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the NEWS

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Hundreds of thousands of people take to the streets in protest of proposed changes to the extradition law in Hong Kong on June 9, 2019.

CHINA EXTRADITION

Mass Protest in Hong Kong Draws Different Reactions in Beijing, Taipei

Government refuses to scrap extradition bill with mainland despite mass protests

FRANK FANG

Tens of thousands of Hong Kongers surrounded the legislative council building in Admiralty on June 12 in a final attempt to prevent their government progressing with an extradition bill in the legislature controlled by a pro-Beijing majority. The protest followed another one June 9 that was the biggest political demonstration in Hong Kong since its handover from British to Chinese rule in 1997. After more than 1 million people took to the streets to call on the local government to scrap an extradition bill that would allow

[It has been] the biggest political demonstration in Hong Kong since its handover from British to Chinese rule in 1997.

suspects to be sent to China, Beijing has largely turned a deaf ear, while imposing strict online censorship to prevent Chinese netizens from reading about the news. Meanwhile, Taiwan has served as an open platform for people to express their views, with the island nation's 2020 presidential candidates taking the opportunity to call out Beijing's continued attacks on sovereignty. Outside of Hong Kong, many small-scale solidarity protests around the world have been showing their support, including in New York City, Los Angeles, Sydney, Brisbane, and London.

The Hong Kong government first proposed amendments to its extradition laws in February, which would allow the chief executive—the city's top official—to sign off on extradition requests, including from mainland China, without approval from the Legislative Council (LegCo). Those opposed argue that given the Chinese regime's disregard for the rule of law, the changes could allow Beijing to charge and extradite its critics with impunity.

Bill to be Rushed Through

Despite the record turnout on
Continued on A4

CYBERSECURITY

Routing European Internet Traffic Through China Telecom May Show New Method for Stealing Data

JOSHUA PHILIPP

News Analysis

The Chinese regime may have a new method up its sleeve to steal data. Rather than hacking networks and installing malware, it can merely divert global internet traffic through its own networks—allowing it to see, store, and steal whatever it likes.

This appears to be the case with recent anomalies seen with China Telecom, a state-owned company under the Chinese regime's China Telecommunications Corp.

For two hours on June 6, a large portion of mobile device traffic in Europe was diverted through systems controlled by China Telecom. According to ZDNet, the technical error was caused after the Border Gateway Protocol (BGP), which reroutes traffic at the internet service provider level, at Swiss data center company Safe Host leaked more than 70,000 routes to the Chinese internet service provider.

It notes that there are usually safety procedures to prevent BGP leaks such as this, and the issue could have been fixed when it was discovered.
Continued on A3



A cyclist passes a China Telecom phone booth on a street in Shanghai on Aug. 21, 2013.

SOCIAL MEDIA

The YouTube 'Adpocalypse' and the Strategic Censoring of Opinion

JOSHUA PHILIPP

News Analysis

Numerous YouTube channels that express conservative viewpoints, or criticize socialism, have recently reported that they've been demonetized.

Censored channels include those of popular YouTube comedian Steven Crowder and a history teacher who posted videos on World War II that included clips of Nazi speeches.

The New York Times reports that thou-

sands of channels are being censored in this way. On June 5, YouTube released a statement about its "ongoing work to tackle hate." It emphasizes efforts to squelch "videos alleging that a group is superior," "videos that promote or glorify Nazi ideology," and "content denying that well-documented violent events ... took place."

While it's still uncertain what trig-



Ludwig von Mises.

gered YouTube to mass-censor the channels, much of the blame has fallen on Vox writer Carlos Maza, who previously called for physical attacks on conservatives and was offended by Crowder's comments about him. Maza retaliated.
Continued on A7

AU-CHINA

China's Warships Stock Up on Baby Formula Before Leaving Sydney

RICHARD SZABO

Three warships are on their way back to mainland China carrying many cartons of baby formula after an unannounced visit to Sydney Harbour, Australia.

For four days, a Chinese frigate, supply ship, and amphibious warfare vessel were docked at the Garden Island Navy Base, 5 kilometers (3 miles) east of downtown Sydney.

A photo that News Limited took of the soldiers reveals they were loading what seemed to be dozens of cartons filled with A2 platinum and Aptamil baby formula aboard the vessels.

The unannounced visit coincided with the 30th anniversary of the regime's Tiananmen Square massacre on June 4 and sparked widespread media speculation that the Chinese communist regime was sending a political message about its naval capabilities and presence in the South Pacific.

Prime Minister Scott Morrison explained shortly after the arrival of the Chinese Navy taskforce that China had requested the stop over after finishing anti-piracy operations in East Africa's Gulf of Aden.
Continued on A2

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.

China’s Warships Stock Up on Baby Formula Before Leaving Sydney

CONTINUED FROM A1

He described the visit as a reciprocal visit after Australian naval vessels had visited China.

“It may have been a surprise to others but it certainly wasn’t a surprise to the government,” Morrison told the Australian Associated Press.

However, New South Wales Premier Gladys Berejiklian admitted she did not know exactly why the warships, which carried a total of about 700 sailors, were visiting Sydney.

This was most concerning for Labor opposition leader Anthony Albanese.

“The fact that the NSW government of Gladys Berejiklian apparently weren’t informed, I think requires some further explanation of just why that didn’t happen,” he told AAP.

Former Coalition Deputy Prime Minister Barnaby Joyce called the Chinese regime a “benevolent tyranny,” saying that Australia has to make sure it is treated as an equal trading partner.

“They are not a democracy—they’re basically a benevolent tyranny,” he told AAP. “Australia has to obviously recognise the economic strength and trade with them but we want to trade with them as a partner, not as a servant.”

Joyce said Australia has to consider how it plays a role in maintaining maritime

peace in the region.

“We have to not be scared, not react, but clearly have a wide-eyed view of exactly where the world is going, and how we’re going to play our part inside it,” he said.

The visit also raised suspicions at the Australian National University’s National Security College (ANU NSC), which described it as “actually quite something.”

“Chinese naval visits to Australia have more typically been a lone frigate, not a task group with an amphibious assault ship and 700 personnel,” Rory Medcalf, head of ANU NSC, said on Twitter. “Sydney is hardly a convenient stopover on their way home from the Gulf of Aden. What’s the story here?”

Liberal Senator Concetta Fierravanti-Wells criticised Morrison’s “cabinet of groupthinkers” for deciding to appease the Chinese regime.

“They were totally outmanoeuvred by Beijing,” Fierravanti-Wells told AAP.

She also said that Australia should not be afraid to confront the Chinese regime when it has “failed to demonstrate the credentials of a good international citizen.”

“Many Chinese-Australians continue to take a courageous stand against the regime,” she said. “I am sure the timing of the ... naval visit would not sit well with many of them.”

News Limited joked that the Chinese



Two of three Chinese warships seen docked at Garden Island naval base in Sydney on June 3, 2019.

Navy might have simply sailed 11,700 kilometres (7,270 miles) for a shopping trip to replenish baby formula supplies.

The Australian-made infant food continues to be in high demand across China since the 2008 milk scandal revealed that milk, infant formula, and other dairy products in China were adulterated with melamine.

The scandal is blamed for killing six people and causing hundreds of thousands to be ill. It also led to a buying frenzy for baby formula across Australia where syndicated groups called “daigou” have been profiteering from buying tins and reselling them for up to six times more than retail price.

Research agency Nielsen estimated there were between 100,000 and 200,000 active “daigou” across Australia in 2017.

The high demand has caused baby formula supply shortages at many Australian supermarkets and pharmacies, which have responded by imposing two-can per customer limits to deter bulk buyers from clearing shelves and leave enough stock for local families.

“The Australian-made infant food continues to be in high demand across China since the 2008 milk scandal revealed that milk, infant formula, and other dairy products in China were adulterated with melamine.



AAP IMAGE/JULIAN SMITH

Baby formula is seen at MyClinic Mulgrave Medical Centre in Melbourne on Aug. 8, 2016.

New Zealand Court Stops Resident’s Extradition to China Over Human Rights Concerns

A New Zealand court has temporarily halted the extradition of a murder-accused man to China over concerns about human rights and torture.

Korean citizen and New Zealand resident Kyung Kim is accused of killing a woman while on holiday in Shanghai in 2009. In the first case of its kind between the two countries, China’s government requested he be extradited in 2011.

Kim, who moved to New Zealand at 14, denies the charge and has repeatedly challenged the extradition, raising concerns about the risk of torture.

New Zealand’s previous justice minister twice approved the extradition after diplomatic assurances Kim would not be tortured or face the death penalty.

However, the country’s penultimate judicial body, the Court of Appeal, on June 11 released a ruling again quashing the government’s decision and ordering it again be reconsidered.

“New Zealand has obligations under in-



DAVE HUNT/AAP IMAGE

A statue of Themis, the Greek God of Justice stands outside a Court in Australia.

ternational law to refuse to return a person to a jurisdiction in which they will be at substantial risk of torture or where they will not receive a fair trial,” Justice Helen Winkelmann said.

The court ruled current justice minister, Andrew Little, would this time have to

... the evidence is that practice of torture in the PRC (People’s Republic of China) is concealed.

take into account other evidence about whether Kim was at risk of torture and whether he would get a fair trial.

“In assessing the effectiveness of the assurances to address the risk of torture, the minister must address such evidence as there is that torture is already against the law (in China), yet persists and the evidence is that practice of torture in the PRC (People’s Republic of China) is concealed,” the 100-page judgment said.

Little was unavailable to comment on

Tuesday.

Kim’s lawyer, Tony Ellis, said the decision was of “profound human rights importance, which will resonate throughout the Common Law world.”

“It is not just important in New Zealand,” Ellis said in a statement.

Kim is accused of the murder of 20-year-old prostitute Pei Yun Chen after her beaten body was found wrapped in black cloth in a Shanghai wasteland in 2009. He has been on bail since 2016.

The case comes as China tries to gain international support for extraditions. It has been met with resistance from Western powers, who have cited concerns about its human rights record.

In Hong Kong, hundreds of thousands of people took to the streets over the weekend to protest a legislative proposal that would allow criminal suspects to be extradited to mainland China.

From AAP

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SEAN GALLUP/GETTY IMAGES

European Internet Traffic Routed Through China Telecom

CONTINUED FROM A1

Yet, as ZDNet reported, “instead of ignoring the BGP leak, China Telecom re-announced Safe Host’s routes as its own, and by doing so, interposed itself as one of the shortest ways to reach Safe Host’s network and other nearby European telcos and ISPs.”

Because of this, data from European mobile networks were rerouted through China Telecom’s networks, which could have exposed the data to the Chinese state-run company. It also slowed or prevented connections for some users.

Doug Madory, director of Oracle’s internet analysis division, told ZDNet that the duration of the supposed error was oddly long. “Often routing incidents like this only last for a few minutes, but in this case, many of the leaked routes in this incident were in circulation for over two hours,” he said.

It’s unclear what caused the issue, but this isn’t the first time China Telecom has been involved with this type of error. And the timing of previous incidents—and major networks affected—suggest something deeper is at play.

In April 2010, an estimated 15 percent of the world’s internet traffic was routed through China Telecom networks. The supposed error that caused this was the same—rerouting of BGP data. Only, in 2010, it was called out as a type of cyberattack known as “IP hijacking.”

A report at the time from the U.S.-China Economic and Security Review Com-



Often routing incidents like this only last for a few minutes, but in this case, many of the leaked routes in this incident were in circulation for over two hours.

DOUG MADORY
DIRECTOR OF ORACLE'S
INTERNET ANALYSIS DIVISION IN
A JUNE 7 ZDNET ARTICLE



A “Free Wi-Fi” sign on the door of a fast food restaurant in Prague on May 7, 2010.



A man on a laptop computer in a cafeteria of a startup in Berlin on Nov. 21, 2018.

mission stated that the China Telecom breach had caused U.S. and other international internet traffic to flow through the Chinese regime’s servers. This included many sensitive networks.

“This incident affected traffic to and from U.S. government (.gov) and military (.mil) sites, including those for the Senate, the Army, the Navy, the Marine Corps, the Air Force, the Office of Secretary of Defense, the National Aeronautics and Space Administration, the Department of Commerce, the National Oceanic and Atmospheric Administration, and many others. Certain commercial websites were also affected, such as those for Dell, Yahoo!, Microsoft, and IBM,” the report states.

According to the report, this could have allowed the Chinese regime to monitor

users and data, block access to certain websites or data, conceal another cyber-attack, and even compromise the integrity of secured, encrypted connections.

Another data breach through China Telecom was uncovered in 2015, after former U.S. President Barack Obama signed an agreement with Chinese leader Xi Jinping to end the use of hacking for commercial gain. This followed the indictment of five Chinese military hackers for stealing intellectual property from U.S. companies for the benefit of Chinese companies.

Military Cyber Affairs, a journal published by the Military Cyber Professionals Association, discussed the breach in a 2018 report. It stated that the CCP may have been switching from cyberattacks to a more subtle method to steal data from

targeted networks or companies.

“Conveniently, China Telecom has 10 strategically placed, Chinese-controlled internet ‘points of presence’ (PoPs) across the internet backbone of North America,” the report said. During the 2015 breach, China Telecom hijacked internet data as it traveled through this infrastructure and redirected it to China for “malicious use.”

The report noted that, through this method, the CCP could access the organization’s network, steal valuable data, add malicious implants to seemingly normal traffic, or simply modify or corrupt data.

It also noted, “The prevalence of and demonstrated ease with which one can simply redirect and copy data by controlling key transit nodes buried in a nation’s infrastructure requires an urgent policy response.”



WANG ZHAO/AFP/GETTY IMAGES

John Suffolk, senior vice president for global cyber security at Huawei, in Shenzhen, Guangdong Province, on March 7, 2019.

Huawei VP Challenged by UK Lawmakers on Company’s Ethics

CATHY HE

Huawei’s cyber security chief was accused of being a “moral vacuum” during a U.K. parliamentary hearing, in which he was repeatedly grilled about the Chinese company’s ethical stance on doing business with governments that violate human rights.

The executive also said he had no views on whether the Chinese communist regime was repressive of human rights.

John Suffolk, Huawei vice-president and global cyber security and privacy officer, appeared at a Science and Technology Select Committee hearing in London on June 10, where he faced probing questions by lawmakers from across the political spectrum.

Norman Lamb, Liberal Democrat Member of Parliament (MP) and chair of the committee, began by asking about an April report by the Australian Strategic Policy Institute that outlined the telecom giant’s role in facilitating the mass surveillance and repression of millions of Uyghurs and other Muslim minorities in the northwestern region of Xinjiang.

The report said Huawei supplies and assists Xinjiang’s police apparatus.

“Have you no concern about being, in a sense, complicit with such outrageous human rights abuses?” Lamb asked.

“I don’t think it’s for us to make such judgments,” Suffolk said. “Our judgment is, is it legal within the countries within which we operate? That’s our criteria. It’s for others to make judgements on whether it’s right or wrong, predominately the government.”

When asked by Lamb whether one should do business with a company that’s complicit in human rights abuses, Suffolk replied, “I think you should do business with all companies that stick to the law.”

Conservative MP Julian Lewis then pressed Suffolk on this issue, saying there was a difference between good laws and bad laws.

“There’s a lot of law in China isn’t there? Just like there was a lot of law in Nazi Germany. Some laws are good laws, some laws are bad laws, some countries are totalitarian, repressive one-party states, and that includes communist China, doesn’t it?” Lewis asked.

“We don’t make judgements whether laws are right or wrong, that’s for others to make those judgements,” Suffolk said.

When asked by Lewis about whether he had an opinion on whether the one-party state in China is repressive of human rights, Suffolk responded, “I don’t have a view on that.” When again pressed by Lewis to respond, he then reiterated, “I don’t have a personal view on that.”

“You’re a moral vacuum?” Lewis posited, then asked Suffolk twice if there was any repressive government the company wouldn’t do business with, as long as it was observing the laws in the country.

“I’ve never given that any thought,” Suffolk said. “I couldn’t answer that.”

“It’s a remarkable position that you’ve stated,” Lamb interjected.

Labor MP Darren Jones asked Suffolk whether he agreed with the proposition that there is a difference between law and ethics. When Suffolk agreed, Jones proceeded to ask, “Does Huawei have any ethics in terms of who it supplies...to?”

“Our starting point always in essence is, the law defines the ethics as far as we’re concerned. Because in essence it’s for governments to define what is right and wrong,” Suffolk replied.

Jones noted that companies are entities, and “can make decisions about whether they want to do business with certain customers.”

Suffolk’s appearance before the parliamentary committee comes as the government is due to decide on whether to allow Huawei equipment in the U.K.’s 5G network rollout.



I don’t have a view on that.

JOHN SUFFOLK
HUAWEI'S CHIEF OF
CYBERSECURITY, IN
RESPONSE TO A
QUESTION ON WHETHER
CHINA'S ONE-PARTY
STATE IS REPRESSIVE OF
HUMAN RIGHTS.

Mexico Reveals Border Infrastructure Plan Following Trump’s Tariffs

Mexico must significantly improve border infrastructure on its southern frontier with Guatemala to succeed in its deal with the United States, Mexico’s foreign minister said June 11.

Over the past few days, Marcelo Ebrard has gradually announced more commitments to stem the tide of illegal immigrants going through Mexico to the United States as President Donald Trump on the same day reiterated that parts of last week’s deal were yet to be revealed.

Speaking at a regular government news conference, Ebrard said not enough priority had been given to Mexico’s southern border and that a stronger presence is needed across the frontier to deal with migrant flows.

“You go to the south and the first thing you ask yourself is: ‘Right, where’s the border?’ There’s nothing. The idea is to make the south like the north as much as possible.”

Mexico and the United States signed an agreement last week, with Mexico agreeing to take steps to control the flow of people from Central America, including deploying 6,000 National Guard members along its border with Guatemala.

The deal averted escalating import tariffs of 5 percent on Mexican goods, which Trump had vowed to impose unless Mexico did more to curb migration.

Taking questions alongside President Andres Manuel Lopez Obrador, Ebrard said Mexico was accelerating deployment of the National Guard, a militarized police force, along the border with Guatemala and that migrants entering Mexico would have to register with authorities.

To meet its commitments to Washington, Mexican migration facilities in the south need to be revamped, Ebrard added.

“The reality is that a very big effort needs to be made,” he told reporters, noting that

the infrastructure along the southern frontier with Guatemala had for years been neglected, while Mexico’s northern border was being modernized.

Asylum Deal?

While Trump hasn’t revealed what undisclosed details of the agreement he is referring to, over the past two days, Ebrard has admitted that, as well as the published text, Mexico agreed to a 45-day timeline to show that increased enforcement efforts were effective in reducing flows of migrants.

If not, Mexico will have to talk with the United States about a long-standing U.S. asylum demand, he said on June 10.

U.S. authorities say they have been overwhelmed by a shift in the type of migrants turning up at the border in recent years.

Increasing numbers of Central American families and unaccompanied minors seeking asylum from violence at home have been turning themselves in to border agents, who have long focused on catching mainly single, adult Mexicans trying to cross.

When migrants express fear of returning to their home countries, that triggers a U.S. immigration court process, which can take months or years to resolve due to backlogs in the system.

Washington has long wanted Mexico to be declared a safe third country, in which asylum-seekers would have to seek safe harbor instead of the United States, a demand that Mexico has rejected in the past.

Ebrard dropped his previous opposition to that idea in comments on June 10, but said any such arrangement should share the asylum load with other Latin American countries, including Brazil, Panama, and Guatemala.

He said these measures would have to be taken up with the Mexican Senate.

From Reuters

PEDRO PARDO/AFP/GETTY IMAGES



Aerial picture showing migrants and residents using a makeshift raft to cross the Suchiate river from Tecun Uman in Guatemala to Ciudad Hidalgo in Chiapas State, Mexico, on June 6, 2019.



Mass Protest in Hong Kong Draws



CONTINUED FROM A1

June 9, Chief Executive Carrie Lam said on June 10 that the extradition bill would be up for debate before the LegCo on June 12, as scheduled. Andrew Leung, the pro-Beijing head of the LegCo, confirmed on June 11 that the legislative debate on the controversial extradition bill would proceed the next morning and that the final vote would be held on June 20, speeding up the typical legislative process. This sparked tens of thousands of protesters to surround the LegCo building on June 12. The government then announced that it had postponed the meeting to a "later time." After the announcement, Claudia Mo, a pro-democratic member of the LegCo, made an appearance out on Harcourt Road in Admiralty to tell protesters that the council wasn't sitting "because of you." A few hours later, around 20 people were wounded when police clashed with students, using tear gas, pepper spray, and batons to disperse the crowds in what had otherwise been a peaceful protest. The protesters were mainly students, including many in high school. The Hong Kong Professional Teachers' Union and student unions had earlier coordinated boycotts of classes to support the protests. Scores of businesses, shops, and organisations from many different sectors of Hong Kong society were also closed on June 12 as a sign of protest.

Inside China

Chinese authorities and China's state-run media have been mostly quiet following the massive protest on June 9. China's Foreign Ministry spokesperson Geng Shuang, during a regular daily press briefing held on June 10, said that Beijing would continue to support the Hong Kong government in advancing the extradition bill. On the same day, China's nationalistic state-run publication Global Times ran a commentary stating that the Hong Kong protest was the result of "opposition forces" in Hong Kong colluding with "Western forces." The article further accused Washington of "meddling in Hong Kong affairs" and "sabotaging the prosperity and stability of Hong Kong to contain China's development," citing recent comments by "radical American politicians" on Hong Kong. Several U.S. lawmakers have publicly expressed concern about the bill's potential threat to

Hong Kong's autonomy. Other Chinese state-run media—CCTV, Xinhua, and People's Daily—simply chose not to cover the Hong Kong protest at all, according to Radio Free Asia (RFA). Chinese authorities have censored all online mentions of the June 9 protest. Human rights lawyer Tang Jingling told RFA that his social media account on the Chinese social media platform WeChat was suspended June 9, after he shared a picture of the Hong Kong protest on a group messaging chatroom. Tang said he also noticed that several chat groups were suspended by Chinese censors. A college professor surnamed Huang from China's Gansu Province shared with RFA how she also noticed that WeChat's censorship was working on overdrive for the past two days. Huang explained that the rationale behind China's censorship is because the Chinese regime feared that if its citizens read about the protest, they would take to the streets just like people in Hong Kong. Hong Kong news platform HK01, in a June 10 article, reported that Sina Weibo, China's equivalent to Twitter, had begun censoring two keywords in Chinese: "Hong Kong Jiayou" and "Support Hong Kong." Jiayou is a Chinese expression used to encourage someone, as in "go on" or "go for it." As of press time, when those two terms are entered in a search box on Sina Weibo, the following message appears: "In accordance with relevant laws and regulations, there are no search results to display." Hua Po, a Beijing-based political analyst, told the Chinese-language Epoch Times that the censorship and media blackout is a way for the Chinese Communist Party (CCP) to maintain "stability" in China. Faced with economic troubles, such as a growing unemployment rate and rising consumer prices as a result of the ongoing Sino-U.S. trade war, the Party wants to prevent the Hong Kong protest from causing a "social disturbance" in mainland China, Hua said. Taiwan President Tsai Ing-wen, who is seeking re-election in January 2020, took to her official Facebook page on June 10 to express support for the Hong Kong protest. "As in Taiwan, we support the pursuit of freedom, democracy, and human rights by Hongkongers," Tsai wrote.



LIN YI YU/GANG, LICHUN ZHANG/THE EPOCH TIMES

Different Reactions in Beijing, Taipei

Around 20 people were wounded as police clashed with students, using tear gas, pepper spray, and batons to disperse the crowds in what had otherwise been a peaceful protest.

She took the opportunity to denounce Beijing’s proposal to take over Taiwan under the “one country, two systems” model—currently in place in Hong Kong as part of the handover agreement when the UK handed back control of the city to China in 1997.

Beijing—which considers Taiwan part of its territory despite the island having its own democratically-elected government, economic system, and military—has repeatedly suggested such a model for bringing Taiwan under its fold.

“‘One country, two systems’ is never acceptable to Taiwan,” Tsai wrote. She added that if Taiwan were to accept such a model, Taiwanese people would lose their basic rights.

“I call on the Taiwanese people to continue to care about the development in Hong Kong. Let’s show our support and safeguard Taiwan,” Tsai added.

William Lai, Taiwan’s former premier and a presidential candidate in the 2020 election, held a press conference on June 10 in response to the Hong Kong developments.

He also urged Taiwan citizens to support Hong Kong’s efforts, adding that the island shouldn’t fall to Beijing’s influence—as it has inevitably in Hong Kong since the handover.

Taiwan should “never become a second Hong Kong or Tibet,” Lai said, according to Taiwanese media.

Tibet lost its sovereignty and became subject to Beijing’s oppression after the Chinese Communist Party invaded in 1950.

In the evening on June 10, more than a dozen Taiwanese students and activists gathered outside the Hong Kong Economic, Trade, and Cultural Office in Taipei to support Hongkongers’ demands to scrap the extradition bill. The day prior, more than 200 Hong Kong students studying in Taiwan delivered a petition letter to the office, expressing their opposition to the extradition bill.

One of the participants, Michelle Wu, president of the student union at Taiwan’s prestigious National Taiwan University, urged the Hong Kong government to comply with the people’s will, as demonstrated by the large-scale march on June 9.

Wu also appealed to the Taiwanese government, and all of Taiwan’s political parties, not to overlook the extradition bill, since it has much to do with Taiwanese citizens’ rights; they could also be at risk of extradition by the Chinese regime if they visit Hong Kong.

Top: (From top L-R) **Albert Ho**, chairman of the Hong Kong Alliance in Support of Patriotic Democratic Movements, holds up a sign that reads “No Extradition to China” in Hong Kong on June 9, 2019.

Anson Chan (top L2), former Chief Secretary of Hong Kong, takes part in mass protests against a proposed Hong Kong-China extradition law in June 2019.

Ching Cheong, a veteran Hong Kong journalist, speaks to the Hong Kong bureau of the Epoch Times on June 9, 2019. He also took part in the protest against the proposed extradition law.

Hundreds of thousands of people take to the streets in protest against the proposed extradition law in Hong Kong on June 9.

Hundreds and thousands gather outside the Hong Kong Legislative Council building, calling on the government to scrap the extradition proposal on Wednesday, 12 June 2019.

Hundreds of thousands of people take to the streets in protest against the proposed extradition law in Hong Kong on June 9.

Middle: (From top) **A man** holds a banner reading “Carrie Lam (the current Chief Executive of Hong Kong), step down”.

Residents from Hong Kong hold a rally in Taipei to support the anti-extradition bill protest.

Bottom: **Over 30 cities** around the world hold rallies and parades to support the people in Hong Kong and condemn the extradition bill on Sunday, 9 June 2019. (L to R: Los Angeles, London, Melbourne, New York, Sydney, Toronto)



‘International Unity’ Grows on Confronting Iran After UK Bomb Plot Report

PETR SVAB

The State Department said there's a growing unity among nations to confront the Iranian regime after a report revealed that operatives linked to Hezbollah, an Iran-backed terrorist group, were caught in London stashing tons of bomb-making material in 2015.

The department also commended the UK for expanding its designation of Hezbollah as a terror group.

"This Iran-sponsored terrorist group has American blood on its hands and continues to plot and carry out attacks not only in the Middle East, but also in Europe and around the world," a department spokesperson said in an emailed statement. "It is clear that international unity to confront the Iranian regime continues to grow, and we call on all European countries to follow the UK's example."

The UK marked Hezbollah a terror group as a whole in February, while previously it differentiated between the group's political and terrorist aspects. More than a dozen other countries have designated the Lebanon-based group as such, including Israel, Canada, Australia, the European Union, Egypt, Iraq, Jordan, Lebanon, Saudi Arabia, Syria, Yemen, Qatar, and the United Arab Emirates.

Trump Pressure

The United States has taken a tough stance on Iran under the administration of President Donald Trump. The president reimposed sanctions on multiple sectors of Iran's economy after he withdrew the United States from the Iran nuclear deal in May 2018.

Then-Attorney General Jeff Sessions also set up the Hezbollah Financing and Narcoterrorism Team to investigate "individuals and networks providing support to Hezbollah."

In October 2018, he also created a task force to go after Hezbollah and other transnational criminal organizations.

In April, Trump announced he would designate Iran's Islamic Revolutionary Guard Corps (IRGC) as a foreign terrorist organi-



▲ State Department spokesperson Morgan Ortagus during a media briefing at the State Department in Washington on June 10, 2019.

zation—the first time the United States has marked a branch of a foreign country's military as such.

Trump also announced in April that the government wouldn't renew waivers from the sanctions for countries importing Iranian oil, in an effort to shut down the regime's main financial lifelines.

The administration laid out 12 demands that Iran must meet before the United States lifts the sanctions: Iran must stop enriching uranium, distributing ballistic missiles, and developing nuclear-capable missiles. It must release detained citizens of the United States and its allies and stop supporting terrorist groups and militias including Hezbollah, Hamas, the Houthis, and the Palestinian Islamic Jihad. Additionally, it must withdraw its forces from Syria and stop threatening U.S. allies, including its threats to destroy Israel

and missile strikes on Saudi Arabia and the United Arab Emirates that the United States has attributed to Iran. It must also stop cyberattacks and threats to international shipping.

Iran has so far refused to negotiate.

Iran Deal

The busted bomb-making cache in London was reported by the Daily Telegraph on June 10 after months of investigation. The report said the MI5 and Met police made the discovery in fall 2015, but the public wasn't told at the time.

Iran's misbehavior was a politically sensitive topic back then. The Iran nuclear deal was already settled on by the United States, Russia, China, the UK, France, Germany, and Iran, but it only took effect through an executive order signed by then-President Barack Obama in January 2016.

The deal aimed to postpone Iran's ability to build a nuclear weapon by about a decade, in exchange for lifting economic sanctions and releasing some \$120 billion in frozen Iranian assets.

Obama was so invested in the deal that his administration "derailed" a law enforcement operation that uncovered a billion-dollar Hezbollah operation involving weapons trafficking, money laundering, drug trafficking, and other crimes, Politico reported in 2017.

After the deal went into effect, Iran announced boosting its military budget by at least 150 percent—developing long-range missiles, armed drones, and cyberwar capabilities.

In April 2018, Israeli Prime Minister Benjamin Netanyahu presented what he said were Iranian documents obtained by Israeli intelligence that proved Iran's development of nuclear weapons before the 2015 deal, while the regime claimed its nuclear program didn't seek to build arms.

Moreover, Ali Akbar Salehi, the head of Iran's atomic agency, said on Jan. 22 that the regime secretly bought components for its heavy water reactor near Arak, a crucial component in the production of weapons-grade plutonium, even though the nuclear deal required the regime to disable the reactor.

Aside from the United States, the other parties to the Iran deal still voice commitment to it, though their efforts to defy the U.S. sanctions have largely fallen flat.

The head of the United Nations atomic watchdog said on June 10 that Iran has followed through on a threat to accelerate its production of enriched uranium in response to the sanctions.

Iran said in May that it was still abiding by the deal, but would quadruple its production of enriched uranium—a move that could take it out of compliance if stockpiles rise too far. It demanded European countries do more to shield it from sanctions.

Reuters contributed to this report.

US-Wide Operation Leads to Arrests of Nearly 1,700 Suspected Child Sex Predators

IVAN PENTCHOUKOV

Law enforcement officers across the United States arrested almost 1,700 suspected child sex predators in April and May, the Department of Justice announced June 11.

Specialized Internet Crimes Against Children (ICAC) task forces in all 50 states identified 357 child victims who were either sexually abused or exploited for the production of child pornography.

An eponymous operation executed in 2018 netted 2,300 child sex predator suspects.

"The sexual abuse of children is repugnant, and it victimizes the most innocent and vulnerable of all," Attorney General William Barr said in a statement. "We must bring the full force of the law against sexual predators, and with the help of our Internet Crimes Against Children program, we will."

Since its launch in 1998, the ICAC Task Force Program carried out the arrests of more than 95,500 suspected child sex predators and reviewed 922,000 complaints. Operation Broken Heart targets child pornography producers, predators who entice children into sex acts online, child sex traffickers, and suspects who travel across state lines and to other countries to sexually abuse children.

This year, ICAC reviewed more than 18,500 complaints. The program also provides training sessions to children across the country. These internet safety courses reached more than 200,000 children in April and May.

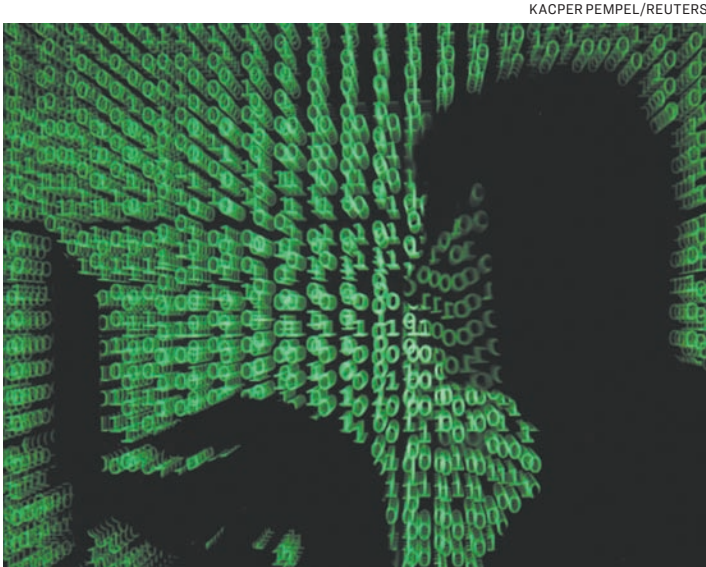
One in seven children who use the internet receives unwanted sexual solicitations, according to the New York ICAC. Online predators often pose as children to trick child victims into trusting them. The predators exploit the trust to get the children to produce sexually explicit material. The children who fall prey to the scheme are then often extorted with the threat that their photographs would be sent to their family and friends.

"As society becomes more advanced, so do the predators," said Principal Associate Deputy Attorney General Edward O'Callaghan, during a June 11 conference in Atlanta.

"No longer do they merely lurk around the playground or the schoolyard. Instead, these deviants use advanced technologies to facilitate their crimes, targeting children in online chat rooms and videogame lobbies," O'Callaghan said.

"In fact, just last month, a California man was sentenced to 14 years in prison for sexually exploiting a minor he met while playing 'Clash of Clans,' an online video game that any child can easily access through a mobile device or tablet," he added.

Child sex predators are increasingly using sophisticated technology to encrypt



Since its launch in 1998, the ICAC Task Force Program carried out the arrests of more than 95,500 suspected child sex predators and reviewed 922,000 complaints.

their communications and conceal their whereabouts. Hundreds of thousands of predators use the anonymous Tor browser to flock to websites on the darknet dedicated to child sex exploitation.

A law enforcement review of nine Tor sites hosting child sex abuse discussions, videos, and images tracked 1.9 million members last fall. Some sites were adding thousands of new users every day. One child sex abuse site has 432,235 registered members, according to WePROTECT Global Alliance.

Online child sex abuse and the production of child pornography are skyrocketing. Reports of online child sexual abuse and exploitation tracked by the National Center for Missing and Exploited Children grew tenfold from 2013 to 2017. The number of identified child victims grew fivefold between 2010 and 2017, to 15,000 from roughly 3,000 sexually abused children.

As the epidemic booms, law enforcement authorities are struggling to keep up. The number of child exploitation cases went up by 160 percent between 2008 and 2018, according to Callaghan. Federal prosecutors filed more than 2,500 child exploitation cases in the fiscal year 2018, capturing just a fraction of the predators.

Barr issued guidance to the Justice Department to pursue maximum sentences in child sex exploitation cases, according to O'Callaghan.

"For example, last month a Nebraska man was sentenced to 35 years in prison, followed by a lifetime term of supervised release for filming himself engaged in forcible, sexual acts with a non-communicative minor," O'Callaghan said. "He represents just one of the many vile criminals that the Department will work hard to remove from society for as long as legally possible."

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The predators exploit the trust to get the children to produce sexually explicit material.

Judge Denies Google’s Attempts to Stop Suit Alleging Political Bias

PETR SVAB

A judge in the anti-discrimination case of former Google engineer James Damore denied the company's attempts to have the suit thrown out and allowed the plaintiffs to proceed to a phase where they can prompt the tech company to produce data and answer questions on its hiring practices.

Damore and another plaintiff are alleging that Google discriminated against them based on their political leanings. They filed a class-action lawsuit in January on behalf of all job applicants who claim Google discriminated against them because they were white or Asian, or because of their politics.

Google argued it would be impossible for it to produce hiring data because several million people applied for its jobs during the four-year period covered by the suit, Damore's lawyer, Harmeet Dhillon, told Fox News on June 10.

"The court said, 'No, you have to allow discovery on this and we are going to find out if you discriminate on these bases,'" she said.

The suit was filed in Santa Clara Superior Court in California. It was forced by Google into arbitration by a third party, Dhillon said.

While arbitration can be disadvantageous to plaintiffs, she noted that California law requires a degree of transparency regarding hiring practices and the discovery will allow the plaintiffs "to delve into [Google's] employment practices and see what they do behind the scenes."

"It's a notoriously opaque process," she said, referring to Google's employment process.

According to the lawsuit, "Google employees who expressed views deviating from the majority view at Google on political subjects ... such as 'diversity' hiring policies, 'bias sensitivity,' or 'social justice' were/are singled out, mistreated, and systematically punished and terminated from Google, in violation of their legal rights."

Damore was fired in 2018 after an internal memo he wrote went viral. He argued in the 10-page document that Google had trouble hiring women to tech and leadership roles partly because the jobs catered more to the aptitudes and proclivities that are generally more prominent among men. Damore had proposed tweaking the jobs so they would be more inviting to women, rather than discriminating against men in hiring.

Google CEO Sundar Pichai said Damore's memo was in violation of the company's Code of Conduct because it advanced "harmful gender stereotypes."

Google Bias

Google and other large tech companies have been known to have a predominantly

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The court said, ‘No, you have to allow discovery on this and we are going to find out if you discriminate on these bases.’

HARMEET DHILLON
ATTORNEY OF JAMES DAMORE

left-leaning workforce.

More than 90 percent of all political donations made by Alphabet employees, including Google and YouTube, went to Democrats between 2004 and 2018, according to a report by GovPredict, a research and analytics company, citing FEC records.

A video recorded at a Google company meeting after the 2016 election showed top leaders bemoaning the victory of Donald Trump over his opponent, Hillary Clinton.

"I certainly find this election deeply offensive, and I know many of you do, too," Google co-founder Sergey Brin said at the meeting.

Trump and other Republicans have accused Google of putting conservatives at a disadvantage in its products.

"Google & others are suppressing voices of Conservatives and hiding information and news that is good," Trump wrote in an Aug. 28, 2018, tweet. "They are controlling what we can & cannot see. This is a very serious situation—will be addressed!"

The tweet came after PJ Media reported that among the top 100 search results for "Trump" on Google News, 96 percent of them were from left-leaning media. The Epoch Times conducted a similar experiment on multiple dates, each time producing a similar result.

Google has denied political bias in its products.

The Google logo outside of their NYC office Google Building in New York on June 3, 2019.



US Senators Want IG Probe of American Genomics Firms Linked to China

MARK TAPSCOTT

WASHINGTON—Senate Finance Committee Chairman Charles Grassley (R-Iowa) and Sen. Marco Rubio (R-Fla.) are opening a new front in the war against China’s theft of U.S. technology.

The senators want federal investigators to determine if officials at the National Institutes for Health (NIH) gave access to U.S. genomic data to for-profit companies from China, including WuXi Nextcode Genomics (WuXi) and Shenzhen BGI Technology Co. (BGI).

Grassley and Rubio also asked Joanne Chiedi, the acting inspector general (IG) at the U.S. Department of Health and Human Services (HHS), to determine if the department’s Centers for Medicare and Medicaid Services (CMS) “may be providing payments for genetic testing or analysis to U.S. entities that have domestic partnerships with WuXi, BGI, and other genomics companies with ties to the Chinese government.”

The senators noted that “WuXi was the first genetic sequencing facility in China to gain Clinical Laboratory Improvement Amendments (CLIA) certification from CMS.

“It has since gained a foothold in the U.S. Similarly, BGI has publicly announced partnerships with leading American health care systems, including those that accept Medicare and Medicaid patients.”

The CLIA certification, according to the Food and Drug Administration, is the basic tool for the regulation of “laboratory testing” facilities in the United States and requires “clinical laboratories to be certificated by their state, as well as the Center for Medicare and Medicaid Services (CMS) before they can accept human samples for diagnostic testing. Laboratories can obtain multiple types of CLIA certificates, based on the kinds of diagnostic tests they conduct.”

The FBI has warned that WuXi, BGI, and other firms are closely linked to the Chinese Communist regime. President Donald Trump has made it a top priority of his administration to expose and stop the Chinese regime’s long-running use of trade, academic, and intelligence resources to steal U.S. technology.

In January, Director of National Intelligence (DNI) Dan Coats warned Congress, in the intelligence community’s annual world-wide threat assessment, that China “will authorize cyber espionage against key U.S. technology sectors when doing so addresses a significant national security or economic goal not achievable through other means.

“We are also concerned about the potential for Chinese intelligence and security services to use Chinese information technology firms as routine and systemic es-



ANGELA WEISS/AFP/GETTY IMAGES

A lab worker transfers DNA samples between tubes for testing at the New York City Office of Chief Medical Examiner on Sept 6, 2018.

pionage platforms against the United States and allies.”

The senators said the two firms have publicly touted their partnerships with Huawei in genomic analytics research and development.

“As you know, Huawei is a state-directed Chinese telecommunications company that, according to the heads of six U.S. intelligence agencies, including the CIA, FBI, NSA, and the Director of National Intelligence, possesses the capabilities to ‘maliciously modify or steal information’ and ‘to conduct undetected espionage,’” Grassley and Rubio told Chiedi in a June 10 letter.

“This is the same company that the U.S. recently charged with conspiring to defraud our nation and stealing trade secrets, among other crimes.

“WuXi and BGI’s U.S.-based partnerships give them unique access to genomic data, including Americans’ genomic data. Therefore, it is particularly alarming that these two companies have partnered with Huawei,” the senators told Chiedi.

The NIH defines genomics as “the study of all of a person’s genes (the genome), including interactions of those genes with each other and with the person’s environment.”

Every characteristic of a human being is determined by his or her DNA, making genomics a crucial field on the far frontiers of advanced research on re-sequencing to improve the development, for example, of characteristics like the physical strength, intelligence, and endurance of individual members of a nation’s military forces, according to some futurists’ speculation.

Genomics is also critical to the development of new advanced pharmaceuticals and related treatments for and prevention of deadly diseases such as cancer.

Earlier this year, BGI’s U.S. subsidiary announced the opening of its Mass Spectrometry Center in San Jose, California. In a May 31 news release announcing the new center, the Shenzhen, China-based company touted its “strong track record in the business of providing analytical services, including mass spectrometry, to a global

customer base.

“The new San Jose-based Mass Spectrometry Center extends that expertise to North American customers in pharmaceutical drug development, basic life science research and translational medicine.”

BGI Shenzhen claims to be “the world’s largest genomics services company.”

Grassley and Rubio told Chiedi that, as of March, “the Congressional Budget Office estimates that the federal government’s gross spending on Medicare in 2018 was \$712 billion, while federal Medicaid expenditures were \$389 billion, not including the states’ Medicaid spending.”

As result, the two programs “totaled more than \$1.1 trillion in federal outlays in 2018—far more than federal funding to the NIH. Taxpayers cover the costs of CMS payments. Accordingly, they have every right to know if their money has gone to entities connected to the Chinese government,” the senators said.

Contact Mark Tapscott at mark.tapscott@epochtimes.nyc.

The YouTube ‘Adpocalypse’ and the Strategic Censoring of Opinion

CONTINUED FROM A1

ated by demanding that YouTube demonetize Crowder’s YouTube channel, which YouTube did.

Afterward, Maza responded with a series of tweets, arguing that demonetization isn’t enough since some people can still find ways to finance their channels through donations or by selling merchandise. He wrote on Twitter, “Demonetizing [clap sign] Abusers use it as proof they’re being ‘discriminated’ against.”

Many people were quick to criticize Maza’s actions. Some accused Maza of believing he can dictate who can and who can’t have a YouTube platform. Others noted that it’s not YouTube that decides what channels people choose to watch, but the viewers themselves, and that arguments over such issues should be handled through logical debate, not through censorship.

Many news outlets on the left, including The New York Times, supported the mass censorship. Their basic claim is that individuals who were censored are acting as stepping stones toward “extremism”—a new favorite political label for anyone who opposes socialist policies.

Many other outlets, meanwhile, criticized YouTube for its use of censorship. Tucker Carlson of Fox News referred to Maza as “a fascist, posing as a victim.” Journalist Glenn Greenwald also went on Carlson’s show, where he criticized outlets for supporting censorship. Greenwald said, “Imagine going into journalism and begging corporations to silence people.”

Socialist Censorship

Of course, the conflict we’re now witnessing between conservatives and those who want the socialist shift in the West, is as old as socialism itself.

After it emerged, socialism couldn’t stand the light of day. It was unable to hold up in public debate, and by the early 1800s, the system was nearly destroyed before it even began. This turned around, however, with the rise of Karl Marx and his method of logical fallacy that could be used to shut down debate.



SEAN GALLUP/GETTY IMAGES

A billboard advertisement for YouTube in Berlin on Oct. 5, 2018.

As Austrian School economist and classical liberal Ludwig Von Mises explained in his 1951 book “Socialism: An Economic and Sociological Analysis,” socialists around 1825 were unable to validate their proposed systems through debate.

“Schemes for a socialist order of society were extensively discussed at that time, but the discussion did not go in their favor,” he wrote, noting that the Utopian socialists “had not succeeded in planning social structures that would withstand the criticism of economists and sociologists.”

“It was easy to pick holes in their schemes; to prove that a society constructed on such principles must lack efficiency and vitality, and that it certainly would not come up to expectations,” he wrote.

By the mid-1800s, he noted, “it seemed that the ideal of Socialism had been disposed of. Science had demonstrated its worthlessness by means of strict logic and its supporters were unable to produce a single effective counter-argument.”

Yet, it was then that Marx arrived on the scene. Mises noted that Marx used the Hegelian dialectic for “arbitrary flights of fancy and metaphysical verbosity” to avoid logical debate. And instead of creating a logical proposal for socialism, he

“It seemed that the ideal of Socialism had been disposed of. Science had demonstrated its worthlessness by means of strict logic and its supporters were unable to produce a single effective counter-argument.

LUDWIG VON MISES
ECONOMIST AND AUTHOR

instead altered the field of debate.

“Since Science and Logic had argued against Socialism, it was imperative to devise a system which could be relied on to defend it against such unpalatable criticism,” Mises wrote. “This was the task which Marxism undertook to perform.”

Marx created three new systems. First, Mises explained, Marx “denied that Logic is universally valid for all mankind and for all ages.” Instead, Marx claimed that logic and intellectualism were part of “class interests.” This meant that socialists wouldn’t have to engage in logical debate.

Second, Marx claimed that society evolves and that it will naturally move from “capitalism” to socialism, then to communism. This created the concept of the “progressivism” toward the communist agenda of moral and social desolation. Anything that stood to prevent this “progress” could then be attacked as representing the “old” ways.

And lastly, Marx claimed that nobody should be allowed to propose what socialism should look like. As Mises explained, “Since the coming of Socialism was inevitable, Science would best renounce all attempt to determine its nature.”

This made it so that socialists could be-

lieve in socialist revolution without needing to propose how it would practically function. This also gave rise to numerous branches of socialism, which could claim, when facing scrutiny, that their system was different from the rest.

The End Game

Google announced last year it would give \$300 million to organizations to help fight “fake news,” including \$25 million to YouTube. Among the partners was Vox Media. It may be that what Google calls “fighting fake news” is, in light of the actions of YouTube and Vox, actually censoring conservative viewpoints.

In any case, this whole online censorship debacle could backfire on YouTube and Vox in a spectacular way.

Carlson noted that platforms including Twitter, Facebook, and YouTube receive special privilege under Section 230 of the Communications Decency Act, which gives tech companies immunity from being sued for fraud and defamation. This special immunity, however, depends on them giving spaces for “true diversity of political discourse.”

Now that the online platforms are singling out conservatives for censorship, they may be violating this law—and could risk losing this special protection.

The reality, however, is that platforms with political agendas heavily based in socialism need to have censorship in order for their ideas to survive. For them, censorship to perpetuate their political interests is more valuable than following laws that should prevent them from political censorship.

The fact is, socialism can’t survive without censorship. This has held true since the days of Marx. It’s for this reason that socialists avoid logical debate and, instead, turn to personal attacks when their ideas are questioned. This is why they use often false labels, including “racist” and “xenophobe,” to shut down conversations.

For socialists, they can’t afford to have platforms for open debate, because doing so shows that their beliefs in the tyrannical and genocidal system of socialism can’t stand the light of day.



Gen. Robert Spalding, a senior fellow at the Hudson Institute, in Washington on May 29, 2019. He previously served as a brigadier general in the U.S. Air Force, the chief China strategist for the chairman of the Joint Chiefs of Staff at the Pentagon, and a senior strategic planner for the White House on the National Security Council.

AMERICAN THOUGHT LEADERS

General Robert Spalding on China’s Strategy Against America

JAN JEKIELEK



In the U.S.–China trade war, what’s behind the Chinese Communist Party’s (CCP) strategy, with Vice Premier Liu He walking away from the trade talks at the last minute? What’s the real relationship between Chinese telecom giant Huawei and the CCP’s quest for global 5G dominance? And how does this all point to a much, much bigger issue beyond trade?

Epoch Times senior editor Jan Jekielek recently spoke with retired Gen. Robert Spalding, who was a brigadier general in the U.S. Air Force, the chief China strategist for the chairman of the Joint Chiefs of Staff at the Pentagon, and a senior strategic planner for the White House on the National Security Council. Now, he’s a senior fellow at the Hudson Institute.

JAN JEKIELEK: So let’s talk about the topic that’s on everyone’s mind right now: the U.S.–China trade war. I think you can bring a very interesting perspective on this, as you were, at one point, essentially the China guy for the entire U.S. military, as I understand it. So why are we in this trade war? What’s going on?
ROBERT SPALDING: Well, I think [with a] trade war, people tend to focus on the first word of that, which is trade. It’s really not about trade; it’s really about what kind of world we want to live in. When you look at everything, the full scope of everything that China does, it mixes in its own brand of expansive influence into its economics. And so, it’s not only the goods that we receive here, it’s the principles, too.

MR. JEKIELEK: So, tell me a little bit more about that. What’s at stake?
MR. SPALDING: What’s at stake is our freedoms, the principles that our country was founded upon. The principles that our international order was founded upon are slowly being eroded by this hyper-connectedness of globalization and the internet. China really understood how powerful openness is in terms of both

economic development and growth, but also spreading its illiberal norms outward. We were so hubristic as Americans to believe, and we failed to recognize that ... over the years, over the long history of China, they’ve been invaded and conquered many times, and they have a unique ability to absorb those invaders and then slowly change them into Chinese. In a sense, we thought we’d turn them into Americans. And really, in reality, what’s happening is we’re becoming more and more, not Chinese, but, certainly, with the Chinese Communist Party, which is a Marxist-Leninist organization that’s really a hybrid from what the Soviet Union was and actually what Nazi Germany was, in terms of ideology and economics mixed in a way that is almost imperceptible with the way they distribute that. When you think of that in a global-eyes, internet-powered world, which if you think of our founding fathers ... we didn’t have globalization [then], [that wasn’t something] that they actually concerned themselves with, although they were worried about foreign influence. China has essentially operationalized those concepts for spreading or really suppressing any challenges to its rule in China. And the way it does that is by spreading oppression and suppression of freedoms, religion, speech, and those things.

MR. JEKIELEK: So this is absolutely fascinating. What do you make of the Chinese negotiators stepping away at the last moment at, presumably, Xi Jinping’s behest recently?
MR. SPALDING: So Liu He [vice premier and the Chinese regime’s chief negotiator]—educated in the West—understands global economics. To some extent, they’ve been able to hijack openness for their own means and, essentially, the Trump administration said—and with Lighthizer negotiating—“No more. That has to stop.” If you think about this strategically from the Chinese perspective, they really only have one option here and that is to further reform and open up. And so, Liu He, I believe, recognized that China

“What’s at stake is our freedoms, the principles that our country was founded upon.”

Robert Spalding

“I believe they’re betting on [that] they can put enough harm into the U.S. economy that the 2020 elections go to somebody else.”

Robert Spalding

needs access to capital, needs access to technology, needs access to innovation. The only place they can get that is in the West, and, therefore, he had negotiated essentially an agreement that would allow for some opening and reforms. Well, that got back to the leadership, and they most likely met about whether or not they wanted to go along that path. And much like June 4, 1989, they decided that they were going to go another way. The challenge now is how do you play that with an administration that is absolutely determined to get an agreement that actually can be enforced. In my opinion, the way you play that is to push the regime out ... that’s your foe. I believe they’re betting on they can put enough harm into the U.S. economy that the 2020 elections go to somebody else.

MR. JEKIELEK: Fascinating. We’ve been talking with some other folks that have been on the show actually. How, on one hand, there’s all this talk about Russia influencing the election in 2016, which it certainly did to some extent, but now, we see China, kind of in plain sight, trying to influence the election by targeting specific regions where President Trump is vulnerable.
MR. SPALDING: Regions, industries; look at the Foxconn factory in Wisconsin, look at the national gas agreement in West Virginia. Each one of these [is a means of] putting hooks into local politics in those regions or states. And then, by then turning and saying, “Well, the president is making it very hard for us to continue these investments”—many of which they never actually had any intention of ever following through with. They can say, “It’s the president’s fault that your economy is turning south—it’s the president’s fault that all these billions of dollars of promised investment aren’t materializing.” Nevermind the fact that they usually never materialize. And you can go look at many examples where China has agreed to have investments of billions of dollars that actually never happened.

Continued on A10

* This article is special coverage of the China-US trade war from the US edition of The Epoch Times.

Lillian Fan, Publisher
Jasper Fakkert, Editor-in-Chief
Melanie Sun, Regional Editor
Gigi Fu, Layout Artist

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CONTACT US

Australian Epoch Times Ltd.
49A Treacy St,
Hurstville NSW 2220
02 8988 5600

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Chapter Four (Cont.)

b. Soviet Repression in Eastern Europe

The socialist system in Eastern Europe was entirely a product of the Soviet Union. After World War II, according to the division of power laid down at the Yalta Conference, Eastern Europe was handed over to the Soviet Union.

In 1956, after Nikita Khrushchev's secret speech, Poland was the first country where protests broke out. After protests by factory workers, a crackdown, and apologies from the government, Poland elected Wladyslaw Gomułka, who was hawkish on the Soviet Union and willing to stand up to Khrushchev.

An attempted revolution in Hungary then took place in October 1956. A group of students gathered and toppled the bronze statue of Stalin in Budapest. Soon after, many joined the protest and clashed with police. Police opened fire, and at least 100 protesters were killed.

The Soviet Union initially wished to cooperate with the newly established opposition party and named Janos Kadar as the first secretary of the Party Central Committee and Imre Nagy as the chairman of the Council of Ministers and prime minister. After Nagy came to power, he withdrew from the Warsaw Pact (a Soviet-led defense treaty) and further pushed for liberalization. The Soviet Union was unwilling to tolerate this, so they invaded, arrested Nagy, and executed him.

The Hungarian incident was followed by Czechoslovakia's Prague Spring in 1968. After the secret report by Khrushchev, regulations in Czechoslovakia began to loosen up. For several subsequent years, a relatively independent civil society was being formed. One of the representative figures was Vaclav Havel, who later became the president of what became the Czech Republic in 1993.

With this social backdrop, on Jan. 5, 1968, the reformist Alexander Dubcek took over as prime minister of the Communist Party of Czechoslovakia. He strengthened reforms and promoted the slogan of “humane socialism.” Soon afterward, Dubcek began rehabilitating, on a large scale, individuals who had been wrongly persecuted during the Stalin period. Dissidents were released, control over the media was loosened, academic freedom was encouraged, citizens could travel abroad freely, surveillance over religion was reduced, limited intra-party democracy was allowed, and so on.

Not only did the Soviet Union consider such reforms a betrayal of the principle of socialism, but also feared that other countries would follow. From March to August 1968, the leaders of the Soviet Union, including Leonid Brezhnev, held five conferences with Dubcek, trying to pressure him into abandoning democratic reforms. Dubcek rejected the entreaties. As a result, in August 1968, more than 6,300 Soviet tanks invaded Czechoslovakia. The Prague Spring that had lasted eight months was crushed.

Judging from the Hungary incident and the crushing of the Prague Spring, we can see that socialism in Eastern Europe was forced upon the people there and violently maintained by the Soviet Union. When the Soviet Union let up slightly, socialism in Eastern Europe began falling away immediately.

The classic example is the fall of the Berlin Wall. On Oct. 6,

1989, multiple cities in Eastern Germany were holding massive protests and marches, clashing with police. At the time, Mikhail Gorbachev was visiting Berlin. He told the general secretary of the Socialist Unity Party of Germany, Erich Honecker, that reform was the only way forward.

Immediately afterward, East Germany lifted travel restrictions to Hungary and Czechoslovakia. This allowed vast numbers of people to defect to Western Germany through Czechoslovakia, and the Berlin Wall could no longer stop the waves of fleeing citizens. On Nov. 9, the East gave up on the partition. Tens of thousands of residents poured into West Berlin, and the wall was dismantled. The symbol of a communist iron curtain that had stood for decades disappeared into history.

The year 1989, when the Berlin Wall fell, was full of turmoil. Poland, Romania, Bulgaria, Czechoslovakia, and Eastern Germany all achieved liberty, freeing themselves of socialist rule. This was also the result of the Soviet Union giving up on its own policies of interference. In 1991, the Soviet Union fell, marking the end of the Cold War.

The Soviet Union's interference in the Middle East, South Asia, Africa, and Latin America was not limited to the few examples described above. Similarly, in the past few decades, the Chinese Communist Party has aided 110 countries. One of the Party's most important considerations for giving aid is the export of its ideology.

Thus, the purpose of this chapter is simply to show that the spreading of violence is a vital method that communism uses to expand internationally. The more population and land the specter controls, the easier it is to destroy humanity.

4. The End of the Cold War

The end of the Cold War was a great relief for many. They thought that socialism, communism, and similar tyrannies had finally come to an end. But this was simply another way for communism to win. The standoff between the United States and the Soviet Union diverted people's attention away from the Chinese Communist Party and gave it time to carry out more malicious and sneaky schemes.

The Tiananmen Square massacre on June 4, 1989, marked the rise of Party leader Jiang Zemin. Aided by the suppression and propaganda machine that had already matured, Jiang continued to systematically destroy traditional culture and manufacture Party culture. By destroying morals, Jiang cultivated a society of “wolf cubs,” youth who were anti-tradition and anti-morality, which made way for the large-scale persecution of Falun Gong and eventual destruction of humankind.

Although communists have fallen from power in the former communist countries, communism has never been tried for the crimes it committed on a global level. Russia similarly has never purged the Soviet influence or abolished the secret police apparatus. The former head of the KGB is now in charge of the country. Communist ideologies and their followers not only still exist but are spreading their influence to the West and around the world.

The anti-communist activists in the West—the older generations who have a deeper understand-

ing of communism—are gradually dying out, while members of the newer generations lack a sufficient understanding of, and the will to understand, communism's evil, murderous, and deceptive nature. Consequently, communists have been able to continue their radical or progressive movements to destroy the existing ideologies and social structures, and even seize power through violence.

a. Red Square Is Still Red

As other former communist countries called for independence in succession, people in the Soviet Union also yearned for change. Politics fell into chaos, the economy collapsed, and Russia was isolated in foreign affairs. Then, Russian President Boris Yeltsin declared that the Soviet Communist Party was illegal, and restricted its activities. People were energetic in expressing their long-held contempt for the Party, and on Dec. 26, 1991, the Supreme Soviet passed a law to dissolve the Soviet Union, marking the end of its 69-year rule.

But how could deeply rooted communist ideologies yield so easily?

Yeltsin, upon establishing the Russian Federation, started a decommunization campaign. Statues of Lenin were pulled down; Soviet books were burned; former Soviet government employees were laid off; and many Soviet-related objects were smashed or burned—but all this still didn't get to the essence of communism.

The de-Nazification movement after World War II was much more thorough. From the public trials of Nazi war criminals to the cleansing of fascist ideology, the very word “Nazi” is now tied to a sense of shame. Even today, the hunt for former Nazis continues in order to bring them to justice.

Unfortunately for Russia, where communist forces were still strong, the absence of a thorough purge of communism left room for it to make a comeback. In October 1993—only two years after the citizens of Moscow had taken to the streets to demand their independence and democracy—tens of thousands of citizens marched on the city square, shouting the names of Lenin and Stalin and waving the former Soviet flags.

The rally in 1993 was of communists asking for the reinstatement of the Soviet system. The presence of troops and police only exacerbated the confrontation. At the critical moment, the security services and military officials chose to support Yeltsin, who then dispatched military tanks to quiet down the crisis.

Yet communist forces still remained and established the Russian Communist Party, which became the largest political party in the country until it was replaced by the current ruling party, Vladimir Putin's United Russia.

In some surveys in recent years (such as those conducted by Moscow's RBK TV from 2015 to 2016), many respondents (as many as 60 percent) have said that the Soviet Union should be reborn. In May 2017, many Russians commemorated the 100th anniversary of the Soviet Union's rise to power. The Soviet Communist Youth League (Komsomol), which was established during the Soviet Union, held an oath-swearing ceremony for youths joining them in Moscow's Red Square before Lenin's tomb. At the rally, the chairman of Russia's Communist Party,

Gennady Zyuganov, claimed that 60,000 new recruits recently had joined the Party. The Communist Party continued to survive and expand.

In Moscow alone, there are almost 80 monuments to Lenin, whose body entombed in Red Square continues to attract tourists and followers. Red Square is still red. The KGB has never been thoroughly exposed and condemned by the world. Communism is still present in Russia, and believers of communism still abound.

b. The Red Calamity Continues

There are currently four countries ruled by avowed communist regimes: China, Vietnam, Cuba, and Laos. Although North Korea has abandoned Marxist-Leninist communism on the surface, in actuality, it is still a communist totalitarian state. Before the Cold War, there were 27 communist countries. Now, there are 13 countries where communist parties are allowed to participate in politics, while there are currently about 120 countries that have registered communist parties. But over the past century, communist influence in government has faded away in most countries.

By the 1980s, there were more than 50 communist parties in Latin America, with a total membership of 1 million (of which the Communist Party of Cuba accounted for roughly half). In the earlier half of the 1980s, the United States and the Soviet Union were in fierce competition in the hot spots of Latin America and Asia. With the collapse of Eastern Europe and the Soviet Union, communism gradually became weaker. Communist parties that focused on violence to enforce their rule, like the Peruvian Communist Party (widely known as Shining Path), became fewer and fewer.

However, the majority of these countries still came under variants of socialism. Rather than calling themselves communist, the political parties took on names like the Democratic Socialist Party, the People's Socialist Party, and the like. About 10 communist parties in Central America removed “communist party” from their names but continued to promote communist and socialist ideologies, becoming even more deceptive in their operations.

Of the 33 independent countries in Latin America and the Caribbean, the majority have communist parties that are accepted as legitimate political players. In Venezuela, Chile, Uruguay, and elsewhere, the communist party and the ruling party often form coalition governments, while communist parties in other countries play the role of opposition.

In the West and in some countries in other regions, communism did not resort to violent methods as was done in the East. But through subversion, it has subtly infiltrated society and achieved its goals of destroying people's moral values, destroying the culture God has imparted to them, and spreading communist and socialist ideologies.

The specter has, in fact, gained control over the entire world. Achieving the ultimate goal of destroying humankind is only a step away.

This concludes Chapter Four.

See next week's edition for the next installment.

AMERICAN THOUGHT LEADERS

General Robert Spalding on China's Strategy Against America

CONTINUED FROM A8

MR. JEKIELEK: I've been reading about the newest threat, which is halting rare earth exports. Rare earths are necessary for all sorts of key technologies we have. What do you make of this?

MR. SPALDING: I think it would be a terrible mistake on the part of the Chinese. And this is the problem. The Communist Party can't help itself; it believes itself to be under attack. In reality, what's happening is for the first time, the American government is defending the American people and defending American companies in the international space. The Chinese can't have that. They feel that it, it's their right that they should have access to America's economy, to America's innovation, and how dare we defend that. How dare the American government defend that. And so instead of seeing it like it is, which is our ... willingness or want to protect our own sovereignty, they see it as we're trying to essentially control the Chinese Communist Party or prevent China from growing any more, which is absolutely incorrect.

Nevertheless, their narrative to themselves is the United States is attacking us, and therefore, we must defend. Now, the way that I would defend if I were them is by opening up and reforming, but they can't do that because that means they lose some control. Therefore, they're going to squeeze harder.

If you think about, it's almost like when you put Jell-O in your hand and you slowly start to squeeze. What happens to the Jell-O? It comes out from between your fingers. What's happening is their tendency ... is to squeeze more and more, and as they squeeze more and more, they actually lose control. And so I think their natural tendency is going to want to be to squeeze, and that looks like, "Let's prevent rare earths from going to the United States."

All that's going to do is force the United States to look at alternative means to rare earths. It's not going to help China's economy in any way. It's going to actually destroy the market for rare earths in China.

“You can go look at many examples where China has agreed to have investments of billions of dollars that actually never happened.”

Robert Spalding, senior fellow, Hudson Institute

Chinese Vice Premier Liu He (2nd L) with Treasury Secretary Steven Mnuchin (C) and Trade Representative Robert Lighthizer (R) after a meeting in Washington on May 10, 2019



MR. JEKIELEK: Speaking of these economic connections that have been forged over the last several decades with China into the global system, as you're saying very deliberately, how does that play out vis-a-vis Wall Street? We're hearing talk of the trade war moving to Wall Street. My perspective is it's been on Wall Street a while, and maybe we just didn't know it, but what do you think about this?

MR. SPALDING: There's billions of U.S. dollars in real estate in China. There is a flow of billions of dollars now into China A-shares. So they're into their stock market, the Shenzhen and Shanghai stock markets. Those are through American depository receipts in Hong Kong. And so you have billions of U.S. dollars flowing into China at the same time that we're getting into this economic decoupling. From a macro perspective, you'd say, "Well, that doesn't make a lot of sense. Why would those billions of dollars be flowing in there?" Well, because Wall Street is essentially selling the stocks and bonds for China into Western capital markets. Why? Because they make a fee on that.

MR. JEKIELEK: So that sounds like it makes it a lot more difficult for the administration to achieve its goal of getting a fair deal.

MR. SPALDING: Of course. If you think about it, if American retirement funds—if your retirement, my retirement—are invested in China, then there's going to be a repercussion to your pension fund. And so, I think in some respects, the Chinese Communist Party and Wall Street like this because it ties us closer together. It makes it more difficult for us to enforce the rules of the road.

MR. JEKIELEK: So what's the play here for the administration then? I am not clear how big this is, it sounds like it—

MR. SPALDING: It's billions of dollars, hundreds of billions of dollars. The play is: enforce the rules. The rules say transparency is required for fiduciary responsibility for shareholders, that the SEC, FASB—the Financial Accounting Standards Boards—PCAOB, the auditing board ... are required to actually look at the system and the companies that are in the system to make sure that they're actually portraying to the markets factual information.

Of course, now you have China's law, which says, "We can't actually share that information with you." So think about it. If you couldn't actually audit intel, if you couldn't actually verify that their financial statements, their 10-Ks and their 10-Qs,

were accurate, how do you know what you're investing in? Essentially, that's what you have for the entire Chinese stock market and bond sales.

Yet we are selling those into the capital markets. And that's one of the ways that essentially China harnesses globalization. They actually need U.S. dollars to grow their economy. They can't just grow it organically. Why? Because they need food. They need energy. They need resources to actually manufacture, to build infrastructure. They have to buy those in the international market using U.S. dollars because that's the settlement currency that those goods require. How do they get dollars? They had been getting dollars by exporting their goods to the U.S. and other countries.

Well, that's slowly coming to a halt as most of these corporations move their manufacturing outside of China because of the tariffs. What's the other way you can get dollars? You can get dollars by selling financial instruments on capital markets—financial instruments that have no inherent value. It used to be that if you were an investor you could go and look at 10-Ks and 10-Qs, and say, "OK, if you look at all the cash on hand, if you look at all the assets of this company, my worst case on this valuation is X. And so I'm willing to invest knowing I have some kind of downside protection."

Recently, we had two companies in China that all of a sudden lost \$6 billion. In other words, they were reporting to the market that they had \$6 billion of cash on hand, and then all of a sudden, a restatement said, "We don't know where that cash went."

Imagine if an American company just said, "We just went and checked our bank account, and that \$6 billion we were reporting to the market, it's not there."

And then you say, "OK, what happened to the money?"

"Nobody knows."

"Well, can we get to the bottom of it?"

"No, that's China's national security data. You can't have it."

MR. JEKIELEK: You're saying that basically Wall Street just takes on faith the value of these companies?

MR. SPALDING: Of course.

MR. JEKIELEK: That just sounds utterly insane.

MR. SPALDING: For an American depository receipt, there's a 30-page glossy that goes out to buyers, right? That's what Wall Street is sending to the buyers is a 30-page glossy. Guess who it's

KEVIN FRAYER/GETTY IMAGES



Huawei's main building at the company's production campus in Dongguan, Guangdong Province, China, on April 25, 2019.



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produced by? It's produced by Communist Party members in Hong Kong and in China.

MR. JEKIELEK: It just sounds unreal, doesn't it?
MR. SPALDING: Of course. Have you seen "The China Hustle," where they were doing the reverse mergers into basically companies that had no assets, then walking away with the money and leaving the investors, with nothing? That happened. In the West, there's a sucker born every day, and we're suckers for what Wall Street tells us is a great deal.

MR. JEKIELEK: So let's say that this ... transparency is actually being demanded or at least more transparency in this deal that's being worked out. So suddenly all these companies that we thought were valuable or Americans thought were valuable are actually not nearly as valuable, in some cases not valuable at all. How does that play out economically for us?

MR. SPALDING: Well, remember how Al Capone was eventually brought to heel? It was because somebody found his books. And not only found his books but found the accountant that actually ran the books, so he could translate the code of the books. The problem with Chinese companies is you don't know what the books are. Even if you have the books, you can't trust that they're actually real. It's the entire nature of the way business is done in China currently. What China does is essentially ensure that, within its own borders, you can do pretty much anything you want as long as you don't challenge the Chinese Communist Party.

So that really results in a very laissez-faire capitalist economy. Inside of China, the competition is cutthroat, but it also means you can get away with just about anything, as long as you're not creating a problem for the Communist Party. That means that any rule of law or any fiduciary responsibility or any semblance of what we would consider to be an ability to do a fact-based assessment on an investment is completely not available in China and under the current regime will never be available.

That is what's sold into the U.S., on the pretense that it's just their economy has been growing at double-digit rates for many years, and now, it's at 6.5 percent that your money is going to be safe over there. And by the way, because it's a totalitarian regime, there's an implicit guarantee by the Chinese government that will protect your investment. Except banks are failing. Companies are failing ... they're failing to pay on their bonds. What was Venezuela before it was what it cur-

rently is today? It had assets that were owned by foreign companies doing well. Then what did they do? They seized all the assets. Right? So remember I said the fist is tightening. As that fist gets tighter and tighter, I think one of the things that you can expect is that assets of Western companies are going to be the next to go.

MR. JEKIELEK: So if you're right and the CCP is going after, basically, making sure that President Trump doesn't get elected, getting a more friendly administration, something like that, what can the administration do now to basically fend off Chinese interference?

MR. SPALDING: I think what they could do is something that they haven't done yet—explain the tie between China's economic behavior and its need to shape the world in its own image. The State Department is doing a good job talking for once in a long time about human rights, about freedoms—about universal freedoms—and particularly calling China to account for the Uyghurs in Xinjiang, for example, and other religious atrocities that they're committing. But they haven't tied that yet to the global system that China is creating on the economic side.

So, finance, trade, investment, immigration, the internet, media, and politics are all interwoven into the kind of world that China wants to see. Now, China deeply fears the principles that we live under in this country. It deeply fears the U.S. Constitution, because that document was created to prevent any one organ within our country from gaining absolute power. That idea is a knife in the heart of the Chinese Communist Party, if it was ever established within the minds and hearts of the Chinese people. In order to protect itself, it must suppress those freedoms, not just in its own country but abroad. The Constitution is much more powerful than a person or a military. It's an idea—an idea that has shown time and time again that people generally want to be free.

MR. JEKIELEK: Let's shift gears a little bit now. You are certainly one of the experts in this country on 5G. That's another buzzword that you hear a lot, something very important to the future of the world. China and notably Huawei—the large Chinese company—has been building into this dramatically, essentially ahead of the U.S. Some time ago, you wrote this controversial memo on this issue, which raised a lot of eyebrows, caused a lot of problems. Tell me about the importance of 5G and what it is, how it works, and its signifi-

cance in ... the trade war.
MR. SPALDING: First of all, I never recommended nationalizing a network; the study I did was a technical study. It was about physics. It was about science, it was about engineering. It was about how do we leapfrog China—which actually is taking quite a lead because we've been asleep at the wheel in 5G—and create the kind of technological revolution in the United States that will drive the next evolution of technological growth. That's what the study was about. And there were some key outcomes in that—one of which you have to recognize that the network itself is made for machines, it's not made for people. You won't see much difference in terms of how you interact with the internet, but you will see a difference in terms of machines interacting with machines, and machines interacting with people.

You know, the 4G network allows for 10,000 connections per square mile. The 5G network allows for 3 million. We're not going to all of a sudden grow three million people above the 10,000 in a square mile in the United States. We have plenty of connectivity for us to talk to each other. All those connections are for the machines. Some of those machines are big enough to run you over, like a self-driving car. They actually bring danger. So if you look at the cameras today that are connected to 4G, we know that there are easily hackable and used in botnets for DDoS attacks. Now, imagine that on a scale of three million devices within one square mile of us right now, that many of which could do harm to us. That is a big problem.

But that's not the only problem. Europe led in 2G, led in 3G, United States led in 4G. That meant the technology, the applications, the services, the business models that were built on top of 4G came from the United States. If you think about the mobile market, it was a combination of 4G networks and the smartphone that allowed for things like Uber and Airbnb, and all these different exponential companies that are changing the way the world works in ways that add value to things. But more importantly, if you look at the technology underlying that system, it was built for the most part with Western values. Now, what does that mean? The iPhone is encrypted. It's meant to be a privacy-protecting device. Now, of course, when they added iCloud you created a lot of problems, because as soon as you move your data to the cloud ... somebody has the opportunity to get after it.

But at least on the iPhone itself, it's built to be hardware, software, integrated, encrypted, so that your data was secure, right? That's because it was built by Apple, an American company that values privacy. So China figured that if the U.S. could lead in 4G, it should lead in 5G, and I actually started to think about this in 2008, 2009—before 5G even was a thing. And the reason was, they saw that the West had put their values into the technology foundation of mobile computing. And they said, "Well, we want to control the standards and the technology foundation that drives the 5G world." Why? Well, our companies come from a nation that values privacy. Their companies come from a nation that absolutely does not value privacy. And so if you think about

the alternative to the iPhone, [it's] the Huawei Mate 10, right?
Chinese law says, "We need to have access to that. We need backdoors. We need backdoors in hardware. We need backdoors in software." That's by Chinese law. And so if you look at the systems that are essentially in conflict today, there are two systems that really fundamentally bring this to mind. And one is the general data protection regulation in Europe and the Chinese cybersecurity law. And what is similar about those two laws? Europe is actually proud that they have an extraterritorial imprint on GDPR (General Data Protection Regulation).
In other words, it doesn't just apply to European companies, it applies to American companies, it applies to any company anywhere. If you're operating in Europe, then you have to abide by GDPR, right? Well, China also has its cybersecurity law. It also has extraterritoriality. In other words, anywhere that China's interests are, and especially if you have an economic or financial relationship with China—which its global champions do—then it has to have its ability to get into the back door.

MR. JEKIELEK: Essentially, it's full access for the CCP.
MR. SPALDING: It's full access. So the problem with the world, it's advancing so much in our connectivity through our digital lives is advancing so much, that our ability to create laws in the West has gone past our ability to actually enforce them in a digital space. In other words, GDPR is a law that is unenforceable in a digital sense, because if you look at it, the behavior that they were trying to stop is still going on. Google is still doing what it's doing, Facebook is still doing what it's doing; it's because it can't be enforced.

China is building their enforcement mechanism in the technology, and so that means that they can enforce it. They can enforce it on the network, they can enforce it at the device level. They can enforce it through their undersea cable system. They essentially are taking control of the underlying technological structure, because they recognize that just writing a law isn't sufficient in a digital world. You actually need the ability to divert data, to decrypt data, to monitor what's going on, and then if you need to, to be able to suppress speech. You need to be able to influence populations, you need to be able to influence individuals. What more powerful way to do that than with a hyperconnected 5G system that allows you to have access to devices, that allows your companies to be dominant in e-commerce. It allows your companies to be dominant in surveillance and reconnaissance like DJI and [Hikvision] the video company ... that has artificial intelligence, facial recognition that basically was sold [to] many of our military bases and others.

It is really looking at where the world is going and saying we need to build it at the technology layer, not at the paper layer that we're used to in a physical world, because just doing it with paper layers isn't sufficient to actually control to the fidelity you want to.

Continued on A12



ROBYN BECK/AFP/GETTY IMAGES

Attendees wait in line for a 5G exhibition at the Qualcomm booth during the CES 2019 consumer electronics show in Las Vegas on Jan. 10, 2019.

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Robert Spalding (R), retired U.S. Air Force general, speaks at the event “China Threat Briefing: Unrestricted Warfare: The Chinese Communist Party’s War against America and the Free World,” as Frank Gaffney, committee vice chairman and president of the Center for Security Policy, looks on, in Washington on May 2, 2019.

A worker climbs on a cellular communication tower in Oakland, Calif., on March 6, 2014.

AMERICAN THOUGHT LEADERS

General Robert Spalding on China’s Strategy Against America

CONTINUED FROM A11

MR. JEKIELEK: I’ve often said to people that some of the biggest successes the Chinese Communist Party had is in its propaganda efforts—on the United Front work, and so forth. You know, convincing people that it’s big and important and powerful and economically bigger. And this, what you’re describing, I find very chilling because in this sort of system could the CCP just basically cut off certain data flows at the drop of a hat, whether it’s information, whether it’s the control over a driverless car? Is it that simple in a world where China controls 5G?

MR. SPALDING: If you look at what happened in Germany, for example, the far-right party in Germany was able to harness Facebook to do advertising to essentially get far more votes than they’d ever gotten in history since the fall of the Nazi regime. And so, the way that you harness big data, social media, artificial intelligence—and you can do this all through a 5G network, and especially if you own the infrastructure and the devices—now you have enormous opportunity to have a fine level of detail. Your digital persona gives incredible insight to who you are as a person, what your interests are, what your motivations are. And using that information with a purpose in mind, Amazon sales are going up, Facebook connections are going up, but in China, they’re able to influence you in ways that actually lead to an outcome that’s good for the state.

MR. JEKIELEK: So it’s basically this insanely in-depth research that Facebook would have or Google has on any one of us as for using the internet, but basically weaponized by a totalitarian regime for its use?

MR. SPALDING: Right. If you think about it, GDPR is almost a swan song of liberal democracies, because it was going after the FANGs: Facebook, Amazon, Netflix, Google. The ability to actually prevent them from taking your data. What’s coming up behind the FANGs? The BATs: Baidu, Alibaba, Tencent. Now, you can actually find Google and get a payment. That’s possible because they are in a country that abides by the rule of law.

You can’t find the BATs and get a payment because they live in a country, they exist in a country that doesn’t follow rule of law. They follow rule by law. If you’ve seen any of the lawsuits that have gone against Chinese companies in the United States, they never collect. They’re either settled out of court or the plaintiff actually runs out of money trying to sue them, because they actually have access to state coffers. So good luck for Europe ever getting any of the BATs to abide by GDPR. And more worrisome is, if China has their 5G network, then it doesn’t matter what GDPR says because they’re going to have the backdoors to do whatever they want with that data.

MR. JEKIELEK: Fascinating. The Trump administration recently banned Huawei, the biggest

“As that fist gets tighter and tighter, I think one of the things that you can expect is that assets of Western companies are going to be the next to go.”

Robert Spalding, retired U.S. Air Force general

telecom company in the world. What’s the relationship between Huawei and the Communist Party of China?

MR. SPALDING: Well, it’s the same relationship than any other company has that’s from China. And that is, the Chinese Communist Party has total control over the country, which means they have total control of the company.

MR. JEKIELEK: So you don’t believe the leaders are saying, “Hey, they can’t tell me what to do”?

MR. SPALDING: I mean, I actually find it laughable when the head of Interpol can basically be sequestered without anybody knowing. Interpol has no idea. The entire international community is completely oblivious to what happened to the head of Interpol. Guess what? He got anti-corrupted. Do you think Ren Zhengfei can’t be anti-corrupted, or anybody in China can’t be essentially sequestered in a non-judicial way? Of course, that’s their system. The sovereign in China is not the Chinese government. The People’s Republic of China government is not the sovereign, the sovereign is the Chinese Communist Party.

It’s a challenge for countries to actually do business—diplomatic business—with China because the decisions are actually made by the Communist Party. They are not made by the government. The government executes the decisions of the Chinese Communist Party. So when the State Department goes to meet with their counterparts in China, they’re not actually meeting with the sovereign. Think about that. The sovereign here in the United States would be represented by the State Department.

MR. JEKIELEK: Right.

MR. SPALDING: But in China, that’s not the case. It’s actually represented by the Communist Party. And the Communist Party has its own constitution, and that constitution says the most important thing for the Communist Party is maintaining control of the Communist Party.

MR. JEKIELEK: So Huawei is ahead in 5G right now, substantially, arguably. And so, what does America do? What does Europe do? What’s your idea?

MR. SPALDING: You have to go back to what I said about the network being from machines and then realize that everything, every decision we’ve made in technology to this point, has been for resiliency, connectivity, and speed—everything.

And then afterward, when people started hacking into things, we thought: We need to add some security on top of that. Well, at your foundational design decision, you say, “I’m going to compromise security, so I can have speed, resiliency, and connectivity.” Now, you’ve got a problem in that any security you apply thereafter is just a patch job and is going to ultimately fail.

What my study said was, in addition—how can we jump ahead of China in 5G? We need to go back [and] reverse every one of those decisions, since 5G is going to be such a proliferated technology.

In other words, you’re going to have connectivity just about everywhere, if it’s deployed correctly. We don’t have to worry about all these design decisions we made in the past about real resiliency, speed, and connectivity—that’s already built into the network. OK, let’s go back. And then, the underlying ... network power, interface technology, all of those design decisions. Let’s go back and let’s just design them from the ground up to be secure.

Now, fortunately, all of this work is done in American companies and universities and research labs. All it takes is for somebody to come together and put them together in a way that essentially fundamentally redesigns the internet. The internet was designed to be very mappable, very open, easily deciphered. That is not good if you want to actually ... secure your data. In other words, we would never allow Chinese tanks to be rolling down [the Capital Beltway] on an afternoon in D.C. We just wouldn’t allow it to happen. So why do we allow the PLA (People’s Liberation Army) to essentially roam our networks without a license? Because we have no way to stop them, because we didn’t design the network to prevent them from doing so.

If you think about how Alexander Hamilton, when he was thinking about the country and, you know, we need an Army, we need a Navy. He understood ... he didn’t even think about space. He was thinking about air, sea, land. You know, we added space later. We completely created this digital environment. It’s totally man-made, but we’ve never thought about how, in a societal sense—in a governance sense—how do we actually control that in a way that presents the same kind of values that the American people have come to grow and love over 240 years? You have to actually design that into the technology. You can’t go and add an amendment to the Constitution and say, “Well, we want an internet that actually doesn’t behave like the Wild West and [doesn’t allow] all our adversaries to come in and influence this or take our intellectual property.”

You can’t do that. You actually have to design it into the technology. And so that requires leadership by the government. Right now, we are essentially abdicating that leadership to the private sector. The private sector just wants to build the cheapest network so it can make profits on all the conductivity. So, our system currently doesn’t incentivize a completely secure internet for the American people because we haven’t yet essentially adapted or come to the realization that if we don’t, then all these precious freedoms that we’ve grown to know and love and cherish will just be taken from us. Not because somebody’s going to come in and invade with an army but because they’re slowly going to be eroded because our ability to understand what’s going on is really going to be masked from us, because your phone knows more about you than you could even imagine.

Now, where does that data go? That data goes essentially to the highest bidder. Think about this, the Second Amendment provides American citizens with the right to resist the government if it ever becomes oppressive. Now, if you live in a world where you don’t know that you’re being oppressed or you don’t know who’s oppressing you, what good is a gun?

MR. JEKIELEK: Fascinating. Tell me, people say that the Chinese Communist Party is very efficient, and in a way it is, because they can actually harness all these different resources—all the companies, the military, the universities. Everything works hand-in-hand to support a company like Huawei to achieve this kind of global dominance. How can we do something like that in the U.S. where, obviously, we don’t want to nationalize, as you mentioned. How is that done?

MR. SPALDING: That’s a great question. And this is probably the key point. The key point is what China figured out—what the totalitarian regime figured out, what Deng Xiaoping figured out—was that you have to align the private profit motive with your national interest. In other words, if you’re doing well, the country’s doing well. How do you do that? You structure the incentive system, so you are hyperenabled to do the things that make yourself wealthy, as long as you don’t challenge the Communist Party. And so it’s just about structuring the system around that. They’ve done that. The financial incentives [and] the market pool from China are the two of the biggest levers that they have in this. And because of our connectivity to that system, as I already discussed in the financial area, in the trade area, in the investment area, in the immigration area, in the internet area, in the media area, they can also incentivize our own companies, their private profit motive, to be toward their national interests.

The answer really is if you are so hyperconnected to a country that doesn’t understand rule of law, doesn’t understand private property, doesn’t understand individual liberty, and doesn’t understand the sovereignty of the American people and the American nation, then you have to decouple. That’s the only way that you can actually protect yourself. If you embrace China, you will lose.

MR. JEKIELEK: So what possibility then is there in having a trade agreement? What is this trade agreement going to look like?

MR. SPALDING: Well, before China made ... we’re not going to have a trade agreement now. It’s not coming. It’s not forthcoming. And it’s not going to be forthcoming. China’s waiting on the 2020 elections. That’s what the Communist Party has decided. Before that decision was made, I expected we’d have a watered-down agreement that the president would basically sign and then wait for the elections in 2020, and then turn around and say, “OK, we’re going to renegotiate this.” That’s not going to happen either. So I don’t think we’re going to have an agreement.

I think it’s all riding on the 2020 elections. Who gets elected? Now, I don’t care who gets elected. But what I want to have happen is that I want the American people to be protected ... in a way that preserves their freedoms. Whatever candidate does get elected better understand that the most significant threat to our future prosperity and freedom is the Chinese Communist Party.

This interview has been edited for clarity and brevity.

“American Thought Leaders” is an Epoch Times show available on Facebook and YouTube.

KITCHEN FOUNDATIONS

How to Get Smarter With Your Spices

From blooming to infusing, learn to unlock the potential of spices in your cooking with America's Test Kitchen's Dan Zuccarello.

See B9



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HEALTHY SKIN

8 Foods That Brighten Your Skin

Feed your skin what it needs so it can shine like it should.

See B11

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CRAFTSMANSHIP

THE QIPAO

A stylish embodiment of Chinese tradition and grace

A modern qipao. The qipao has a long history and has undergone many permutations.

FENZHI ZHANG

The qipao's sleek and elegant form is an image widely associated with Chinese style and aesthetic. And beyond that, this traditional dress serves as a physical record of

the historic and cultural changes during China's 20th century. The qipao represents a rich cultural heritage and a sophisticated, intricate artistic custom.

Continued on B2

CRAFTSMANSHIP

THE QIPAO

A stylish embodiment of Chinese tradition and grace

Continued from B1

The Birth of an Iconic Garment
The origins of the qipao lie in the Qing Dynasty (1644–1912), when China was under the rule of the Manchus, an ethnic group that brought their own distinctive customs and clothing to the imperial court. For women, this was a long dress with a straight, relaxed fit that flared slightly at the hem. This dress was the first ancestor of the qipao. Over time, these Manchu-style dresses were influenced by elements of Han fashion. And in the 20th century, as Western

A qipao's adornments, which consist of traditional Chinese elements, are especially exquisite.



(Above) The last imperial couple of China, the emperor Puyi with the empress Wan Rong. Wan Rong, who received a Western education, is wearing a short-sleeved embroidered qipao. Rumor says she asked her personal tailor to redesign the traditional Qing Dynasty qipao using Western techniques.

(Right) Two Manchurian women in Qing Dynasty-style qipaos.



learning grew in popularity in post-imperial China, the qipao began to move away from its long and relaxed fit. At the request of wealthy, educated, and fashion-forward young women, private Chinese tailors began to apply Western tailoring techniques, such as chest and waist darts and shoulder seams, to the loose-fitting qipao, giving it a flattering fitted silhouette. As tailors continued to incorporate more elements of Western fashion into the qipao throughout the 1930s, the dress began to settle into the style we are familiar with today.



Anna May Wong, the first Asian-American Hollywood actress, in a qipao featuring a contrasting border on the lapel, collar, sleeves, slit, and hem.

A Fashion Phenomenon
In the 30-some years of the Republic of China (1912–1949), ideas were freely exchanged between East and West. This led to a blending of tradition and modernity and the emergence of many talented scholars and great artists. This dynamic period was documented in The Young Companion, one of the most widely distributed and most influential Chinese magazines at the time. In the spring of 1926, The Young Companion was first published in the international and fashion-forward city of Shanghai. The covers of The Young Companion, which often featured female actresses and celebrities wearing various styles of qipao, witnessed the ebb and flow of changing Chinese tastes and fashion ideals.



(Left) Indonesian actress Aminah Cendrakasih in 1959. Throughout the latter half of the 20th century, the qipao was popularized by celebrities all around the world. Tati Photo Studios, Jakarta.

(Below) Six of China's seven most renowned female singers of the 1940s. At this point, the qipao featured a wide range of different styles and patterns.



(Left) The cover of the December 1934 issue of The Young Companion featuring actress Ruan Lingyu, in an ankle-length, green-and-yellow checkered qipao with a high collar, short sleeves, and a rolled border. The border, a feature unique to the qipao, followed the dress along its collar, sleeves, slit, and hem, and, as it was difficult to make, it marked a qipao's quality.

One of the most unique features of the qipao is the fasteners that adorn them. Handmade fasteners add refinement and elegance to a qipao.

Traditional Chinese embroidery often graces the qipao.

Meticulous Detail
From measuring and sewing to decoration and embellishment, hand-making a qipao takes care and attention to detail. In particular, the qipao's adornments, which consist of traditional Chinese elements, are especially exquisite and visually stunning, giving the dress a unique grace and charm. The fasteners that adorn qipao are unique to Chinese apparel and are known for their complex construction, elegant design, and ease of use. Handmade fasteners add refinement and grace to a qipao. Another unique feature of the qipao is its various styles of borders, which follow the qipao around its collar, sleeves, slit, and hem. Some of the most popular styles are the contrasting border and rolled border, which is shaped like a thin round cord. The surface of the qipao is embellished with exquisite, hand-sewn embroidery of different natural images. They can be displayed all along the dress, as a small detail, or even within a contrasting border. Adorned with such intricate details, the qipao is a beautiful and enduring classic, uniting Western fashion techniques with a traditional Chinese aesthetic.

Written by Fenzhi Zhang and translated into English by Jenny Zhi, this article is republished with permission from Elite Lifestyle Magazine.



Modern versions of the qipao grace the runway during the Heaven Gaia show of Paris Fashion Week in October 2016. Designer Ying Xiong's elaborate designs spotlighted traditional Chinese culture.

LITERATURE

SHAKESPEARE

Research Blows Away Stereotypes and Reveals Teenagers Actually Love the Bard

CATHY BALDWIN

When you think of inner-city teenagers, what springs to mind? For many, it's hoodies, video games—and probably hating Shakespeare. But my research proves that this stereotype is far from the truth.

Shakespeare holds a contested place in the English national curriculum as the only compulsory writer to be studied between the ages of 11 and 16. This imposed curriculum attempts to situate Shakespeare's plays as part of national culture, rather than purely as an exemplar of high art. But teens are rarely asked directly about their experiences of education, and about its relevance to them.

Instead, they are often represented as a homogenous group who are bored and resistant to studying Shakespeare, particularly when it comes to struggling with the language he used.

However, my research with over 800 students in four London secondary schools offers a very different picture. I asked these 13- to 14-year-olds what they think and/or feel when they hear the word "Shakespeare"—and some of their answers defied expectations.

What Students Say

Many students told me that they actually enjoy studying Shakespeare in school. From comments such as "I feel happy because I like most of his plays," to "I feel excited because Shakespeare was the best writer ever [...] a legend or genius," they expressed levels of interest in Shakespeare that are rarely acknowledged.

These students also did not see the language as a barrier, but as a challenge to be embraced. One commented: "I also get quite happy because we do not often look at texts with old English."

In this large cohort of students, some comments stand out, showing how varied and individual their responses are. One described Shakespeare as "one of my inspirations for writing poetry," while another said that "although I don't really like English, I like his plays a lot."

Teachers seem to play a key role in developing a positive attitude in some of their students. One student said that "all the work I've done on Shakespeare has been interesting and fun," while another said she "really enjoyed the last play that we did."

This study did not look in detail at what actually happens in the classroom, but many of the students' comments suggest that having the confidence to approach a Shakespeare text with a positive attitude partly comes from the teacher's attitude to him and his work.

'Be Not Afraid of Greatness ...'

In addition to the wholly positive comments, some students demonstrated a more mixed response to the subject. One student told me that "sometimes it's interesting and sometimes it's just bor-



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Many students told me that they actually enjoy studying Shakespeare in school.

ing 'cause in Year 7 I remember we did this one play for a very long time and it was just kind of the same thing every lesson for a double lesson."

Here, the lessons were clearly not varied enough to hold this student's attention all the time, although the comment suggests that the student knew that studying Shakespeare could be interesting and fun, even if it isn't always like that in practice.

For others, the choice of play is key: "Some Shakespeare plays are more interesting than others, in my opinion." One of the students I interviewed also articulated a clear tension in her attitudes toward studying Shakespeare. She said:

"The good part is because everyone goes through different stuff, some people can relate and they can feel like they're not alone or like this has happened before and studying Shakespeare makes you see the world differently, [...] and the bad thing about it [is] learning how to write in the Shakespeare kind of structure when it won't be useful in the future."

For a number of students, there are perhaps inevitable negative connotations attached to the word "Shakespeare." Some did describe Shakespeare simply as "boring," but others explained their reservations in more detail. One said, "I feel like I've

heard the word Shakespeare too much and that I don't want to talk about him." Another thought "about long complicated language that no one understands," while further complaints were about how "it is unnecessary to learn about as I don't understand what's beneficial for us as students."

Overall, the students involved in this research demonstrated a breadth and depth of response to Shakespeare that counters the generalized belief that teenagers respond poorly to his work. Indeed, used as an introductory question to establish students' attitudes to Shakespeare before attending a production at Shakespeare's Globe Theatre, in London, I have been fascinated by the variety and subtlety of thought they have demonstrated.

As one said: "I feel honored that I've covered Shakespeare in school, because telling people you have read his plays makes you sound smart." The sense of privilege inherent in this comment, despite the fact that everyone studies Shakespeare at school, is clearly something to cherish.

Cathy Baldwin is a doctoral candidate in education at The Open University in the UK. This article was originally published on *The Conversation*.

Surprise, surprise! Teens seem to actually like Shakespeare.

CULTURE

The Power of Language

We translate our thoughts into words, but words also affect the way we think

GUILLAUME THIERRY

Have you ever worried in your student years or later in life that time may be starting to run out to achieve your goals? If so, would it be easier conveying this feeling to others if there was a word meaning just that? In German, there is. That feeling of panic associated with one's opportunities appearing to run out is called "Torschlusspanik."

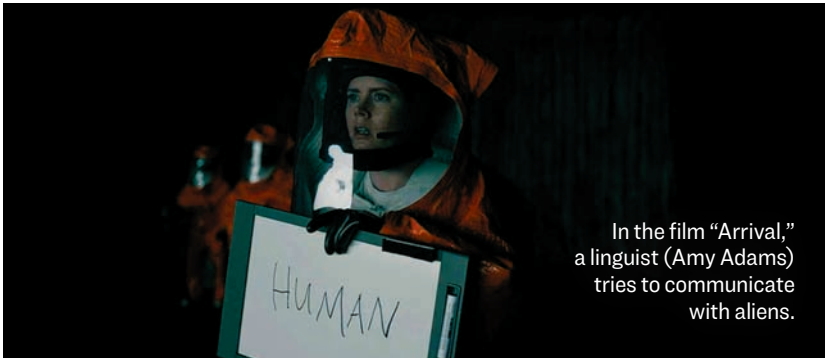
German has a rich collection of such terms, made up of often two, three, or more words connected to form a superword or compound word. Compound words are particularly powerful because they are (much) more than the sum of their parts. Torschlusspanik, for instance, is literally made of "gate"—"closing"—"panic."

If you get to the train station a little late and see your train's doors still open, you may have experienced a concrete form of Torschlusspanik, prompted by the

characteristic beeps as the train doors are about to close. But this compound word of German is associated with more than the literal meaning. It evokes something more abstract, referring to the feeling that life is progressively shutting the door of opportunities as time goes by.

English too has many compound words. Some combine rather concrete words like "seahorse," "butterfly," or "turtleneck." Others are more abstract, such as "backward" or "whatsoever." And of course in English too, compounds are superwords, as in German or French, since their meaning is often distinct from the meaning of their parts. A seahorse is not a horse, a butterfly is not a fly, turtles don't wear turtlenecks, and so on.

One remarkable feature of compound words is that they don't translate well at all from one language to another, at least when it comes to translating their constituent parts literally. Who would have thought that a "carry-sheets" is a



JAN THIJS/PARAMOUNT PICTURES

In the film "Arrival," a linguist (Amy Adams) tries to communicate with aliens.

wallet—"porte-feuille"—or that a "support-throat" is a bra—"soutien-gorge"—in French?

This begs the question of what happens when words don't readily translate from one language to another. For instance, what happens when native speakers of German try to convey in English that they just had a spurt of Torschlusspanik? Naturally, they will resort to paraphrasing, that is, they will make up a narrative with examples to make their interlocutor understand what they are trying to say.

But then, this begs another, bigger question: Do people who have words that simply do not translate in another language have access to different concepts? Take the case of "hiraeth" for instance, a beautiful word of Welsh famous for being essentially untranslatable. Hiraeth is meant to convey the feeling associated with the bittersweet memory of missing something or someone, while being grateful of their existence.

Hiraeth is not nostalgia, it is not anguish, or frustration, or melancholy, or regret. And no, it is not homesickness, as Google Translate may lead you to believe, since hiraeth also conveys the feeling one experiences when they ask someone to marry them and they are turned down—hardly a case of homesickness.

Different Words, Different Minds?

The existence of a word in Welsh to convey this particular feeling poses a fun-

damental question on language—thought relationships. Asked in ancient Greece by philosophers such as Herodotus (450 B.C.), this question has resurfaced in the middle of the last century, under the impetus of Edward Sapir and his student Benjamin Lee Whorf, and has become known as the linguistic relativity hypothesis.

Linguistic relativity is the idea that language, which most people agree originates in and expresses human thought, can feedback to thinking, influencing thought in return. So, could different words or different grammatical constructs "shape" thinking differently in speakers of different languages? Being quite intuitive, this idea has enjoyed quite of bit of success in popular culture, lately appearing in a rather provocative form in the science fiction movie "Arrival."

Although the idea is intuitive for some, exaggerated claims have been made about the extent of vocabulary diversity in some languages. Exaggerations have enticed illustrious linguists to write satirical essays such as "the great Eskimo vocabulary hoax," where Geoff Pullum denounces the fantasy about the number of words used by Eskimos to refer to snow. However, whatever the actual number of words for snow in Eskimo, Pullum's pamphlet fails to address an important question: What do we actually know about Eskimos' perception of snow?

No matter how vitriolic critics of the linguistic relativity hypothesis may be, experimental research seeking scientific evidence for the existence of differences between speakers of different languages has started accumulating at a steady pace. For instance, Panos Athanopoulos at Lancaster University has made striking observations that having particular words to distinguish color categories goes hand-in-hand with appreciating color contrasts. So, he points out, native speakers of Greek, who have distinct basic color terms for light and dark blue ("ghalazio" and "ble," respectively) tend to consider corresponding shades of blue as more dissimilar than native speakers of English, who use the same basic term "blue" to describe them.

But scholars including Steven Pinker at Harvard are unimpressed, arguing that such effects are trivial and uninteresting, because individuals engaged in experiments are likely to use language in their head when making judgments about colors—so their behavior is superficially influenced by language, while everyone sees the world in the same way.

To progress in this debate, I believe we need to get closer to the human brain, by measuring perception more directly, preferably within the small fraction of time preceding mental access to language. This is now possible, thanks to neuroscientific methods, and—incredibly—early results lean in favor of Sapir and Whorf's intuition.

So, yes, like it or not, it may well be that having different words means having differently structured minds. But then, given that every mind on earth is unique and distinct, this is not really a game changer.

Guillaume Thierry is a professor of cognitive neuroscience at Bangor University in the UK. This article was originally published on *The Conversation*.

PUBLIC DOMAIN



Odysseus and his companions suffer from the man-eating giants, the Laestrygonians. Mural from the first century B.C. from Villa Esquillino in Rome. Vatican Library.

ODYSSEUS AND THE ENNEAGRAM

FINDING THE TRUE SELF *Part 5*

The Sin of Fear

JAMES SALE

In this multipart series, “Finding the True Self,” we will discuss nine types of personalities and their flaws, and show how Odysseus, through his adventures, overcame them to find his way back home.

In modern psychology, we have books like “Feel the Fear and Do It Anyway,” which are international best-sellers and which focus on the idea that fear is the fundamental issue besetting human nature. The fear response clouds our judgment in so many areas of our lives, and when it does, we abandon our rationality, that is, our being Homo sapiens—wise, rational creatures.

On his journeys, Odysseus has encountered Sloth (the Lotus-Eaters), Lust (the Cyclops), and Gluttony (the Aeolians)—three of the so-called seven deadly sins. But as we remarked in our first article in this series, the Enneagram includes nine deadly sins. And now on his voyage, Odysseus encounters one of the two extra sins that are not included in the typical list of seven: the sin of Fear.

Actually, this sin is thought by some to be even more primary, or basic, than the seven that are frequently commented on. So before considering Odysseus’s encounter with the Laestrygonians, or number Six on the Enneagram, let’s briefly consider why there are nine deadly sins.

In encountering enemies in life, the Six and the Eight are especially terrifying.

This is a controversial area, but one theory reported by Richard Rohr in his book “The Enneagram: A Christian Perspective” is that ideas similar to the Enneagram are to be found in the work of Evagrius Ponticus, a Christian mystic who lived in fourth-century Alexandria. Evagrius identified eight “deadly thoughts,” plus an overarching thought he called “love of self.” This made nine sins, and Evagrius wrote about “remedies” to these thoughts.

On top, then, of the normal seven deadly sins of Anger, Pride, Envy, Avarice, Gluttony, Lust, and Sloth were added Fear and Deceit. Also, just as seven is a mystical number, so is nine, which is a trinity of trinities. And, at the end of the day, the Enneagram works, so nine it is!

A Visit to the Laestrygonians

After six full days of rowing, on the seventh day Odysseus and his crew find the island of the Laestrygonians, representatives, as each encounter is, of the worst aspect of that type of personality.

As a reminder, the Sixes’ basic desire is to be supportive and supported. At their best, they are committed, loyal, self-sacrificing team players; at their worst, they are suspicious, paranoid, and centers of deep negativity.

As Odysseus and his crew approach Laestrygonia, they see a “craggy fort” and a land where shepherds seem inordinately active and productive. Odysseus comments that here “a man who never sleeps could rake in double wages.” That surely should give us pause for thought, for what men never sleep? And what happens if we don’t sleep?

There is a fine, expansive harbor, but the passage in is “cramped” or restricted. Through it, 11 of Odysseus’s 12 ships pass, while he decides to moor his ship outside, well clear of the “harbor’s jaw.” This proves a prescient move.

Three scouts are landed and sent ahead to find, Odysseus hopes, men like himself who “live on bread.” Living on bread is a sign of human society, indeed, of human community. We should be feeling uneasy here because the name of the Laestrygonians means “gathering raw skin,” which is a long way from baking bread.

The scouts meet the “strapping daughter” of the king of the Laestrygonians, Antiphanes. According to Michael Goldberg in his book “Travels with Odysseus,” this name means “opposed to recognition,” or as another translation puts it, “unspeakable.” This is not just about being difficult to pronounce. In the first instance, being opposed to recognition suggests someone hiding, lurking in the depths to conceal who they are really are; and in the second, “unspeakable,” we have the sense of “utterly evil,” or something so bad it is not even to be spoken of. And so it proves.

On entering a “sumptuous palace,” the scouts meet the queen, “huge as a mountain crag who filled them all with horror”; she calls her husband, Antiphanes, and he immediately tears one of the scouts to pieces in preparation to devour him. No warning—just straight attack.

The other two scouts make a run for it as the king howls through the town, and hundreds of Laestrygonians swarm to join him and attack the ships in their harbor. They are giants; they throw huge rocks at the ships, shattering and destroying them, and then spear the sunken crew members as if they were fish and take them home to eat. The Laestrygonians, like the Cyclops, are

cannibals. All 11 ships and crew are lost.

Fortunately, Odysseus, whose boat had not committed to going inside their harbor or terrain, cuts loose and escapes. But what a disaster, and how much worse than the encounter with Polyphemus!

Cyclops and Laestrygonians, Eights and Sixes

Goldberg makes the point that some critics in the past have felt that this episode in the narrative is a weak repetition or reprise of the earlier Cyclops story: Both feature giant, cannibalistic monsters, which attack Odysseus and his men.

But as Goldberg demonstrates, nothing could be further from the truth: The Eight and the Six, while seemingly similar, are worlds apart, as critical aspects of the Laestrygonian story show.

It would be true to say that in encountering enemies in life, the Six and the Eight are especially terrifying. While both the Nine and the Seven contain deadly traps for the unwary, their methodologies are passive-aggressive or indirectly aggressive, whereas the Eight and the Six can come straight at you—aggressive aggression, as it were!

Here we note too that the Laestrygonians are offspring descended from two parents, the gods Gaia and Poseidon. Yes, Poseidon, that problematic god (for Odysseus) who also fathered the Cyclops, and who is now seeking to avenge his injured son, Polyphemus, whom Odysseus blinded. This partly explains why it is easy to confuse a Six and an Eight: They have a common ancestor. Moreover, we are now back to Odysseus having to deal with the terrible power of the depths of the sea, perhaps his own subconscious.

The importance of pointing out the similarities, though, lies in the fact that we often confuse one personality type for another, and in doing so, of course, mistake the actual motivation of the person, and thereby probably adopt an ineffective way of dealing with him or her.

And why not fight and outwit the Laestrygonians, as he did Polyphemus? This comes down to the essential nature of the Six personality type. For notice the differences from the Cyclops.

First, their hyperactivity: a compulsive need to be productive, even enduring the absence of sleep. Second, their collectivity and structure: They work as a team and have a king. Third, to join them is “restricted” and difficult. (Many Sixes find their homes in secret organizations!) Fourth, their attack is manic annihilation, bordering on a paranoid fear response.

Each one of these four points contrasts vividly with the Cyclops. Why, Polyphemus almost seems rational in his leisurely decision to eat Odysseus last because Odysseus gave him wine.

One key thing to understand about the difference between the two is that Eights are somatically confident; that is to say, they are entirely confident in the strength of their bodies, which is why Polyphemus can fall asleep with

his enemies all around him. Bodies are tangible.

However, the Six places confidence not in his body but in his mind; and of course, the mind, or reasoning, is never secure. It goes round and round in circles, since logic, without a foundational or axiomatic first principle, cannot justify itself.

The Six can never be certain of whether someone is a friend or enemy, and so the strategy is to strike first before the other does. Keep in mind too at this point that the king’s name, “opposed to recognition,” also points toward an inability to discern what or who someone is, for a lack of recognition means the failure to name them.

Dealing With Fear

Goldberg suggests that the Six is projecting outward his or her own inner hostilities to the world, and with their, as he calls it, “self-invalidating mind-set” there is no fighting against them, for they cannot, will not, change their minds or thinking.

In dealing, then, with the Laestrygonians, a number of points emerge: First, to establish the safe “anchorage” outside their port of call. To wholly identify with

their mind-set, to fear, is fatal.

Second, one needs courage, which is always the antidote to fear, and in this case, it is about naming—or removing the invisibility—of what is going on. Bad Sixes thrive in shadows but cannot stand any light thrown on their activities.

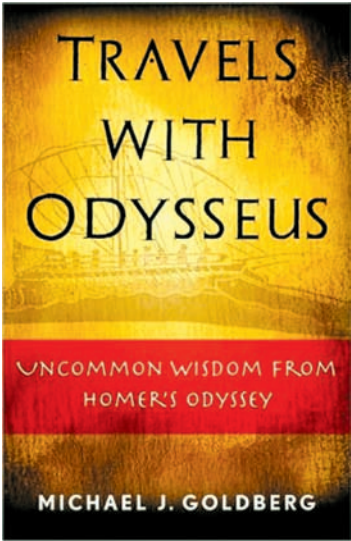
And finally, if there is no shift in perspective, no acknowledgment of who you are, no positional shades of gray (only black and white), then leave and don’t look back. There is no good to be achieved by staying; it would not be courage,

but recklessness to stay and fight.

And, if you are a Six, then you need to engineer some important changes of perspective: primarily, to trust yourself and not abrogate all authority to external others, whoever they be. Also, remember the story of Jesus when he asked the demons for their name. As soon as they gave it (“Legion”), their power over the possessed man was shattered. Thus, the Six needs to look directly at his own fears, and name them, for staying within a realm of the “unspeakable” means he can never escape from his own internal terror.

Finally, a simple thing to practice, as a Six, is giving compliments and recognition—again, making visible the real and the good—which they tend not to do.

With one ship left, Odysseus, devastated, sails away. And so he comes to the land of the Five, where the witch Circe dwells.



Michael Goldberg’s “Travels With Odysseus.”



Evagrius Ponticus, a Christian mystic, who identified more sins than seven. Engraving by Jan Sadeler and Raphael Sadeler I after a design by Maarten De Vos. Pitts Theology Library, Emory University.

ALL IMAGES BY SHUTTERSTOCK

Pan-Perfect Paella

When making Valencia’s iconic rice dish at home, the secret is in the crust

MELANIE YOUNG

A visit to Valencia, a port city on the eastern coast of Spain, would not be complete without enjoying a pan of paella. The hearty rice dish, filled with ingredients ranging from assorted seafood to chicken, meat, and vegetables, was born in the region of Valencia, which shares the name of its capital city. For locals, gathering on weekends and holidays to share a paella is an afternoon tradition that can stretch into the early evening hours. The dish is always

Digging into a paella pan and not finding any socarrat feels like missing out on the prize at the bottom of the Cracker Jack box.

served family-style and usually enjoyed with a dark cherry red wine made from the local Bobal grape. Dessert might be a flan de naranja, a traditional Spanish custard that incorporates Valencia oranges into the caramel sauce; or bunyols, sugary donut holes, another local specialty.

Humble Origins

Though recognized as a traditional Spanish dish, paella also has roots in North Africa. Servants working for aristocrats would take home leftover scraps from banquets and cook them with rice in a large pan over an open flame to feed their families. The name “paella” may have been derived from the Arabic word “baqiyah,” meaning “leftovers;” a more phonetic association may come from “patera,” the Arabic word for pan. The shallow, round, two-handled pan used to cook the dish is called “la paella.”

When the Moors, a nomadic group from North Africa, invaded the Iberian Peninsula in 711 A.D., they brought their culture and customs with them. This included ingredients essential to making paella such as rice and saffron, as well as coriander, cumin, and artichokes. The Spanish word for rice, “arroz,” stems from Arabic, as does the word for saffron, “azafran.” Valencia, being a major port city, was

where many migrants entered and settled. Rice fields were planted, and the grain is still an important industry for the region.

Paella was also considered a lunchtime dish for rice field laborers because it was cheap to make, nutritious, and filling. Cooks would forage local field ingredients, such as green beans, peas, and snails, to add to the rice and simmer it all in a stock of onions, garlic, and chopped vegetables—called sofrito—over an open flame. When available, small chunks of cooked rabbit, duck, and chicken were added. Saffron, used for seasoning, turned the rice a golden color and added a sweet, musky flavor.

True “paella de Valencia” is still made this way. Seafood paella came later, thanks to Valencia’s location on the Mediterranean Sea, and usually includes shrimp, mussels, clams, and slices of calamari with lemon wedges placed on top of the rice. Local residents I dined with in Spain simply called these varieties with fish a “seafood rice dish,” saving the word “paella” for the authentic Valencian version.

The vegetables used depend on what’s in season and available. On a recent trip to Valencia, an artichoke paella I tasted during artichoke season was one of the most memorable versions I enjoyed.

Rules of the Pan

One of the biggest tests for the perfect paella is the socarrat (pronounced soh-ku-rraht), the savory, caramelized rice crust that forms at the bottom of the pan. Scraping out the socarrat is like eating the crunchy-moist crust of a fresh-baked pie, or the crisped edges of a chewy brownie. Digging into a paella pan and not finding any socarrat feels like missing out on the prize at the bottom of the Cracker Jack box.

Though it sounds simple, there is a technique to making paella correctly. I turned to a paella master for tips.

Lolo Manso is the owner of Socarrat Paella Bar, with three locations in New York City. Socarrat offers many versions of paella as well as its culinary cousin, fideua, which is made with vermicelli noodles instead of rice. Manso said his restaurant has probably served more than a million paellas since opening 10 years ago.

To make paella, you need a paella pan, a round, shallow dish with two handles that make it easy to carry from stove to table. Manso explained that paella is intended to be a thin layer of rice, not a deep-dish casserole, one reason the pan is shallow. The flat bottom helps the rice to cook evenly and makes it easier to balance over an open flame, which is how field workers prepared the dish.

On Rice and Saffron

Manso stressed the importance of cooking the rice properly: “You must have the right proportion of rice to cooking broth: one-half cup rice to two cups water.”

The most commonly used paella rice is short-grained rice called bomba, which absorbs more of the liquid and flavors used in cooking while remaining firm.

Continued on B8



A hearty pan of paella, always served family-style, is a Spanish tradition.

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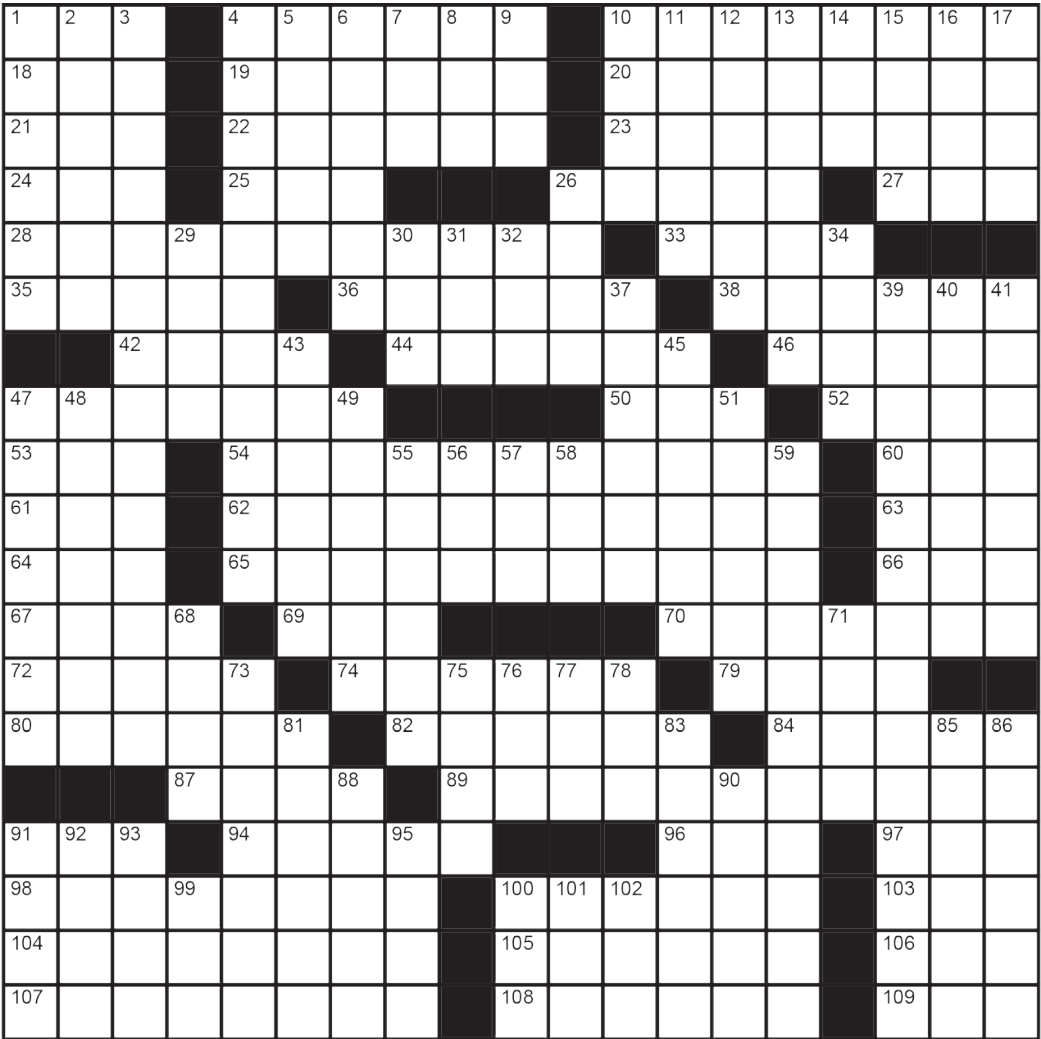
or email

ad@epochtimes.com.au

* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. Quick
- 4. Indian turnover
- 10. Type of bond or compound
- 18. Long-snouted fish
- 19. Tie
- 20. Iolani Palace local
- 21. A vowel for Zeno
- 22. File menu option
- 23. Seals in a package (Var.)
- 24. ___ compos mentis
- 25. Dine
- 26. Best
- 27. Go down
- 28. Doubted
- 33. Very pleased with

oneself

- 35. ___-American
- 36. Snowbike
- 38. Whence the line “Thy word is a lamp unto my feet”
- 42. Dancer’s dress
- 44. As a whole
- 46. Traction aid
- 47. Aquaman’s weapon
- 50. Is in the past?
- 52. O’Neill’s “___ Christie”
- 53. “Look here!”
- 54. Blocked
- 60. “A ___ At the Races”
- 61. Ballpoint, e.g.
- 62. Like some medications
- 63. Part of T.G.I.F.

- 64. “Who’s your daddy?” test
- 65. Administrative assistant skills
- 66. Lithic leader
- 67. Aromatherapist’s substances
- 69. Standards org for motor oil
- 70. Amount in grandma’s recipe
- 72. Red, in heraldry
- 74. First-rate
- 79. Forward, a compound; backward, unaccompanied
- 80. Variety of fig.
- 82. Collecting it is a dog walker’s responsibility

- 84. Andean capital
- 87. “Annie” or “Annie Hall”
- 89. Not bothered
- 91. iPhone download
- 94. City with a contaminated drinking supply
- 96. Nod, maybe
- 97. Joe McCarthy’s “scare”
- 98. Clipper component
- 100. Fall
- 103. Galoot
- 104. Audacious
- 105. Emphatic, in a way
- 106. Hi-___
- 107. Stirrup-shaped ear bones (Var.)
- 108. Correct
- 109. So far

Down

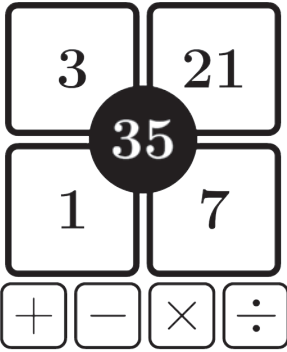
- 1. To-do list
- 2. Academese, e.g.
- 3. In the interim
- 4. Computer monitor resolution checks?
- 5. “... I’ve never done this with ___ live girl”: song lyric
- 6. Predatory insect
- 7. Gametes
- 8. Houston, of the Republic of Texas
- 9. “Because 7 ___ 9” (Nerd-joke for why there’s no Windows 9)
- 10. Chewed out
- 11. Fine-tunes
- 12. Bivouac
- 13. Conch or cockle
- 14. United Nations agcy.
- 15. Swear
- 16. Sheltered, in a way
- 17. Crave
- 26. Hero type
- 29. Data transfer rate unit
- 30. Squeeze (out)
- 31. Beaujolais, e.g.

- 32. Fade away
- 34. Bash
- 37. Alley competitor
- 39. Book-borrowing facility
- 40. An endangered species
- 41. Abides
- 43. Loosens
- 45. Strait of Dover port
- 47. Big cheeses
- 48. Atomic number 75
- 49. Tabby’s mate
- 51. Kind of oil
- 55. Amphitrite or Thetis
- 56. “Before,” in literature
- 57. Monsoonal
- 58. “___ peanut-butter sandwiches!” (“Sesame Street” incantation)
- 59. Truancy, e.g.
- 68. A slave not a wave
- 71. Sullen
- 73. Cold symptom
- 75. Make a sad face
- 76. Boatload
- 77. “Hmm, that’s unexpected”
- 78. Luau paste
- 81. In cahoots
- 83. Sponge mouth
- 85. Crow’s home
- 86. Most curious
- 88. “Now We Are Six” author A. A.
- 90. Swollen
- 91. A Spanish liqueur
- 92. “His nose should ___”: W.S. Gilbert
- 93. Home to the Palazzo Gambacorti
- 95. Takes home
- 99. Slice (off)
- 100. Tune
- 101. Adaptable truck, for short
- 102. ___ o’ Shanter

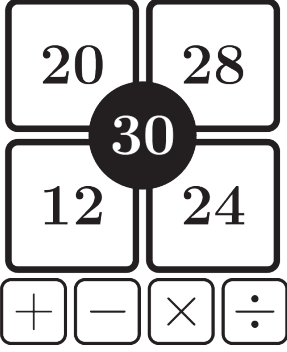
4NUMBERS

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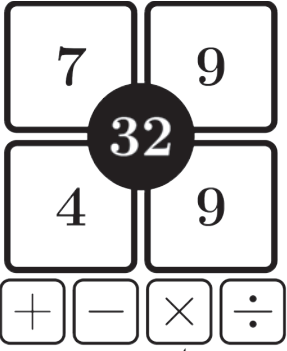
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) +1 =28 and 1+ (7 X 3) + 6 =28



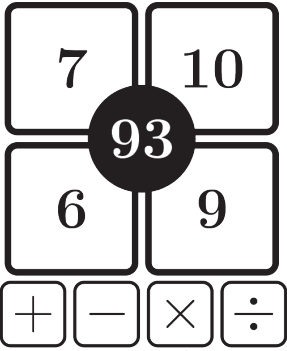
Hard 1 - 2 Solutions



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

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EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

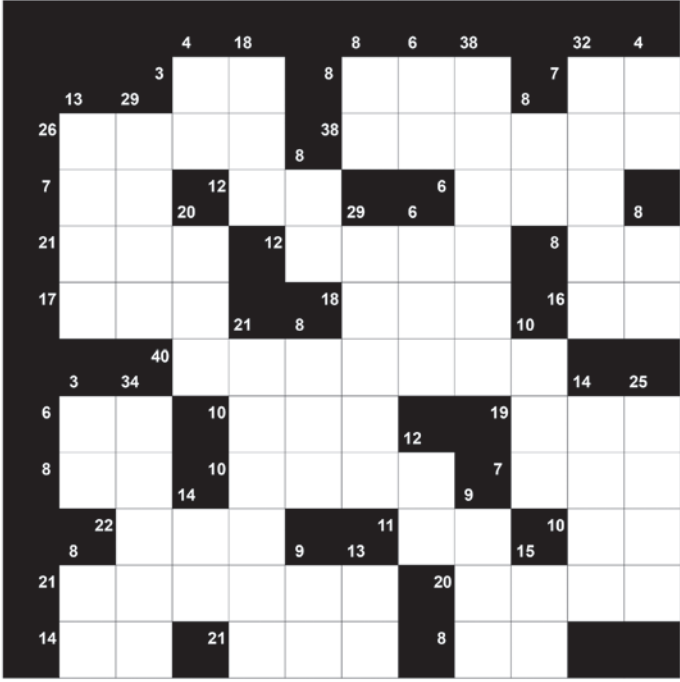
- | | | |
|-------------|----------|-------------|
| ALLIED | INSOLENT | SKIBOB |
| ASIAN | ITALIC | SNIFFLE |
| AUTUMN | MANTIS | STAPEDES |
| CALAIS | MILNE | TEEPEE |
| CLEAT | NAILFILE | TIPTOP |
| CRAVAT | ODDEST | TOMCAT |
| DISBELIEVED | OSCULE | TRIDENT |
| FLINT | PATOIS | TUMID |
| GULES | PSALMS | UNTIES |
| HONES | QUITO | AGENDA |
| IDEAL | RENAME | ENCAMP |
| INCLOSES | SAMOSA | SECRETARIAL |

KAKURO

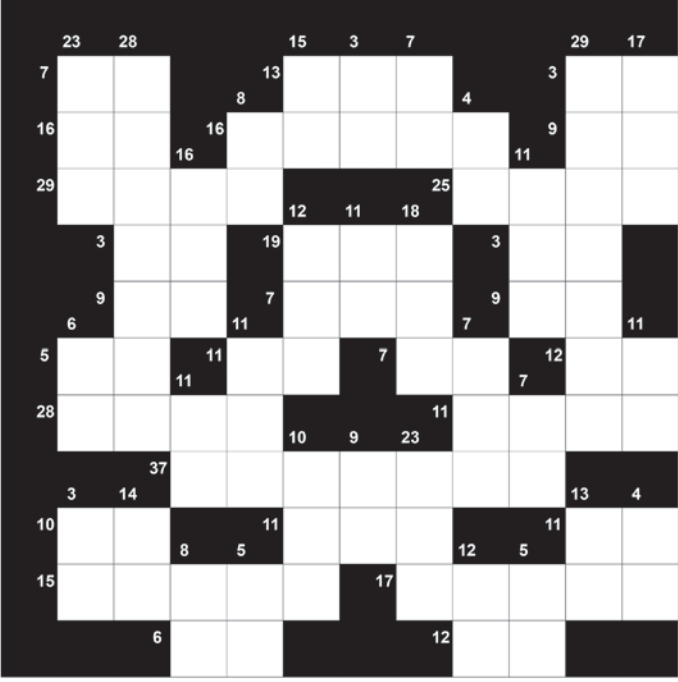
CONSTRUCTED BY EPOCH TIMES STAFF

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



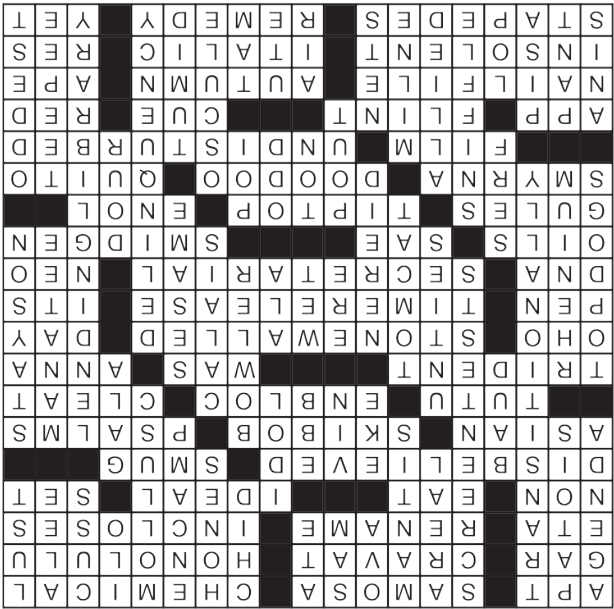
Large: Easy



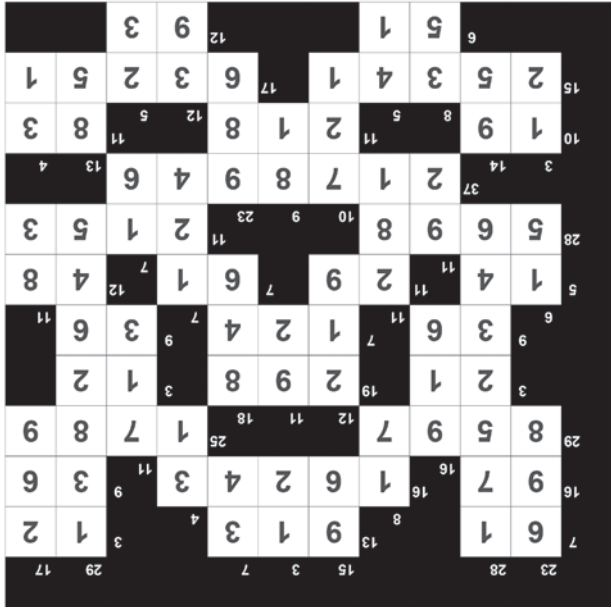
WORK SPACE

SOLUTIONS

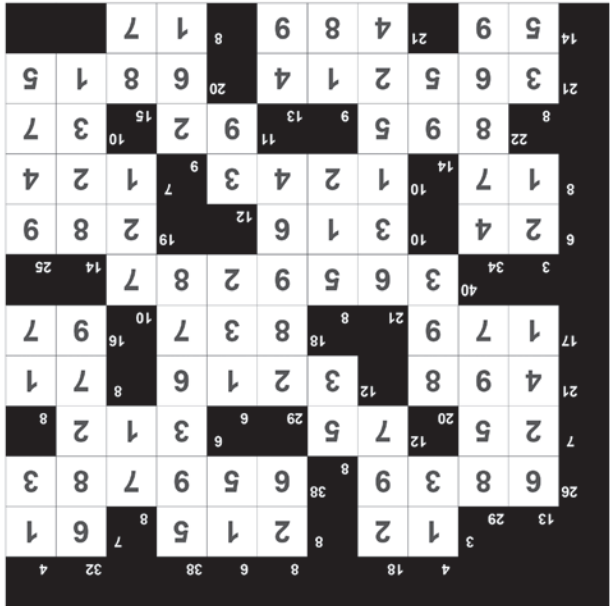
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
12 + + × (1 - 3) = 21
7 - - × × (1 - 3) = 12
HARD 2
24 × 4 × 20 ÷ - 12 = 9
EASY 1
9 ÷ 6 + 7 (2) = 4
EASY 2
10 + 9 × (7 + 6) = 9

Pan-Perfect Paella

When making Valencia’s iconic rice dish at home, the secret is in the crust

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DAVID RANSOM

SIMPLE PABELLA FOR 2

SERVES 2

FOR THE SOFRITO:

- 2 tablespoons olive oil**
- 1/4 cup chopped fresh tomatoes**
- 1/4 cup chopped raw onion**
- 1 clove garlic, chopped**
- Salt and pepper, to taste**

FOR THE PABELLA:

- 1/2 cup chopped green beans, fava beans, or peas (see Note)**
- 6 ounces chopped chicken**
- 1 cup bomba rice (also known as “paella rice” or “Valencia rice”)**
- 2 cups chicken or vegetable broth (for seafood paella, use seafood broth)**
- 2 pinches of saffron, steeped in warm water or stock for 15–20 minutes**
- 10–12 medium shrimp, peeled**
- 10–12 mussels or small clams, in shell**
- Salt and pepper, to taste**
- One lemon, quartered lengthwise**

Make the sofrito: In a 24-inch round paella pan (measures 12 inches on the bottom), combine olive oil, tomatoes, onion, garlic, and a pinch of salt and pepper. Sauté over low to medium heat until mixture reaches a smooth consistency. Continue simmering over low heat for 10 minutes.

Preheat oven to 500 degrees F. Add vegetables and chopped chicken and any other meat into the pan of sofrito and sauté until cooked. Remove from pan, leaving most of the sofrito behind, and set aside.

Add rice, broth, and saffron to heated pan. Stir lightly at first with a fork to incorporate flavors, and then let simmer for 8 minutes over medium heat without stirring to allow the rice to settle in the pan and absorb the liquid.

Reduce heat and continue cooking rice to absorb the broth. When broth is almost completely gone, place seafood on top of rice mixture.

Place pan with seafood on top in preheated oven. Let cook for 5–7 minutes until seafood is cooked, but not overcooked.

Remove dish from oven. Add cooked meat and vegetables.

If crust has not formed on sides of the pan, place briefly over a heated stove-top burner over low heat and cook for 5–6 minutes, slowly rotating the pan until the rice caramelizes and forms a crust on the bottom and sides of the pan. The crust should be light brown but not burned. Test with a fork.

Remove pan from heat and let the dish sit for 3–5 minutes to enhance the flavors.

Top with sliced lemon wedges and serve family-style.

NOTE: Use whatever vegetables are in season. Other vegetables could include 1/2 cup halved artichoke hearts or 1/2 cup chopped piquillo peppers. If using more than one kind, you may want to reduce amounts to 1/3 cup each.

TO DRINK: A succulent medium-body red wine, such as the local Bobal from the Utiel-Requena region, where Valencia is located.

Recipe adapted from Lolo Manso, Socarrat Paella Bar.



Continued from B5

Bomba rice cooks uniformly, puffs up without becoming soggy, and doesn’t stick to the pan, which is ideal for scraping out the socarrat.

An alternative to bomba rice is the Spanish variety called “Calasparra,” which is named after the village close to where the rice is harvested. If neither is available, Manso suggested using another short-grain rice, like arborio, which is used to make risotto in Italy.

Aside from the sofrito of chopped garlic, onions, tomatoes, and a touch of salt and pepper, the main seasoning for paella is saffron, which adds a buttery golden hue and a musky flavor to the rice. It’s also expensive; high-quality saffron can cost \$50 an ounce. That’s because the spice is labor-intensive to harvest.

Saffron comes from the stigma of the saffron crocus flower, which has a short blooming period of two weeks. Each crocus only produces three deep red, threadlike strands, which must be hand-harvested to protect the delicate stigma.

Color, aroma, and taste indicate quality saffron. The dried stigma should have a deep red stem with lighter orange-yellow tips, rather than being solid red. The aroma and flavor should be slightly earthy, with light floral essences. When immersed in water, saffron will retain its deep golden color and essence. If the water tastes bitter or turns a reddish color, this may indicate dye was used to boost the color, a sign of lesser quality saffron.

Most of the world’s saffron—about 90 percent—comes from Iran, but Spain is also a producer. That’s why tourists snap up small packets of saffron at local markets in Spain to bring back to the United States as gifts for friends who cook.

Cooking Tips

Paella is a simple one-dish recipe: rice cooked in a savory broth with meat and vegetables over a stove, stirring to achieve the right consistency.

Manso recommended adding seafood,

Elaborate versions of paella now abound, but the original paella Valenciana is a simple dish, made with seasonal vegetables and meats like chicken, rabbit, and duck.



Paella was traditionally prepared by field workers over an open flame.



Saffron gives paella its golden hue and earthy, honeyed flavor. Look for deep red stems with lighter orange-yellow tips; a solid red color is a sign of lower-quality saffron that has been dyed.

such as peeled shrimp and chunks of fish, after the other ingredients have been prepared to avoid overcooking the fish. A tip is to place the seafood on top of the cooked rice and heat the dish in an oven until the fish is cooked. The dry oven will also help the socarrat form.

Simple indeed, but I found achieving the right crispness for the socarrat a little challenging. Manso said it takes practice and suggested, “If the socarrat has not formed in the oven, place the pan over a stovetop for a few minutes so the bottom of the pan heats without overcooking the rest of the dish, but be careful not to burn the rice.”

Another tip to achieve a deeper shade of gold is to first steep the saffron in warm water or stock for 15–20 minutes to release the color, and then add this “tea” to the rice.

While Socarrat offers six different types of paella, including a savory seafood version made with “arroz negro” (rice tinted with black squid ink) piled with shrimp, calamari, scallops, and chunks of white fish, Manso underscored that traditional paella is very simple: “There’s a thin layer of rice and just a few pieces of the fish or chicken.”

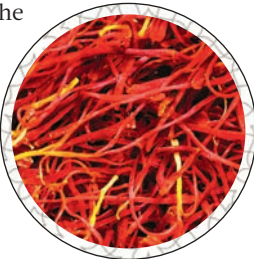
Manso underscored that traditional paella is very simple: ‘There’s a thin layer of rice and just a few pieces of the fish or chicken.’

Paella may be a simple dish of the working people, but digging into a pan and scooping up the socarrat with your friends can be a very decadent experience.

A longtime wine and food industry professional, Melanie Young hosts The Connected Table LIVE! (iHeart), a weekly radio show and podcast featuring conversations with global thought leaders in wine, food, and hospitality.



Bomba rice, a short-grain variety from Valencia, is the king of paella rices.





Flavored salts, spiked with anything from fresh herbs to liquid smoke, are easy—and cheaper—to make at home.

CRYSTAL SHI

The layers of earthy, smoky, pungent flavors in a warming curry; the tingling bite and subtle crunch of a peppercorn crust on a juicy steak; the zing of hot chili oil drizzled over a finished dish—spices, in their many forms, bring foods to life.

A new cookbook from America's Test Kitchen, "Spiced," is all about how to harness these culinary powerhouses.

Beyond providing a primer to the colorful world of spices, the book, in the Test Kitchen's characteristic methodical, educational spirit, delves into the "hows and whys" of using them with an array of simple, foundational techniques (and plenty of recipes to practice on). Lessons range from mastering the building blocks of seasoning, salt and (sometimes) pepper; to properly toasting or blooming your spices at the start of cooking, to heighten their flavors and aromas; to making and using your own spice blends and condiments, whether for an initial rub or a finishing touch.

"Our main goal was to unlock the potential of spices for our readers," said Dan Zuccarello, executive food editor of books at America's Test Kitchen. "There are so many ways to incorporate spices into your food—beyond simply sprinkling them on your proteins."

Below, Zuccarello shares a few of them, plus other tips for getting smarter with your spices.

THE EPOCH TIMES: What are some of the simplest yet most effective ways to incorporate more spices into your cooking?

DAN ZUCCARELLO: We dive into several different techniques in our book, but one of my favorites is spice-infused oils. They are simple to make and an easy way to add richness and flavor to your food.

For our spiced oils, we kept the method fast and easy: We heated the spices in the oils over medium-low heat for a few minutes to extract their flavor (the process is efficient; the main flavor compounds in most spices are fat-soluble), and then let the oils steep off heat for an additional four hours. This off-heat steeping was perfect for ensuring maximum flavor transfer, as any more heated steeping made the spice taste harsh.

Consider serving our fennel oil [made with cracked fennel seeds] with a log of goat cheese and some rustic bread for dipping; drizzle it on pizza, seared white fish, or roasted chicken; toss it with roasted vegetables; or even use it to finish vegetable stews.

THE EPOCH TIMES: What are the most common mistakes that home cooks make when using spices?

MR. ZUCCARELLO: Improper storage is a big one. Jarred whole spices are typically at their best for two years while ground spices stay fresh for about one year. Keep spices away from heat, light, and moisture, all of which shorten shelf life.

To check the freshness of your spices, crumble a small amount of the dried powder or herb between your fingers and take a whiff. If it releases a lively aroma, it's still good. If the aroma and color of the spice have faded, it's time to restock.

Another is forgetting to toast and bloom your spices.

es. Spices contain a host of flavor compounds that give them character and complexity. But without the initial cooking, these compounds can remain largely dormant so that the dish tastes bland and dusty.

For whole spices, we recommend toasting them in a dry skillet over medium heat until they just become fragrant, one to three minutes, then immediately remove them from the skillet to stop the toasting. Ground spices can also be toasted, though we prefer to bloom them in hot oil. Blooming draws out maximum spice flavor without really adding an extra step—you'd need to add the spices to the dish at some point anyway!

THE EPOCH TIMES: For home cooks looking to expand their spice cabinets, the choices can be overwhelming. Where do you start?

MR. ZUCCARELLO: Spices offer a great opportunity to travel the world without leaving your kitchen. If you are looking to incorporate new spices into your cooking, I recommend you look into the spices commonly used in a region of the world that interests you and start incorporating them into your favorite dishes.

THE EPOCH TIMES: On the flipside, what are some of your favorite surprising, unexpected ways to use more everyday spices—the ones home cooks probably already have in their kitchens?

MR. ZUCCARELLO: Everyone has salt on hand, but they are most likely missing out on the world of flavored salts. There are a lot of excellent flavored salts in our book, but one that I am particularly fond of is the sriracha salt. Consider sprinkling it on French fries, baked potato, avocado toast, or fresh noodles.

Another spice cabinet all-star is cinnamon, but more likely than not, it is only being pulled out for dessert recipes. We like to incorporate the warm spice in a variety of savory applications, from chilis and curries to spice rubs for proteins and hearty vegetables.

THE EPOCH TIMES: Do you have a favorite spice?

MR. ZUCCARELLO: Coriander is a universal spice in my mind and seems to make its way into most things I cook. I really enjoy its sweet, almost fruity or citrusy flavor. I usually have both coriander seeds and ground coriander in my spice cabinet. The seeds are great for all manner of pickles, relishes, chutneys, and infused oils, while ground coriander is great for enhancing spice rubs and blends for meat and fish.

THE EPOCH TIMES: In addition to more savory applications, there's a section toward the back of the book dedicated to spices for baking and desserts (including an intriguing strawberry-black pepper sugar). What are some fun, perhaps unexpected ways to spice up sweets?

MR. ZUCCARELLO: The strawberry-black pepper sugar was a big eye-opener for us, too, and a great example of how savory spices can work really well in sweet applications! Another favorite recipe from this chapter was the Pink Peppercorn-Pomegranate Panna Cotta (try saying that five times fast). The fruity, floral flavor of the pink peppercorns—which are actually not true pepper—pairs really well with the clean, rich flavor of the panna cotta.

Interview has been edited for clarity and brevity

ALL PHOTOS BY AMERICA'S TEST KITCHEN



CHICKEN TAGINE WITH FENNEL, CHICKPEAS, AND APRICOTS

Why this recipe works:

While traditional spice blends for Moroccan tagines can contain upwards of 30 spices, we found just a few everyday spices were necessary to re-create the authentic notes of Moroccan chicken tagine in a simple skillet supper. We used skin-on chicken thighs and browned the meat; then we browned fennel in the rendered fat and bloomed a blend of spicy, earthy, and warm ground spices and a whole cinnamon stick, which cooked with the dish and infused the whole thing with flavor. We added a few broad ribbons of lemon zest as well to give the tagine a rich citrus back note. Brine-cured olives provided the meatiness and piquant flavor of hard-to-find Moroccan ones, and some dried apricots, which plumped among the chickpeas and broth, created well rounded sweetness for this well-spiced dish. Chopped parsley, stirred in right before serving, was the perfect finishing touch to freshen the flavors.

SERVES 4 TO 6

2 tablespoons extra-virgin olive oil, plus extra as needed

5 garlic cloves, minced

1 1/2 teaspoons paprika

1/2 teaspoon ground turmeric

1/2 teaspoon ground cumin

1/4 teaspoon ground ginger

1/4 teaspoon cayenne pepper

2 (15-ounce) cans chickpeas, rinsed

8 (5- to 7-ounce) bone-in chicken thighs, trimmed

Salt and pepper

1 large fennel bulb, stalks discarded, bulb halved and cut into 1/2-inch-thick wedges through core

3 (2-inch) strips lemon zest, plus lemon wedges for serving

1 cinnamon stick

1/2 cup dry white wine

1 cup chicken broth

1 cup pitted large brine-cured green or black olives, halved

1/2 cup dried apricots, halved

2 tablespoons chopped fresh parsley

Adjust oven rack to upper-middle position and heat oven to 350 degrees F. Combine 1 tablespoon oil, garlic, paprika, turmeric, cumin, ginger, and cayenne in a bowl; set aside. Place 1/2 cup chickpeas in a second bowl and mash to a coarse paste with a potato masher.

Pat chicken dry with paper towels and season with salt and pepper. Heat remaining 1 tablespoon oil in 12-inch oven-safe skillet over medium-high heat until just smoking. Cook chicken skin side down until skin is crisped and well browned, 8 to 10 minutes; transfer chicken skin side up to plate.

Pour off all but 2 tablespoons

fat from skillet (or, if necessary, add extra oil to equal 2 tablespoons).

Heat fat left in skillet over medium heat until shimmering. Arrange fennel cut side down in skillet and sprinkle with 1/4 teaspoon salt.

Cover and cook until lightly browned, 3 to 5 minutes

per side. Push fennel to sides of skillet. Add spice mixture, lemon zest, and cinnamon stick to center and cook, mashing spice mixture into skillet, until fragrant, about 30 seconds. Stir spice mixture into fennel. Stir in wine, scraping up any browned bits, and cook until almost evaporated, about 2 minutes.

Stir in broth, olives, apricots, mashed chickpeas, and whole chickpeas and bring to simmer.

Nestle chicken skin side up into skillet, keeping skin above liquid. Roast until fennel is tender and chicken registers 185 degrees, 35 to 40 minutes. Using pot holders, carefully remove skillet from oven. Discard lemon zest and cinnamon stick. Season with salt and pepper to taste. Sprinkle with parsley and serve with lemon wedges.



Infusing oils with spices draws out new, complex characteristics and makes for a versatile addition to your pantry.

Continued on B10

How to Get Smarter With Your SPICES

Continued from B9

SPICE-CRUSTED RIB-EYE STEAKS

Why this recipe works: What's better than a perfectly seared rib-eye? One where a generous spiced crust encases the rich, rosy meat. We tout the versatility of spice rubs, but there are cases when they require attention: They can burn if they're in contact with smoking heat for a while, or they can fall off during cooking. We wanted a nice sear on our spice-crusted steaks, but that requires pan-searing; we got around the burning issue by continually flipping the steaks, thus ensuring that each side was exposed to the heat in short intervals. We found that this technique had another advantage: It resulted in incredible steaks that were evenly cooked from top to bottom without an obnoxious gray band of meat—win-win. We didn't pat the steaks dry before applying the seasoning blend (as most recipes say to do), so the moisture from the meat acted as a glue to help the spices stick. For even more insurance, we cooked in a slick nonstick skillet, and we used a fork to flip the steaks, rather than tongs or a spatula, which could dislodge the spice coating. The coating on these rich steaks was firmly in place, but it had to taste good, too. Aromatic rosemary, coriander, and lemon zest combined with pungent dry mustard, peppercorns, and pepper flakes for a fragrant rub that also packed a punch.

- SERVES 4**
- 2 tablespoons chopped fresh rosemary
 - 1 tablespoon black peppercorns, cracked (see below)
 - 1 1/2 teaspoons salt
 - 2 teaspoons ground coriander
 - 2 teaspoons grated lemon zest
 - 1 1/2 teaspoons dry mustard
 - 1 teaspoon red pepper flakes
 - 2 (1-pound) boneless rib-eye steaks, 1 1/2 inches thick, trimmed
 - 1 tablespoon vegetable oil
- Combine rosemary, peppercorns, salt, coriander,



lemon zest, mustard, and pepper flakes in bowl. Sprinkle steaks on all sides with spice mixture, pressing to adhere. (Use all of spice mixture.) Set wire rack in rimmed baking sheet. Heat oil in 12-inch nonstick skillet over medium heat until just smoking. Add steaks and cook, flipping steaks with fork every 2 minutes, until well browned and meat registers 120 to 125 degrees F (for medium-rare), 10 to 13 minutes. Transfer steaks to prepared rack and let rest for 5 minutes. Slice thin and serve.

How to Crack Peppercorns

Cracked peppercorns should be about half the size of whole ones. In some elegant applications, when the texture of the pepper is of supreme importance, we'll sift the inevitable dusty matter through a fine-mesh strainer and discard.

To crack, rock bottom edge of skillet over 2 tablespoons peppercorns on cutting board until they crack; repeat.

PINK PEPPERCORN-POMEGRANATE PANNA COTTA

Why this recipe works: We use pink peppercorns in a number of savory applications, but these peppercorns (not true pepper) are by far the fruitiest and most floral of the varieties, so they take well to dessert. The clean dairy flavor of creamy panna cotta was a lovely canvas for the subtle pungency of pink pepper, which we used to infuse our cream base. To balance the spiciness and richness, we incorporated pomegranate juice into the base, which provided not only complementary fruitiness but also smashing color. A garnish of pomegranate seeds and shaved white chocolate was a rich adornment, while a touch of coarse finishing salt brought all the flavors to life. To serve unmolded, you'll need six 4- to 5-ounce ramekins. Panna cotta may also be chilled and served in wine glasses. If you'd like to make the panna cotta a day ahead, reduce the amount of gelatin by 1/2 teaspoon and chill the filled ramekins for at least 18 hours or up to 24 hours. You can use your preferred coarse finishing salt in this recipe.

- SERVES 6**
- 2 cups heavy cream
 - 3 tablespoons pink peppercorns, cracked
 - 1 cup pomegranate juice
 - 2 teaspoons unflavored gelatin
 - 3 tablespoons sugar
 - 1/8 teaspoon salt
 - 1/2 cup pomegranate seeds
 - Shaved white chocolate
 - Coarse finishing salt

Bring heavy cream and peppercorns to simmer in a medium saucepan over medium heat. Transfer

to a bowl, cover, and let sit until flavors meld, about 10 minutes. Meanwhile, pour pomegranate juice into a clean medium saucepan. Sprinkle surface evenly with gelatin and let sit until gelatin softens, about 5 minutes. Fill a large bowl halfway with ice and water. Set six 4- to 5-ounce ramekins on a rimmed baking sheet. Heat the juice and gelatin mixture over high heat, stirring constantly until gelatin is dissolved and mixture registers 135 degrees F, 1 to 2 minutes. Off heat, whisk in sugar and salt until dissolved, about 1 minute. Stirring constantly, slowly add the cream mixture. Transfer mixture to the now-empty bowl and set over a prepared ice water bath. Stir the mixture often until slightly thickened and mixture registers 50 degrees F, about 20 minutes. Strain mixture through a fine-mesh strainer into a 4-cup liquid measuring cup, then divide evenly among ramekins. Cover all ramekins on a baking sheet with plastic wrap and refrigerate until the panna cottas are just set (mixture should wobble when shaken gently), at least 4 hours or up to 12 hours. To unmold, run a paring knife around the perimeter of each ramekin. (If the shape of ramekin makes this difficult, quickly dip ramekin into a hot water bath to loosen the panna cotta.) Hold serving plate over the top of each ramekin and invert; set plate on the counter and gently shake ramekin to release the panna cotta. Sprinkle with pomegranate seeds, white chocolate shavings, and finishing salt. Serve.

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Foods That Brighten Your Skin

Feed your skin what it needs to shine like it wants to

ALLISON TANNIS

Is your skin looking a little dull? You could try tricks like scrubbing your skin with exfoliants or put a higher watt bulb above the bathroom mirror to brighten your complexion. But, your skin will never fully radiate and glow like healthy, youthful-looking skin if you're not eating well.

What Causes Dull Skin?

Our skin can be divided into three layers: epidermis, dermis, and hypodermis. The outermost layer of your skin, the epidermis, is made up of mostly dead skin cells, which can build up creating a dry, flaky, white or even yellow appearance. Dry and flaky skin also can be caused by a lack of oil and water in the skin's second layer, the dermis. Feeding the dermis with oil, water, and other nutrients is the job of blood vessels. Certain nutrients can help your skin look more youthful, radiant, and beautiful.

Foods To Brighten Your Skin

1. Carrots

Brightening Nutrient: Vitamin A

With about 1.6 billion skin cells on your body, turning over every 28 days, your body is constantly making skin cells. Eating foods that support cell growth can help ensure your body is able to create the most beautiful skin possible. Vitamin A supports the growth of beautiful new skin cells. It plays a vital role in cell differentiation. In fact, as early as 1941, scientists highlighted the importance of eating vitamin A rich foods for healthy skin after it was discovered a lack of vitamin A in a person's diet leads to abnormal skin growth. Carrots are a well-known source of vitamin A. Eating carrots can give your skin a sort of tanned appearance—but, be careful as too much can make your skin look orange.

2. Sesame Seeds

Brightening Nutrient: Zinc

Putting zinc cream on your face can prevent sun damage, thus it makes sense that your body puts five to six times more zinc in the skin's epidermis than the dermis. Zinc is a great antioxidant in the outer layers of the skin and can promote wound healing. Antioxidants stop free radical damage in the



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skin, which disrupts new cell formation, weakens collagen strength, and causes spots. Putting zinc on your skin may be great for the beach, but not the office—try digging into zinc-rich foods like oysters, lamb, sesame seeds, and green peas and feed your skin from the inside-out.

3. Oranges

Brightening Nutrient: Vitamin C

Your complexion becomes less bright as you age. Just look at the skin of older people—it's drier, more pale and spotty. Age spots, or photoaging, are caused by sunlight eliciting an increase in pigment in certain cells of your skin (melanocytes). Preventing skin aging has never been easier—vitamin C is a potent antioxidant that fights damage caused by sunlight, and is a co-factor required for the collagen formation which gives the skin its strength. There are lots of sources of vitamin C to enjoy including oranges, raspberries, limes, and kiwis.

4. Sardines

Brightening Nutrient: Omega-3 fatty acids

It's well known that omega-3 fatty acids support a healthy cardiovascular system—but, did you realize that also means healthy skin cells? That healthy glow of beautiful skin comes from healthy skin cells being fed by thousands of small blood vessels. Studies have shown that omega-3 fats help the skin's oil (sebaceous) glands, improving skin conditions like acne and psoriasis. Plus, omega-3 fatty acids are capable of mediating inflammation. By reducing the amount of inflammation, omega-3 fatty acids help reduce puffiness and redness in the skin. The best source of omega-3 fatty acids are fatty fish (sardines, salmon, tuna, mackerel, anchovies) and, for the vegans, there are seeds (like flax and chia).



5. Yogurt

Brightening Nutrient: Probiotics

Red blotches on the skin are a sign of inflammation caused by trauma (e.g. rubbing of the skin, ultraviolet light or chemical damage), allergic reaction or rosacea. Eat away inflammation. Probiotics found in yogurt are a well-known mediator of inflammation. Top yogurt with berries for extra inflammatory fighting



Beautiful skin comes from healthy skin cells being fed by thousands of small blood vessels.

power. For higher dosages of probiotics, try a supplement.

6. Kale

Brightening Nutrient: Antioxidants

Age spots, freckles, and moles can be sprinkled across your skin. For those of us with naturally occurring freckles, they're a dimension of our beauty. But, when skin spots are caused by the sun, we need to act. Protect against the damaging effects of the sun on your skin by sinking your teeth into antioxidant-rich foods like brightly colored fruits and vegetables. Kale contains over 45 different antioxidant compounds called flavonoids. Not a fan of kale? Mix it in with your favorite salad lettuce, or bake up some home-made kale chips.



7. Wheat Germ

Brightening Nutrient: B vitamins

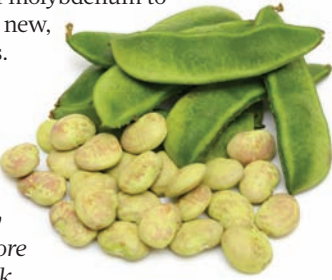
A million skin cells are lost each day and replaced—phew, you spend a lot of energy making skin cells. Brewer's yeast, mushrooms, and wheat germ are packed with B vitamins, which help your cells use energy from carbohydrates, protein, and fat. Help your skin have enough energy to make its daily quota by eating foods rich in B vitamins. Never tried wheat germ before? Simply sprinkle on salads, pasta, or granola.



8. Lima Beans

Brightening nutrient: Molybdenum

You'll need more than B vitamins to keep up with that daily quota of a million skin cells a day. A nutrient called molybdenum can help. Molybdenum helps in the synthesis of DNA, which is needed to make a new cell. Lima beans and other legumes (edamame, green peas) are a good source of molybdenum to help your skin synthesize new, beautiful, and bright cells.



Allison Tannis is a nutritional expert and author. For more details about how your skin is designed and how you can feed it to look more beautiful in Allison's book "Feed Your Skin, Starve Your Wrinkles." This article was first published on Naturally Savvy.com

New to College? Spend Some Time Alone

Seeking solitude—for the right reasons—can be good for first-year college students, research suggests

SANDRA KNISPEL

How young adults manage to navigate the stressful transition to college has long-term implications for their academic performance and ability to stick with their studies. Research has shown that one frequent pitfall during this transition from high school to college is social isolation. Loneliness, of course, can have a seriously detrimental effect on a student's mental health, potentially leading to depression.

But being alone isn't necessarily bad, suggest new findings in the journal Motivation and Emotion.

"Approaching solitude for its enjoyment and intrinsic values is linked to psychological health, especially for those who don't feel as if they belong to their social groups," says lead author Thuy-vy Nguyen, who received her doctorate in psychology from the University of Rochester in 2018 and who undertook a large part of the research for this study in Rochester.

"These findings highlight the importance of cultivating the ability to enjoy and value solitary time as a meaningful experience, rather than trying to disregard it, or escape from it," says Nguyen, who'll join Durham University in England this fall as an assistant professor.



PRISCILLA DU PREEZ/UNSPLASH

Seeking time alone can help a person know who they are and what they want.

Alone for the Right Reasons

What then marks the difference between useful and potentially detrimental solitude? The key is positive motivation, according to the researchers. A healthy, autonomous seeking of alone time is associated with greater self-esteem, a greater sense of feeling related to others, and feeling less lonely.

Conversely, someone who wants to be alone because of negative social experiences more likely will feel the negative effects of solitude, such as isolation or social withdrawal. The reasons matter as they determine how we experience solitude and the benefits we can get from it, the study concludes.

Nguyen is building on the research of her mentors, Edward Deci and Richard Ryan, co-founders of self-determination theory (SDT). The theoretical framework of SDT fits nicely into the investigation of how individuals' motivations for spending time alone contribute to well-being, the researchers note. Per definition, autonomous motivation for being alone refers to a person's decision to spend time in solitude in a manner that is valuable and enjoyable for the person.

Time for Yourself

Previous research had shown that spending too much time socializing during the first year of college—and as a result, having little time spent alone—may be associated with poor adjustment.

But over the course of two studies, conducted with 147 first-year college students in the United States (testing for self-esteem) and 223 in Canada (testing for loneliness and relatedness), the team was able to untangle the interaction between new students' social life and their motivation for spending time alone as a predictor of their successful adjustment to college life.

Nguyen says the interplay between solitary time and our social experiences has not been empirically studied before, at least not in this way.

"In previous research, it has been framed in ways that those with more access to social connections tend to have a better time in solitude. But in our study, having a healthy motivation for solitude actually is associated with wellness for those who

have less access to social connections," says Nguyen. Key findings include:

- First-year students who valued and enjoyed their alone time seemed to display greater psychological health
- Solitary time can be useful for detaching oneself from societal pressures and getting back to one's own values and interests, which in turn allows for better behavior regulation (with a greater sense of autonomy, choice, and self-concordance)
- The association between freely chosen motivation for solitude and psychological health is stronger for those who don't feel they belong in college
- The findings held across two independent samples of first-year students—one at a private university in the United States and one at a public university in Canada

One frequent pitfall during this transition from high school to college is social isolation.

"Being alone does not make you a loner, which is a very easy stereotype to internalize when you first enter college—especially when you think that everyone around you is socializing when you are not," adds Nguyen. "Solitude is a personal experience for everyone, so it is a time for you to take if you want, and just explore different ways to make it a meaningful and enjoyable experience for you." Coauthors of the study are from Carleton University in Ottawa, Canada, and Ghent University in Belgium.

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An Ancient Chinese Story

The Mountain Deity and His Guard Wolf

ANONYMOUS

Long ago, Phoenix Mountain in Shandong Province was home to a secluded spiritual follower and his guard wolf. Through his Buddhist cultivation, the spiritual follower had already become a mountain deity. The two lived in a stone house inside a large cave in the mountain. The mountain deity was deeply fond of his wolf.

Every day, the mountain deity watched over the mountain and read Buddhist scriptures, while his guard wolf paid careful attention to him as he worshiped the Buddha and chanted the scriptures.

The wolf knew it could not undertake spiritual cultivation because it did not have a human body. However, it still memorized the scriptures by heart and was determined not to kill any more humans but rather to do good deeds. It did so in hopes of earning enough “de” (virtue) to obtain a human body in its next life, so that it would have the opportunity to cultivate and attain Buddhahood.

‘Please Be Kind’

One morning, the hungry wolf asked the mountain deity for food. The mountain deity said: “Go to the dried river at noon today. There will be something for you to eat.”

The wolf went to the dried river at noon and saw a blind man walking with a bamboo pole. In its hunger, it ran over and pushed the blind man to the ground.

The blind man pleaded with the wolf, saying: “Please be kind to me. I have an elderly mother at home waiting for me to bring her food. If you eat me, my poor mother will die of hunger. Please don’t eat me.”

Upon hearing that, the wolf could not bear to eat the blind man. It turned away and went to a nearby village. After a great deal of effort, it found a few chicken bones. Then it went back to the cave, still hungry.

Two weeks later, the wolf was extremely hungry again. It again went to the mountain deity to ask for food. The mountain

deity told his wolf, “Go to that dried river again at noon today. You will find food there.”

It was snowing and freezing at noon. The wolf went to the dried river and saw an old lady carrying a baby in her arms. In its hunger, it ran over, pushed the old lady down, and snatched the baby in its mouth.

The wolf was just starting to run away when the old lady knelt down on the ground and pleaded: “Please be kind. He is the only grandson in my family. If you eat him, our family lineage will cease. Please don’t eat him.”

After hearing the old lady’s plea, the wolf no longer had an appetite. It put the baby down and went to a nearby village to look for food. Snow blanketed everything, and it hunted for a long time without finding any food. Hungry and cold, the wolf dragged its tired body back to the cave.

After that, the weak wolf did not go out anymore and soon died of hunger.

The Temple Host and the Cub

The wolf reincarnated as a son in a family in the same village. The little boy enjoyed going to a local temple and often went with his family to burn incense for the Buddha statue.

When the boy was 13, he went to Phoenix Temple on Phoenix Mountain and became a monk. Phoenix Temple was near the cave where the old stone house used to be, where he, as a wolf in his previous life, had lived with the mountain deity.

The boy sincerely studied Buddhist teachings and cultivated his character. Then when he was 20 years old, he became the host of the temple.

As for the mountain deity, he had been very attached to the wolf, and after the wolf died, he lost all interest in watching over the mountain and reading Buddhist scriptures. Whenever he thought about the wolf starving to death, he lost his appetite and could not sleep. Then a few years later, he also died in the cave.

The mountain deity reincarnated as a



The wolf was determined not to kill any more humans but rather to do good deeds.

yellow wolf cub in a litter of cubs on Phoenix Mountain. It started out growing well on its mother’s milk. However, when its mother stopped nursing, it had great difficulty getting enough food to eat, since it had a clear idea of its previous life and did not want to kill. So the cub mainly ate leftovers from the other cubs and often went hungry.

Cultivating Buddhahood

The cub knew that people left food and fruit at Phoenix Temple, and it frequently went to the temple to find food and fruit to eat.

One day, while the cub was at the temple stealing fruit, the host of Phoenix Temple entered the hall. Upon seeing the cub, the host exclaimed in surprise, “Buddha Amitabha!” and welcomed the cub, saying, “Good, good, very good!”

The yellow cub looked at the host and

knew right away that he was the guard wolf in their previous lives.

The mountain deity had become a wolf, and the wolf had become the temple host.

Feeling great shame, the cub ran out of the temple to the other side of the mountain. It no longer wanted to live. Its only wish was to have a human body again so that it could cultivate Buddhahood.

Thus, the cub rammed itself into a big rock, bounced off the rock, and fell to its death in the valley.

This story illustrates how precious a human body is for a spiritual cultivator. Lifetime after lifetime, many people aspire to attain Buddhahood, but few succeed.

Translated by Dora Li into English, this story is reprinted with permission from the book “Treasured Tales of China,” Vol. 1, available on Amazon.

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