout the year.

Start a list with each numbered week running down the left-hand side of the page, along with the date each week begins on. Whenever you think of something you'll want to include in your homeschool during



the year, fill it in on your list. For example, if before Veterans Day you want to study the history of the holiday, pencil that in as

This exercise will help you know when your first and last day of homeschool will be, any breaks you'll take and when they'll occur, and how far along in the year you are at any given time. Of course, you can adjust this at any time (it's homeschool, after all) but setting up some basic constraints for yourself to begin can be helpful

As a new homeschooler, you may be tempt ed to dive into all of the possible subjects that could enrich the lives of your children. Good for you. Don't do that.

First, focus on two subjects: math and language arts. These are fundamental for understanding other subjects, and what standardized tests focus on.

Do some internet research and ask people you know to determine which math and language arts curricula would work best for you. Here's my take: Choose either Saxon Math, especially for a child whose very mathematically inclined) or Math U See (especially for a child who is a visual learner.) For language arts, use The Good and the Beautiful and supplement with a robust library of the very best books that **Step 5: Aim for Rhythm**

and independent reading time.

Before your first day, try to envision a daily rhythm that would be lovely, enjoyable, productive, and easy to maintain for your family each day. Generally think through what your morning, lunchtime, afternoon—including how you'll wrap up the school day—and evening will look like. For example, a daily rhythm with children under age 11 might look like this:

are enjoyed during both read-aloud time

- Early morning: Wake up, get ready, do chores, eat breakfast, meet at the couch for morning read-aloud.
- Late morning: Math lesson, short break, language arts lesson
- Lunch
- Afternoon: Freestyle (project time, free crafting, free reading, free writing, extra time to finish morning work, nature walk, play outside, etc.)
- End of school day: Clean up
- Extracurricular activities or free time Dinner
- Bedtime

Don't get too strict with yourself about sticking to your plan exactly. You'll soon see what works and what doesn't in real time. It's just a good idea to begin with a plan in mind.

Step 5: Begin to Homeschool

Start really slow. Make the first day a fun one where you introduce how this is going to work, hand out fun new school supplies, and throw a party in celebration of your newfound freedom.

As the days and weeks pass, put one foot n front of the other, working slow and steady through your two main subjects and allowing plenty of time for your kids o explore their interests. When your kids struggle with any given topic, take the time to help them through it. This isn't a race. When they're zooming through material faster than you'd ever imagine, consider adding more challenging lessons to the mix or skipping ahead sometimes.

Step 6: Don't Give Up

At some point, you may feel like giving up. You've embarked on the road less traveled and it can be bumpy sometimes. You'll likely doubt your ability to carry on, to teach your children, and to not totally ruin their lives. This isn't an easy path.

Don't give up. Keep going. You can't possibly know if this is working for your family without at least a year under your belt. Stay the course. You can do this. It takes longer than you probably think to feel confident.

Soon, experience will dictate what you need more or less of in your homeschool. At some point, you'll probably feel ready to add in history and science, art and music, and whatever subjects would be just right for your children. Gradually add or subtract

Each passing year, you'll probably find your homeschool looking different than the last. You'll probably be amazed at how much you learn right alongside your children. At some point, you'll look back on your past understanding of school and wonder how you were ever convinced that it was the best way to educate your children. When you see this, you'll be a full-grown homeschooler and you'll be so

on engaging activities, whether that's reading aloud, crafting, playing

outdoors-whatever it

doing when they're not

is your children enjoy

As a new

homeschooler,

you may be

tempted to

dive into all of

the possible

subjects that

could enrich

your children.

the lives of

in school.

It's OK. Just keep going.

Step 7: Customize

what you think you should.

happy you are.

BARBARA DANZA

How to Celebrate St. Patrick's Day With Your Wee Leprechauns

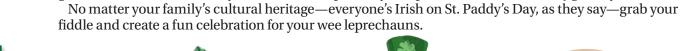


HOLIDAYS

However you procure music these days, gather a playlist of traditional, Irish folk songs for a knee-slapping hand-clapping good time. Not sure where to start? Look for artists such as The Irish Rovers, The Dubliners, and The High Kings. Encourage living room dance parties whenever inspiration strikes.



Stack some holiday-themed stories to enjoy throughout the days leading up to St. Patrick's Day. A mix of fun-filled tales along with informative reads explaining the significance of this cultural celebration will prove both entertaining and educational. One of my favorites is "St. Patrick's Day in the Morning" by Eve Bunting, illustrated by Jan Brett.



Catch a Leprechaun The color of the day is, of course, This is great fun for the wee ones: green. Wear green clothes, set out green decor, eat green food—incorporate the color green into

anything and everything you

can throughout the day. Per-

haps you'll even surprise your

wee ones with some green gifts

(green socks, green hair ties, or

green bubbles, for example).

St. Patrick's Day falls on the calendar at just the right time for many families. Just as everyone's about had

their fill of winter and before spring has fully sprung comes this light-hearted, jolly holiday when a pot of gold awaits at the end of every rainbow and it's perfectly acceptable to break out into a jig at any time.

Put their artistic and engineering

prowess to work as you build the perfect trap to lure the mischievous leprechaun in on the eve of St. Patrick's Day. I've yet to hear of a captured one, but in my experience, those leprechauns always leave behind some gold chocolate coins and a bit of a mess.

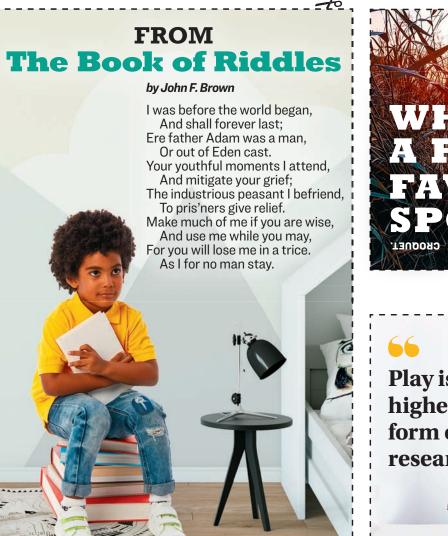


Irish Food

It wouldn't be St. Patrick's Day without some corned beef and cabbage and Irish soda bread. Involve the kids as you prepare these traditional foods—or others, such as black and white pudding, Irish stew, or shepherd's pie.

The real key to a fun St. Patrick's Day with your family is to spend quality time together. Don't forget to take a moment to appreciate just how lucky you are.









This Week in History



to which the breeze, for the towning stiff fully blooms help conceale half binderes; it attends the glam of the morning's part lead to glong on factor town theirs in the stream

in is that had who as a



the 28th US President Woodrow Wilson, circa 1920.

American poet and

ALL PHOTOS BY SHUTTERSTOCK

attorney Francis Scott Key's (1779–1843) original handwritten draft for "The Star Spangled Banner," written in 1814 during the War of 1812.

n March 3, 1931, the U.S. Congress officially adopted "The Star-Spangled Banner" by Francis Scott Key as the country's national anthem. Key wrote the lyrics in 1814 and the song had been used widely ever since. It was especially popular during the Civil War. It was named the anthem of the armed forces in 1916 by President Woodrow Wilson, but didn't became the official national anthem until the act of Congress.

By Aidan Danza, age 14



animal feed and soybean oil. Soybean oil is mostly used for frying food in restaurants

ALL PHOTOS BY SHUTTERSTOCK

is grown in the Dakotas, Nebraska, Kansas, Indiana, Ohio, and along the Mississippi River.



WHEAT

Wheat is the third-largest crop in America. Wheat is sown in the spring (spring wheat) and the fall (winter wheat), and this divides the wheat industry into two sectors. Wheat is used for flour, which is used in bread,

cereal, pasta, and the like. The majority of winter wheat is produced in Kansas, while small amounts are produced in the surrounding states as well as the Pacific Northwest, Idaho, and Montana. Almost all spring wheat is produced in North Dakota, Minnesota, and Montana.



merica's

farm industry is

enormous and

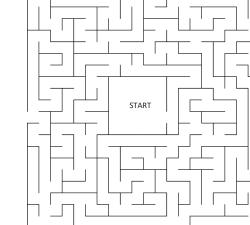
and three crops make up

a large percentage of the

entire industry. These crops

thriving,

wheat.



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 $1 + (7 \times 3) + 6 = 28$

Medium puzzle 1

20

14

6



Solution For Easy 1

9 × (0L-9+6)





(16 - 16) × 26 + 24



- **1** Early spring bloomer (6) **2** Melt (4)
- **3** Muddy waters (7)
- 4 What we missed over the winter (5)
- A baby ____ is a sure sign of Spring
- **6** The weather in spring (7)
- We see many of these little ones in Spring (4,7)
- Spring holiday (6)
- 11 Couple taken out on a rainy day (8)
- 12 Cottontail (6)
- **13** Flower (5) 15 Ranch newborn (4)
- 18 A bluebird may build one in Spring (4)

11 It emerges from under the snow (5)

12 They lay blue eggs and eat worms (5)



Across

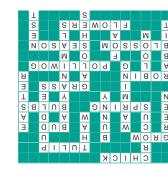
- Baby rooster (5) Garden bulb (5)
- Shoot up (4)

Buds of onions, lilies, etc. (5)

- It will appear on a tree (3) Our favorite season? (6)
- **16** Cherry tree flower (7) 17 Spring is only one (6)

14 Frog to be (8)

- 19 Sure sign of Spring! (7)



THE EPOCH TIMES Week 9, 2021

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If you've seen big tech's conduct since the 2020 election, it's not hard to see how they're putting the gasoline on censorship.

After the violence on Jan. 6, they took down videos and photos, blocked or put warning labels on posts, and suspended accounts en masse.

What this has done is suppressed information, helping to shape a narrative that does not represent the full picture of what happened.
While this online censorship is not new, the

While this online censorship is not new, the pace and scale of it is, and we're afraid this is a trend that's going to continue.

We had multiple reporters and photographers

on the ground that day, taking photos and videos, getting interviews, and giving you timely updates on the events as they unfolded.

While we can't do anything about big tech's censorship, what we can do is to bring you more and better coverage of events like these.

To do this though, we need your support.



• I urge everyone to financially support you to offset the demonetization efforts by YouTube. God bless! •

In the overall state of media censorship and misinformation, The Epoch Times is a Godsend. My only sources for current events is The Epoch Times and your sister station NTD. Despite the big tech censorship from platforms like YouTube, I really enjoy watching your investigative presentations by Joshua Phillip as well as presentations by Roman Balmakov. Thank you for holding true to your motto, as it seems like Truth and Tradition are scarce commodities these days.

NICK MENDOZA

Because of the banning that Big
Tech is doing to a lot of people,
I would stay away from YouTube,
Facebook, Twitter and some of the
others. Go with free speech. I really
like that you're on Censored.news.
Keep up with the good work and
the true facts.

MARGIE MCMILLAN

I truly admire your courage in reporting the truth about what is happening in the U.S. and our world, and your defiance of the big tech censors in reporting on issues that concern millions of us, including election fraud and abuse of power by big tech. I urge everyone to financially support you to offset the demonetization efforts by YouTube. God bless!

RICHARD C

I have heard that The Epoch
Times YouTube channel has been
demonetized. Consider developing
a channel for media devices like
Roku. I believe the quality of your
content will make this successful
and would allow you to sell
advertising with (potentially) less
censorship from tech companies.

GEOFF BARNARD

I just signed up and love your news. So wonderful to read truth, not the lies and spin of MSM [mainstream media]. I am sorry you were demonetized by YouTube. You are patriots!

JULIE WIRTEL

I was discouraged to hear that YouTube is now trying to shut you down. That makes me all the more determined to support you as an independent media voice. I'm from Canada and there is virtually no independent media voice here. We even have mail delivery people refusing to deliver The Epoch Times, as if they're are somehow empowered to censor what views can be disseminated. Please keep up the amazing work you all do.

BOB HULLEY

We saw one of The Epoch Times' ads on YouTube about four months ago and subscribed. You got us through the election informed and sane, with coverage of what was happening we could find nowhere else. I have shamelessly re-posted your articles on my blog, forwarded to others information for which vour reporters have done all the spadework and talked at least 3 other people into subscribing. Your \$1 offer is so ridiculously reasonable we are sending a contribution for your full subscription price to cover the last 4 months (and to make up for the demonetization/censorship). You're worth it!

JESSICA RENSHAW

Hope you guys hang strong after demonetization by YouTube. Epoch Times is awesome and [I] enjoy getting updates throughout the day.

HOWARD STEIN

Learn more at **EpochSubscription.com**

