

In the NEWS

A leading ENVIRONMENTALIST

in Zimbabwe says the country is being torn apart by some Chinese companies through intense illegal mining efforts that are leaving environmental damage that can only be described as catastrophic.

WORLD | A3

The great LEAP FORWARD

and the Green New Deal of modern progressives share the same goal, writes Epoch Times columnist Clifford Humphrey. Radically transforming the nation's industrial and agricultural sectors for social justice, but with a total disregard for the natural order and practical limitations.

OPINION | A12

A HONG KONG

court has found 9 leaders of the 2014 pro-democracy 'Umbrella Movement' guilty of public nuisance during the mass protests, marking what many see as another attack by mainland China on the freedom of Hong Kongers under the so-called "one country, two systems" arrangement.

CHINA | A5

A 4th generation AUSSIE GRAZIER

has unleashed on social media, saying people have gone "bananas" after vegans protested farmers and abattoirs by creating traffic blocks and chaining themselves up. They're calling for animal liberation.

AU | A2

An independent PEOPLE'S TRIBUNAL

heard evidence from two dozen witnesses concerning the mass killing of political prisoners for their organs as international pressure mounts to address potential international crimes committed by the People's Republic of China.

CHINA | A4

U.S. President DONALD TRUMP

has announced that his administration will be designating Iran's Islamic Revolutionary Guard Corps as a foreign terrorist organisation in an unprecedented step to curtail the destabilising activities of Khomeini's Islamic regime in Tehran.

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Chinese soldiers stand at attention during a military exercise in this file photo.

CHINA MILITARY

Secret Anti-Satellite and EMP Bases Discovered in China

Meanwhile, Chinese Regime Criticises India, Calls for Peace in Space

JOSHUA PHILIPP

Satellite imagery has revealed a secret anti-satellite weapons base in China, as well as electromagnetic pulse (EMP) weapons testing facilities. This news is making the rounds online even as the Chinese regime is criticizing India for its space weapons programs, and is calling for peace in space.

The discovery was made by retired Indian Army Col Vinayak Bhat, who specializes in satellite image analysis focused on China. He noted in India's The Print news website that the Chinese Communist Party (CCP) now has several of these facilities, including in Tibet and Xinjiang.

Bhat wrote that the facilities have tracking equipment, and it is believed the anti-satellite laser weapons stationed in buildings with sliding roofs can be used for varying purposes that include blinding or destroying satellites.

The EMP weapons facilities, meanwhile, appear to be for testing. They include some simulated electrical infrastructure and nearby facilities housing the weapons. Included in one image is what appears to be a mobile EMP generator.

These images are being circulated just after India tested an anti-satellite missile and destroyed a satellite March 27. The test

sent debris hurtling through orbit.

After the recent test, the CCP came out playing the peacekeeper. According to The Times of India, Chinese Foreign Ministry spokesman Hong Lei said at a press conference, "Outer space is shared by the entire mankind. Every country has the right to make peaceful exploration and use of outer space."

In reality, the CCP has been highly aggressive with its military space programs. It tested its first anti-satellite weapon in May 2005, and shocked the space community in 2007 when it used a missile to destroy its Feng Yun 1-C weather satellite, and sent over 3,000 pieces of debris into low-earth orbit.

The CCP has continued testing its anti-satellite weapons since then, and the secret laser weapons facilities revealed by satellite imagery are just small pieces of the bigger picture.

In its 2015 Annual Report to the Congress, the U.S.-China Economic and Security Review Commission warned that "China's recent space activities indicate that it is developing co-orbital anti-satellite systems to target U.S. space assets."

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Nighttime from space.

The discovery was made by retired Indian Army Col Vinayak Bhat.

CHINA INFLUENCE

After Controversial Event, Gold Coast Library Has No Plans to Engage with Confucius Institute in Future

RICHARD SZABO

GOLD COAST—A key part of Gold Coast City Council has indicated it will stop engaging with a controversial, Beijing-controlled educational organization.

The council-funded City of Gold Coast Libraries has no plans to engage in future events with the Tourism Confucius In-

stitute (TCI) based at Griffith University.

"I can confirm that we have no further sessions booked with the [Tourism Confucius] Institute and no intention to engage them in future," Acting Manager City Libraries Alison Kemp said in a written statement.

The decision came just weeks after an earlier Epoch Times report revealed that a free "reading community activity" at Southport Library, advertised as a seminar about Chinese culture, seemed to focus much more on how China is rising in the world and why those who criticise Beijing are wrong.

Emeritus professor Colin Mackerras, a Sinologist and honorary director of the TCI, gave an 80-minute presentation on Nov. 30 of which only 15 minutes were devoted to Chinese language and culture. Mackerras spent much of the remaining time speaking about geopolitics.

He talked about political affairs surrounding the rise of China, which included his views on U.S. Vice President Mike Pence's "extremely hostile" speech last year, as well as his criticism of then-Australian Prime Minister Malcolm Turnbull's strong words on China's attempt to influence Australian politics. He also

touched on how he thought the Labor Party was going to win the upcoming federal election and how they have been "more positive" towards China.

Mackerras's remarks appeared to be at odds with a council committee recommendation, which was formally resolved back in 2009, stating that political groups should be excluded from using meeting rooms at city public libraries.

Kemp confirmed that library spaces are supposed to stay politically neutral, a condition of use TCI may have breached with Mackerras's talk.

"Libraries are very keen to remain politically neutral and so it is disappointing to hear that the presenter had gone off topic," she said.

Soft Power of Chinese Regime

Confucius Institutes (CIs) are advertised by the Chinese Communist Party's (CCP) Office of Chinese Language Council International, also known as HanBan, as educational organisations to promote Chinese culture and language. However, Western intelligence agencies have warned that the institutes are used as part of the CCP's apparatus to gain influence abroad.

Continued on A2



Entrance to the Tourism Confucius Institute at Griffith University's Gold Coast campus on Dec. 27, 2018.

US-CHINA

Senate Bill Aims to Free US From Mineral Dependence on China

FRANK FANG

Three U.S. senators have introduced new legislation aimed to reduce U.S. reliance on Chinese imports of rare earth metals that are key materials for making nearly all high-tech products, such as electric vehicles, smartphones, and guided missiles.

The bill, named the "Rare Earth Element Advanced Coal Technologies Act (REEACT)," was introduced by Sens. Joe Manchin (D-W.V.), Shelley Moore Capito (R-W.V.), and Lisa Murkowski (R-Alaska). Manchin and Capito are sponsors of the bill, while Murkowski is the chairperson of the Senate Energy and Natural Resources Committee.

The bill's objective is to provide federal funding to support the development of U.S. technology that can be used to extract rare earth elements (REEs) from coal and coal byproducts in U.S. mines.

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CHIP SOMODEVILLA/GETTY IMAGES



Sen. Lisa Murkowski (R-Alaska) (L) and Sen. Joe Manchin (D-W.V.) at the U.S. Capitol on Aug. 23, 2018.

BIOSECURITY

Genetically Modified Fish to Hit Store Shelves in US End of Next Year

JARED GNAM

VANCOUVER, Canada—As the United States joins Canada to become the only two countries in the world to sell genetically modified salmon, GM opponents warn that not only does the fish pose environmental risks, but it won't be labeled, so consumers won't even know if they are buying it.

In March, the U.S. Food and Drug Administration lifted an alert that prevented AquaBounty Technologies from importing GM salmon eggs from a test site in Canada to its facility in Albany, Indiana, where the fish will be modified to grow around twice as fast as regular Atlantic salmon.

In Canada, a pilot sale of nearly five metric tons of the AquaAdvantage salmon began in 2017, and in early April, a new facility in Prince Edward Island was approved by Environment Canada to expand production. The first commercial harvest from each country's land-based facility is expected by the end of next year, with the P.E.I. facility harvesting an estimated 250 metric tonnes annually.

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SAMIRA BOUAOU/THE EPOCH TIMES



Michael Horowitz, Inspector General at the Department of Justice, at a Senate hearing in Washington on June 18, 2018.

TRUMP-RUSSIA INVESTIGATION

IG Probe Into Surveillance of Trump Campaign to Conclude Within Months

IVAN PENTCHOUKOV

The Department of Justice inspector general will complete his investigation into potential surveillance abuses against the Trump campaign by May or June, according to Attorney General William Barr.

Barr revealed the expected release of the watchdog report in testimony to lawmakers during a House budget hearing on April 9, after Rep. Robert Aderholt (R-Ala.) asked the attorney general how it came to be that a "salacious and unverified dossier" was used to spy on an

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Accuracy & Integrity

The Epoch Times was founded in 2000 to provide honest and uncensored news coverage of China. Based in New York City, our newsroom is dedicated to restoring accuracy and integrity in media. We stand outside political interests and the pursuit of profit. And we stand against the systematic destruction of traditional culture by destructive ideologies such as communism.

Farmer’s Rant Over Vegan Protest Steals Viral Limelight: ‘Vegans Are Going Bananas’

SIMON VEAZEY

Vegan protesters are facing up to five years’ jail time and a public backlash, after they brought rush-hour traffic to a standstill and chained themselves to abattoirs across Australia in carefully orchestrated protests that caught plenty of media attention.

But it was an off-the-cuff Facebook rant by a grazer that caught the viral limelight, as he slammed the protesters as “bananas” and described a telephone conversation with a protester who told him “lettuce has a heartbeat.”

Within a day, Brendan Farrell’s two-minute rant had been viewed over 500,000 times with the comments overwhelmingly in support.

“Vegans are going bananas,” Farrell said. “Blockades left, right, and center. Flinders Street Station is in chaos. Abattoirs chained up, people locking themselves up here, there, and everywhere.”

“I am just gobsmacked with some of the [expletive] that’s coming out these people’s mouths on what they are trying to achieve.”

In addition to his livelihood in grazing, Farrell runs a charity that trucks out hay to drought-stricken farmers.

He described how he had picked up the phone to a protester. “I answer every call because that’s what I do.”

“[She said] she didn’t like the last post I done on Facebook. ... because lettuces have got a heartbeat ...,” he says in the video. He pauses for several seconds. “Lettuce. Has. A. Heartbeat.”

“I don’t know what else I can say about that. Some people have just got no bloody idea. None.”

Farrell then talks about how there is one steer on his farm that’s going to be “delicious at Christmas time.”

His viral video came the day after over 100 activists had blocked a major intersection in Melbourne outside Flinders Street Station, on April 8, before they were forcibly removed.

“I am just gobsmacked with some of the [expletive] that’s coming out these people’s mouths on what they are trying to achieve.”

BRENDAN FARRELL
4TH GENERATION FARMER FROM STANBRIDGE, NSW



ELLEN SMITH /AAP IMAGE/REUTERS

Police move in on animal rights protesters who had blocked the intersections of Flinders Street and Swanston Street, in Melbourne, Australia, April 8, 2019.

Thirty-eight were arrested. The protesters had demanded that the community stop eating meat and animal-derived products, chanting for animal liberation.

Other protests, including people chaining themselves to machinery in abattoirs, took place across private properties in Victoria, New South Wales, and Queensland.

“We want people to go vegan—we want people to stop supporting animal abuse,” one campaigner, Kristin Leigh, told the ABC.

“Animals are suffering in ways that most of us could never imagine. It is not about bigger cages—it is about animal liberation.”

The protests also marked the first anniversary of the release of a film about factory farming, which the protesters said that media had ignored.

The documentary used drones and “undercover footage” to show how some

animals are treated in the production of meat, dairy, eggs, and leather.

“The industry is telling people these animals are being killed ethically, that they are being killed humanely,” the director Chris Delforce told Australian Associated Press. “It’s the furthest thing from humane.”

In response to the unrest, Victoria police superintendent David Clayton said, “We respect the right for people to protest peacefully, but we will not tolerate antisocial behavior that disrupts the broader community.”

Australian Prime Minister Scott Morrison called the activists “shameful and un-Australian,” and called on state authorities to bring “the full force of the law ... against these green-collared criminals.”

“This is just another form of activism that I think runs against the national in-

terest, and the national interest is [farmers] being able to farm their own land,” he told radio station 2GB.

Australia’s livestock industry makes up more than 40 percent of its agricultural output.

In a previous Facebook post, Farrell said that the activists were going about it “all wrong” by potentially wrecking the livelihoods of the struggling farmers, who he said already care for their animal’s welfare.

“Farmers are very, very smart when it comes to animals’ health,” he said.

“These activists ... they need to go a different way about it. All [the protesters] see is just death, death, and more death.”

“How about you go to an outback station and help people feed their cattle? I know cattle-men who go out and pet and talk to them ... sometimes for hours.”

After Controversial Event, Gold Coast Library Has No Plans to Engage with Confucius Institute in Future

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CIs are funded by the CCP through HanBan and documented to be involved in organising protests against topics the CCP considers to be a threat to the stability of its rule, according to a report by the U.S.-China Economic and Security Review Commission. The report also said CIs host speakers who parrot the CCP’s propaganda points about issues like Tibet and follow the CCP’s distortion of history, such as blaming the United States for drawing China into the Korean War by bombing villages.

Regular Contact With Council

TCI has delivered a number of activities in previous years on the Gold Coast, according to Kemp.

For example, TCI and the Griffith Institute of Tourism hosted the First East-West Dialogue on Tourism and the Chinese Dream in November 2014.

The high-level, bilateral discussions attracted “more than 100 representatives of Australian and Chinese government, education and research institutions, and the tourism industry,” according to council minutes.

Gold Coast Mayor Tom Tate openly admitted to taking up Chinese language lessons at TCI, hoping he could record a video of his mayor’s message in Chinese.

Critical of Foreign Interference Scheme

Mackerras has also been critical of the Foreign Influence Transparency Scheme, which Turnbull championed and passed in parliament last year. Mirroring similar laws in the United States, the scheme broadens the definition of espionage and requires people working for foreign countries to register as foreign agents or face criminal prosecution if found to be meddling in national affairs.

Turnbull said in December 2017 that the new laws were necessary to fight the “rapidly escalating” threat of foreign interference and “disturbing reports” the CCP had interfered with the nation’s media coverage, universities, and the decisions of elected representatives.

According to the Attorney-General’s Department, CIs in Australia have been directly contacted by the government notifying them of the new legislation.

The deadline to register as a foreign agent was originally Dec. 10 and a grace period was offered until March 10. However, a quick inspection of the publicly available register shows none of the 12 CIs

at Australian universities have registered, including the TCI at Griffith.

The university hosting TCI defended the decision not to register. “Griffith University has sought legal advice to confirm that the TCI is not registrable under the Foreign Influence Transparency Scheme. The university understands this is consistent with other universities in Australia,” Griffith Vice President Global Professor Sarah Todd said in a written statement.

The department said TCI and other CIs are responsible for deciding whether they need to register for the scheme for “foreign influence activities directed at Australia’s federal political or governmental systems and processes” or risk a maximum penalty of five years in prison.

Emeritus Professor John Fitzgerald from the Swinburne University of Technology’s Centre for Social Impact described the universities as “disingenuous” in an opinion article published by Fairfax Media for not registering their CIs and said there is “no boundary between politics and what passes for culture in contemporary China.”

Charles Sturt University Ethics Professor Clive Hamilton believes the CCP’s direct involvement in CIs should be enough justification for universities to register their CIs.

“The Chinese government, which means the CCP, funds CIs, appoints its directors, sets the curriculum, and closely monitors their adherence to official guidelines,” he said in an email. “They have no independence from the Chinese government. By any reasonable criteria, they should be registered as foreign agents.”

“In declining to list CIs under the foreign influence transparency scheme, Australia’s university leaders are then telling us something else—that political censorship of academic activities is something they do willingly on their own account.”

JOHN FITZGERALD
EMERITUS PROFESSOR AT THE SWINBURNE UNIVERSITY OF TECHNOLOGY’S CENTRE FOR SOCIAL IMPACT

Southport Library on the Gold Coast, Australia, and a sign listing the Tourism Confucius Institute at Griffith University’s Gold Coast campus on Dec. 27, 2018.

GOOGLE MAPS STREET VIEW/RICHARD SZABO/THE EPOCH TIMES



FABRICE COFFRINI/TORSTEN BLACKWOOD/AFP/GETTY IMAGES



The Chinese flag is raised during the opening ceremony of the 2008 Beijing Olympic Games overlaid on Parliament House in Canberra.

Foreign Interference in Australia Still at ‘Unprecedented Level’

AAP

Australia’s spy chief says the threat posed by foreign interference remains at an “unprecedented level.”

The comments came ahead of an episode of ABC’s Four Corners highlighting the extent of Chinese-backed political activity in Australia.

Duncan Lewis, the director general of the Australian Security Intelligence Organisation, expressed the sentiment when asked about such interference at a budget estimates hearing in Canberra.

“I have made very plain to this committee on previous occasions that the threat from foreign interference and foreign espionage in Australia was running at, what I described then and I describe again, as an unprecedented level,” he said on April 8.

Lewis said he does not respond to media shows or reports and does not single out countries that may pose foreign interference risks.

“We have a challenge here with foreign interference in Australia,” he told senators.

“It comes, as I have said on a number of occasions, from a wide range of sources. I have not been country-specific and I will not be country-specific.”

But Four Corners has laid bare examples of the Chinese government and its connections attempting to influence Australian political activities.

They include Chinese government officials questioning two Australian citizens about their connections to former China advisor to Malcolm Turnbull, John Garnaut, who worked with ASIO in 2016 on

a confidential investigation into Beijing’s influence campaign in Australia.

One of the people questioned was now-detained writer Yang Hengjun, who Garnaut says was intercepted by Chinese officials in Sydney in 2018.

He was later detained in January by Chinese officials on suspicion of endangering China’s national security after flying from the United States to Guangzhou. His family has not been able to see him since.

The Four Corners report says the Chinese consulate also pressed Sydney’s Georges River Council not to allow an independent Chinese newspaper, the Vision Times, to support a Chinese New Year event.

And it has pointed to figures allegedly linked to the Chinese government who have been prominent political donors and fundraisers, such as Melbourne millionaire Tommy Jiang and billionaire property developed Huang Xiangmo.

In January 2015, the ABC says Huang’s family was allowed to have a private citizenship ceremony inside former Labor Senator Sam Dastyari’s office after then-Immigration Minister Peter Dutton’s approved a request from Dastyari.

Huang also had lunch with Dutton in 2016 after a meeting set up by former Howard government minister, turned lobbyist, Santo Santoro.

Dutton has confirmed the lunch but denied providing any assistance to Huang, who Dutton’s department last year banned from re-entering Australia on ASIO advice he posed a threat of foreign interference.

Legislation banning foreign donations cleared federal parliament in November.

Chinese Companies Tear Down Zimbabwe’s Environment

ANDREW MAMBONDIYANI

MUTARE, Zimbabwe—The environmental impacts by some Chinese companies operating in Zimbabwe can only be described as catastrophic, according to leading environmentalist and human rights activist Farai Maguwu.

Maguwu told The Epoch Times that some Chinese companies don’t even have proper licenses to operate in Zimbabwe.

And as such, these companies are leaving trails of immense environmental degradation across the country, particularly those in extractive sectors such as gold, diamond, and chrome mining.

Villagers in affected areas have claimed that some Chinese companies discharge toxic waste into their water sources resulting in human diseases, a drop in crop yields, death of livestock, and dwindling numbers of fish in the rivers. Some villagers said tailings from the mines were clogging dams and rivers and affecting the availability of water for irrigation.

In Marange diamond fields, these allegations were vindicated by a scientific research study done by the University of Zimbabwe and commissioned by the Zimbabwe Environmental Law Association which proved that there were high levels of toxic waste in the rivers.

“[Some Chinese companies] are guests of powerful politicians [in Zimbabwe] and this was well covered in the 2013 Chininga report [by the Zimbabwe Parliament Portfolio Committee on Mines Energy chaired by the late Edward Chindori Chininga],” said Maguwu, a director for the research and advocacy NGO, Center for Natural Resource Governance. The NGO is fighting to promote good governance in natural resources.

As reported previously by The Epoch Times, Zimbabwean legislator Prosper Mutseyami also alleged that Chinese companies enjoyed protection from the government, as China is currently the biggest investor in Zimbabwe.

Mutseyami, a chief whip for the opposition party Movement for Democratic Change in Zimbabwe’s House of Assembly, said the government was afraid to anger China, which is among

the few countries that currently support the Zimbabwean government.

In the past few years, China has availed loans and grants to the Zimbabwean government for various infrastructural projects including the expansion of Robert Mugabe International Airport and to upgrade the country’s electricity power plants in Kariba and Hwange.

The southeast African country is expecting to receive even more loans and grants under China’s ambitious infrastructure plan, the One Belt, One Road initiative.

‘Protection From the Government’

In 2013, professor Sheunesu Mpeperekwi, who was the chairman of the Environmental Management Agency—an arm of government mandated to protect the environment—was shocked when he came face to face with the operations of some Chinese companies in the country’s Matabeleland South province.

During that time, many irrigation schemes in the semi-arid region had shut down due to siltation of major rivers and dams in the area by activities of some Chinese companies. This resulted in a precarious food situation. The siltation of water sources also affected water supplies to urban centers in the province while livestock farmers in the region who depend on the rivers for water were affected.

But Maguwu said even Zimbabwe’s Environmental Management Agency had no power to deal with Chinese companies due to the impunity they enjoy.

“Communities can’t stop the Chinese because they have the protection from the government,” he said.

Repeated efforts to get a comment from the Environmental Management Agency were fruitless as the agency’s spokesperson, Steady Kangata, didn’t respond to email or Whatsapp messages from The Epoch Times.

But Maguwu said massive environmental degradation by Chinese companies were evident in various parts of the country.

“It’s the same in Marange, their [min-



Villagers allege that Odzi River in Zimbabwe has been polluted by Chinese companies.

“[Some Chinese companies] are guests of powerful politicians and this was well covered in the 2013 Chininga report [by the Zimbabwe Parliament Portfolio Committee on Mines Energy].

FARAI MAGUWU
DIRECTOR FOR RESEARCH AND ADVOCACY NGO CENTRE FOR NATURAL RESOURCE GOVERNANCE

ing] concession has no limit; they were permanently expanding their concession, thereby encroaching onto other people’s land. In Hwange, they are accused of taking people’s land without due process,” he said.

Marange said his organization was educating communities in nonviolent resistance to destructive mining activities by the Chinese companies.

“We are planning a huge protest in Marange to force the government to withdraw Anjin Investments from the area,” he said.

Anjin Investments, a diamond company partly owned by the Chinese, will return to mine diamonds in the Marange area but local people are against the move.

Before Anjin Investments was booted out of Marange diamond fields by former Zimbabwe President Robert

Mugabe’s government in 2015, villagers and human rights activists accused the company of various human rights violations and evasion of paying taxes and royalties.

Francis Danha, a leader of the opposition political party, the 1980 Freedom Movement, said the best way to deal with Chinese companies flouting environmental laws in Zimbabwe is by exposing their activities through investigative journalism.

“We need active journalism which clearly outlines their [Chinese companies] activities as well as exposing them,” Danha said.

Danha alleges that it is hopeless to approach the corrupt African governance systems when violations are exposed because they are puppets of China and paid to protect Chinese interests.

World’s First Approved GM Fish Developed in Canada to Hit US Store Shelves in 2020

CONTINUED FROM A1

But even though AquaBounty has surmounted more than two decades of safety tests and regulatory hurdles to get approval in both countries, opposition from GM opponents remains strong. The Massachusetts-based company is currently facing a lawsuit launched by a coalition of U.S.-based environmental and fishing groups challenging the FDA’s approval.

“This is the world’s first genetically modified animal approved for human consumption—it’s a big deal,” said Megan Westgate, executive director at Non-GMO Project in Washington state. “In addition to a lot of public outcry to this, there is literally zero benefit for a shopper to choose this product.”

Westgate said nearly 2 million Americans left comments on the FDA website saying they don’t approve of the GM salmon, citing transparency issues such as the lack of clear labeling as a key issue.

AquaAdvantage salmon contain genetic material from Chinook salmon and ocean pout that make it grow to adult size in 16 months, compared to 30 months for regular Atlantic salmon. AquaBounty says the salmon will help meet demand for protein while easing the burden on overfished wild stocks, and will also reduce costs because they grow faster and require less food.

AquaAdvantage was first approved in 2015 by the FDA but was blocked from entering the United States later that year by Sen. Lisa Murkowski (R-Alaska) until federal labeling rules were put in place. After Congress passed a bill in December 2018 to include disclosure standards for biotechnology companies, the import ban was removed.

But Westgate said those rules won’t take effect until 2022, meaning Americans won’t know if they are buying the first harvests of GM salmon. And once the disclosure rules are in place, the new regulation doesn’t require clear labeling.

“If the only way to sell this product to the public is to hide from them the fact that it’s been genetically engineered, then I think it demonstrates that there is a significant portion of the public that wishes to avoid consuming it,” she said.

Surveys Show Demand for Labeling

Since 2014, activists north of the border have demanded that the salmon be labeled, but that hasn’t happened, as labeling of genetically engineered products isn’t mandatory in Canada.

“It is the world’s first genetically modified food animal,” said Lucy Sharratt, coordinator at the Canadian Biotechnology Action



AquAdvantage salmon (background) vs. a non-transgenic Atlantic salmon sibling of the same age (1.2 months).

Network. “Canadians are eating it, but many of them may not know that it’s happening at all and no one has a choice or information to act on in the grocery store.”

Sharratt said surveys have consistently shown a demand for labeling, including a 2018 Dalhousie University poll that found 88.6 percent of respondents said genetically engineered food and ingredients should be labeled.

Another key issue for opposition groups is the risk that the genetically engineered salmon could escape and negatively impact wild stocks, and how there has been almost no safety assessment done by either country in the event of an escape.

But AquaBounty spokesman David Conley said given the extensive safeguards in place, that’s unlikely to happen.

“We take containment and bio-security very seriously,” he wrote in an email. “Given the multiple and redundant physical barriers to escape incorporated into the facility design both Environment Canada and FDA have indicated a low risk escape.”

Conley added that the company is using new gene-editing technology in order to ensure 100 percent that the female species are sterile.

Another concern for GM opponents is that approval for sale of the salmon in the United States and Canada means a precedent is set for the expansion of genetically engineered animals for food, and there is no guarantee that other locations will maintain the same standards.

Sharratt said AquaBounty has plans to not only expand its AquaAdvantage harvesting facilities in the United States, but is also eyeing international locations such as China and Brazil.

There is literally zero benefit for a shopper to choose this product.

Canadians are eating it, but many of them may not know that it's happening at all and no one has a choice or information to act on in the grocery store.

LUCY SHARRATT
COORDINATOR AT THE CANADIAN BIOTECHNOLOGY ACTION NETWORK

SIMON VEAZEY

An African hunter who killed over 5,000 elephants says he is totally unrepentant after being singled out in report by an anti-trophy hunting group.

Ron Thomson worked in Africa’s national parks for six decades, and says that despite declining elephant numbers as a whole, managing populations within the limited space of parks is sometimes necessary.

Thomson was named in a report by the Campaign to Ban Trophy Hunting, which notes that elephant population has declined from 1.3 million to around 400,000 in the last four decades.

Thomson, who says on his website that he has shot 800 buffaloes, 60 lions, and about 50 hippos, told the Independent that he no longer hunts.

“I’ve done enough in my lifetime to satisfy any ‘bloodlust’ people may think I have. It wasn’t bloodlust—it was my job,” he said.

“I’m totally unrepentant, a hundred—ten thousand—times over for any of the hunting I’ve done because that’s not the problem. The problem is we’ve got a bunch of so-called experts from the West telling us what to do. I’m a trained university ecologist—I must surely know something about this.”

Some animal rights campaigners say that the “management culling” espoused by people like Thomson is a cover for trophy hunting.

Eduardo Gonçalves, founder of the Campaign to Ban Trophy Hunting, said, “The trophy hunting industry is slaughtering elephants left, right and center. Killing elephants for ‘fun’ is unacceptable, even more so because of the serious threat to its survival.”

“Trophy hunting is a cruel and abhorrent hangover from colonial times. The recent surge in elephant hunting shows the industry is out of control. It threatens to push endangered species to the point of no return.”

The Campaign to Ban Trophy Hunting is currently petitioning the UK government to close loopholes that exempt trophy hunters from laws to protect endangered animals.

“The Trump administration prohibits imports of trophies from endangered animals such as cheetahs. Our government allows in body parts of cheetahs as well as those of lions, leopards, hippos, bears, and zebras,” Gonçalves said.

According to Discover Wildlife, the United States legally imports 126,000 animal trophies every year, and the EU some 11,000-12,000.

Thomson set up a conservation group in 2016, The Green Alliance, that “rejects the

animal rights doctrine.” He says the doctrine runs counter to any sustainable wildlife management and conservation approach, and has to integrate the needs of the people and the wildlife.

Countries take different approaches to legal trophy hunting. In Kenya, all trophy hunting has been banned since 1977, whereas South Africa allows trophy hunting of the Big Five species: the lion, leopard, rhinoceros, elephant, and Cape buffalo.

Thomson says that debates over management of animal populations are muddied by emotion, lack of expertise, and large amounts of money from the lobbying groups.

When the government of Botswana—home to some 130,000 elephants, proposed lifting the ban on elephant hunting in February, many conservation groups were highly critical.

But according to Thomson, the elephant population has been destroying its own environment and that of other animals.

For example, he says, in allowing the elephants to wreck their habitat, much of the elephants’ feeding grounds have been destroyed. That means daily long walks between the watering hole and the feeding grounds. Once that distance goes beyond 15 miles, the mothers can no longer lactate, resulting in growing numbers of baby elephants seen abandoned and dying.

As the elephants push back the feeding areas further from the watering hole, many other species can no longer sustain their existence. “In 2013, the Botswana government admitted that all other game species that shared the demolished habitats with the elephants were in free-fall decline by, on average, 60 percent,” wrote Thomson in a blog.



An African elephant and her baby in Hwange National Park in Zimbabwe on Nov. 18, 2012.

Tribunal Hears Evidence on Forced Organ Harvesting in China

SIMON GROSS

CATHY HE

An independent people’s tribunal in London has heard evidence concerning the mass killing of prisoners of conscience for their organs in China.

From April 6 to 7, two dozen witnesses, including researchers, medical professionals, journalists, and survivors from around the world, gave testimonies before the tribunal on allegations of state-sanctioned organ harvesting targeting persecuted groups in China, including practitioners of the spiritual practice Falun Gong and the Uyghur ethnic minority.

The tribunal follows a three-day hearing that took place last December, when tribunal members passed a draft interim judgment concluding that forced organ harvesting from prisoners of conscience has taken place in China “on a substantial scale.”

Chaired by Sir Geoffrey Nice, QC, who previously led the prosecution of former Yugoslavian President Slobodan Milosevic at the International Criminal Tribunal, the panel consists of seven experts tasked with conducting the world’s first ever independent analysis of forced organ extraction in China.

According to legal counsel Hamid Sabim, the tribunal invited representatives from the Chinese regime, including top health officials and Chinese embassy officials in London, to participate in the hearings, but did not receive a response.

Widespread Blood Testing

Refugees who have escaped persecution in China gave evidence at the tribunal, recounting that they had received blood and medical testing during their detention.

Mihrigul Tursun, a Uyghur who last year testified before a U.S. congressional committee about being tortured and abused at an internment camp in the northwestern region of Xinjiang, told the tribunal via video on April 7 that camp detainees underwent detailed health checks, including blood tests and ultrasounds.

The U.S. Department of State and other international experts estimate that the communist regime is holding more than 1 million Uyghurs, ethnic Kazakhs, and other Muslim minorities in a vast network of internment camps in Xinjiang, as part of a purported campaign to combat “extremist threats.”

Tursun said she was tortured under interrogation for three days in April 2017, after which she was transported—while hooded, cuffed, and shackled—to an exam room in a hospital.

“I knew that they took blood from my arm twice, but I don’t know how much blood was drawn,” Tulsun said through an interpreter.



Tribunal panel member Regina Paulose (L), chair to the tribunal Sir Geoffrey Nice, QC (C), and panel member Nicholas Vetch on the first of the April hearings in London on April 6, 2019.

“I knew that they took blood from my arm twice, but I don’t know how much blood was drawn.”

MIHRIGUL TURSUM
Uyghur survivor

She said she also received blood pressure tests and medical tests to check her heart condition.

Tulsun said she was then led to a dark room in what she suspected was the basement of the hospital. In that room, the handlers removed her hood and restraints, and then all her clothes. They then attached equipment onto her chest area and used a machine to examine her body.

Her handlers then put liquid on Tursun’s forehead, shoulders, just below her heart, and both legs, and placed her into a glass machine, where she was made to circle inside while shouting numbers from one to 10.

Tursun could not hear anything while inside the machine.

“I became terrified after I was placed into that machine. I thought they may be taking my internal organs and that I might die that day,” she said through the interpreter.

Ethan Gutmann, China analyst and investigator, testified on April 7 about the Xinjiang crisis.

“You have maybe a million and a half

people who have all been blood tested and they’re in detention, and their families have lost sight of them,” Gutmann said.

He said that recent evidence indicates the Chinese regime is targeting this group for organ extracting, including accounts of DNA testing being conducted at the homes of Uyghurs in Xinjiang and the known construction of regional crematoriums and a dedicated lane for transferring organs for transplant surgery at a local airport.

Organs Mainly Sourced From Falun Gong Practitioners

In 2016, Gutmann co-authored, with Canadian human rights lawyer David Matas and former Canadian Secretary of State (Asia-Pacific) David Kilgour, an in-depth report that found a huge discrepancy between China’s official transplantation figures and the number of transplants performed in hospitals.

By analyzing the public records of 712 Chinese hospitals that carry out liver and kidney transplants, the report showed that roughly 60,000 to 100,000 transplants are being conducted each year, far

outstripping the officially reported number of 10,000 to 20,000 per year.

The shortfall, the report concluded, is made up by organs forcibly harvested from prisoners of conscience in China, primarily from practitioners of Falun Gong (also known as Falun Dafa), while Uyghurs, Tibetan Buddhists, and some house Christians also have been targeted.

Several Falun Gong practitioners gave evidence during the December and April hearings, speaking of their experiences of being detained for their faith in China.

Aside from personal accounts of torture they experienced inside China’s labor camps and prisons, all spoke of undergoing physical examinations during detention.

Feng Hollis, who was arrested in 2005, said in her December testimony that at the time, she wondered why she was given a medical test despite being frequently tortured in prison.

The tribunal is due to release its final judgment on June 17.

NTD staff member Jane Werrell contributed to this report.



Chinese soldiers drill at a military base in Hefei, in eastern China’s Anhui Province. The Communist Party’s rapid and opaque military buildup is destabilising to the region, according to reports.

Secret Chinese Anti-Satellite, EMP Bases Discovered, Even as China Talks Peace in Space

CONTINUED FROM A1

Militarily, space is regarded as the “ultimate high ground.” Weapons placed in orbit could allegedly target missiles on earth as they launch, nuclear weapons could be detonated in orbit for destructive EMP without the need for launch, and satellites crucial for military communications and targeting can be destroyed.

Under the CCP’s unconventional warfare programs designed to destroy the weakest links of the U.S. military, weapons of these types are regarded as highly valuable. CCP military doctrine such as its Assassin’s Mace or “Trump Card” program describe such weapons directly.

In 2014, Chinese Ret. Lt. Gen. Wang Hongguang threatened the United States with these weapons systems in the CCP’s state-run Global Times news outlet. Wang said that the CCP would use these weapons suddenly, and warned Americans in their “pride and arrogance” to “not get trampled

beneath us.”

Public information on the CCP’s Assassin’s Mace weapons are thin, but a 2011 report from the National Ground Intelligence Center said, “These modern Trump Card and Assassin’s Mace weapons will permit China’s low-technology forces to prevail over U.S. high-technology forces in a localized conflict.”

According to a recent Government Accountability Office report, on April 3, little has changed. It says, “China and Russia in particular are developing a variety of means to exploit perceived U.S. reliance on space-based systems and challenge the U.S. position in space.”

It’s in this context that President Donald Trump signed an executive order on March 26 to harden U.S. critical infrastructure to protect against EMP attacks. It’s also in this context that Trump is pushing for a Space Force military branch that would consolidate U.S. military space programs.

“These modern Trump Card and Assassin’s Mace weapons will permit China’s low-technology forces to prevail over U.S. high-technology forces in a localised conflict.”

NATIONAL GROUND INTELLIGENCE CENTRE

500 Acres of Farmland Poisoned by Chemical Plant Leak, Locals Say

OLIVIA LI

Nearly 500 acres of wheat crop in three neighbouring villages in central China’s Henan Province withered and died last month. And locals believe a nearby chemical plant to be the culprit, a Chinese media outlet reported.

The wheat seedlings in three villages in Xuchang City’s Jian’an District turned greyish brown and died over the months of February and March, according to a March report by China Business Herald.

Locals told the outlet that a chemical plant located less than half a mile away from the villages had a chemical leak in late January. They believe that this caused their crops to die.

The factory is run by Henan HDF Chemical Company. According to its website, the company was founded in 2003 and its main products include pesticides, herbicides, and organic reagents.

Wheat fields within around a half mile radius of the chemical plant died, the

outlet reported, while beyond this radius, wheat seedlings have started to brown. In total, just under 500 acres of wheat fields were destroyed.

The China Business Herald reporter noted a pungent smell in the air in the village, which became stronger as he approached the chemical factory. He said it made him making him feel dizzy and nauseous. The villagers told the outlet that the air in the area smelled like this every day, and they had already become accustomed to it.

According to the outlet, an increasing number of locals in the three villages have contracted cancer in recent years. In the village closest to the plant, which has a population of about 2,000, five locals died within a week, three of them from lung cancer. While nine villagers are currently critically ill in hospital.

In another nearby village, about 20 people died from lung or liver cancer in the past four years, the paper reported. The youngest person to pass away was in his thirties.

CHINA PHOTOS/GETTY IMAGES



A farmer with his tractor in the outskirts of Yanshi of Henan Province, China.

GREG BAKER/AFP/GETTY IMAGES

Chinese Regime Tightens Control on Lawyers

NICOLE HAO

China's Ministry of Justice recently announced an updated evaluating system for lawyers, mandating that all who practice law must support the Chinese Communist Party's (CCP) socialist rule.

The Ministry of Justice notified all of its provincial branches on how to evaluate a lawyer's professionalism, which would be the standard used to determine whether to grant a lawyer his or her practicing license.

According to the notice released on March 27, the first criterion is that a lawyer "must support the leadership of the CCP, defend the rule of law under socialism, abide by the Constitution and laws, and adhere to the professional ethics and discipline of lawyers."

Secondly, all lawyers "must not have been subject to disciplinary action, administrative punishment, industry penalty, nor credit penalty during the past five years of practice."

This represents an escalation of the Party's efforts to solidify its control of lawyers, having previously required them to support the Chinese constitution.

The latest rules may also put many human rights lawyers' practice licenses at risk, because they are frequently detained because of their work.

On about July 9, 2015, Chinese authorities launched a nationwide crackdown on human rights lawyers and activists, known colloquially as the "709 Incident," in which hundreds were rounded up and detained, including prominent lawyers such as Wang Quanzhang, Wang Yu, and Li Heping.

“

Teng added that the Party was forcing lawyers to follow communist ideology because it's fearful that lawyers, who often take on cases involving injustices perpetrated by Chinese authorities, would protest the Party's rule.



Police stand guard outside the No. 2 Intermediate People's Court where human rights lawyer Pu Zhiqiang was being sentenced in Beijing on Dec. 22, 2015.

New Standard Against Rule of Law

Teng Biao, a prominent Chinese human rights lawyer, believes the Chinese regime's rules violate the basic nature of being a lawyer.

"A lawyer is an independent profession in a society with rule of law," Teng told the Chinese-language Epoch Times in an interview on April 6. "[Lawyers] should be independent of political parties, should be separate from political ideology. Then, they can dedicate themselves to defending the constitution, laws, and justice."

Teng added that the Party was forcing lawyers to follow communist ideology because it's fearful that lawyers, who often take on cases involving injustices perpetrated by Chinese authorities, would protest the Party's rule.

"The Party is trying to clean up the lawyers whose minds and speech cannot be trusted by the Party," Teng said.

Cheng Hai, a famous human rights lawyer in Beijing, told the Chinese-language Epoch Times on April 6 that the Party tried to adopt a similar policy in the 1980s, but it was abolished later.

Cheng was routinely harassed by authorities after he took on cases representing adherents of Falun Gong, a spiritual meditation practice that has been severely persecuted by the Chinese regime since 1999.

In 2013, Cheng was beaten by police, and was forbidden from defending 13 Falun Gong practitioners in court.

In February 2018, Cheng's law firm was shut down by Beijing's judicial

department. Cheng told the Chinese-language Epoch Times at the time that he believed the reason authorities were going after him was that he tried to defend fellow lawyer Wang Quanzhang in court. Wang was detained on charges of "inciting subversion of state power" in 2015, and sentenced to four and a half years in prison.

Cheng then lost his license to practice in August that year.

Teng worries that with the new rules, human rights lawyers will no longer be able to do their work.

"If no human rights lawyers exist, or no human rights lawyer can work, everybody [in China] will be affected," he said. "The middle class, officials, and even rich businessmen will suffer."

NICOLAS ASFOURI/AFP/GETTY IMAGES



A screen shows visitors being filmed by AI (artificial intelligence) security cameras with facial recognition technology at an expo in Beijing on Oct. 24, 2018.

Chinese Thieves Exploit Facial Recognition Mobile Payment System to Steal

OLIVIA LI

A Chinese man recently had his money stolen from his bank account after his roommates scanned his face while he was asleep to make online payments with the facial recognition function. The incident once again raised security concerns regarding biometrics-based technologies.

According to an April 8 report by Chinese media Chengdu Economic Daily, a busboy surnamed Yuan lived with two roommates in Ningbo City, Zhejiang Province. Recently, when he checked the balance in his bank account, he was shocked to discover that there was only 0.59 yuan (about \$0.09) when he allegedly had about 12,000 yuan (\$1,787) in the account. He reported the theft to local police immediately.

After an initial investigation, police suspected that Yuan's two roommates, surnamed Liu and Yang, may have stolen the money. When police interrogated both Liu and Yang, they admitted to using Yuan's smartphone to make payments while Yuan was sleeping. They knew that Yuan regularly used the face recognition feature to make online payments, so they scanned Yuan's face to use his money.

Police also found that normally, facial recognition would not work when a person's eyes are closed. However, the facial recognition function on Yuan's smartphone was substandard, making it easy for his roommates to scan his face while Yuan was asleep.

In recent years, Chinese tech companies have vigorously developed and popularized facial recognition technology.

In 2018, during the Chinese New Year holidays—a time when many people travel to their hometowns to celebrate festivities with family—China's railway stations began to roll out a facial recognition payment system on a large scale, replacing the traditional ticket

and ID checking system.

In addition, Alipay, the mobile payment service created by tech giant Alibaba, rolled out its first "facial payment" station at a physical store in Shanghai in December 2018. A customer scans the commodities first, then positions his or her face in front of the camera to make the payment. UnionPay and WeChat Pay both followed suit shortly after with their own payment stations at physical stores. These three companies, China's most popular e-wallet providers, have popularized the use of facial recognition for payments.

However, with regard to privacy issues associated with biometrics-based technologies, industry experts have long expressed concerns.

Tan Jianfeng, chairman of Chinese cybersecurity firm, Shanghai People Network Security Technology Co., told the state-run People's Daily during an interview in March 2017 that, if your password is stolen, you can reset it, but biometric information cannot be reset. Once your facial features are stolen, you cannot change to another face.

Tan also reminded the public not to casually use the facial recognition function for online operations. "In the era of big data, once biometric authentication is used, there must be a database for the storage of biometric features. All data will be converted to machine code as soon as it is stored. Any machine code can be intercepted," he said.

Tan himself chooses not to use fingerprint or facial recognition for his electronic device activations or as a payment option.

However, many Chinese prefer the convenience of using such technology.

Facial recognition is also broadly employed by Chinese authorities via security cameras, which have prompted security and human rights experts to raise concerns about authoritarian mass surveillance that infringes on citizens' privacy.

In recent years, Chinese tech companies have vigorously developed and popularised facial recognition technology.

Hong Kong Pro-Democracy ‘Occupy’ Activists Defiant After Guilty Verdicts

HONG KONG—A Hong Kong court on April 9 found nine leaders of the 2014 pro-democracy "Occupy" movement guilty of public nuisance during the mass protests, in a landmark verdict as freedoms in the city ruled by mainland China come under strain.

Scores of supporters applauded the defendants, who included a law professor, two legislators, and former student activists, after a trial that critics said highlighted the decline of political freedoms in the former British colony.

Law professor Benny Tai, 54, retired sociologist Chan Kin-man, 60, and retired pastor Chu Yiu-ming, 75, were found guilty of conspiracy to commit public nuisance for their leading role in planning and mobilizing supporters during the 79-day protest.

The trio had pleaded not guilty to all charges, which carry a maximum jail term of seven years each. The judge did not immediately hand down sentences, and the defendants have not said if they plan to appeal.

"I am determined to fight for Hong Kong with one last effort, and to walk with Hong Kong people one step further," Chu said in a passionate final speech in court, despite being in poor health.

"We have no regrets ... we have not given up," he said, moving some witnesses to tears, and spurring sustained applause from supporters.

Outside the court, some punched their fists in the air and shouted, "We want universal suffrage." Others sobbed as supporters called them "fearless and invincible."

The concept of civil disobedience is "recognized in Hong Kong," Justice Johnny Chan said in a summary of his judgment, but it was not a defense against a criminal charge.

"The offense of conspiracy to cause a public nuisance does not have the undesirable effect of curtailing or suppressing

civil disobedience at its formation stage or suppressing human rights as the defendants contended," it read.

Since the city returned to Chinese rule in 1997, critics say Beijing has reneged on its commitment to maintain Hong Kong's high degree of autonomy and freedoms under a co-called "one country, two systems" arrangement.

Chris Patten, Hong Kong's last colonial governor, called the verdict "appallingly divisive," and a "vengeful pursuit" of past political events.

In the nearly five years since the Occupy protests, democracy activists, diplomats, and business leaders have expressed grave concern about what they call Beijing's tightening grip on the city's freedoms.

The six other defendants were pro-democracy legislators Tanya Chan and Shiu Ka-chun, two former student leaders Eason Chung and Tommy Cheung, activist Raphael Wong, and veteran democrat Lee Wing-tat.

They were each found guilty of at least one public nuisance charge.

All nine were accused of inciting and mobilizing protesters during the demonstrations that sought to pressure Beijing to allow full democracy.

Hundreds of thousands of people blocked major roads in several parts of the global financial hub for 79 straight days in late 2014, in one of the boldest populist challenges against Beijing in decades.

The demonstrators were finally cleared away by police, having won no concessions.

About 87 percent of roughly 1,200 protesters polled during the demonstrations said they had participated to "protect Hong Kong's liberty," a public opinion poll by the Chinese University of Hong Kong cited in court showed.

By James Pomfret and Jessie Pang
From Reuters

TYRONE SIU/REUTERS



Pro-democracy supporters hold yellow umbrellas to support leaders of Occupy Central activists, outside the court, in Hong Kong, China on April 9, 2019.

Join in Restoring Virtue and Values to Society

For Our Children and Grandchildren’s Sake...

At The Epoch Times, we’re building a media supported by readers instead of corporate advertisers, ensuring it’s free from outside influences—forever. Please help to strengthen this vision.

A REAL DANGER

Our Civilisation Faces Serious Treats at This Moment in History

1. Our nation is in trouble. According to a 2018 survey, 58 percent of young Australian voters say they would prefer to live in a socialist society.*
2. If this trend continues, within the next decade, Australia could become a socialist country.
3. 85% of newspaper sales in Australia are controlled by two corporations. They’re not out to tell you the truth about what’s happening; they only tell you the picture of the world that they represent.
4. For decades, ideas stemming from communist ideology like socialism and cultural marxism have been moving Australia away from the preservation of rights enshrined in the Magna Carta.
5. These ideas create social turmoil, division, frustration, hatred, and violence; they break down the morality at the foundations of society. These same ideas now have found their way into the government, schools, and other key institutions across the nation.

* POLICY PAPER ON MILLENIAL ATTITUDES TOWARD SOCIALISM CONDUCTED BY THE CULTURE, PROSPERITY CIVIL SOCIETY and THE CENTRE FOR INDEPENDENT STUDIES.

THE BEST DEFENSE

The Epoch Times Stands Firmly Against this Subversion

1. The Epoch Times has the wisdom to expose the evil nature of communism and its infiltration into our media, schools, government, churches, and society.
2. The Epoch Times has the courage to expose fake news, to safeguard the values this country was founded on, and to report important stories not covered by other news outlets.
3. Built on the values of Truth and Tradition, and based on the virtue of compassion, The Epoch Times promotes long-established universal values that represent the best of humankind.



“After being lobbied and seduced by those puppets, politicians, journalists and leaders of all sorts of organisations across the country believe they are responding to the wishes of ‘Chinese-Australians’. They are in fact dancing to the tune of the Chinese Communist Party.”

Clive Hamilton, Author of ‘Silent Invasion: China’s Influence in Australia’

THE CHALLENGES

We’ve Been Fighting a Long Battle

Since our founding in 2000, the Chinese Communist Party, with its multibillion-dollar lobbying and overseas propaganda budget, has tried relentlessly to stop The Epoch Times. It’s not easy to stand up to the world’s biggest dictatorship, with the world’s largest propaganda and fake news operations, but we have done it.

These Are Some of the Many Challenges We Face:

1. The Chinese Communist Party has threatened and intimidated our advertisers and ad agencies.
2. The Chinese regime makes it clear to companies with business ties with China that working with us will cost them business.
3. The Chinese regime has had its agents steal our newspapers and distribution boxes, vandalise our offices, and spread misinformation about us abroad. Inside China, the regime has jailed and tortured our journalists.

Violence We Faced



In 2006, Dr. Peter Li, chief technical officer of The Epoch Times, was beaten, tied up, blindfolded with duct tape, and robbed of two laptop computers by three Asian men who burst into his suburban Atlanta home, wielding a gun and a knife.



In 2000, Zhang Yuhui, the former editor-in-chief of the China branch of The Epoch Times, was sentenced to 10 years in prison for his work.

A NEWSPAPER you can trust



This Did Not Stop Us

You can help make the global communist community’s efforts meaningless—and help us to expand! To achieve this, we need your help!

The Epoch Times Contributes to Society

1. Truthful reporting on the issues that matter, including the Trump administration’s achievements in the United States and around the world.
2. Leading the reporting on the Chinese communist threat over the last 18 years (since 2000).
3. Exposing communist thought in our government, schools, universities, popular culture, and media.
4. Reporting on the persecution of Falun Gong, including the state-sponsored forced organ harvesting in China—one of the most underreported atrocities of our time.
5. Spreading the truth through Freegate secure anti-censorship software.
6. Providing an acclaimed Mind & Body section that that offers insights from traditional wisdom and holistic wellness.

Rigorously Exposing Communism

The Epoch Times actively works to investigate and expose communist ideology, its history, theory, and true intentions. Our latest series, “How the Spectre of Communism is Ruling Our World,” exposes the nature of communism and the harm it has brought and continues to inflict on the world.

Since the book “Nine Commentaries on the Communist Party” was published by The Epoch Times in December 2004, 320 million Chinese people have renounced the Chinese Communist Party and its associated organisations.

The Epoch Times reports issues and events side-stepped by other media, but which are vital to exposing the harm communism poses to humanity. These include the persecution of Tibetans, underground Christians, practitioners of Falun Gong, Uyghurs, and other groups in China.



Our infographics have had a big impact on society, allowing people to understand the intricate connections between seemingly unrelated events, revealing what mainstream media is not telling you.

Our Investigations

We have championed a new method of investigative journalism, bringing together the best of both traditional journalism and quality design to tell stories that expose corruption and subversion. Our work has included investigations about:

1. Illegal Spying on President Trump (February 9, 2018)
2. China’s Military Expansion Into Space (March 23, 2018)
3. The Secret Propaganda War on Our Minds (April 6, 2018)
4. Hillary Clinton and the Uranium One Deal (February 16, 2018)
5. Spygate: The True Story of Collusion (October 12, 2018)
6. Clinton Foundation ‘Pay to Play’ Model Under Investigation (December 5, 2018)

IMPACT OF THE EPOCH TIMES Conscience Over Profit: Organ Killings in China—The Sixty Million Dollar Decision

Entrepreneur Jeffrey Van Middlebrook turned down \$60 million in R&D funding from China after finding out the Chinese regime harvests organs from practitioners of Falun Gong.



“Once I started reading these articles in your newspaper I decided I could not do business with China.”

Jeffrey Van Middlebrook, entrepreneur





We are the “lucky country.” But our parliamentary democracy only works when the populace is well informed through an honest and transparent press. This is the role that The Epoch Times strives to fulfill.

What People Are Saying



“The Epoch Times is a distinctive newspaper and reports the news truthfully, decently and fairly. It’s a shame that only Chinese Epoch Times was available in the early days. Now, I look forward to the relaunch of the English edition. The Australian community needs to know what is happening in China and the suppression of human rights under the CCP. This will uphold Australian values and is also an opportunity for Australians to help improve the human rights situations in China.”

Qi Jiazhen, Writer



“I think as a media company The Epoch Times can be part of a positive force for the culture and a positive force within this economic machine of capitalism to help elevate cultural products and ideas that are going to help heal society as you preserve the family.”

Carrie Sheffield, founder, Bold



“‘The first duty of the press,’ the great London newspaper The Times declared as long ago in 1851, ‘is to obtain the earliest and most correct intelligence of the events of the time, and instantly, by disclosing them, to make them the common property of the nation.’ “There can be no doubt that in assessing the newspapers of the world, The Epoch Times deserves the encomium that it is a leader in observing, to the very highest degree, this timeless enunciation of the first duty of the press.”

Emeritus Professor David Flint AM



“As a child, my father would eagerly look forward to reading The Epoch Times newspaper. Now I understand why, it’s 100% correct. A rare publication celebrating Chinese culture whilst speaking against the atrocities of communism. Australians take note.”

Asha Towers, NSW President of the National Civic Council



“The Epoch Times has done a great job in its quest for truth and its devotion to humanitarian concerns.”

Feng Chongyi, Associate Professor in China Studies at University of Technology Sydney

A Brief Introduction to The Epoch Times

Started in 2000 by Chinese-Americans who fled communism, The Epoch Times was founded in America to bring truthful and uncensored news to Chinese people worldwide—people oppressed by lies, violence, and propaganda. The English edition of Epoch Times was started in 2004, and has upheld the same values.

In December 2000, a few months after we began publishing, 10 of our staff members in China were jailed and tortured. They were sentenced to prison terms ranging from three to 10 years, forcing us to work largely underground in China. Later, Epoch Times contributors continued to be targeted: One died in a Chinese prison in 2017 after 12 years in jail; another was just released on Feb. 13, 2018 after over 10 years in jail.

Despite these challenges, we have been committed from the beginning to getting the truth out under difficult circumstances, and this is and will forever be part of The Epoch Times.

Having faced extreme challenges (financial, physical, and cyber) from

one of the most despotic regimes on the planet, The Epoch Times has never stopped delivering on its promise to readers: to use traditional, upright, and true journalism to keep the public informed.

We investigate issues overlooked—or avoided—by other media outlets. We don’t spin the news, push biased agendas, or create false narratives. We give the facts and context to allow readers to make up their own minds.

We report on a wide range of topics, from national politics, to holistic health, foreign affairs, traditional culture, immigration, and food & lifestyle.

We also hold that one of the most overlooked stories of the 21st century is the global cultural and moral destruction wrought by communism, and so we take special care to expose this deadly ideology and the harm it has caused to us all.

In all that we do, we make an earnest attempt to hold ourselves to the highest standards of integrity. This is our promise to you.

Make a Difference Today

The Power of Your Contribution

- 1. Help us publish truthful news.
- 2. Builds a nonpartisan, independent media that stands outside of any political interests.
- 3. Helps fund the research that exposes the true nature of communism and its impact on our media, our schools, our government, our religious institutions, and our society as a whole.
- 4. Helps us to report stories within Australia and abroad that are rarely reported by other media outlets.
- 5. Safeguards a forum for discussion of traditional values and the traditional vision of journalism.
- 6. Informs schools, universities and other public institutions with our content.

What Your Contribution Achieves

\$50 – Help us get our message of ‘Truth and Tradition’ into local universities.

\$500 – Help 250 households test drive The Epoch Times newspaper.

\$5,000 – Help us create an ebook of “How the Spectre of Communism is Ruling our World” so that millions of people can enjoy reading it in book form.

\$10,000 – Fund the research and production of a new investigative piece so that millions of people can benefit from it.

\$20,000 – Help us reach an extra 1 million people with an Epoch Times investigative journalism video.



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Iran’s Revolutionary Guard to Be Designated as Terrorist Group

PETR SVAB

President Donald Trump has announced that his administration plans to designate Iran’s Islamic Revolutionary Guard Corps (IRGC) as a foreign terrorist organization. The move, first conveyed to media in an April 8 morning conference call, further escalates pressure on the Islamic regime in Tehran. Shortly after the call, Trump issued a statement with the announcement.

“This unprecedented step, led by the Department of State, recognizes the reality that Iran is not only a State Sponsor of Terrorism, but that the IRGC actively participates in, finances, and promotes terrorism as a tool of statecraft,” the statement read. “The IRGC is the Iranian government’s primary means of directing and implementing its global terrorist campaign.”

Rumors of the move had garnered a response from Iran in advance. “We will answer any action taken against this force with a reciprocal action,” said an April 5 statement issued by 255 of the 290 Iranian lawmakers, according to IRNA, the regime’s news agency. Iranian Foreign Minister Javad Zarif suggested in an April 7 tweet that the terror designation will have “consequences for US forces in the region.”

Unprecedented

The IRGC is a branch of the Iranian military controlled by the regime’s Supreme Leader Ali Khamenei. This is the first time the United States has announced an intent to designate part of a foreign government as a terror group. The United States has already blacklisted dozens of entities and people for affiliations with the IRGC, but not the organization as a whole.

“It underscores the fact that Iran’s actions are fundamentally different from those of other governments,” Trump said. “This action will significantly expand the scope and scale of our maximum pressure on the Iranian regime. It makes crystal clear the risks of conducting business with, or providing support

to, the IRGC. If you are doing business with the IRGC, you will be bankrolling terrorism.”

Indeed, the designation enables U.S. prosecutors to charge numerous individuals and companies that do a wide variety of business with the IRGC to be charged with providing material support to terrorists, an offense carrying a maximum penalty of 15 years in prison. Supporters of IRGC could also be denied entry to the United States.

“This action sends a clear message to Tehran that its support for terrorism has serious consequences,” Trump said. “We will continue to increase financial pressure and raise the costs on the Iranian regime for its support of terrorist activity until it abandons its malign and outlaw behavior.”

Pressure on Iran

Trump has been escalating pressure on Iran since taking office, especially in 2018, when he quit the Obama administration’s Iran nuclear deal and reimposed sanctions on Tehran.

The Trump administration demands that Iran halts not only its nuclear ambitions, which the deal attempted to delay, but also its ballistic missile program, support for terrorists and militias in the region, and other destabilizing activities.

Iran says its missile program is defensive only, but has threatened to disrupt oil shipments through the Strait of Hormuz if the United States tries to throttle Iranian oil exports. The strait is a major choke point between the Persian Gulf and the Gulf of Oman through which about a fifth of the world’s oil shipments pass. In November 2018, an IRGC commander threatened that U.S. bases in Afghanistan, the United Arab Emirates, and Qatar, and U.S. aircraft carriers in the Gulf were within range of Iranian missiles.

In July 2018, Saudi state oil company Aramco stated that two of its tankers had been attacked by Yemen-based Houthi militia, who are backed by Iran

“This unprecedented step ... recognises the reality that Iran is not only a State Sponsor of Terrorism, but that the IRGC actively participates in, finances, and promotes terrorism as a tool of statecraft.

PRESIDENT DONALD TRUMP



Members of the Iranian Islamic Revolutionary Guard Corps march during a parade to commemorate the anniversary of the Iran–Iraq War (1980–88) in Tehran on Sept. 22, 2011.

and suppressed by the Saudi military.

State Secretary Mike Pompeo said in July that the United States is willing to lift the sanctions, but listed 12 demands that the Iranian regime would have to meet first. Those include ending its ballistic missile program, releasing detained Americans, ending the support of terrorist groups and militias including Hezbollah, Hamas, and the Houthis, as well as withdrawing its forces from Syria.

Though the Iranian economy has been choked by sanctions, the regime has refused to negotiate.

Still, Trump said last year he believes the regime will eventually come to the table.

“I do believe that they will probably end up wanting to meet. And I’m ready to meet any time they want to. And I don’t do that from strength or from weakness. I think it’s an appropriate thing to do,” he said. “If we could work something out that’s meaningful, not the waste of paper that the other deal was, I would certainly be willing to meet.”

IRGC

Set up after the 1979 Islamic Revolution to protect the Shi’ite clerical ruling system, the IRGC is Iran’s most powerful security organization. It has control over large sectors of the Iranian economy and has a huge influence in its political system. It’s also in charge of Iran’s ballistic missiles and nuclear programs.

In 2007, the U.S. Treasury designated the IRGC’s Quds Force, its unit in charge of operations abroad, “for its support of terrorism,” and has described it as Iran’s “primary arm for executing its policy of supporting terrorist and insurgent groups.”

The Iranian regime began with a combination of Soviet subversion and the influences of Sayyid Qutb—a founding father of the Muslim Brotherhood—who combined socialism with Islam to create an ideology at the core of totalitarian theocracies throughout the Muslim world, according to Zuhdi Jasser, president and founder of American Islamic Forum for Democracy.

Reuters contributed to this report.

Critics See ‘Equality Act’ as ‘Endless Lawsuit Machine’

MATTHEW VADUM

News Analysis

New civil rights legislation introduced in the U.S. House of Representatives that would extend protection to LGBTQ individuals would also undermine First Amendment free speech rights while opening the door to religious-based discrimination, according to conservative critics.

The proposed “Equality Act,” known as H.R. 5, was introduced March 13 by Rep. David N. Cicilline (D-R.I.).

The measure would add “gender identity” and “sexual orientation” to the classes protected against discrimination by the Civil Rights Act of 1964, outlawing discrimination against all protected classes in employment, housing, public accommodations, education, jury service, banking and credit, and retail stores.

“In most states in this country, a gay couple can be married on Saturday, post their wedding photos to Instagram on Sunday, and lose their jobs or get kicked out of their apartments on Monday just because of who they are,” said Cicilline, an openly gay man. “This is wrong. We are reintroducing the Equality Act in order to fix this.”

Cicilline’s comment on the plight of gay couples leaves out what critics say are the adverse effects and unintended consequences of his law.

Rep. Matt Gaetz (R-Fla.) criticized H.R. 5 at a recent congressional hearing on the bill, by highlighting the chaos that could follow legal protection for a person’s self-defined gender identity.

What if, for example, President Donald Trump decided to declare himself the country’s “first female president”? Gaetz wondered aloud, according to The Washington Post. Under the act, referring to Trump as a man—or in politically correct parlance, “mis-gendering” him—could be unlawful.

“What happens when sex is defined as gender identity, and gender identity is terribly vague?” Gaetz said. “Will all sex-based distinctions be erased? ... Would grants for female-led businesses or programs for women in STEM fields suddenly be open to all persons, whether they believe or not that they identify as a woman?”

And as Paul Mirengoff writes at the Powerline blog, state laws similar to the Equality Act have undermined constitutionally protected fundamental freedoms.

Such laws have been used to shutter “Catholic adoption agencies that only place children with a mother (biologically female) and a father (biologically male).”

Government officials have used them to force people in the wedding industry, such as



Rep. David N. Cicilline (D-R.I.) talks with House Speaker Nancy Pelosi (D-Calif.) during a news conference where House and Senate Democrats introduced the Equality Act in Washington on March 13, 2019.

bakers, photographers, and florists, to render services at same-sex marriage ceremonies, even when the service providers have a religious objection to such marriages.

Even before the 1979 failure of the ratification of the proposed Equal Rights Amendment, which would have enshrined social engineering on the basis of sex in the U.S. Constitution, left-wing activists have been trying to use civil rights laws to impose radical egalitarianism on society.

Tina Trent, a former candidate for District 26 of the Georgia General Assembly, told The Epoch Times that the Equality Act “is an endless lawsuit machine.”

“Unlike traditional federal civil-rights legislation, which at least redresses historical injustice and is bounded by the narrow category of race, this legislation will be applied to anything and everything the [LGBTQ] lobby invents as their next cause,” said Trent, a writer and former academic who holds a doctorate in contemporary political and social movements from Emory University.

“Who would have predicted even three years ago that [LGBTQ] activists would succeed in demanding that we not only accept but submit to their fringe ideas about gender differences being nonexistent? What new rules will they invent that we must bow to?”

The LGBTQ lobby “has been taken over by literal fascists,” she said. “Handing them the power to sue anyone who does not submit to their ever-changing political demands is a recipe for utter disaster.”

The American Civil Liberties Union has embraced the proposed Equality Act.

“The Equality Act also clarifies that the Religious Freedom Restoration Act (RFRA) cannot be used in civil rights contexts, prohibiting religious liberty—which is a core American value—from being used as a license to discriminate,” the group said in a statement.

“Government officials have used them to force people in the wedding industry, such as bakers, photographers, and florists, to render services at same-sex marriage ceremonies, even when the service providers have a religious objection to such marriages.

BOWEN XIAO

President Donald Trump on April 9 threatened to add new U.S. tariffs on products from the European Union, the latest escalation in the ongoing trade war.

“The World Trade Organization finds that the European Union subsidies to Airbus has adversely impacted the United States, which will now put Tariffs on \$11 Billion of EU products!” Trump said on Twitter.

“The EU has taken advantage of the U.S. on trade for many years. It will soon stop!”

The United States and Europe have been locked in a years-long spat over mutual claims of illegal aid given to plane giants—Netherlands-based Airbus and U.S.-based Boeing—to help them gain an advantage in the world jet business.

The case, which has been grinding its way through the World Trade Organization (WTO) for almost 15 years, is approaching the final stages of arbitration.

Trump’s comments came as his administration prepares to work out trade deals with China and neighbors Mexico and Canada.

A day earlier, the U.S. Trade Representative proposed targeting a list of EU products for tariffs, ranging from large commercial aircraft to dairy products and wine, as retaliation for European aircraft subsidies. The final list is expected this summer.

In response, the European Commission said on April 9 it had started to draw up plans to retaliate over Boeing subsidies.

“The Commission is starting preparations so that the EU can promptly take action based on the arbitrator’s decision on retaliation rights in this case,” a Commission spokesman said. “The European Union remains open for discussions with the United States, provided these are without preconditions and aim at a fair outcome.”

Both sides have won partial victories in claiming Airbus and Boeing received unlawful subsidies, but disagree on the amount involved and whether each has complied with earlier WTO rulings.

The EU is already facing U.S. tariffs on its steel and aluminum exports and Trump has repeatedly threatened to hit EU cars with punitive duties.

Volkswagon Expansion

A mix of Trump’s deregulation policies, tax reform, and a booming economy are luring European companies to invest more in the United States, signaling that Trump’s policies have been making a dif-

“The United States and Europe have been locked in a years-long spat over mutual claims of illegal aid given to plane giants.

ference.

At a White House meeting in January, German automakers, including Volkswagen, BMW, and Daimler, said they planned to invest more in the United States, dependent on whether the Trump administration imposes tariffs on them or not. Overall, the automakers were optimistic about the idea of investing more in the United States.

Trump lauded German automaker Volkswagen in January for choosing Chattanooga, Tennessee, as the company’s North American base for manufacturing electric vehicles.

Volkswagen’s U.S. expansion includes an investment of \$800 million in the facility, which is poised to create 1,000 jobs at the plant and additional jobs at suppliers.

“Congratulations to Chattanooga and Tennessee on a job well done. A big win!” Trump wrote on Twitter.

The Chattanooga plant is the first dedicated location in North America for the production of vehicles using Volkswagen’s modular electric toolkit chassis or MEB. Electric Vehicle production at the site will begin in 2022, according to the automaker.

Reuters contributed to this report.



President Donald Trump speaks to the press as he departs the White House on April 5, 2019.

IG Probe Into Surveillance of Trump Campaign to Conclude Within Months

CONTINUED FROM A1

American citizen.

Aderholt was referring to the Foreign Intelligence Surveillance Act (FISA) warrant the FBI used to surveil former Trump campaign associate Carter Page over the course of a year. The bureau used the then-unverified and now-debunked Steele dossier, funded by the Clinton campaign as the rationale for the warrant.

“The office of the inspector general has a pending investigation of the FISA process in the Russian investigation and I expect that to be completed probably in May or June, I am told,” Barr responded. “So, hopefully, we’ll have some answers from Inspector General Horowitz on the issue of the FISA warrants.”

DOJ Inspector General Michael Horowitz has been investigating the use of the FISA warrants in the Russia investigation since March last year. In addition to using shoddy and politicized evidence, the bureau’s process for obtaining the warrants was riddled with abnormalities.

Barr also revealed that he himself is looking into the conduct of officials who worked the Russia investigation, most of whom have either been fired or left the bureau.

“More generally, I am reviewing the conduct of the investigation and trying to get my arms around all the aspects of the counterintelligence investigation that was conducted during the summer of 2016,” Barr said.

The attorney general said he hasn’t received the criminal investigation referrals from Rep. Devin Nunes (R-Calif.) that the lawmaker mentioned earlier in the week. Nunes said he plans to refer eight people for criminal investigation for conspiring to lie to the FISA court and Congress.

“I haven’t seen the referrals yet from congressman Nunes, but obviously if there is a predicate for an investigation, it will be conducted,” Barr said.

Democrats on the committee pressed Barr for more information on the final report by



SAUL LOEB/AFP/GETTY IMAGES

▲ Attorney General William Barr testifies before the U.S. House Subcommittee on Commerce, Justice, Science, and Related Agencies on Capitol Hill on April 9, 2019.

special counsel Robert Mueller. The special counsel took over the Russia investigation from the FBI in May 2017.

Barr said the mid-April deadline for releasing the report still stands. The attorney general said redactions in the report will be color-coded to indicate which rationale was used to withhold the information.

Barr also dismissed accusations that he was hasty to release the March 24 letter outlining the conclusions of the report. He told lawmakers he met with Mueller on March 4 for a preliminary discussion of the report and that Mueller’s thinking wasn’t a mys-

tery to people he interfaced with at DOJ, including Deputy Attorney General Rod Rosenstein.

The DOJ offered to have Mueller review the March 24 letter, but the special counsel declined, according to Barr.

Mueller concluded that neither Trump nor anyone in his campaign colluded with Russia. Mueller also summarized the reasoning for and against bringing an obstruction charge against Trump; Barr concluded there wasn’t enough evidence to take the case to court.

Former FBI Deputy Assistant Director Pe-

ter Strzok launched the counterintelligence investigation of the Trump campaign in late July 2016. Strzok and his mistress, FBI attorney Lisa Page, exchanged text messages that exposed their bias against Trump, their intent to “stop” him from becoming president, plans for an insurance policy in the unlikely event Trump won the election, and the prospect of impeachment once Trump became the president-elect. Mueller removed Strzok from the special counsel probe upon learning about the text messages.

The FBI obtained the first warrant to surveil Carter Page in October 2016. The application for the warrant alleged that he was an agent of Russia; Page was never charged with any crime and vehemently denies the allegation.

The core of the warrant application consists of evidence from the so-called Steele dossier. Former British spy Christopher Steele compiled the dossier by paying second- and third-hand sources with ties to the Kremlin for the information. The Clinton campaign and the Democratic National Committee ultimately funded the dossier.

The officials who compiled the application failed to disclose that the dossier was funded by Trump’s political opponent in the 2016 election. The bureau was also aware that Steele was biased against Trump but failed to include the information in the warrant application.

Former FBI Director James Comey and former FBI Deputy Director Andrew McCabe both signed off on the applications. Both have since been fired by the Trump administration.

In addition to the inspector general and attorney general inquiries, the potential abuses of the FISA system are the subject of an investigation by the Senate Judiciary Committee; Chairman Lindsey Graham announced the investigation last month. He also called for the appointment of a second special counsel to probe the conduct of officials who ran the Russia investigation.

Senate Bill Aims to Free US From Mineral Dependence on China

CONTINUED FROM A1

“As the leader of the free world, the United States should not be depending on China and other foreign nations for our supply of rare earth elements,” Manchinn said in a press release released by Murkowski’s office.

Manchin added: “This important technology would go a long way in re-establishing our domestic production which is critically important to our national security.”

China’s Near Monopoly

China currently controls more than 90 percent of the global supply in rare earth metals, according to a January 2017 report by the U.S. Department of Energy.

China’s dominance is, in part, the result of cheap labor and lax environmental regulations. The extraction of rare earth metals from ores, which involves a separation and refinement process that often requires toxic chemicals, could result in serious environmental pollution. But many Chinese companies don’t spend money to treat the toxic waste.

With such price advantages over foreign rare earth companies, Chinese companies then buy up mines from failed competitors—with some of the funding for buying overseas natural resources coming from Beijing’s foreign-exchange reserves.

According to data from the U.S. Geological Survey (USGS), the United States is dependent on imports for 64 strategic metals and minerals—in quantities to meet more than 25 percent of U.S. demand as of 2017. Of the 64, about 35 are mostly imported from China. The total value of all rare earth imports in 2017 was roughly \$150 million.

“Rare earth elements are essential to our economy and national security,” Capito said. “This legislation would help support the research and development of these technologies, a win-win-win for Appalachia’s economy, the environment, and our national defense.” The Appalachian region is home to much of the U.S. coal mining industry.

If passed, the bill would authorize the Department of Energy to spend an annual budget of \$23 million from 2020 through 2027 to carry out programs to develop such technologies.

Additionally, the Secretary of Energy, in consultation with the Secretary of Defense and the Secretary of Interior, would submit to Congress a report less than a year after the bill is passed, assessing the research, development, demonstration, and market impact of American REE production technologies.

“Breaking our foreign mineral dependence is critical to the future of manufacturing in America,” Murkowski said in the press release.

The bill includes provisions to “clean up



FREDERIC J. BROWN/AFP/GETTY IMAGES

A cyclist wears a protective face mask while riding along a dusty road where dozens of factories process rare earths, iron, and coal, on the outskirts of Baotou, Inner Mongolia, on April 21, 2011.

mine sludge and acid mine drainage and reduce the environmental impacts of coal production,” James Wood, interim director of the West Virginia Energy Institute, said in the press release.

Manchin first introduced a similar version of the REEACT Act in July 2017.

Electric Vehicles

A key material used to manufacture batteries for electric vehicles (EVs) is lithium. To address China’s dominance—it produces about two-thirds of the world’s lithium-ion batteries compared to 5 percent by the United States—U.S. officials plan to meet with U.S. automakers and lithium miners in early May to launch a national strategy on the electric vehicle supply chain, according to Reuters, citing three unnamed sources.

The Chinese regime has targeted development of its electric vehicle industry as a national priority; thus, many Chinese automakers are boosted by government subsidies. Chinese EV makers CATL and BYD have reportedly received millions in such subsidies. To squeeze foreign competitors out of China, Beijing also rolled out preferential subsidies for Chinese EV makers who use domestically produced batteries.

According to the USGS, U.S. imports of lithium have doubled since 2014 in part because of rising demands from U.S. electric car maker Tesla and battery makers.

As part of the national strategy, Murkowski is expected to introduce separate legislation aimed to streamline the permitting process to license lithium and other mines; bolster state and federal studies of domestic supplies of critical minerals; and encourage mineral recycling, among other topics, according to Reuters, citing an anonymous source.

Reuters contributed to this report.

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The bill would authorise the Department of Energy to spend an annual budget of \$23 million from 2020 through 2027 to carry out U.S. research.

Trump Admin Officials Targeted in Corporate Blacklist by Leftist Groups

IVAN PENTCHOUKOV

A coalition of left-wing groups is targeting nearly 30 current and former Trump administration officials with a corporate blacklist meant to prevent the officials from obtaining jobs in the private sector.

Outgoing Homeland Security Secretary Kirstjen Nielsen, former White House Chief of Staff John Kelly, and White House press secretary Sarah Sanders are all part of a list in an open letter sent to CEOs by more than 30 groups. The letter urges the CEOs to not hire or contract any of the officials and to bar them from sitting on corporate boards.

“Some of these individuals have left the administration in recent months. Regardless of when they leave, they should not be allowed to seek refuge in your boardrooms or corner offices. Allowing them to step off of the revolving door and into your welcoming arms should be a nonstarter,” the letter (pdf) stated.

The letter falsely accuses Trump administration officials of causing children to be “torn away from their parents and placed in cages.” The letter then further falsely accuses the officials of negligence, which the letter says led to the deaths and sexual abuse of children.

Anti-Trump groups often use the “family separation immigration policy” falsehood to attack the president and his supporters. In reality, Attorney General Jeff Sessions, responding to an influx of illegal crossings, ordered a lawful zero-tolerance policy under which anyone who crossed the border illegally would be prosecuted. President George W. Bush used a similar zero-tolerance policy to deter illegal crossings.

The zero-tolerance policy resulted in the separation of illegal aliens from their children because when an adult is prosecuted for a crime his or her child cannot be taken to jail, the same as the standard practice for all U.S. citizens who commit a crime.

The 23-page open letter was released in tandem with a full-page advertisement in The New York Times with a headline that read “Don’t Let Hate Into Your Boardroom.”

The advertisement features a red cap meant to resemble Trump’s ubiquitous campaign-slogan headwear. The “Make America Great Again” slogan on the cap is replaced with “Put Kids In Cages.”

Both the advertisement and the open letter perpetuate a debunked hoax suggesting that the Trump administration placed children in cages. The widespread falsehood was based on photographs taken of migrant children during the administration of President Barack Obama. The photographs were spread on social media with a caption falsely attributing the practice to the Trump administration.

“There was no parent who has been deported to my knowledge without multiple opportunities to take their children with them.”

KIRSTJEN NIELSEN
FORMER DEPARTMENT OF HOMELAND SECURITY SECRETARY

“Democrats mistakenly tweet 2014 pictures from Obama’s term showing children from the Border in steel cages,” Trump wrote on Twitter in May 2018. “They thought it was recent pictures in order to make us look bad, but backfires.”

The Trump administration also gave migrants who were arrested and prosecuted for crossing the border illegally multiple opportunities to be deported together with their children.

“There was no parent who has been deported to my knowledge without multiple opportunities to take their children with them,” Nielsen said at a House hearing on March 6.

The White House didn’t respond to a request for comment.

Immigration authorities are dealing with a surge of illegal aliens at the border at levels unseen for years. The number of illegal crossings is on pace to reach 1 million this year. Family units make up a large portion of those who cross the border illegally. Immigration authorities released more than 100,000 illegal alien family members into the United States this year.

Under current law, immigration authorities can either briefly detain family units or prosecute the adults for breaking the law, resulting in separation. Trump has long pushed Congress to legislate a third option, which would allow for the immediate removal of entire family units.



SAMIRA BOUAOU/THE EPOCH TIMES

Then-Department of Homeland Security Secretary Kirstjen Nielsen and then-Attorney General Jeff Sessions in Baltimore, Md., on Dec. 12, 2017.

CHUNG SUNG-JUN/GETTY IMAGES

China Using Blockchain Technology to Subvert US-Led Financial System

Part II: The regime's global blockchain strategy

LI JIE

Commentary

The core of the communist totalitarian system is the never-ending pursuit to strengthen social control. It is only natural that the Chinese Communist Party (CCP) doesn't welcome any private cryptocurrency free from the control of the central government.

Instead, replacing paper currency with the state-issued digital currency developed by the government is what the Chinese authorities are happy to see, as it can take back the only degree of freedom left in private cash transactions and fully grasp and monitor all the capital flows in the entire society. This is what the CCP has always dreamed of.

In October 2018, Danny Deng, chairman of China's blockchain company Tai Cloud Corp., mentioned in a public speech that the future "megatrend" is the issuance of cryptocurrency by the state, replacement of the interbank foreign exchange market with cryptocurrency transactions between countries, and establishment of a huge global "super liquid market."

Tai Cloud has been approved and is strongly supported by the Chinese government. It is the leading company in China responsible for promoting the research and popularization of blockchain. Deng participated in the 2019 Davos Forum as the head of China's blockchain delegation.

In order to build this new global financial system, the CCP is promoting a blockchain financial system through the OBOR strategy to countries along the route. In doing so, the CCP is testing the system, and at the same time laying the foundation to challenge the dollar system in the future.

In September 2016, at a discussion forum at Beijing University, titled "Blockchain and Digital Currency," Deng pointed out that blockchain will usher in "greater opportunities" in the OBOR initiative.

He specifically mentioned that most of the OBOR projects are in developing countries in Asia, Africa, and Latin America where financial foundation is relatively weak, which provides a good opportunity for the introduction of China's blockchain technology.

In fact, in 2016, the same year when Deng delivered this speech, Tunisia in North Africa and Seghar in West Africa issued digital currency, becoming pioneer countries in the issuance of digital currency. Both countries have joined the OBOR.

The Mediterranean island of Malta, which has adopted a very loose policy on cryptocurrency, has become the center of cryptocurrency transactions in the world. Malta is also an OBOR country.

Deng didn't care to hide his goal in developing blockchain technology. "Using blockchain technology can give the U.S. hegemony a heavy blow," he once said.

Kazakhstan, a Central Asian country, is the gateway to the West in the OBOR economic circle. Tai Cloud also intends to popularize the blockchain financial system in Kazakhstan and establish a national digital currency trading platform. In order to achieve this goal, Deng personally went to Astana, the capital city of Kazakhstan, and spoke about the achievements he made during his Kazakhstan trip in an interview with Japan's NHK TV. The Kazakh oil exporters who hate to be affected by the fluctuation of the dollar are very interested in the "vision" depicted by Deng and actively seek to cooperate with Tai Cloud.

The CCP's intense development of the blockchain financial system has alarmed the U.S. government. Steve Yalik, intelligence analyst at the U.S. Department of Defense, told NHK TV that once the Chinese

The regime is promoting a blockchain financial system to countries along the 'One Belt, One Road' route. In doing so, the regime is testing the system, and at the same time, laying the foundation to challenge the dollar system in the future.



government establishes and dominates a financial system independent of the dollar, it will formulate its own blockchain standards and incorporate companies and countries into its own economic circle. It will be an awful situation because it will be a China-driven structure, in which all the rules are set by China.

Blockchain and 'Community of Common Destiny'

The CCP has vigorously developed blockchain technology as part of its development strategy, not only for the establishment of a financial system that challenges the dollar system, but also for many other applications involving all aspects of social life.

In June 2018, the National Center for Mathematics and Interdisciplinary Sciences, Chinese Academy of Sciences, and Tai Cloud jointly announced the establishment of the "Big Data and Blockchain Laboratory."

On Jan. 12, 2019, the 2019 work conference of China Group Companies Association (CGCA) blockchain submeeting was held in Beijing. Zhang Muhan, assistant to the CGCA president, claimed the blockchain submeeting was meant to "respond to the national strategy call," provide blockchain enterprises with policy information and the latest development of blockchain technology, promote resource sharing and collaboration among members, and facilitate the integration of new technologies such as big data, artificial intelligence, and blockchain.

Deng announced at the meeting that he planned to cooperate with the Ministry of Public Security to develop an identity chain, and, at the same time, promote the development of electronic contract filing.

Tai Cloud also officially announced that the company's "shared passport" developed through blockchain technology combines trusted identity verification with a comprehensive application platform. It is noteworthy that the technology had already been adopted by the Chinese authorities, and it's the ID card system of the Ministry of Public Security that connects with the Tai Cloud passport to use this technology and provide ID authentication.

In October 2018, Deng delivered a public speech, titled "Why blockchain will change the world." He claimed that the widespread use of blockchain technology could greatly enhance the development of artificial intelligence, big data, internet of things, patents, storage and computing, and even gene editing. It has the potential to become the largest global business and social infrastructure ever, creating a 24-hour global digital government, digital medical, education, and other social and management systems.

In his speech, Deng also mentioned digital citizenship and digital identity, as well as the relatively sensitive technology of genetic passport created through DNA sequencing.

Deng concluded at the end of his speech that the development of blockchain technology will make it possible to create a so-called "community of common destiny."

The concept of "community of common destiny" first appeared in the CCP's 18th National Congress in 2012. It became one of the keywords in the 19th National Congress in 2017. What is its specific connotation? Different countries seem to have different understandings.

Regardless, the core idea of the "community of common destiny" is the same, that is, the future world will have a new political order, a new economic order, and a new technical system, including the corresponding judicial system and ideology system, and the country at the center of this system will be communist China. Behind the "community of common destiny," there is always the shadow of the communist totalitarianism and its ultimate goal—a world government.

This isn't just a pretty soap bubble that the CCP touted to put powder on its face. In fact, the CCP is already building the prototype of this "community of common destiny," that is the OBOR.

In August 2017, Chinese state-run media Xinhua published an interview with an obvious title, "The ultimate goal of the 'Belt and Road Initiative': building a community of common destiny."

For the CCP, catching up with, surpassing, and replacing the United States is a never-changing strategy for decades. In the fields of 5G, new energy sources, artificial intelligence, biotechnology, and big data, the CCP is determined to and has already become the most powerful opponent of the United States. Blockchain and cryptocurrency are just another powerful tool in the wave of high-tech development that the CCP relies on to "surpass competitors at the curve."

By using blockchain technology to replace the dollar system, perhaps someday in the future, China and the United States will exchange positions. This is no doubt an irresistible temptation for the CCP.

▲ The Chinese regime has set its sights on replacing the U.S. dollar-backed global financial system through developing and exporting blockchain technology.

Li Jie is a reporter for NTD, part of the Epoch Media Group.

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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Chapter Two

Many of the prophecies foretold in orthodox religions have come to pass, as have the predictions made by Nostradamus and prophecies passed down in cultures around the world, from Peru to Korea. There have been surprisingly accurate prophetic texts throughout Chinese history, from the Han to the Ming dynasties.

These prophecies tell us the important truth that history is no coincidental process, but a drama in which the sequence of major events has already been pre-established. In the end of times, which could also herald the beginning of a new historical cycle, all religions of the world are awaiting one thing: the arrival of the Creator in the human realm.

Orthodox religions the world over have foretold that in the era of the Creator’s return, the world would be awash with demons, abominations, and ominous events as humanity lost its moral restraints.

All dramas have a climax. Though the devil has made its arrangements to destroy humankind, the almighty Creator has His means of awakening the world’s people, helping them escape the devil’s bondage, and offering them salvation. Today, unfolding in the final epoch before the Creator’s appearance, is the ultimate battle between good and evil.

Orthodox religions the world over have foretold that in the era of the Creator’s return, the world would be awash with demons, abominations, and ominous events as humanity lost its moral restraints. This is none other than the era we are in today.

Marx was not an atheist. He followed the devil’s cult and became the demon whose mission was to prevent man from recognizing his Creator in the end of times.

The state of degeneration we face today has been long in the making. It began hundreds of years ago, with the rise of its core driving force: atheism and the deception of humanity. It was Karl Marx who created an ideology to encompass the

deception in all its permutations, and it was Vladimir Lenin who put the theory into brutal practice.

Marx, however, was not an atheist. He followed the devil’s cult and became a demon whose mission was to prevent man from recognizing his Creator in the end times.

1. Marx’s Satanic Works

Marx published many books throughout his life, the best-known being the 1848 “Communist Manifesto” and the three volumes of “Das Kapital,” published between 1867 and 1894. These works form the theoretical basis for the communist movement.

What is less widely known is that Marx’s life was a process in which he turned over his soul to the devil and became its agent in the human realm.

In his youth, Marx had been a devout Christian. He was an enthusiastic believer in God before being overcome by his demonic transformation.

In his early poem “Invocation of One in Despair,” Marx wrote of his intent to take revenge on God:

So a god has snatched from me my all
In the curse and rack of destiny.
All his worlds are gone beyond recall!
Nothing but revenge is left to me!

On myself revenge I’ll proudly wreak,
On that being, that enthroned Lord,
Make my strength a patchwork of what’s weak,
Leave my better self without reward!

I shall build my throne high overhead,
Cold, tremendous shall its summit be.
For its bulwark—superstitious dread,
For its Marshall—blackest agony.

Writing to his father, Marx described the changes he was experiencing: “A curtain was fallen, my holiest of holies was ripped apart, and new gods had to be set in their place. ... A true unrest has taken mastery of me and I will not be able to calm the excited spirits until I am in your dear presence.”

In his poem “The Pale Maiden,” Marx wrote:

Thus heaven I’ve forfeited,
I know it full well.
My soul, once true to God,
is chosen for hell.

Marx’s family clearly noticed his change. On March 2, 1837, his father wrote to him: “Your advancement, the dear hope of seeing your name someday of

great reputation, and your earthly well-being are not the only desires of my heart. These are illusions I had had a long time, but I can assure you that their fulfillment would not have made me happy. Only if your heart remains pure and beats humanly and if no demon is able to alienate your heart from better feelings, only then will I be happy.”

The state of degeneration we face today began hundreds of years ago, with the rise of its core driving force: atheism and the deception of humanity.

One of Marx’s daughters wrote that when she was young, Marx told her and her sisters many fairy tales. Her favorite was the meandering story of Hans R ckle, a wizard who was always short of cash and had no choice but to sell off his lovely puppets to the devil.

Karl Marx’s theories referenced the work of previous intellectuals, but ultimately originated from the evil specter.

What Marx sold to the devil in exchange for his success was his own soul. Describing himself in “The Fiddler,” Marx wrote:

How so! I plunge, plunge without fail
My blood-black saber into your soul.
That art God neither wants nor wists,
It leaps to the brain from Hell’s black mists.
Till heart’s bewitched, till senses reel:
With Satan I have struck my deal.
He chalks the signs, beats time for me,
I play the death march fast and free.

In the biography “Marx,” author Robert Payne wrote that the stories Marx told might be taken as an allegory for his own life and that he seemed to be knowingly acting on the devil’s behalf.

Marx’s soul turned to evil. In his rage against God, he joined the devil’s cult. The American political philosopher Eric Voegelin wrote: “Marx knew that he was a god creating a world, he did not want to be the creature. He did not want to see the world in the perspective of creaturely existence. ... He wanted to see the world

from the point of the coincidentia oppositorum, that is, from the position of God.”

In his poem “Human Pride,” Marx expressed his will to break away from gods and stand with them on an equal footing:

Then the gauntlet do I fling
Scornful in the World’s wide open face.
Down the giant She-Dwarf, whimpering,
Plunges, cannot crush my happiness.
Like unto a God I dare
Through that ruined realm in triumph roam.
Every word is Deed and Fire,
And my bosom like the Maker’s own.

Marx actively rebelled against the divine. “I long to take vengeance on the One Who rules from above.” “The idea of God is the keynote of a perverted civilization. It must be destroyed.”

Soon after Marx died, his housemaid Helene Demuth said of him: “He was a God-fearing man. When very sick, he prayed alone in his room before a row of lighted candles, tying a sort of tape measure around his forehead.”

Marx’s prayer, as scholars have said, was neither Christian nor Jewish, but the real Marx was not atheist.

Throughout human history, great sages taught sentient beings the way to enlightenment and laid the foundations of the world’s civilizations. Jesus Christ established the bedrock of Christian civilization, and Lao Zi’s wisdom is the foundation of Taoism, a central pillar of Chinese philosophy. In ancient India, Shakyamuni’s teachings led to Buddhism. The origins of their wisdom is a wonder. Jesus was virtually illiterate. While the other sages may have been well-read, they obtained their insights from enlightenment in cultivation, not from ordinary studies.

Marx’s theories referenced the work of previous intellectuals, but ultimately originated from the evil specter. He wrote in the poem “On Hegel:”

Since I have found the Highest of things and the Depths of them also,
Rude am I as a God,
cloaked by the dark like a God.

By the specter’s arrangement, Marx entered the human world and established the cult of communism to corrupt human morality, with the intention that mankind would turn on gods and doom themselves to eternal torment in Hell.

See next week’s edition for the next installment.

Socialist ‘Equality’ Is a Lie Used by Tyrants

JOSHUA PHILIPP



Commentary

When Karl Marx envisioned socialism, it was merely a stage of tyrannical dictatorship that would naturally collapse to bring about communism.

In Marx’s time, there were not yet any socialist or communist countries. Socialism was merely seen as the stage of “state capitalism,” in which the state seizes control of all means of production in order to more rapidly achieve the communist goals of cultural, social, and moral desolation.

Since communism was the goal, socialist dictators have historically always used their powers to attack and destroy the “old” values of each society. Under Vladimir Lenin, Mao Zedong, and Pol Pot, one of the first steps was a man-made famine that wiped out large portions of the population, leading to a “survival of the fittest” concept where many people survived, under intense fear, through cannibalism or corruption.

According to the authors of the “Black Book of Communism,” Lenin clearly stated that these atrocities were valuable for communist goals, since they would help bring about socialism while also destroying people’s faith in their leaders and in God.

Unfortunately, when many people think of socialism today, they only know its surface talking points—the vague and lofty-sounding arguments that it will create “equality,” and the branding of its social movements as a fight against so-called “slavery” and “oppression.”

In reality, socialism has historically represented everything it claims to oppose. Socialism is the ideology of slavery, oppression, genocide, massive inequality, and virulent hatred.

The system of communism is based on struggle, and socialist tyrants use hatred as their tool to create this in society.

Under Lenin, people were told to hate the wealthy landlords, whom he called “kulaks.”

Under Mao, people were told to hate landlords and anyone who still believed in tradition, whom he labeled as “rightists.”

Under Adolf Hitler, who used national socialism, people were told to hate the Jews, whom he framed as a wealthy minority.

And under today’s socialists in the West, people are told to hate all white people, all men, and anyone who believes in traditional culture and family values.

Hatred is the fuel of socialism. Hatred is the creed of its followers. They are made to embody what they believe they oppose.

This ties directly to Marx’s theory of social evolution—that society would move from capitalism to socialism, then to communism. Marxists also frame this according to the Hegelian dialectic theory that “conflict leads forward.”

By fomenting conflict and hatred between vari-



Venezuelan activists clash with security forces in Urena, Venezuela, on Feb. 23, 2019.

ous groups of people in a society, socialist tyrants use the Social Darwinist theory of survival of the fittest—believing that conflict more rapidly advances society toward the goals of communist desolation. This is what they call “progress.”

During this process, these tyrants brainwash their followers into believing that the people they are agitated to hate are the “enemies of the people,” or represent “inequality.” This strategy allows a small cadre of corrupt leaders to incite mobs into acts of violence, and to use these campaigns of violence and suppression to seize power over a society.

This process has been repeated by socialist leaders all throughout the 20th century, leading to the ideology’s death toll, according to the “Black Book of Communism,” of more than 100 million people.

Socialist dictators use, and sometimes even create, the ills and hardships of society, then use them as tools onto which they latch social policies. These policies are then used to drive society along the “progression” toward communism, and the social ills they’ve latched these policies onto are used as the defensive tools that allow them to attack anyone who questions the policies.

Under socialism, equality is a lie. That is, unless,

Unfortunately, when many people think of socialism today, they only know its surface talking points—the vague and lofty-sounding arguments that it will create “equality,” and the branding of its social movements as a fight against so-called “slavery” and “oppression.”

you consider equality the flattening of society into equal misery, under the heel of a massive state bureaucracy led by a corrupt political class.

Socialists accuse people of doing what the socialists themselves are doing, and that deflects criticism from their own actions. They manufacture hardship and use the label of “oppression” as a tool to attack varying segments of society.

Over the last 100 years, socialism, and its tyrants who sought to create communist systems, produced famine, genocide, totalitarianism, mass corruption, moral collapse, and social collapse in almost every place it was tried.

The lofty promises and high-sounding statements made by socialist tyrants are merely tools for stringing people along that hide the tyrants’ true motives.

In practice, socialism accomplishes the opposite of what its purveyors preach. Socialism is the ideology of government tyranny, of granting absolute power to a small wealthy clique, and of creating mass inequality between the wealthy socialist leaders and the impoverished masses.

Joshua Philipp is a senior investigative reporter for The Epoch Times.

The Green New Deal as America’s Great Leap Forward

CLIFFORD HUMPHREY



Commentary

Peggy Noonan, in a recent Wall Street Journal column, pointed to disturbing similarities between our times and those of Mao Zedong’s Cultural Revolution.

Likewise, there are alarming similarities between the goals of Mao’s 1958 Great Leap Forward and those of the proposed Green New Deal, which offer hard-learned lessons from history to any who will notice.

The Great Leap Forward and the Green New Deal share the same simple goal: radically transforming the nation’s industrial and agricultural sectors to meet the most advanced standards of efficiency, while also restructuring society to be in accord with enlightened ideals of justice.

They also share similar means for achieving that goal: marshaling the collective resources of the entire nation as in wartime, and regulating, through centralized planning, the equitable distribution of those resources in order to overcome an existential threat.

Mao’s Great Leap Forward led to the greatest man-made disaster in recorded history. Staggering estimates range from 23 million to 55 million people dying, mostly from starvation because of the unquestioned crackpot policies of Maoist ideology.

Inherent in the logic of the climate-change issue is urgency. Thus, also in the strategy of the Democrats’ push for the Green New Deal is immediacy. What is needed, though, is sober deliberation and, crucially, tolerance for dissent.

The parallels between the rhetoric promoting the Green New Deal and the realities that became the tragedy of the Great Leap Forward are too similar and the risks too high to ignore.

Martial Rhetoric to Marshal Action

Like the proponents of the Great Leap Forward, the advo-



cates of the Green New Deal mix martial rhetoric with claims of universal participation and advantage to describe the scale they believe is necessary to achieve their colossal ends.

“Put organizations on a military footing, put actions on a war footing, put life on a collective footing,” and “Everybody is fully occupied in production, the trade sector is also fully occupied for everybody” read two propaganda posters from 1958 China.

Similarly, Rep. Alexandria Ocasio-Cortez (D-N.Y.) has said, “the Green New Deal we are proposing will be similar in scale to the mobilization efforts seen in World War II or the Marshall Plan.” Likewise, the authors of the Green New Deal boasted (before it was scrubbed from Ocasio-Cortez’s website) that “the Green New Deal resolution a [sic] 10-year plan to mobilize every aspect of American society at a scale not seen since World War 2 to achieve net-zero greenhouse gas emissions and create economic prosperity for all.”

Maoist ideology required China to match and surpass the development of the West and the Soviet Union. This would be possible,

▲ Rep. Alexandria Ocasio-Cortez (D-NY) and Senator Ed Markey (D-MA) hold a news conference for their proposed “Green New Deal” at the Capitol in Washington, on Feb. 7, 2019.

Mao believed, by exponentially increasing China’s steel manufacturing capacity. He believed he could transform China’s massive population into an army of industrial workers. Mao imposed quotas on their labor to achieve his ambition. Kitchen woks and massive amounts of human toil went into the makeshift “backyard furnaces,” but very little useful steel came out.

The American socialists envision a similar goal. Their plans include wanting to “upgrade or replace every building in the U.S. for state-of-the-art energy efficiency,” and to “totally overhaul transportation” so that high-speed rail can replace air travel.

As a sobering example of such an enterprise, Californians’ dream of a high-speed rail crashed into an expensive reality recently. “Let’s be real,” Gov. Gavin Newsom said, “the current project, as planned, would cost too much and take too long.”

Conquering Injustice

The Roman poet Horace wrote: “Drive out Nature with a pitchfork, yet she hurries back; And will burst through your foolish contempt, triumphant.”

Another similarity between the designs of the Great Leap Forward and those of the Green New Deal is a dangerous contempt for nature in the name of correcting unjust imperfections in society.

After mobilizing the whole Chinese population and organizing them into classless communes, Mao directed his hubris at nature itself. During what he called “The Four Pests Campaign,” Mao tried to eradicate sparrows, who stole from China by eating seeds meant for human consumption. The Chinese peasants met their quotas and killed about 1 billion sparrows.

Birds also eat insects, though. The next year, a massive population of locusts devoured much of the smaller-than-usual wheat crop.

In another astonishing example of hubris, Communist Party leaders believed that the bends in a certain river were an inefficient waste of land, so they set out to straighten the river. A huge army of peasants was directed to dig a new river bed. When the digging was complete, the water was released, and it immediately disappeared into the ground, since there was no sediment in the new riverbed to hold it.

These are only two of many examples. They display a total disregard for the natural order and practical limitations. As a result, untold millions of people starved to death.

Likewise, the authors of the Green New Deal exhibit a similar ambition for justice, mixed with hubris. They note, “Any large-scale transformation of society can create the risk of some people slipping through the cracks.” Thus, the plan aims to solve the problem of climate change, “while creating a new era of shared prosperity.” As Ocasio-Cortez explains, “the heart of the Green New Deal is about social justice.”

The Green New Deal is still unimplemented and in a vague planning stage. Yet, one can see that in order “to achieve zero greenhouse gas emissions and

pollution,” the plan requires a disregard for the natural order and practical limitations on the scale of the Great Leap Forward. This disregard is evident in what the Green New Dealers say they hope to achieve.

They aspire “to fully get rid of farting cows and airplanes”; to “guarantee a job with family-sustaining wages”; and to “provide high-quality health care, housing, economic security, and clean air, clean water, healthy food, and nature to all.” In short, it aims “to reorient our entire economy... while ensuring every person in the U.S. benefits from this enormous transformation of our society.”

One of the single greatest causes of the disasters of the Great Leap Forward was the climate of hostility toward any criticism of Mao’s ideas. Top-level officials nodded approval in silence. Provincial bureaucrats made false reports about meeting and exceeding grain and rice quotas.

Meanwhile, millions silently starved to death.

With a few notable exceptions, most Democratic lawmakers, including presidential hopefuls, have already pledged support for the Green New Deal. Given the sharp edge of the division in our country right now, a climate of hostility toward criticism of such revolutionary legislation as the Green New Deal could be disastrous.

Thus, cultivating and maintaining clean air for serious debate is climate change that both supporters and opponents of the Green New Deal should get behind.

Clifford Humphrey is originally from Warm Springs, Georgia. Currently, he is a doctoral candidate in politics at Hillsdale College in Michigan. Follow him on Twitter @cphumphrey.

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

Where Can We Find Purpose in Life?

Holocaust survivor Victor Frankl observed in a Nazi concentration camp that when life throws lemons, some are able to create meaning by making lemonade.

See B3



Her Panda Bears Bear Scars

A Czech artist was propelled to show the absurdity of modern life in China where iconic panda bears are treated better than humans by the Communist government.

See B8

APRIL 11-17, 2019

LIFE

THE EPOCH TIMES



People maintaining a vegetarian diet long-term are at a lower risk of getting type 2 diabetes, heart disease, or even some cancers.

Eat Your Fruits and Vegetables

Studies show **plant-based diets** good for immunity and inflammation

YASMINE PROBST & JOEL CRADDOCK

People choose to be vegetarian for ethical, cultural, or health-related reasons—and in the United States their numbers are growing.

While not all vegetarians follow a healthy diet—potato chips are vegetarian, after all—research shows vegetarianism can have many health benefits, including the potential to strengthen our immune system.

Researchers are still working out how a vegetarian diet may do this. For instance, is it the lack of meat, the emphasis on plant-based foods, both, or something more specific.

But mounting studies indicate that eat-

ing more fruits, vegetables, and legumes, as vegetarians do, can be credited for any associated health benefits.

What Do Vegetarians Eat?

Vegetarian diets are comprised of combinations of fruit, vegetables, whole grains, nuts and seeds, legumes and, for some, dairy and eggs.

There are many types of vegetarian eating patterns, from vegan (no animal products) through to lacto-ovo (some animal products such as eggs and dairy). But each avoids eating meat.

There are also a few semi-vegetarian approaches which include eating small amounts of some meats. People who primarily follow a vegetarian diet but include

fish are referred to as pescatarian, while those who occasionally eat other forms of meat are considered flexitarian.

Importantly, not all vegetarians follow a healthy and balanced diet. Many won't eat the recommended daily servings of fruit and vegetables and will consume too much junk food.

But studies show that balanced vegetarian eating patterns could be good for our immune system and the body's defenses.

Defending From Attack

Our bodies are faced with daily challenges such as getting rid of toxic chemicals and defending against nasty viruses.

Continued on B2



ANELINA/SHUTTERSTOCK



Eat Your Fruits and Vegetables

Studies show **plant-based diets** good for immunity and inflammation

Continued from B1

The immune system is “switched on” in response to these attacks. Having a healthy immune system is important, as it prevents us from becoming sick. A healthy immune system can be supported by a number of lifestyle factors including adequate sleep, healthy body weight, and regular physical activity. It can also be substantially affected by the foods we eat and drink. People following vegetarian diets tend to have lower levels of white blood cells, our natural defender cells. This is the case for vegetarian diets including vegan, lacto-vegetarian and lacto-ovo vegetarian. Having very low levels of these cells is not ideal as it can affect the body’s ability to fight infection. Having too many can indicate an over-active immune response. However, having just the right number of white cells within a

healthy range may reduce your chances of getting sick. Vegetarian diets can help people keep these counts in a healthier range.

Having a healthy immune system is important, as it prevents us from becoming sick.

An Added Shield of Protection
As well as helping the immune system, vegetarian diets may also help our body with a related process called inflammation. Vegetarian diets have been shown to prevent inflammation due to the antioxidant components within the foods. Inflammation occurs when the

body releases cells to attack unwanted pathogens or respond to injury. It may result in redness to an area of the body or the release of certain chemicals inside our bodies. Inflammation is a protective measure that the body uses to stay as healthy as it can. People who follow vegetarian diets have lower levels of some of these chemicals (called C-reactive protein and fibrinogen) compared to people following a non-vegetarian diet. This means people maintaining a vegetarian diet long-term are at a lower risk of getting type 2 diabetes, heart disease or even some cancers. Each of these chronic diseases is associated with increased inflammation in the body. This is shown in blood tests by increased levels of C-reactive protein, as this is a signal of systemic inflammation. The reason why vegetarians have lower levels of inflammation remains to be fully under-

stood. We suspect the high amount of fruits, vegetables, whole grains, nuts, and seeds are helping. These foods are full of important nutrients including fibers, vitamins, minerals and compounds called phytochemicals. All of these nutrients have been shown to improve levels of inflammation in the long term and may influence the body’s immune response as an added bonus.

Should I Switch to a Vegetarian Diet?
Going vegetarian may not be for everyone. And it’s unwise to start a new eating pattern without understanding the potential impact it can have on your health. Vegetarian diets that are inappropriately balanced can lead to an increased risk of iron, zinc, and vitamin B12 deficiencies. This can be detrimental to overall health, particularly if followed for extended periods of time. The risks may be greater for certain groups of people who have added nutrient needs due to life stage, gender, or other health-related reasons. A vegetarian diet should always be undertaken carefully and under professional guidance, preferably that of a dietitian, to minimize these risks. Meanwhile, many people in otherwise healthy countries fall short of eating the needed volumes of fruits and vegetables. For example, in the United States, the Centers for Disease Control and Prevention found that only 13 percent of people reported eating enough fruit and only 8.9 percent reported eating enough vegetables to meet the dietary recommendation. So whether you’re vegetarian or not, focusing on incorporating more plant-based foods into your diet is worthwhile. We’re constantly learning more ways this is good for your health.

Yasmine Probst is a senior lecturer at the school of medicine at the University of Wollongong in Australia, and Joel Craddock is a doctoral candidate at the University of Wollongong. This article was first published on The Conversation.

NATA-LIA/SHUTTERSTOCK

Heart Disease Risk in Diabetics Can Be Reduced by Eating Nuts



EMILY LUNARDO

Heart disease risk in diabetics may be reduced by consuming nuts. The latest study uncovered that diabetics who consumed at least five 28-gram servings of nuts a week were 17 percent less likely to develop heart disease compared to those who only had one serving or less of nuts a week. But just one serving of nuts isn’t all that bad. In fact, the study found that adding a serving of nuts a week reduced diabetics risk of developing cardiac conditions by three percent. They also had a six percent lower risk of dying from heart-related problems. Lead study author Gang Liu explained, “These data provide novel evidence that supports the recommendation of incorporating nuts into healthy dietary patterns for the prevention of cardiovascular disease complications and premature deaths among individuals with diabetes.” The researchers suspect that nuts help to improve blood sugar and reduce inflammation along with providing heart-healthy nutrients to support and protect the heart. But like all things in life, moderation is key. Although it isn’t

certain what the ideal serving size it, it is recommended to not consume too many nuts in one sitting or throughout the week. Nuts are high in fat and calories. On the other hand, nuts can help you feel full, which may help you reduce your daily caloric intake. This is why a handful of nuts is often recommended as a healthy snack. The study looked at 16,217 men and women before and after being diagnosed with diabetes who were asked to consume nuts over the course of several years. During the study, 3,336 cases of cardiovascular disease were documented. Nuts were associated with a lower risk of heart disease even after adjusting for other factors. Nuts with the strongest association were walnuts, almonds, Brazil nuts, cashews, pistachios, pecans, macadamias, hazelnuts, and pine nuts. A one-ounce serving of nuts is about 24 almonds, 18 cashews, 12 hazelnuts, and 14 walnut halves. Emily Lunardo studied medical sociology at York University with a strong focus on the social determinants of health and mental illness. This article was first published on BelMarraHealth.

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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!

— Yin Yin

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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Embrace Life’s Limitations to Unlock Life’s Promise

If we live for meaning, rather than pleasure, our hardships become opportunities

JAY HARRINGTON

In 1944, a 39-year-old Austrian man named Victor Frankl and his wife Tilly were processed into the Auschwitz concentration camp.

He spent approximately 18 months in the shackles of the Nazis being shuttled from one camp to another before being liberated by American soldiers. Frankl survived the Holocaust, but his wife, mother, and brother did not.

Despite suffering such great trauma, Frankl went on to become one of the most influential neurologists and psychiatrists of the 20th century.

In fact, spending time in captivity, experiencing suffering and deprivation, and watching some prisoners transcend their circumstances while others succumbed to them, is what inspired Frankl to explore life’s meaning and develop a renowned technique called “logotherapy.”

Frankl gained his most important insight during his lowest moment by observing human resilience. He then taught others how to find meaning in life even in the harshest conditions.

Find Meaning Through Limitations

“Everything can be taken from a man but one thing: the last of human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” The search for meaning, Frankl believed, is the humanity’s primary motivator.

Frankl, of course, is not the first to explore life’s big question: Why are we here? For thousands of years, religious and secular scholars have attempted to answer this question. As Frankl observed, “Religion is the ultimate search for meaning.”

Frankl noted that finding the “ultimate meaning” of life “necessarily exceeds and surpasses the finite intellectual capacities of man.” But, as Frankl observed, the struggle to make sense of it all is what makes life meaningful. Sigmund Freud believed that humans are motivated by their desire for pleasure. Frankl disagreed with Freud—he believed that life’s purpose is derived not from pleasure but from meaning.

Discover Purpose in the Struggle

The Buddha described suffering as the most enduring of human conditions. This suffering comes from limitations—in terms of health, happiness, relationships, and basic needs. Humans suffer, at times intolerably.

But in the face of these limitations, we can discover meaning.

We find meaning in the struggle, not in spite of it. As philosopher Friedrich Nietzsche said, “To live is to suffer, to survive is to find some meaning in the suffering.” In other words, the darker the shadows we experience, the brighter the sun on the other side.

We are “meant” to struggle because it’s what leads us to learn and grow if we seek meaning rather than lament our lack of pleasure.

Self-awareness of our own limitations can give us insight and empathy. If our limitations aren’t as severe as those of others, or if we’ve been fortunate enough to overcome them, we find the need to be of service.

“The world is full of suffering. It is also full of overcoming it.”—Helen Keller

Turn Lemons Into Lemonade

A life without struggle, without a challenge, feels empty. Challenge is the resistance that makes us stronger, forces us to grow. It is the weight we curl to strengthen our mental biceps. A life without this is doomed to self-indulgence. Frankl observed that as societies increase their material comfort, they experience a deterioration of the mental and emotional state of their members. Frankl coined the term “existential vacuum,” which he described as “the feeling of the total and ultimate meaninglessness,” to describe this condition.

If we define ourselves by what we have, and not by who we are and what we do, we become trapped by our limitations, not set free by them.

Stoic philosopher Epictetus counseled us to, “Live so that our happiness depends as little as possible on external causes.” To the extent that we suffer hardship, Epictetus urged us to look back, find the positives, and make use of what happened.

“Every difficulty in life presents us with an opportunity to turn inward and to invoke our own inner resources. The trials we endure can and should introduce us to our strengths,” said Epictetus.

Frankl, in his seminal book “Man’s Search for Meaning”, wrote, “When we are no longer able to change a situation, we are challenged to change ourselves.”

A Happy Life

Cognizance of limitations is what drives us to seek out new experiences.

There is a concept in psychology called the “mere exposure effect” that biases us toward familiarity. It’s a survival mechanism built into us. Our ancestors were more likely to survive if they approached



JENS JOHNSON/UNSPLASH

“
The world is full of suffering. It is also full of overcoming it.

Helen Keller

people and engaged in experiences that they perceived as non-life threatening, so they stuck with what they knew.

Mere survival is far less a concern in our modern world, but we still tend toward familiarity. It’s what gets us stuck in the rut of routine, especially as we get older.

By recognizing these limitations, however, we can break free of them and pursue new and novel experiences that lead to a rich and rewarding life.

In a previous article, we discussed the importance of first moments. These provide the fuel for an interesting and happy life. If we recognize our tendencies toward the familiar, we then have the power to pursue the extraordinary.

“Life is the art of drawing without an eraser.”—John Gardner

Understanding and appreciating limitations is an important component of a happy life. It’s important to dream big, but equally important to find as much contentment in the pursuit of dreams as you do in the realization of them.

Things rarely go as planned, so if you get too caught up in your vision of what an idyllic life should look like, you’ll often find yourself trapped in a sticky web of unrealistically high expectations.

In other words, you need to learn to love the process of life—which is full of struggles and marked by obstacles—as much as you love dreaming up ideas about what an ideal life might look like. Happiness is found in life’s journey, not necessarily in its destination.

Jay Harrington is an author, lawyer-turned-entrepreneur, and runs a northern Michigan-inspired lifestyle brand called Life and Whim. He lives with his wife and three young girls in a small town and writes about living a purposeful, outdoor-oriented life.

▲ There is a fine line between play and work. In one, we enjoy the challenge, in another, we lament it. But what if the difference is just in our heads?

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MINDSET MATTERS

Why You Can't 'Figure Out' Your Way to Happiness

More thinking, as it turns out, is not the solution to what ails us

NANCY COLIER

We spend our early years learning how to walk, talk, read, play sports, have conversations and so on. We come to believe that knowing things is crucial for our happiness and survival. Knowing makes us valid, valuable, and powerful. Knowing makes us belong.

Knowing also gives us a sense of control. If we can know something, we believe we can control it. If we can control it, we feel less vulnerable to the ever-changing currents of life. And we come to believe if we can control life, we can be happy.

In our modern world, we know through our mind. We make sense of things, organize ideas into rational patterns and linear progressions. Causes and effects. Knowing involves stringing together our thoughts about what's happening, why it's happening and what we need to do about it. Whatever we want, whatever problem we think we have, we're convinced that thinking more about it will lead us to the answer we need. We think we can think our way out of and into everywhere, everyone, and everything.

We even imagine that we can mentally muscle our way to serenity, that more thinking about life will ultimately lead us to peace.

One of the inherent problems with our great faith in thinking, is that it relies on the premise that our thoughts are the truth. We confuse our subjective experience with objective reality. And because of this, we believe every narrative we construct from our thoughts is some form of absolute truth.

If I have a fight with a friend, I then make my own thoughts about what happened and how to solve the issue. The problem with that is that I'm basing the storyline on my subjective experience and my perception of the experience based on my past wounds, conditioning, history, and core beliefs.

I believe that my thoughts about what this other person was doing are what they were actually doing and perhaps even for the reasons I think they were doing it. Therefore, what I think they need to stop or start doing in order for me to feel better is also an inarguable fact.

But the problem is, what I think this friend is doing may have nothing to do with what they think they're doing or what I'm doing for that matter.

Their intentions and inner reality are a universe unto themselves and different from that in which I reside.

The whole narrative I've constructed is irrelevant then. I'm operating in a universe

(my mind) with rules and systems that make sense to me but which have little or nothing to do with what's happening in other minds. What makes the dots connect in my thought system is of little use when applied to someone else's reality.

Figuring out life, based on our personal narrative, is an exercise in futility and to some degree, absurdity.

This doesn't mean that we shouldn't try to understand our experience. But rather, that we need to be aware that our version of reality lives only in our own mind. Our truth exists within us, and only within us. And, it co-exists with billions of other truths that exist in other people's minds. We can still present our version of reality to another person but we can stop assuming that our subjective experience is true in some absolute way.

We don't have to work ourselves up into a lather believing that we know the way it all needs to go. And, we don't need to worry that if it doesn't go the way we've scripted it that something is wrong and we are being wronged.

It's profoundly liberating to realize that our version of the truth, which not coincidentally always places us at the center of what's driving everyone and everything else, probably isn't the same truth for anyone else.

We confuse our subjective experience with objective reality.

There is yet another flaw in our assumption that we can figure out our way to happiness. We can come to believe that thinking more about a challenging situation will automatically help us fix it. We believe that the mind is the proper tool for every situation, but it's not. In fact, it's often the worst tool we can pull out of the shed. In many cases, what's needed for actual improvement, growth, or change, is something else entirely.

Sometimes, if we're dealing with a difficult person, the best thing we can do is nothing.

That means that we do not try and understand their behavior or what we need to do about it. Instead, we just let it be what it is.

Often, when we stop trying to figure out what's wrong or how to fix everyone and everything and just let it be the way it is, our whole experience changes.

Because what we discover is that all our efforts to figure things out, and create nar-

ratives, can mislead us. We come to fixed understandings of reality that can often amount to little more than self-delusion. As a result, in trying to fix a problem, we may actually exacerbate it, and create a whole lot of mental and emotional suffering for ourselves in the process. This can even leave us fomenting anger and resentment.

Sometimes, when confronting a problematic person, it's wise to simply offer the generosity of compassion. Seek the serenity of not trying to control the situation and the wisdom of not trying to figure it out.

It can be helpful to realize that the other person's behavior probably comes out of their own suffering or ignorance. Remind yourself that they also want the same things you want—happiness, safety, and peace—even if the way they're seeking it may not seem wise to you.

Keeping our attention focused on kindness, while resisting the urge to form concrete interpretations, often improves the situation far more than any mental activity could. Wishing this person well, even if we cannot understand their behavior, can bring us change—and relief.

Whether or not we can find compassion for this person, it is an act of profound compassion—for ourselves—to stop trying to figure it all out. Few things let us feel better than letting go.

Knowing feels fundamental to our safety and control. But in the end, if what we really want is peace, then trying to understand a situation or person is not the wisest choice.

In place of figuring it all out (which I spent umpteen years doing) I now like to turn difficult people and situations into opportunities.

In place of trying to make sense, I focus on being the person I want to be in the situation. I turn my attention away from figuring out what's making the other do what they're doing and how to get them to change (according

to my reality), and toward how I am being in the midst of this reality.

This profound turn from something I can't control to something I can give me back my power—and more importantly, my freedom.

What's ironic is that if my underlying desire is for my external world to change with regard to this difficult situation, I've had far more success when my focus is on my own behavior and than on others' behavior.

Taking my eye off the self-diagnosed problem and putting it on myself, how I'm acting and reacting in this difficulty, just plain works better. But even when the situation doesn't change on the outside, my experience of the situation on the inside radically changes when I shift my attention in this way.

Challenges become opportunities to grow and evolve; in moments I actually even look forward to them. I get to practice being who I want to be. I get to choose what my own participation in life will look like.

The process of taking care of my own side of the street has never failed to be a nourishing and rewarding choice. It always changes my experience even when it doesn't change a single thing on the outside.

If I had a nickel for every time I heard someone say something like "When I don't try and figure it out, I'm happier and things go better," I'd be a very wealthy woman. I sure know that's it's been true for me.

Figuring it out may give us a sense of control and safety, but it doesn't make us feel better, which at the end of the day is what we really want.

Nancy Colier is a psychotherapist, interfaith minister, public speaker, workshop leader and author of The Power of Off: The Mindful Way to Stay Sane in a Virtual World. For more information, visit NancyColier.com



4 Simple Food Choices That Help You Lose Weight and Stay Healthy

Losing weight doesn’t mean eating less, it means eating better

YASMINE PROBST, ELIZABETH NEALE & VIVIENNE GUAN

It’s difficult to lose weight. And it’s even harder to keep it off. Many people achieve short-term weight-loss only to return to their previous lifestyle choices—and their previous weight—over time. This can lead to yo-yo-ing between weight loss and weight gain. One of the problems is that weight-loss diets aren’t sustainable. They leave dieters feeling hungry and aren’t giving them the essential nutrients they need to maintain their long-term health. But certain food choices can promote weight loss and provide the nutrients you need to function well and thrive. These four food choices are a good place to start.

1. Whole Grains Help Us Feel Full

Many of us choose bread as part of our lunchtime meal. Switching from white to whole grain bread for your sandwich can help you feel full for longer, so you’re likely to eat less during the following meal. The whole grain is made up of three major parts: the bran, endosperm, and germ. This structure helps some of the energy to escape during the digestive process, leading to the body absorbing fewer kilojoules. Whole grains help protect against chronic diseases including heart disease, Type 2 diabetes, and some cancers. The grains exert their benefits by regulating bowel function through increased fecal bulk and by feeding healthy gut bacteria. Whole grains are easy to include in a weight-loss diet. In addition to bread, they can also be found in oats for breakfast, or popcorn for a snack.

2. Colorful Veggies Provide a Range of Nutrients

Vegetables are full of essential nutrients including

folate, vitamin C, various B vitamins, potassium, and fiber. They are also low in energy, providing approximately 100 to 350 kilojoules per 100g (24 to 84 calories per 100g). When trying to lose weight, people tend to eat greater quantities of vegetables, but they don’t tend to choose a wide variety of vegetables beyond those they normally eat. To aid weight loss, make sure you’re getting a high proportion of your kilojoules from vegetables and try to have as many different colors on your plate as you can. If you feel like you don’t have time to cook, frozen vegetables are a quick and easy option, and they are just as nutritious as fresh vegetables.

3. Snack on Nuts

When trying to lose weight, high-fat foods are often the first to go. But while nuts are generally high in fat and related kilojoules, they are also high in fiber, helping us to feel full for longer. Nuts contain a number of beneficial vitamins and minerals for our health including healthy fats, protein, various B vitamins, zinc, magnesium, and other minerals. Eating nuts has been shown to be beneficial in reducing the risk of heart disease and managing Type 2 diabetes. We’re also beginning to realize we don’t absorb all the kilojoules from nuts when we eat them. In fact, research suggests we absorb up to 30 percent less fat from nuts than we originally thought. Try eating a handful of nuts (around an ounce) as a snack or adding them to your meals throughout the day.

4. Quench Your Thirst With Water

Listening to your hunger and thirst signals can make a big difference when trying to lose weight. Throughout the day, our bodily signals for thirst

may be greater than our feelings of hunger. When you think you’re hungry, see if you are actually thirsty by having a glass of water first. If you’re used to reaching for a soft drink or cordial rather than water, start the switch slowly. Replace half of each glass you drink with water and increase the water component over time. Eventually, your preferences will shift. Our bodies need water for fluid balance, body temperature regulation, cognitive performance, as well as gastrointestinal, kidney and heart function. Drinking plenty of water also improves the complexion of the skin and can reduce the likelihood of getting headaches.

A Final Word

Although some food choices can promote weight loss and prevent subsequent weight gain, your total eating pattern is the ultimate predictor of body weight. Exercise and physical activity also play an important role. A healthy eating pattern for weight loss should be based on the dietary guidelines, which are general recommendations for healthy eating. Aim for five servings of vegetables and two servings of fruit a day, alongside whole grain bread and cereals, lean meat, and low-fat dairy. While this may sound like a lot of food, studies have shown these combinations will aid weight loss. Although there will always be easier ways of losing weight, small changes toward healthier eating habits will help you to not only lose weight but will provide you with the right habits to avoid regaining weight in the future.

Yasmine Probst is a senior lecturer at the school of medicine at the University of Wollongong in Australia. Elizabeth Neale is a career development fellow (lecturer) at the University of Wollongong, and Vivienne Guan is an associate research fellow at the University of Wollongong. This article was first published on The Conversation.



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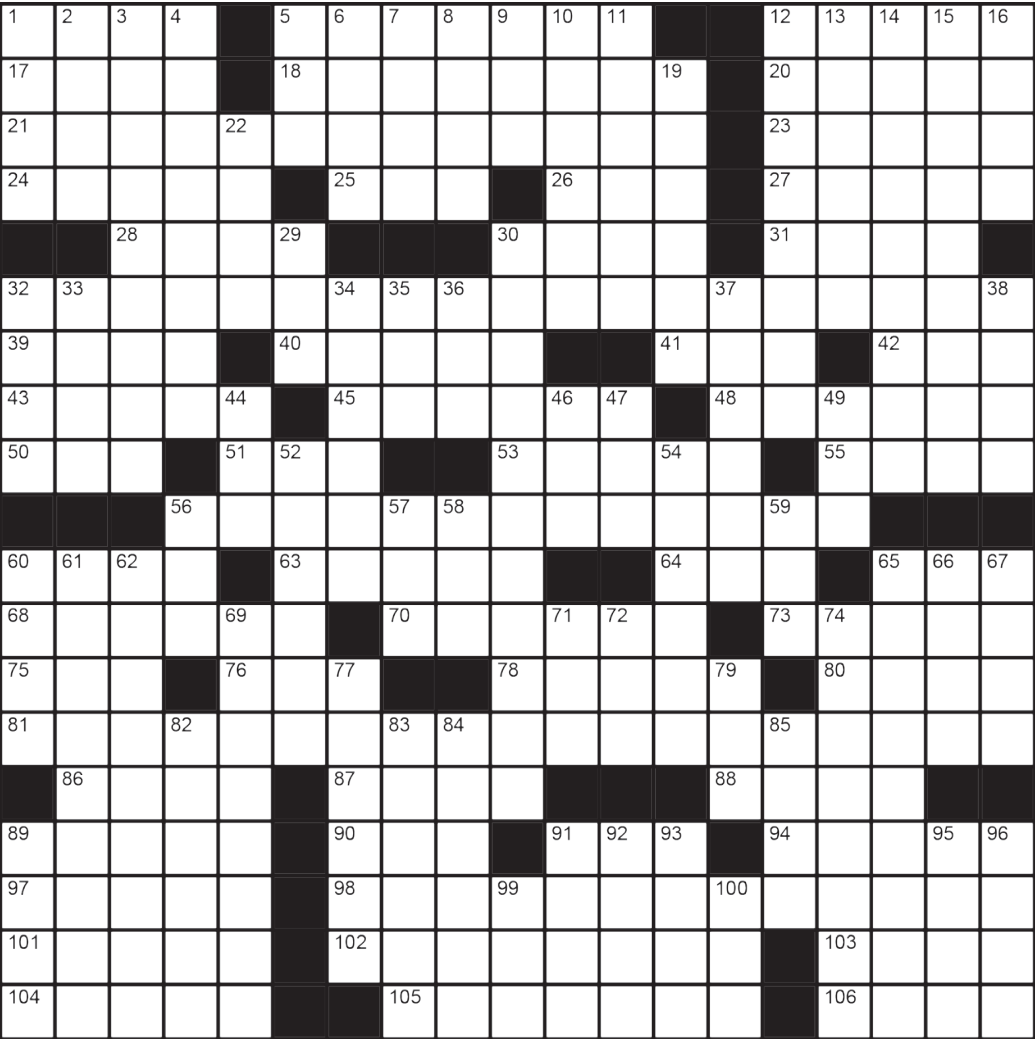
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CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



- Across**
- 1. “Gilligan’s Island” tree
 - 5. A little slower than moderato
 - 12. Vigilant
 - 17. Hip bones
 - 18. Detail meant to be tied up
 - 20. Fizzle, with “out”
 - 21. Lust
 - 23. Mortgage seeker’s concern
 - 24. The turf in “surf and turf”
 - 25. Island ring
 - 26. Hightailed it
 - 27. Media attraction
 - 28. Bailiwick

- 30. Highway hauler
- 31. Transmitted
- 32. 14.7 psi at sea level
- 39. Legal claim
- 40. Dog- ____
- 41. Furniture wood
- 42. Make public
- 43. Robin Williams voiced one in “Aladdin”
- 45. Undo
- 48. Self-conscious laugh
- 50. “If the ____ is concealed, it succeeds”: Ovid
- 51. Stat for Clemens
- 53. Forerunners of English Liberals.
- 55. Dame Myra

- 56. Brotherhood founded by William Holman Hunt
- 60. Mixture
- 63. Bird also known as a flycatcher
- 64. Roadhouse
- 65. Any boat
- 68. Cabbage in Cabo
- 70. “You ____ bother!”
- 73. Silent
- 75. Mistaken
- 76. Stubborn one
- 78. Hanger-on
- 80. Turkish money
- 81. Infer
- 86. Poke holes in
- 87. Caboose
- 88. Encounter

- 89. Effect’s beginning
- 90. Be off base
- 91. File sharing app
- 94. Liqueur flavorer
- 97. “Halt, salt!”
- 98. Magnificently
- 101. Adjust, as one’s cravat
- 102. More underhanded
- 103. Stickum
- 104. Stuck
- 105. Goo
- 106. All ____

- Down**
- 1. Cropped photos?
 - 2. “... ____ like Christmas”
 - 3. Contour
 - 4. Box of elbows
 - 5. European peak
 - 6. Knot of wool
 - 7. Two tablets, maybe
 - 8. Botanical sacs
 - 9. “Born as”
 - 10. Hedgehog of Madagascar
 - 11. Bivouac
 - 12. Post-slope hot toddy time
 - 13. Some hair extensions
 - 14. Weaken in force
 - 15. SpaceX first stage events
 - 16. Formerly, once
 - 19. Mr. Focker
 - 22. “Aloha Oe” companions
 - 29. Bruiser
 - 30. Old-time paddleboat
 - 32. Pond dweller
 - 33. Ticket info, maybe
 - 34. Zimbabwe’s capital
 - 35. Bard’s before
 - 36. Not a Sen
 - 37. Dines at home
 - 38. Blows it

- 44. “Always” to a poet
- 46. “Now I see!”
- 47. Get prone
- 49. Everyday article
- 52. Sleep
- 54. Hang up
- 56. “MS. Found in a Bottle” writer
- 57. Grass part
- 58. Capital of Peru?
- 59. “Babylon 5” channel
- 60. Sensory input
- 61. Candy with a hole in the middle
- 62. Inspire with foolish love
- 65. Trace
- 66. Take on
- 67. Itinerary info
- 69. Formed a joint, in carpentry
- 71. Lair
- 72. Take-home
- 74. Undocumented immigrant’s status
- 77. Emphasize
- 79. Hesitation sound
- 82. African “rock mouse”
- 83. Common contraction
- 84. Bread maker
- 85. Like Jack Sprat’s diet
- 89. Links rental
- 91. Bangladesh’s currency
- 92. Ear-related
- 93. Kampuchean currency
- 95. Putdown
- 96. Places for patches
- 99. Freelancer’s enc.
- 100. Vein contents

4NUMBERS

CONSTRUCTED BY C. CHANG
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

1727

67

518

+

−

×

÷

Hard 1 - 1 Solution

1934

10

1824

+

−

×

÷

Easy 2 - 2 Solutions

410

47

17

+

−

×

÷

Easy 1 - 1 Solution

17

12

13

+

−

×

÷

Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

- AWARE

CAUSE

EARED

EARNER

EATS IN

ENCAMP

EVENT

GENIE

GLITCH

HARARE

INFATUATE

LEECH
- NEEDN’T

PETER

PEWEE

RATES

REENTRIES

REPEAL

RETIE

SNEAKIER

STEAK

STRESS

TACIT

TENREC
- TITTER

TREACLE

TREED

WEAVES

WHIGS

ALIENAGE

ANDANTE

ATTENUATE

AVAST

CONCUPISCENCE

DASSIE

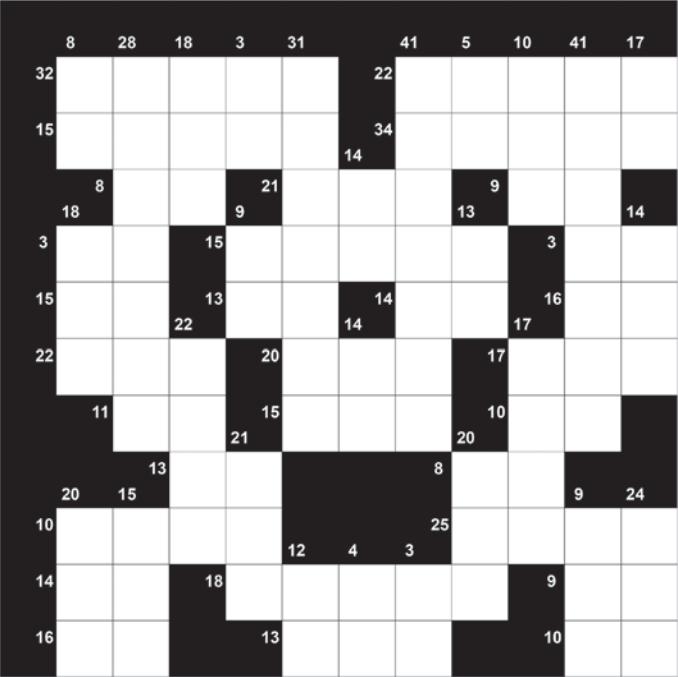
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KAKURO

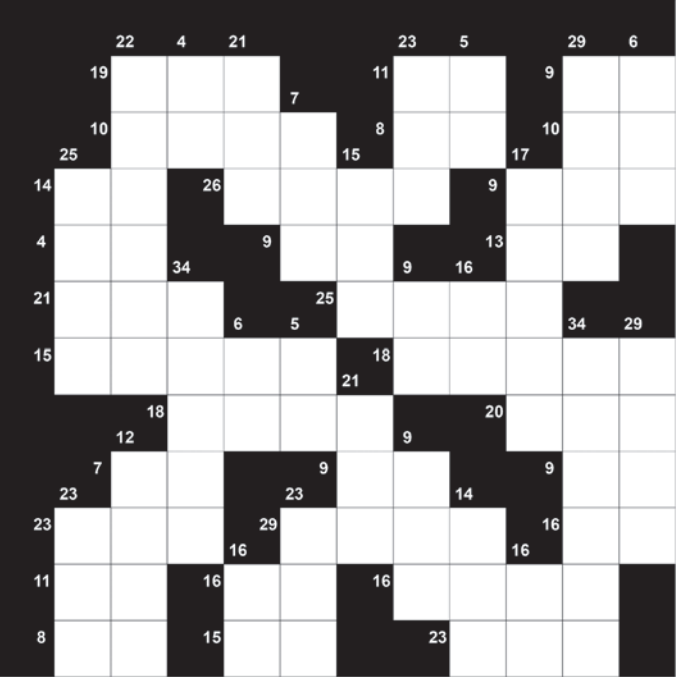
CONSTRUCTED BY EPOCH TIMES STAFF

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



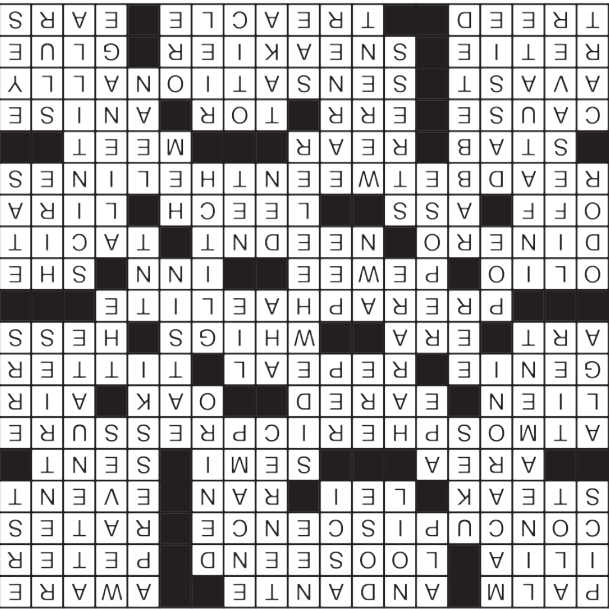
Large: Easy



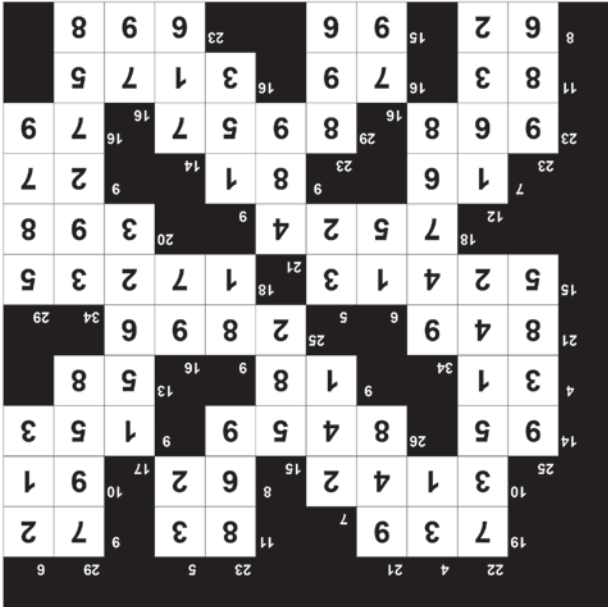
WORK SPACE

SOLUTIONS

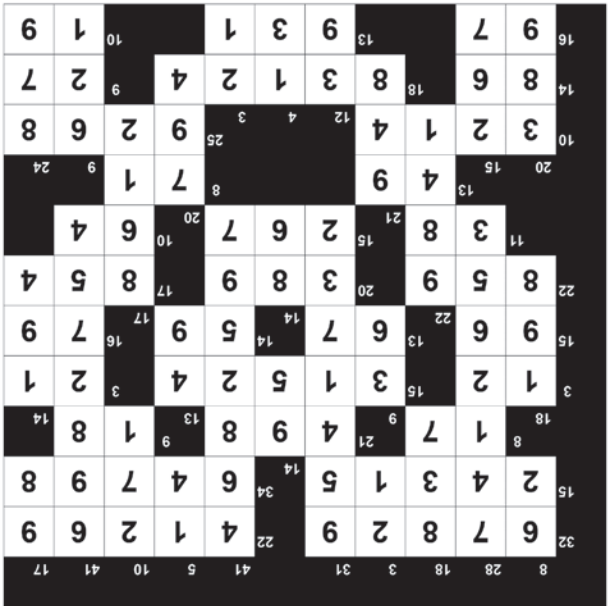
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
5 + 18 + 17 + 5
- HARD 2**
(34 - 24) × (19 - 18)
34 - (19 - 18) × 24
- EASY 1**
10 × 1 + 7 + 4
- EASY 2**
7 + 1 + 3 + 1
(7 - 1) × (3 - 1)

SUPERSUDOKU

Fill in the boxes using numbers from 0 to 9 and letters from A to F so that each column, each row, and each 4x4 square contain all ten numbers and six letters only once.

		9	E		D	3		1		6	C		0		
		2	8			1	B				D		6		
4	C			5	6	7		0	B			9		3	D
		D		9	E				3		4			C	8
C	2		0			8	1			3		A	E		
F			3	A		9	4		6	9			3	8	C
			3	A		9	4			C		B		F	D
5		E			3		D	F			0			B	
	0			7			9	2		4			3		A
9	E	F		0		D			7	B		2	5		
3		4	2			C	6				F				7
		A	7		4			C	1			8		F	0
A	4			F		5				2	3		C		
8	B		3			6	C		0	A	1			9	F
		6		8				B	F			1	2		
		C		1	0		3		E	7		4	D		

SUDOKU

Fill in the boxes using numbers between 1 and 9 so that each column, each row, and each 3x3 square contain all nine numbers only once.

9				5		1		2
	7	1			2		4	
3					4		8	
	1	3	5		7			
2								3
			1		8	5	2	
	3		2					7
	9		3			4	5	
5		7		9				6

Easy

		2	7		3	4		
	3		9	4	2		1	
8			1		6			9
5	9	1				6	8	3
	6						9	
4	2	8				1	7	5
1			5		8			7
	5		3	6	1		4	
		3	4		7	5		

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.

Easy

	4	17				15	4
10						12	
			29	3	28		
29							
				15			
		26				30	
	15				14		
7							12
6					6		
				16			
34							
		34					
6							9
6					16		
5						4	

Hard

	32	16	17	9		23	6
14						12	
						11	
41							
	14					11	
				23			
10				12			
			10				31
28							34
			9			16	
11	19						
21						17	
				11	14		
28							
4				30			

OUTSIDE The BOX PUZZLES.CA

Guess the hidden saying, phrase or word(s) suggested by the picture!

SOLUTION BELOW



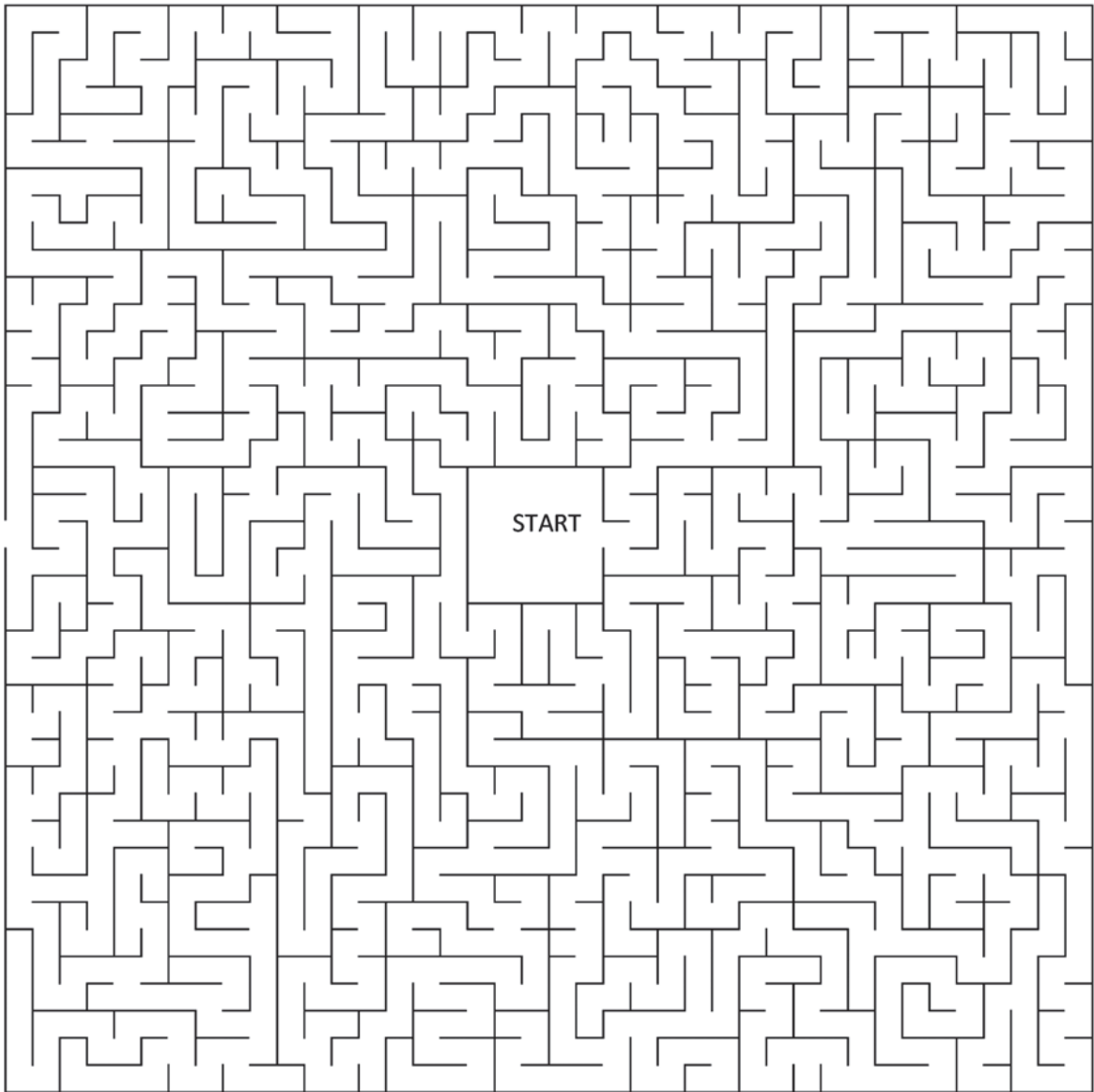
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FREE THE CHILDREN
children helping children through education

EPOCH ESCAPE MAZE



CRYPTIC QUOTE: CHARLES DICKENS

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

E		E		A		E		O			O	S		O		I				E		
B	I	O	P	O	G	P	O	W	X	X	N	V	X	Y	C	I	M	Q	I	B	I	O
A		S						O			E		S		A		E		A			
W	G	Q	N	V	G	R	Z	Q	X	J	O	P	V	G	P	O	W	S	Y	G	P	
E						E		E		S		A		S								
B		I		O		W		O		V		B		U		G		P		B		

WORK SPACE

EPOCH DOKU

CONSTRUCTED BY EPOCH TIMES STAFF

64*	5+		5	24*		6-
	14+			15+		4
	2*		3-	3/	21+	17+
25*	8					
		48*	11+		42*	
1-	1-		3+	20*		7-
		7				11+
4-		24*		7-		3-

WORK SPACE

KEN

1. Each row and each column must contain the numbers 1 through 6 without repeating. 2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners. 3. Freebies: Fill in single-box cages with the number in the top-left corner.

96X			2÷	3	13+
		3÷			
15X	4-	48X			1
		4	2÷		12+
1	10+		9+		
5+			5-		

SOLUTIONS

SUPERSUDOKU

2	8	3	4	9	7	5	6	1
7	5	6	3	3	6	1	8	4
1	4	4	5	2	9	3	7	
4	2	8	6	3	9	1	7	5
3	6	7	8	1	5	2	2	9
5	9	1	2	7	4	6	8	3
8	7	4	1	5	9	6	3	2
6	3	5	9	4	2	7	1	8
9	1	2	7	8	3	4	4	5

SUDOKU: EASY

1	4	4	5	2	9	3	7	
4	2	8	6	3	9	1	7	5
3	6	7	8	1	5	2	2	9
5	9	1	2	7	4	6	8	3
8	7	4	1	5	9	6	3	2
6	3	5	9	4	2	7	1	8
9	1	2	7	8	3	4	4	5

KENKEN

2	3	5	6	1	4
1	2	3	5	4	6
5	1	4	3	6	2
3	5	6	4	2	1
4	6	2	1	5	3
6	4	1	2	3	5

EASY KAKURO

1	3	4	1	4	6
			1	3	2
8		3	5	8	
	9	8	7	6	
6		1	4	2	9
		2	7	1	6
3		2	2	3	1
	12	6	5	9	
		6	1	8	
		5	2	4	6
1		3	9		

HARD KAKURO

8	6	9	7	3	1	4
		30				
9		5	4	3	2	7
9		1	5	8	6	8
6		8	4	4	9	
7		16	11	14	1	8
		16	9	19	2	3
4		7	1	6	9	2
		34	31	10	1	6
		23		11	8	6
3		6	1	8	2	1
		23		9	16	32

WORK SPACE

The Panda, Now a Symbol of China’s Dark Secret

Czech artist Barbora Balkova is on a crusade

MILAN KAJINEK

PRAGUE—One day, an artist from central Europe heard a news story about Chinese prisoners of conscience being used as living donors for organ transplants—without their consent. After her own research, she uncovered reports of abuse in China that inspired her to create a unique artistic project that has drawn international attention.

“When I heard about this issue in a Czech Radio broadcast in 2015, I started looking for more information,” says Czech artist Barbora Balkova, a graduate of the Academy of Fine Arts in Prague. “The fact that some people are locked up in prison and then serve as a living organ bank was really overwhelming information for me. My first inclination was not to believe it, but then I started to learn about the details from sources at home and abroad, and that became a strong impetus for the panda project,” the artist said. “As soon as I heard about it, I knew I wanted to react.”

Balkova has traveled all over Europe with her exhibitions, which she lists on her website. Her work, among other things, is in reaction to both historical and contemporary events in the world that deeply influence society.

Wanting to attract attention and raise consciousness about China’s large-scale system of involuntary organ harvesting, she decided to use the panda bear for her new project.

“I wanted to take their symbol of this protected animal and show the absurdity of how unimportant human life is for them, as compared to the strictly protected bear,” she said.

Making the Bears

“For the production of panda bears, I used an imitation of human skin made of silicone.” Silicone used as skin is a powerful visual medium used to tell the viewer that the artist is talking about living human sacrifices. “I’ve shown the pandas as a very positive and well-known Chinese symbol, but in a totally different context, one which the Chinese regime is trying to conceal.”

The fact that the bears’ bodies are made of imitation human skin indicates that something is not entirely right. The artist uses obvious cuttings and stitchings on each panda to symbolize the transplant surgery abuse.

The art project, called “Communism With a Panda’s Face,” contains 150 bears. Each one represents 1,000 human victims. The production of one bear takes 14 hours. Balkova spent a full 150 days to make the bears.

Getting Attention

Her exhibition drew the attention of Chinese surgeon Enver Tohti, one of the few to give direct testimony on how he personally carried out an organ transplant from a prisoner in China who was still alive. He was commanded to do so by his chief physician, so he had hoped that everything was “legal” and “ethical.”

“When you live in a communist regime such as China, you can’t think independently. You have to follow orders,” Tohti said in his testimony to the British Parliament in 2015.

After spending years in England, he realized he had committed a crime. Then, like artist Barbora Balkova, he learned that the abuse of prisoners for transplants in China is widespread, and that his experience was only one of a thousand others. In 2014, he stepped out to publicly testify about what he had personally witnessed. He met with the artist and her pandas in Prague in 2017.

The exhibition also attracted the attention of Canadian lawyer David Matas, who lectured in Prague in 2017 at a congress organized by the Faculty of Law of Charles University in Prague. Matas is one of the first investigators of abusive transplant surgery in China.

Through Tohti and Matas, the story of Balkova’s panda bears came to England. From there, it traveled through Ms. Yukari Werrell, the manager of the Japan Initiative at The International Coalition to End Transplant Abuse in China, to Japan.

In Japan, one Japanese nongovernmental initiative, Stop Medical Genocide (SMG), decided to use her panda bear in its logo.

The Japanese SMG initiative originated in the Chamber of Governors of Japan at the beginning of 2018. Since then, its work has been supported by 26 national and 28 prefectural councils. The chairman



A poster of the Japanese initiative Stop Medical Genocide, 2018.



The panda bear has been used by the Chinese regime to enhance its image. Czech artist Barbora Balkova has repurposed the panda to symbolize that something terrible is going on in China: Her panda is made from imitation human skin, with a scar on its body.



1, 2. The exhibition of artist Barbora Balkova titled “Communism With a Panda’s Face.”

3. The panda bear returned from prison without its padding and with a scar on its body.

4. Barbora Balkova with (L–R) Pavel Porubiak of Human Rights Without Borders, Czech Minister of Culture Daniel Herman, and Canadian human rights lawyer David Matas, in Prague in 2017.

of the initiative is a Japanese journalist and human rights expert on China, Hataru Nomura.

“What is happening today in China seems to me to be a parallel to what was happening during the Second World War in Europe in Nazi Germany,” Balkova said. “I always wonder how it was possible that it was happening, and that the world did not stand up against it,” she said. “No one wanted to believe it. Only after the concentration camps had opened were the shocking atrocities shown.”

The credibility of reports about state-supported organ removal from prisoners of conscience was confirmed in 2013 by the European Parliament and by the U.S. House of Representatives in 2016. Five reports or books have already been published: Bloody Harvest, The Slaughter, WOIPFG, B.H.S. An

Update, and State Organs.

The most abused groups are, according to the conclusions of the investigative reports, Falun Gong practitioners (a peaceful meditation practice), the Uyghurs, the House Christians, and the Tibetans.

“I don’t know what further evidence will be needed to change things fundamentally, as a result of public pressure or diplomatic ties,” Balkova said.

“I would definitely be happy if my project could contribute to a wider awareness that hundreds of thousands of people are dying in China just [so someone can profit from] their organs,” she said.

The artist intends to continue creating the bears, as she says, until “organ harvesting in Chinese prisons definitively ends.”

ALL PHOTOS BY CRYSTAL SHI/THE EPOCH TIMES

Living History in the Little Easy

In the sumptuous historic homes of Natchez, Mississippi, the past mingles with the present



CRYSTAL SHI

In Natchez, Mississippi, it's fun to play pretend. On one night in the Southern river town, I find myself the esteemed guest of a 19th-century dinner party during the height of Southern antebellum opulence. In the lavish banquet room at Choctaw Hall, I feast on pork tenderloin and sweet potato mash surrounded by crystal chandeliers and a collection of 7,000 pieces of Jacob Petit porcelain. Other experiences are more sobering: Walking through the former slave quarters of a plantation home; or standing at the site of the now destroyed Forks of the Road Market, once the second largest slave market in the South. A visit to Natchez is a trip back in time. Once the playground of antebellum millionaires, it was spared the destruction suffered by many

other Southern towns during the Civil War, and draws travelers with an unmatched repertoire of historic buildings: over 1,000 structures or districts are listed on the National Register of Historic Places, including 13 National Historic Landmarks and more than 600 examples of antebellum architecture—the most in one city in the country. They remain remarkably well-preserved. Many of the larger sites are owned by the city or local organizations and are open to visitors year-round for tours. During the Fall and Spring Pilgrimage seasons, a tradition since 1932, the privately owned historic homes—some of them passed down in the same family for generations—are open for tours, led by locals donning swishing hoop skirts and other elaborate period costumes. Special programs from historical reenactments to musical and the-

ater performances bring Natchez, past and present, alive. **A Storied Past** Born on the high bluffs above the Mississippi River in 1716, Natchez is one of the country's oldest continuous settlements—two years ahead of New Orleans, its little sister three hours downriver. (Natchez's similarly friendly, river-town vibes, but in a smaller, more intimate setting, have earned it nicknames like “the Little Easy” and “New Orleans Lite.”) The Mississippi weaves a common thread through 300 years of patchwork history, attracting the successive people and cultures that shaped the town's rich heritage and lasting character: first the Natchez Indians, the French, the British, and the Spanish, in turn.

Continued on D10



Longwood, the largest octagonal home in the United States.

Choctaw Hall is opulently—and at times eccentrically—furnished.

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Dunleith, an 1856 plantation house turned historic inn.

Living History in the Little Easy

In the sumptuous historic homes of Natchez, Mississippi, the past mingles with the present



The banquet table at Choctaw Hall.

Continued from D9

Fast forward to the cotton boom of the 1800s: by then Natchez had become an economic hub and millionaires' retreat, fueled by both river business and the work of slaves. At the height of the boom, Natchez was home to the most millionaires per capita of any city in the United States.

The city's historic Under-the-Hill district, located beneath the bluffs on the riverfront, was a bustling port, where wealthy plantation owners loaded their

COURTESY OF VISIT NATCHEZ



Natchez sits on the bluffs overlooking the Mississippi River.

cotton onto steamboats to be sold—and riverboat captains and pirates alike frequented the streets and rowdy, still-standing saloons.

The working plantations themselves were across the river, in Louisiana. Natchez, meanwhile, was where the planters built their opulent townhomes, where they lived and entertained and flaunted their wealth in grandiose displays of one-upmanship. As Sally Durkin, a longtime local guide with Open Air Tours, puts it, "Natchez was nothing but a big party town."

The majority of these wealthy planters hailed from the North. So when the Civil War began, Natchez, a town of Union sympathizers, didn't secede; instead, "we opened our arms" to the Union army, Durkin says, and no battles were fought. The town—and its architectural treasure trove—was saved.

Behind the Buildings

Architecturally, Natchez is a feast for the eyes. Stunning historic buildings, from stately Greek Revival mansions to towering brick churches, wait around every corner, some tucked into unassuming residential districts, others anchoring sprawling grounds dotted with live oaks draped in Spanish moss.

"They represent our greatest artistic output," says Mimi Miller, executive director emeritus of the Historic Natchez Foundation. "The complexity of them, the richness and detail ... Very rarely have we built anything that was as good as what was there before."

But greater riches still are found within their walls, in the stories of the people who lived there.

Perhaps the town's most famous building is the unfinished Longwood, which tells the tragic story of the wealthy planter Haller Nutt and his family. The 30,000-square-foot mansion, designed by famed architect Samuel Sloan, is largest octagonal home

Architecturally, Natchez is a feast for the eyes.



Ladies in hoop skirts lead tours of Sweet Auburn.

in the country, and what would have been, as Nutt envisioned, one of the grandest symbols of the Old South—had it not been for the start of the Civil War.

Construction of Nutt's dream home came to an abrupt stop when workers abandoned ship, and three years later, Nutt died of pneumonia—or, as legend would have it, a broken heart—leaving only the first floor completed, and nine rooms finished out of a planned 32.

Though the façade is striking and the finished rooms are beautiful, in the barren upper floors, a spirit of melancholy still hangs in the air. And as the workers who maintain and operate tours of the property will assure you, the spirits of the Nutt family do, too. It's fitting that my introduction to the home was via a ghost tour—complete with a visit to the property's cemetery.

Meanwhile, Dunleith, the antebellum home turned historic inn where I stay over the course of my visit, is the start of the story of John Roy Lynch, whom Miller calls one of her "heroes of Natchez history," for "the heights to which he rose."

Born into slavery on a cotton plantation, Lynch was brought to Natchez and became an enslaved house servant at Dunleith. At the end of the Civil War, he became the second African American to hold political office in the state of Mississippi; he later was elected as the first African-American Speaker of the Mississippi House of Representatives and became the first African American to speak at a national political convention.

His story is but a fraction of the town's rich African-American heritage, which spans the stories of both slaves and over 300 documented free, business-owning families of color; of some of the country's first black elected officials and, later, leaders of the Civil Rights Movement.



Rose Hill, Mississippi's oldest African American Baptist Church, traces its origin all the way back to 1837.



Stanton Hall, an antebellum Classical Revival mansion from the 1850's.



Deborah Cosey tells the story of Concord Quarters, former slave quarters of the Concord Plantation. Last year, the Quarters became the first African American-owned home to be included in the Pilgrimage Tours.



Dr. Fred Emrick leads a tour around The Gardens property, which has been occupied by his family since 1881.



Colleen Wilkins, owner of Sunnyside Bed & Breakfast.



Desserts and coffee at Sunnyside.

Keepers of the Past

As I look in awe at my surroundings and listen to their stories of old, I find myself most struck by the passion of the people telling them now. Indeed, I'd be grossly remiss to exalt the people of Natchez past without due credit to the people of Natchez present—the locals, whether natives or transplants, keeping the stories of their predecessors alive.

Durkin, for instance, my Open Air Tours guide, is a sixth-generation Natchez native. As we zip around in her golf cart, she rattles off more history than I can take in—stories of politics and romance and the inner lives of the town's motley characters. Passersby pull up behind us to shout Durkin's praises as the best tour guide in town; she shrugs and credits her knowledge of Natchez to simply growing up there.

At the historic Sunnyside Bed & Breakfast, meanwhile, owner Colleen Wilkins is a "Natchoosian"—she chose to move here, in her case from Nebraska. She bought the antebellum property a few years ago, and as the sole resident of the 6,000-square-foot house, part of a larger 10-acre plot of land, keeping up with renovation and maintenance has been tough, she admits. But as the next in a line of individual female owners before her, "I feel like I was chosen to take care of it," she says with a smile. "I feel blessed."

It's the work and dedication of Durkin, Wilkins, Miller, and the Historic Natchez Foundation, and of countless other proud and passionate residents that have kept Natchez the way it is today. They continue the important work of the keepers of history before them.

Asked where that dedication comes from, Miller muses that the town's uniqueness gives its residents "a little more pride in where they're from. I think

when you have an unusual sense of identity, it gives you a sense of pride and place," she says. "It builds a sense of community."

Coming Home

Recent years have seen a slew of Natchez natives, after moving away, coming back to settle in their hometown. They join many others from New Orleans, as well as Texas and California, Miller says, wooed by Natchez's small-town charm and livability.

For natives, the preservation of its character is a powerful draw. "The town pulls them back because the church they grew up in is still here. The stores they shopped in are still here. You can go home again," Miller says.

For visitors, the town's openness and warm hospitality make it feel a bit like you're coming home, too.

At Sunnyside, cozied up on a couch in the bookshelf-lined study, with a cup of coffee and a slice of my generous host's famous strawberry cake, I feel so at home that I imagine it could be my own.

I think the same as I greedily breathe in the scent of sweet osmanthus that perfumes the town's every street, or gorge myself on fluffy pancakes and biscuits and gravy at the family owned and operated Natchez Coffee Company on a Saturday morning. Live guitar music fills the space, giggling children run amok, and waiters and the owner herself patrol the tables, refilling coffee and making sure all are well fed and happy. Natchez welcomes with open arms.

That's the thing about a river town, Miller says: "It always looks forward to whoever arrives."

The writer was a guest of Visit Natchez.



A handsome espresso machine sits behind the counter at Steampunk Coffee Roasters.

WHAT TO DO

Breakfast Bites

Fuel up for a day of walking at Steampunk Coffee Roasters, named for the handsome, golden espresso machine behind the counter, with specialty coffee, giant muffins, and delightfully springy bites of pao de queijo (Brazilian cheese rolls). The building is a reclaimed brick cabin dating back to circa 1868.

On the weekends, Natchez Coffee Company is a family-friendly go-to. Expect a buffet of classic Southern breakfast staples: airy pancakes, eggs and hashbrowns, fluffy biscuits and rich sausage gravy.

Spring Pilgrimage

This year's Spring Pilgrimage season runs from March 16 to April 16. Along with daily tours of over 20 historic homes (\$15 per person for private homes, \$20 per person

for museum houses), highlights include a Southern cooking class; a black-tie ball in an antebellum mansion; and performances of the Historic Natchez Tableaux, put on by a completely local and volunteer cast. Tickets available at [NatchezPilgrimage.com](#)

Miss Lou Heritage Group & Tours

Explore Natchez's African-American heritage, an inextricable part of its history, with Miss Lou Heritage Group & Tours. Their most popular itinerary, the Natchez Heritage Tour, makes stops at the Forks of the Road Slave Market, the Natchez Museum of African American History and Culture, and the Watkins Street Cemetery, the mass burial site for the Rhythm Club Fire of 1940. Tickets available at [MissLouHeritageGroupAndTours.com](#)

WHERE TO STAY

For a memorable intersection of Natchez's defining strengths—history and hospitality—stay in one of the town's 40-plus antebellum and Victorian bed and breakfasts and historic inns. Many date back to the 1800s, but now welcome guests with modern amenities in historic surrounds.

A portrait of Zhu Xi, a prominent Chinese scholar and philosopher. He is depicted from the chest up, wearing traditional Chinese scholar's robes and a black cap. He has a beard and mustache, and is holding a book in his hands. The background is a plain, light-colored wall.

The "Standards for Being a Good Student and Child" ("Di Zi Gui") is a traditional Chinese textbook for children that teaches them morals and proper etiquette. It was written by Li Yuxiu in the Qing Dynasty, during the reign of Emperor Kangxi (1661–1722). These stories were excerpted from our on-line series "Stories From the Students' Rules"; they exemplify the valuable lessons taught in the "Di Zi Gui."

Humility Before Elders

When addressing a distinguished elder,
Do not use his personal name.
When before a distinguished elder,
Do not show off your talents.

Renowned calligrapher Wang Xizhi, known as the “Sage of Calligraphy” in China, lived during the Jin Dynasty (303–361) and had seven children, among whom his youngest son, Wang Xianzhi (344–386),

Wang Xizhi wrote a poem on the wall, called “Precepts Against Arrogance” (戒驕詩), advising

His son instantly blushed, feeling uneasy and deeply ashamed. Wang Xianzhi finally realized that only through diligent study and hard work could he eventually become a renowned calligrapher.

EPOCH TIMES STAFF

The next day, before the crack of dawn, Zhang

Zhang Liang went back home and studied the book very carefully. Finally, he mastered its essence. He was able to understand all of its intricacy and became very familiar with military tactics. Later, he assisted Liu Bang, the first emperor of the Han Dynasty, to found the Han Dynasty and unite China.



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