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has resumed commercial whaling for the first time in 31 years, achieving a goal of traditionalists that had been seen as a lost cause because of slowing demand for the meat and changing views on conservation.

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(L) Falun Gong practitioners hold a banner reading “Dismantle the Chinese Communist Party; End the Persecution” during the Hong Kong protest on July 1, 2019. (R) Protesters hold up banners that condemn the Chinese Communist Party's forceful rule of Hong Kong.

HONG KONG

Beijing Lashes Out at Hong Kong Protesters

Protesters labelled ‘extremists’ as Chinese regime struggles to maintain control

NICOLE HAO

The Chinese regime used harsh language to criticise Hong Kong protesters who broke into the Legislative Council (LegCo) building on July 1 as anger over a controversial extradition bill intensified. Analysts say the incensed response from Beijing indicated that the regime is fearful of how such protests might jeopardise its rule. In recent weeks, Hong Kongers

The city's protests represent a challenge to Beijing's rule; hence, the Chinese regime is worried.

Tang Jingyuan, U.S.-based Chinese affairs commentator

have staged mass protests against a bill that would allow the Chinese regime to seek extradition of suspects, with many worried that the city government would be pressured to hand over individuals to face trial in China's opaque legal system. On July 1, roughly 550,000 Hong Kongers attended an annual march themed around protesting Beijing's increased encroachment on local affairs since the city reverted to Chinese rule from British admin-

istration in 1997. Hong Kongers have long been calling for universal suffrage to elect the city's leader, who is currently voted in by an electoral committee consisting of mostly pro-Beijing elites. But the march was overshadowed by a group of young protesters who stormed the LegCo after breaking into the building by shattering the glass doors at around 9 p.m. Once inside, they tore down por-

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Workers prepare the venue for Huawei HAS2019 Global Analyst Summit in Shenzhen, China, on April 16, 2019.

HUAWEI

Trump's Easing of Restrictions on Huawei Is Not a ‘General Amnesty,’ Kudlow

CATHY HE

White House economic advisor Larry Kudlow said June 30 that President Donald Trump's decision to let U.S. firms sell products to Chinese telecom giant Huawei did not amount to a “general amnesty” for the company. In May, Huawei, the world's largest telecom gear manufacturer, was added to the U.S. Commerce Department's “entity list” on national security grounds. This effectively banned the company from doing business

with U.S. suppliers. But after Trump and Chinese leader Xi Jinping met at the sidelines of the G-20 Summit in Osaka, Japan on June 29, the president announced that U.S. companies would be allowed to sell certain products to Huawei again. “U.S. companies can sell their equipment to Huawei,” Trump said at a press conference following the meeting. “I’m talking about equipment where there is no great national

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US POLITICS

US Lawmaker Slams Google After Worker Labels Conservatives ‘Nazis’

PETR SVAB

Rep. Dan Crenshaw (R-Texas) has criticized Google over an internal email that shows an employee labelling conservative commentators as “Nazis.” Crenshaw called the email “pretty disturbing,” “wholly irresponsible,” and possibly a call to violence, as he questioned a Google executive dur-

ing a June 26 House hearing. The internal email was published on June 25 by Project Veritas, a right-leaning investigative journalism nonprofit. “Today it is often 1 or 2 steps to Nazis, if we understand that PragerU, Jordan Peterson, Ben Shapiro et al are nazis using the dog whistles,” Google employee said in



Ben Shapiro at the ‘Politicon’ conference in Pasadena, California, on July 30, 2017.

the email, which seems to be discussing a feature that recommends to viewers more videos to watch on YouTube, a video sharing platform owned by Google. The employee proposed that

Continued on A4

TRADE WAR

Chinese Top Officials Split Over US-China Trade, Insider Reveals

OLIVIA LI

China's top leadership is sharply divided, and Chinese leader Xi Jinping, being surrounded by people holding opposite opinions and various motives, is in a very complicated and difficult situation, according to an insider. In the run-up to Xi's meeting with U.S. President Donald Trump on the sidelines of the G-20 summit, Chinese state media ran commentaries with a hardline stance. On June 26, the day before Xi left for the G-20, state-run media Xinhua ran an article warning that all must stay alert to those “who throw grenades backwards” during a time when “two armies are directly confronting each other.” A Beijing insider, who is the daughter of a top Chinese Communist Party elder, revealed to the Chinese-language Epoch

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Accuracy & Integrity

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



# Dutton Pushes for 2-Year Ban on Extremists

Home Affairs Minister Peter Dutton will introduce new laws banning Australians involved in terror overseas from re-entering the country for up to two years.

Australians suspected of involvement in terror activities overseas are soon likely to be temporarily banned from returning home.

The federal government will on July 4 introduce legislation stopping any citizen suspected of extremism from returning to Australia for up to two years.

“We need the support of the Labor Party, obviously, but we want to get the laws through as quickly as possible,” Home Affairs Minister Peter Dutton told reporters in Canberra on July 3.

“They build on the changes we have already made to make sure that we can keep Australians safe.”

People returning from conflict zones would be ordered to remain overseas for up to two years, possibly in refugee camps, before being issued with a permit to come home once protections were put in place.

Labor has previously raised concerns the temporary exclusion orders could breach the constitution by leaving Australian citizens stateless.

Dutton insists that legal hole has been plugged through stronger rights to appeal.

He says the new anti-terror legislation is not unprecedented, because the United Kingdom has similar laws.

Parliament’s powerful intelligence and security committee has recom-



Australia's Home Minister Peter Dutton (C) speaks to the media as Sri Lanka's navy commander Piyal De Silva (L), and the head of Australia's Operation Sovereign Borders Major General Craig Furini (R) look on in Colombo on June 4, 2019.

**Labor backbencher Ed Husic highlighted that the security committee had also put forward a raft of recommended checks and balances.**

mended the legislation be passed, subject to 18 changes.

Opposition home affairs spokeswoman Kristina Keneally said Labor was awaiting the government's response to the bipartisan suggestions before supporting the bill.

“The government has yet to respond to those recommendations or to give us a copy of the legislation,” Senator Keneally told ABC radio.

“We are ready and willing to work with the government, but we need to see that legislation, we need to see the government’s responses.”

Labor backbencher Ed Husic highlighted that the security committee

had also put forward a raft of recommended checks and balances.

“Now the test is on the government, whether or not they’ll accept that, and in full good faith reflect what the committee has done.”

The laws were first proposed last year, after terror attacks in Melbourne and Christchurch.

On July 3, two Sydney men were charged over an alleged ISIS-inspired plot to attack police stations, consulates and churches.

Dutton said separate changes to national security laws giving authorities more power to access encrypted messages had been reaping

dividends.

“It has played a role, and a very positive role, in a number of investigations,” he told the Nine Network.

However, the minister would not say whether the encryption laws specifically helped in this week’s case, stressing investigators would have used various approaches.

“Obviously, when we’ve got 200 people who are involved in the investigation, there are many elements that would have brought this to fruition.”

*By Daniel McCulloch  
From AAP*

## NASA Official Says Australia’s Fledgling Space Agency Needs More Funding

A senior official with NASA's space communications program has called on the government and industry to rally behind Australia's space agency.

Australia's fledgling space agency needs far more resources to grow and thrive, according to a top NASA official.

Badri Younes, a senior official with NASA's space communications program, met on July 2 with Australian Space Agency boss Megan Clark in Canberra.

The two organisations discussed ramping up collaboration, building on NASA's long-standing relationship with Australian science body CSIRO.

“We will be pursuing some meetings in the future to identify possible options where we can collaborate on technology,” Younes told reporters on July 3.

Australia's year-old Adelaide-based space agency needs “the support of everyone” to be successful.

“It's going to take the commitment of the Australian government, the Australian industry, to help Dr. Clark and the agency to move forward and to grow,” he said.

“And they need many additional resources.”

Younes said it was “about time” Australia got its own space agency.

“Australia needs to carve itself a good wedge in the space industry and economy and there's a lot to be done.”

Federal Science Minister Karen Andrews says she's open to further links between NASA and the Australian Space Agency.

“I'm not going to rule out anything



AAP IMAGE/SUPPLIED BY CSIRO

at this time,” she told reporters.

She noted the government had spent \$300 million to help grow Australia’s \$3.9 billion space industry to one worth \$12 billion by 2030, with further funding potentially on the cards.

“We will be looking at growing that over the coming years.”

The pair were at Parliament House to mark the handover of one of three original copies of footage of the 1969 moon-landing to the National Film and Sound Archive of Australia.

Australia played a key role in broadcasting the experience to the world, with the CSIRO Parkes Observatory in NSW responsible for receiving and sharing the longest and most exciting footage of the landing.

The footage was rediscovered a number of years ago at the observatory and has since been digitally remastered.

*By Marnie Banger  
From AAP*

**CSIRO's Parkes radio telescope at Parkes Observatory in New South Wales.**

**Senior official with NASA's space communications program, Badri Younes, said it was “about time” Australia got its own space agency.**

## Australia to Advocate for Ocean Health

The Morrison government says it will be a global advocate for the health of the ocean, in a bid to curb increasing plastic pollution in the region.

The federal government has vowed to advocate on the global stage for the health of the oceans.

Outlining the Morrison government's priorities on July 2 for the 46th parliament, Governor-General David Hurley pointed to several key environmental efforts.

Hurley said Australia, along with countries in the region such as Indonesia, would advocate for ocean health.

“Our continent touches both the Pacific and Indian Oceans,” he told MPs and senators in the upper house.

“Our geography, values, responsibilities and interests demand that we lift our advocacy efforts in this important area.

“We will use our existing and expanded domestic actions as the basis for our advocacy, to lead by example on this important global environmental agenda.”

The pledge comes after G20 environment ministers recently agreed to reduce marine pollution.

A ban on single-use plastics, including bags and straws, is now in force in Bali.

Indonesia and Japan have also issued a joint statement on tackling marine pollution, including monitoring plastic waste off the Indonesian coast.

Hurley reiterated Australia’s

pledge for a voluntary industry phase-out of microbeads from personal care and cosmetic products.

The federal government has also vowed to make 100 per cent of Australian packaging recyclable, compostable or reusable by 2025.

Morrison has appointed Trevor Evans as assistant minister for waste reduction and environmental management in an effort to increase recycling.

The governor-general further flexed the government's environment agenda by pointing to \$1 billion for the second phase of the National Landcare Program and \$1.2 billion for the Great Barrier Reef.

He also insisted the government was on track to meet its emissions reduction goal of a 26 per cent reduction on 2005 levels by 2030, despite the latest data showing levels continue to rise.

*By Rebecca Gredley  
From AAP*



MARK KOLBE/GETTY IMAGES

A Hawksbill sea turtle is seen swimming at Lady Elliot Island, Australia on Jan. 15, 2012.

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# Japan Resumes Commercial Whaling After 31 Years

TOKYO—Japanese whalers returned to port July 1 with their first catch after resuming commercial whaling for the first time in 31 years, achieving the long-cherished goal of traditionalists that is seen as largely a lost cause amid slowing demand for the meat and changing views on conservation.

A fleet of five boats left the northern Japanese port of Kushiro earlier July 1 and brought back two minke whales. A crane lifted them and slowly placed them on the back of a truck to be taken to a portside factory for processing. Workers in blue plastic overalls poured sake from paper cups onto the first whale to express thanks and celebrate the first catch.

It was the first commercial hunt since 1988, when Japan switched to what it called research whaling after commercial whaling was banned by the International Whaling Commission. Japan gave six months' notice that it was withdrawing from the IWC, a move that took effect June 30.

The Fisheries Agency said the

Iceland caught only 17 whales, while Norway hunted 432 in the 2017-2018 season, way below their catch quota of 378 and 1,278 respectively, according to the International Whaling Commission.



A captured Minke whale is lifted by a crane at a port in Kushiro, Hokkaido Prefecture, on July 1, 2019.



Workers pour sake on a captured Minke whale after it was unloaded in Kushiro, Hokkaido Prefecture, on July 1, 2019.

hunts will stay within the country's exclusive economic zone, and the catch quota for the rest of this year will be 227 whales, fewer than the 637 that Japan hunted in the Antarctic and the northwestern Pacific in its research program in recent years. The announcement of the quota, originally planned for late June, was delayed until July 1 in an apparent move to avoid criticism during this past weekend's Group of 20 summit in Osaka.

While the resumption of commercial whaling was condemned by many conservation groups, others see it as a face-saving way to let the government's embattled and expensive whaling program gradually succumb to changing times and tastes.

Despite massive attention, tax money and political support from ruling party lawmakers, whaling in Japan involved only a few hundred people and accounted for less than 0.1% of the total meat consumption in fiscal 2017, according to govern-

ment data.

Whale meat was an affordable source of protein during the lean times after World War II, with annual consumption peaking at 223,000 tons in 1962. But whale was quickly replaced by other meats. The supply of whale meat fell to 6,000 tons in 1986, the year before the moratorium on commercial whaling imposed by the IWC banned the hunting of several whale species.

Under its research whaling, which was criticised as a cover for commercial hunts because the meat was sold on the market, Japan caught as many as 1,200 whales a year. It drastically cut back its catch in recent years after international protests escalated and whale meat consumption slumped at home.

Today, about 4,000-5,000 tons are supplied in Japan annually, or 30-40 grams (1-1.4 ounces) of whale meat per person a year, Fisheries Agency officials say.

The research whaling program lost

money for years—1.6 billion yen (\$15 million) in the last year alone.

Japan will stick to a very strict catch quota and will continue conducting research, Hideki Moronuki, a Fisheries Agency official and the chief negotiator at the IWC, said in a recent interview. He said Japan's commercial whaling will never harm whale stocks.

Whaling is losing support in other whaling nations including Norway and Iceland, where whalers have cut back on catches in recent years amid criticism that commercial hunts are bad for their national image and tourism.

Iceland caught only 17 whales, while Norway hunted 432 in the 2017-2018 season, way below their catch quota of 378 and 1,278 respectively, according to the IWC.

Japanese are also beginning to see ecotourism as a better option for whales than hunting them for food.

"People in coastal communities all do better when whales are seen and not hurt," Ramage said

# Iran Breaches Terms of Nuclear Deal

IVAN PENTCHOUKOV

Iran has breached the terms of a multinational nuclear deal by exceeding a limit on its uranium stockpile, the Islamic regime's Foreign Minister Mohammad Javad Zarif said on July 1, according to the ISNA news agency.

Zarif said Iran's stockpile of uranium hexafluoride now exceeds 300 kilograms (661 pounds). The breach defies warnings from the deal's signatories, who called on Tehran to stick to the 2015 pact despite the exit of the United States. Iranian Foreign Ministry spokesman Abbas Mousavi said the breach is "reversible."

Inspectors from the International Atomic Energy Agency (IAEA) were on the ground attempting to verify Iran's claims, the agency said. Amassing low-enriched uranium is an intermediary step to building a nuclear bomb.

The IAEA verified last week that Iran had roughly 200 kilograms of low-enriched uranium, slightly below the 202.8-kilogram limit in the deal. The 300 kilograms of uranium hexafluoride that Iran claims to now have stockpiled is equal to exactly 202.8 kilograms of low-enriched uranium.

President Donald Trump withdrew from the Iran nuclear deal last year and reimposed tough sanctions on the Iranian regime. The president viewed the deal as flawed, in part because the terms allowed Iran to be in a position to quickly return to developing a nuclear weapon, a concern that materialized with Tehran's announcement on July 1.

Officials from Tehran attempted



Iranian Foreign Minister Mohammad Javad Zarif in Tehran on June 10, 2019.

Officials from Tehran attempted to use the threat of breaching the terms of the deal in a bid to force European signatories to help circumvent Washington's sanctions.

to use the threat of breaching the terms of the deal in a bid to force European signatories to help circumvent Washington's sanctions. After talks in Vienna last week, Iranian officials said they were unable to persuade the Europeans to provide much in terms of trade assistance.

"Time is running out for them to save the deal," state television quoted Mousavi as saying on July 1.

Under the nuclear deal, the timeline for Iran's ability to create a nuclear weapon was pushed back from a few weeks to roughly a year. In exchange, major powers lifted most of the trade restrictions on the re-

gime. China, France, Germany, the European Union, Russia, and the United Kingdom are the remaining cosignatories to the deal after the exit of the United States.

Iran claims its nuclear program is solely for peaceful purposes, including power generation. Israel says the program presents it with an existential threat. Iran does not recognize Israel as a nation and has made repeated threats toward the U.S. ally.

"Just imagine what will happen if the material stockpiled by the Iranians becomes fissionable, at military enrichment grade, and then an actual bomb," Joseph Cohen,

head of Israeli intelligence agency Mossad, told the Herzliya security conference shortly before Iran announced that it had breached the nuclear deal.

"The Middle East, and then the entire world, will be a different place. Therefore, the world must not allow this to happen," Cohen said.

An Iranian lawmaker threatened to destroy Israel in the event of an American attack on Iran.

"If the U.S. attacks us, only half an hour will remain of Israel's lifespan," Mojtaba Zolnour, the chairman of the Iranian parliament's National Security and Foreign Policy Commission, said on July 1.

Washington ramped up sanctions on Iran in May by extending trade restrictions on Iranian oil to all nations. Iran responded with threats to disrupt oil shipments in the Strait of Hormuz. Six oil tankers have since been attacked in the region; Iran has denied involvement. The United States says the regime is responsible for at least two of the attacks.

Tensions escalated from there, with the United States sending additional forces to the Middle East. The United States came within minutes of launching an attack on Iran after the regime downed a U.S. drone in international airspace.

Trump has called for negotiations with Iran with "no preconditions," but Tehran has ruled out talks until the United States returns to the nuclear pact and drops its sanctions.

Reuters contributed to this report.



# New US Bill Calls Attention to China’s Meddling in Taiwan Elections

FRANK FANG

TAIPEI, Taiwan—China’s meddling in Taiwan’s elections has become a major concern among U.S. officials.

In an annual bill to allocate intelligence funding, lawmakers have included language to require a report on how China interferes with the upcoming 2020 elections in self-ruled Taiwan.

House Intelligence Committee Chairman Adam Schiff (D-Calif.) recently introduced H.R. 3494, the Damon Paul Nelson and Matthew Young Pollard Intelligence Authorisation Act for the next fiscal year, which sets policies and funding for U.S. intelligence agencies.

The bill stipulates that U.S. Director of National Intelligence Dan Coats must submit a report to congressional intelligence committees within 45 days after Jan. 11, 2020, when voting in Taiwan will take place.

Aside from electing a new president and vice president, all 113 seats of Taiwan’s parliament (known as the Legislative Yuan) will be up for election.

**New Bill**

The bill requires intelligence reports on several issues relating to China, such as Beijing’s influence operations in the United States, the internment of Uyghur Muslims in Xinjiang, and influence operations to interfere or undermine the elections in Taiwan.

According to Taiwanese English-language newspaper Taiwan News, this is the first time that a U.S. intelligence authorisation bill acknowledges China’s efforts to meddle in Taiwan’s elections.

Relations between China and its democratic neighbour are fraught, as Beijing considers the island a renegade province that must be united with the mainland one day, with military force if necessary.

In the past, China has interfered with Taiwan elections by pushing for pro-Beijing candidates to win. Once these candidates become public officials, Beijing believes they are more likely to follow its agenda of persuading Taiwanese citizens to accept unification with the mainland, such as by pushing for more cross-strait economic and cultural cooperation.

The bill states that the report on Taiwan elections must provide a “comprehensive list of specific governmental and nongovernmental entities of China that were involved in supporting such operations and a



HSU TSUN-HSU/AFP/GETTY IMAGES

Protesters hold placards with messages that read “Reject red media” and “Safeguard the nation’s democracy,” during a rally against pro-China media in front of the Presidential Office Building in Taipei, Taiwan, on June 23, 2019.

The report must identify tactics, techniques, and procedures for these Chinese operations.

description of the role of each such entity.”

Moreover, the report must identify tactics, techniques, and procedures for how these Chinese operations are carried out.

Finally, the report should provide descriptions of any U.S. government efforts in helping Taiwan to “build up its capacity to disrupt external efforts that degrade a free and fair election process.”

**Background**

The United States currently has no formal diplomatic ties with Taiwan, since Washington changed its diplomatic recognition in favour of Beijing in January 1979. Since then, the United States has maintained a non-diplomatic relationship with Taipei based on the Taiwan Relations Act.

Under this law, the United States has continually sold military weapons and equipment to Taiwan for its defense, much to Beijing’s ire. In early June, Taiwan confirmed a purchase of more than \$2 billion of U.S. tanks and missiles.

In November 2018, when Taiwan held elections for a number of local

political offices including mayors and legislators, Beijing used social media to spread disinformation about political candidates who were critical of Beijing, while funding campaign efforts for pro-Beijing candidates.

In the 2018 elections, the Kuomintang, which has in recent years taken a Beijing-friendly stance, won a landslide victory, particularly defeating the Democratic Progressive Party (DPP) in two mayoral races in the central city of Taichung and the southern port city of Kaohsiung. The DPP has historically advocated formal independence from mainland China, which Beijing considers a red line.

The Taiwanese government has sought to crack down on Beijing’s meddling. For example, just before the November 2018 elections, Zhang Xiuye, a mainland Chinese national living in Taiwan who was running for city councilor, was charged by prosecutors for taking bribes from China.

U.S. officials have recently highlighted the issue in public remarks.

In June, Randall Schriver, assistant defense secretary for Indo-Pacific

Security Affairs, warned that Beijing will interfere with Taiwan’s 2020 election, given its past pattern of interference, while speaking at the 2019 Asia Policy Assembly conference in Washington.

Shriver added that he expected Beijing to use social media and cyber intrusions in the upcoming elections.

Taiwan was ranked the most affected among the world’s liberal democracies by false information spread by foreign governments, in a May report published by the Varieties of Democracy Institute based at the University of Gothenburg in Sweden.

The report identified China as spreading false and misleading information in Taiwan, including by providing funds to local media to adopt a more pro-Beijing line in their coverage, which leads to media outlets in Taiwan providing “very different presentations of the same events.”

In June, Taiwanese citizens turned out in record numbers for a rally to demand a ban on pro-Beijing media that spread the Chinese regime’s propaganda.

# US Lawmaker Slams Google After Worker Labels Conservatives ‘Nazis’

CONTINUED FROM A1

if Google can’t identify “far-right” content and, presumably, stop the suggestion feature from recommending it, the feature should be disabled.

PragerU was founded by conservative commentator Dennis Prager and produces educational videos on conservative ideas. Jordan Peterson is a Canadian psychologist who is in opposition to some postmodernist ideas popular among the progressive left. Ben Shapiro is a conservative political commentator.

“Two of three of these people are Jewish, very religious Jews, and yet you think they’re Nazis. It begs the question: What kind of education do people at Google have so they think that religious Jews are Nazis?” Crenshaw rhetorically asked.

“Three of three of these people had family members killed in the Holocaust, Ben Shapiro is the No. 1 target of the alt-right. And yet you people operate off the premise that he’s a Nazi.”

He went on to argue that since “there’s this common thread in this country that [Nazis] are bad and that they’re evil and that they should be destroyed,” then if Google labels people as Nazis, “you can make the argument that’s inciting violence.”

**Response**

“Google opines so neutrally on Shapiro, Prager U and me,” Peterson responded in a June 26 tweet.



Rep. Dan Crenshaw at the Conservative Political Action Conference in National Harbor, Md., on Feb. 27, 2019.

PragerU is already suing Google and YouTube for restricting access to about 100 of its videos.

“It’s a complete absurdity and they are weakening the meaning and the significance of the word ‘Nazi,’” Craig Strazzeri, PragerU chief marketing officer, said in a phone call.

He pointed out that Prager spent a major part of his career speaking out against the evils of Nazism and argued that labeling him as a “Nazi” is an excuse for YouTube to suppress PragerU’s content.

“They pretend and they lie to be politically neutral and yet we have internal documents, internal communications of their own employees

Three of these people had family members killed in the Holocaust, Ben Shapiro is the No. 1 target of the alt-right. And yet you people operate off the premise that he’s a Nazi.

Rep. Dan Crenshaw

calling us Nazis and encouraging the other employees to do something about it,” he said.

YouTube issued a statement in a June 26 tweet:

“We’ve had a lot of questions today ... clarifying, we apply our policies fairly and without political bias. All creators are held to the same standard.”

**More Leaks**

Aside from the email, Project Veritas published on June 24 a video showing Google employees and internal documents backing the allegation that Google infuses its political worldview into its products without disclosing

that to its users.

The exposé corroborated from multiple sources that Google uses a doctrine of “fairness” to tweak its products, to surreptitiously push its users toward its preferred political worldview.

One employee caught on hidden camera—Jen Gennai, head of Google’s Responsible Innovation team—even appeared to say that Google’s goal in some of its efforts was preventing President Donald Trump or anybody like him from getting elected again—an assertion confirmed by another insider, who spoke on the condition of anonymity.

Google spokespeople didn’t respond to information in the exposé and referred The Epoch Times to a June 24 Medium blog post by Gennai instead.

Gennai said that her talking about the 2020 election referred to Google’s efforts “to help prevent the types of online foreign interference that happened in 2016.”

Russia ran an influence operation before the 2016 election, but mostly on Facebook and Twitter.

Gennai didn’t mention Russia in the Project Veritas video. She said though, that breaking up Google, as advocated by some lawmakers, would “make it worse,” since the resulting “smaller companies who don’t have the same resources that we do will be charged with preventing the next Trump situation.”

“It’s like a small company cannot do that,” she was recorded as saying.



# Trump’s Easing of Restrictions on Huawei Is Not a ‘General Amnesty:’ Kudlow

CONTINUED FROM A1

emergency problem with it.”

The two leaders also agreed to resume trade talks.

U.S. officials, lawmakers, and experts have for years raised concerns that Huawei’s equipment could be used by Beijing for spying or to disrupt communications networks, given the company’s close links with the Chinese Communist Party.

Kudlow, in an interview with Fox News on June 30, said Trump’s announcement did not mean that the U.S. administration no longer considered Huawei’s products to be a national security risk, adding that such concerns “will remain paramount.”

He said the company would remain on the “entity list.”

“This is not a general amnesty,” Kudlow said.

“Huawei will remain on the so-called Entity’s List, where there are serious export controls and in any national security instances or suggestions, there won’t be any licenses [granted].”

He said that the Commerce Department may in some cases grant licenses for U.S. firms to supply to Huawei where the product is already being supplied by non-U.S. companies.

“Some of the U.S. chipmakers are selling products that are widely available in other countries, and



MANDEL NGAN/AFP/GETTY IMAGES

Director of the National Economic Council Larry Kudlow speaks to reporters outside the White House in Washington on Dec. 3, 2018.

we don’t think there’s any national security [concerns],” Kudlow said.

During the meeting on June 29, Trump said he agreed to hold off on tariffs on roughly \$300 billion of Chinese goods while trade talks were ongoing. He also said Beijing agreed to buy an unspecified amount of U.S. agricultural products.

U.S.-China trade talks had broken

down in early May when the Chinese regime backtracked on commitments negotiated over months of talks.

Kudlow said he expected future trade talks with Beijing to go on “for quite some time.”

Meanwhile, Trump, in an interview with Fox News on June 30, expressed optimism about a possible trade deal with China.

“He [Xi] wants to make a deal. I want to make a deal. Very big deal, probably, I guess you’d say the largest deal ever made of any kind, not only trade,” Trump said.

Kudlow, who previously said the two sides were 90 percent of the way towards a deal before the Chinese regime backflipped, reiterated previous statements by Trump that the U.S. administration hopes the regime would return to the position they were in before talks broke down.

“The last 10 percent could be the toughest and there’s no guarantee that the deal will go through,” he added.

He also said that the president was in no rush to complete a deal, given that the United States is focused on tackling the regime’s longstanding unfair trade practices.

“It’s very important from the American side. The relationship with China has to be rebalanced. It has been very unbalanced in recent years,” Kudlow said.

“As you know we’ve had tremendous problems with intellectual property theft, forced transfers of technology, tariffs, non-tariff barriers, various cyber-hacking going on and other issues...Those have to be remedied. That’s a very important point of these talks. However long that may take is impossible to predict.”

## Study: US Households to Earn \$3,100 More Due to Deregulation

IVAN PENTCHOUKOV

President Donald Trump’s deregulation agenda will result in \$3,100 of additional income per U.S. household in five to 10 years, according to a two-year study by the Council of Economic Advisers.

Trump campaigned on a promise to cut through government red tape in Washington and unleash the power of American businesses. In an effort to quantify the benefits of deregulation, the Council of Economic Advisers (CEA) embarked on a study in 2017, using a range of data and tools.

The president ordered federal agencies to slash two regulations for each new regulation created; as a result, the government executed hundreds of deregulatory actions. The CEA limited its research to 20 of the deregulatory moves, basing its selection on actions that attracted the most public interest. In total, the 20 actions reviewed would save U.S. taxpayers an estimated \$220 billion per year, CEA found.

“Since January 2017, the Trump administration has made a historic effort to reduce costly regulation while protecting workers, and public health, safety, and the environment,” said Casey Mulligan, the chief economist at CEA. “Deregulation has been a massive effort. There’s been hundreds of deregulatory actions already in this administration.”

According to Mulligan, prior to Trump taking office, new regulatory actions were subtracting an average of 0.2 percent in income per household every year.

The Trump administration’s deregulation of the pharmaceutical industry has resulted in a 10 percent reduction of prescription drug prices, the report found. The savings will result in \$32 billion in additional purchasing power per year for Americans.

The administration’s deregulation of the telecommunications industry resulted in \$40 in savings per subscriber, and added up to \$40 billion in total savings over the course of the year. The administration also slashed mandates on small businesses and eliminated requirements that could have led to the closing of many small banks.

“These deregulatory actions are raising real incomes by increasing competition, productivity, and wages,” Mulligan said.

The combined impact of Trump’s deregulation exceeds the historic deregulation of the trucking and



SAUL LOEB/AFP/GETTY IMAGES

President Donald Trump uses scissors to cut a red tape tied between two stacks of papers representing the government regulations of the 1960s (L) and regulations in 2017 after he spoke about his administration’s efforts in deregulation at the White House on Dec. 14, 2017.

airline industries during the Carter era.

“Combined, the Carter-era deregulation of these two industries are estimated to have provided net aggregate benefits of about 0.5 percent of national income,” Mulligan said. “Although no two of the 20 recent actions we looked at have such a large benefit, at least according to our estimates, their combined net benefits expressed to be comparable to those earlier deregulations exceed 0.6 percent of national income.”

The deregulation taking place is being achieved not only through action by executive branch agencies. According to the CEA, the Trump administration’s work with Congress has resulted in 16 pieces of deregulatory legislation in education, mining, retirement accounts, and other fields. The combined effect of the congressional actions is expected to result in \$40 billion in additional income for U.S. households.

U.S. taxpayers also will save money through a deregulatory provision in the Tax Cuts and Jobs Act, which eliminated Obamacare’s individual mandate. That deregulation is expected to save an estimated \$28 billion per year.

“As you probably are well aware, deregulation is the cornerstone of the President’s pro-growth economic policies that have been implemented since he took office,” said Tomas Philipson, a member of the CEA. “I view today’s report as an extremely important report in that vein, in showing the economic impact of those deregulatory actions.”

These deregulatory actions are raising real incomes by increasing competition, productivity, and wages.

Casey Mulligan, chief economist, CEA

## Attorney for Journalist Andy Ngo Warns of Legal Action Against Antifa

JANITA KAN

An attorney representing journalist Andy Ngo, who was assaulted by members of far-left extremist group Antifa during a protest in Portland, Oregon, warned that she plans to take legal action against them.

Ngo, who is known for extensively documenting Antifa violence, was brutally assaulted while he was covering one of the group’s protests on June 29. The scene was captured by a local reporter in video footage that shows Antifa members punching him in the face, kicking him, and hurling cups of a white substance at the journalist. Portland police later said the cups contained quick-drying cement mixed into milkshakes.

The attack left Ngo bloodied and bruised. He was also required to stay in the hospital overnight due to a brain bleed. In a video after the attack, the journalist, who looked shaken and covered in the white liquid, said his attackers had also stolen his camera equipment.

Ngo’s lawyer, Harmeet K. Dhillon, who has been posting updates about Ngo’s condition after the attack, said in a statement on July 1 that she plans to sue the Antifa extremists involved in the attack “into oblivion.”

“Goodnight everyone except Antifa criminals who I plan to sue into oblivion and then sow salt into their yoga studios and avocado toast stands until nothing grows there, not even the glimmer of a violent criminal conspiracy aided by the effete impotence of a cowed city government,” Dhillon wrote in the statement.

Hours after the attack, Dhillon took to social media to inform people that Ngo had been admitted to the hospital. She also took the opportunity to criticize those who were “gloating” about the incident.

“You sick ‘journalists’ and other hacks gloating about this should be ashamed. As for the rest, please pray for [Andy Ngo] who we need back in health—brave man!” she wrote.

Ngo’s employer, Quillette magazine, wrote in an editorial on June 30 saying Antifa had “attacked him for the simple reason that he has challenged their ideological propaganda—an Antifa tactic that any true fascist would recognize and applaud.”

Portland Mayor Ted Wheeler is facing criticism for his handling of the protests. Sen. Ted Cruz (R-Texas) called for legal action and an investigation into Wheeler, who is also the police commissioner for

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Harmeet Dhillon, attorney

the city, for allegedly ordering his police officers to maintain a supposed “hands-off” approach during the assaults.

“To federal law enforcement: investigate & bring legal action against a Mayor who has, for political reasons, ordered his police officers to let citizens be attacked by domestic terrorists,” Cruz wrote in his post.

“[Those] who facilitated or turned a blind eye to domestic terrorists—e.g., the Mayor—should be held fully accountable. By DOJ. By civil litigators. By criminal prosecutors. AND by the media,” he wrote in a separate tweet.

Similarly, Richard Grenell, the current U.S. ambassador to Germany, also called for the Justice Department to investigate the incident.

“I have asked @TheJusticeDept to investigate this incident in Portland. I can’t just sit by and watch my friend be brutally attacked,” Grenell wrote.

Ivan Pentchoukov contributed to this report.

MORIAH RATNER/GETTY IMAGES



Andy Ngo, a Portland-based journalist, is seen covered in an unknown substance after unidentified Rose City Antifa members attacked him in Portland, Ore., on June 29, 2019.



# Chinese War Movie Cancelled Days Before Release, Netizens Suspect Government Censorship

EVA FU

Following a last-minute withdrawal from a prestigious international film festival, a highly anticipated Chinese war epic was cancelled days before its scheduled release across Chinese theatres on July 5.

On June 25, the production team behind “The Eight Hundred” film posted an announcement on its official Weibo account, stating that the cancelation decision came after consultation with multiple parties, and that “a new release date will be announced at a later time.” Weibo is a popular social media platform similar to Twitter.

Lauded as China’s version of “Dunkirk,” the film took ten years of production and was poised to be a promising blockbuster to hit the Chinese market this summer. It was also the first Chinese film entirely shot on digital IMAX cameras with a budget of over \$80 million, according to the film’s promotion materials.

But the night before its scheduled premiere on June 15, the opening day of the Shanghai International Film Festival, the movie suddenly announced that it would pull out of the event, due to “technical issues.”

The abrupt cancellation and ambiguous explanation from the production company have triggered speculation among Chinese internet users, who saw it as the Chinese regime’s latest attempt to muffle voices in the entertainment industry that deviate from the Party line.

Similar incidents occurred in February when “One Second,” a film directed by renowned Chinese film director Zhang Yimou, as well as “Better Days,” a drama that deals with high school bullying, were both abruptly dropped from the Berlin International Festival.

Lauded as China’s version of “Dunkirk,” the film took ten years of production and was poised to be a promising blockbuster to hit the Chinese market.



Chinese actors playing Nationalist soldiers while filming a series set during the second Sino-Japanese War on Aug. 12, 2015, in Hengdian, China.



Two movie posters for the Chinese film, “The Eight Hundred.”

Directed by Chinese film producer Guan Hu, “The Eight Hundred” depicts one of the bloodiest battles during the Sino-Japanese War in 1937, which saw some 400 Kuomintang (also known as Nationalist Party) soldiers fighting against hundreds of thousands of Japanese soldiers in besieged Shanghai. The army’s commander claimed to have only eight hundred troops, but they successfully held their enemies at bay for four days and nights.

Guan Hu said in a video released on Weibo that “they are the backbone of the nation of China.”

### Suspected Reasons

Netizens have circulated a theory about the cancelation, saying that the Chinese Communist regime was likely displeased with the film because it depicted its old nemesis, the Kuomintang, in a favourable light. The Kuomintang and the Chinese Communist Party (CCP) were involved in a civil war since 1927. When the Sino-Japanese War broke out in 1937, the two sides briefly united to fight the Japanese, with the Kuomintang making up the majority of Chinese armed forces.

After the war ended in 1945, the two sides continued to battle for

control over China. The Kuomintang lost to its communist rivals in 1949 and retreated to the island of Taiwan. Today, the flag representing the “Republic of China” in self-ruled Taiwan is the same as that created during the Kuomintang’s founding.

Prior to the film’s cancelation, there were voices of dissatisfaction from pro-Maoist scholars and retired Communist military officials. A Maoist organisation organised a film discussion forum in Beijing on June 9, where they said the film’s release was inappropriately timed, given that the anniversary of the Party’s founding was coming up on July 1.

According to a summary of the forum posted on the Maoist organisation website, the participants noted frequent scenes of raising and defending the Kuomintang flags in the movie, and said that these “glorifications” would hurt the feelings of Chinese people and veterans who defeated the Kuomintang and allowed the CCP to take power in China.

“The climax of the film was when the Kuomintang troops ... defended with their lives the flag imprinted with a blue sky and white sun. In that historical setting, the political meaning behind is crystal clear,” one person was quoted as saying.

Many moviegoers poured out their disappointment at the movie’s cancelation by commenting under the announcement on Weibo.

“The only movie I was anticipating has been cancelled,” one person wrote.

“A good film can stand the test of time. We will wait expectantly for the day of the film’s release,” another said.

Some also suspected the Chinese regime was censoring the movie in order to maintain its narrative that the CCP was a key contributor to defeating the Japanese. Historians have refuted this claim.

“Even if the release is cancelled, no one will believe in the lies of the Communist Party anymore,” one netizen wrote.

“As expected, some history is forbidden for us to remember. Chinese film has a long journey ahead,” another commented.

Chinese independent scholar Wang Kang said that he was not surprised to see what happened to the film, as the CCP has often depicted itself as a saviour of China.

“The CCP has always been portraying itself as the central pillar for fighting against Japanese,” Wang told Radio Free Asia in a June 26 interview.

# Chinese Top Officials Split Over US–China Trade, Insider Reveals

CONTINUED FROM A1

Times on the condition of anonymity that the phrase “throwing grenades backwards” means infighting within China’s top leadership.

She said that with regard to the U.S.–China trade war, there are two different opinions among the top leadership. One is that China needs to maintain a good relationship with the United States. If China chooses to fight with the United States, both countries will suffer, and it’s not good for the Party’s interests either.

The other side, those who hold onto a hardline ideology, believes that China must not surrender to the United States and must fight to the end.

According to the insider, Chinese media’s denunciation of the “capitulators” continued until the day before Xi’s visit to Japan; they are referring to Xi as a capitulator. She said Beijing’s top leadership is divided and in chaos.

“Some people set traps to make it very difficult for Xi, some want him to fight with the United States, some have their own secret agenda, some are Xi’s supporters. It is a very complicated situation,” she said.

According to this female “princeling”—a term for the children of Communist Party elites—although the hardliners have taken control of the media and public opinion, Xi is the head of the CCP, so he still has the final say on important issues.

In her opinion, Xi wants to reach an agreement with the United States, as he openly referred to Trump as “a friend of mine” during a June 7 speech at an economic



President Donald Trump meets with Chinese Leader Xi Jinping at the start of their bilateral meeting at the G20 leaders summit in Osaka, Japan, on June 29, 2019.

forum in Russia.

“Xi must consider many factors, including social stability and the stability of his own political power and political career. He has to consider all these when he talks with President Trump,” she said.

The insider added that there are still officials within the Party who oppose Xi’s rule.

“Some of the [current] officials have served under several different Chinese leaders. Can this type of person be loyal to Xi? It is really hard to tell.”

Epoch Times reporters Luo Ya and Zhang Dun contributed to this report.

Chinese media’s denunciation of the “capitulators” continued until the day before Xi’s visit to Japan; apparently they are referring to Xi as a capitulator.

# Beijing Continues Information Blockade as Hong Kong Protests Escalate

EVA FU

Amid ongoing protests in Hong Kong over a controversial extradition bill, the Chinese regime has continued to tighten its control of the spread of information relating to the mass demonstrations against Beijing’s encroachment.

On July 1, more than a half million Hongkongers took to the streets during an annual pro-democracy rally to demand a full withdrawal of the bill. Later that day, a smaller group of a few hundred protesters, mostly young people, stormed into the city’s legislature, vandalising the building.

Reports by Chinese state media the next day focused on Hong Kong leader Carrie Lam’s condemnation of the “extreme violence” allegedly used by the protesters who stormed the government building.

China’s state broadcaster CCTV on July 2 posted an article quoting extensively from Lam’s press conference. The article, which was republished by other state-run media, including Toutiao, Global Times, and Chinese Economic Weekly, didn’t mention that a peaceful march had also taken place earlier in the day, nor that police had fired tear gas to disperse protesters near the legislature.

According to China Digital Times, a U.S.-based website that monitors Chinese censorship, comments attached to posts of the article on Weibo, China’s version of Twitter, were heavily scrubbed.

A screenshot by the website showed that a Weibo post of the article by Chinese Communist Party’s (CCP) mouthpiece the People’s Daily received at least 763 replies. But when a user tried to view these comments in chronological order, no comments were displayed.

On June 25, Chinese authorities sentenced Liu Pengfei, a blogger on the

popular Chinese social media platform WeChat, to two years in prison. Liu hosted a blog and a forum for users to discuss current affairs and share news from uncensored sources outside of China.

On June 16, when more than 2 million people joined for Hong Kong’s largest-ever protest, Chinese media outlets responded with complete silence. On China’s top search engine Baidu, no entries were found about Hong Kong’s protests nor the extradition bill.

China Digital Times, citing insider sources, reported on June 16 that the regime’s Publicity Department—the government agency responsible for 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.

A mainland Chinese tourist who participated in the July 1 rally told the Hong Kong bureau of The Epoch Times that he travelled to the city to support the mass demonstration.

The man, who gave the pseudonym “Cyun,” said the Chinese regime has become “irrational” in its attempts to barricade information, and that “Hong Kong is doing the right thing.”

“[The regime] aims to block every possible channel of information, because it fears the Chinese populace to wake up,” China-based writer and commentator Jing Chu told the Chinese-language Epoch Times on July 1.

Jing said that the communist regime has been slowly eroding the rights of Hong Kong’s residents ever since the city reverted to Chinese rule more than two decades ago.

“For the CCP, the press freedom, legal rights and democracy in Hong Kong are like a thorn on its side, it has to pluck it out.”



# Wife Sees Jailed Chinese Rights Lawyer for First Time in 4 Years, Says He’s a ‘Changed Person’

EVA FU

It was a long-awaited meeting.

Li Wenzu had not seen her husband, Wang Quanzhang, since the Chinese lawyer was jailed for his human rights advocacy four years ago. Chinese authorities have continuously denied her visitation rights. She would often travel to the prison where he was detained, and call his name from outside the prison wall, in the hopes that he could hear.

Since five years ago, when Wang was arrested and detained by Chinese authorities amid a nationwide crackdown of human rights lawyers and activists in July 2015, Li had been waiting to see her husband’s face. The day before Li’s first-ever scheduled prison visit on June 28, she wrote on Twitter that “the waiting time was so dragged-out.”

After traveling nearly 420 miles from Beijing to the Linyi Prison in Shandong Province, Li found the half-hour meeting nothing like what she expected.

The prison deployed hundreds of police outside.

As Li walked into the reception room with her 6-year-old son, Quanquan, she had to pause for a moment before she could recognize the man. Sitting across the glass window was a thinner, older, and wearier-looking version of her husband.

**Changed Person**

Li said that both Wang’s personality and appearance had changed so much that she wouldn’t have recognized him had they met on the street.

“I smiled and waved to him in excitement, but he glanced at me without any expression, and tilted his head to the side without looking at me,” Li wrote on Twitter after their meeting.

In an interview on June 28, Li recounted to The Epoch Times how their meeting went. She said he appeared happy upon seeing their son, but a sense of worry soon clouded his face.

“He wasn’t in a good state, I could tell that he was under extreme stress and fear. We couldn’t even have a conversation,” Li said.

Li said that Wang was anxious about her safety. “He expressed concerns that I would be arrested, that our child would be forced out of school.”

“He asked me not to visit him in



Li Wenzu, the wife of prominent Chinese rights lawyer Wang Quanzhang, holds a box with a family picture and the detention notice for her husband before shaving her head in protest in Beijing, China, on Dec. 17, 2018.

He wasn’t in a good state, I could tell that he was under extreme stress and fear. We couldn’t even have a conversation.

Li Wenzu, wife of prominent Chinese rights lawyer Wang Quanzhang

the next few months,” Li said.

Li noted that he appeared easily agitated and had difficulty remembering recent events.

When Quanquan asked his father whether he had been eating well, Wang said slowly in a robotic voice that he had everything he needed, including extra food. When Li asked what the “extras” were, he began to scratch his head with a troubled look and repeated the question to himself.

“I’m fine, the prison has been treating me very well, it’s not like what you guys think,” Wang said in a high tone, claiming that he had put on weight while in prison, Li recalled in her tweet.

“Tears streamed down as I looked at the thinned face of Quanzhang ... His two front teeth that used to be neatly aligned now shows a huge space in between,” she wrote, adding that Wang seemed like a totally different person. “He looked at me ... as if looking at a stranger and not the wife he hasn’t seen for four years.”

Li also said she had never heard him speak in an aggressive tone before he was jailed. “He wasn’t like that before, Quanzhang was a mild person,” Li said. “He never lost his

temper in front of me.”

When the guards ended the meeting, Wang walked away without looking back at them.

She observed that five or six guards were monitoring them as they spoke, with another taking notes beside Wang throughout the visit. Another guard was also filming them on a camcorder, according to Li.

**Controlling One’s Mind**

After he was taken away by police amid the nationwide crackdown, known as the 709 Incident, he was detained for roughly three years. On Jan. 28, in a closed-door trial, Wang was sentenced to four and a half years in prison on charges of subversion—a euphemism for activism that draws the Chinese regime’s ire. In seeking Wang’s release and her visitation rights, Li has met with government officials from different countries, including German Chancellor Angela Merkel and UK Ambassador to China Barbara Woodward.

Chen Guangcheng, a Chinese human rights lawyer and civil rights activist, told The Epoch Times that the goal of the Chinese Communist Party was to control their thoughts.

He suggested that Chinese authorities likely arranged the meeting between Wang and Li so that the sense of desperation and fear would spread from Wang to his family—and stop them from being vocal about his case.

Chen fled China to the United States in 2012 with the help of U.S. officials. He had been under house arrest before he planned a daring escape to the U.S. Embassy in Beijing.

Speaking from his personal experience, Chen said when suppressing dissidents, the Chinese regime often plays with their fears while they are detained in a secluded environment, seeking to inflict mental pressure.

“If you don’t cave in, they would use all kinds of ways to ‘educate’ you with fear and threats,” Chen said.

“They instill this kind of fear in you, and you don’t know any other information nor the true situation. This will prey on your mind.”

Chen said that their ultimate goal was to wear them out until “you no longer care about the injustices in society and just live your life,” Chen said. “They want the shackles to be secured in Li Wenzu and Wang Quanzhang’s minds for the rest of their lives.”

# China’s State Media Express Concern About US Trade Talks

NICOLE HAO

Chinese state-run media has published several commentaries about the recent meeting between U.S. President Donald Trump and Chinese leader Xi Jinping on the sidelines of the G-20 summit in Japan, expressing concern that future trade talks may not yield the kind of results Beijing wants to see.

On June 29, Trump and Xi held a 80-minute closed-door meeting, during which it was agreed upon to resume trade talks.

Trump had opened with remarks about his fondness for Chinese culture. “My trip to Beijing with my family was one of the most incredible of my life,” he said, apparently referring to his state visit to China in 2017. “I’ve seen the culture that rarely would you see. Chinese culture is an incredible culture.”

According to Trump’s remarks at a press conference following the meeting, China also agreed to buy more U.S. agricultural goods; Trump wouldn’t impose further tariffs on \$325 billion of Chinese imports while negotiations are underway; and Chinese telecom giant Huawei can resume buying certain nonsensitive U.S.-made components.

**A Deal**

China’s Ministry of Foreign Affairs spokesman Geng Shuang spoke about the Trump–Xi meeting during a routine press conference on July 1, saying the leaders had a “successful” meeting, in which they made an “important consensus” to resume the trade talks.

State-run media, often representing Beijing’s thinking, also applauded the results of the meeting. Xinhua said in a July 1 commentary that the meeting “gave positive signals that encouraged international society and global markets.”

**Concerns**

But the commentaries also expressed concerns about how future trade talks would progress.

“Because the U.S.–China trade talks have encountered setbacks more than once, people have concerns about how far the new round of trade talks can go, as well as whether U.S.–China can make an agreement,” the Global Times said in a June 29 editorial.

The newspaper also stressed that the Chinese side wants to see positive results. “The U.S. always says that it wants a good deal. China also wants a good one ... Only a win-win



A newsstand vendor stands behind newspapers, including one with a headline story (foreground) about then-President-elect Donald Trump, in Beijing on Dec. 6, 2016.

agreement can be signed by both parties.”

The Chinese Communist Party’s mouthpiece, People’s Daily, similarly expressed worry that the United States wouldn’t stick to commitments made during the Trump–Xi meeting.

In a June 30 commentary, it said that “only by performing commitments made” can the trade dispute be resolved, though it didn’t clarify exactly what those commitments would be.

Xinhua also opined in its commentary that “both parties must respect each other’s core interests and major concerns; and not challenge the other party’s bottom line.”

**Beijing’s Bottom Line**

Beijing has hinted before as it what it considers its bottom line.

The Wall Street Journal cited on

June 27 anonymous Chinese officials who said the Chinese side would insist on three demands: removing its ban on the sale of U.S. technology to Huawei; lift all punitive tariffs; and drop efforts to persuade China to purchase more U.S. exports.

Zhang Tianliang, a frequent commentator on Chinese history and politics, published a commentary on the Chinese-language Epoch Times on June 29, in which he said Beijing has actually given up on some of those “bottom line” demands in the Trump–Xi meeting.

While Trump has agreed to allow U.S. companies to partially sell to Huawei, tariffs remain in place, and Trump has said Xi agreed to buying up more U.S. goods.

“Looking at the facts, we can see that the CCP lost its solid requirements,” Zhang wrote.

In addition, U.S. officials have publicly said they hope trade negotiations will resume at the point before when trade talks broke down in early May. The talks collapsed as Washington accused Beijing of reneging on commitments made during prior talks to enact broader economic and trade reforms.

Zhang said that Beijing agreeing to resume trade talks suggests that it will agree to some of those U.S. demands for broader reforms, while dealing with the U.S. sanctions.

Since May, the U.S. administration has raised tariff rates on \$200 billion of Chinese goods, while Huawei and five Chinese supercomputer firms have been placed on a U.S. export “entity list.”



# Beijing Lashes Out at Hong Kong Protesters

CONTINUED FROM A1

traits of LegCo leaders and spray-painted slogans on the walls of the main chamber, such as “Retract [the bill],” “No extradition law,” and “The people were forced to rebel by authorities.”

They later released a statement saying: “The current government of the Special Administrative Region [Hong Kong] is no longer what Hong Kongers have envisioned, and the legislature ... has become a political tool. We are thus forced to take various non-cooperative actions, and hence today’s besieging of the LegCo.”

### Beijing Response

The next day, Chinese officials expressed their anger.

State-run media Xinhua, said in a July 2 commentary that the Hong Kong protesters who entered LegCo were “extreme radicals” whose “savage acts are a great provocation.”

The Chinese Communist Party’s mouthpiece People’s Daily, in its July 3 commentary, called the protesters “extremists.”

Meanwhile, Geng Shuang, spokesman for China’s Ministry of Foreign Affairs, lashed out during a July 2 daily press briefing at foreign governments that had expressed concerns

about the extradition proposal.

UK Foreign Secretary Jeremy Hunt posted on Twitter on July 1: “No violence is acceptable but HK people MUST preserve right to peaceful protest exercised within the law, as hundreds of thousands of brave people showed today.”

In response, Geng said: “Recently, the Chinese side has repeatedly told the United Kingdom about our position on Hong Kong ... the UK ignored China’s concerns and frequently made irresponsible comments on Hong Kong affairs.”

U.S. President Donald Trump, when answering a reporter’s question about the Hong Kong protests at the White House on July 1, similarly voiced support for Hong Kongers: “Well, they’re looking for democracy. And I think most people want democracy. Unfortunately, some governments don’t want democracy.”

Geng responded to Trump’s comments: “We once again warn other countries ... don’t support the rioters in any way. Don’t send out any wrong signals.”

### Analysis

U.S.-based Chinese affairs commentator Tang Jingyuan told The Epoch Times on July 2 that mainland China has seen an increase in local protests, which has Beijing worried that “people inside China will do what Hong Kongers did to protect their interests.”

Since the start of the Hong Kong protests, Beijing has tightened censorship: Police in major cities have begun checking people’s phones to see if they have pictures or videos of Hong Kong protests. In addition, keywords related to Hong Kong are banned from social media.

The city’s protests represent a chal-



On July 1, the 22nd anniversary of Hong Kong’s handover back to mainland China, 550,000 Hong Kongers protested their government’s extradition bill, making this the largest protest on the handover anniversary in history.

lenge to Beijing’s rule; hence, the Chinese regime is worried, Tang said.

On the other hand, Tang said, the Chinese regime can’t control the situation in Hong Kong, and wants to find an excuse for more aggressive suppression.

“Now, it calls the protesters rioters and extremists, then it has an excuse if it wants to use force in Hong Kong,” Tang said.

Mainland China has seen an increase in local protests, which has Beijing worried that “people inside China will do what Hongkongers did to protect their interests.”

Tang Jingyuan, U.S.-based Chinese affairs commentator



Protesters hold up banners that condemn the Chinese Communist Party’s forceful rule of Hong Kong.



(From top, L-R) Protesters hold a large banner that reads “One life lost is one too many” during the plea for democracy, referring to the recent loss of two lives by suicide. A Hong Kong resident holds a sign that reads “Dismantle the Chinese Communist Party, the Entire City is Against the Extradition Bill.” Protestors holding up banners criticising the Lam government for not listening to the Hong Kong people. Protestors hold a banner that reads, “Without the Authoritarian Government, There Won’t Be Any Rioters.” As night falls, Hong Kong protesters hold up their phones to show their solidarity. Protesters erect a temporary memorial shrine to remember the lives lost during the weeks of protest.





A paramilitary police officer stands guard in Tiananmen Square in Beijing on March 11, 2018.

# The World Faces a Choice on the Anniversary of the Chinese Communist Party’s Founding

THE EPOCH TIMES

Just before the July 1 anniversary of the founding of the Chinese Communist Party, the U.S. State Department issued the 2018 International Religious Freedom Report. At the press conference to mark the release of the report on June 21, Secretary of State Mike Pompeo spoke of how the norm in China is the “intense persecution of many faiths—Falun Gong practitioners, Christians, and Tibetan Buddhists among them.”

“The Chinese Communist Party has exhibited extreme hostility to all religious faiths since its founding,” Pompeo said. “The Party demands that it alone be called God.”

For 70 years, the Chinese Communist Party (CCP) has been fighting with various religions. This struggle against religion is an essential part of the CCP regime. That regime cannot allow the existence of free will and free thoughts, and so its attempts to eliminate all religions and beliefs are inevitable.

The “Nine Commentaries on the Communist Party,” published by The Epoch Times, explains that the Communist Party is an “evil cult.”

When the Communist Party was first formed, the “Nine Commentaries” says it “regarded Marxism as the absolute truth in the world.”

“It piously worshipped Marx as its spiritual God, and exhorted people to engage in a life-long struggle for the goal of building a ‘communist heaven on earth,’” the series states.

“The CCP promotes atheism and claims that religion is ‘spiritual opium’ that can intoxicate the people.”

The CCP also has destroyed traditional culture, eradicating tradition and morality in the name of revolution.

A system of state ownership, alive today even as the CCP is thought to have embraced capitalism, gives the Party control over all of society. This control has a psychological and spiritual dimension, and the Chinese people are constantly saturated with the CCP’s doctrines and propaganda.

But these doctrines fly in the face of human nature. An individual left to his or her own devices would reject them.

For this reason, the “Nine Commentaries” says, “eliminating dissidents is the most effective means for the evil cult of communism to spread its doctrine.”



FENG LI/GETTY IMAGES

“Because the doctrine and behavior of this evil cult are too ridiculous, the Communist Party has to force people to accept it, relying on violence to eliminate dissidents,” it states.

This violence can take the form of torture, killing, or even mass murder.

In a letter to the CCP’s elite Politburo circulated on the night of April 25, 1999, then-dictator Jiang Zemin asked, “Can the Marxism, Materialism, and Atheism that our Communist Party members uphold not win the battle with what Falun Gong promotes?”

This fear that the Chinese people would prefer Falun Gong’s traditional moral principles—truthfulness, compassion, and tolerance—to the CCP’s doctrines helps explain its 20-year-long campaign to eradicate the practice.

The spiritual teachings of Falun Gong, or the teachings of orthodox religions now struggling to survive in China, provide an alternative to what the CCP calls a “sense of Party nature.”

The “Nine Commentaries” states that Party nature demands that a member “be ready anytime to give up all personal beliefs and principles and to obey absolutely the Party’s will and the leader’s will.”

George Orwell warned of this in his novel “1984.”

In the novel, after the protagonist, Winston Smith, is arrested and imprisoned, he

Plainclothes policemen watch as a female Falun Gong practitioner is arrested and forced toward a police van on Tiananmen Square in Beijing on May 11, 2000.

That regime cannot allow the existence of free will and free thoughts, and so its attempts to eliminate all religions and beliefs are inevitable.

is repeatedly tortured by the “Benevolence Department.” One of the purposes is to force him to give up the mathematical logic of “2 plus 2 equals 4.”

In the end, Winston finally abandons rational logic and accepts the result of “2 plus 2 equals 5” imposed by the Ministry of Mercy. He then leaves prison to return to his work of deceiving people for the “Truth Department.”

Orwell understands the essence of the Communist Party’s totalitarian cult. The result of rational logic is not important. The key to the system is forcing everyone to accept the Party’s completely illogical “truth.”

Similarly, in the CCP’s war against religion, the ultimate purpose is to force everyone to give up their freedom and accept the CCP’s absurd conclusions.

In spite of this cultlike effort to control the minds and souls of an entire nation, large numbers of Chinese have fought against the CCP: dissidents who have advocated for democracy; human rights lawyers who have sought to bring the rule of law to China; farmers who have sought to keep their land; house-church Christians, Tibetan Buddhists, Uyghur Muslims, and others who have fought for their freedom of belief; and Falun Gong practitioners who have waged an unprecedented civil disobedience campaign, telling the Chinese people about their practice, about the persecution they suffer, and about the need for the CCP to disintegrate.

Beginning with the release of the “Nine Commentaries” in 2004, The Epoch Times has called for an end to the CCP. The “Nine Commentaries” ends:

“Only without the Chinese Communist Party will there be a new China.

“Only without the Chinese Communist Party does China have hope.

“Without the Chinese Communist Party, the upright and kindhearted Chinese people will rebuild China’s historical magnificence.”

The drama playing out in China is the crossroads of history. The CCP can only survive by eliminating those who think differently. This threatens the freedom and security of the entire world.

And so, on this anniversary of the founding of the CCP, the entire world faces a choice: to support the religious freedom of those in China, or to remain quiet in the face of the CCP’s evil. There is no middle ground, and our future is at stake.



MEGHAD MADADI/AFP/GETTY IMAGES



Gen. Amir Ali Hajizadeh (C), head of the Iranian Revolutionary Guard’s aerospace division, speaks to the media next to debris from a downed U.S. drone in Tehran on June 21, 2019.

# Iran Attacks US Drones to Tease Trump

## Tehran tests the red line of America’s new policy

JAMES GORRIE



Does Iran’s downing of a rather expensive U.S. drone on June 20 signal a new level of aggression by the radical Islamic regime? Perhaps. But in one respect, it also clarifies a few issues.

I say this because U.S. Secretary of State Mike Pompeo issued a new policy regarding Iran and the United States. It’s simple and direct: Any U.S. deaths by Iranian proxies would result in a U.S. military response against Iran. Not just against their proxies, but against Iran itself.

Although this policy change itself received little notice here in the United States, apparently, the Iranians got the message loud and clear: Killing Americans will come at a steep and deadly price.

**A New Red Line?**

The Iranians have likely assessed the new policy and are testing it by avoiding the one caveat in it: the avoidance of taking American lives. It would appear their recent attacks have been very carefully thought through. Hit back at U.S. assets and oil tankers, but avoid killing U.S. citizens altogether.

Is this just another new “red line” by another U.S. president? One may certainly call a Trump administration response to the spilling of American blood by Iran or its proxies a red line, and that would be accurate. But there are red lines and then there are red lines.

Recall that in August 2012, President Barack Obama formally spoke about a red line that Syria must not cross regarding the use of chemical weapons. But the Syrians used them anyway and Obama quickly backed down. By issuing the red line and then failing to back it up, Obama inflicted serious damage not only to his reputation on the world stage, but to U.S. prestige and credibility in the region, and around the world as well.

This lack of will and credibility is one of the Obama-era failures that Trump has been determined to overcome. Thus, Pompeo’s “red line” to Iran would appear to be a red line. It comes with a credible threat to back it up in the person of President Donald Trump, as well as an aircraft carrier battle group and B-52 bombers that he dispatched to the region.

But for the Iranians, limiting their strikes



FAYEZ NURELDINE/AFP/GETTY IMAGES

to inanimate objects isn’t a realistic plan, not even in the short term. It’s too risky. In military actions, casualties happen. Collateral damage is inevitable.

But the Iranians have their reasons for doing so. For one, their economy is suffering under heavy U.S. sanctions. For another, they don’t like seeing Trump in the White House, his undoing of the nuclear treaty, and his pro-Israel stance. Thirdly, they don’t want U.S. drones snooping on their communications.

But what, specifically, was their motivation to attack a U.S. drone? What were they hoping to accomplish?

**Calling Trump’s Bluff?**

Maybe they’re simply calling Trump’s bluff. If he takes the bait, he starts a war with Iran. But he hasn’t done so—yet. Will there be more incidents to come? What then?

For example, how many drones will Iran be allowed to shoot out of the sky before the United States reacts? How many more oil tankers will be attacked, threatening 20 percent of the world’s oil supplies? What target will Iran hit next, and how will Trump respond to that?

So far, there has been a minimal response from the United States and, notably, Trump called off a military strike on several targets within Iran after approving it, determining that the estimated death toll of 150 Iranians would be disproportionate to the downing of an unmanned drone. It appears that for the moment, Trump isn’t taking Iran’s war bait.

**Can Trump Be Manipulated?**

But Trump’s policy is certainly open to ma-

▲  
Brian Hook, U.S. special representative for Iran and senior policy adviser to the U.S. secretary of state, checks what Saudi officials say were Iranian remnants of a cruise missile that slammed into Abha Airport on June 12, in al-Kharj, Saudi Arabia, on June 21, 2019.

By issuing the red line and then failing to back it up, Obama inflicted serious damage not only to his reputation on the world stage, but to U.S. prestige and credibility in the region, and around the world as well.

nipulation. Committing strategic bombers to the region is a bold statement in and of itself. Threatening to use them is one thing; doing so is quite another. Both Trump and Iran’s leaders know that if he decides to do so, it will open up a Pandora’s box of uncertainty and risk.

On the other hand, failure to use the assets that have been so publicly placed in the region also sends a message. It’s the Obama red-line syndrome all over again, and Trump knows the consequences of such a replay. Iran realizes that these are two big considerations for Trump, especially given his very public position of reducing U.S. involvement in Mideast wars, not increasing it.

There are other considerations as well. China, for example, is challenging the U.S. sanctions against buying Iranian oil. How long will that be allowed? Stopping Chinese oil purchases—or any others—from Iran could certainly require much more than a few airstrikes. That’s likely to prove to be a bigger challenge to the Trump administration than responding—or not responding—to a downed drone.

**Has Trump Laid His Own War Trap?**

Is Trump’s as-of-yet nonresponse to the downing of the drone sending the right message? Perhaps so. It certainly makes him look like a paragon of restraint, compared to some of his more hawkish advisors. But it also ramps up the pressure to respond to the next incident, which will likely happen sooner than later.

But there is always the risk of overplaying a policy, as well as deciding not to carry it out. Would a strike in retaliation against U.S. casualties or an attack on U.S. assets be the catalyst the Iranians might well be hoping for, to spark a wider war in the region? Would it be worth it to the Iranians to trap Trump in his own war, in the hopes that he would be replaced by a much weaker and more conciliatory president in 2020?

Probably so.

Are they thinking that far ahead? It’s likely they are. Iran may be a bad actor, but it isn’t stupid.

*James Gorrie is a writer based in Texas. He is the author of “The China Crisis.”*

*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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Jasper Fakkert, Editor-in-Chief  
Melanie Sun, Regional Editor  
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Standing outside of political interests and the pursuit of profit, our starting point and our goal is to create a media for the public benefit, to be truly responsible to society.

We endeavor to educate readers about today’s most important topics, seeking to broaden and uplift minds. We believe that rational, balanced debate is key for fostering a healthy democracy and a compassionate society.

As an independent media outlet, we use our freedom to investigate issues overlooked—or avoided—by other media outlets. We seek to highlight solutions and what’s good in society rather than what divides us.

We report respectfully, compassionately, and rigorously.

We stand against the destruction wrought by communism, including the harm done to cultures around the world.

We are inspired in this by our own experience. The Epoch Times was founded in 2000 to bring honest and uncensored news to people oppressed by the lies and violence in communist China.

We still believe journalism is a noble vocation, but only when it genuinely seeks to serve its communities and help them to flourish. In all that we do, we will hold ourselves to the highest standards of integrity. This is our promise to you.

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Australian Epoch Times Ltd.  
49A Treacy St,  
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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 (Cont.)

3. From the New Deal to Progressivism

On Thursday, Oct. 24, 1929, the New York stock market crashed. The crisis spread from the financial sector to the entire economy, sparing none of the major developed nations of the West. Unemployment spiked to over a quarter of the population, and the total number of unemployed exceeded 30 million. Apart from the Soviet Union, industrial production in major industrial countries dropped by an average of 27 percent.

In early 1933, within 100 days of Roosevelt’s inauguration, many bills were introduced around the theme of solving the crisis. The policies passed by Congress increased government intervention in the economy and represented major reforms: the Emergency Banking Act, the Agricultural Adjustment Act, the National Industrial Recovery Act, and the Social Security Act. Though Roosevelt’s New Deal essentially had ended by the time of World War II, many of the institutions and organizations that emerged during the period have continued to shape American society to the present day.

Roosevelt issued more executive orders than the total number of such decrees hitherto issued by all presidents in the 20th century. Nevertheless, the American unemployment rate in the United States did not fall below double digits until the war. The New Deal’s real effect was to set the U.S. government on a trajectory of high taxation, big government, and economic interventionism.

In his 2017 book “The Big Lie: Exposing the Nazi Roots of the American Left,” conservative documentary filmmaker Dinesh D’Souza argued that the National Recovery Act, which formed the centerpiece of Roosevelt’s New Deal, essentially meant the end of the U.S. free market.

According to “FDR’s Folly,” a 2003 book by historian Jim Powell, the New Deal prolonged the Great Depression rather than ending it: The Social Security Act and labor laws encouraged further unemployment, while high taxes encumbered healthy business, and the like. Economist and Nobel Prize laureate Milton Friedman praised Powell’s work, saying, “As Powell demonstrates without a shadow of a doubt, the New Deal hampered recovery from the contraction, prolonged and added to unemployment, and set the stage for ever more intrusive and costly government.” President Lyndon Johnson, who took office after the assassination of President John F. Kennedy in 1963, declared a “war on poverty” in his 1964 State of the Union address and launched the Great Society domestic programs. In a short period of time, Johnson issued a series of executive orders, established new government agencies, reinforced the welfare state, raised taxes, and dramatically expanded the government’s authority.

It is interesting to note the similarities between Johnson’s administrative measures and “A New Program of the American Communist Party’s New Agenda,” published in 1966. Gus Hall, general secretary of Communist Party USA (CPUSA), said: “The communist attitude toward the Great Society can be summarized in an old saying that two men sleeping in the same bed can have different dreams. We communists support every measure of the Great Society concept because we dream of socialism.”

Hall’s “same bed” refers to the Great Society policies. Although

the CPUSA also supported the Great Society initiative, the intention of the Johnson administration was to improve the United States under the democratic system. The Communist Party’s intention was to ease the United States into socialism step by step.

Particularly following the Great Depression and beginning with the conclusion of World War I, the United States has adopted increasingly socialist policies, such as the welfare state, as atheism and materialism have eroded the moral fabric of American society.

The Great Society and the war on poverty increased dependence on welfare, discouraged people from working, and damaged the family structure. Welfare policies favored single-parent families, in turn encouraging divorce and extramarital relationships. According to statistics, the rate of children born out of wedlock in 1940 was 3.8 percent of all newborns; by 1965, this figure had increased to 7.7 percent. In 1990, 25 years after the Great Society reform, the figure was 28 percent and again rose to 40 percent in 2012. The disintegration of the family brought with it a series of widespread consequences, such as an increased financial burden for the government, a soaring crime rate, the decline of family education, poverty that continues for generations, and a mentality of entitlement, which led to a higher rate of voluntary unemployment.

A quote attributed to Scottish historian and jurist Lord Alexander Fraser Tytler says: “A democracy cannot exist as a permanent form of government. It can only exist until the voters discover that they can vote themselves largess from the public treasury. From that time on, the majority always votes for the candidate promising the most benefits from the public treasury, with the results that a democracy always collapses over loose fiscal policy, always followed by a dictatorship.”

As the Chinese saying goes, “From thrift to extravagance is easy, but the opposite is difficult.” After people develop a dependence on welfare, it becomes impossible for the government to reduce the scale and types of benefits. The Western welfare state has become a political quagmire for which politicians and officials have no solution.

In the 1970s, the extreme left gave up the revolutionary terms that kept the American people on guard and replaced them with the more neutral-sounding “liberalism” and “progressivism.” Readers who lived in communist countries are no strangers to the latter, as “progress” has been used by the Communist Party as a quasi-synonym for “communism.” For example, the term “progressive movement” referred to the “communist movement,” and “progressive intellectuals” referred to “pro-communist individuals” or underground members of the Communist Party.

Liberalism, meanwhile, is not substantially different from progressivism, as it carries the same connotation of high taxes;

expansive welfare; big government; rejection of religion, morality, and tradition; the use of “social justice” as a political weapon; “political correctness”; and the militant promotion of feminism, homosexuality, sexual perversity, and the like.

We do not intend to point fingers at any political figure or individual, for it is indeed difficult to make correct analyses and judgments in the midst of complex historical developments. It is clear that the specter of communism has been at work in both East and West since the beginning of the 20th century. When violent revolution succeeded in the East, it spread the influence of communism to the governments and societies of the West, shifting them ever leftward.

Particularly following the Great Depression and beginning with the conclusion of World War I, the United States has adopted increasingly socialist policies, such as the welfare state, as atheism and materialism have eroded the moral fabric of American society. People grew distant from God and traditional morality, weakening their resistance to deception.

4. The Cultural Revolution of the West

The 1960s, a watershed moment of modern history, saw an unprecedented counterculture movement sweeping from East to West. In contrast to the Cultural Revolution of the Chinese communists, the Western counterculture movement appeared to have multiple focuses, or even lack any focus.

From the 1960s to the 1970s, the mostly young participants of the counterculture movement were motivated by various pursuits. Some opposed the Vietnam War, some fought for civil rights, some advocated for feminism and denounced patriarchy, and some strove for homosexual rights. Topping this off was a dazzling spectacle of movements against tradition and authority that advocated sexual freedom, hedonism, narcotics, and rock music.

The Great Society and the war on poverty increased dependence on welfare, discouraged people from working, and damaged the family structure.

The goal of this Western Cultural Revolution was to destroy the upright Christian civilization and its traditional culture. While apparently disordered and chaotic, this international cultural shift stemmed from communism.

Youthful participants of the counterculture movement revered three idols as “the Three M’s”—Marx, Marcuse, and Mao.

Herbert Marcuse was a key member of the Frankfurt School, a group of Marxist intellectuals associated with the Institute for Social Research at the Goethe University in Frankfurt, first established in 1923. The institute’s founders used the concept of critical theory to attack Western civilization and apply Marxism to the cultural sphere.

One of the institute’s founders was Hungarian Marxist Gyorgy Lukacs. In 1919, he famously asked, “Who can save us from Western civilization?” Elaborating on this, he said that the West is guilty of genocidal crimes against every civilization and

culture it has encountered. American and Western civilization, according to Lukacs, are the world’s greatest repositories of racism, sexism, nativism, xenophobia, anti-Semitism, fascism, and narcissism.

In 1935, the Frankfurt School Marxists relocated to the United States and became affiliated with Columbia University in New York. This gave them an opening to disseminate their theories on American soil. With the assistance of other leftist scholars, they corrupted several generations of American youth.

Combining Marxism with Freudian pansexualism, Marcuse’s theories catalyzed the sexual liberation movement. He believed it was necessary to oppose all traditional religions, morality, order, and authority in order to transform society into a utopia of limitless and effortless pleasure.

Marcuse’s famous work “Eros and Civilization” holds an important place among the many works by Frankfurt scholars, for two reasons: First, the book combines the thoughts from Marx and Freud and turns Marx’s critiques on politics and economy into a critique of culture and psychology. Second, the book built bridges between Frankfurt theorists and young readers, enabling the cultural rebellion of the 1960s.

Marcuse said: “[The counterculture movement can be called] a cultural revolution, since the protest is directed toward the whole cultural establishment, including the morality of existing society. ... There is one thing we can say with complete assurance: The traditional idea of revolution and the traditional strategy of revolution has ended. These ideas are old-fashioned. ... What we must undertake is a type of diffuse and dispersed disintegration of the system.”

Few among the rebellious youths could grasp the arcane theories of the Frankfurt School, but Marcuse’s ideas were simple: Be anti-tradition, anti-authority, and anti-morality. Indulge in sex, drugs, and rock-and-roll without restraint. “Make love, not war.” As long as you say “no” to all authority and societal norms, you are counted as a participant in the “noble revolutionary cause.” It was so simple and easy to become a revolutionary that it’s little wonder the movement attracted so many young people at that time.

It must be emphasized that although many of the rebellious youths acted of their own accord, many of the most radical student leaders at the forefront of the movement had been trained and manipulated by foreign communists. For instance, the leaders of the Students for a Democratic Society were trained in Cuba.

The student protests were directly organized and instigated by communist groups. The extreme-left Weathermen faction split off from the Students for a Democratic Society and announced in a 1969 statement: “The contradiction between the revolutionary peoples of Asia, Africa, and Latin America and the imperialists headed by the United States is the principal contradiction in the contemporary world. The development of this contradiction is promoting the struggle of the people of the whole world against U.S. imperialism and its lackeys.” These words were written by Lin Biao, then the second-most powerful leader of communist China, and came from his series of articles called “Long Live the Victory of People’s War!”

See next week’s edition for the next installment.



GUILLERMO LEGARIA/AFP/GETTY IMAGES

# The UN’s Great Extinction Scare

MARK HENDRICKSON



According to a new United Nations report, “around 1 million species [out of 1.8 million known species] already face extinction, many within decades.”

This disturbing prediction (by no means the first such prediction) appeared in the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) “Summary for Policy Makers.” (In case you are not familiar with these U.N. summary reports, standard operating procedure is that the summaries are released weeks or months before the full-length reports prepared by the scientists who were chosen as contributors, and the inner circle in charge of preparing the summaries—most often not scientists, but policy bureaucrats—are free to modify what the scientists have written.)

If the IPBES prediction is true, that implies a horrific extinction rate of about 25,000 to 30,000 species annually within the next 30 or 40 years.

Before you get depressed by or upset about this dire forecast, let’s take a closer look at the issue of species extinction. First, we’ll sort through some of the questionable and conflicting numbers, then assess humankind’s role, and finally, take a look at what we humans can or should do in response to the challenge.

**The Numbers**

Dr. Patrick Moore, the Greenpeace co-founder who has famously rejected the alarmist climate narrative, testified about the IPBES report to the U.S. House Sub-



The Chiribiquete National Natural Park, the largest tropical rainforest national park in the world, in Colombia on June 7, 2018.

SEAN GALLUP/GETTY IMAGES



Zookeeper Yancy Rentz (L) and biologist Benjamin Ibler conduct an annual inventory to assess the state of animal colonies, the presence of foreign species, and the true number of species and their members, at Zoo Berlin in Berlin on Dec. 12, 2012.

committee on Water, Oceans, and Wildlife on May 22. Dr. Moore’s statement rightly pushed back against the IPBES’s highly questionable numbers. Indeed, the report’s assertion that there are 6.2 million species on Earth that haven’t been cataloged or assigned a place in biological taxonomy yet is

highly conjectural, if not preposterous. Who has a secret list of 6.2 million species that humans have spotted but biologists haven’t yet categorized? If they haven’t been identified, how can they be counted? That number either came from a highly speculative extrapolation or was plucked out of thin air.

Even more dubious, though, is the headline number: “1 million species” on the brink of extinction. Gregory Wrightstone, the author of the important, fact-filled book, “Inconvenient Facts: The Science That Al Gore Doesn’t Want You to Know,” uncovered egregious data manipulation about extinctions. Using data supplied by the International Union for Conservation of Nature in the IUCN Red List, the IPBES report featured their equivalent of the infamous, discredited global warming “hockey stick” graph. Wrightstone showed that when one uses decades instead of centuries as the time unit, extinctions peaked more than a century ago and today are trending noticeably downward.

Furthermore, Wrightstone pointed out that IUCN’s own tabulations show that “in the last 40 years, the average annual extinction rate was two per year” and that during the most recent full decade (2000–2009), there were four total extinctions—less than one-half per year. Apparently, there is no official record of extinctions anywhere. There might have been even fewer animal species extinctions than the IUCN claims. One BBC report (and the BBC is very much on the climate change bandwagon) stated that there was only a single species extinction (a mollusk) between 2000 and 2012.

**The Reason**

Whatever the precise number of extinctions is, conditions would have to change massively to have species start dying off at a dizzying rate of 20,000 or more per year in the next few decades.

Climate change appears unlikely to trigger a huge wave of extinctions. Today’s temperature is several degrees centigrade cooler than the Bronze Age about 3,500 years ago, so any species that has been around for more than the last four millennia (presumably, that would be most species) should be able to tolerate a few more degrees of heat (if, indeed, such a temperature even happens, which is by no means certain).

Before you let the U.N. report make you feel guilty for letting fossil fuels enrich your life, you should understand that the one- or two-tenths of a degree difference that human activity may be responsible for isn’t significant enough to drastically revise the lineup of species on Earth.

The kinds of human activity that actually do jeopardize the survival of some animal species are the same three types of activity that produced the temporary increase in extinctions in the 16th to 19th centuries—overhunting, habitat destruction, and the human introduction (both intentional and accidental) of predators into new ecosystems.

Yes, human beings can be the agent by which a species goes extinct. But before you go beating up yourself, let’s put the phenomenon of extinction into perspective.

According to paleontologist David M. Raup’s 1991 book, “Extinction: Bad Genes or Bad Luck,” species extinction has been a chronic occurrence on planet Earth. In fact, 99.9 percent of species that ever existed died off before Homo sapiens ever arrived on the scene. Far from Earth having been a safe habitat for the planet’s

wide variety of species—a benign Garden of Eden until a plague called “mankind” shattered the peace—life on Earth always has been a precarious proposition. Just as climate change happened many times without humans being on the scene, so it has been with species extinction. These things are going to happen, regardless of whether human beings are present.

**The Future**

Instead of flagellating ourselves with undeserved guilt, we should celebrate the fact that, unlike any other species that has stood at the top of Earth’s food chain, humans have the capacity to understand the long-term implications of what we are doing. We can make conscious decisions to alter our behavior in attempts to preserve other species. While it lies beyond human ability to “freeze” the present constellation of species in place, and some species will die out no matter what we do, we may be able to save some species.

The question then becomes an economic one—economic in the sense that we humans have to set priorities, make choices, and pay the costs of our actions. We can’t afford to pay the tens and hundreds of trillions of dollars that some greens want us to pay to try to shave a couple of tenths of a degree off the world’s temperature, but we can, if we want to, afford to take steps to preserve crucial natural habitats for the species we target for preservation.

In addition to obvious steps such as ceasing to use lakes and oceans as trash receptacles or outgrowing superstitions such as believing that rhinoceros horns enhance sexual pleasure, I can think of two ways in which most greens are currently waging massive warfare against endangered species.

The two modern fads of renewable energy and “organic” food both result in vast overconsumption of land, thereby unnecessarily shrinking the natural habitats of multiple species. The footprint of wind and solar energy production is far larger than the footprint of fossil fuel and nuclear power plants. And the organic food craze is even worse. If the whole world forsook contemporary agricultural techniques and returned to the “organic” methods of just a century ago, yields per acre would plummet so far that the amount of additional land required to maintain the current level of food production would be measured in the millions of square miles.

To repeat: We’re going to have to choose, people. Do you want to just talk the preservationist talk, or actually walk the walk? What do you value more: preserving certain species or eating organic food and using sun and wind power? As Bob Seger sang in the live version of “Beautiful Loser”: “You just can’t have it all.”

But remember the good news: (1) The U.N. scare story of mass species extinction isn’t true, so you don’t have to feel guilty. (2) Cheaper (e.g., cheaper food and cheaper energy) is not only better for humans, but is also better for wildlife—that is, sound economics is often compatible with sound ecology.

*Mark Hendrickson, an economist, recently retired from the faculty of Grove City College, where he remains a fellow for economic and social policy at the Institute for Faith & Freedom.*

*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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See B5

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Sweating It Out in Finland

Finland is Saunaland, with an estimate of between 2 and 3 million saunas to 5 million Finns, on average a sauna for every household.

See B10

JULY 4-10, 2019

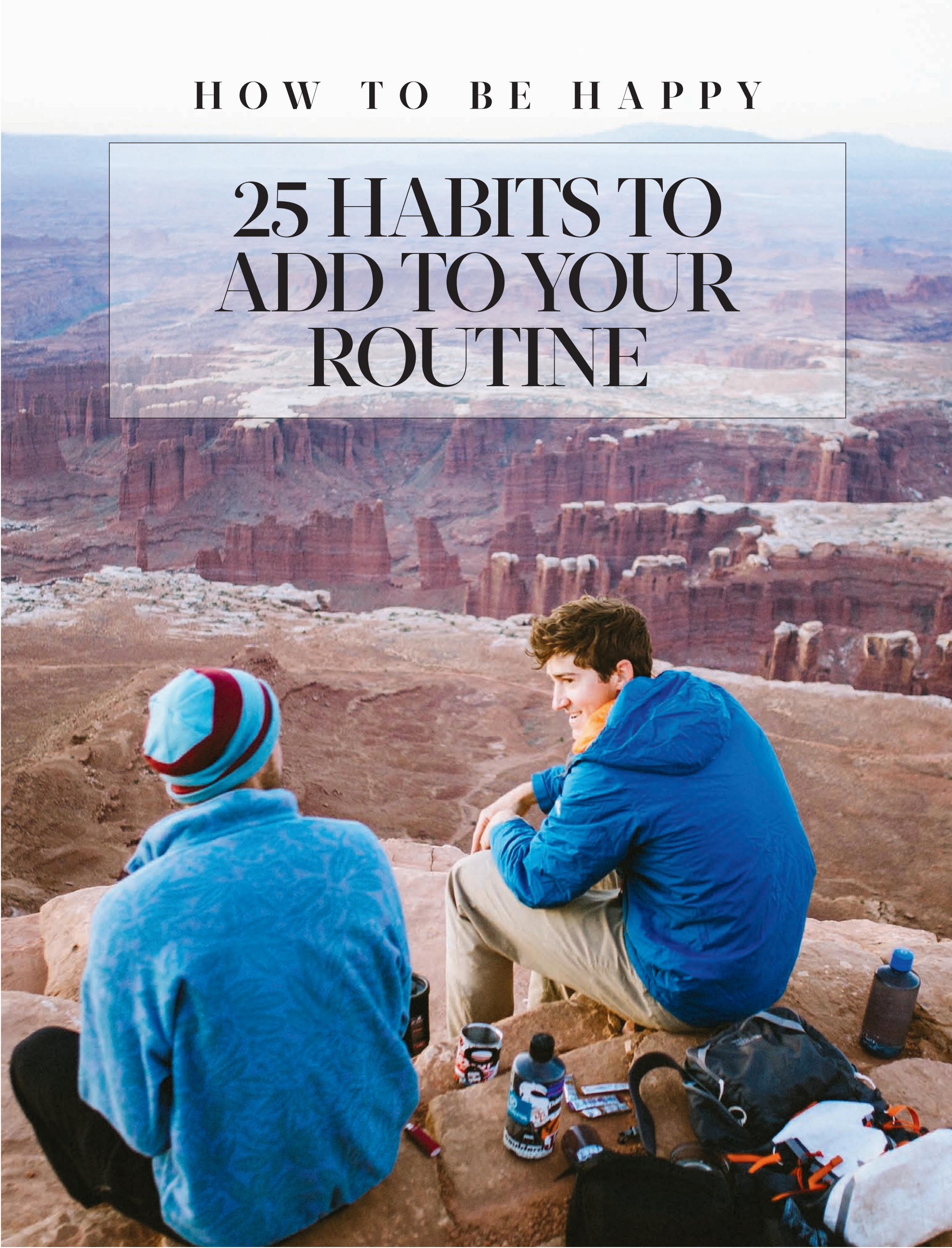
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HOW TO BE HAPPY

25 HABITS TO  
ADD TO YOUR  
ROUTINE



Many habits will make you happier, including getting out into nature, spending time with friends, and exercising.

Habits can be hard to form, but they have the power to shape your life—and how you feel about it

ANN PIETRANGELO

Happiness looks different for everyone. For you, maybe it's being at peace with who you are. Or having a secure network of friends who accept you unconditionally. Or the freedom to pursue your deepest dreams.

Regardless of your version of true happiness, living a happier, more satisfying life is within reach. A few tweaks to your regular habits can help you get there.

Habits matter. If you've ever tried breaking a bad habit, you know all too well how ingrained they are.

Well, good habits are deeply ingrained, too. Why not work on making positive habits part of your routine?

Here's a look at some daily, monthly, and yearly

habits to help kickstart your quest. Just remember that everyone's version of happiness is a little different, and so is their path to achieving it.

If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you.

Daily Habits

1. Smile

You tend to smile when you're happy. But it's actually a two-way street.

We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier.

That doesn't mean you have to go around with a fake smile plastered on your face all the time. But

Regular exercise can help to reduce stress, feelings of anxiety, and symptoms of depression.

the next time you find yourself feeling low, crack a smile and see what happens. Or try starting each morning by smiling at yourself in the mirror.

2. Exercise

Exercise isn't just for your body. Regular exercise can help to reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness.

Even a small amount of physical activity can make a difference. You don't have to train for a triathlon or scale a cliff—unless that's what makes you happy, of course.

The trick is not to overexert. If you suddenly throw yourself into a strenuous routine, you'll probably just end up frustrated (and sore).

Continued on B2



HOW TO BE HAPPY

25 HABITS TO ADD TO YOUR ROUTINE

Habits can be hard to form, but they have the power to shape your life—and how you feel about it

Continued from B1

Consider these exercise starters:

- Take a walk around the block every night after dinner.
- Sign up for a beginner’s class in yoga or tai chi.
- Start your day with 5 minutes of stretching.
- Remind yourself of any fun activities you once enjoyed, but that have fallen by the wayside. Or activities you always wanted to try, such as golf, bowling, or dancing.

3. Get Plenty of Sleep

No matter how much modern society steers us toward less sleep, we know that adequate sleep is vital to good health, brain function, and emotional well-being.

Most adults need about 7 or 8 hours of sleep every night. If you find yourself fighting the urge to nap during the day or just generally feel like you’re in a fog, your body may be telling you it needs more rest.

Here are a few tips to help you build a better sleep routine:

- Write down how many hours of sleep you get each night and how rested you feel. After a week, you should have a better idea how you’re doing.
- Go to bed and wake up at the same time every day, including weekends.
- Reserve the hour before bed as quiet time. Take a bath, read, or do something relaxing. Avoid heavy eating and drinking.
- Keep your bedroom dark, cool, and quiet.
- Invest in some good bedding.
- If you have to take a nap, try to limit it to 20 minutes.

If you consistently have problems sleeping, talk to your doctor. You may have a sleep disorder requiring treatment.

4. Eat With Mood in Mind

You already know that food choice can have an impact on your overall physical health. But some foods can also affect your state of mind.

For example:

- Carbohydrates release serotonin, a “feel good” hormone. Just keep simple carbs—foods high in sugar and starch—to a minimum, because that energy surge is short and you’ll crash. Complex carbs, such as vegetables, beans, and whole grains, are better.
- Lean meat, poultry, legumes, and dairy are high in protein. These foods release dopamine and norepinephrine, which boost energy and concentration.
- Highly processed or deep-fried foods tend to leave you feeling down. So will skipping meals.

Start by making one better food choice each day.

For example, swap a big, sweet breakfast pastry for some Greek yogurt with fruit. You’ll still satisfy your sweet tooth, and the protein will help you avoid a mid-morning energy crash. Try adding in a new food swap each week.

5. Be Grateful

Simply being grateful can give your mood a big boost, among other benefits. For example, a recent two-part study found that practicing gratitude can have a significant impact on feelings of hope and happiness.

Start each day by acknowledging one thing you’re grateful for. You can do this while you’re brushing your teeth or just waiting for that snoozed alarm to go off.

As you go about your day, try to keep an eye out for pleasant things in your life. They can be big things, such as knowing that someone loves you or getting a well-deserved promotion.

But they can also be little things, such as a co-

If you’ve ever tried breaking a bad habit, you know all too well how ingrained they are.

worker who offered you a cup of coffee or the neighbour who waved to you. Maybe even just the warmth of the sun on your skin.

With a little practice, you may even become more aware of all the positive things around you.

6. Give a Compliment

Research shows that performing acts of kindness can help you feel more satisfied.

Giving a sincere compliment is a quick, easy way to brighten someone’s day while giving your own happiness a boost.

Catch the person’s eye and say it with a smile so they know you mean it. You might be surprised by how good it makes you feel.

If you want to offer someone a compliment on their physical appearance, make sure to do it in a respectful way.

7. Breathe Deeply

You’re tense, your shoulders are tight, and you feel as though you just might “lose it.” We all know that feeling.

Instinct may tell you to take a long, deep breath to calm yourself down. Turns out, that instinct is a good one. According to Harvard Health, deep breathing exercises can help reduce stress.

The next time you feel stressed or at your wit’s end, work through these steps:

- Close your eyes. Try to envision a happy memory or a beautiful place.
- Take a slow, deep breath in through your nose.
- Slowly breathe out through your mouth or nose.
- Repeat this process several times, until you start to feel yourself calm down.

If you’re having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhalation and exhalation.



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Keeping a journal can help ensure you take the time for self reflection and that you contemplate the things in life you have to be grateful for.

8. Acknowledge the Unhappy Moments

A positive attitude is generally a good thing, but bad things happen to everyone. It’s just part of life.

If you get some bad news, make a mistake, or just feel like you’re in a funk, don’t try to pretend you’re happy.

Acknowledge the feeling of unhappiness, letting yourself experience it for a moment. Then, shift your focus toward what made you feel this way and what it might take to recover.

Would a deep breathing exercise help? A long walk outside? Talking it over with someone?

Let the moment pass and take care of yourself. Remember, no one’s happy all the time.

9. Keep a Journal

A journal is a good way to organize your thoughts, analyze your feelings, and make plans. And you don’t have to be a literary genius or write volumes to benefit.

It can be as simple as jotting down a few thoughts before you go to bed. If putting certain things in writing makes you nervous, you can always shred it when you’ve finished. It’s the process that counts.

10. Face Stress Head-On

Life is full of stressors, and it’s impossible to avoid all of them.

There’s no need to. Stanford psychologist Kelly McGonigal says that stress isn’t always harmful, and we can even change our attitudes about stress.

For those stressors you can’t avoid, remind yourself that everyone has stress—there’s no reason to think it’s all on you. And chances are, you’re stronger than you think you are.

Instead of letting yourself get overwhelmed, try to tackle the stressor head-on. This might mean initiating an uncomfortable conversation or putting in some extra work, but the sooner you tackle it, the sooner the pit in your stomach will start to shrink.

Weekly Habits

11. Declutter

Decluttering sounds like a big project, but setting aside just 20 minutes a week can have a big impact.

What can you do in 20 minutes? Lots.

Set a timer on your phone and take 15 minutes to tidy up a specific area of one room—say, your closet or that out-of-control junk drawer. Put everything in its place and toss or give away any extra clutter that’s not serving you anymore.

Keep a designated box for giveaways to make things a little easier (and avoid creating more clutter).

Use the remaining 5 minutes to do a quick walk through your living space, putting away whatever stray items end up in your path.

You can do this trick once a week, once a day, or anytime you feel like your space is getting out of control.

12. See Friends

Humans are social beings, and having close friends can make us happier.

Who do you miss? Reach out to them. Make a date to get together or simply have a long phone chat.

In adulthood, it can feel next to impossible to make new friends. But it’s not about how many friends you have. It’s about having meaningful relationships—even if it’s just with one or two people.

Try getting involved in a local volunteer group or taking a class. Both can help to connect you with like-minded people in your area. And chances are, they’re looking for friends, too.

Companionship doesn’t have to be limited to other humans. Pets can offer similar benefits, according to multiple studies.

Love animals but can’t have a pet? Consider volunteering at a local animal shelter to make some new friends—both human and animal.

13. Plan Your Week

Feel like you’re flailing about? Try sitting down at



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Smiling causes the brain to release dopamine, which makes us happier.

the end of every week and making a basic list for the following week.

Even if you don’t stick to the plan, blocking out time where you can do laundry, go grocery shopping, or tackle projects at work can help to quiet your mind.

You can get a fancy planner, but even a sticky note on your computer or piece of scrap paper in your pocket can do the job.

14. Ditch Your Phone

Unplug. Really.

Turn off all the electronics and put those earbuds away for at least one hour once a week.

They’ll still be there for you later. If you still want them, that is.

If you haven’t unplugged in a while, you might be surprised at the difference it makes. Let your mind wander free for a change. Read. Meditate. Take a walk and pay attention to your surroundings. Be sociable. Or be alone. Just be.

Sound too daunting? Try doing a shorter amount of time several times a week.

15. Get Into Nature

Spending 30 minutes or more a week in green spaces can help lower blood pressure and depression, according to a 2016 study.

Your green space could be anything from your neighborhood park, your own backyard, or a rooftop garden—anywhere you can appreciate some nature and fresh air.

Better yet, add some outdoor exercise into the mix for extra benefit.

16. Explore Meditation

There are many methods of meditation to explore. They can involve movement, focus, spirituality, or a combination of all three.

Meditation doesn’t have to be complicated. It can be as simple as sitting quietly with your own thoughts for 5 minutes. Even the deep breathing exercises mentioned earlier can serve as a form of meditation.

17. Consider Therapy

We’re certainly happier when we learn how to cope with obstacles. When you’re faced with a problem, think about what got you through something similar in the past. Would it work here? What else can you try?

If you feel like you’re hitting a brick wall, consider speaking with a therapist on a weekly basis. You don’t need to have a diagnosed mental health condition or an overwhelming crisis to seek therapy.

Therapists are trained to help people improve coping skills. Plus, there’s no obligation to continue once you start.

Even just a few sessions can help you add some new goodies to your emotional toolbox.

18. Find a Self-Care Ritual

It’s easy to neglect self-care in a fast-paced world. But your body carries your thoughts, passions, and spirit through this world, doesn’t it deserve a little TLC?

Maybe it’s unwinding your workweek with a long, hot bath. Or adopting a skin care routine that makes you feel indulgent. Or simply setting aside a night to put on your softest jammies and watch a movie from start to finish.

Whatever it is, make time for it. Put it in your planner if you must, but do it.

Monthly Habits

19. Give Back

If you find that giving daily compliments provides a needed boost to your mood, consider making a monthly routine of giving back on a larger scale.

Maybe that’s helping out at a food bank on the third weekend of every month, or offering to watch your friend’s kids one night per month.

20. Take Yourself Out

No one to go out with? Well, what rule says you

can’t go out alone?

Go to your favorite restaurant, take in a movie, or go on that trip you’ve always dreamed of.

Even if you’re a social butterfly, spending some deliberate time alone can help you reconnect with the activities that truly make you happy.

21. Create a Thought List

You arrive for an appointment with 10 minutes to spare. What do you do with that time? Pick up your cell phone to scroll through social media? Worry about the busy week you have ahead of you?

Take control of your thoughts during these brief windows of time.

At the start of each month, make a short list of happy memories or things you’re looking forward to on a small piece of paper or on your phone.

When you find yourself waiting for a ride, standing in line at the grocery store, or just with a few minutes to kill, break out the list. You can even use it when you’re just generally feeling down and need to change up your thoughts.

Yearly Habits

22. Take Time to Reflect

The start of a new year is a good time to stop and take inventory of your life. Set aside some time to catch up with yourself the way you would with an old friend:

- How are you doing?
- What have you been up to?
- Are you happier than you were a year ago?

But try to avoid the pitfall of judging yourself too harshly for your answers. You’ve made it to another year, and that’s plenty.

If you find that your mood hasn’t improved much over the last year, consider making an appointment with your doctor or talking to a therapist. You might be dealing with depression or even an underlying physical condition that’s impacting your mood.

23. Reevaluate Your Goals

People change, so think about where you’re heading and consider if that’s still where you want to go. There’s no shame in changing your game.

Let go of any goals that no longer serve you, even if they sound nice on paper.

24. Take Care of Your Body

You hear it all the time, including several times in this article, but your physical and mental health are closely intertwined.

As you build habits to improve your happiness, make sure to follow up with routine appointments to take care of your body:

- see your primary care physician for an annual physical
- take care of any chronic health conditions and see specialists as recommended
- see your dentist for an oral exam and follow up as recommended
- get your vision checked

25. Let Go of Grudges

This is often easier said than done. But you don’t have to do it for the other person. Sometimes, offering forgiveness or dropping a grudge is more about self-care than compassion for others.

Take stock of your relationships with others. Are you harbouring any resentment or ill will toward someone? If so, consider reaching out to them in an effort to bury the hatchet.

This doesn’t have to be a reconciliation. You may just need to end the relationship and move on.

If reaching out isn’t an option, try getting your feelings out in a letter. You don’t even have to send it to them. Just getting your feelings out of your mind and into the world can be freeing.

Ann Pietrangelo is an author, writer, and health care blogger. This article was first published on Healthline.





MODERN AFFLICTION/UNSPLASH

Part of the problem is that depression can be a symptom or a disease.

# The Only Way to Cure Depression

Drugs can’t cure depression because they aren’t supposed to

TRACY KOLENCHUK

Depression can be cured. Unfortunately, it cannot be cured in current medical theory and as a result, it cannot be cured in current medical practice.

It’s interesting because years ago, depression was widely considered curable. Now, it’s incurable. How did this happen?

Part of the problem is that depression can be a symptom or a disease.

Are symptoms curable? Well—truth be told—curable is not defined by the current bureaucracies of conventional medicine. Many medical dictionaries do not contain the word cure, and no medical reference text provides a scientific medical definition of cure, cures, curing nor cured. So, do we cure disease, or do we cure symptoms? In medical speak, we can only cure diseases—but the line between symptoms and diseases is not clear—and it moves over time.

The DSM-5, the current Diagnostic and Statistical Manual of Mental Disorders, is the official book of medical of mental disorders for the medical bureaucracy. You might be surprised to learn that there are no cures for any mental disorder listed in the DSM-5. Not one. The DSM-5 does not recommend treatments, much less cures. The only reference to the word cure that I can find is hope for “eventual cures for these conditions.” At this time, by omission, according to the DSM-5, there are no cures. Therefore depression cannot be cured.

There is an interesting exception to the DSM-5 rule that no mental disorder can be cured: depression caused by bereavement. Depression caused by bereavement is like a wound, cured by time, and health. In normal situations, it takes a few months, with some cases taking less time and others more.

No medicines can cure, but cures occur. What does the DSM-5 say about depression caused by bereave-

If you want to cure depression, it is necessary to go beyond conventional medicine.

ment? Well, in version 4, depression caused by bereavement was excluded from the list of mental disorders that can be diagnosed. In the DSM-5, bereavement depression is a mental disorder. It’s the single exception that proves the rule. Why? Gary Greenburg, the author of *The Book of Woe*, points out the obvious. If depression caused by bereavement can be diagnosed—medicines can be prescribed and sold. Of course, there is no medicine that claims to “cure” depression, they are designed and sold to address symptoms of depression.

No other cases of depression can be cured due to a strange logic (or illogic) trick. Let’s cure a few cases of depression as examples:

There are many causes of depression. If the cause is addressed, the illness is cured. That’s how cures work.

Nutritional deficiencies can cause depression. If depression is caused by a nutritional deficiency, then it can be cured by addressing the deficiency. There are foods to address any nutritional deficiency, and thus these foods provide cures for depression caused by nutrient deficiencies.

There’s only one small problem.

If it was cured by addressing a nutritional deficiency—then it wasn’t really depression. It was malnutrition. The depression was just a symptom—not a disease. So it wasn’t a mental disorder. Mental disorders cannot be cured. Symptoms can be alleviated, but not cured—so depression wasn’t cured.

Or maybe the depression was caused by poisons, drugs, or toxic chemicals. If so, then it might be cured by removing the toxic chemicals or drugs. Depending on the source of the poison, there might be many ways to address the cause, many ways to cure the depression.

There’s only one small problem.

If depression was cured by removing drugs or toxic chemicals, then it wasn’t depression, it was poisoning.

And so it goes, whether the cause be physical or mental abuse, stress, or any other factor except for

bereavement.

The only other significant difference is in cases of chronic depression, which simply takes this formula a step further. Chronic depression has a chronic cause. If the cause is nutritional, or poison, or abuse, it might cause a short term depression—cured naturally when the cause disappears. But when the cause persists, the result is chronic depression.

If the depression is cured by removing the cause, then it is seen as in remission or perhaps never really depression to begin with.

Because real depression is incurable.

The same concepts apply to many mental disorders. Anxious? Hyperactive? Attention Deficit? Psychotic? Delusional? Schizophrenic? Bipolar? Social anxiety disorder? Panic attacks? If it can be cured, it is cured by addressing the cause. But if it is cured by addressing a cause—then it was caused by the cause. And if it was caused by the cause, then it’s not a mental disorder.

And that’s not all.

If you cure your depression, anxiety attacks, ADHD, or any mental disorder—you can’t prove it’s been cured. Because cured is not defined, there is no test for depression cured. You might cure your depression. But you can’t prove it cured. You might cure someone else’s depression. But you can’t prove that is cured. Proof of cured is not possible because cured is not medically defined.

If you are depressed, or you know someone who is depressed (or has any other mental disorder), you’ll see lots of “medical news.” You’ll see recommendations for “treating” depression, for depression “prevention”, for “resolving” depression. But you won’t see claims of “curing” depression. You won’t find anyone who claims to cure depression.

That’s the current state of cure, with regards to depression—and all mental disorders. No cures are possible. People can be “treated” with drugs that aim to reduce the signs and symptoms, but they can’t be cured. If anyone claims to have cured their depression, the medical system’s response is “just ignore them. They must be crazy. Give them some drugs to prevent a relapse.”

**How to Cure Depression**

If depression cannot be cured “officially” can it be cured? Of course, it can. Depression is only incurable according to the bureaucracies of conventional medicine.

If you want to cure depression, it is necessary to go beyond conventional medicine. The first step is to convert your depression back into a symptom. Then, look again at the above examples.

Maybe you noticed, in each of the above example cases—the depression was not cured by medicine. It was cured by health. Depression caused by malnutrition is cured by a healthy diet. Depression caused by toxic chemicals is cured by removing toxic chemicals. Depression caused by toxic relationships is cured by addressing the cause, not by any medicine.

**The Elements of Cure:**

Every illness can be cured. An illness is cured when the cause has been addressed, when healing has completed and no more medicines are required.

Of course, sometimes, it’s more complicated. Sometimes, the symptoms of depression are simple, elementary. But sometimes, the symptoms of depression have several causes at once. When symptoms of depression have many causes, many cures are required. Each causal element must be cured by addressing an elementary cause.

Curing depression can sometimes be trivial. So trivial that it is cured before it is diagnosed as depression. When a case of depression has a long and complex history—the cure can also be long and complex. But depression can be cured.

Just not by medicines.

**How to Cure Depression:**

I am not a doctor. Dr. Stephen S. Ilardi in ‘The Depression Cure’ provides a comprehensive technique and plan to cure depression. It’s an excellent book that can be used DIY (Do It Yourself) or with a coach, to cure depression—not to provide “spontaneous remission.”

It’s a book I need to add to my list of Books That Cure. There is another book to cure depression in that list: ‘A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives’ by Kelly Brogan, M.D., and Kristin Loberg. The authors suggest a similar list of cure causes, including diet, sleep, exercise, but also warn that fluoride’s effect on thyroid function—a problem more likely to be encountered by women—should also be addressed. Both doctors provide considerable evidence that drugs do not perform better than placebos in treating depression, except in exceptionally severe cases.

The fact that cured is missing from the medical text is a deficiency of understanding and a deficiency of the medical system. It does not reflect a deficiency of cures.

Tracy Kolenchuk is the author of *The Elements of Cure*. This article was first published on *Green-MedInfo.com*

# A Nutrient-Packed Seasonal Fruit Shopping List

Green leafy vegetables are among the healthiest foods, but it’s hard to beat fruit for delicious nutrition

DEVON ANDRE

The seasonal produce landscape is about to get a lot brighter for much of the country. And with that comes the opportunity to get some super-fresh nutrient-dense fruit. Here’s a little help for your shopping list.

When it comes to nutrition, leafy green vegetables take the ounce to ounce, calorie to calorie cake. But fruits have a lot to offer too. Plus, fruit may have a little more versatility. Pink grapefruit has a lot more appeal than a kale salad for breakfast, just like strawberries are the choice for dessert over spinach.

Researchers took a look at some nutrient-dense fruits and veggies to see what delivered the most powerful punch. Specifically, they were looking for those providing meaningful amounts of vitamins like thiamin, riboflavin, niacin, folate, B6 and B12, vitamins C and K, iron, fiber, and protein. Surprisingly, the top five on the list were all fruit.

Fruits most strongly associated with lowering the risk for chronic disease were:

- Lemons
- Strawberries

BROOKE LARK/UNSPLASH



Fruits topped the list of healthiest foods to eat to pack in the nutrients and fight off chronic disease.

- Oranges
- Limes
- Pink and red grapefruit

It might surprise you that blueberries didn’t make it. They actually came in eighth, placing behind blackberries and white grapefruit. But that doesn’t mean they don’t have real value—the antioxidant and phytonutrients offered in dark berries are a real boost to health. The truth is that when it comes to nutrition, eating a rainbow of food is your best approach.

Selecting ripe and in-season fruit and veggies is the best way to ensure you’re getting maximum nutrition. Studies indicate that antioxidant value is diminished if berries—or all fruits—are consumed prior to ripeness. At the other end of the spectrum, post-ripe fruit is also less nutritious.

There is also research showing that fruit and vegetable nutrition decreases faster once it’s been picked. This is why buying seasonal can give you the best bang for your buck! Aside from having to pay transportation costs, you can get food that was grown in your community and picked fresh!

Devon Andre holds a bachelor’s of forensic science from the University of Windsor in Canada and a Juris Doctor from the University of Pittsburgh. This article was first published on *Bel Marra Health*.



# Early Childhood Attachment Lets Us Connect

Our first relationships become a template for all the relationships that follow

NIKKI MARTYN

We are born to connect. As human beings, we are relational and we need biological, emotional, and psychological connection with others.

We learn how to connect and how to create the patterns of connection during our infancy and early childhood.

These patterns and experiences become embodied in us and become the way we understand how the world and people work. Early experiences with our primary caregivers teach us what to expect throughout life.

Attachment is the relational dance that parents and babies share together. You can think of this when you see a baby look at their parent, and they catch each other's eyes in a wonderful gaze: the parent smiles and the baby smiles and then the parent kisses and the baby coos. Or, when an infant cries to tell their parent they are hungry, and the mother picks up the baby, breast feeds, and provides a warm cozy snuggle until the baby is satiated with a full heart and belly.

This is the dance that creates the framework for the interactions that we have our whole lives and how we understand love, as described by modern psychology.

### Babies Need Loving Connection to Thrive

René Spitz was a psychiatrist who studied infants and children in orphanages and prisons before Western medicine understood the importance of attachment or connection.

Through his research in the 1930s, Spitz discovered infants and children could die if they weren't connected with or touched: they could receive adequate nutrition and health care, but fail to thrive from lack of loving contact.

Spitz filmed babies and toddlers who were deprived of healthy attachment and the images were used to promote changes in how institutions cared for infants and children. Today, such images may seem profoundly disturbing and haunting.

This is how fundamental relationships are to us.

### Peek-a-Boo Is More Than a Game

Attachment is a relational process that builds throughout infancy and is established at eight months old, when the child develops certain cognitive skills. The child develops the cognitive capacity for what

educators call object permanence—the understanding of cause and effect, and that people and objects exist when we can't see them. The child who loves the game peek-a-boo is in this stage of development.

Throughout infancy and childhood, we learn a set of behaviors and ways of thinking and feeling about ourselves and others that allow us to understand how relationships work.

These are what psychologists call working models of the world, the schemas or views of the world the child develops.

For example, how a child understands what is happening if they are hit with a ball will reflect their working model. Do they think the other child hates them and is being mean, or does the child who was hit think it was an accident?

### A Sense of Safety or Insecurity

These patterns of attachment or ways of understanding interactions are what we learn through our relationships with our caregivers.

A child develops a secure attachment (or relationship) to their parents when the child experiences the parents as safe to explore the world from. The parents' ability to respond to the child sensitively when the child needs them is crucial to the child forming a secure attachment to them.

Attachment theory provides four categories or ways of understanding attachment behavior: secure, insecure avoidant, ambivalent, and disorganized.

The child with a secure attachment pattern has learned their emotional needs will be met. As an adult, this person finds it relatively easy to be close to others and doesn't worry about closeness or being abandoned.

The child with an avoidant attachment pattern has learned the parent isn't emotionally available and won't respond when needed. As an adult, this person is dismissive of emotions and relationships and doesn't like to get too close to people.

The child with an ambivalent attachment pattern has learned the parent is sometimes attuned and sometimes emotionally unavailable. As an adult, this person is preoccupied with relationships they often worry about being abandoned.

Finally, insecure disorganized attachment—believed to affect 15 percent of the population—occurs when children have experienced significant trauma. The child with a disorganized pattern of attachment expresses fear during interactions.

JULIE JOHNSON/UNSPLASH



The parent's attachment classification—the patterns of how they themselves interacted with their own parent—is often passed between generations. While psychologists have codified these behaviors, they have been understood in various ways for millennia.

### Attachment Can Shift

Attachment patterns can be different with each parent-child relationship. Patterns can change from insecure to secure.

A child can become more secure if a parent becomes more sensitive to the child's cues. An adult can become more secure by having a significant relationship that allows them to trust the other to respond to their emotional needs.

Attachment can also change from secure to insecure if the person experiences stressful life events or if the parent becomes less emotionally available

to the child.

### Helping Your Child Connect

Helping your child to build the foundations to create positive adaptive relationships with people throughout their whole life is important. Here are some tips:

- Comfort your child when they are physically hurt, ill, upset, frightened, or lonely.
- Respond to and notice your child.
- Give your child a sense of trust in the world.
- When you leave your child, let them know where you're going, when you'll be back, and give them a security object to remember you.
- Try to be as predictable and positive as possible when reacting to your child's behavior.
- Physically play and share time, making eye contact, touching and sharing emotions.
- Be aware of the amount of time your child is in front of or using technology. All experiences, including the use of technology, affect brain development.
- Think about what you want or think is important for the adult you want your child to be. Provide experiences in childhood to support that vision.
- Let's strive as parents not to be perfect but good enough.

Nikki Martyn is the program head of early childhood studies at the University of Guelph-Humber in Canada. This article was first published on The Conversation.

We learn how to connect and how to create the patterns of connection during our infancy and early childhood.

Early experiences with our primary caregivers teach us what to expect throughout life.



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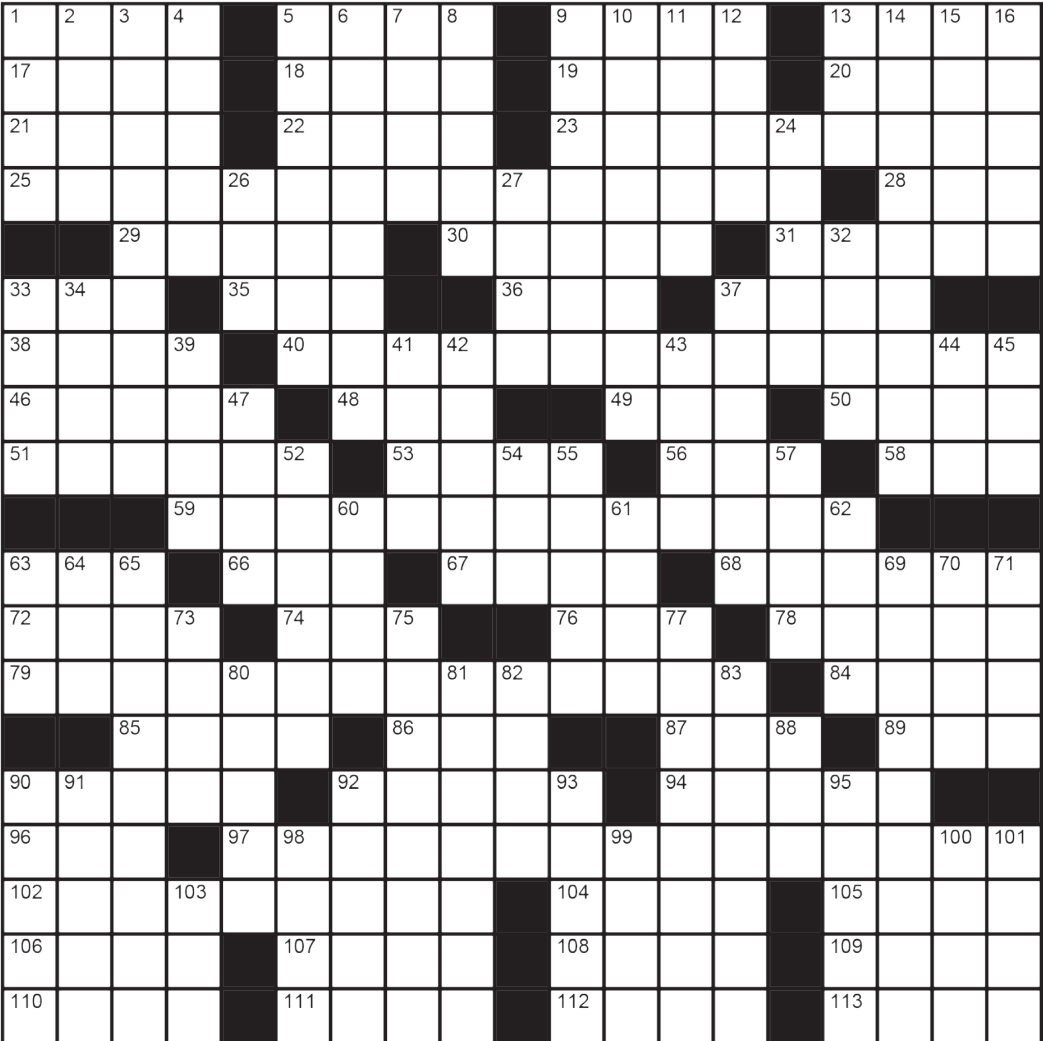
HOUS00



\* 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. “Hair” do  
5. “Hee Haw” character  
9. “Aida” has four  
13. “Fahrenheit 451” subject  
17. “Night followed, \_\_\_ with stars”: Shelley  
18. A compound  
19. Big toe affliction, often  
20. Altar end of a church  
21. Brake operator, at times  
22. Like most students at Gallaudet University  
23. Some missions  
25. “Oklahoma!” character  
28. “Did it hurt?” subject, briefly  
29. “Active” start  
30. Breeding place  
31. Byzantine church decor  
33. “ \_\_\_ only as directed”

35. “Dog \_\_\_ Dog”  
36. “Chat” novelist McCarthy  
37. “New York Dolls” music genre  
38. Aircraft type, for short  
40. ‘I really, really appreciate it!’  
46. A bit bonkers  
48. “‘Scuse me while I kiss the \_\_\_” (Hendrix lyric)  
49. Barrel stave  
50. Actor Miller of 2017’s “Justice League”  
51. Clothes line?  
53. A 2001 leader  
56. “‘Tis paid with sighs a plenty, and sold for endless \_\_\_”: Housman  
58. “Aurora Leigh” poet’s initials  
59. Heiress to the throne

63. “His hands can’t hit what his eyes can’t see” speaker  
66. Baseball stat  
67. “A Novel Without a \_\_\_” (“Vanity Fair” subtitle)  
68. Becomes bubbly  
72. Anaheim eleven  
74. “Alexander’s Feast,” e.g.  
76. 1/48 of a cup: Abbr.  
78. Ache  
79. Has a “Get Out of Jail Free” card  
84. “American Idol” judging panel, e.g.  
85. “Great” birds  
86. “Bird” off.  
87. “ \_\_\_ was searching for his yang” (Spinal Tap line)  
89. “ \_\_\_ a life!”  
90. A tropical ray  
92. “We’ve Only Just \_\_\_”

94. “Awakenings” drug  
96. “...I found an \_\_\_ that I could keep” (“The Gambler” line)  
97. Harbor landmark  
102. Cover-up  
104. “Everybody’s \_\_\_ It Now.”  
105. “Donut” in a trunk  
106. “Giovanna d’ \_\_\_” (Verdi opera)  
107. Cheeky  
108. Formulary entry  
109. “... feel like \_\_\_ man”  
110. “All We Got Iz Us” rappers  
111. “-zoic” periods  
112. African staples  
113. “ \_\_\_ Lieutenants,” Freeman book

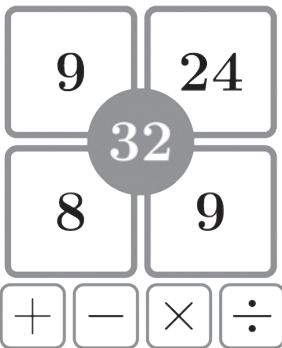
Down  
1. “Belly” or “back” pain  
2. Bast fiber source  
3. Cattlemen of a kind  
4. “Contrary to popular belief...”  
5. Beef  
6. Brings to light  
7. “ \_\_\_ Trip” (Cuba Gooding Jr. film)  
8. Charmingly spritely  
9. “Hidden” priorities  
10. Shared by all  
11. “Oompah” producers  
12. “Bright” inspiration for Keats  
13. “... woman \_\_\_ her way!”: Holmes  
14. Paint a perfect picture of 15. Eastern confed.  
16. Lipid panel  
24. A dab hand has it  
26. “... you damned dirty \_\_\_!”  
27. “Babe” sound effect  
32. “Superfood” veggie  
33. “Blemished” fruit  
34. “Pen” or “ten” stick-on  
37. Baroque suite finishers  
39. “Black gold” bloc  
41. Analogous  
42. “ \_\_\_, in thy orisons... “  
43. “Birthday” painter Chagall  
44. “... and the \_\_\_ below / As

hush as death”: “Hamlet”  
45. Apprehend  
47. Agile on the sea  
52. “Numskulls!”  
54. “Butterflies \_\_\_ Free”  
55. Amusement  
57. Annual TV sports award  
60. African arroyo  
61. “-”, in :-)  
62. Animal fat  
63. A compass can help you make one  
64. Asian tongue  
65. Inherent  
69. Bread spread  
70. “... 15 miles on the \_\_\_ Canal”  
71. A nasal runoff, embarrassingly  
73. “Adult” literature  
75. “... and so on”  
77. A dietary fiber  
80. An edict of the Russian tsar  
81. Cultured dairy products  
82. “Get a \_\_\_!”  
83. News  
88. British big shot  
90. 1952 Mitchum noir classic  
91. \_\_\_\_\_ squash  
92. Agricultural apparatus  
93. Bird that’s so tame it may seem stupid  
95. “He loves me” piece  
98. “Cellophane” office supply  
99. “... my kingdom \_\_\_ horse!”  
100. “A \_\_\_ Grows in Brooklyn”  
101. “Exploit” these trees?  
103. “Cougar Town” actress Courteney

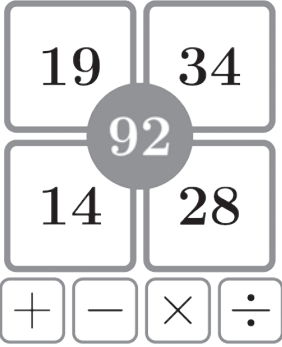
4NUMBERS

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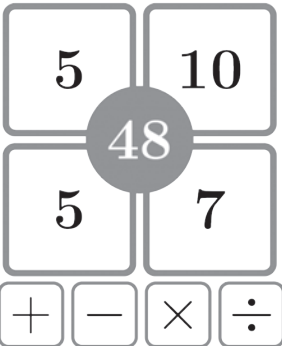
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. Forexample: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28



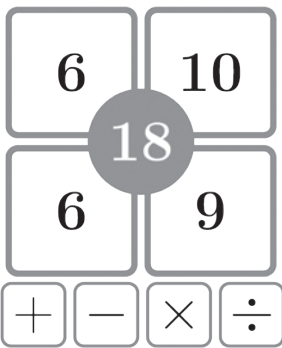
Hard 1 - 2 Solutions



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

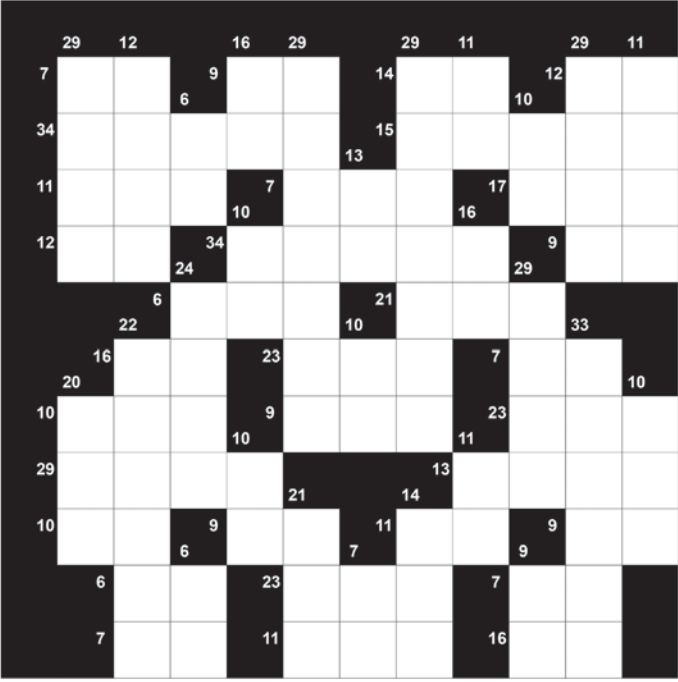
ASEAN	MANTA	TUBAS
BALER	MIRTH	UKASE
BEGUN	MORONS	UNEARTH
ELFIN	NODDY	YEARN
EMBASSIES	NYMPH	YOGURTS
EPITOMIZE	ODDLY	ACORN
ET CETERA	PETAL	AGENDAS
HYPER	PSYLLIUM	COMMUNAL
IKONS	RED MEAT	CONCEALER
IMMANENCY	SKILL	GIGUES
L-DOPA	TESTS	
MACAO	TIDINGS	

KAKURO

CONSTRUCTED BY EPOCH TIMES STAFF

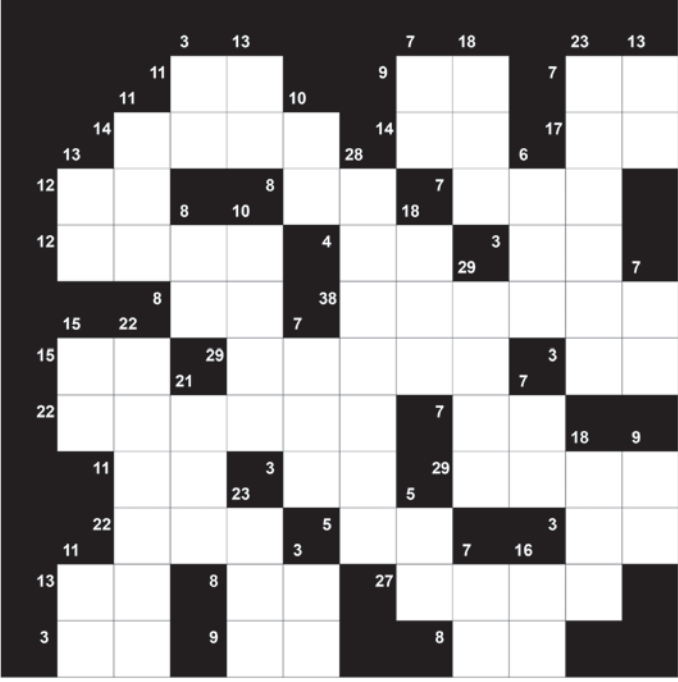
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Hard



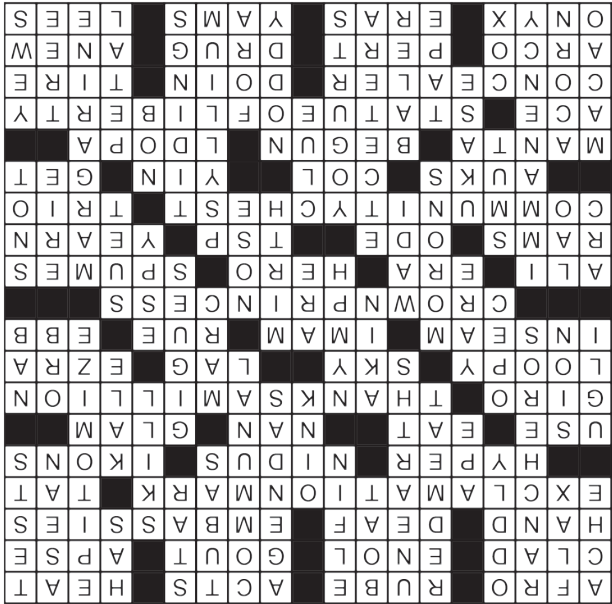
WORK SPACE

Large: Easy

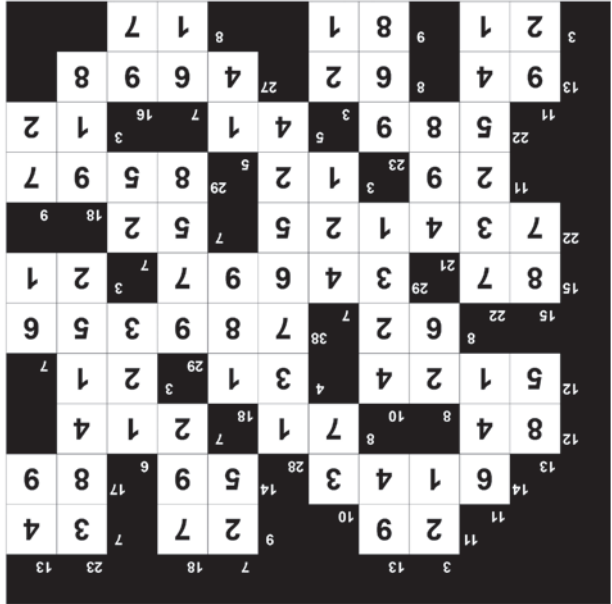


SOLUTIONS

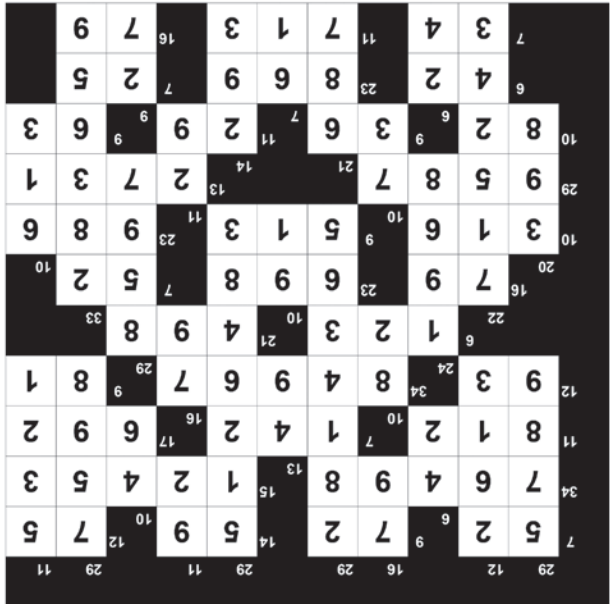
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

HARD 1

24 + 9 + 8 - 9  
= 9 ÷ 9 = 1

HARD 2

28 - (19) - 34  
= 14 × 1 = 14

EASY 1

10 × 5 + 5 - 7  
= 50 - 7 = 43

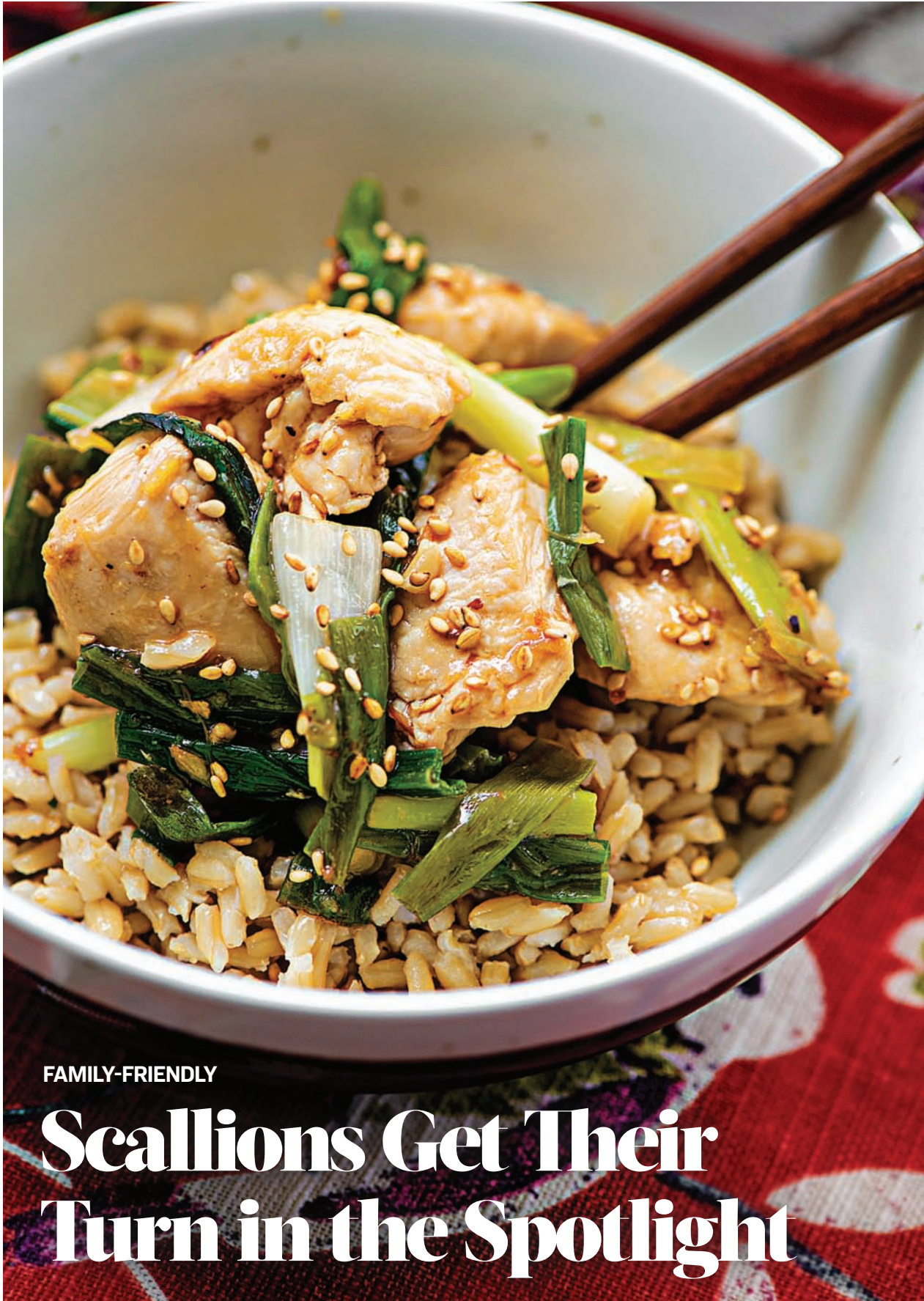
EASY 2

6 × (10) (10)  
= 60 - 6 + 9 = 63









CHEYENNE COHEN

FAMILY-FRIENDLY

# Scallions Get Their Turn in the Spotlight

The sidelined vegetable co-stars with chicken in an easy weeknight stir-fry

KATIE WORKMAN

Using big pieces of scallions in a dish might seem unexpected, but they are actually one of my family's favorite ingredients to see in a stir-fry. It started with a chicken and scallion stir-fry dish that we used to order in from a local Chinese restaurant when the kids were little. They cooked and delivered the food so quickly that we used to joke that we had to get the plates out before we ordered, or the food would get cold before we could set the table. Our order varied slightly (not all that much, since at that age, the boys were definitely creatures of habit) but there was always the ginger chicken with scallions in the assortment.

Scallions are in fact a delicious vegetable in their own right, and can play a bigger role than just a supporting ingredient.

Judging by the proportion of scallions to chicken—which I'll guesstimate at about five to one—the scallions were clearly wildly less expensive than the chicken. Really, the dish probably should have been called something more along the lines of stir-fried scallions with chicken. But it was delicious: slices of chicken buried in heaps of soft, tender green and white spring onion chunks. Shreds of peppery ginger speckled the light but savory sauce. Everyone loved it, including the boys, who were quite young at the time, and I'll concede that I hadn't been so sure that they would embrace scallions as an actual vegetable. But since most of the scallion pieces were the green tops, they were actually a lot milder than one might think, and just plain enjoyable.

**A Co-Starring Role**  
My version has a more generous ratio of chicken to scallions, since I am a good sport, and not trying to increase my profit margin. But there are still very substantial pieces of green onion in the mix, because scallions are, in fact, a delicious vegetable in their own right, and can play a bigger role than just a supporting ingredient. This is true of all members of the onion family,



ANDRIY LIRKMAN/SHUTTERSTOCK

which I sometimes forget, and then I realize I am diving for that big chunk of red onion in a platter of roasted vegetables, or I start dreaming about creamed pearl onions for the holidays. So, scallions, I am happy to highlight you in this dish.

Rules of Stir-Fry

If you have a really big industrial-sized wok or a monster skillet, you could do this in one batch, but one of the secrets to great stir-fries is to not crowd the pan. Giving the individual pieces of food a chance to come into direct contact with the hot pan on a continuous basis is the difference between nicely browned pieces and a pile of steamed ones. The same principle applies to lots of other cooking methods, like frying and sautéing. Space between pieces of food is your friend. Therefore, if you just have a regular old skillet, cook it in two batches, as instructed in the recipe. The cooking process is super-quick, made quicker when the batches of food are small, so it only takes a few extra minutes. Then everything will be returned to the skillet for a final turn in the pan with the sauce, so everything will end up cooked and hot at the same time. If you want to use boneless skinless chicken thighs instead of the breasts, you can. You'll need to add a few more minutes of cooking time to each batch, but otherwise, it's an easy substitution. To toast sesame seeds, simply put them in a dry skillet and heat the skillet over medium heat. Give them a shake or a stir every 30 seconds or so, and when they have turned golden brown and smell nicely toasty, they are done. Remove them from the hot pan quickly, as they can go from browned to burned fairly quickly. You can store extra toasted sesame seeds in an airtight container for several weeks, but due to their high oil content, they can become rancid. I just give them a nibble before using them to make sure they are still fresh.

What the Kids Can Do

The kids can measure and mix together the soy sauce-cornstarch mixture (don't worry, the alcohol from the tiny amount of optional sherry will burn off in the cooking). They may be able to cut the scallions into pieces with an age-appropriate knife (for scallions, a plastic knife may be a good solution, and there are some good plastic kid-chef knives on the market). If they are old enough to cut the chicken, press home the idea of washing one's hands with warm soapy water before and after to kill any bacteria. And if you are using the sesame seeds, let the kids give the dish that final sprinkle. Yes, some kids might pick around the scallions. There's no helping that, but they still add a nice flavor to the whole dish. I used to take any leftover scallions in the sauce and use them to top the noodle soup we also ordered from the restaurant—I couldn't bear to let any go to waste.

Katie Workman is a food writer and recipe developer in New York City. She writes the popular blog *TheMom100.com*, contributes to many publications, and has written two cookbooks: "The Mom 100 Cookbook" and "Dinner Solved!"



CHAMILLE WHITE/SHUTTERSTOCK

Herbal vinegars, made from freshly cut herbs from the garden, are easy, economical, and tasty.

## Herbal Vinegars, Decorative and Delicious

CAT ROONEY & MAUREEN ZEBIAN

Herbal vinegars are easy to make and look beautiful on your kitchen counter. They also make a welcoming gift for any occasion. There are a variety of different vinegars to choose from, but red, white, and rice vinegars have a smoother taste. Cider vinegar can overpower the flavor of the herbs, so it is best not to use it. I usually put about three to four fresh sprigs of herbs per cup of vinegar. My favorite herbs to use are basil, oregano, sage, tarragon, fennel, rosemary, lavender, peppermint, spearmint, thyme, and dill. My advice is to not add garlic, berries, or peppers, as they can mold—just stick with basic, fresh herbs. Buy inexpensive decorative bottles or even use empty wine bottles to put up your favorite combinations of vinegar and herbs. Herbal vinegars can be used in any recipe that calls for vinegar. We love to use our herbal vinegar in red tomato sauces, and add just a little sugar to balance the flavor. They also make wonderful marinades for chicken, fish, and vegetables.

To Make Herbal Vinegar

1. Snip off your favorite herbs from the garden. Wash them off, towel-dry, and air-dry completely.
2. Thoroughly clean and disinfect glass or plastic jars and lids. It is best to use lids that do not have metal, as vinegar should never touch metal. If the lid has any metal, then use plastic wrap to separate the lid and jar.
3. Determine herb combination and place herbs in jars. Fill jars with vinegar, but don't let vinegar touch lid.
4. Place in a sunny area (outside or on a windowsill) for about 2-4 weeks.
5. Take inside or off of windowsill and let herbs remain in jars for another 2-6 weeks, not necessarily in the sunlight.
6. Now you can remove the herbs with a strainer and cheesecloth.
7. Place liquid in a saucepan and bring to slow simmer. Remove from heat and put in clean decorative jars. Let cool and cap.

You can store your herbal vinegars in cabinets, the refrigerator, or on the kitchen counter.



VIKIM/SHUTTERSTOCK

### STIR-FRIED CHICKEN WITH SCALLIONS

You'll want to serve this with a big bowl of rice, your choice of white or brown, to soak up all of the sauce.

SERVES 6

- 2 tablespoons less-sodium soy sauce
- 2 tablespoons dry sherry (optional)
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 4 tablespoons vegetable or canola oil, divided
- 1 tablespoon minced ginger
- 2 bunches scallions, trimmed and cut into 1-inch pieces, white and green parts (about 20 scallions)
- 2 pounds boneless skinless chicken breasts, cut into 1-inch pieces
- 1 cup chicken broth
- 1 tablespoon sesame oil
- Toasted sesame seeds to garnish (optional)
- Hot cooked white or brown rice to serve

In a small bowl, mix together the soy sauce, sherry, sugar, and cornstarch. In a large skillet or a wok, heat two tablespoons of the oil over high heat. Add half the ginger and stir for 1 minute, until you can smell the ginger. Then add half the scallions and the chicken and sauté for about 3 minutes, until the chicken is mostly white on the outside but still slightly raw inside, and the scallions have started to soften. Remove the chicken and scallions from the skillet to a shallow serving bowl and set aside. Repeat with the remaining oil, ginger, scallions, and chicken, and when the chicken is mostly cooked on the outside, return the first batch of cooked chicken and scallions to the pan, along with any juices that have accumulated. Give the soy sauce mixture one more stir and add it to the pan. Stir to coat the chicken with the mixture. Add the chicken broth and sesame oil, bring to a simmer, and allow the sauce to thicken while the chicken finishes cooking, about 3 minutes more. Serve hot, sprinkled with the sesame seeds, if desired, with the rice.



THE CONSUMMATE TRAVELER

# On-the-Go HEALTHY BREAKFAST IDEAS

MICHELE GONCALVES

Since my job requires me to travel in three-week increments, it is an understatement for me to say that the hotel breakfast buffet gets to be quite boring by the second week. How many omelets can one really eat? On top of that, I am also trying to lose weight and prefer to stay away from highly processed carbohydrates such as bagels and muffins, which are abundant on any hotel menu. Therefore, I have been experimenting with different breakfast ideas that are easy to prepare (even right in your hotel room) and can give you different options for your morning meal.

Before I share the recipes, there is a bit of preparation that must be done before using these ideas on your next trip. Some of the ingredients may not be readily available in your destination city, so you will need to bring them along in your luggage. I often estimate how many “in-room” breakfast meals I will have during my stay, so I can bring just enough to cover my needs. Also, some of these ideas require a refrigerator. I have found that a typical mini-bar size works just fine. Now let’s talk ingredients.

**Chia Seed and Coconut Milk Pudding**  
This is one of my favorite breakfast ideas even when I am home. For two servings, I bring along a 13.5-ounce can of coconut milk, 1/4 cup of organic chia seeds, and 1 tablespoon of vanilla extract (if you have it). Mix the ingredients together in a container with a lid, and refrigerate overnight. By the morning, the chia seeds will have absorbed the coconut milk and it will be a thick pudding. I take my plastic container with me to the hotel breakfast room and add in berries, half a banana, and some nuts for a delicious meal. You can substitute almond milk for the coconut milk, which may be found in local grocery stores at your destination city.

I often estimate how many ‘in-room’ breakfast meals I will have during my stay, so I can bring just enough to cover my needs.

**Rolled Oats Soaked in Organic Fruit Juice**  
Another tasty option is mixing one cup of old-fashioned rolled oats and one cup of unsweetened organic fruit juice, such as pineapple or dark cherry, in a lidded container and refrigerating overnight (serves 2). The oats will soak up the juice and will be soft and delicious. Be sure to visit the local grocery stores in your destination city to see what options are available. In some locations you may have exotic fruit juices like passion fruit or mango, which could be exciting to try as well. I don’t add any sugar, but feel free to take your container to the breakfast

buffet and load up on more berries or maple syrup to please your palate.

**Nut Butter and Fruit**  
It is always a great idea to pack along a jar of nut butter, such as almond or cashew, when traveling. You can literally have breakfast ready in three minutes by spreading these butters on locally purchased fruit. I especially enjoy apples, pears, or bananas. This can also be a very easy treat to put together as a mid-day snack.

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



Chia pudding with berries.

Take some herb, enjoy your coffee and sleep

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SUMHERB

TCM Urinary Function Formula

To Relieve Urinary Frequency

10g Oral Powder Sachet

To Relieve Urinary Frequency

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Dissolve in hot water.  
Drink warm 1 hour after dinner & before sleep.

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# Sweating It Out in Finland

KEVIN REVOLINSKI

Markku pitched a couple scoops of water onto the stones atop an electric-powered stove. From my perch on the bench, I stared at the glowing red number on the thermostat: 65 degrees Celsius. That’s 149 degrees Fahrenheit. “Sixty-five, eh?” I asked Markku, not exactly coolly. “Yes, we turned it down for you.” “Down?” “Normally for Finnish people it is at least 100 Celsius.” At least? “Uh, that’s the boiling point.” He shrugged, sipping his sauna beer with a smile. To say the sauna is central to Finnish culture might be an understatement. For two weeks, my wife Tip and I were hosted by my cousin Irene and her family in Kuusamo and a few places north into Lapland, exploring my Finnish roots. And at every turn we found a sauna: our hotel rooms, cousins’ homes and apartments, at the lakeside

A traditional wooden hut serves as a sauna in Finland.

(Top right) Saunas are to be found everywhere in Finland. (Middle right) Inside a Finnish-style sauna. (Bottom right) Pouring water on hot stones.

near Teeriniemi on what was once my great-great grandparents’ land, in the middle of the forest inside national parks, and even at a Burger King in Helsinki. Want a sauna with your Whopper? Have it your way, Finland!

Finland is Saunaland, with an estimate of between 2 and 3 million saunas to 5 million Finns, on average a sauna for every household. The moment of discomfort for a newbie like me was that the Finns go to the sauna the same way they came into the world—buck naked. Even whole families together. For a culture that often jokes about being a bit introverted, that’s unexpected. There’s an amusing meme about the Finns, who typically like their personal space. One photo shows a bus stop with folks in winter coats standing several paces apart along the curb; the other photo has naked people all squished together shoulder to shoulder sitting on a sauna bench.

Before dinner at my cousin Tanja’s home in Kuusamo, I joined her husband Markku in a rather sizable sauna beyond their laundry room. Markku offered me a “sauna beer” and I stared at it as if it was a plastic bag I was supposed to pull down over my face for the next half hour. To be fair, there is a definite risk to drinking heavily or hitting the sauna with a hangover, but sauna beer is “lawnmower” beer, a pale pilsner with modest alcohol content. After about 15 minutes, Markku said it was time to go outside. We rinsed off, donned bathrobes, and sat on the patio in the chilly evening air. Leaving Markku to his beer, I went back for another round and Tip joined me. She had grown up in tropical heat but was not a fan. I, on the other hand, perhaps sensing an atavistic urge, found the whole thing invigorating. “I could get used to this,” I said.

The history of the sauna goes back at least 2,000 years when they were often just spaces dug out of a hillside. Before indoor plumbing and water heaters, the sauna provided basic hygiene, to sweat off the grime and rinse in a nearby water source. When my Finnish great-grandparents settled in northern Wisconsin they had a sauna out on the farm.

Regular sauna use is purported to be good for health. A good hot sweat releases toxins, clears minds, burns calories, raises spirits, lowers stress, and improves circulation.

At her home out in the country, cousin Irene fired up the sauna for me and gave me a “vihta,” a freshly cut birch branch. I was instructed to whack the branch all over my skin like an aromatic form of medieval self-flagellation. Good for a massaging effect, a nice smell, and mosquito bite relief. I needed it after cooling off outside the back door where a few clever biters awaited.

Farther north, Tip and I spent two nights in a hotel in Inari. Our bathroom featured a small electric-stove sauna in the corner, like a shower stall. We walked to a grocery store while it heated up. As we stocked up on snacks, Tip held up a package of sausages. “Hey, do you think we could cook these on the sauna stove?” I rolled my eyes

at her. “Honey ...” I said in a scolding tone. “No, of course you can’t.”

**Where There’s Smoke, There’s Sauna**

Before the modern era, of course, the sauna took its heat from a wood fire. The “savusauna” (smoke sauna) at the Fell Centre Kiilopaa/Hotelli Niilapaa is such a spa, and the smell of wood smoke permeates the space. It is public, so everyone wears bathing suits. Built with dark timbers and an earth and grass roof, the sauna sits at the edge of a spring-fed creek where steps descend into the icy water. I opened the door to a deep dark space, and it took a moment for my eyes to adjust enough that I could pick up what resembled a cafeteria tray and fumble along past the jutting knees of a dozen people to take my seat on the tray on the bench along the wall.

No one had set the temperature to amateur foreigner. A man old enough to be a great-grandfather stood up and ladled water on the rocks. Not a sloppy splash, but a slow, steady drizzle to be sure not a single drop escaped instant evaporation on its journey through the hell stones. The steam didn’t hit me in the face. Rather, the blistering vapor jumped straight to the ceiling, then curled along its surface to the wall, where it descended like eagle talons into your tender flesh from behind. The darkness hid my contortions of body and face.

I endured 10 minutes before slipping outside where the water thermometer showed 41 degrees Fahrenheit. Finns lounged in it like it was a hot tub. I eased into the water as far as the bottom of my shorts, and then, blurring the line between literal and figurative, I froze. Nope. I hopped back out, suddenly numb. A total failure.

My pride thawed and I went back into the sauna and parboiled. The old man winter hadn’t even taken a break, and sat there in the dark, cool as a cucumber, moving only to dump more water onto the stones. When the heat finally reached my marrow, I rushed outside again, barely pausing at the top of the steps, and jumped right in, all the nerves in my body unsure if it was fire or ice that made them burn so. With as much swagger as I could muster, I hobbled back to the changing room, victorious.

At the end of the trip, Irene prepared another sauna for us at her home. Irene opened the fridge and asked, “Would you like to cook some sausage in the sauna?” Tip laughed, vindicated: “I told you!” Irene showed us a foil bag specially made for this purpose and she placed a sausage, as mild as ring bologna, inside. It cooked on top of the rocks while we enjoyed our last sauna experience of the trip.

*Kevin Revolinski is an avid traveler and the author of 15 books, including “The Yogurt Man Cometh: Tales of an American Teacher in Turkey” and several outdoor and brewery guidebooks. He is based in Madison, Wisconsin, and his website is TheMadTraveler.com*



LU MIKHAYLOVA/SHUTTERSTOCK



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# A Guide to Places That Capture the Soul of Italy

CHANNALY PHILIPP

You can almost feel the wind from the Adriatic or Mediterranean sea gently blow from the pages of the new book from globetrotter and photographer Herbert Ypma. Leafing through “New Map Italy” is much like savoring a leisurely trip through parts of Italy, but through gorgeous imagery and good storytelling.

A comprehensive guidebook it is not, although it does cover well-loved areas—Umbria, Milan and Lake Como, Venice, Florence and Tuscany, Sardinia, Verona and Lake Garda, Puglia, Rome and Lazio, Capri, the Amalfi Coast, Sicily, Naples, Matera, and the Aeolian Islands.

First of all, Ypma leads readers off the beaten path. And boy is it beaten—as you know, if you’ve ever chanced to arrive at Florence’s Santa Maria Novella train station and proceeded to slog your way through the crowds toward the famous Duomo, only to meet more crowds and enough languages buzzing around you to call for a United Nations assembly.

But where to go, then? If you really want wonderful experiences, it’s simple: It helps to know people. And Ypma knows people, people who tell him about places he needs to see. His book is highly curated, delving into 35 places to stay that capture the character of the location; places to eat; and 20 eclectic experiences (such as taking the night boat from Naples). There are no prices nor websites, by the way, to get in the way of daydreaming.

Some of these gems even lie in plain sight, such as the restaurant that keeps its front door a little rundown-looking to dissuade tourists from coming

in. Or they may be a bit hidden away, like Le Jardin de Russie, a cool lunch spot with the Borghese Gardens as backdrop, away from Rome’s bustle. A grand setting, a serene respite.

Others, like the Eremito, a hotel in green Umbria with a monastic aesthetic, are so off the beaten path that Ypma writes, “I can honestly say that I have never spent so long on a dirt road anywhere in Italy.”

**If you really want wonderful experiences, it’s simple: It helps to know people.**

Ypma also offers entertaining snippets of history along the way, in the category “Convincing Context.” Did you know, for example, that Sicily’s Baroque architecture flourished after a 1693 earthquake? Or that Sicily was a wealthy importer of wheat and lemons—lemonade was becoming “an 18th century obsession,” writes Ypma. Its agricultural wealth ended only when the American West started to dominate wheat production in the early 1900s.

History makes the travel all the more meaningful, but Ypma also does a good balancing act. When you’ve had enough of baroque churches, the thing to do is to head to the beach, just 15 minutes away. And guess what? Ypma knew just who to ask to get there.



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Le Jardin de Russie, Rome.



A view of Lake Garda from the Grand Hotel a Villa Feltrinelli.

The Eremito in Umbria.





BOULE/SHUTTERSTOCK



# TASTING Siem Reap

TIM JOHNSON

SIEM REAP, Cambodia—“The idea is that I take people to the places I would take my friends,” Evi-Elli La Valle tells me, as we sip cool glasses of pinot gris, the late-day sun now almost gone, most of the light coming from lanterns hanging overhead, and our two chilled glasses helping hold the humidity at bay. Meeting me at my hotel in the back of a tuk-tuk, La Valle guided us here to Balthazar, which serves up fine gastronomy descended from Cambodia’s days as part of French Indochine.

As we sit on the small front patio—perhaps seven tables in all—and graze on a giant platter of charcuterie, the busy city swirls around us. A man with a long beard smokes a pipe at the next table, the smoke pleasantly fragrant. More tuk-tuks zoom by, their little engines roaring up and down the busy street before us. A friendly stray dog trots by, tail wagging, looking, maybe, for a few stray scraps. La Valle says that while most travelers come to this river city to see the temples, or to hop on a river cruise, there’s a whole lot more to see and do.

“Most tourists just scratch the surface,” she says. I’m in Siem Reap, Cambodia’s culinary and cultural capital. Set on the Mekong River, it’s most famous for the sprawling, magnificent, 12th-century Angkor Wat and a series of surrounding temples—so prominent a site that they’re drawn onto the national flag. The well-preserved structures were built during the Khmer Empire, which once ruled much of Southeast Asia. Largely closed off to foreigners during the dark days of war, and Pol Pot, and the Khmer Rouge in the 1970s, Siem Reap is now surging, attracting travelers in unprecedented numbers.

This is my fourth visit to Siem Reap—and I won’t see the temples at all, having visited them on my first two trips to town. I’ll also steer clear of Pub Street, that dense collection of small bars, steaming grills, and neon signs that draws the curious and the thirsty to its plastic tables and chairs every night of the week. This time, I’m here for one reason—to eat.

And some of my meals are cooked with a purpose. Soon after arriving in town, I climb into a different tuk-tuk, first stopping at the Old Market (known locally as Psar Chaa) to tour the dozens of food stalls, selling everything from fresh fruit to recently-slaughtered meat. Then I head down an unpaved side street to a tucked-away spot called Spoons. An open-air restaurant built out of traditional Cambodian materials (mostly bamboo), it’s run by a nonprofit called EG-BOK—an acronym for “Everything’s Gonna Be Okay.”

Opened three years ago, Spoons was created to train young men and women from small villages in the culinary arts, giving them a chance at jobs in hotels and restaurants that would otherwise be unreachable. Student chefs and servers range in age from 18 to 24 and come from 18 Cambodian provinces. Some 60 percent are women, and almost half are orphans or come from poor, single-parent families.

But that doesn’t mean you need to feel charitable to come here for a meal—the food is traditional Khmer street food, elevated to a higher form, presented with slashes of color and intricate arrangement on gleaming china. I feast on tiger prawn curry and forest sausage and coconut chicken, pausing to give my compliments to the young executive chef, who tells me that most of the recipes came from his mother—although she feels that she still cooks them better.

Later, I meet up with La Valle, who runs a culinary tour company called Taste Siem Reap. Having grown up in London, she’s a former travel agent who specialized in this part of the world. “I love Asia—I always loved selling Asia,” she remembers. After the French flavors at Balthazar, we shift gears, motoring in the tuk-tuk to Sugar Palm, which cooks up traditional Khmer in a fine-dining atmosphere. We enter on a wooden walkway that hangs just above a lush garden, entering the restaurant to find a world of bamboo and teak, doors open to the outside, ceiling fans swirling overhead.

Sugar Palm was opened by chef Kethana Dunnett, whose family fled to New Zealand during the war. She returned to Cambodia in 2002, opened Sugar Palm in 2003, and since then has become one of the country’s biggest (and only) celebrity chefs. She even accompanied Gordon Ramsay for three weeks, serving as an adviser for the Cambodia episode of “Gordon’s Great Adventure.” Kethana isn’t here tonight, but we still order plenty of her food, dining on fish amok, minced pork, and eggplant, all served family style, with steamed rice.

The night finishes at the Village Café, which—despite its homey name—evokes a chic, 1930s art deco feel. I’m met by owner Stewart Kidd, a Glaswegian by birth, who shows me around, telling me the goal was to create a space that mixes together iconic bars—Raoul’s in New York, Harry’s Bar in Venice, and Rogano in Glasgow.

“We’re trying to create a little romanticism here in Siem Reap,” he tells me in his brogue, adding that while the café is open for breakfast, lunch, and dinner, art is perhaps their most defining feature. “The gallery—it’s the protagonist.”

He shows me the portrait gallery on the main floor, then takes me up to the second-floor space, which was originally two apartments that have now been styled to look like a New York loft. But the art is from right here in town, the purpose of the gallery being to promote young Cambodian artists in a rotating roster of shows. The current exhibition is a combination of sound and photography, and next up, a show featuring Khmer graffiti artists—with all profits going to a local art school.

Ready for one last course, we descend the steps to perch on bar stools, graze on tapas, and sip cool cocktails.

Some nights, there’s music—they even host top European DJs—but tonight there’s just the buzz of the

The sunrise over the temple complex of Angkor Wat in Siem Reap.



Khmer cuisine at Spoons.

**This is my fourth visit to Siem Reap—and I won’t see the temples at all, having visited them on my first two trips to town. This time, I’m here for one reason—to eat.**

place, the crowd clearly filled with a number of regulars, people greeting each other in familiar fashion at the bar. The heat still hangs in the air, pushed around by swirling ceiling fans. Somewhere out there, in the darkness, not far away, those grand and ancient temples loom. Pub Street pounds, louder with each passing hour. But for my part, I’m happy here, cool drink before me, surrounded by new friends, enjoying a Siem Reap never seen by the masses.

### When You Go

Stay at the Park Hyatt, set right in the heart of town, just a couple blocks from the Old Market and some of the city’s best shops and restaurants. Public spaces and rooms, some of which feature their own private plunge pools—the perfect relief for the steamy weather—include elements of Khmer design. Eat out, or in—their signature restaurant, The Dining Room, serves up both French and Cambodian classics.

Tour with Taste Siem Reap, which charts a tuk-tuk and offers private tours to three or four dining venues in a single evening. Itineraries fall into three categories—Khmer fine dining, art and cocktails, and hidden gems, but they’re willing to mix and match, if you have any special preferences. Guides know their stuff, and tours include the price of food and drink.

*Toronto-based writer Tim Johnson is always traveling, in search of the next great story. Having visited 140 countries across all seven continents, he’s tracked lions on foot in Botswana, dug for dinosaur bones in Mongolia, and walked among a half-million penguins on South Georgia Island. He contributes to some of North America’s largest publications, including CNN Travel, Bloomberg, and The Globe and Mail.*



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COURTESY OF TASTE SIEM REAP

The Sugar Palm.

Fish Amok at The Sugar Palm.



COURTESY OF THE SUGAR PALM

A street scene in Siem Reap.



ESSENCE  
OF  
CHINA



ANCIENT CHINESE STORIES

# Weighing Up Integrity

SALLY APPERT & SU LIN

It's said that every mark of the traditional Chinese 16-liang weighing scale represents a star, and that the scale measures not only weight but also the user's integrity and conscience.

Used by shopkeepers to weigh food and other items, the traditional scale is a balance scale consisting of three parts: a beam with 16 liang marks, a counterweight, and a plate to hold the items. The 16 marks are based on the Chinese system that uses the units of liang and jin, also called the tael (Chinese ounce) and catty (Chinese pound) respectively. In times past, 16 liang was equivalent to one jin (about 1.3 pounds or 597 grams).

It's understood that the marks must be either white or yellow in color, never black, as a businessperson needs to have a pure and honest heart, certainly not a "black heart."

The stars represented by the 16 marks also hold meaning. In particular, seven of them represent the seven stars of the Big Dipper. This symbolizes that the merchant must be unfailingly fair and impartial, like the Big Dipper, which can always be counted on to point to the North Star.

In addition, three of the marks represent the "Three Stars" from traditional Chinese culture—the three well-known deities who symbolize blessings (good fortune), prosperity, and longevity.

If a businessman cheats his customers on the weight, one liang short would lead to his "fortune reduced," two liang short would see his "prosperity removed," and three liang short would result in his "life shortened."

Below are two stories about ancient Chinese weighing scales.

**Son Atones for Father's Cheating**

A well-to-do grocer in Yangzhou during the Ming Dynasty had a son and two grandsons. While on his deathbed, the grocer showed his son a weighing scale and said: "This is the secret of my success. I had mercury inserted in the beam and cheated customers on the weight. That's how I accumulated so much wealth."

The son was shocked. He never dreamed that his father would compromise his integrity. He burned the scale after his father's

death, and to atone for his father's sins, he did his best to help the poor and do charity work. In less than three years, more than half of his family fortune was gone, but he had no complaints.

However, his two sons died one after another. He was devastated. He blamed fate and felt short-changed, as his kindness was not rewarded.

One night, he had a dream in which the judge of the netherworld spoke to him. The judge said: "Your father's wealth was the outcome of his charity work in his previous life. The amount of money a person has is all predestined. The beam with mercury in it did not help to make him a rich man, but he did commit a sin by cheating his customers. He is suffering in the netherworld now."

"His sins also had an impact on you," the judge continued. "Your two sons were sent by Heaven to squander your family fortune. You were only allowed to earn meager sums, and your life was to be shortened, too."

However, the judge also shared good news. "You have a heart of gold, however, and you've been doing good deeds to atone for your father's sins. So, by order of the God of Heaven, I have taken back your two undutiful sons, and you'll soon have a dutiful son to bring honor to your family. Your life has also been prolonged. Continue to do good, and do not blame Heaven or fate for being unfair to you."

As this story conveys, the balance scale is not merely a weighing device. It's also a reminder to businessmen not to cheat, or they'll in fact be harming themselves.

**'When You're Honest, You Suffer No Loss'**

"Stories to Awaken the World," a book by Feng Menglong, published in 1627, states: "When you are dishonest, you make no money. When you are honest, you suffer no loss."

In the early years of the Republic of China, there were two rice shops, Yong Chang and



A traditional Chinese balance scale.

“Continue to do good, and do not blame Heaven or fate for being unfair to you.”

Judge of the netherworld

Feng Yu. Feng Yu's owner decided to take advantage of the chaotic circumstances to make money. He invited a scale maker to his shop and asked him in private: "Please make me a balance scale that's 15.5 liang instead of the normal 16 liang. I'll pay you an extra string of money."

His daughter-in-law overheard him. After her father-in-law walked away, she said to the scale maker: "My father-in-law is getting senile. He made a mistake. Please make a scale that's 16.5 liang instead of the usual 16 liang. I'll pay you two extra strings of money. But you must not tell my father-in-law."

The scale maker made the 16.5-liang scale and kept his promise of not telling the shop owner.

Feng Yu's business soon began to prosper. Yong Chang's patrons started to buy from Feng Yu, and later even people from faraway came to Feng Yu to buy rice. Feng Yu was making a lot of money by year-end. Eventually, Yong Chang sold its business to Feng Yu.

On the last day of the lunar year, it was time for New Year's Eve dinner. Feng Yu's owner was really pleased and asked everyone, "What do you think is the secret of our success?" It sparked a discussion.

The owner chuckled and said: "The answer lies in the balance scale. It's actually a 15.5-liang scale. For every catty of rice sold, I saved half a liang. That's how we became rich." He then told his family how he had bribed the scale maker.

His daughter-in-law slowly stood up. She said to him, "Father-in-law, there's something I must tell you, but please promise you'll forgive me." He agreed, and she went on to tell him how the scale maker had made the scale 16.5-liang instead.

She said: "You were right, Father-in-law. Indeed, credit should go to the scale for our wealth. But on our scale, one catty is not 16 liang but 16.5 liang. It may seem we're making less for every catty sold, but bigger sales mean bigger profits. It was our integrity that brought us wealth."

Her father-in-law, dumbfounded, went into his room without saying a word.

The next day, he gathered everyone together and said: "I'm getting old. After contemplating, I've decided to hand the business over to my daughter-in-law. She's in charge from now on."



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