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In the NEWS

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JOHANNES EISELE/AFP/GETTY IMAGES

A bank employee uses a money counting machine to count out 100 yuan (A\$20.9) notes at a bank in Shanghai on Aug. 8, 2018.

CHINA

China Credit Machine Shrivels After IMF Disclosure Request

IMF scrutinises China's official data after 2 banks became insolvent in July

CHRISS STREET

China's 'Total Social Financing' credit growth plunged by -55.3 percent in July as the IMF was calling for greater foreign exchange intervention transparency and disclosures. July saw tremendous turmoil in China's financial markets as protests in Hong Kong sped up capital flight, the People's Bank of China (PBoC) was forced to seize insolvent Baoshang Bank and Bank of Jinzhou citing "serious" credit risks, and the annual rate of capital flight accelerated from \$22 billion last year to a \$139.2 billion annual rate. Total Social Financing (TSF) is the Chinese term for real economy aggregate financing that includes public offerings, hitting an all-time high of \$657.4 billion in January and

was up a booming +10.9 percent, or \$2.3 trillion, for 12 months through June. But TSF plunged by -55.3 percent from \$322.9 billion in June to \$178.6 billion in the month of July. China's TSF tends to seasonally slow in July, but it was down -18 percent from the same period last year and about -44 percent below Wall Street analysts' forecast. A closer look at China credit and liquidity reveals that consumer loans, mostly mortgage, that had been growing by +16.5 percent over the past year and +138 percent over the last five years, plunged by \$72.42 billion, or -23.5 percent. But even more worrisome, China corporate lending tanked in July

The Chinese economy is facing external headwinds and an uncertain environment.

International Monetary Fund annual review with the People's Republic of China

SAM YEH/AFP/GETTY IMAGES



Two US-made F-16 fighters in the air during a scramble take off at the eastern Hualien air force base on Jan. 23, 2013.

CHINA

US Government Moves Ahead With Sale of F-16V Fighter Jets to Taiwan

FRANK FANG

TAIPEI, Taiwan—Taiwan's air defences are set for a major upgrade as the United States plans to sell it 66 F-16V fighter jets worth \$8 billion. Taiwan President Tsai Ing-wen, while answering reporters' questions following a visit to a local tech company in the city of Taichung on Aug. 17, said the arms purchase is an "energy boost in national capability ... for the purpose of maintaining peace," according to local media. "Only when we are capable of self-defence can we guarantee that such peace be continued," Tsai added. She also expressed her gratitude to the U.S. government for the deal. Taiwan's defensive capabilities are

chiefly to guard against the Chinese regime, which considers the self-ruled island a renegade province, to be united with the mainland in the future, with military force if necessary. The United States, after severing official diplomatic ties with Taiwan in recognition of Beijing in 1979, has maintained a non-diplomatic relationship with the island, based on the Taiwan Relations Act, under which the former has continually sold military weapons and equipment to Taiwan—to the disapproval of the Beijing regime. Taiwan's Central News Agency first reported in early March that Taiwan's air force had formally submitted a

DEFENCE

US Tests Cruise Missile That Was Banned Under INF Treaty

IVAN PENTCHOUKOV & ZACHARY STIEBER

The United States has tested a medium-range ground-launched cruise missile that would have been banned under a treaty with Russia from which the United States formally withdrew on Aug. 2. The Intermediate-Range Nuclear Forces (INF) Treaty was signed during the Cold War, but U.S. officials—with backing from the North Atlantic Treaty Organization (NATO)—argued that Russia breached the treaty, refused to correct its actions, and insisted it hadn't violated the treaty. "The United States has fully adhered to the INF Treaty for more than 30 years, but we will not remain constrained by its terms while Russia misrepresents its actions," President Donald Trump said in a statement. "We cannot be the only country in the world unilaterally bound by this treaty, or any other." The Department of Defense said Aug. 19 that it conducted a test the day before of "a conventionally-configured ground-launched cruise missile" at San Nicolas Island in California. "The test missile exited its ground mobile launcher and accurately im-

The heads of the State Department and the Pentagon told reporters that the United States planned to deploy ground-launched missiles to counter the growing number that China has.

pacted its target after more than 500 kilometers [about 310 miles] of flight. Data collected and lessons learned from this test will inform the Department of Defense's development of future intermediate-range capabilities," it stated. San Nicolas Island is located some 60 miles from the mainland and the U.S. military has previously tested weapons there, including military research rockets. Rep. Liz Cheney (R-Wyo.) was among those celebrating the missile test, writing in a statement, "NDAA must fully fund this development activity. Congress can't allow Russia to gain a military advantage." Experts expected the United States to test an intermediate-range missile on the day it formally exited the INF

GREENLAND

'I Promise Not to Do This to Greenland?' Trump Riffs on Greenland Purchase

SIMON VEAZEY

President Trump followed up the recent revelations that he had mulled the United States purchasing Greenland on Aug. 20 with a playful post on Twitter. A gold skyscraper emblazoned "Trump" towers over a coastal hamlet in Greenland in a picture shared by the president. "I promise not to do this to Greenland," is all Trump wrote in the caption, leaving his 63 million social media followers to figure out just

HONG KONG

Disney Faces Calls of 'Boycott Mulan' After Star Voices Support for Hong Kong Police

TIFFANY MEIER

Disney's upcoming live-action remake of Mulan is facing widespread backlash after the starring actress voiced support for Hong Kong city police's use of force against the pro-democracy protesters. "I support the Hong Kong police. You can all attack me now. What a shame for Hong Kong," Chinese-born

VISUAL CHINA/GETTY IMAGES



Actress Liu Yifei arrives for the red carpet of the 19th Shanghai International Film Festival at Shanghai Grand Theatre in China on June 11, 2016.

Beauty Queen That Made China 'Run Away' Says Many Chinese Live in Culture of Fear, Risk Persecution

MELANIE SUN

She went from being promoted as an international star in China's state media after winning Miss World Canada to seeing her father's livelihood destroyed because she wouldn't stay quiet about the human rights abuses in her home country.

Now, Anastasia Lin is a scholar-in-residence for one month with the Australian think tank the Centre for Independent Studies.

The 29-year-old, described in a Globe and Mail editorial as the beauty queen that China saw and ran away from, revealed in an intimate interview that she has been told by many Chinese diasporas around the world that they worry about persecution from their fellow Chinese, including their own family members, due to the culture of fear instilled in Chinese minds by the communist party.

She said that the communists in China have laboured to create a "very artificial fear" among the populace, leading many mainland Chinese to feel "obligated to persecute" people who stand up to the government.

"You're obligated to stand by the party line and to suppress your fellow Chinese," Lin said in an interview with the Menzies Research Centre think tank.

She gave the example of what police did to a high school student in Adelaide.

"She told me that when her father went back to China—because her family is [a] rather outspoken diaspora here in Australia—the police went to 'have a cup of tea with him.'

"Being invited for tea is a Chinese way of saying that you're being threatened by the police in a private conversation," she explained. "They told him that if he continues to be vocal about things that the Chinese government doesn't like, the daughter ... when she applies to Adelaide University, her application might be denied. That's here in Australia.

"Unfortunately, some Australian universities ... they're placating to Beijing, silencing freedom of speech, cancelling speakers that are sensitive to the Chinese government, and not allowing these students a safe environment to really study what they're coming here to study," she said.

Lin said she knows the story of the Chinese Communist Party's (CCP) intimidation all too well.

Her father, who was a very successful businessman in China, demanded that Lin stop speaking publicly about human rights abuse in China after she won the Miss World Canada title in Vancouver in 2015.

"Stop doing that or you're ruining the family," he told Lin, leading her to realise that he was being threatened



Anastasia Lin.

I think what communists [were] trying to do is take [family bonds], that very basic instinct of human beings away. And that's exactly what they're trying to do to me.

Anastasia Lin



A Chinese official is paraded through the streets of Beijing by Red Guards on Jan. 25, 1967. The words on his dunce cap accuses him of being a "political pickpocket." During Mao Zedong's reign (1949-1977), many Chinese citizens and officials were accused of political crimes, and labelled "class enemies" and "counter-revolutionaries."

by the police.

"When I first won and the Chinese media were reporting about it in a nice way, people from all over China were sending him congratulatory messages," she recalled. "Chinese media even interviewed him and wrote about him as this wonderful father who raised an extremely extraordinary daughter."

But when he threatened to disown her, Lin said one thing became clear to her: the Chinese regime was using "the same tactic that they used in the cultural revolution on the families that broke up, on the society that broke down, the public enemy that

were executed ... it is a horrible thing.

"I think what communists [were] trying to do is take [family bonds], that very basic instinct of human beings away. And that's exactly what they're trying to do to me."

Lin said after some soul-searching, she understood that her father's actions were being driven by fear. That's when she decided that she didn't want to repeat what the previous generation had done and would listen to her own voice.

"I felt like after making that decision, I got closer and closer to the way I actually want to live, as a conscious being," she said.

According to Lin, this tragic situation is the same faced by many Chinese families around the world.

"They're using it as a weapon," she said of the regime, to "create fear among other Chinese people. They control China using the tools of lies and manipulation."

Twisted, Manipulated

Lin says that recent events in Chinese history, like the cultural revolution, have "twisted and manipulated" mainland Chinese people—something she observed after moving to Canada from Hunan, China, at the age of 13.

"I'm not being racist here," she said. "Just imagine a really beautiful animal being all of a sudden forced to go into combat mode and stripped of all its natural elegance that it was born with," she said, after reflecting on her life in mainland China. Lin herself had been a communist youth leader in China, tasked with organising her classmates to watch mandatory propaganda videos and repeat communist party slogans.

But she said upon moving to Canada, she saw a big difference between mainland and other Chinese.

"When I visited Taiwan, I saw the Taiwanese bureaucrats, the way that they were acting ... all of a sudden I felt this joy," she said. "It's almost like I've seen what China would be, could be if communists didn't take over. There's that gentleness, that grace that our ancestors passed down.

"In the past, because Chinese people believed in the divine—we had God and of course Communism is atheist. So for them, traditional belief itself is the biggest enemy of the communist party because it is their obstacle to obtain total control over the minds and hearts of Chinese citizens.

"That's why the cultural revolution was not an accident; it was not Mao's strategic mistake. It was a deliberate eradication of the biggest enemy of the Chinese communist party."

Lin added that in her view, the difference between China and the West isn't that Chinese do not want or celebrate freedom.

"In China, we want freedom too. But it's not there; it was taken away by the Chinese communist party. That's the difference."

She encouraged the West to not take freedom for granted. Otherwise, we might have to fight for it like the protesters in Hong Kong.

"This is the privilege that our ancestors ... our grandfathers and fathers got it right, and we're living in a society where we're able to be free. Don't take it for granted."

Anastasia Lin will be speaking at the Centre for Independent Studies on Aug. 22 to debate if it is "Time to get tougher with the PRC."

Cardinal George Pell Loses Appeal on Child Sex Abuse Convictions

ELIZABETH LI

MELBOURNE, Australia—Cardinal George Pell's appeal against his child sex abuse convictions has been dismissed by a two to one majority in the Supreme Court of Victoria on Aug. 21.

The Court of Appeal upheld verdicts that found Pell guilty on five charges of child sex abuse last December.

Chief Justice of the Supreme Court of Victoria Anne Ferguson said she and President of the Court of Appeal, Justice Chris Maxwell, dismissed Pell's appeal. A third Justice, Mark Weinberg, dissented.

The court's majority decision means that Pell's jail term of six years stands, although his legal team said they will now "thoroughly examine in order to determine a special leave application to the High Court." The High Court of Australia would have to decide if there



Cardinal George Pell departs the Supreme Court of Victoria, in Melbourne, Australia, on Aug. 21, 2019.

are sufficient grounds to allow the appeal.

If that fails, Pell will remain in prison until at least October 2022, after which he may be eligible for parole at the age of 81—a decision to be made by the adult parole board and not the courts, Chief Justice Ferguson said.

On Wednesday morning, the court's decision was live-streamed across the world.

Pell's legal team argued the appeal on three grounds.

The three judges unani-

mously agreed to reject the second and third grounds for appeal—that Pell's lawyers were not permitted to play an animation to the jury in their closing address, and that Pell was not given an opportunity to enter his plea of not guilty in the presence of the jury panel.

The court considered the whole of the evidence, with Chief Justice Anne Ferguson and President Maxwell agreeing that it was open for the jury to be satisfied beyond reasonable doubt that Pell was guilty.

Chief Justice Ferguson said Pell's surviving victim, the man who gave evidence at trial, "was a compelling witness, clearly not a liar, not a fantasist and was a witness of truth."

Pell's other victim died in 2014 from a heroin overdose.

Justice Weinberg dissented, stating that "there was significant, and in some places impressive evidence suggesting that the com-

plainant's account was, in a realistic sense, impossible to accept."

Nevertheless, the first ground argued by Pell's lawyers—that the jury acted unreasonably in coming to a guilty verdict—was dismissed by two of the three judges. The jury was the second to hear the case after the first had to be discharged when they failed to reach a unanimous decision.

Chief Justice Ferguson and President Maxwell were unanimous in dismissing all 13 "obstacles" to Pell committing the crime as raised by Pell's lawyers, including the argument that his robes were not capable of being manoeuvred in the way the complainant alleged.

In reaching their decision, Chief Justice Ferguson said, "Those recordings [of the trial] went for more than 30 hours. We've watched those recordings more than once. Like the jury, we were taken to St Patrick's Cathedral to

be shown what the jury had seen."

Australia's Prime Minister Scott Morrison addressed the appeal dismissal at a press conference on Aug. 21, stating that George Pell will likely be stripped of his Companion of the Order of Australia honour, awarded in 2005. Further, he urged "Australians who find themselves re-living these experiences to reach out to those around them, and to reach out to the services that are there for them.

"That's where my sympathies are today. The courts have done their job, they've rendered their verdict. That's the system of justice and it must be respected."

The Vatican announced in February that it had also opened an internal investigation by the Congregation for the Doctrine of the Faith into Cardinal George Pell's crimes. If found guilty, Pell will be dismissed as a Cardinal from the priesthood.

PAMELA TULIZO/AFP/GETTY IMAGES



A boy has his temperature checked in Goma, Democratic Republic of Congo, on July 31, 2019.

Ebola Continues to Spread in Congo

CHARLES PENSULO

BLANTYRE, Malawi—Hundreds of people continue to be exposed to the Ebola virus in the Democratic Republic of Congo (DRC), raising fears of the disease spreading to neighbouring countries and the wider region.

The World Health Organisation (WHO) team in the DRC has reported 70 to 80 cases a week.

Overall, 2,758 cases and 1,819 deaths have been recorded since August 2018, when the pandemic first broke out in the country's northern provinces of North Kivu and Ituri.

"The current rate of transmission can be described as intense," Dr. Margaret Harris, spokesperson for the WHO response team in the DRC, told The Epoch Times.

Harris said the risk of transmission in the country and the region is high, although she downplayed the risk to the rest of the world.

Recently, a man died in Goma, an area close to the Rwandan border, after being infected a week earlier. It's feared that his wife and a child could have also been exposed to the virus. Rwanda has since set up a

screening checkpoint on its border with the DRC.

Response Challenges

The current outbreak in the DRC was declared an international public health emergency by the WHO in July.

But health charities and government officials have raised alarms over the challenges facing the response to the outbreak, not least because of an acute shortage of funding. The instability in the country, fuelled by conflict between the government and the militia, makes it dangerous for medical teams to trek to some of the disease hotspots.

Medical workers have constantly come under attack.

Harris, however, emphasised that local knowledge of the virus is essential, citing the example of West Africa where the virus spread quickly because "the people had not experienced it before."

"The more local people are trained on how to deal with it, the more chances of controlling the virus," she said.

Medical workers have constantly come under attack.

ISIS Claims Responsibility for Terrorist Bombing at Kabul Wedding That Killed 63

JACK PHILLIPS

The ISIS terrorist group claimed responsibility for a suicide bombing at a wedding hall in Afghanistan that killed at least 63 people and injured dozens more.

The death toll as of Aug. 18 rose to 63, including women and children, CBS News reported. An ISIS Afghan affiliate claimed responsibility for the blast.

Another 182 people suffered injuries from the blast, which occurred on Saturday evening, confirmed the Interior Ministry.

The Taliban condemned the attack, saying it is "forbidden and unjustifiable" and denied any involvement. Both ISIS and the Taliban have carried out terrorist attacks in Kabul, the capital city.

Afghan President Ashraf Ghani denounced the Taliban.

"Taliban cannot absolve themselves of blame, for they provide platform for terrorists," Ghani said before reports emerged that ISIS claimed responsibility.

"I strongly condemn the inhumane

attack on the wedding hall in Kabul last night. My top priority for now is to reach out to the families of victims of this barbaric attack. On behalf of the nation I send my heartfelt condolences to the families of those who were martyred," he tweeted.

"Devastated by the news of a suicide attack inside a wedding hall in Kabul. A heinous crime against our people; how is it possible to train a human and ask him to go and blow himself (up) inside a wedding?!!" presidential spokesman Sediq Seddiqi said.

The groom, Mirwais Alani, told TOLO News: "I would have never organised this ceremony if I knew that such an incident happens."

Alani said he and his fiancée, Roena, worked for months to prepare the wedding.

"I was supposed to return happy, but within span of two hours, they devastated my whole life. They devastated my life within seconds," he added.

Roena's 11-year-old brother was killed in the terrorist attack, according to the report.

REUTERS/MOHAMMAD ISMAIL



An injured man talks on a mobile phone while receiving treatment in the hospital after sustaining wounds from a blast at a wedding hall in Kabul, Afghanistan, on Aug. 18, 2019.

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Hong Kong's Next Planned Protest: Forming 'Human Chain'

FRANK FANG

Protesters in Hong Kong are planning to stage a local version of a "human chain" demonstration, inspired by one that took place 30 years ago among Baltic nations that sought to break away from communism.

The proposal, first suggested by a user on the Reddit-like LIHKG forum that's popular with protesters for planning future demonstrations, calls for people to gather at 7:15 p.m. local time on Aug. 23, along sections of three major metro lines in Hong Kong: the Island, Kwun Tong, and Tsuen Wan lines.

It isn't currently known how many people plan to participate in the event.

People will hold hands to create three human chains—one on Hong Kong Island and two in the New Territories area—echoing the peaceful protest known as the "Baltic Way" that occurred on Aug. 23, 1989.

Seeking to draw global attention to their desire to declare independence from the Soviet Union, about 2 million Estonians, Latvians, and Lithuanians joined hands to form a human chain roughly 420 miles long, linking the capitals of the three countries: Tallinn, Riga, and Vilnius. Seven months later, in March 1990, Lithuania became the first of the Soviet states to declare independence.

The LIHKG user nicknamed



Protesters take part in a march in Hong Kong on Aug. 18, 2019.

"Spring Bug," who started the online thread, estimated that the total length of the three chains would be more than 30 kilometers (18.6 miles).

"The three Baltic states showed the world that they were united. Hong Kong residents are also united. All five of our demands must be met, particularly the most important of

all: universal suffrage," wrote the LIHKG user.

Mass protests have entered their 11th consecutive week, as Hongkongers' initial demand that the city government fully withdraw an extradition bill has ballooned into five demands, including universal suffrage in the city's elections, as well as an independent investigation

into police actions while dispersing protester crowds.

Locals fear that the now-suspended bill, which would allow anyone in Hong Kong to be transferred for trial in China, could threaten the city's judicial independence, as the Chinese regime's judicial system is known for targeting its critics and dissidents.

On Aug. 18, more than 1.7 million Hongkongers defied a police ban and marched in the heart of the city's busiest districts to call on the city government to meet their demands.

Since June, Hongkongers have taken different approaches to try to drum up international attention. Most recently, on Aug. 19, a group of protesters placed advertorials in 11 newspapers in 10 countries, after a successful online crowdfunding campaign; the newspapers include the Globe and Mail in Canada, Le Monde in France, the Liberty Times in Taiwan, Nihon Keizai Shinbun in Japan, and Berlingske in Denmark.

The LIHKG user stated that he hoped the Hong Kong event would replicate the success of the Baltic Way, so there will be more international support for the protesters.

"What is more important is that [the event] will be under the spotlight of international media, to show the world that determination of unity of Hongkongers in pursuit for freedom and democracy," the user added.

China Credit Machine Shrivels After IMF Disclosure Request

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from \$132 billion to \$42.52 billion, or -67.3 percent. Overall July performance would have been worse, but the opening of China's new STAR technology stock exchange helped corporate bond issuance almost double for the month to +\$32 billion.

The International Monetary Fund (IMF) Board of Directors completed its consultations with the People's Republic of China and issued its annual review on July 31. After years of praising economic growth, the opening sentence of the IMF report ominously states: "The Chinese economy is facing external headwinds and an uncertain environment."

The IMF emphasised that resolution regarding Baoshang Bank marked the first PBoC takeover of a "zombie" bank with solvency and liquidity problems in 20 years. Coupled with the PBoC announcement in late June that "large depositors" of seized banks would suffer "haircuts" of principal and interest, China's approximately 4,507 non-AAA rated banks saw sales of negotiable certificates of deposit crash by at least 50 percent.

The IMF Board commented that China's \$3.1 trillion in foreign exchange reserves "remain more than adequate," but "stressed the urgent need" to address China's macroeconomic data gaps to further improve data credibility and policy making.

The term "urgent need" refers to the People's Bank of China's new habit of using highly-opaque "forex swap" derivatives to manage foreign exchange variability, rather than the traditional intervention method of selling large quantities of U.S. dollars to buy yuan (renminbi).

The forex swap market is one way to hedge currency exchange rate fluctuations, but with Bank of International Settlements warning



WANG ZHAO/AFP/GETTY IMAGES

that notional value of outstanding OTC derivatives \$595 trillion, over 7 times larger than the world's annual gross domestic product, Wall Street Journal reported the PBoC has used state-owned banks as proxies to buy "masses of dollar-yuan swaps to build a stronger outlook for the renminbi."

The day after the IMF issued its July 31 review, the long-stable exchange rate of the China's Yuan Renminbi currency (CNY) began falling. Three trading days later, the exchange rate broke the 7 CNY to \$1 for the first time in 11 years.

After the U.S. Treasury officially designated China as a currency manipulator, Pan Gongsheng, a vice-governor with the People's Bank of China and the head of China's State Administration of Foreign Exchange, wrote in an article that China is a big responsible country: "We will not engage in a competitive devaluation and won't use the exchange rate as a tool to handle international trade disputes."

But TS Lombard's chief China economist Bo Zhuang told Forbes that China will devalue the yuan by 3 to 5 percent over the next two months, and then keep it stable for about six months before making the next depreciation of the yuan to 7.5 to the U.S. dollar within the next 18 months: "People in China know what's coming. I would say that if China doesn't get a deal with the U.S., you will see this kind of movement in the currency."

Chriss Street is an expert in macroeconomics, technology, and national security. He has served as CEO of several companies and is an active writer with more than 1,500 publications. He also regularly provides strategy lectures to graduate students at top Southern California universities.

Yi Gang (R), Governor of People's Bank of China, talks with International Monetary Fund (IMF) managing director Christine Lagarde at the Joint People's Bank of China-International Monetary Fund High-Level Conference in Beijing on April 12, 2018.

People in China know what's coming. I would say that if China doesn't get a deal with the U.S., you will see this kind of movement in the currency.

Bo Zhuang, Chief China economist at independent researcher TS Lombard

US Government Moves Ahead With Sale of F-16V Fighter Jets to Taiwan

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request to the U.S. government for the fighter jet purchases.

On Aug. 16, the Washington Post first reported that the U.S. government approved the transaction, citing several unidentified U.S. officials. The report stated that the U.S. State Department submitted the deal for informal review to Congress late on Aug. 15.

The purchase of the U.S. fighter jets is a necessity, considering that the island is under direct threat from Beijing, which has regularly conducted military drills by flying Chinese jets to encircle Taiwan, in addition to long-range flight exercises, Taiwan's Air Force Command Headquarters explained in a Facebook post on Aug. 16.

The air force noted that Beijing has conducted four encirclement drills in 2016, but the number jumped to 34 the following year. In 2018, there were 13 such drills.

Taiwanese lawmaker Tsai Shih-ying, writing on his personal Facebook page on Aug. 17, explained that the new F-16V fighter jets would work seamlessly within the current air force, since Taiwan had recently begun upgrading its existing F-16s.

Taiwan's state-owned aerospace company Aerospace Industrial Development Corp. (AIDC) is currently upgrading the island's fleet of F-16A/B jets to become F-16V, and the first of these retrofitted jets was handed to Taiwan's air force in October 2018.

The new orders of the F-16V variant is equipped with an advanced, multifunctional radar system known as AESA, enhanced avionics, a more powerful thrust engine, and upgraded mission computers and cockpit dashboards, according to Lockheed Martin, the U.S. manufacturer.

The U.S. government's arms sales, including the sales of fighter jets, is for the purpose of preventing a conflict across the Taiwan Strait,

according to Rick Fisher, a senior fellow on Asian military affairs at the Virginia-based think tank International Assessment and Strategy Centre. He is also a regular contributor to The Epoch Times.

"The regime in Beijing, the Chinese Communist Party red regime, wants to kill the democracy on Taiwan. The rest of the world opposes this. And by selling weapons to Taiwan, the United States is reducing the chance that the regime in Beijing will start a war," Fisher said in an Aug. 17 interview with New York-based broadcaster NTD, an affiliate of The Epoch Times.

Taiwan had been seeking to buy advanced U.S. fighter jets for years. The last fighter jet sale was in 1992, when then-President George H.W. Bush announced the sale of 150 F-16A/B jets to the island. In 2011, the Barack Obama administration rejected Taiwan's request to buy F-16C/D fighter jets, but agreed to a package to upgrade the island's existing F-16A/B jets.

Several U.S. lawmakers have publicly voiced their support for the new arms deal, including Sens. Marco Rubio (R-Fla.) and Ted Cruz (R-Texas), and House Foreign Affairs Committee Chairman Eliot Engel (D-N.Y.) and Rep. Michael McCaul (R-Texas), the ranking Republican on the committee.

"The sale of F-16s to Taiwan sends a strong message about the U.S. commitment to security and democracy in the Indo-Pacific," Engel and McCaul said in a joint statement.

"As the Chinese government and Communist Party seeks to extend its authoritarian reach in the region, it is critical that the United States continue to enhance our strategic relationship with our democratic partner Taiwan through regular and consistent support," Rubio said in a press release.



SAM YEH/AFP/GETTY IMAGES

An F-16V fighter jet lands on the freeway in Changhua county, central Taiwan, during the 35th Han Kuang drill on May 28, 2019.

HK Leader Makes No Concessions to Protester Demands

FRANK FANG

Hong Kong Chief Executive Carrie Lam held a press conference on Aug. 20, promising to establish a platform for dialogue about the ongoing extradition bill crisis. However, her remark was quickly rebuked by the Civil Human Rights Front (CHRF), the main opposition group behind the Hong Kong protests.

"We will immediately start the work to establish a platform for dialogue. This dialogue, I hope, will be based on a mutual understanding and respect and find a way out for today's Hong Kong," Lam said, adding that the platform would involve "people from different walks of life."

Her comments came two days after more than 1.7 million people took to the streets once again in protest of an extradition bill that's widely perceived as a threat to the city's judicial independence. The bill would allow anyone in Hong Kong to be extradited to China for trial—where there is no rule of law.

Although Lam suspended the bill in mid-June amid mounting public pressure, protesters have continued their rallies and marches en masse, saying that they wouldn't accept anything short of the bill's full withdrawal.

Since then, protesters have broadened their demands to include an independent investigation into police use of force when dispersing protesters, as well as universal suffrage in the city's elections.

Local observers have noted that the massive march turnout on Aug. 18 applied pressure to the Hong Kong government to respond to their demands.

But Lam didn't relent, saying there was no need for an independent inquiry because the Independent Police Complaints Council (IPCC), the city's police internal watchdog, would "create a fact-finding study" into the demonstrations. She said the study would provide her government with recommendations.

Protesters and local rights groups have repeatedly said that since the IPCC only investigates complaints that the police force forwards to the agency, it wouldn't provide an impartial judgment.

When asked by a reporter why she

Based on Lam's previous comments, she [doesn't] see Hong Kong citizens as "stakeholders in society."

LILLIAN SUWANRUMPHA/AFP/GETTY IMAGES



Hong Kong Chief Executive Carrie Lam speaks at a press conference in Hong Kong on Aug. 20, 2019.



Hongkongers gather at the Tin Hau metro station in preparation for a march in Hong Kong on Aug. 18, 2019.

has consistently refused to withdraw the bill as Hongkongers have demanded, Lam replied that she had already answered the question on previous occasions, saying that the "bill is dead" and "there is no plan to revive the bill."

Lam first declared that the bill was "dead" at a press conference on July 9, but has refused to use the word "withdraw" to retract the bill. Protesters fear that the vagueness of her language could mean that the suspended bill could be reintroduced for debate any time at the city's unicameral legislature, the Legislative Council.

Criticism

Civil Human Rights Front (CHRF), a pro-democracy umbrella group and organizer of the Aug. 18 march, called a press conference soon after learning of Lam's remarks, saying that she has again failed to answer protesters' five demands and urged her to do "something substantial."

"If she wants a dialogue, she should have come to a protest," CHRF convener Jimmy Sham said. He added that the peaceful, "free-flowing" rally on Aug. 18 was "one of the few" opportunities left for Lam to resolve the crisis.

Her two proposals—the platform for dialogue and the IPCC study—were also questioned.

Wong Yik-mo, one of CHRF's vice conveners, said that based on Lam's previous comments, she didn't see Hong Kong citizens as "stakeholders in society." Thus, she wouldn't genuinely respond to citizens, and such a platform would be a waste of money and time.

Sham added that past "dialogue" attempts, such as in the aftermath of the 2014 pro-democracy Umbrella

Movement, have not led to tangible reforms.

The group further pressed for Lam to respond to allegations of collusion between police and triads. In late July, white-shirt mobs linked to local triads attacked people inside the Yuen Long metro station with batons, bamboo sticks, and metal rods, leading to dozens of injuries. Locals have accused police of collusion, as the police arrived 39 minutes after initial emergency calls were made. By that time, the attackers had already left. Police have subsequently arrested several suspects in relation to the case, but only on charges of illegal assembly. They have been released on bail.

"We do not trust Carrie Lam, we do not trust her lies," Wong said.

Instead of the platform, Wong suggested that a mechanism be put in place in Hong Kong so that people could directly vote for the chief executive and elect someone who truly represents the people and listens to people's voices.

Currently, in Hong Kong, candidates for the chief executive are vetted by Beijing and voted in by an electoral committee made up of mostly pro-Beijing elites.

As for the IPCC, Wong said that it has no credibility, and noted that the United Nations has also called for more independence in Hong Kong's system for investigating complaints of police misconduct.

In 2013, the UN Human Rights Committee concluded that Hong Kong's IPCC has "only advisory and oversight functions ... and that the members of the IPCC are appointed by the Chief Executive."

The UN Committee recommended

at the time that the Hong Kong government "take necessary measures to establish a fully independent mechanism" to conduct an independent investigation into complaints against the police, and empower it to "formulate binding decisions."

Wong said the IPCC didn't even have the power to summon police officers for its hearings. He urged Lam to set up an independent commission of inquiry to investigate police conduct.

Since June, police have fired tear gas, rubber bullets, and other crowd control equipment at protesters during demonstrations. These police actions have drawn condemnation from the United Nations High Commissioner for Human Rights Michelle Bachelet, when she said in an Aug. 13 statement, "The UN Human Rights Office has reviewed credible evidence of [Hong Kong] law enforcement officials employing less-lethal weapons in ways that are prohibited by international norms and standards."

Bachelet also urged the Hong Kong government to investigate the police use of force and ensure that they "comply with the rules of engagement."

Meanwhile, the legislature's pan-democracy camp also called a press conference in response to Lam's remarks. Civic Party lawmaker Kwok Ka-ki said that her response was a disappointment to the 1.7 million people who took to the streets on Aug. 18.

He urged Lam to show her sincerity by fulfilling protesters' demands.

Lawmaker Fernando Cheung said that Lam's failure to respond adequately could pull Hong Kong into deeper turmoil, raising the question of whether peaceful protests are still effective.

Britain Extremely Concerned as Hong Kong Consulate Staffer Held in China

HONG KONG—Britain said on Aug. 20 it was "extremely concerned" by reports that a staff member at the consulate in its former colony of Hong Kong had been detained in mainland China.

Simon Cheng did not return to work on Aug. 9 after visiting the neighbouring mainland city of Shenzhen the previous day, Hong Kong news website HK01 reported, citing an interview with his girlfriend and family.

Cheng's family confirmed his disappearance in a Facebook post on Tuesday night, saying he travelled from Hong Kong to Shenzhen on the morning of Aug. 8 for a business trip.

Spokesman for the Chinese foreign ministry Geng Shuang confirmed on Aug. 21 that Cheng had been detained in China's border city of Shenzhen for "violating the law." Hong Kong police did not respond immediately to requests for comment.

"We are providing support to his family and seeking further information from authorities in Guangdong Province and Hong Kong," a representative of Britain's Foreign and Commonwealth Office said in a statement.

Hong Kong's Immigration Department confirmed via email it had received a "request for assistance from subject's family member" and



Simon Cheng, a staff member of Britain's consulate in Hong Kong, has been detained in Shen Zhen, China, for "violating the law."

"had provided the family with proper advice and practical assistance."

Hong Kong has been gripped by anti-government protests in recent weeks, with Britain, the United States, and other countries urging China to respect the "one country, two systems" formula under which Hong Kong returned from British to Chinese rule in 1997.

Beijing has accused Western countries of meddling in its affairs.

By Noah Sin and Tom Westbrook
From Reuters

Hong Kong's Immigration Department confirmed via email it had received a "request for assistance from [the] subject's family member."

Disney Faces Calls of 'Boycott Mulan' After Star Voices Support for Hong Kong Police

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Crystal Liu Yifei, the lead actress of Mulan's live-action remake, posted on Weibo, China's Twitter-like social media platform.

Liu immediately faced backlash across social media, with #BoycottMulan becoming a trending topic around the world. #BoycottMulan even became a Twitter moment.

People took to social media to call out Liu's support for police brutality as a naturalised American citizen.

One person wrote: "Liu is a naturalised American citizen. It must be nice. Meanwhile, she pisses on people fighting for democracy."

"She lives in America, her family is in America, she's a citizen who enjoys all the protection and privileges of any American. That includes freedom of speech. If she wanted to, she could be a powerful voice for justice, but instead, she supports this brutality," another person wrote on Twitter, adding the hashtag #boycottMulan.

Others are still looking forward to the live-action remake, which is set to release in 2020.

"As her action goes against Disney's mission to spread hope and positivity, I sincerely hope that Disney will reconsider the casting choice and give the world the Mulan we deserve. #BoycottMulan," one person wrote. Liu's comments come in response

Liu is a naturalised American citizen. It must be nice. Meanwhile, she pisses on people fighting for democracy.

Commentator on social media

to the pro-democracy protests in Hong Kong that began two months ago in opposition to an extradition bill that would allow people to be transferred to mainland China for trial. Since then, the protests have swelled into broader calls for the ability to directly vote for their own leader and an investigation into police brutality.

Epoch Times reporter Eva Fu contributed to this article.



Actress Liu Yifei arrives at the red carpet of the 7th Beijing International Film Festival in Beijing, China, on April 16, 2017.

Hillary Clinton's Emails Were Sent to Gmail Address Similar to Name of a Chinese Company

IVAN PENTCHOUKOV

All but four of the 30,490 emails from Hillary Clinton's unauthorised email server were forwarded to a private Google email address featuring a name similar to that of a Chinese company, according to documents released by a Senate committee on Aug. 15.

Nearly every email sent and received via the Clinton email server was forwarded to a Gmail account that appeared to be tied to a business known as Carter Heavy Industries. An investigator for the intelligence community inspector general (ICIG) found that the business has ties to Chinese trucking company Shandong Carter Heavy Industry Co. Ltd., raising concerns that a foreign actor may have gained access to Clinton's emails, according to the documents.

Shandong Carter Heavy Industry is a Chinese manufacturer of excavators and heavy machinery. The company didn't respond to a request for comment.

Frank Rucker, the ICIG investigator, and Jeanette McMillian, an ICIG attorney, told the FBI about the anomaly on Feb. 18, 2016, at a meeting that included Peter Strzok, who had just taken over as the section chief heading the investigation. Rucker told Congress that Strzok was "aloof and dismissive" and didn't ask many questions.

Strzok has since gained notoriety for text messages he exchanged with FBI attorney Lisa Page, with whom he was having an extramarital affair. The pair expressed bias against then-candidate Donald Trump and in favour of Clinton during the 2016 presidential campaign.

McMillian told Congress that her understanding of the Carter Heavy Industries email address was that it was a "drop box," to which the emails from the Clinton server were sent in real time.

"Even if you didn't address an email to this address, the email went to it anyway," McMillian said.

Rucker told Congress that it appeared that the Carter Heavy Industries email was inserted into Clinton's server, "based on his reading of the metadata." Rucker was also concerned because he reviewed an email in which Clinton aide Huma Abedin and Abedin's husband, Anthony Weiner, discuss how Weiner's account was possibly hacked by a political opponent who ended up receiving copies of all of his emails.

The investigator told Congress that



Former U.S. Secretary of State Hillary Clinton in New York on Jan. 7, 2019.

Even if you didn't address an email to this address, the email went to it anyway.

Jeanette McMillian, attorney, Intelligence Community Inspector General



Michael Horowitz, inspector general at the U.S. Department of Justice, at a Senate hearing in Washington on June 18, 2018.

it appears that the Carter Heavy Industries email was inserted into the routing table of Clinton's server, but that he could only be sure if he examined the server, which he didn't have access to. There could be an alternative explanation to why the email address was in virtually every message, Rucker said.

McMillian and Rucker were interviewed by the Senate Finance and Homeland Security and Governmental Affairs committees on Dec. 4, 2018, in response to media reports that cited anonymous sources claiming that China gained access to Clinton's emails. The commit-

tees released unclassified versions of those transcripts, along with several sets of supporting documents on Aug. 14.

The documents include several emails from Clinton and her staffers with message metadata showing the Carter Heavy Industries email address as a recipient.

Inspector General's Inquiry

Department of Justice Inspector General Michael Horowitz was aware of the ICIG's referral to the FBI but didn't address it in his 568-page report on the FBI and DOJ handling of the Clinton email

inquiry. Horowitz had promised Congress a year ago to look into and report on what the FBI did to investigate the matter. The newly released documents include the results of Horowitz's inquiry in the form of an April 9 letter to Sens. Chuck Grassley (R-Iowa) and Ron Johnson (R-Wis.).

In the letter, Horowitz and Intelligence Community Inspector General Michael Atkinson write that the Carter Heavy Industries email account was created by Platte River Networks employee Paul Combetta, who managed Clinton's email server. Combetta allegedly created the Carter Heavy Industries email on Aug. 20, 2012. Combetta then used the email as "dummy email," in order to transfer messages archived on Clinton's second private server to the Platte River Networks server in early 2014.

What Combetta did with the email account between 2012 and 2014 and who else had access to it before and after the transfer remains a mystery. Neither the DOJ nor the ICIG inspector generals provide any details on whether the FBI ever examined the matter.

Combetta's use of the email account is addressed in Horowitz's report, although it is referred to as a "dummy email" instead of revealing the actual address. Horowitz and Atkinson don't explain how Combetta came to pick the email address. Combetta's lawyer told Horowitz that the Carter Heavy Industries email was a made-up name and that Combetta had no connection to Shandong Carter Heavy Industry Co. Ltd.

Combetta, through an attorney, refused to be interviewed by the DOJ inspector general about the matter, according to the letter. He also said he had no documents responsive to subpoena about the issue.

Horowitz wrote that his office didn't find any evidence to contradict the claims of Combetta's lawyer.

"Accordingly, other than the similarity discussed above between the dummy email address and the name of a Chinese company identified by the former ICIG analyst and former Inspector General McCullough during a Google search, the ICIG and the DOJ OIG are unaware of any information that links Combetta or the dummy email address that he created with the Chinese government or a Chinese-owned company," Horowitz and Atkinson wrote.

DARPA Study Forecasts New Encryption Ending Intelligence Surveillance

CHRISS STREET

A study by the Defense Advanced Research Projects Agency (DARPA) forecasts U.S. intelligence's communication surveillance capabilities are "Going Dark" as AI and quantum computing move toward true "end to end encryption."

DARPA and the Centre for Advanced Studies on Terrorism reported smartphones and servers with powerful processors applying "Blowfish" and other encryption algorithms and keys can now limit FBI and U.S. intelligence community access to communications. Within five years, "Honey encryption" and quantum keys will end FBI's surveillance capabilities, and more powerful processors will end NSA access within 10 years.

The good news is that U.S. national secrets and personal privacy will be substantially enhanced; the bad news is that state actors, criminals and terrorists will soon be able to communicate without concerns the U.S. intelligence community is listening and

Two X-45A Unmanned Combat Air Vehicles (UCAV) developed by America's Defense Advanced Research Projects Agency are shown to members of the news media at Edwards Air Force Base in Calif., U.S. on July 11, 2002.

China shocked U.S. intelligence services in late 2017 by applying advanced quantum computing software developed in America, but acquired through purchase or espionage.



watching.

The DARPA report does not credit or blame any party or legal hurdle for the coming ineffectiveness of American intelligence's surveillance tools perfected over the last two decades. But China's quantum computing and artificial intelligence (AI) effort is suspect.

With the Obama administration's 2011 Army and Marine Corps "surge" into Afghanistan, the Air Force and Navy began refocusing on the rising threat from China. But with the CIA, NSA and the U.S. military employing the full portfolio

of high-tech signals intelligence (SIGINT) tools to hunt down low-tech insurgents and terrorists, neighbouring China intelligence services through observation and espionage gained the knowledge to hone an arsenal of highly-competitive "Anti-Access/Area Denial" (AA/AD) SIGINT tools.

It was not until 2016 that the Pentagon acknowledged the emergence of a great power threat from China and Russia by launching its Multi-Domain Operations (MDO) that for the first time added cyberspace to land, sea, air and space as one of 5 domains

of war.

The new Trump administration moved quickly in 2017 to integrate operations across all five domains and began applying AI applications to military operations by launching the Algorithmic Warfare Task Force—the parent of Project Maven and the predecessor of the Joint Artificial Intelligence Centre.

But China shocked U.S. intelligence services in late 2017 by applying advanced quantum computing software developed in America, but acquired through purchase or espionage, to be the first nation to demonstrate "quantum entanglement" message sent from a space-based satellite to a Chinese ground station, before self-destructing.

China's feat of making public one of America's most secret technologies stunned the U.S. intelligence community and generated U.S. House Armed Services Committee hearings in January 2018. Chairwoman, Rep. Elise Stefanik (R-NY21) warned: "Many of China's published National-level plans, such as achieving dominance

in Artificial Intelligence by 2030, indicate a top-down, government-driven agenda that provides a road-map for strategic collaboration between industry, academia, and their civil society. These plans, when combined with resourcing, effort, and patience, may propel China to leap ahead in many of the technology sectors we will talk about today."

The DARPA report states that with the "golden age" of SIGINT coming to a close, traditional methods of collecting signals intelligence and eavesdropping on communications used by the intelligence community will no longer be effective" against adversaries, terrorists and criminals.

Chriss Street is an expert in macroeconomics, technology, and national security. He has served as CEO of several companies and is an active writer with more than 1,500 publications. He also regularly provides strategy lectures to graduate students at top Southern California universities.

'I Promise Not to Do This to Greenland:' Trump Riffs on Greenland Purchase

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how far his tongue was in his cheek.

The building in the picture bears a close resemblance to the golden Trump International Tower hotel building in Las Vegas.

The president's interest in the United States purchasing the world's largest island as a potential resource surfaced on Aug. 16 in a Wall Street Journal article entitled "President Trump Eyes a New Real-Estate Purchase: Greenland"

Officials later confirmed that the story was, in essence, true, although the Wall Street Journal article appears to have fired the starting pistol on any diplomatic process.

Greenland is an autonomous region with a population of around 56,000 owned by Denmark between the North Atlantic and Arctic oceans. Stretching up into the Arctic Circle, Greenland's landmass is around four times smaller than that of the United States—although typical flat map projections suggest it is much bigger.

The region is dependent on Danish economic support.

On Aug. 19, Trump himself confirmed that he had floated the idea of buying the resource-rich territory with members of his team.

"Essentially it's a large real estate deal. A lot of things can be done. It's hurting Denmark very badly because they're losing almost \$700 million a year carrying it," he told reporters in New Jersey. "So, they carry it at great loss, and strategically for the United States, it would be nice. And, we're a big ally of Denmark and we help Denmark, and we protect Denmark."



U.S. President Donald Trump at the Presidential Social Media Summit at the White House on July 11, 2019.

Essentially it's a large real estate deal. A lot of things can be done. It's hurting Denmark very badly because they're losing almost \$700 million a year carrying it.

U.S. President Donald Trump

White House economic adviser Larry Kudlow, who is the director of the National Economic Council, noted that years ago, former President Harry Truman had the same idea.

"It's an interesting story," Kudlow told Fox News. "It's developing. We're looking at it."

"Denmark is an ally. Greenland is a strategic place. They've got a lot of valuable minerals," Kudlow said. "I don't want to predict it now. I'm just saying the president, who knows a thing or two about buying real estate, wants to take a look at a potential Greenland purchase."

Danish politicians have dismissed the idea; Greenland's Ministry of Foreign Affairs has also rejected it. In an official statement on Aug. 16, Greenland's Ministry of Foreign Affairs said on its Twitter account that the island isn't available for purchase.

"Greenland is rich in valuable resources such as minerals, the purest water and ice, fish stocks, seafood, renewable energy, and is a



A general view of Las Vegas including the Stratosphere Casino Hotel (L) and the Trump International Hotel & Tower Las Vegas on Oct. 23, 2010.

new frontier for adventure tourism," the statement said. "We're open for business, not for sale."

Discussions between Trump and his advisers had only been exploratory, with The Wall Street Journal kick-starting a diplomatic process that might have otherwise been initiated further down the line, if ever.

Unidentified sources told The Wall Street Journal previously that Trump, "with varying degrees of seriousness," had repeatedly expressed interest in making a potential purchase.

Two of the sources said Trump had asked his White House counsel to look into the idea. Trump reportedly asked advisers if such a purchase could happen and "listened with interest" when they discussed the island's abundant resources and geopolitical importance, according to the newspaper.

The United States has had a military air base in northern Greenland since a 1951 defense treaty.

In May, U.S. Secretary of State Mike Pompeo said Russia was be-

having aggressively in the Arctic, and China's actions there had to be watched closely as well.

According to a January 2018 editorial by state-run media Xinhua, China currently considers Greenland a strategic part of its Arctic ambition and its "Polar Silk Road"—an extension of its One Belt, One Road initiative.

Trump was due to visit Copenhagen, the capital of Denmark, in September to discuss the Arctic with the prime ministers of Denmark and Greenland, but called off the visit on Aug. 20 after the Danish prime minister said the idea of the United States buying Greenland was absurd.

"The Prime Minister was able to save a great deal of expense and effort for both the United States and Denmark by being so direct. I thank her for that and look forward to re-scheduling sometime in the future!" he said on Twitter.

Epoch Times reporter Bowen Xiao contributed to this report.

Ghislaine Maxwell Donated to Hospital Where Epstein Victim Was Treated, Filings Show

BOWEN XIAO

British socialite Ghislaine Maxwell—who has been referred to as convicted sex offender Jeffrey Epstein's purported madam—made a charitable donation to a hospital that treated an alleged teenage victim of Epstein.

Tax filings published by ProPublica and reviewed by The Epoch Times found that on May 2, 2007, Maxwell donated \$1,000 to the New York-Presbyterian Hospital, the same place where one of Epstein's accusers, Virginia Giuffre, claimed she was treated after being sexually assaulted by Epstein.

Maxwell made the contribution through her private foundation called "Max Foundation TR," which was created in 1996. Maxwell was listed as the trustee. The tax filings came from the foundation.

A day before Epstein was found dead in his cell, nearly 2,000 pages of documents relating to him were unsealed, including claims from Giuffre that she was directed by Maxwell to have sex with a number of rich and powerful men, including Epstein. The documents listed new names allegedly involved in Epstein's trafficking ring and more information on the role Maxwell played. Giuffre's lawsuit against Maxwell ended in both sides agreeing to settle in 2017 for an undisclosed sum.

In those unsealed documents, a section titled "New York Presbyterian Hospital Records" detailed how Giuffre had "provided extensive medical records in this case, including medical records from the time when Defendant was sexually abusing and trafficking her."

According to the documents, Giuffre produced records supporting her claims that she was sexually abused in New York. The documents said that

the abuse resulted "in both Defendant and Epstein taking Plaintiff to New York Presbyterian Hospital in New York while she was a minor."

"The dates on the hospital records show she was seventeen years old" at the time of the alleged abuse, the documents stated.

Giuffre also said she was "forced to have sexual relations" with Prince Andrew in Maxwell's apartment in London and that Maxwell "facilitated" the sex "by acting as a 'madame' for Epstein." A 2001 photo shows Prince Andrew with his hand around Giuffre's waist and Maxwell standing behind them.

Maxwell has previously denied Giuffre's claims. She hasn't been charged with any crimes. According to court documents, Epstein sexually exploited and abused dozens of minor girls at his homes in New York City and in Palm Beach, Florida, among other locations.

Jeffery Greco, a New York criminal defense lawyer and former prosecutor previously told The Epoch Times that Maxwell would be prosecutors' next main target.

"She's going down," Greco said on Aug. 14. "She's going to take everybody with her."

Charitable Donations

The tax filings show Maxwell usually made a few donations to various organizations each year.

One of her bigger donations, \$2,500, was made to the "Clinton Library and Foundation" on July 16, 2003.

Former President Bill Clinton had visited Epstein's private island in the U.S. Virgin Islands, according to the latest unsealed documents. Clinton flew on Epstein's jet, infamously dubbed



Ghislaine Maxwell in New York City on Sept. 20, 2013.

the "Lolita Express," at least 26 times, according to flight records. In a July statement, Clinton denied ever visiting the island and said he had only traveled on the plane four times.

President Donald Trump suggested reporters look into whether Clinton visited the island, telling reporters on Aug. 13, "If you find that out, you're going to know a lot."

Maxwell, through her foundation, also donated \$350 to an organization called "Girls Educational and Mentoring Services" on April 15, 2008. According to its website, the organization serves "as the nation's leading organization for empowering commercially sexually exploited and domestically trafficked girls and young women."

In 2008, Epstein pleaded guilty to one charge of procuring a minor for prostitution. He served 13 months in prison, but was allowed to leave for up to 16 hours, six days a week, to work from his Palm Beach office. He also had to register as a sex offender.

The New York City Medical Examiner's office concluded on Aug. 16 that Epstein died by suicide from hanging. Epstein's lawyers say they are "not satisfied" with the results and have vowed to conduct their own investigation into his death.

US Tests Cruise Missile That Was Banned Under INF Treaty

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pact, or shortly thereafter.

The heads of the State Department and the Pentagon told reporters that the United States planned to deploy ground-launched missiles to counter the growing number that China has.

Secretary of Defense Mark Esper told reporters earlier in August that the Pentagon's position is to deploy non-nuclear INF-range missile systems "sooner rather than later."

"So, the best answer is, sooner rather than later, we want to develop this capability and making sure we can have long-range precision fires, not just for that theater, but for the theater that we're deploying to as well, because of the importance of great distances we need to cover, and how important an intermediate-range conventional weapon would be to the Asia Indo-PACOM theater," Esper said.

Esper, in an official statement upon withdrawal from the treaty, said that the Pentagon has been researching and developing intermediate-range cruise and ballistic missiles since 2017.

"Because the United States scrupulously complied with its obligations to the INF Treaty, these programs are in the early stages," he said.

"Now that we have withdrawn, the Department of Defense will fully pursue the development of these ground-launched conventional missiles as a prudent response to Russia's actions and as part of the Joint Force's broader portfolio of conventional strike options."

The United States fields a number of sea- and air-launched alternatives to the formerly banned intermediate-range missiles, but ground-launched missiles have a number of strategic advantages in a potential conflict. As a result, China wields a substantial strategic advantage.

Trump said on Aug. 2 that he spoke to Russian President Vladimir Putin and Chinese leader Xi Jinping about a potential deal that involves all three countries.

The State Department said Russia began violating the INF in the mid-2000s. American officials raised



The United States tested an intermediate-range missile in Calif. on Aug. 19, 2019.

concerns in 2013.

"Russia subsequently and systematically rebuffed six years of U.S. efforts seeking Russia's return to compliance," the department said in a statement.

"With the full support of our NATO Allies, the United States has determined Russia to be in material breach of the treaty, and has subsequently suspended our obligations under the treaty. Over the past six months, the United States provided Russia a final opportunity to correct its noncompliance. As it has for many years, Russia chose to keep its noncompliant missile rather than going back into compliance with its treaty obligations."

NATO issued a statement on Feb. 1 backing the United States' decision. "Unless Russia honors its INF Treaty obligations through the verifiable destruction of all of its 9M729 systems, thereby returning to full and verifiable compliance before the U.S. withdrawal takes effect in six months, Russia will bear sole responsibility for the end of the Treaty," the NATO declaration states.

NATO Secretary-General Jens Stoltenberg said in August that a moratorium request from Russia was "not a credible offer" and alleged that Russia keeps building missiles.

"There are no new U.S. missiles, no new NATO missiles in Europe, but there are more and more new Russian missiles," he said.

THE WORLD

In Pictures



DINESH GUPTA/AP/GETTY IMAGES; DAN KITWOOD/GETTY IMAGES; PHILIPPE HUGUEN/AP/GETTY IMAGES; MANAN VASISHTA/AP/GETTY IMAGES; BRENDON THORNE/GETTY IMAGES; LOUISA GOULAMAKI/AP/GETTY IMAGES; TOMOHIRO OHSUMI/GETTY IMAGES; VALERIE BAOHE/AP/GETTY IMAGES



A man with his 8.5m long moustache poses with national flags at Bikaner, India, as the country prepares to celebrate its 73rd anniversary of independence from British rule on Aug. 15. A girl stands in the pouring rain near the London Eye in London, England, on Aug. 14. A young Asian elephant stands near his mother in its enclosure at the Pairi Daiza Zoo in Brugelette, eastern Belgium, on Aug. 15. 1.7 million protesters took to the streets of Hong Kong in opposition to a government extradition bill that has since morphed into wider calls against the Chinese Communist Party on Aug. 18. People gather to see Cherry Blossom trees at the Sydney Blossom Festival in Sydney, Australia, on Aug. 17. A fire-fighting plane drops water over a wildfire near the village of Stavros on the Greek Evia island on Aug. 14. Hundreds of villagers were evacuated a day prior, authorities said. Japan's Emperor Naruhito (R) delivers a speech as Empress Masako (L) listens during a memorial service marking the 74th anniversary of Japan's surrender in World War II at the Nippon Budokan hall in Tokyo, Japan, on Aug. 15. Japan's former emperor Hirohito announced the surrender of Japan on Aug. 15, 1945, following the atomic bombings of Hiroshima and Nagasaki on Aug. 6 and 9. A full moon rises behind the statue of the mythological Pegasus in the city of Corinth, west of Athens, on Aug. 15.





Meditations on the Wisdom of Inaction

CHRIS ERICKSON

Commentary



I recently read an article published on *The Art of Manliness* that was written by one of my peers, Kyle Eschenroeder, a fellow writer and marketing director. The title of the piece was “Meditations on the Wisdom of Action,” and the main idea was that much of the confusion-driven anxiety that’s creating a feeling of meaninglessness in our society has a simple, one-step remedy: taking action.

The first thing I want to draw attention to is that I don’t disagree with the entirety of Eschenroeder’s position; in fact, I think we would agree on a great many things he writes about, if not the exact terms we’re each using. For what it’s worth, we should begin with clearly defining the difference between intellectual work and servile work.

In his treatise, Eschenroeder specifically states that meditation itself is work. What I wish to call attention to is the vitally important fact that not all work is created equal, nor can all its variants be compared “apples to apples.” Indeed, I would say that it borders on recklessness to speak of taking action as a cure-all for our societal ills, while lumping all “action” into the same basket.

My “radical” answer to those who would sound the general alarm to “take action” as the panacea for our culture is a firm (and decisive) “No.” Western culture has completely forgotten how to properly work and how to effectively engage in leisure. We don’t need more action, period. We must let go of this crazed idea that our justification and purpose is found in the sort of actions that can only be classified as servile work. We’re obsessed with taking actions with known performance indicators attached to them. I would



further go on to condemn the self-refuting modern concept of a “work-life balance,” in which we seek to justify having any time set aside for life apart from work.

The modernist Western invention of “total work” may very well be what undoes Western Civilization, if it’s allowed to accelerate and spread unchecked.

In his philosophical masterpiece “Leisure: The Basis of Culture,” Josef Pieper writes, “Of course the world of work begins to become—threatens to become—our only world, to the exclusion of all else. The demands of the working world grow ever more total, grasping ever more completely the whole of human existence.”

We have forgotten how to contemplate; now, we fear the absence of 24/7 stimulation, no matter how empty the content we consume may be. By allowing our brains to exist in a state of constant digital noise, we’ve lost our ability to be receptive to the ideas that are actually worth the time to think about. We would rather be dead than bored; nowhere is

this more apparent than in the phrase “killing time.” Time is our most precious commodity, yet we act as if it’s an enemy to be conquered and subdued.

As our culture has become more secular, we’ve lost the sense of the importance of days of rest built around a liturgical calendar that celebrates the passage of time and encourages meditation upon deeper truths. As Pieper writes, “The vacancy left by absence of worship is filled by mere killing of time and by boredom, which is directly related to inability to enjoy leisure; for one can only be bored if the spiritual power to be leisurely has been lost.”

Boredom isn’t something to be overcome; boredom, as our modern culture understands it,

is actually the chief symptom of our illness. We think that “work for work’s sake” is a virtue and regard deep thought with suspicion and disdain. The truth is, leisure isn’t the absence of activity; it’s the stillness and quiet that exists in the space between words. Yet, we accept the lie

If we truly wish to find our way out of the noise and chaos that is our “always-connected, always-on” society, we have to learn how to embrace this silence and sit comfortably in our own thoughts.

that work is the be-all-end-all of our lives; we let our labor define us, rather than who we are and what we actually value and cherish.

What if instead, we looked at the active life as something we only tolerated in order to experience the true happiness of contemplation? As St. Thomas Aquinas wrote in the “*Summa Theologica*,” “When a person is called from the contemplative life to the active life, this is done by way not of subtraction but of addition.”

If we truly wish to find our way out of the noise and chaos that is our “always-connected, always-on” society, we have to learn how to be more than just tolerant of inaction; we have to learn how to embrace this silence and sit comfortably in our own thoughts.

Therefore, I’ll leave you with one last parting piece of advice from Pieper to contemplate: “Leisure is not the attitude of the one who intervenes but of the one who opens himself; not of someone who seizes but of one who lets go, who lets himself go, and ‘go under,’ almost as someone who falls asleep must let himself go. The surge of new life that flows out to us when we give ourselves to the contemplation of a blossoming rose, a sleeping child, or of a divine mystery—is this not like the surge of life that comes from deep, dreamless sleep?”

If you want to find peace, you have to surrender to the discomfort that is peace in today’s world.

Chris Erickson is a combat veteran and former Green Beret, with extensive experience deployed to various locations across the world. He now works in the communications industry. You can follow him on Twitter @EricksonPrime

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

Dismantling the Myth of War Heroism by the Chinese Communist Party

MARK TARRANT

On Aug. 25, 1945, just 10 days after Victory over Japan Day, U.S. Army Capt. John Birch, a devout Baptist and Mandarin speaker, was murdered in northern China by Chinese communist soldiers—the United States' erstwhile "allies" in its fight against the Japanese.

"Birch was shot in the thigh, carried to a cinder pile near the train station, and bayoneted to death," Richard Bernstein wrote in his book "China 1945." "The body was found wrapped in a straw mat, the hands and feet were bound. There was a large wound in the left thigh, a large hole in the right shoulder, and the whole face had been mutilated beyond recognition."

Nine months earlier, on Dec. 7, 1944, the Chinese Communist Party (CCP) had organised a rescue mission by its 8th Route Army of the 11 U.S. crew members of a downed B-29 Superfortress bomber in Japanese-controlled Hebei province.

The CCP's high-profile rescue of downed U.S. airmen and, in the next breath, the killing of Birch was in sync with Zhou Enlai's communist strategy of "da da tan tan" or "fight fight talk talk" when dealing with the United States—a CCP tactic that continues to this day.

There was nothing heroic in rescuing a few downed U.S. airmen. It was, after all, the Americans who were taking the fight to the Japanese while the CCP sat back and waited.

Mao Zedong always had his sights set on killing his fellow Chinese—not the invading Japanese nor the Americans who stayed on to help China avoid civil war.

As military historian Antony Beevor explained in "The Second World War," following the October 1938 Central Committee plenum, Mao's policy was strict: "Communist forces were not to fight the Japanese, unless attacked. They were to conserve their strength for seizing territory from the Nationalists. Mao made clear that Chiang Kai-shek was their ultimate opponent, their 'enemy No. 1.'"

Bernstein's account revealed that "the Communists were extremely successful in propagating the notion that they had struggled bitterly, bravely, and continuously against the invader, but their million-man army had engaged in only small-scale hit-and-run attacks."

Beevor said that by 1943, British intelligence was certain the communists had made an unofficial deal with the Japanese, under which both sides restricted their operations against each other.

But the myth of the CCP's war heroism has now become part of the Western lexicon.

Beevor wrote that: "Smedley, Theodore White, and other influential American writers could not accept for a moment that Mao might turn out to be a far worse tyrant than Chiang Kai-shek. The personality cult, the Great Leap Forward which killed more people than in the whole of the Second World War, the cruel madness of the Cultural Revolution and the seventy million victims of a regime that was in many ways worse than Stalinism proved totally beyond their imagination."

The West's capitulation to the CCP's rewriting of history was apparent in an article about the treasures from the National Palace Museum of Taipei earlier this year, when The Australian columnist Christopher Allen wrote, "During the war, communists and Nationalists co-operated in the struggle against Japan, but in its aftermath, and especially from 1948, the communists regained the upper hand."



Communist soldiers from the East river unit, with among them several women, sing to mass murderer Mao Zedong's glory as they arrive in Sham Chum, three kilometres north of Hong Kong Britain's border on Oct. 25, 1949.



Japanese troops get a mute reception as they parade through defeated Hong Kong in 1941.

Mao didn't cooperate with the Nationalists. Mao cooperated with the Japanese to defeat the Nationalists. And pre-1948, the communists never had "the upper hand."

In a more recent example, Alex Last of the BBC World Service claimed on Aug. 9 in the "Witness History" podcast that the Chinese communist attack on the British rescue ship HMS Amethyst and its subsequent escape in 1949 signalled "the restoration of Chinese sovereignty."

Are Last and his employer able to explain how the 70 million victims of the CCP are enjoying their "Chinese sovereignty," not to mention the 2 million protesters in Hong Kong?

The CCP stole and betrayed China's sovereignty.

Such references to the CCP's revisionist history simply help perpetuate the myth that the rise of Mao—who was one of history's worst mass murderers—was somehow inevitable.

The CCP in Hong Kong

In May 2018, it became apparent that the Royal Geographical Society—Hong Kong (RGS-HK) had fallen victim to the CCP's United Front—a programme run out of Beijing that works to subvert free and open societies around the world to the Communist Party's will.

In a talk named "The Hong Kong Independent Battalion: The Story of the Secret Resistance Fighters of HK during the Japanese Occupation of 1941–1945," the RGS-HK hosted speakers touting the CCP's guerrilla fight-

ers who followed the Japanese into Hong Kong's New Territories as "independence" fighters for Hong Kong.

The speakers included Tsui Yuet-ching, the author of "The Hong Kong Independent Battalion."

"Almost at the same time of the British surrender, units of the Dong Jiang People's Anti-Japan Guerrilla Force that had been active in Guangdong secretly followed the Japanese invaders into the territory. They organised themselves into the Hong Kong Independent Battalion and set up a network around the territory," the RGS-HK said on its website.

The Dong Jiang People's Anti-Japan Guerrilla Force was created by the CCP, as was the inappropriately named Hong Kong Independent Battalion (HKIB).

Chiang Kai-shek had made it clear that he wanted Hong Kong returned to China once hostilities had ended. But true to Mao's policy, the CCP wouldn't just allow Hong Kong to become Nationalist territory without a fight.

Once Hong Kong Gov. Mark Young surrendered to the Japanese on Christmas Day 1941, the communist guerrilla fighters moved into Hong Kong, assisted by New Territories villagers.

In her book, Tsui Yuet-ching claimed that "intellectuals" were rescued from Hong Kong under the order of Zhou Enlai, who she wrongly claimed was Minister of State in the Chinese government at the time. All the intellectuals went on to become writers in communist China.

This escape route became re-

versed 48 years later, with intellectuals during the Tiananmen Massacre escaping from China to Hong Kong.

Tsui Yuet-ching wrote in the chapter "Cleaning Up Local Problems" that HKIB forces "subsequently had many battles with dozens of local criminals, often either killing them, or evicting them from the villages they were terrorising. This helped build long-lasting relationships with local villagers."

The British government wouldn't have asked the CCP to send its soldiers into Japanese-occupied Hong Kong.

Without any legal authority, the killings would have been extrajudicial executions by the CCP. Perhaps the "local criminals" were people who didn't want the communists in Hong Kong.

Tsui Yuet-ching's attempts to legitimise the communists' involvement in Hong Kong during the war years is particularly troublesome considering the recent attacks on pro-democracy protesters in the New Territories.

Fortunately for the people of Hong Kong, Churchill insisted that the territory be returned to Britain at the end of World War II.

If Hong Kong had been handed to Chiang Kai-shek, as U.S. President Franklin D. Roosevelt wanted, Mao's Great Leap Forward and the Cultural Revolution would have utterly destroyed Hong Kong, including the vibrant Hakka culture of the New Territories villages that had provided the communist guerrillas with so much support.

The unelected CCP doesn't own China and doesn't own the Chinese people.

The United States can recognise this by severing diplomatic relations with the regime, reopening formal ties with Taiwan. In doing so, it can show support to the many Chinese people who desire to live in a CCP-free society—including the people of Hong Kong.

Mark Tarrant is a Sydney-based lawyer. He spent his childhood in Hong Kong where he attended Kowloon Junior School and King George V School. Mark has vivid memories of the impact of the Cultural Revolution on Hong Kong, including the threat of imminent invasion by the PLA and local bombings.

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

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

We report respectfully, compassionately, and rigorously.

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

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Chapter Six (Cont.)

b. The Chinese Communist Party's Destruction of Culture, Destruction of Religion, and Severance of the Connection Between Man and God (cont.)

Destroying the Bedrock of Traditional Culture

The landlords and gentry of rural areas, and merchants and scholar-officials of urban areas, were the elites carrying China's traditional culture. They bore the mission of inheriting and spreading China's traditions. In the early stages of the CCP's seizure of power in 1949, the Party used a series of movements, such as the land reform campaign, the campaign to suppress counterrevolutionaries, and the Three-Anti and Five-Anti campaigns, to massacre landlords, gentry in villages, and capitalists in cities. Plundering social wealth while creating terror, the Party annihilated the elites who had promulgated traditional culture.

At the same time, using the methods of “institutional adjustments” in order to “ideologically reform” scholars—indoctrinating them with materialism, atheism, and the theory of evolution—the CCP systematically brainwashed a new generation of students, instilling hatred toward traditional culture. Through the Anti-Rightist Movement in the 1950s, all disobedient intellectuals were exiled and sentenced to re-education through forced labor, casting them to the bottom of society. The Party made scholars—whose views were once respected and had guided society—the subject of mockery and ridicule.

The eradication of the traditional elites brought the process of inheriting and passing on traditional Chinese culture, which had lasted generations, to an end. Young people who came along later were no longer enculturated, socialized, and nurtured in that culture through the family, the schools, the society, or the village—and thus became a generation without traditional culture.

After the Anti-Rightist Movement, whether in the family, school, or society, there were no independent voices. Yet the CCP was still not satisfied. After all, the elderly still preserved the memory of traditional culture, and the material objects of traditional culture, including ancient artifacts and buildings, were everywhere. Moreover, traditional values continued to be passed along through art.

In 1966, the CCP initiated a movement aimed at destroying traditional culture on a larger scale—the Great Cultural Revolution. Using students brainwashed after the establishment of the PRC, they stirred up adolescent restlessness and rebelliousness, and used the campaign of “Destroying the Four Olds” (old ideas, old culture, old customs, old habits) to wreak havoc and destruction on traditional Chinese culture.

After the Cultural Revolution, the hellfire of Destroying the Four Olds burned across the land of China. Monasteries, temples, Buddhist statues and paintings, artifacts, and cultural sites were destroyed completely. The essences of Chinese culture that had been inherited and preserved for thousands of years was destroyed overnight, beyond hope of restoration.

Before the Cultural Revolution, there were more than 500 temples and monasteries in Beijing. Every one of the thousands of cities and towns in China had ancient walls, temples, and monasteries. Ancient artifacts were everywhere. Just one foot below the earth, artifacts from recent history could be found; down another two, three, or 20 feet, countless artifacts left by preceding dynasties could be found. Yet during the Cultural Revolution, vast quantities of these items were destroyed.

The campaign to Destroy the Four Olds not only ruined the sites of religious practice, prayer, and cultivation—ancient places that represented the harmony between man and Heaven—but also went about eradicating basic righteous beliefs from human hearts, such as the belief in the harmony between humans and the cosmos. Many people, believing that such traditions are irrelevant, may not think much of this, but when people cut their ties with gods, they will, in turn, lose gods' protection and approach a dangerous abyss. At that point, it's only a matter of time.

Further, to cut off the Chinese people's connection with their ancestors and gods,

the CCP took the lead in cursing the ancestors of the Chinese people and defiling and spurning traditional culture. Countries around the world usually revere their ancestors and kings of the past and value their traditions. Likewise, the sages and philosophers of Chinese history passed down a culture of splendor. This culture is a treasure that belongs to China and the world and is worthy of the respect of future generations.

Yet in the eyes of the CCP and its shameless propagandists, the emperor, generals, scholars, and gifted people of ancient China were good for nothing. Such an insult to one's own ancestors is indeed rare throughout history. Led by the CCP, the Chinese people came to oppose God, reject their ancestors, and destroy their own culture, putting them on a perilous road.

Persecuting Religions

Religious belief is a vital component of traditional Chinese culture. The Taoism, Buddhism, and Confucianism known to the world were intertwined in their brilliance and lasted through thousands of years of Chinese history. Many Western religions also played a role in Chinese history.

After the CCP obtained power through violence in 1949, it followed the Soviet Union. On one hand, the CCP promoted atheism and launched ideological attacks against the belief in God. On the other hand, throughout a series of political movements, it used methods of violence and high pressure to suppress, persecute, and eliminate religions, including through the murder of religious practitioners. The persecution of those with orthodox faiths became more and more severe, all the way until its peak with the start of the bloody persecution of the spiritual practice Falun Gong in 1999.

After 1949, the CCP started persecuting religions on a large scale and banning religious gatherings. The CCP burned numerous copies of the Bible and scriptures from many other religions. It also demanded heavy punishments for Christians, Catholics, Taoists, and Buddhists, including that members register with the government and repent for supposed mistakes. Those who refused to comply were subjected to severe punishment.

In 1951, the CCP also explicitly declared that those who continued to attend religious gatherings would be executed or imprisoned for life. Numerous Buddhist monks were chased away from temples or forced to live and labor in secular settings. Catholics and Western priests in China were jailed and tortured. Chinese priests also went to jail, while believers were executed or sent to reform through forced labor. Christian priests and followers met the same fate as the Catholics.

After 1949, more than 5,000 Chinese Catholic bishops and priests were jailed or executed, and only a few hundred remained. Some foreign priests in China were executed. The rest were expelled. Over 11,000 Catholics were killed. Numerous followers were arrested arbitrarily or were subjected to extortionate fines. According to incomplete statistics, within the first few years of the CCP's rise to power, nearly 3 million religious followers and members of religious organizations were arrested or executed.

Like the Soviet Communist Party, to strengthen the leadership over religion, the CCP established regulatory agencies for each group, such as the Chinese Taoist Association, the Chinese Buddhist Association, and the like. Against Catholics, the CCP established the Chinese Patriotic Catholic Association, which it fully controlled. All religious associations were made to follow the Party's will, which controlled and “thought-reformed” members. At the same time, the CCP used those associations to perform deeds that could not be done by the evil specter directly: to sow discord in and corrupt orthodox religions from within.

The CCP treated Tibetan Buddhism the same way. After dispatching armies and occupying Tibet in 1950, the CCP started the heavy persecution of Tibetan Buddhism. The 14th Dalai Lama escaped Tibet in 1958 and lived in exile in India, which the CCP considered a rebellion. In May 1962, the 10th Panchen Lama submitted to the CCP's State Council a report about the Party's sabotage of Tibetan culture, especially its Buddhist traditions:

“As for the eradication of Buddhist statues,

Buddhist scriptures and Buddhist stupas, basically speaking, apart from a very small number of monasteries, including the four great monasteries which were protected, in Tibet's other monasteries and in the villages, small towns and towns in the broad agricultural and animal herding areas, some of our Han cadres produced a plan, our Tibetan cadres mobilized, and some people among the activists who did not understand reason played the part of executors of the plan. They usurped the name of the masses and put on the face of the masses, and stirred up a great flood of waves to eliminate statues of the Buddha, Buddhist scriptures and stupas, throw them into water, throw them onto the ground, break them and melt them.

“They recklessly carried out wild and hasty destruction of monasteries, Buddhist halls, mani walls, and stupa, and stole many ornaments from statues of the Buddha and precious things from the Buddhist stupas. Because the government purchasing bodies were not careful in making distinctions when purchasing non-ferrous metals, they purchased many statues of the Buddha, stupas, and offering vessels made from non-ferrous metals and showed an attitude of encouraging the destruction of these things.

“As a result, some villages and monasteries looked as if they were not the result of man's deliberate actions, but rather they looked as if they had been accidentally destroyed by bombardment and a war had just ended, and they were unbearable to look at.

“Furthermore, they unscrupulously insulted religion, using the Tripitaka as material for fertilizer, in particular using pictures of the Buddha and Buddhist sutras to make shoes. This was totally unreasonable. Because they did many things that even lunatics would hardly do, people of all strata were thoroughly shocked, their emotions were extremely confused and they were very discouraged and disheartened. They cried out, with tears flowing from their eyes: ‘Our area has been turned into a dark area,’ and other such piteous cries.”

After the start of the Cultural Revolution in 1966, many lamas were forced to turn secular, and numerous precious scriptures were burned. Until 1976, out of the 2,700 temples originally in Tibet, only eight were left. Jokhang Temple, built more than 1,300 years ago—before the Tang Dynasty—and the most important temple in Tibet, was also ransacked during the Cultural Revolution.

In China, the cultivation of Taoism has an ancient history. More than 2,500 years ago, Laozi left behind the Dao De Jing, comprising 5,000 characters. It is the essence of Taoist cultivation. The spread of the Dao De Jing was not limited to Eastern countries; it was translated into the native languages of many Western countries. Yet during the Cultural Revolution, Laozi was criticized as hypocritical, and the Dao De Jing was deemed “feudal superstition.”

The core beliefs of Confucianism were benevolence, righteousness, the moral disposition to do good, proper conduct, wisdom, and trust. Confucius set the moral standards for generations. During the Cultural Revolution, the rebels in Beijing led the Red Guards to Qufu, Confucius's hometown, where they sabotaged and burned ancient books and smashed thousands of historical tombstones, including that of Confucius. In 1974, the CCP started another movement to “Criticize Lin [Biao], Criticize Confucius.” The CCP considered the traditional thinking of Confucianism—how one should live and the moral standards to uphold—to be worthless.

Even more brutal and tragic was the persecution, launched in July 1999 by then-Party leader Jiang Zemin, of Falun Gong (also known as Falun Dafa) and its cultivators, who practice truthfulness, compassion, and tolerance. Furthermore, the Party carries out organ harvesting from living Falun Gong practitioners, a crime that has never before existed on the planet.

During a few decades, the CCP completely devastated thousands of years' worth of China's traditional culture, moral values, and beliefs in self-cultivation. As a result, people no longer believed in gods, turned away from gods, and experienced a spiritual emptiness and corruption of moral values. Thus, society worsened by the day.

See next edition for the next installment.



Google staff at the UK headquarters in London on Nov. 1, 2018.

The Corrupt Romance Between Big Business and Socialism

JOSHUA PHILIPP



There's an odd and ironic romance between big business and socialism.

In otherwise free societies, corporations have become the extralegal enforcement bodies of cultural laws—able

to fire, shame, and ruin the lives of people who defy the unofficial systems of political correctness.

The Supreme Court unanimously reaffirmed in June 2017 that so-called “hate speech” isn’t illegal in the United States, and is protected as free speech by the U.S. Constitution. But elements in society are ignoring this constitutional protection.

Of course, “hate speech” is largely undefined, and as a practical matter, its meanings change based on the political needs of the socialist left. There’s a steady flow of cases, but recently, a Google insider revealed to Project Veritas that Google is censoring conservatives to prevent a future Donald Trump presidency. Even the Ravelry knitting community announced it will ban users for supporting Trump under the pretense that the president has become a symbol of ideas they deem hateful.

In all cases of supposed hate speech, people who are allegedly violating these unofficial laws risk being publicly exposed by news outlets—as we saw in June, when the Daily Beast exposed and publicly shamed a black forklift driver in the Bronx for allegedly creating a joke video that portrayed House Speaker Nancy Pelosi slurring as if she were drunk.

We saw a similar situation in February 2018, when CNN sent a reporter to the home of an elderly woman to accuse her of sharing an alleged Russian article on Facebook. We saw this again when 16-year-old high school student Nick Sandmann was falsely accused by the big corporate media of harassing an elderly Native American man. In response, celebrities joked on Twitter about assaulting or murdering him and his fellow classmates.

Political correctness originated with Mao Zedong’s Chinese Communist Party, when he established in 1967 that those who support socialist policies are “politically correct” and those who oppose them can be publicly shamed, arrested, or killed.

News outlets and big business have become the enforcement bodies of unofficial laws and the current arbiters of political correctness. They identify people, shame them, contact their employers, and attempt to ruin their lives. They send the message that any person, regardless of age or race, is open for attack if he or she violates the corporate-enforced socialist laws of political correctness.

Big businesses, in cahoots with socialist political factions, have found a way to enforce socialist dictates that aren’t criminal under normal law. And through political terrorism,

they send a message that speaking against the politically correct narratives can ruin your life. People are then terrorized into coerced silence.

‘State-Capitalist Monopoly’

Contrary to popular belief, socialism doesn’t get rid of big business. It gets rid of the true principles of free trade and places businesses under state control. It then subsidizes them through high taxation and manages them through strict law. The new state businesses become immune to independent competition; people can be appointed to work for them as the state sees fit; and taxes prop up businesses that would otherwise fail.

Don’t believe me? Name one socialist country or regime that did away with the factories, big businesses, or debt-riddled social regimes that many people oppose in capitalist systems. Many countries under the “Nordic model” are arguably more capitalist than the United States—in Denmark, for example, it’s easier to start a business than in most U.S. states, and there aren’t even minimum wage laws.

Political correctness originated with Mao Zedong’s Chinese Communist Party, when he established in 1967 that those who support socialist policies are ‘politically correct,’ and those who oppose them can be publicly shamed, arrested, or killed.

Even in so-called “agrarian” societies such as tsarist Russia and Cambodia under the Khmer Rouge, where there were no “capitalist” systems to destroy, the socialist tyrants “seized the means of production” from common people, which included seeds, farming equipment, and land. And in both cases, this led to genocide for the “socialist cause.”

Lenin explained the intention of having business serve the state to the Russian people from the get-go, referring to socialism in 1917 as a system of “state-capitalist monopoly” that was a necessary step toward the end-goals of communist social and moral desolation.

The result is that independent business is destroyed, the means of production and resources are seized, and the state attempts to micro-manage the nation’s economy through massive state business and bureaucracy.

Meanwhile, the fat cats in corporate big business are sometimes all for this. After all, socialism doesn’t get rid of corruption or greed—it subsidizes it. Socialism is all about monopoly, only it’s “state” monopoly.

This is part of the reason that anti-socialists

in the early 1900s were opposed not just to socialism, but also to the emerging forms of collectivist corporatism that have come to define the modern economy in the West.

We can take the famed writer G.K. Chesterton as an example. Like many anti-socialists of his time, he recognized that the problems of socialism weren’t limited to the official socialist systems that we recognize today. The problems extended to the direction the “free” market was taking under corporate monopoly.

Many writers, including Chesterton, framed their criticisms more broadly as opposing “tyranny” and “monopoly,” which included the full spectrum of socialism, and of the darker parts of big business.

Chesterton wrote in his newspaper *GK’s Weekly* in 1925: “There is nothing in front but a flat wilderness of standardization either by Bolshevism or Big Business. And it is strange that we at least have seen sanity, if only in a vision, while they go forward chained eternally to enlargement without liberty and progress without hope.”

The Tyranny of Big-Business Socialism

Socialism is a system of subsidized tyranny and corruption. It takes all the worst traits of big business and corrupt politics and solidifies them in society through high taxes and bureaucratic state control.

The classical liberal economist Ludwig von Mises explained in his 1947 book “Planned Chaos” that while “nothing is more unpopular today than the free market economy” and many political factions levy different accusations against capitalism—to the extent that they contradict one another—many of their criticisms are actually against socialist concepts that have been adopted into the free market.

Mises wrote: “Although capitalism is the economic system of modern Western civilization, the policies of all Western nations are guided by utterly anti-capitalistic ideas. The aim of these interventionist policies is not to preserve capitalism, but to substitute a mixed economy for it.”

The reality is that many big businesses support socialist policies, since they stand to benefit from the systems of monopoly and state subsidies offered by socialism.

Why is it that the pharmaceutical industry is backing politicians who want socialist health care? It’s because socialist health care would finance their operations and give them immunity to the problems encountered in the business of medicine.

Instead of forcing big-business medicine to cut costs and improve services, socialist health care would make these issues non-negotiable. Socialist health care would finance big pharma with high taxes, rather than force these businesses to fix the roots

of public complaints by reducing the costs of medicine and improving quality of care.

Socialism would also mean that big government could regulate public health and force people to receive medical care, while limiting outside options for care.

The same principle applies to colleges and the plague of student debt. Rather than lower the cost of education and reform what’s taught to help ensure graduates can get jobs after college—and thus pay off their debt—many institutions want socialist policies to subsidize their industry. This allows them to use taxpayer dollars to solidify high tuition costs and to continue offering degrees of little use in the real world—since it won’t matter if students can’t find jobs to repay their loans.

The reality is that socialist tyrants in politics work hand-in-hand with big-business interests.

Politicians who are financed by these big businesses become puppets working on their behalf. In this exchange, these politicians create narratives to convince the public to vote in socialist policies that subsidize big business. And through these corrupt ties, the socialist tyrants come to represent the interests of big business over the well-being of the people they’re supposed to represent.

This corrupt network between socialism, big business, and corrupt politics has always existed. It’s a foundation of the socialist system. During the Cold War, Wall Street in the United States was pumping money into the Soviet Union, and it wasn’t until this channel of finance was cut off that the communist regime collapsed. We see the same ties between today’s Wall Street and the Chinese Communist Party.

If a business is corrupt, it can’t last long if it grows too large. Businesses that fail to provide competitive prices and good services can only last if they hold a monopoly—and free societies are supposed to break up monopolies like that. Socialism also eliminates competition from small and medium-sized companies.

So why are so many big businesses pushing for socialism, if socialism allegedly gets rid of the “capitalist” system that they depend on?

The basis of socialism is monopoly. Under socialism, big businesses are allowed to persist—albeit under state control—through tax money, which means they don’t need to be competitive in prices and services. Socialism is the preferred model for corrupt big business, since it eliminates the risks and obligations that go along with big business.

And it’s likely for this reason that so many “millionaires and billionaires” support it.

Joshua Philipp is a senior investigative reporter for 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.

SUMMER EATS

Rules of the Lobster Roll

Chefs share tips and tricks for making this coastal classic from the northeast of America at home.

See B5



FAMILY RECIPES

The Power of a Family Dinner

In sitting down to eat, in keeping this one sacred act consistent, they refused to surrender to the Germans.

See B11

AUGUST 22-28, 2019 B1

LIFE

THE EPOCH TIMES

CRYSTAL SHI/THE EPOCH TIMES (PORK BUN); ALL OTHER IMAGES BY SHUTTERSTOCK

Many hidden gems of Taiwanese cuisine can be found in the island's charming small towns and night markets.



A black pepper pork bun.

Taiwan's Hidden Culinary Delights

From street food to Michelin-starred restaurants, the island's diverse and delicious cuisine beckons

See Story on B4

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IN THE FOOTSTEPS OF THE MAYANS

WIBKE CARTER

W

hen it comes to choosing a vacation destination, I am inevitably drawn to places filled with history, culture, and beauty. I have seen the gladiators' arena in the Coliseum in Rome; I stood where the Colossus of Rhodes towered over the Greek island; I have walked among the shrines and temples in Kyoto, Japan; and this time I was set to discover the traces of the Mayan culture on the Yucatán Peninsula in Mexico.

I arrived around noon at Cancun Airport where the thermometer showed a warm 82 degrees Fahrenheit. While Cancun is the tourist center of the Mexican state of Quintana Roo, I opted to stay in the much smaller Playa del Carmen. After making my way to the public bus area, the next scheduled transport arrived within 15 minutes.

Online, I had found and rented a small apartment for a week from Helene and Victor, a French-Mexican couple in a local neighborhood, just a couple of blocks off the main tourist area in Playa del Carmen. After a day of strolling the streets in town, and going for a swim and snorkel to cool

Tulum means 'wall' in the Mayan language. Access to the 60 or so structures of the complex is through various holes in the fortification.



off in the turquoise blue water, I had a good night's sleep before getting ready for my days of Mayan adventure in Tulum, Chichén Itzá, and Ek'Balam.

times—the black spiny-tailed iguana. Relaxing in the sun and without any fear of humans, this relative of ancient dragons lived a life of eating, sunbathing, and bobbing its head in communication.

Tulum means "wall" in the Mayan language. Access to the 60 or so structures of the complex is through various holes in the fortification, which measures 1,246 feet in length, 656 feet in width, and 20 feet in height. Navigating the complex was easy as an expansive walkway extended around the ruins. Even though it was a busy day, visitors spread out in a space, which used to be home to about 10,000 Mayans in the past.

Unlike other cities, the pyramids of Tulum are small and the most recognizable building is the cliff-top El Castillo. Even though the building was not accessible to the pub-

Perched on a Cliff in Tulum

While bus tours are available daily and with various operators, I chose to rent a car on Playa del Carmen's main shopping street, 5th Avenue, to visit all three sites during the week of my stay. Only 40 miles to the south, Tulum was my first destination.

This ancient Mayan fortress is arguably one of the most picturesque archeological sites in the Riviera Maya and the only one perched on a cliff overlooking the ocean. The parking lot was located a 10-minute walk away, but before I set foot into Tulum, my eye caught sight of a creature I would come across here many

Ek'Balam is Mayan for 'Black Jaguar' and the city's importance was evident in the monumental buildings.



Finish off a visit to Tulum by taking a refreshing swim at the beach.

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lic, its location on the site's highest point, decorations, and architecture comprising different levels left no doubt that this was the center of the ancient city.

After spotting a staircase nearby that conveniently led directly down to the shore, I decided the best way to finish a visit to Tulum was by taking a refreshing swim at the beach.

Yucatán's Grandest Site: Chichén Itzá

For any history buff, no visit to the Yucatán Peninsula would be complete without a visit to Chichén Itzá, one of Mexico's most popular tourist destinations. Located 160 miles from Playa del Carmen, the self-drive was easy on the remote Mexican streets, which wound through small villages and thick jungle.

The first view of the Temple of Kukulcan, also known as El Castillo, was awe-inspiring and made me feel small and insignificant.

(Left) Tulum is arguably one of the most picturesque archaeological sites in the Riviera Maya. (Top R) For any history buff, no visit to the Yucatán Peninsula would be complete without a visit to Chichén Itzá. (Bottom R) The restored Mayan site Ek'Balam.

The nearly 100-foot-high pyramid counts 91 steps on each of the temple's four sides, and the top platform makes the 365th—one step for each day of the year. I was told that during the fall and spring equinoxes a fascinating display of mathematical and archeological advancement could be observed—a shadow falls on the pyramid in the shape of a serpent. As the sun sets, this shadowy snake descends the steps to eventually join a stone serpent head at the base of the great staircase up the pyramid's side.

Throughout the whole complex, I was amazed at how well preserved sculpted decorations were on the buildings—depicting mostly battle scenes. Warriors and serpents, present on columns and substructures, were easily made out everywhere.

The stepped pyramids, temples, columned arcades, and other stone structures such as the astronomical Observatory and imposing Temple of Warriors, made it impos-

sible to look at every single detail. I spent a few hours here and could have easily spent double the amount of time, but I wanted to see the next Mayan structure before leaving the thick jungle and heading back to civilization.

What Lies Within: Ek'Balam

Of the three sites I endeavored to see, Ek'Balam was the least known, but I came based on a personal recommendation from my local host, who had promised me carved statues of unrivaled beauty—and I was not going to be disappointed.

I arrived at around 3:30 pm (it is about 32 miles north of Valladolid). Ek'Balam is barely visited, so the late hour meant that only another 20 or so visitors strolled around the site, leaving this ancient place pretty much to myself.

Ek'Balam is Mayan for "Black Jaguar" and the city's importance was evident in the monumental buildings. But only a few principal ones have been excavated and restored so far, and it felt as if the surrounding wilderness had not given up all its secrets yet.

The domineering feature of Ek'Balam is El Torre, The Tower, one of the largest Mayan structures in the Yucatán. It measures over 500 feet long, 200 feet wide, and reaches 100 feet in the air. To my great delight, it was permitted to ascend the pyramid, and when overlooking the Mexican jungle I marveled at the idea that this must have been the same view the ancient Mayans enjoyed some 1,000 years ago.

On the way down, I saved the best for last: the exquisite stucco wall making up the opening of the tomb of the ruler of Ek'Balam. The doorway itself was carved in the shape of a jaguar's mouth and full figure statues were so well preserved that I could see the braids in their hair and patterns in their clothing. A thatched roof protected the ensemble for more generations to see.

My week of Mayan discovery passed in the blink of an eye. I felt humbled to have been able to see these amazing structures, in awe of the great civilization that once inhabited them. I also sensed that there was still so much more to discover. Though my vacation had come to its end, I made a promise to myself to come back to Mexico soon.

Wibke Carter is a travel writer who hails from Germany. She has lived in New Zealand and New York, and presently enjoys life in London. Her website is WibkeCarter.com

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Taiwan's Hidden Culinary Delights



Continued from B1

The island nation of Taiwan may only be one-fourth the physical size of Florida, but it has an extraordinarily diverse cuisine that's a combination of indigenous, Chinese, Japanese, and Western flavors and styles.

The island's culinary traditions have been enriched, in turn, by the Dutch and the Japanese, who colonized the island for different periods of time; early Fujian, Hoklo, and Hakka immigrants from southern China; and a wave of new Chinese immigrants in the 1940s.

The Taiwanese people are known for taking pleasure in delicious food. Thus, culinary delights are aplenty, found in both Michelin-starred restaurants and the many unassuming street stalls that populate Taiwan's beloved night markets. In fact, many hidden gems of Taiwanese cuisine can be found in the island's charming small towns.

While no short list could possibly do justice to the breadth of Taiwan's cuisine, here's a small selection of unique Taiwanese offerings to whet your appetite.

Fresh Seafood

Sea creatures abound in the waters surrounding Taiwan, from the warm Kuroshio current flowing along Taiwan's eastern coast to the nutrient-rich continental shelf west of the island.

One of the best places to try Taiwan's delicious seafood is the Keelung Night Market, in the northern port city of Keelung. You can also head to Keelung City's fishing port, where local fishermen hawk their daily catches at Bisha Fish Market.

Further south, on the western coast of Taiwan, is Dongshih Township, the oyster capital of Taiwan. For any visitor to the island, a must-try street food is the oyster omelet, a savory dish studded with fresh, briny oysters and topped with a tangy sauce.

More delectable seafood can be found at Donggang Township, Pingtung County, at the southernmost part of the island. Donggang is one of Taiwan's largest fishing harbors, and it's famous for its bluefin tuna, which makes for delicious sashimi.

Donggang is also one of the only two fishing harbors in the world that have sakura shrimp, small pink prawns that resemble the color of Japanese cherry blossoms. Sakura shrimp contain much more calcium than ordinary shrimp, making them good for people with weak bones or children who need a calcium boost.

Shibing, traditional dried persimmons.

Hakka Cuisine

The Hakka people are the second-largest ethnic group in Taiwan. They emphasize texture in their cuisine, and they are known for naturally bringing out the flavor of meat and cooking it thoroughly without letting it become tough.

Traditionally, Hakka dishes tend to be salty, rich, and fragrant. In earlier eras, most Hakka people were farmers who toiled laboriously in the fields every day, so they made highly flavorful dishes to boost their appetites and replenish their bodies after their work.

Food markets are home to some of the best nightlife on the island, brimming with vendors, tantalizing scents, and crowds of locals and tourists unable to decide what to try first.

A signature Hakka dish, for instance, is Hakka-style stir-fry, a savory mix that includes dried squid and fatty slices of pork belly, made aromatic with green onions, soy sauce, and rice wine. There's also Hakka salty rice ball soup, made with soft and chewy rice balls filled with savory ground meat. You can easily find these delicious dishes in most Hakka villages in Taiwan.

Another famous specialty in Hakka towns is biantiao, thick white noodles made from rice flour—other noodles in Taiwan are typically made with wheat.

A classic Hakka beverage, meanwhile, is lei-cha, a nutrient-filled drink made with tea leaves, grains, dried fruits, and nuts and seeds. The ingredients are ground up, traditionally using a mortar and pestle, and mixed with hot water to brew into a thick, nourishing drink.

Diverse Fruits and Desserts

Taiwan has a subtropical climate and an extraordinarily diverse geography—a combination of mountains, plains, valleys, and basins. The land can thus grow a bountiful array of fruits and vegetables.

Any visitor to Taiwan will know that their most well-known dessert—and one of the most commonly purchased souvenirs—is pineapple cake, a traditional pastry filled with a rich pineapple jam.

Another popular fruit snack is shibing: traditional dried persimmons. Chewy and honey-sweet, they are shaped like disks and blanketed with a white powder, which is actually natural fruit sugar. High-quality dried persimmons have no additives.

Instead of using the modern way of drying persimmons—slowly baking them at low heat, which strips away many of their nutrients—traditional dried persimmons are laid out in the sun to dry for a week to 10 days. The white dusting of sugar on the outside forms natu-

rally as the persimmon dries.

Tofu Varieties

As is the case throughout much of Asia, soy—used to make tofu, soy sauce, and soy milk—is a staple in the Taiwanese diet.

One of the most polarizing Taiwanese dishes is stinky tofu, a fermented form of tofu notorious for its pungent odor, found at street markets across Taiwan. Depending on who you ask, the dish is either beloved or absolutely detested.

Another common soy-based food is dried tofu, or dried bean curd, which is much firmer than normal tofu. It's made by pressing soy curds into condensed squares, and is a commonly used ingredient in stir-fry dishes.

Daxi District, Taoyuan City, is especially well-known for its dried tofu varieties, so much so that they host an annual Daxi Bean Curd Festival. The dried tofu at Daxi is darker, tougher, and more flavorful than the common products found elsewhere.

Tea

Many people may know that Taiwan is the birthplace of bubble tea—the popular tea-based drink filled with tapioca pearls with a chewy “Q” texture, as Taiwanese people like to call it.

But since long before the invention of this sugary drink, Taiwan has been producing some of the finest teas in the world, thanks to its unique geography and climate.

Tea plants are cultivated throughout the island, from flatlands to high mountain ranges. They're made into a wide variety of high-quality teas, from light, minimally or non-oxidized green; to earthy, semi-oxidized oolong; to darker, fully oxidized or fermented black and pu-erh teas.

High mountain oolong teas, grown at altitudes of 1,000 meters and above, are some of the island's most beloved.

Wenshan Baozhong tea is another well-known oolong. The tea's name means “the wrapped kind,” because it was traditionally wrapped with rectangular Chinese writing paper into a square pack. A seal on the pack would indicate the name of the tea and its maker. To try some of this tea, head to Pinglin District in New Taipei City. The tea is harvested in the spring, which is when it can be enjoyed at its freshest.

Taipei Street Food

For food lovers, a visit to Taiwan wouldn't be complete without a multi-day food tour of Taipei, the island's food-obsessed capital. The Taiwanese have elevated the idea of a midnight snack to a cultural phenomenon, so much so that food markets are home to some of the best nightlife on the island, brimming with vendors, tantalizing scents, and crowds of locals and tourists unable to decide what to try first.

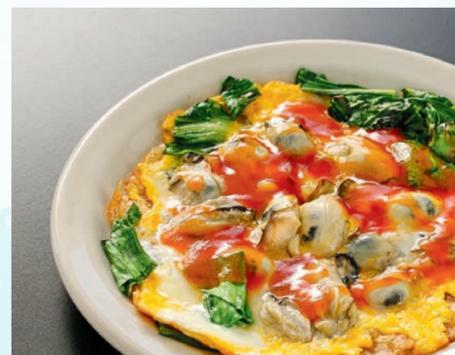
Two Taipei-style street foods have even landed spots on the 2019 Michelin guide: black pepper buns, fresh, crusty buns with a layer of toasted sesame seeds on the outside and a juicy ground pork filling on the inside; and pork rib soup, a delicious, hearty broth made with more than a dozen nutritious, vitalizing herbs.



Stinky tofu, a night market classic.



High mountain tea gardens in Alishan.



Taiwanese oyster omelet.



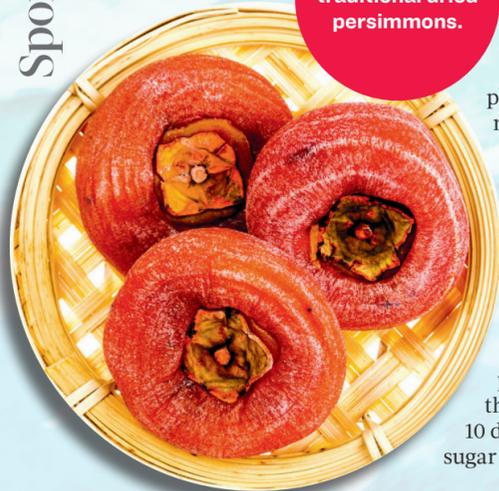
The making of traditional Hakka lei-cha.



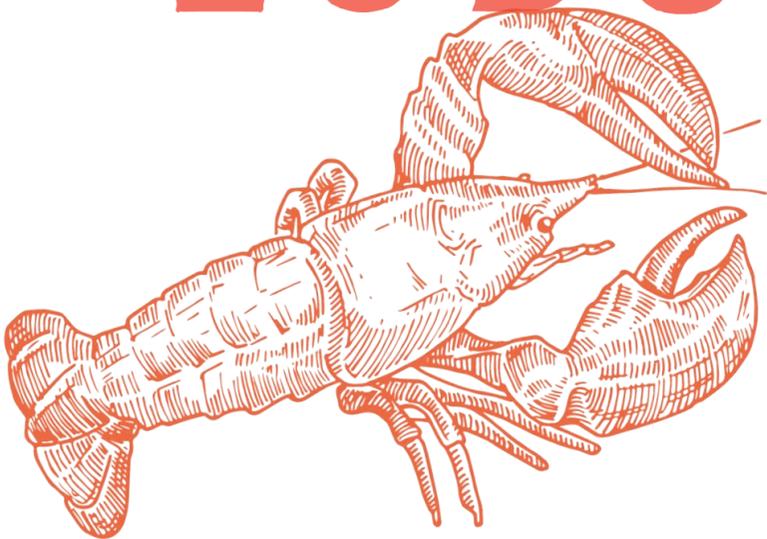
Sakura shrimp.



Taiwan grows an abundance of diverse and delicious fruits.



RULES OF THE LOBSTER ROLL



New England chefs share tips and tricks for building the perfect lobster roll

CRYSTAL SHI

For many New Englanders, lobster rolls are synonymous with summer.

Classic lobster rolls come in two main styles, distinguished by the preparation of the lobster: Connecticut-style, tossed in drawn butter and served warm; and Maine-style, slicked with mayo and served chilled. In either case, the chunks of sweet, tender lobster meat are heaped into a warm, toasted, buttery bun, making for a perfect summertime meal best enjoyed with sunshine and an ocean breeze.

Regardless of where you are this season, you can bring a taste of coastal New England home by making your own lobster rolls. Below, three New England-based chefs share their best tips for homemade lobster-roll success.

Use Good Lobster

Fresh lobster is non-negotiable; never use frozen lobster meat. As Brian Dandro, executive chef of ArtBar at Royal Sonesta Boston, explains, not only does the freezing process ruin the meat's texture, but the liquid released as it thaws also carries away much of the flavor.

Instead, Dandro recommends sourcing live, hard-shell lobsters—which have more and denser meat than their soft-shell counterparts—weighing around two and a half to three pounds. Bigger lobsters run the risk of having less sweetness and flavor, he says.

Cook It Right

For Patrick Bassett, executive chef of Forge & Vine at The Groton Inn in Massachusetts, “lobster-roll success starts with perfectly steamed meat.” He suggests steaming lobsters whole for 10 to 15 minutes, depending on their size, to optimally concentrate the sweetness of the meat.

Whether you choose to steam or boil your lobster, the key is to not overcook it—the meat will turn unpleasantly rubbery. Keep a timer close, and once time is up, immediately transfer your lobster to an ice bath for five to 10 minutes to stop it from further cooking, Dandro suggests.

To take your lobster to the next level, try a trick from Gil Plaster,

executive chef of BlueFin at the Portland Harbor Hotel in Maine: He poaches his lobster in *beurre monte*, an emulsion of butter, water, and lemon juice. “It makes the lobster very light and tender, and the flavors really penetrate to the meat,” he said.

Bun Basics

New England lobster rolls are traditionally served on New England-style hot dog buns. Also known as split-top or top-loading rolls, these buns stand straight up, open from the top, and have soft, flat sides perfect for toasting in butter on a griddle for crusty outsides and pillowy-soft insides.

Be sure to adequately toast both sides, but go easy on the butter, Dandro warns, since there’s “nothing worse than a greasy bun while trying to enjoy your fresh lobster.” He prefers using a fresh, New England-style brioche bun, which “already comes loaded with butter, so you don’t need to add much.” For a good store-bought option, he recommends St Pierre Bakery’s brioche rolls.

Let the Lobster Shine

When it comes time to assemble your roll, remember that the lobster should be the star of the show. Bassett suggests using a good mix of tail, knuckle, and claw meat for a variety of textures and flavors. Any other ingredients—the supporting characters—should be added with a judicious hand.

As Dandro put it, “Anything you do should enhance the flavor [of the lobster]; you do not want to mask the taste.”

For purists, that might mean nothing more than a thin coating of butter or mayo (Dandro uses about one teaspoon per four ounces of lobster, just enough to hold it together without overpowering the flavor), plus a squeeze of lemon and salt and pepper.

Others may line their buns with a leaf or two of fresh, crisp Bibb lettuce, maybe mix in a sprinkling of finely chopped celery for refreshing crunch, or add pinches of chives, tarragon, and cayenne for extra brightness and a little kick. In any case, be sure that no ingredient overshadows the lobster.



TRADITIONAL LOBSTER ROLL

MAKES 1 LOBSTER ROLL

- 1 New England-style brioche hot dog bun
- 2 tablespoons butter
- 1/4 head iceberg lettuce
- 3 1/2 ounces fresh lobster meat
- Zest of 1/4 of a lemon
- 2 thyme sprigs (use leaves and discard stems)
- 1/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Butter both sides of roll and place on

griddle on medium heat. Toast each side for 3 minutes, or until golden brown.

Shred lettuce with a sharp knife to prevent browning and liquifying the lettuce. A dull knife will make the natural water from the lettuce come out, causing it to quickly become soggy and unenjoyable.

Roughly chop the lobster, still leaving large chunks. Combine lemon zest, thyme leaves, mayonnaise, and salt and pepper in a bowl. Mix thoroughly, then add lobster meat and lightly toss. Place toasted bun on plate, fill with shredded lettuce, and top with lobster meat. Serve with a lemon wedge.

Recipe courtesy of Gil Plaster



CHIPOTLE LOBSTER ROLL WITH GRILLED CORN

For a twist on the traditional lobster roll, ArtBar executive chef Brian Dandro mixes smoky chipotle peppers into the mayo to bump up the heat—being careful, still, not to overpower the lobster itself. Grilled corn, meanwhile, complements the natural sweetness of the meat.

MAKES 2 LOBSTER ROLLS

- 1 ear sweet corn
- 2 (1 1/4-pound) lobsters
- 1 lemon, halved
- 2 bay leaves
- 1 teaspoon black peppercorns
- 2 New England-style brioche hot dog buns
- 2 teaspoons chipotle aioli (recipe follows)
- 2 leaves Bibb lettuce

Remove corn from husk and place on the grill, turning until all sides have some color and are cooked through. When cooled, remove kernels from cob and set aside.

In a large pot, cook the lobsters in boiling water with lemon, bay leaves, and black peppercorns. Cook for 9 minutes and transfer to a pot of ice water for 10 minutes, to stop the cooking.

Break down the lobster and chop the meat (using the whole lobster) into thick chunks. Griddle brioche hot dog rolls on both sides and set aside.

Combine lobster meat with 2 teaspoons chipotle aioli and 1/2 cup grilled corn.

Line each roll with one leaf of lettuce, and divide meat evenly between both rolls. You should have plenty of lobster for two overflowing rolls, plus some to snack on during the process.

CHIPOTLE AIOLI

- 1/2 cup mayo
- 1 tablespoon finely chopped chipotles in adobo sauce
- 1 tablespoon freshly squeezed lime juice
- Salt and pepper, to taste

Mix all ingredients together.

Recipe courtesy of Brian Dandro

LOBSTER ROLL MEMORIES

BRIAN DANDRO

Executive chef, ArtBar at Royal Sonesta Boston
Cambridge, Massachusetts

COURTESY OF ARTBAR



What do lobster rolls mean to you?

Growing up in New England, lobster and steamers were a sign of summer. I actually remember the first time I had lobster in the winter and it was so strange to me ... I really had no idea you could get lobster in the winter until I was out of high school.

I've been preparing lobster rolls for most of my life, since my first job as a prep cook at 14. Thinking about it now, it's one of the things that I can track with the growth of my career as a chef. When I started here at Sonesta 11 years ago, they used frozen lobster meat that they would prepare in a gallon bucket, soaked in a lemon-tarragon mayo. Now my team cooks and breaks down two-and-a-half-pound lobsters that are prepared to order. It's a labor of love.

Describe your perfect lobster roll.

I'm a bit boring on this one. I love to warm my lobster in a pat of butter and put it in a griddled hot dog roll with Bibb lettuce, then add just a squeeze of lemon on top.

GIL PLASTER

Executive chef, BlueFin at the Portland Harbor Hotel
Portland, Maine

COURTESY OF BLUEFIN



What do lobster rolls mean to you?

For me, lobster is indicative of celebration. During my childhood living in Florida, whenever we had a special occasion or something to celebrate, my father would always buy a big lobster, two pounds or more, and eat it every which way possible, from rolls with warm butter to lobster “salad”—and even for breakfast.

Describe your perfect lobster roll.

A split-top brioche New England-style roll, buttered and toasted on both sides. Filled with Bibb lettuce leaves, topped with chilled lobster meat seasoned with salt and pepper, and then finished with a light drizzle of mayo and a little fresh lemon juice—that's perfection.

PATRICK BASSETT

Executive chef, Forge & Vine at The Groton Inn
Groton, Massachusetts

COURTESY OF FORGE & VINE



What do lobster rolls mean to you?

For me, the lobster roll is a summertime staple. Growing up in a coastal town, on our way home from the beach, covered in sand, we would stop by the local lobster pound to pick up lobsters and bushels of steamers, to have what was a typical dinner on a summer Sunday evening on the south shore of Massachusetts. Growing up, I thought everyone ate lobster. We would take the leftover meat and make lobster salad and lobster rolls.

Describe your perfect lobster roll.

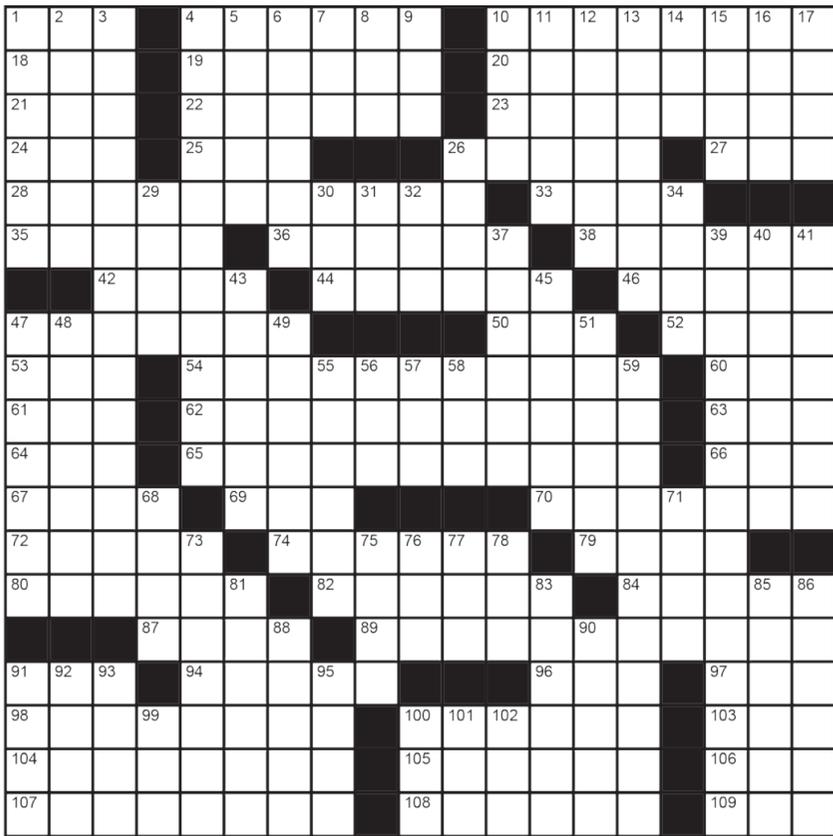
My perfect lobster roll would be pretty simply done, allowing the focus—the lobster—to really stand out. Dressed up with what has to be Hellmann's mayonnaise, lemon, salt, white pepper, and a little celery. Large chunks of meat, lightly dressed, put into a buttered hot dog roll. Salt of the sea in the air, the sound of crashing waves, and the call of a hungry seagull looking for a snack. For me, it's a total package.



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Across

- 1. Mel Tillis' singing daughter
4. Critic and then some
10. What pie might measure
18. It's stranded
19. Mass communication?
20. Piecemeal?
21. Particle in a salt solution
22. Texas oil city
23. Less light
24. ___-Atlantic
25. "... ___ vales and hills": Wordsworth
26. Depleted

- 27. Ram's mate
28. "Undeliverable" reason?
33. Stowe gear
35. Bacon bit
36. Type of notebook
38. Pogonip
42. "___ cost you"
44. Lack of vigor
46. Swedish money
47. Kamikaze cries
50. Just out
52. Affectedly creative
53. Nuptial agreement
54. Waterfall plot
60. Keep out
61. "Catch-22" pilot who repeatedly crashes

- 62. Certain game-show winner
63. Tick off
64. Kind of patch
65. Promotion in rank
66. USMC trainers
67. London's ___ of Court
69. Finish (with "up")
70. Altar screen
72. Pens
74. Severe inflammation in response to infection
79. Volcano feature
80. Makes hair smooth and shiny
82. Alternative to broadband
84. Because
87. Social group

- 89. Like God
91. Did lunch
94. 86 is a high one
96. Careless
97. Cardinal
98. Tropical cycad
100. Tallest flying bird of the Americas
103. "It's no ___!" (cry of despair)
104. Almond cookie
105. Zoroastrian scriptures
106. "___ true!"
107. Fond of catamites
108. ___ acetate (solvent)
109. Sylvester, to Tweety

Down

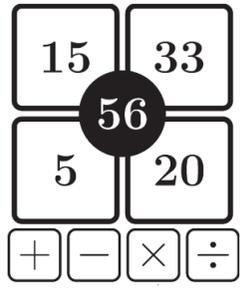
- 1. Before secundus
2. Designate
3. Fruit-salad fruit
4. Object of medical drawing?
5. Support person
6. 35.3-cubic-foot measures
7. Controls
8. "No, No, Nanette" foursome
9. Confused
10. Largest room in the White House
11. "A Lesson From ___"
12. Arabian Greyhound
13. "Basic Instinct" weapon
14. "Apocalypse Now" setting
15. Shore soarer
16. Lather
17. Sun-cracked
26. Sandler of "Big Daddy"
29. Airhead
30. Masseur's workplace, maybe

- 31. Offense
32. "Able was I ___..."
34. Hospital fluids
37. Representation of the Hindu deity Shiva
39. Crop of Eden
40. "The Heartland Province"
41. Frivolity
43. Fat stuff
45. More open and light
47. Profiles in Courage flicks
48. Kind of gland
49. Avatars
51. "You have been ___"
55. Like lobsters
56. Bolivian export
57. "Arabian Nights" menace
58. "The Loneliest Number" according to Three Dog Night
59. 21st century popinjay
68. Hunt for
71. Gulf leader
73. Pilot
75. "La Vie en Rose" singer Eden
76. "Dog Day Afternoon" character
77. Not well
78. Dine
81. Levels
83. Buff
85. Spanish hill
86. First-born
88. Actors Jack and Tim
90. Covered in bumps, in a way
91. "I need it yesterday," for short
92. Unlikely to bite
93. "Holy mackerel!"
95. Leave out
99. Mine find
100. Wing it, musically
101. Postal address abbr.
102. "Wanna ___?"

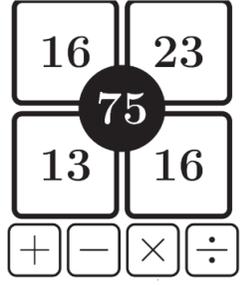
4NUMBERS

CONSTRUCTED BY C. CHANG AT4NUMS.COM

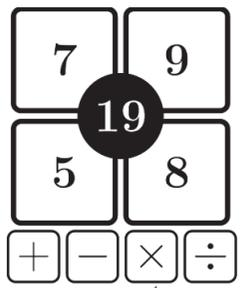
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to build an equation to get the solution in the middle.



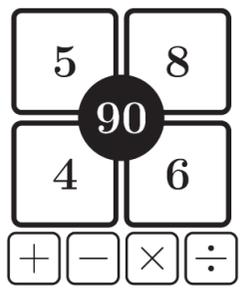
Hard 1 - 2 Solutions



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

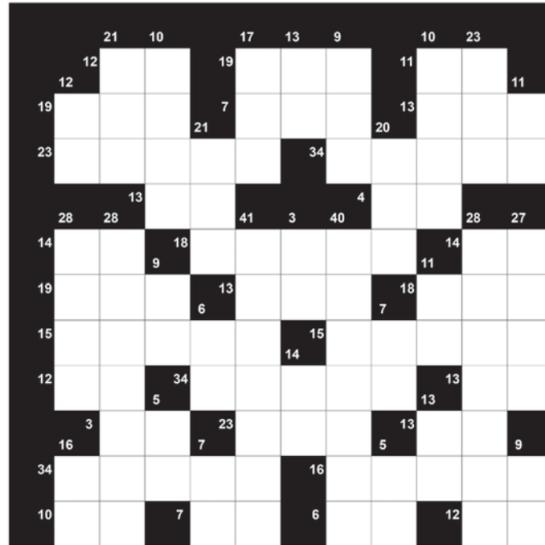
- ALOES ANEMIA ANOINT AVESTA BANZAIS BASHER BIOPICS CLAWED CUESTA HOLTS ICEPICK KRONA
LINGAM METHYL ODESSA ONTARIO POLISH PRIMUS PROOF REREDOS SALUKI SELVES SEPSIS SINCE
SOLEMNER SPECTROGRAM STRATA STRIP WARTY ADVANCEMENT AERIER AIDER AMARETTI ELDEST JABIRU

KAKURO

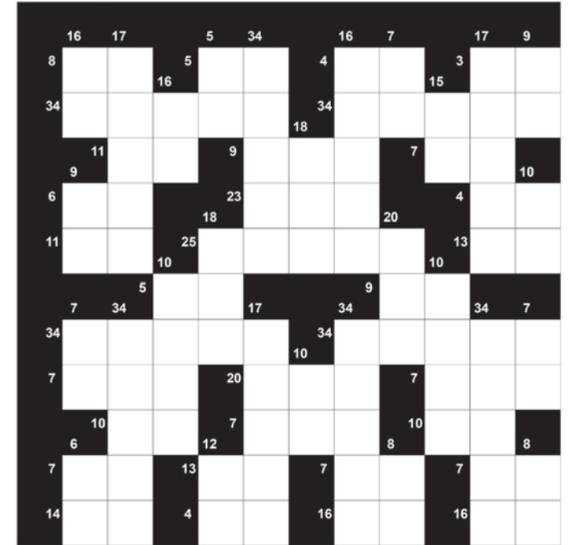
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



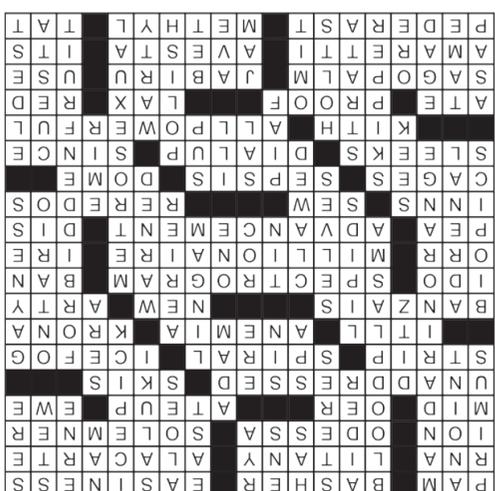
Large: Easy



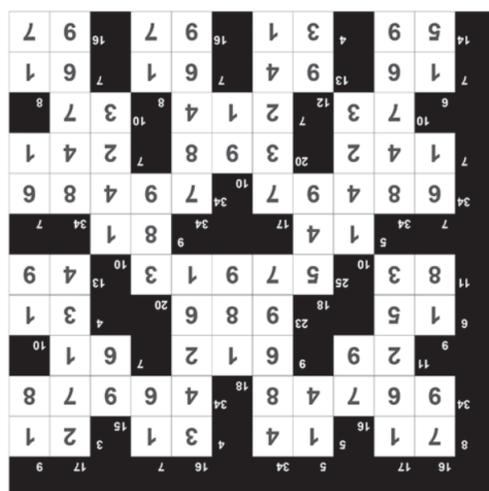
WORK SPACE

SOLUTIONS

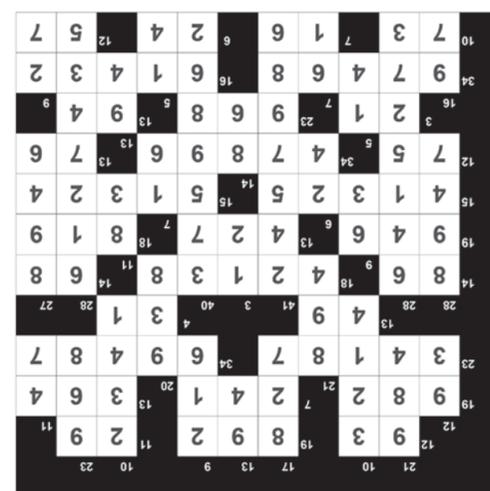
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4NUMBERS

- HARD 1 15 ÷ 5 + 33 + 20
5 - 33 ÷ 15 × 20
HARD 2 (23 - 16) × 13 - 16
EASY 1 9 + 8 + 7 - 5
EASY 2 (8 + 6 + 4) × 5

ALL PHOTOS BY SHUTTERSTOCK



Why Sleep Is Important

The effects of adequate sleep can be wide-ranging and life changing

DEBORAH MITCHELL

As adults, we spend approximately one-third of our lives sleeping. At least that's the amount of sleep experts recommend. Again and again, we hear the mantra about getting eight hours of sleep per night, but do you know why?

Even though sleep is one of the body's most basic functions and something all people, and animals with complex nervous systems, need to do, there is still a veil of mystery around it. Scientists aren't completely certain why people sleep. However, they have come up with many hypotheses to explain why sleep is important and do have insight into how it affects our brain and body.

Brain function. Without sufficient sleep, your brain can't function properly. Lack of sleep leads to problems with concentration, performance, cognition, memory, and productivity. When you get sufficient sleep, however, research has shown that both kids and adults have better memory and problem-solving skills.

Cardiovascular risk. People who get less than seven hours of sleep per night are at a much greater risk of cardiovascular dis-

ease (stroke, coronary heart disease) than those who get seven to eight hours of shut-eye, based on the findings of more than a dozen studies.

Depression. Several mental health issues, including depression, have been linked to inadequate sleep and sleep disorders. One example is sleep apnea, which is associated with poor sleep, as well as significantly higher rates of depression than those without this sleep problem. Overall, about 90 percent of people who are depressed also have sleep quality challenges, including inadequate sleep.

Emotional and social life. Some researchers have reported evidence that inadequate sleep reduces your ability to recognize important emotional cues from other people, including happiness and anger. This factor may make it difficult to interact socially with others.

Immune system. One of the best things you can do to fight off a cold or the flu is to get enough sleep. That's because it's been shown that people who sleep less than seven hours per night are nearly three times more likely to

Several mental health issues, including depression, have been linked to inadequate sleep and sleep disorders.

When we don't get enough sleep, our appetite hormones are disrupted.

When you get sufficient sleep, however, research has shown that both kids and adults have better memory and problem-solving skills.

get the common cold than those who sleep eight hours or longer.

Inflammation. It's been shown that inflammation plays a critical role in many serious health challenges, ranging from heart disease to asthma, arthritis, inflammatory bowel disease, and diabetes, among others. Therefore, the fact that sleep can trigger markers of inflammation and cell damage is important to know. One example is an association between poor sleep and inflammatory bowel diseases, which has been demonstrated in a number of studies, including one in the *World Journal of Gastroenterology* and another in *Gastroenterology & Hepatology*.

Physical performance. Inadequate sleep can slow you down physically. Whether you are taking a walk, going about your daily routine, or playing a game of tennis, you need sleep to perform your best. In a study of older women, for example, poor sleep was associated with greater difficulty performing daily activities, walking, and maintaining grip strength. People who are typically active, such as those who play sports, also have better speed, performance and recovery times when they get adequate sleep.

Type 2 diabetes risk. Do you get less than six hours of sleep per night? Then you are at increased risk for Type 2 diabetes. Inadequate sleep overall has a negative impact on blood glucose levels in the general population.

Weight: Research has shown that inadequate sleep is associated with an 89 percent and 55 percent greater likelihood for children and adults, respectively, to be obese.

One reason for this relationship appears to involve hormones. When we don't get enough sleep, our appetite hormones are disrupted. For example, levels of the appetite stimulant ghrelin rise while those of the appetite suppressant, leptin, decline. These responses can lead to weight gain.

Deborah Mitchell is a freelance health writer who is passionate about animals and the environment. She has authored, co-authored, and written more than 50 books and thousands of articles on a wide range of topics. This article was first published on NaturallySavvy.com



High Social Stress Associated With Bone Loss in Postmenopausal Women

MAT LECOMPTE

Many conditions can lead to bone loss and new research shows how stress can be a possible risk factor.

According to the study published in the *Journal of Epidemiology & Community Health*, poor quality social relationships that contribute to psychosocial stress may be related to bone loss in postmenopausal women.

Stress has been proven in previous studies as a well-established risk factor for many chronic diseases. Psychological stress, such as traumatic life events, low life satisfaction, and lower levels of optimism may all be associated with fractures.

Psychosocial stress is the physiological and emotional reaction experienced when a situation arises that can take an individual beyond their coping resources. Other stressful situations that have been known to push individuals' stress levels are marital problems, abuse, death of a loved one, health problems, and financial crises.

A Decline in Bone Mineral Density

For this study, the premise was that psychosocial stress might increase fracture risk because of a decline in bone mineral density (BMD). The authors suggested that stressors may alter BMD

Stress has been proven in previous studies as a well-established risk factor for many chronic diseases.

FRANKL/SHUTTERSTOCK



through changes in hormone levels. This can include thyroid hormones, cortisol, growth hormone, and glucocorticoids.

Previously, very few studies have studied the relationship between stress and BMD. The data was collected from 11,020 postmenopausal women who were enrolled in the Women's Health Initiative (WHI). The WHI is a long-term U.S. health study launched in 1993 to assess strategies for preventing heart disease, colorectal and breast cancer, and osteoporotic fractures in postmenopausal women.

The data was collected at the time of enrollment and during a follow-up visit six years later. The women were required to complete a questionnaire at enrollment, which included information regarding stress and their available social support, which measures positive relationships. They were also asked about social strain, which measures negative social interactions and relationships as well as social functioning, which looks at limitations in social activity.

The research showed that there was a link between social stress and lower BMD after adjusting for potential influencing factors such as age, education, existing conditions, smoking status, alcohol use, hormone therapy use, age at menopause, physical activity, history of fracture after age 55, and weight.

"We identified specific psychosocial stressors pertaining to the social environment that were associated with bone loss," the authors wrote.

It was also found that after the six-year follow-up, higher social strain was associated with a lower BMD of the hip, femoral neck (just below the ball of the ball-and-socket hip joint), and lumbar spine (lower back). Social functioning stress was connected with more significant bone loss of the hip and femoral neck.

The authors of the study point out that this is an observational study and therefore can't establish cause and that psychosocial stress levels may have been lower than average because participants in the Women's Health Initiative were healthy individuals living in the community. Also, psychosocial stress levels were self-reported at the start of the study and could have changed over the follow-up period.

However, the authors of the study did conclude, "We found that bone loss is among the physiological stress responses more strongly related to the quality of social relationships than quantity. The results support community building social stress interventions in postmenopausal women to potentially limit bone loss."

Mat Lecompte is a freelance health and wellness journalist. This article was first published on Bel Marra Health.

Kristi Clover Is a M.O.M., ‘Master Organizer of Mayhem’

Advice on getting organized and homeschooling

BARBARA DANZA

Author, content creator, and homeschooling mom of five Kristi Clover encourages other moms to get organized and create more joy in their lives through her books, podcast, online courses, and YouTube channel.

Clover sat down with The Epoch Times to tell us just how she does it all.

THE EPOCH TIMES: You homeschool your five children. What led you to decide to homeschool, and how has homeschooling benefited your family?

KRISTI CLOVER: There are so many reasons that we decided to homeschool our kids. We love that we're able to tailor each child's education to their interests and strengths, as well as to their needs. If they need more time to learn a subject, then we can slow down and work on it as long as it takes for them to truly understand it. The opposite is true as well. If they quickly grasp the concept, then we can move on more quickly. My older boys have shown talent in writing and photography, so we create more opportunities for them to practice those skills.

THE EPOCH TIMES: What advice would you give parents who are thinking about homeschooling their kids? Where should they start?

MS. CLOVER: Start with what you're excited about teaching or what your kids are interested in learning. Too many people get bogged down with finding the perfect curriculum to use for every subject that they want to teach. Sometimes, it's best to start with a few basics for curriculum, like a

good phonics program and math program.

Then, create a simple unit study for the other subjects. A unit study is picking one topic to base all your other subjects on. So if your child loves airplanes, you would study the history and science of planes. Borrow a bunch of books from your local library and enjoy learning more about them. Write stories or essays on the subject. You could also take a field trip to a local airport or talk with a friend who is a pilot. Add to the fun by learning how to sketch an airplane, watch a movie or documentary about planes, and make some airplane-shaped snacks. Food is always a great way to create memories around anything you are studying.

Of course, I'd also encourage folks considering homeschooling to read "Homeschool Basics." It's a book that my friend Tricia Goyer and I wrote together to answer questions just like this to help parents figure out the ins and outs of homeschooling.

THE EPOCH TIMES: What made you get started creating content online and writing books?

MS. CLOVER: I started speaking at moms' groups back when my oldest two boys were only in preschool. It sparked a passion for encouraging moms.

I'd always been interested in writing, so I started blogging as a hobby in 2014. I discovered YouTube and live video and fell in love with that platform, and found that my audience wanted more details about how I homeschooled and organized my family. So I created an online course



Author Kristi Clover.

“**My faith and my family are my two top priorities.**”

Kristi Clover, author and homeschooling mom of five

based on my most popular video about homeschool organization.

"Homeschool Basics" followed the next year. However, it wasn't until early 2018 that I finally turned in the book proposal for my dream book, titled after my very first moms' group workshop—"M.O.M. = Master Organizer of Mayhem."

THE EPOCH TIMES: You've created so many encouraging resources for moms—especially homeschooling moms. You probably get this all the time, but how do you do it all?

MS. CLOVER: Ha! Yes, I do! The big secret is that I don't do it all at the same time. When I'm podcasting, I'm usually not creating YouTube videos. When I was writing "M.O.M.," I took almost nine months off

from pretty much everything I did online.

I can only juggle so many things well, at one time. So I prioritize and just do what I can do. There are seasons when it seems easier to get more done at once. There are also times when I have to pull back completely in order to maintain balance for my family and myself.

THE EPOCH TIMES: You talk a lot about organization and joy. How do you think the two are related?

MS. CLOVER: Most people would probably agree that chaos and joy are not synonymous. What I've discovered is that when my house isn't adding to my stress level and filling up too much of my to-do list, I can more readily enjoy time at home. It's totally possible to have joy in all kinds of circumstances, but it comes more easily when my house isn't overwhelming me and those who live here.

THE EPOCH TIMES: Your new book is coming out soon. What can you tell us about it?

MS. CLOVER: Yes! "M.O.M. = Master Organizer of Mayhem: Simple Solutions to Organize Chaos and Bring More Joy into Your Home" is coming out Sept. 3!

This book is all about helping moms create more efficiency in their homes. Kids add a completely different dynamic to trying to stay on top of the daily mess that naturally happens in a home. Most moms carry around this weight that they need to have it all together and keep the house looking perfect as much as possible. It can be quite overwhelming.

I want moms to understand that it's okay if

their homes look lived in, especially in busy seasons that seem to accompany #momlife. However, I also want them to have practical advice and systems to implement to help them be more efficient in managing their homes. I really think this book will be a breath of fresh air to moms in all stages of life.

THE EPOCH TIMES: As a very busy mom, what organizational habits or practices have you found to be especially important in order to keep that joy in your family?

MS. CLOVER: Prioritizing! I guess I kind of gave that away earlier. It's one of the early chapters in my book: "Don't Forget Your Top Priorities."

There are always going to be times when life is busy and the house will be harder to keep straightened up to your normal standards. So during those seasons, I've had to learn to lower my expectations and be okay with it.

The key is that my faith and my family are my two top priorities. My home is the hub where I do try to bless my family, but not at the expense of my sanity or my time with them. In the book, I share how I redefine organization. To me, it's about creating efficiency in my home in order to create more time for my family and my other priorities.

Now, here's a bonus tip: You can prioritize your household to-dos. I like having tidy floors and clean toilets. My husband likes clear counters and knowing that we have a plan for dinner (even if it's pizza). So when push comes to shove, those are the things that get done in our home.

COURTESY OF BOISE BOYS



3 Ways to Bring the Outdoors Inside

Tips from **Luke Caldwell**, host of HGTV's "Boise Boys" and co-owner of home renovation and design company **Timber and Love**

Finding ways to bring the outdoors inside creates this wonderful organic connection between your home and nature. In my own home, I try to do this in a few different ways:

Fresh flowers. It may seem obvious, but nothing brings elegance to your home as simply, yet relatively inexpensively, as flowers. They are always a mood-lifter, the smell is fresh, green, and floral, and the colors are a natural accent to our décor.

KSENIYA MAKAGONOVA/UNSPLASH



Incorporating a rustic, reclaimed-wood dining table. My wife and I love our beautiful, worn wood table. It brings soul, character, warmth, and a sense of history into our home.

ANNIE SPRATT/UNSPLASH



Potting fruit trees. We actually have a thriving avocado tree in our home, and we love the look and feel it lends to the ambiance. It's super easy to care for and fresh guacamole is only a few feet away at any given time!

PU FAR/UNSPLASH





Our gifts to loved ones and friends can be as small as a bouquet of flowers to a wife, a letter of love and appreciation to a parent, an ice cream treat to a child.

Unexpected Gift, Unexpected Time

JEFF MINICK

In the movie "Finding Forrester," a reclusive novelist gives this tip to his young protégée: "The key to a woman's heart is an unexpected gift at an unexpected time."

Now there's a piece of worthy advice—and not just applicable to women.

When my 40th birthday was approaching, my wife asked me what I wanted. "A surprise party," I replied.

Throwing a surprise party presents obvious difficulties when the recipient requests such an event, but Kris found a way. Around noon on my birthday she and the three kids marched into the bookstore we owned on Main Street and presented me with a miniature cake. They sang Happy Birthday, I blew out the single candle, and thanked them. I figured that was my surprise.

I was wrong.

As I was closing the shop, Kris and crew pulled up on the street outside. In the car behind her were my sister, brother-in-law, and their two little ones. "Hop in," Kris said, and whisked us off to McDonald's, which is where you dine when money is scarce as a desert rain and you have little ones in tow. I enjoyed visiting with my sister and her husband, thanked everyone for the surprise dinner, and anticipated an uneventful evening at home.

Wrong again.

These two surprises were feints. When we pulled into the driveway of our bed-and-breakfast, I was stunned to find the parking lot and the lot of the business next door jammed with cars. Inside the house were some 30 friends and family members, all ready for a party. It was an unforgettable birthday.

Unexpected gift, unexpected time.

In early September of the following year, my mother died. She was not only Mom, but a best friend, a confidante to whom I spoke weekly by phone, a woman who had never wavered in her love and support for me. Her passing left me bereft, slogging through the days like a man in chains.

About six weeks later, another couple asked Kris and me to supper, I assumed out of sympathy for my loss. We arrived at the appointed time to find a long table laden with delicacies. "We invited a few other people," Julie told us as she ushered us into the living room.

When my 40th birthday was approaching, my wife asked me what I wanted. 'A surprise party,' I replied.



Gifts on Valentine's Day is a nice gesture but with little kick, but the same bouquet delivered in the middle of July on no special occasion might rattle the Richter scale of emotions.

Soon these guests, all of whom I knew, were streaming through the front door. Several of them gave me strange looks as they entered the house. Some of them, I was certain, had little connection with our hosts. At one point, I slipped into a hallway and asked my friend Wanda, "Why are we here?"

"I don't know, Jeff," Wanda said. "Why are we here?"

This weird answer chilled me. By the time Julie summoned everyone into the living room, my stomach had twisted into one enormous knot. Kris and I were clearly the center of attention. Was this some sort of intervention? Had I run naked down Main Street while sleeping? Had I unknowingly broken some social code?

Now, a step back: earlier that month, several friends had encouraged me to go to the art gallery on Main Street and view a painting of our bed and breakfast by Asheville artist Ann Vasilik. Eventually, I viewed the painting—I had no idea our B&B had attracted an artist's brush—and the unusual angle Vasilik had chosen, exposing the ramshackle soul of our old house, intrigued me. I also viewed the price tag, shook my head, and walked back across the street.

That painting was the purpose of the party. Julie carried it from the next room, held it high, and spoke some words I could scarcely comprehend. All those people, some with a good deal of money, some poor as the proverbial church mice, had chipped in and bought the painting for us. To this day, it hangs in the home where I live, with the names of the donors attached to the back.

Unexpected gift, unexpected time.

These surprises were grand gestures, to be sure, but our gifts to loved ones and friends can be as small as a bouquet of flowers to a wife, a letter of love and appreciation to a parent, an ice cream treat to a child. Such simple presents can brighten the day, bring a smile, spark romance, and make a memory.

So often we become caught up in the frantic race of day-to-day life that we forget the power of the gift. A dozen roses to a woman on Valentine's Day is a nice gesture but with little kick, whereas this same bouquet delivered in the middle of July on no special occasion might rattle the Richter scale of emotions. To leave a letter on your husband's pillow telling

him of your love and what his hard work means to the family may warm a discouraged heart. To say to your 10-year-old after supper, "Let's saddle up, Johnny," and drive him without notice to the bowling alley or a movie will provide him with a memory he will long cherish. That young woman in your office expects a present at Christmas—a bonus, a gift card—but you can make her day in April with some comparable offering.

Unexpected gifts, unexpected times.

We can even give such gifts to ourselves. One catch: Only those with "eyes to see and ears to hear" can unwrap these presents. In Thornton Wilder's "Our Town," a young woman who has died is permitted to revisit one day in her life. She picks her 12th birthday, and is soon shocked and saddened by the blindness of human beings to the miracles of ordinary life. At one point she addresses the Stage Manager:

Emily: "Does anyone ever realize life while they live it ... every, every minute?"

Stage Manager: "No. Saints and poets maybe ... they do some."

Few of us are saints and poets, and none of us can realize life every minute, but sometimes a happy accident or force of will can remove us from the trenches of the daily grind, open our senses to the mysteries and magic of the world, and allow us respite from our cares and the refreshment of our souls.

An example: You've woken from a night of restless sleep and terrible dreams. You're financially strapped, the bills are piling up, and you're just trying to feed the kids and keep a roof over their heads. Worried sick, you sit on the back deck of your home with a cup of coffee. Warily, you close your eyes, open them, and absorb your surroundings. For just that moment, your anxieties disappear, and along with your coffee, you sip in the morning's pleasures: blue skies, cool air, a slight breeze, and birdsong.

Unexpected gift, unexpected time.

A key to the heart.

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

The Power of a Family Dinner

During the German occupation of Jersey, food ran scarce—but the islanders' spirits stayed strong

COURTESY OF RACHAEL DYMSKI



LIMPET STEW

1 quart limpets

1 tablespoon flour

Salt

Thyme, parsley, and one small bay leaf

1 pint green peas

Mashed potatoes, to serve

Put the limpets in to boiling water; boil for 10 minutes. Remove shells and intestines. Then take the soft tops off and mince the hard parts.

Put a little fat, butter or oil, in frying pan. When hot, add flour, a little salt, thyme, parsley, and bay leaf. Fry till brown, stirring all the time. Add enough stock or water to make a thick gravy, add limpets and peas (strained), stir and simmer for 15 minutes.

Serve in a well of mashed potatoes.

CLARENCE CRISTIN (COURTESY OF RACHAEL DYMSKI)



MIRIAM NEWITT/SHUTTERSTOCK



BUNDESARCHIV, BILD 101-228-0286-344 / DEY / CC-BY-SA 3.0

(Top) The author's great grandfather, Clarence Cristin.

(Middle) The author's great grandmother, Elsie Foster Cristin.

(Bottom) German soldiers in Jersey in 1941.

RACHAEL DYMSKI

I have a farmhouse table in my kitchen, built with wooden slats and grooves wide enough to collect every crumb. Its legs are adorned with red crayon marks courtesy of my toddler. It is not the most ornate table in the world, nor is it the neatest, but it is my favorite place in my house.

That my family eats dinner together is my strictest rule. I do this so we can talk, I do this because I enjoy it, but mostly, I do this because of my grandfather's stories from the war.

Visits to Jersey

I learned about World War II on my grandfather's knee, in the half-light of dusk, during visits to his house by the sea on the English Channel Island of Jersey. This island, only 14 miles off the coast of France, was the only place that had truly been home for my grandparents.

Their family histories went back hundreds of years on this little island, and they took an ownership of everything "Jersey": the cows, the cream, the 40-foot tides. It was an ownership and grounding they passed on to me.

I remember these visits as a series of snapshots: racing my granddad along the beach, the wind blowing my hair into my ice cream with the chocolate flake on St. Catherine's breakwater, my granny's guest room that flooded with the scent of lavender from the fields when she opened the window, the propane stove and porcelain cups lowered by rope over the cliffs down to the beach at low tide in order to enjoy a steaming cup of tea in the hot sun.

Every night, my granny cooked up a dish of meat and Jersey Royal potatoes. In the morning, we would have thick milk from Jersey cows, the kind that left mustaches on our faces and made us full before breakfast.

Remembering the War

What I loved most about my visits to the island were the stories I would hear around the dinner table, when the plates were cleared and time stretched leisurely before us, allowing my grandparents to return in memory to some of the most impactful years of their childhoods.

I learned about Winston Churchill's decision to demilitarize the Channel Islands in 1940; about the German planes that bombed the harbor of St. Helier, shattering the windows of the family photography shop; about the pamphlets that fell from the sky demanding islanders hang a white flag from every house in unconditional

surrender; about the fear they felt when the Channel Islands became the only piece of British territory to fall into Hitler's hands.

For my grandparents, the hardest part about the occupation was not knowing what was going to happen. They didn't know that the Allied soldiers would win the war. They didn't know that Jersey would be liberated in 1945, and that they would narrowly escape starvation thanks to the Red Cross. All they knew was that their homes were suddenly in enemy territory, and it looked like the enemy was winning.

In sitting down to eat, in keeping this one sacred act consistent, they refused to surrender to the Germans.

In 1940, the island was occupied and cut off from communication with the rest of the world. Wireless sets were confiscated, curfews were enforced, weapons and ammunition were to be turned in, and clocks were set forward an hour to conform to Central European Time. German troops arrived on Channel Island soil, 11,000 in number, marching through the streets and requisitioning houses or cars for their use.

Naturally, widespread panic about food developed. On an island, there is only so much food to go around, and even less so in wartime. Islanders who could afford it began to "panic buy" butter, sugar, and meat, resulting in the enforcement of strict rations. In May of 1941, the weekly adult ration of food was 11 ounces of meat, 2 ounces of butter, 3.3 pints of milk.

Resilience

What strikes me most about my grandparents' stories, as I look back now, is not the hardness of the times, nor the difficulty of the rations, but the resilience they and their families had. They talked with fondness about the ways they became resourceful.

When tea and coffee became scarce, they made their own from carrots, parsnips, and sugar beets. They still boiled their water, sat down on the couch, and enjoyed the ritual of a cup of tea. When salt ran out, they learned to evaporate seawater.

When the Germans insisted that every pig and cow be accounted for, islanders resisted in their own way. A friend of my granny told me a story about a pig that died on one farm and was taken, undercover in a wagon, to several other farms.

That week, several farmers reported a dead pig and toasted their luck at the undercover hog roasts they enjoyed with friends.

As the Germans dotted the pristine beaches with landmines and bunkers, access to the water became more limited. Fishing was severely restricted, because the Germans feared the Jersey men would use fishing as an opportunity to escape. Where low water fishing was allowed, my granddad would hunt for limpets, which his mother would use for limpet stew: fried in a little fat with flour, parsley, and thyme, and served with a thick gravy over a well of mashed potatoes.

They would talk, over limpets or razor fish, or seaweed soup, about how not to give in, how to remain strong in the face of occupation. I imagine them around their little kitchen table with a vase of flowers, my granddad with his parents and sister, still participating in the act of sitting down to eat together, still claiming the ritual of family dinner as important and valuable, even when food sources were tight and constantly getting tighter. In sitting down to eat, in keeping this one sacred act consistent, they refused to surrender to the Germans.

I have the recipe for Limpet Stew, among several others from the occupation, passed down to me by a cousin. I find it so moving that this recipe was written down, because it implies that it is worth remembering. The war forced choices upon everyone, and my family chose to stay loyal to their values, one of which was taking time to sit down together and enjoy the act of eating.

I think about my granny, providing my granddad a cooked meal every day of his married life, and the security it brought to their home, the room it created for conversation, for sharing stories with me. I think about my granddad's mother, who in a time of fear brought security to her home by sitting around the table to eat and to talk.

Even in hard times, when the very core of our identity is shaken, there is power in continuing to provide our families with the steady refuge of the dinner table, whether we are serving lamb and mint sauce or limpet stew.

When we sit at a table and enjoy a common meal, we serve up more than good food. We serve up courage.

Rachael Dymski is an author, florist, and mom to two little girls. She is currently writing a novel about the German occupation of the Channel Islands and blogs on her website, RachaelDymski.com

DAVID GENDERS

La Corbière Lighthouse in St. Brélade, Jersey.



A Noodle Salad

From the Land of Smiles

CICI LI

Thailand is known as the Land of Smiles because of its genuinely happy and welcoming people. Bangkok, the country's capital, is the place I called home for eight years of my childhood.

One of my favorite Thai dishes is yum woon sen, a beloved glass noodle salad dish. The word "yum" literally translates to "mix," and refers to a type of Thai salad; while "woon sen" means "glass noodles."

Yum woon sen is a dish that every Thai home cook knows how to make by heart. It has many dimensions of flavors and textures, all different but coexisting in harmony: slippery, chewy glass noodles; crunchy Chinese celery, juicy tomatoes, snappy shrimp, and umami-packed dried shrimp and ground pork. Roasted peanuts add more crunch and nuttiness, and a spicy, zingy dressing of lime juice, fish sauce, palm sugar, and bird's eye chili peppers brings it all together.

A Quest for the Perfect Dish

I remember eating yum woon sen in Thailand all the time, whether at school, from

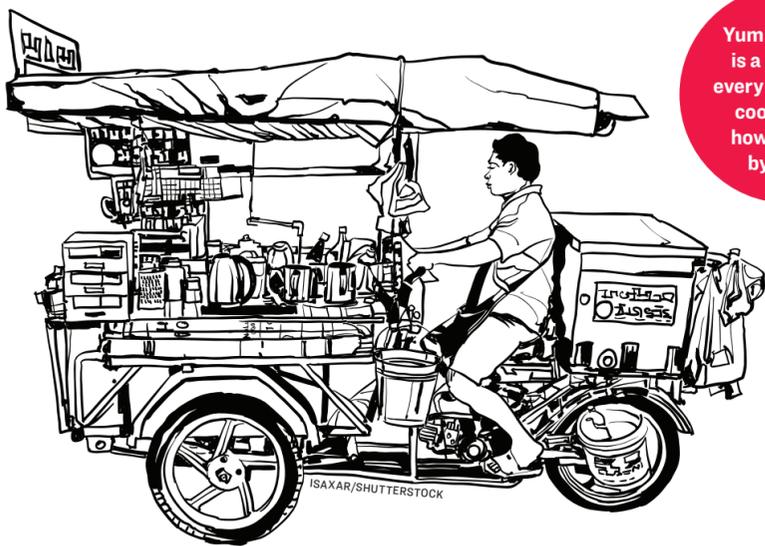
street food stalls, or in luxurious restaurants. Despite all being made with the same ingredients, each version tasted slightly different, from one place to another. My favorite spot was at a food stall in front of a giant shopping center, The Mall Bangkapi.

After coming to the United States, yum woon sen became a dish that I had to order in every Thai restaurant I went to—and yet I never found one that perfectly satisfied my palate, like the one in front of The Mall Bangkapi.

I told my husband about my quest to find the perfect yum woon sen. One day, he piled up all the ingredients for the dish on our kitchen counter. He was determined to make it for me.

For the next 30 minutes, he worked his magic on the dish. To my surprise, he presented me with a flavor that was so familiar, and yet that I had not tasted for the longest time. It is one that I missed dearly.

To me, it is the taste of Thailand, the taste of smiles. It is so refreshing, a perfect balance of sweet, savory, citrusy, and spicy. I believe yum woon sen will also become your family's favorite salad dish and bring a smile to everyone's face.



Yum woon sen is a dish that every Thai home cook knows how to make by heart.

YUM WOON SEN (THAI GLASS NOODLE SALAD)

PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES
SERVES 4

- 6 ounces glass noodles
- 1 tablespoon vegetable oil
- 1/4 cup peanuts
- 3 tablespoons dried shrimp
- 1/2 pound shrimp, peeled and deveined
- 1/4 pound ground pork
- 1 teaspoon fish sauce
- 1/2 small onion, sliced lengthwise into 1/4-inch slices
- 1/4 cup Chinese celery stalks, cut into 1-inch pieces
- 1/4 cup Chinese celery leaves, chopped
- 1/4 cup grape tomatoes, halved lengthwise
- A handful of cilantro, chopped

For the dressing:

- 6 tablespoons lime juice
- 5 tablespoons fish sauce
- 1 1/2 tablespoons palm sugar
- 2 bird's eye chili peppers, minced
- 2 garlic cloves, minced

Soak the glass noodles in water for 5 minutes. Drain and set aside.

To make the dressing, mix together the lime juice, fish sauce, palm sugar, bird's eye chili peppers, and minced garlic. (Traditionally, the bird's eye chili peppers and garlic are pounded in a mortar and pestle, but if you don't have one, chopping them with a knife will do just fine.)

In a small pan, add 1 tablespoon of vegetable oil and the peanuts. Stir fry the peanuts over low heat until lightly browned, about 2 minutes. Drain the oil and set aside.

In the same pan, add the dried



shrimp, and stir fry over low heat until crispy, about 2 minutes. This is going to add a lot of umami flavor to the salad. Drain and set aside.

Yum woon sen.

In a pot, add about 2 cups of water and bring to a boil. Cook the noodles until al dente, about 30 seconds. Without draining the water, remove the noodles from the pot and rinse in cold running water, to stop them from cooking any further. Set aside.

Bring the water in the pot back to a boil. Transfer in the shrimp and boil over medium-high heat until they turn pink, about 1 minute. Remove from pot and set aside.

Drain most of the water from the pot, leaving about 5 tablespoons. Add the ground pork and fish sauce and cook over high heat, stirring, until well done, about 3 minutes. Drain and set aside.

To assemble the salad, in a large mixing bowl, add the onion, Chinese celery, grape tomatoes, cilantro, glass noodles, dried shrimp, shrimp, minced pork, and dressing. Toss together.

Serve on a plate and top with the peanuts.

CiCi Li is the producer and presenter of "CiCi's Food Paradise" on NTD. Join her in discovering the world of Asian home cooking at CiCiLi.tv



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