

In the NEWS

BEIJING

has been expanding its efforts to influence Taiwan. Recently, 2 retired Taiwanese military personnel were found guilty trying to collect military secrets for the Chinese Communist Party.

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US CONSERVATIVE

politician Devin Nunes of California is suing Twitter for at least \$250 million in damages in a defamation case that, if successful, would pave the way for many more. Twitter has long been accused of political bias against conservatives.

US | A4

With CHRISTIANS, MUSLIMS

Tibetans and Falun Gong under siege in China, religious freedom continues to be attacked as the Chinese Community Party ramps up its "sinicisation" campaign. It's not dissimilar to what happened in Nazi Germany.

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MASS PROTESTS

continue as Nicaraguans call for Socialist President Daniel Ortega to release some 600 political prisoners after 320 deaths and ongoing reports of police violence.

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ALMOST 1,000 STUDENTS

were hospitalised in a period of just 3 days in Chengdu, China, after they were served rotten and expired food for lunch. When the parent's tried to protest, the government covered it up.

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President DONALD TRUMP

has accused US tech giant Google of helping Communist China and their military while turning its back on the United States.

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APPLE ASSEMBLER

Foxconn has announced that it is shifting its production away from China citing security risks for its corporate data.

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JIM WATSON/AFP/GETTY IMAGES

President Donald Trump welcomes Brazilian President Jair Bolsonaro at the White House on March 19, 2019.

US-BRAZIL

Trump, Bolsonaro Pledge Start of New Chapter

President Trump praised Brazil's position on Venezuela, saying, 'The twilight hour of socialism has arrived in our hemisphere'

EMEL AKAN

WASHINGTON—President Donald Trump hosted Brazilian President Jair Bolsonaro, who has been dubbed the "Trump of Tropics," at the White House on March 19.

After decades of anti-Americanism in Brazilian politics, Bolsonaro's visit marked a new chapter in relations between the United States and Brazil.

Both leaders said their policies were also aligned on many issues, including Venezuela, security, and trade. Trump praised Brazil for recognizing Juan Guaidó as Venezuela's interim president and supporting the United States in providing humanitarian aid to Venezuelans.

During a joint news conference with Bolsonaro at the White House, Trump urged Venezuela's military to end its support for socialist dictator Nicolás Maduro, calling him "a Cuban puppet." In a joint statement, both leaders reiterated that they would stand with Guaidó, the democratically elected National Assembly, and the Venezuelan people.

"I think that all possibilities, all options are open," Trump said when asked about the odds of military intervention.

"But we haven't done the toughest of sanctions yet," he said, adding that they may have to increase the sanctions against Venezuela.

Trump also condemned socialism during the news conference and said both the United

“The election] was a disruption of social networks against the establishment, political parties, conventional media.

Paulo Guedes, Brazilian economy minister



REUTERS/RAISA CAMPOS LEITE

Then presidential candidate Jair Bolsonaro was stabbed during a rally in Juiz de Fora, Brazil, on Sept. 6, 2018.

States and Brazil were "united in support of the long-suffering people of Cuba and Nicaragua."

"The twilight hour of socialism has arrived in our hemisphere. And hopefully, by the way, it has also arrived—that twilight hour—in our great country," Trump said. "The last thing we want in the United States is socialism."

Both leaders spoke of being closely aligned views on values.

"Brazil and the United States stand side-by-side in their efforts to ensure liberties and respect to traditional family lifestyles, respect to God, our creator, against the gender ideology

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CHINA

Former Chinese Naval Officer Recounts How He Procured Aircraft Technology for Regime

SHI PING

One evening in mid-May 1997, a Russian-made helicopter flew over the border of Laos and China. Yao Cheng, a 37-year-old lieutenant colonel of the Chinese naval command center, sat next to the pilot, quietly watching the scenery below.

Outside the window, the lush tropical jungle was surrounded by deep blue mountains. The setting sun illuminated the treetops. A grand palace, hidden in the woods, radiated an alluring light. Yao had never seen such beautiful scene before, nor would he ever again.

The Russian Kamov Ka-28 helicopter was the world's most advanced anti-submarine helicopter at the time, and Yao had just procured one from Laos. The Chinese navy would reverse-engineer the chopper and copy the technology.

Yao was thrilled at the thought



SHI PING/THE EPOCH TIMES

Former Chinese naval officer Yao Cheng in New York in 2016.

of the copied helicopter one day flying alongside a Chinese guided-missile destroyer. But what he never anticipated was that after he completed the top-secret mission to obtain the helicopter, he wouldn't receive any form of an award from the Chinese regime. Instead, Jiang Ze-

min, then-general secretary and head of the Chinese Communist Party, personally ordered that Yao be arrested. In 1998, Yao was sentenced to seven years in prison.

The Mission

Yao, whose former name was

Tan Chunsheng, now lives in Los Angeles. In an extended interview with the Chinese-language Epoch Times, he told the story of how he came to procure high-tech military technology for the Chinese regime, only to be punished for it.

In 1993, the Chinese navy established the "933 office" to prepare funds to purchase two guided-missile destroyers and 24 Kamov Ka-28 helicopters from Russia. Yao worked in this office.

"This 'Kamov-28' helicopter was unique in the world. The price quoted by Russia was \$6.5 million," Yao said.

The Russian helicopter was far more advanced than the one China was producing at the time.

The Kamov Ka-28 was smaller in size but more powerful. In those days, two helicopters were usually needed to attack a submarine, one equipped with sonar and magnetic exploration

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EXCLUSIVE

Eduardo Bolsonaro: Extend the Brazilian Miracle and Stop Socialism Worldwide

STEPHEN GREGORY

The Epoch Times had the opportunity recently to sit down with Eduardo Bolsonaro, a congressman in Brazil and the son of Brazil's president, Jair Bolsonaro, to discuss the situation in Brazil, on the occasion of his father's state visit to the White House on March 19.

**THE EPOCH TIMES:** You have served two terms in Congress in Brazil, and in this last election, I understand you won in a huge landslide—you had more votes than any Brazilian congressperson has ever won.

**EDUARDO BOLSONARO:** Yes. It was a surprise for us. We weren't expecting that much, but it was historic. It says a lot about the moment that we are living in and not only in Brazil. If you look around in the whole region, you have other people with the same thinking, the same way as President Jair Bolsonaro, and as Trump, too. You look to Chile, you have [President] Sebastian Pinera; Colombia, [President] Ivan Duque [Márquez]; Paraguay, [President] Mario Abdo Benítez; [President] [Mauricio] Macri in Argentina.

So it's not a movement about the extreme right, as the press usually sees that we are. It's

Continued on A6

ARFICA

1,000 Feared Dead After Cyclone in Mozambique

MAPUTO/HARARE—The number of people killed in a powerful cyclone and flooding in Mozambique has risen above 200, more than doubling the country's death toll from a storm that could rank as one of the worst weather-related disasters in the southern hemisphere.

Mozambique's President Filipe Nyusi said in a televised statement following a cabinet meeting on the disaster on March 19 that the death toll after Cyclone Idai now stood at more than 200. It remains below the 1,000 deaths Nyusi had estimated after flying over some of the worst-hit zones, witnessing submerged villages and bodies floating in the water, on March 18.

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POLITICS

Foreign Interference Laws Deal a Blow to Chinese Regime's Confucius Institutes

OMID GHOREISHI

China's Confucius Institutes operating in Australia may be subject to the country's newly-enforced foreign influence transparency laws in the latest blow to the Chinese state-run culture and language programs widely seen as part of the communist regime's soft-power strategy.

According to the Sydney Morning Herald, 13 CIs in Australia have been issued letters by the attorney general's department informing them of the new laws so they can consider whether to register as foreign agents.

A government source cited by the Herald said that CIs are among the logical first targets of Australia's new laws to expose foreign interference and would likely be pursued by the authorities if they don't self-register.

The country's new anti-foreign interference laws were passed following what then-Prime Minister Malcolm Turnbull said in December 2017 were "disturbing reports about Chinese influence" in the country.

Shortly before the laws came into effect on March 1, two former

Continued on A2



# Accounts Emerge of Heroism in New Zealand Mosque Shooting

CHRISTCHURCH/WELLINGTON—Accounts emerged on March 17 of heroic attempts to tackle a gunman who slaughtered 50 people at two mosques in New Zealand, as authorities prepared to begin releasing the bodies of victims to their families for burial.

Australian Brenton Tarrant, 28, a suspected white supremacist, was charged with murder on March 16. Tarrant was remanded without a plea and is due back in court on April 5 where police said he was likely to face more charges.

March 15 attack in the city of Christchurch, which Prime Minister Jacinda Ardern labeled terrorism, was the worst ever peacetime mass killing in New Zealand.

Ardern also said she wanted to talk to Facebook, as footage of the attack on one of the mosques was broadcast live on Facebook, and a “manifesto” denouncing immigrants as “invaders” was posted online via links to related social media accounts minutes before the violence began.

Amid the shock, outrage, and recriminations that have consumed New Zealand over the past two days, tales of heroism and self-sacrifice emerged.

Abdul Aziz, 48, was hailed for confronting the shooter at the second mosque and preventing more deaths.

Aziz, originally from Afghanistan, ran outside after the shooting started and picked up a shotgun that the gunman had dropped. The gun had no shells in it, he said.

“I chased him,” Aziz said. “He sat in his car and with the shotgun in my hands, I threw it through his window like an arrow. He just swore at me and took off.”

Another man, Naeem Rashid from Pakistan, was seen on the gunman’s video confronting the shooter before he was killed, the BBC reported. Rashid’s 21-year-old son, Talha, was also killed.

The death toll climbed to 50 when police found another body at the Al Noor mosque, where more than 40 people died after a gunman burst in and opened fire on worshippers with a semi-automatic rifle with high-capacity magazines, driving to attack a second mosque.

He sat in his car and with the shotgun in my hands, I threw it through his window like an arrow.

Abdul Aziz, survivor



REUTERS/JORGE SILVA

Flowers are placed outside Linwood mosque in Christchurch, New Zealand, on March 17, 2019.



Police rammed the suspect’s vehicle and arrested him as he drove away from the second mosque in the suburb of Linwood.

Police Commissioner Mike Bush said the man was apprehended 36 minutes after police were alerted and he was the only person charged in connection with the shootings. Three people detained earlier were not involved, he said.

**‘Incomprehensible’**

Huge piles of flowers were laid at sites near the mosques and crowds of people of all faiths gathered to pay respects. Some played guitar, sang and lit candles as darkness fell.

Members of a Maori motorbike gang performed a haka war-dance at one site.

Church services for the victims were held, including at Christchurch’s “Cardboard Cathedral”, a temporary structure built after a 2011 earthquake.

But the priority for grieving family and friends on March 17 was laying their loved ones to rest. It is customary in Islam to bury the dead within 24 hours but no bodies have been released because of the investigation, police said.

Ardern said victims would be handed over to families from late March 17.

“It is likely, however, to be a small number, to

begin with,” she told a media briefing, adding that all should be returned by March 20.

Wearing a black scarf, Ardern hugged members of the Muslim community at a refugee center on March 16, saying she would ensure freedom of religion.

Thirty-four people were in Christchurch Hospital, with 12 in intensive care, while a child was moved to a children’s hospital in Auckland.

Greg Robertson, head of surgery at Christchurch Hospital said the staff was used to gunshots and other severe injuries, but the scale and nature of the attacks were different.

“The magnitude of this is the thing that is the most significant issue for people. It’s just comprehending what is the incomprehensible.”

The majority of victims were migrants or refugees from countries such as Pakistan, India, Malaysia, Indonesia, Turkey, Somalia, Afghanistan, and Bangladesh.

The youngest was a three-year-old boy, according to an unofficial list of the dead.

Pakistan’s high commissioner said six citizens had been killed and three were missing. Five Indians were killed, its High Commission said.

*By Tom Westbrook & Praveen Menon*  
*From Reuters*

Relatives of a member of the Bangladeshi community wait for news following the shooting in Christchurch, New Zealand, on March 17, 2019.

# Christchurch Mosque Attacker Obsessed With Video Games, Relatives Reveal

RICHARD SZABO

GOLD COAST, Australia—The accused Christchurch mosque attacker was obsessed with playing video games, the suspect’s grandmother has revealed.

Brenton Tarrant, who has been charged with murder in relation to the horrific massacre of at least 50 people at two New Zealand mosques on March 15, is believed to have live-streamed a 17-minute video as he was allegedly shooting the mosque-goers.

Grandmother Marie Fitzgerald, 81, told Australia’s 9News that when Tarrant attended Grafton High School in country New South Wales, he seemed more interested in playing computer games than dating girls.

“He spent most of his time playing games on computers in and outs of computers and playing games,” Fitzgerald said. “I don’t think girlfriends were on the agenda ... getting married was too hard.”

After his father died from cancer in the year 2010, Tarrant traveled to Europe at a time when there was a surge in Islamic extremist attacks. He was never the same after coming back, Fitzgerald told 9News.

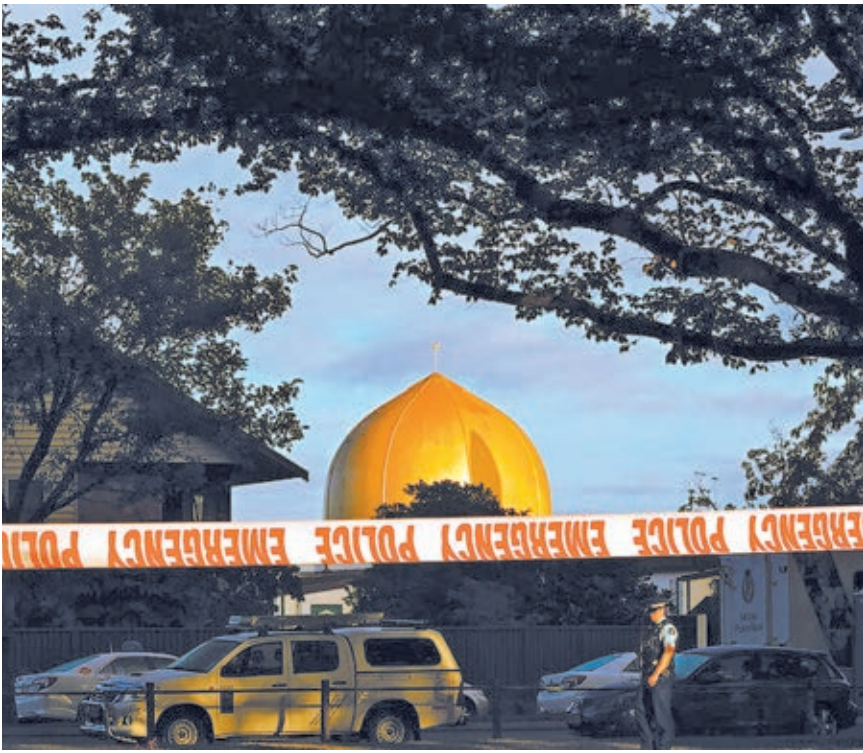
“It’s only since he traveled overseas. I think that this boy has changed completely to the boy we knew,” she said.

Tarrant, 28, who is originally from Grafton, Australia, did not apply for bail when he appeared before the court on March 16 to face his murder charge. He is expected to face further charges when he next appears in court on April 5.

The country boy had no criminal history and was on no watch lists either in Australia or New Zealand, even though his online profiles have since been linked to extremist material.

Before the attack, Tarrant allegedly posted a 74-page manifesto on the internet, entitled “The Great Replacement,” which said that the attacks were to avenge “thousands of deaths caused by foreign invaders.” Police believe the document contains evidence that Tarrant had planned to carry out the deadly shootings.

Prime Minister Jacinda Ardern has called the shooting an act of terrorism, and the worst-ever peacetime mass killing in the nation’s history. New Zealand’s national security threat level has been revised to high. Ardern promised that affected individuals and their families will receive financial compensation for months and



VINCENT YU/AP PHOTO

Tarrant had no criminal history and wasn’t on watch lists in Australia nor New Zealand.

even years in the wake of the bloodshed.

Counter-terrorism police in Australia raided two homes near Coffs Harbour and Grafton on March 18 in connection with the attacks.

One property at Sandy Beach, 24 kilometres (15 miles) north of Coffs Harbour in NSW, where Tarrant’s mother and sister reportedly lived was raided at around 8:30 a.m. local time. At the time of the raid, the pair were already safe with police in protective custody. They have been co-operating with authorities and there is no suggestion they have done anything wrong.

Shortly after, police separately searched a house in Lawrence 30 kilometres (19 miles) south of Grafton that is understood to belong to the mother’s boyfriend as they sought to formally obtain evidence that may help New Zealand Police in their investigation.

“The community can be assured that there is no information to suggest a current or impending threat related to this search warrants,” the Australian Federal Police and New South Wales Police said in a joint statement.

Police allege that Tarrant had been planning the attacks for two years while living in New Zealand.

During his time, he returned to Grafton a year ago for his sister’s birthday. Fitzgerald said there had been no signs he would carry out the attack.

“He was just his normal self you know,” she said. “We all chatted and had a meal together to celebrate that occasion and now everyone is devastated.”

She said the family could not believe Tarrant was involved in the attack even after the news began spreading on television.

“First up I thought it could not be then I saw his photo ... it’s just not right ... it’s un-repairable,” Tarrant’s uncle, Terry Fitzgerald, said.

A police officer stands guard in front of the Masjid Al Noor mosque in Christchurch, New Zealand on March 17 where one of two mass shootings occurred.

# Foreign Interference Laws Deal a Blow to Chinese Regime’s Confucius Institutes

CONTINUED FROM A1

Australian cabinet ministers and a former premier resigned from their posts with organisations that have strong links to the Chinese Communist Party. The new laws require those acting on behalf of foreign powers to publicly register their names and provide details of their activities.

Last month, the U.S. Senate’s Permanent Subcommittee on Investigations released a report on its eight-month investigation into CIs, saying they act as propaganda arms for the Chinese regime, and should be either changed or shut down. It also said the U.S. Department of Justice should decide whether any CIs or their employees should register as foreign agents.

**Compromising Academic Freedom**

The Senate report states that “Confucius Institute funding comes with strings that compromise academic freedom.”

The report says the Chinese regime approves all teachers working at the institutes as well as events and speakers organised by them.

By propagating the regime’s soft power, the report says, the CI’s “encourage complacency” in their host countries toward Beijing’s crackdown on dissidents at home and “long-term initiatives against” businesses and academic institutions in host countries.

Schools hosting CIs enter into an agreement with Hanban, the agency of China’s Ministry of Education that oversees the institutes. The contracts typically contain clauses stipulating that the laws of both the host country as well as China are to be adhered to.

A Chinese director assigned to an institute has to report to the Chinese Embassy within one month of arrival in the United States, and must “conscientiously safeguard national interests” of China, the report says.

**CI Closures**

Since the U.S. National De-

fense Authorization Act was signed into law last year, there’s been a wave of CI closures in the United States due to loss of funding, since the law prohibits the U.S. Department of Defense from funding Chinese-language programs offered by CIs.

At least 10 U.S. universities have closed their CIs since 2017, the majority of them after the new law came into effect.

In 2018, America’s National Association of Scholars recommended that all universities close their CIs, citing concerns about intellectual freedom and transparency, as well as being used to advance China’s soft power.

The Canadian Association of University Teachers also urged universities and colleges to cut ties with their CIs in 2013, saying they are “supervised by the authoritarian government of China.”

An increasing number of universities in Europe are closing their CIs as well, the latest being the University of Leiden in the Netherlands, which announced its decision in February.

Australia currently has 14 CIs operating in universities nationwide and 67 Confucius Classrooms that operate in its schools.

The New South Wales state government announced in May 2018 that it was launching a review of the program “to ensure that there are no inappropriate influences from foreign powers.”

According to the department, schools were paid up to \$40,000 to host a Confucius Classroom, and have also received at least \$10,000 per year in ongoing contributions since the program was established in 2010 under the Keneally Labor government. The review is ongoing.

“Obviously I have concerns,” NSW Education Minister Rob Stokes told The Australian in June. “We’re happy to provide programs and partnerships with external organisations but we just need transparency over the terms and conditions.

“If we can’t get that, we can’t offer it.”



STR/AFP/GETTY IMAGES

# Parents Protest Over Moldy Food Served to Students at Local School in China, Suppressed by Police

DANIEL HOLL

Rotten and expired food served as lunches to students at the Chengdu Number 7 Experimental Middle School in Sichuan Province, China, has caused outrage, rioting, and suppression among parents involved since March 12.

From March 13 to 16, almost 1,000 students in the area were hospitalized.

Police used pepper spray at least once to subdue angry parents during a protest, and a public statement made by the school was allegedly attended by actors posing as parents.

The local authorities later claimed the food was examined and met all safety standards.

### School Food Revelation

According to a report from Radio Free Asia, parents discovered the rotten meat on March 12. Children were having abnormal symptoms at that time. Several hundred parents gathered at the school gates and demanded an explanation.

The pictures included food that was moldy and expired.

The parents sued the government education bureau. Pictures of the food that was discovered were also shared on social media.

On March 13, after the revelation, local police in Sichuan said there would be an investigation of all school cafeterias, from kindergartens to universities.

The cafeteria in the school isn't technically connected to the school. School meals are provided by a contracted company called Sichuan Deyu Logistics Service Management Ltd. According to its website, it provides food for 100,000 students.

The foods discovered included meat that had been kept for an uncertain amount of time. There was squid, pig stomach, jerky, and chicken thighs, as well as flavorings and additives.

Some of the food had already begun giving off a foul odor.

The fees for the Number 7 Middle School are \$6,000 per year. Many government official's children are reported to attend the school.

"Teachers and children eat together," said Li, a mother of one of the students at the school, in an interview with the Chinese language Epoch Times. "They all eat this stuff, and the teachers would all be shocked."

Some of the food had already begun giving off a foul odor.

Moldy meat found at a school cafeteria in Sichuan Province.



PAOTY LIU/OPR/WEBBO.COM



In 2017, the school's cafeteria won an award as a model example for cafeterias, according to many mainland media reports.

### Parents Protest

On March 13, several thousand parents demonstrated in front of the Number 7 School. A mother by the name of Liu said that the front gate and the playground were packed with parents.

In an interview with The Epoch Times, Liu also said that some parents went to petition at the local government bureau; parents carried large banners and blocked roadways during their protest.

More than 1,000 police arrived to suppress the protest, using pepper spray on the parents. The banners were torn up by the police, and many parents were beaten and detained.

Li, who was at the scene since the issue began, said that on the evening of March 12, a truck came to clean out the food storerooms, and ship the food off-site. The parents also reported that to police.

"There were a lot of people, they were at the cafeteria, and they surrounded the trucks," Li told The Epoch Times. "The police were surrounding and protecting the contractors."

One parent said that those who petitioned were beaten by the police, and instead, the boss of the company was protected by the police.

The lawyer for Sichuan Deyu Logistics Service Management was protected by the police, and all information regarding the event was quickly censored from social media. All related information from the lawyer's website was also deleted.

The appeal by the parents included seeking the release of parents who had been detained, removing the vice principal who was in charge of the cafeteria, and suspending the principal.

Other demands included investigating the person in charge, freezing the assets of the associated companies, punishing the contractors and suppliers, and installing closed circuit television to monitor the cafeteria.

The parents demanded that students be offered physicals and given health checks over an extended period of time, and that the schools with tainted food must cover the costs. The school would also have to repay affected students, at triple the amount that parents paid for meals.

Since the school is a public school, it's connected to the Chinese Communist Party (CCP).

Parents were informed that the school would cover the cost of students checking into hospitals.

However, the exams given were defined by the school. If parents took their children to a hospital on their own, then the hospital wouldn't accept them.

Between March 13 and 16, a large number of students checked into six hospitals. There were 929 students who checked into the area hospitals, 852 received physical examinations, and 77 received treatment.

### Government Cover Up

On March 15, a press conference was held in the school cafeteria, and no parents were allowed into the school. Ten buses of people posing as parents were instead taken into the school to portray happiness and harmony between parents and officials, according to social-media posts.

Police continued their crackdown on the protest, and began to gather information about the protesting parents, including names, phone numbers, and addresses. People were sent to the houses of parents on claims of understanding the lawsuit filed against the government education bureau, but were likely dispatched by the police.

The area around the school was cut off by the police. Thirty police cars surrounded the parents there, and all businesses in the vicinity were closed. After intense censorship of original comments on social media about the moldy food, all comments instead became critical of the parents.

Social-media messages also stated that children weren't allowed to transfer to other schools. The local private schools in that area were said to reject students from the Number 7 school.

Several parents currently being investigated by the police are accused of "disorderly behavior." The parents were accused of counterfeiting the claims about moldy and expired food. Another internet user who spread the information was detained.

The inspection of the food by the CCP claimed that only several pieces of food were found to have mold.

Some internet users said that the CCP is untrustworthy. "[The CCP] finds whoever brings up a problem and takes them out."

"No one believes anything the government says," another user said. "This is what a government with low credibility does."

At the press conference, the CCP official said that there will be an investigation into the companies involved with the cafeteria.

The principal has been dismissed and will be replaced.

Children eat a meal at a primary school in Wuhan City, Hubei Province, on Feb. 27, 2017.

# Indian Traders Burn Chinese Goods in Protest Over Blacklisting Veto, Trade

NEW DELHI— Hundreds of Indian traders burned Chinese goods on March 19 and urged the government to raise import taxes on them to protest against China's trade and foreign policies.

The traders, who also urged consumers to boycott Chinese imports, are concerned that Chinese products are hurting Indian manufacturers.

But there is also anger in India after China used its veto to block the U.N. Security Council from blacklisting a Pakistan-based terrorist leader.

Masood Azhar is the founder of the terrorist group Jaish-e-Mohammed (JeM), which claimed responsibility for a suicide bomb attack that killed 40 paramilitary police in Indian-controlled Kashmir in February.

China prevented a U.N. Security Council committee last

There is also anger in India after China used its veto to block the U.N. Security Council from blacklisting a Pakistan-based terrorist leader.

Wednesday from blacklisting Masood. It said it had done so to give more time for the committee to have consultations and study the issue.

China is India's second biggest trading partner and a trade deficit has widened in favor of Beijing by nearly 75 percent to \$63 billion since 2014, when Prime Minister Narendra Modi came to power.

Modi, who is seeking a second term in a general election beginning next month, faces criticism from both opposition parties and groups affiliated with his party for what they see as his failure to take steps to contain the growing influence of Chinese companies on the Indian economy.

The Confederation of All India Traders, which represents millions of traders, said their action against Chinese goods was aimed at teaching it a lesson, after it used its veto



RUPAK DE CHOWDHURI/REUTERS

Toys are displayed inside a Chinese toy shop at a market in Kolkata, India on Oct. 11, 2017.

to block Masood's blacklisting.

In the capital, New Delhi, traders burned Chinese goods including laptops, mobile phones, computers, fax machines and toys at the Sadar Bazar, the city's main market for Chinese goods.

Chinese goods were burned in similar protests in several other cities.

Demonstrators also urged people to boycott Chinese goods, and asked the government to increase import tariffs on Chinese imports that they said were hurting small Indian manufacturers and costing millions of jobs.

By Manoj Kumar  
From Reuters



BRYAN R. SMITH/AFP/GETTY IMAGES

# Google Responds to Trump’s Accusations of Aiding Chinese Military

BOWEN XIAO

Google denied that its work in China is aiding that country’s military, in response to recent comments made by President Donald Trump and the U.S.’ highest-ranking military officer.

Trump said on March 16 that Google, a U.S. company, was helping China but neglecting the United States. He also made reference to criticisms that the company helped promote Hillary Clinton during the 2016 presidential election.

“Google is helping China and their military, but not the U.S. Terrible!” he wrote. “The good news is that they helped Crooked Hillary Clinton, and not Trump...and how did that turn out?”

Days before the president’s comments, the United States’ top general, Marine Gen. Joseph Dunford, the chairman of the Joint Chiefs of Staff, detailed the link between Google and China.

“The work that Google is doing in China is indirectly benefiting the Chinese military,” Dunford said during a Senate Armed Services Committee hearing.

“We watch with great concern when industry partners work in China knowing that there is that indirect benefit,” he said. “Frankly, ‘indirect’ may be not a full characterization of the way it really is, it is more of a direct benefit to the Chinese military.”

A Google spokesperson denied such links to The Epoch Times, saying the company is working in a number of other different areas with China.

“We are not working with the Chinese military. We are working with the U.S. government, including the Department of Defense, in many areas, including cybersecurity, recruiting and health care,” the spokesperson said via email on March 17.

During the hearing, Sen. Josh Hawley (R-Mo.) sharply criticized the tech company, referring

“We watch with great concern when industry partners work in China knowing that there is that indirect benefit. Frankly, ‘indirect’ may be not a full characterization of the way it really is.”

Marine Gen. Joseph Dunford, Chairman of the Joint Chiefs of Staff



to it as a “supposedly American company.”

Last year, Google said it was no longer vying for a \$10 billion cloud computing contract with the U.S. Defense Department, in part because the company’s new ethical guidelines don’t align with the project.

In June, Google said it would not renew a contract to help the U.S. military analyze aerial drone imagery when it expires, as the company sought to defuse an internal uproar over the deal.

Google also has faced bipartisan criticism since details leaked about them secretly developing a censored search app for the Chinese market named “Project Dragonfly.” Google said it has “no plans” to relaunch a search engine in China, although it is continuing to study the idea.

Lawmakers, human-rights advocates, and even some 1,400 of its own employees protested the project. In November last year, 11 Google engineers and managers published an open letter demanding that the company end the clandestine project.

Some of the concerns raised relate to whether Google will comply with the Chinese Communist Party’s internet censorship and surveillance policies if it re-enters China’s search engine market.

The Chinese regime runs the world’s most sophisticated system of internet censorship, employing tens of thousands of people to manually delete or promote content according to the Communist Party line.

The regime requires foreign companies to censor topics it deems “sensitive,” such as democracy, human rights, and the ongoing persecution in China of Falun Gong practitioners, underground Christians, rights activists, and others. Companies are also forced to share with the regime any of their data stored in China.

Google Chief Executive Sundar Pichai has previously said that the company has invested in China for years and plans to continue to do so.

Google office in New York on Nov. 1, 2018.

Reuters contributed to this report.

# Retired Taiwan Military Officers Sentenced for Attempting to Collect Secrets for China

NICOLE HAO

Two retired lieutenant colonels in Taiwan were recently found guilty of trying to collect military secrets for the Chinese regime, and were sentenced to six months in jail on March 14 at the New Taipei City District Court. In addition, the retired officers were fined NT\$180,000 (\$5,830).

Both went to China for business after retiring from the Taiwan military and were recruited to become spies for the Chinese Communist Party.

For decades, Beijing has been actively collecting intelligence from Taiwan, particularly targeting active and retired military officers. While the Chinese regime considers the island to be a province of its own, Taiwan has its own democratically-elected government, currency, and military.

Beijing has never renounced the use of military force to unite the island with the mainland, hence its efforts in utilizing Taiwan military intelligence for its agenda.

Bian Pong

When the two retired officers tried to recruit their compatriots to work for Beijing, their suspicious activity was reported to Taiwan’s Ministry of National Defense (MND), which led to their arrest.

One of the men, Bian Pong, 55, retired from the MND Telecommunications Development Office in 2010 at the rank of lieutenant colonel. That office is an intelligence agency within MND in charge of intercepting and deciphering air signals from the Chinese regime, as well as monitoring space satellites.

According to the complaint by New Taipei District Prosecutors Office, Bian went to China for business purposes and became a spy under a Chinese official named Wang Yongxu begin-

ning in 2015. Wang was director of the 11th Office of the Fujian provincial government, and a Chinese Air Force major general, according to Taiwanese media.

The 11th Office is located in Fuzhou City. In public documents, the office is said to be a trading department. However, there are no details about their businesses or products.

Wang asked Bian to obtain classified military reports, but because of Bian’s retired status, he was unable to.

Bian invited a retired Taiwanese air force colonel surnamed Fan to visit China and meet with Wang—who introduced himself as a Chinese businessman—in 2015 and 2016, in an attempt to gain intel from him.

During the 2016 trip, Bian, Wang, and four Chinese air force officers began discussing how Taiwan’s air force performed night combat, island tactics, air combat drills, among other things. Fan became suspicious about the motivation for inviting him to China and reported Bian to MND after his return to Taiwan.

Lin Shih Bin

The other man convicted is Lin Shih Bin, 58, who retired from his post at the Taiwan National Chung-Shan Institute of Science and Technology, a military research and development operation within the MND, as a lieutenant colonel in 2005. He became a spy for China in 2009 when he visited for business.

Wang was also Lin’s supervisor, but Lin and Bian didn’t know each other.

Lin invited a retired Taiwanese air force colonel surnamed You on several China trips beginning in 2009.

In 2010, Lin arranged You to visit Shanghai and Hangzhou City, and met with Wang. When Wang tried to talk about Taiwan’s air force, You concluded that he wasn’t simply a Chinese businessman.

The Three Weapons

In October 2016, then-MND spokesman Chen Jhong-Ji said that many active and retired military officers were being lured by the Chinese regime to conduct espionage using three methods: using evidence against them, throwing money, or a “honey trap.”

Chen offered the case of Lo Hsien-che as the most serious spying charge, which resulted in a life sentence.

Lo, 60, was a major general and head of the Electronic Communications and Information Department of Taiwan’s army at the time of his arrest in 2011. He was also the director of “Po Sheng Operation,” the electronic warfare communications network that connects Taiwan army, navy, and air force, with their U.S. partners.

Lo supplied military secrets to Beijing at least five times during his time in Thailand and when he moved back to Taiwan. Each time, Lo received a payment of \$100,000 to \$200,000.

A Taiwan coast guard monitors fishing boats through a telescope at a check point in Yehliou, Taiwan.

SAM YEH/AFP/GETTY IMAGES



JASON LEE/REUTERS



Nur Bekri, Chairman of Xinjiang Uyghur Autonomous Region, attends a news conference at the National People’s Congress in Beijing on March 7, 2010.

# China to Prosecute Top-Ranking Uyghur Official for Corruption

SHANGHAI— China’s anti-corruption watchdog said on March 16 it would prosecute Nur Bekri, one of the highest-ranking ethnic Uyghur officials in the country, over allegations of graft during to his time as governor of Xinjiang.

The Central Commission for Discipline Inspection (CCDI) said in a statement that Bekri obstructed an investigation launched in September and had failed to tell the truth.

Bekri was governor of Xinjiang between 2008-2014, holding the second-highest position of power in the western region behind the Communist party secretary.

Bekri, who until December was director of China’s National Energy Administration (NEA), could not be reached for comment.

The anti-corruption agency said its investigation had found that he took advantage of his position to obtain “a huge amount of wealth,” either directly or through relatives.

He also allegedly received bribes and demanded the provision of luxury sedans and chauffeur services for his family members.

Bekri “led an extravagant life, was morally corrupt, and used his power for sex,” the statement alleged.

The NEA said in a statement on Sunday the struggle against corruption in its administration remained complex and that it

needed to learn the lessons from the Bekri case.

His prosecution comes as the Chinese regime ramps up surveillance and suppression of Muslim Uyghurs in Xinjiang.

Researchers estimate that as many as 1.5 million Uyghurs are in detention centers, where they are subject to political indoctrination programs.

Bouts of ethnic violence took place over the course of Bekri’s tenure between the Uyghurs in Xinjiang and the Han Chinese national ethnic majority that led to the deaths of hundreds of people.

As governor, Bekri supported policies that restricted religious practices of the Muslim Uyghurs, who make up a majority of the overall Uyghur population.

He was also a proponent of educating Xinjiang’s Turkic-speaking school children in Mandarin.

Uyghur children of parents who are detainees in “political re-education” camps or living in exile are being placed into state-run “orphanages” in Xinjiang by local authorities, a traumatized father has told The Epoch Times.

The news follows orders by Chen Quango, the Chinese Communist Party’s (CCP’s) Secretary in Xinjiang, to relocate all “orphans” in Xinjiang to state facilities by 2020.

By Josh Horwitz. The Epoch Times contributed to this report.



# Foxconn Plans to Move Production out of China Due to Client Security Fears

FRANK FANG

T AIPEI—Taiwan’s unique strategic position amid the ongoing Sino–U.S. trade war was made apparent when Apple assembler Foxconn announced measures to shift production away from China.

On March 17, Foxconn chairman Terry Gou inked a memorandum of understanding (MoU) with the southern Taiwanese city of Kaohsiung to develop the city’s smart technology, according to Taiwanese media.

It was during the MoU presentation press conference that Gou mentioned many of his company’s clients have recently requested that Foxconn store its data in Taiwan instead of China. U.S. firms were concerned that Chinese authorities could get their hands on their data, while Chinese clients did not want data to go to the United States directly.

Chinese intellectual property (IP) theft has been the core complaint of the U.S. administration during trade talks. U.S. negotiators are currently discussing how to enforce rules that prevent transfer and theft of foreign IP with Chinese officials.

He further explained that the Taiwanese government would never compel Foxconn to share its corporate data, according to Taiwan’s daily newspaper Liberty Times.

“We don’t know how the trade [war] between the U.S. and China will turn out,” Gou said, adding that “corporate data should be stored at a third-party location, and Taiwan is a neutral location between China and the United States.”

Beijing has a number of regulations in place, as well as broad powers, to demand companies operating in China to hand over customer data.

In June 2017, a cybersecurity law went into effect that demanded all companies operating in China to store their data within China’s geographical area. Foreign companies have complained that such a requirement has made it difficult to protect their intellectual property rights.

Taiwan could serve as a “technology buffer” between the two countries, according to Gou.

Gou added that he envisioned Kaohsiung acting as the buffer, with the city becoming host to a data-processing hub. U.S. data would be stored there before getting sent to China, and vice versa with Chinese firms.

“There is a lot of sensitive information [related to our customers] from the U.S. that we cannot send to China so we will filter that data in Kaoh-



Chinese workers outside the Foxconn factory in Shenzhen City, Guangdong Province, China, on May 27, 2010.

siung,” Gou said, according to Japanese media Nikkei. “Meanwhile, data from China [customers] is the same.”

As a result, he stated that Foxconn would seek to hire up to 3,000 software engineers to work for its research center in Kaohsiung, focusing on research in artificial intelligence, big data, and software development.

Gou emphasized that Kaohsiung is geographically close to China, making it an ideal location for a data transfer hub, better than Japan or South Korea.

Gou also stated that he planned to move some of the production for its data-processing-related products at factories in the Chinese cities of Shenzhen and Tianjin back to Kaohsiung.

According to the Liberty Times, products made at the Shenzhen and Tianjin factories are mostly for foreign customers, while its other factory in Guiyang, the capital of southwestern China’s Guizhou Province, makes orders for mainland

“Beijing has a number of regulations in place, as well as broad powers, to demand companies operating in China to hand over customer data.”

Chinese companies.

Nikkei, citing an unnamed source, said the production shift back to Kaohsiung is at a preliminary stage. The source added that Foxconn is considering the availability of land and the investment environment before making a final decision.

Many Taiwanese tech firms have made similar moves amid security concerns about the Chinese regime’s capacity to acquire sensitive data. In early March, Lite-On Technology, a Taiwan-based consumer electronics manufacturer, announced that it was moving some of its production of power components and power supply systems from China to Taiwan, after its American clients raised security concerns about the items being made in China.

Other firms have moved production out of China in order to avoid U.S. punitive tariffs on Chinese-manufactured tech goods, including Pegatron, Wistron, and Compal. They are Apple suppliers.

# Former Chinese Naval Officer Recounts How He Procured Aircraft Technology for Regime

CONTINUED FROM A1

to search for the submarine, the other with a torpedo to attack, which was very inefficient. The Kamov Ka-28 was capable of both searching and attacking at the same time.

So the navy prepared to purchase the Kamov Ka-28 from Russia. However, two years of negotiations were unsuccessful. In 1995, Taiwan held its first democratic elections for president and Lee Teng-hui won. Russia knew the Chinese regime would be upset about the island—which it claims sovereignty over—electing its own leader, and would seek to bulk up its military for a potential invasion. Russia took the opportunity to raise the helicopter price to \$13.5 million.

At this time, the navy and state-owned manufacturer Harbin Aircraft Manufacturing Corp. (HAMC, now known as Harbin Aircraft Industry Group, or Hafei) wanted to resort to stealing technology, a well-known tactic. Yao said that from his observations working in the military, all weapons technology for China’s national defense were obtained from foreign companies and then copied.

The task of stealing the plane fell to Yao. He had graduated from China’s Naval Aeronautical Engineering Institute in 1982 and quickly rose through the ranks to the Naval Air Force command center. He was highly valued by the naval commander, Shi Yunsheng.

“For this mission, they gave me another identity,” Yao said. He was sent to Harbin City, posing as a senior engineer in the helicopter division of HAMC. He was assigned to partner with a special agent in the Ministry of State Security, China’s chief intelligence agency, who had been a spy in Russia.

**Diving Into Laos**

According to Chinese intelligence, after the collapse of the Soviet Union, several Kamov



Ka-28s were left in Asia. There were two such aircraft in Laos, so Yao and his partner decided to go there. However, the helicopters, which were left in the open, had fallen into disrepair. Yao and his partner needed to get a newer model.

The Ministry of State Security provided information that the daughter of the Laos National Assembly president—who was the country’s third-most-powerful figure—was studying at the Shanghai International Studies University. In order to establish connections with her, Yao and his companion waited at the Kunming Airport during the university’s holiday week in January 1997.

When they saw that she didn’t have a pen to fill out a travel form, Yao walked up and handed one to her. After boarding the plane, Yao and his partner sat by the woman and started chatting with her.

They introduced themselves as “rich Chinese businessmen” visiting Laos to find business opportunities. When they asked her to help provide translation services, she didn’t agree right away. But after offering \$100 as compensation—equivalent to about a month’s

▲ Former Chinese naval officer Yao Cheng in New York in 2016.

salary for a Lao official—she relented.

With the woman’s assistance, Yao visited key institutions such as the Lao Ministry of National Defense, Air Force, and the State Council. “We brought \$300,000 with us, and every day, we would eat, drink, dance, and entertain [Lao officials],” he said.

Eventually, they negotiated the price with the Lao military to buy an almost-expended Kamov Ka-28 for \$1.5 million. The Lao authorities were happy to get rid of an old model, while earning money from the sale.

**Aftermath: Punished by Factional Politics**

Yao arranged for four pilots from HAMC to arrive in Laos and learn to fly the helicopter within a week. They took the plane to the China–Laos border and prepared to sneak it into China.

“This mission was top secret. There weren’t many people who knew. We had not gone through normal customs formalities, nor had we given flight forecasts to China airports,” Yao said.

After evading detection on

radar by flying at low altitude, and arriving at the Jinghong Airport in Xishuangbanna prefecture in the southwestern Chinese province of Yunnan, local armed police surrounded them, thinking they were enemies. Since the border police officers hadn’t seen such an aircraft before, they immediately notified their superiors.

The person in charge of the local military region took a telephone number that Yao gave to assure them that he was authorized by the government. The phone line went directly to Liu Zhuoming, the second son of Liu Huaqing—the director of the Naval Equipment Certification Center and a vice chairman in the Central Military Commission, which is the highest agency in charge of military affairs. Liu Zhuoming confirmed that the operation was a naval project, and the police released Yao and his partner.

However, unfortunately for Yao, the one who was on duty at the Central Military Commission (CMC) that day was Liu Huaqing’s adversary, Zhang Wannian.

At that time, the CMC had four vice chairmen: Liu Huaqing, Zhang Wannian, Zhang Zheng, and Chi Haotian. Zhang Wannian, who wanted to drag Liu Huaqing down, overheard about the naval project.

“He said, ‘Who did it?’” Yao recalled. “He said, ‘This is such a big naval project. Why did you not report it to the CMC?’”

Zhang Wannian immediately reported the incident to then-CMC Chairman and Party leader Jiang Zemin and accused Liu Huaqing of orchestrating the incident.

At the time, no one in the navy could admit to the theft. Liu Huaqing insisted that he didn’t know, nor did his son. They thus framed Yao as being the sole person responsible; he carried out the mission alone, they insisted.

During this period, Russian intelligence also learned from Laos that China had just

purchased a Kamov Ka-28 at a low price. Russia was furious and threatened to interrupt the arms trade between China and Russia, which frightened the Party leadership. Because of the NATO arms embargo on China, the Chinese regime could only purchase weapons from Russia. If Russia didn’t sell to China, what would the regime do? Therefore, Liu Huaqing went to Russia and assured officials there that the Kamov Ka-28 incident was all the doing of a small-time naval officer.

Party leader Jiang personally instructed that “such a big case must be thoroughly clarified,” that is, he agreed to accept Liu’s story about Yao’s “crime.” Jiang’s instructions were sent down, and Yao was soon arrested. Yao had done all this work to steal the helicopter for the Party-state, but in the end, he became the victim of a political fight.

“Who gave the \$1.5 million to Laos? Who gave me a series of fake documents?” Yao asked.

In August 1997, Yao was placed into the General Political Detention Center in Guangying District, near the Beijing airport. Nine months later, he was sent to the Hefei City Prison in Anhui Province. In 2003, after Jiang was forced to step down, Yao was released from prison before his term was up. By this time, the Kamov Ka-28 helicopter technology had already been copied and was in use by the Chinese military.

Five years after Yao’s mission, China began buying the helicopters from Russia. Yao said that he spent more than five years in prison. Though he was loyal to the Party, he was still punished and his future was destroyed.

“After decades of my military career, everything is lost—politically, economically, and—from this standpoint—my reputation. My former comrades-in-arms look down on me because I was in jail,” Yao said.



EXCLUSIVE

# Eduardo Bolsonaro:

## Extend the Brazilian Miracle and Stop Socialism Worldwide



Supporters of Brazilian President-elect Jair Bolsonaro gather in front of the Planalto Palace before his inauguration ceremony in Brasilia, Brazil, on Jan. 1, 2019.

(Below) The presidential convoy, led by Brazil’s President-elect Jair Bolsonaro and his wife, Michelle, heads to the National Congress for his swearing-in ceremony, in Brasilia, Brazil, on Jan. 1, 2019.

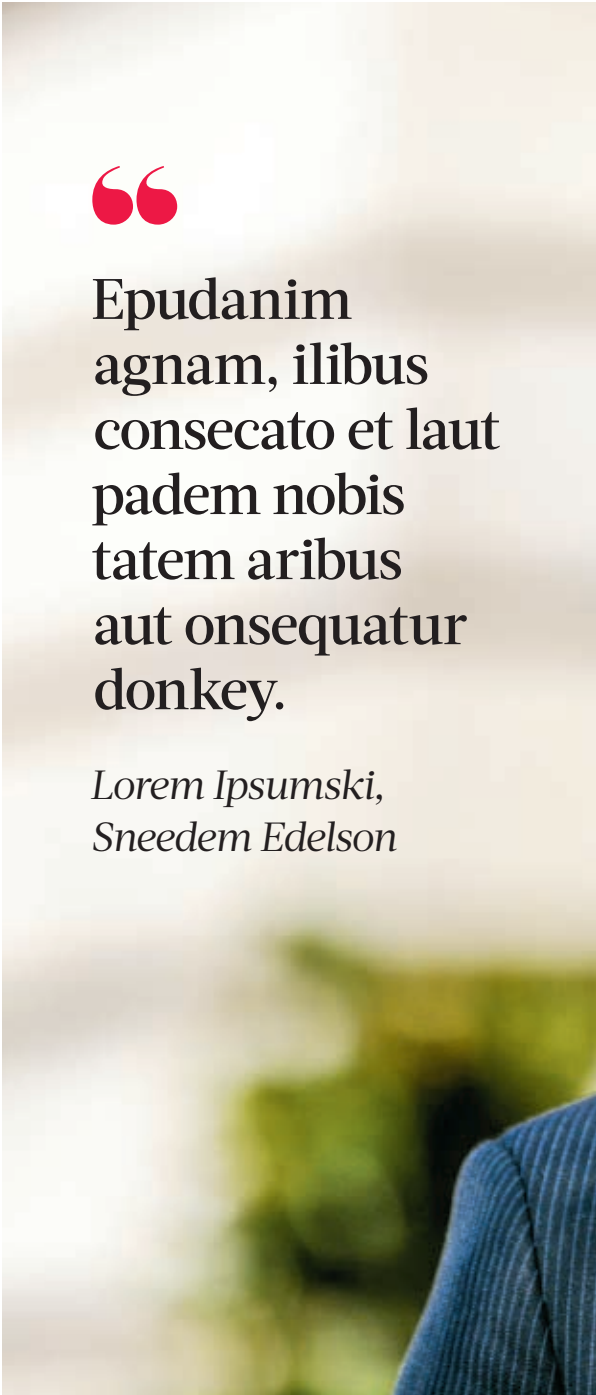


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So it’s not, it’s not a movement about the extreme right, as the press usually sees that we are. It’s something that is natural and is a huge message that we don’t want socialism anymore.

**EPOCH TIMES:** That’s an amazing change. I understand that just six years ago there was no conservative party in Brazil. Is that true?  
**MR. BOLSONARO:** That’s true. It was so hard for Jair Bolsonaro to find a party that would clearly support him to be the president. And now we are the biggest party of the Congress. We have this huge change. So it’s, it’s something that even sometimes it’s hard to believe in that, like a dream.

**Epoch Times:** Why do you think this happens so quickly and as you say, not just in Brazil, but in several other South American countries?  
**Mr. Bolsonaro:** If we look at the whole region, all the ex-presidents, they were friends. Evo Morales [in Bolivia], Hugo Chávez then Maduro [Colombia], Lula then Dilma [Brazil], [Rafael] Correa [Ecuador], and the Kirchners [Argentina]. And then people got a fill of that, you know. Because everything is about the coup and the politically correct... And people got full of that and even more because it was so much scandals about corruption that people said, “OK, we want to change.”  
And who represented change? Who is saying what’s closer to the people? Then they find Jair



Bolsonaro—because Jair Bolsonaro, he didn’t spend even one million dollars during his whole campaign. He is someone that gave his country 17 years in the army and then almost 30 years as a congressman. And he doesn’t have too much support from political parties. So, it was a hard election, but we had one thing that all the other candidates, they didn’t have. It’s the people on his side.

**Epoch Times:** Well, this is this is a really interesting story. I mean I understand the people were sick of corruption. There have been socialist governments for decades. What managed to pull the people together? It’s one thing to be unhappy with the way things are going. It’s another thing to see that there is an alternative and that your father offered the Brazilian people a different chance.  
**Mr. Bolsonaro:** You have a video on the Internet that shows the ex-president Lula talking and laughing, like celebrating, that you don’t have even one candidate [who is] right wing. It was I think in 2010 or 2014.  
It’s because it was hard to grow up. You know in the beginning socialism is like a school. People like it. Everybody has money. Everybody can buy everything, but then soon or later comes the account. And in Brazil, when this account came, it was during the term of Dilma Rousseff. And we faced 14 million unemployed. It was really hard. It was I think the worst crisis, economic crisis, ever in Brazil. It also helped us in [making] this change.

**Epoch Times:** So the people can see that things were not working.  
**Mr. Bolsonaro:** Yes. Clearly, clearly. And it’s not just one point. If you look at security, we have records year after year in Brazil. We are facing record numbers of murders. And they say, “he is robbing because he couldn’t go to this school when he was younger.” They say, “the problem is our society because people don’t like black people.” This whole thing is about political correctness. But when people open their doors, the world is totally different from what the government is telling them, and people were fed up with that.  
There is a sense of responsibility that we [the members of Jair Bolsinaro’s party] have. Like we don’t have a second chance. We have only one bul-

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Eduardo Bolsonaro, Brazilian congressman and son of Brazil's President Jair Bolsonaro, during an interview in Washington on March 16, 2019.

CHARLOTTE CUTHBERTSSON/THE EPOCH TIMES

**Mr. Bolsonaro:** 100 percent. If you look at the social media of Jair Bolsonaro, it is huge. Is even bigger than a lot of soccer players or entertainers. And it made the total difference in this campaign. And I have to say that my brother Carlos Bolsonaro, he's handling the social media of Jair Bolsonaro. Carlos doesn't like to do interviews. He doesn't like to appear too much, but he's the biggest guy that got a responsibility in this election, because after the stabbing of my father, he stayed 77 percent of the campaign time in the hospital or at home.

So imagine, you stop the whole campaign. You are not going through all the states, you are going to stay at home, talking only to a cell phone. This is what happened, so thanks to my brother. And if you look through the interviews of my father after he got elected, the first time that he went on television live, he said, "Thanks Carlos Bolsonaro." And also when he was taking office in January 1, he said again, "Thank you my son, Carlos Bolsonaro."

**Epoch Times:** For those who may not be completely up to date on Brazilian politics, in early September your father suffered a very serious knife wound in an attack. Did he almost die?

**Mr. Bolsonaro:** Yes, it was really hard. Some time ago, I wasn't even able to talk about that because I got kind of emotional. But I'm getting used to it. When he was stabbed, I was campaigning in the state of Sao Paulo. He was in a neighboring state called Minas Gerais, in a city called Juiz de Fora. And someone called me and said, "be calm, your father got stabbed." And I say, "Okay, how bad was it?" Then a little bit later, people start to talk, and I was getting a little bit nervous. And my oldest brother, Flavio, he tweeted "Okay it wasn't that that bad, it was only superficial." So I got calm. But when I went to a friend's house and start to watch the news, he lost more than two liters of blood. It cut his intestine in four parts.

He died and came back twice and he was really lucky. We say that we do believe in God because when he got out, it was so quick that the federal agents that were doing his security, they took my father from the crowd. It was around 20 or 30 thousand people. It was so quick and they went right away to the hospital. So they knew the map and where were the hospitals around, the nearest ones.

And the doctor said five more minutes and he could have died because the heart was almost without blood to work and when he arrived in this, in this public hospital in Brazil, Santa Casa de Misericordia. There was a crew with a specialist in the area that was necessary to do the surgery. This, it doesn't happen all the time in Brazil. So he was really lucky. And doing this surgery, the doctors said that around each 100 people that we see with the same stab wound, only one survived.

So my father said that he thinks that he has a mission to do here. And it was too much coincidence to believe that you don't have the hand of God in that.

**Epoch Times:** Why do you think this attack happened?

**Mr. Bolsonaro:** It's the guy who stabbed him, he was part of the of the PSOL--the Socialism and Liberty Part, [although] he was not part of this party since 2014. And it's someone that would kill him to take him out of the presidential race of 2018. This is for sure. Sometimes people try to say that no, he was like a lon wolf. It was something solitary. No, no, no. It was something made by a leftist. Imagine if the opposite happens: someone that was part of our party stabbed a left-wing candidate. They would be crazy with that they would do.

**Epoch Times:** Your father is often compared to President Donald Trump. Do you think that's a good comparison?

**Mr. Bolsonaro:** Before 2016, before the Trump election, people in Brazil didn't know too much about Trump. And what happened is that, as we said, the left wingers are very organized all over the world. The message that Brazil was receiving about Trump, it was that kind of left-wing message: that he doesn't like the Mexicans. He wants to build a wall. He doesn't like black people. He wants to do politics only for rich people. It's the same things that people said about Jair Bolsonaro.

But even at that time in 2016 I made some posts supporting him. I know that he doesn't need my support, and I don't have the capability to change stuff in United States. But it's to say, hey there is someone stepping out of the politically correct, in Brazil and also in United States. Pay attention to these guys.

So when he got elected, it was really fun because if you look at the news in Brazil, if we turn on the television almost all the journalists were like, "This is incredible."

(Below) Brazilian President Jair Bolsonaro, flanked by First Lady Michelle Bolsonaro and Vice-President Hamilton Mourao, waves a national flag during the inauguration ceremony at Planalto Palace in Brasilia, Brazil, on Jan. 1, 2019.

let and we have to do the right thing and change the whole history of Brazil because we are clear that if we fail, the left wing guys are going to come back with the whole history and Brazil is going to be much closer to Venezuela than the United States, for example.

**Epoch Times:** So this miraculous change that happened five or six years ago where suddenly Brazilians said, we're sick of socialism, you see that as being fragile, that if if you don't show them what works, they'll flip back to socialism. Is that the case?

**Mr. Bolsonaro:** So yes, yes, for sure yes. Because it's easy, the speech [used by the left]. What do they do? They say, "Hey man, I'm here for the peace. Everyone who says something different, they are against peace." "Hey, hey man. I'm here to protect you, black people. Everyone who says against what I'm telling you, they are racist." And they keep on with all the other issues. That's why they say that Bolsonaro is racist, xenophobic, homophobic, Nazi, fascist, and now the other stuff. They even are creating new words, bad words, to say that Bolsonaro is like this.

And then when you go to the internet, where you don't need the mainstream media to tell you what is going on and you can see with your own eyes--just open an Instagram on your smartphone or Facebook, and you'll see totally different people.

So the internet was essential in the campaign of Jair Bolsonaro to show people who he is, that he's not racist, fascist, nazist, xenophobic, homophobic and all the other stuff.

And what they [the left] are doing in Brazil, they do in the United States, they do in Europe, they do in Chile, in Colombia. They are all very well-connected, and that's why I want to use my influence and the position that I have now to build it around the world, to make this miracle that happened in Brazil also happen in other countries. So that it isn't a small wave, it's permanent. We really have to organize and stop socialism as long as we can.

**Epoch Times:** So social media was what allowed your father to break through the left's narrative to establish a direct connection with the people? That's the story?



DOUG MILLS-POOL/GETTY IMAGES



President Donald Trump, with Speaker Nancy Pelosi and Vice President Mike Pence looking on, delivers the State of the Union address at the U.S. Capitol Building on Feb. 5, 2019. Trump lambasted the resurgent trend of socialism in the United States, saying that "America will never be a socialist country."

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REUTERS/OSWALDO RIVAS



# Nicaraguans Follow Venezuela and Cuba, Protest Socialist Regime

PETR SVAB

Protesters targeting Nicaraguan President Daniel Ortega took to the streets on March 16, demanding the release of all political prisoners and turning up the heat on the political crisis that has consumed the country since last year.

Protest organizers and witnesses told Reuters that some protesters who gathered at various points in Managua, the capital, were beaten by police. Since November, bans on street protests have been more strictly enforced. Videos circulating on social media from the protests also showed police hitting civilians.

The national police defended the arrest of 107 protesters in a statement issued late March 16, arguing that those detained participated in protests that “were not authorized and that interrupted public order and local business.”

The statement went on to note that all those arrested on March 16 were being released following a request from a Vatican representative in Nicaragua.

### Crisis of Socialism

All three socialist bastions in Latin America—Venezuela, Nicaragua, and Cuba—have been mired in unrest while their economies crumble under the burden of socialist policies, resulting in heightened pressure from the United States to abandon the political system.

Protests in Nicaragua first erupted in April when Ortega’s regime moved to reduce welfare benefits, but since then have escalated into broader opposition to Ortega, a Cold War–era former Marxist guerrilla leader who has been in office since 2007.

Ortega ruled Nicaragua as a communist dictator for more than a decade before he was ousted in 1990. He returned to power after winning an election in 2006. Hugo Chavez, Venezuela’s socialist leader at the time, financed Ortega’s campaign.

Ortega’s family established a centralized system in which the regime hands out lucrative contracts to cronies of the family. Despite mass protests, the family appears set on staying in power.

Since April, more than 320 people have been killed and some 600 others, who the opposition describes as political prisoners, remain detained, according to figures from human rights groups.

More than 320 people have been killed and some 600 others, who the opposition describes as political prisoners, remain detained.

Government officials released a group of 50 prisoners on March 15 following demands by the opposition for more detainees to be freed before the political talks could continue.

The government released 100 other prisoners in late February when it launched a political dialogue with the opposition.

Last month, Ortega said he was willing to reform state institutions ahead of presidential elections in 2021.

**Trump’s Prediction**

Following the economic crisis and political schism in Venezuela, U.S. President Donald Trump predicted Cuba and Nicaragua would follow.

In 2018, the Trump administration dubbed Venezuela, Cuba, and Nicaragua the “troika of tyranny.” In November 2018, national security adviser John Bolton said the socialist dictatorships in the three nations are the “genesis of a sordid cradle of communism in the Western Hemisphere.”

“The twilight hour of socialism has arrived in our hemisphere and, frankly, in many many places around the world,” Trump said in his Feb. 18 landmark speech in Florida. “The days of socialism and communism are numbered not only in Venezuela but in Nicaragua and in Cuba as well.”

Indeed, Cubans took to the streets in Havana to

protest the communist regime’s new constitution on Feb. 23—a rare occurrence in the socialist police state.

The new constitution proclaims “the Communist Party is the director of Cuban society forever” and that socialism is “irreversible.”

While the referendum succeeded, the opposition contested its legitimacy, saying at least dozens of volunteers who went to watch polling stations have been arrested. Video footage widely circulated on social media showed a man casting several ballots.

Bolton accused Cuba of propping up the Venezuelan regime. Nearly 92,700 Cuban communist proxies work in Venezuela’s government apparatus, according to congressional testimony by a retired Venezuelan military official.

The national security adviser called on other nations in the region to “let the Cuban regime know that it will be held responsible for continued oppression in Venezuela.”

He also called for “free, fair, and early elections” in Nicaragua.

“Until then, the Nicaraguan regime, like Venezuela and Cuba, will feel the full weight of America’s robust sanctions regime,” he said.

*Reuters and Epoch Times reporters Ivan Pentchoukov and Bowen Xiao contributed to this report.*

Riot police detain a demonstrator during a protest against Nicaragua’s President Daniel Ortega on March 16.

CARE INTERNATIONAL/JOSH ESTEY/REUTERS



# 1,000 Feared Dead After Cyclone in Mozambique

CONTINUED FROM A1

Studies of satellite images suggested 1.7 million people were in the path of the cyclone in Mozambique and another 920,000 affected in Malawi.

Winds of up to 170 kilometers per hour and flooding swept across southeastern Africa, including Zimbabwe and Mozambique, affecting more than 2.6 million people after the cyclone hit land near the port city of Beira March 14. It continued to move inland throughout the weekend, leaving heavy rains in its trail on March 19, leaving more rural areas inaccessible.

Rescue crews were still struggling to reach victims five days later, while aid groups said many survivors were trapped in remote areas, surrounded by wrecked roads, flattened buildings and submerged villages. The Red Cross said at least 400,000 people had been made homeless in central Mozambique alone.

“This is the worst humanitarian crisis in Mozambique’s history,” said Jamie LeSueur, who is leading rescue efforts in Beira for the International Federation of Red Cross and Red Crescent Societies.

The organization said large areas to the west Beira were severely flooded, and in places close to the Buzi and Pungwe rivers flood waters are meters deep, completely submerging homes, telephone poles, and trees.

Studies of satellite images suggested 1.7 million people were in the path of the cyclone in Mozambique and another 920,000 affected in Malawi, said Herve Verhoosel, senior spokesman at the U.N World Food Programme. He gave no figures for Zimbabwe.

In Maputo, Mozambique’s capital, people worried about missing relatives.

Telma fa Gloria, a street vendor, said she had not heard from her mother, who she usually speaks to every day, or her siblings, for days. Her mother’s neighborhood was in one of the worst-hit areas.

“I’m stitched up, with nothing to do,” she said, adding she was thinking of going to Beira to find out what had happened. “I don’t have the strength to get the news I don’t want to hear, and I don’t wish anyone to hear.”

**Worst Fears**

Heavy rains preceded the cyclone, compounding the problems.

“If the worst fears are realized ... then we can say that it is one of the worst weather-related disasters, tropical-cyclone-related disasters in the southern

hemisphere,” said Clare Nullis of the U.N. World Meteorological Organization.

In Beira, a low-lying coastal city of 500,000 people, Nullis said the water had nowhere to drain.

“This is not going to go away quickly,” she said.

Mark Ellul, a 31-year-old British doctor from Manchester who was working at the Beira hospital when the storm hit the city on Thursday, was trapped in a hotel room. He said the hospital suffered significant damage.

“It was pretty terrifying during the storm, extremely noisy, frightening and you can hear the flying debris outside,” Ellul said. “It felt like the windows were going to break, like the storm was going to come into the room.”

Beira is also home to Mozambique’s second largest port, which serves as a gateway to landlocked countries in the region.

The control room of a pipeline that runs from Beira to Zimbabwe and supplies the majority of that country’s fuel has been damaged, Zimbabwe’s Energy Minister Jorum Gumbo told state-owned Herald newspaper on March 19.

“We, however, have enough stocks in the country and I am told the repairs at Beira may take a week,” he was quoted as saying.

**Aid On the Way**

The European Union announced on March 19 an initial emergency aid package of 3.5 million euros (\$3.97 million) to Mozambique, Malawi and Zimbabwe for logistical support to reach affected people, emergency shelters, hygiene, sanitation and health care.

Britain has pledged up to 6 million pounds in aid.

Citizens in Zimbabwe are mobilizing donations, including cash, food and clothes to help thousands of families whose homes were wrecked by the cyclone.

President Emmerson Mnangagwa, who visited Chimanimani on March 19, told reporters that Tanzania and the United Arab Emirates were also sending donations while neighbors, including South Africa, Botswana and Angola, would also help.

*From Reuters*

A general view shows destruction after Cyclone Idai in Beira, Mozambique, on March 16, 2019.

# Kazakhstan’s Leader Nazarbayev Resigns After Three Decades in Power

ALMATY—Kazakhstan’s President Nursultan Nazarbayev unexpectedly resigned on March 19 after three decades in power, in what appeared to be the first step in a choreographed political transition that will see him retain considerable sway.

Known as “Papa” to many Kazakhs, the 78-year-old former steelworker and Communist party apparatchik have ruled the vast oil and gas-rich Central Asian nation since 1989, when it was still part of the Soviet Union.

Bestowed by parliament with the official title of “The Leader of the Nation”, he was the last Soviet-era leader still in office and oversaw extensive market reforms while remaining widely popular in his country of 18 million people.

“I have taken a decision, which was not easy for me, to resign as president,” Nazarbayev said in a nationwide TV address before signing a decree terminating his powers from March 20.

“As the founder of the independent Kazakh state, I see my task now in facilitating the rise of a new generation of leaders who will continue the reforms that are underway in the country.”

But Nazarbayev said he would retain key security council and party leadership positions and hand over the presidency to a loyal ally for the rest of his term, which ends in April 2020.

Kassym-Jomart Tokayev, speaker of the upper house of parliament, will take over as Kazakhstan’s acting president for the remainder of his term in line with the constitution, Nazarbayev said.

**Smother Transition?**

“(Nazarbayev) will continue to some extent to oversee things, so it is not like he has cut the cord totally—he still has his fingers in the pie,” said Theodor Kirschner of Capitulum Asset Management in Berlin.

The new acting president, 65-year-old Tokayev, is a Moscow-educated career diplomat fluent

in Kazakh, Russian, English, and Chinese who has previously served as Kazakhstan’s foreign minister and prime minister.

While praising Tokayev as “a man who can be trusted to lead Kazakhstan”, Nazarbayev—who has three daughters—stopped short of endorsing him as his preferred heir.

“We expect Tokayev to be an interim figure,” said Camilla Hage-lund, an analyst at consulting firm Verisk Maplecroft. “The real question is, who will be Kazakhstan’s third president.”

Kazakhstan is scheduled to hold both presidential and parliamentary elections next year.

But regardless of who eventually leads Kazakhstan, the transition may slow reforms, including in the key energy sector, according to GlobalData analyst Will Scargill.

Uncertainty could also hurt investor appetite for Kazakhstan’s biggest state-owned companies, which the government planned to list as part of a privatization campaign.

**No Tolerance for Dissent**

Nazarbayev won 97.7 percent of the vote in the last presidential election in 2015. International observers have long judged elections in Kazakhstan to be neither free nor fair.

Nazarbayev tolerated no dissent or opposition and was criticized by rights groups who accused him of locking up his critics and muzzling the media, allegations he denied.

His government recently pushed through a number of popular policies—including raising public-sector salaries and forcing utilities to cut or freeze tariffs—stoking speculation that he was preparing for a re-election bid.

Members of Nazarbayev’s family have stakes in some of Kazakhstan’s most lucrative assets, including Halyk Bank and firms in sectors ranging from telecoms to fuel trading.

*By Olzhas Auyezov From Reuters*

VYACHESLAV OSELEDKO/AFP/GETTY IMAGES





# Conservative US Politician Launches \$250 Million Twitter Defamation Lawsuit

PETER SVAB

Rep. Devin Nunes (R-Calif.), former chair of the House Intelligence Committee, filed a defamation and negligence suit against Twitter and several Twitter users, claiming damages of at least \$250 million.

If accepted by the Virginia court, the suit could open a deluge of others to follow, as it argues that Twitter has escalated its content policing to a point where it should be treated as a publisher liable for user-submitted content.

The suit further alleges insulting words and civil conspiracy—violations under Virginia law.

‘Smear’ Job

Nunes, now a ranking member of the Intelligence Committee, alleges that several Twitter users, including @LizMair, @DevinNunesMom, and @DevinCow, conspired with unknown donors and members of the Democratic Party to run a smear campaign on him throughout 2018, during his reelection year, and during the height of his investigation on the Justice Department and the FBI for alleged violations in spying on Trump campaign associates, an affair that has become known as Spygate.

The Twitter accounts inundated Nunes with insults and false accusations of crimes and ethical violations, including treason and bribery, as well as insinuations he frequented prostitutes and abused cocaine, the suit lays out.

The suit alleges one of the conspirators was Liz Mair, a former Republican campaign communication strategist who runs communications and opposition research outfit Mair Strategies.

“What do I do for these clients? Anonymously smear their opposition on the Internet,” the suit cited from her LinkedIn account.

Mair came out against Donald Trump’s presidential bid in 2015, and founded a Political Action Committee to oppose the future president. Nunes, on the other hand, has been an ally to Trump.

Some of the insults and accusations came directly from Mair’s twitter account. Her nonprofit “Swamp Accountability Project” spent more than \$36,000 in the 2018 election cycle targeting Nunes.

Mair said her “formal response” to the suit is “forthcoming,” in a March 19 statement posted on Twitter.

“I have a very different view on the applicable law (including the First Amendment) than Rep. Nunes,” she said. “Beyond that, I am disinclined to discuss the details of the lawsuit itself, since I am a defendant in it.”

**Twitter ‘Materially Contributing’**

The suit alleges that Twitter didn’t act as a mere platform, but “created and developed the content at issue in this case by transforming false accusations of criminal conduct, imputed wrongdoing, dishonesty and lack of integrity into a publicly available commodity used by unscrupulous political operatives and their donor/clients as a weapon.”



Rep. Devin Nunes (R-Calif.) at the Conservative Political Action Conference in National Harbor, Md., on March 1, 2019.

“They need to come clean—they are not a ‘public square,’ they are content developers.”

Rep. Devin Nunes

The suit asserts that the behavior of the Twitter accounts was reported to the company, but Twitter “let it happen” because it has a “political agenda.” By “refusing to self-regulate,” the company was “selectively amplifying the message of defamers ... and materially contributing to the libelousness of the hundreds of posts at issue in this action.”

Twitter has long been accused of political bias against conservatives.

In July 2018, multiple media reported that four prominent Republican congressmen had their Twitter accounts scrapped from the platform’s search suggestion function.

Twitter claimed the issue was caused by an error that affected tens of thousands of accounts. Yet, it appears that among Congress members, the issue only affected Republicans and especially those heavily involved in the Spygate investigation—Matt Gaetz, Jim Jordan, Mark Meadows, and Devin Nunes.

As it happened, Mair’s nonprofit also spent \$18,500 targeting Jordan in 2018.

Twitter as a Publisher

Online platforms enjoy broad protection from liability for user-generated content. Yet the suit asserts that Twitter is arranging, sorting, and policing content to a point where it acts as a publisher.

“Twitter uses its platform, including proprietary algorithms, selectively to convey its corporate/institutional viewpoint, its position on issues and candidates for office,” the suit states.

Twitter CEO Jack Dorsey acknowledged that the company’s workforce has a liberal bias, but maintained that it doesn’t affect how the company manages content, speaking to radio host Joe Rogan and journalist and commentator Tim Pool in March 5 interview.

Pool pointed out though, that Twitter’s content policy, such as its “hate speech” rules and prohibition of “misgendering,” inherently reflect left-leaning worldview.

“I would be willing to bet that a conservative running a social network would not have a hate speech policy,” Pool commented.

A Twitter spokesperson declined to comment.

## US House Bill Seeks to Counter Communist China’s Political Influence

FRANK FANG

U.S. Rep. Chris Smith (R-N.J.) has introduced legislation to tackle China’s harmful political influence in the United States.

“Beijing’s influence operations are sophisticated and threatening. They include efforts to coerce and corrupt U.S. interests, institutions and individuals, while fostering attitudes and outcomes favorable to the Chinese Communist Party,” Smith said in a March 18 statement from his office.

The new bill, named “Countering the Chinese Government and Communist Party’s Political Influence Operations Act,” calls for an unclassified U.S. interagency report to be compiled on how Beijing carries out its political influence operations in the United States.

If the bill is passed, the Secretary of State, together with the Director of National Intelligence and other federal departments and agencies, would draft the report and submit it to congressional committees.

The bill defines “political influence operations” as “coordinated and often concealed application of disinformation, press manipulation, economic coercion, targeted investments, corruption, or academic censorship.”

“My bill would help ensure that Congress and the American public are fully informed of China’s malign goals, and would help identify the key institutions, entities, and individuals that carry out these activities,” Smith said in the statement.

The proposed bill, which would increase public awareness of China’s agenda, is an indication that Western democracies are finally realizing China’s “sinister moves” and taking measures against them, Vincent Wang, a professor of politics at Ithaca College in New York, said in a phone interview with The Epoch Times.

Wang added that the bill would help reveal “the severity of China’s sharp power.”

The bill also calls for requiring Confucius Institutes, as well as think tanks, academic programs, and nongovernmental organizations funded by Beijing, to register with the federal government through the Foreign Agents Registration Act (FARA).

More than 100 U.S. universities and colleges host these Beijing-



Rep. Chris Smith (R-N.J.) on Capitol Hill on June 25, 2015.

funded education programs.

Since 2006, the Chinese regime has channeled more than \$158 million to fund Confucius Institutes, according to a report published in February by the Senate Permanent Subcommittee on Investigations, after an eight-month investigation. Senate investigators found that Beijing controls every aspect of the institutes, including funding, the hiring of staff, and programming.

The report also found that CI instructors must sign contracts in which they pledge that they won’t damage the national interests of China, while certain subjects deemed taboo by the Chinese regime are banned from CI classrooms.

“There are serious and well-founded concerns about academic censorship and self-censorship at these institutes,” Smith said.

FARA, passed into law in 1938, requires organizations and individuals to register with the Department of Justice (DOJ) if they seek to influence U.S. officials or American public opinion on behalf of foreign governments. As part of registration requirements, organizations and individuals must disclose their annual budget and expenditures.

The international arm of China’s state-owned broadcaster, China Global Television Network (CGTN), recently registered as a foreign agent after the DOJ ordered it to do so in September 2018.

“My bill would help ensure that Congress and the American public are fully informed of China’s malign goals.”

Rep. Chris Smith (R-N.J.)

By requiring Confucius Institutes to register under FARA, Wang believes the bill will have the effect of “restricting or lowering their activities,” because these institutes would be directly considered an “extension of a foreign government and serve as a tool of a foreign government,” rather than legitimate academic institutions.

The bill also calls for greater cooperation and coordination with U.S. allies that are also targets of Beijing’s political influence, such as Australia, Canada, New Zealand, Taiwan, and Mongolia.

Wang applauded the cooperation measures, saying that democratic governments can “share intelligence, expertise, and coordinate best practices,” which symbolizes that “they are not just taking notice [of Chinese influence], but effectively beating it back.”

The bill also proposed “secure outlets for reporting on intimidation and surveillance” incidents that Chinese-Americans, and members of the Chinese, Uyghur, and Tibetan diaspora may face. Practitioners of the banned spiritual movement Falun Gong and exiled Uyghurs have been targeted by Chinese operatives.

“We need to empower Chinese-Americans and visiting Chinese students with the knowledge that coercion and threats from Beijing are an unacceptable intrusion of their civil liberties and will not be tolerated,” Smith said.

## Trump, Bolsonaro Pledge Start of New Chapter

CONTINUED FROM A1

or the politically correct attitudes and against ‘fake news,’” Bolsonaro said.

Trump praised the Brazilian president “for using the term ‘fake news.’”

**First Official Visit**

Bolsonaro, who has often expressed his admiration for the United States and Trump, said he was happy to visit Washington, particularly after decades of “anti-U.S.” leaders in his country.

Trump was the first foreign leader to call Bolsonaro to congratulate him on his election victory in October. The meeting between the leaders also marked many firsts in the relations of both countries. This is the first bilateral overseas visit of Bolsonaro, and it’s the first time in history that a Brazilian president has visited Washington as his or her first official overseas visit.

Trump also praised Brazil’s president for his quick recovery from a “truly horrible ordeal.”

Last September, a month before the elections in Brazil, Bolsonaro was stabbed during a campaign rally, losing 40 percent of his blood.

“It’s an incredible recovery. The people of your country know that you’ve shown tremendous bravery,” Trump said.

Trump also said he intended to designate Brazil as “a major non-NATO ally” or “maybe a NATO ally.”

“I’ll have to talk to a lot of people but maybe a NATO ally, which will greatly advance security and cooperation between our countries,” he said.

Trump also said the United States supports Brazil’s aspirations to join the Organization for Economic Cooperation and Development (OECD), a club of mostly rich nations.

The two leaders agreed to work together in combating terrorism, narcotics and arms trafficking, cybercrimes, and money laundering, as well as enhancing border security. Bolsonaro announced Brazil’s intent to exempt U.S. citizens from tourist visa requirements.

The United States had a trade surplus of about \$27 billion with Brazil last year. Both leaders made commitments to reduce trade barriers and facilitate investment across a range of industries, particularly energy, infrastructure, agriculture, and technology.

According to the joint statement, Brazil agreed to implement a tariff rate quota, which would allow the

purchase of 750,000 tons of U.S. wheat annually at a zero rate. In addition, Brazil will allow the importation of American pork.

After 20 years of talks, both countries are finalizing a technology safeguards agreement to allow U.S. companies to conduct space launches from Brazil. Because of its proximity to the equator, Brazil is an ideal location and will help save “tremendous amounts of money,” according to Trump.

To improve business relationships, both countries agreed to revive the U.S.–Brazil CEO Forum and start a new U.S.–Brazil Energy Forum.

**‘Against the Establishment’**

A former military officer, Bolsonaro served for nearly three decades in Congress and became the president on Jan. 1. Many draw parallels between him and Trump.

Speaking at the U.S. Chamber of Commerce event on March 18, Brazil’s new economy minister, Paulo Guedes, said Bolsonaro “won based on great principles and values.”

“There were a lot of people there with good manners and very bad principles. And the Brazilians understood that and vote massively for President Bolsonaro,” he said.

“It was a disruption of social networks against the establishment, political parties, conventional media,” he said, adding that there were a lot of similarities between Trump and Bolsonaro.

A former investment banker from Rio de Janeiro, Guedes is leading the reform of Brazil’s pension scheme and other economic changes.

Brazilian stocks have broken records since Bolsonaro’s victory in October. The country’s benchmark Bovespa stock index rose more than 20 percent since the election, touching 100,000 points for the first time in its history. Growing optimism about Bolsonaro’s reform agenda has boosted Brazilian stocks.

A half-dozen ministers joined Bolsonaro during his three-day visit to Washington.

“The U.S.–Brazil relationship has always been one of potential, but yet, it always seemed that that potential has never been met,” said a senior administration official, in a call with reporters on Mar. 18. “This time, it is different. This is a historic remaking of the U.S.–Brazil relationship, where there’s truly going to be a North-South axis of the two largest economies in the Western Hemisphere.”





Protesters gather to protest changes to industrial relations law in Melbourne in November 2005.

# Why ‘Minimum Wage’ Laws Are Cruel

TREVOR LOUDON

Few government measures are crueler to the poor and disadvantaged in society than minimum wage laws.

Promoted by self-righteous socialists and fawning, gutless “conservatives” as a way to help the poor, minimum wage mandates demonstrably result in higher unemployment, stifle small business, and trap the most vulnerable into a life of dependency and unemployment.

Ironically, the very same socialists who push for minimum wage laws later cite the poverty and suffering of small businesses resulting from those minimum wage laws as a way to discredit the free market—even though minimum wage laws are anti-free market.

To understand the damage that can be fully attributed to minimum wage laws, it’s necessary to understand the pricing mechanism in a free-market context. In a completely free market, the price of goods and services is determined solely by the law of supply and demand.

For example, if there’s a great crop of tomatoes one year, the supply will be abundant, prices will drop, and the public will consume more of them. The low price will signal to farmers to plant fewer tomatoes the following year and, consequently, tomato supply and demand will trend toward equilibrium.

If the tomato harvest is poor and tomatoes are scarce, the price will rise. This will encourage merchants to import tomatoes from other regions and consumers to use fewer tomatoes or use other vegetables in their salads and sauces. The higher prices will also encourage farmers to plant more tomatoes for the next season, resulting in a greater supply and a balancing of supply and demand.

Prices in a free-market system are the signals whereby millions of consumers and producers in any given market can consistently move toward an almost perfect balance of production and consumption. In a free market, there are minimal shortages and minimal wastage through overproduction. The pricing system helps the market function with an almost magical efficiency to the maximum benefit of all involved.

**Government Manipulation of Free Market**

If the government, however, steps in to fix prices, chaos ensues.

If a “pro-business” government artificially raises the price of pork, for example, to protect the nation’s pig farmers, several things will automatically happen. Firstly, more and more farmers will rush to produce more pork to cash in on the higher prices. This results in shortages of other farm commodities, which drives up their prices to the detriment of consumers. An oversupply of pork soon saturates the market, but fewer consumers want to buy it because of the artificial price. Consumers will turn to beef and chicken, and the pork surplus will worsen further. The government will either pour in more subsidies to keep the market afloat, or withdraw support, resulting in a disastrous collapse.

If a “pro-people” government caps private housing rentals to help the poor, disaster soon ensues. Landlords will no longer be able to make a sufficient profit on their substantial investments, so they will divert their money into stocks and shares or other investments. This will create an artificial stock-market boom, inevitably followed by a corresponding crash. The



“If a “pro-business” government artificially raises the price of pork, for example, to protect the nation’s pig farmers, several things will automatically happen.”

rental housing supply will dry up, resulting in a housing shortage. A few lucky souls will end up living in artificially cheap housing, while most of their fellow renters will have no housing at all or be reduced to living in overpriced, unsanitary hovels. The government may step in, at huge expense, with public housing programs, or it may cease rent controls, resulting in a dramatic price surge until equilibrium is restored.

The laws of supply and demand are as immutable as the laws of physics. You can no more cheat the market than you can defy gravity.

Wages and salaries are the pricing mechanism for human labor. The laws of supply and demand apply to labor just as surely as they do to canned sardines, movie tickets, or mammograms.

Minimum wage laws are an attempt to cheat the uncheatable law of supply and demand.

By setting an artificial minimum on wages, you’re shutting out of the market any labor supplier worth less than a certain arbitrary amount.

**Market Manipulation in New Zealand**

In my home country of New Zealand, about 20 years ago, the government set a minimum youth wage of \$12.50 per hour. The going rate at the time for unskilled youth labor was about \$8 to \$9 per hour.

So, employers just kept on employing unskilled kids at a 50 percent effective wage rise, right? No. Within a few months, youth unemployment was up to 25 percent. Thousands of young New Zealanders were forced to stay in school, go on the dole, or work “under the table.” Employers simply employed less unskilled youth labor in response to the artificially high wages (prices).

It was simple logic. One could pay a skilled

BERTRAND GUAY/AFP/GETTY IMAGES



French pastry chef Nina Metayer poses during a photo session at the Cafe Pouchkine in Paris on May 23, 2018.

older person \$18 per hour to do a job. Or one could spend a lot of money training a younger person on \$12.50 per hour to do the same job. The \$18-per-hour skilled worker is simply a better deal.

The wages rose for semi-skilled workers as employers chose to hire more of them instead of unskilled young people. The economy suffered, the government lost tax revenue, and thousands of young people just starting out were consigned to the scrap-heap.

In the 1980s, we saw an even more egregious example of attempted market manipulation.

For decades, New Zealand had a well-developed system of charity-run “sheltered workshops.” Thousands of intellectually handicapped New Zealanders, young and old, went to work every day in the local workshop.

Thousands of young New Zealanders were forced to stay in school, go on the dole, or work “under the table.”

There, they did low-skilled assembly work for a low, but not insignificant, wage. These workers didn’t make a lot, but they developed skills, discipline, and confidence. They got out of the house to socialize with their friends. They earned enough to buy clothes and records, and to go out to the movies or to the occasional restaurant. They gave their parents and caregivers a little “down time.”

Along came the unions, demanding that all the workers be paid the adult minimum wage, regardless of the value they were producing. Faced with bankruptcy, the workshops were all forced to close, and everyone lost their jobs. The individuals lost the self-esteem that comes from honest work; they lost their incomes and much of their social life, and any chance of rising even a little on the income ladder. Most of them became a greater burden to the government and their parents.

**Get on the Ladder!**

Employment is like a ladder. People with a college degree may start four or five rungs up the ladder and rise (or fall) from there. People with high-school diplomas may start a little lower down, but there is no limit on how far they may rise. The ladder has a bottom, but no top.

People with no skills or qualifications at all need to get on the bottom rung of that ladder any way they can. From there, with enough grit and determination, they may surpass everyone else on the journey of infinite improvement.

The important thing is to get on that ladder. Once you’re on, there’s no limit to where it might take you.

Minimum wage laws keep the poor, the disabled, and the unskilled off the bottom rungs of the ladder. They deny the most vulnerable in our society that first step to self-improvement. Is it better to be on the bottom rung learning skills at \$5 per hour or unemployed learning no skills at \$300 per week? Which is better for the individual in the long term? Which is more desirable for society as a whole?

What could be crueler than denying someone just starting out in life the chance to work, to learn skills, and to open new horizons?

The disastrous results of minimum wage laws are used by enemies of the free market to discredit the free market. Minimum wage laws help no one. They harm the economy, they spread poverty, and they kill dreams.

Minimum wage laws are cruel, and they are a fraud on the poor and the disadvantaged. They must be abolished.

*Trevor Loudon is an author, filmmaker, and public speaker from New Zealand. For more than 30 years, he has researched radical left, Marxist, and terrorist movements and their covert influence on mainstream politics.*

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*



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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

The Epoch Times here serializes a translation from the Chinese of a new book, “How the Specter of Communism Is Ruling Our World,” by the editorial team of the “Nine Commentaries on the Communist Party.”

Chapter One

The devil’s scheme to destroy humanity has been in the works for centuries. Its arrangements manifest in the labyrinth of social affairs, from mass movements to governing elites, around the world and across history, working ceaselessly to ensnare and eliminate man.

1. Corrupting Human Thought

The devil has inverted the criteria for discerning good and evil. It casts righteousness as wicked and vice as compassion. It disguises its sinister concepts with “science” and masks its gangster logic using “social justice.” It uses “political correctness” to impose thought control and spreads “value neutrality” to render people insensitive to brutal atrocities.

a. The Deception of Atheism

Man was created by the divine, and the faithful receive divine protection. Therefore, the first step in mankind’s destruction is to sever the connection between man and gods. The devil dispatched its agents in the human world to spread atheism and steadily distort human thought. In the 1850s, the German materialist philosopher Ludwig Feuerbach said that God is merely a projection of man’s inner nature. The socialist anthem, “The Internationale,” claims that there has never been any Creator. In fact, human moral standards, culture, social structure, and rational thinking all come from the divine. In the tumultuous currents of history, faith in gods is like a strong anchor line, keeping humanity from being lost to the waves. Reflecting on the bloodshed of the French Revolution, which overturned the monarchy and clergy, British philosopher Edmund Burke said, “When men play God, presently they behave like devils.” Atheism lures the arrogant into playing God and attempting to control the fates of others and society. The most fanatical communists are wont to self-deification. Spreading atheism is the first step in all of the devil’s schemes to ruin mankind.

b. The Fallacy of Materialism Mind and matter exist simultaneously. The core tenet of Marxism is dialectical materialism, which denies the existence of the soul. Materialism took root during the Industrial Revolution, when rapid progress in science, technology, and production fueled a cult of empiricism and atheism. People lost faith in divine miracles and rejected the commandments of God.

Created by the devil, materialism is not a philosophical concept, but a demonic weapon to overthrow man’s spiritual faith. Materialism, the product of atheism, in turn established the basis for a whole host of intellectual pretensions.

c. The Blasphemy of Evolution

Taken by itself, Darwin’s theory of evolution is a flawed hypothesis that has been long discredited. But the devil has turned its crude arguments into an instrument for severing the link between gods and man. It blasphemously

equates humanity with animals, at once undermining man’s self-respect and his reverence for God’s creation. The 20th century saw the theory of evolution take over the spheres of research and education, and creationism was banned from the classroom. From Darwin’s original theory came the pernicious concept of Social Darwinism. “Natural selection” and “survival of the fittest” reduced the international community to a jungle of barbaric struggle between nations.

d. The Cult of Science

Armed with empiricism and scientism, the devil has promoted the cult of science to replace human reason with “scientific rationality.” People are led to believe in only what can be seen and felt tangibly, reinforcing the atheist worldview. The contemporary scientific community dismisses all phenomena it cannot explain or verify by its methods as superstition and pseudoscience, if not ignoring them entirely. Science has become a type of secular religion used to repress faith and morality by dominating education and academic thought.

e. Philosophy of Struggle

The dialectical theory articulated by German philosopher Georg Hegel is a general set of principles for logical thought. Thinkers in ancient China had worked out these principles during the era prior to the Qin Dynasty (221 B.C.–206 B.C.). Marxism absorbed select aspects of Hegel’s work while exaggerating the nature of dialectical conflict. In the words of Chinese republican leader Chiang Kai-shek, the goal of communism is not to resolve problems, but “to expand global contradictions to the greatest extent possible and cause human struggle to continue forever.” As seen countless times in practice, the evil specter of communism incites hatred among people, creates and escalates conflicts, and eventually seizes power through violent revolution or subterfuge.

f. Intellectual Redundancy

Atheism and materialism spawned many philosophical and ideological trends, such as Marxism, Machiavellianism, socialism, nihilism, anarchism, aestheticism, Freudism, modernism, existentialism, postmodernism, and deconstructivism. Their proponents and followers waddled through meaningless and verbose discourse over matters of genuine import. The intellectual class once comprised the wisest and most knowledgeable elites of society, yet in the past century, intellectuals became a tool of the evil specter to promote its ideologies and misinterpret the world with its deviancy.

g. Adulterated Language

Like the language of “New-speak” created by the superstate of Oceania in George Orwell’s novel “Nineteen Eighty-Four,” the devil’s agents reshaped language to suit the devil’s interests. In the devil’s dictionary, “freedom” means an extreme state unrestrained by morality, law, or tradition. Phrases such as “all men are children of God,” “all men are equal before the law,” and “equal opportunity” have been distorted into absolute egalitarianism. “The benevolent man loves others” and “love thy neighbor as thyself” have become an unprincipled sham called “tolerance.” Rational

thinking has been made a tool of narrow-minded empirical science. In the pursuit of equality of outcome, justice became “social justice.” Language is the instrument of thought. By seizing control of the definitions and nuances of language, the devil restricts man’s thoughts so that he reaches demonic conclusions.

2. Subverting Traditional Culture

Mankind’s orthodox culture was imparted by gods. While maintaining the normal operation of human society, the most important role of divinely inspired culture is to provide a means for humanity to understand the divine Law taught in the final epoch and to be saved from elimination. Divinely inspired culture cautions people to guard against the devil’s conspiracies, so the devil employs covert means of cutting people off from their traditions and destroying their cultures. To abolish the traditional outlook toward life and moral values, the devil invented many lofty goals, guiding people to spend their lives in struggle and to sacrifice themselves for these warped new ideals.

Atheism lures the arrogant into playing God and attempting to control the fates of others and society. The most fanatical communists are wont to self-deification.

a. Degraded Education

For thousands of years, traditional education preserved and passed on mankind’s exquisite culture. It assumed the guiding role for people to be compassionate, maintain their moral virtue, master professional skills, and be good people and citizens. Beginning in the 19th century, the nations of Europe and America established systems of free public education. However, at the start of the 20th century, public schools began indoctrinating students against tradition and morality. The theory of evolution became required learning. Textbooks were slowly filled with atheism, materialism, and class struggle as the devil expanded its control over their contents. Traditional culture, exemplified by the great literary classics, was at odds with the demonic ideological current and was incrementally marginalized. Intelligent and thoughtful students were lured into following the devil’s ideology, which threw their brilliance into the pursuit of non-issues, leaving them unversed in the essentials of life and society. Prolonged class hours separated children from the care of their parents and the environment of their families, force-feeding them the devil’s ideology from youth. Under the slogan of “independent thinking,” students were encouraged to break with tradition and despise their parents and teachers, bringing them up to be anti-tradition and anti-authority. Academic standards were gradually lowered, impacting students’ mathematical and literary ability. They were fed “politically correct” narratives on history and social studies and were immersed in vulgar entertainment.

In countries ruled by the devil, students are brainwashed with its demonic ideology in a virtually secluded environment, from kindergarten through higher education. When they graduate and enter society, their minds are full of twisted logic.

b. Degenerate Art

Upright traditional arts came from gods, first appearing in temples, churches, and other places of worship. True art presents truthfulness, kindness, beauty, and rectitude, helping maintain an orthodox moral culture. The devil uses degenerate art to destroy traditional culture. With the excuse of “presenting reality,” it introduced impressionism to visual arts and realism, and naturalism to literature. Under the guise of “innovation” and “criticizing reality,” it introduced expressionism, abstract art, modernism, postmodernism, and so on. The sublime, noble, and pure are ridiculed, while the vulgar and shameless are lauded. Garbage has occupied the halls of art. Cacophonous beats and obscene noise are now called “music.” Dark, sinister paintings depict things of the netherworld. Moral boundaries are broken under the guise of performance art. Many youths are diehard fans of degenerate celebrities.

c. Media Control

The devil deceives people by using all means to control their sources of information, principally the mass media. In countries where it has political power, the media are propaganda machines run by the Communist Party. Elsewhere, it uses freedom of expression to bury serious reporting and discussion in an avalanche of fake news, vulgar content, and trivial sensationalism. Financial incentives are used to control the media, thus allowing the devil to hijack public opinion. Most people, being occupied with personal business and their own interests, are unable to discern the relevant issues and facts from the deluge of information. The voices of the few who possess the wisdom and courage to identify the devil’s conspiracy are drowned out and marginalized by the noise, allowing them to have no impact on the overall picture.

d. Promoting Pornography, Gambling, and Drugs The devil promotes degenerate lifestyles, sexual freedom, and homosexuality. It encourages gambling and drugs, creating a population of addicts. Youth are glued to electronic devices and video games filled with violence, pornography, and abominations.

e. Corrupting All Walks of Life Gods arranged the traditional professions in human society, allowing people to retain the memory of gods and maintain their connection to the divine through their work. The devil cannot tolerate this. The devil sent countless demons to infest and undermine traditional walks of life. In the name of innovation, those seeking fame and gain cooked up all kinds of deviant “creations,” filling the world with eccentric and degenerate trends.

When people stray from the will of gods, they lose interest in the true purpose of being human. Eventually, they will fall to the devil and be destroyed.

See next week’s edition for the next installment.



# China’s War on Religion

## What China Calls “Sinicization” is What Hitler Called “Nazification”

STEVEN W. MOSHER



For religious believers in China, things are rapidly going from bad to worse. And the Chinese Communist Party (CCP) has made it clear that its “sinicization” campaign—turning churches into an arm of the state—is only just getting started.

The present wave of persecution began last February, when harsh new restrictions on religious activity were put in place. It has continued to pick up speed in the months since, as churches and mosques have been destroyed or defaced.

Catholics have been a particular target, with a number of bishops and priests arrested and some of China’s most famous shrines torn down. As one underground priest recently put it, “Catholicism in China is facing calamity.”

Other Christian denominations are faring little better. The Early Rain Covenant Church in Chengdu, for example, was attacked on Dec. 9. Over 160 members of the congregation were arrested, along with their pastor, Wang Yi, who has been charged with “inciting subversion of state power.”

China’s Muslims are also under siege, especially the Turkish-speaking minorities of the Far West. Over the past year, more than a million Uyghurs and Kazakhs—out of a total population of only 10 million—have been sent to re-education camps. There they are required to speak only Chinese, forced to eat pork and drink alcohol, and told that all religions are nothing more than superstition.

The persecution of Tibetans and Falun Gong adherents is also reaching new heights. Even China’s tiny Jewish community, centered in the ancient city of Kaifeng, has not escaped the wrath of the authorities. In an eerie reprise of Kristallnacht, the authorities trashed their makeshift synagogue (they are forbidden from building a new one), ripping Hebrew scriptural quotations off the walls and filling in the ritual bath with dirt and stones.

It is important to understand that the Party is not beating down believers because these oppose the official state ideology of “socialism with Chinese characteristics.” The vast majority accept Communist rule. They just want to be left alone to practice their faiths in peace—a right supposedly guaranteed by the PRC’s Constitution.

The Pastor of the Early Rain Covenant Church, for example, has explicitly said that, following the Bible, he accepts and respects “the fact that this Communist regime has been

allowed by God to rule temporarily.” It didn’t keep him out of jail.

The Catholic Church has gone even further in its efforts to appease China, entering into a still-secret agreement with the Communist Party last September over the appointment of bishops. But the Party’s war on religion has continued.

In fact, not long after the Sino-Vatican agreement was signed, the great shrine dedicated to Our Lady of the Seven Sorrows in Shanxi Province had its statues removed. A local Party official explained that they had to go because the shrine had “too many statues.”

This is laughable. China is literally littered with statues of past Communist leaders. The problem with those that lined the approach to Our Lady of the Seven Sorrows shrine is that they were the wrong statues. They depicted angels and saints, rather than Commie greats like Mao Zedong or Deng Xiaoping. Because of this, they had to go.

Even worse, the shrine of Our Lady of the Mountain in Yunnan Province was razed to the ground. Why is the government so determined to deface or destroy such centers of public Catholic devotion?

The real issue, in my view, was that tens of thousands of pilgrims from all over China visited these shrines each year to pay tribute to the Mother of God. Such a public display of loyalty to something other than the Party and its leaders went directly counter to its push for sinicization and could not be allowed to continue.

Some Westerners still seem to believe that sinicization is merely intended to free Chinese Christianity and other religions from foreign entanglements. What it really is, however, is a far-reaching political campaign intended to transform all religions in China into instruments of state control.

This is why the CCP has imposed a whole host of new restrictions on religious activity within China’s borders. And it is also why the state is aggressively invading the sanctuaries of churches it allows to stand.

The authorities are appointing church leaders, including Catholic bishops, who state openly that their primary loyalty is to the Party, rather than to their faith. The Bible is being rewritten under Party supervision to emphasize loyalty to the state. Pastors and priests are being ordered to hang the PRC flag and the portraits of Communist Party leaders above their altars. Those who offer any resistance to the state’s encroachments are accused, like Pastor Wang,



People attend mass at a government-sanctioned Catholic church in Beijing on Sept. 22, 2018.

China’s Muslims are also under siege, especially the Turkish-speaking minorities of the Far West.

of seeking to subvert the state.

This is not the first time this has happened. After taking power in 1933, Hitler embarked on what he called Nazification. In order to bring the churches into line with the state, pastors and priests were ordered to hang swastikas around their altars, and display his picture in prominent places. Theologians were recruited to retranslate the Bible so that it conformed to Nazi thinking. And those who resisted these encroachments were arrested and charged with treason.

The ultimate goal of Nazification was the worship of the Third Reich and its leader, Adolf Hitler.

Facing intensifying persecution, nearly all of China’s Christian churches are more than willing to “render unto Caesar what is Caesars, and what is God’s unto God.”

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*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*

# Five Ways That Environmental NGOs Hurt US Industry

RICHARD TRZUPEK



It’s been more than 35 years since, fresh out of Loyola University armed with a degree in chemistry, I started working in the environmental field.

I’ve been blessed to work with, and for, hundreds of men and women whose efforts, dedication, and skill keep U.S. industry running, generating goods and services, providing employment, and paying huge amounts of tax revenue.

These are not the highly paid CEOs who run big corporations and who are so easily demonized. These are the people in the trenches who do the hard work that creates wealth. They continue to amaze me.

While I don’t believe it’s the intent of the big environmental groups such as the Sierra Club, National Resources Defense Council, and Greenpeace to hurt the people that keep the gears of American industry turning, it’s clear to me that that’s the effect those organizations are having, with greater and greater frequency.

Here are five ways that environmental non-governmental organizations (NGO) hurt American industry, and—most importantly—the men and women who depend on those factories for a paycheck and whose talents keep them running.

**1. Disincentivizing Innovation and Modernization**

One of the unintended consequences of environmental activism is the way it often triggers the law of unintended consequences. Specifically, by blocking new projects and innovations in certain high-profile industrial sectors, environmental activists effectively force companies to limp along with less-efficient equipment that pollutes more than their modern equivalent.

Consider, for example, the petrochemical industry, which is always a popular target for environmental NGOs. Refineries need



steam, lots of steam, which means they have boilers.

Let’s say a refinery wants to replace its boilers built in the 1940s with new, more-efficient, less-polluting versions. The project comes to the attention of one of the big enviro-NGOs that mobilizes its members to oppose it. The message that the refinery is making a net change for the better gets lost, drowned out by the crafted, isolated message that the refinery is putting in equipment that will generate a ginormous amount of pollution.

**2. Gaming the System**

Over the years, environmental activists have been very successful in convincing legislators and regulators to continually increase levels of public participation in environmental permitting processes. While this sounds like a good idea, it also provides a means for savvy activists to throw roadblocks into the system.

As part of its program to eliminate coal as a fuel in the United States, branded as “Beyond Coal,” the Sierra Club would mobilize members to file public comments in opposition to new coal projects. Sierra Club attorneys surely un-

▲ Greenpeace protesters unfurl a banner reading “Resist” from atop a construction crane in Washington on Jan. 25, 2017. The banner, flying high enough to be seen from the White House, is in opposition to the policies of President Donald Trump.

derstand that most public comment rules require the permitting agency to respond to each and every comment filed. The more comments, the longer it takes the agency to respond.

The Sierra Club was often successful in generating thousands upon thousands of public comments, creating lengthy delays that frustrated project investors and ultimately killed numerous projects. As a result, the power industry was denied the opportunity to replace many old, inefficient power plants with new facilities.

**3. Deflecting Attention From Big Problems**

It’s reasonable to assume that environmental NGOs receive the majority of the funding they depend upon from donors living in the United States and other industrialized nations. That would seem to be the reason so many of them continue to push the narrative that the United States is full of big polluters that are putting the planet and its inhabitants in danger, while remaining largely indifferent to environmental issues in other parts of the world.

That’s unfortunate because the environmental hazards faced

by people who live in underdeveloped nations, like many of those in Africa, and developing nations such as China and India are so much worse than anything people living in the United States have had to deal with for decades.

Continuing to demonize Americans as evil polluters may be good for the pocketbooks of the environmental NGOs, but that tired message grows less and less relevant to the vast majority of earth’s inhabitants.

**4. Creating Mistrust**

Can you remember the last time the Sierra Club, National Resources Defense Council, etc. made any effort during Earth Day to acknowledge the remarkable environmental progress we have made in America over the past 50 years, or to thank the millions of Americans who made that progress possible? Neither can I.

The message that environmental NGOs push on Earth Day, and pretty much every day, is based on guilt: The planet is dying and it’s your fault. The United States is the worst polluter ever and that’s your fault, too. For those of us who have been part of the amazing environmental progress the United States has made over the last few decades, that cynical, self-serving choice of narrative is disturbing. It prevents millions of Americans who know how unfair these groups are from trusting anything they have to say.

Acknowledging all of the environmental progress we have made would go a long way to restoring the credibility of the big environmental NGOs among the working men and women who have learned to dismiss anything those NGOs have to say.

**5. Monetizing Fear**

Fear is a great salesman, and great salesmen stand out in a free market. Companies move in to profit from fear. The great principle of toxicology is “the dose makes the poison.” That principle is anathema to environmental NGOs that routinely use the public’s understandable ignorance of the fine points of

toxicology and risk assessment to rally the troops to oppose targeted projects or companies.

Lead is a great example. Most everyone knows that lead is “toxic.” Few know, or care, that: 1) there are indeed safe levels of lead exposure that have been established by organizations such as the World Health Organization and the Occupational Safety and Health Administration, and 2) it is impossible to come up with an absolute zero result in potential lead-containing substances such as steel and water. Given an instrument sensitive enough, you’re going to find it. Regardless, companies are happy to sell you everything from water filters to pet bowls to protect you from the horrors of lead exposure.

When someone claims a product is “lead-free,” I’m always skeptical. Are products made of stainless steel “lead-free,” for example? No, they’re not. Every grade of stainless steel that I’m aware of includes lead in the assay. The allowable concentrations are very small, but it is assumed that a tiny amount will be there. Given the molecular structure of steel and its physical properties, the chances of anyone being contaminated by lead while using anything made of stainless steel is virtually nil.

It’s not my intent to single out stainless steel, but rather to make the point that even the most innocuous of substances can be made to seem dangerous if one presents data in a purposed manner.

Having skewed the public’s view of toxicology and risk for so long, environmental NGOs bear a great deal of responsibility for this unscientific state of affairs.

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*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*



Love Demands Intimacy

True love is more than keeping up appearances so are there any benefits to sheltering our deepest emotional connection from the constant gaze of social media?

See B2



Living His Wildest Dream

New Zealander Ron Holland never knew he would end up teaching engineering students at university after dropping out of high school as a teenager.

See B3

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SHUTTERSTOCK

Early harvest olive oil is everything. It is the cardinal virtue of any and all olive oil.



Fresh, early harvest olive oil is alive with fragrance and flavor.

The Most Important Thing About Olive Oil

The secret to good olive oil? It’s all in the timing

STEVE JENKINS

There are those of us who truly believe that olive oil is the most wonderful thing in the world. Greater than anything.

Walking in an olive grove is a joy that is hard to improve upon. But then, trees have always been a passion of mine since I was a boy. Climbing them. Getting way high up, and just sitting there. Birds stop by and perch there with you. Often it was hard to get back down.

Oaks and maples were the best trees for climbing. Elms were huge, vaulting and gorgeous, but terrible for climbing because the first limbs were just too high up, and the trunks of old elms too broad to offer any chance of shinnying. I was a master shinnier. I could shinny up almost anything.

Suddenly I was grown up, and in my late 20s found myself in olive groves all over Europe and other countries. Olive trees are marvelous for climbing. Smooth bark around beckoning limbs leading to the heights of ancient trees, many of them 200 years old and even much older. It was in the bosom of those olive trees that I realized there is no more gorgeous tree.

Unless the olive oil in front of you makes you cough when it reaches the back of your throat, that olive oil is not worthy of you.

Misinformation

What most people know about olive oil is scant, and often in error. What they have read and heard about olive oil was written by people who simply had not done their homework, writers who parrot opinion rather than verifiable information. Like, “Olive oil shouldn’t be used for frying because of its low smoke point.” Wrong.

Olive oil, unless it’s cheap, oxidized, non-extra-virgin olive oil, won’t give off a wisp of smoke at temps up to 410 degrees Fahrenheit. That’s plenty of room to fry anything or saute anything you want. Grapeseed and peanut oil have similarly high smoke points, but as the late, great Patience Gray said, “Olive oil confers upon a dish a wonderful flavor. This cannot be said of vegetable oils.” Most of the other seed and nut oils have relatively low smoke points, and are unsuitable for frying.

Or, “Tuscan olive oil is the best olive oil in the world.” Now, to be sure, I love most of the many Tuscan olive oils I have known, but the best Tuscan olive oil holds no superiority over olive oil from olives grown and milled in lots of other places. Such as Extremadura and Portugal and Catalonia and Andalusia and Sicily.



Continued on B4



# Is Love Losing Its Soul in the Digital Age?

Love in an intimate thing made more difficult by the glare of social media

FIRMIN DEBRABANDER

Instagram users have taken to issuing “weekiversary posts,” where they diligently mark the duration of their romances. It is often used by newlyweds to gush over their first week of marriage. An article in The New York Times explained how weekiversary posts have the unintended—or very much intended—consequence of shaming people who are not in love. The article also noted that this phenomenon makes some doubt the intensity of their own relationship. They wonder why their partners are not similarly starry-eyed and gushing online. Some even admitted that this phenomenon prompted them to stay in relationships longer than they should have: they go on celebrating their weekiversaries, just to keep up appearances.

In truth, this could apply to any of the social media platforms,

where people increasingly feel the need to act their lives in real time in a public format, documenting every event and incident, no matter how remarkable or mundane.

As a philosopher researching the topic of privacy, I found myself thinking about the brave new culture of digital sharing.

What does it say about love that many are compelled to live their romances aloud, in a detailed fashion?

Why Display Your Love?

On one hand, there is nothing new here. Most of us seek the approval of others—even before our own, sometimes. Others’ approval, or their envy, makes our joy sweeter.

Philosopher Jean Jacques Rousseau recognized something like this when he distinguished between “amour de soi” and “amour propre”—two different forms of self-love. The former is love that is instinctual and not self-reflective. Rousseau sees it in presocial man, who is unconcerned with what other people think of him. Largely, he loves himself unconditionally, without judgment.

Society, which complicates our lives irredeemably, introduces amour propre. This is self-love mediated through the eyes and opinions of others. Amour propre, in Rousseau’s view, is deeply flawed. It is hollow, flimsy, if not downright fraudulent. The opinions and judgment of others change rapidly and do not make for a firm foundation for honest, enduring, confident self-love and any emotions related to or rooted in it.

This suggests an unflattering view of weekiversary posts. Are they just one’s way of satiating the need for amour propre—seeking the approval, and stoking the envy of online witnesses? Are they for one’s lover at all? Or, are they for public affirmation?

Curating our Life Stories

Is there a more positive way to make sense of weekiversary posts?

Philosopher Paul Ricoeur argued that humans have an inherent need to view their lives in a narrative fashion. This is a prime way in which a person makes sense of his or her world.

Specifically, one aims to project a narrative structure onto life, and give it a beginning, a climax and, hopefully, a fitting conclusion. The individual also wishes to situate his life story within a

greater narrative, be it social, historical, or cosmic.

Social media gives us newfound powers to curate the story of our lives, and if need be, change characters, dominant plot lines or background themes, how and when we like. In documenting everyday events and occurrences, we could even elevate them and lend them a degree of significance.

So, it might seem perfectly natural that people would like to narrate their budding romances.

I am now long and happily married, but I remember how first love is both exhilarating and confusing. It’s a mess of emotions to work out and understand.

Love is largely a private relationship and demands intimacy.

Among the many mixed messages issued by family, society, and the media, it is often difficult to know how best to navigate romance and determine if you are doing things right or if you have found “the one.”

In fact, I sought to get a handle on it all by writing down my many thoughts. This helped give me clarity. It objectified my thoughts—I literally projected them on paper before me, and could better understand which were more resonant, powerful, and pressing.

Love and Insecurity

Social media, on the other hand, is not designed for introspection or soul-searching: Posts must be relatively short, eye-catching, and declarative. Twitter emissions only tolerate 280 characters.

Ambiguity has no place there. Social media isn’t the place to hash through a host of con-



Amour propre is self-love mediated through the eyes and opinions of others.

flighting emotions. You are either in love, or you are not—and if you are in love, why declare it if it isn’t blissful?

As Facebook discovered, negative posts tend to lose followers—and many people want to keep up their viewership. Legal scholar Bernard Harcourt argues that

social media sharing evokes the great American tradition of entrepreneurship. From this perspective, in issuing weekiversary posts, individuals are creating an identity and a story—they are generating a brand that they can market widely.

It’s hard to see how this phenomenon contributes to or makes for lasting and fulfilling relationships. If, for example, as Ricoeur says, social media effusions are an attempt to elevate the mundane, the simple, the every day, and lend it special meaning, it begs the question: Why might one feel the need to do this repeatedly, persistently?

I would argue that it betrays an air of insecurity. After all, at some point, all the affirmation one needs should come from your lover.

True Love

There is an understandable need for young lovers to pronounce their joy in public. But love, when it matures, does not live publicly.

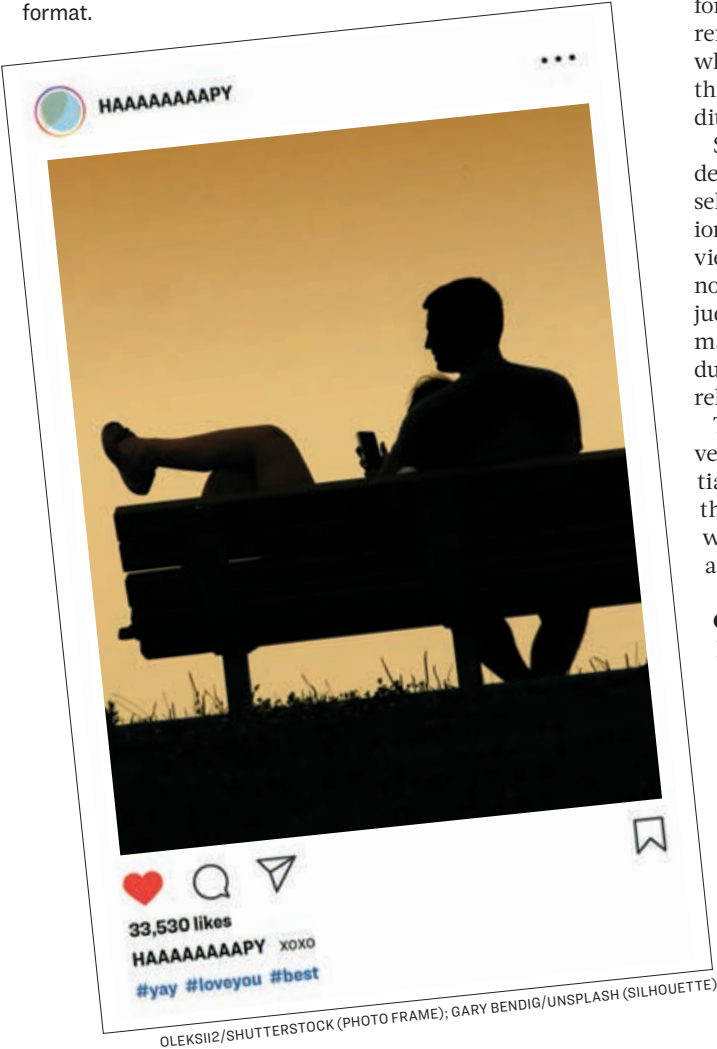
Loving couples are not necessarily easy to pick out in public. I think of my parents, and my in-laws, married for nearly 50 years. They can sit with each other in comfortable silence for long periods of time. They can also communicate with each other without saying a word.

Love is largely a private relationship and demands intimacy. Only in intimacy does the inherent ambiguity or complexity of love emerge. Only in intimacy are you and your partner fully seen and known, with all your shortcomings or contradictions—and they are forgiven.

It is in these intimate moments that lovers learn to tolerate ambiguity, negotiate differences, and endure.

*Firmin DeBrabander is a professor of philosophy at Maryland Institute College of Art. This article was first published on The Conversation.*

People increasingly feel the need to act their lives in real time in a public format.



WISEHABITS

## Cooking Healthful Joyful Meals With a Picky Family

Strategies to get your family on board with healthier food

LEO BABAUTA

Shifting from a convenient but unhealthy diet to one of healthful, delicious food can be a challenge when you’re living alone—but there’s a whole new level of difficulty if you are part of a family.

The problem: while you might want to change to a new style of eating, picky eaters (kids and spouses) might disagree with the change.

Who wants to eat kale when fried chicken and pizza are go-to staples? Who wants to eat oats and fruit when Pop-Tarts and sausages are the usual breakfast foods?

Well, me. And maybe you. But how do we deal with a family full of picky eaters?

A woman in my Sea Change Program asked me: “I’ve got 2 kids who are picky and a husband who doesn’t generally like vegetables and really hates having the same meal 2 nights in a row. I know that you have a big family and I’m sure there’s someone in your household that is picky. :) How has this impacted the way you or your wife meal plans? I really want to simplify my grocery list and for all of us to eat healthier.”

I don’t claim to have all the answers but we have been somewhat successful here with our family of 8. It took a while, and in truth, we still have plenty of picky eaters in our family.



Children can be especially picky eaters, but that doesn’t mean you should give up on feeding them healthier food.

That said, I’ll share what has worked for us:

1. We try to find things that the whole family likes that are healthy and tasty. That might mean veggie tacos, veggie spaghetti (with whole wheat noodles if we can get away with it), sushi bowls, or anything else they might all like.
2. Other times, we cook something less nutritious that they enjoy, and either join them or cook our own meals, which we might make to last for a few days.
3. We often make a lot of food for the family dinner and then have leftovers for lunch, and possibly another dinner or two. For example, we might make a big pot of soup or chili. If someone in your family doesn’t like the same dinner twice in a row, they might be open to having it again in a few days.
4. We talk to the kids and try to get them to explore foods they don’t always like. This doesn’t always work, though. But it’s worth an ongoing conversation. You might try this with your husband as well. It helps to cook the vegetables in different ways that make them tastier. This can get them to open up to trying them. For example, if they don’t like kale, they might enjoy kale chips baked with olive oil and seasonings.
5. Sometimes we cook a dish that has something

one of the kids doesn’t like, mushrooms for example, but we cook the mushrooms on the side and allow them to leave off the mushrooms. This can get complicated but sometimes it’s not too hard.

6. If someone doesn’t like the dinner, they can just have a little of it and then make themselves a PB&J sandwich or grilled cheese or something. Our kids can cook simple things for themselves.
7. Finally, we get everyone involved in meal planning. Everyone looks for meal ideas online. Vote on what to eat. Take one meal a week to cook themselves. If they cook it, they’re likely to eat it.

You don’t have to do all of these, but there might be a couple of ideas here that work for you.

In the end, embrace the Zen Habits philosophy of small, gradual change. You don’t have to do all of this overnight. But there’s also the Zen Habits philosophy of loving the change you’re creating. Try to find how can you show them that this is a joyful change to delicious nutritiousness.

*Leo Babauta is the author of six books, the writer of “Zen Habits,” a blog with over 2 million subscribers, and the creator of several online programs to help you master your habits. Visit ZenHabits.net*



# The Power and Science of Forgiveness

Moving past resentment and anger can be difficult, but offers profound rewards

ANDREA DONSKY

“I forgive you.” These three words rival the other big three when it comes to their importance and impact on the speaker, the receiver, and even those who observe the process of forgiveness. True forgiveness, like true love, cannot be faked or forced. Forgiveness is something you know in your gut. It is a state of being you arrive at after going through other phases; in other words, it doesn’t happen overnight. Forgiveness is not simply about letting something go and moving on. You need to experience and let go of the anger, fear, doubt, betrayal, and desire for revenge. You also need to be ready to move on. In addition, as noted by Bob Enright, a psychologist at the University of Wisconsin, Madison, who has studied forgiveness for decades, true forgiveness includes empathy and compassion toward the injuring individual before you can forgive completely. Clearly, the act of forgiveness doesn’t happen overnight. For some people, this range of emotions takes weeks. For others, the process is much longer. The important part is that forgiveness and a feeling of contentment is at the end of the journey.

**What Is Forgiveness?** Forgiveness means that you accept what happened rather than thinking about what “coulda, shoulda, woulda,” didn’t happen. In other words, you let go of the event or circumstance, realizing that holding onto the resentment, anger and desire for revenge does not serve you at all. Forgiveness means being present in the moment and relishing the freedom it gives you.



GUSMORETTA/UNSPLASH

▲ Forgiving someone can deepen your ability to understand them.

Freedom is another word often associated with forgiveness. Oprah Winfrey said that “Forgiveness is giving up the hope that the past could be any different.” When you give up that hope, you are untethered; you are free from

the bonds of wishing and waiting for something that cannot be and free to move forward where you can blossom and grow.

**What Happens Before You Can Forgive** Opportunities to practice forgiveness come up when we are presented with a situation that causes us to feel that someone has done wrong to us or someone we care. Perhaps a man cut you off in traffic. Maybe a co-worker took credit for a program you developed. Your spouse or partner may have been flirting with someone else. A friend stood you up for a date or meeting. A loved one was robbed or injured with malice. The most natural emotion to come up in such situations is anger and sometimes a desire to get even—revenge.

**Freedom is another word often associated with forgiveness.**

Even though anger is not often a healthy emotion to experience, it can be expressed and funneled into positive actions and thoughts rather than negative ones. Behaving in a sane, calm, and mature manner when you’ve been wronged doesn’t mean you are weak. In fact, it demonstrates that you have the maturity and ability to put aside destructive thoughts and actions. You can then strive to make a peaceful arrangement. Banishing the thought of revenge can be challenging when you see someone get away with something and you can’t take action against it. That’s when you need to deny the person who annoyed or harmed you the power to make you feel unhappy or angry. You are the boss of you, the other person is not. Do not allow someone else to take away your peace of mind. This is easier said than done, but the key is “practicing” forgiveness. Your practice will make you better at it, and you can better put it into action and forgive when you are ready.

**The Science of Forgiveness** Research has shown that some people think that practicing forgiveness is an act of weakness. Some even go so far as to make excuses for the offending individual. The fact is, staying angry is easier than working through your

feelings and learning to forgive. Forgiveness takes moral and emotional strength. Meanwhile, anger and resentment take a toll on your physical, emotional, and mental health—as well as your relationships. One of the earliest findings of research of forgiveness comes from Dr. Frederic Luskin, co-founder of the Stanford Forgiveness Project at Stanford University. Luskin, as well as some of his colleagues, found that the act of forgiving someone can raise your optimism and mood, while not forgiving and holding resentment is correlated with anxiety, hostility, depression, and major psychiatric disorders, as well as physical health problems. Luskin reports that “When you don’t forgive you release all the chemicals of the stress response,” which include adrenaline, cortisol, and norepinephrine. That means every time you recall the distressing situation, you release these damaging chemicals. If, however, you forgive someone, you don’t experience this spike in hormones. A number of experts have focused their research on the science of forgiveness and come up with programs designed to tackle this emotional dilemma. In a 2015 book entitled “Forgiveness and Health,” authors, Loren Toussaint, professor of psychology at Luther College in Iowa, and Everett Worthington explore the physical and psychological benefits of granting forgiveness. They explain that because chronic stress is damaging to our health, “forgiveness allows you to let go of the chronic interpersonal stress-

**Do not allow someone else to take away your peace of mind.**

ors that cause us the undue burden.” The healthy route for body, mind, and spirit seems to be forgiveness. Information on steps you can take to achieve true forgiveness may be found online.

*Andrea Donsky is an author, registered holistic nutritionist, editor-in-chief of NaturallySavvy.com, and co-founder of The Healthy Shopper Inc. and Naturally Savvy Media. This article was first published on NaturallySavvy.com*

# FROM HIGH SCHOOL DROPOUT to Master Yacht Designer

‘Say yes to every opportunity that comes your way,’ says Ron Holland

CHANNALY PHILIPP

Ron Holland became lost at sea one night when he was 11. He’d been sailing his dinghy, the Tempo, in Auckland’s Hauraki Gulf, New Zealand. He found himself marooned in the middle of a shipping lane, a couple of miles from shore, drifting, with no wind to speak of. He thought of his mother. That made him cry. Holland then had the idea of paddling toward shore, leaning over the side and painstakingly making strokes toward his hometown of Torbay. It was after midnight when, exhausted, he reached the beach where his worried mother had been shining a light out to sea. The experience might have put anyone else off sailing for a while. But not Holland, who went on to a distinguished career as a designer of yachts for the wealthy and famous.

**Love of the Sea** “I still have no firm idea why I took to the sea,” he wrote in his recent memoir “All the Oceans: Designing by the Seat of My Pants.” “I just fell in love with it, with its promise of adventure, and I was fascinated with sailing ships.” His early love of the sea certainly didn’t come from his parents, who he described as “landlubbers.” When he was just 6 years old, he asked for a dinghy for his seventh birthday. His parents had limited income—his father was a dental technician and his mother a housewife—but they managed to come up with the



ALL PHOTOS COURTESY OF RON HOLLAND DESIGN

(R to L) Ron Holland aboard the U.S. Coast Guard Cutter Eagle in 2017, with Capt. Matt Meilstrup and Lt. Cmdr. Brooke Millard.

money for a first and then second sailing dinghy. His mother must have been scared but she never cautioned him more than to say, “Wear your life jacket, Ronnie, and be careful,” he recalled. It was only a matter of time till his natural talent started winning him races.

**‘An Academic Disappointment’** While his racing life flourished, his school studies fared poorly. He could see the point of memorizing the times table or spelling but couldn’t master either; he was most accomplished at drawing. “I have to say I was an academic disappointment, to put it mildly,” he wrote. Still, it just took one teacher to light the love of learning in his heart. Though he was having trouble reading and writing, she gave him books that he devoured: tales of Captain James Cook and his explorations of the Pacific, and of other adventurers at sea. “I became a ‘bookworm,’ albeit without ever mastering spelling,” Holland remarked. But his love of learning was all channeled into the world of oceans, boats, and racing.

“I just fell in love with [the sea], with its promise of adventure, and I was fascinated with sailing ships.

Ron Holland

He ended up dropping out of high school and took up about every opportunity that came his way, demonstrating the self-reliance that Kiwis—physically isolated from much of the rest of the world—are famous for. He went from a boat building apprenticeship to boat designing, acquiring his first commission, for a 16-foot sloop called White Rabbit, at the age of 18.

**Designing and Racing** The rest of his story reads like a cascade of adventures, as he sails the world over—Cuba, the Isle of Wight, Tahiti—along the way winning the Quarter Ton Cup in 1973 with Eygthene in St. Petersburg, Florida. He’d noticed he was perhaps “one of three people who designed, owned, and skipped their own design.” His victory at the Quarter Ton Cup got him a phone call from Ireland—and an invitation to come design for a businessman and yachtsman there, presumably for a few days. He ended up staying for 40 years, opening a design studio in Kinsale. He went on to an impressive

career, designing for example the world’s largest sloop, the 247-foot Mirabella V, and Ethereal, a hybrid superyacht. Last month, Holland, who is based in Vancouver, was honored with a Lifetime Achievement Award at the 2019 Boat International Design & Innovation Awards.

**Advice** Who could have predicted that Holland, a school dropout, would go on to such heights? Or that he’d be teaching engineering students in the master’s program at the University of Auckland in his home country? It’s no wonder the students asked him how he managed such great things in the world of racing and yacht building. His answer: “Say yes to every opportunity that comes your way. And the opportunities are always coming. Look out for them. Believe in yourself. Don’t let others tell you what to do because nobody can know you like you do.” “Be interested in everything. Just keep saying yes and never stop learning.”



The first composite maxi racer, Kialoa IV, racing around the Hawaiian Islands.





By the time olives change color from green to black, much of their peppery flavor—and health benefits—has been lost.

# The Most Important Thing About Olive Oil

The secret to good olive oil? It’s all in the timing

Continued from B1

The thing I hope you’ll come away with after reading this is that unless the olive oil in front of you makes you cough when it reaches the back of your throat, that olive oil is not worthy of you. Unless that olive oil has a distinct pepperiness, and a gentle, pleasing, adult, incipient bitterness on the front of your palate, you must, again, reject it. It is that pepperiness and slight bitterness that attest to an olive’s definition of early harvest.

**A Green Olive Is a Happy Olive**

Early harvest olive oil is everything. It is the cardinal virtue of any and all olive oil. Early harvest olive oil is what you must seek for two reasons, both of them the utmost purpose, joy, and meaning of olive oil.

It is only early harvest October olive oil, from olives harvested and within hours milled when they are still green or have begun to fade from green to beige, that offers the highest polyphenol levels. As the olives ripen in November, they change from green and beige to pink and red, and into December and as late as the ensuing January, brown and purple and finally black.

Southern Hemisphere olives are harvested six months the opposite, of course, but a black olive anywhere is angry. Angry that it has been left on the tree, good only for mulch. Those other colorful olives offer little other than a lot more olive oil. (More on that later.)

Green olives’ polyphenols are a measure of the desirable lowest oxidation level that results in olive oil’s magic and “raison d’être”—spiciness, fragrance, pepperiness, and bitterness. They are an indication, a promise, that this oil will not just be capable of amplifying flavors in all it touches, but also give you the antioxidants that make and keep you healthy, long-lived, and with less chance of disease.

Within a week or two of olives changing color, their polyphenol levels don’t just gradually lessen. They plunge like a rock.

That’s it. There you have it. The secret of olive oil that almost no one knows. The worldwide olive oil industry has been sandbagging you all this time.

**Ripe Olives Miss the Point**

The alternative is late harvest olive oil. Late harvest olive oil lies on your food like a side of lox—not amplifying flavor, but merely accompanying it. It’s the olive oil the vast majority of people have been raised on. They are blithely inured to it.

Late harvest olive oil is 90 to 95 percent of all the olive oil in the world, so say industry experts and the International Olive Council. And this should be, but bafflingly isn’t, the shame of the industry. A multi-billion dollar/euro industry that has chosen to not tell you that late harvest olive oil does little for your health, or for you as a cook or chef striving to be the best cook or chef you can be. Late harvest olive oil performs none of the miracle-working magic of early harvest olive oil.

All of this is pretty stark. The olive oil in most people’s lives is late harvest olive oil. Even the



Freshly pressed olive oil is vibrant and bright.

Within a week or two of olives changing color, their polyphenol levels don’t just gradually lessen. They plunge like a rock.

NICHOLAS COLEMAN

highest-selling olive oils sold at retail and offered on the internet have been blended with earlier-harvest olive oil (unless the label says otherwise, which is quite rare) so that they may have a touch of spice and fragrance and bitterness, but the bulk of them is not early harvest oil. Every single olive oil producer I know offers olive oil that has been blended with other olive oils, often not even produced by them. This practice is not just how they make money, but also ensures that that brand will taste the same year after year, the same way blended whiskey will.

Olive oil producers make their profit because late harvest olive oil is so much cheaper and more plentiful than early harvest oil. A late harvest olive delivers two to three times the oil derived from an early harvest olive. This is why there are oceans of late harvest olive oil produced each season, and have been for eons.

On top of that, most olive oils sold in stores and on the internet have been cooped up in bottles and tins for months and months. They are mostly stale, lifeless, oxidized, and not worthy of you.

The olive oil that is, is living and breathing, billowing with fragrance and flavor.

Steve Jenkins has been importing olive oils for more than two decades. He runs OliveOilJones.com with his wife, Michelle.



SHUTTERSTOCK



A Guide to

Making and Tasting Coffee,

According to an Expert Barista

Francesco Sanapo, winner of the 2019 Italian Cup Tasting Championship, shares tips

FRANCINE SEGAN

Who better to ask for advice on your morning cup of joe than the best taster in Italy, a country famed for its coffee culture?

Francesco Sanapo, a dynamo of energy and enthusiasm, recently won the 2019 Italian Cup Tasting Championship, held by leading Italian trade fair organizer Italian Exhibition Group. This unique competition required competitors to identify each of 24 cups of coffee, distinct in type and origin, in a sequence of eight triplets, using only aroma and taste—all in under eight minutes.

“Speed is absolutely essential; even a few tenths of a second matter,” noted Sanapo, who won by guessing eight out of eight sets correctly in just three minutes and 35 seconds.

We asked Sanapo, who is also the three-time winner of the Italian Barista Championship and a 2013 World Barista Finalist, for his advice on selecting, storing, and savoring coffee.

**FRANCINE SEGAN:** What’s the secret to making a good cup of coffee?

**FRANCESCO SANAPO:** It is very important to start by saying that you have to buy quality coffee, preferably as fresh as possible. I always recommend buying coffee by carefully looking at the date of roasting; for me, the ideal coffee is up to a maximum of 3 months old from the date of roasting, after which the beans begin to lose their aromatic strength.

Freshly ground beans are essential to an excellent cup of coffee. I highly recommend buying a good quality coffee grinder and

grinding the beans just before you use them.

**MS. SEGAN:** What’s your favorite machine for home brewing?

**MR. SANAPO:** In reality, it isn’t so much the way you brew as the beans that are key. A good cup of coffee starts with the purchase of good raw material, roasted fresh and ground right before use. After that, it is important to use good water.

My personal favorite method of preparation is still the Moka, because I love the ritual of this classic Italian preparation. I love the aroma of coffee it makes, something that was part of my waking up since I was a child. Besides the Moka, I also like the French press, especially for its simplicity of preparation.

**MS. SEGAN:** How should we store coffee beans?

**MR. SANAPO:** You have to keep the coffee in



Simply pay attention. Be aware during the tasting, connect your palate with your brain.

Francesco Sanapo

a cool and dry place in an air-tight, tightly closed container. The worst enemy of coffee is oxygen and consequently oxidation; coffee loses its aroma and taste for every single second it is exposed to air.

**MS. SEGAN:** Which is better: single-origin or blended coffee?

**MR. SANAPO:** Both can be wonderful. I am fascinated by coffee coming from a single plantation, where you can admire the work of the producer and the unique terroir of the land. At the same time, I am also an admirer of blended coffee, because the roaster’s special recipe can enhance the ideal nuances of each individual coffee to create a well defined, balanced taste.

**MS. SEGAN:** What are the different subtleties of the flavors in coffee, and where do they come from?

**MR. SANAPO:** It must be stressed that coffee contains more than 800 aromatic substances—that’s even more than wine. Coffee is a complex product, and its taste is characterized by the terroir that surrounds the plant and in particular by all the agricultural techniques implemented by the producer, such as their harvesting techniques.

In fact, when coffee berries are picked is crucial. They must be picked when they have reached the ideal level of ripeness, which significantly affects the sweetness of coffee. The particular botanical variety of the coffee and the whole process of harvesting should not be underestimated.

The taste of coffee is decided in its country of origin. Then, we roasters have the task of enhancing the taste profile of each individual coffee through proper roasting.

**MS. SEGAN:** What are your tips for sharpening our palates to be able to catch those subtleties?

**MR. SANAPO:** Simply pay attention. Be aware during the tasting, connect your palate with your brain. It seems like simple and trivial advice, but in reality, the majority of coffee consumers approach coffee sort of like drinking medicine, drunk only to wake up. Most average consumers don’t treat coffee tasting as they might wine tasting, sipping and paying attention to its many nuances in aroma and flavor.

**MS. SEGAN:** What defines a good, well balanced cup of coffee?

**MR. SANAPO:** I start with aroma, a very important aspect of coffee. An intense and sweet aroma is often synonymous with good quality. After that, harmony of taste is fundamental—acidity, bitterness, and sweetness should work in total balance.

I love coffees with clear flavors. I like to describe to my customers ones that are easy to find, even for less trained palates. For example, if I say that the coffee I serve has hints of cinnamon and apple, these characteristics

PHOTO COURTESY OF FRANCESCO SANAPO



Francesco Sanapo won this year’s Italian Tasting Cup Championship won by correctly identifying 24 cups of coffee in just three minutes and 35 seconds.

must be clear also for the customer. Yes, some coffee has those lovely flavors. If you have the chance, try ours; it’s called “El Diamante.”

**MS. SEGAN:** How should we average coffee drinkers find a variety we like?

**MR. SANAPO:** Rely on real professionals, ask questions of baristas, seek out the latest generation of coffee shops. In short, look for and buy coffee in places where coffee is revered and not just a product on a store shelf.

Sanapo owns Ditta Artigianale, a café bar and micro-roastery in central Florence. His coffee beans are available online at Ditta-Artigianale.it and can be shipped anywhere in the world.

Francine Segan, a food historian and an expert on Italian cuisine, is a James Beard-nominated author of six cookbooks, including “Pasta Modern: New & Inspired Recipes from Italy” and “Dolci: Italy’s Sweets.”

The Spirit of Amaro

Italy’s iconic, bittersweet after-dinner drink is an excuse to linger

FRANCINE SEGAN

Italians love to linger at the table, slowly savoring each course from antipasto to primi and secondi. Dessert, dolci, is also enjoyed leisurely and is often served in three parts. First the sweet itself, which is accompanied by a dessert wine; then espresso; and finally an after-dinner drink.

“Having an after-dinner drink to aid digestion, a digestivo, has always been a tradition here in Italy,” noted Andrea Corsini, the director of Emilia-Romagna’s tourism and commerce. “In recent years, there has been a resurgence of the custom with restaurants replacing highly alcoholic spirits, like vodka and whisky, with lower alcohol amaro.”

Amaro, which means “bitter,” is the term for a general category of bittersweet digestivo, which are generally made from various spices, herbs, fruits or nuts, and alcohol. Popular since the Middle Ages, these drinks were originally created by monks as medicinal remedies. There are hundreds, if not thousands, of different types of amari (the plural of amaro) in Italy, with each region, city, and even village claiming its own local specialty.

“The importance of the amaro ... dates back to the age-old production of liquors in our country,” said Paolo Badolato, head barman of Milan’s lovely Terrazza Gallia bar. “In ancient times, they represented an offer of conviviality by a host towards guests. This ancient Italian tradition is linked to our current desire to show hospitality.” (One of Badolato’s favorite amaro cocktails is a version of the Manhattan, but with Italian amaro, called the Black Manhattan.)

Regional Specialties

One of the delights of traveling through Italy is discovering each region’s specialty amaros. In Florence’s stunning hotel Antica Torre di Via Tornabuoni, they serve an absolutely unique and extraordinary amaro called Rosolio, made with a secret recipe including lemons and bitter oranges, by the historic Monastery of Benedictine monks of the Tuscan town of



TERRAZZA GALLIA BLACK MANHATTAN

2 ounces bourbon whiskey

1 ounce Amaro Averna

2 dashes Angostura bitters

Combine all ingredients with ice in a mixing glass. Stir for 30 seconds, then strain into a cocktail glass.

Recipe by barman Paolo Badolato



PALACE HOTEL CHINA MARTINI

1 1/3 ounce gin

1/3 ounce vermouth rosso, such as Martini & Rossi Sweet Vermouth

1/3 ounce bitters

1/3 ounce China Martini

Orange slice

Combine all the ingredients in a mixer and serve in a martini glass, garnished with an orange slice.

Recipe by barman Erik Fontana



COURTESY OF GRAND HOTEL DI RIMINI

Pistoia. Antica Torre’s barman Ranjula Wickrama uses this exceptional amaro to enhance Italy’s most popular cocktail, the Spritz, creating the hotel’s signature “Benedictine Spritz” with two parts Rosolio to three parts Prosecco and one part sparkling soda.

Nocino, made from unripe walnuts, is a specialty of Emilia-Romagna, where it has been enjoyed since ancient Roman times. The walnuts were historically gathered on June 24, the eve of the Feast of San Giovanni, when they were considered to be at their most fragrant and healthful. It was thought that women were best at the task. They would climb trees barefoot to pick the unripe nuts using only their hands, so as not to bruise the nuts’ fragile skins. The evening of collection was called “La Notte delle Vergini Scalze,” or “evening of the barefoot virgins.”

At Ristorante Ferramenta, in the south of the region, nocino is often served mixed with Galvanina chinotto, a lightly sparkling bittersweet soft drink made from the citrus pulp and extract of the myrtle-leaved orange tree.

At the elegant Palace Hotel in Emilia-Romagna’s coastal Milano Marittima, “One of the most frequently ordered is Amaro Montenegro, a blend of 40 botanicals, created in 1885,” according to barman Erik Fontana. This aromatic amaro, which is made with bitter and sweet oranges, hints of oregano, marjoram, coriander seeds, and spices including cinnamon, cloves, and nutmeg, was later renamed in honor of Princess Elena of Montenegro on the occasion of her marriage to Italy’s Prince Vittorio Emanuele III.

“At the Palace Hotel, we serve it straight or on the rocks, but don’t recommend mixing it in cocktails,” Fontana said. He does, however, make an amaro cocktail with another of Italy’s favorites, China Martini (its name and flavors come from the bark of China Calissaia, or Cinchona root), which won him fourth place in an international cocktail competition.

Two other popular amari in Italy are Vecchio Amaro del Capo, a spirit from Calabria made with 29 ingredients, including orange blossom, peppermint, and licorice; and Amaro Averna, created by Benedictine monks in Sicily who passed on their special recipe to the Averna family in 1868. It is made with herbs, roots, and natural spices including myrtle, juniper berries, rosemary, and sage, combined with fruit including pomegranates, and the essential oils of bitter oranges and lemons.

Barbara Minichiello, head bartender of the historic five-star Grand Hotel di Rimini, waxes poetic on Italy’s after-dinner tradition: “In Ital-

COURTESY OF ANTICA TORRE DI VIA TORNABUONI



(Above) The leisurely after-dinner drink is an age-old Italian tradition.

(Left) Three of Italy’s most popular Amari.

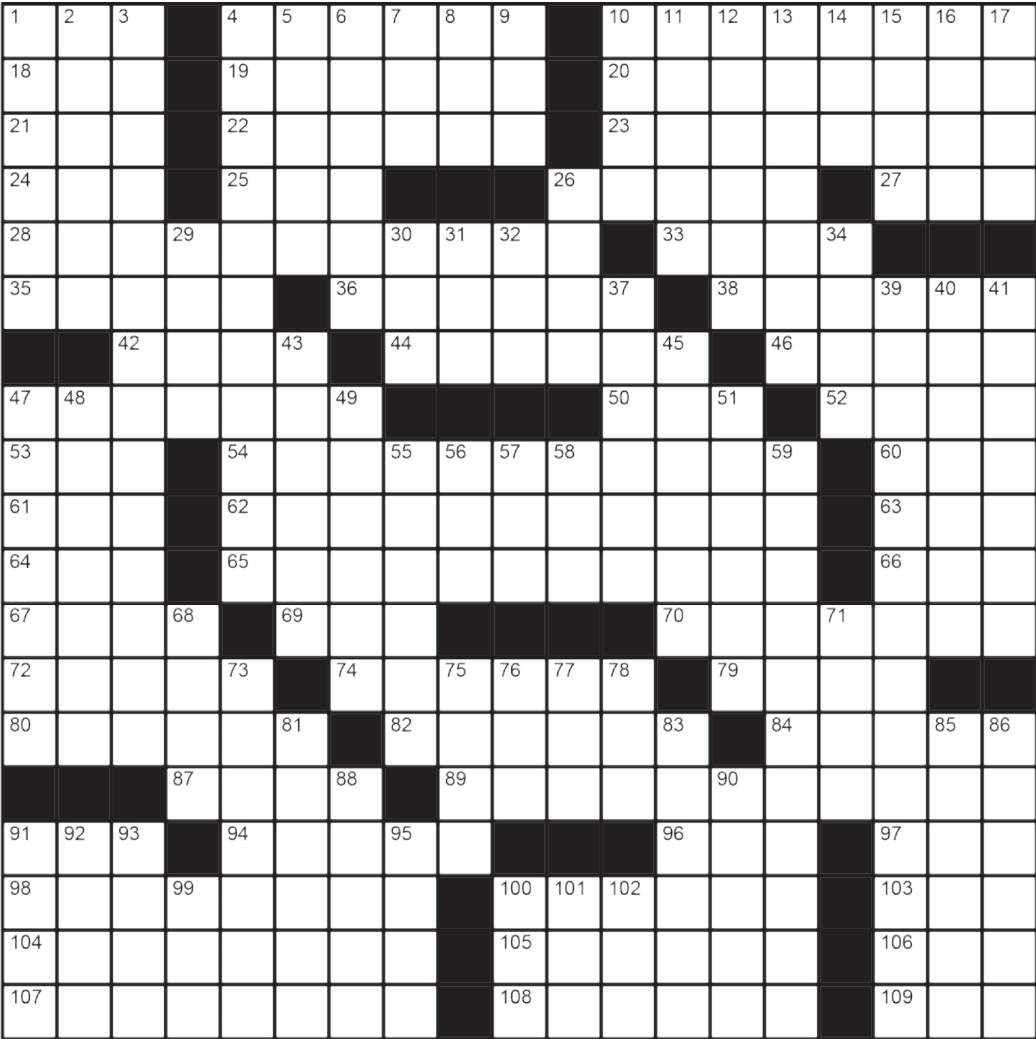
ian restaurants, there is almost no lunch or dinner where an amaro is not suggested as the way to end a marvelous meal. It is both medicinal, as an extraordinary aid to digestion, and a delightful way to extend the pleasure of the meal, to be relished while chatting with friends.”

Francine Segan, food historian and expert on Italian cuisine, is a James Beard-nominated author of six cookbooks, including “Pasta Modern: New & Inspired Recipes from Italy” and “Dolci: Italy’s Sweets.”



CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



**Across**  
1. Verb for Popeye  
4. Got by  
10. Able to learn  
18. Bean counter, for short  
19. Hardy shrub of the honeysuckle family  
20. Colossal fossil  
21. Plastered  
22. Modern heat-resistant alloy  
23. Sheathing  
24. “Mangia!”  
25. Stuff  
26. Toll  
27. \_\_\_ Getz (“Lethal Weapon 2” role for Joe Pesci)

28. Outnumber all others  
33. Crib  
35. Greenhorns  
36. Angel higher than a cherub  
38. Complement for a seersucker suit, perhaps  
42. “That hurt my feelings!”  
44. Production line characteristic  
46. Coin collectors?  
47. Jeep’s forte  
50. “1001 Nights” bird  
52. Word before and after “will be”  
53. W.W. II heroes: Abbr.  
54. Working class, to Marx

60. Unnamed litigant  
61. Bibliographical suffix  
62. Without rhyme or reason  
63. Be off  
64. “30 Rock” network  
65. Organic farming staple  
66. Tangle  
67. Comes down with  
69. Choose  
70. Engines for Freightliners & Peterbilts  
72. \_\_\_ Island National Monument  
74. Area 51 locale  
79. Glance over  
80. Phonograph needle

82. Absorb  
84. Up and about  
87. Word of honor  
89. Prank  
91. May honoree  
94. Calf cuts  
96. Squeal  
97. Hold title to  
98. Dickens and van Gogh suffered from it  
100. Affected  
103. Art photographer Goldin  
104. Unwavering  
105. Immediately after this  
106. Afore  
107. Groups within species  
108. Kind of recording  
109. “Silent Spring” subject

**Down**  
1. Called, once  
2. Queen’s home  
3. Unemotionally  
4. Visible to the naked eye  
5. Perpendicular to the keel  
6. True skin  
7. Nightmarish street  
8. It may be loaded  
9. Meal source  
10. Genesis garden  
11. Ate  
12. Release, like a clothespin  
13. Certain heating fuel  
14. Simpleton  
15. Get-out-of-jail money  
16. Crescent  
17. Therefore  
26. “Beau Geste” headgear  
29. Moody

30. Take home  
31. Verb for you  
32. Small child  
34. Kind of appeal  
37. Cry of triumph  
39. Previously identified  
40. Kind of race  
41. Postulates  
43. “Portia is Brutus’ \_\_\_, not his wife”: Shak.  
45. Churned about  
47. California export  
48. Radiator adjunct  
49. Type of cloak.  
51. French city on the Strait of Dover  
55. Cut  
56. Self-image  
57. Woody Herman’s “\_\_\_ Autumn”  
58. Don’t just sit there  
59. Limiting, role-wise  
68. Storage site  
71. Cummerbund  
73. How sophisticated people act  
75. Healthy energies  
76. Give it \_\_\_  
77. Kind of mother  
78. Inquire  
81. Advance  
83. Male hawk  
85. Directed to the center  
86. Calf’s stomach membrane  
88. Speeders make it  
90. Whoop  
91. No more than  
92. Oil cartel  
93. Soybean paste  
95. Alkaline cleaners  
99. Auction unit  
100. When doubled, a dance  
101. Rooster’s mate  
102. “But Not for Me” lyricist Gershwin

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AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) 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 + (7X3) +1 =28 and 1+ (7X3) +6 =28

924

13

410

+

−

×

÷

Hard 1 - 2 Solutions

535

18

429

+

−

×

÷

Hard 2 - 1 Solution

29

66

23

+

−

×

÷

Easy 1 - 1 Solution

610

45

46

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

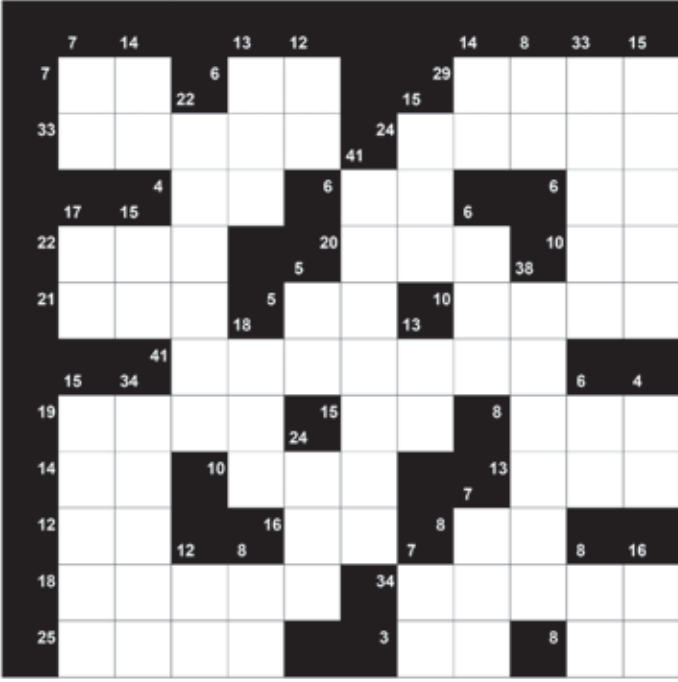
ANALOG	HEREON	TERCEL
CALAIS	HURRAH	UNCLIP
CERMET	INWARD	YCLEPT
CHICHI	LOPPED	ABELIA
DERMIS	NEVADA	ASSERTS
DIGEST	ORANGES	DIESELS
DOLMAN	PANAMA	ILLOGICALLY
ECOTYPES	RENNET	MAYORAL
EDUCABLE	SERAPH	STYLUS
ENCASING	SUAVELY	
HARLOT	TEDIUM	

KAKURO

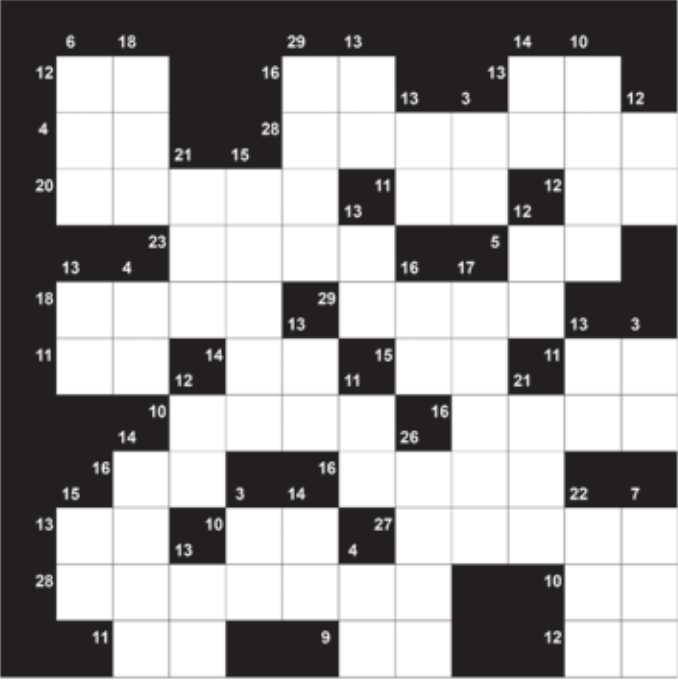
CONSTRUCTED BY EPOCH TIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Large: Hard



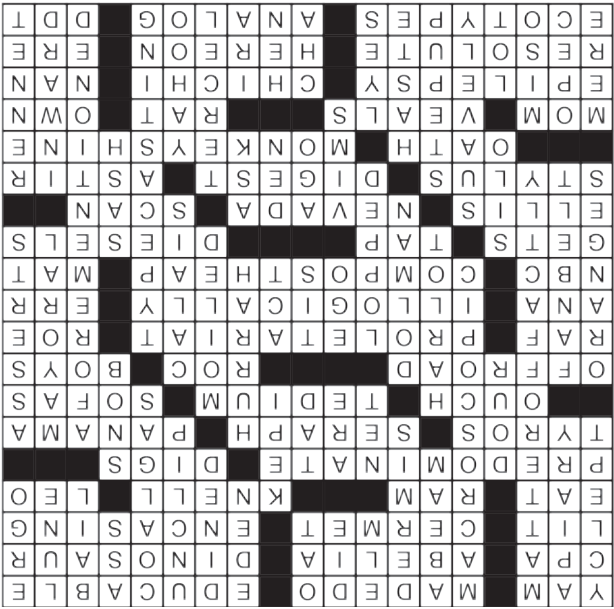
Large: Easy



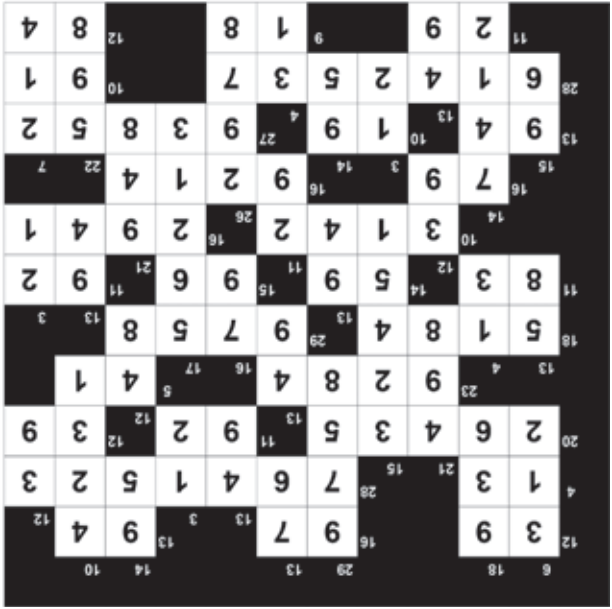
WORK SPACE

SOLUTIONS

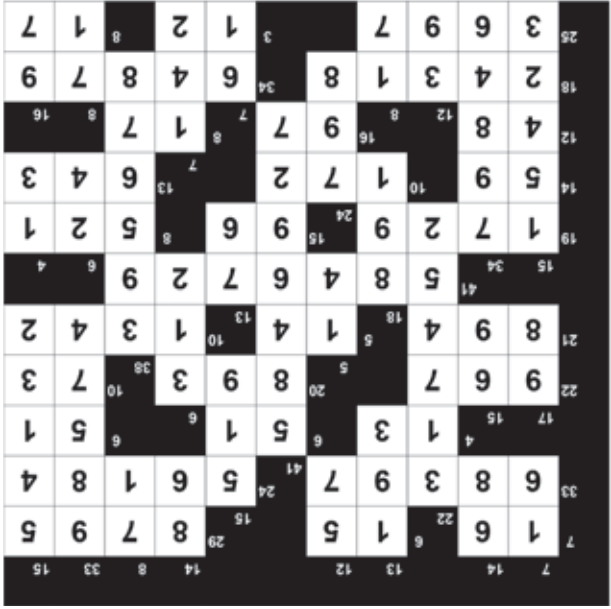
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

**HARD 1**  
24 ÷ (10 ÷ (4) + 9)  
10 + 9 - 24 ÷ 4  
**HARD 2**  
29 - 35 ÷ 5 - 4  
**EASY 1**  
(9 + 2) × 3 × 2  
**EASY 2**  
(6 - 6 ÷ 4) × 10







FINE ARTS

# Leonardo da Vinci's Genius as Bright as Ever

Celebrating the 500th anniversary of the artist's death

GABRIELE NEHER

Old masters rarely come more venerable (and venerated) and instantly recognizable than Leonardo da Vinci. But to think of Leonardo as an old master—with all its connotations of being staid, traditional, somehow old-fashioned, and boring—is to do this extraordinary man a grave injustice. There is nothing stale or predictable about a man whose personal foibles irritated and frustrated contemporaries as much as his brilliance and creativity dazzled and awed them. One thing is for sure: Whatever Leonardo was, old and boring he was not.

May 2 marks the 500th anniversary of Leonardo's death in Amboise in France, and this milestone is celebrated in a flurry of activity including—in the UK—a brilliant and imaginative series of 12 simultaneous exhibitions around the country, each comprising 12 drawings by Leonardo da Vinci drawn from the Royal Collection at Windsor.

Drawing provides an insight into how this pioneer, who defied all expectations, saw the world around him, so there is no more fitting celebration of his life than putting 144 of Leonardo's images on display.

It would be fun to engage in a bit of Leonardo exhibition tourism, as each of the 12 exhibitions

focuses on a specific theme.

The Bristol Museum and Art Gallery, for example, houses the drawings relating to animals and their movements including the truly beguiling “Cats, lions, and a dragon” (circa 1513–18), which should finally put any suggestions to rest about Leonardo's status as a staid old master.

Leonardo is watching a cat grooming, but eventually, what he records is no longer a cat but the most enchanting little dragon whose sinuous curves mirror those of the cat's on the same sheet of paper. Leonardo's mind never stood still, and it is through his drawings that you can see the mind of an artist at work who could paint the majestic “Last Supper” and derive as much fun from doodling cats.

**Workshop Apprentice**

Leonardo's beginnings as an artist followed the traditional route of indenture in an established master's workshop, in this case, the studio of Andrea del Verrochio, a very successful artist in the orbit of the Medici family, who was as accomplished a businessman as he was an artist.

The Renaissance workshop fostered a multitude of talents. At any one time, a workshop might be executing bespoke images for a wealthy patron while at the same time collaborating with another workshop on large-scale fresco decorations or structural work or designing and producing

PUBLIC DOMAIN



Is there no end to da Vinci's talent? Portrait of Leonardo da Vinci, after 1510, by Francesco Melzi.

ROYAL COLLECTION



ephemeral, gilded papier-mâché decorations for a banquet. Artists were expected to be able to produce exquisite designs for jewelry, clothing, and animal livery for the well-heeled merchants of Renaissance Florence. Meanwhile, they would also churn out the popular birth trays presented to mothers in celebration of the delivery of a child and panel paintings for a cheaper market, copy heraldic designs, and sketch maps.

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◀ “Cats, lions, and a dragon,” circa 1513–18. Pen and ink with wash over black chalk.

Renaissance workshops thrived because of the variety of skills brought together under one roof by a master such as Verrochio. The team was stronger than the sum of its individual parts, and it sustained itself through its apprentices. Leonardo, though, stood out as a master of all trades, as the artist who excelled not at one art but all of them.

#### Court Artist

Leonardo was quite aware of his extraordinary talents and value to patrons and spelled this out in a letter seeking employment at one of Europe’s most lavishly spending courts, that of Ludovico il Moro Sforza, Duke of Milan.

He speaks of expertise in the design and construction of effective field artillery and Bailey bridges, outlines his skills in sapping walls and landscaping, his expertise as an architect and sculptor, and also promises that he can do “in painting whatever may be done as well as any other, be he who he may.”

The Duke of Milan duly appointed Leonardo to his court, and it was at Sforza’s court that Leonardo, at the age of almost 30, was to spend the next two decades painting his best-known works (the “Mona Lisa,” “The Last Supper,” “The Madonna of the Rocks,” and the enchanting “Lady with the Ermine”). All the while, he was working toward the one commission closest to his patron’s heart—the casting of a life-sized equestrian statue celebrating Sforza’s father.

Leonardo as an artist did not measure himself against his contemporaries alone, but his true competitors were the great masters of classical antiquity. And the only way in which he could achieve lasting fame through his work was to ensure that his works, especially the Sforza monument, became exemplars. These were intended as unsurpassable demonstrations of his skills and knowledge.

The greatest legacy Leonardo left from his Milanese years are his notebooks and drawings (including some of the ones now on show), and one of the reasons behind these drawings was his quest to master everything he might need in order to best execute that monument.

He needed to understand the anatomy of the animal and its rider. His notebooks show the most extraordinary studies of human and animal anatomy, movement, and expression, with Leonardo returning again and again to the same motif, endlessly working on minute variations.

In order to cast the great monument, he would need to understand the behavior of metals, fire, and minerals, as well as the mechanical processes of casting and hoisting the monument. So he studied machines, drew existing ones, improved on old designs, and invented new ones. Leonardo wanted to know about the minutiae of textures but also needed to understand a landscape holistically.

The notebooks are encyclopedic in their topics and breathtaking in their intricacy and beauty. It is the ceaselessness of his drawing that provides

ROYAL COLLECTION TRUST / (C) HER MAJESTY QUEEN ELIZABETH II 2018



◀ Leonardo da Vinci hoped his greatest achievement would be a huge equestrian monument. A design for the monument, circa 1485–8. Metalpoint on blue prepared paper.

ROYAL COLLECTION TRUST / (C) HER MAJESTY QUEEN ELIZABETH II 2018



the key to understanding the timeless appeal of this greatest of artists.

Leonardo died 500 years ago at Amboise, at the Court of Francis I, where he retired after working for some of the greatest patrons of the early 16th century. He traveled with Cesare Borgia’s army and drew some very early bird’s-eye-view maps.

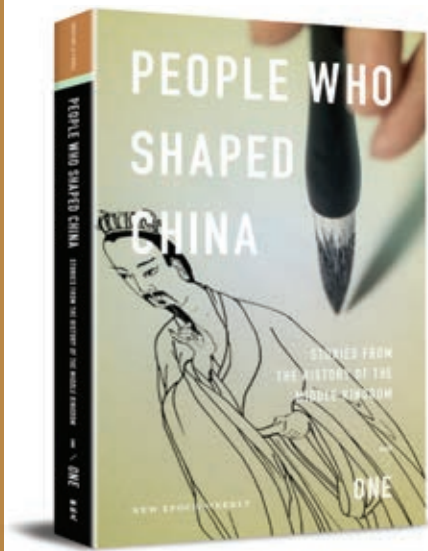
He stayed at the Papal Court of Leo X (Giovanni de’ Medici), experimenting with mechanical clockwork devices and increasingly focused on his study of meteorological phenomena such as clouds and deluges, yet the one constant was drawing.

So enjoy these drawings that have come down through 500 years of art history and appreciate that you are looking inside the mind of the greatest “Renaissance Man” of them all.

*Gabriele Neher is an associate professor in the history of art at the University of Nottingham in the UK. This article was originally published on The Conversation.*

◀ A scene in an arsenal, circa 1485–90. Pen and ink over traces of black chalk.

# Uncover the Mysteries of the Middle Kingdom



### Awesome!!!

*I’m a history buff, and I’ve been reading a lot of Chinese historical fiction. I originally tried delving into Chinese historical non-fiction, but everything I found was way too dry or political.*

*This book breaks down the most important historical figures of Chinese history into easy to read short stories that tell their historical impact. What’s amazing about Chinese history is that **the stories are gripping, wise, and dramatic.** It’s so fun to read and I highly recommend it to anyone looking to pick something up about Chinese history.*

*It’s the perfect blend of fiction and non-fiction!*

— Yinyin

### Fascinating stories!

*To my surprise, the book is quite an easy read. It keeps the difficult Chinese names at the minimum and presents interesting stories and characters. Great content for my children to complement their Chinese language studies!*

— Amazon customer



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# How to Overcome Jet Lag

JANNA GRABER

It was a simple overnight flight to London. I watched movies, read my book, and talked with my friend as the eight-hour trip flew by. What I didn't do was get much sleep, and the seven-hour time difference hit me like a ton of bricks upon arrival.

When my friend and I rolled into the hotel lobby at 10 a.m. London time, I could barely function from lack of sleep. It was, after all, the middle of the night at home.

When we learned our room wasn't ready, we went for a walk, passing Hyde Park along the way. Perhaps you can guess what happened next. We sat down on the grass in Hyde Park for a "few minutes rest"—and yes, we woke a few hours later after falling asleep on the lawn.

That's what jet lag can do to you. While it may not reduce you to sleeping in foreign parks, it can make it hard to enjoy the first days of your journey, and it can disrupt your sleep schedule for days. Fortunately, jet lag doesn't have to affect your vacation. Here are a few simple ways to help you deal with jet lag while traveling.

### What Is Jet Lag?

According to the Mayo Clinic, jet lag is a temporary sleep problem that can affect anyone who travels quickly between multiple time zones. Symptoms include severe fatigue, sleep problems, including insomnia, stomach problems, and even mood changes. For me, jet lag made me dizzy, nauseated, and miserable.

Symptoms are more extreme the farther you travel. While a trip from the West Coast to the East Coast may not be difficult, traveling to Asia or Europe can be a challenge.

Traveling across time zones disrupts your internal clock, which regulates your body's sleep cycle and even hunger and bowel patterns. Sunlight is the biggest influence on your internal clock, since light affects the regulation of melatonin, a hormone that regulates sleep-wake cycles. That's why some travelers find that taking a melatonin supplement can help readjust the body's internal clock when traveling.

Regulating your exposure to sunlight can also help you adjust to a new time zone. If you arrive in the morning or afternoon at your destination, get out and take a quick walk in the sunshine. It will help you feel more wakeful and help readjust your internal clock.

### Before You Take Off

Be sure to get a good night's rest before your trip begins. If you're tired before you travel, you'll only



▲ Regulating your exposure to sunlight can also help you adjust to a new time zone.

▼ Be sure to get a good night's rest before your trip begins.

add to the effects of jet lag.

As soon as you get on the plane, set your watch to the time zone at your destination. This will help you mentally transition to the new time zone.

### During the Flight

What you do during the flight is key. Dehydration can contribute to the effects of jet lag, so drink plenty of water during the journey. Avoid caffeine and alcohol as these can affect your sleep and cause dehydration. Wear comfortable clothing and shoes, and be sure to get up to stretch during the flight.

Though it's tempting to watch all those good movies on the plane, if the flight is during the night at your destination, try to get some sleep. Flight crew activity will often match the time zone at your destination. If it's already night at your destination, they will serve the meal and drinks and then turn off the cabin lights until right before you land.

As for me, I'll watch one movie during the meal service, and then put on eye shades and earplugs to shut out the noise and light. I have two small travel pillows that I stack up against the window to lean on. Sometimes I'll take an antihistamine like Benadryl, which makes me sleepy, or listen to soothing music which puts me to sleep.

### Helpful Products

Years ago, a colleague introduced me to a product called No Jet Lag. This homeopathic remedy can be purchased at retail stores or online. Its natural ingredients include Chamomilla, Arnica, and Bellis Perennis, which are extracted from the common daisy. The product does not contain any caffeine or sleep medications, but it's effective in countering the effects of jet lag.

I admit I was skeptical at first. But ever since I've started taking No Jet Lag during travel, adjusting to different time zones has been easier. You simply take one tablet when you take off, one every two hours during the flight, and then one more upon landing. Since it's homeopathic, No Jet Lag can be taken with other medications or by travelers of all ages.

Perhaps the most important ingredient to overcoming jet lag is your mindset. Angela Berardino, a PR executive from Denver, said her goal while traveling is to live in the time zone she's in.

"I travel every week," she said. "Sometimes, it's a big time zone change; other times it's small. But the moment I hit the ground, I use the time on my phone. I don't do mental calculations to figure out what time it is back home. I trick my mind into being fully present."

That's a goal I have too. My time in a destination is so precious that I don't want to waste it feeling jet lagged. I've found that it's easiest when I arrive in the late morning at my destination, rather than very early morning. Then I hit the ground running when I arrive. I try to be outside as much as I can, and eat meals at the regular times, even if I'm not hungry. I don't take any naps but do admit to several cups of coffee during the day.

By the end of the day, I'm usually tired enough to go to sleep at the normal time in my destination time zone. That gives me a good night's rest, helping me to make the most of my journey.

*Janna Graber has covered travel in more than 45 countries. She is the editor of three travel anthologies, including "A Pink Suitcase: 22 Tales of Women's Travel," and is the managing editor of Go World Travel Magazine.*

## THE CONSUMMATE TRAVELER

# Why Sightseeing in the Rain Is Not Such a Bad Idea

MICHELE GONCALVES

What would you do if you were planning an exciting trip, but the weather forecast was looming with threats of rain and clouds? Would you throw your hands up and mope around in museums, shopping malls, and your hotel? Or, would you be ready to take on the elements and enjoy yourself anyway?

On a trip, I encountered torrential rain storms twice in one day while strolling down the lovely streets of Rome and Vatican City. Although I had seen the forecast, my colleague and I were determined not to let the rain get in the way of a good time. Despite getting completely soaked from head to toe, this experience brought to light a few important tips when dealing with challenging weather and also allowed me to see the positive side of sightseeing in the rain.

### I encountered torrential rain storms twice in one day while strolling down the lovely streets of Rome and Vatican City.

Here are a few pointers on how to approach a rainy vacation forecast.

### Crowd Control

The most significant benefit that became apparent immediately is that the extremely overcrowded streets and tourist attractions cleared out in a matter of minutes when the heavy rain struck. This was actually a very welcome miracle, because the city of Rome is flooded with wall to wall visitors in the summer months. The exhausting tasks of trying to getting a good view of a

key monument or walking down popular tiny cobblestone street suddenly became effortless.

### Picture Perfect Moments

Another advantage to a gray backdrop is that the dramatic skies offered quite interesting artistic natural lighting for photography. Try wearing a bright colored shirt or jacket on a dark and gloomy day, and you will stand out in all of your pictures. My only other suggestion is to make sure that you have a good waterproof smartphone case to protect your phone in case you drop it.

### Opportunities for Pleasant Discoveries

When the first deluge began, my colleague and I were starving and we asked a store clerk in the boutique where we were shopping for a restaurant recommendation. We bravely ran through the streets and stumbled across a cozy bistro café where we had a wonderful lunch of grilled sole and curry chicken. There was also a simple yet amazing dessert of wild strawberries and vanilla ice cream that I will remember forever. Keep in mind that a rainstorm may lead you to unexpectedly find your favorite café or restaurant when you least expected it.

### Pack Waterproof Shoes

The most uncomfortable consequence of getting caught in two bad rainstorms were that my feet began to chafe in my leather ballerina flats and I formed blisters after walking. If the weather is calling for rain, keep a pair of rubber sandals with you so that you can easily handle puddles of water without ruining your feet or your good shoes. If possible, carry a small terry cloth towel in your bag to dry off dripping wet feet.

As always, I wish you all the happiest of travels.









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CHINA



# Ancient Chinese Stories

## What’s Inside Counts

ANONYMOUS

During the Ming Dynasty, Yu Liangchen and his peers created a community where members did good deeds and were forbidden to kill, visit prostitutes, curse, or talk behind others’ backs.

Yu ran this community for many years, yet he encountered misfortunes, one after another.

Yu took the imperial examinations seven times but never passed.

He and his wife had nine children—five boys and four girls—but four of the boys and three of the girls died early. The surviving boy was very smart and had two birthmarks on the sole of his left foot, and the couple loved him dearly. Sadly, at age 6, he disappeared while playing outside. Yu’s wife wept over the loss of her children and eventually became blind.

In addition, the family was by this time living in poverty.

Yu wondered why he was punished with such a horrible fate when he’d never committed any wrongdoing.

An Unexpected Visitor

One evening, when Yu was 47, he heard a knock at the door. An old man was outside. After Yu invited him inside, the elderly gentleman explained that he had come to visit because he knew Yu’s family was feeling low.

Yu noticed that the man’s manner of speaking was not that of an ordinary mortal, so he treated him with deep respect. He told his guest that he studied hard and did good deeds his entire life but still had a horrible life.

“I have known about your family for a long time,” said the guest. “You have

too many evil thoughts, you complain and pursue fame, and you dishonored the Jade Emperor. I’m afraid even more punishment awaits you.”

Stunned, Yu asked, “I know that a person’s good and evil deeds are all recorded in detail. I vowed to do good for others and controlled my behavior. How have I been pursuing fame?”

“You say you don’t kill, but you constantly cook crabs and lobsters in your kitchen. You say you watch your words, but you’re always sarcastic, angering many gods. You say you don’t use prostitutes, but your heart moves when you see beautiful women,” answered the old man.

“It’s even worse that you claim you’re dedicated to doing good deeds. The Jade Emperor sent a messenger to check your records, and you’ve not done one single good deed in many years.

“On the contrary, your thoughts are filled with greed, lust, and jealousy. You elevate yourself through belittling others. You want revenge whenever you think of the past. With a mind this malicious, you can’t escape disaster. How dare you pray for blessings?” continued the guest.

“Master, you know all about me. You must be an immortal! Please save me!” cried Yu, panic-stricken.

The old man advised: “I hope you can abandon greed, lust, jealousy, and various desires. Don’t pursue fame and self-interest. Then you will be rewarded with goodness.” He then disappeared.

Rewarded With Goodness

The next day, Yu prayed to heaven and swore to change. Determined to elimi-



Ming Dynasty portrait of a Chinese official.

nate all improper thoughts, he gave himself a Taoist name: “Empty Thought.”

From then on, he paid attention to every thought and action. He saw to it that all of his deeds, whether big or small, effectively benefited others. Whenever he had the chance, he told people about the principles of karmic retribution.

At age 50, Yu was hired to tutor the son of Zhang Juzheng, the prime minister of Emperor Wanli. Yu and his family moved to the capital, and Yu passed the imperial exams the following year.

One day Yu went to visit the eunuch Yang Gong and met Yang’s five adopted sons. One of them—a 16-year-old—looked familiar to Yu. Yu learned that he was born in Yu’s own hometown, Jiangling, but was separated from his family when he accidentally boarded a grain boat as a child.

Yu asked the boy to take off his left shoe. When he saw two birthmarks on the sole, Yu exclaimed, “You’re my son!”

The shocked eunuch was happy for them and immediately sent the boy to Yu’s residence. Yu rushed to tell his wife the good news. She cried so bitterly that her eyes bled. Her son held her face with his hands and kissed her eyes. Suddenly, her vision returned.

Yu was overcome with both grief and joy. He no longer wanted to be a high-ranking official and asked to return to his hometown. Admiring Yu’s moral character, Zhang approved his request and sent him a generous gift.

Back home, Yu worked even harder for others’ benefit. His son married and had seven children, who carried on their grandfather’s tradition. Influenced by them, people truly believed that karmic retribution is real.

*Translated by Dora Li into English, this story is reprinted with permission from the book “Treasured Tales of China,” Vol. 1, available on Amazon.*



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