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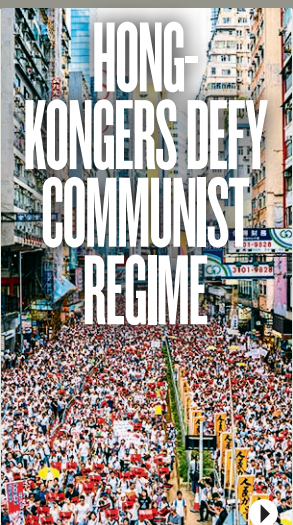
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In  
the NEWS



SEE STORY ON A4

### Closing ARGUMENTS

in the high-profile trial of sex cult leader Keith Raniere have begun, with a US federal prosecutor telling jurors how Raniere's tactics "destroyed their victims' sense of self."

US | A7

### ALMOST 800 PEOPLE

cramped into four trucks were detained by Mexican officials on June 15, following Mexico's promises to crack down on illegal immigration across the U.S. border.

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### In the event of NUCLEAR WAR

the United States may find itself facing off against a relative newcomer on the 'bloc': the Shanghai Cooperation Organisation, writes Trevor Loudon.

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JUSTIN PALMER

Sir Geoffrey Nice QC, chair of the China Tribunal, deliver's the tribunal's judgment in London on June 17, 2019.

### HUMAN RIGHTS

## Forced Organ Harvesting in China Has Taken Place 'On a Significant Scale'

Verdict by Independent People's Tribunal Throws  
Communist China's Denials into Question

CATHY HE

An independent people's tribunal has unanimously concluded that prisoners of conscience continue to be killed in China for their organs "on a significant scale."

"Forced organ harvesting has been committed for years throughout China on a significant scale," Sir Geoffrey Nice QC, chair of the tribunal, said in a judgment delivered on June 17 in London, following a yearlong investigation.

The panel further concluded that adherents of the spiritual practice Falun Gong have been the main source of organs in the Chinese regime's highly lucrative transplant industry. Falun Gong, a spiritual discipline consisting of meditation exercises and moral teachings based on truthfulness, compassion, and tolerance, has been brutally persecuted by the Chinese regime for the past two decades. Adherents of the practice have been thrown into prisons, labor camps, and brainwashing centres, where many have been tortured in an effort to force

them to renounce their faith.

"The Tribunal has had no evidence that the significant infrastructure associated with China's transplantation industry has been dismantled—and absent a satisfactory explanation as to the source of readily available organs—concludes that forced organ harvesting continues till today," Nice said.

The tribunal also said that though they did not have definitive evidence, there was a "risk" that Uyghur Muslims in Xinjiang may be subject to forced organ harvesting while detained inside "re-education camps" set up by Chinese authorities. The U.S. State Department and experts estimate that more than 1 million Uyghurs and other Muslim minorities are currently being detained in such camps, where they are subject to torture and political indoctrination.

The panel, chaired by Nice, who previously led the prosecution of former Yu-Continued on A5

The tribunal also said that though they did not have definitive evidence, there was a "risk" that Uyghur Muslims in Xinjiang could be subject to forced organ harvesting.



UNSPASH

Boys and men aren't given as much attention in today's human trafficking crisis.

### HUMAN TRAFFICKING

## The Silent Victims: A Hidden World Where Boys Are Trafficked

BOWEN XIAO

NEW YORK—One boy was trafficked with his mother by her husband and held in captivity for most of his life. Another was lured through video games into a family that forced him to have sexual relations with them and their friends. Yet one more, a foster care runaway, was picked up in the street and offered a place to stay—in exchange for intercourse.

These cases point to only a drop in the ocean of what many boys go through in the United States. Human trafficking, or "modern-day slavery," is a broad term used to describe victims of forced labour, sexual exploitation or servitude, and forced marriages, among numerous other abuses. Trafficking is a problem thatContinued on A8

### OPINION

## By Involving North Korea and Iran, Beijing Tries to Divert Public Attention from Mass Protest in Hong Kong

TANG HAO

#### Commentary

Beijing unexpectedly announced on June 17 that Chinese leader Xi Jinping will go to North Korea for a state visit on June 20. It will be the Chinese leader's first visit to North Korea in 14 years. The question is, what is behind the high-profile visit to North Korea occurring in such a hasty manner?

#### Diverting Public Attention from Hong Kong

It was the day after Hong Kong's second massive parade that Beijing made this announcement. When the first parade opposing the controversial extradition bill was brutally suppressed by the Hong Kong police, nearly 2 million Hong Kong people took to the streets in protest on June 16, setting a record for attendance at a Hong Kong mass movement and attracting world-wide attention. Many countries condemned Bei-

### AFRICA

## US Can Help Africa Escape China's 'Debt Trap,' Former Mr. Africa Says

EMEL AKAN

China is rapidly gaining political and economic influence in Africa through its "debt trap diplomacy," and the United States must change its approach to counter Beijing's regional hegemony, an African business consultant and political activist said.

China may soon control Africa, warned Akol Nyok Alok Dok, a South Sudanese business consultant and an activist who raises awareness about China's neocolonial One Belt, One Road Initiative (OBOR, also known as Belt and Road). Dok also was Mr. Africa International in 2016.

Through the initiative, China is pouring billions of dollars into Africa to support the infrastructure development of the African states. Many of these projects, however, are financed by loans with opaque terms provided by China's state-controlled lenders.

In recent years, the initiative has been critiqued as being "debt-trap diplomacy," raising the risk of economic distress in borrowing countries and putting their sovereignty at risk. Continued on A3

DAN KITWOOD/GETTY IMAGES



A view of the London skyline on March 18, 2019.

### IRAN NUCLEAR DEAL

## Hezbollah's London Bomb-Making Plot, the Iran Nuclear Deal, and Bruce Ohr

JEFF CARLSON

Terrorists linked to Iranian-backed Hezbollah were stockpiling bomb-making ingredients, including three tons of ammonium nitrate, in what was described as a "secret British bomb factory," in London in 2015, The Daily Telegraph reported this week.

The 2015 case was kept "hidden from the public" until now.

The discovery of the explosives cache in the fall of 2015, and the subsequent decision to keep that information from the public, occurred during a period of intense public debate over the nuclear deal between the Obama administration and the Islamic Republic of Iran.

#### The Iran Nuclear Deal

On July 14, 2015, the United States, Russia, China, the UK, France, andContinued on A6

What is behind [Xi's] high-profile visit to North Korea occurring in such a hasty manner?

jing for trying to encroach on freedoms and human rights in Hong Kong.

China's top leaders seriously underestimated the Hong Kong people's courage and anger. The unexpected massive turnout in Hong Kong has become too challenging and embarrassing for Beijing to handle. They had to quickly put the brakes on the crackdown, and try to separate themselves from Hong Kong leaders.

Continued on A12

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.



# Euthanasia Becomes Legal in Labor’s Victoria

Australia’s only euthanasia laws are in place but it could take weeks, if not months, for the first person to die under the state Labor scheme, and maybe much longer for the public to know.

Terminally-ill Victorians in intolerable pain and with less than six months to live, or 12 months for neurodegenerative diseases, and who meet a total of 68 safeguards can request their doctor’s help to die. They have to be over 18 years old.

The application process takes at least 10 days before approval is granted.

“There will be perhaps a number of weeks before we become aware that a person has accessed the first permit in Victoria, it’s very difficult to predict the exact timing,” Health Minister Jenny Mikakos told reporters at parliament on June 19.

“But look, there are people who have been waiting a long period of time for this change to commence today and my thoughts are with them.”

The coroner and an independent review board, headed by former supreme court justice Betty King, will be alerted to each of the lethal-medication deaths, for review.

The government expects up to 150 people a year will eventually use the scheme but those numbers might only be known through the review board’s annual report, which will include the number of permits issued and deaths that occur.

“We will look at all of the material that has been placed before the people, the secretary who makes the decision, and we will review it to ensure it was compliant with the law,” King said.

“If there is something that is an impediment or blockage, then we will talk about it, we will report it to the parliament.”

If there is any suspicious activity, it will be reported to the police, coroner or medical review board, she said.

It’s been 18 months since parliament narrowly passed the controversial laws. Catholic Health Australia, which is one of the largest health and aged care service providers in the state, says it does not consider the prescription of the lethal medicine a part of end-of-life care. But its services will not stand in the way if patients seek euthanasia from other providers.



Premier of Victoria Daniel Andrews marches with protesters as they take part in a rally organised by the ACTU in Melbourne on Oct. 23, 2018.

Health Minister Jenny Mikakos said that doctors can conscientiously object to taking part in the scheme and more money is being put into palliative care.

“For the vast majority of Victorians, they will continue to access this world-class palliative care but we know that even the best of palliative care is not sufficient to alleviate the pain and suffering of all individuals,” she said.

The laws were passed in November 2017 after the Andrews Labor government pushed through the government bill. The bill had been met with both support from long-time advocates and also criticism from pro-life groups.

Dr. Rachel Carling, who was a Victorian MP at the time the bill was being debated, told The Epoch Times in May that she held a number of concerns, including that there is no definition of what constituted suffering in the legislation.

“There is absolutely no requirement for the person to be experiencing pain or other physical symptoms,” she said.

There is “nothing to exclude forms of existential suffering such as loss of autonomy, lack of capacity to enjoy former hobbies, feeling a burden on family or financial concerns to be the only suffering experienced.”

British comedian, actress, and disabled rights advocate Liz Carr told the Victorian Parliament in 2017 that any safeguards, let alone 68, were “an acknowledgement of risk in the first place” and that “the risk of getting it wrong in one case is too much.”

“It’s tough,” she said. “The people who were driven to pass these laws have seen some horrific things, they’ve seen the people that they love die.” But legislation won’t change that, she said.

“Death is always going to be messy

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**The Victorian government has allocated \$6.5 million over four years to implement the Voluntary Assisted Dying Act.**

whether we have assisted suicide laws or not.”

Legal experts warned at the time that the passing of “assisted dying” legislation in Victoria sets the precedent for similar legislation to be adopted in other states across the nation.

Queensland and Western Australia are already considering their own “assisted dying” legislation, but not only for the terminally ill. Those states are also open to considering the needs of those with chronic illness or neurological conditions.

The Victorian government has allocated \$6.5 million over four years to implement the Voluntary Assisted Dying Act.

*By Kaitlyn Offer  
From AAP*

*Epoch Times editor Melanie Sun contributed to this report.*

# Morrison Faces Easier Senate Post-Election, Hinch Misses Out

The make-up of Australia’s next federal parliament has been confirmed, with the announcement of senators for Victoria marking the end of the election count.

Prime Minister Scott Morrison will have a less complicated job of getting bills through parliament after the Senate election results were finalised.

Coalition Senate negotiators will only need the support of four crossbenchers to win legislation votes in the upper house if they don’t have the backing of Labor or the Greens.

In the previous parliament, the coalition only had 31 senators—requiring it to get Labor, the Greens, or a mixed bag of eight out of 10 crossbenchers on side to pass legislation.

With the confirmation on June 19 of the Victorian Senate results, Morrison’s Liberal-National coalition will have 35 senators in the 76-seat upper house.

Labor will have 26, with nine Greens, two One Nation, two Centre Alliance,

Australian Conservative Cory Bernardi and Tasmanian independent Jacqui Lambie.

Labor leader Anthony Albanese has flagged a new era of “solutions” rather than arguments when federal politicians return to Canberra on July 2.

Albanese says he expects to speak with Morrison before parliament returns, after the pair had a “very constructive discussion” at Bob Hawke’s memorial service in Sydney.

“I’m always available to engage in a positive way. One of the things I’ve said is I’m the Labor leader, not the Opposition Leader,” Albanese told 2GB radio on Wednesday.

“I don’t want to oppose for its own sake—people are looking for solutions rather than arguments.

“They really want us to get agreement wherever is possible.”

The Liberals won three of the six Senate seats in Victoria which were up for



Julia Banks (L) and Dr. Kerryn Phelps shake hands with Senator Derryn Hinch in the Senate at Parliament House on Feb. 13, 2019.

election, with incumbents James Paterson and Jane Hume joined by fresh face David Van.

Labor senator Raff Ciccone has held onto his spot after taking Victorian factional ally Jacinta Collins’ place when she retired earlier this year.

Former United Voice state secretary Jess Walsh will join Senator Ciccone in Labor’s team after gaining second place on the party’s ticket over outgoing senator Gavin Marshall.

The Greens’ Janet Rice will also return to the Senate when parliament resumes.

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**Former broadcaster Derryn Hinch will say goodbye to federal parliament, after not receiving enough votes to extend his term.**

Former broadcaster Derryn Hinch will say goodbye to federal parliament, after not receiving enough votes to extend his term.

All 151 House of Representatives seats have now been declared.

Morrison will head into the 46th parliament with 77 seats in the lower house.

Labor will have 68 seats, down one on its previous position, while there will be six MPs on the crossbench—one Green, one Centre Alliance, Queensland’s Bob Katter, and three independents.

Morrison is on a family holiday but is scheduled to speak at a business function in Perth on Monday before attending the G20 leaders’ summit in Japan later next week.

*By Marnie Banger and Rebecca Gredley  
From AAP*

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# US Can Help Africa Escape China’s ‘Debt Trap,’ Former Mr. Africa Says

CONTINUED FROM A1

rowing countries and putting their sovereignty at risk.

The countries that are trapped in China’s exploitative loans end up losing control of their assets. A prominent example is the South Asian country of Sri Lanka, where the country handed over its Hambantota Port to Chinese companies in 2017 for a 99-year lease when it failed to repay its \$8 billion debt.

African states are likely to do the same. There are reports that China has seized a number of assets in Zambia, including ZESCO, the national power utility. However, Zambia has denied such claims.

According to Dok, African countries face difficulties in financing their infrastructure projects. They can’t get enough funds from the International Monetary Fund, the World Bank, or Western nations.

“Chinese come in and give them loan options, with no strings attached. But as these countries struggle to pay off these loans, the Chinese begin to seize assets and begin to take over various industries,” he said.

The three African countries with the largest amounts of debt from Chinese loans are Angola, Ethiopia, and Kenya, and they are all in debt distress.

In addition, many infrastructure projects benefit Chinese contractors rather than local businesses. Nearly 89 percent of OBOR contractors are Chinese companies, according to the World Economic Forum. And these projects rely heavily on Chinese labor, rather than the local workforce, which causes resentment in the host countries.

China’s Narrative

Beijing’s influence in South Sudan is also growing; China is the biggest investor in the country’s oil industry.

“Many people in South Sudan have a positive opinion of the United States and the West, but they feel as if sometimes the West and the United States are working against them and looking down on them,” Dok said.

“And that’s a narrative that China plays on,” he said, adding that the Chinese have benefited from Africans’ unpleasant memories of Western domination and co-

lonialism.

According to Dok, China and the United States diverge in their approach to Africa. The Chinese regime, for example, doesn’t press African states to promote certain Western values, such as democracy and human rights.

Dok thinks the Western strategy is more paternalistic, focusing more on the internal political system and telling Africans what to do. He also says the current U.S. sanctions on South Sudan have kept local companies from buying American technology and equipment.

According to Dok, the United States has to change its foreign policy toward African states and become partners with them to counter China’s hegemony.

“When you develop an economy, then you can promote a better political system. Because most issues in Africa evolve from poverty, and poverty is a political issue,” he said.

South Sudan

A landlocked country in east-central Africa, South Sudan is poverty-stricken, despite having the third largest oil reserves in Africa.

The country gained its independence from Sudan in 2011. Its population of 12 million is among the youngest in the world, with about 74 percent below the age of 30. Its vast natural resources and young population make South Sudan an ideal location for a business venture, Dok said.

Since the 1990s, China has been a dominant player in the oil and gas industry of South Sudan. Chinese companies own nearly 47 percent of Dar Petroleum, which is the only consortium in the country producing oil at significant volumes. Chinese companies also hold the majority of the service contracts in the nation’s oil fields.

To fund new infrastructure projects, the South Sudan government recently agreed to supply 30,000 barrels per day of crude oil to the Export-Import Bank of China. The country cur-



Akol Nyok Alok Dok, former Mr. Africa



Chinese construction worker on the site of a new shopping mall in Colombo, Sri Lanka, on Nov. 10, 2018.

rently produces 170,000 barrels per day.

While people do see the looming threat of China, many of them are still oblivious to it, Dok said, as they want roads, schools, and hospitals.

“The Chinese are building a hospital in Juba right now, one of the first hospitals in the capital city. So people are looking more at the product than the policy threat.”

In March, China’s state-run media Xinhua announced that the China Civil Engineering Construction Corp. would build at least 26 hospitals across South Sudan. The country received a \$33 million grant

from the Chinese regime in 2013 to renovate and expand health facilities throughout the country.

However, these infrastructure projects don’t benefit the local contractors or workers, said Dok, who added that it isn’t in China’s interest to train the local workforce and lift them out of poverty.

“When the Chinese control the technology, when they control the resources, it’s hard to get some locals involved,” Dok said. “They don’t want [the local] people to be independent. Because if they are independent, they won’t be able to bring the Chinese.”

## UK Foreign Secretary Says He Agrees ‘150 Percent’ With President Trump’s Criticism of London Mayor

JANITA KAN

UK Foreign Secretary Jeremy Hunt has defended President Donald Trump’s comments about knife crime in London, saying that he “150 percent” backs the president’s sentiments over the city’s mayor, Sadiq Khan.

Reacting to the recent spate of attacks in London that left four dead in four days, Trump blamed Khan for the rise in violence, while warning that the situation could get worse.

“LONDON needs a new mayor ASAP. Khan is a disaster – will only get worse!” Trump wrote on Twitter on June 15.

Although people were quick to criticize Trump for his comments, Hunt told reporters on June 17 that he understands where the president’s sentiments are coming from.

“I wouldn’t use those words myself. But the sentiment is enormous disappointment that we have a Mayor of London who has completely failed to tackle knife crime and has spent more time on politics than the actual business of making London safer, and in that I 150 percent agree with the president,” the foreign secretary said, reported the Financial Times.

Khan has reacted to Trump’s comments on June 17, accusing the president of “amplifying a racist tweet” and being a “poster boy for racists around the world,” reported BBC.

Meanwhile, Khan has blamed the increase of violent crimes on “massive cuts” on police resources, reported Sky News.

London’s murder rates had skyrocketed in recent years, with stabbings also increasing, according to London’s Metropolitan Police. Meanwhile, knife crimes in England and Wales had surged to its highest-ever level between 2017 and 2018.

In a report that was released at the time, Britain’s Office for National Statistics (ONS) said the total of 39,332 recorded knife crimes between July 2017 and June 2018 represents a 12 percent rise in violent crime involving edged weapons and other sharp instruments.

U.K. police say the increase in knife crimes has been driven by several factors, including rivalries between drug gangs, cuts to youth services, and provocations on social media. Moreover, many of these incidents have occurred in poor areas of London.

According to local media, a number of arrests have been made in connection to

CHRIS JACKSON/AFP/GETTY IMAGES



US President Donald Trump talks with Britain’s Prime Minister Theresa May and Foreign Secretary Jeremy Hunt during a dinner at Winfield House, London, on June 4, 2019.

the four separate murders.

On Friday, June 14, police responded to the stabbing death of an 18-year-old in Wandsworth, south London at about 4:42 p.m. Minutes later, police were called to Plumstead, south-east London where a 19-year-old man was shot dead, reported BBC.

Then on Saturday, June 15, two men were stabbed in Clapham during the early hours of the morning, while another man was stabbed in Brixton. The condition of one of the men in Clapham is still unknown, while the other two are suffering non-life-threatening injuries.

On Saturday afternoon, a man in his thirties was stabbed to death at Tower Hamlets in east London, the news broadcaster also reported.

A fourth death was reported during the early hours of June 17, where a man in his 40s was stabbed to death in Stratford, east London, reported Sky News.

Local authorities said they were stepping up police patrols and will engage in “operational tactics in targeted locations to prevent further violence and to provide reassurance to the communities in those areas,” according to Scotland Yard’s deputy assistant commissioner Matthew Twist.

Tom Ozimek and Reuters contributed to this report.



Sadiq Khan, Mayor of London

“I wouldn’t use those words myself. But the sentiment is enormous disappointment that we have a Mayor of London who has completely failed to tackle knife crime.”

JEREMY HUNT  
UK FOREIGN SECRETARY

## Venezuelan Leader Opens Investigations Into Alleged Embezzlement of Funds Intended for Military Deserters

LUKE TAYLOR

BOGOTA, Colombia—Venezuelan interim president Juan Guaidó’s ambassador to Colombia formally requested that Colombia open investigations into the alleged misappropriation of funds by members of his own coalition.

The June 18 request by Ambassador Humberto Calderon Berti follows a report in Miami’s PanAm Post on June 14 that Colombian intelligence services discovered that two officials personally appointed by Guaidó have been using funds that are intended to feed and house individuals fleeing Venezuela’s military on designer clothes and lavish nights out in nightclubs, restaurants, and hotels.

Guaidó, who invoked the constitution on Jan. 23 to declare himself interim president, has promised a number of “internationally transparent” investigations into the matter. “Dictators are the ones who cover up corruption. Not us,” the fresh-faced leader posted on Twitter on June 17, referring to Nicolás Maduro, who is widely believed to have secured his latest term in fraudulent elections.

At Bogotá’s public prosecutor’s office, Berti officially requested the assistance of Colombia, a key ally against Maduro and a launching pad for many efforts to unseat him, in its investigations.

The two officials under investigation, Rossana Barrera and Kevin Rojas, were operating in the Colombian border-city of Cúcuta, a flashpoint in the Venezuela crisis from which Guaidó supporters attempted to allow humanitarian aid—rejected by Maduro—into the country on Feb. 23. The effort to retrieve the aid failed, ending in chaos as violence broke out and the supplies went up in flames, but succeeded as a catalyst for military defections.

More than 1,500 ex-military officials have since taken up Guaidó’s calls to abandon the dictatorship’s forces—accompanied by 735 family members—and have fled to Colombia, according to the country’s foreign ministry.

While the deserters have been awaiting a call to arms to liberate their country from Maduro, they have been living out of budget hotels—with the costs split between the UN Agency for Refugees and Guaidó’s establishment.

Those under the provisions of Guaidó’s organization have faced regular threats of eviction due to late payments, with the cause initially suspected to be poor administration. It now, however, looks more likely to be corruption rather than

The two officials had left \$30,000 of debt behind them and consistently failed to provide accurate information about the funds they had received.

incompetence, according to a senior figure involved in negotiations between the Colombian and Venezuelan governments on the matter.

The source, who preferred to remain anonymous, told The Epoch Times that the two officials had left \$30,000 of debt behind them and consistently failed to provide accurate information about the funds they had received. The case has been a “nightmare” for the Colombian government, which has now taken responsibility for the defectors.

The official couldn’t disclose the specifics of the intelligence report handed to Berti, but reiterated that the matter isn’t related to the U.S.-funded humanitarian aid stockpiled at the border, contrary to reports that the two officials were also responsible for much of it spoiling and burned it in a cover-up.

The aid, which never reached Venezuela, was intended to help meet the urgent needs of those suffering from the country’s rapid economic collapse and widespread food and medicine shortages. More than 4 million people have fled the chaos in Venezuela in recent years, according to the UN Agency for Refugees.

EVA MARIE UZCATEGUI/GETTY IMAGES



Venezuelan interim president Juan Guaidó, during a rally as part of Operación Libertad in Guatire, Venezuela, on May 18, 2019.





(From top L-R) **Protestors hold signs saying** “We would rather live under freedom than tyranny” in opposition to the Hong Kong government’s extradition bill on June 16, 2019. **A record 2 million protestors** demand Hong Kong Chief Executive Carrie Lam step down and withdraw the government’s extradition bill in a parade organised by Civil Human Rights Front. **A youngster takes part** in the June 16 protest in Hong Kong. **One protester holds up a sign** that reads “Tyranny Is Never Invincible,” in a reference to the Hong Kong government under pro-Beijing leader Carrie Lam. **Red and black signs** with the Chinese characters “Children Are Not Rioters” flood Hong Kong’s streets on June 16, 2019. **Hong Kong took to the streets** again this week calling for the withdrawal of Hong Kong’s extradition bill from the pro-Beijing majority legislative council on June 16, 2019.

# Chinese Regime Issues Blanket Media, Internet Censorship on Hong Kong Protests

NICOLE HAO

After nearly two million Hongkongers took to the streets to call for a controversial extradition bill to be shelved, the Chinese regime took measures to censor all related information, while state-run media spun the protests as anti-U.S. demonstrations. After heavy criticism from netizens, China Daily, an English-language state-run media directed at international audiences, was forced to delete its related Facebook posts.

### Hong Kong vs. Mainland

More than 25 percent of the city’s population, dressed in black, flooded the streets on June 16—making it the largest protest in the city’s history. It was the biggest news story in Hong Kong and around the world. But on Chinese media websites, there were no videos, photos, or reports to be seen about the protests. On Baidu, China’s most popular search engine, a search for the keywords “extradition bill” and “Hong Kong parade” produced no results about the one million protestors who turned out on June 9; protests on June 12, when police used tear gas, rubber bullets, and bean bags to disperse crowds; and the June 16 march. U.S.-based Chinese media China Digital Times, which covers the Chinese regime’s censorship tactics, reported on June 16, based on insider sources, that the Chinese Communist Party’s (CCP) Publicity Department—a government agency in charge of propaganda dissemination—ordered all Chinese websites to ban extradition bill-related videos, as well as comments on Cantonese pop songs that could be read as anti-CCP.

### Fake News Reports

Some state-run media reported on the Hong Kong events, but by misrepresenting the facts. A Xinhua report on June 17 described the protests as having a negative impact on Hong Kong’s social order. The report didn’t include details about the protests,



CARL COURT/GETTY IMAGES

but said the protests were “not rational” because local businesses couldn’t operate, causing financial losses. “Many adults didn’t read the extradition bill, and just blindly went on the streets [to protest],” the report said. In fact, many shops and businesses voluntarily joined a strike in protest of the bill. In a June 18 report, Xinhua reported that the Hong Kong government suspended the extradition bill, with claims that many Hongkongers want the city to refocus on financial development. Meanwhile, English-language state-run media China Daily falsely wrote in a June 17 report that Hong Kong parents had marched on June 16 against “U.S. meddling” in the city’s affairs. The report

falsely claimed that people marched to the U.S. Consulate General in Hong Kong and Macao calling on the United States to “stop interfering in Hong Kong affairs.” China Daily published an editorial on the same day, in which it said the protestors were fooled by “manufactured radicalism,” and the purpose was for “dividing Hong Kong society and damaging the city’s reputation for law and order.” On China Daily’s official Facebook page, related posts were deleted after many comments by netizens calling out the falsehoods. **Commentary** A mainland Chinese reporter surnamed Chen, who had traveled to Hong Kong to witness the march on June 16, told the

“The Beijing government is extremely scared.” **MAINLAND CHINESE REPORTER SURNAMED CHEN WHO WITNESSED HONG KONG’S JUNE 16 MARCH**

Protesters demonstrate against the now-suspended extradition bill, calling for the draft law to be fully withdrawn and for Hong Kong’s leader Carrie Lam to step down, in Hong Kong on June 16, 2019. Hong Kong edition of The Epoch Times why he believed the Chinese regime was so nervous about the extradition bill fallout. “Actually, the Chinese regime is having a big headache about the U.S.-China trade war. Now, this Hong Kong incident is like a second battlefield for the CCP, which made Beijing feel more pressured,” Chen said. Chen added that Chinese authorities aren’t allowing any media reports on the Hong Kong protests and are deleting related content that netizens are circulating, because the regime is worried that Chinese will be encouraged to protest for their rights if they see what Hong Kongers have been doing recently. “The Beijing government is extremely scared,” Chen said.



# Forced Organ Harvesting in China Has Taken Place ‘on a Significant Scale,’ Independent Tribunal Finds

CONTINUED FROM A1

goslavian President Slobodan Milosevic at the International Criminal Tribunal, consists of seven international experts tasked with conducting the world’s first-ever independent analysis of forced organ extraction in China.

The tribunal also found, beyond reasonable doubt, that crimes against humanity have been committed against Falun Gong practitioners.

Nice said the tribunal reached these conclusions after considering all the evidence available to it, including the testimonies of more than 50 witnesses given at two hearings.

He added that the tribunal reached out to representatives of the Chinese regime, including the Chinese Embassy in London and health officials, but didn’t hear back. The tribunal, he said, did not use the regime’s silence as evidence against it in reaching its conclusions.

Organ Harvesting

For the past 12 months, the tribunal has been investigating whether crimes have been, and continue to be, committed by the Chinese regime in relation to the practice of forced organ harvesting—the extraction of organs from living prisoners of conscience for profit.

“Forced organ harvesting is of unmatched wickedness—on a death for death basis—with the killings by mass crimes committed in the last century,” Nice said.

Detailed reports of the disturbing practice first emerged in 2006. Investigators concluded that the rapid expansion of China’s organ transplant sector since the year 2000 could be explained by the forcible extraction of organs from prisoners of conscience, primarily from Falun Gong practitioners.

Last December, after the first set of hearings, the tribunal members passed a draft interim judgment concluding that the crime has taken place in China “on a substantial scale.”

Findings

Nice said the tribunal made a series of findings regarding the organ-transplant system in China that led it to reach its “unavoidable” final conclusion.

He said the tribunal received “a great deal of evidence” showing that wait times for organs promised by doctors and hospitals in China for transplantation were extraordinarily short—timeframes not possible under normal, voluntary organ donation systems. The evidence included undercover phone calls to Chinese doctors as well as testimony from an Israeli doctor who recounted how his patient was told he could receive a heart transplant in China in two weeks.

The statistical evidence, Nice said, also shows that the number of transplants performed is vastly higher than the numbers provided by China’s voluntary



PATRICK LIN/AFP/GETTY IMAGES

Falun Gong practitioners reenact forced organ harvesting surgeries during a rally in Taipei, Taiwan, on April 23, 2006.

donor system.

Nice said that based on an analysis of the infrastructure and capacity at 146 Chinese hospitals, a conservative estimate is that 60,000 to 90,000 transplant operations are conducted each year—at least triple the numbers suggested by the Chinese regime of 10,000 to 20,000 per year.

The tribunal also received consistent evidence from released prisoners that they were medically tested, including blood tested, while incarcerated. These tests were consistent with testing for organ status, Nice said.

He noted that the tests seemed particularly out of place because the subjects were also tortured while detained. Additionally, the results of the tests were never explained to the victims, he added.

The tribunal also received direct evidence of organ harvesting, Nice said, including from a former surgeon who was instructed to perform organ extractions at a time when the industry was just beginning to grow.

Enver Tohti, during the December hearings, recounted how he had removed two kidneys and a liver from a death-row prisoner who had been shot in the right side of his chest but was still alive.

“What I recall is, with my scalpel, I tried to cut into his skin—there was blood to be seen. That indicates that the heart was still beating. ... At the same time, he was trying to resist my insertion, but he was too weak,” he said.

Tohti told The Epoch Times’ sister media NTD on June 17 that his actions have haunted him to this day.

“I go to church, I go to mosque, I go to temples to pray for him, in case he was Muslim, he was Christian, he was Buddhist,” he said.

**Call to Action**

While the tribunal concluded that the evidence shows that the Chinese regime has committed crimes against humanity, it found that it could not be certain whether the regime has committed the crime of genocide as defined under international law, because the tribunal could not prove the “intent” element of this crime.

The tribunal, in its judgment, nevertheless noted that “there is justifiable belief in the minds of some or many—rising to probability or high probability—that genocide has been committed.”

The tribunal said that governments and international bodies interacting with

the Chinese regime, including doctors, medical establishments, businesses, and educational institutions, “should now recognize that they are, to the extent revealed [in the judgment], interacting with a criminal state.”

The Chinese regime has repeatedly denied allegations of forced organ harvesting.

According to Sky News, the Chinese Embassy in London said in a statement, “The Chinese government always follows the World Health Organization’s guiding principles on human organ transplant, and has strengthened its management on organ transplant in recent years.”

Annie Yang, who was one of several Falun Gong practitioners to testify that they endured torture and medical testing while detained for their beliefs, told NTD that the judgment was a significant development that could be used to compel people and governments to take action.

“People need the courage to speak out, to talk about it, to let people know,” Yang said. “Only this way can you stop this persecution, to stop this organ harvesting, to stop this crime.”

NTD reporter Jane Werrell contributed to this report.

# Protesters Ask Thailand to Free Volunteer Who Broadcast Uncensored News to China

JOAN CHANG

WASHINGTON—A press conference and rally held June 14 in front of the Thai Embassy in Washington called on Thailand to free a Taiwanese man who was arrested by Thai police for helping a U.S.-based radio network deliver uncensored news and information across to China.

The Sound of Hope Radio Network (SOH) organized the event to protest the detention of Chiang Yung-Shin, a Taiwanese national who had volunteered to help the network by leasing a house in Thailand to be used for its shortwave radio broadcast into China. SOH had previously staged a protest in front of the embassy in February concerning Chiang’s detention.

According to SOH’s press release, Chiang is a top executive of a Taiwanese company in Thailand. The house that was leased for the shortwave radio site was raided by Thai police in August 2018, and Chiang was arrested on Nov. 22. Police in Thailand told SOH that both actions were taken under pressure from the Chinese communist regime.

Constant Censorship

Frank Lee, spokesman for SOH, said at the June 14 rally: “Giving in to the pressure from Beijing to suppress a free press is not good for Thailand and its people. Mr. Chiang is a volunteer who helped SOH, and he didn’t do this for his own gain.” Lee urged the Thai government to free Chiang so that he could return to his wife and two children in Taiwan.

SOH reiterated a previous statement that “broadcasting uncensored information using shortwave equipment to totalitarian



JOAN CHANG/THE EPOCH TIMES

Protesters hold a sign opposite the Thai Embassy in Washington on June 14, 2019.

countries is an international norm” that brings no harm to Thailand. The Chinese communist regime constantly censors news on its human rights violations and religious persecutions, as well as objective news reports from around the world.

During the rally, Lee delivered a letter from SOH President Allen Zeng urging Thailand to free Chiang. He said embassy officials had accepted the letter.

In the letter, Zeng said he was aware that “the Thailand police action was influenced by the Chinese government.”

“The Chinese Embassy is directly behind the case. Over the last 20 years, the Chinese government has tried in every way to mute all voices that could expose their crimes. They have arrested journalists, threatened or bought out people, unleashed lies through their media, and in this case in Thailand, shut down this shortwave radio,” he said.

A Voice From China

Chunmei Ma, a woman from China who was rescued by the U.N. Refugee Agency a few years ago, spoke at the rally. Because she is a Falun Gong practitioner, she was imprisoned in labor camps two times and kidnapped four times while she was in China. She said the torture and abuse she suffered at the hands of the Chinese communist regime brought her near death. Finally, Ma escaped to Thailand and sought asylum with the U.N. Refugee Agency there.

Falun Gong, introduced in 1992, is a spiritual discipline based on the moral principles of truthfulness, compassion, and tolerance. By 1999, it had garnered a following of up to 100 million, according to state estimates at the time. The Chinese Communist Party (CCP) then saw it as a threat to its rule, and in July 1999, then-Party leader Jiang Zemin launched a nationwide persecution, rounding up adherents and throwing them into detention facilities and prisons, where they are often tortured in an effort to coerce them into giving up their faith.

“I hold a deep appreciation for Thailand and its people. Thailand is a country with democracy and religious belief. I know the government and people there are very compassionate,” Ma said.

“I know the Thailand government was very reluctant to do it. I appeal to the Thai government and people: Don’t believe in lies made by the CCP.

“At the critical turning point of our age, I hope the Thai government can recognize the nature of the CCP, keep away from it, and do not work with it. Uplift justice, and free Mr. Chiang. If so, your good deed will bring happiness and honor to you, your family, and your country.”

“[The Chinese authorities] have arrested journalists, threatened or bought out people, unleashed lies through their media, and in this case in Thailand, shut down this shortwave radio.

ALLEN ZENG  
PRESIDENT, SOUND OF HOPE

SOH is based in San Francisco. It serves Chinese Americans in more than 10 cities in the United States and has provided shortwave radio service to China since 2004.

Traveled to Join Rally

Pat Smiles, a resident of Middletown, New York, and an editor for an online news website, traveled to Washington to join the protest and rally.

“What happened to Mr. Chiang is unfair, and it’s the CCP being a bully. This is a man doing a good deed who was persecuted unfairly. The Thai government is letting China influence them to do wrong things. If we as a body of concerned citizens don’t stand up and say something, it’s just not right. ... American people need to know this and what the CCP has done to the free world,” Smiles said.

“The Chinese regime should know the free world will not bow to their bullying.”

Epoch Times reporter Eva Fu contributed to this report.



NEWS ANALYSIS

# Hezbollah’s London Bomb–Making Plot, the Iran Nuclear Deal, and Bruce Ohr

CONTINUED FROM A1

Germany reached an agreement with Iran broadly known as the Iran nuclear deal. The agreement, officially called the Joint Comprehensive Plan of Action, lifted economic sanctions and allowed Iran to access an estimated \$120 billion in Iranian reserves held in banks abroad.

Obama hailed the deal, claiming that “every pathway to a nuclear weapon is cut off.” He also said he welcomed close inspection of the deal, saying, “I welcome scrutiny of the details of this agreement.” But at the same time, he warned Congress that he would veto any legislation that tried to prevent the deal’s implementation.

Although July 14, 2015, is generally viewed as the deal’s effective date, the agreement wouldn’t actually be finalised until Jan. 21, 2016, when Obama signed Executive Order 13716 into effect.

It was during this intervening period that Obama and his administration worked to sell the deal to members of Congress and U.S. allies in the Middle East and Europe.

Notably, Obama never submitted the Iran nuclear deal to Congress, because he knew it had no chance of passing. The Iranian parliament also never approved the actual deal, nor did the Iranian president ever sign it.

The Obama State Department acknowledged that the deal wasn’t legally binding, in a letter sent to then–Rep. Mike Pompeo of the House Intelligence Committee. “The Joint Comprehensive Plan of Action (JCPOA) is not a treaty or an executive agreement, and is not a signed document,” wrote Julia Frifield, the State Department assistant secretary for legislative affairs, in the Nov. 19 letter.

“The success of the JCPOA will depend not on whether it is legally binding or signed, but rather on the extensive verification measures we have put in place, as well as Iran’s understanding that we have the capacity to re-impose—and ramp up—our sanctions if Iran does not meet its commitments.”

2015 London Bomb–Making Plot

The political shakiness of the Iran nuclear deal, combined with ongoing scrutiny of its various flaws, makes the news of the late 2015 discovery of a huge cache of ammonium nitrate—a common ingredient in homemade bombs—particularly noteworthy.

“Terrorists linked to Iran were caught stockpiling tons of explosive materials on the outskirts of London in a secret British bomb factory,” The Daily Telegraph reported. “Radicals linked to Hizbollah, the Lebanese militant group, stashed thousands of disposable ice packs containing ammonium nitrate—a common ingredient in homemade bombs.

“The plot was uncovered by MI5 and the Metropolitan Police in the autumn of 2015, just months after the UK signed up to the Iran nuclear deal.”

According to the Telegraph, the plot involved more than three tons of ammonium nitrate. By way of comparison, the Oklahoma City bombing in 1995 that killed 168 people involved two tons of ANFO—a combination of ammonium nitrate and fuel oil. The Telegraph reported that “a well-placed source described the plot as ‘proper organised terrorism,’ while another said enough explosive materials were stored to do ‘a lot of damage.’”

The discovery was considered so serious that both “David Cameron and Theresa May, then the prime minister and home secretary, were personally briefed on what had been found.”

For reasons unexplained in the article, the discovery of the explosives cache wasn’t made public at the time



BRYAN R. SMITH/AFP/GETTY IMAGES



ANWAR AMRO/AFP/GETTY IMAGES

SAMIRA BOUAOU/THE EPOCH TIMES

(Top) Hezbollah terrorists carry flags as they parade in Beirut on May 31, 2019. (Above L) Then-Secretary of State John Kerry meets with Iran’s Foreign Minister Mohammad Javad Zarif in New York on April 22, 2016. (Above R) Bruce Ohr (C), a former high-ranking Justice Department official, on Capitol Hill in Washington on Aug. 28, 2018.

It was at this point that political roadblocks by the Obama administration began to appear.

and was even kept hidden from other U.S. and UK politicians. The Telegraph noted that the disclosure of the 2015 explosives cache involved a three-month investigation “in which more than 30 current and former officials in Britain, America, and Cyprus were approached and court documents were obtained.”

Nor is this the first time there have been reports of efforts to keep information relating to Hezbollah and Iran from the public, at what were crucial periods surrounding the Iran nuclear deal.

Project Cassandra

According to a lengthy, detailed, and highly critical December 2017 Politico report by Politico, “The Secret Backstory of How Obama Let Hezbollah off the Hook,” the Obama administration may have derailed a “campaign targeting drug trafficking by the Iranian-backed terrorist group Hezbollah,” known as Project Cassandra.

Begun in 2008, after the Drug Enforcement Administration (DEA) amassed evidence that Hezbollah was engaging in drug and weapons trafficking, along with other crimes, the investigation traced its way to the “innermost circle of Hezbollah and its state sponsors in Iran.” According to the Politico report, “Hezbollah’s

network moved metric ton quantities of cocaine [to] launder drug proceeds on a global scale, and procure weapons and ... explosives.”

It was at this point that political roadblocks by the Obama administration began to appear.

“As Project Cassandra reached higher into the hierarchy of the conspiracy, Obama administration officials threw an increasingly insurmountable series of roadblocks in its way,” Politico reported. “When Project Cassandra leaders sought approval for some significant investigations, prosecutions, arrests, and financial sanctions, officials at the Justice and Treasury departments delayed, hindered, or rejected their requests.”

The Politico article quoted Katherine

To date, we still have no official answer from the review of Project Cassandra announced by Sessions in January 2018.

ine Bauer, a former Treasury official in the Obama administration, who had testified to the House Committee on Foreign Affairs:

“Under the Obama administration ... these [Hezbollah-related] investigations were tamped down for fear of rocking the boat with Iran and jeopardising the nuclear deal.”

The Involvement of DOJ Official Bruce Ohr

As it turns out, there is also a tie

to the ongoing scandal known as “Spygate.”

On Dec. 7, 2017, Justice Department (DOJ) official Bruce Ohr was demoted and stripped of his title as associate deputy attorney general after it was learned that the FBI had used Ohr as a conduit for unofficial information from former MI6 spy Christopher Steele—who authored the now-infamous “Steele dossier” on then-presidential candidate Donald Trump—after Steele was formally terminated by the FBI. Ohr had failed to inform his superiors of his ongoing relationship with the FBI and Steele.

A month later, on Jan. 8, 2018, it was reported by Fox News that Ohr had been removed as the head of the Organised Crime Drug Enforcement Task Forces (OCDETF) program.

While the Politico article makes no mention of the OCDETF or of Ohr, Fox News confirmed in January 2018 that Ohr, “as the head of OCDETF, was directly involved with Project Cassandra, the interagency investigation spearheaded by the DEA [Drug Enforcement Administration] that tracked a massive international drug and money-laundering scheme allegedly run by Hezbollah.”

Several days after the Politico article was published, then–Attorney General Jeff Sessions announced on Dec. 22, 2017, that the allegations in the Politico report would be reviewed:

“While I am hopeful that there were no barriers constructed by the last administration to allowing DEA agents to fully bring all appropriate cases under Project Cassandra, this is a significant issue for the protection of Americans. We will review these matters and give full support

to investigations of violent drug-trafficking organisations.”

Hezbollah Targeted by DOJ

Two weeks later, in early January 2018, Ohr was removed as the head of the OCDETF. Then, just days after Ohr’s removal, Sessions announced the creation of the Hezbollah Financing and Narcoterrorism Team (HFNT):

“HFNT prosecutors and investigators are tasked with investigating individuals and networks providing support to Hezbollah, and pursuing prosecutions in any appropriate cases. The HFNT will begin by assessing the evidence in existing investigations, including cases stemming from Project Cassandra, a law enforcement initiative targeting Hezbollah’s drug trafficking and related operations,” a statement by the DOJ read.

Sessions was quoted in the statement as saying:

“In an effort to protect Americans from both threats, the Justice Department will assemble leading investigators and prosecutors to ensure that all Project Cassandra investigations as well as other related investigations, whether past or present, are given the needed resources and attention to come to their proper resolution. The team will initiate prosecutions that will restrict the flow of money to foreign terrorist organisations as well as disrupt violent international drug-trafficking operations.”

On Oct. 15, 2018, Sessions broadened OCDETF’s mandate, and in doing so, designated five different groups as the nation’s top transnational organised-crime threats (notably, Hezbollah made the list):

- Mara Salvatrucha (MS-13)
- Cártel de Jalisco Nueva Generación (CJNG)
- Cártel de Sinaloa (the Sinaloa Cartel)
- Clan del Golfo (the Gulf Clan)
- Lebanese Hezbollah (also Hizbollah)

Sessions selected the five groups based on recommendations he received from the FBI, DEA, OCDETF, and the DOJ’s Criminal Division.

Sessions singled out Hezbollah for additional focus in his discussion and specifically noted the previously created HFNT task force:

“The subcommittee on Lebanese Hezbollah will be led by Assistant U.S. Attorney Ilan Graff of the United States Attorney’s Office for the Southern District of New York. AUSA Graff is overseeing the prosecution of two alleged members of Hezbollah’s External Security Organisation, the first such operatives to be charged with terrorism offenses in the United States.”

To date, we still have no official report on the review of Project Cassandra announced by Sessions in January 2018. It isn’t known whether the investigation is still ongoing. The State Department issued a formal and innocuous statement relating to the report on the 2015 Hezbollah terrorist bomb plot, but didn’t address why the finding had been kept from the public.

The United States declared Hezbollah a terrorist organisation in 1997, but the UK didn’t do so until February 2019, more than three years after the bomb-making plot was uncovered.

Meanwhile, the International Atomic Energy Agency announced on June 9 that Iran has followed through on its threat to accelerate production of enriched uranium. Iran had previously threatened to quadruple its enriched uranium production—a move that appeared to have been designed to pressure Europe into providing assistance against U.S. sanctions.

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# Mexico Detains Nearly 800 Illegal Immigrants, Government Says

BOWEN XIAO

Mexico’s government said it detained almost 800 illegal immigrants who were crammed in four trucks in eastern Mexico on June 15, one of the highest numbers detained by the country in recent months, following promises to step up efforts to curb illegal immigration.

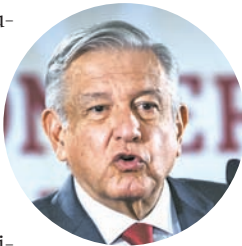
In a statement, Mexico’s National Migration Institute said it detained 791 illegal immigrants who were discovered in trucks that were stopped in the eastern state of Veracruz. The institute is a government agency tasked with controlling and supervising migration in Mexico.

The announcement confirmed earlier reports that such a mass apprehension had occurred.

The detentions come just a day after the United States said it had doubled the number of asylum-seekers it sends back each day to Mexico from El Paso, Texas, according to a Mexican immigration official. The jump was the first major sign of action after a deal between the two countries to avoid punitive U.S. tariffs on Mexican goods.

Luis Carlos Cano, a spokesman for Mexico’s national immigration agency in Ciudad Juarez, said that starting June 13, some 200 asylum-seekers per day were being returned to Mexico, up from 100 previously. The expansion of the “Remain in Mexico” program, reached in a June 7 deal, sends asylum-seekers to await the outcome of their U.S. asylum claims in Mexico.

The program currently operates in Tijuana, Mexicali, and Ciudad Juarez. Close



“Sad when you think about it, but Mexico right now is doing more for the United States at the Border than the Democrats in Congress!”

U.S. PRESIDENT DONALD TRUMP

Andres Manuel Lopez Obrador, President of Mexico



Migrants wait to receive donated food and water outside a temporary shelter set up for members of the migrant caravan in Tijuana, Mexico, on Nov. 28, 2018.

to 12,000 people have been returned to Mexico since it began in January.

The United States has been dealing with a rising influx of illegal immigrants, most of whom are traveling through Mexico from Central America. Trump said previously that Mexico hasn’t done enough to curb the flow of illegal immigrants on their side of the border.

Trump commented on June 11 on the recent efforts by Mexico to stem the flow of illegal immigration in a June 11 post on Twitter.

“Sad when you think about it, but Mexico right now is doing more for the United States at the Border than the Democrats in Congress!” he said.

U.S. Border Patrol has apprehended almost 600,000 illegal aliens on the southern border this fiscal year, according to the latest Customs and Border Protection (CBP) data.

Meanwhile, a day before the mass detention, the president of the National Migration Institute, Tonatiuh Guillén Lopez, submitted his resignation. A brief statement posted on Twitter by the agency didn’t give a reason for the resignation. He was replaced by Francisco Garduno, who had previously served as the head of Mexico’s prison system.

The June 7 deal between the two countries averted U.S. tariffs, and started the clock on a 45-day period for the Mexican government to make palpable progress in reducing the number of people trying to cross the U.S. border illegally.

Trump previously said he would impose tariffs of at least 5 percent on all Mexican goods sold to the United States if Mexico’s government doesn’t do more. The president, who made reducing illegal immigration one of his signature policy pledges, said that the tariffs would rise to as high

as 25 percent if no action was taken.

U.S. border officials reported the apprehension of more than 132,000 illegal immigrants crossing from Mexico into the United States in the month of May alone. That figure marked yet another increase over the previous month, and is the highest monthly level since 2006.

If enforcement measures aren’t successful after 45 days, Mexico has also agreed to consider making itself a “safe third country.” Asylum-seekers who first set foot on Mexican soil would have to apply for refugee status in Mexico instead of in the United States.

Trump also said on June 14 that former Immigration and Customs Enforcement acting Director Thomas Homan will return to his administration to serve as the new “border czar.”

Reuters contributed to this report.



Legal Council representing Keith Raniere and the group NXIVM Mark Agnifilo and Paul DerOhannesian outside the United States Eastern District Court in Brooklyn, New York City, on May 4, 2018.

## Leader of ‘Self-Help’ Group NXIVM Was After ‘Sex, Money, Power’

BOWEN XIAO

NEW YORK—Closing arguments in the high-profile trial of Keith Raniere, the former leader of the secret society NXIVM, began on June 17, with a federal prosecutor telling jurors how the organization’s tactics “destroyed their victims’ sense of self.”

In a packed federal courtroom in Brooklyn, Assistant U.S. Attorney Moira Penza alluded to the prosecution’s May 7 opening statements, telling the jury of eight men and four women that Raniere was chiefly after “sex, money, power.”

Penza brought up the testimony of former NXIVM members, including one identified by prosecutors as “Daniela,” who had spoken about being locked up in a room for nearly two years after Raniere found out she had kissed another man. Another member, identified as Sylvie, testified about being forced into a sex act with the leader. Another, a senior board member, detailed Raniere’s manipulation and fraud.

“Even though his community members considered him a humanitarian, leader, mentor, and guru, you saw him for what he was: a con-man, a predator, and a crime boss,” Penza told jurors.

Penza detailed the crimes committed by Raniere over a 15-year period. The organization was founded by him in 1998.

The accusations against Raniere centre around a secret society he allegedly created in 2015 named DOS, an acronym for the Latin “dominus obsequious sororium,” loosely translated as “master of the slave women.” Prosecutors say Raniere forced other members—all women—to have sex with him.

Members were recruited by DOS on the condition that they would give up personal, often embarrassing, information about themselves, including compromising

ing images or videos, as “collateral.” Once inside, members were regularly required to provide additional collateral to ensure that they kept the group’s activities secret. Many of the DOS slaves were branded with a cauterising pen while naked and being filmed.

Raniere faces a maximum sentence of life in prison if convicted of all seven criminal counts, including sex trafficking, forced labour conspiracy, and racketeering.

The prosecution brought up added child pornography charges against Raniere, who had photos stored on a hard drive.

“The evidence is overwhelming that [the girl] was under 18 when the naked pictures were taken,” Penza told the court.

DOS masqueraded as a women’s empowerment group. But members testified they wouldn’t have joined if they had known Raniere was running it.

“The defendant did not create DOS to be a sisterhood,” Penza said. “Can there really be any doubt that DOS was just a way for the defendant to get what he wanted and for sex?”

“These women had the best of intentions. They wanted good in the world and that was what was used against them.”

Raniere, meanwhile, has pleaded not guilty to all charges. His lead attorney, Marc Agnifilo, has argued that everything was consensual and that NXIVM’s members needed to take more responsibility for their own actions.

NXIVM presented itself to the public as a company with noble goals: offering self-help courses to those seeking to improve their lives both personally and professionally. At least 17,000 people had enrolled.

Mark Vicente, a former member of NXIVM, testified previously that Raniere had sexual relationships with more than 20 women.

The accusations against Raniere centre around a secret society he allegedly created in 2015 named DOS, an acronym for the Latin “dominus obsequious sororium,” loosely translated as “master of the slave women.”

## US Senator Introduces Act to Stop Foreign Espionage

BOWEN XIAO

Sen. Josh Hawley (R-Mo.) introduced legislation on June 18 aimed at protecting sensitive national-security-related academic research from theft by foreign intelligence services from countries such as China, Russia, and Iran.

The legislation, titled the “Protect Our Universities Act of 2019,” was introduced in the Senate and will also be submitted as a Senate amendment to the fiscal year 2020 National Defense Authorization Act, which is presently going through markups in the House and Senate.

Hawley’s legislation comes after Rep. Jim Banks (R-Ind.) introduced a similar bill in the House months ago. Banks’s legislation establishes a Department of Education-led interagency task force to address the vulnerabilities currently present on college campuses across the nation.

The new act, meanwhile, designates a task force led by the Department of Homeland Security, which will conduct background screenings on research students from foreign nations if they want to participate in “sensitive research projects,” Hawley said in a statement. The legislation also prohibits sensitive research projects from using technologies developed by companies including “Huawei, ZTE, Kaspersky, and others.”

“America’s universities cultivate the free and open exchange of ideas and information, all with the intent of making the world a better place. Unfortunately, they are also key targets of espionage and intellectual property theft by not only China but Russia and Iran,” he said.

Hawley said that foreign countries for too long have collected sensitive research from U.S. universities through the students they send to study in the United States. He said the collected information

could be later used by the countries to develop capabilities that would threaten our national security.

“Our scientific exchange must not be exploited to advance the destructive agendas of Beijing, Moscow, or Tehran,” he said.

Banks thanked Hawley in a June 18 statement for joining him in his initiative. He noted that President Donald Trump’s executive order effectively banning Huawei products “was a great step forward,” but that there was more to be done.

“We cannot afford to ignore this threat any longer,” he said.

Banks previously told The Epoch Times that there were multiple reports on the growing influence of espionage on U.S. college campuses, “especially from China.”

“There was a recent report that said that the Confucius Institutes on 100 different college campuses in America had received over \$158 million of funding,” he said. “And we know that there is a concerted effort, by China especially, to target those colleges that also perform sensitive research.”

Some college campuses host sensitive research funded by the Department of Defense, the intelligence community, and other intelligence agencies.

Scientific research is particularly vulnerable for foreign espionage and IP theft, Hawley said. He noted that some universities have started to take more action to protect their information. Massachusetts Institute of Technology, for example, recently announced it would end its partnerships with Huawei and ZTE. But many universities still remain a target and have had a slow response to the issue, he said.

The new legislation will also aim to “minimize disruption” to research activities at U.S. colleges and to ensure that such institutions can “petition findings and contest outcomes of the screening process.”



Sen. Josh Hawley (R-Mo.) speaks during a news conference in Washington D.C. on April 2, 2019.



# The Silent Victims: A Hidden World Where Boys Are Trafficked

CONTINUED FROM A1

affects both genders, but many argue that among the victims, all aren't receiving an equal amount of attention.

Boys who fall victim to human trafficking in the United States make up as much as 40 to 45 percent of the total victim population in some cities, studies have indicated. Despite this, men are severely neglected in an already hidden problem when it comes to resources, services, and public awareness campaigns—which focus predominantly on women.

Boys and men make up a “significant portion” of human trafficking victims, both in the United States and internationally, according to a 2019 annual report from the U.S. Advisory Council on Human Trafficking. But due to them being overlooked, “many men and boys do not identify as victims or request services,” the report found.

The advisory council referred to a 2010 piece that tracked 222 institutions at the time that received funding from the government. Of those, only two were dedicated to combating the trafficking of males. Interviews by The Epoch Times of trafficking experts—one a victim himself—

reveal a stark imbalance of attention from each sector of society. Experts say male victims are ignored not only by the mass media but by law enforcement as well, contributing to the overall lack of care. Many have expressed outrage at the apathy.

There are also vast differences in how to handle cases. For example, girls often develop Stockholm syndrome—a trauma bond where they fall in love with their abusers—something that doesn't usually happen with boys.

## From Victim to Judge

In an exclusive interview with The Epoch Times, Judge Robert Lung, who was appointed in 2018 by President Donald Trump to serve on the U.S. Advisory Council on Human Trafficking, explained how boys and men are “exceptionally” unlikely to report their own abuse.

Lung himself was trafficked by his own father between 1976 and 1980, from age 6 through 10.

It wasn't until he was in his late 30s that he accepted he had been a victim of trafficking.

The now-48-year-old judge—appointed in 2016 to serve on the 18th Judicial District in Colorado by Gov. John Hickenlooper—said there was no such term as human trafficking back then, only “child sex rings,” which he deemed offensive—“There's no such thing as child sex,” he said.

“Boys are just far more reluctant” about revealing their abuse, Lung said. “It's not supposed to happen to us, we're supposed to be able to stop it, or we're supposed to say no, or we're supposed to be stronger than girls—and it's preposterous.”

“When the message is, ‘It's only girls,’ that message is received by law enforcement, that message is received by the public, that message is received by human services, that message is received by the victims who are told ‘Oh no, it's only girls,’ so the victims don't even believe that they're victims.”

Lung learned he was being traded for sex when his father would leave the room to assault another child who was brought to the meeting spot. Lung was abused exclusively by other men.

“He was trading me for another boy,” he said.

Lung said his father started grooming him before the trafficking when he was around 2 to 3 years old. The trafficking stopped when he reached the age of 10, because of the discovery of AIDS. Lung said his father knew if he contracted AIDS, there would be no way to explain it. But it didn't stop there.

His father continued to abuse him and later started torturing him. His father stopped it all at around the age of 13, but by then, someone else had started to abuse him. By the time he reached the age of 16, the abuse had finally ended for good.

Lung's childhood centered around one main theme: helplessness. His father, whom he didn't name, maintained a sense of chaos in his family that included his mother and older brother. He described how his father committed domestic violence against his mother and physically abused his older brother. No one could trust each other.

Looking back, Lung said his father used a

Boys who fall victim to human trafficking in the United States make up as much as 40 to 45 percent of the total victim population in some cities, studies have indicated.



common tactic used by intrafamilial traffickers, pimps, and gang-related traffickers alike: keeping the victim in an environment of chaos and disorder, with no sense of control.

This sense of chaos is especially common with labour trafficking victims, who are often told, “You can't trust the government,” “You'll be deported,” or “You can't call the police because you'll be arrested.” A “significant percentage” of all trafficking cases are victims of labour trafficking that include men and boys, according to the U.S. Advisory Council report.

Lung said his father even threatened to kill him if he told anyone about the trafficking. His father, a doctor, had access to drugs and he believed his threats.

“This is my father. He is the strongest, most powerful man in the universe, according to my perceptions,” he said. “So I didn't question it. I feared it, but I didn't question it.”

## Unrepresented

In his 20s, Lung started to receive therapy, and later got married, adopted two sons of his own, and made a career as a judicial officer. He came to the realization that he had gone through a remarkable experience of resiliency, recovery, and hope. Lung felt it was a duty of his to share with other survivors that it is possible to experience traumatic events and later, after a lot of help, reclaim your life.

“I realized after I started speaking out that there was just nobody out there talking about male survivors,” he said. “That's what really bothered me a lot. There was just no message being sent. There was no message from the media that boys were victims.”

Lung recalled his therapist telling him in his 20s about the absence of books about boy victims and directed him to read a novel called “The Courage to Heal,” written by women for women. The book he said, portrayed men as the



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Boys make up a significant portion of trafficking victims in the United States, but they are severely neglected when it comes to resources, services, and public awareness campaigns.

# State Department Identifies 23 Security Violations Related to Clinton Emails, Charges Pending

MIMI NGUYEN LY

The U.S. State Department has identified 15 individuals involved in multiple security incidents, including 23 violations, connected to the handling of classified information in the emails of Hillary Clinton.

Clinton had used a private, unauthorized, non-government email server she used for government work while she was secretary of state from 2009 to 2013.

In a security review of the mishandling of classified information, the State Department has issued 23 violations and seven infractions incidents that were carried out by 15 current or former employees, according to Mary Elizabeth Taylor, the assistant secretary of state for legislative affairs.

Taylor revealed the details in a June 5 letter to Senate Finance Committee Chairman Charles Grassley (R-Iowa), who is leading the congressional oversight of the security review.

“To this point, the Department has assessed culpability to 15 individuals, some of whom were culpable in multiple security incidents,” Taylor wrote in the letter.

She indicated that, due to longstanding policy, the identity of the individuals and their current employment status at the State

JEWEL SAMAD/AFP/GETTY IMAGES



Hillary Clinton speaks during a campaign rally at the Pasco-Hernando State College in Dade City, Florida, on Nov. 1, 2016.

Department have not been disclosed.

“DS has issued 23 violations and 7 infractions incidents,” Taylor wrote. “This number will likely change as the review progresses.”

She added that those who were found with a security violation, or three or more infractions, have been referred for documentation and possible discipline, which can include “counseling, reprimand, suspension, and/or separation.”

“Upon completion of the investigation and adjudication, the Department will provide an updated response with additional details consistent with its longstanding policies and procedures,” the letter reads.

The letter is a follow-up to Grassley's inquiry in January about the status of the security review. He first sought information about the department's review in March 2017.

The State Department has been releasing Clinton emails under the Freedom of Information Act on its website on a monthly basis. The full listing is available online.

The State Department's investigation began after the FBI began investigating Clinton in relation to her emails in July 2015.

In July 2016, then-FBI Director James Comey publicly recommended that no charges be brought against Clinton, who

was then a candidate for president. However, he noted that Clinton and her colleagues were “extremely careless in their handling of very sensitive, highly classified information.”

The FBI's investigation was rife with inconsistencies, including FBI officials likely ignoring a major lead.

The Department of Justice also prevented the FBI from pursuing gross negligence charges against Clinton.

According to documents obtained by Judicial Watch, top officials under the Obama administration had known that Clinton was using a private email system three years before it became public knowledge in March 2015.

## Trump's Comments on Clinton Emails

President Donald Trump said that Clinton should be in jail in a recent interview with ABC News, in which he mentioned that Clinton was involved in the deletion of 33,000 of her emails that were being sought by the FBI.

The FBI was only able to recover about 5,000 of the 33,000 emails.

“She deleted 33,000 emails ... they gave a subpoena to Hillary Clinton for 33,000 emails. After the subpoena was gotten, she

deleted them. That's called obstruction,” Trump said.

“And her lawyer should also be looked at because her lawyer—she's got to have the greatest lawyer on earth because she does that, he did the deleting supposedly—not only did they delete, but they acid-washed them,” Trump added.

Trump suggested in August 2018 that Clinton's emails were hacked by China.

“Hillary Clinton's Emails, many of which are Classified Information, got hacked by China. Next move better be by the FBI & DOJ or, after all of their other missteps (Comey, McCabe, Strzok, Page, Ohr, FISA, Dirty Dossier etc.), their credibility will be forever gone!” he said on Twitter.

Trump was likely referring to a report that had been released days earlier by the Daily Caller, citing two anonymous sources, claiming that a Chinese-owned company operating in the Washington area obtained nearly all of Clinton's emails. The firm had reportedly received Clinton's emails in real time using a code embedded on her private email server while she was secretary of state, the report alleged.

Ivan Pentchoukov and Zachary Stieber contributed to this report.





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only perpetrator.

“It was incredibly difficult to accept that the only material out there is for women victims,” he said. At the time of his recovery, Lung said there were almost no materials for boys, however, some books later started coming out. Lung is currently in the process of writing a biography about his experiences.

Both boys and girls need to be treated for their trauma, he explained, but overlooking men as victims sends a message to traffickers that there is an entire segment of the population that society is going to ignore.

After being all over the country, Lung was aware of only a single organisation in the United States that provides housing for boys who are trafficked. In the state of Colorado alone, he could name half a dozen organisations exclusively for girls.

“Why the public is not demanding that there be more services for boys is beyond me,” he said. “There’s no defining it, no explaining it, but it is exactly the circumstance.”

Lung said the thing that kept him going throughout it all was hope. He had it as a child, and still does as an adult.

**Treating Trauma**

The U.S. Institute Against Human Trafficking (USIAHT) organisation created one of the first safe homes exclusively for boys who are trafficked under the age of 18. It opened its first location in Florida, with more planned around the country. According to their website, the home offers a trauma-based care approach developed as a six- to nine-month program, but also allows children to stay as long as necessary for their proper care.

Geoffrey Rogers, co-founder and CEO of USIAHT, told The Epoch Times that boys are often forced into trafficking at a younger age than girls, on average by around 11 months, with

most occurring around the age of 10 to 12 years old. He described how girl victims predominantly were lured by a trafficker or pimp skilled at targeting girls with low self-esteem, grooming them by acting like the victim’s boyfriend, and fostering a feeling of love.

For boys, Rogers said the cases were all different from each other, and rarely did the luring methods resemble those used on girls. He said it’s unlikely a Stockholm syndrome-type relationship would develop between boys and their traffickers, adding that there were also cases

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**We’ve seen studies that say about 70 percent of kids who are trafficked in America come out of the foster care system.**

Geoffrey Rogers, co-founder and CEO, U.S. Institute Against Human Trafficking

where the perpetrators were women.

But there was one thing in common between many of the boy and girl trafficking victims—they had come through America’s foster care system.

“We’ve seen studies that say about 70 percent of kids who are trafficked in America come out of the foster care system ... but the way that they’re brought into it varies very significantly, per individual child,” Rogers said, referring to the cases of boys.

A study commissioned by the Department of Justice in 2016 found that boys made up about 36 percent of all children caught in America’s trafficking industry. One interviewee told the study that the narrative where most of the youth in the trafficking trade were girls, was

“problematic.”

Rogers said they created the safe home out of necessity and had the idea about four years ago, while travelling the country learning about trafficking. He saw no services for boys, no safe homes for boys, and very few organisations even talking about boys. The safe home program in Florida is currently operating at capacity and the organisation is looking into building more in other states that could benefit.

“Our goal is to have a safe home that feels like a house because, basically, most of these kids have never really experienced what I would consider being a normal home with love and care,” he said.

Overall, about 1 in 800 people in the United States live in modern-day slavery, according to the Global Slavery Index 2018 (GSI). The index identified around 403,000 victims in the country.

Rogers said one of the reasons there appears to be a lack of recognition and awareness of male victims is due to how different the cases were from those involving girls. Over the years, organisations and individual law enforcement agencies have been trained to spot potential perpetrators who are trafficking girls. The same can’t be said for boys.

The other reason is that boys will “almost never identify as a victim of human trafficking,” which makes it difficult for organisations or law enforcement to identify a boy they believe to be a victim.

“I would say almost 100 percent of the kids in our safe home has never identified as a victim,” Rogers said. “And they probably never will.”

He said USIAHT recognizes that to combat the problem of trafficking, there should be more focus on curbing the demand. Rogers said safe homes are needed to take care of these children, but they won’t stop the demand.

For traffickers, it’s all a business operation.

“They don’t care about the kids, they’re a commodity. They’re selling them for money,” he said. “That’s all it’s about for them. So it’s a business equation of supply versus demand.”

Rogers brought up another initiative, dubbed “Trafficking Free Zone,” which employs a community-based services engagement method, utilizing the different sectors within that community to fight the demand. This could involve working with the local government, the county commission, the city council, business, law enforcement, the education system, churches, and more.

Rogers, a former vice president for IBM, left the corporate world to fight for the nation’s children. He described the child trafficking problem in the United States as an “epidemic that’s continuing to spin out of control.”

“I’m outraged at the fact there’s over 100,000 kids in America that are sold for sex every single day,” he said. “What we are also outraged about is—where is the outrage?”

**How Porn Grooms Children**

One trafficking expert brought up what she called “another hidden epidemic” in the United States—how boys and girls are being exposed to pornography at a young age.

Lisa L. Thompson, vice president of policy and research for the National Center on Sexual Exploitation, told The Epoch Times there are a range of abuses not on the popular radar, with pornography exposure abuse being a major one.

Thompson explained how boys, in particular, are exposed to pornography at increasingly young ages, citing the prevalence of the internet and connected devices. Pornography, aside from depicting graphic sex acts, can include abuse, violence, and even rape in some instances.

“Boys are seeing this even before adolescence in some instances and are growing up almost using this as their sex education,” she said. “It disrupts the natural child development.”

Thompson said their organisation is working with groups across the country to raise awareness that pornography exposure is a public health issue.

“To us, it’s a form of grooming,” she said. “It’s a way of reducing the inhibitions of children before they are actually of age to participate and to be engaged in sexual acts.”

The extreme content can serve to basically groom children to potential exploitation and abuse later on in their lives.

A 2019 report prepared by the centre conducted a meta-analysis of 59 different studies, comparing 3,855 male sex offenders to 13,393 male non-sex offenders, all aged from 12 to 18 years old. The report, “Confronting the Rise of Child-on-Child Harmful Sexual Behavior,” found exposure to pornography had some links to sex offenders.

“Adolescents who had sexually offended were significantly more likely to have had early exposure to pornography, report higher rates of exposure to pornography, have significantly more atypical sexual fantasies, behaviors or interests, and were more often diagnosed with a paraphilia than non-sex offenders,” the report found.

Thompson added that when children are exposed, it’s likely they could act out on other children.

“We are seeing a real connection with child-on-child sexual abuse,” she said. “Particularly where an older child will act out something that they’ve seen, maybe on a sibling or maybe in play with other children.”

Current federal law forbids the distribution of obscene material (hardcore pornography) through the internet or television, or common carriers such as FedEx and retailers, but the Department of Justice has not enforced federal obscenity laws against major distributors of adult obscenity for nearly a decade, according to a fact sheet by the national centre.

Alaska, Maine, New Mexico, Vermont, and West Virginia don’t have statewide obscenity laws, while Montana and South Dakota have defective state laws, according to the fact sheet. The centre called for new obscenity laws to be added in the states mentioned.

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(Top) Chinese soldiers stand at attention during Peace Mission-2016 joint military exercises of the Shanghai Cooperation Organization (SCO) in Balykchy, Kyrgyzstan, on Sept. 19, 2016. The joint anti-terrorism drill involves more than 1,100 troops from Russia, Kazakhstan, Kyrgyzstan, Tajikistan, Uzbekistan, and China as members of the Shanghai Cooperation Organization. (Bottom L and M) Special forces soldiers of the SCO member states take part in joint military exercises in the Shamshi Gorge, Kyrgyzstan, on April 24, 2015. (Bottom R) A Russian-built Multiple Launch Rocket System fires during Peace Mission 2012 joint counterterrorism military exercises of the troops from the six countries in the SCO in Khujand, Tajikistan, on June 10, 2012.

# Is the Shanghai Cooperation Organisation the New Evil Empire?

TREVOR LOUDON



Russia and China formed an international power bloc in 2001 that puts the old Soviet-led military alliance—the Warsaw Pact—to shame. It’s called the Shanghai Cooperation Organization (SCO). Most Westerners have never heard of it, yet it’s rapidly becoming one of the most powerful forces on the planet.

In fact, most Western leaders operate under the delusional belief that Russia and China are antagonists and can at times be played against each other. The idea that Russia and China are allies and are jointly working to destroy the West is just too much for most Western leaders to contemplate.

The “Russia and China are enemies” disinformation campaign led former President Richard Nixon to open diplomatic and trade relations with Beijing in the mid-1970s. Nixon believed he could play communist China against the communist Soviet Union. Nixon’s massive blunder undermined the United States’ industrial base, while building up a new powerful enemy. Today, the United States faces two world-class enemies rather than one.

Worse, Russia and China are now open allies.

Alliances

The SCO is a permanent intergovernmental international organization, created on June 15, 2001, in Shanghai by the Russian Federation, the Muslim-majority “former” Soviet republics of Kazakhstan, Kyrgyzstan, Tajikistan, and Uzbekistan, and the People’s Republic of China.

The SCO maintains two permanent bodies: the SCO Secretariat, based in Beijing, and the Executive Committee of the Regional Anti-Terrorist Structure (RATS), based in Tashkent, Uzbekistan. The organization’s official languages are Russian and Chinese.

The SCO’s stated goals are “strengthening mutual trust and neighborliness among the member states; promoting their effective cooperation in politics, trade, the economy, research, technology and culture, as well as in education, energy, transport, tourism, environmental protection, and other areas; making joint efforts to maintain and ensure peace, security and stability in the region; and moving towards the establishment

of a democratic, fair, and rational new international political and economic order.”

That is double-speak for Russian–Chinese world domination.

The SCO has expanded considerably since its early days, especially since June 2017, when India and Pakistan were granted full membership status.

Currently, the SCO comprises eight member states: India, Kazakhstan, China, Kyrgyzstan, Pakistan, Russia, Tajikistan, and Uzbekistan.

The SCO counts four observer states: Afghanistan, Belarus, Iran, and Mongolia. The SCO also maintains six “dialogue partners,” namely Azerbaijan, Armenia, Cambodia, Nepal, Turkey, and the “Democratic Socialist Republic” of Sri Lanka.

The SCO “family” currently consists of two openly communist states—China and Nepal—and eight formerly communist states, all of which maintain communist-era security structures—Russia, Kazakhstan, Tajikistan, Uzbekistan, Kyrgyzstan, Armenia, Belarus, and Cambodia. Further, the SCO includes three major Islamic powers: Iran, Pakistan, and Turkey, plus Afghanistan and two heavily communist- and Islamist-influenced South Asian nations: India and Sri Lanka.

I believe that North Korea is effectively a Russia/China client state and an ally of Iran, and should also be counted as a de-facto member of the SCO alliance.

One of these countries—Turkey—is still nominally a NATO member, which was established to defend Europe from Moscow’s expansionist ambitions. Turkey is also increasingly becoming the leader of the global Islamist movement.

The SCO is now the largest regional organization in the world in terms of geographical coverage and population, encompassing 60 percent of Eurasia and almost half of the world’s population.

Even more disturbingly, the SCO is a formal, if little-reported-on, military/national security alliance.

War Games

The SCO’s first joint military exercise was held in 2003, with the first phase taking place in Kazakhstan and the second in China. Russia and China have since cooperated in large-scale war games involving thousands of troops—called Peace Missions—in 2005, 2007, 2009, and 2010, and every two years since.

India and Pakistan joined the exercises for the first time in 2018.

During the 2007 war games in Russia, with leaders including then-Chinese President Hu Jintao present, Russia’s President Vladimir Putin announced that Russian strategic bombers would resume regular long-range patrols for the first time since the end of the “Cold War.”

“Starting today, such tours of duty will be conducted regularly and on the strategic scale. ... Our pilots have been grounded for too long. They are happy to start a new life,” Putin said, according to The Associated Press.

These patrols now regularly skirt Western Alliance air space.

Of the world’s top 15 military powers (the United States still claims the No. 1 position), the SCO family includes:

- No. 2: Russia
- No. 3: China
- No. 4: India
- No. 9: Turkey
- No. 14: Iran
- No. 15: Pakistan

Of these, Russia, China, India, Pakistan, and probably Iran are nuclear powers. It’s also possible that many of the former Soviet republics now in the SCO network maintain some covert nuclear stockpiles.

The United States claims about 6,200 nuclear weapons, all developed before 1992, while France, the United Kingdom, and Israel have around 600 between them, for a total of about 6,800.

Russia publicly claims nuclear weapon parity with the United States (but likely secretly maintains several thousand more), most of which are state-of-the-art weapons; China has around 290 nuclear weapons; India and Pakistan have around 140 each; and North Korea has around 10—for a total of around 7,100.

In the event of all-out war, India may go its own way, as may France, but it’s clear that the SCO has more than enough firepower to mount a serious challenge to a very shaky Western alliance.

It’s foolish to believe that if the United States ever gets in a shooting war with China that Russia will stay on the sidelines. Almost certainly, war with either Russia or China will turn rapidly into a war

with the SCO. India under the Hindu nationalist Prime Minister Narendra Modi may well be the wild card, either remaining neutral or possibly allying with the West. However, India did formally join the SCO well after Modi came to power in 2014.

Certainly, India’s very strong communist movement would push to support Russia and China.

According to an article in the Oct. 25, 2006, edition of the Communist Party of Australia’s Guardian newspaper, Communist Party of India (Marxist) leader Prakash Karat said: “The Shanghai Cooperation Organisation (SCO) countries are going to be the new powerhouse of the world. It is in India’s enlightened interest that we understand its importance as we are a country which desperately needs energy. ... Trilateral co-operation between India, China, and Russia has symbolic significance as it can dispel the notion that the 21st century is an American century.”

Naivety and cowardice toward the totalitarian regimes of Moscow and Beijing got us to the point we are at today. Nixon’s foolish opening to China built a hostile superpower in less than five decades. Reagan’s toughness on Russia forced Moscow into a 20-year retreat. Not defeat—retreat. Now, Russia is ahead of the United States in most key military areas. A disproportionate focus on the Islamic threat for the past 20 years—while perpetuating a belief that Russia and China could be managed separately—has proven a disastrous strategy.

President Donald Trump has been tough on both Russia and China and their puppets in Iran and North Korea. The only way out of the mess now is to quickly rebuild the United States’ military capabilities while isolating the new Evil Empire until Russia or China—or hopefully, both—is forced into real regime change.

That’s a risky strategy, but any other approach virtually guarantees defeat—and the end of Western civilization as we know it.

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

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



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SPECIAL SERIES

# How the Specter of Communism Is Ruling Our World

## Infiltrating the West (Part I)

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

Chapter Five

Introduction

The 2016 American presidential election was one of the most dramatic in decades. Though voter turnout was a low 58 percent, the campaign trail was full of twists and turns that persisted even after the election. The winner, Republican candidate Donald Trump, found himself besieged by negative media coverage and protests in cities around the nation. The demonstrators held signs emblazoned with slogans such as “Not My President,” declaring Trump to be racist, sexist, xenophobic, or a Nazi. There were demands for a recount and threats of impeachment.

Investigative journalism has revealed that many of these protests were instigated by certain interest groups. As shown in “America Under Siege: Civil War 2017,” a documentary directed by Florida-based researcher Trevor Loudon, a significant portion of the demonstrators were “professional revolutionaries” with ties to communist regimes and other authoritarian states, such as North Korea, Iran, Venezuela, or Cuba. Loudon’s work also highlighted the role of two prominent American socialist organizations, the Stalinist Workers World Party and the Maoist Freedom Road Socialist Organization.

Having researched the communist movement since the 1980s, Loudon determined that left-wing organizations have made the United States their primary target for infiltration and subversion. The fields of American politics, education, media, and business have increasingly shifted to the left under the influence of well-placed individuals. Even as people around the globe cheered the triumph of the free world after the Cold War, communism was stealthily taking over public institutions of Western society in preparation for the final struggle.

America is the light of the free world and carries out the God-given mission of policing the globe. It was the involvement of the United States that determined the outcomes of the world wars. During the Cold War, facing the menace of nuclear holocaust, America successfully contained the Soviet bloc until the disintegration of the Soviet and Eastern European communist regimes.

The founding fathers of America applied their knowledge of Western religious and philosophical traditions to write the Declaration of Independence and the Constitution of the United States. These documents recognize as self-evident the rights bestowed upon man by God—starting with the freedoms of belief and speech—and established separation of powers to guarantee the republican system of government. While the United States fought a civil war, that war was for the purpose of fully realizing America’s founding principles by ending the institution of slavery. Over 200 years, those principles have done an unparalleled job of promoting “domestic tranquility” and securing the “general welfare,” as the preamble to the Constitution promises.

The freedom of the Western Hemisphere runs directly counter to the goal of communism, which is to enslave and destroy humanity. Masking itself with

the beautiful vision of a collective, egalitarian society, communism directed its envoys in human society to carry out its schemes across the entire world.

While communism manifests itself in Eastern countries, such as the Soviet Union or China, as totalitarian governments, mass killing, and the destruction of traditional culture, it has been silently and steadily gaining control over the West using subversion and disinformation. It is eroding the economy, political processes, social structures, and moral fabric of humanity to bring about its degeneration and destruction.

Since the Communist Party does not have leadership over Western countries, communist supporters, wittingly or not, disguise themselves by infiltrating all sorts of organizations and institutions. There are at least four major forces driving communist subversion in the West.

The first agent of subversion was the Soviet Union, which founded the communist Third International (Comintern) to spread revolution worldwide. Starting in the 1980s, the Chinese communists implemented economic reform. The CCP established political, business, and cultural exchanges that gave it an opportunity to infiltrate the West.

The second means of subversion was effected by local communist parties, which worked with the Soviet Communist Party and the Comintern.

Third, economic crisis and social upheaval have encouraged many Western governments to adopt socialist policies in the last few decades, resulting in a steady shift to the left.

The fourth force of subversion comes from those who sympathize with and support the Communist Party and socialism. These fellow travelers serve communism as a fifth column of “useful idiots” within Western society, helping to destroy its culture, sow moral degeneracy, and undermine legitimate government.

It is well beyond the scope of this work to provide a comprehensive account of communist infiltration in the West, given its opaque and circuitous nature. By understanding the broad strokes, however, our readers can develop a picture of how evil operates and learn to see through its layers of deception. For the sake of brevity, this chapter offers a general overview of communism’s reach in the United States and Western Europe.

1. Communism via Violence and Nonviolence

In the popular imagination, the Communist Party is synonymous with violence, and with good reason. In the “Communist Manifesto,” Marx and Engels said: “The Communists disdain to conceal their views and aims. They openly declare that their ends can be attained only by the forcible overthrow of all existing social conditions.”

The fact that the communist regimes of Russia and China took power through violent revolution and used violence as a tool of repression drew attention away from communism’s less visible forms.

The branch of Marxism that advocates violent revolution is represented by Leninism, which adapted the theory in two significant respects.

According to Marx, communist revolution would begin in advanced capitalist countries, but Lenin believed that socialism could be built in Russia, which was comparatively backward in its economic development.

Lenin’s second and more important contribution to Marxism was his doctrine of party-building.

Party-building basically consisted of adopting the techniques of coercion, deception, and violence found in criminal organizations and animating them with Marxist socioeconomic theory. According to Lenin, the working class is incapable of developing class consciousness or demanding revolution on its own and must be rallied to action by external action. The agents of revolution would be organized in a highly disciplined proletarian “vanguard”—the Communist Party.

The Fabian Society, founded in the UK in 1884, a year after Marx’s death, took a different path in the struggle to impose socialism. The Fabian logo depicts a wolf in sheep’s clothing, and its name is a reference to Quintus Fabius Maximus Verrucosus, the Roman general and dictator famous for his delaying tactics.

In the Fabian Review, the first pamphlet produced by the group, a note on the cover reads: “For the right moment you must wait, as Fabius did most patiently, when warring against Hannibal, though many censured his delays; but when the time comes you must strike hard, as Fabius did, or your waiting will be in vain, and fruitless.”

To gradually bring about socialism, the Fabian Society invented the policy of “permeation” to take advantage of available openings in politics, business, and civil society. The Fabian Society does not restrict the activities of its members, but rather encourages them to advance socialist aims by joining suitable organizations and ingratiating themselves with important figures, such as cabinet ministers, senior administrative officials, industrialists, university deans, or church leaders. Sidney Webb, chairman of the Fabian Society, wrote:

“As a Society, we welcomed the adhesion of men and women of every religious denomination or of none, strongly insisting that Socialism was not Secularism; and the very object and purpose of all sensible collective action was the development of the individual soul or conscience or character. ... Nor did we confine our propaganda to the slowly emerging Labour Party, or to those who were prepared to call themselves Socialists, or to the manual workers or to any particular class.

“We put our proposals, one by one, as persuasively as possible, before all who would listen to them—Conservatives whenever we could gain access to them, the churches and chapels of all denominations, the various Universities, and Liberals and Radicals, together with the other Socialist Societies at all times. This we called ‘permeation’: and it was an important discovery.”

Many members of the Fabian Society were young intellectuals. They made speeches and published books, magazines, and pamphlets across society.

In the 20th century, the Fabian Society moved to the political scene. Webb became the Fabian representative in the newly formed Labour Representation Committee of the Labour Party.

In the Labour Party, Webb drafted its party constitution and party program. Taking a lead role in forming policy, Webb endeavored to make Fabian socialism the guiding ideology of the Party. The Fabian Society later acquired influence in the United States, where multiple groups exist in the liberal arts faculties across many universities.

Whether Lenin’s violent communism or the Fabian Society’s nonviolent communism, both are manipulated by communism’s evil specter and have the same ultimate aim. Lenin’s violent communism does not reject nonviolent means. In his book “‘Left-Wing’ Communism: An Infantile Disorder,” Lenin criticized the communist parties of Western Europe that refused to cooperate with what he called the “reactionary” labor unions or to join the “capitalist” national parliament.

Lenin wrote in his book: “The art of politics (and the Communist’s correct understanding of his tasks) consists in correctly gauging the conditions and the moment when the vanguard of the proletariat can successfully assume power, when it is able—during and after the seizure of power—to win adequate support from a sufficiently broad strata of the working class and of the non-proletarian working masses, and when it is able thereafter to maintain, consolidate and extend its rule by educating, training and attracting ever broader masses of the working people.”

Lenin stressed again and again that the communists must hide their real intentions. To seize power, no promise or compromise can be ruled out. In other words, to achieve their goals, they can be unscrupulous. On the road to power, both Russia’s Bolshevik Party and the Chinese Communist Party (CCP) utilized violence and deception to the utmost.

The brutality of the Soviet and Chinese communist regimes has drawn attention away from the nonviolent communism found in the West. Bernard Shaw, an Irish playwright and representative of the Fabian Society, once wrote: “I also made it quite clear that Socialism means equality of income or nothing, and that under socialism you would not be allowed to be poor. You would be forcibly fed, clothed, lodged, taught, and employed whether you like it or not. If it were discovered that you had not character enough to be worth all this trouble, you might possibly be executed in a kindly manner.”

The Fabian Society specialized in disguise. It chose Shaw, a literary man, to cover up the true aims of nonviolent socialism with beautiful words. But the brutality lies below the surface. Western communist parties and their various front organizations incite young people to create an atmosphere of chaos. They take part in assault, vandalism, robbery, arson, bombings, and assassination to harass and intimidate their enemies.

See next week’s edition for the next installment.



# By Involving North Korea and Iran, Beijing Tries to Divert Public Attention from Mass Protest in Hong Kong

CONTINUED FROM A1

The high-profile announcement of Xi's visit to North Korea was undoubtedly intended to shift the focus of public attention, both at home and abroad, from what's happening in Hong Kong.

Use North Korea as a Bargaining Chip for Trump-Xi Meeting at G20

If everything goes as expected, U.S. President Donald Trump and Chinese leader Xi Jinping will meet during the G20 summit in Osaka, Japan near the end of June, which will have a huge impact on the future of the U.S.-China trade war and technology war. Beijing has made frequent tough speeches through the Party's mouthpieces and officials, to show its strength and accumulate bargaining chips in preparation for the upcoming meeting with President Trump, a known expert in negotiating.

Unexpectedly, huge protests and demonstrations in Hong Kong broke out and Beijing once again revealed its true colours in trampling human rights to quell the protests. Amid international condemnation, China is facing yet another tussle with the United States—the White House criticised China's human rights and announced plans to impose financial sanctions. Hong Kong's special economic and trade status may be revoked if the extradition law is passed.

The privileged groups and corrupt officials within the Chinese Communist Party (CCP) are frightened and extremely worried. As a result, China has already lost its hutzpah and confidence in successfully managing trade talks.

Beijing has played the North Korea card again, attempting to make use of the threat from North Korea's nuclear weapons to increase China's position as an important player in international order and increase its leverage in the upcoming trade negotiations.

Although this hackneyed scheme successfully deceived and misled former U.S. administrations, it won't fool President Trump, who has long realised Beijing's part in the failed "six-party-talks" that attempted to end North Korea's nuclear programme. President Trump has never fallen for the regime's ploys since he took office in January 2017.

Resorting to this old trick not only indicates that the CCP is running out of strategies to deal with various crises, it also reveals that China does not have the sincerity or goodwill it needs to reach an agreement in trade talks with the United States. Chinese authorities are trying to hold on, hoping that the U.S. presidential election next year will bring about favourable changes.

Beijing Seeks Iran to Divert Attention

Nonetheless, the CCP could be aware that the "China and North Korea" drama may not fool the United States, so it brought in Iran to help out.

Over the years, the CCP has been giving the Iranian regime large quantities of weapons and military technologies. Iran has become another rogue regime that threatens the entire Middle East and the main agent of the CCP in the Middle East and South Asia. In addition, Iran is the major hub of China's "Belt and Road" initiative, an ambitious strategy for China to expand its influence in the international community.

On the same day China announced Xi's visit to North Korea, Iran announced that within the next 10 days it would break the



Iranian President Hassan Rouhani during a televised speech in the capital Tehran on May 20, 2017.

Over the years, the CCP has been giving the Iranian regime large quantities of weapons and military technologies.



A woman walks past a television news screen reporting about a visit to China by North Korean leader Kim Jong Un, at a railway station in Seoul on March 28, 2018.

uranium enrichment restrictions imposed by the Joint Comprehensive Plan of Action (JCPOA), and would accelerate the production of enriched uranium.

In other words, similar to North Korea, Iran also uses "accelerating the development of nuclear weapons" to threaten European and American countries.

There are three reasons why Iran chose to do this at this time.

1. China hopes that the chaos in the Middle East will serve to alleviate its own crisis.

The CCP has been hit hard by the U.S.-China trade war and Hong Kong's vast protests. It is not in a position to confront the United States alone. Therefore, Iran has created a new battlefield in the Middle East, and posed the threat of turmoil to divert the US "attacks" on Beijing to the Middle East. It also helps the CCP gain more leverage in the G20 talks.

2. Pressuring the EU and Sowing Discord Between EU and US

Iran is well aware that threats cannot sway the Trump administration's firm stance. Therefore, Iran specifically targets the European countries with intimidation and demands that they restore Iran's economic benefits as soon as possible or it will accelerate the development of nuclear weapons, which threatens the Middle East and Europe.

Both China and Iran understand that the EU is not as resilient as the United States. In addition, Iran's move also attempts to sow discord between the European Union and the United States, and eventually separate the allied relationship they have.

3. Intimidate and Blackmail EU for Iran's Economic Growth

Iran's economy has suffered greatly as a

result of the economic sanctions and the oil embargo imposed by the United States. Iran decided to imitate North Korea and use the "nuclear weapon" card. In addition to supporting the CCP, Iran appears to be using the opportunity to restore its economic development by intimidating the European countries.

Iran May Suffer a Serious Defeat

After the two-million person protest of Beijing's attempt to erode Hong Kong's freedoms, instead of making apologies to Hong Kong citizens, the CCP led its two little brothers, North Korea and Iran, to threaten to build up nuclear weapon stores. What a dangerous gamble.

Beijing's calculation could be another misjudgment; moreover, Iran may well be seriously defeated in the end.

President Trump has long declared that Iran is the top enemy of the civilised world, and has been taking actions to restrict its economic growth.

Still, the CCP sought Iran's help, which has undoubtedly placed Iran in an ex-

tremely dangerous situation. If, in the near future, there is a military conflict between the United States and Iran, under Trump and Bolton's hardline strategy, Iran is likely to face a fundamental change in political power.

Impact on the CCP

If China only hopes to drag on the negotiations and does not plan to reach an agreement at all, it will have to face \$300 billion in added tariffs on Chinese goods, which would be a burden on China's enterprises and the Chinese people. In addition, an escalated technology war, financial sanctions, and even a currency war could occur one after another.

By then, the situation in Beijing would be even more acute and drag the Chinese people and the economy into a more difficult position.

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



Unidentified International Atomic Energy Agency inspectors (2nd-3rd L) and Iranian technicians disconnect the twin cascades for 20 percent uranium production at the Natanz nuclear power plant, some 300 kilometres south of Tehran on Jan. 20, 2014.

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Skipping Is Better Than Running

Skipping may seem like an odd way to exercise, but researchers say it has advantages.

See B3

PHOTOMARIO/SHUTTERSTOCK



DREW HAYS/UNSPLASH



How to Take Positive Lessons From the Negative People in Your Life

All things are fleeting, and our short time on earth can be filled with annoyances, if we allow ourselves to be annoyed.

See B10

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Empathy is the antidote to fear.  
—Helen Riess, empathy researcher

Overcoming Barriers to Empathy in Health Care

How can we practice empathy when we feel stressed, over-worked, and burned out?

EVE EKMAN

The field of medicine is facing a dilemma when it comes to empathy. On one hand, research has found that receiving empathy from caregivers—feeling understood and accepted—is critical for patient satisfaction, a key aspect of hospital reimbursement. On the other hand, over 60 percent of health care providers are experiencing burnout across professions, making now a harder time than ever to prioritize additional training.

Over 60% of health care providers are experiencing burnout across professions.

Will our health care system be able to embrace empathy as a core value going forward?

I recently spent an evening in front of a live audience in conversation with author, doctor, and empathy researcher Helen Riess to discuss her new book, The Empathy Effect. Riess—who has been a mentor and friend to me over several years—is an assistant professor of medicine and the director of the Empathy and Relational Science Program at Harvard Medical School and founder and chief scientific officer at Empathet-ics, which offers empathy training across indus-

tries. Her research suggests that empathy is a skill that can be taught—not something we just have or we don’t—and further research has found that empathic doctors have patients with greater adherence to medications, improved trust, fewer malpractice suits, and even reduced symptoms.

How can health care providers learn skills to help others with an open heart when they already feel overworked, emotionally depleted, and cynical?

Continued on B4



COURTESY OF TAIWAN TOURISM BUREAU



**H**ot springs have long been treasured for their therapeutic benefits. Emerging from deep below the earth’s surface, hot springs offer a variety of healthful minerals. Some of the best hot springs in the world can be found on the island nation of Taiwan, thanks to its location at the confluence of two major tectonic zones. With more than 100 hot springs, cold springs, mud springs, and seabed hot springs, Taiwan is the perfect place for a rejuvenating, therapeutic soak.

In 1896, the island’s first hot spring hotel was opened in Beitou, Taipei City. Since then, hot springs have grown into a flourishing industry and become a central part of Taiwanese culture. Taiwan has a wide range of offerings, from outdoor public baths (some are free of charge!) to exquisite, private retreats. Some hot springs have largely been preserved in their natural state, while others have been tapped into by resort-style hotels to cre-

ate luxury spa and health centers with hot spring hydrotherapy. Most hot springs in Taiwan are located among beautiful landscapes in Taiwan—from stunning mountains to enchanting valleys. You can enjoy not only a rejuvenating soak, but also breathtaking views. And, of course, such a trip wouldn’t be complete without some nourishing local cuisine—all within arm’s reach at Taiwan’s many hot spring destinations.

At the seaside town of Jinshan, visitors can relieve stress and fatigue in the hot springs while enjoying exquisite views of the ocean. There are a variety of facilities, including private rooms and outdoor pools.

Jinshan is known for its delicious sweet potatoes.



COURTESY OF TAIWAN TOURISM BUREAU



COURTESY OF TAIWAN TOURISM BUREAU



(Above) At Wulai, besides a therapeutic soak, visitors can also enjoy the cuisine of the indigenous Atayal people, who use ingredients from the nearby mountains. (Left) Unlike many other hot springs in Taiwan, Wulai’s waters are odorless and clear. They naturally exfoliate and moisturize the skin, so they’ve been nicknamed “beauty springs.” (Bottom) Besides its mud hot springs, Guanziling is known for its many dishes made from the lotus plant, like sticky rice wrapped in lotus leaves.



Jiaoxi

On the northeastern coast, Jiaoxi is one of the few lowland hot spring sites in Taiwan. The hot springs are rich in minerals like magnesium, sodium, potassium, calcium, and carbon. In Jiaoxi, local cuisine is made with vegetables irrigated with nutrient-rich hot-spring water. Vegetables raised with this water grow quickly and become unusually crisp, tender, and sweet. Especially well-known are locally grown water spinach, tomatoes, sponge gourd, and water bamboo, which are collectively known as the “four treasures.” Zhiben Zhiben’s hot springs, odorless and colorless, are located in a breathtaking valley in the southeastern part of Taiwan, with views of canyons and waterfalls. The area is home to a variety of five-star resorts, as well as small to mid-size inns. In recent years, many hotels here have added hydrotherapy and spa facilities, massage pools, and herbal baths. Visitors to Zhiben can also relish the delicious cuisine. Local specialties feature sailfish as well as roselle and sugar apples.

Beitou

Beitou, the hot-spring capital of Taiwan, is just a 30-minute metro ride away from the center of Taipei City, Taiwan’s bustling capital. When you first arrive, you’ll be struck by the smell of sulfur, but if you can get past the odor, you’ll be able to revel in Beitou’s wonderful thermal pools. The springs boil up from the volcanic core of Mount Datun and come in three types: one yellowish-white, one slightly green, and one filled with iron that makes it reddish-brown. The bathing facilities here vary widely from traditional Japanese-style bathhouses to more modern spas, catered to both day-trip and overnight visitors. If you’re interested in learning more about the history of this town, head to the Beitou Hot Spring Museum, which was once the largest public bathhouse in northeast Asia.

Guanziling

Guanziling is about three hours’ drive from Taipei City, but the trip is worth it.

Its rare mud springs—one of only three in the world—rejuvenate the skin and boost health. Back in the early 20th century, Japanese nobility frequented the site. The area is also home to the Water and Fire Cave, where a fire seems to dance on top of a natural spring. This captivating natural wonder results from a fissure that releases both spring water and natural gas. According to legend, the fire has been burning for centuries. For dinner, make sure you get a taste of the region’s exquisite lotus flower cuisine. In midsummer, lotus flowers blanket the area, blossoming in white, yellow, blue, purple, and pink. Every part of the lotus can be eaten—including the root, leaves, flowers, seeds, and even the white membrane and husks of the seeds. The local restaurants use these delicious and nutritious ingredients to make a variety of dishes, like lotus seed congee, lotus seed sticky rice tamales, lotus chicken, lotus leaf ribs, and lotus root tea.

Wulai

About an hour south of central Taipei is the town of Wulai. The baths in Wulai are right along the river, so you can go for a swim to cool off after a soak in the hot spring. Unlike sulfur hot springs, the hot springs here are odorless and clear. They’ve been dubbed “beauty springs” for their beauty-enhancing properties, naturally exfoliating and moisturizing the skin. After a luxurious soak, you can savor the local delicacies of the indigenous Atayal people, who use ingredients from the nearby mountains. The flavorful sausages here are a must-try, as well as the local eggs cooked in the water of the hot springs.

Jinshan

Close to the sea, the hot springs at Jinshan, or Jin Mountain, emerged after an earthquake in the mid-19th century. At Jinshan’s Governor-General Hot Spring, one of the oldest hot springs in Taiwan, visitors can soak while enjoying beautiful mountain and ocean views. Besides the hot springs, the area is known for its duck meat. The ducks are raised for 130 days, almost twice the typical breeding period, and fed wheat, corn, and lard. While visiting Jinshan,

make sure you also try other local specialties, which feature sweet potato, taro, and white bamboo shoots.

Guguan

At Guguan, many spas are designed in elegant Japanese style. It is said that the Japanese Meiji Emperor came to Guguan with his wife in the early 20th century. After a soak at the hot springs here, the Meiji Emperor and his wife conceived; since then, these springs have been known as the “male child springs” or the “Meiji hot springs.” The area is also known for its trout, a freshwater fish that lives only in exceptionally clean water.

Tai’an

To reach the hot springs at Tai’an, in the northwestern region of Taiwan, you have to drive up a winding mountain road. The waters here are clear, tasteless, and odorless. Nestled among mountain peaks, it’s the perfect spot for a quiet retreat. Besides the allure of the beautiful valleys and waterfalls, the area is also home to the cultures of the Hakka and Atayal people, who have contributed to the distinctive local cuisine.

Ruisui

At Ruisui, on the eastern coast of Taiwan, the waters have a murky brownish tint, which often misleads visitors into thinking the water is unclean. The color is actually the result of the water’s rich iron content. The iron oxidizes when it comes in contact with the air, leaving a layer of crystallized minerals on the surface of the water. It leaves bathers’ skin feeling smooth.

Baolai and Bulao

Fed by clear water from the Baolai and Bulao Valley, the hot springs here are colorless and odorless. They contain carbonic acid and thus, are great for nourishing the skin and alleviating fatigue. The name Bulao means “forever young” in Chinese. Most of the hotels here have hot spring pools as well as spa and hydrotherapy facilities. Visitors can also enjoy the local barbecue and camping areas. Taro is a local specialty, so make sure you try the local taro shaved ice, taro biscuits, and taro rice cake.



# Why Skipping Is Better Than Running

You may not have skipped in decades, but researches suggest maybe it’s time to try

KIMBERLY HOLLAND

The last time you skipped anywhere, you may have been wearing pigtails or carrying a superhero lunch box.

Indeed, skipping is often thought of as a playground activity reserved for children who still frolic around swing sets and sandboxes.

However skipping, like so many other forms of play, is often left behind with age as young adults take on more serious forms of exercise such as running.

But running may be doing a great deal of harm to the bones, joints, and bodies of people who prefer this form of exercise.

With that in mind, researchers from two universities in North Carolina suggest people who appreciate the cardio activity of running but want to avoid injuries may find skipping is a well-suited activity.

Yes, the same skipping you once enjoyed as a child.

**Better for Your Body**

To study the different impacts of skipping and running on the body, researchers at East Carolina University and Appalachian State University worked with 30 healthy adults between the ages of 18 and 30, evenly divided between men and women.

Each study participant took part in a training program that taught them how to properly skip for longer distances (up to one mile) while on a laboratory treadmill.

Once the participants were able to do this, the researchers began taking measurements of gait, force, and energy expenditure (that is, how many calories they actually burned).

The study authors found that running produces nearly two times the peak force on the patella or kneecap compared to skipping.

The average peak force on the tibiofemoral joint (the knee hinge where the femur, tibia, and patella meet) is 30 percent greater in people who run compared to people who skip.

What’s more, skipping allows for a greater calorie burn. Skippers

burn 30 percent more calories than runners, the study found.

“Certainly, running is an integral component of many athletic activities and we are not unaware of the aversion some people may have toward performing skipping as a standard component to their physical regime, but skipping has nonetheless emerged from this study as an alternative form of locomotion with untapped potential,” said Jessica McDonnell, lead study author and a doctoral candidate at East Carolina University in Greenville, North Carolina.

**Should You Switch to skipping?**

The number of people facing injuries as a result of running is on the rise.

As many as 79 percent of runners report some form of injury in any given year.

The most common running in-

**Running produces nearly two times the peak force on the patella or kneecap compared to skipping.**

juries are to knees and lower extremities. That’s likely because of the force on joints and bones, as described in this study, which was published in *Gait & Posture*.

Runners have a cyclical gait where they are either landing with impact absorbed in one leg or launching by using the power of the other leg.

By contrast, skipping allows for a period of support in the natural gait—step and hop on one leg, step and hop on the opposite leg, and repeat. Even this small moment of support with one or both legs cuts down on the force applied when feet hit the ground.

“In people who have pre-existing knee issues, this can mean less knee pain with exercising with skipping rather than running,” Dr. Derek Ochiai, sports medicine doctor and orthopedic surgeon at Nirschl Orthopaedic Center in Virginia,

told Healthline. “However, with the shorter strides, you will not travel as far skipping. Skipping burns more calories, which makes it more efficient in terms of exercise, but less efficient as a means of travel.”

Still, skipping has some potential drawbacks, says Thanu Jey, clinic director at Yorkville Sports Medicine Clinic in Toronto.

“Skipping may put less impact through the knee joints, but it does put more repetitive stress on your ankles and calves,” Jey told Healthline.

For better joint health, you might consider mixing skipping in with other forms of movement.

“A combination of both [running and skipping] would be ideal for burning calories while giving your body a break,” Jey said.

“Vary the forms of cardio on different days. Each activity—skipping and running—requires slightly different engagement from the muscles involved,” Jey said. “Therefore alternating on days would be good especially if you feel sore after completion of either.”

**Where to Skip**

Ochiai says you might be better suited to rekindle your passion for skipping somewhere outside, such as a track, running trail, or yard.

Unlike the participants in this study, skipping on a treadmill might prove problematic, if not harmful.

“I would not recommend skipping on a treadmill, since the skipping gait is syncope, and the treadmill is going at a constant rate, increasing the chance of injury,” Ochiai says.

And don’t worry if you think you’ll get stares from fellow exercisers while you skip and hop your way through a cardio routine.

“Anything that makes exercise more enjoyable is beneficial in and of itself,” Ochiai said. “If you find skipping fun and enjoyable, then there are some medical reasons that it is good for you. Skip away.”

Kimberly Holland is a freelance journalist and editor. This article was originally published on Healthline.



YAKOBCHUK VIACHESLAV/SHUTTERSTOCK

# Persistence and Optimism Protect Mental Health

Holding onto goals can reduce anxiety, depression, and panic attacks: Study

A recent study published by the American Psychological Association has found that people who don’t give up on their goals and have a positive outlook on life appear to suffer less with depression, anxiety, and panic attacks. The research looked at thousands of Americans over the course of 18 years.

The study published in the *Journal of Abnormal Psychology* was unlike previous research as it did not find that self-mastery, or feeling in control of one’s fate, had an effect on the mental health of participants across the 18-year period.

“Perseverance cultivates a sense of purposefulness that can create resilience against or decrease current levels of major depressive disorder, generalized anxiety disorder, and panic disorder,” said Nur Hani Zainal from The Pennsylvania State University and lead author of the study. “Looking on the bright side of unfortunate events has the same effect because people feel that life is meaningful, understandable and manageable.”

**Mental Illness Can Be Debilitating**

Many people who suffer from mental illness and their family members know all too well that anxiety, depression, and panic attacks can be chronic and debilitating and put a person’s physical health at risk.

Co-author of the study, Michelle G. Newman, also of The Pennsylvania State University explains, “Often, people with these disorders are stuck in a cycle of negative thought patterns and behaviors that can make them feel worse,” said Newman. “We wanted to understand what specific coping strategies would be helpful in reducing rates of depression, anxiety and panic attacks.”

The research was done by using data from 3,294 adults who were studied over an 18-year



The decision to stick with our goals may make life harder, but it also makes it more rewarding, even if our goals can’t be accomplished.

WARREN WONG/UNSPLASH

period. The average age of the participants was 45, nearly all were white and slightly less than half were college educated. There were three intervals throughout the study where data was collected.

At each interval, participants were asked to record their goal persistence (e.g. When there is a problem, I don’t give up until it has been solved), self-mastery (e.g. I know I can do anything I set my mind to), and positive reappraisal (e.g. I can look on the bright side of any situation). Diagnoses for major depressive, anxiety and panic disorders were also collected at each interval.

The study showed that participants who had more optimism and goal persistence during the first assessment had greater reductions in anxiety, depression, and panic attacks across the 18 years being recorded. Through the years, those who began the study with fewer mental health problems showed increased determination toward life goals and were better at focusing on the positive side of unfortunate events.

The findings of the study are beneficial for psychotherapists working with clients dealing with anxiety, depression, and panic disorders. Zainal said, “Clinicians can help their clients understand the vicious cycle caused by giving up on professional and personal aspirations. Giving up may offer temporary emotional relief but can increase the risk of setbacks as regret and disappointment set in,” said Zainal. “Boosting a patient’s optimism and resilience by committing to specific courses of actions to make dreams come to full fruition despite obstacles can generate more positive moods and a sense of purpose.”

This article was first published on BelMarra-Heathl.com

“Often, people with these disorders are stuck in a cycle of negative thought patterns and behaviors that can make them feel worse.”

Michelle G. Newman, co-author of study





Further research has found that empathic doctors have patients with greater adherence to medications, improved trust, fewer malpractice suits, and even reduced symptoms.

# Overcoming Barriers to Empathy in Health Care

How can we practice empathy when we feel stressed, over-worked, and burned out?

Continued from B1

In our conversation below, Riess and I address this difficult question, as well as other barriers to empathy, and explore how empathy can promote more meaningful work and greater compassion.

**EVE EKMAN:** I want to start with a simple question: Why did you write this book and why now?

**HELEN RIESS:** This topic has been very near and dear to me throughout my psychiatry training, and it has become more and more critical as I've worked in the health care world, where I have seen a dramatic drop in empathy. Through my own clinical practice, I have heard many patients complain bitterly about a lack of empathy. They describe how little contact they actually have with their caregivers and how they're treated like a number. Medical care has become so focused on getting people in and out of doctor's offices that they are missing out on the true healing in a relationship that is so vital.

I started this book for the medical profession, but in my empathy training work, I get calls from every industry—from the law, to parenting, to business, and leadership. I'm confident that if everybody was given a choice, they would prefer a more empathic interaction than a less empathic interaction, and yet it's still such an obstacle. We need training.

**MS. EKMAN:** I often hear people concerned that if they increase their empathy, they will be overwhelmed: "The world is so painful and stressful; how am I going to manage all of that?" What are your thoughts on the relationship between burnout and empathy?

**MS. RIESS:** As you said, some people think that if they

open their hearts to too many more people, they're just going to be flooded with everyone's burdens, and they're going to be crushed by the needs and the emotional weight of connecting. Actually, I think that's absolutely a risk, but I also think that the secret is learning self-regulation skills, such as meditating, learning how to name and identify emotions, how to manage them, and self-care.

Self-care practices are needed to simply "fill the tank." I think what contributes to burnout is when the tank is empty and we don't take time to fill it with what truly nourishes and soothes us. We keep trying to be a certain way (like compassionate) when we haven't filled ourselves up adequately for the task. So I think empathy and self-care are really intricately interdependent.

Empathy can make us burn out if we don't tend to ourselves, but empathy can also actually enliven and invigorate us. One author in the Journal of the American Medical Association, Michael Kearney, wrote about the concept of "exquisite empathy." He used that phrase to refer to that magical moment when a person feels thoroughly cared about; it enlivens and quickens the relationship not just for the patient but also for the caregiver.

**MS. EKMAN:** There is a provocative viral video making the rounds among health care professionals suggesting that burnout is the wrong term and we should call it moral injury—the result of being asked to work in an environment that is toxic and untenable. Beyond not filling our own tanks, are there more systemic causes of burnout, whether it's in a hospital or a company?

**MS. RIESS:** Burnout is an interesting word, because I think it implies to the burned-out person that it's

their fault—that they're not resilient, not tough, or that they're weak. Statistics in the past 10 years show that up to 60 percent of physicians are showing symptoms of burnout, with equal numbers of nurses. It can't be that all of a sudden 60 percent of the workforce is unable to cope. Something's happening within the whole system of health care. The disconnection in these systems is that the people making decisions about how medicine is practiced are not the ones in the frontlines.

Leaders who have never been doctors or nurses view health care as a business. In the last few decades, there's been this "lean six sigma" approach to health care that has nearly dropped the humanity out of it and brought in the spirit of a Toyota factory, where you try to make the parts as cheaply as possible and get the workers to work as quickly as possible. We have kind of lost the magic of what a health care profession can offer. It really is the system that's burning people out; it's not that people have become somehow weak.

I think it's a real challenge to figure out how health care workers can approach their leadership teams and help them to recognize that the organizations they lead are not going to get the outcomes that they want—which are happy, satisfied, and well-cared-for patients—if the providers working with them are emotionally and physically exhausted and deriving very little pleasure from their work.

**MS. EKMAN:** What other challenges do health care providers face when trying to be empathic?

**MS. RIESS:** I developed some training around how we maintain empathy even in the most challenging situations. It's very easy to have empathy if a patient is nice and grateful. However, one example of a challenge is if patients are not so happy with whatever you prescribe—maybe it's not working and they're still having symptoms, and they're calling you frequently because nothing is quite satisfying—that can become challenging merely because it can make physicians and caregivers feel helpless. And when they feel helpless, they don't like that feeling. They may decide they don't really like the patient that much and empathy is challenged.

What we were trying to do is help health caregivers see the vulnerability that the patient is feeling, and not dismiss them because they're having an emotion, but actually figure out what's going on so we help them with their specific needs. These skills also help with parenting and other important relationships. I wish I had known some of these empathy skills when I was raising my children. I've learned a lot along the way.

“  
We have kind of lost the magic of what a health care profession can offer.”

Helen Riess

**MS. EKMAN:** One of the emotions that gets in the way of these beautiful reflections is a feeling of fear, like when we want to give money or a meal to a person living on the street who's clearly in need, but feel fearful to engage because they appear mentally ill. How can we work with fear, when we feel threatened personally but actually want empathy to arise?

**MS. RIESS:** Empathy is the antidote to fear. When we live in a state of fear, we close off our heart defensively, whereas empathy opens our hearts. As a society, we are living in a state of massive fear exaggeration right now, and it is really closing a lot of hearts and minds. We are all wired to recognize threats, and we recognize threats much more quickly than we recognize gratitude and opportunity. A large percentage of what we perceive as threatening, we're actually projecting out onto others.

So much of the tone that's been set in medicine has been about rushing into getting the most out of everybody and acting as if there is such a scarcity in everything, which is a kind of fear. I think one of the biggest myths is to have everyone feel as if there's just "not enough." If we just flipped that around and said, "There's enough for everyone," I think we could ease up on everything. That abundance has to come from our leaders, but also from within.

I would love to see everyone in a leadership position learn about the value of valuing the people who work with you. To recognize that the more you invest in the people, the more you're going to get out of your bottom line—and the more you use people and treat them like objects and want them to be a cog in the wheel, the more impoverished your organization is going to be. This applies to health care leaders, business leaders, and deans and presidents of all kinds of institutions of education.

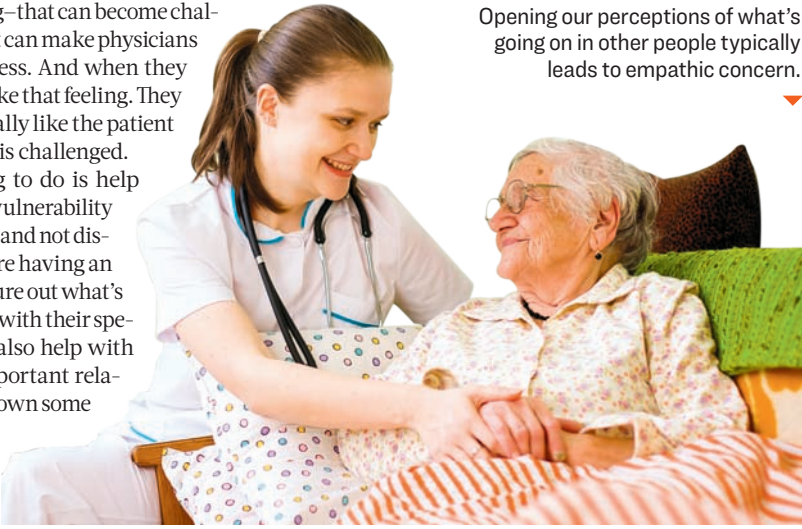
**MS. EKMAN:** How do we train empathy in a way that leads to showing compassion and actually taking action to relieve suffering?

**MS. RIESS:** Opening our perceptions of what's going on in other people typically leads to empathic concern, but the concern doesn't always lead to action. That transition to compassion has to come from a more reflective life, where you don't just pass by a homeless person and think, "Oh, I should help," but never do. We can reflect on the abundance we live with, about humanity as a brotherhood, and the possibility of joining with other people in the journey to have a more compassionate society. The fact that things aren't this way can embolden us to do more.

**MS. EKMAN:** In your book, I was really struck by your sharing of your painful personal experiences and how that made you more open to empathy. If people got in touch with their own struggles, would this help them be more present, open, and caring to others?

**MS. RIESS:** We know that when people have struggled, they're much more able to relate to people who have similar struggles. Let's work toward the end of our conversation with a quote by Carl Jung, who said that "the sole purpose of life is to kindle the light in the darkness of mere being." And when you think about empathy, I think of it as a light that we're able to put forth into the world. That just puts a little light into someone's experience. It doesn't have to be a heavy lift; it could be a kind word or a knowing look or a nice smile at somebody. But if we think that the sole purpose of life is to kindle the light in the darkness of mere being, there is a lot of darkness in life. We all can make the life of others lighter.

*Eve Ekman, Ph.D., MSW, is the director of training at the Greater Good Science Center. She is a UC Berkeley- and UCSF-trained contemplative social scientist and teacher in the fields of emotional awareness and burnout prevention. This article originally appeared on Greater Good, the online magazine of the Greater Good Science Center at UC Berkeley.*



Opening our perceptions of what's going on in other people typically leads to empathic concern.

## WISE HABITS

# Simplify Your Day to Have a Greater Impact

Procrastinate on the stuff that doesn't matter, and dive into the meaningful tasks that do



MONKEY BUSINESS IMAGES/SHUTTERSTOCK

LEO BABAUTA

Our society is obsessed with productivity and optimizing our lives—having the perfect routine, perfect diet, perfect productivity system, perfect to-do app, and more.

It's an ideal that not only doesn't exist, but it's also harmful to our health and happiness. And what's more, it's completely misguided—what many of us really want to do with our work is do meaningful work and have an impact on the world.

So how can we let go of the focus on productivity and optimizing, while still doing meaningful work and having an impact?

Simplify. Focus on the important, meaningful tasks instead of churning. And actually, dive into those meaningful tasks instead of procrastinating because of the uncertainty that comes with them.

Look at your task list and email/messages inbox and pick the most meaningful tasks—there's a good chance you've been putting them off. When you don't just go to your favorite distractions, you are likely to churn through smaller tasks, answering messages, checking inboxes and updates.

This is because meaningful, important tasks come with great uncertainty. We habitually respond to this uncertainty by avoiding it, going to distraction and easier tasks that make us feel less uncertain.

But the result is that we're burning through time doing busywork, spending our days doing a lot but not getting a lot accomplished.

Instead, we can simplify:

1. Pick meaningful tasks, and focus on those.
2. Create space by clearing away distractions.
3. Let the busywork get pushed until later in

the day.

4. And put our entire being into meaningful, important tasks.

Imagine clearing out space in your day by simplifying, letting go of the small tasks, not constantly answering messages and emails, and instead of giving yourself the generous gift of focus.

You'd get the meaningful tasks done, and feel like your work is more meaningful. Those tasks would make a greater impact, and over time, you'd have a great impact on the world.

All because you simplified and focused.

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



# Be a Happier Parent—or Laugh Trying

It’s one way to have happy kids, a new book points out

MARY COONEY

There is no doubt that parents today face tremendous challenges. Sometimes these challenges are overwhelming and stressful. Parents of young children and teens will appreciate Betsy Kerekes’s wisdom and comic relief in her newly released book, “Be a Happier Parent or Laugh Trying.” In this interview, she shares with Mary Cooney some advice on how to be a happier parent.

**MARY COONEY:** Early in your book, you write, “Parenting is hard, but it doesn’t have to be a burden.” What is your advice for dealing with the burdens of parenting? How can we be happier, despite the stresses and challenges of parenting?

**BETSY KEREKES:** I find myself taking deep breaths. A lot. It does help, like when all your children are talking to you at once or when, instead of napping, you find your toddler stripped to the skin, diaper on floor, and suspicious looking wet spots on the carpet.

That’s when I shake my head and sigh while looking forward to telling my husband about it when he gets home. Stuff like that happens all the time. Parents need to expect it, so that it’s not so devastating when it occurs. We learn quickly that the rules of civilized society go out the window once you introduce an infant into your home. I’ve found that the most important thing to learn is letting go. Relax your expectations for a clean home, perfect nutrition for your children at every meal, and all bodily fluids remaining on the inside or at least going where they are meant to go.

It’s also about perspective. The crazy stories will be remembered fondly, and the child in question will love hearing them when he or she is older. (Mine do, anyway.) There are both difficulties and delights at every age. Focusing on the delights—and finding humor in the difficulties—is how to make it through virtually unscathed.

Furthermore, look for the silver lining. When your kids splash water all over the floor while bathing, wipe it up with a towel, and voila! You’ve just cleaned your bathroom floor. The day I cleaned the bathroom mirror, it was splattered with water marks from top to bottom two hours later. The girls had cleaned their little brother’s hands and feet in the sink and merriment naturally ensued. My first thought was the clean mirror was nice while it lasted, but then I realized the watermarks were a reminder that my children washed their brother themselves and while doing so, he had a blast. I left the spots and the bathroom with a smile. The water marks served as a reminder that my daughters are helpful and love their brother. That makes me happy.

**MS. COONEY:** What about discipline? How do you get your kids to do what they’re supposed to do and how do you avoid bad behavior?

**MS. KEREKES:** This would be an article all itself. I devote a chapter each to discipline and dealing with temper tantrums. I’ll share with you a couple of bonus tricks that aren’t in the book because they happened too recently. The first is to become a magician, whose success lies in misdirection. Here’s what happened: My darling nearly-2-year-old Joe wanted to eat peanut butter while sitting in my chair. This meant peanut butter smears on my chair, the table, and the wall were a distinct possibility. Joe didn’t want to get in his high chair. I put him in anyway, despite his loud protests. Here’s where the misdirection comes in: I gave him the back-up bib when his favorite bib is in the wash. Suddenly, his attention and tears were focused on this odious flap of fabric intent on strangling him if he didn’t immediately yank it off. I removed the offensive shirt-protector and replaced it with his beloved bib. Suddenly, he was no longer crying.

Continued on B8



There was a study done that found happy parents have happy kids.

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# homemakers

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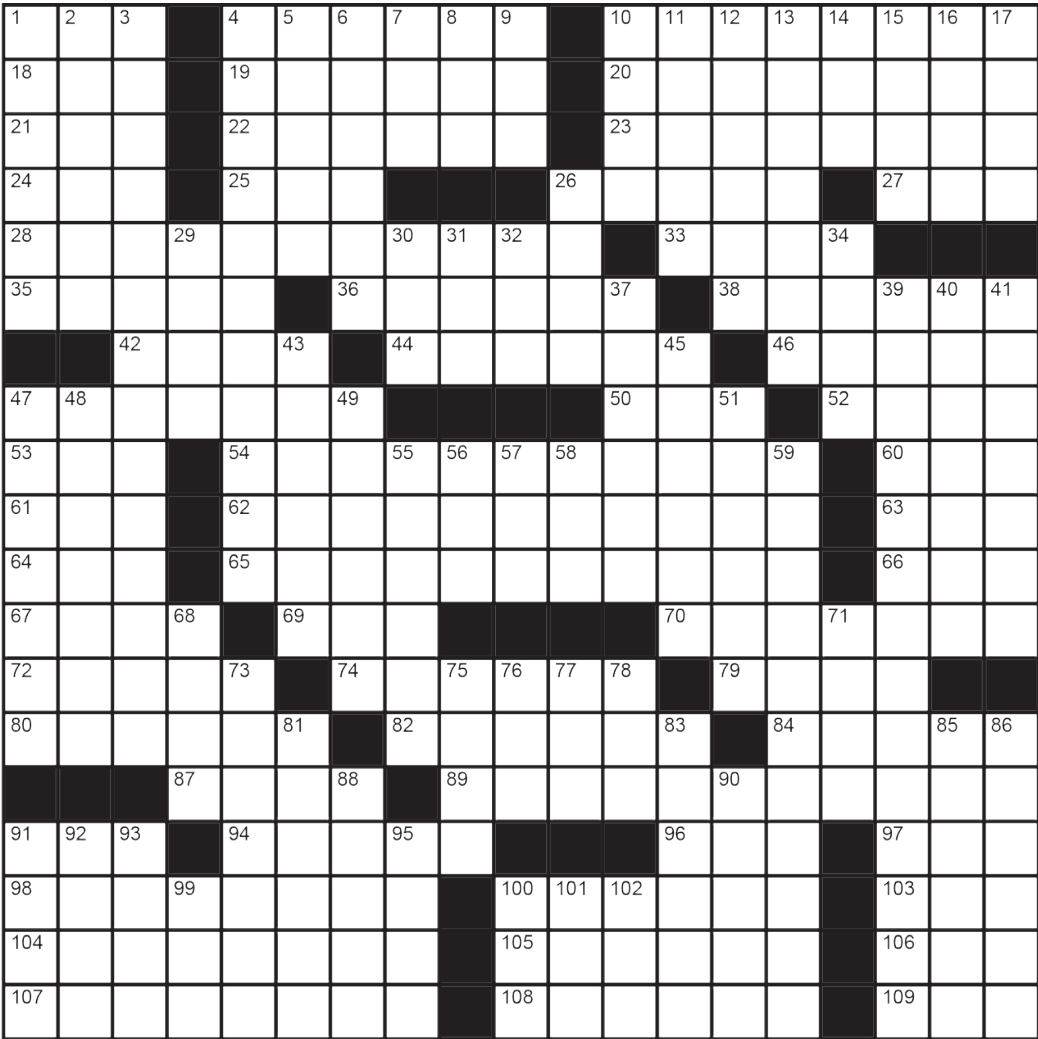
CHOU0008



\* 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. Good buddies use them
- 4. End of a Rugby game
- 10. Chili pepper
- 18. Grind
- 19. Concord
- 20. Trout serving sugges-  
tion
- 21. Lapse
- 22. Administered the  
sedative
- 23. Chute above the  
beach
- 24. Before kue
- 25. "I know it, you know  
it, everybody knows it..."
- 26. Dimethyl sulfate, e.g.
- 27. The Little Giant

- 28. West Quoddy Head,  
Maine
- 33. Scoop
- 35. Bar offering
- 36. It's always sold in  
mint condition
- 38. Hedgehog of Mada-  
gascar
- 42. Central points
- 44. Knock down
- 46. Owed
- 47. Geological area for a  
renter
- 50. Family heads
- 52. Response to an insult
- 53. Nordic rug
- 54. Menorah, e.g.

- 60. Ripen
- 61. 1957 Treaty of Rome  
org.
- 62. D. W. Griffith classic
- 63. Noir hero
- 64. DC clock setting
- 65. Phoenician alphabet?
- 66. Annoy
- 67. "Sure thing" exponent
- 69. Fix
- 70. Carries away
- 72. Gold braid
- 74. Renter
- 79. Dry as dust
- 80. Stripper
- 82. He has a top job
- 84. Belly muscles

- 87. 1917 revolution target
- 89. Beyond the visible  
spectrum
- 91. Abominable show-  
man
- 94. Part of a flight
- 96. Namely
- 97. "At last!"
- 98. Like a hermit
- 100. Alpine climber's tool
- 103. Inits. on a rocket
- 104. Abstruse language
- 105. Stable place
- 106. Amex overseer
- 107. Achieved expertise in
- 108. Primps
- 109. Detergent brand

Down

- 1. Breakfast order
- 2. Agency
- 3. Runner's problem
- 4. Gene material
- 5. Transmitting
- 6. Mum
- 7. School of thought
- 8. Meadow mom
- 9. Finis
- 10. Stadium souvenirs
- 11. Violinmaker Nicolò
- 12. Babysitter employer
- 13. Bolted
- 14. Driver's lic. and others
- 15. "Later"
- 16. 104 Fighting force
- 17. Tuna \_\_\_\_
- 26. Bibliographic abbr.
- 29. Norse thunder god
- 30. Plastic thickness
- 31. Andean staple
- 32. Mudhole
- 34. "...have mercy \_\_\_\_"
- 37. Warfare
- 39. Modifying words
- 40. Knickknack holder

- 41. Russian change
- 43. Comparatively more  
cockamamie
- 45. \_\_\_\_ Brothers
- 47. "Rock-A-Bye, Baby"  
setting
- 48. It doesn't look good
- 49. Necessitate
- 51. Former Ecuadorian  
money
- 55. "Artful" Dickens  
character
- 56. Building add-on
- 57. "To Kill a Mocking-  
bird" novelist
- 58. Cunning
- 59. Hypnotists
- 68. List
- 71. After-lunch snack
- 73. Attached at the base,  
botanically
- 75. Bar order
- 76. Note after fa
- 77. Newt, once
- 78. "...all that wealth \_\_\_\_  
gave": Gray
- 81. Cat at times
- 83. Sack
- 85. Promo
- 86. Cornell's home
- 88. Worker's demand
- 90. Female fox
- 91. Controls
- 92. Field of study
- 93. Millions of bits or  
bytes
- 95. Coffee choice
- 99. Yoga class need
- 100. Trickster
- 101. Kind of service
- 102. "Acetyl" add-on

4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" so-  
lution but, there may also be "equivalent"  
solutions. For example: 6 + (7X3) +1 =28  
and 1+ (7X3) +6 =28

427

24

217

+ - × ÷

Hard 1 - 2 Solutions

1535

64

1429

+ - × ÷

Hard 2 - 1 Solution

56

29

45

+ - × ÷

Easy 1 - 1 Solution

55

15

45

+ - × ÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

NUCLEICACIDYIBB  
SESSILETICTACJU  
UNISONPUNIRJORR  
MANGERRBSTAIRE  
RSINANEROMFHIOA  
RNDODGERLERTABU  
TATAETNOESARSCS  
LRVETISERMVEUAA  
LFOAAGSDAEIESPT  
CERZGSIRNRXTHSE  
ADRCEEEICIEOIIIN  
LBILRLAREZNPLCR  
MASTEREDRECTIUE  
ESTERWSUCRESVMC  
DEPWARNERSILENT

- ESTER

CALMED

CAPSICUM

DODGER

EREMITIC

ETAGERE

INANER

INTOLERANCE

ITHACA

LESSEE

MANGER

MASTERED
- MESMERIZERS

NUCLEICACID

PEELER

PREENS

RAISE

RATTER

RAVAGE

RECTI

SESSILE

SILENT

SNARFED

STAIR
- SUCRES

SUSHI

TEASER

TENREC

TICTAC

TREETOP

UNISON

VIXEN

WARNER

AMATI

BUREAU

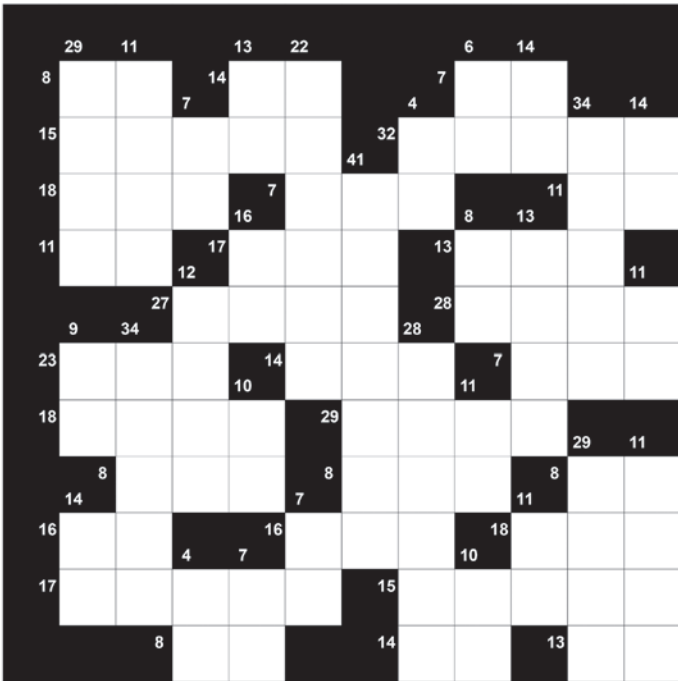
ORRIS

KAKURO

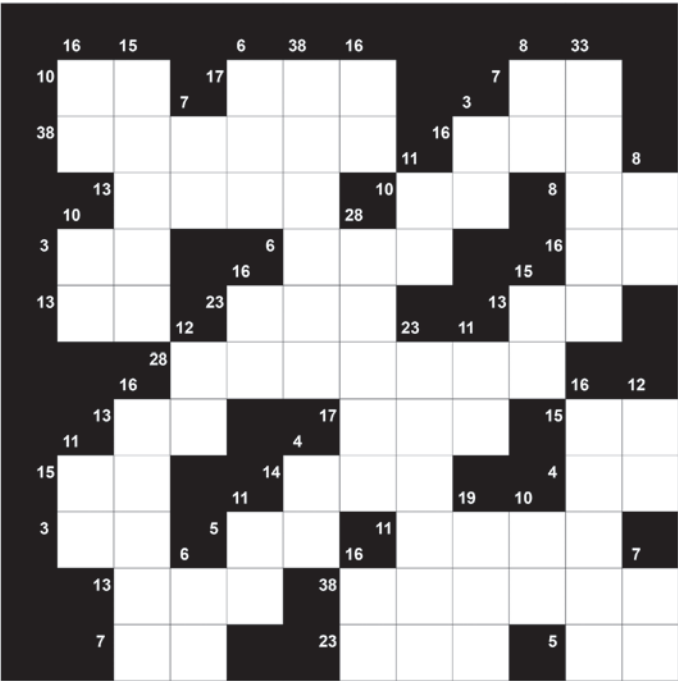
CONSTRUCTED  
BY EPOCH TIMES STAFF

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



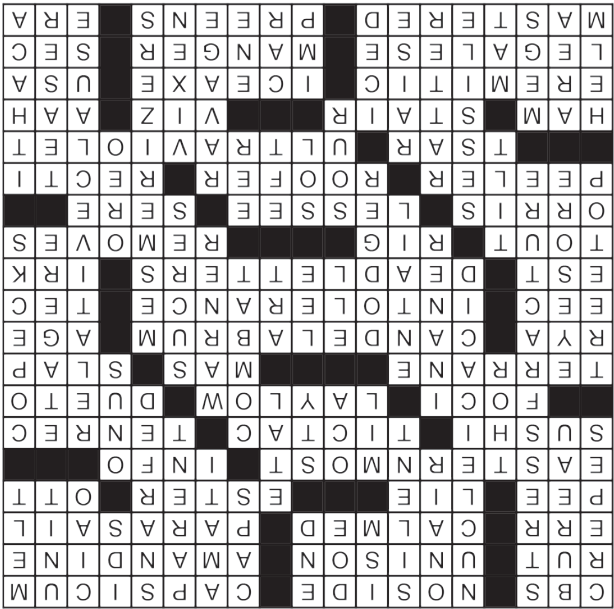
Large: Easy



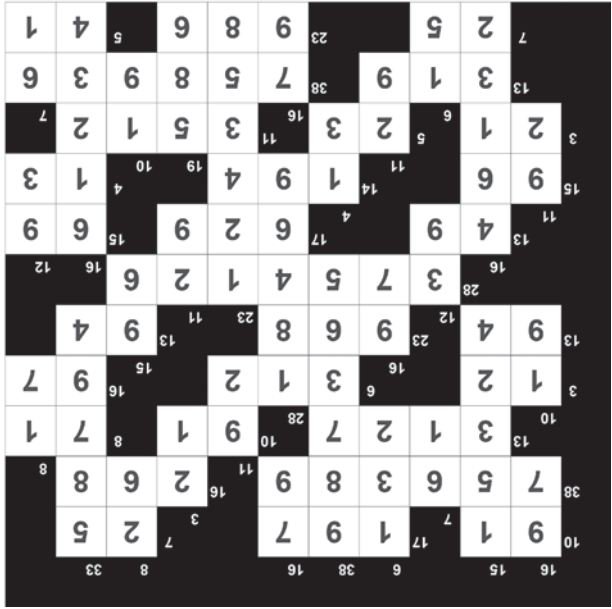
WORK SPACE

SOLUTIONS

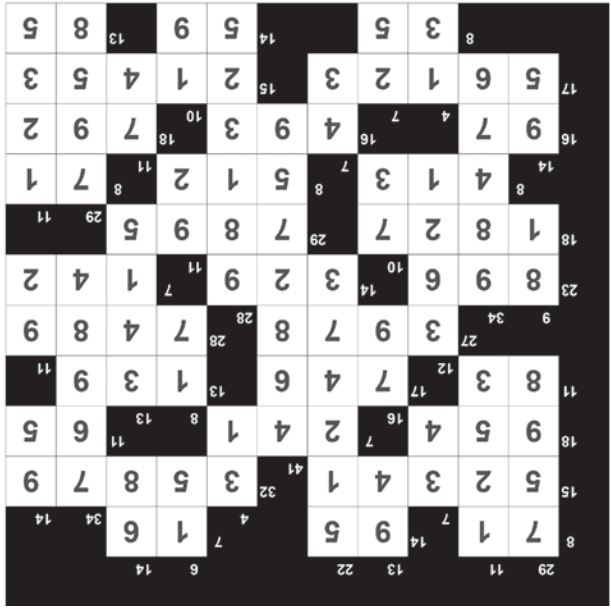
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1

(27 + 17 + 17 + 4) ÷ 2 = 27

(27 - 17) × 2 + 4 = 27
- HARD 2

(35 + 29) - (15 × 4) = 14
- EASY 1

6 × 5 + 4 - 5 = 19
- EASY 2

(4 - 5) ÷ 5 × 5 = 1



SUPERSUDOKU

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

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

SUDOKU

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

Hard

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

Easy

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

KAKURO

CONSTRUCTED BY EPOCH TIMES STAFF

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

Easy

	4		38					22		3	
11								3			
				30		16		41			
28											
		22									
		16				3					
3					7					10	
41											
28											
				12							
	9		15						11		5
23						7					
7											

Hard

	5		6		29		23		41		4		9
28													
29													
	10		22								21		8
7								7					
							7						
41													
		20											
8												8	
41													
6												3	
3												4	



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

SOLUTION BELOW



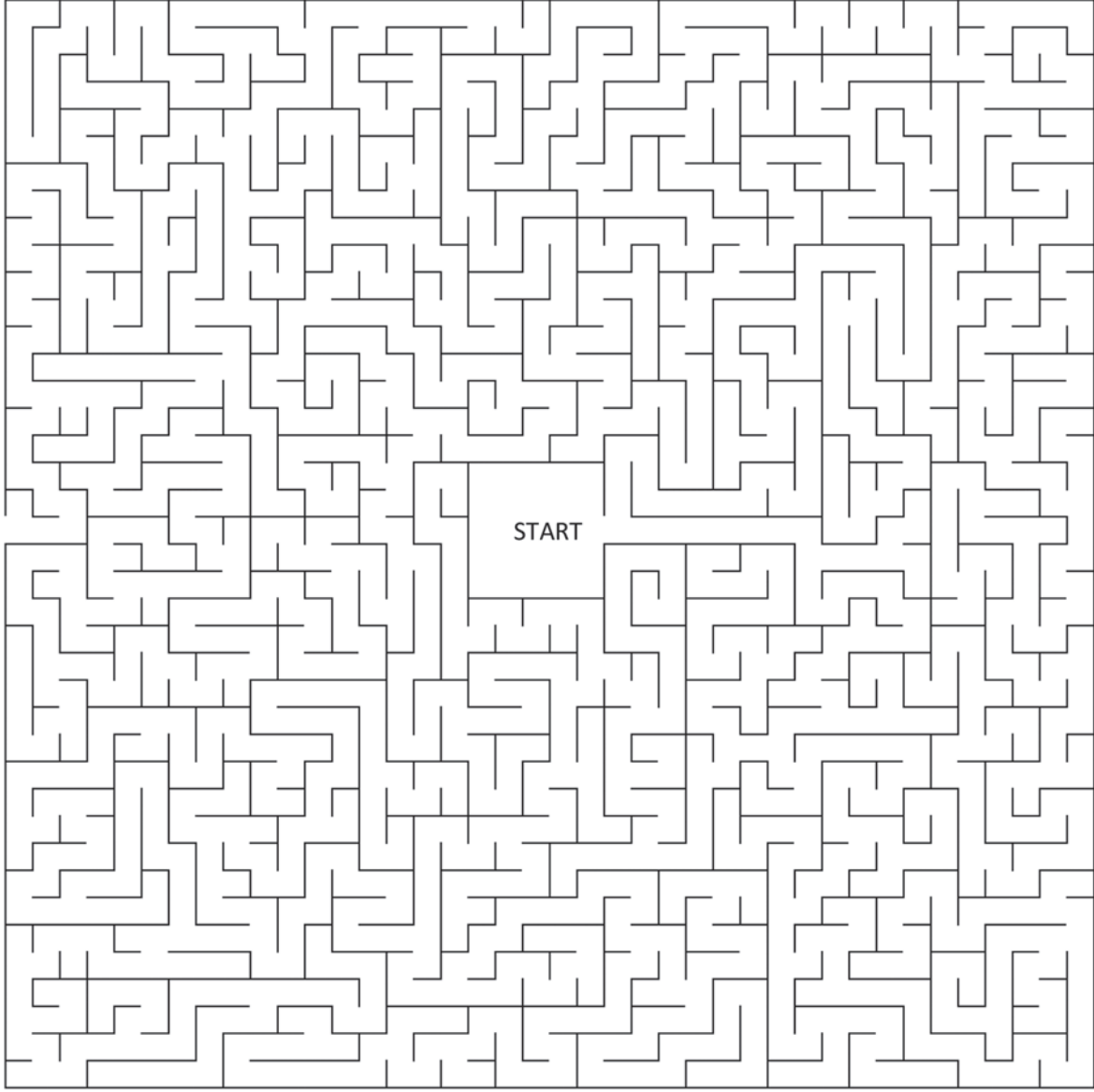
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FREE THE CHILDREN  
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EPOCH ESCAPE MAZE



CRYPTIC QUOTE

Quote by: Helen Keller

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

WORK SPACE

EPOCH DOKU

CONSTRUCTED BY EPOCH TIMES STAFF

1-	1-		1-		64*		2-
		4*	50*		15+		7
1-					2-		60*
		21*		7-		3-	
4-	4/			2-			168*
		224*		11+	3/	3-	
	4/					7*	13+
		3/			15*		

WORK SPACE

KEN 算 KEN

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

1-	5-		2-		10x
	4	13+			
14+		8x	3+		
			5+	30x	3
2	2÷				2-
4-		1-		4	

SOLUTIONS

SUPERSUDOKU

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

SUDOKU: HARD

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

SUDOKU: EASY

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

EPOCH DOKU

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

KENKEN

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

CRYPTIC QUOTE

Life is an exciting business, and most exciting when it is lived for others.

Crystal clear  
OUTSIDE THE BOX

EASY KAKURO

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HARD KAKURO

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WORK SPACE



# Be a Happier Parent—or Laugh Trying

It’s one way to have happy kids, a new book points out

Continued from B5

Having forgotten the indignity of being forced into his high chair, he was happy to have “won” the Great Bib Debacle of 2019. All was right in his world, and his high-chair tray was much easier to clean.

Another trick is what I call “Ending a hissy fit with a kissy fit.” My youngest daughter was moping about having to do her math worksheet. I sat beside her to lend a hand. Knowing intrinsically, it seems, of my less-than-stellar math skills, this gesture didn’t bolster her confidence. Mid-whine, I smothered her with kisses. At first, she tried to block me, but was soon laughing so hard I had to give her breathing breaks. Then, when she thought the onslaught was over, I started the tirade of affection all over again. Finally, we began: “Okay, question one says ...” and I was all over her again, just for good measure. Her mood was improved, and my limited abilities somehow sustained us through third-grade mathematics.

When all else fails, be a ridiculous goofball. Another one of my daughters was sighing heavily over her schoolwork. I called from the other room, “I hear a child in distress! Supermom to the rescue!” and “flew” to her, arms out like Superman. Then I repeated my entrance, holding my hair back like it was flapping in the wind, and again with the back of my shirt flapping. She said, “Moooo-oom,” in mock disapproval, wearing a broad smile. I didn’t even need to help her after that. She got to work without further complaint.

**MS. COONEY:** You also write, “To be a good parent, we must set the right example by our attitude and demeanor.” What is the attitude we should take? And how do we keep a calm demeanor when our kids are acting up?

**MS. KEREKES:** Again, deep breaths. And when necessary, send the child out of hearing range for your sanity and everyone else’s. My friend

turns on loud music to drown out a whining child, and to steal his thunder. It’s not much fun to throw a fit and be ignored, so do your best to ignore him or her. Don’t torture yourself by getting brought down by a crabby kid.

One reason we need to set the right example and remain calm as much as possible is that we may inadvertently teach our children to lie when we lose our temper. Here’s an example from the book:

Imagine you’re potty training your child. (Did you just shudder? My apologies.) Now, imagine you take your child to the potty, but she doesn’t want to go. You try again later and still nothing. You ask her if she needs to go. She insists she doesn’t. Next thing you know, her pants are wet. You, frustrated by the whole experience, kind of lose it. “Look what you did! Now I have to wash you up and find clean clothes and ...” Unbeknownst to you, this reaction is teaching your child to lie in order to avoid seeing you angry or be yelled at. You can express disappointment, sure, but remain calm and patient. You want your child to feel safe coming to you with the truth when she ran a purple marker across the back of the white couch or when he threw a ball indoors and knocked over a lamp.

**MS. COONEY:** Why are fun and humor so important in raising children?

**MS. KEREKES:** Recently, my sister said to me, “How do parents without a sense of humor survive?” I didn’t know how to answer her. It would be so difficult not knowing how to crack up at calamities. Facebook is helpful for parents in that we can share with one another the chaos that occurs in our homes. The thumbs up or “haha” face, plus the commiseration, are like virtual therapy.

I’ve frequently thought, after witnessing something insane, “There’s something for the blog, at least.” This is why I started Parenting’s Funny.wordpress.com—not only for my

▲ Relax your expectations for a clean home, Kerekes advises.

own outlet, but for other parents to read each other’s hilarious stories or unfortunate incidents and get a good laugh. They say if you fake smile enough, you’ll end up smiling for real.

There was a study done that found happy parents have happy kids. That seems logical. Miserable, unhappy parents are likely to make their kids miserable and unhappy. My kids being unhappy would make me even more unhappy; thus, the cycle would continue. This is why there’s an entire chapter on having fun with kids, even your own!

**MS. COONEY:** What advice would you give to parents of teenagers?

**MS. KEREKES:** Hang in there. It’s almost over. I’ve been having success with my teen by leaving her alone more. For instance, she doesn’t appreciate when I ask her if she needs to take a last-minute trip to the bathroom before we leave the house, like I do with her little sisters. It’s tough to find that transition from treating your teenagers like kids to something closer to adults.

The chapter on teens somehow wound up being longer than all the rest. I pulled heavily from my memory of my own teen years. This included phrases my parents would often use on me, such as, “It wasn’t meant to be,” in the case of disappointments, or “Who’s going to remember this in a week, two weeks, a month, a year?” for instances of embarrassment. There was also, “No matter how bad you think you have it, there’s always someone who has it worse,” for those days when I thought my life was so miserably horrible, no one could have things as bad as me—probably because I wore the same shirt as some other girl, or something.

But, for all the bad rap that teens get, since they’re nearing full maturity, they can be quite helpful around the house. Plus, you can play more grown-up games like Hearts and Clue rather than endless rounds of Candy

Land, and Chutes and Ladders.

**MS. COONEY:** What was the inspiration for the book?

**MS. KEREKES:** The writing of this book stems from having co-authored (with Dr. Jennifer Roback Morse of the Ruth Institute) “101 Tips for Marrying the Right Person” and “101 Tips for a Happier Marriage.” A book on parenting seemed like the logical next step. I had a lot of ideas and “tricks” I had learned from reading, observing, remembering, and against all odds, figuring out on my own that I thought worthy of sharing. There’s good advice in the book, but also laughter, because we can all use more laughter in our lives.

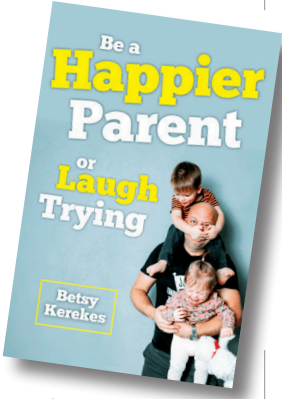
**MS. COONEY:** With the plethora of parenting books available on the market, what sets your book apart from others?

**MS. KEREKES:** Many parenting books focus on babies and all say the same thing: Sleep when the baby sleeps; fold laundry when the baby folds laundry. My book focuses on a range of ages, as do others, but they generally don’t include tips on helping your children keep their faith or on how to wrangle a toddler in church. There are other humorous parenting books, but a quick view of “funny parenting books” on Amazon comes up with a slew of titles containing cuss words. No swearing was involved in the writing of my book.

**MS. COONEY:** Why is this book important today?

**MS. KEREKES:** Making parenting easier and more fun for parents, who will then be happier, ought to help strengthen their relationship with one another, too. Happy parents stay together, which is pretty much the No. 1 crucial factor for raising happy, healthy kids. Stay married, folks.

*This article was originally published on MercatorNet.*



▲ “Be a Happier Parent or Laugh Trying” by Betsy Kerekes.

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“The Attainment: The Vision of the Holy Grail to Sir Galahad, Sir Bors, and Sir Perceval.” Tapestry, 19th century, woven by Morris & Co. Birmingham Museum and Art Gallery.

# What Exactly Is the Holy Grail, and Why Has Its Meaning Eluded Us for Centuries?

LEAH TETHER

Type “Holy Grail” into Google and ... well, you probably don’t need me to finish that sentence. The sheer multiplicity of what any search engine throws up demonstrates that there is no clear consensus as to what the Grail is or was. But that doesn’t mean there aren’t plenty of people out there claiming to know its history, true meaning, and even where to find it.

Modern authors, perhaps most (in)famously Dan Brown, offer new interpretations and, even when these are clearly and explicitly rooted in little more than imaginative fiction, they get picked up and bandied about as if a new scientific and irrefutable truth has been discovered. The Grail, though, will perhaps always eschew definition. But why?

The first known mention of a Grail (“un graal”) is made in a narrative spun by a 12th-century writer of French romance, Chrétien de Troyes, who might reasonably be referred to as the Dan Brown of his day—though some scholars would argue that the quality of Chrétien’s writing far exceeds anything Brown has so far produced.

Chrétien’s Grail is mystical indeed: It is a dish, big and wide enough to take a salmon, that seems capable of delivering food and sustenance. To obtain the Grail requires asking a particular question at the Grail Castle. Unfortunately, the exact question (“Whom does the Grail serve?”) is only revealed after the Grail quester, the hapless Perceval, has missed the opportunity to ask it. It seems he is not quite ready, not quite mature enough, for the Grail.

But if this dish is the “first” Grail, then why do we now have so many possible Grails? Indeed, it is, at turns, depicted as the chalice of the Last Supper or of the Crucifixion or both, or as a stone containing the elixir of life, or even as the bloodline of Christ. And this list is hardly exhaustive. The reason most likely has to do with the fact that Chrétien appears to have died before completing his story, leaving the crucial questions as to what the Grail is and means tantalizingly unanswered. And it did not take long for others to try to answer them for him.

Robert de Boron, a poet writing within 20 or so years of Chrétien (circa 1190–1200), seems to have been the first to have associated the Grail with the cup of the Last Supper. In Robert’s



▲ “Sir Galahad, the Quest for the Holy Grail,” 1870, by Arthur Hughes.

Today, of course, we use the phrase ‘The Holy Grail of...’ to describe the practically unobtainable.

prehistory of the object, Joseph of Arimathea took the Grail to the Crucifixion and used it to catch Christ’s blood. In the years that followed (1200–1230), anonymous writers of prose romances fixated on the Last Supper’s Holy Chalice and made the Grail the subject of a quest by various knights of King Arthur’s court. In Germany, by contrast, the knight and poet Wolfram von Eschenbach reimagined the Grail as “Lapsit Exillis,” an item more commonly referred to these days as the “Philosopher’s Stone.”

None of these is anything like Chrétien’s Grail, of course, so we can fairly ask: Did medieval audiences have any more of a clue about the nature of the Holy Grail than we do today?

**Publishing the Grail**

My 2017 book delves into the medieval publishing history of the French romances that contain references to the Grail legend, asking questions about the narratives’ compilation into manuscript books. Sometimes, a given text will be bound alongside other types of texts, some of which seemingly have nothing to do with the Grail whatsoever.

So, what sorts of texts do we find accompanying Grail narratives in medieval books? Can this tell us anything about what medieval audiences knew or understood of the Grail?

The picture is varied, but a broad chronological

trend is possible to spot. Some of the few earliest manuscript books we still have see Grail narratives compiled alone, but a pattern quickly appears for including them into collected volumes. In these cases, Grail narratives can be found alongside historical, religious, or other narrative (or fictional) texts. A picture emerges, therefore, of a Grail just as lacking in clear definition as that of today.

Perhaps the Grail served as a useful tool that could be deployed in all manner of contexts to help communicate the required message, whatever that message may have been. We still see this today, of course, such as when we use the phrase “The Holy Grail of...” to describe the practically unobtainable, but highly desirable prize in just about any area you can think of. There is even a guitar effect-pedal named “holy grail.”

Once the prose romances of the 13th century started to appear, though, the Grail took on a proper life of its own. Like a modern soap opera, these romances comprised vast reams of narrative threads, riddled with independent episodes and inconsistencies. They occupied entire books, often enormous and lavishly illustrated, and today these offer evidence that literature about the Grail evaded straightforward understanding and needed to be set apart—physically and figuratively. In other words, Grail literature had a distinctive quality. It was, as we might call it today, a genre in its own right.

In the absence of a clear definition, it is human nature to impose meaning. This is what happens with the Grail today and, according to the evidence of medieval book compilation, it is almost certainly what happened in the Middle Ages, too.

Just as modern guitarists use their “holy grail” to experiment with all kinds of sounds, so medieval writers and publishers of romance used the Grail as an adaptable and creative instrument for conveying a particular message to their audience, the nature of which could be very different from one book to the next.

Whether the audience always understood that message, of course, is another matter entirely.

*Leah Tether is a reader in medieval literature and digital cultures at the University of Bristol in the UK. This article was originally published on The Conversation.*

# Linguists Found the ‘Weirdest Languages,’ and English Is One of Them

ADAM SCHEMBRI

Is English “weird”? Many of us might feel this is true when we’re trying to explain the complex spelling rules of the language, or the meanings of idioms such as “it’s raining cats and dogs” to someone who is learning English. Teaching or learning any language is, however, never an easy task.

But what is a “weird” language anyway? As linguists, we generally aim to be as objective as possible in the study of human language. We view ourselves as language scientists who

make hypotheses about how humans use language and test them against linguistic data. Unlike so-called language police, we believe it is important to avoid where possible making value judgments about language.

Some computational linguists have used data in the World Atlas of Language Structures (WALS) to explore (tongue firmly in cheek) which languages might be considered the “weirdest.” This was not just a value judgment: They systematically compared the information on the WALS website for 239 languages from different parts of the world.

Their aim was to find out which languages had the largest number of features that differed most from other languages. In this survey, English came in 33rd position out of 239 languages. So it definitely has more atypical features than over 80 percent of the other languages in the survey.

Critics have, however, claimed the survey was too biased as it used only a few features of the world’s many languages. Indeed, there are aspects of English that are not unusual compared to many other languages, such as its dominant subject-verb-object word order. But let’s look here at two features of English that might in fact be unusual.

many speakers of other languages. According to WALS, the average number of distinctive speech sounds in the world’s languages is about 25 to 30—known as “phonemes.” Pirahã, an indigenous language spoken in the Amazon region of Brazil, has an unusually small set of phonemes. It has eight consonants, and just three vowels: /i/, /a/, and /o/. In contrast, Taa (also known as !Xóó) is a language in southern Africa that has more than 100 phonemes, including many different types of click sounds.

Sign languages, such as British Sign Language or American Sign Language, do not use sounds at all. Signs are, instead, composed out of combinations of handshapes, movements of the hands, and locations on or near the body of the signer.

English has more phonemes than many languages, with around 44, depending on which variety of English you speak. It has an unusually large set of vowel sounds—there are around 11. According to WALS, most spoken languages have only between five and six vowel sounds. This is part of the reason that English spelling is fiendishly complicated, because it has inherited five letters for vowels from the Roman alphabet and speakers have to make them work for more than twice that number of sounds.

English has some comparatively unusual consonant sounds as well. Two sounds, those represented by the “th” in “bath” and “bathe” respectively, are found in fewer than 10 percent of the languages surveyed in WALS. In fact, these two sounds are generally among the last sounds acquired by children, with some adult varieties of English not using them at all.

English uses varying word orders to distinguish between questions and statements, meaning that the subject of the sentence precedes the verb in statements. Take the phrase “life is a box of chocolates,” for example. Here, the order is subject (“life”) followed by the verb (“is”). In the question, “is life a box of chocolates?” the order of these elements is reversed.

In a WALS survey of 955 languages, fewer than 2 percent of languages in the sample used English-like differences in sentence structure for questions. Over 50 percent of the languages added a question particle to differentiate a question from a statement.

In Japanese, for example, you add the question particle “ka” to a statement to turn it into a question. The second most common strategy in WALS was to change the intonation pattern, such as changing a falling intonation pattern (for a statement) to a rising one (for a question). In contrast, Chalcatongo Mixtec (an indigenous language of Mexico) is a highly atypical language because it does not use any grammatical strategy to distinguish between questions and statements.

That said, it is impossible to conclusively make the argument that English is, or isn’t, “weird” because all the data needed to make this judgment is not available. As several thousand languages have not yet been included in WALS, this means WALS can only be used to compare English with a small proportion of the estimated 7,000 languages in the world today. More language documentation is ultimately needed to give a better understanding of the world’s amazing linguistic diversity.

*Adam Schembri is a reader in linguistics in the department of English language and linguistics at the University of Birmingham in the UK. This article was first published on The Conversation.*



English grammar is also sometimes unusual.

**English Sounds Strange**  
English probably sounds a little strange to

**The Question of Questions**  
English grammar is also sometimes unusual.



WISDOM FOR DAILY LIFE

# How to Take Positive Lessons From the Negative People in Your Life

JOSHUA PHILIPP

It's possible to take positive lessons from every person in your life, including those who you just plain don't like. It's also possible to learn to not be moved by negative people, as did the ancient Stoics—accepting the world for what it is and finding sanctuary in self-improvement.

A guide on how to accomplish this was left to us by the second-century Roman emperor Marcus Aurelius, who detailed his reflections on life in his handbook, “Meditations.”

Marcus said to “begin the morning by saying to yourself, I shall meet with the busybody, the ungrateful, arrogant, deceitful, envious, unsocial,” and then to tell yourself that “all these things happen to them by reason of their ignorance of what is good and evil.”

Yet, even while seeing these traits, Marcus explained, we should reflect that even a person who behaves poorly is still a person just like us—a person who “participates in the same intelligence and the same portion of the divinity.”

And despite the things in others that may bother or annoy us, there is nothing another person can do to force us to change our own inner nature. Our inner faculties will always be our own to govern. With this, Marcus explained, “no one can fix on me what is ugly, nor can I be angry with my kinsman, nor hate him.”

Human life, as he viewed it, was built on our ability to cooperate with each other. He also believed that among the people Heaven has placed around us, “[to] act against one another then is contrary to nature and it is acting against one another to be vexed and to turn away.”

**Taking Positive Lessons**

Take a moment to reflect on each person in your life: your parents, grandparents, siblings, aunts, uncles, teachers, friends, and others. Think of each one. Do you have positive feelings toward him or her, or negative feelings? If you have positive feelings, what were the specific lessons that each taught you to help you? And if you have less than charitable thoughts, what can you learn from these people's negative characteristics?

In the writings of Marcus, we can't tell who was a positive or negative model, because he only stated the positive lessons he learned.

Marcus said that from his grandfather Verus he learned “good morals and the government of my temper.”

From his mother, he learned “piety and beneficence, and abstinence, not only from evil deeds, but even from evil thoughts; and further, simplicity in my way of living, far removed from the habits of the rich.”

Others taught him modesty, helped him understand the values of being nonpartisan, to “not to busy myself with trifling things,” and “to love my kin, and to love truth, and to love justice.”

It's easy in life to become transfixed on how we've been wronged by others. Yet what good does it bring us to hold onto negative feelings from our interactions? Does it resolve anything? Or does it only make us more miserable?

Marcus even went a step further: “I will observe these negative traits, and remove these traits from my own character.”

This simple idea of self-improvement, of the value of calm reflection and of being unmoved by the chaos of the world, is at the heart of what Marcus left to us. We can't change the world around us, and it's difficult to change others, but we can change ourselves and learn to be unaffected



The equestrian statue of Roman emperor Marcus Aurelius. He is also considered one of the most important Stoic philosophers.

**All things are fleeting, and our short time on earth can be filled with annoyances—if we allow ourselves to be annoyed.**

ed by the hardships and negative elements in life. With this, regardless of what we encounter in the world, we can find happiness through our own practice of virtue.

**The Nature of Life**

Marcus ended his introduction by thanking Heaven for the good people in his life, for the virtues he was able to keep, and for the blessings he received—even if those blessings didn't last.

He explained that people often become bitter over their losses because they don't accept the fact that nothing in life can last.

This was a key element, not just in the philosophy of Marcus, but also of the Stoics overall. They believed that life is temporary, that joys and desires pass, and that by accepting temperance in all things we can

live according to the course of Heaven and take things more lightly.

Marcus understood that change is part of life, and that the nature of the world goes hand in hand with change. In life, we will never succeed if we attempt to strive against the course of what's natural. We will always be unhappy if we look for eternal joy in things that don't last, or if we try to alter the world to conform to our likings.

If, on the other hand, we can look instead to change what is within our own power—within ourselves—then we can find lasting happiness.

Such a life is one without the external controls of whims, desires, longings, annoyances, or resentments.

Marcus encouraged us to understand the nature of the world—and what it means to live in the world, in society, among people, and to face the daily encounters and trials that life naturally brings. Understand that today won't last, and that the significance of our trials in the grander scheme of things is like a grain of sand in the infinite expanse of time.

All things are fleeting, and our short time on earth can be filled with annoyances—if we allow ourselves to be annoyed. Instead, Marcus encouraged us to expect these annoyances because they are part of what life naturally brings when we, as beings with free will, interact with other beings who share the same free will. Just like us, they make the occasional error, or sometimes aren't considerate of others.

He wrote, “Shall any man hate me? That will be his affair. But I will be mild and benevolent toward every man ...”

Marcus said that with everything that happens, observe how others have encountered the same trials, and how they were bothered or reacted poorly. Yet, where are those people now? Did their internal feelings have any effect in the end?

He added that by making use of our daily trials for self-improvement, “then you will use them well, and they will be a material for you to work on. Only attend to yourself, and resolve to be a good man in every act that you do: And remember ... Look within. Within is the fountain of good, and it will ever bubble up, if you will ever dig.”



Regardless of what we encounter in the world, we can find happiness through our own practice of virtue.



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Caitlin Huber offers a feminine perspective on beauty, faith, marriage, and homemaking.

# Embracing the Life of a Traditional Homemaker

## A Conversation with ‘Mrs. Midwest’

BARBARA DANZA

Caitlin Huber, known on the internet as “Mrs. Midwest,” is a blogger and YouTuber from West Michigan who talks about living traditionally, homemaking, and femininity. She can be found online at MrsMidwest.com and on her YouTube channel of the same name. I recently spoke to her about her growing audience and her ironically countercultural take on living well as a woman.

**THE EPOCH TIMES:** You’ve been blogging and vlogging about femininity and your life as a traditional homemaker. Your message provides a counterbalance to the modern feminism that is so pervasive in our culture at the moment. How would you characterize the overall response, so far, to your content?

**CAITLIN HUBER:** The response has been overwhelmingly enthusiastic. Women of all ages, all backgrounds, and all nationalities have become deeply involved with my blog and channel. It seems that traditional women are very excited and relieved to be discussing femininity and traditional living without shame. But even people who fundamentally disagree with my beliefs have told me that they still enjoy my content because it has helped open their eyes to alternative life-

One of Huber’s hobbies is sewing.



styles. Isn’t it funny that traditional living has now become an alternative lifestyle?

**THE EPOCH TIMES:** Do you feel there is a hunger among modern women for a return to a traditional lifestyle?

**MRS. HUBER:** Yes and no. Firstly, I believe that part of the exuberant support for my channel and blog has been from women who are already living a traditional lifestyle. Many of my viewers are religious, sometimes conservative women who have felt alienated by the modern progressive narrative. I think they resonate with my content because I’m speaking up about these topics from a perspective they relate with. Secondly, you are right: There is a large portion of my viewers who are hungering for a return to traditional living. Many women confide that they desperately crave a life outside of their career, but are unable to achieve it due to financial or relational circumstances. This is not exclusive to the United States, however, as many of the messages I receive are from women across the globe who deeply regret not pursuing a traditional marriage or lifestyle sooner. But your average young, progressive, and beautiful woman in the West enjoying her 20s and women’s empowerment? No, I wouldn’t say the hunger is there ... yet.

**THE EPOCH TIMES:** What is the best part about living traditionally?

**MRS. HUBER:** The best part about traditional living is how freeing and natural it is! I love the security and comfort knowing that I will be able to share children, a future, and old age with my husband. These years of being a homemaker have been the happiest of my life. Although we took a hit to our income when I began staying home, the time we have together and the order I’ve created in the household have truly made up for that money. We have adjusted quite nicely to our limited income, and I personally have enjoyed the slower and more frugal lifestyle.

**THE EPOCH TIMES:** What have you found most challenging along your journey?

**MRS. HUBER:** The sheer volume of interaction has been quite overwhelming, as has the exuberant praise and criticism. The praise has far outweighed the criticism, but it doesn’t mean it doesn’t exist. It’s never a good feeling to know I’m upsetting people or that people specifically dislike my message. I’m still working on not taking things personally and not letting criticism affect my emotions, but as I’m sure you are already aware, that’s a difficult thing to do!

**THE EPOCH TIMES:** Have you always envisioned this life for yourself?

**MRS. HUBER:** Absolutely! Marriage has always been my biggest goal and I am not ashamed of that. Being at home and in a happy marriage with children has always been my primary vision. I never even considered that it could be anything other than a life-giving adventure! Of course, I have always been involved in women’s ministry in some capacity throughout my life. Now I get to do ministry through my writing and videos while also focusing on homemaking.

“  
**I love the security and comfort knowing that I will be able to share children, a future, and old age with my husband.**  
Caitlin Huber

**THE EPOCH TIMES:** Did you have other career aspirations before getting married?

**MRS. HUBER:** Like many of the women who email me, I had career aspirations out of necessity, rather than out of a burning passion. I thought I would have no choice but to work in marketing or sales during my 20s, but it wasn’t an “aspiration,” just a strategy for survival. My only true aspiration was to be married and become a mother, with some time for volunteer work or writing.

**THE EPOCH TIMES:** With the growing success of your YouTube channel and blog, how do you balance creating online content with your aims as a homemaker?

**MRS. HUBER:** This question has been on my mind a lot. My fans and followers are always asking for more content: podcasts, a Facebook group, personal coaching, live-streaming, and more. It is wonderful to have such vehement interest in my blog, but with every added responsibility comes less time for my homemaking! The best way I balance it is by fitting the blog around my life, not my life around the blog. I have no intentions of creating a blogging empire. My platform encourages women to consider slowing down their lives and pursuing family as a first priority: I feel it would be unfair if my fans got to do that at the expense of my own marriage and family.

**THE EPOCH TIMES:** What has surprised you most along your journey, either at home or with your work online?

**MRS. HUBER:** The most surprising part has been the diversity of my viewers and readers. I have women from France, Vietnam, Angola, Sweden, Brazil, Italy, Saudi Arabia, and Mexico, just to name a few countries. Some girls have even told me that they translate my videos to help their family members watch! This never ceases to amaze me. But the second most surprising thing has been how many people respond to my message saying that they love my “version” of feminism! This makes me laugh because I do not identify in the slightest with feminism, but of course, I am happy to have anyone included into our community, as long as they are kind and want to learn about traditional living!

**THE EPOCH TIMES:** What would you advise young women who hope to embrace the more traditional life you have?

**MRS. HUBER:** My biggest advice is to plan your life with a family in mind, while still being practical. As I always say on my channel, we cannot guarantee a husband in life. Women must have a marketable skill or degree that will allow them to be independent if necessary. But at the same time, I encourage young traditional women to not get swept up in Ph.D. programs or high-intensity careers if they intend on being a housewife. Be practical. You cannot be a housewife without a husband! Choose a husband wisely and don’t date men who don’t want a traditional lifestyle. Never be afraid to admit that you want marriage and a family, no matter how much pressure you feel from society. Stand firm in your desires while following your natural instincts.

**THE EPOCH TIMES:** What are your plans for the future?

**MRS. HUBER:** My husband and I hope to have a baby in the next year or so, which I am quite excited about! But as far as Mrs. Midwest is concerned, I’m content with making videos and writing about femininity and traditional living until it’s no longer needed. Someday I hope to write a book, but above all else, my future plan is to enjoy our quiet life and to be the best wife and mother I can be.



# How to Handle Conflict Like an Ancient Chinese Boss

EPOCH TIMES STAFF

We can all relate to losing control at some point, whether it's a harsh word to a spouse or a verbal tirade against a driver who cut us off.

It's easy to vent your anger and blame the other person, but the ancient Chinese had a different way of resolving inevitable social tension: tolerance.

Letting other people mess with your inner peace is giving them too much power, the thinking went. Better to forgive others and be understanding of their human flaws.

By showing mercy, it could also have the effect of changing the other person by touching their heart. It could even uplift society. And if you were able to keep calm, even when enduring unfairness or injustice, you'd remain the master of your domain and keep your inner peace intact.

Here are two legendary stories of great tolerance from traditional Chinese culture. They may just inspire you the next time your co-worker steals your lunch from the office fridge.

**What to Do, the Ancient Chinese Way, if Your Neighbor Destroys Your Garden**

Song Jiu was a governor in the state of Liang during the Warring States Period (722–481 B.C.) in ancient China. Adjacent to Liang was the state of Chu. A post marked the border between the two states. Melon farmers from each state worked the land on their own side of the post.

The Liang people were industrious and often irrigated their land, so their melons grew big and flourished. But the Chu people were lazy. They hardly ever watered their land, so their melons were small and shriveled.

Out of jealousy, one night the Chu people crossed to the other side and stomped on the Liang people's melon vines, breaking many of them.

The next day, the Liang people found the damage and were enraged. They reported it to Governor Song, seeking revenge.

Song shook his head and said, "We should not do that. Making an enemy is a path to calamity. It is narrow-minded to give tit for tat."

Instead, Song devised a plan: A Liang team would be sent to secretly water the Chu's melon patch every night. But it had to be a secret, he insisted; no one must tell the Chus.

The next morning, when the Chus went to check

Back in ancient times, sages and men of virtue held others' perspectives in high regard.

If your neighbors destroyed your garden, what would you do?

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their crop, they saw it had already been watered.

With the covert help from the Liangs, the Chu state's melon vines grew better and better every day. The Chu people thought it strange and started to investigate. When they discovered that the Liang people had been helping them, they were very moved and reported it to their government.

The Chu king subsequently apologized to the Liang people with generous gifts, vowing friendship between the two states. The Liang and Chu then developed a great, long-lasting alliance.

For centuries, people have remembered Song Jiu's wisdom and broadmindedness and the story of how he repaid an act of harm with an act of kindness.

**Resolving a Property Dispute Like an Ancient Chinese Prime Minister**

In Tongcheng County, Aihui Province, in China, there is a famous lane about 100 meters long and 2 meters wide. It's called "Six-Foot Lane" and has a beautiful story behind it.

Zhang Ying, a well-known officer during the Qing Dynasty, was born in Tongcheng County. Beside his house was a piece of vacant land, and his neighbor built a wall on it to claim ownership. Zhang's family argued with the neighbor about the wall but without resolution.

At the time, Zhang was the prime minister of the state and living in the capital city. His relatives sent him a letter asking him to intervene on the dispute. Instead, Zhang wrote a short poem in reply:

Over thousands of miles the letter traveled, only for a wall;  
What of letting him have three feet more?  
The Great Wall is still firm and strong,  
But where are the whereabouts of Emperor Qin?  
The Great Wall was built under the order of the first emperor of the Qin Dynasty some 2,000 years before the Qing Dynasty. By mentioning this history, Zhang meant to explain to his family that life is too precious and short to fight for



Try to fully embrace and be inclusive of all things, like an ocean.

insignificant material things.

Seeing this poem, Zhang's relatives felt ashamed. They immediately followed Zhang's instruction and yielded three feet of land to the neighbor, who in turn was so moved by Zhang's humility and demeanor that he gave up three feet of his own property, thus creating a six-foot lane.

**Ocean of Tolerance**

Tolerance is one of the most important virtues in traditional Chinese culture. Reflecting selflessness, wisdom, and broadmindedness, it comes from self-discipline and is the natural manifestation of kindness and benevolence. It brings people closer together by improving their relationships.

Ancient sages and people of virtue held others' perspectives in high regard. They thought of others first when encountering difficulty and were respected role models who set lofty examples for others.

Laozi, a venerable sage from ancient China, taught that one with great virtue is able to behave in an all-encompassing manner in harmony with the "Tao," or the "Great Way." He said: "The reason great rivers and oceans are broad and deep is that they seek the lowest level so as to take in all the water from the streams and creeks."

What he meant is that, to fully embrace and be inclusive of all things, one must have a compassionate heart. The more broadminded one is, the greater the world one encompasses.

People with great virtue are totally unselfish and hold themselves to a high moral standard. They are more kind, tolerant, and willing to help and care for others, and would never be influenced by self-interest and self-profit.

So the next time conflicts occur, picture that ocean with unlimited capacity that takes in all water from the rivers and creeks. We can be that ocean.



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