THE EPOCH TIMES

TRUTH AND TRADITION

\$3.00 -

INDONESIA

Indonesia

Containers

Returning 57

of Developed World's Waste

JAKARTA-Indonesia is sending dozens of containers of waste back to wealthy nations after finding it was contaminated with used diapers, plas-

tic, and other materials, adding to a growing backlash in Southeast Asia

against being a dumping ground for the developed world's rubbish.

The Directorate General of Customs said July 9 that 49 containers at Batam

port near Singapore will be returned to Australia, the U.S., France, Ger-

many, and Hong Kong after inspections showed their contents violated Indonesian laws on the import of

Separately, the head of customs at

East Java's Tanjung Perak port, Basuki

hazardous and toxic waste.

Continued on A3



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DEBATE

is raging in the Coalition government over draft laws aimed at protecting Australians' religious freedoms, with some coalition MPs threatening to trash the government's bill if they don't see changes to provide adequate protection.

A Zimbabwean

is taking on Chinese companies that are breaking local laws and abusing workers in the African nation, he says.

WORLD | A3

AIR POLLUTION

has improved in the US since last year and the air now has 74 percent less of six common pollutants than in the early 1970s. according to an annual air quality report.

US | A6

MYRON EBELL

director of the Centre for **Energy and Environment** at the Competitive Enterprise Institute, shares his perspective on the climate change "crisis" and the political interests behind the debate, in an interview with Epoch Times senior editor Jan Jekielek.

OPINION | A8

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Mind & Body....

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People watch as the SpaceX Falcon Heavy rocket lifts off from launch pad 39A at NASA's Kennedy Space Center in Titusville, Florida, on April 11, 2019. The rocket is carrying a communications satellite built by Lockheed Martin into orbit.

5G RACE

US-China Space Race Heats Up With Amazon Announcement

Amazon to follow SpaceX with launch of 3,000+ satellites

CHRISS STREET

he U.S.-China space race accelerated with Amazon applying to launch 3,236 5G and 6G satellites into orbit, following the U.S. Federal Commission Communication's (FCC's) approval for SpaceX launching 4,425 satellites.

> President Trump responded in February to China beating America to launch the first 5G broadband networks, in the same manner President John F. Kennedy responded to the Soviet Union's beating America to launch the first Sputnik satellite. Trump declared an all-out space race to dominate the future for 5th and 6th generation mobile technology.

According to a Mercator Institute report, China is attempting to escape the "ceiling of low-tech and labourintensive manufacturing that restricts the growth of developing and emerging economies," by targeting ten core "ecological civilisation" industries. In 2018, China's annual investment in research and development (R&D) had risen to 2.2 percent of GDP, or \$300 billion–this surpassed the European Union's 2.1 percent of GDP for the first time, moving it into second place be-

EMMANUEL DUNAND/AFP/GETTY IMAGES

A woman passes by the Huawei logo at

the Huawei Cyber Security Transparency

Huawei Employees

Have Deep Links

and Intelligence,

Study Finds

CATHY HE

to China's Military

Staffers at Chinese telecom giant

Huawei have previously worked

for Chinese intelligence or military

agencies, according to an analysis

of employment records from thou-

sands of employees leaked online,

raising further questions about the

company's ties to the Beijing regime.

Centre in Brussels on May 21, 2019.

hind the United States' 2.7 percent of GDP, or \$476 billion.

Selecting 'Industrial Internet' as one of its first targets, China's Huawei started developing 5G technology in 2009. By 2013, Huawei had hired about 300 top wireless industry global experts and announced the company had invested \$600 million in 5G research. Huawei premiered its 5G product line in 2016. By 2018, it had invested almost \$1.4 billion and had thousands of employees diligently focused on research, development and innovation.

Huawei's key innovation that leapfrogged the established American and European mobile technology providers was incorporating "Low to Mid-Band" electromagnetic spectrum used for secure U.S. government and military communications into its 5G wireless networks and technology. Other suppliers had focused on the high bandwidths between 30 to 300 gigahertz to achieve ten times faster point-to-point communications than current 4G LTE. But Huawei's lower speed solution of-Continued on **A6**

President Trump responded in February to China beating America to launch the first 5G broadband networks, in the same manner President John F. Kennedy responded to the Soviet Union's beating America to launch the first Sputnik satellite.



Jeff Bezos, Amazon CEO and Blue Origin founder, speaks at the SATELLITE 2017 conference on March 7, 2017

Comparison of satellite images of the Three Gorges Dam in 2009 and 2018.

CHINA

Integrity of China's **Three Gorges** Dam Called Into Question

NICOLE HAO

The structural integrity of China's Three Gorges Dam has been a recent focus of netizen debate.

Netizens recently began circulating satellite imagery of the massive dam, captured from Google Earth, where one can clearly see that the dam has deformed.

On July 8, the dam's state-owned operator addressed the concerns in a statement, saying that the dam is safe. But since July 5, the company has closed the dam to visiting tourists, making Chinese netizens

Wang Weiluo, a German-Chinese hydraulic engineer, has studied Three Continued on **A4**

TAIWAN

US State Department Approves Possible \$2.2 Billion Arms Sale to Taiwan

WASHINGTON-The U.S. State Department has approved the possible sale to Taiwan of M1A2T Abrams tanks, Stinger missiles, and related equipment at an estimated value of \$2.2 billion, the Pentagon said on

The sale of the weapons requested by Taiwan includes 108 General Dynamics Corp M1A2T Abrams tanks and 250 Stinger missiles.

The United States has no formal ties with Taiwan but is bound by the Taiwan Relations Act-signed into law by then-President Jimmy Carter in April 1979–to provide it with the means to defend itself. The United States is Taiwan's primary arms supplier.

Meanwhile, China considers the island part of its territory despite it being a de facto independent country with a democratically-elected government, and its own currency, legal system, and military. Beijing has often threatened the use of force to Continued on **A3**

US Senator Rips YouTube for **Putting Profits Before Protecting** Kids from Paedophiles

MARK TAPSCOTT

WASHINGTON-Sen. Josh Hawley (R-Mo.) told a Senate Judiciary Committee hearing Tuesday that he is "sickened" by a report of digital giant YouTube's "refusal" to change its algorithm to protect children from pedophiles using the site to find and "groom" potential

"YouTube admitted they could do something about it, they could stop auto-referring these videos of minors to pedophiles, but they chose not to do so," Hawley told the hearing.

"Why not? Because their [business] model is that, 70 percent of their business, 70 percent of their traffic, comes from these auto-recommended videos," Hawley continued. "In other words, ad revenues would be lost if they actually took some enforcement steps to stop this exploitation of children."



The "YouTube" logo.

The Missouri Republican was referring to a June 3, 2019, New York Times report that YouTube's algorithm collects otherwise innocent videos of sometimes-partially clothed children and places them in a huge repository, which is then recommended to adults who have viewed sexually oriented materials on the site.

"But YouTube has not put in place the one change that researchers say would prevent this from happening again: turning off its recommendation system on videos of children, though Continued on A7

& Integrity

Continued on A5

Victorian MP Draws Similarities Between Hong Kong Protests and China's Persecution of Falun Gong

ELIZABETH LI

Recently, Victorian MP, Bernie Finn, a Liberal Party member who is also part of the Victorian Legislative Council, raised concerns in Parliament about the Hong Kong government's extradition bill that could see local authorities pressured by the Chinese regime to hand over citizens of any nationality to face trial in its opaque socialist court system.

The bill has been widely protested by millions of Hong Kong people who perceive it as a tool used by the mainland to gradually erode their democratic freedoms.

"My support is clearly with those who are standing up for freedom," Finn told The Epoch Times. "If the people of Hong Kong allow that freedom to be eaten away, if they allow their rights to be handed over to Beijing, then Hong Kong as we know it will be no more.

"We will see people arrested in the same way that Falun Gong practitioners are arrested. We will see them taken away, and we will see the forced organ harvesting. We will see that sort of thing happening to the people of Hong Kong."

Finn called on the Victorian government "to make it very, very clear that we support and stand with the freedom fighters of Hong Kong.

"I think we all have an obligation—a duty, a responsibility—call it what you will—to defend human rights, to defend freedom, to defend democracy in places where it is under attack," he said. "And Hong Kong, at the moment, is probably a place where it is under attack more than anywhere else on the planet."

Finn emphasized the need for greater awareness of the unstable situation in Hong Kong, "particularly given how close it is to Australia."

"What is happening to Falun Gong people shows us how barbaric the Chinese government is. If they will do that to Falun Gong practitioners, who are very peaceful, calm, kind people, what will they do to the protestors in Hong Kong, who they might see as more aggressive?"

Persecution of Falun Gong

In a speech before the Victorian Parliament on Feb. 21, Finn called for the implementation of recommendations from a report by the Human Rights Sub-Committee for the inquiry into Human Organ Trafficking and Organ Transplant Tourism. The report acknowledged experts' concerns that organs used in transplants in China were allegedly sourced from political prisoners, prisoners of conscience, and executed prisoners.



Bernie Finn, state MP for Western Metropolitan Region of Melbourne, in his office on July 8, 2019.

If the Trump

administration is

that's certainly

taking the lead there,

something that the

Morrison government

should take on as well

... if we are champions

we are and I believe

Bernie Finn, Victorian Liberal

we are.

as the Independent Tribunal Into Forced Organ Harvesting of Prisoners of Conscience in China (the China Tribunal), chaired by Sir Geoffrey Nice QC, delivered a final judgment on June 17 that found it was "beyond doubt" that state-sanctioned forced organ harvesting for profit has been taking place in China for years "on a significant scale," and on an ongoing basis.

The expert panel found that most

New findings have since emerged

of the victims are people who practice Falun Gong, a spiritual discipline which translates to "law wheel practice." The discipline upholds central tenets of truth, compassion, and forbearance, with a set of meditation exercises.

In 1999, the Chinese Communist Party launched a state-wide suppression of Falun Gong, and those who subscribe to this belief have been persecuted in China through to the

The China Tribunal described its findings as "indicative" of genocide, and called for international intervention.

Should Australia Intervene?

Finn told The Epoch Times that he has hopes the federal government will take some form of action, "particularly now that we have the report that proves what's been said all along is true."

"Every time it's been raised to this

point, the Chinese government has said: 'No, we have not been doing that.' This report proved that they basically are a pack of liars. That is something that we probably knew anyway, but this is the proof."

Finn believes that China's communist regime "craves" international approval more than anything else, and that the global community will not grant such approval "unless they stop their barbaric practices."

Noting the United States' Magnitsky Act that serves to deny visas and freeze the assets of human rights' violators, Finn said, "If the Trump administration is taking the lead there, that's certainly something that the Morrison government should take on as well ... if we are champions of freedom, as we say we are, and I believe we are.

"Human rights can be swept under the carpet very easily ... it is not something we should do, and it's great to see America leading the way on this. I would hope we would follow suit very quickly."

Finn told The Epoch Times that there are practical steps Australia can take to address concerns of forced organ harvesting in China.

"Firstly, we make it clear that we condemn this practice," he said. "Secondly, we do everything possible to ensure that Victorians are not involved in it [the procurement of organs from unknown sources in China]. That would involve some form

of legislation... I'm happy to raise that again now that we have the proof."

Victorian Greens Senator, Janet Rice recently told the Epoch Times: "I think it's basically we've got both the Labor and Liberal parties who are too scared to upset China," she said. "They are more concerned about our economic relationship with China and they are willing to overlook these absolutely egregious human rights abuses that are going on."

Finn acknowledged the importance of China-Australia trade relations. However, he said, "The fact of the matter is, we're not taking China on. We're taking the communist govern-

"What we are saying is we are with the Chinese people. We are not with the Politburo, we are not with the people at the top of the government. We are with the people who are being persecuted.

"We have a responsibility to stand up and let the Chinese government know ... we condemn what they are doing, and we call on them to respect the rights of their people and stop this dreadful slaughter that is occurring in China."

Finn added, "I have to say, I think the freedom fighters of Hong Kong—they are brave people. If I was running Time magazine, they would be the men and women of the year because they have stood up against a monster in the Chinese government. I say good on them. And God bless them."

Debate Rages Between Coalition Members Over Religious Bill

Right-wing members of the Coalition have expressed concerns about the government's newly-drafted laws against religious discrimination, saying that they don't go far enough to protect people of faith.

On July 8, right-wing members of the government voiced their dissatisfaction with the bill's current form, saying that there are serious omissions as to whether new laws would enshrine religious freedom in the constitution. Labor has broadly backed the push.

The Morrison government said last month that it wanted to strike a bipartisan deal on new laws around religious freedoms.

"I don't want religion in Australia to be an issue of conflict. The whole point of religion is that it's actually something of peace," Prime Minister Scott Morrison told Sky News on June 28. "It's a very important part of Australians' lives and I want to see us progress this debate in a very constructive way, not based on conflict."

Now, Attorney-General Christian Porter is trying to unite right-wing and moderate members of the government with differing views on what the government's proposed religious discrimination legislation should look like.

Running a series of workshops with Coalition backbenchers, Porter is offering to show concerned colleagues excerpts of the draft bill.

"I'll be continuing to consult with my government colleagues right up to the introduction of the religious discrimination bill and throughout its consideration by the Parliament," he told The West Australian on July 9.

"These initial detailed consultations with colleagues will continue over coming weeks and will then shift to religious bodies and other stakeholders. The bill is going through constant revision."

Former Nationals leader Barnaby Joyce said he reserved his right to vote against the bill if he is unhappy with the final product.



Attorney-General Christian Porter in the House of Representatives at Parliament House in Canberra, Australia, on July 2, 2019. "I am not a member of the executive. I am not a member of the cabinet. If I believe it is the right thing to do, I will do it," Joyce told the newspaper.

Three other anonymous MPs told the newspaper they also held concerns.

Senator Concetta Fierravanti-Wells had announced on July 2 that she was launching a petition for a religious freedom act due to the deficiencies in the government's proposed laws.

She said that a religious discrimination act is not sufficient as it is "defensive in nature and limited to protecting against acts and practices by others which are discriminatory on the grounds of religion."

Her petition is calling for standalone religious freedom protection legislation that she says will ensure that Australia conforms to article 18 of the International Covenant on Civil and Political Rights.

"It is important that Australians of all faiths be free to practise their religion without discrimination. Even those who have no beliefs should be free to express those views," she said.

Liberal Senator Eric Abetz told ABC radio of the vigorous debate within the party that Coalition members share key core principles even if their specific views may differ.

"One thing that unites Liberals is freedom of speech, belief and association. Freedom of religion is a subset of that," he told ABC radio.

"I see a great determination right across the differing views ... within the coalition."

By Daniel McCulloch and Katina Curtis. The Epoch Times contributed to this report. From AAP THE EPOCH TIMES JULY 11-17, 2019 WORLD | A3

Zimbabwe Independent Legislator Takes on Chinese Companies for Worker Abuse

ANDREW MAMBONDIYANI

MUTARE, Zimbabwe–A Zimbabwean legislator is taking on Chinese companies that he says aren't adhering to local laws and are abusing workers in the African nation.

China's investments in the country should be reviewed, as they are skewed in favor of the Chinese, Temba Mliswa, an independent member of Parliament for Zimbabwe's Norton Constituency, told The Epoch Times.

"They [Chinese companies] don't comply with our labor laws. They are causing environmental degradation, they are violating human rights, and are involved in corruption. If Chinese investment is so good for Zimbabwe, why is the Zimbabwean economy still struggling?" Mliswa said.

China's ambassador to Zimbabwe, Guo Shaochun, in April praised China's relationship with the southeast African nation, hinting that China did Zimbabwe a favor by vetoing a U.N. Security Council resolution that would have imposed sanctions on Zimbabwe. In 2008, China vetoed proposed U.N. sanctions on Zimbabwe's government, which had just overseen the reelection of autocratic President Robert Mugabe; Beijing argued that the sanctions would complicate rather than ease conflict in the country.

Vetoing the sanctions doesn't give the Beijing regime permission to exploit Zimbabwe's people and its resources, Mliswa said.

"Our government has been signing deals with the Chinese, but at what cost? Some of these Chinese companies are not honest. They claim to be brick molding when, in actual fact, they are mining gold. Our leadership is letting us down," he said.

Mliswa has vowed that "the days of Chinese companies in Zimbabwe are over," adding, "God will command us to take back our resources."

Mliswa claims that he was detained recently at Sunny Yi Feng Tiles (Zimbabwe), a Chinese ceramics company in Norton, following a confrontation with company executives over allegedly poor working conditions. Mliswa



Temba Mliswa, Zimbabwean member of Parliament, in Gaborone, Zimbabwe, on Nov. 16, 2017.

Our government has been signing deals with the Chinese, but at what cost? Some of these Chinese companies are not honest.

Temba Mliswa, Zimbabwean member of parliament

also accused a Chinese worker at Sunny Yi Feng Tiles of assaulting a local traditional leader, Chief Chivero.

While the worker has been deported, the assistant manager of the ceramics company, Gong Wei Lin, denied the assault allegations and told a press conference in Norton that the chief had assaulted a security guard.

The deputy chief of mission of the Chinese Embassy in Zimbabwe, Zhao Baogang, told state-owned newspaper The Herald in May that Sunny Yi Feng Tiles' investment in Norton is one of the projects under China's "One Belt, One Road" initiative (OBOR), an ambitious multi-

continent infrastructure plan.

Regardless of importance, Mliswa said that all Chinese companies across the country need to adhere to the law.

"This mustn't end in Norton. It's a national issue that affects many. If Norton can be used as a case study to assist all, then it's a start. We'll be visiting all the Chinese-owned companies in Norton to assess the working conditions," he said.

He added, "While my priority is ensuring regularization in Norton, many are affected and I'll debate this matter in [the Zimbabwe] Parliament for national benefit."

China's investments in Zimbabwe

have been growing in the past decade, but former Zimbabwe Finance Minister Tendai Biti recently warned African countries about China's "unorthodox methods of lending to African countries."

"They [Chinese] also tend to take some shortcuts; their due diligence is a mixture of politics and economics. So there's no set objective standard when it comes to Chinese loan contraction. But Chinese debt is huge and Chinese debt is now populating the balance sheets of most of these African states," Biti said, during a conference entitled "Southern Africa's Debt Conundrum" in Johannesburg, on July 2.



An Indonesian customs officer inspects containers filled with trash originating from Australia at a port in Surabaya on July 9, 2019.

Indonesia Returning 57 Containers of Developed World's Waste

CONTINUED FROM A1

Suryanto, said eight other containers with 210 tons of waste that arrived from Australia on June 20 were supposed to contain only paper but included other matter.

"It turned out those containers also had household waste, used cans, plastic bottles, used oil packaging, used electronics, used baby diapers and used footwear. So we decided to return it to the country of origin," he said.

A study published in June last year in the journal Science Advances that used United Nations data found other nations would need to find a home for more than 110 million tons of plastic waste by 2030. Indonesia is among the world's biggest producers of plastic waste, which is increasingly fouling their own land, seas and beaches.

Suryanto said the Indonesian-owned company that imported the Australian waste to the East Java port is obliged to return it to Australia within 90 days. No other sanctions were planned, he

said.

Directorate General of Customs spokesman Deni Surjantiro said the 49 containers to be repatriated from Batam were among 65 containers of waste inspected at the port. Eleven were filled with plastic trash and 38 contaminated by toxic or otherwise hazardous waste, he said.

Importing hazardous waste into Indonesia is a criminal offense, Surjantiro said, with a maximum 12-year prison sentence and a maximum fine of 12 billion rupiah (\$850,000).

The Philippines was recently involved in a high-profile spat with Canada over what Philippine officials said was illegally transported garbage falsely declared as recyclable plastic scraps and in May sent 69 containers back to Canada. Malaysia in May said it would send back some 3,000 tons of non-recyclable plastic waste to countries such as the U.S., U.K., Canada, and Australia.

From The Associated Press

It turned out those containers also had household waste, used cans, plastic bottles, used oil packaging, used electronics, used baby diapers and used footwear. So we decided to return it to the country of origin

Basuki Suryanto, Head of Customs and Excise at East Java's Tanjung Perak port

US State Department Approves Possible \$2.2 Billion Arms Sale to Taiwan

CONTINUED FROM A1

unite Taiwan with the mainland in

As with past U.S. arms sales, China's Foreign Ministry spokesperson Geng Shuang had denounced the U.S. government's decision to sell the weapons to Taiwan, when the Taiwanese government confirmed it was seeking a deal in June.

The Pentagon's Defense Security Cooperation Agency notified Congress on July 8 of the possible arms sale, which it said could also include mounted machine guns, ammunition, Hercules armored vehicles for recovering inoperative tanks, heavy equipment transporters, and related support.

Taiwan's Presidential Office expressed "sincere gratitude" to the U.S. government for the arms sale.

"Taiwan will speed up investment on defense and continue to deepen security ties with the United States and countries with similar ideas," Chang Tun-han, a spokesman for Taiwan's president, said in a statement.

Taiwan President Tsai Ing-wen said in March that Washington was responding positively to Taipei's requests for new arms sales to bolster its defenses in the face of pressure from China.

Taiwan's Defense Ministry confirmed it had requested the weapons and that the request was proceeding

The U.S. commitment to providing Taiwan with the weapons to defend itself helps Taipei's military raise its combat abilities, consolidates the Taiwan-U.S. security partnership, and ensures Taiwan's security, the ministry said in a June statement.

There has already been three U.S. arms sales to Taiwan since Donald Trump became president.

The first of the three sales took place in June 2017, a total of \$1.42 billion in U.S. arms, which included technical support for early warning radar, anti-radiation missiles, torpedoes, and missile components, according to The Associated Press.

By Mohammad Zargham, Mike Stone, and Patricia Zengerle. The Epoch Times contributed to this report.

From Reuters



Taiwanese soldiers demonstrate
US-made dual
mounted stinger
missiles during
the aerospace and
defence technology exhibition in
Taipei on Aug. 15,

A4 | CHINA

JULY 11-17, 2019 THE EPOCH TIMES

China Plans to Implement Credit System in Hong Kong, Macau

FRANK FANG

China plans to impose a form of its social credit system in Hong Kong, according to recently announced policy guidelines.

In mainland China, authorities monitor citizens' activities, including online purchases and daily behaviours in public spaces, and assign them a "trustworthiness" score. Local authorities compile "blacklists" of individuals with bad credit scores, who are then banned from public services such as boarding a plane or buying a train ticket.

Parts of the system were rolled out in 2014; it's set to be implemented across the entirety of China in 2020. Critics have raised concerns that such surveillance could be used by authorities to track political targets or dissidents.

On July 5, the provincial government of Guangdong Province released a three-year action plan (2018–2020) for the development of the Guangdong-Hong Kong-Macau Greater Bay Area.

That refers to the Chinese regime's ambition to build a tech hub in the Pearl River Delta in southern China, integrating nine mainland Chinese cities and the nearby regions of Macau and Hong Kong.

Both regions are former European colonies that have since been returned to Chinese sovereignty under the "one country, two systems" principle—under which Beijing promised a high degree of autonomy and freedoms preserved.

But in Hong Kong, residents have complained that in the past two

China plans to build a tech hub in the Pearl River Delta in southern China, integrating nine mainland Chinese cities and the nearby regions of Macau and Hong Kong.



People walk through a market crowded with shoppers in the Kowloon district of Hong Kong on Feb. 4, 2018.

decades since the city returned to Chinese rule, Beijing's encroaching influence has affected local politics, education, and freedom of the press. Macau residents have also, in recent years, demanded universal suffrage in their elections for the city's top official.

The new action plan lists 100 items, placed into nine different categories, such as building modern industries that are competitive internationally; improving living conditions and the business environment; and accelerating the process of opening up "a new front," a Party slogan referring to economic reforms.

In that category, the social credit system was mentioned. In particular, the Greater Bay Area would "explore the implementation of a rewards and punishment credit system for companies."

In another Guangdong Province document released on July 5, authorities explained that the plan aimed to further develop the "one country, two systems" model and integrate "credit and information sharing" between Guangdong Province, Hong Kong, and Macau.

Two Guangdong government agencies will be tasked with making the social credit system possible, as well as the Guangzhou City branch of China's central bank, the People's Bank of China. The documents didn't offer details.

On the Facebook page of Hong Kong cable news channel i-Cable, many users left comments expressing concerns that Hongkongers could be subject to the individual scoring system—though the Chinese documents didn't make

reference to such plans.

One user with the name "Cloud Ip" wrote: "It is the end of the world." "Sau Saam" wrote that the "social credit system in China is, in fact, a new slavery system."

Another user with the name "Ada Lee" quipped: "So you get ten points deducted every time you join a march, and then you cannot even travel overseas"

In Hong Kong, there have been mass protests in the past month, attended by millions who opposed a controversial extradition bill that would allow any country, including mainland China, to seek extradition of suspects. Many are concerned that if the bill were to pass, it would erode the city's judicial independence, which would signal the end of the "one country, two systems" model.

Integrity of China's Three Gorges Dam Called Into Question

CONTINUED FROM A1

Gorges Dam for decades. In a July 8 analysis published on Yibao, a Chinese website for current affairs commentary, Wang predicted that, based on current satellite images, the dam won't last longer than 50 years, which means it only has roughly 30 years left.

"Someday in the future, the Three Gorges Dam will break," Wang wrote. "The deformity will shorten the dam's lifespan and weaken its safety."

Construction began on the hydropower gravity dam in 1994 and was completed in 2009. Spanning the Yangtze River in southwestern China, the project required 129 nearby cities to be flooded and the relocation of more than 1.2 million people.

More than 30 million people live upstream from the dam, while more than 20 million live downstream.

Deformity

A Chinese independent economist who posts on Twitter under the pseudonym Leng Shan shared two satellite images side-by-side on June 30: one taken 10 years ago shows the dam structure in a straight line; the other, taken in 2018, shows slight curvatures in the structure.

Chinese state-run newspaper The Paper tried to quell public concerns with a July 2 interview with Cao Yi, the hub operation director in charge of drainage at the dam.

"The Google satellite images aren't photos that were taken directly by camera. They're pictures that were made after calculating," Cao told The



Paper. "Google's Three Gorges Dam terrain is often inaccurate because the coordinates that Google used have been processed."

The Paper has since deleted the report, but many Chinese web portals retained their reposted versions.

Eventually, on July 8, the dam operator, the state-run China Three Gorges Corp., admitted via posts on its official Weibo and WeChat accounts that there is a deformity, but the dam is safe because the deformity was within safety margins. Weibo and WeChat are popular social media platforms.

Expert's Analysis

The Chinese regime had planned to build the Three Gorges Dam since the 1950s, but faced resistance from experts who warned about the potential negative effects on the envi-

Wang indicated in his recent analysis why the dam may be unsafe.

"The 2,309.47-metre (5,577 feet) long Three Gorges Dam is composed of dozens of concrete blocks. The blocks are connected with each other but are not connected to the bedrock," Wang wrote.

"That means that the Three Gorges Dam has been moving since day one."

He explained why the images showed the dam having curvatures.

"While some blocks moved toward the upstream direction, due to the force of the water, others were moved toward downstream. But the vertical and horizontal movements are not at the same levels," Wang wrote.

He added that erosion due to rainfall has contributed to the deformity.

The Three Gorges Dam, a massive hydropower project on the Yangtze River in

Yichang of Hubei province,

China, on July 24, 2012.

AFP/GETTYIMAGES

Someday in the future, the Three Gorges Dam will break.

Wang Weiluo, hydraulic engineer

Former Head of Chinese Shipbuilding Company Gets 12 Years in Prison for Corruption

EVA FU

After over a year of investigation, the former boss of China's leading shipbuilder was handed a 12-year sentence on July 4 for graft crimes and abuse of power.

The sentencing of Sun Bo, former top executive at the state-owned China Shipbuilding Industry Corporation (CSIC), occurred behind closed doors due to sensitive information related to state secrets, China's staterun media Xinhua reported on July 4.

Sun, 58, was accused of harming the interests of CSIC and bringing "extremely heavy losses" to national interests, Xinhua reported, citing a statement from the Shanghai No.1 Intermediate People's Court.

The court statement claimed that Sun took advantage of his position to offer business opportunities to companies in exchange for bribes, from which he profited about 8.64 million yuan (\$1,257,367).

Sun was also fined 800,000 yuan (\$116,423) and ordered to return all the illicit gains, plus interests. He had pleaded guilty to all the charges.

Sun was detained and placed under investigation last June before being expelled from the Communist Party. Around that time, China was also testing its first home-made aircraft carrier, the Type 001A, which the CSIC built at its base in Dalian, in 2018.

Sun built his career through his near-decade tenure at the Dalian Shipbuilding Industry—the largest shipmaker in China and subsidiary of the CSIC—and rose to the top of the company's Party organization at the CSIC in 2009. He became the chairman of CSIC and general manager in 2015.

This is not the first time CSIC employees was suspected of corruption. Liu Changhong, who oversaw the discipline inspection at CSIC, was also expelled from the Party in September 2017 on suspicion of taking

oribes.

In 2015, the Central Commission for Discipline, China's top graft watchdog, launched a special investigation into the company and found its research institute to have prominent "violations of party discipline." The inspectors also criticized the department's poor accounting practices and financial management.

Companies in China, foreign firms included, are required by law to establish a party organization to make sure that they comply with the ideology of the Communist Party. Around 70 percent of China's 1.86 million private firms have set up Party organizations, according to Chinese media estimates in 2017.

Since ascending to power as the Chinese leader in 2012, Xi Jinping has launched a sweeping anti-corruption campaign that has taken down tens of thousands of officials, according to a Xinhua report in December 2018.

AFP/GETTY IMAGES



China's first domestically manufactured aircraft carrier, known as "Type 001A", during its first sea trial in May 2018.

US, EU Urge China to Release Rights Lawyers on Anniversary of Mass Arrests

EVA FU

U.S. and European Union (EU) officials, on the fourth anniversary of a sweeping crackdown by Beijing against rights activists, urged the Chinese regime to end its continuing suppression of human rights defenders in the country.

The July 2015 campaign, known as "709," saw hundreds of human rights lawyers and activists arrested and detained on charges that included "subversion of state power." Rights groups have denounced the crackdown as politically motivated.

Four years later, several lawyers remain in detention, and their families have repeatedly raised concerns about possible torture.

"On this fourth anniversary of the Chinese government's July 9, 2015, crackdown on defense lawyers and rights defenders, we remain deeply disturbed by China's continued detention of its own citizens who worked within China's legal system to defend their fellow citizens' rights and advance the rule-of-law," the U.S. Embassy in China said in a July 9 statement.

Maja Kocijancic, EU spokesperson for foreign affairs and security policy, said many lawyers were subject to mistreatment while in detention.

"The European Union expects China to abide by its international law obligations, including the Universal Declaration of Human Rights, and to respect the rights of all citizens as guaranteed by China's Constitution," Kocijancic said in a July 9 statement.

Kocijancic said many of the accused were denied legal representation, their families were blocked from observing the trials, and their legal licenses were revoked. She added that there were grounds to believe that several confessions were coerced.

The officials called on the Chinese regime to immediately release all the detainees arrested during the 709 crackdown.



Lawyers and activists gather for the fourth anniversary of the "709" crackdown on human rights lawyers across China at the court of final appeal in Hong Kong on July 9, 2019.

The [Chinese] authoritarian regime maintains its power with lies and brutality.

Xie Yanyi, Beijing-based rights lawyer

Defending Freedom

Many rights lawyers arrested during the campaign had taken sensitive cases, such as defending house Christians, farmers who lost their land because of forced demolitions by Chinese authorities, and adherents of the persecuted spiritual discipline Falun Gong.

Xie Yanyi, a Beijing-based lawyer detained for 18 months following the 709 campaign, told the Chinese-language Epoch Times that the crackdown stemmed from an ideological clash between the freedom and democracy upheld by the lawyers and autocracy championed

by the Chinese Communist Party (CCP).

"The [Chinese] authoritarian regime maintains its power with lies and brutality," Xie said.

While in detention, Xie was forced to regularly take unknown pills for two months, even though he didn't suffer from any illness. He was also made to sit on a small stool for prolonged periods of time, and subjected to solitary confinement, according to Chinese human rights website weiquanwang.org.

"The CCP would slap labels on you and demonize you, they use all means possible, hurling physical, reputational, and financial threats for the specific goal of creating fear and crushing your will," Xie said.

Chinese Human Rights Lawyers Group, in a statement on July 9, said the crackdown has only led to suppressed rights lawyers receiving more respect and attention from the people.

"As staunch defenders of universal values such as freedom, democracy, order, and the rule of law, human rights lawyers will calmly face the suppression, persecution, detention, and even prison sentences meted out by the authorities," the statement said.

Study: Huawei Staff Have Worked in China's Military, Spy Agency

HECTOR RETAMAL/AFP/GETTY IMAGES

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A recent study by Christopher Balding, an associate professor at Fulbright University Vietnam, conducted with the UK-based think tank Henry Jackson Society, analysed a database of leaked CVs and found that about 100 Huawei staff had links to Chinese military or intelligence agencies.

"There is significant direct evidence of Huawei personnel acting at the direction of Chinese state intelligence with multiple overlapping relationship links through the Chinese state," the study concluded.

Balding examined a dataset of 2 million CVs, of which about 25,000 were of Huawei employees, that had been leaked online through unsecure recruitment platforms.

One software engineer, whose work at Huawei appeared to give him "enormous control over access to user and provider data," is also simultaneously employed as a teacher and researcher by the National University of Defense Technology in China, a top institution run by the Chinese military, officially known as the People's Liberation Army (PLA), the study found. The study hypothesised that to mean the employee's tasks fell under the PLA branch that oversees "Chinese military space, cyber, and electronic warfare capabilities."

In another case, the study found a Huawei employee who described himself on his CV as a "representative" of the Ministry of State Security, China's top intelligence agency. Listed on his CV among his responsibilities was "building lawful interception capability into Huawei equipment," which sug-

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gests that his role at the company included "planting information capture technology or software on Huawei products," according to the study.

The researchers posited that this employee could have been involved in the alleged building of backdoors in equipment supplied by Huawei to Vodafone in Italy a decade ago, first reported by Bloomberg in April. The Bloomberg report stated that from 2009 to 2011, the UK telecom firm discovered backdoors in Huawei's equipment that could have given the latter access to its Italian fixed-line network, which provided internet to millions of users.

Both Vodafone and Huawei acknowledged the vulnerabilities

People visit a Huawei stand during the Mobile World Congress at the Shanghai New International Expo Center on June 26, 2019.

One Huawei software engineer was simultaneously employed as a teacher and researcher at a top university run by the Chinese military. and said they were fixed in 2011 and 2012.

The study also found one employee who had previously worked at China Aerospace Science and Technology Corporation (CASTC), a state-owned company that develops space and missile technology. That Huawei employee worked on developing communications systems for the PLA while he was employed at CASTC.

According to The Telegraph, another Huawei engineer, who was involved in developing 5G base stations, wrote on his CV that he wasn't allowed to say anything about his previous employment "due to the involvement of military secrets."

The study concluded that "Chinese state and intelligence gathering assets are placed in Huawei within a systemic organisation designed to facilitate information flows," which directly contradicts Huawei's repeated claims that it has no relationship with Chinese intelligence and military agencies.

A Huawei spokesperson told The Telegraph on July 5 that the company "does not work on military or intelligence projects for the Chinese Government.

"This information is not new and is not secret, being freely available on career websites. It is not unusual that Huawei employs people from public service and government. We are proud of their backgrounds and we are open about them."

The company, in a statement to Financial Times on July 7, added that it requires prospective employees with military or government backgrounds to provide documentation proving that they have ceased working for such bodies.

The study's findings raises further concerns about Huawei's links with the Chinese regime, as several countries in the EU, including the UK, are due to decide on whether to let the company participate in the rollout of next-generation 5G networks.

The United States has repeatedly warned that the company's equipment could be used by Beijing for espionage or to disrupt communication networks, given Huawei's close ties to Chinese military and intelligence services, as well as that Chinese national security laws compel Chinese companies to cooperate with the state when asked to do so.

Huawei has consistently denied the claims.

Separately, Bloomberg reported on June 27 that Huawei employees worked on at least 10 joint research projects with organs affiliated with the PLA over the past decade. Bloomberg pored over papers from published periodicals and online research databases used mainly by Chinese academics and industry specialists.

Research areas ranged from artificial intelligence to radio communications, the outlet said. Huawei denied the allegation, saying that "it does not have any R&D collaboration or partnerships with PLA-affiliated institutions."

Findings from the latest study, however, contradict that. Balding told Financial Times that his analysis of the CVs revealed deep links between the company and state security agencies.

"It was quite easy to find people that hold dual appointments," he said A6 \mid US

Trump Lauds Improvement in Air, Water Quality

IVAN PENTCHOUKOV

President Donald Trump on July 8 celebrated the environmental progress made under his administration, days before the release of an annual air quality report that will show the air in the United States has become 1 percent cleaner since 2018 and 74 percent cleaner since the early 1970s.

The president said that the water and air in the United States are cleaner than in any other nation in the world. Environmental officials pointed to progress made on reducing carbon dioxide and methane emissions, cleaning up hazardous waste sites, and removing plastic debris from the world's oceans.

"Among the heritage we must preserve is our country's incredible natural splendor. That is the shared obligation that brings us together today," Trump said.

"From day one, my administration has made it a top priority to ensure that America has among the very cleanest air and cleanest water on the planet. We want the cleanest air. We want crystal clean water. And that's what we're doing, and that's what we're working on so hard."

The president noted that the United States is ranked first in the world in terms of access to clean drinking water. In one measure of air quality, the United States has six times fewer pollutant particles than the global average, he noted.

Trump campaigned on a promise to quit the Paris climate accord and withdrew from the pact a few months after taking office. The president described the accord as "unfair, ineffective, and very very expensive." His exit from the treaty is representative of the administration's overall results-focused, America-first approach to environmental policy.

Mary Neumayr, chairwoman of the Council on Environmental Quality, told reporters on July 8 that Trump views a healthy economy as a prerequisite for a clean climate. The resources and advantages derived from a powerful economy can be used to improve the environment, Neumayr said.

"The president recognizes that a strong economy is critical for technology and innovation, for modern resilient infrastructure, and for environmental protection," Neumayr said. "We want to pursue a strong economy so that we will have the resources to advance technology and innovation, and build more modern and resilient infrastructure, and pro-



US President Donald Trump speaks about his administration's environmental initiatives in the East Room of the White House in Washington on July 8, 2019.

We want to pursue a strong economy so that we will have the resources to advance technology and innovation, and build more modern and resilient infrastructure, and provide for environmental protection.

Mary Neumayr, Chairwoman of the Council on Environmental Quality vide for environmental protection."

Trump's critics, aided by establishment media, have attacked the president's practical approach, accusing him of sacrificing the climate for profits. Despite the accusations, the United States continues a decadeslong trend of improving air and water quality.

For example, during the 1970s, only 42 percent of drinking water met quality standards set by the Environmental Protection Agency (EPA); today, 92 percent of drinking water meets those standards. All six criteria used to measure air pollution have improved over the decades and continue to under Trump.

"For years, politicians told Americans that a strong economy and a vibrant energy sector were incompatible with a healthy environment. In other words, one thing doesn't go with the other. And that's wrong, because we're proving the exact opposite," Trump said.

The United States is one of the few industrialized nations to meet the environmental goals set out in the Paris accord even after having quit it. Trump noted that every signatory

of the accord lags behind the United States in reducing carbon emissions.

"Regardless of whether we're in the Paris Climate Accord or not, we continue to make progress on that front," said Andrew Wheeler, the administrator of the EPA. "But the Paris Climate Accord is unfair to the U.S. consumer, U.S. manufacturers, and the U.S. economy."

The president contrasted his approach with the socialist Green New Deal policy proposal backed by more than 100 House Democrats, which, by one estimate, would cost U.S. taxpayers \$93 trillion over the course of a decade. Trump called the price tag "unthinkable" and "not affordable even in the best of time." The projected total spending for the next 10 years is roughly \$60 trillion.

Trump said the Green New Deal would "kill millions of jobs. It'll crush the dreams of the poorest Americans and disproportionally harm minority communities."

"I will not stand for it. We will defend the environment but we will also defend American sovereignty, American prosperity, and we will defend American jobs."

Among other achievements, Trump lauded the progress made by the EPA's Superfund program to clean up hazardous waste sites. In 2018, the EPA was able to remove 22 Superfund sites from the list of national priorities, the most since 2005.

The administration has also broadened the scope of the Brownfields program, with 40 percent of communities receiving grants for the first time. The Brownfields program directs taxpayer funds to communities for the cleanup of contaminated sites.

Bruce Roebuck, the owner of a local bait shop in Florida, took to the podium beside Trump to talk about the impact of the administration's work on battling toxic algae in Lake Okeechobee. Roebuck has been forced to close his stores several days a week because people were afraid to touch the algae-infested water.

"Your completion of this Herbert Hoover Dike is going to make a tremendous difference," Roebuck said, describing how the dike will help safely store more water in the lake and prevent fertilizer, contaminants, and algae from going downstream.

US-China Space Race Heats Up With Amazon Announcement

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fered China dual benefits of shrinking its 5G global deployment timeline, and interfering with U.S. national security data protocols.

McKinsey & Company estimates U.S. costs for the 5G rollout will be 60 percent higher than the \$200 billion 4G costs because of the technical need to quadruple the number of cell tower antennas. The Huawei 5G network design's key selling point is the ability for broadband providers to build onto existing 4G networks, at the cost of lower data speeds.

President Trump's 2016 campaign recruited "Death by China" co-author and commercial spaceflight expert Greg Autry to advise Trump's unorthodox campaign, including calling China an "economic enemy" for unfair trade practices and stealing U.S. technology.

Once elected, Trump appointed Autry to the NASA Agency Review Team and as White House Liaison at NASA to address China's efforts to surpass the United States in space, after a stunning 36 of 37 successful launches by China's three-stage Long March-3B rocket series used to place navigation and spy satellites into high orbits.

Within two months of Trump's inauguration, SpaceX, OneWeb, Telesat, O3b Networks and Theia Holdings told the FCC they planned to field constellations of V-band satellites in non-geosynchronous low to medium



SpaceX's Falcon 9 rocket makes a successful launch with the SES-9 communications satellite in Cape Canaveral, Florida, on March 4, 2016.

orbits to provide U.S. and global communications services, including 5G

The biggest obstacle at the time to space-based mobile broadband service was the \$250,000 cost for each LEO Ka-band antenna that uses so-called electronic steering to track nongeostationary satellite constellations in lower orbits as they move across the sky. It was hoped that as antenna production volumes increased over time, prices would fall to \$90,000 and big corporate customers would pay up for the fastest data speeds.

But Wafer LLC in January announced development of an electronically scanned antenna array module Huawei's lower speed solution offered China dual benefits of shrinking its 5G global deployment timeline, and interfering with U.S. national security data protocols.

costing \$15, that when packaged with a modem and battery could be sold at a one-time cost of just \$200 and \$300. The disruptive price crash could make lightning fast space-based Internet cost competitive with Huawei's slower speed system.

The FCC approved a constellation of 4,425 SpaceX Starlink satellites on April 26, 27 days later a Falcon 9 Heavy rocket deployed the first 60 satellites into orbit 273 miles above the Earth's surface. Based on the success of mass satellite deployment, SpaceX announced plans to expand its constellation to 12,000 satellites.

The FCC is expected to fast track Amazon's Project Kuiper application to put 3,236 satellites in low Earth orbit–including 784 satellites at an altitude of 367 miles; 1,296 satellites at a height of 379 miles; and 1,156 satellites in 391-mile orbits. Amazon Web Services, CEO Jeff Bezos' Blue Origin and Lockheed Martin entered into a joint venture called AWS Ground Station to provide low-cost ground infrastructure for satellite startups.

With President Trump announcing he would relax the U.S. government ban on Huawei, China has tried to keep a low profile regarding its ambitions to achieve dominance in ten core technologies. But researcher Christopher Balding, of the Fulbright University Vietnam, released a report based on 25,000 Huawei resumes leaked online last year that allegedly reveals direct employee links with Chinese military and intelligence agencies.

Balding highlighted resume comments from a Huawei engineer that he had "engaged in behaviour that describes planting information capture technology or software on Huawei products" and "building lawful interception capability into Huawei equipment" destined for both domestic and international markets.

A Huawei spokeswoman told the Business Insider: "We have not been able to verify any of these so-called 'Huawei Employee CVs' Professor Christopher Balding is citing following our preliminary examination. As such, we cannot confirm the veracity of all of the information published online."

The epoch times July 11-17, 2019 $US \mid A7$

US Senator Rips YouTube for Putting Profits Before Protecting Kids from Paedophiles

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the platform can identify such videos automatically," the Times said.

"The company said that because recommendations are the biggest traffic driver, removing them would hurt 'creators' who rely on those clicks. It did say it would limit recommendations on videos that it deems as putting children at risk," the Times continued.

"This report was sickening," Hawley told the hearing.

Hawley was so upset that he introduced his "Protecting Children From Online Predators Act of 2019" shortly after the Times story was published.

Hawley was Missouri attorney general prior to being elected to the Senate in 2018 and has since become a prominent thorn in Silicon Valley's side

He has also introduced legislation to force companies like YouTube, Google, and Facebook to make public how they monetise data about their users.

A third Hawley bill focused on Silicon Valley firms was introduced earlier this year and is entitled "Ending Support for Internet Censorship Act of 2019."

This measure ends digital firms' immunity to publishing liability under Section 230 of the Communications Decency Act (CDA) unless they submit "clear and convincing evidence" that their algorithms and content-removal policies are politically neutral.

During Tuesday's hearing Hawley asked a panel of witnesses if "for some of these companies, aspects of their business model actually conflict with protecting the safety of children."

Witness Christopher McKenna, founder and president of Protect



Sen. Josh Hawley (R-Mo.) speaks in the U.S. Capitol Visitor's Centre Auditorium in Washington on June 27, 2019.

Young Eyes, responded that he "absolutely agree[s] that the business model based on reach and engagements is one that absolutely conflicts with protection" of children.

McKenna's firm provides an app and other resources designed to help parents protect their children from online dangers, especially including sexual predators and traffickers.

McKenna said sites push engagement—the process of connecting users with other users—because it is the most effective for generating ad revenues.

During his testimony prior to Hawley's questioning, McKenna described his organisation's experience on Instagram.

"In March 2019, CNN reported that Instagram was the leading social media platform for child grooming by sexual predators," McKenna told the committee.

"Our own test accounts quickly discovered that young people, particularly young girls, can be hunted like prey. We started an Instagram account with two stock photos and tried to mimic the behaviour of an

average teen girl. We posted two selfies with three hashtags each, searched a few hashtags, and liked a few photos.

"Within a week we had dozens of men sending us images of their penises, telling us they were horny, and sending us pornography through direct messages. Even after we told all of them that we were 'only 12.' They were relentless."

Professor Angela Campbell of the Georgetown University Law School said in response to Hawley that "You-Tube actually has a product intended for children, called 'YouTube Kids' and it's got some good policies.

"The problem is, again, they're not really enforcing those policies. There is a lot of content, even on YouTube Kids that is inappropriate and we complain to the FTC about this."

Hawley's bill, according to his office,

- Bans recommending videos that feature children.
- Prohibits video-hosting websites from recommending videos that feature minors. Those videos, however, could still appear in search results.
- Would apply only to videos that primarily feature minors, not videos that simply have minors in the background.
- Would exempt professionally produced videos, like primetime talent-show competitions.
- Requires the FTC to impose criminal penalties and stiff fines for violations.

"To its credit, YouTube is trying to tweak its algorithm and promises that it will limit some recommendations," Hawley said in a fact sheet on his proposal.

Report: Epstein's Lawyers Offer Plea Deal to Divulge Names in Exchange for 5-Year Sentence

BOWEN XIAO

Alleged child sex trafficker Jeffrey Epstein will agree to give up names of individuals who took part in the trafficking ring he's charged with running–in exchange for a substantially lower sentence, according to a report by broadcast channel One America News Network (OANN).

"Epstein's lawyer has already made a proffer to SDNY," OANN host Jack Posobiec said in a July 8 Twitter post. SDNY refers to the Southern District of New York.

"Epstein will agree to cooperate with the investigation, including giving up the names of individuals that paid for activities with underage girls in exchange for a maximum sentence not to exceed 5 years," he continued, without indicating where he got the information.

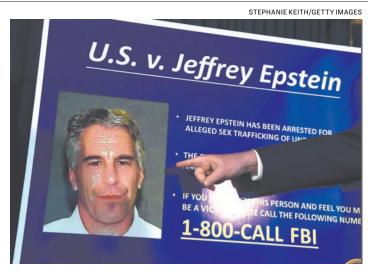
A two-count indictment unsealed by federal prosecutors on July 8 charged the 66-year-old billionaire financier with sex trafficking and conspiracy charges. Epstein allegedly sexually exploited and abused dozens of minor girls at his homes in Manhattan, New York, and Palm Beach, Florida, among other locations.

The charges carry with them a maximum sentence of 45 years in jail. At Epstein's age, the charges are tantamount to "a life sentence," Geoffrey Berman, U.S. Attorney for the Southern District of New York, said at a press conference.

The 14-page unsealed indictment didn't name any of the "employees and associates" who facilitated Epstein's conduct by contacting and scheduling the victims' sexual encounters with him.

Between 2002 and 2005, Epstein "enticed and recruited" minor girls in New York and Florida to engage in sex acts, after which he would pay the victims hundreds of dollars in cash, court records stated.

Epstein has connections to numerous high-profile people, including former President Bill Clinton, the UK's Prince Andrew, actor Kevin Spacey, and director Woody Allen. Clinton flew on Epstein's jet, infamously dubbed the "Lolita Express," at least 26 times, according to records obtained by Fox News in 2016



A press conference at the office of the U.S. attorney for the Southern District of New York to announce charges against Jeffrey Epstein in New York on July 8, 2019.

A July 8 statement from Clinton's press secretary, Angel Ureña, said Clinton only "took a total of four trips" on the jet. The statement also said Clinton "knows nothing about the terrible crimes" Epstein allegedly committed, and that he had "not spoken to Epstein in well over a decade."

At an appearance in a Manhattan federal court on July 8, Epstein pleaded not guilty to the charges. A federal judge ordered him to remain in jail until a subsequent bail hearing scheduled for July 11.

At the SDNY press conference, Berman confirmed previous reports that said Epstein was arrested at Teterboro Airport in New Jersey on July 6, after his private plane had landed from France.

Berman also said his office isn't bound by a previous plea deal in which Epstein was sentenced to 13 months in prison in 2008; he said that deal only binds the Southern District of Florida. The previous deal is currently being challenged in a Florida federal court.

Bill Sweeney, assistant director-incharge of the FBI's New York field office, said at the press conference that children who are victims are still traumatized by abuse long after it occurs.

"I stand among many who make it our mission to put predators behind bars, where they belong, regardless of the predator's power, wealth, or perceived connections," Sweeney Between 2002 and 2005, Epstein "enticed and recruited" minor girls in New York and Florida to engage in sex acts, after which he would pay the victims hundreds of dollars in cash, court records stated.

US State Department Announces New Council on Unalienable Rights

HOLLY KELLUM

WASHINGTON–U.S. Secretary of State Mike Pompeo announced on July 8 the creation of a commission on unalienable rights to advise him on how to best interpret human rights, based on the Constitution and the 1948 Universal Declaration of Human Rights.

"Every once in a while, we need to step back and reflect seriously on where we are, where we've been, and whether we're headed in the right direction," he said. "I hope that the commission will revisit the most basic of questions: What does it mean to say or claim that something is, in fact, a human right?"

The Trump administration is committed to a "foreign policy from the founding" principals of the country, he said, and the creation of this bipartisan, interreligious group of human rights experts, philosophers, and activists is directed toward that goal.

This comes as some on the left in the United States, such as presidential candidate Sen. Bernie Sanders (I-Vt.), are calling for an expanding list of what "human rights" encompasses. He's called for a 21st-century economic Bill of Rights that includes things such as affordable housing, a job that "pays a living wage," a pre-K-through-college education, and a "secure retirement."

Pompeo warned that while words like "rights" can be "rays of light in a realm of darkness, ... they can also be lethal arrows."

"As human rights claims have proliferated, some claims have come into tension with one another, provoking questions and clashes about which rights are entitled to gain respect," he said. "The time is right for an informed review of the role of human rights in American foreign policy."

He also called out countries and international institutions that "remain confused about their respective responsibilities concerning human rights."

The latter is possibly a reference to the U.N. Human Rights Council, which the United States withdrew from last year.

Pompeo said at the time it was because the council had ignored some of the most egregious cases of human rights violations, and that some of I hope that the commission will revisit the most basic of questions: What does it mean to say or claim that something is, in fact, a human right?

U.S. Secretary of State Mike Pompeo

the world's most serious violators of human rights were allowed to sit on the council, making it an "exercise in shameless hypocrisy."

"We must, therefore, be vigilant that human rights discourse not be corrupted or hijacked or used for dubious or malignant purposes," Pompeo said. "It's a sad commentary on our times that more than 70 years after the Universal Declaration of Human Rights, gross violations continue throughout the world, sometimes even in the name of human rights." In the press conference, Pompeo named Harvard Law School professor Mary Ann Glendon as the head of the Commission on Unalienable Rights. He described her as a worldrenowned author and expert in the field of human rights.

Glendon, who spoke after Pompeo's introduction, said she is deeply honored to chair the commission and expressed gratitude to Pompeo for giving priority to human rights.

Bowen Xiao contributed to this report From NTD News



U.S. Secretary of State Mike Pompeo announces the formation of a commission on inalienable rights in Washington on July 8, 2019.

A8 OPINION

JULY 11-17, 2019 THE EPOCH TIMES



Myron Ebell, director of global warming and international environmental policy at the Competitive Enterprise Institute, in Washington on June 18, 2019.

AMERICAN THOUGHT LEADERS

Climate Change Narrative Driven by Agenda of Political Control: Myron Ebell

JAN JEKIELEK

Is climate change actually causing a crisis, as many are saying? In the global warming debate, what is the actual "settled science" that most scientists agree on, and what exactly is being contested? And how will climate change factor into 2020?

Myron Ebell, director of global warming and international environmental policy at the Competitive Enterprise Institute, recently sat down with Epoch Times senior editor Jan Jekielek to share his perspective on the climate change debate. Ebell highlighted the stark differences between climate change projection models and actual measurement data and also emphasized the role of China in greenhouse gas emissions.

He also spoke about the Green New Deal, the political interests behind the push for wind and solar energy, and how this broader debate will affect 2020.

JAN JEKIELEK: Something caught my attention [recently]. Some people might know I'm Canadian. And our Parliament passed a motion in Canada, 182 to 70-something—so by a large majority—designating a national emergency around climate change. I thought that was interesting given that we were planning to do this interview today. It seems like a lot of Canadian parliamentarians believe there's a crisis. What do you think?

MYRON EBELL: Well, I don't think global warming is a crisis, and I don't think it's a planetary or a national emergency. I do think that several countries have passed these resolutions, including Canada. But I think, generally, actions speak louder than words. And if you look at what's going on in Canada, the government of Ontario was defeated in the last election. The main issue was whether they should have a carbon tax. That is a tax on carbon dioxide emissions, which result from producing and using coal, oil, and natural gas, which provide 80 percent of the world's energy. Recently, in Alberta, the government lost the election because of a carbon tax.

And so, I think what you see is that the elites in various countries think that they have to, at least, say that



Solar panels are mounted atop the roof of the Los Angeles Convention Center in Los Angeles, on Sep. 5, 2018.

global warming is an emergency or a crisis. But the electorate at large, the general public is not convinced. And in my view, the general public is right and the elites have got it wrong.

MR. JEKIELEK: You've been tackling these issues for decades. And I want to break it down a little bit, to try to understand what the actual arguments are. Is there global warming? There's people who say there is no global warming. There's people who say there is, but it's not a crisis. And then there's global warming and climate change and the change in the terminology. Is it the same thing or not? I think a lot of people are just confused around this

MR. EBELL: It's confusing because there's a lot of moving parts. The climate is very complex. And it's not just the climate. It's also the oceans, which contain most of the world's heat that's trapped from sunlight. So what we have is an ever-changing weather system. And if you look at it over a number of years, we have an ever-changing climate. The climate is always changing. The question is, which direction is it changing, and what do human beings have to do with it? Because of natural factors, we're in a period of an interglacial period of the last 13,000 to 14,000 years, where the northern, the upper, latitudes have been habitable. But if you look back 15,000 or 20,000 years ago, we were in an ice age and there was two or three miles of ice over most of Canada. And it went down as far as places like

So the climate does change quite

dramatically. Obviously, an ice age is a bigger problem than a little bit of global warming. So the question is, are human beings having an impact on the climate? And I think the answer is undoubtedly yes, through two factors: land use changes and burning coal, oil, and natural gas. When you burn those three fuels, you produce carbon dioxide. Carbon dioxide is one of the greenhouse gases. It's not as important as water vapor in clouds in the atmosphere, but it does have an impact. So the question is: Are we having some warming? We are having some mild warming in the course of the past century and part of that—or maybe all of it-is probably due to human activity.

The people who are advancing global warming as a crisis don't rely on the facts or the data on the rate of warming.

Myron Ebell, Competitive Enterprise Institute

The next question is: Is the rate of warming fast? No, it's been quite modest. We have been adding a little bit of carbon dioxide to the atmosphere. We're now at up to 400 parts per million. That would be one part for every 2,500. So, there's a little bit of carbon dioxide in the atmosphere, and it has probably added a little bit of warming to the climate. So I think that's stage one.

Stage two is: Is it a crisis or an emergency? Here I think that the reality and the science diverge dramatically

from the rhetoric and the claims of what I would call the climate-industrial complex. The people who are advancing global warming as a crisis don't rely on the facts or the data on the rate of warming. They rely on computer models that they have tuned to predict rapid warming. So this is really a debate between models and reality.

MR. JEKIELEK: It sounds like they're tuned intentionally, right? MR. EBELL: Yes, they are. And then the next step is to say, well, how severe are the impacts of global warming going to be? Well, they have a lot of studies that predict that the impacts are going to be very severe, but, in fact, if you look at what's actually happened, the impacts have been very modest. They've been mild. And so we don't have an increase in drought or flooding globally. There are cycles. There are many cycles in the climate, so we have periods of drought and then we have periods of high precipitation. There's no long-term trend in terms of storms.

There's no long-term trend in terms of tropical storms like typhoons and hurricanes. And so the question is: "What's the fuss about if there is no long-term trend in any of these impacts of warming?" The claim is [that] we have some predictions that it's going to get much worse right around the corner. I think the evidence for those claims is very minimal. And I think the other, the flip side of it is that the biosphere, the plant life, requires carbon dioxide for photosynthesis.

So one of the direct impacts–not indirect impacts—of higher carbon dioxide levels is the greening of the earth. And so what we've seen is-and you can see this by going to the NASA webpage on this-there's a dramatic greening of the earth, both in the forests and in the grassland since the 1970s, when the satellites went up and they started taking photographs. And, of course, the greening of the earth means higher food production as well. There's a claim by the global-warming crowd that food production is going to go down, but in fact, food production has been going up every decade for a long, long time. Part of that is better technology, plant science, and so on. But part of it is clearly due to the greening of the earth.

Continued on **A10**

THE EPOCH TIMES JULY 11-17, 2019 OPINION | A9

Lillian Fan, Publisher

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ABOUTUS

The Epoch Times is a media organisation dedicated to seeking the truth through insightful and independent journalism.

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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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.)

Just as the Cultural Revolution wrought irreversible damage upon Chinese traditional culture, the counterculture movement caused a titanic upheaval in Western society. First, it normalized many subcultures that belonged to the lower fringes of society or were deviant variations of mainstream culture. Sexual liberation, drugs, and rock-and-roll rapidly eroded the moral values of the youth and turned them into a dormant corrosive force that was against God, against tradition, and against society.

Second, the counterculture movement set a precedent for chaotic activism and fostered a wide range of antisocial and anti-American ways of thinking, setting the stage for the street revolution that would follow.

Third, after the youth of the 1960s ended their activist lifestyle, they entered universities and research institutes, completed their master's degrees and doctorates, and entered the mainstream of American society. They brought the Marxist worldview and its values into education, media, politics, and business, furthering a nonviolent revolution across the country.

Since the 1980s, the left has largely taken over and established strongholds in the mainstream media, academia, and Hollywood. The presidency of Ronald Reagan briefly reversed this trend, only for it to restart in the 1990s and reach a peak in recent years.

5. The Antiwar and Civil Rights Movements

In George Orwell's "Nineteen Eighty-Four," one of the four main Oceanian ministries is the Ministry of Peace, which oversees the Party's military affairs. The inverted meaning of its name actually carries profound meaning: When one's strength is inferior to that of the enemy, the best strategy is to proclaim one's desire for peace. Extending an olive branch is the best way to hide imminent war. The Soviet Union and other communist countries were and continue to be adept practitioners of this strategy, which is employed to infiltrate the West.

The World Peace Council was formed in 1948. Its first chairperson was French physicist Frédéric Joliot-Curie, a member of the French Communist Party. World War II had just ended, and the United States was still the only country to have produced and tested the atomic bomb.

Having suffered huge losses in the war, the Soviet Union aggressively promoted world peace as a stratagem to stave off pressure from the West. The World Peace Council was directly controlled by the Soviet Peace Commission, an organization affiliated with the Soviet Communist Party. It ran a worldwide narrative proclaiming the Soviet Union to be a peace-loving country and condemning the United States as a hegemonic warmonger.

High-ranking Soviet official and ideological leader Mikhail Suslov promoted a "struggle for peace" that became a fixture of Soviet rhetoric.

"The present anti-war movement testifies to the will and readiness of the broadest masses of the people to safeguard peace and to prevent the aggressors from plunging mankind into the abyss of another slaughter," Suslov wrote in a 1950 propaganda tract. "The task now is to turn this will of the masses into active, concrete actions aimed at foiling the plans and measures of the Anglo-American instigators of war."

The Soviet Union sponsored a multitude of organizations and groups such as the World Federation of Trade Unions, World Youth Association, International Women's Federation, International Federation of Journalists, World Democratic Youth Alliance, World Association of Scientists, and the like to support the claims of the World Peace Council. "World peace" became one of the frontlines in the communist publicopinion war against the free world.

Vladimir Bukovsky, a prominent Soviet dissident, wrote in 1982: "Members of the

older generation can still remember the marches, the rallies, and the petitions of the 1950's. ... It is hardly a secret now that the whole campaign was organized, conducted, and financed from Moscow, through the so-called Peace Fund and the Soviet-dominated World Peace Council."

Communist Party USA General Secretary Gus Hall said, "There is a need to expand the fight for peace, escalate it, involve more people, and make it the hot topic in every community, every people's group, every trade union, every church, every family, every street, and every site where people gather."

The specter of communism takes advantage of the ideological trends and social conflicts in Western countries. It sows discord, incites hatred, and creates violence while deceiving and manipulating masses of people who initially harbored no ill intent.

The Soviets pushed the "struggle for peace" movement in three waves during the course of the Cold War, with the first being in the 1950s. The second climax was the anti-war movement of the 1960s and 1970s. According to the testimony of Stanislav Lunev, a former officer of the Soviet GRU (military intelligence) who defected from Russia to the United States in 1992, the amount of money the Soviet Union spent on anti-war propaganda in Western countries was double its military and economic support to North Vietnam. He said that "the GRU and KGB financed almost all anti-war movements and groups in the United States and other countries."

Ronald Radosh, a former Marxist and activist during the anti-Vietnam war movement, admitted that "our intention was never so much to end the war as to use anti-war sentiment to create a new revolutionary socialist movement at home."

The third major anti-war movement took place during the early 1980s when the United States deployed intermediaterange nuclear missiles in Europe. Anti-war protesters demanded that both the Soviet Union and the United States limit their nuclear arsenals, but the Soviet Union never abided by any international treaties.

A study conducted by the U.S. Senate Judiciary Committee in 1955 found that in the 38 years since the founding of the Soviet regime, it had signed nearly 1,000 bilateral or multilateral treaties with various countries around the world, but breached nearly all the promises and agreements it made. The authors of the study noted that the Soviet Union was probably the least

trustworthy of all major nations in history.
Researcher Trevor Loudon said that during the 1980s, New Zealand's anti-nuclear movement was covertly sponsored by the Soviet Union using trained special agents.
As a result, New Zealand withdrew from the Australia, New Zealand, United States Security Treaty (also known as the ANZUS Treaty), directly exposing this small country with a population of less than 4 million people to the threat of communism.

After the 9/11 attacks, there was a series of large-scale anti-war demonstrations and protests in the United States. Behind these demonstrations were organizations closely related to communists.

Even the highly acclaimed American civil rights movement was influenced by the specter of communism. Comparing the communist revolutions in China, Cuba, and Algeria, the American thinker G. Edward Griffin discovered that the civil rights movement in the United States followed the same general pattern. In the first stage, people were divided into different

and mutually conflicting groups. In the second stage, a united front was established to create an illusion of universal support and move against the opposition in the third stage. The fourth stage was to incite violence. The fifth stage was to launch a coup and seize power under the guise of revolution.

Starting from the late 1920s, the communist Workers Party discovered the great potential for revolution among black Americans. They called for the establishment of a Soviet "Negro Republic" in the middle of the South, which was home to many blacks. A communist propaganda handbook published in 1934, "The Negroes in a Soviet America," proposed a combined racial revolution in the South with the overall proletarian revolution.

The civil rights movements in the United States in the 1960s received support from the Soviet and Chinese communist parties. When Leonard Patterson, a black man and former member of the Communist Party USA who received training in Moscow, withdrew from the CPUSA, he testified that those leading the insurrection and rioting among American blacks enjoyed the Party's strong support. Both he and CPUSA General Secretary Gus Hall had been to Moscow to receive training.

The intensification of the civil rights movement also coincided with the CCP's campaign to export revolution. In 1965, the CCP put forward the slogan of "international revolution," calling upon the "broad countryside" of Asia, Africa, and Latin America to surround the "international cities" of Western Europe and North America, just as the CCP had first taken over the countryside, then defeated the Kuomintang in the cities during the Chinese Civil War.

The most violent organizations in the black people's rights movement, such as the Revolutionary Action Movement and the Maoist Black Panther Party, were all supported or directly influenced by the CCP. The Revolutionary Action Movement advocated violent revolution and was considered a dangerous extremist organization by the mainstream society. It was disbanded in 1969.

From its form to its teachings, the Black Panther Party looked up to the CCP as its role model, with slogans such as "political power grows out of the barrel of a gun" and "all power belongs to the people."

"Quotations from Chairman Mao Zedong" (the Little Red Book) was a mustread for all members. Like the CCP, the Black Panthers advocated violent revolution. One of the party's leaders, Eldridge Cleaver, predicted in 1968 a wave of terror, violence, and guerrilla warfare. At many black gatherings, participants waved the Little Red Book. The sea of red bore a striking resemblance to scenes found in China around the same time.

Although many of the appeals of the civil rights movement have been accepted by mainstream society, the radical black revolutionary ideology has not disappeared. It has recently resurfaced as the Black Lives Matter movement.

People all around the world wish for peace, and pacifism is an ancient ideal. In the 20th century, people of great vision and compassion dedicated their efforts to reducing misunderstanding and conflict among nations. Due to historical circumstances, racial discrimination does exist in the United States and other Western countries. People try to eliminate racial discrimination through education, media, and protests, all of which is understandable.

But the specter of communism takes advantage of the ideological trends and social conflicts in Western countries. It sows discord, incites hatred, and creates violence while deceiving and manipulating masses of people who initially harbored no ill intent.

See next week's edition for the next installment.

A10 | OPINION

AMERICAN THOUGHT LEADERS

Climate Change Narrative Driven by Agenda of Political Control: Myron Ebell

CONTINUED FROM A8

MR. JEKIELEK: So this is fascinating what you're saying, but it seems to stand in the face of a lot of what we're hearing. For example, some of the more extreme things—we have 12 years left to turn things around. You're saying there's nothing to turn around. There's a lot of room between there's nothing to turn around and we have 12 years or it's over.

MR. EBELL: There's a lot of room in the debate between the two camps—what I would call the climate-industrial complex and the climate realist camp. But there isn't much middle ground to fight over in the policy arena because if you buy that global warming is a crisis and it presents all of these imminent threats, then you really have to sign onto the agenda that we have to turn the world's economy upside-down.

Some people on our side seem to think, well, we can do a little bit to show that we care. But it won't actually have any impact on global emissions. This debate has been going on since the late 1980s and, yet, greenhouse gas emissions have gone up steadily. So far all of the policies, the kind of halfway policies that have been adopted both nationally and internationally with the U.N. treaties, haven't done anything to slow the increase in greenhouse gas emissions. So if you believe it's a crisis, the policies that we've had so far have done nothing to address the issue. And, in fact, I really don't believe that the people pushing these policies actually believe in it—that global warming is a crisis. Because if they did, they wouldn't have been pushing the policies that we've seen for the past 25 or 30 years.

MR. JEKIELEK: It's a fascinating thing to say. So how are the policies that these folks, as you say, have been pushing versus the policies that would actually have an impact? MR. EBELL: We have international treaties starting with the U.N. Framework Convention on Climate Change in 1992, signed at the Rio Earth Summit, the Kyoto Protocol in '97. There were various attempts in the early- to mid-2000s to do something. And then, finally, in 2015, the Paris climate treaty, which is protocol to the underlying framework convention. So all of these treaties say that each country will adopt policies to reduce their emissions. So what have countries done? They've said, instead of using coal, oil, and natural gas, we'll start using windmills and solar panels.

If global warming really is a crisis, this can't possibly be the way to solve it. Windmills and solar panels are very limited technologies. They can provide only a very small part of the energy the world needs. But the people who are behind this push and who promote windmills and solar panels as the solution, well, what's in it? There's a huge redistribution of wealth to the

So far all of the policies, the kind of halfway policies that have been adopted both nationally and internationally with the U.N. treaties, haven't done anything to slow the increase in greenhouse gas emissions.

Myron Ebell, director of global warming and international environmental policy, Competitive Enterprise Institute



people who provide wind and solar power. Nobody would adopt these technologies without massive government subsidies and government mandates. In this country, for example, there's a tax subsidy provided by Congress to anybody who builds a wind farm or a solar farm. And most of the states have mandates for turning part of the electric grid over to wind and solar power.

So a lot of this, of what's been done so far, I would just call a racket. It has nothing to do with reducing emissions. It has to do with enriching people and companies who provided technology that's commercially unviable. So if global warming really is a problem, this can't possibly be the way to solve it. These technologies are a dead end. They're very expensive, and they provide very little power.

On the other hand, if it really is a crisis, we do have one available technology that could power the world, and that's called nuclear power. And yet you'll see that many of the promoters of the climate-industrial complex and of global warming alarmism say, "Oh, no, no, it's the worst crisis we've ever faced, but we can't solve it with the one thing that would solve it, namely nuclear power." So I really don't think that large parts of the global warming establishment are really very serious. I think it's a racket.

MR. JEKIELEK: Okay. This is fascinating, obviously, because let's assume exactly what you're saying is true, right? We have—MR. EBELL: Well, it is true. So it's an easy assumption.

MR. JEKIELEK: Hundreds of millions of people are being taught that there is a crisis around the world, especially in Western countries—in the U.S. and Canada—certainly all throughout Western Europe, [and] believing it. I was certainly taught that throughout my schooling many moons ago. And this is purely to support this climate complex that you described?

MR. EBELL: Well, the climate—industrial complex involves a lot more than wind

beneficiaries and solar beneficiaries. There are political beneficiaries; this is about political control. It creates a huge amount of a necessity for larger government, institutions, more people working for government, and more control over people in the choices they make about how they live their lives, namely, what kind of energy they use and how much energy they use. So there's a political dimension to it.

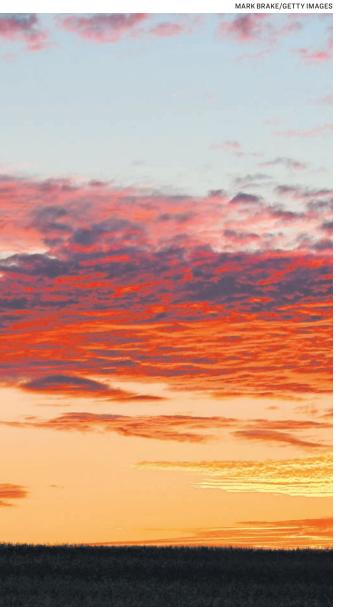
And then there's also the scientific and academic angle, that universities, we have an ideal about them, the various disciplines and everyone cooperating together to educate people and to do research. But, in fact, a lot of the university system now is a bunch of programs and labs that are primarily funded by the government. And in every country in the Western world, in particular, look in the United States, most of the university research funding comes from the federal government.

Well, if global warming is the issue that the government is interested in, then universities are very happy to provide whatever you want. And so we now have programs in not only just basic research in the climate, but all kinds of social science, programs for how to convince people that global warming is a crisis. We could go through a long list of things. Most of it's rubbish, I would say. And yet, there's a huge amount of funding there, and there's a huge amount of academic advancement for the people who say the right things and provide the right results. So there's a lot to the climate-industrial complex, besides the profit motive. There's also the political power, and there's also the academic growth and advancement.

MR.JEKIELEK: So let's look at the Paris climate change accord for a moment. The U.S. withdrew recently; I know that you were an avid proponent of withdrawal. One of the issues is that, for a lot of the countries that have signed on to this, it doesn't look like they're actually keeping or moving in the direction of actually keeping their promises.

MR.EBELL: Well, of course, the promises









(Left) Sunsets on a wind turbine on the way to Tesla Powerpack Launch Event at Hornsdale Wind Farm on Sept. 29, 2017 in Adelaide, Australia. (Top R) Villagers near a newly built state-owned coal-fired power plant

state-owned coal-fired power plant in Liuzhi County, Guizhou Province, China, on Feb. 7, 2017. (Bottom R) A laborer next to a cooling pit at an unauthorized high-pol-

ing pit at an unauthorized high-polluting steel factory in Inner Mongolia, China, on Nov. 4, 2016.

were across a broad spectrum. So the United States, under the Obama administration, and the European Union and several other countries like Canada undertook very significant cuts in greenhouse gas emissions that they promised to make in the next 15 to 20 years. China, for example, promised that their emissions would keep going up, but they would peak by 2030, so they don't have to do anything. India made a very realistic promise. India said that if the world cares about greenhouse gas emissions and thinks that global warming a problem, we will be happy to do our part.

However, India [said] we are a very poor country, and we are just starting to electrify the country. Most people do not have access to regular electricity, and most people don't have air conditioning even though India is a very hot country. So we will be happy to cut our emissions, but it's going to be very expensive to replace coal-fired power plants with ... alternatives. So we'll do it if we're paid to do it. That is, if the Western world pays India, they will be happy to make these changes, but they're not going to sacrifice their own economic future and the well-being of their people. And there are now more than 1 billion people in India. They're not going to sacrifice their people for a Western cause.

MR. JEKIELEK: OK. Isn't China producing something like a quarter of the global emissions? I can't remember what the number is, but it's something quite

MR. EBELL: Yes. And, of course, China has the world's largest population. So we would expect that since they've been in this economic growth mode for the last generation, that their emissions would go up. But they've gone up dramatically—much faster than the predictions by the energy gurus at OECD and the Department of Energy here that predict the future. So China's emissions are now over 25 percent.

That means that they are larger than the United States and the European Union combined. And they're still going up, whereas ours and Europe's are flat. So I believe that within 10 years, China's emissions will be larger than the United States, the European Union plus Russia and Japan and Canada and Australia. So if you think that there's a problem, the only way to solve it is if China decides to do something about it.

MR. JEKIELEK: So this is exactly what I was thinking about, because at The Epoch Times, China is definitely one of the areas that we focus on. We're very interested in the topic. And there's plentiful, abundant, daily evidence that even if China were to promise to change or reduce, under the current regime that governs it, it's unlikely to happen. They're not known for keeping promises. My big question is in a situation where Chinese emissions were to grow dramatically–let's say I believe the folks on the climate-industrial complex as you call it-yet China keeps growing in this area and it seems like they intend to. Would it make any difference for the Western countries to implement

these reductions as in the Paris climate change accord, while China overtakes [us] economically, and then decides to implement its system on the rest of the world?

So I believe that within 10 years, China's emissions will be larger than the United States, the European Union plus Russia and Japan and Canada and Australia.

Myron Ebell, director of global warming and international environmental policy, Competitive Enterprise Institute

MR. EBELL: It would make very little difference, even if the United States' emissions were cut to zero, which would mean replacing 80 percent of our energy mix, which we get from coal, oil, and natural gas. It would make very little difference because Chinese emissions are growing so rapidly. And there is strong evidence to support what you said, that you can't really believe what they say. We've got this other international environmental treaty called the Montreal Protocol, which is to supposedly save the world from the hole in the ozone layer. And that meant that one class of refrigerants, which are used in refrigerating and air conditioning, was replaced by another class. Well, there's a lot of evidence, using satellite data, that China is still producing the class of refrigerants that were supposedly outlawed and banned by the Montreal Protocol.

Now there's a new stage to the Montreal Protocol, which was signed a couple of years ago in Kigali, Rwanda. It's called the Kigali Amendment. And this now would replace the new class of refrigerants with yet a third class of refrigerants. Why is that? Because the second class of refrigerants, the ones that were the replacements—

MR. JEKIELEK: The original CFCs? MR. EBELL: Yes, they're called HFCs. CFCs were the original ones. And then they were replaced by HFCs. Well, HFCs don't hurt the ozone layer, but they are greenhouse gases, and, therefore, they contribute to global warming. And so we're now banning HFCs and replacing them with another class of refrigerants. Some of them are called HFOs. And, just coincidentally, there are two companies in America that have the patents on this new class of refrigerants. And, of course, they're much more expensive than HFCs. So there are two companies in the United States that are really pushing for banning HFCs so that their patents become very valuable. And in fact, the first factories that they set up to produce these new refrigerants were in China. But they're selling it as something that will benefit America, because two American companies hold the patents. But in fact, they're international companies, and they're going to produce, they're going to build their factories wherever it makes the most sense. So

I don't know that it really—it's being sold to the Trump administration as something that fits in with the Trump agenda. But I think it's actually a scam.

MR. JEKIELEK: Oh, fascinating. So is there actually a visible ozone hole over China? I remember reading something about this recently.

MR. EBELL: Well, the ozone hole was supposed to come really at the poles. And there is a thinning in the ozone layer every winter over the poles, and that's because of the temperature. It's a long story, but it's not clear that there was ever a crisis that the Montreal protocol was addressing. There may have been a potential problem.

MR. JEKIELEK: Right. But these CFC detectors are picking up China basically not living up to its treaty obligations?

MR. EBELL: Yes. Under the Montreal Protocol. So if they don't do that with these chemicals that we use for refrigeration, why would we believe that they'll do it for something much more important, namely, where we get our energy from? China gets its energy from coal, oil, and natural gas just like we do.

MR. JEKIELEK: And it's just this, forgive me, this whole thing sounds very bizarre to me, because you're saying basically that they really haven't made any commitments anyway, under the Paris climate change accord. The plan is to grow those emissions irrespective, and even if the U.S. were to cut theirs to zero, it still won't impact the global situation. So—

MR. EBELL: That's right.

MR. JEKIELEK: None of these policies are even going to work. Let's say we implemented the Green New Deal here in America and, as you said, turn the economy upside down. The net impact on global climate change—if we were to believe that it's going to be catastrophic—would happen anyway.

MR. EBELL: Yes, that's right.

MR. JEKIELEK: This is obviously a highly, highly politicized issue. What do you make of the Green New Deal being a centerpiece right now or something similar being the centerpiece of many presidential candidates from what I can tell. I just did a cursory search recently.

MR. EBELL: So I think there's six Democrats in the Senate who are running for president, and all of them are sponsoring the Green New Deal resolution. And then, there are some other candidates who aren't in the Senate who are also supporting it. So, yes, it's a big deal in the Democratic Party.

Well, it's preposterous. The people behind the Green New Deal seem to have no idea of where stuff comes from. The fact is that our energy system, there are hundreds of billions of dollars invested in it, in capital stock. And you can't just change that capital stock in 10 years. You can't even change it in 20 or 30 years.

And so, we have people like Representative Ocasio-Cortez who is a very, I think, well-meaning, but somewhat

naive, freshman member of Congress who's driving the debate. She seems to have no idea what you have to dig up in order to build several million windmills and tens of millions of solar panels. The amount of heavy metals and of cement that you have to produce to build all of these things—it's just colossal.

Now, even if they did it, it wouldn't work because the grid can't operate 100 percent on sources of power that are intermittent and variable and unpredictable. But let's assume that it would work. There's just no way to dig up all that stuff. It takes more than 500 tons of concrete for one base of one windmill, and we're going to need to build millions of windmills. I mean there aren't enough really good places in the United States that are really windy to put all these windmills. There aren't enough sunny places, outside of the Southwest, to put all the solar panels.

There's a proposed solar farm in Virginia, a very large one. Well, Virginia is not sunny. It's cloudy most of the year, so it's going to be a very unproductive place to have a solar farm. So, there's a certain disconnect between the proponents of the Green New Deal and the material realities. And I think you see this in the global warming debate in general. The debate is one in which what I would call the bi-coastal urban elite-people who live in New York and Washington and Seattle and San Francisco. Those people–like me, I live here in Washington-we mostly go from an air-conditioned house or heated car to an air-conditioned or heated office building. And we sit in front of a screen all day, manipulating information. The bi-coastal urban elite is, I believe, much more susceptible to the kind of propaganda that is put out by the global warming alarmists and are much more willing to believe it than people who actually live out in the weather–people in the heartland states who dig up stuff, make stuff, and grow stuff for a living.

And I think you see this in the polling. And I think the Democratic candidates see it, too, because the Democratic base is urban and it's bi-coastal. And they want to get the nomination, and so they're going to appeal to that base. But I think regular working Americans who are out in the weather don't buy the global warming religion, and they're very skeptical of the claims that it's a crisis. And they also know a lot more about where our energy comes from and what it takes to produce it.

So they don't see a crisis, but they do see the costs of higher electric rates and higher gasoline prices that would result if these policies are implemented. And that's why the polling shows that when Americans—and this is true of Europeans, too—are asked to rate a whole bunch of issues of concern, the economy, health care, all the political issues, global warming always comes near the bottom of the list.

This interview has been edited for clarity and brevity

ity and brevity.

American Thought Leaders is a new Epoch Times show available on Facebook and YouTube.

A12 | OPINION JULY 11-17, 2019 THE EPOCH TIMES

Companies Champion Social Causes, Except on China Matters

FAN YU

Commentary

U.S. sports apparel giant Nike Inc. cancelled a line of limited-edition sneakers in China after the shoe's Japanese designer voiced his support for recent Hong Kong protests.

Jun Takahashi, the designer behind Japanese streetwear brand Undercover, had posted photos of Hong Kong protesters with the slogan "no extradition to China" onto Undercover's Instagram account.

Nike last month pulled the release of Takahashi's sneakers from Chinese distributors-citing "feedback from Chinese consumers"—and removed all products developed in collaboration with Undercover. Despite Nike's assertions that it received feedback from "consumers," it's almost certain that the feedback came from the Chinese Communist Party (CCP), which has vehemently lashed out against Hong Kong residents for protesting against a proposed extradition bill that would allow any country, including mainland China, to seek extradition of criminal suspects.

Viewed in a vacuum, it's easy to label Nike as a ruthless competitor focused on profits at all costs.

But wait—Nike actually fashions itself as a socially conscious brand with a track record of corporate social responsibility.

Former NFL football star Colin Kaepernick is a Nike ambassador. In fact, Nike last week pulled certain limitededition sneakers featuring the Betsy Ross U.S. flag due to concerns that the Revolutionary-era flag design, according to Kaepernick, could be "co-opted by groups espousing racist ideologies," according to a New York Times report.

While the Betsy Ross flag isn't on the list of "hate symbols" recognized by the Anti-Defamation League, Nike still thought it prudent to pull the sneaker line due to concerns raised by Kaepernick.



A Nike Ad featuring American football quarterback Colin Kaepernick is on diplay in New York City Sept. 8, 2018.

What does Nike's roster of elite athletes and brand ambassadors think of a company that holds its ethos of "social responsibility" so cheaply?

In a 2018 advertising campaign, Nike and Kaepernick—an antiracism symbol—said, "Believe in something. Even if it means sacrificing everything."

But unfortunately, Nike's earlier decision in Asia to not stand behind Takahashi–and by extension, to not stand behind those people in Hong Kong fighting against what they perceive as overreach by a tyrannical and authoritarian regime–presents starkly against everything it stood for.

Put simply, the decision invalidates Nike's efforts to market itself as a champion of social causes.

How can Nike call itself a "champion of social causes," while at the same time implicitly support a CCP regime that brutally persecutes religious adherents, betrays its "one country, two systems" promise with Hong Kong,

engages in militarization of the South China Sea, blatantly steals intellectual property from foreign countries and companies, and manipulates its currency against international norms?

What does Mr. Kaepernick think of that? And what does Nike's roster of elite athletes and brand ambassadors think of a company that holds its ethos of "social responsibility" so cheaply?

In fairness, Nike certainly does not want to support tyrannical regimes. Such decisions are probably hotly contested within its boardrooms. And the unfortunate truth is, it's much easier on the company's bottom line to support some social causes than others.

Openly contesting the CCP would certainly be risky. Nike is one of a few companies whose China sales have been thriving even during the trade war. While sales growth was lackluster globally, China sales increased almost 20 percent, to \$1.6 billion, during the last quarter of 2018. This was during a period when other foreign companies such as General Motors and Apple saw their sales flounder.

The CCP is a bully–politically, economically, and technologically. Recently, reports surfaced that Beijing has been forcibly installing apps and malware which collect confidential data onto consumer smartphones during routine security checks, even for those not suspected of any wrongdoing.

Yet transgressions by the CCP are increasing, and they are becoming increasingly scrutinized on the global stage. We are reaching an inflection point where companies must declare where they stand.

Western companies have long privately protested the actions of the CCP, but are publicly afraid. Today, corporate social responsibility is an increasingly important and unavoidable part of companies' mission statements. And perhaps not coincidentally, President Donald Trump's trade war has Beijing and the Chinese economy on its heels.

Individually, Western companies appear powerless or vulnerable against a regime that controls the world's most populous nation and No. 2 economy. But together, and with the support of the U.S. administration, like-minded Western companies may have more recourse today than ever before.

At this critical juncture, businesses need to reassess their priorities and balance profit-making for shareholders with a duty towards their corporate and social missions.

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 B9





HOME HEALTH

Ditch Your Dryer Sheets

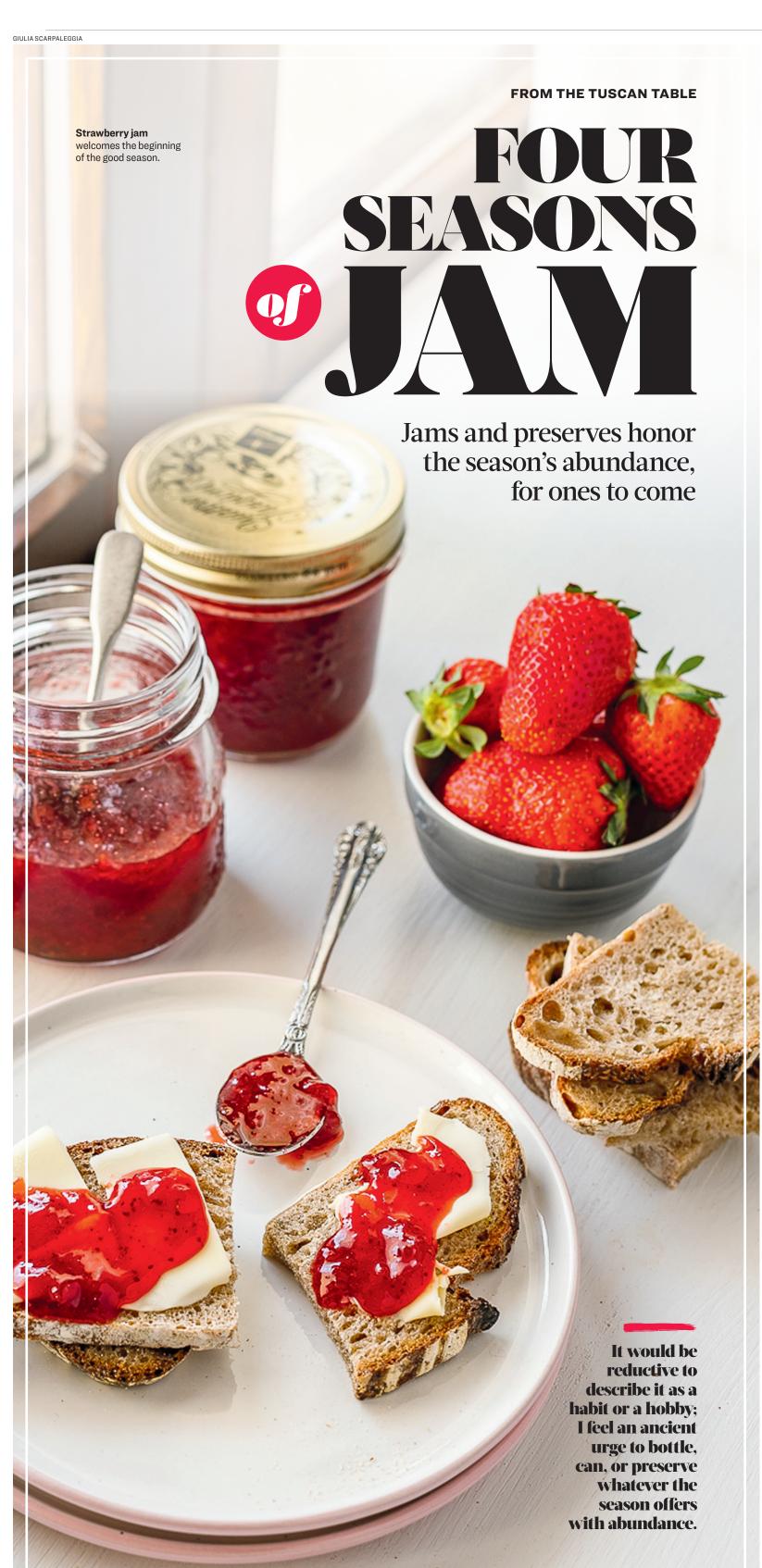
Soft and fragrant clothes come with dangerous side-effects, warn researchers.

See B10

JULY 11-17, 2019

LIFE

THE EPOCH TIMES



GIULIA SCARPALEGGIA

rowing up, the pantry was always my favorite room in the house.
Every time I went to grab a jar of jam or a bottle of tomato sauce, my eyes would fondly pass over the collection of jars neatly aligned on the shelves, glistening in the dark, each labeled with my mum's quick handwriting.

The pantry gave me a sense of safety and protection. It meant lazy breakfasts with homemade jam and toasted bread, improvised summer lunches revolving around a big shared bowl of pasta al pomodoro, and Friday night pizzas with my family and a movie. It was a reminder that there was someone—my mum, in this case—always stocking the pantry with food, love, and memories of seasons past.

Mum's Pantry

My mum would store in her pantry all the tomato preserves she had made during summer: the pelati, peeled tomatoes bottled with a single basil leaf; the passata, the simplest tomato puree made for pizza and as a starting point for pasta sauces; and the pomarola, a darker, flavorful tomato sauce enriched with carrots, celery, onion, and parsley. This would only need a knob of butter to dress a bowl of spaghetti or penne.

The tomato preserves would cover a whole shelf. Then, there were all the summer jams. Mum would start with the first apricots at the beginning of the good season, producing a few jars in a bright orange hue. Then would come the time of plums: a ruby red jam, slightly sour, and my favorite for crostata, the Italian equivalent of a pie, a shell of shortcrust and a filling of jam.

Blackberry jam was the p my mum took the most pride in, as this meant waking up at dawn to venture down our country road to the edges of the woods, where the blackberries grow protected by the shade of tall trees, not far from a stream. There, she would pick the berries one by one, fighting against brambles, bees, and horseflies. She would come back home in the midmorning, her arms scratched by thorns, and immediately make her famous jam in a big pot sputtering on the stove. It's a thick, velvety jam, almost black with bluish hues, my favorite on buttered slices of bread for breakfast.

Grandma's Habits

My grandmother brought the pantry-hoarding habit to an even higher level, influenced by her whole life spent in the countryside and by her teenage years lived during the Second World War, when a well-stocked pantry was not only a matter of pride but a way to survive.

At the end of summer, her family would make tomato paste. They had a dedicated row of tomato plants that they would scarcely water, so as to harvest tomatoes with a dense pulp and a concentrated flavor. They would spread the salty tomato paste in large trays to dry in the late summer sun, then scrape it into jars, cover it with olive oil, and stack the jars in the pantry to use for soups, sauces, and stews.

In September, she would make a harvest jam with grapes, apples, and figs: seasonal, decisively sweet, a reserve of energy for the upcoming winter.

And in the winter, she would cure and dry black olives, those left after the November harvest, forgotten on the olive trees, hidden by leaves or

high on tall branches.

Both my mum and my grandma influenced my love for preserving. It would be reductive to describe it as a habit or a hobby; I feel an ancient urge to bottle, can, or preserve whatever the season offers with abundance. It's my personal way to celebrate the passing of seasons: a hymn to seasonality, a respectful homage to the humble produce.

Continued on **B2**

JULY 11-17, 2019 THE EPOCH TIMES

FROM THE TUSCAN TABLE

FOUR SEASONS JAMES JA

Jams and preserves honor the season's abundance, for ones to come

Continued from **B1**

Winter

In winter, I begin the new year by making a few batches of mixed citrus marmalade, changing every time the ratio of lemons, oranges, citrons, blood oranges, bergamots, and bitter oranges I use. Each year, my marmalade has a different taste, a distinctive vintage flavor. Slicing the thick, spongy citrus peels is my favorite kitchen meditation.

I also collect the peels to candy, taking pride in the shimmering pots aligned in my pantry: crescents of translucent peel suspended in thick, amber-colored syrup, ready for my Christmas cake production.

Spring

Spring is a more challenging season for preserving, though I make sure to save a couple of days to prepare carciofini sottolio: tiny artichoke hearts first blanched in white wine and vinegar and then preserved in good olive oil with black peppercorns and garlic cloves. They make the ideal nibble for a summer aperitivo.

When the countryside is verdant and the hedgerows come back to life after the cold season, I incessantly peruse the fields to spot the first elderflowers—my yearly batch of flowery syrup and cordial is about to happen

Summer

As soon as summer comes, my hands itch to work in the kitchen. There is an abundance of ripe fruit to preserve and turn into thick glossy jams, and basketfuls of sun-ripened tomatoes from our vegetable garden demanding to be peeled, pureed, and bottled.

Summer vegetables offer countless possibilities to those who love preserving—and who are not scared of some work by the stovetop on a sweltering summer day. I stoically grill eggplants and zucchini on a scorching hot cast iron pan and preserve them in my best extra virgin olive oil; or blanch vegetables in vinegar, from carrots to peppers, from fresh onions to green beans, to make a giardiniera: a colorful seasonal collection of pickled vegetables.

It was a reminder that there was someone—my mum, in this casealways stocking the pantry with food, love, and memories of seasons past. Summer is an exciting season for berries, too. Blackberries are the most common fruit in my neck of the woods, the jewel-like berries studding the hedgerows and calling for late afternoon walks, dark-stained fingers, and tinted lips. Raspberries and blueberries grow in the Appennini mountains, making the idea of a jam a perfectly good reason to plan a weekend of hiking and berry picking.

Autumn

Autumn is a season for reflecting. I open my seasonal canning venture with my grandma's harvest jam, moving soon after to wild apple compote and pumpkin jam. If I'm so lucky as to find good local mushrooms, I save some of their stalks to dry for future pasta sauces and risotto.

My last endeavor of the season is to browse through the olive tree branches to pick forgotten olives, as my grandma did. Their curing involves time, patience, and plenty of coarse salt.

Giulia Scarpaleggia is a Tuscanborn and -bred food writer, food photographer, and author of five cookbooks, including "From the Markets of Tuscany." Find her online at her blog, JulsKitchen.com







One of the first jams I make as soon as the good season knocks on my door, full of expectation and promises of abundance, is a strawberry jam.

I chose to keep the ingredient list as short as possible—strawberries, lemon juice for some tartness, and half a vanilla pod for a tantalizing aroma—as I have learned that easy jams are a crowd-pleasing treat.

Use it for breakfast slathered on toasted bread with good butter, smear it on scones and have it with Earl Grey tea, make a crostata, or simply enjoy its sweetness with a spoon, tasting the season and all the memories infused in this jam jar.

MAKES ABOUT 5 MEDIUM JARS

2 pounds ripe strawberries

Juice of 1 lemon

2 1/2 cups sugar 1/2 vanilla pod

Wash the strawberries and remove the stems and leaves. Dice them and gather into a pot. Add the juice of 1 lemon.

Put the strawberries on the stove, add the vanilla pod, split open, and simmer for about 10 minutes, or until the strawberries are soft enough to be mashed with a spoon. Simmer for another 5 minutes, until you have a thick puree.

Remove the pot from the heat, add the sugar, and stir until dissolved.

Bring the pot back on the stove and simmer for about 10 to 15 minutes. If you have a candy thermometer, the marmalade will be ready when it reaches 221 degrees F. It will still be very liquid, but will thicken once cooled down.

If you don't have a thermometer, you can also check whether the jam is ready or not with the saucer test. Pour a drop of jam onto a cold dish from the freezer. If it thickens and does not slip away when you tilt the saucer, the jam is ready to be poured into sterilized jars.

To sterilize the jars, you can boil them placed in a large pot and covered with water for about 20 minutes. Then turn off the heat and let the jars cool down completely before removing them.

They can be kept in the pantry for more than a year. Recipe by Giulia Scarpaleggia.

The author (R) picking blackberries with her mother.

ALL PHOTOS COURTESY OF GIULIA SCARPALEGGIA

POETRY

The

Tide Is Turning for the

Traditional poetry is making a comeback with the Society of Classical Poets

JEFF MINICK

o call World War I a catastrophe for the West is akin to describing a Burmese tiger as a pussycat. In addition to the Great War's 40 million dead, the conflict destroyed three empires, raised the banners of communism and fascism, marked the beginning of the decline of European hegemony around the world, and drastically altered the manners and mores of European society.

The "war to end all wars" also gave us modernism, a word designating certain modern ideas or qualities that held sway in cultural matters from the end of the war until the 1960s, when postmodernism entered the picture. Postmodernism celebrates the relativity of ideas and values, declaring there can be no such thing as universal truth, morality, reason, or even reality.

In art, dance, music, and poetry, these two movements wrought changes that remain with us today, particularly in regard to form. Sculpture and painting, for instance, moved toward the abstract, giving us painters like Jackson Pollock and sculptors like Henry Moore. Like these painters, poets abandoned form-rhyme and meter, the sonnet, and the villanelle-and gave themselves over to free verse.

In making such drastic shifts, these modernists and postmodernists lost much of their audience. Other factors had a hand in this demise-shifts in technology, for example, and the explosion of visual entertainment-but in most instances, the poets and artists must share the blame for appealing to a limited number of connoisseurs. In the 1960s, for example, the public preferred the storytelling illustrations of Norman Rockwell to the abstract expressionism of Mark Rothko, the colloquialism and formal style of Robert Frost to the modernism of William Carlos Williams.

The Tide Is Turning

Since the close of the 20th century, the tide of postmodernism has turned somewhat in art and poetry. In regard to painting, here is but one example: Based on a true story, the movie "Local Color" tells of a Russian painter mentoring a young American art student.

This film caused a ruckus in the art world for its defense of representational painting. Employing what might euphemistically be called colorful language, the painter Nikolai Serov is an ardent proponent of artistic form who despises abstractionism and postmodernism.

In poetry, too, a shift back toward tradition and form is taking place. Here in The Epoch Times, we have looked at William Baer and his fine collection of verse, "Formal Salutations," which contains all manner of forms, rhythms, and rhyme. Baer's work is particularly important for his portrayal of gritty characters, men and women who have seen better days, and for his love poems, one of which, "The Swimming Pool Float," will remain with me to the end of my days.

But one poet does not a movement make. Time now to visit The Society of Classical Poets (classicalpoets.org).

Here is the mission statement of those who founded the Society:

The Society's mission is to preserve humankind's artistic

traditions; to reestablish poetry as one of the most widely appreciated forms of literature, communication, and entertainment; to increase appreciation of centuries of rhyming or metered poetry; to support poets who apply classical techniques in modern poetry through publication and performance opportunities and awards; and to aid in language arts education that imbues high moral fiber and good

When we visit this website, we find that the men and women at the Society deliver the goods as promised. There are different contests and challenges, such as "write a square poem," "compose a poem containing a line from Shakespeare," and the Friends of the Falun Gong Poetry Contest.

tive site are essays on poetry and

regarding upcoming symposiums and events, invitations to poets to submit their work, resources for high school students, and articles and books on how to write poetry.

Best of all, of course, are the poems themselves.

In addition to poems about such topics as love, family, and nature, here we find sonnets about World War I, poems about the Notre Dame fire and the current state of Brexit, and verse by high school students like Victor Tyne and Wandi Zhu.

These poems appear daily at The Society of Classical Poets. Here, for example, posted on May 18, are the opening lines to T.M. Moore's "A Poem on Terrorism: Why Not?"

We shake our heads, and wonder, "Why?" aloud each time some speeding truck plows through a crowd, or grinning gunman gloats at blood and breath spilled and extinguished by his date with death; or when some faithless man, supposing life is little more than sex, discards his wife and children, showing not the least remorse; and when some jackboot beats a saint-or worsewe look the other way, or

Euterpe is making her appearance through the Society of Classical Poets. "Euterpe, Muse of Poetry," 1892, by Egide Godfried Guffens.

PUBLIC DOMAIN

maybe pray and shrug, not knowing what to do or say.

The rest of Moore's poem examines how we arrive at these "mindboggling sadnesses," and how and why we comply with those "who teach that life is meaningless."

In the opening lines of "Mother of Falun Gong," Gleb Zavlanov, age 19 when he composed these lines,

They said my mother would be back tomorrow,

They said her smile would still shine proudly here,

Her hand brush off the dreadful, bitter sorrow

That manifests itself within a

But twenty years had faded like wan mists

That glide and winnow on a

brackish lake And yet, her awful absence

still persists And strives and strains to

make my small heart break.

These and hundreds of other poems written in the centuries-old, classical style may be read on

Robert Frost once famously remarked that writing free verse is like playing tennis without a net.

The poets, editors, and staff at The Society of Classical Poets clearly and wholeheartedly agree with him.

Jeff Minick has four children and a growing platoon of grandchildren. For 20 years, he taught history, literature, and Latin to seminars of homeschooling students in Asheville, North Carolina. Today, he lives and writes in Front Royal, Virginia. See Jeff-Minick.com to follow his blog.



character.

Posted as well on this attracrelated matters, announcements





ELEVATE AND INSPIRE

Battling Depression by Running Through It

Woman who slipped into deep depression after several friends, family died ran her way to a better state

ANDREW THOMAS

linical depression, also known as major depressive disorder, can make even the most routine aspects of daily life unbearably difficult. A chemical imbalance in the brain and environmental factors, such as the loss of a loved one, can either cause or exacerbate the condition.

One woman who contended with both found the best way to deal with her depression was to run away from it.

Nita Sweeney suffered not one, but multiple tragic losses within the span of a single year. She had already been struggling with depression since 1994, but 2007 was hellacious.

First, her niece who had been ill with osteosarcoma, a bone cancer, passed away in February 2007. "It really threw me for a loop, just because it felt so wrong," Sweeney told The Epoch Times.

A Tragic Series of Events

The second blow came when Sweeney's husband's friend passed away from pancreatic cancer in May 2007. In August, the third wave came when Sweeney's father-in-law passed away. Then, in September, her niece's father passed away. To make matters worse, her niece's cat Theo also died.

October was a rough month as well, after her mother's ex-boyfriend passed away from lung cancer. Then, her mother's best friend died in November after sustaining a head injury. To end the year, Sweeney's mother died from surgical complications on Dec. 30, 2007.

Sweeney's depression quickly spiraled downward during and after 2007. She found herself having difficulty getting out of bed in the morning and showering. She also found herself overeating, irritable, and struggling to focus. Everyday tasks

became unbearable.

For instance, Sweeney had been attending graduate school to get her master's degree in creative writing and she noticed that the depression was affecting her work. She was trying to bind her thesis together, and became overwhelmed trying to put the pages in the binder.

"I just remember that moment of feeling everything is so hard. I just don't know if I can do this anymore," Sweeney recalled.

Running Therapy

In late 2009, Sweeney saw a friend's social media post about a program called "Couch to 5K" and how running had become fun for her. She saw the post, and realized that she was the same age as her friend and about the same size.

"It planted a seed in the back of my mind," Sweeney explained.

Once spring arrived and the days became warmer, Sweeney committed herself to start running. She put on old hiking shoes, sweatpants, and a sweatshirt. She thought that she couldn't do it by herself, so she decided to take her Labrador with her.

Sweeney walked out her front door, and realized she didn't want anyone to see her. She went down into a ravine, and ran 60-second sets with five-minute intervals. She ran three times a week, and increased the intensity of her workout over time.

Within a few weeks, she was running faster and faster. After about six months, she was running 5K races.

"I could sort of see my progress, and that, for me, helped. That was a little bit of a sense of achievement," Sweeney explained.

Runner's High

Now when Sweeney is running, she feels like she's



the running takes over.

Running gives Sweeney a sense of accomplishment and self-worth. Physically, she experiences what is called a "runner's high," where everything feels a bit lighter for her.

By Oct. 12, 2012, Sweeney was running her first marathon in Columbus, Ohio. At first, she was fearful that she wouldn't finish. But when she turned the last corner and saw the finish line, she took off.

"We turned that corner and it was just like somebody shot me full of adrenaline, and I started sprinting," Sweeney remembered.

In fact, she crossed the finish line and completely passed by her friends who were holding a "Go Nita" sign.

To date, Sweeney has run three full marathons, 26 half-marathons, and 60 shorter races. While Sweeney continues to battle depression, running has immensely helped her contend with if

Her book, entitled "Depression Hates a Moving Target: How Running with My Dog Brought Me Back from the Brink," recounts her experience battling depression, and how running has become an effective tool to contend with the condition.

Sweeney says she isn't stopping anytime soon, and was to run another half-marathon in Cleveland, on May 19.

"I always like to be training for a race. I like to have that thing in the future to work for."

Treating Dementia With Creative Expression

Creative art therapies can help people with dementia socialize and express their grief

JOANNA JAANISTE

People with dementia can flourish and show creativity in ways they, their caregivers, and loved ones never thought possible. Under the guidance of a trained therapist, creative arts therapies use painting, drama, dance, and music to help improve quality of life for people with dementia.

Around 50 million people worldwide have dementia and it's on the rise. The condition affects the brain and can result in memory loss and inability to carry out everyday activities, recognize faces, or remember words.

Every person with dementia has a different experience of the disease and their own life stories. This is where creative arts therapies come in.

What Are Creative Arts Therapies?

Each art therapy has its own way of engaging the imagination.

- Art therapy brings imagery and self-awareness to people, some of whom don't think they can make art. Participants work with paints and clay and have the opportunity to extend their world with color.
- Drama therapy uses performance, role play, and improvisation to recreate memories, encourage

Creative arts therapies can play an important role in reducing the overuse of drug interventions. problem-solving, and re-awaken social skills.Dance-movement therapy engages rhythm and body gesture, helping integrate the mind and spirit,

COURTESY OF SUF NIVAM

Nita Sweeney (L)

friend Julie DeBord

Columbus Marathon.

COURTESY OF MARATHONFOTO

running with her

during the 2012

and enabling nonverbal communication.
Music therapy can help ground anxious participants, allow tolerance for tension, and ease the expression of joy and sadness.

What Can These Therapies Do?

Coming together to play music or sing increases social interaction and communication. It also reduces the risk of social withdrawal, and can also help reduce depression.

Drama therapy can improve quality of life for people with dementia by awakening memories and helping patients "work through" troubling issues from their past. It helped one study participant, for example, let go of an obsessional memory of being emotionally abused by a teacher at the age of 9, even a year after the drama therapy ended.

Drama therapy can also help people with dementia to cope with grief, loss, and cognitive and physical decline.

In terms of visual arts, research shows participation in art therapy results in significant improvements in mood and cognition, which last long after the sessions have finished.

One such program in Western Australia encour-

ages indigenous Noongar elders to make dolls, sharing birthing stories from a time when birthing happened on reserves, in missions, or under the stars because mothers weren't allowed to give birth in a hospital in their part of the country.

Finally, dance-movement therapy stimulates many of the senses and exercises both the body and mind. An important role of these therapies is to help older people reflect on the final stages of life and express their grief about losing friends and loved ones.

Alternative to Medical Intervention

Hearings of the aged care Royal commission have begun to focus on how to improve the quality of life for older people with dementia and reducing the overuse of drug interventions. This is possible—and creative arts therapies can play an important role.

We still need further research with greater numbers of participants to continue to rigorously evaluate creative arts therapies. But so far, we know these therapies are a safe and holistic way to deliver a level of creativity and calm to people with dementia in aged care.

Joanna Jaaniste is a career development fellow at Western Sydney University in Australia. This article was first published on The Conversation.





Love Coffee or Beer? It's Not Your Taste Buds

Certain chemical compounds light up your brain, making those foods more appealing

KIMBERLY HOLLAND

ou sip piping hot black coffee, no sugar. Your cubicle neighbor pops open an ice-cold can of soda. You both sigh at the rush of caffeinated euphoria. It's time to start the day.

The drinks you're drawn to may have nothing to do with your taste buds, as much as you think you love the flavor of a hoppy IPA, the smokiness of a dark roast coffee, or the tonguetickling sweetness of a citrus soda.

No, according to researchers at Northwestern University in Chicago, your drink preferences may be the result of the "reward" you feel when you drink them.

A team of scientists with the Feinberg School of Medicine wanted to better understand taste genes and how they explain beverage preferences.

To do this, they asked more than 335,000 individuals in the U.K. Biobank—a pool of research participants who take part in studies that look at long–term effects of genes and the development of disease—to account for their drink consumption in 24-hour dietary recalls.

Drinks were divided into two categories: bitter beverages, which include grapefruit juice, coffee, tea, beer, liquor, and red wine; and sweet beverages, which include sugar-sweetened beverages, artificially sweetened beverages, and non-grapefruit juices.

The researchers then used those drink classifications to conduct a genome-wide association study with people who gravitate toward bitter beverages and with people who prefer sweet beverages.

To their surprise, the genome study results indicated beverage preferences had nothing to do with taste genes, which is what they originally expected to discover.

Instead, the study revealed that what you prefer to drink—bitter or sweet beverages—is related to the psychoactive properties those drinks deliver when you consume them.

In other words, you're drawn to certain beverages for the way they make you feel, not for the way they taste.

"The genetics underlying our preferences are related to the psychoactive components of these drinks," Marilyn Cornelis, assistant professor of preventive medicine at Northwestern University Feinberg School of Medicine, said in a statement. "People like the way coffee and alcohol make them feel. That's why they drink it. It's not the taste."

And if you don't like certain flavors, or if sipping on a stout feels more like punishment than reward, that may be because your brain doesn't interpret it as a treat.





People like the way coffee and alcohol make them feel. That's why they drink it. It's not the taste.

Marilyn Cornelis, assistant professor, Northwestern University Feinberg School of Medicine



"There are reward centers in the brain that light up when certain compounds or chemicals are taken into the body," Liz Weinandy, an outpatient dietitian at The Ohio State University Wexner Medical Center, told Healthline. "Some people are more responsive to these compounds than others. This is the psychoactive property a substance delivers to the body. In other words, substances in foods and other compounds like some drugs produce certain cognitive and mood changes in our bodies."

Weinandy continued, "For example, it makes sense that people like coffee for the edge and increased alertness it gives them. In sports, it can increase physical performance, and for most people, it can increase cognitive performance. Sugar can light up the reward area in the brain as well and give people a temporary 'feel good' sensation. This is why people start to crave certain substances and especially for sugar, why it is said to be habit forming."

The lead author, Victor Zhong, a postdoctoral fellow in preventive medicine at Northwestern, said this is the first genome-wide association study to look at beverage consumption based on taste perspective.

"It's also the most comprehensive genome-wide association study of beverage consumption to date," he said in a statement

Can You Use Preference to Change Your Diet?

This study, which was published in Human Molecular Genetics, opens up the possibility for new intervention strategies that may offer the ability to override what our DNA says in order to make healthier choices.

After all, sugary beverages are closely linked to many diseases and health conditions, including obesity and diabetes.

Alcohol intake is responsible for 1 in 20 deaths, or 3 million people, annually worldwide, according to the World Health Organization. It's also tied to a number of diseases and health issues.

"Absolutely we can use this information to better adjust foods and beverages in our diet to improve our health," Weinandy said. "We may want to think about certain foods and beverages as providing us with an edge but also be sure not to overuse them or misuse them."

For example, Weinandy says, caffeine in coffee can be a pick-me-up, a tool you can use to perform better on a particularly sluggish afternoon. But if you drink it too much, it loses its effect on the body, and if you doctor it up too much with flavorings or sweeteners, you may introduce new issues.

"What we need to be careful of is adding a lot of sugar to it, since we know sugar is generally not good for us from an excess calorie and inflammation standpoint," she said. "We also need to be aware that if we are drinking a lot of caffeine frequently, it can cause negative effects, such as interfering with sleep."

The Bottom Line

With this study, researchers have identified that beverage preferences come from a "reward" center in the brain, not the taste receptors. While you can't do anything to change your genes, you can do a great deal to counteract them.

Start by looking for alternative ways to "reward" yourself. When you'd reach for coffee or soda to get a buzz, opt for a physical activity that delivers a rush of adrenaline. Even just a brisk walk may be all that's needed.

And when you'd reach for alcohol to calm your nerves at the end of a long day, call on those same bitter receptors and delight them with a cup of hot decaffeinated tea.

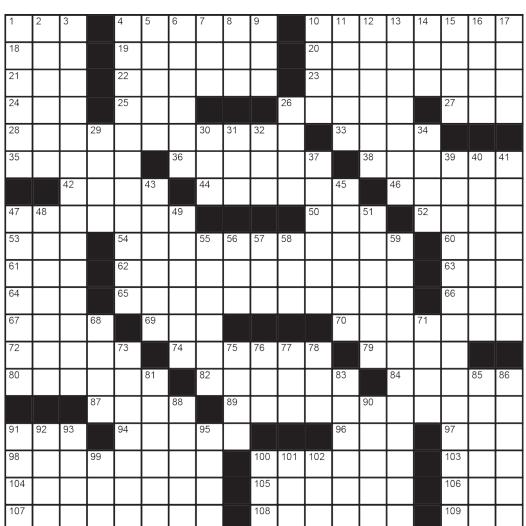
Kimberly Holland is a freelance journalist and editor. This article was originally published on Healthline.





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

CROSSWORD



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53. Malicious 54. Earthquake measuring tool 60. Sack

61. Like

62. Relations 63. Pivotal

64. Except 65. Boy's tales 66. "Before," in old poetry

67. The East 69. Understand 70. Chains of connected ideas or passages 72. Perspicacity

74. Teach 79. Trig. function 80. Trim

82. Earths 84. "Tracking" in auto alignments

87. Letter opener?

89. Group of islands 91. Pollinator extraordinaire

94. "I'm ___ boy!" (Pinocchio's line)

96. Envelope adhesive 97. Hangup 98. Superficial

100. "Wuthering Heights" Emily 103. Chinese "way"

104. Ball club V.I.P.'s 105. Entice 106. Football lineman

107. Alabama slammer

ingredient 108. Out

109. "Groundhog"

Down 1. Sour

2. Skip 3. Bable Fish risk

4. Boxes at the bank 5. Biological adjective for

"like berries"

6. Riot

7. Shed

8. Briquette's fate 9. "Indubitably"

10. Medical breakthrough

11. Edit 12. Upright

13. Bird that lays glossy

colored eggs

14. "We ___ the World" 15. African gully 16. Beefeater, London

Dry, e.g. 17. Cravings

26. Tight 29. "Immediately!"

30. What "it" plays 31. Chapel vow

32." the ramparts

we..."

34. Give the heave-ho

40. Courtesan of ancient

41. The Furies, in Greek

43. Combat zones

47. Dark igneous rock

51. Airline steward task

45. Kind of acid

48. Mistreated

55. Vote for

(1993)

briefly

49. Album names

56. "___ Doubtfire"

57. "10" on a calendar,

59. Corrects an earnings

71. An organic compound

76. "Catch 22" character

81. January's birthstone

83. Contract accepter

85. Jason's "Quincy" of

77. Mythical monster

58. ___ juice (milk)

release blunder

68. "Oh, right!"

73. Blow up

75. Patch up

78. -di-dah

"FoxTrot" fame

88. Spry, in Dixie

91. Altar area

92. Physical

99. Attention

90. Add

95. Plus

purchase

101. Burgle

Large: Easy

86. "I Ain't Got "

(Louis Armstrong hit)

93. Peak near Taormina

100. Victoria's Secret

102. "Black" CIA doings

37. Pretender

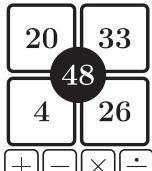
39. Lily-livered

Greece

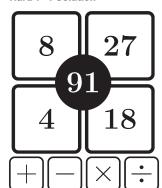
myth.

4NUMBERS CONSTRUCTED BY C. CHANG

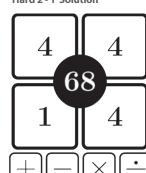
Use the four numbers in the corners, and the operands (+, - X, and ÷) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) + 1 = 28and 1+(7X3)+6=28



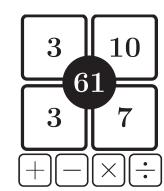
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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ACCUSE ACETIC AMEND AREAL **ARENAS BRONTE CASTAWAY** CEASE DIABASE **EDGING ERINYES** FIRTHS

SELECTSIGNEEGTT **IGNORE IGUANA** INTERCOURSE MADE UP NITRIC NOBODY PEART

SASHAY

SCHOOL

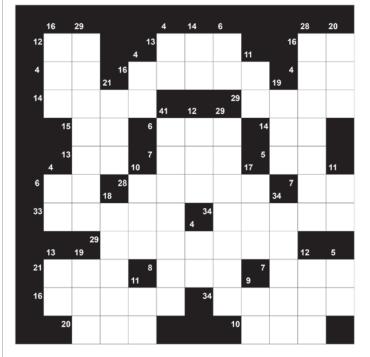
SELECT SENNA SENSE SIGNEE SPINET **TERRAS** TITLES **POSEUR** TOUCHÉ **PUT IN** ACINI RESEAT **BSENT ROPE IN USHER**

KAKURO

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



SOLUTIONS

GORGON

CR	ROSSWORD								K.A	٩KU	RO L	ARGE	:EAS	Y																	
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KAKURO LARGE: HARD

INTERIOR BUILDING												
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9	7	7 7	9	Þ	6	۷	2	18 18	9	l	9	
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6	L	91	11	Þ	8	ŀ	13		3	6	21	
50	28			9	Þŀ	Þ			62	91		

4 NUMBERS

HARD 1 $05 + 4 \times (35 - \xi\xi)$ HARD 2 $8 - 72 + 4 \times 81$ EASY 1

 $1 \times (1 + 1 \times 1)$ EASY 2

 $8 \times 8 - 7 \times 01$

SUPERSUDOKU CONSTRUCTED BY KANNAN SANKARAN

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

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

		3	8	2	F	0		7	D		Ε				
	6	4	7	3	Е				9					F	
				9		7		1	6	4		3		0	8
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2			0		8			F		6			В	7	3
		7		В				D	4		5	0		1	С
Α	4	В			6		0						Е		D
С		F	Е	5	7				1			Α			
			С			В				9	1	Ε	D		0
4		8						С		7			Α	3	5
5	Е		В	С		9	2				D		1		
F	1	2			0		6			Е		С			9
7	Α		4	F			С	В		3		9	5		
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	3					8				F	С	1	0	D	
				0		3	9		5	D	8	2	6		

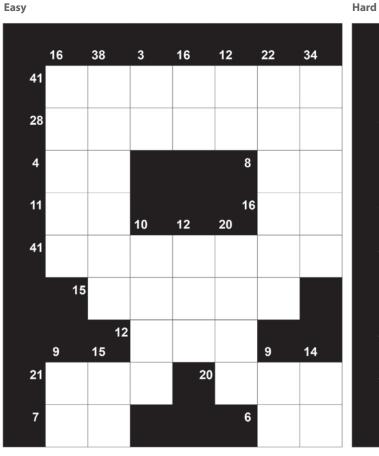
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	4	8	თ			2	6	
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8		2		1		4		
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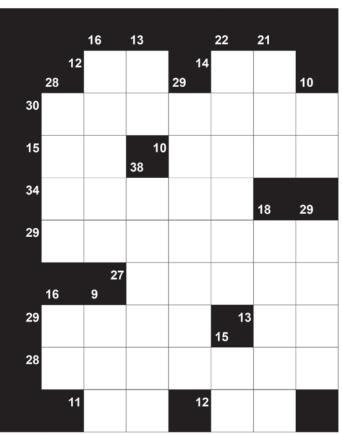
Lasy								
1	5						7	9
4			6	8	1			3
		3		5		1		
	6		8	9	5		1	
	8	4	1		7	3	9	
	1		4	3	2		6	
		6		2		5		
8			5	1	4			6
5	4						2	8

KAKURO

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 CONSTRUCTED BY EPOCH TIMES STAFF puzzle is complete.

Easy





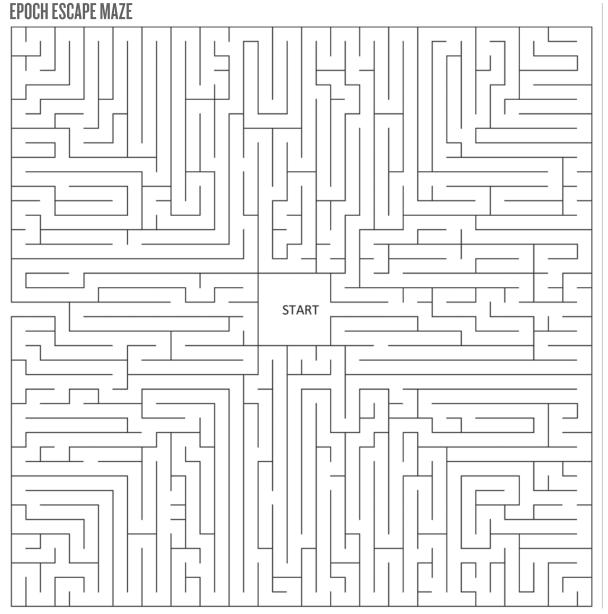


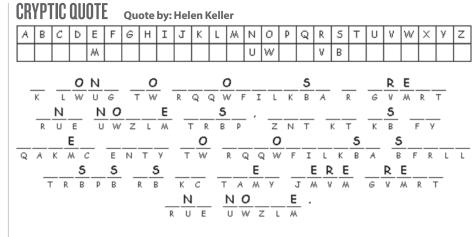
Guess the hidden saying, phrase or word(s) suggested by the picture!

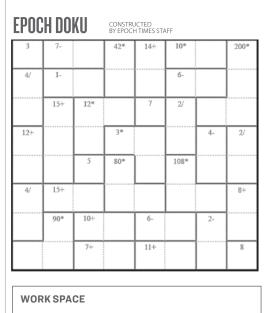
SOLUTION BELOW



Presented By **FREE THE CHILDREN** children helping children through education

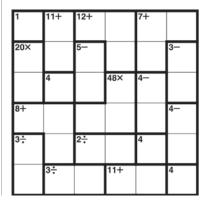






KEN 賢 KEN

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



SOLUTIONS



SUDOKU: HARD												
8	9	3	6	2	Þ	9	7	l				
9	6	Þ	9	l	Z	7	3	8				
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SUDOKU: EASY

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7	9	8	2	3	Þ	G	l	6
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EPOCH DOKU 8 1 2 4 5 7 8 9

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	Z	s	+	2	ε	I	9	8
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ı	+	Z	S	9	2	8	T	ε

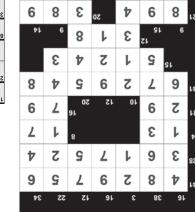
KENKEN

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CRYPTIC QUOTE

accomplish small tasks as if they were great and noble. but it is my chief duty to great and noble task, I long to accomplish a

OUTSIDE THE BOX fancy free Footloose and

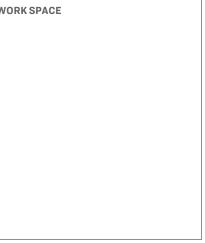


EASY KAKURO

HARD KAKURO

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'	12	22		13	91		

WORK SPACE



People Eat More on Diets High in Ultra-Processed Foods

Researchers suggest that processed foods lead to weight gain because

they are less satiating and calorie dense



ALL PHOTOS BY SHUTTERSTOCK



If you eat a diet high in ultra-processed foods, odds are you're eating more than you would with an unprocessed diet.

Researchers have long suspected a link between ultra-processed foods and the obesity

Now, in a report published in the journal "Cell Metabolism," experts have undertaken the first randomized controlled trial comparing differences in calorie consumption between unprocessed and ultra-processed diets.

Even when the two diets in the trial were matched for things such as fat content, participants on the ultra-processed diet still ate more food and gained more weight.

"Because the meals were designed to be matched for carbohydrates, fat, sugar, salt, and calories, I suspected we would find little difference between them in terms of overall calorie intake or weight change," Kevin Hall, lead author of the study and a section chief in the Laboratory of Biological Modeling at the National Institute of Diabetes and Digestive and Kidney Diseases within the National Institutes of Health (NIH), told Healthline.

However, Hall said researchers observed that the ultra-processed diet increased calorie intake by about 500 calories per day.

"This was a surprise," Hall said.

He said the consumption of ultra-processed foods has been associated with obesity and poor health in observational studies, but there's never been a randomized controlled trial testing whether processed foods actually cause overeating or weight gain.

"Most nutrition studies focus on the nutrient content of foods, so I was skeptical about whether the processing of foods has any importance apart from their nutrient content," Hall said. "We thought it was important to conduct the first [randomized controlled trial] where subjects were exposed to ultra-processed diets versus unprocessed diets, matched for a variety of nutrients to see if ultra-processed foods caused overeating and weight gain."

Eating More Ultra-Processed Food

In undertaking the research, Hall and his team enlisted 20 healthy volunteers, who were admitted to the NIH's Metabolic Clinical Research Unit for one month.

The participants were allocated either an ultra-processed diet or unprocessed diet for two weeks, then switched.

They ate three meals a day and were given bottled water and snacks that were either ultraprocessed or unprocessed. Participants could eat as much as they wanted and the quantities of all that they ate were measured.

The NOVA food classification system, which categorizes foods based on how much they've been processed, was used by the researchers to choose foods for the participants.

On the ultra-processed diet, participants were given Honey Nut Cheerios, whole milk with added fiber, and a blueberry muffin with margarine for breakfast.

The participants who ate an unprocessed diet



were given a parfait with strawberries, banana, walnuts, salt, olive oil, Greek yogurt, and apple slices with a squeeze of lemon.

After two weeks of eating an ultra-processed diet, participants gained an average of two pounds. Those on the unprocessed diet had an average weight loss of two pounds.

Researchers observed that the ultra-processed diet increased calorie intake by about 500 calories per day.

Dana Hunnes, a senior dietitian at the University of California Los Angeles Medical Center, said the research results aren't surprising.

"Ultra-processed diets tend to have foods in them that are more calorically dense and with less water content, making each individual food less satiating and satisfying," she told Healthline. "To achieve the same satiation in the stomach-or sense of fullness-which may have more to do with volume than calorie intake, it would make sense that more of the calorically dense foods would be eaten (and therefore more calories) than when eating an unprocessed diet."

Why You Eat More

The researchers hypothesized a few reasons why the participants on an ultra-processed diet ate more food.

One reason is the speed they ate at.

"People ate the ultra-processed food faster, and this may have contributed to overeating,"

Kristin Kirkpatrick, a licensed, registered dietitian and manager of wellness nutrition services at the Cleveland Clinic Wellness Institute in Ohio, says people need to be mindful of how quickly they eat.

"Many studies cite chewing longer and mindfulness as effective tactics for weight loss," she told Healthline. "Eating fast obviously means eating more-more food, more calories, and too much fuel at the end of the day that can't be burned off, which results in abundant energy still there before you go to bed."

Researchers acknowledge that a notable limitation to the study was that all food given to participants was prepared by someone else. This doesn't consider convenience or cost of foods eaten, which are common reasons a person may choose something ultra-processed.

"Processed food is quick, and, in these busy times, people often go for fast and easy," Lauri Wright, an assistant professor in public health at the University of South Florida, told Healthline.

"Ultra-processed foods often have high amounts of sugar, sodium, and fat. Examples of these foods to avoid include chips, hot dogs, instant soups, soft drinks, and packaged baked goods," she said.

What You Can Do

Not all processed foods are bad.

Wright says some minimally processed foods can be helpful for busy people.

"Any time we cook, bake, or prepare food, we're processing food," she said. "Minimally processed food can actually help you eat more nutrient-dense foods. Milk and juices are sometimes fortified with calcium and vitamin D, and breakfast cereals may have added fiber. Canned fruit is a good option when fresh fruit isn't available. Some minimally processed food such as pre-cut vegetables and pre-washed spinach are quality convenience foods for busy people."

If you want to minimize your intake of processed food, aim to do more food prep and cook-

"Base your meals on whole foods, including vegetables, beans, and whole grains," Wright said. "Eating processed food in moderation is fine, but avoid those with a lot of added sugar, fat, and sodium."

Elizabeth Pratt is a freelance journalist. This article was first published on Healthline.com

Feeling Old? How Vitamin B12 Might Help

DEVON ANDRE

Sometimes you can feel "old" and have no idea why. It could be a little extra fatigue, some confusion, or a difficult lack of strength that you chalk up to age.

These things can creep up slowly, after all, making them difficult to notice. But what if it's not just normal aging? Sometimes, there is an underlying reason you're feeling this way.

It's estimated that 20 percent of people over 60 have low levels of vitamin B12. Many likely have no idea. It's not the first thing that may come to your doctor's mind when you report symptoms such as fatigue, weakness, or disorientation.

Vitamin B12 plays an important role in several essential bodily processes, including red blood cell production, nerve function, and making DNA. Because of its reach and versatility, deficiency can show up in several seemingly unrelated ways. Some signs you could be low include:

- Fatigue
- · Weakness



Age is an important number, but sometimes the more important number is the amount of B12 a person absorbs.

- Shortness of breath
- Constipation
- Tingling in numbness in the hands or feet
- Memory loss
- Disorientation Paranoia
- Irritability

To hit vitamin B12 targets, people need to absorb 2.4 micrograms per day. This, for most people, is relatively easy to meet, the exceptions being vegans, vegetarians, and people who limit animal product intake. The primary sources of B12 are dairy, meat, fish, and eggs. But people over 60 are at risk because they don't always adequately absorb vitamin B12 even if they're consuming enough of it.

According to the Institute of Medicine, 10 to 30 percent of people over 60 have a hard time absorbing all the B12 from their food. The reason is that stomach acid production declines with age,

and the enzymes responsible for B12 may end up lacking. Further, people 60 and over are more likely to be on medications that can impact absorption. Metformin, the diabetes drug, and heartburn medications such as Zantac and Prilosec can also inhibit vitamin B12 uptake.

If you're feeling "old," trying to boost vitamin B12 intake might help. Including more meat, poultry, fish, dairy, and eggs might help you get there. Swapping some eggs or Greek yogurt for a carb-heavy breakfast might also work, as can adding some fish or meat to lunch salads. If you are concerned about B12 levels, talk to your doctor about supplementation, as well.

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.

Study: Seniors' Physical and Mental Health Linked to Optimism

MOHAN GARIKIPARITHI

With the entire Baby Boomer generation set to be at least 65 in the next decade, there will be growing health challenges. One of the main ones is understanding how various factors contribute to overall

Often, people look to treat specific ailments instead of examining the whole. If you have high blood pressure, for example, diet and exercise are prescribed. Memory fading? Oh, it's just age. But the reality is that age is just a number, and health treatments don't always reflect the cause. It is, after all, entirely possible for an 85-year old to be functioning better than someone who's 65.

A recent study conducted by researchers from the University of California, San Diego School of Medicine looked at how several distinctive factors influenced physical and mental health in people 65 and older. The goal was to identify how things such as wisdom, outlook, loneliness, income, and sleep played a role in the overall health and functioning of older people.

The four main observations made, which were published in the American Journal of Geriatric Psychiatry, were:

Physical health correlated with both cognitive function and

mental health;

- Cognitive function was significantly associated with physical mobility, wisdom, and life satisfaction;
- Physical health was associated with mental well-being, resilience, and younger age; and
- Mental health was linked to optimism, self-compassion, income, and lower levels of loneliness and sleep disturbances

"Traits like optimism, resilience, wisdom, and self-compassion were found to be protective, while loneliness seemed to be a risk factor," said Dilip Jeste, head of the research team.

So what does all this mean for you? It seems the results suggest that staying active and positive can help promote healthy aging. Maintaining friendships and building new relationships also appear to boost health in older folks, so making human connections is key. It's likely that sleep is influenced by overall outlook, so it's possible that if your mind is at peace, sleep disturbances can be kept to a minimum.

> Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). This article was originally published on Bel Marra Health.

TRADITIONAL CULTURE

The Pacifica Arts Center Welcomes You

The traditions of the Pacific Islands, where art is life



The Tuvaluan community members unite in the traditional songs and dance of their islands at the Tuvalu Arts Festival.

LORRAINE FERRIER

AUCKLAND, New Zealand-It's the closest I've come to a "Narnia" experience, where I've walked into something utterly unexpected. Here, the wardrobe in Narnia is replaced by a warehouse on the edge of the Corban Estate Art Center in Henderson, West Auckland, on New Zealand's North

At the warehouse entrance, I'm faced with what seems like an ocean of concrete. I follow the sound of singing in a language foreign to my own. As I cross the concrete, I am warmly greeted by a woman crowned with a garland of flowers and clothed from head to toe in color: the traditional dress of Tuvalu, a South Pacific island nation consisting of nine coral islands between Hawaii and Australia.

"You must be hungry. Come eat," she gestures, as she welcomes me in.

Further into the warehouse, I can see the singing comes from where the Tuvaluan community members have gathered on an island of 50 mats. Each mat has been woven by a woman from the community for the occasion.

The men sit in a circle near the front

of the group, drumming on the mats, keeping the rhythm for the rest of the community to chant, sing, and dance. The rhythm gets faster and faster, with more and more laughter.

The songs convey messages, tell a story, or recall historic events. I am told this particular song is about keeping to your word. About eight women dance the traditional "fatele" (pronounced far-tell-eh), joyfully swaying and wearing the pandanus skirts, which we often call "grass skirts." However, contrary to our notion that these are made of grass, the pandanus, or screw pine, is actually a type of tree with palm-like leaves.

There seems to be celebration in each song. I can't help but smile and even feel that I belong here.

Of course, this is no Narnia. What I witness in front of me are the true traditions of the Tuvaluan people at the inaugural Tuvalu Arts Festival, an event to share and preserve the knowledge of their nation. The festival is hosted by the Fafine Niutao Aotearoa, a group of women from Niutao Island in Tuvalu who live in New Zealand (Aotearoa) and are committed to passing on Tuvalu's traditions to their community.



We don't distinguish art from breathing: It is part of who we are.

Jarcinda Stowers-Ama, Pacifica Arts Center



Jarcinda Stowers-Ama, director of the Pacifica Arts Center, at the Tuvalu Arts Festival in Auckland, New Zea-

land, on April 27.

I've been invited to the festival by Jarcinda Stowers-Ama, director of the Pacifica Arts Center, at the Corban Estate Arts Center. She heads up the organization that supports these events.

The Pacifica Arts Center was established in the late 1980s by the Pacifica Mamas, a group of heritage artists who were all first-generation Pacific immigrants to New Zealand and are all keen to preserve their island traditions. Stowers-Ama's mother, Mary Ama, is a founding member of the group.

Here, Stowers-Ama introduces us to a little piece of Pacific Island life, both on the islands and in New Zealand.

THE EPOCH TIMES: What do you do at the Pacifica Arts Center?

JARCINDA STOWERS-AMA: We are a home base so people can come together from all around the Pacific to practice their arts, to gather, to share, to socialize, really to find a safe space and do what you've experienced here today, through our dance and through our crafts.

I say "safe space" because a lot of our Pacifica people that live here in New Zealand live very busy lives. A lot of these people you see here today

live in a community where they may be the only Pacific Island person and may not feel completely comfortable doing their cultural practice or feel OK speaking their language.

When you walk into our space, there is no judgment. You can do what you do, you can be who you are, and that's the beauty of it.

THE EPOCH TIMES: What does the word "Pacifica" mean?

MS. STOWERS-AMA: Pacifica is a coined phrase used to sum up people of the Pacific Islands. For a long time, we've used the term Pacifica, and we're now starting to go back to our indigenous languages.

We are changing the terminology we use at the Pacifica Arts Center, including looking at our organization's

A lot of our own names have been shortened: But if people can say "tiramisu," they can say our names. If they can learn to say that, or all these different gelatos, I'm sure they can learn to say our indigenous languages and

ALL PHOTOS BY JANNA GRABER

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How the **SNOW GLOBE**

JANNA GRABER

Was Invented

hen he talks about his work, the smile on Erwin Perzy III's face grows wide. It's obvious that he's passionate about what he does. After all, this work has been part of his family since 1900. That's when Perzy's grandfather, Erwin Perzy

I, accidentally created the snow globe in Vienna. Perzy I, who was only 24 years old at the time, specialized in designing and repairing medical tools. He liked experimenting and trying new designs, so when local doctors asked him for a better light in their operating rooms, he got to work.

Although doctors had electric lightbulbs at that time, this newly invented product didn't produce much light. Perzy needed a way to make the light brighter. He noticed that shoemakers were using water-filled glass balls to magnify the light of a candle. Perzy tried this too, but saw the light was still not bright enough.

But what if he added something to the water that could reflect the light? He tried flakes of metal, but they sank too quickly. After testing many different materials, he tried semolina flakes, which were used in baby food. This worked!

It also reminded the young inventor of falling snow.

One day, for fun, he put a pewter model of a tiny church into the water-filled ball, then added the white semolina flakes. The result was a snowy scene that delighted those who saw it. A friend took the invention to his store, where it sold immediately. The snow globe was

Producing the Snow Globe

Perzy called his invention a "Glass Ball with Snow Effect" and applied for a patent. He and his brother started production of the small "decorative article," as the Viennese categorized it, five years later. In 1908, Perzy received an award from Kaiser Franz Josef I for his work.

Then, two world wars consumed Europe and took their toll on the family business. No one had money for such whimsical creations.

As the wounds of war began healing in the 1950s, Erwin Perzy II took over the family business. He worked part-time on the snow globes and part-time at the Kurier, a newspaper that was started by U.S. forces in Austria during the occupation.

The Americans, it seemed, liked the Perzy family snow globes, but they suggested replacing the churches inside for something else. Soon Perzy II was creating snow globes with snowmen and Christmas trees, and importing them to the United States.

The Original Vienna Snowglobe Factory

Erwin Perzy III is the third generation to run the family's snow globe business. He was just 5 years old when he started helping his father at the factory, and took over the business in 1987.

"I love my work," he says with a grin. His daughter now works alongside him in the family business. One day soon, Perzy says, she'll run the show.

Today, the company produces more than 300,000 snow globes each year. All parts are produced and manually assembled in the family's shop in a former carriage house on the outskirts of Vienna.

The family uses modern techniques, including 3D printers, to craft each snow globe with care. The snow (Left) Erwin Perzy

(Right) Snow globes at the Original Vienna Snowglobe Factory.

All parts

are produced and

manually assembled in the

family's shop in a former

carriage house on the

outskirts of Vienna.

globes are still made of glass, not plastic like cheaper rivals use, and are filled with alpine water and no chemicals. The recipe for the "snowflakes" is a fiercely guarded family recipe, Perzy says. What makes them unique is that they float-or snow-slowly.

Perzy personally creates the molds for each piece. It's clear that he is an artist, as he shows visitors some of the pieces he's designed on the computer.

The company produces more than 350 designs. Many display icons of Vienna, such as its famous St. Stephen's Cathedral, or its Giant Ferris Wheel. Collectors seek out the family's work and often ask for custom pieces.

One custom piece of note was designed for President Barack Obama and his family. Inside the globe, tiny figurines of Mr. and Mrs. Obama dance, while their girls watch nearby. After the piece was done, Perzy learned that the Obamas had adopted a dog, so he opened the snow globe and added a tiny dog.

The United States is the company's biggest market. The snow globes are sold in stores all over the country. You might even have one at home.

Visitors can stop by the Original Vienna Snowglobe Factory to see the snow globe museum and shop (ViennaSnowglobe.at). There's no company nameplate or neon sign to advertise the location, just a tiny label on the doorbell that says "Perzy."

In addition, visitors can purchase snow globes in their showroom. They have many sizes and hundreds of designs-from whimsical unicorns and other animals to dancers, snowmen, Christmas scenes, and much more.

In an age filled with social media, technology, and artificial intelligence, there is still a fascination with snow globes. Perhaps they bring us back to the simpler joys of childhood.

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

YOUL Choose Your Life Every Day

A life is a series of days, and the choices we make throughout each one



JOSHUA BECKER

 \bigcirc

n June 12, 1999, I married my wife, Kim. I stood in front of friends and family, witnesses and God, and declared that I would love her and be faithful to her, for better or worse, until death do us part. It was a decision and commitment made at a specific moment in time. Early in the afternoon on Saturday, June 12.

It was a one-time decision. But that was not the end. It's also a decision that has to be re-chosen every single day.

You see, every morning when I wake up, I am offered a choice: Will I be faithful to my wife today? And every day, I must choose faithfulness.

My marriage vows were a one-time declaration and an everyday decision.

This is true about many of the most important decisions we make for our lives.

We choose our life every day.

We don't necessarily choose our circumstances every day, but we do choose the person we are going to be.

My faith is important to me. I made a commitment to God and others many years ago, but each

I desire to live a life of impact and significance.

day I must choose to follow Him.

My family is important to me. I love my kids and I want to be both available for them and intentional in parenting, but every day, I must choose to put their interests ahead of mine.

My health is important to me. Countless times I have committed to regular exercise and a healthy diet, but you know as well as I do, this is an intentional decision we must make every day.

I chose minimalism as a lifestyle almost 11 years ago, but every day, I must choose to reject the empty promises of consumerism because the temptation surrounds me constantly.

I desire to live a life of impact and significance. This requires me to make intentional decisions about time and opportunity almost every day of my life.

I believe a life lived in the pursuit of wealth is a temptation and a trap, but choosing to live for greater purposes is something I must do each day.

For you, the examples may be different. But the reality is the same:

Annie Dillard said it this way, "How we spend

We choose our life every day.

our days is, of course, how we spend our lives."

Some may see this as a burden. Their thinkin

Some may see this as a burden. Their thinking might go like this, "Oh man, I have to choose a healthy diet again today."

But seeing our daily choice as a burden is faulty thinking.

Because I get to choose my life every day, it means each day is filled with opportunity. It also means that with each new sunrise, I am provided the op-

portunity to change or redirect course. When I recognize choosing faithfulness, health, significance, impact, and intentionality is the best thing I can do for my life going forward, it means each day I am presented with the opportunity to choose the greater good.

Every morning, we get to choose the direction and the habits that lead us to live our best life possible. What a privilege, honor, and opportunity.

May we choose the best for ourselves (and others) every single day.

Joshua Becker is an author, public speaker, and the founder and editor of Becoming Minimalist where he inspires others to live more by owning less. Visit Becoming Minimalist.com

Why You Need to Ditch Your **Dryer Sheets**

Soft and fragrant clothes come with dangerous side-effects, warn researchers

ANDREA DONSKY

If you are among the minority of people who hang their clothes on a line to dry, you are saving a ton of money and helping your family avoid the nasty chemicals that are harbored in dryer sheets.

Those fragrant dryer sheets might remove static from our clothes but they can contain carcinogens, neurotoxins, and respiratory irritants. You won't see a list of these substances on the dryer sheet box because there are no laws requiring them to be listed (not unlike labeling laws for feminine hygiene products). These chemicals are released from the sheets and spread over the clothes and linens in your dryer, and then come into contact with your skin where they can be absorbed into your body, including sensitive areas.

What types of chemicals are lurking in dryer sheets? To prevent clothes from sticking together, dryer sheets are impregnated with cationic chemicals that neutralize negative particles on clothes. These chemicals also cause fabric fibers to rise, making clothes feel softer than they do when they dry in the sun.

Another "benefit" of these chemicals is that they usually make it unnecessary to iron your outfits because they leave a light waxy coating on your clothing. We have also been told our laundry should smell "fresh and clean," so dryer sheets have a fragrance. Fragrances, which are a trademark of dryer sheets, are a significant source of hormone disruptors.

Toxins in Dryer Sheets and Fabric Softener

Only a few studies have attempted to identify the pollutants in dryer sheets and fabric softener, which are typically grouped under the same classification because their ingredients tend to be similar. (A little history lesson: Dryer sheets were introduced after fabric softeners. Although dryer sheets were initially designed to stop static cling, they were eventually formulated to provide fabric softener as well, thus the kinship between the two products.)

One 2008 study from the University of Washington noted 15 substances in the dry-

er sheets tested, including two carcinogens (benzyl acetate and limonene) and several neurotoxins. Here are a dozen toxins you may find in dryer sheets and fabric softener:

- Alpha-terpineol. Known to cause central nervous system damage, respiratory problems, issues with muscle coordination, and headache.
- Benzyl acetate. A known carcinogen, it also may cause confusion, dry skin, red eyes, and dizziness. Inhaling the vapors can cause burning in the throat and breathing problems.
- Benzyl alcohol. Can affect the nervous system, causing confusion, dizziness, nausea, vomiting, headache, and even death
- Biodegradable cationic softeners. Can cause nervous system damage, including confusion.
- Camphor. A neurotoxin that can cause cognitive symptoms such as confusion,

AVAVA/SHUTTERSTOCK



While dryer sheets may make fabrics smell nice and feel soft, these products frequently contain carcinogens, hormone disruptors, and neurotoxins.

dizziness, twitching muscles, and con-

- Chloroform. A known carcinogen and
- Dichlorobenzene. A possible human carcinogen, it may also irritate the skin, throat, and eyes.
- Ethanol. Considered to be "hazardous waste" by the Environmental Protection Agency.
- Ethyl acetate. Considered to be "hazardous waste" by the Environmental Protection Agency and can cause headache, irritated throat and eyes, and stupor.
- Limonene. A known carcinogen, specifically when it is exposed to ozone as it creates formaldehyde. It also can irritate the skin and eyes.
- Linalool. Known to cause central nervous system damage, respiratory problems, and to limit motor activity.
- Pentane. Associated with central nervous system damage, motor activity limitations, dizziness, nausea and vomiting, respiratory problems and loss of consciousness if inhaled.

In a study of products that contain endocrine disruptors and asthma-associated substances, dryer sheets were named as one of the products with the highest concentrations of endocrine disruptors. In addition, dryer sheet use has been associated with asthmatic effects, allergic contact dermatitis, and skin sensitivities.

Safe, Natural Alternatives to Conventional Dryer Sheets

If you are yearning for a safe, natural alternative to conventional dryer sheets (and you don't want to or can't hang your clothes out to dry), here are four for you to consider.

- Baking soda. Although adding 3 tablespoons of baking soda to the wash cycle won't eliminate static, it will soften your clothes as well as remove those annoying detergent residues.
- White vinegar. You gotta love white vinegar for all of its super benefits, and here's yet another one: a mere 2 ounces added to your rinse cycle will reduce static, get rid of stiffness in dried clothes, and remove detergent residue. Worried about mildew? Yes, it can eliminate that too.
- D-I-Y chemical-free dryer cloths. Soak a washcloth in white vinegar, wring it out, add a drop or two of your favorite essential oil, and toss it into your dryer.
- Dryer balls. You can purchase wool or nontoxic hypoallergenic balls or make your own wool dryer balls. They minimize static and also help clothes dry faster.

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

Doing Crosswords and Sudoku Can Maintain Aging Brains

Study finds regularly doing word and number puzzles can reduce brain degeneration by as much as 10 years

Two linked papers published in the International Journal of Geriatric Psychiatry have found that older adults who regularly play number and word puzzles have sharper brain function. Researchers previously had presented findings on a connection between word puzzles and brain health, but this new information builds on this to include those who regularly complete number puzzles.

The findings show that the more regularly adults over the age of 50 play puzzles such as Sudoku and crosswords, the better their brain function. The research was drawn from more than 19,000 participants lead by the University of Exeter and King's College London.

The participants were asked in the study to report how frequently they would play number and word puzzles. They were then asked to engage in a series of cognitive tests sensitive to measuring changes in brain function. The results showed that the more regularly participants played the puzzles, the better they performed on tasks assessing reasoning, attention, and memory.

From these results, researchers were able to calculate that those who play word puzzles regularly have brain function equivalent to those ten years younger than their age on tests assessing grammatical reasoning. They also found that they showed as eight years younger than their age on tests measuring short term memory.

Dramatic Improvement

Dr. Anne Corbett, of the University of Exeter Medical School, said: "We've found that the more regularly people engage with puzzles such as crosswords and Sudoku, the sharper their performance is across a range of tasks assessing memory, attention, and reasoning. The improvements are particularly clear in the speed and accuracy of their performance. In some areas the improvement was quite dramatic-on measures of problem-solving, people who regularly do these puzzles performed equivalent to an average of eight years younger compared to those who don't. We can't say that playing these puzzles necessarily reduces the risk of dementia in later life, but this research supports previous findings that indicate regular use of word and number puzzles helps keep our brains working better for

The study used for this research called PROTECT is an online platform run by the University of Exeter and Kings College London. Currently, more than 22,000 people aged between 50 and 96 are registered in the study, and it is expanding into other countries, including the United States and Hong Kong. The online platform enables researchers to conduct and manage studies such as this memory testing without the need for laboratory visits.

longer."

With more ways to test, such as PROTECT, researchers can follow up with people annually to explore how the brain ages and what might influence the risk of dementia later in life. Participants in these studies such as PROTECT also have access to brain training programs that have been shown to benefit brain function, as well as having the opportunity to take part in exciting new research studies into brain health and dementia prevention.

This article was first published on Bel Marra Health.



Tuvaluan men drum on the mat as they sing and chant along with the whole community, and the ladies dance the traditional "fatele" in the background.

TRADITIONAL CULTURE

The Pacifica Arts Center Welcomes You

The traditions of the Pacific Islands, where art is life



Tuvaluan women perform the "fatele" at the inaugural Tuvalu Arts Festival in Auckland, New Zealand, on April 27. The fatele is a traditional song and dance that is felt rather than performed.

Continued from **B9**

THE EPOCH TIMES: What role does traditional art play in Pacific Island communities? **MS. STOWERS-AMA:** In general, we don't distinguish art from breathing: It is part of who we are; it is part of what we do. It runs through our blood—it's our way of life.

For us, the term "art" was a Western concept and a term that many of us were unfamiliar with until moving to New Zealand, and people saying to us: "What you do is art."

I will make a very general statement about the people of the Pacific, in the sense that our art is special because it's who we are: It's in the way we move, the way we chant, and the way we pray. All of it to us—our rituals and our protocol—is our way of life, and art is a new term that we've only just learned.

My parents are both artists. My father is a musician and my mother is a well-known visual artist, but I'd never heard the word "artist" until I was in high school, and I'd studied art history. I was like, "Ah, that's what it is," because I just thought it was life.

THE EPOCH TIMES: Can you talk me through some of the Pacific arts?

MS. STOWERS-AMA: There are so many different art forms when we look at the Pacific. From island to island, you'll find there are similarities, but you will still find something unique to a specific island that no one else does.

The easiest way, if we have to categorize them, is that we have visual arts in terms of what you see around you, in terms of our fans and mats, and these can quite often be referred to as craft.

We are also very strong in our performing arts—so our singing, chanting, dancing, and drumming. Besides those two categories, the list is huge.

THE EPOCH TIMES: What about the flower headdresses; are they found across the Pacific?

MS. STOWERS-AMA: Yes. On the Cook Islands, where I come from, we call them an "ei katu" pronounced "Ay kah-too." A lot of your readers will probably be familiar with the term "lei," which is Hawaiian.

Normally, they're something we make for someone as a gift, as a sign of love, or out of respect.

I can look around the room, and depending on the type of flower someone has used [in their headdress], I can tell where some-



A Tuvaluan mat made from pandanus leaves. The colored patterns are woven in after the mat is made and are normally unique to a family and village.



"Fafetu," Tuvaluan stars, are made using a type of Tuvaluan crocheting and weaving.



Weaving is a craft carried out across the Pacific Islands. Tuvaluans use pandanus leaves, a roll of which is seen here.

one comes from. If they're really good, and they've done the colors of the village, sometimes I can tell what village someone's from.

THE EPOCH TIMES: Are the headdresses worn day-to-day?

MS. STOWERS-AMA: Yes, they can be, absolutely. So you might have your everyday one, and then you might have an occasion one that you bring out that might have a bit of black pearls or something in it.

THE EPOCH TIMES: The fatele, Tuvalu's traditional dance that we just saw, can you tell us about that?

MS. STOWERS-AMA: To our Tuvaluan community, it is a dance about bringing people together to connect—young and old. It's more about a feeling as opposed to a performance or a dance.

I know that you said that when you came here you felt happy; that's the whole idea of that dance. It's about that feeling of community and connection.

Now, I'm not Tuvaluan, but that's the way that it was explained to me the first time I saw it some 20 years ago. That's always stuck with me: Don't dance it, don't sing it—feel it.

THE EPOCH TIMES: What's your favorite art or craft piece in your culture?

MS. STOWERS-AMA: For me as a Cook Islander, it has to be the "ei katu," the flower headdress, that I have on my head. I am naturally drawn to the art forms from my homeland.

My father is Samoan-German and my mother is a Cook Islander, but both came to New Zealand, so I'm a first-generation New Zealander.

I am fortunate enough to come from a family of orators and artists. A lot of my artwork at home comes from my family, including my mother, and even great-greatgrandfather. In fact, my great-great-grandfather currently has his work in an exhibition at the New Zealand Portrait Gallery in Wellington. His work is held in the collections of the Museum of New Zealand Te Papa Tongarewa.

I'm really lucky. Not only do I have my family that I can connect to through art, but I work in a space where I'm surrounded by art and culture every single day. I'm really, really fortunate.

I think for us, it's really important to know where we come from, the legacy that's already been built for us. We come from the greatest navigators in the world; we come from these heroes that are fantastic; and

somewhere along the line, I think we forgot that.

The fact that my ancestors were fantastic has set the foundation for me now going forward.

THE EPOCH TIMES: How do you balance being in New Zealand, as a first-generation New Zealander, and practicing your cultural heritage?

MS. STOWERS-AMA: I have never found it difficult to balance. I've been really fortunate that I've grown up with really strong role models.

I think it comes from the fact that I know where I come from. I'm strong in that.

For me, it's been really important being here in New Zealand and understanding "tangata whenua," meaning the native people, the Maori culture–knowing the people of this land that we are on now, and respecting that.

I think it's a really beautiful thing to be living here and being able to contribute my culture to the landscape of what's already here in New Zealand.

THE EPOCH TIMES: What can other cultures learn from Pacific Island cultures?

MS. STOWERS-AMA: I'm not sure I would use the term "learn," but what I will say is that when I think about our Pacific people in general, I think about connection, I think about family, I think about being strong with their values—whether that be religious, or family values.

One thing I will say is that our communities are generous; we're generous with "aroha" (love). You will never walk away from a home hungry, because we share everything.

I know I'm really fortunate to grow up in this community and just be surrounded by that all the time and always feel like I am supported. And even though I was born here in New Zealand, I always think of the Cook Islands and Samoa as my homeland when I go back there.

The fact that you're here with me today at a Tuvaluan function, and I'm not Tuvaluan and I feel totally at home, and the fact that you can come in and sit on the mat straight away and probably everybody's asking you to eat something. I think that's an indication of our hospitality, and our connection to, and our love for other people.

To find out more about the Pacifica Arts Center, visit PacificaArts.org ESSENCE OF CHINA

ANCIENT CHINESE STORIES

The Sun Melons

ANONYMOUS

here was once a beautiful mountain called Sun Mountain that was home to an old man who planted sun melons all year round. He was not only an honest man but also a compassionate man. He helped everyone, including beggars, with enthusiasm.

At the foot of the mountain lived two brothers who were poor and constantly hungry as a result. They heard about this kind old man and knew that he always took good care of the poor, so they had a wish to find him and live with him.

The brothers made a difficult journey to the top of the mountain and explained their situation to the old man, who happily took them in and arranged work for them, to look after his sun melons.

"The sun melons on Sun Mountain are magical and ripen after 49 years," the old man told the brothers. "They need to be watered with a special solution: A bucket of spring water from the foot of the mountain must be mixed with two drops of your blood. After 49 years, you will each have a melon of your own."

"As long as you work hard, you will have happiness," continued the old man. "You can go to work now," he said.

The old man then went to work himself.

The Older Brother

The two brothers made their way down the mountain to fetch the spring water needed for the sun melons, carrying their buckets on shoulder poles.

Once his bucket was filled with spring water, the older brother bit his middle finger and dripped his blood into his bucket. But later, he thought to himself, "I will die of exhaustion if I keep fetching water and sacrificing my blood like this."

So the older brother came up with a plan: To lighten the physical labor, he would purposely dump out some water from his bucket on the climb back up the mountain. And to spare his blood, he would mix red dirt into the water.



The sun melons on Sun Mountain are magical and ripen after 49 years. "Moon and Melon." Harvard Art Museums, Arthur M. Sackler Museum, gift of Earl Morse, Harvard Law

School, class of 1930.

In addition to cutting corners, the older brother also badmouthed others, claiming that they were lazy while he worked hard.

When he saw the field where all of the sun melons were planted, he asked the old man to assign him a large melon. The old man simply chuckled and said, "Young man, if you work hard, you will definitely be happy with what you get."

The Younger Brother

The younger brother was quite a different person from his older sibling.

When he saw the field where all of the sun melons were planted, he noticed that many had been growing for a long time already. He counted a total of 49 melons in the field. As

there were 49 people altogether who were working there to look after the melons, he realized that each person would have his own ripe melon someday.

The younger brother was humbled. While he worked, he thought about how the others had already watered their melons for many years and sacrificed a lot. In comparison, he felt unworthy of being awarded a melon.

The younger brother vowed to work hard in the field in order to truly earn his melon when the time came. While others fetched one bucket of water, he fetched two. While others added two drops of blood to each of their buckets, he added four. He worked in the field before others woke up and continued to fetch water after others went to bed.

The Harvest

Those 49 years passed quickly, and one day the sun melons were ready for harvest. Some were big, and some were small; some were ripe, and some were not.

The old man called everyone to the melon field and announced: "Everyone has worked hard for 49 years. You can now reap the fruits of your labor."

He then spoke to the melons: "Melons, large and small, you may go find your master now."

Before he even finished speaking, all of the melons began rolling around, looking for their owners.

The older brother saw a big melon and thought, "Come to me!"

Instead, the large melon rolled slowly toward the younger brother, and it was the smallest melon that rolled toward the older brother.

Book of Records

The old man told all of his workers that their melons would bring them food based on whatever they deserved to eat.

Sure enough, when everyone asked for food, the melons delivered food. The younger brother received the best dishes and drinks, while the older brother received only simple, unappetizing foods.

When the older brother complained that the old man wasn't fair and wanted to take revenge, the old man simply told him that everyone's deeds were clearly recorded and that he could see the record for himself.

The old man waved his hand toward the melon vine and said, "Sun melon, sun melon, please tell him yourself."

The vine instantly transformed into a book that contained a complete record of the elder brother's laziness and dishonesty. Specific details including the date and time of each incident were all recorded.

After seeing this, the older brother lowered his head in shame and admitted defeat.

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



JOURNALISM

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