

難忘的 國殤紀念日



事他已經做了 30 多年了,一年比一年插的多,他還購買了二戰時的裝備和真槍,只有一個目的,紀念尊重這個日子。早在 1984 年, Gina 在韓國的 NBA,美國駐韓國電視台當秘書,他先生是當兵被派去韓國工作一年,當時他先生每周休息兩天,休息日就在 Gina 工作地方的大門口等她,從早晨到晚上,Gina 被他的愛感動。??要知道在 80 年代,韓國人嫁給一個美國人,家庭是絕不贊成的,Gina 忘記不了她全家人的反對,Gina 還記得她上了飛往美國飛機的時候,她一直流淚直到美國,因為她不知道,她將是如何的命運.....? Lou Smith 曾經是在可口可樂當工人。我認識 Gina 25 年了,這位韓國朋友心地善良,8 年前我在克利夫蘭中國城幫她購買了一家洗衣房,她做得開心,認識了不少中國人。而她到美國 36 年,生命的一大部分在美國生活,他們有一對已經成年的兒女,Lou 十分能幹,打理出租的屋子,裝修房子修理車等等都是他的愛好。Lou 是一個地地道道的美國百姓,做他愛做想做的事情,為了紀念老兵節,將國旗插在家中草地,他不忘這些為國付出代價的人。今年他特別高興,我特別打電話給 Fox news 電視採訪他,還有許多路過的人給他嗚嗚叭叭聲,有人還給他敬禮。??Lou 是一個普通的美國人,我從來沒有從他的嘴巴里聽到他說如何愛美國,他又是一位樂於助人的。我先生看後寫在微信上:這就是美國一個普通退伍軍人,一個普通老百姓家庭。他們可能不懂天南地北,世界格局。但懂得人的價值和尊嚴,尤其是紀念日的精神...

5 月 25 日, Memorial Day,下午 4 點,我和先生一起去好朋友 Gina 家參加他們家人的 Party,這是第二次去看 Gina 先生 Lou Smith, 他在家園里插了 2400 枚美國國旗。在 2018 年,只有 1200 枚國旗,記得那年是 Gina 的先生與妹妹花了 20 小時插的,這次有 6 人,插了 6 小時,Lou 告訴我:這次有 4 個小孩,他們是一邊玩一邊插,主要他有經驗,他說這件

Lou 做自己喜歡的事情,高興過着每一天。



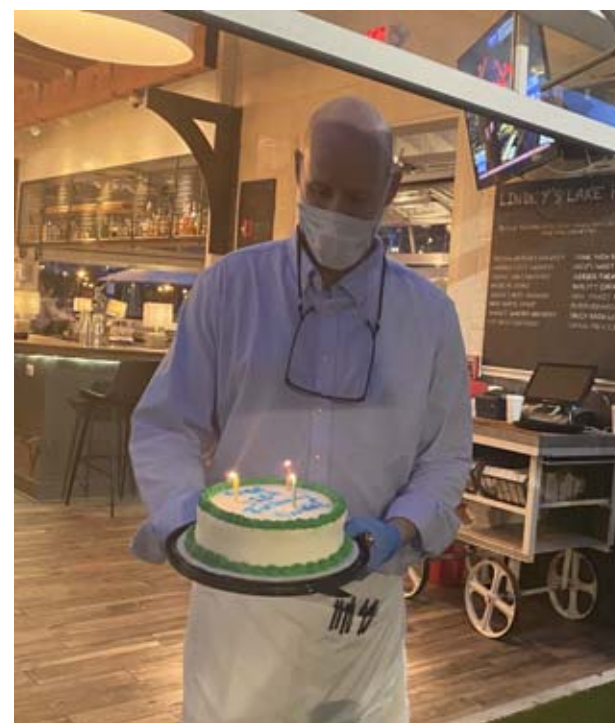
疫情中的特殊生日

2020 年,一場突如其來的世紀疫情打亂了全球的步調,從 3 月 16 日開始,俄州停止從餐廳健身房到世界電影節娛樂等等各項活動,所有人都不能置身事外,沒有人能說這跟自己沒關係,2 個半月過去了,俄州有多少人被傳染,俄州又有多少人死亡,至少在我的周圍沒有人,最可怕的事情是人好像只有疫情病毒會死亡,我們人來到這個世界就是生與死,其中包括:自殺,事故還有各種疾病死亡,這是自然規律,仔細想想,這場疫情的發生,背後是不是國際關係格局,經濟走向,全球化進程等一些列問題逐一暴露。

這場疫情在中國春節前後傳出來,一開始我怎么也沒想到會這麼嚴重,後來知道了事態的嚴重性,不僅是疫情的爆發,到高峰,到中美關係,實在沒有想到事情會一波接着一波的發展,每天各類消息,新聞,評論,謠言,關關滿天飛,到今天是在全球在打這場疫情戰。

我每天關注新聞,每天腦子里被各種信息塞滿,根本沒有時間去思考和消化。就最近我去哥倫布送報紙,回家在一個休息站想上廁所,無意間我停車後看到邊上一輛是紐約牌照的車,我不知不覺又回到我的車上,我一下驚覺:我怎么啦出什麼事了? 是疫情恐懼已經不知不覺地

影響着我。我深知,這場疫情死亡人數最多是紐約,疫情可怕但人對疫情的恐懼更可怕,現在是信息化時代,說文明社會離我們越來越近,我們幾乎人手一部手機,每個人都是一個媒體,想說什麼就隨心所欲,真實的,欺騙的,沒法辯解。我又深深感受文明社會離我們依然還很遙遠,科技發達,機器人都可以代表人來做許多事情,恰恰現代化進程沒有改變人的本性,慾望。我們



2016 年 Frank 生日



2020 年 Frank 生日



在美國改造自己

時間是人生真正的資產
智慧是人生真正的力量
自由是人生真正的幸福
學問是人生真正的財富
健康是人生真正的快樂
慈悲是人生真正的寶藏



28 年前浦瑛萍漂洋
過海尋找夢想

浦瑛開講

5 月 20 日在伊利華報報社,我採訪了無家可歸的 Karen Asplin 女士,感謝她給我提醒,這次我參與 UCAS 月舉辦的亞裔月,主題是 Food of Love Day,感謝克利夫蘭餐廳超市社團和個人支持,也感謝市政府陳女士的聯繫和眾多人的參與,讓我們順利在母親節前一天在 Norma Herr Women's Shelter 和 100 多位女士一起晚餐與共度母親節。



歸的地方只有晚上 6 點去吃一頓大餐和睡覺,白天吃了早餐就要離開。Karen 是一位沒有把錢看得很重的女人,雖然她沒有家,離婚後再也沒有見過一對兒女,按照她說的,人生沒有什麼可以後悔的事情,這一切都是她的選擇,至少她目前還有清新的頭腦。我問她,每天去 Norma Herr Women's Shelter,也不戴口罩,大堂里睡 30-40 人,您們有沒有人被感染,有沒有人死于疫情,回答是零。

Karen,我問她有沒有年輕時候的照片,她說沒有,我自問,她真的這麼灑脫嗎?人來到這個世界一無所有,只有珍惜當下,放下所有。以下是 Karen Asplin 女士寫的母親節賀卡

On Mother's Day a gift of thoughtfulness was delivered to the Norma Herr Women's Shelter. Through the kindness, hard work planning, devotion and donations from local establishments. This was all due to a woman named Anne Pu. She had a team of volunteers to distribute a wonderful meal to the 150 plus woman in the Payne Facility. Her tireless effort put a smile on all of us. She went above and beyond to do this for the less fortunate, with love and gratitude to all who came volunteers. Thank you for your kindness evermore.

Karen Asplin

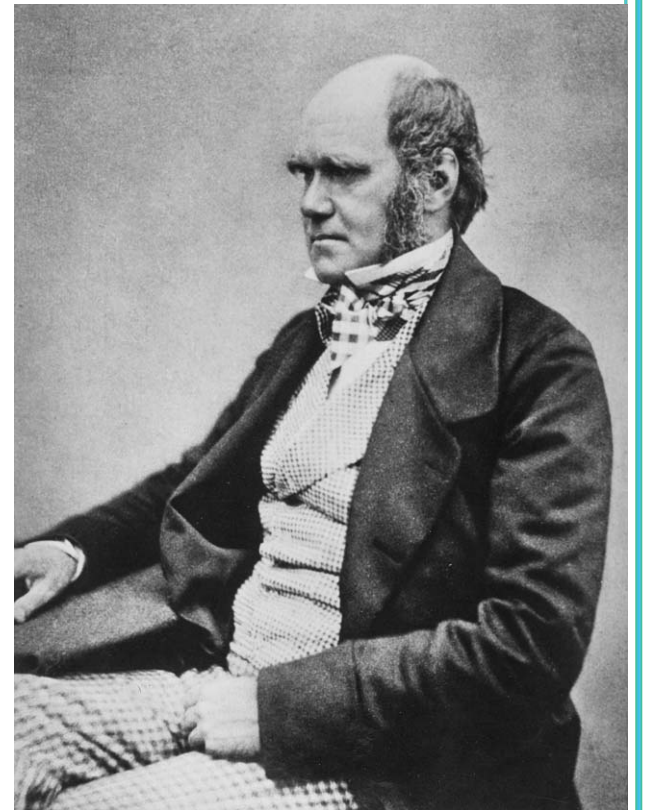


珍惜當下 放下所有

Co-operation: Darwin's Overlooked Key to Survival Essential in Our Era of Pandemic How You can Help

-Cynthia Marek Lundeen

Dear Readers, Co-operation among the global scientific community, indeed among all nations, is crucial during this era of pandemic. Through Charles Darwin's extensive fieldwork he often observed co-operative behavior among organisms from insects to humans, as well as between species, deeming it fundamental to success and survival. This seems to stand in contradiction to what we are led to believe is the meaning of the well-known phrase "survival of the fittest." However, the word "fit" was used by Darwin to mean best fit or best suited to succeed in a particular environment, and co-operation is often a better survival strategy than competition.



Ironically, the phrase "survival of the fittest" was not first coined by Darwin, but rather by Herbert Spencer, a British polymath who after reading Darwin's Origin of Species, used the term to describe Darwin's theory of Natural Selection. While Darwin later used the term himself, he defined success for organisms as being able to thrive in an environment, writing: "Those communities which included the greatest number of the most sympathetic members would flourish best and rear the greatest number of offspring."

The coronavirus SARS-CoV-2 is now a part of our environment and co-operation is essential to the survival and well-being of our global human family. While, of course, Darwin also observed competition, there can exist a positive interplay between competition and co-operation. As challenging each other can lead to improved outcomes, there can be a friendly competition between nations, working to develop a vaccine and medical therapies, yet co-operation is still an indispensable component of this type of competition, as the sharing of data and knowledge among the global scientific community is more likely to lead to earlier success than not sharing, with history showing that scientists often build upon the work of others. Indeed, Charles Darwin's own grandfather, Erasmus Darwin, a physician, also conducted research as a Naturalist, and his writings were studied by Charles.

"If I have seen further, it is because I stand of the shoulder of giants" is a phrase used by the great physicist



Isaac Newton, however the phrase dates to antiquity. Sharing information, acknowledging each other's contributions, and working together co-operatively is key to creating a solution to the coronavirus which threatens our human family. While we are all "in it together" I have unfortunately heard some express the view that they are "in it for themselves" and the misinterpretation of the term "survival of the fittest" is so pervasive that I have learned there are many people who have never heard of co-operation as an essential component of success and survival. While we are not all scientists, we can all share the message of co-operation. If you know of any who have the perspective, please patiently share this message of co-operation, so central to the success of our human family.

Thank you
If you have other thoughts, please feel free to send them via email to: ecj2@cynthiascenturies.net

現在已經有車不需要人開,我們學生都在外找快樂幸福,從來不看看內心深處,人受着慾望的誘惑,都忘記自我內心深處。

記得一位偉人說過:人類最大的教訓,就是不會在教訓中吸取教訓。我們來到這個世界求生存自由和追求幸福,我們似乎把幸福當成一個物品。5 月 25 日,我兒子 25 歲生日的那天,我對兒子說:人如果沒遇到意外,按

照平均有質量的年齡 75 歲計算,你已經走了第一個 25 年。這個年齡教會你要成爲一個善良有品行有能力的人,一個人是靠能力才能獲得真正屬於自己的舞臺,用你的態度去選擇迎合自己的事業。

兒子健康陽光,大學畢業後做幾份工作,目前他與他的大學同學 Chest 合租在克利夫蘭離公司最近的公寓,青年人充滿了熱情爲自己未來打拚,四年前 Chest 與兒子在好萊塢實習,他們一起拍電影,2017 年,二人一起製作旅店與旅遊的現場會議片,現在又在一起做電視歌曲,年輕人有很多想法,而且疫情讓他們明白健康的重要,兒子對目前中美經濟表示:中國不需要美國,但美國需要中國。還有兒子也說:如果國家需要我們去戰場,我一定報名,這是榮譽。我下意識的感覺,年青人強大。