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In
the NEWS

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PUZZLES
on B6

A CHINESE COMPANY

may be facing a lawsuit after it cleared 120 hectares of land, ripping up important flora like the boab tree, without permission from native title holders.

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A DAMNING LEAK

has revealed IBM and Google may be assisting Chinese censors to spy on the emails, internet history, phone calls, and location of millions of Chinese Internet users each day, according to a report by The Intercept.

CHINA | A5

Social media GIANTS

have been “playing with a lot of minds” through political censorship, U.S. President Donald Trump said during a meeting with content creators at the White House on July 11.

US | A6

The Trump ADMINISTRATION

has declared religious persecution to be a global crisis, with Ambassador for International Religious Freedom Sam Brownback saying at a conference that the United States is committed to giving it urgent attention.

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THE JEFFREY EPSTEIN CASE



STEPHANIE KEITH/GETTY IMAGES

ORIGINS OF FORTUNE IN QUESTION

A protester holds up an image of Jeffrey Epstein in front of a federal courthouse in New York on July 8, 2019.

BILL CLINTON'S TIES TO EPSTEIN

BARRED FROM MAR-A-LAGO BY TRUMP

▶ SEE STORY ON A8

JOHANNES EISELE/AFP/GETTY IMAGES



A group of tourists stand by the Bund near the Huangpu river in Shanghai, China, on March 14, 2016.

CHINA

Western Economists: China Experiment Now Frankenstein's Monster

CHRISS STREET

Harvard economist Janos Kornai, who authored communist China's model to embrace markets, warns that the successful experiment has

morphed into Frankenstein's monster.

Kornai, Nobel Prize winner James Tobin, and about 100 top Western academics were flown by the World
Continued on A4

TECH GIANTS

Facebook Under Bipartisan Attack Over Its Libra Digital Money

EMEL AKAN

WASHINGTON—Facebook's plan for a cryptocurrency has increasingly come under bipartisan attack after the social media giant announced in June that it would launch its own digital currency, called Libra.

Facebook revealed its blockchain plans in June, saying that it would launch Libra next year to help people and businesses transfer money at low cost around the world.

The U.S. Treasury Department raised “very serious concerns” about the potential misuse of Libra by bad actors, such as money launderers and terrorist financiers.

“Cryptocurrencies, such as Bitcoin, have been exploited to support bil-

US 2020 ELECTIONS

Trump's Reelection Campaign Launches 'Women for Trump' Coalition

BOWEN XIAO

KING OF PRUSSIA, Pa.—President Donald Trump's reelection campaign officially started its “Women for Trump” coalition, and nearly 1,000 women of different ages showed up in support.

The packed room at the Valley Forge Casino Resort, located in the community of King of Prussia, Pennsylvania—in the suburbs of Philadelphia—
Continued on A6

UK-CHINA

Sino-British Deal Valued at More Than \$1 Billion Cancelled Amid Tensions

NICOLE HAO

An agreement between a British city and a Chinese manufacturing firm valued at \$1.24 billion has been cancelled after three years of inaction, and amid chilly diplomatic relations between London and Beijing.

In July 2016, dubbed by BBC as “an iconic project” of then-British Prime
Continued on A3

ANTHONY WALLACE/AFP/GETTY IMAGES



A flag that reads “Hong Kong is not China” displayed by a local football fan after a match on Oct. 10, 2017.

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Accuracy
& Integrity

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

Brexit Party Leader Nigel Farage to Visit Australia for Launch of Conservative Political Conference

MELANIE SUN

One of Britain’s most well-known political leaders and television personalities will make a special appearance at the first-ever Australian Conservative Political Action Conference (CPAC) in August.

Brexit Party Leader Nigel Farage will deliver a keynote speech at the inaugural CPAC Australia.

According to the event’s website, CPAC Australia “is a conference for those that despaired at the prospect of a Shorten government controlled by militant unions and influenced by the Greens.”

“Australia dodged a socialist arrow this time,” but “the future doesn’t belong to the light-hearted. It belongs to the brave,” the website quoted former U.S. President Ronald Reagan saying.

Modelled on the popular American CPAC, the event is hosted by the American Conservative Union (ACU) and local libertarian organisation LibertyWorks.

The American CPAC in February was headlined by President Donald Trump, drawing a record crowd of 19,252 attendees.

Now in its 45th year, CPAC is America’s third-biggest political and press event of the year, ranking only behind the State of the Union and White House Correspondents’ Dinner.

High-profile speakers touched on a range of issues, from social media bias to socialism, the ‘Green New Deal,’ and new kid on the block—China.

Organisers told the Washington Examiner they believed that the politicising of Supreme Court Justice Brett



Nigel Farage (R) reacts as he joins Brexit Party European Election candidates and speakers (from left) Dr. David Bull, Ajay Jagota, Ann Widomcombe, Henrik Overgaard-Nielsen, Claire Fox, and Elizabeth Babade after speaking in Chester, United Kingdom, on May 6, 2019.

Kavanaugh’s confirmation hearings had been a factor behind the healthy turnout.

Attendees can expect something similar for CPAC Australia’s launch at Rydges World Square in the heart of Sydney’s CBD from Aug. 9 to 11.

Farage’s Brexit Party recently surpassed German Chancellor Angela Merkel’s Christian Democratic Union of Germany to become the largest single party in the new European Parliament. A former UK Conservative, Farage parted ways with the political establishment on the right side of politics early in his career, and is now winning support by fighting

“global corporatism” under the slogan of “change politics for good.”

Other well-known speakers for the Sydney event include former Labor opposition leader Mark Latham, conservative U.S. Congressmen Matt Gaetz from Florida and Mark Meadows from North Carolina.

Media personalities like Fox News national security analyst KT McFarland and columnist Janet Albrechtsen will also speak at the three-day event.

“It’s really exciting,” ACU chairman and host Matt Schlapp said of the Australian launch, reported The Observer.

According to the ACU, the very first

Organisers say they see CPAC Australia as a rallying point for those who identify with conservative and libertarian values centred around small government and protecting individual freedoms to gather and share their vision for the nation’s future.

CPAC—attended by Reagan himself—was held in 1974 with the hope of “re-building morale” among conservatives after an explosive Watergate scandal rocked a Republican administration under the not-so-conservative Nixon.

Organisers say they see CPAC Australia as a rallying point for those who identify with conservative and libertarian values centred around small government and protecting individual freedoms to gather and share their vision for the nation’s future.

Top sponsors of CPAC Australia include the conservative activist group Advance Australia and libertarian think tank Institute of Public Affairs.

China Firm Faces Prosecution for Unauthorised Land Clearing in WA

Prosecution is being considered after a Chinese company cleared land without authorisation at a pastoral station in Western Australia’s north.

The Western Australia government is considering prosecuting a Chinese company over unauthorised land clearing at a pastoral station in the state’s north as shocked traditional owners say important flora including boob trees have been ripped up.

Zenith Australia Investment Holding, a division of Shanghai CRED, was last month ordered to stop clearing vegetation at Yakka Munga Station in the West Kimberley after native title group Walalakoo Aboriginal Corporation complained.

“We are continuing to investigate the circumstances of the clearing and whether further enforcement and restoration measures are required,” the Department of Water and Environmental Regulation said in a statement.

The department says about 120 hect-

ares of land has been cleared without authorisation, but the company is appealing the stop-work order.

“They’re trying to argue a technical argument to open up the interpretation of what you can do on a pastoral lease,” Wayne Bergmann, chairman of the indigenous-owned Walalakoo Aboriginal Corporation, told AAP.

“It is a massive issue for the whole state because it will create untold destruction if they’re allowed to get away with this.”

Bergmann said the company had disregarded the binding terms of a land-use agreement by undertaking major work without consulting native title holders.

He said they were shocked to find massive irrigation trenches had been dug up, causing significant damage to flora.

“The company has never communicated with us about what they were doing on the land,” Bergmann said.



Traditional owner Rosita Shaw with a ripped up boob tree.

“It’s just basic decency and respect for them to have engaged with us.”

He said the work had gone through two important songlines and archaeological material had been found in the area.

“Who knows what we’ve lost.”

The department said it immediately investigated WAC’s complaint but Bergmann claims it took 10 days to issue the order.

“If a bulldozer turned up at Kings Park and started clearing native plants, surely it wouldn’t take 10 days for the government to issue a stop-work order.”

It is a massive issue for the whole state because it will create untold destruction if they’re allowed to get away with this.

Wayne Bergmann, chairman of the Walalakoo Aboriginal Corporation

Environs Kimberley director Martin Pritchard said 1,500 people had signed a petition calling for Zenith Australia to be prosecuted and other conservation groups were joining the push.

The Wilderness Society called for “the strongest possible sanctions” and a re-vegetation order.

Shanghai CRED bought the pastoral lease in 2016 from oil producer and gas fracking hopeful Buru Energy, which used WAC’s expertise for heritage and environmental surveys.

“We just assumed they were managing it the same as Buru Energy,” Bergmann said.

By Rebecca Le May
From AAP

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EU Threatens Venezuela With More Sanctions Over Human Rights Violations

NICK GUTTERIDGE

BRUSSELS—The European Union is poised to draw up a fresh round of sanctions against the Venezuelan regime, in response to allegations that the regime has been torturing political opponents.

In a statement, EU foreign affairs chief Federica Mogherini said members of the country’s brutal security services could be subject to measures that include asset freezes and travel bans as part of a new blacklist.

The move was prompted by a July 4 report from U.N. High Commissioner for Human Rights (HCHR) Michelle Bachelet that accused Nicolás Maduro’s administration of committing multiple “grave violations” of human rights.

European diplomats, speaking on condition of anonymity, said the “ramped up” rhetoric is also designed to kickstart the faltering “Oslo process,” which is trying to find a political solution to the escalating crisis.

They added that outrage over the fate of navy Captain Rafael Acosta, who died after a week in custody during which he was allegedly tortured as a suspect in a coup plot, had “focused minds” in EU capitals.

Mogherini waited for consultations with the foreign ministers of the 28 EU member states at a meeting in Brussels on July 15 before releasing the statement on behalf of the entire bloc on July 16.

It was also timed to coincide with a meeting of the International Contact Group on Venezuela in the Belgian capital, which brought together senior officials to discuss the latest developments in the Latin American country.

“The political crisis and economic collapse in Venezuela continues to

take a heavy toll on the population, as illustrated by the 4 million people that have fled the country,” Mogherini said in the statement.

“The tragic death of Captain Acosta Arévalo while in custody of the Venezuelan security forces is a stark example of such continued deterioration of the human rights situation. ...

“In light of the grave situation as reported by the U.N. HCHR, the EU is ready to start work towards applying targeted measures for those members of the security forces involved in torture and other serious violations of human rights.”

If there are “no concrete results from the ongoing negotiations, the EU will further expand its targeted measures,” Mogherini said, adding that the measures “can be reversed in case substantial progress is made towards the restoration of democracy, rule of law, and human rights in Venezuela.”

She concluded: “The EU underlines the need for increased coordination amongst all international actors in support of the current work towards a negotiated outcome towards free and fair elections.”

European diplomats said foreign ministers on the sidelines of the July 15 meeting, spearheaded by the UK, agreed to “seize an opportunity” to send a “message of support” to the U.N. high commissioner.

One diplomat said: “The idea was to get the ball rolling because things have been going nowhere. We’ve just been issuing weak statements that get watered down by the Spanish.

“We wanted to include the possibility of sanctions depending on developments. We needed to ramp up the pressure to try to make sure



FEDERICO PARRA/AFP/GETTY IMAGES

An anti-Maduro protester is detained by security forces during clashes in Caracas on May 1, 2019.

The political crisis and economic collapse in Venezuela continues to take a heavy toll on the population, as illustrated by the 4 million people that have fled the country.

Federica Mogherini, EU foreign affairs chief

the Oslo process actually goes somewhere.”

A second diplomat from a different country said that the discussion on action against the Venezuelan government has “picked up pace,” given the recent atrocities attributed to the regime.

The diplomat said: “We’re still supporting the Oslo process and we still want it to work. But this is now also saying we need to look at how else we can put pressure on and what else we can do if the Oslo process, for whatever reason, stalls or doesn’t

succeed.”

More than 50 countries, including the United States and EU countries, are calling for Venezuelan regime leader Nicolas Maduro to hand over power to legitimate interim President Juan Guaidó, saying that Maduro declared himself president after a rigged election.

However, the socialist leader has responded with a brutal crackdown on free speech and political opposition, leading to 18 members of his regime to be subject to EU sanctions for human rights violations.

Sino–British Deal Valued at More Than \$1 Billion Cancelled Amid Tensions

CONTINUED FROM A1

Minister David Cameron’s “golden age,” the third-largest UK district by population and notable industrial city Sheffield signed a 1 billion British pound (\$1.24 billion) cooperation agreement with the Chinese firm Sichuan Guodong Construction Group.

An Iconic Project

BBC reported at the time that the Sheffield investment would be disbursed within the next 60 years, with an initial 220 million pounds (\$273 million) to be invested into five projects in the first three years.

“It is the first deal of its kind to be made by a UK city,” leader of the Sheffield City Council Julie Dore told BBC at the time. “We have the skills and the connections to drive economic growth in our city.”

The city council estimated that hundreds of jobs would be generated, though few details about the projects were made public.

Later in 2016, the Chinese firm signed a deal to change the city library into a five-star hotel. During a subsequent evaluation, Sichuan Guodong gave up on the project, saying that costs to renovate the historical building proved too high.

BBC also reported that the council had spent 40,000 pounds (\$49,600) on councillors’ trips to China in connection with the agreement.

Deal Dead

But on July 9, Sheffield’s cabinet member for business and investment, Mazher Iqbal announced at Sheffield Town Hall that the deal was “dead.”

“The investment [that Sichuan Guodong promised] didn’t materialize,” BBC quoted Iqbal as saying.

It’s unknown how much Sichuan Guodong actually invested in Sheffield.

Paul Scriven, former Sheffield council leader, reacted on Twitter on July 9: “The £1bn Chinese investment deal was not worth the paper it was written on. Yet, still, they wasted taxpayers money on this vanity project,”



CARL COURT/GETTY IMAGES

Chinese leader Xi Jinping reviews an honour guard while on a state visit in London on Oct. 20, 2015.

referring to the tax money spent on the councillors’ trips.

In recent weeks, UK officials have expressed support for Hongkongers who turned out in protest of an extradition bill that they consider an affront to the city’s autonomy—drawing Beijing’s ire.

But the now-suspended measure, which proposed that any country, including mainland China, would be able to seek extradition of an individual to be tried in courts controlled by the Chinese Communist Party, sparked fears that Hong Kong’s rule of law would be infringed upon.

Following mass protests in Hong Kong, British Prime Minister Theresa May, Foreign Secretary Jeremy Hunt, and other UK politicians urged Chinese authorities to respect human rights and freedom in Hong Kong. Beijing responded with tough words.

“The UK government has chosen to stand on the wrong side. It has made inappropriate remarks not only to interfere in the internal affairs of Hong Kong, but also to back up the violent lawbreakers [protesters],” Liu Xiaoming, Chinese ambassador to the UK, said at a July 3 press conference.

On July 12, Chinese authorities announced that four British nationals were arrested as part of a drug raid in eastern China’s Xuzhou City, prompting concerns of hostage diplomacy.

Following mass protests in Hong Kong, British Prime Minister Theresa May, Foreign Secretary Jeremy Hunt, and other UK politicians urged Chinese authorities to respect human rights and freedom in Hong Kong.

JPMorgan Chase–Owned Ship With 20 Tons of Cocaine on Board Seized by US

JACK PHILLIPS

Authorities in Philadelphia seized a cargo ship that had 20 tons of cocaine on board, and it was reported that it was owned by a subsidiary of JPMorgan Chase.

JPMorgan Chase doesn’t operate the Liberian-flagged ship run by the Swiss-based Mediterranean Shipping Company, CNN reported on July 10.

Officials boarded the MSC Gayane on June 17, finding the cocaine. It’s estimated that the drugs on board the vessel have a street value of \$1.3 billion.

The U.S. Attorney’s Office for the Eastern District of Pennsylvania said the cocaine was seized by the United States Customs and Border Protection (CBP) agency. It wasn’t until July 4 that a warrant was issued that allowed agents on the ship.

“A seizure of a vessel this massive is complicated and unprecedented—but it is appropriate because the circumstances here are also unprecedented,” said U.S. Attorney William McSwain.

“When a vessel brings such an outrageous amount of deadly drugs into Philadelphia waters, my Office and our agency partners will pursue the most severe consequences possible against all involved parties in order to protect our district—and our country,” McSwain added.

The office didn’t mention that it was owned by the banking giant.

Crew members have been charged with knowingly and intentionally conspiring with each other and others to possess more than five kilograms of cocaine on board a vessel.

The Mediterranean Shipping Company (MSC) said in a statement on June 18 that “unfortunately, shipping and logistics companies are from time to time affected by trafficking problems. MSC has a longstanding history of cooperating with U.S. federal law enforcement agencies to help disrupt illegal narcotics trafficking.”

On July 9, the firm said it is cooperating with U.S. law enforcement. “As a result of that operation, MSC Gayane has been under U.S. government control since 17 June while the authorities conduct investigations. MSC is assisting

It’s estimated that the drugs on board the vessel have a street value of \$1.3 billion.

and cooperating in any possible way with the authorities and is not the target of the investigation,” a statement added.

The MSC Gayane sails under the Liberian flag, making calls in the Bahamas, Panama, Peru, and Colombia before it headed to Philadelphia, NPR reported.

According to The Associated Press, ship’s second mate, Ivan Durasevic, and another crew member, Fonofaavae Tiasage, were charged with conspiracy to possess cocaine aboard a ship. An online court docket did not list attorneys for the defendants. It wasn’t clear whether other crew members would face charges.

The drug seizure is the latest in a series of large cocaine busts along the East Coast. In a March bust in Philadelphia, drug dogs sniffed out 1,185 pounds (538 kilograms) of cocaine worth about \$38 million—at that time the city’s largest seizure of the drug in more than two decades.

In February, customs agents seized 3,200 pounds (1,451 kilograms) at the Port of New York and New Jersey with a street value estimated at \$77 million. That was the largest cocaine bust at the ports since 1994.

The Associated Press contributed to this report.



DOMINICK REUTER/AFP/GETTY IMAGES

Cranes unload the freight ship MSC Gayane after US authorities seized more than 16 tons of cocaine on June 18, 2019.

Western Economists: China Experiment Now Frankenstein’s Monster

CONTINUED FROM A1

Bank to China in the summer of 1985 for ‘The Yangtze River Cruise Conference’. Having broken away from the Soviet Union bloc, China was considering adopting some elements of capitalism to raise its annual per-capita GDP above \$300.

As a Hungarian citizen and expert in communist Central Europe’s failures, Kornai won fame in 1980 as the author of the “Economics of Shortage.” The book explained how socialist nations’ chronic food and material shortages were inevitable because central planning politics and cronyism misallocate investment funding and production quotas.

Kornai’s presentation on the cruise outlined on a blackboard a proposed mixed economic model that would require state-owned companies to respond to market price pressures regarding quantities and quality, but “the state could still manage macroeconomic policy and regulate the economic and legal parameters of the market.”

Former Chinese leader Deng Xiaoping was so enthusiastic for economic improvement that he avoided defining Kornai’s model as capitalist or communist by stating: “It does not matter if the cat is black or white so long as it catches mice.” China’s communist leadership then codified the radical reform model into law as “The Yangtze Consensus.”

Powered by its economic transformation and robust support from Western intellectuals, China achieved a 13 percent growth rate over the next three decades that drove per-capita GDP to \$11,100 by 2015. The ‘Factory of the World’ had passed Japan as the second-largest



People stand near a photo display of former US President Richard Nixon (L) meeting late Chinese communist leader Mao Zedong at a reception marking 40 years of diplomatic relations between the US and China on June 21, 2019.

He perceives China’s ‘One Belt, One Road’ infrastructure development system as building blocks for world domination, very similar to the “British Empire of old.”

economy and was settling 27 percent of trade in its currency by 2015.

But just like the initial success of Dr. Frankenstein’s life reviving experiment that was followed by a “monstrous turn,” Kornai warns that China’s global triumph is morphing into a monster with a dark appetite to “become the hegemonic leader of the globe.”

China’s age of openness is slipping away as leading Chinese officials and publications often disparage “hostile foreign forces” and promoting “Internet sovereignty” and media control. With more state-owned bank debt directed to uncompetitive state-owned enterprises, 40 percent of China’s new debt goes to pay for interest on existing loans.

Kornai blames Chinese leader Xi Jinping, who since taking power in 2012 has steered China back to a classic communist system that is “reminiscent of Stalinist times.” Xi has changed Chinese law to allow himself to serve as president for life. He has launched an “anti-corruption” campaign to root out corrupt officials and the faction loyal to former Party leader Jiang Zemin. But Kornai is most concerned about the rise of communist party committees being “formed inside all siz-

Behind Xi Jinping Is A Divided Communist Party and Unengaged Officials

LIN YAN

News Analysis
It’s hard to tell what worries Chinese Communist regime leader Xi Jinping the most—the U.S. trade war in front of him, a divided cabinet, or a whole country of corrupt, self-serving and unfaithful communist officials.

Divided at the Top
While the trade war has exposed China’s many vulnerabilities and scandals to the entire world, behind closed curtains Xi is struggling with what may end up being more devastating than any external challenge: his immediate inner circle is turning against him.

China observers have noticed a major shift in Xi’s strategy and personnel choices. After seven years of successful partnership with Vice President Wang Qishan who led anti-corruption campaigns that won Xi a lot of respect, and Premier Li Keqiang who focused on fixing the economy, Xi turned his favor upon strategist Wang Huning and Vice Premier Han Zheng. Both of his new confidantes served, and are likely still serving, Xi’s arch enemy—former regime leader Jiang Zemin.

Wang Huning is known for devising radical communist ideological campaigns, theories, and slogans for Xi and his predecessors. Han Zheng leads the now notorious One Belt, One Road (OBOR) initiative, and is a hardliner behind the recent Hong Kong and Macau unrest. Both were promoted by Jiang, and are said to be key members of Jiang’s “Shanghai Clique,” a group of national political leaders thought to hold allegiance towards Jiang, a political enemy of Xi.

While the two have Xi’s trust, their behaviors have called their loyalty into question. Han, for example, criticized the proposed trade accord with the United States during a meeting with two dozen Chinese top leaders on May 13, according to Wall Street Journal.

Wang Huning on the other hand, is allowing, if not ordering party media within his control to speak against Xi. In June, Xinhua.net published two articles that bashed those who



Han Zheng, Wang Huning, Li Zhanshu, Xi Jinping, Li Keqiang, Wang Yang and Zhao Leji greet the media at the Great Hall of the People in Beijing, China, on Oct. 25, 2017.

While the trade war has exposed China’s many vulnerabilities and scandals to the entire world, behind closed curtains Xi is struggling with what may end up being more devastating than any external challenge: his immediate inner circle is turning against him.

choose to “surrender” to the United States in the trade war. The articles took an aggressive and menacing tone and were filled with radical and hateful vernacular commonly used during the 1970s Cultural Revolution. “Stop now,” one of the articles warned those who advocate for collaboration or hold a more moderate stance, “before you do anything that harms your family and pleases your enemies.”

People familiar with the matter believe the articles targeted Xi, Wang Qishan, and Li Keqiang—all of whom hope to work towards a resolution ending the trade war with the United States.

Inaction in the Middle
China has the world’s biggest body of government officials. Most of them are in the middle-tier who interpret, execute, and pass on top leadership’s policies.

This middle-tier has been a key obstacle against reform and problem-solving, said Xu Zhong, chief of the Chinese Central Bank Research Bureau, in February during a top economic forum. Most of the policy documents are drafted by the middle-tier officials from various functions, he said.

These officials hardly ever reached agreement due to understanding gaps and conflicting interests. This results in removal of controversial policies. “These controversial contents are the reforms that we truly need to solve important and challenging issues,” said Xu. Thus, Beijing’s policy changes are often stuck at the middle level due to the officials’ protection of their own interests, but done in the name of seeking cross-functional consensus. And problems, of course, remain unsolved.

Corruption at the Bottom
Corruption is a stubborn disease in any communist system. In China where the system has been running for almost 70 years, the extent and severity of corruption are jaw-dropping.

In the most recent anti-gang campaign, many local officials were found guilty of collaborating with gangs. Their titles ranged from head of local communist party branch, head of the Political and Legal Affairs Commission, and the chief of the Public Security Bureau.

able institutions and companies” that “have the power to overrule management.”

China’s central bureaucracy has not been able to suppress freedom of speech and press completely, because the Internet postings continue to leak out. But Kornai cautions: “Political discussions can take place in small groups, but the network of prohibitions is thickening, and the risks associated with criticism are growing.”

When total control is cemented at home, Kornai forecasts that “China won’t be satisfied with turning their country into one of the leading powers of the multipolar world.” He perceives China’s ‘One Belt, One Road’ infrastructure development system as building blocks for world domination, very similar to the “British Empire of old.” Most nations will get hooked on the scale of Chinese trade and financing, but Kornai warns that China will wield the hard power of military incursions and occupation to achieve its goals.

Kornai indicts the Western intellectuals who vocally gave their approval for and actively contributed to the transformation of China into a form of market economy, but now “bear moral responsibility for not protesting against the resurrection of the Chinese monster.”

Given that it is too late, and China is already advancing on too many fronts for raising tariffs to successfully resist the growth of the monster, Kornai advocates that the best way to oppose Chinese communism’s new long march is for Western intellectuals to take a leadership position in calling for the same type of foreign policy “containment” regime against China that successfully stopped the Soviet Union’s global expansion.

Bribery in local elections is also a common practice, which means a large number of local officials acquired their positions illegally. Worse still, a recent survey by the Chinese Academy of Social Sciences showed over 45 percent of village committee members were former gang leaders.

It’s no wonder that these local officials focus strongly on getting their investment back with their administrative powers. They may be too busy to take seriously the excessive inspection and evaluation teams sent by the central government. As soon as the teams land in a province or township, the inspection turns into a game of bureaucracy and formality.

Even for the inspection teams who do take their jobs seriously, the processes are more hindrance than help for the local officials. Between preparing for the inspection team’s arrival and welcome, to making sure they bring back a positive picture, the local officials have little energy to actually get things done.

What’s behind all the troubles is the fact that the communist party itself is what truly hinders development and improvement, and what demotivates officials to do their duty. With more direct interaction with the people, the local officials know better than the top leaders how fragile the party is. Today’s officials are unwilling to work hard for the party, and they are planning out their retreat once the party is in crisis.

Xi may be aware of the situation. In a February meeting, Xi warned the party is facing dangers from many directions, and that the country needs to be prepared for major hardships ahead.

But the junior officials looked on indifferently, as if they are not part of the system.

Economist Cheng Xiaonong believes such behaviors of the local officials pose a major political threat for Beijing, because the measures to save the economy will not get implemented.

“More importantly,” Cheng said, “such bureaucratic behaviors marks the loss of loyalty on the officials’ part.”

US Tech Giants Are Top Contributors to China’s Surveillance State

CHRISS STREET

The IBM and Google led non-profit “OpenPOWER Foundation” may be skirting technology-transfer restrictions to assist Chinese censors to surveil 200 million people.

With Western companies using patents to protect their intellectual property and set technical standards, China’s State Council launched an initiative in 2006 to influence international technology standards to “make market space for Chinese innovations.” Leveraging its 1989 Technology Standardization Law as the “sole legal basis for China’s standardization system,” foreign firms seeking to do business in China must “proactively disclose any patents which may be infringed by the proposed standard.”

China tech-standards start as recommendations by university scientists at government-funded institutions, including the National University of Defense Technology. A researcher setting a standard favored by Chinese companies is eligible to receive “bonuses, travel permissions, or credits toward promotions and tenure.” Given the limited value of foreign patents in China is offset by market size, IBM and Google are the premium sponsors for a Linux open-source software non-profit called “OpenPOWER.”

The Intercept reported that IBM under the OpenPOWER banner as an effort to “drive innovation” in China, has been leading a collaboration with China’s Semptian Big Data Solutions and top U.S. chip manufacturer Xilinx to “advance a breed of microprocessors that enable computers to analyze vast amounts of data more efficiently.”

A source that gave documents to The Intercept claimed that Shenzhen-based Semptian uses high-performance cloud computing to “enhance the capabilities of internet surveillance and censorship technology it provides to human rights-abusing security agencies in China” that routinely surveils 200 million Chinese Internet users each day.



A woman looks at her smartphone as she walks past a Google Building in New York City on June 3, 2019.

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The Intercept “after contacting Semptian under the pretext of a potential customer, received documents through Semptian’s iNext unit for a product called Aegis that can “store and analyze unlimited data” to offer “a full view to the virtual world”; reveal “the connections of everyone”; and provide “location information for everyone in the country.”

The Intercept sources revealed that Aegis is operating in China’s phone and internet networks to censor information and assist government agents to “collect people’s email records, phone calls, text messages, cellphone locations, and web browsing histories.”

Although Semptian, Google, and Xilinx did not respond to Intercept requests for comment, the OpenPOWER Foundation issued a statement claiming it “does not become involved, or seek to be informed, about the individual business strategies, goals or activities of its members,” due to antitrust and competition laws.

An IBM spokesman stated that the company “has not worked with Semptian on joint technology development,” but declined to answer questions regarding IBM’s SuperVessel OpenPOWER cloud computing platform created by IBM Research China.

IBM advertises it has offered SuperVessel cloud since 2015 as a “virtual R&D engine for the creation and testing of applications serving burgeoning areas such as mobile and data analysis.” IBM claims POWER applications for big data, Internet of Things, and data virtualization consume “90% lower” power and are “300+ times faster in pattern matching, 200+ times faster for compression, 100+ times faster in machine learning.”

Such high speed and low latency performance was only available from U.S. super- computers using field programmable gate arrays coprocessors to run “algorithms at very high speed and low latency.” Such U.S. hardware is subject to strict export controls.

But IBM Research and Xilinx announced in 2016 “they will be enabling FPGA-based acceleration within the SuperVessel OpenPOWER development cloud” for demanding artificial intelligence applications including “big data analytics and machine learning.”

Xilinx microprocessors use the same Intel “customized” Xeon and Xeon Phi used in U.S. supercomputers to perform up to 180-petaFLOPS. Export of the chips to China was banned by the U.S. Department of Commerce in 2015, but Xilinx coprocessors employed in the SuperVessel cloud solutions seem to skirt the chip export restrictions.

Google search exited China in 2010, after Gmail accounts of a number of Chinese human rights activists had been hacked and the Chinese regime demanded Google comply with requests to filter its search results. But Google continues to work toward launching a Chinese censor-compliant search engine named Project Dragonfly.

The key to Google’s scale is its Tensor Processing Unit (TPU) for neural networks that delivers “15–30X higher performance and 30–80X higher performance-per-watt than contemporary CPUs and GPUs.” Google Deep Mind artificial intelligence capability was demonstrated in its 4 game to 1 victory in the AlphaGo versus Lee Sedol competition.

Exporting TPU processors would undoubtedly be subject to U.S. Commerce Department restrictions, but The New York Times reported on Feb. 12, 2018 that Google, just like IBM, “would allow other companies to buy access to those chips through its cloud-computing service.”



Conservative Political Action Conference

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Trump Decries Censorship at Social Media Summit With Conservative Creators

PETR SVAB

President Donald Trump met with a group of conservative content creators to discuss social media censorship in the White House on July 11.

The Social Media Summit was a rare opportunity for creators to have their voices elevated to the national stage, after years of complaints about being suppressed by giant tech companies such as Google and Facebook.

“You’re challenging the media gatekeepers and corporate censors to bring the facts straight to the American people. ... Thank you very much on behalf of the nation,” Trump said, delivering remarks after the summit.

Among the known invitees were big names in the conservative movement such as PragerU, the Heritage Foundation, and Turning Point USA, as well as conservative media watchdog Media Research Center, investigative journalism outfit Project Veritas, and independent journalist and commentator Tim Pool, who identifies as center-left. Also invited was the man behind the social media accounts branded Carpe Donktum, known for producing humorous pro-Trump videos, some of which Trump has reposted on his Twitter account.

Many of the attendees have previously reported that they were censored by tech platforms, or have highlighted the issue of political censorship in their content.

Internal documents, interviews with insiders, and hidden camera footage—the bulk of which was published by Project Veritas—have showed companies including Facebook, Google, Twitter, and Pinterest suppressing conservative content often using vague or secret rules that reflect



US President Donald Trump greets sisters Lynnette Hardaway and Rochelle Richardson, also known as Diamond and Silk, during a “Presidential Social Media Summit” at the White House on July 11, 2019.

political leanings of the companies.

“They’re playing with a lot of minds and they’re playing unfairly,” Trump said.

Trump said his own social media accounts may have been targeted, giving examples of people having trouble following him on Twitter, his follower growth slowing by a factor of 10 in recent months, and even engagement counts getting subtracted from his posts.

Meeting With Tech Executives

Trump has previously come to the defense of several conservative figures banned from social media. The White House set up a website in May where people can file reports if they believe

their social media accounts have been banned, suspended, or otherwise affected because of political bias.

The website has received 16,000 responses, Trump said.

He announced that he will invite big tech executives to a meeting in the next month where the collected feedback will be used to further discuss the issue of censorship.

“Big tech must not censor the voices of American people,” he said.

While the tech companies have denied political bias, there’s growing evidence that they infuse their political preferences into their products.

Google, for instance, has given prominence to content that is aligned with its preferred worldview at the

expense of content that isn’t, based on internal documents and employees speaking out or being caught on hidden camera by Project Veritas.

Government Intervention

Conservatives have been reluctant to call for government intervention into how social media polices content, but many worry that social media’s silencing of conservative voices could sway the results of the 2020 presidential election.

One of the most commonly debated ideas is stripping social media of their “platform” designation if they continue to enforce rules resembling an editorial policy. If treated as publishers, the companies would be open to defamation lawsuits over user content on their sites.

Another idea is to use a threat of antitrust action to make the companies back off from censorship.

Some have even argued that access to social media platforms should be codified as a civil right, which would, for instance, prohibit large social media platforms from banning users unless they engage in unlawful speech.

While these companies have stated their belief in free speech, their content policies openly embrace concepts that reflect certain political leanings, such as their prohibition of “hate speech.”

Democrats are much more likely to call a variety of statements “hateful,” while Republicans are more likely to call them “offensive, but not hateful,” a 2017 Cato survey found.

Trump said his goal is to ensure free speech for everybody, including those who disagree with him.

“We don’t want anything special, but we want free speech,” he said.

Trump’s Reelection Campaign Launches ‘Women for Trump’ Coalition

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phia—pulsated with so much energy that the crowd would regularly stand up and cheer.

Among those speaking at the July 16 event included Lara Trump, senior adviser for the Trump 2020 campaign; Ronna McDaniel, chair of the Republican National Committee; Brad Parscale, Trump’s campaign manager; and others. Pro-Trump personalities Diamond and Silk were spotted sitting in the front row of the audience.

The number of women who support the president is continuing to grow, according to the speakers. Of those who donated to Trump’s 2020 campaign in the first quarter this year, more than 50 percent were women. In 2016, only 25 percent of donations came from women, Parscale said.

“You tell me if more women are supporting Trump,” Lara Trump, who is also the president’s daughter-in-law, said at the coalition rollout. “People vote with their wallets and women are voting with their wallets.”

She said the average amount donated to Trump’s reelection this year has been \$41.

McDaniel, the first to speak at the launch, listed Trump’s policies that she said have directly benefited women, including job creation.

Since 2017, of the about 6 million new jobs created, almost 3.1 million of the jobs have gone to women, McDaniel said.

Low unemployment records for women were also touted by the speakers.

“For women like the ones in this room, unemployment has been the lowest it’s been in 65 years,” Kimberly Guilfoyle, an attorney and girlfriend of Donald Trump Jr., said.

The “fake news” media and how they portray women as not supportive of the president was a much-discussed topic.

“You are groups on the ground, you are people disseminating the message,” Lara Trump told supporters. “Sometimes, when you watch the fake news, you’ve got to remind your friends out there to vote for Trump.”

She said then-candidate Trump asked her in 2016 to help him win the state of North Carolina. She re-



Members and supporters of the “Women for Trump” coalition.

called her efforts and how she and a number of other women toured the state in a bus.

They regularly saw support from the public while on the road, something she said wasn’t reflected in the news. She said media suppression continues today.

President Trump has placed a number of women in key positions in his administration, including counselor to the president Kellyanne Conway; CIA Director Gina Haspel; newly appointed press secretary Stephanie Grisham; Secretary of Education Betsy DeVos, and others.

“Fifty percent of those working in the 2020 campaign are women,” Parscale added.

Parscale said the campaign is using different polling techniques and artificial intelligence. He said the decision to host the event in Pennsylvania came from analyzing the data sets.

Another topic on everyone’s mind was socialism; nearly all spoke out against it.

At a June rally to kick off his reelection campaign, Trump said the choice in the upcoming election is between radical socialism embraced by the Democratic field and his agenda of freedom and the American dream.

Bernadette Repisky from Warm-inster Township, Pennsylvania, planned to attend as soon as she heard about the event. She said the day’s rollout was a counter to the fake news depiction that women don’t support Trump.

“You see this room today? Did you see what happened today? It’s just not true,” she told The Epoch Times. “The media tries so hard to push their own narrative. Women are going to come out for Trump.”

President Trump has placed a number of women in key positions in his administration, including counsellor to the president Kellyanne Conway; CIA Director Gina Haspel; newly appointed press secretary Stephanie Grisham; Secretary of Education Betsy DeVos, and others.

Extremists Glorify Slain Antifa Terrorist Who Firebombed Immigrant Detention Centre

IVAN PENTCHOUKOV

Anarchists, members of Antifa, and other extremists have eulogised a man who was killed by police while attacking an immigrant detention centre with incendiary devices.

A group of roughly two dozen anarchists and Antifa members on July 14 placed candles near the site of the attack at the privately operated Northwest Detention Centre in Tacoma, Washington.

The Pierce County Medical Examiner’s Office identified Willem Van Spronsen of Vashon Island as the man who threw firebombs through the windows of the detention centre and at cars in the parking lot. By the time police arrived, Van Spronsen, who was also carrying a rifle, had set one car on fire and had attempted to blow up a propane tank. Photos from the centre show broken windows and scorched glass.

Responding officers killed Spronsen at roughly 4 a.m. on July 13.

A website run by Antifa members and anarchists posted a lengthy eulogy for Van Spronsen, describing his attack as “heroic.”

“Willem Van Spronsen chose to think for himself. He took personal responsibility and did what he could to put an end to what he recognised as injustice,” the statement, posted by an anonymous group called Crimethink, said.

The Puget Sound Anarchists, the group that identified Van Spronsen as a friend and comrade, described his actions as “inspiring” and wished that his attack had been more effective.

“Those vehicles being destroyed is only a start of what is needed. We wish the fires Will set had freed all the inmates and razed the entire Northwest Detention Centre to the ground,” the group wrote in a post on their website.

The Puget Sound John Brown Gun Club identified Van Spronsen as a former member. Van Spronsen can be seen wearing a hat with the group’s acronym in a video filmed by journalist Andy Ngo at an Antifa rally on Dec. 1, 2018. The group’s Twitter page says that it is “anti-fascist, anti-racist, anti-capitalist, anti-patriarchy.”

Left-wing extremism just became domestic terrorism.

Brad Parscale, manager for the Trump 2020 presidential campaign

“[Van Spronsen] cared deeply about making the world a better place and he felt injustice towards others as personal as a wound,” the group said in a statement. “He took direct action to protect traditionally marginalised and threatened communities.”

CNN featured the Puget Sound John Brown Gun Club in an episode of its “Shades of America” series. The show’s host, W. Kamau Bell, told the CNN viewers to “do what you can to support them.” CNN did not respond to a request for comment.

Van Spronsen mailed a manifesto to some of his associates prior to the attack. In the three-page note, Van Spronsen identified himself as a member of Antifa and railed against what he called “concentration camps.”

Democratic socialist Rep. Alexandria Ocasio-Cortez (D-N.Y.) misappropriated the “concentration camps” term to describe detention centres for illegal aliens.

Brad Parscale, the campaign manager for President Donald Trump’s 2020 presidential bid, wrote in a message on Twitter, “Left-wing extremism just became domestic terrorism.”

While Antifa publicly proclaims to be fighting fascism, the group is composed of communists, anarchists, and anti-capitalists. The New Jersey Office of Homeland Security and Preparedness (OHSP) describes members of Antifa as anarchist extremists.

“These extremists are event-driven and often take advantage of otherwise legal protests to conduct violent counter-protests, destroy public and private property, and attack law enforcement,” the OHSP assessment states.

Facebook Under Bipartisan Attack Over Its Libra Digital Money

CONTINUED FROM A1

their concerns.

The Treasury has made it clear to Facebook that they needed to comply with the same anti-money laundering and countering financing of terrorism rules as traditional banks.

“They’ve got a lot of work to do to convince us to get to that place,” Mnuchin said.

He also touched upon the importance of the U.S. dollar as the leading international currency.

“Treasury takes very seriously the role of the U.S. dollar as the world’s reserve currency, and we’ll continue our efforts to protect our country and secure the U.S. and global financial systems.”

According to The Verge, a U.S. technology news network, the goal of Facebook is to eventually create the first mainstream digital currency “that is as stable as the dollar, can be used to buy almost anything, and can support an entire range of financial products.”

Facebook, the 15-year old social media giant, topped 2 billion monthly users in June.

Senators Grill Facebook Executive

U.S. lawmakers on July 16 questioned David Marcus, head of Facebook’s cryptocurrency subsidiary Calibra, at a Senate Banking Committee hearing on Libra.

Sen. Sherrod Brown (D-Ohio), the ranking committee member, said Facebook repeatedly abused the public trust, calling the company “dangerous.”

“Facebook has demonstrated, through scandal after scandal, that it does not deserve our trust, and that it should be treated like the profit-seeking corporation it is, just like any other company,” he said in his opening statement.

“We would be crazy to give them a chance to experiment with people’s



Head of Facebook’s Calibra David Marcus testifies during a hearing before Senate Banking, Housing and Urban Affairs Committee in Washington, DC, on July 16, 2019.

I don’t trust you guys.

US Sen. Martha McSally (R-Ariz.)

bank accounts, and to use powerful tools they don’t understand, like monetary policy, to jeopardize hardworking Americans’ ability to provide for their families.”

Sen. Martha McSally (R-Ariz.) was among other members who raised concerns about Facebook’s repeated violations of user privacy.

“I don’t trust you guys,” she said. “So instead of cleaning up your house, now you’re launching into another business model with Calibra here.”

Marcus said that Facebook wouldn’t offer the Libra until it “fully addressed regulatory concerns and received appropriate approvals.”

When repeatedly asked why Facebook was pursuing a digital currency, Marcus said the blockchain technology was inevitable, and the United

States had to lead in building and regulating it.

“I believe that if America does not lead innovation in the digital currency and payments area, others will. If we fail to act, we could soon see a digital currency controlled by others whose values are dramatically different,” he said.

The House Financial Services Committee will also hold its own hearing on Libra on July 17.

‘Not a Fan of Bitcoin’

In a series of tweets on July 11, President Donald Trump also attacked cryptocurrencies, saying that they are used in facilitating “unlawful behavior, including drug trade.”

“I am not a fan of Bitcoin and other Cryptocurrencies, which are not mon-

ey, and whose value is highly volatile and based on thin air,” he wrote.

“Similarly, Facebook Libra’s ‘virtual currency’ will have little standing or dependability.”

If Facebook and other companies wanted to operate as a bank, Trump continued, they should obtain a bank charter and become subject to banking regulations.

The president highlighted the U.S. dollar’s dominance in a follow-up tweet.

“We have only one real currency in the USA, and it is stronger than ever, both dependable and reliable,” he stated. “It is by far the most dominant currency anywhere in the World, and it will always stay that way. It is called the United States Dollar!”

Religious Persecution a Global Crisis Needing Urgent Action, US Ambassador Says

CATHY HE

WASHINGTON—The suppression of people of faith is a global crisis that receives far too little attention, U.S. Ambassador-at-Large for International Religious Freedom Sam Brownback said on July 16.

Brownback said the Trump administration was committed to countering religious persecution worldwide, in remarks on the opening day of the second annual Ministerial to Advance Religious Freedom hosted by the U.S. State Department in Washington.

“This administration sees the killing, imprisonments, harassment, and persecution on the basis of religious beliefs around the world,” Brownback said. “And we see it as a global crisis that has received far too little attention—a global crisis that we are determined to reverse.”

While most people in the world profess a faith, 80 percent of people live in a place that restricts religion, Brownback said.

“It is past time to bring down these religious restrictions,” he said.

The three-day conference marks the largest religious freedom event in the world, according to the State Department, and brings together more than 1,000 civil society and religious leaders from dozens of countries.

“We’ve got folks from civil society and from Christian, Muslim, Jewish, Hindu, Sikh, Buddhist, Falun Gong, and other secular backgrounds,” Secretary of State Mike Pompeo said in opening remarks.

“I want to thank everyone here who has committed a part of their life to helping those who are persecuted and to defending the unalienable right to practice one’s religion and follow their conscience and to take care of their soul.”

Pompeo also expressed hope that the conference would inform the work of the recently launched Commission of Unalienable Rights, a committee of experts, activists, and lawmakers tasked to provide the secretary with advice on how to interpret human



Sam Brownback, US Ambassador-at-Large for International Religious Freedom, at the Department of State in Washington on July 16, 2019.

Unless we’re willing to speak out against human rights and violations of religious freedom in China, we lose all moral authority to talk about it any other place in the world.

US House Speaker Nancy Pelosi (D-Calif.)

rights based on the nation’s founding principles and the 1948 Universal Declaration of Human Rights.

Spotlight on China

While more than 100 foreign delegations were invited to the gathering, egregious violators of religious liberty like China, Iran, and Pakistan were not.

China has, for the past two decades, been designated by the State Department as a “country of particular concern,” meaning that it engages in “systematic, ongoing, [and] egregious violations of religious freedom.”

U.S. House Speaker Nancy Pelosi (D-Calif.), speaking in a panel discussion at the conference, said that given China’s economic clout, the huge scale of the violations of religious liberty in the country is a “challenge to the conscience of the world.”

“Unless we’re willing to speak out against human rights and violations of religious freedom in China, we lose all moral authority to talk about it any

other place in the world,” Pelosi said.

Pompeo, speaking at the release of the department’s annual report on global religious freedom in June, called out the Chinese Communist Party (CCP) for its “extreme hostility to all religious faiths since its founding.”

“The party demands that it alone be called God,” he said at the time.

“In China, the government’s intense persecution of many faiths—Falun Gong practitioners, Christians, and Tibetan Buddhists among them—is the norm.”

Former U.S. Rep. Frank Wolf, who has been a longtime advocate for worldwide religious freedom, said at the conference that the abuses in China is the worst in 30 years.

Among the regime’s transgressions are its co-option of the Catholic church, the mass detention of more than 1 million Uyghurs and other Muslim minorities in the region of Xinjiang in internment camps, and the “cultural genocide” of Tibetan Buddhists, Wolf said.

Wolf also referred to the regime’s forcible harvesting of organs from adherents of the spiritual practice Falun Gong who are incarcerated for their beliefs.

“It’s worse now than any time that I’ve been dealing with these issues,” Wolf said.

The situation has deteriorated because the United States—and particularly the business community—has not spoken out enough like it had previously done against the Soviet Union during the 1970s and 1980s, Wolf said.

Pelosi said that after the Tiananmen Square massacre in 1989, she and other lawmakers advocated for China to be stripped of preferential trading status with the United States. But she received significant pushback from the business community, which argued that economic openness would lead to greater liberties.

Thirty years later, this has not eventuated, Pelosi said. Meanwhile, the United States’ trade deficit with China has increased from \$5 billion a year to \$5 billion a week, she added.

“What they [commercial interest groups] were suggesting didn’t work, but they take no responsibility for it,” Pelosi said.

Wolf said foreign companies that work with the Chinese regime to develop technologies used in its repression of faith groups, such as mass surveillance technology and artificial intelligence, should be held to account.

“No company in the West ought to be cooperating with the Chinese to do this,” he said. “I think they ought to be sued.”

People should bring lawsuits against such companies, and damages should be then awarded to victim groups, such as Uyghurs, Tibetans, and Falun Gong practitioners, Wolf said.

Pelosi supported the proposal, saying companies need to be called out for aiding human rights abuses.

“We have to shine a bright light and say, ‘You are accomplices for very evil actions.’ Do you want to be known for that?” she said.

THE JEFFREY EPSTEIN CASE

Jeffrey Epstein’s Ties to Clinton, and His

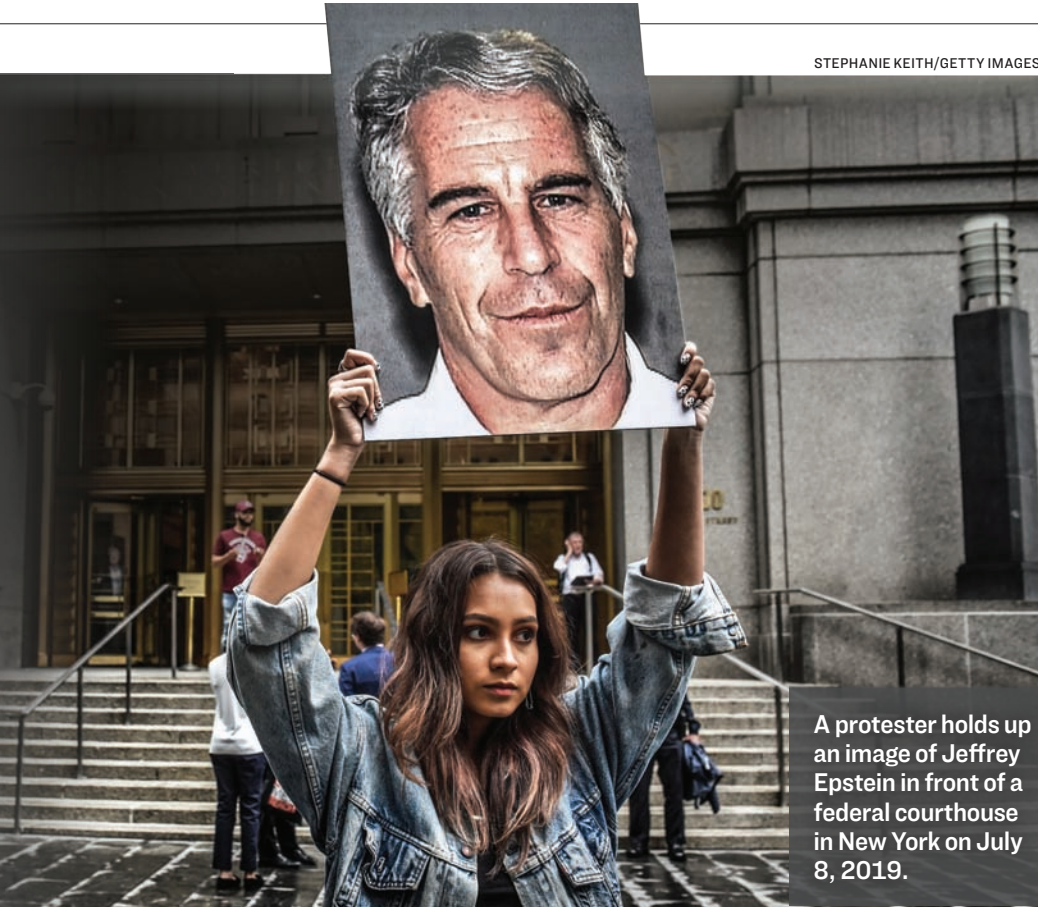
While media focus on Trump, larger questions remain about Epstein’s finances and tie

JEFF CARLSON

Jeffrey Epstein was arrested on July 6 after landing at Teterboro Airport in New Jersey upon his return from a trip to France. Epstein was previously indicted in 2007 on charges he abused underage girls, but reached a controversial plea deal, in which he served only 13 months in a low-security facility that allowed him to work from his office each day.

Epstein now faces federal charges of sex trafficking and conspiracy to commit sex trafficking that may lead to him spending the rest of his life in prison. DOJ officials have indicated that they expect the charges against Epstein to expand as they delve further into the case. Attorney General William Barr has said he will not recuse himself from the newly opened Epstein case, although he “will remain recused from any retrospective review” of Epstein’s earlier case in Florida.

Questions surrounding Epstein have existed for a long time, including the source of his wealth and his relationship to former President Bill Clinton, who, according to flight logs, flew on Epstein’s personal jet 26 times.



STEPHANIE KEITH/GETTY IMAGES

A protester holds up an image of Jeffrey Epstein in front of a federal courthouse in New York on July 8, 2019.

Trump Barred Epstein from Mar-a-Lago

Much of the mainstream media has chosen to focus on President Donald Trump’s past social ties to Epstein. In 2002, Trump was quoted in an article from New York Magazine, which was one of the first publications to profile Epstein following a well-publicized trip he took to Africa with Clinton:

“I’ve known Jeff for fifteen years. Terrific guy,’ Trump booms from a speakerphone. ‘He’s a lot of fun to be with. It is even said that he likes beautiful women as much as I do, and many of them are on the younger side. No doubt about it – Jeffrey enjoys his social life.”

This quote, along with a plane flight that Trump took on one of Epstein’s planes, has been used to portray the president as being close to Epstein. But a closer examination highlights how this characterization is likely inaccurate.

In a Sept. 21, 2009, deposition of Mark Epstein, Jeffrey’s brother, the plane flight that involved Trump was specifically discussed. Mark Epstein was asked if he had ever met Donald Trump and allowed that he had one time—on a flight from Florida to New York aboard the smaller of Jeffrey Epstein’s planes:

Mark Epstein: “We flew up on my brother’s plane from Florida together. Donald was on the plane.”

Q: “When?”
Mark Epstein: “Somewhere between 5 and 10 years ago.”

Q: “Okay. So we are talking about –”
Mark Epstein: “It’s either late ‘90’s early 2000. Probably more like late ‘90’s.”

Q: “Was that the only time you’ve met Donald Trump?”
Mark Epstein: “Yes.”
As mentioned, the flight took place on Jeffrey Epstein’s smaller plane—not the larger 727 that has been dubbed the “Lolita Express”:

Q: “Was this one of the big planes, the 727?”
Mark Epstein: “No. It wasn’t that one, no.”

Q: “Okay. How many people were on this airplane?”
Mark Epstein: “It was my brother, myself, Donald, the pilot the co-pilot.”

It appears that Trump hitched a ride back to New York on Jeffrey Epstein’s smaller plane following a stay at Mar-a-Lago in Florida. It also appears that this may be the only time that Trump flew on one of Jeffrey Epstein’s planes.

Q: “What was the purpose of Donald Trump riding on your brother’s airplane?”
Mark Epstein: “You’ll have to ask Donald. I think he wanted a ride back to New York.”

In January 2016, Trump’s attorney Alan Garten told Vice News that “the presidential candidate had ‘no relationship’ with [Jeffrey] Epstein, and only knew him because Epstein was a member of Mar-a-Lago, Trump’s private club and residence in Palm Beach.”

During a December 2018 interview with YouTube user The Conscious Resistance, Bradley Edwards, an attorney who represented some of Jeffrey Epstein’s victims in a Palm Beach civil case, discussed how Trump was the only one willing to help him on the case against Epstein.

“The only thing that I can say about President Trump is that he is the only person who, in 2009 when I served a lot of subpoenas on a lot of people, or at least gave notice to some pretty connected people that I wanted to talk to them, [Trump] is the only person who picked up the phone and said, ‘Let’s just talk. I’ll give you as much time as you want. I’ll tell you what you need to know,’” Edwards recalled.

Edwards added that Trump “was very helpful, in the information that he gave, and gave no indication whatsoever that he was involved in anything untoward whatsoever,



MANDEL NGAN/AFP/GETTY IMAGES

The back entrance to the Mar-a-Lago estate of President-elect Donald Trump in Palm Beach, Fla., on Nov. 27, 2016.

but had good information that checked out and that helped us.”

Best-selling author James Patterson, who wrote a book on Epstein titled “Filthy Rich,” has stated that Trump banned Epstein from Mar-a-Lago. In a recent interview on Fox News, Patterson said: “There were some complaints about Epstein at Mar-a-Lago. I spoke to the head of the spa there. ... She said she went to Trump, and he threw [Epstein] out of the club.”

A similar version of events was reported in a December 2018 article by The Washington Post, which noted that Trump had permanently banned Epstein from Mar-a-Lago “because Epstein sexually assaulted an underage girl at the club,” according to court documents filed by Edwards.

The Washington Post article also noted that all sides agreed that Trump’s involvement in the Epstein case was only tangential and wouldn’t even require his testimony:

“Lawyers involved with the various Epstein cases said there is virtually no chance that the president will be required to testify in a matter in which both sides agree his involvement was tangential.”

On July 9, 2019, in response to questions, Trump commented on Epstein, saying: “Well, I knew him, like everybody in Palm Beach

knew him. People in Palm Beach knew him. He was a fixture in Palm Beach.”

But Trump continued: “I had a falling out with him a long time ago. I don’t think I’ve spoken to him for 15 years. I wasn’t a fan. I was not—a long time ago, I’d say maybe 15 years. I was not a fan of his. That I can tell you. I was not a fan of his.”

Trump Under a Microscope

Despite Trump having been under close investigation by special counsel Robert Mueller for nearly two years, no information relating to Epstein was brought up.

But the Mueller investigation was not the only scrutiny that Trump has been subjected to. The Washington Times reported in a December 2017 article, that Glenn Simpson and his firm, Fusion GPS—which were behind the so-called “Steele dossier” on Trump—had tried to push “the idea of a close relationship between Mr. Trump and Jeffrey Epstein,” but failed to find any actual issues or events relating to the president.

“The Trump–Epstein link appears purely social, far short of Mr. Clinton’s 20-plus plane rides on Epstein’s ‘Lolita Express’ private jet around the globe in the early 2000s,” reported The Washington Times.

Trump is one of, if not the, most vetted presidential candidates in U.S. history. It seems almost certain that if there had been an untoward association with Epstein’s activities, it would have been unearthed long ago.

It appears, however, that other well-known figures might be caught up in the Epstein scandal. Christine Pelosi, the daughter of House Speaker Nancy Pelosi, highlighted the potential fallout in a July 6 tweet:

“This Epstein case is horrific and the young women deserve justice. It is quite likely that some of our faves are implicated but we must follow the facts and let the chips fall where they may – whether on Republicans or Democrats.”

Epstein’s Mysterious Past

Epstein has been described as both a billionaire and a money manager for billionaires. It’s likely that both descriptions are incorrect.

Epstein’s status as a billionaire evolved from court statements that came from an earlier civil case in West Palm Beach, Florida. Despite a judicial order, Epstein had initially refused to “divulge any information about his net worth other than to say its [sic] upwards of \$50 million.”

The judge in the case threatened Epstein with the forced disclosure of his tax returns unless he provided a more definitive accounting of his net worth. In papers filed with the U.S. District Court, Epstein’s attorneys stated he was worth “more than nine figures,” which, depending on your reading, leaves the matter open to interpretation. Nine figures equate to Epstein being a multi-millionaire. Ten figures would mean Epstein was a billionaire.

No documents were ever actually produced to back up this claim, and Epstein’s actual wealth remains tenuous at best. In 2010, Forbes reported on Epstein’s billionaire designation, noting that Spencer Kuvin, an at-

torney who represented three of Epstein’s alleged victims, told the magazine that “in the litigation itself we were never able to get him to produce verified financial information. The ‘nine figures’ came by negotiation. It kept going up and up and up. They started at zero—they wouldn’t tell us at all.”

Epstein has never been ranked or listed on the Forbes 400 list, and in a recent revisiting of the Epstein case, Forbes reporters noted that “Forbes has never included Epstein, 66, in its rankings of the World’s Billionaires, since there is scant proof he holds a ten-figure fortune.”

As Bloomberg noted, “Today, so little is known about Epstein’s current business or clients that the only things that can be valued with any certainty are his properties.”

Equally nebulous is Epstein’s stature as a money manager for billionaires. The reported source for Epstein’s wealth is his money management firm, The Financial Trust Co., located in the U.S. Virgin Islands. But no records from the firm have ever been made public, nor has any client list been released. One known former Epstein client is Leslie

Epstein has been described as both a billionaire and a money manager for billionaires. It’s likely that both descriptions are wrong.

Wexner, the billionaire founder of Limited Brands, now known as L Brands, but Wexner reportedly severed ties with Epstein more than 10 years ago.

It has been speculated that Wexner was the primary source of Epstein’s wealth. At one point, Wexner assigned Epstein fiduciary power “over all of his private trusts and foundations,” according to a 2003 Vanity Fair article that relied on interviews with Epstein and people close to Wexner.

The strangeness of this relationship was first highlighted to New York Magazine by a Wall Streeter who knows Epstein. “It’s a weird relationship,” the source said.

“It’s just not typical for someone of such



MA SANGHVI/PALM BEACH POST VIA REUTERS

Jeffrey Epstein (C) appears in court, where he pleaded guilty to two prostitution charges in West Palm Beach, Fla., on July 30, 2008.

enormous wealth to all of a sudden give his money to some guy most people have never heard of.”

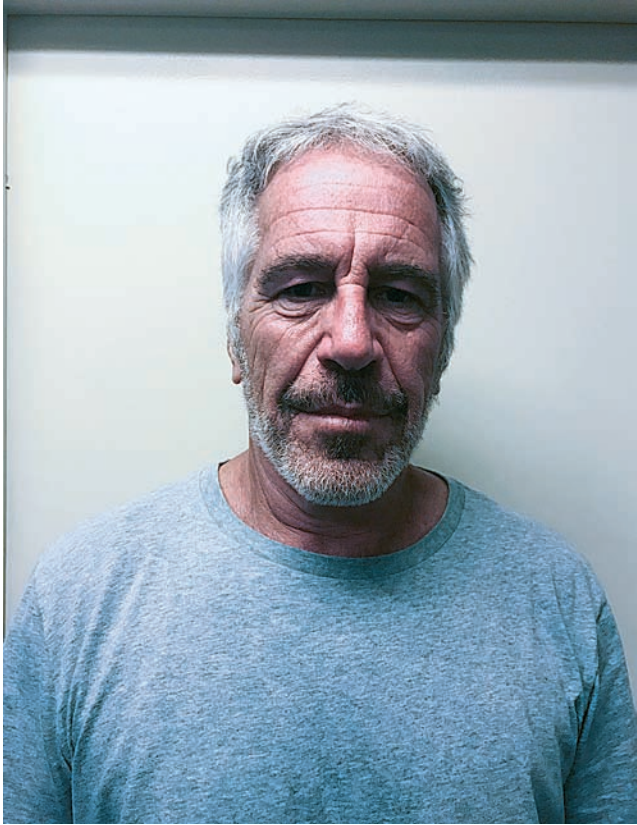
In the 2003 Vanity Fair article, Vicky Ward pointed to some early signals that Epstein might not be what he seemed:

“You won’t find Epstein’s transactions written about on Bloomberg or talked about in the trading rooms. ‘The trading desks don’t seem to know him. It’s unusual for animals that big not to leave any footprints in the snow,’ says

Questionable Source of Wealth

s to Bill Clinton

NEW YORK STATE DIVISION OF CRIMINAL JUSTICE SERVICES/HANDOUT VIA REUTERS



REUTERS/CARLO ALLEGRI



(L) Jeffrey Epstein in a photo taken for the New York State Division of Criminal Justice Services' sex offender registry on March 28, 2017. (R) Damage is seen on the front door of the Upper East Side home of Jeffrey Epstein, in New York on July 8, 2019.

Bill Clinton's Ties to Epstein

KOEN VAN WEEL/AFP/GETTY IMAGES



Former President Bill Clinton in Amsterdam on July 27, 2018.

The flight logs indicate that Clinton flew without a Secret Service detail for at least five of the flights.

In a 2015 court filing, Epstein accuser Virginia Roberts Giuffre stated that 'Epstein required me to describe the sexual events that I had with these men presumably so that he could potentially blackmail them.'

It has long been reported that former U.S. President Bill Clinton has ties to Epstein, and on July 8, 2019, in response to Epstein's arrest, a Clinton spokesperson issued a short statement saying the former president "knows nothing" about the "terrible crimes" Epstein had been charged with:

"In 2002 and 2003, President Clinton took a total of four trips on Jeffrey Epstein's airplane: one to Europe, one to Asia, and two to Africa, which included stops in connection with the work of the Clinton Foundation," the statement said.

"Staff, supporters of the foundation, and his Secret Service detail traveled on every leg of every trip. He had one meeting with Epstein in his Harlem office in 2002, and around the same time made one brief visit to Epstein's New York apartment with a staff member and his security detail. He's not spoken to Epstein in well over a decade, and he has never been to Little St. James Island, Epstein's ranch in New Mexico, or his residence in Florida."

Clinton's statement may be factually correct, but it also appears to be a potential lie by omission. Note that Clinton's statement only addresses flights on Epstein's jet that took place in 2002 and 2003. Clinton states that he's not spoken to Epstein in "well over a decade." In other words, the Clinton statement leaves the years prior to 2002 and the period from 2004 to 2008 notably unaddressed.

In a 2016 article, Fox News reported that, based on a review of flight logs, Clinton had made "at least 26 trips" aboard Epstein's private jet, which has been called the "Lolita Express" in media reports. The flight logs indicate that Clinton flew without a Secret Service detail for at least five of the flights.

The Fox article specifically mentions 2001, a year not covered by Clinton's statement, as being a period in which Clinton traveled aboard the Epstein jet:

"Trips between 2001 and 2003 included extended junkets around the world with Epstein and fellow passengers identified on manifests by their initials or first names, including 'Tatiana.' The tricked-out jet earned its Nabakov-inspired nickname because it was reportedly outfitted with a bed where passengers had group sex with young girls."

It's possible that the former president is correct in his assertion that he has never been to Little St. James Island, Epstein's private island. Indeed, Fox reported that flight logs do not show Clinton aboard any flights to St. Thomas, the nearest airport to Little St. James.

What does seem clear is that Clinton was a frequent traveler on Epstein's 727 jet. According to the article, these same flight logs "show Clinton flying aboard Epstein's plane to such destinations as Hong Kong, Japan, Singapore, China, Brunei, London, New York, the Azores, Belgium, Norway, Russia and Africa."

The article also notes that those regularly traveling with Clinton included "Epstein's associates, New York socialite Ghislaine Maxwell and Epstein's assistant, Sarah Kellen, both of whom were investigated by the FBI and Palm Beach Police for recruiting girls for Epstein and his friends."

During one 5-stop Asia trip that took place in May 2002, no Secret Service agents were included in the flight logs. Fox News attempted and failed to force the Secret Service to answer requests under the Freedom of Information Act regarding the lack of agents on this trip.

Clinton's repeated presence on Epstein's plane also is noted during an Oct. 15, 2009, deposition of Epstein pilot Larry Visosky:

Q: You had Bill Clinton on the airplane ten or twenty times, right?

Visosky: Yeah. He's my main focus. I remember him being on the aircraft, sure.

At the February 2015 Conservative Political Action Conference, in the runup to the 2016 presidential election, Trump indicated to Fox's Sean Hannity that Bill Clinton's connections to Epstein would prove problematic for the former president:

"Nice guy. Got a lot of problems coming up, in my opinion, with the famous island, with Jeffrey Epstein. A lot of problems."

According to a 2007 letter sent by Epstein attorneys Alan Dershowitz and Gerald LeCourt, Epstein was part of the original group that conceived of the formation of the Clinton Global Initiative, a now-defunct division of the Clinton Foundation:

"Mr. Epstein was part of the original group that conceived the Clinton Global Initiative, which is described as a project 'bringing together a community of global leaders to devise and implement innovative solutions to some of the world's most pressing challenges.'"

The claim by Epstein's attorneys was first reported by Fox News in 2016. Epstein donated \$25,000 to the Clinton Foundation in 2006.

STEPHANIE KEITH/GETTY IMAGES



Two of Jeffrey Epstein's alleged victims, Michelle Licata (L) and Courtney Wild, exit the courthouse after a hearing about the billionaire in New York on July 8, 2019.

a high-level investment manager."

For a man reputed to have been managing at least \$15 billion—all for billionaires—it would seem all but impossible that Epstein wouldn't be known to the Wall Street trading desks. Additionally, Epstein reportedly employed no portfolio managers or analysts, telling people that he handled the entire investment side of the business himself, with all other employees being purely administrative.

Epstein, for reasons unknown, was also reported to be highly selective when it came to his clients. In the New York Magazine article, famed mergers and acquisition lawyer Dennis Block said that he once sent Epstein a \$500 million client, only to have Epstein turn the client down. Block noted: "Both the client and I were amazed. But that's Jeffrey."

The Vanity Fair article quotes Epstein as saying: "Very few people need any more money when they have a billion dollars. The key is not to have it do harm more than anything else. ... You don't want to lose your money." But then the article goes on to discuss Epstein's supposed heavy involvement in currency trading—a market that is both volatile

For a man reputed to have been managing at least \$15 billion—all for billionaires—it would seem all but impossible that Epstein wouldn't be known to the Wall Street trading desks.

and risky. Hardly the place one goes to safely invest and preserve your client's money.

The article also reported that "Epstein had several meetings with Harold Levin, then head of Wexner Investments, in which he enunciated ideas about currencies that Levin found incomprehensible."

Ward, who no longer works for Vanity Fair, has recently detailed how her reporting for the 2003 story was meant to include a significant section concerning allegations made by two young women that Epstein had sexually assaulted one of them while she was underage.

Vanity Fair responded to an inquiry by

The Daily Beast, stating, "Epstein denied the charges at the time and since the claims were unsubstantiated and no criminal investigation had been initiated, we decided not to include them in what was a financial story."

The Bear Stearns Hedge Fund

Epstein reportedly got his start in the financial world while working for investment bank Bear Stearns but abruptly left the firm in 1981 under less than clear circumstances. Some media reports indicate Epstein was forced out. Other reports indicate that Epstein left of his own volition. But whatever the reason behind his departure, Epstein may have kept financial ties with the firm in place.

The Miami Herald reported that "as part of the plea deal, Epstein provided what the government called 'valuable consideration' for unspecified information he supplied to federal investigators." It remains unknown exactly what information was provided by Epstein, but as the Miami Herald notes, "Epstein's sex crime case happened just as the country's subprime mortgage market collapsed, ushering in the 2008 global financial crisis."

According to the Herald's reporting: "Records show that Epstein was a key federal witness in the criminal prosecution of two prominent executives with Bear Stearns, the global investment brokerage that failed in 2008, who were accused of corporate securities fraud. Epstein was one of the largest investors in the hedge fund managed by the executives, who were later acquitted. It is not known what role, if any, the case played in Epstein's plea negotiations."

The fact that Epstein was reported "one of the largest investors" in the Bear Stearns hedge fund runs contrary to his portrayal as the sole and direct manager of his clients' funds and raises questions as to the purposes behind any management fees.

Rumors of blackmail have surrounded Epstein for years. In a 2015 court filing, Epstein accuser Virginia Roberts Giuffre said that Epstein "trafficked" her "to many other powerful men, including politicians and powerful business executives." She stated that "Epstein required me to describe the sexual events that I had with these men presumably so that he could potentially blackmail them."

Curtailing Speech a Slippery Slope

RYAN MOFFATT

Canada is mulling a new approach to monitoring and curtailing hate speech online. Although a reasonable and prudent proposition at first glance, there is a real risk such a move could undermine it’s democracy. Aside from the logistical difficulties that come with enforcement, curtailment of speech can produce unintended consequences that can be more divisive than hate speech itself.

The move was born of the Christchurch Call to Action, a pledge organised in response to the mass shooting in Christchurch in March that claimed the lives of 51 people. The global pledge calls for governments and online service providers to make voluntary commitments to prevent people from using the internet to promote and sensationalise extremism or acts of terrorism.

Countries like Germany and France have adopted the pledge and implemented controls aimed at regulating online hate speech and combating extremism, and Canada is joining them. To that end, Ottawa has announced Canada’s Digital Charter, and has taken measures to revive a controversial hate speech law that was repealed in 2013 due to free speech concerns.

A Right to Offend

Freedom of expression is protected as a “fundamental freedom” by Section 2 of the Canadian Charter of Rights and Freedoms. Although the Charter grants the government the power to enforce “reasonable limits,” it has been used sparingly, and for good reason. Freedom of Speech is a core democratic value that affords one of the great protections of democracy. In contrast, totalitarian regimes maintain their hold on power by censoring information and speech, ensuring that their citizens remain ignorant and unable to differentiate fact from propaganda.

Embedded in free speech is the right to offend. Disparaging viewpoints will inevitably clash, and the ugly side of human nature may prevail for a short time. But history has proven that open, democratic societies amend their most profound differences without violence. Freedom of speech is precisely the valve that lets the steam out of the boiling pot of conflicting ideals and prevents the vilest side of human nature from spilling over into the public sphere. This approach is far, far superior to the totalitarian alternative of a promised utopia where speech and thought are regulated by the ruling regime.

Of course, debate of contentious issues in free societies can sometimes get nasty and even violent, but this is more because we’ve not only lost respect for our fellow man, but virtues like compassion and understanding have gone by the wayside. Fostering these would do more to iron out differences of opinion than legislation ever could.

Certain protections are required to prevent the incitement of violence against those of a particular race, gender, religion, or disability, and these need to be honoured—but



BERTRAND GUAY/AFP/GETTY IMAGES

New Zealand’s Prime Minister Jacinda Ardern (L) and French President Emmanuel Macron (C) leave the Elysee Palace in Paris after the launch of the global “Christchurch Call” initiative on May 15, 2019.

Countries like Germany and France have adopted the pledge and implemented controls aimed at regulating online hate speech and combating extremism, and Canada is joining them.

their expansion should be kept to a minimum.

Hate Speech as a Weapon

The crux of the problem in regulating hate speech is that someone needs to define what it is. Who gets to decide what constitutes hate, and who can be trusted to do so in a non-partisan, objective way? Do Google and Facebook have the moral authority to decide on the public’s behalf what opinions and positions are sufficiently hateful to warrant censorship?

In recent years, the concept of hate speech has been weaponized by radical leftists who have capitalised on the power of the term by labelling those with whom they disagree as merchants of hate speech.

Jordan Peterson, one of Canada’s most famous intellectuals and a fierce free-speech advocate, has become a lightning rod for the slings and arrows of radical leftists seeking to take him out by any means necessary. Peterson famously opposed Bill C-16, an amendment to the Canadian Human Rights Act that adds gender identity and gender expression to the list of prohibited grounds of discrimination. His argument was that the government should not compel speech by criminalising the misuse of gender pronouns. He was not against non-binary or transgender persons—only the government’s overreach in compelling speech.

In the aftermath of Peterson’s sudden rise in to fame as a result of his stance, he was labelled a fascist, bigot, Nazi, and alt-right harbinger. His lecture tours were met with protesters whose goal was to shut down the conversation and silence him. Their aim was not to discredit Peterson’s ideas on their merit but to have them permanently wiped from the public consciousness. Their most oft-used tactic was to consistently label Peterson as alt-right and a peddler of hate speech. As a result, many of Peterson’s speaking engagements were cancelled due to political pressure.

It is important to note that the protesters refused to articulate just which ideas presented by Peterson constituted hate. But it didn’t matter. The label alone was enough to discredit him.

In the aftermath of the Christchurch massacre, Peterson’s best-selling book “12 Rules for Life” was temporarily removed from New Zealand bookstore Whitcoulls. Was it because the shooter referenced the book or professed some sort of ideological alignment with Peterson’s thoughts and propositions? No, far from it. Peterson’s core messages of competence and responsibility were antithetical to the shooter’s manifesto. It is interesting to note that during the “12 Rules for Life” ban, Whitcoulls continued to stock Hitler’s “Mein Kampf” and Mao’s “Little Red Book.”

Hate Speech in the Digital Age

The digital age has presented unique challenges in regulating online discourse. Anonymity has emboldened the dregs of humanity to put forth all sorts of hate-filled and repugnant ideas.

Bewildered governments are now leaving it in the hands of social media platforms like Twitter and Facebook to regulate loose and inconsistent definitions of hate speech. These huge social media platforms have become the most important means of disseminating information and the most impactful in communicating ideas. Their power is immense and not proportionate to the small number of people responsible for controlling online communication.

To be banned, silenced, or censored on these platforms is akin to being excommunicated from society. And that is dangerous, because the excommunicated will find darker corners to express their views. Consumed with resentment, their dissatisfaction will surface in the worst of ways.

Ryan Moffatt is a journalist based in Vancouver.

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

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Chapter Five (Cont.)

6. The New Marxists Who Worship Satan

When the street revolution of Western youths was in full swing in the 1960s, there was one who dismissed their naivety, sincerity, and idealism. “If the real radical finds that having long hair sets up psychological barriers to communication and organization, he cuts his hair,” he said. The man was Saul Alinsky, a radical activist who wrote books, taught students, and personally oversaw the implementation of his theories, eventually becoming the “para-communist” agitator with the most baneful influence for decades.

Aside from his worship of Lenin and Castro, Alinsky also explicitly praised the devil himself. In his book Rules for Radicals, one of the epigraphs says, “Lest we forget at least an over-the-shoulder acknowledgment to the very first radical: from all our legends, mythology, and history (and who is to know where mythology leaves off and history begins—or which is which), the first radical known to man who rebelled against the establishment and did it so effectively that he at least won his own kingdom—Lucifer.”

Saul Alinsky sought to seize power through any means, while at the same time destroying the existing social system. He has been called the Lenin of the post-communist left.

The reason Alinsky is best termed a “para-communist” is that, unlike the Old Left (political leftists) of the 1930s and the New Left (cultural leftists) of the 1960s, Alinsky refused to affirmatively describe his political ideals. His overall view was that the world has “the haves,” “the have-a-little-want-mores,” and “the have-nots.” He called upon the “have-nots” to rebel against “the haves” by any means and to seize wealth and power in order to achieve a completely “equal” society. He sought to seize power through any means, while at the same time destroying the existing social system. He has been called the Lenin of the post-communist Left and its “Sun-Tzu.”

In “Rules for Radicals,” published in 1971, Alinsky systematically set forth his theory and methods of community organizing. These rules include “A tactic that drags on too long becomes a drag”; “Keep the pressure on”; “The threat is usually more terrifying than the thing itself”; “Ridicule is man’s most potent weapon”; and “Pick the target, freeze it, personalize it, and polarize it.” The essence of his rules was about using unscrupulous means to achieve his goals and gain power.

The nature of Alinsky’s seemingly dry rules for community organization becomes clear when they are applied in the real world. When the Vietnam War was still in progress in 1972, George H. W. Bush, then U.S. ambassador to the United Nations, gave a speech at Tulane University. Students at the university who were against the war sought advice from Alinsky, who said that protesting with the usual methods would likely result simply in them being expelled. He thus sug-

gested that they don Ku Klux Klan garb, and whenever Bush defended the Vietnam War, they’d stand up with placards and say, “The KKK Supports Bush.” The students did so “with very successful, attention-getting results.”

Alinsky and his followers were delighted with two other protests he planned. In 1964, in negotiations with Chicago city authorities, Alinsky concocted the plan of organizing 2,500 activists to occupy the toilets in Chicago’s O’Hare International Airport, one of the busiest in the world, to force its operations to grind to a halt. Prior to actually carrying off the plan, he leaked the plan, thus forcing the authorities to negotiate.

In order to force Kodak, the major employer in Rochester, New York, to increase the ratio of black employees to white, Alinsky came up with a similar tactic. Seizing on an important cultural tradition in the city—an upcoming performance of the Rochester Philharmonic Orchestra—Alinsky planned to purchase hundreds of tickets for his activists and feed them baked beans beforehand so they could fill the theater and ruin the performance with flatulence. This episode didn’t come to fruition, but the threat of it, as well as Alinsky’s other tactics, enhanced his position in negotiations.

Alinsky’s book leaves the impression of a sinister, cold, and calculating individual. His use of “community organizing” was really a form of gradual revolution.

The differences between Alinsky and his forerunners were several. First, both Old and New Leftists were at least idealistic in their rhetoric, while Alinsky stripped “revolution” of its idealistic veneer and exposed it as a naked power struggle. When he conducted training for “community organizations,” he would routinely ask the trainees, “Why organize?” Some would say that it was to help others, but Alinsky would roar back, “You want to organize for power!”

In the training manual that Alinsky’s followers went by, it said: “We are not virtuous by not wanting power. ... We are really cowards for not wanting power”; and “Power is good. ... Powerlessness is evil.”

Second, Alinsky didn’t think much of the rebellious youth of the ‘60s who were publicly against the government and society. He stressed that whenever possible, one should enter the system, while biding time for opportunities to subvert it from within.

Both Old and New Leftists were at least idealistic in their rhetoric, while Saul Alinsky stripped ‘revolution’ of its idealistic veneer and exposed it as a naked power struggle.

Third, Alinsky’s ultimate goal was to subvert and destroy, not to benefit any group. Thus, in implementing his plan, it was necessary to conceal the real purpose with localized or staged goals that were seemingly reasonable or harmless by themselves, to mobilize large crowds to action. When people were accustomed to being mobilized, it was relatively easy to

mobilize them to act toward more radical goals.

In “Rules for Radicals,” Alinsky said: “Any revolutionary change must be preceded by a passive, affirmative, non-challenging attitude toward change among the mass of our people. ... Remember: once you organize people around something as commonly agreed upon as pollution, then an organized people is on the move. From there it’s a short and natural step to political pollution, to Pentagon pollution.”

A leader from Students for a Democratic Society who was deeply influenced by Alinsky nailed the essence of radicalizing protests: “The issue is never the issue; the issue is always the revolution.” The radical left after the ‘60s was deeply influenced by Alinsky, and always turned the response to any social issue into dissatisfaction with the status quo overall, as a stepping stone for advancing the revolutionary cause.

Fourth, Alinsky turned politics into a guerrilla war without restraint. In explaining his strategy for community organizing, Alinsky told his followers that they need to hit the enemy’s eyes, ears, and nose. As he writes in “Rules for Radicals”: “First the eyes; if you have organized a vast, mass-based people’s organization, you can parade it visibly before the enemy and openly show your power. Second the ears; if your organization is small in numbers, then do what Gideon did: conceal the members in the dark but raise a din and clamor that will make the listener believe that your organization numbers many more than it does. Third, the nose; if your organization is too tiny even for noise, stink up the place.”

Fifth, from his actions in politics, Alinsky emphasized using the evil aspects of human nature, including indolence, greed, envy, and hatred. Sometimes, participants in his campaigns would win petty gains, but this only made them more cynical and shameless. In order, to subvert the political system and social order of free countries, Alinsky was happy to lead his followers to moral bankruptcy. From this, it can be inferred that if he were to truly gain power, he would neither take care of nor pity his former comrades.

Decades later, two prominent figures in American politics who were deeply influenced by Alinsky helped to usher in the silent revolution that has subverted American civilization, traditions, and values. At the same time, the no-holds-barred, unrestricted guerrilla warfare-type protests advocated by Alinsky became popular in America from the 1970s on. This is clear through the “vomit-in” protest in 1999 against the World Trade Organization in Seattle (where protesters ingested a drug that induced vomiting, then collectively vomited in the plaza and conference center), the Occupy Wall Street movement, the Antifa movement, and so on.

It is salient to note that in one of the introductory pages of “Rules for Radicals,” Alinsky gave his “acknowledgment to the very first radical,” Lucifer. Further, in an interview with Playboy magazine shortly before his death, Alinsky said that when he died, he would “unreservedly choose to go to hell” and begin to organize the proletariat there because “they’re my kind of people.”

See next week’s edition for the next installment.

Last Man Standing: The Triumphant Return of Vladimir Bukovsky and the Dark Truth About the USSR and the West

CELIA FARBER

“It is difficult, truly, to be reconciled to sky-high injustice.” –Zbigniew Herbert, “The King of The Ants”

Now and then a book comes along that renders all that have come before it on the same subject superfluous.

If the subject is how exactly we (the “West”) were enmeshed with our supposed enemy, the USSR, during the Cold War, this is the only book you truly need to read: “Judgment in Moscow: Soviet Crimes and Western Complicity,” by Vladimir Bukovsky, published for the first time in English this May by Ninth of November Press.

Bukovsky is arguably the greatest living titan of resistance to both Soviet communism and Vladimir Putin’s post-USSR, criminal-hybrid nation. The New York Times once referred to Bukovsky as “a hero of almost legendary proportions.” In 1976, ABC Evening News called him “the acknowledged leader of the Soviet dissident movement,” and to novelist Vladimir Nabokov, he was simply “that courageous and precious man.”

His life has been a monument of perfect integrity, though we love to say such people don’t really exist. Bukovsky was locked up in several psychiatric institutions (“psikhushka”) where he spent the time finding ways to document the abuses and smuggle out the proof. (150 pages of psychiatric files on six dissidents, leading to global outcry. Bukovsky was returned to prison.)

While in a psychiatric institution, Bukovsky was offered the chance to recant and escape prison; he refused and was instead sent to labor camp. All in all, he endured 12 years in the gulag, including labor camp, prison, and psychiatric prisons—all starting at the young age of 19, the first time he registered opposition to the Kom-somol (a Communist Party-controlled youth organization).

His memoir, “To Build a Castle: My Life as a Dissenter,” became a best seller and classic of the genre.

As for “Judgment,” it has had a more turbulent journey to finally, after a 24-year delay, be published in the United States in English, within weeks of the Mueller report, which sent Americans into incoherent babble about “Russian collusion,” with no historical anchor.

But now it’s here. Our parochialism, pink-ish sentimentality, and downright offensive refusal to grasp our own history can be cured—if we just start by admitting we know next to nothing.

The Cold War’s True History

The 700-page corrective history/expose/commentary is freighted with extensively quoted top-secret documents from the Communist Party of the Soviet Union (CPSU), and narrated to often hilarious effect by the sardonic, take-no-prisoners Bukovsky.

It lays bare the raw, true history of the Cold War, and—drawing on CPSU documents—shows how the tentacles of the Russian communist apparatus reached into every facet of our society, media, political system, educational system, and Hollywood.

“It was de rigueur in those times to write only enthusiastic babble about the USSR, to the extent that it was surprising that the paper on which it was written did not go up in smoke from shame,” Bukovsky writes.

Bukovsky—who abhors not only communism, but also post USSR “Gorbymania,” and Putin himself (bearer of a KGB mentality, and responsible for blackmail and murder)—calls the depravity of the Soviet Communist Party “boundless” and our (Western) gullibility and complicity “appalling.”

“It was in fact, a conveyor belt of death, working non stop and according to plan, just like Soviet industry in its entirety,” he writes of the Stalin era. “It is one thing to know about something, quite another to see a careless note from Stalin sentencing 6,600 people to death with a casual stroke of the pen (31 December 1938.)”

To sum up, and perhaps oversimplify: During the Cold War, we in the West remained largely blind and deaf to the nature of our Soviet op-



Vladimir Bukovsky at a book signing in front of the Sakharov Center in Moscow in 2007.

So my idea of a Nuremberg-style trial perished stillborn, and with it the possibility of a fitting conclusion to the biggest war waged by mankind. Vladimir Bukovsky, author of ‘Judgment in Moscow: Soviet Crimes and Western Complicity’

position, developing instead neurotic traditions of accusing other Americans of “red-baiting” if ever they got anything right.

In the post-USSR early 90s, we got even worse, going completely belly-up to the party-line psy-op surrounding Mikhail Gorbachev, as well as the euphoria of “Glasnost” and “Perestroika,” designed to disarm us and make us forget the last century of horror.

Bukovsky exposes Perestroika and Glasnost as cynical CPSU frauds, which only served to destroy any hope of reconciliation or redemption for the countless millions of victims. In the biography on Bukovsky’s website (vladimirbukovsky.com), Paul Boutin said Bukovsky refers to the ostensibly genial Mikhail Gorbachev as a “sock puppet on the cruel, cold hand of the KGB.”

‘Socialism With a Human Face’

Both post-communist Russia and the (establishment) West conspired to wave a wand of renewal and amnesia over the whole graveyard, while obscenely pushing new spells like “socialism with a human face.” Socialism, both sides agreed, must not die.

And now look at us, with socialism newly resurgent, despite the best efforts of our anti-globalist (if not anti-communist) president.

How did this madness take hold? “Imagine for a moment Nelson Mandela,” Bukovsky writes bitterly, “released as the result of a lengthy public campaign, facing this question at his first press conference. ‘How do you feel about apartheid with a human face?’”

He goes on: “Moreover, imagine that every television appearance by Mandela was to include a moderate ‘apartheidologist’ from an American university—for balance. Or even better, a collaborationist from Pretoria: after all, you cannot show the public only extremist views, you must have balance!”

Bukovsky is refreshingly horrified, and the tone he strikes in the book is one of abject lament. Most distressingly, he sets us straight on this: The Cold War didn’t end, we did not win it, and communism did not “die”—it only morphed, then metasized. The reason for all this is that the entire world colluded in letting the Soviet communists off the hook of history.

Bukovsky devoted years in a relentless campaign to set up Nuremberg-style trials in post USSR Russia, but it failed, and the autopsy results are detailed in this book.

“The regime was doomed,” he writes, “but before breathing its last it still had time for a final villainy: it turned the country into a whore through the false promise of easy recovery without effort or sacrifice.”

“It was as if the Allies at the end of the Second World War had not demanded the unconditional capitulation of Nazi Germany, but contented themselves with its perestroika, namely a certain liberalization of the regime. Had that been so, what would Europe be like today?”

Bukovsky had traveled back and forth to Russia from Cambridge, England, in the early 90s after President

Boris Yeltsin’s government invited him as an expert witness in a trial before the Constitutional Court in which the communists were suing the government for outlawing them and taking their property.

The West was entirely complicit in the soapy dismissal of the entire Soviet communist death apparatus. Had there been Nuremberg-style trials, many shocks would have emerged, including the vast number of Western media correspondents who were on the Kremlin payroll, and chirping along accordingly.

Both “sides” promoted the cynical carnival of “collapse,” “liberalization,” driven by Perestroika and Glasnost. “So my idea of a Nuremberg-style trial perished stillborn,” Bukovsky writes mournfully, “and with it the possibility of a fitting conclusion to the biggest war waged by mankind.

“Nobody in our immense country, devastated by that war, was moved by a sense of duty—to history, to truth, to the memory of its victims. Nobody evinced any interest apart from the carrion-crows which appeared from nowhere to tear at the memory of its victims.”

The haute left remains untouched by so much as a speck of spilled blood on its tweeds. True to form, The Times Literary Supplement dismissed Bukovsky’s “Judgment in Moscow,” as a “tirade,” but grudgingly admitted appreciation for the raw documentation, if not the commentary.

Denied Publication

“Judgment in Moscow” (the English version) has a Homeric, troubled publishing arc. Twenty-four years ago, Random House denied us this book.

Ninth of November Press—a small West Coast press—deserves enormous credit for raising “Judgment” from the sea floor where it had languished. In 1995, Random House bought the book and then tried to bowdlerize it. Bukovsky recounts that he was strong-armed—by the editorial director, Jason Epstein, no less—to “rewrite the whole book from the liberal-left perspective.”

The primary concern of Random House was to protect the USSR against unfair accusation, and not to “surprise” its American readers.

Bukovsky’s rejoinder, just before the project imploded, was: “I suspect they ought to be surprised quite a lot if they are to learn the truth about the Cold War. In fact, I will be delighted if they are surprised; I could never understand the motivation of an author who writes unsurprising books.”

Bukovsky, having stood down the entirety of the Soviet Union’s death apparatus, rather predictably didn’t roll over to the demands of Jason Epstein. He refused to comply with the subversion of his book, and eventually the contract was canceled. And that was that.

Turn the page, about two decades. At the persistent urging of the pianist Evgeny Kissin, the vision for an English-version publication of the book was raised again, and eventually picked up by the Ninth of November Press, whose name comes from the day the Berlin Wall fell and whose tagline is: “Dissident books brought back for today’s readers.”

“Judgment in Moscow” had long since been published in France, Germany, Italy, Poland, Bulgaria, and even Russia—but not in the United States or the UK. Consider the “and Western complicity” part of the title and you’ll understand immediately why: Skeletons.

The Documents

“It was resurrected contrary to my expectations,” Bukovsky writes in the preface. Kissin was the quarterback who pushed it across, but there is a whole cast of eclectic characters involved in this publishing feat, including a once 7-year-old boy named Pavel Stroilov, who wrote Bukovsky a letter in 1991 that read:

“Good day, Vladimir Konstantinovich! My name is Pavel and I am 7 years old. I have read in a newspaper that you don’t like communists. I dislike them, too. Let’s keep a company.”

Five years later, Pavel was fluent in English, and at the age of 17, he discovered that “a large body of top-secret Communist Party documents” had become accessible in the archives of the Gorbachev Foundation.

Thus, he became Bukovsky’s “man on the inside” in Russia, eventually assisting with the copying and smuggling out of some 100,000 documents that answer a great many questions about who exactly was “colluding with the Russians,” and to what end. Sen. Joseph McCarthy, it turns out, was correct, but was the wrong messenger, and wound up derailing the cause of anti-communist awareness for half a century.

Translated by the virtuoso Alyona Kojevnikov, and assisted by a fleet of volunteers, “Judgment In Moscow” was published at last, in English, on May 14, 2019.

Asked by The Epoch Times how the response has been so far, Elizabeth Childs, from Ninth of November Press, wrote: “It’s selling like hotcakes.”

It was Childs—a longtime Bukovsky fan—who brought the idea to Paul Boutin, who wound up being the editor of “Judgment.” Boutin, who has written for WIRED, The New York Times, and others, responded to The Epoch Times via email when asked what drew him to the Herculean project.

“What made ‘Judgment’ appealing to me is that underpinning Vladimir’s dyspeptic take on East-West relations are a trove of straightforward Communist Party documents,” Boutin wrote.

“They’re the vintage version of catching politicians on camera: Gorbachev responding to the death toll from Tiananmen Square with, ‘Three thousand ... so what?’ The Central Committee agreeing to send powerful Finnish politician Kalevi Sorsa a 50th birthday present in appreciation of his ‘confidential collaboration with us.’ The proposal to fund the Black Panthers ... The request starts by touting solidarity with the oppressed, but ends with its real intent to keep Nixon distracted from foreign policy. If you have a cynical sense of humor, it’s Monty Python-like comedy.”

I can’t say it enough: Reading “Judgment,” I laughed, I cried, I highlighted, and I felt delivered of a long and terrible illness. The illness was not being quite sure if my “anti-communism” was “paranoid” in nature, as my friends on the left seemed to feel.

I struggled to pick up the phone to telephone this Mount Everest of a man, but when I did, his voice sounded very human—which is precisely the point of this most human of anti-communist icons.

Guess what had him laughing? Russiagate.

Celia Farber is a Swedish-American writer with a background in magazine reportage and investigative reporting. She has written for Harper’s Magazine, Esquire, Rolling Stone, and many more, and is a contributor to The Epoch Times.

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

‘Oral Immunotherapy’ Safe for Preschoolers

Children can be desensitized to their allergy, alleviating families of the fear of an allergic reaction.

See B2



Building Confidence, One Meal at a Time

Teaching kids to cook can open new doors, in the kitchen and beyond.

See B8

LIFE

THE EPOCH TIMES

The key is helping kids use technology as a tool, not a toy.



While a small amount of strictly managed screen time can be beneficial for children, uncontrolled screen time exposes them to mental and physical risk.

Keeping Kids Healthy and Sane in a Digital World

Screen time can expose healthy kids to an increased risk of anxiety, depression, and learning disabilities

BERNARD J. WOLFSON

Smartphones, tablets, and video consoles can be addictive. They also interfere with sleep. They draw kids into an alternate universe, often distracting them from more productive—and healthier—real-world activities. And they are linked to anxiety and depression, learning disabilities, and obesity.

That’s according to a growing body of research emphasizing the physical and psychological dangers of heavy screen use.

“Nobody should spend eight or nine hours doing anything except sleeping and working,” said Dr. Sina Safahieh, medical director of ASPIRE, the teen mental health program run by Hoag Hospital in Orange County, California.

Yet for many teenagers, mine included, mobile phones and social media are also indispensable tools for planning their social lives, keeping

They draw kids into an alternate universe, often distracting them from more productive—and healthier—real-world activities.

up with schoolwork, and staying in touch with out-of-town friends and relatives.

I recently talked to Samantha Dunn, a former journalism colleague, who spoke glowingly about her 10-year-old son’s use of digital technology in the pursuit of knowledge. Her son, Ben, became curious about the American Revolution and the British Empire after listening to the soundtrack to the musical “Hamilton,” and he used his mother’s smartphone to research them intensively.

Ben’s fascination with the Marquis de Lafayette, the French nobleman and major general who helped win the U.S. Revolutionary War, motivated him to learn French. So, he downloaded the language-learning app Duolingo and got busy.

“I genuinely think he has learned a love of languages,” Dunn said.

But she said she and her husband, Jimmy Camp, are embroiled in an ongoing battle with Ben because they

won’t let him get Fortnite, a popular video game that involves a lot of killing, but also serves as an online venue for friends to talk about what’s going on in their lives.

“We said ‘no,’ and it was like, oh my god, we had ended his life,” Dunn said.

How can parents optimize the constructive uses of screen-based technology while minimizing its pernicious effects?

The key is helping kids use technology as a tool, not a toy, “where there’s some purpose other than the medication of boredom,” according to Jim Taylor, a psychologist and author of the book “Raising Generation Tech: Preparing Your Children for a Media-Fueled World.”

Taylor, along with many other medical and mental health professionals, advises parents to set limits and stick to them.

Continued on B3

Oral Immunotherapy

Can Help Preschoolers With Peanut Allergies

Young children can be desensitized to their allergy, alleviating families of the fear of an allergic reaction

EDMOND CHAN

“We don’t have to live in fear anymore.”

That’s the common refrain from hundreds of parents of preschoolers with a peanut allergy who my colleagues and I have successfully treated with peanut “oral immunotherapy” during the past two years.

Oral immunotherapy (OIT) is a treatment in which a patient consumes small amounts of allergenic food, such as peanut, with the dose gradually increased to a target maximum (or maintenance) amount. The goal for most parents is to achieve desensitization—so their child can ingest more of the food without triggering a dangerous reaction, protecting them against accidental exposure.

A recent study published in *The Lancet* has suggested that this treatment may make things worse for children with peanut allergies. The researchers behind the meta-analysis argue that children with peanut allergies should avoid peanuts.

This study has limitations, however. It didn’t include a single child under the age of five years old. And it runs the risk of confusing parents.

My colleagues and I have seen firsthand that oral immunotherapy is not only safe but is well tolerated in a large group of preschool children. We published data demonstrating this recently in the *Journal of Allergy and Clinical Immunology: In Practice*.



Children with peanut allergies can be treated to tolerate the food if therapy starts early, say researchers.

Safe for Preschoolers

For any parent of a child with a severe allergy, the idea of giving them even a small amount of the allergenic food might give them pause. I don’t blame them—giving a child a known allergen is a daunting thought. Some allergists share this fear and do not offer OIT to patients in their clinics due to safety concerns.

To assess the safety of oral immunotherapy, we followed 270 children across Canada between the ages of 9 months and 5 years who were diagnosed with peanut allergy by an allergist.

The children were fed a peanut dose, in a hospital or clinic, that gradually increased at every visit. Parents also gave children the same daily dose at home, between clinic visits, until they reached the maintenance dose.

We found that 243 children (90 percent) reached the maintenance stage successfully. Only 0.4 percent of children experienced a severe allergic reaction.

Out of more than 40,000 peanut doses, only 12 went on to receive epinephrine (0.03 percent).

Our research provides the first real-world data that OIT is safe for preschool-aged children with a peanut allergy when offered as routine treatment in a hospital or clinic, rather than within a clinical trial.

OIT is a treatment in which a patient consumes small amounts of allergenic food, such as peanut, with the dose gradually increased to a target maximum (or maintenance) amount.

The Lancet Study Was of Older Children

So why does the meta-analysis published in *The Lancet* show that peanut OIT increases allergic reactions, compared with avoidance or placebo?

The researchers behind this study argue that avoidance of

peanut is best for children with peanut allergy. They describe that in older children, the risk of anaphylaxis is 22.2 percent and the risk of serious adverse events is 11.9 percent.

It is important for parents to note that *The Lancet* study only assessed children aged 5 and older participating in clinical trials (the average age was 9 years old), and the researchers don’t even mention this as a limitation of their analysis.

Our study, on the other hand, assessed preschool children (average age just under two years old) in the real world outside of research.

While I agree that there are certainly more safety concerns in older children, and more research is needed to see which of them would most benefit, our results demonstrate with real-world data that, in preschoolers, OIT is a game-changer.

For Many Patients, Benefits Outweigh Risks

It isn’t rocket science that avoiding an allergen is safer than eat-

ing it.

An analogy is knee replacement surgery. Of course, not having knee replacement surgery would be “safer” than having the surgery. But not having knee replacement surgery doesn’t provide any potential of benefits and also provides little hope for families.

Likewise, telling parents of children with a peanut allergy that avoidance is the only option outside research fails to take into account the negative long-term consequences of avoidance—such as poor quality of life, social isolation, and anxiety.

Allergists and the medical community as a whole must stop confusing parents with endless mixed messages about OIT both within and outside of research. The fact is, many allergists are already offering OIT outside of research. In our current era of basing medical treatment decisions on a comparison of risks versus benefits, there is simply no one-size-fits-all approach.

Rather than concluding that all children with peanut allergy should be managed with avoidance, we should be concluding that there are some patients, such as preschoolers, for whom the benefits of offering this treatment outweigh the risks. OIT has proven to be effective in many studies, and we will similarly follow the progress of our patients’ long term to track effectiveness.

The bottom line is this: OIT is safe for preschool children and should be considered for families of those very young children with a peanut allergy who ask for it.

Edmond Chan is a pediatric allergist; head and clinical associate professor of the division of allergy and immunology of the department of pediatrics, faculty of medicine; and investigator at the BC Children’s Hospital Research Institute at the University of British Columbia in Canada. This article was first published on The Conversation.

Research Links Posture With Physical and Mental Health

Improve well-being with a few simple habits to get your spine in line with your shoulders and feet

MOHAN GARIKIPARITHI

In the era of sedentary living, where we spend our time on computers and mobile devices, posture is becoming an exciting area of study. Folding the body in a chair, craning the neck to look at a screen, or having the shoulders rolled forward all day could contribute to negative thoughts and emotions, poor mobility, headaches, joint pain, and could even prevent your organs from functioning optimally.

Ideally, posture should be such that you’re standing completely straight when relaxed. If you were to draw a line, it would move from the ears, through the shoulders, hips, and knees, down through your ankles. Instead, growing numbers of people—and at a much younger age—have shoulders and necks rolled forward and hips pushed back.

Fortunately, posture can be improved by a few lifestyle changes, and the sooner you apply them, the better. Although some individuals would be best served by working with a physical therapist or movement specialist, here are

- a few things you can do, at home, right now:
- Stand up and move around. Too much sitting is highly associated with posture problems and joint pain, with the only remedy being increased activity. Try to include more movement during the day and aim to stand up or go for a little walk—even if it’s just to the kitchen or bathroom—every 20 to 30 minutes.
 - Bring your phone to your face. Ideally, you could use your phone less. But for many people, smartphones have become an extension of the human body. Bringing your phone up to eye level instead of looking down at the screen can help the shoulders and neck, while possibly preventing neck strain, backaches, and headaches.
 - Neck extensions. To encourage good posture in your neck and prevent head tilt and neck pain, try this simple stretch. Sit comfortably with head firmly planted to the headrest or your hands. Hold for 30 seconds



Hunching over our devices is ruining our posture and degrading our quality of life.

- pushing as hard as you can and repeat multiple times.
- Elastic pulls. This stretch can help with back and shoulder posture, helping to battle against slumped, forward-rolling shoulders. Hold an exercise band in front of you at shoulder height. Stretch it across the chest with a slight bend at the elbows. Return to starting position and repeat several times.
- These actions can help you get on your way to better posture. Of course, that’s not all you can do, and a physical therapist is the best choice for those with poor mobility and more compromised posture problems.
- Mohan Garikiparithi received his degree in medicine from Osmania University (University of Health Sciences). This article was first published on Bel Marra Health.*

Keeping Kids Healthy and Sane in a Digital World

Screen time can expose healthy kids to an increased risk of anxiety, depression, and learning disabilities

Continued from B1

They should restrict the amount of time their kids spend on devices, create tech-free zones—no cellphones in their bedrooms, for example—and tech-free times, such as at the dinner table, in restaurants, and on family outings.

The American Academy of Pediatrics recommends avoiding almost all digital media use for kids under 2 and limiting it to one hour of “high-quality programming” for children between the ages 2 and 5, with a parent involved.

Such programming can improve young children’s learning, literacy, and social skills, the academy states.

The academy also recommends no screen time within an hour of bedtime, and advises parents to establish a personalized family plan that sets age-appropriate guidelines for the type of digital media allowed and the amount of time kids can spend on it.

Rachael Wells, a 42-year-old mother of four in Folsom, California, said she and her husband, Carter, worry about cellphone addiction with their 12- and 14-year-old daughters, Beckham and Courtlyn.

“We have all kinds of rules,” Wells said.

The girls can’t have their phones in their bedrooms, when

they are in the car with their mom, or at the table. And no phones in the morning until they are ready for school, all their chores are done, and all the dishes are put away.

“Eventually, we give in and they can get on their phones, but they have to earn it,” Wells said.

Wells and her husband have an app on their phones called OurPact that allows them to control their daughters’ devices remotely. They use it to shut off all apps at 8:30 p.m.

There are numerous apps to help you monitor your kids’ online activity, shut down cellphone apps at certain times of the day, track online searches, block content you don’t want your kids to see, and alert you to online predators, sexting, and cyberbullying.

Common Sense Media publishes a guide to parental control apps and numerous tech and consumer websites offer reviews of such apps.

Most medical and mental health professionals suggest that if you want to foster a healthy relationship between your children and their screens, you should regularly plan activities for them that don’t involve screens. It might be as simple as talking or reading to them, but sporting events, trips to a



According to Dr. Elias Aboujaoude, a Stanford University psychiatrist: “Perhaps the best thing you can do is serve as a good role model by exhibiting the same online behavior you expect of your children.”

And by behaving the way they want their kids to, parents might be helping themselves, too. As Aboujaoude noted, adults have felt “deceptively immune” to the ills associated with digital media. “They are not.”

Chad Landgraf, 44, of Broken Arrow, Oklahoma, told me he was worried about how detached his 12-year-old son and 5-year-old daughter became when they were on their devices. So, hoping to set an example, he switched to old-fashioned print from e-books.

“When I had my Kindle or iPad open, they didn’t know if I was reading or surfing the ‘net,” Landgraf said. “But at least if I have a paper copy of a book, they know I am reading. Modeling seems like the easiest way. Monkey see, monkey do.”

Bernard J. Wolfson is the managing editor for California Healthline and served most recently as business editor of the Orange County Register. This article was first published on Kaiser Health News.

Opioid Addiction Doesn’t Always Start With the Doctor

Friends and family a major source of pills that eventually lead to addiction among opioid abusers

MATT SWAYNE

Nonmedical opioid users are more likely to start abusing the drug after getting them from friends or family members—not doctors—according to a new study.

Many people may think heroin abuse begins after doctors prescribe opioids and patients become addicted to them. When the government cracked down on prescription opioids and drug manufacturers began making pills more difficult to get in the late 2000s, users then transitioned to heroin because of its lower price and higher relative availability.

But in a series of in-depth interviews with 30 opioid users from southwestern Pennsylvania, about 56 percent said they began using the painkillers recreationally first, said Ashton Verdery, assistant professor of sociology, demography, and so-

cial data analytics at Penn State and an affiliate of the Institute for CyberScience.

“There’s a lot about that narrative that I think is an overly simplistic way of thinking about this,” Verdery said. “What emerged from our study—and really emerged because we decided to do these qualitative interviews in addition to a survey component—was a pretty different narrative than the national one.

“We found that most people initiated through a pattern of recreational use because of people around them. They got them from either siblings, friends, or romantic partners.”

Some study participants did say that they later engaged in “doctor shopping” to locate new sources of prescription pills when acquiring pills from those initial sources became more difficult, he added.

Get the Warning Out

Understanding this pathway may help improve interventions and treatment options, the researchers say. The study appears in the Journal of Addictive Studies.

“It’s not just that people were prescribed painkillers from a doctor for a legitimate reason and, if we just crack down on the doctors who are prescribing in these borderline cases we can reduce the epidemic,” Verdery said.

“Our results really don’t speak to that framework. They speak more to the need of educating people how dangerous these pills are and warning them about getting the pills from friends and family, because that’s the way a lot of people are getting addicted.”

Interviews From the Epidemic

Researchers first recruited 125 participants to complete a survey that sought information on their

demographics, substance use, social networks, and risk factors. A total of 30 survey participants accepted an invitation to then take part in semi-structured, in-depth interviews that lasted about an hour.

The researchers conducted interviews with nonmedical opioid users from rural and urban southwestern Pennsylvania—a region that the opioid epidemic has hit particularly hard.

Verdery suggested that the researchers would find similar results in other areas hit by the epidemic. Future research may explore addiction pathways in other communities and consider how other substance use may play a role in opioid addiction.

“We think that understanding this mechanism as a potential pathway is worth further consideration,” Verdery said. “At the

same time, friends and family are critical resources that people who use opioids can draw on for support and help in seeking treatment, which is all the more reason to pay attention to how drug use affects and is affected by social relationships.”

Additional co-authors are from Penn State, the University of South Florida, and Syracuse University.

Penn State’s Population Research Institute, Social Science Research Institute and Justice Center for Research, the Eunice Kennedy Shriver National Institute of Child Health and Human Development, and the USDA National Institute of Food and Agriculture supported the work.

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BARLEY RUSKS WITH TOMATOES (DAKOS ME POUGI)

- SERVES 6 TO 8**
- 8 small barley rusks
 - 3 tablespoons of olive oil, plus more for drizzling
 - 3 tablespoons red wine vinegar
 - 1/4 to 1/2 cup of organic tomato paste
 - 1 8-ounce jar of Loi Feta-Yogurt Pougi
 - Dried oregano
- In a medium bowl, stir together 3 tablespoons of olive oil, 3 tablespoons of vinegar, and 2 cups water. Arrange the barley rusks on a large plate, and sprinkle the oil-vinegar-water mixture over the barley rusks to soften them slightly.
- Spread a teaspoon (or tablespoon, depending on size of rusk and preference) of tomato paste on top of each barley rusk, and top each with a generous dollop of Loi Feta-Yogurt Pougi.
- Sprinkle with a little oregano and pepper, and drizzle with a little olive oil.

CANNELLINI BEAN SOUP (FASOLADA)

- You'll want to serve this with a big bowl of rice, your choice of white or brown, to soak up all of the sauce.
- SERVES 6**
- 1 pound dried cannellini beans
 - 8 cups lukewarm water
 - 2 medium red onions, finely chopped
 - 1/4 cup olive oil
 - 1 red chile pepper, finely chopped
 - 2 celery stalks, chopped
 - 2 tablespoons finely chopped fresh flat-leaf parsley leaves (no stems), plus more for garnish
 - Salt and freshly ground black pepper
- The night before you plan to serve the soup, place the beans in a large pot with enough water to cover by 2 or 3 inches. (Soaking overnight will shorten the cooking time the next day.)
- On the following day, drain the beans. Add them to a large pot and cover with water. Cook the beans, uncovered, for 30 minutes, skimming the surface occasionally to remove any foam. Drain the beans and discard the cooking water.
- Return the beans to the pot, add the lukewarm water, and bring to a boil. Add the onions and olive oil to the pot of beans, stirring to combine. Cook the soup over medium heat, stirring occasionally, for 30 minutes.
- Stir in the chile, celery, parsley, and salt and pepper to taste. Continue to boil over medium heat until the beans and vegetables are tender, another 20 minutes.
- Serve the soup garnished with parsley.



CHICKPEA STEW (SIFNOS REVITHADA)

- This rustic chickpea stew hails from the island of Sifnos, where they cook it in a clay pot the night before the Sunday family supper. Eat this with a Greek salad and some whole-grain pita bread, and you'll feel like you're in Sifnos!
- SERVES 4 TO 6**
- 1 pound dried chickpeas
 - 1 teaspoon baking soda
 - 2 medium red onions, finely chopped
 - 1/2 cup olive oil
 - 1/2 bunch fresh flat-leaf parsley, stemmed and finely chopped
 - 1/2 bunch fresh dill, stemmed and finely chopped
 - Salt and freshly ground black pepper
 - Fresh lemon juice, for serving
- The night before you plan to serve the stew, put the chickpeas in a large pot with water to cover by 1 inch.
- Stir in the baking soda, cover, and soak overnight.
- The next day, drain and rinse the chickpeas. Transfer them to a Dutch oven or other large pot. Add the onions, olive oil, parsley, dill, salt and pepper to taste, and water to cover.
- Preheat the oven to 300 degrees F.
- Cover and bake for about 6 hours, removing the cover in the last 30 minutes to allow the excess liquid to evaporate.
- Remove the chickpea stew from the oven, let it stand for a few minutes, and stir in fresh lemon juice to taste.



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LOI GREEK YOGURT

SERVES 4 TO 6
4 1/4 cups organic whole milk
1 cup full-fat plain yogurt

Heat milk to 195 degrees Fahrenheit. You will need a thermometer, but if you do not have one, turn off the heat just before the milk boils (just as it begins to simmer).
Remove the pot from the heat and wait until the temperature drops to 110 degrees Fahrenheit. If you don't have a thermometer, you can try my grandmother's old trick to get the right temperature: Keep your pinky in the milk and count quickly to 20; if your pinky is burning at 20, let the milk cool off a bit longer.
Dilute 1 cup of yogurt in the lukewarm milk and stir.
Cover the pot with a blanket to maintain the temperature and keep warm for at least 6 hours. Note that you should not move or shake the pot during this process.
Move the yogurt from the warmth to the refrigerator.
Leave the yogurt for 24 hours in the refrigerator without moving, and your yogurt will be ready to enjoy. It will be good for 10 days, refrigerated.
You can eat the yogurt like this, but if you want to make my grandmother's authentic recipe, you need to take one more step: Strain the yogurt in cheesecloth and hang to drain for several hours, until the draining stops. This is the real "Loi yogurt" that my grandmother used to make—all the whey is removed. This process adds another week of life to your yogurt.
TIPS
Make sure you boil and cool the milk at the right temperature. Don't be anxious to move the yogurt until it's ready. Use high-quality milk with no added water, and do not use skim milk.



LENTIL SOUP (FAKES)

Many cultures have their own version of lentil soup. What I love the most about mine is the simplicity of the soup, and the way the flavor and texture of the lentil doesn't get marred or lost in a sea of ingredients.
SERVES 6 TO 8
Salt and freshly ground black pepper
1 pound lentils (any kind, though brown/black are best for this soup)
1 medium red onion, finely chopped
1 garlic clove, minced
2 carrots, sliced into rounds
2 tomatoes, grated (on the large holes of a box grater)
1 teaspoon tomato paste
1 bay leaf
1 sprig fresh rosemary
1/3 cup olive oil

In a large pot, bring 8 cups lightly salted water to a boil. Stir in the lentils and simmer them until slightly hydrated, 10 to 15 minutes. Drain the lentils into a large colander and discard the cooking liquid.
In a large saucepan over medium heat, sauté the onion until golden and softened, 5 minutes. Stir in the lentils, garlic, carrots, grated tomato, tomato paste, bay leaf, rosemary, and salt and pepper to taste. Stir in 8 cups water, bring to a boil, and simmer until the lentils are soft, 35 to 45 minutes.
Slowly add the olive oil, stirring continuously, and simmer the soup for 10 to 15 more minutes, or until it thickens. Taste and add salt and pepper as desired. Remove the bay leaf and the rosemary sprig before serving.
All recipes courtesy of Maria Loi



ALL PHOTOS BY SAMIRA BOUAOU/THE EPOCH TIMES

FROM THE TUSCAN TABLE

Snacking the Italian Way

Revisiting a childhood ritual with a classic, no-bake Italian treat

GIULIA SCARPALEGGIA

There's an Italian word that doesn't have a proper translation in English: merenda.
Merenda is more than an afternoon snack, the surface translation of the word; it is an eating habit codified just like lunch and dinner, with its own traditions, rules, and memories. As we usually have dinner quite late here in Italy, around eight at night, the merenda is a quick snack children usually eat in the afternoon, in between four and five o'clock.
It has a connotation of childhood, as you are usually given your merenda until you are out of school, before you are considered too old to be allowed a slice of bread topped with butter and jam in the afternoon. However, I know a good share of adults who are still very happy to eat cake for merenda.

Bread for Merenda
Before the arrival of industrial, mass-produced, sugar-drenched snacks, bread was usually the most common ingredient eaten for merenda.
Pane e marmellata—bread, butter, and jam—was always a crowd-pleasing option, usually prepared when I had friends over. I was proud to offer them the choice of which jam they liked better: my mum's blackberry jam or a bright apricot one.
When my grandmother was in a rush, she would often simply offer me a slice of bread—our Tuscan bread, made without salt—with prosciutto or mortadella. That was a perfect pairing: a bland crumb with a few slices of salty meat. Sometimes in the countryside, people also add a sliver of butter.

Continued on B9



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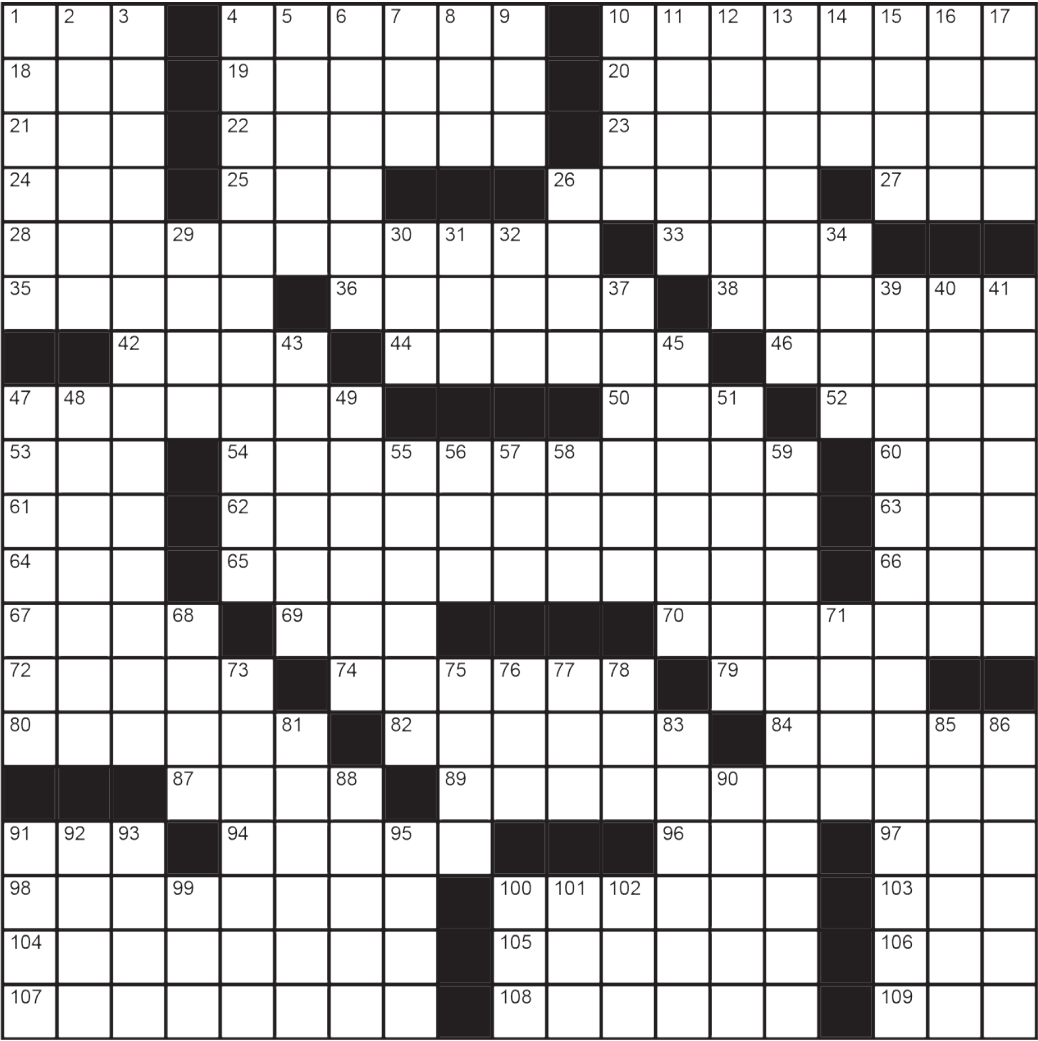
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* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. Good thing to break
- 4. Pudding-like dessert
- 10. Board game
- 18. “I can’t believe I ____ the whole thing!”
- 19. Sex ____
- 20. Evian toppers
- 21. Football’s ____ Bowl
- 22. What “ipso” means
- 23. Head-plumes of the egret
- 24. Cause of inflation?
- 25. Bethesda, Md., complex
- 26. Block house?
- 27. Common Market: Abbr.

- 28. Partially paneled
- 33. Hoodwink
- 35. Unwelcome forecast
- 36. “Alice in Wonderland” prop
- 38. Blazing
- 42. Buster
- 44. Holiday spice
- 46. Sound asleep?
- 47. Unoriginal work
- 50. Met collection
- 52. Give off, as light
- 53. Alicia of “Falcon Crest”
- 54. Temporary induced loss of sensation
- 60. Flurry

- 61. Rachel Carson concern
- 62. “The Prince” philosopher
- 63. Give a thumbs-down to
- 64. II + I
- 65. Commission-based profession
- 66. Ball breaker?
- 67. Affirm
- 69. Get
- 70. Hypothetical memory units
- 72. View
- 74. Abounding in trees
- 79. Token taker

- 80. Attempts
- 82. Plugs
- 84. Standard of living?
- 87. “A Star Is Born” star Kristofferson
- 89. Feathered flyer that’s sliced and shot
- 91. Moth-eaten
- 94. Acid in proteins
- 96. Skedaddled
- 97. Wreath
- 98. It’s not an ore
- 100. Crystalline rock
- 103. Not in the pink
- 104. Christian church doctrine
- 105. First act
- 106. Newspaper div.
- 107. Ore testers
- 108. “... lean and ____ look”
- 109. Pigpen

Down

- 1. “Poor man’s bananas”
- 2. Of a heart chamber
- 3. Second visits?
- 4. Integrates, as some students
- 5. Vision-related
- 6. Result
- 7. Visit
- 8. Mule of song
- 9. Polar helper
- 10. Smack, on the street
- 11. Little one
- 12. Apt rhyme for “stew”
- 13. Fit
- 14. Honey of a worker?
- 15. Diminish
- 16. Pear-shaped instrument
- 17. Business V.I.P.
- 26. “Ditto,” in footnotes
- 29. Close in on
- 30. Ring count

- 31. Certain cross
- 32. “Ballpark” fig.
- 34. Sea eagle
- 37. Promo
- 39. Pope-led Christians
- 40. Metal named for the Greek goddess of the rainbow
- 41. Cleans up
- 43. Promised land
- 45. Year-old salmon
- 47. Shine
- 48. Brussels veggies
- 49. Remove nails from
- 51. Grippers
- 55. 1984 Cyndi Lauper hit
- 56. Scale notes
- 57. WWII general Arnold
- 58. First mate
- 59. Type of bookkeeping
- 68. Watered-down
- 71. Drilling grp.
- 73. Communist Party oppression
- 75. About
- 76. Quote from Homer
- 77. It never flew
- 78. Semi-colon?
- 81. Comparison
- 83. Piano piece
- 85. Spotted wildcat
- 86. Nautical dish of old
- 88. It has movable frets
- 90. Surgical instrument
- 91. Shamu, for one
- 92. Grasslands
- 93. Thunders
- 95. Intelligence
- 99. “... can ____ long way”
- 100. Fifth note of the scale
- 101. PC “brain”
- 102. Egg warmer

4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

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

1530

37

322

+ - × ÷

Hard 1 - 2 Solutions

1631

39

324

+ - × ÷

Hard 2 - 1 Solution

710

50

110

+ - × ÷

Easy 1 - 1 Solution

29

46

13

+ - × ÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

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CANAAN

DECLAW

DETOXES

ENDIVES

ENGRAMS

ESSAYS

GRILSE

IRIDIUM

ITSELF

MAINSTREAMS
- MOUSSE

NUTMEG

OCELOT

OPENER

PAPAWS

PROMOS

RADIATE

REIGNITE

RETREAD

SCHIST

SHUTTLECOCK
- STRING

TALONS

TORRID

UPSHOT

WOODED

APPEAL

APROPOS

REORIENTATIONS

SIMILE

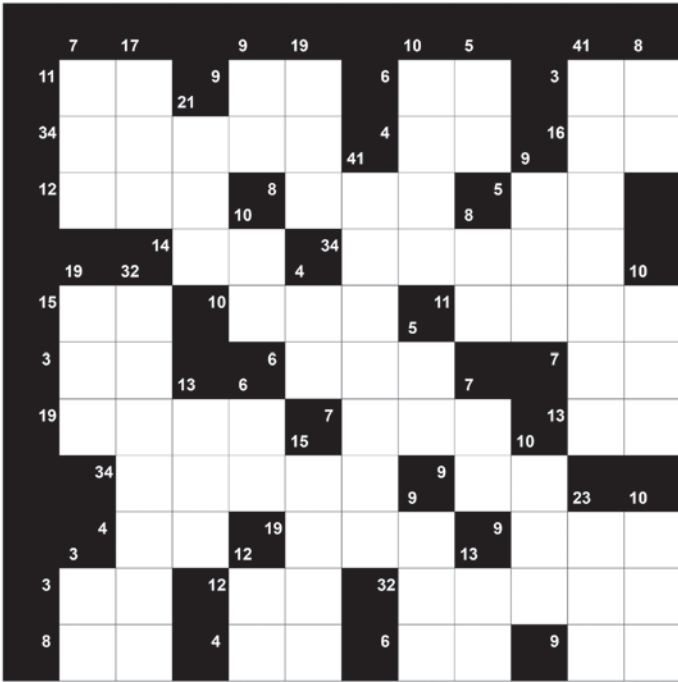
TEASER

KAKURO

CONSTRUCTED BY EPOCH TIMES STAFF

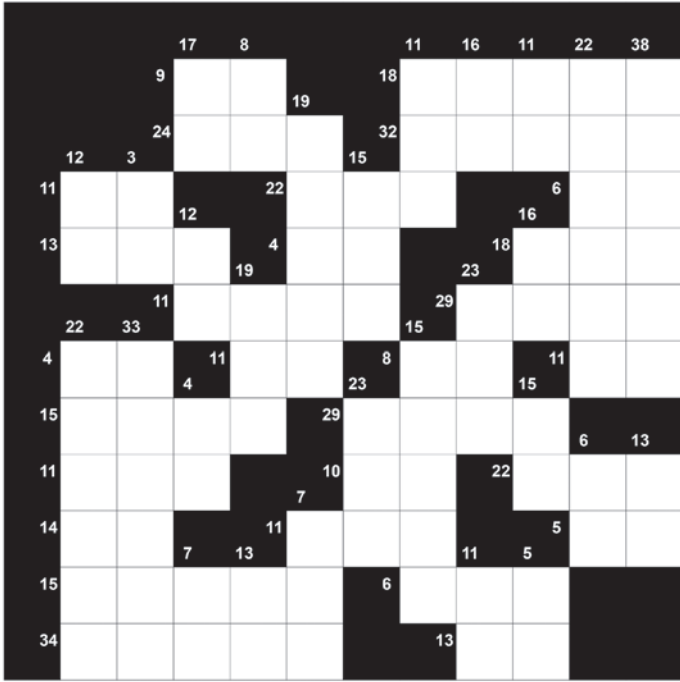
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Hard



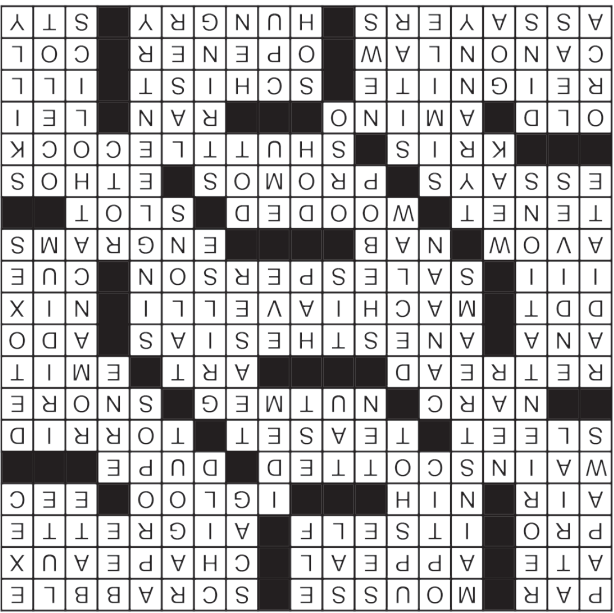
WORK SPACE

Large: Easy

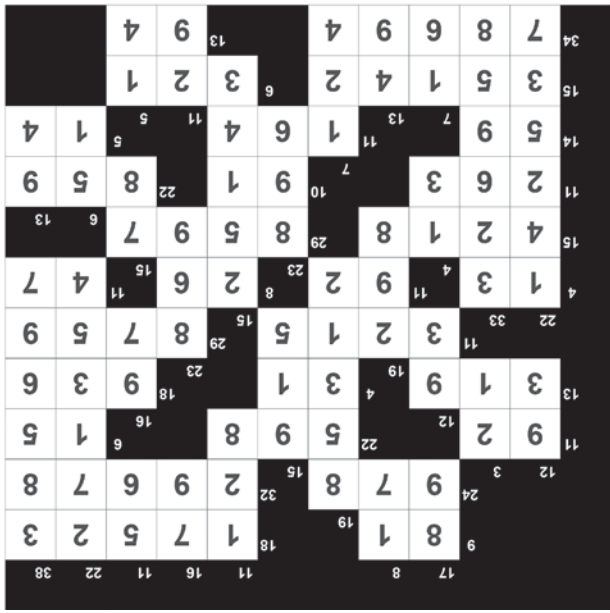


SOLUTIONS

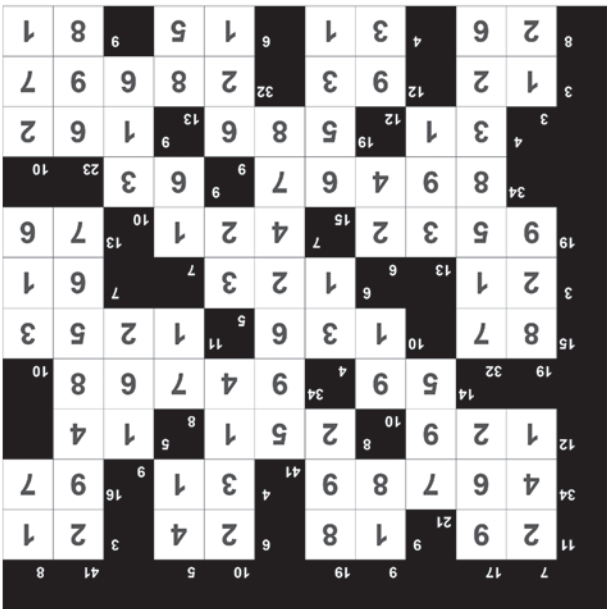
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**

30 = 22 - 2 - 30
(30 + 15) ÷ 3 + 22
- HARD 2**

31 + 16 - 24 ÷ 3
- EASY 1**

(7 - 1) × 10 - 10
- EASY 2**

(3 + 2) × 9 + 1

Building Confidence, One Meal at a Time

Teaching kids to cook can open new doors, in the kitchen and beyond

CAROLYN FEDERMAN

Growing up, math was like a foreign language. I literally could not understand what the teachers were saying, especially as they were often writing on the chalkboard with their backs to the class. My mom tried everything—even resorting to a book called “Overcoming Math Anxiety”—but math simply did not and would not make sense to me.

One afternoon when I was leaving elementary school, I noticed a small group of kids heading into one of the classrooms, led by an enormous, gentle-giant-looking teacher. Once inside the room, his theatrical voice boomed into the corridors. The kids laughed and chatted, as if they were actually enjoying themselves. Why were those kids allowed to have so much fun at school?

This turned out to be the “gifted and talented” class, a group to which I had no access. But I did have a fighter for a mom, and when she heard about this program, she took me to the principal to plead my case: “I also want to have fun at school!” Somehow, it worked, and it was there that I discovered the effortless joy of experiential learning.

In one of the most memorable classes, we made “quarter-sized pies,” a math lesson to top all math lessons. Presented with a regulation nine-inch blueberry pie recipe, we were challenged to work together in small groups to prepare a pie that was exactly one-fourth the size of the original. Fractions had never been so delicious! Suddenly, math made sense, and an entire world of information—and self-confidence—opened up to me.

A Doorway Into Learning

Fast forward 30 years. I’m seated on the kindergarten class rug with my sweet, rambunctious son, surrounded by enthusiastic five-year-olds, my arms around his chest. The teacher holds up giant flash cards and each child takes a turn reading a word aloud. I feel my little guy’s heart begin to pound. I knew from years of math trauma exactly what he was going through.

Within a year, my son was diagnosed with dyslexia. Instinctively, I recalled that quarter-sized pies lesson and the way it magically unlocked so many mysteries for me, and found refuge for both my son and myself in food and cooking. Seeking out hands-on projects that would spark my son’s curiosity and spotlight his many skills began a journey for both of us, of struggle and anxiety, and its antidote in food.

Together, we tried as many new foods as I could possibly manage to prepare. We played games like “spice quest” at dinner, testing his mettle for hot peppers and other foods that stretched him out of his comfort zone.

He watched how-to videos as he worked, spatchcocking chicken and gutting squid—the perfect jobs for my fidgety, messy, excited-about-gross-out-stuff kid. He glowed with pride when these jobs were done. I never focused on his struggles but instead offered as many opportunities as I could for him to shine. Over time, he developed a sense of confidence apart from academics. He knew he was smart.

What started out as a series of home-based food projects led to cooking lessons with his entire class. His classmates lit up as much as he did with each recipe. Latkes, salads, quarter-sized strawberry-rhubarb pie (of course!)—it didn’t matter what we made, they always loved it. Teachers thanked me up and down for offering all the kids a doorway into learning.

This idea hadn’t come to me out of thin air. At the time, I was working for chef and author Alice Waters, whose Edible Schoolyard Project brought kids into a kitchen and garden classroom as part of their school day. Around the kitchen classroom table, kids learned math, science, and history while preparing a dish to share and eat, made from ingredients harvested right in their own school garden. This was the gifted and talented program of my youth, mainstreamed so that my child—and all children—had access to it.

In 2014, I turned this experience into a life’s dream with the Charlie Cart Project, a nonprofit that would make hands-on cooking part of every child’s education. We’ve designed a compact mobile kitchen, stocked with tools, curriculum, and recipes, so teachers can lead cooking lessons right in the classroom. Educators love it. Now, in



Fractions have never been so delicious.



The author (C) with her kids.

What happens if we expect the best instead of the worst from them? What if we offer them up opportunities to try, to taste, to like; to open their minds to new foods and new ideas?

more than 130 schools, libraries, and food banks in 36 states, the Charlie Cart is empowering kids through food.

The teachers I talk to often remark that they see students differently during cooking lessons. Kids who have a hard time in a traditional classroom environment can blossom during a hands-on lesson. Their confidence builds, and the teacher, seeing them with new eyes, reinforces their success. Then their peers begin to see them anew as well, and a cycle of positivity is created around that child.

Expect the Best

Generally speaking, when we (adults) offer food to kids, we assume the worst. They won’t try it; they won’t like it; why waste great food or complicated dishes knowing how they will respond?

In fact, a recent ad from Kraft Heinz reinforces this approach. A parent is about to roast a beautiful salmon filet when a young child enters the kitchen and makes a “I’m going to vomit” face. Cut to the family happily eating something that is supposed to resemble a taco, made from heavily processed (and pre-packaged) ingredients.

The problem with this ad is not that it promotes tacos over salmon for dinner, but that it feeds into the narrative that kids have unsophisticated palates, and it’s not worth your time to feed them anything else. Not to

mention if we were ruled by our children’s every eye-roll, they’d spend a lifetime hitting the couch instead of the books.

As parents, we are all educators. You don’t need to be an expert to foster your child’s ability to navigate in this life. What happens if we expect the best instead of the worst from them? What if we offer them up opportunities to try, to taste, to like; to open their minds to new foods and new ideas?

By the way, that kid of mine, who struggled so much academically, is heading off to college this fall. Once he got his grounding with food, he went on to find all kinds of experiential learning opportunities where he excelled. He became an EMT, built his own bikes, and became a talented photographer. And of course, he is an absolute joy to cook and eat with.

Carolyn Federman is the author of “New Favorites for New Cooks, 50 Delicious Recipes for Kids to Make” (TenSpeed Press) and the founder and executive director of the Charlie Cart Project, a nonprofit that teaches children to cook, so they can nourish themselves for a lifetime. Founded in 2014, the Charlie Cart Project is a 501c3 organization with programs in 130 sites across 36 states. For more information, visit CharlieCart.org

TIPS FOR PICKY EATERS

Picky eaters at home? Try out these tips. (And let me know how they worked!)

- Introduce new foods when their appetite is at its peak. Try fresh produce that’s quick and easy to serve, like snap peas or sliced oranges. If they’re hungry enough, they may just give it a shot and find a new favorite.
- Make it fun! Offer some juicy trivia with the meal. Did you know lettuce used to be served after dinner because it makes you sleepy? Did you know salt has 14,000 uses?
- Eat with them! You are their most important role model. If they see you eating green beans and loving them meal after meal, they will eventually want some for themselves.
- Be disciplined and persistent.
- Cook together. Hands-on introduction to new foods is the single most powerful thing you can do to change your child’s eating habits.
- Share favorite recipes from your own childhood. Take the opportunity to create your own family’s food memories, and you’ll be instilling a positive relationship to food for life.

FROM THE TUSCAN TABLE

Snacking the Italian Way

Revisiting a childhood ritual with a classic, no-bake Italian treat

Continued from B5

In the winter, my grandmother would instead toast the bread for me, rub it with a clove of garlic, and douse it in our green and throat-tickling extra virgin olive oil. A pinch of salt and merenda was ready. That pane e olio would grease my chin, my fingers, and often my homework, too, but it was the most comforting snack you could have on a cold afternoon.

As soon as summer came, my merenda would change. Now, it was the turn of sun-ripened tomatoes, picked from my grandmother’s vegetable garden and rubbed on bread until it was soaked in ruby red juices. She would season my pane e pomodoro with that ubiquitous olive oil, then add salt and dried oregano. When in the summer I crave some quick and seasonal comfort food, this is still the merenda I make for myself, mimicking my grandma’s gestures and pouring the olive oil with her same rule of thumb: It is never too much.

There is also another merenda typical of the countryside, which I never had but that my dad used to love: pane, vino, e zucchero—bread, red wine, and sugar. Yes, you would stain a slice of bread with a few drops of wine, then generously sprinkle some sugar on top. It is genuine and old-fashioned, just like bread, butter, and sugar or honey.

A Tuscan Trifle

Sometimes, my grandma or my mum would indulge me and my sister for merenda. This is when they would prepare a classic dessert: a zuppa inglese. The trifle would be scooped out into small cups and we would eat in silence, sitting on the couch, licking our cups clean.

“Zuppa inglese” literally means “English soup.” But is the dessert really from England?

Both Emilia Romagna and Tuscany claim to be the birthplace of zuppa inglese, in the 16th century, inspired by the English trifle and turned into something more Italian. The trifle’s pound cake or Madeira cake was



Zuppa inglese.

replaced with a lighter sponge cake, and its whipped cream with our custard.

Another story wants the zuppa inglese to be born in the mid-19th century, in the hills of Fiesole over Florence, where the Tuscan maid of a wealthy English family put together leftover biscuits, chocolate pudding, and custard from their afternoon tea to create a hearty dessert. I do like this second origin better, even if it is probably only a legend. It says so much about the propensity of Tuscan people for using leftovers in a creative way, turning them into another delicious treat.

The key ingredient of a traditional zuppa inglese is alchermes: a Renaissance spirit, a favorite liqueur of the Medici family, the Tuscan elixir for long life, a pick-me-up for fragile women. The bright crimson liqueur is still made today by the Santa Maria Novella Pharmacy in Florence, with the same recipe created in 1743, along with many artisanal and refined liqueurs.

Alchermes is infused with spices, time and tradition, and a handful of dried insects—cochineals, which give it its characteristic color and also its name. Open a bottle of alchermes and inhale: you will recognize

cardamom, coriander seeds, mace, orange peel, star anise, and vanilla, then a subtle rose aroma.

If you make zuppa inglese in a transparent bowl, something I really love to do, you will see a colorful stack of layers: yellow vanilla custard; a darker chocolate custard; pinkish savoiardi (ladyfingers) dunked in alchermes.

If you can not find alchermes, you can either substitute it with a cherry brandy, which will approximate the flavor but miss the bright rose color; or instead opt for coffee, which will produce a completely different result, more similar to a tiramisu but still delicious.



Alchermes is infused with spices, time and tradition, and a handful of dried insects.

Giulia Scarpaleggia is a Tuscan born 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](#)



ZUPPA INGLESE

SERVES 6 TO 8

- 2 cups plus 2 tablespoons fresh whole milk
- 1/2 vanilla pod, split open
- 2 eggs
- 4 tablespoons sugar
- 2 tablespoons cornstarch
- 2 ounces dark chocolate
- 1/2 cup alchermes
- 1/2 cup water
- 7 ounces savoiardi (ladyfingers)
- 2 teaspoons unsweetened cocoa powder

Pour the milk into a saucepan. Scrape the vanilla seeds from the pod and add them to the milk, then add the vanilla pod, too. Heat the milk over medium heat and remove it from the heat as soon as it starts simmering.

In another saucepan, whisk the eggs with the sugar and the corn starch; do it carefully to avoid any lumps. Slowly pour the hot milk in a thin stream over the eggs, stirring constantly with a whisk to prevent scrambled eggs.

Put the saucepan over medium-low heat and stir constantly with a whisk until it starts to thicken into custard; you will need about 5 minutes. Remove the custard from the heat and divide it into two bowls. Add the chopped dark chocolate into one bowl and whisk to melt it, until perfectly combined.

Pour the alchermes into a bowl and add the water. Use this to briefly dip the savoiardi, just a few seconds per side.

Now, make the zuppa inglese. In a medium sized bowl, layer half of the chocolate custard, gently spreading it with a spatula. Top it with one-third of the savoiardi soaked in alchermes, then spread half of the vanilla custard on top of them. Add another layer of savoiardi soaked in alchermes, then spread the rest of the chocolate and top it with the rest of the savoiardi soaked in alchermes. Finish with a layer of vanilla custard.

Dust the surface with cocoa powder and let the zuppa inglese sit in the fridge for a few hours before serving.

Recipe by Giulia Scarpaleggia.

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(Above) We never visited exotic Instagram-worthy destinations, and, in fact, I am not sure we ever even brought a camera. (Right) Ferris Wheel, Bay Beach Amusement Park, Green Bay, Wisconsin.

FAMILY TRAVELS

Gas-Tank Getaways of My Youth

KEVIN REVOLINSKI

The word stay-cation may have been coined in the early aughts and became hip along with “gas-tank getaways” during hard economic times in 2008, but for some of us growing up back in the 20th century, all family vacations fit that definition.

I grew up in Marshfield, a small town smack in the center of Wisconsin. Our family trips rarely ever crossed state lines. We’d drive an hour or two to a slightly less small town and book connecting rooms at the Howard Johnson’s with another family from our neighborhood. Safety in numbers. My father taught middle-school social studies and my mother looked after me and my brother Bryan, four years my junior, until she went back into retail when I was 10. So while we never thought of ourselves as poor, exactly, money was carefully budgeted.

So other than the usual shenanigans of

In a selfie, you can’t capture the thrill of laughing until soda pop comes out your nose or the thrill of staying up past your bedtime to eat hot fudge.

summer—chilling at the public pool, playing baseball or kick-the-can, climbing trees and throwing crab apples at each other—we had one official family vacation each year and it had to be economical.

My parents loaded up the 1970 Chevy station wagon (with the rumble seat) and looked down the highway to Wausau, a city with a shopping mall. And so began our late-summer tradition, a sort of sneaky trick to get us to cooperate for back-to-school shopping, an activity neither my brother nor I loved. Visualize a child whose bones have turned to rubber leaving him unable to stand as he collapses into feverish whining beneath the rotary display of the year’s color choice of corduroy pants. But in exchange for the torment of JC Penneys changing rooms, we got some pool time, fancy breakfasts at Denny’s, and dinner at the Ground Round, a low-cost steak franchise that also served free popcorn, as evidenced by its abundance on the floor. This was living.

My parents rarely went out anywhere, so this modest vacation sufficed even for a modest change of scene and a few days of not having to cook, dust, or clean dishes. But after a few summers we had exhausted Wausau and needed a bigger mall. We drove one hour farther east (distances are measured in hours not miles in Wisconsin) to Green Bay where we confirmed that yes, all Howard Johnsons really did look alike and boast the same color scheme as the Miami Dolphins. Did I mention this was the 1970s?

While some families made the two-day pilgrimage to Disney World returning with mouse ears, sunburns, and the standard-issue Florida conch shell, we made the two-hour run to the hometown of the Packers for the dime-a-ticket Bay Beach amusement park (still in business, by the way, and still a dime). I picked up my souvenir when I slid down the two-story burlap-sack slide without the sack and rub-burned my elbow into gonna-leave-a-scar territory (still a scar, only cost me a dime).

That year we also visited a sorry train museum nearby that we didn’t know was sorry. Years later I feel a poignant ache imagining my parents, young with two kids, stretching a few dollars to try to entertain us. I asked my brother if he remembered. He draws a face. “Train museum? Nope.” Then he smiles: “Midnight hot fudge sundaes.” I call my parents to see what they remember. They, too, remember the family vacations fondly, but differently. No one remembers the train museum.

Once we even went to Chicago! Gasp! And visited the neighborhood our travel-partner family had lived in back in the day, years after white flight had changed the demographics. This detail doesn’t escape my memory as we exchanged polite greetings with bemused African Americans stopping to stare at the two white families and their kids wandering through the neighborhood peering in windows.

The Big Event on that trip was a professional baseball game. My brother, a Cubs fan thanks to cable TV and WGN, couldn’t contain himself. In fact, he needed to pee. When he came back, Gary Mathews and slugger Andre Dawson had hit back to back home runs. That’s something he remembers, not fondly.

The promotion at Wrigley Field that day

was a cube of notepaper, about the size of a box for a baseball, with “I’m a Cub fan and a Bud man” printed in the upper corner of each sheet. One was under every seat, and at the end of the game, we foraged until our arms were full, and made memos and to-do lists on them for the next 20 years.

Wisconsinites know there are two seasons: winter and road construction. Driving home from Chicago in 90-degree weather, we got stuck where the Interstate went down to one lane in the middle of nowhere, and we watched as our friends’ car overheated and they had to shut off their air-con. (We only had the free variety of temperature control, which still allowed us to put our arms out the window and let the wind wave them up and down—despite parental warnings of them potentially being ripped from our bodies by traffic or road signs which, like the objects in the mirror, were allegedly much closer than they appeared.)

My mother tells me, “You kids were always good in the car.” Not a lot of bickering or territorial protests: “Stay on your side! Stop touching me!” We’d count license plates

from other states, watch for wildlife, or sort through baseball cards. For a break we’d

stop for ice cream—always the very Wisconsin novelty flavor, Blue Moon, best described as the milk left over from a bowl of Fruit Loops—or the turn-your-tongue-blue Ices from K-Mart (another school-shopping venue). Today, I suppose, we’d be on

our devices or watching a DVD on a screen in an SUV. I learned to admire, and aspire

to, my dad’s sense of direction. Without

Google or even a city map, he’d roll into Minneapolis or Chicago for the first time and manage to get us where we needed to be as if he’d driven a taxi there.

We never visited exotic Instagram-worthy destinations, and, in fact, I am not sure we ever even brought a camera. But in a selfie, you can’t capture the thrill of laughing until soda pop comes out your nose or the thrill of staying up past your bedtime to eat hot fudge. But as my mother informs me, “You really had fun. But at the end of the trip, you were always ready to be home.” And maybe that’s the best part about vacation: that moment of satisfaction when you return to the comfort of the familiar.

While I fail to remember many of the specific moments of all those humble trips, the emotional memory remains strong, and there are moments I miss the rumble seat, Mom and Dad up front with a tinny, one-speaker AM radio, and the anticipation that would give me butterflies in my stomach. So many years later, I travel for a living, circling the planet each year, chasing the horizon, and—for better or worse—eating far off the food map of Denny’s and the Ground Round, from horse liver to chicken sashimi. But those little trips close to home remain golden. I’m still writing gas-tank getaway articles, more so during hard times or gasoline price hikes. I still have never been to Disney, and I am not sure I’m missing anything.

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



THE CONSUMMATE TRAVELER

How to Write a Helpful Online Hotel Review

MICHELE GONCALVES

I don’t know about you, but the minute I decide to take a trip and need to find a hotel, I hit popular websites to see what the public has to say. After all, picking a good hotel can make or break your entire experience. My favorite “go to” site is TripAdvisor.com, which has always given me reliable and timely insight over the years. However, I must say, that not all reviews are actually helpful.

Some offer only complaints but leave out important details, while others can be glowing but too short and vague. Knowing how to strike the right balance of personal experience and practical information can lead to an invaluable assessment of a hotel’s performance. Let’s take a look at a few key elements to consider when writing an online review.

Mention Room Numbers
Too many times I have read reviews where people complain nonstop about noise, plumbing issues, or dirty carpets, but they

fail to mention what room they were in. Likewise, those who rave about beautiful views or a newly renovated room leave this critical information out as well. Mentioning this detail can help readers take appropriate action if they have an upcoming reservation and would like to avoid or request specific rooms.

List Out Pros and Cons
On a rare occasion, there may be a property out there that has no good qualities. However, most of the time there is a mix of good and bad elements to someone’s overall experience. I find it very informative when a post provides this balanced view. This way, I can weigh the commentary against my own list of requirements and decide if the property will serve my needs.

Talk More About the Food
I have often observed that individuals will leave a comment saying that a hotel’s breakfast buffet was great. However, they never



When reviewing a hotel, a good mix of personal experience and practical information is helpful.

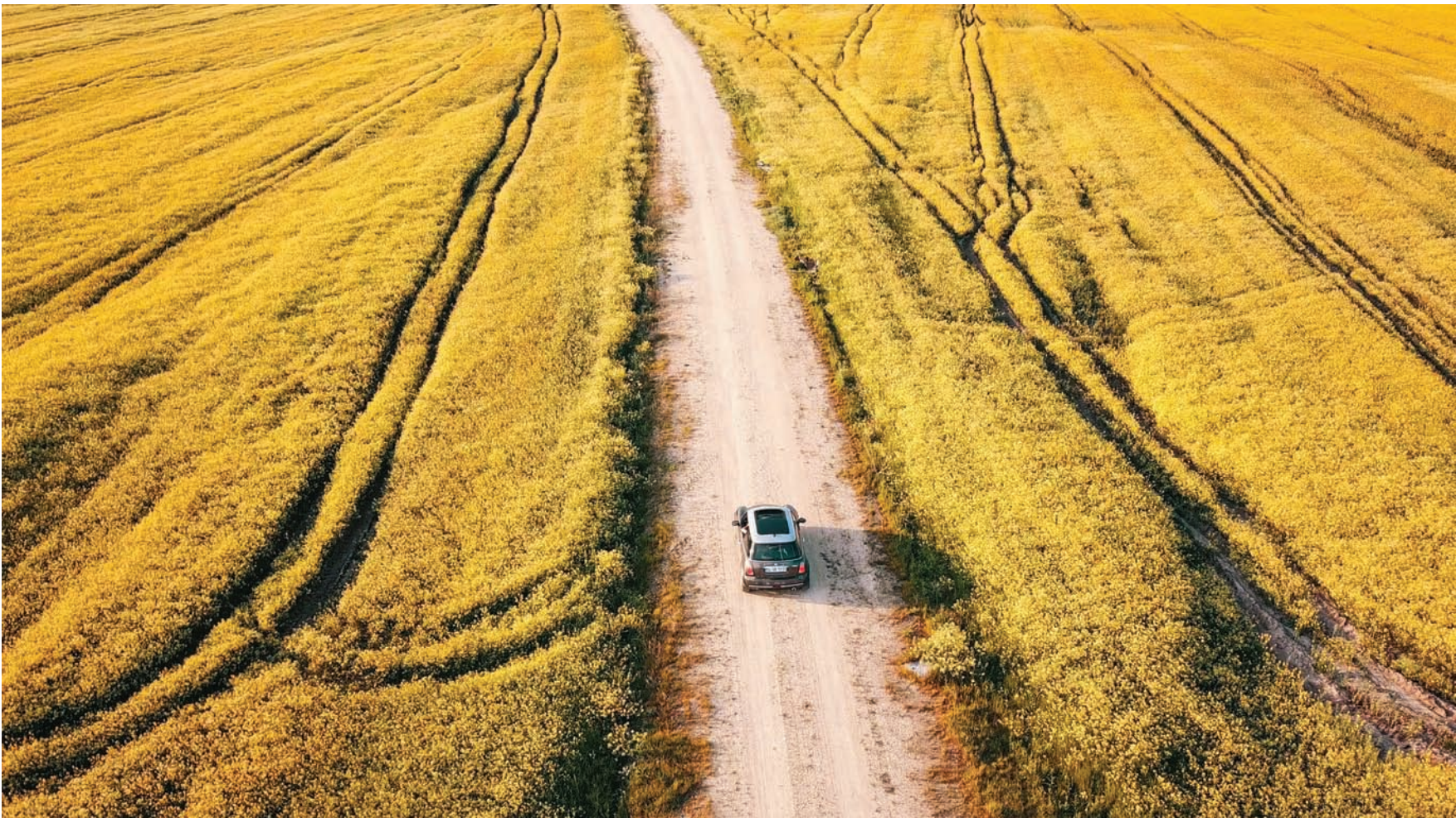
EUNICE STAHL/UNSPLASH

mention that it was a continental style selection of breads, muffins, and cereals with no hot food options. While some travelers may find this type of breakfast perfectly acceptable, while some may not. Giving these details could impact someone’s decision to book a reservation or not.

Mention Obvious Missing Items
I have had a few surprises over the years when checking into hotels that have only offered a comforter on the bed with no sheet in between or that did not have a hair dryer in the room. Although some of these “misses” may be customary in the market where the hotel operates, an online review should mention any of these critical points. This way someone who expects certain amenities can be prepared. To this day, if I stay at a small hotel in a more remote location, I may pack my own sheet just in case.

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

AHMET SALI/UNSPLASH



Sometimes the most memorable family memories are of road trips.

FAMILY TRAVELS

The Beast and I: Memories of a Vacation

JEFF MINICK

The Beast. That was the honorific bestowed by my children on the ancient gray Suburban my wife and I had purchased from a friend. The kids showed a real talent for nomenclature that day.

The Beast was my wife’s idea. We agreed that we needed a larger vehicle to haul more books for sale to the homeschool conventions we then attended. When Kris heard The Beast could be ours for a song, she came home bursting with excitement, and the monster was soon squatting on its haunches in our driveway.

I wasn’t crazy about The Beast, for reasons that will soon become apparent, but Kris loved that gas-guzzling, grizzled clunker. Once she came into the kitchen from a drive into Asheville just as we were sitting down to supper. Wearing a smile that stretched from ear to ear, and a glitter of pride in her eyes, she said, “I feel like a queen in that car!” There was a brief stunned silence, and then the kids and I burst out laughing. To this day that line brings a hoot at family gatherings.

We used that beaten-down vehicle primarily for the conventions. The Beast offered all the comforts of a World War I tank, but we could pack lots of books into its belly.

Then came those 10 days one June when we were to join my wife’s mother, her sisters, and their families 950 miles away in Rockport, Massachusetts, for a reunion at the coast. This odyssey required preparations other than packing. The Beast’s air-conditioning had given up the ghost long ago, which meant driving with the windows open, and at certain speeds the noise of the engine could have competed with a bowling alley on a Saturday night. Any conversation with the children on that trip was out of the question. So I paid a visit to K-Mart, bought four cheap cassette players with headsets, ransacked the library for story and song tapes, and distributed these items just before we left the driveway.

Other than the roar of the engine and the rush of air past my head from the open win-

dows, it was the quietest trip we ever made. Rockport and its beach were different than the shore of my native North Carolina. The water was colder, the beach was as much rock as sand, and Rockport was older and more charming than most of the tourist towns on the Carolina Coast. We settled into our rooms and enjoyed a pleasant week of visits to the ocean and with each other. I remember my middle son daily training his cousins as Navy Seals, jumping from rocks into the cold sea or having them crawl on the thin stretch of sand on their bellies. One day, we toured Boston, visiting historical sites and showing our children where their mother and I had met in 1976. The vacation was as relaxing and peaceful as it could be with nine children under the age of 17 beneath one roof.

With one exception.

The house Kris’s mom had rented was separated from the neighboring house by a single driveway. After we had unpacked the car, I carefully backed The Beast into that narrow strip, thankful she had carried us so far north without falling apart.

One afternoon I needed to go grocery shopping. I went outside, rounded the corner of the house, and slipped into The Beast. Beside me, eight or ten feet away, was the other house, two stories high, windows open, a few people sprawled in the deck chairs and hammock on the porch. Norman Rockwell could not have painted a more tranquil scene.

Now is the time to speak of one of The Beast’s many eccentricities. Once in a great while, when the driver fired up the engine, The Beast transformed itself into a dragon, belching out smoke. I am not talking about a few, half-hearted coughs of exhaust. I am talking about rolling clouds of blue smoke, billows so thick they momentarily hid the rear of the car, a fog bank worthy of the harbor in San Francisco.

And that is what happened on this particular afternoon.

When I turned on the engine, The Beast stuttered, then roared to life and threw out a cloud of smoke that could have served as a protective screen for soldiers advancing

The Beast offered all the comforts of a World War I tank, but we could pack lots of books into its belly.

against an enemy. As I sat there with that behemoth shuddering beneath me, I glanced to my left at the house next door.

The tranquility had vanished. The languid bodies had deserted the porch, and inside the house vacationers young and old were running from window to window, trying to slap them closed against the noxious blue clouds of gas. I couldn’t hear the voices of these frantic victims above the thunder of the engine, but I could see them screaming and falling all over themselves as they struggled to avoid asphyxiation.

In an effort to help, I quickly pulled the Beast into the street. As I passed the house, two children regarded me with astonishment and fear from behind a closed window.

For the next four days of our vacation, when I walked by that house and there were people on the porch, they would stare at me with a mixture of abhorrence and pity on their faces. From the license plates on their cars, I knew they were from New York and Massachusetts, and by their faces I could read their thoughts without difficulty: “There he goes, that poor, dumb, smog-belching, cracker redneck from North Carolina.” (Other thoughts were also visible on some of those faces, but these don’t belong in a column aimed at families.)

Fortunately for the neighbors, the Beast behaved herself for the rest of our time there. We drove back to North Carolina without incident until we reached the driveway of our house. Just as we pulled into the Beast’s parking space, the engine sputtered and then died. A mechanic brought the Beast briefly back to life, but that was the beginning of the end. The Beast breathed its last just a few months later.

My wife lost her throne, but my children and I breathed both a sigh of relief and a breath of fresh air.

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 JeffMinick.com to follow his blog.

THE CONSUMMATE TRAVELER

How to Make Coach More Classy

MICHELE GONCALVES

Several months ago I flew to Bogota, Colombia, in economy class and was quickly reminded how bare bones and rough it has become. For instance, there was no food left by the time they reached my seat, no blanket or pillow was offered, and all the on-board entertainment came at an additional cost and did not even work after we left the U.S.

Believe it or not, with just a little preparation and investment, there are a few things you can do to ease the pain of flying coach and turn it into a more pleasant and—dare I say—even semi-luxurious experience. Here are my top three tips:

Bring Your Own Gourmet Coffee
It is a fact that most airlines have below average tasting coffee. In fact sometimes it is so bad I can’t even get it down. The answer to



Noise canceling headphones can make a journey more comfortable.

this dilemma is to come armed with your own supplies to enjoy a nice hot cup or two during your flight.

I came across an interesting blog post that was discussing a unique product on the market that is both a French press and a travel mug all in one. Intrigued by the idea, I quickly searched on Amazon and found a few brands (GSI and Bodum) that ranged in price from \$22 to \$40. All you do is bring along your own gourmet coffee grinds, add them to your mug when ready, add hot water, and finally press down the plunger.

Cashmere Travel Blanket
Yes, I know this is a bit of a splurge. However, if you can afford it, I definitely recommend you invest in a wonderful cashmere travel blanket to add a touch of elegance and luxury to your trip. Besides, I have heard rumors that airlines may not exactly be washing the

blankets after each use. Therefore, it is best to get into the habit of taking along your own blanket (even if it isn’t made out of cashmere). The cost starts at about \$200, but just think how warm and cozy you will be while in the midst of the bitterly cold airplane cabin.

Noise Cancellation Headphones
One thing that can help you relax a bit more while enduring the impossibly close quarters of economy class is to drown out any surrounding noise. Think babies crying or loud people carrying on an endlessly long conversation. This can easily be achieved with a set of noise canceling headphones. I found many affordable options on the market that earned good reviews starting as low as \$45. If you want the best, the high-end Bose brand runs about \$300.

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

ESSENCE
OF
CHINA



Zhang Pan Upholds His Honor as Upright as Bamboo

JOYCE LO

The ancient Chinese paid high importance to their reputation and moral conduct. As a famous Chinese saying goes, “A gentleman upholds his honor as upright as bamboo,” and he never bends even in the face of death.

Here is the story of one such gentleman.

Zhang Pan was the governor of Jiaozhi, a region in the northern part of Vietnam today, who lived during the Eastern Han Dynasty (A.D. 25–220). Zhang was unjustly imprisoned after being framed by Governor Du Shang of Jingzhou, a region in southern China.

Zhang appealed his sentence, but before his appeal process could play out, the emperor granted a general amnesty and Zhang was released along with all of the other prisoners.

The other prisoners all left, one after another, except for Zhang Pan. Zhang held onto his chains, with no intention of leaving.

The prison warden said to him: “Governor Zhang, the amnesty also applies to you. You are free to go.”

However, Zhang Pan would not budge.

The judge came to visit him to urge him to have his chains unlocked, but Zhang refused.

The judge asked: “The grace of the emperor is immense, and everyone should benefit from it. Why do you refuse?”

Zhang said: “I am innocent and will not leave until my reputation is restored and justice is served.”

With that, he explained to the judge the circumstances around his imprisonment.

“Thieves from Jingzhou were spreading havoc across Jiaozhi, and when I took charge to eliminate them, by killing their leader, they dispersed and returned to Jingzhou. Du Shang, the governor of Jingzhou, was afraid that I would report the case to the emperor and cause him to be reprimanded, so he framed me,” Zhang said.

“I was wronged by Du Shang and imprisoned. There is truth to be clarified, and justice to be done. I did nothing wrong, thus I have no need to be pardoned. If I accept a pardon, I would bear this humiliation for the rest of my life, as a bad governor when alive and an evil spirit after death,” Zhang continued.

Zhang requested that the judge summon Du Shang to face the facts and to set the record straight. “Unless my name is cleared, I would rather be buried here than go free,” Zhang said with determination.

The judge reported the case to the emperor, who ordered Du Shang to appear in court. There, Du Shang admitted his guilt. However, in the end, he was pardoned due to his former merits.

As for Zhang Pan, who was adamant that he would not compromise, he finally walked out of jail with his head held high.

The Unbiased Recommendations of Qi Xi

ZHU LI

Impartiality is an important moral ideal, whereby one refrains from giving preferential treatment to anyone but rather treats everyone fairly and justly. It requires putting aside personal interests and biases, such as feelings for friends and family, negativity toward opponents and even enemies, or prejudice in favor of or against anyone based on background, social standing, or other characteristics.

This theme is portrayed in a story from ancient China about a man named Qi Xi, who was a senior officer of the state of Jin during the Spring and Autumn Period (771–476 B.C.).

One version of the story is found in “Lushi Chunqiu,” an encyclopedic Chinese classic text from around 239 B.C. The classic text is also known as “The Annals of Lu Buwei.” Lu was the prime minister of the state of Qin at the time.

Qi Xi, also called Qi Huangyang (620–545 B.C.), was a selfless, broad-minded person who handled matters in a fair and just manner.

As the story goes, when Qi Xi recommended candidates for public service, his only desire was to have the best person appointed, regardless of any personal relationship he had with that individual.

One day, Duke Ping of Jin asked Qi Xi: “Nanyang is without a county magistrate. Who would be suitable for this post?”

Qi Xi replied, “Xie Hu would be

suitable.”

The duke was surprised. He asked: “Isn’t Xie Hu your enemy?”

Qi Xi simply said, “Your Highness asked who would be suitable for this position, not who my enemy is.”

“Excellent,” Duke Ping said. He indeed appointed Xie Hu as county magistrate of Nanyang. As it turned out, Xie Hu did an excellent job, and the people all praise him.

Sometime later, Duke Ping again consulted Qi Xi. “The state is without a high-ranking army officer in the capital. Who would be suitable?”

Qi Xi replied, “Qi Wu.”

The duke was again surprised. He asked: “Isn’t Qi Wu your own son?”

Qi Xi said, “Your Highness asked who is suitable, not who my son is.”

“Excellent,” Duke Ping said. He went ahead and appointed Qi Wu to the post. Again, Qi Wu did an excellent job and received praise from everyone.

When Confucius learned of this, he said to his students: “Qi Xi’s selections were indeed excellent! When recommending someone from the outside, he did not avoid his own enemy. When recommending someone from the inside, he did not avoid his own son.”

Only a person of outstanding merit can make such recommendations. Qi Xi, therefore, is someone who is absolutely impartial, unselfish, fair, and just.



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