

THE EPOCH TIMES

LIFE &

TRADITION

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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.

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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.

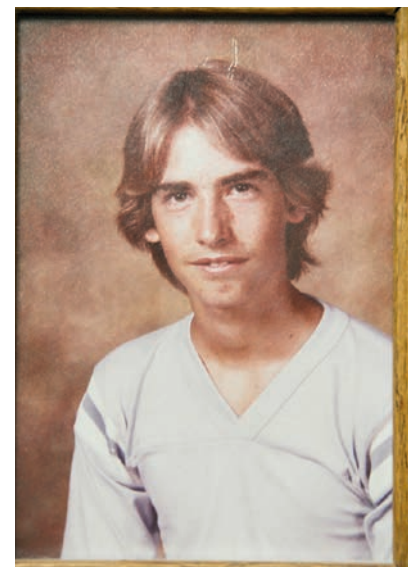
"Jump! We're not going to make it!" the driver yelled.

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

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

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COURTESY OF PAUL HARRIS



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

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,

I 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 "feel-good" 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 premise.

—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.

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:

1. 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.
3. 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.
4. 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.



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



ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISE

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

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

Stupendously Spanish: Seville's Plaza de España

From around 1910 to 1929, the Spanish city 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

American countries such as Brazil, Mexico, and Cuba, to name a few. And of course, Spain's provinces were represented.

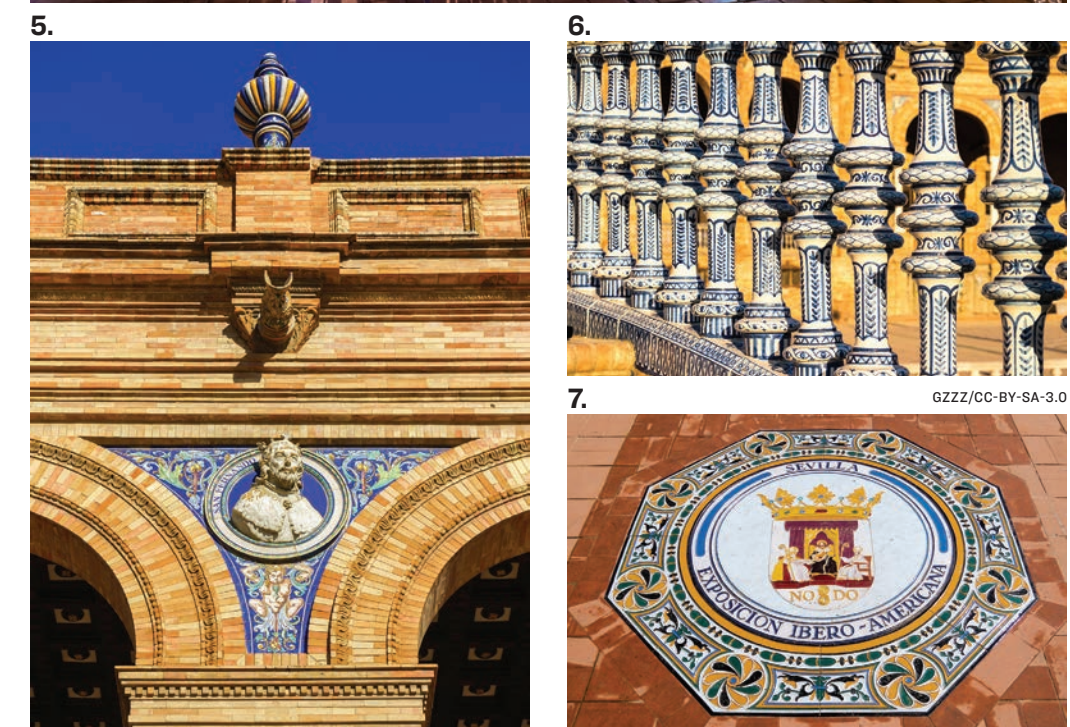
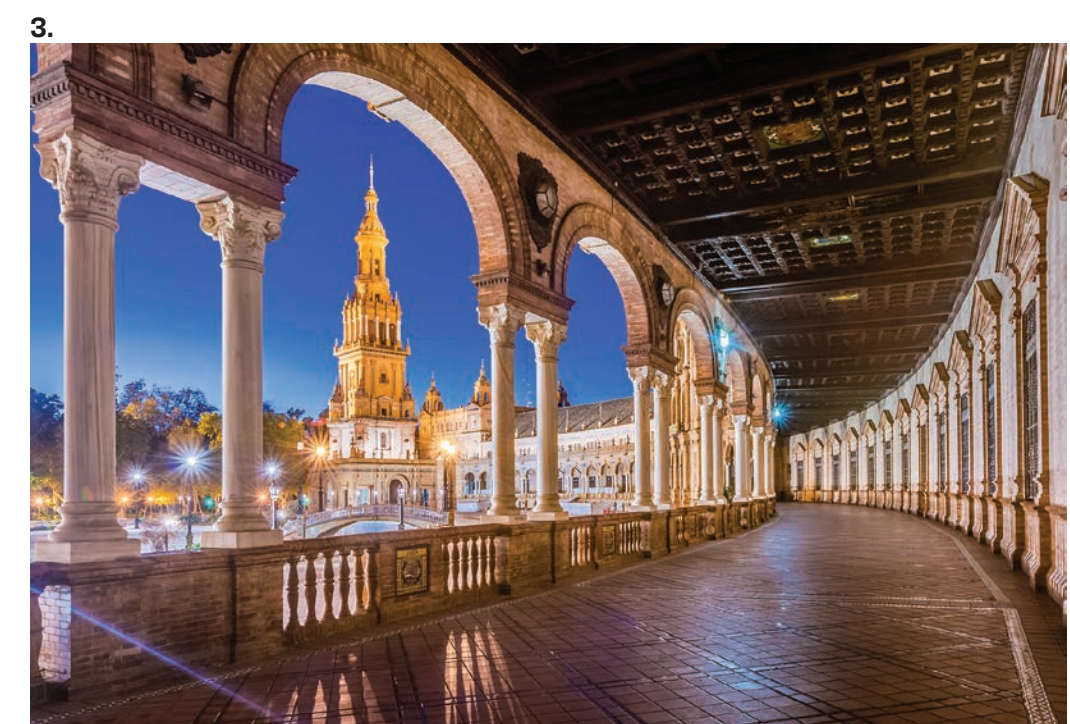
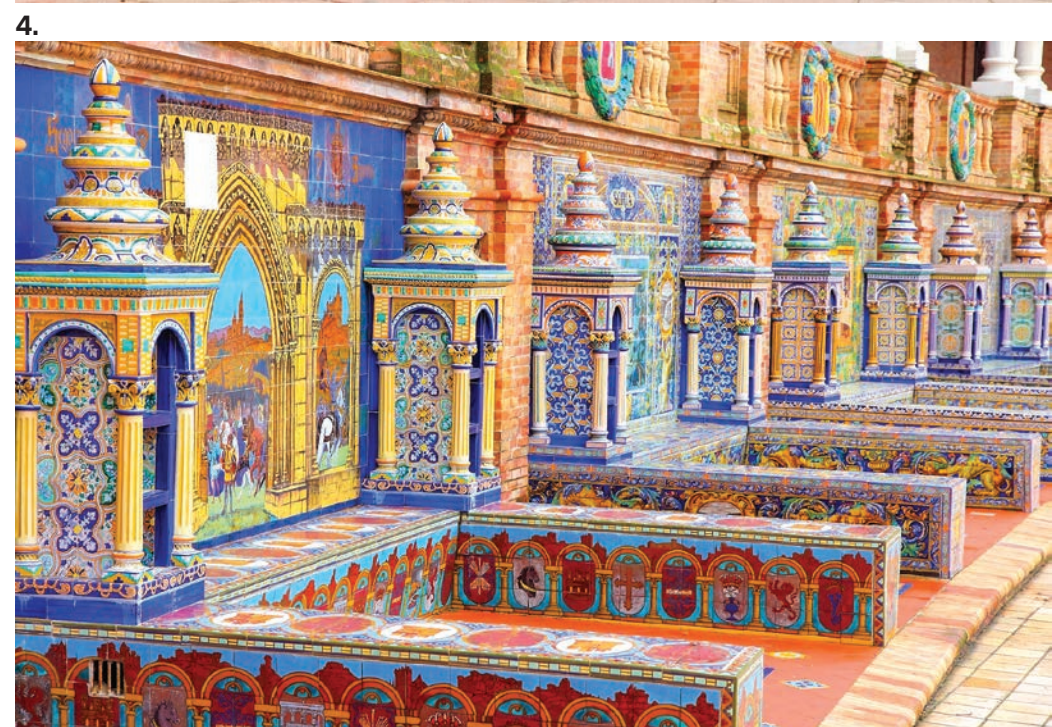
One of the architectural gems from that time is the Plaza de España or Spain Square. Designed by Spanish architect Aníbal González, the spectacular square covers a monumental 59,800 square yards and encompasses a mixture of architec-

tural styles, including Art Deco, Spanish 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,

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.



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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 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.

What Our Readers Say

(after YouTube has completely demonetized us)

‘ 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 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 your reporters have done all the spade work 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 [] enjoy getting updates throughout the day.

HOWARD STEIN

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