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In
the NEWS

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PUZZLES
on B6

Courts awarded
\$1.2 MILLION

in damages to academic
Peter Ridd on Sept. 6 for
unfair dismissal over his
calling out of 'question-
able' science on the Great
Barrier Reef.

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NORTH KOREA

has acquired two new
types of solid-fuel ballistic
missiles capable of Mach
6 speeds and launched 18
of them since May, ana-
lysts say.

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**"I disagreed
strongly with
many of his
suggestions, as
did others in the
administration,
and therefore, I
asked John for his
resignation."**

U.S. President Donald Trump
on the firing of National Se-
curity Adviser John Bolton

US | A6

**"It's not charity,
it's always forced
coercion and
manipulation no
matter what. No
matter how you
structure it, that's
what it is."**

Justin Haskins, Editorial
Director of America's Heart-
land Institute, on Socialism

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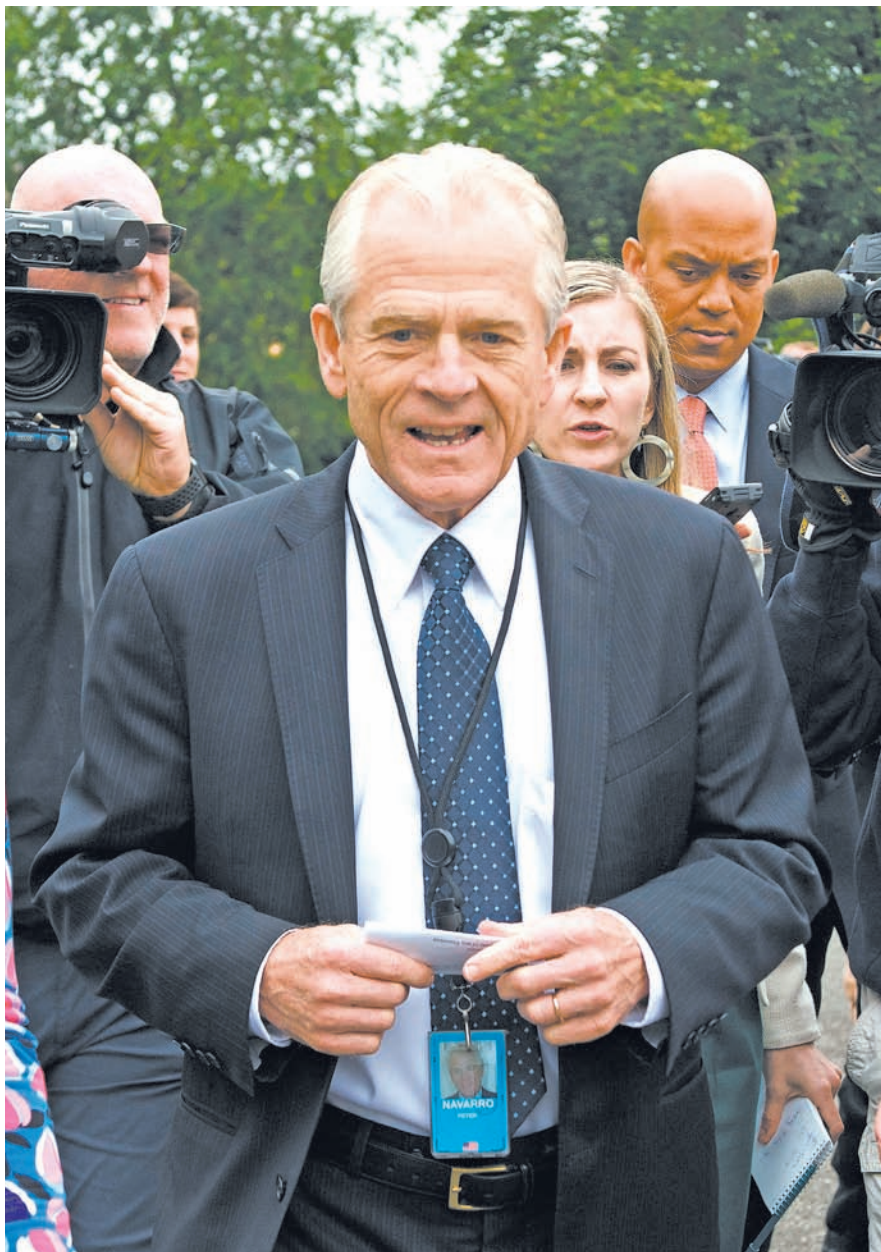
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U.S. President Donald Trump at the White House on Aug. 27, 2018 and White House Director of Trade Policy Peter Navarro at the White House on June 4, 2018.

TRADE WAR

US-China Trade Talks Need to Deal with China's Structural Issues: Advisor

Economist and Top White House Advisor Peter Navarro calls out China's 'seven deadly sins'

EVA FU

White House chief trade advisor Peter Navarro said the United States won't back down on demands it made prior to an earlier breakdown of talks with the Chinese regime, as the two countries head back to the negotiating table in October.

"We had a deal. We had a 150-page plus agreement that was in these seven verticals that dealt with each of these issues, plus enforcement. It

We can't have a country as large as China ... treating us like a piggy bank.

White House chief trade adviser Peter Navarro

was negotiated over 11 negotiating sessions and including commas and paragraphs. And that's the basis for moving forward," Navarro said in an interview with Yahoo Finance published on Sept. 8.

"But the Chinese walked away from that."

Navarro was referring to a breakdown in trade talks in early May, when the Chinese regime backflipped

on agreed-upon provisions.

The two sides have since agreed to resume talks, but the trade dispute escalated in August after President Donald Trump decided to slap fresh tariffs on \$300 billion of Chinese imports, citing the Chinese regime's failure to deliver on pledges to buy more U.S. farm products and curb the flow of fentanyl into the United States. *Continued on A7*



District of Columbia Attorney General Karl Racine (L) with Texas Attorney General Ken Paxton (R) in front of the U.S. Supreme Court on Sept. 9, 2019.

COMPETITION LAW

50 US States and Territories Launch Competition Probe Into Google

BOWEN XIAO

Fifty U.S. States and territories, including the District of Columbia and Puerto Rico, have launched an anti-trust probe into Google and the company's "potential monopolistic behaviour." The investigation is being led by Texas Attorney General Ken Paxton, who formally made the announcement on Sept. 9.

The bipartisan probe from attorneys

general included nearly every state in the nation, except for California and Alabama. President Donald Trump has increasingly called out Google and other technology companies for suppressing conservative voices. In August, Trump said on Twitter that his administration is "watching Google very closely."

The new probe follows existing investigations at the federal level by the *Continued on A6*

CLIMATE CHANGE

Head of Key Meteorological Organisation Slams Climate Extremists

IVAN PENTCHOUKOV

The head of the world's foremost weather science organisation issued a surprise rebuke to climate alarmists in remarks published on Sept. 6, marking what may be, according to some experts, one of the most significant develop- *Continued on A3*

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Accuracy
& Integrity

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

Physics Professor Awarded \$1.2 Million Compensation For Being Unlawfully Fired for Views on Great Barrier Reef

TOM OZIMEK

A court has awarded Australian academic Dr. Peter Ridd over \$1.2 million in damages after finding the physics professor was unlawfully fired after taking a sceptical stance on some of the impacts of climate change.

In a judgment issued on Sept. 6, the Federal Circuit Court of Australia ruled to award Ridd “the sum of 125,000 AUD by way of pecuniary penalty” plus “1,094,214.47 AUD as compensation for loss” that the former James Cook University employee suffered at the hands of the educational institution.

Ridd sparked the ire of the university for challenging his colleagues’ research on how the Great Barrier Reef has been impacted by global warming. Exemplifying his perspective are arguments he made in the publication “Climate Change: The Facts 2017” in which he wrote that coral is the “least endangered of any ecosystem to future climate change.”

Questions About ‘Questionable Science’

“There is perhaps no ecosystem on Earth better able to cope with rising temperatures than the Great Barrier Reef,” Ridd wrote in the publication. “Irrespective of one’s views about the role of carbon dioxide (CO2) in warming the climate, it is remarkable that the Great Barrier Reef has become the ecosystem, more than almost all others, that is used to illustrate and claim environmental disaster from the modest warming we have seen over the course of the last century.”

“I have highlighted just a few examples of questionable science—the list is long,” Ridd continues, adding that in his view, current scientific practices and institutions are unreliable and in need of reform.

“The fundamental problem is that we can no longer rely on ‘the science,’ or for that matter our major scientific institutions. There are major quality assurance shortcomings in the way we conduct what I will call ‘policy science’—that is science used to inform public policy.”

In particular, Ridd argues for the need for rigorous quality assurance with respect to scientific studies that inform policy.

“Policy science concerning the Great Barrier Reef is almost never checked,” he wrote. “Over the next few years, Australian governments will spend more than a billion dollars



Former JCU geophysicist Peter Ridd.

=====

The world needs people who care for the environment; many of these scientists have signed up for a career of relative poverty to pursue marine biology. However, given these emotional pressures, together with the lack of a formal quality assurance mechanism, and documented examples of misinterpretation of calcification rates, we can be sceptical of claims that the Great Barrier Reef is in peril.

Peter Ridd, geophysicist

on the Great Barrier Reef; the costs to industry could far exceed this. Yet the keystone research papers have not been subject to proper scrutiny. Instead, there is a total reliance on the demonstrably inadequate peer-review process.”

He concludes: “There are serious problems with quality assurance in many areas of science, and possibly more so for Great Barrier Reef policy science. Not only are there the normal science distorting factors, such as only being able to get funding when there is a problem to be solved, there is also the problem that many marine scientists are emotionally attached to their subject. The world needs people who care for the environment; many of these scientists have signed up for a career of relative poverty to pursue marine biology. However, given these emotional pressures, together with the lack of a formal quality assurance mechanism, and documented examples of misinterpretation of calcification rates, we can be sceptical of claims that the Great Barrier Reef is in peril.”

Ridd is also on record for taking a sceptical stance on the mainstream climate science consensus more broadly, after former President Barack Obama said in 2008, “few challenges facing America and the world are more urgent than combating climate change. The science

is beyond dispute and the facts are clear.” The professor was a signatory to a full-page ad funded by the Cato Institute that disputed Obama’s characterisation, noting that “the case for alarm regarding climate change is grossly overstated.”

“Surface temperature changes over the past century have been episodic and modest and there has been no net global warming for over a decade now,” the ad reads. “After controlling for population growth and property values, there has been no increase in damages from severe weather-related events. The computer models forecasting rapid temperature change abjectly fail to explain recent climate behaviour. Mr. President, your characterisation of the scientific facts regarding climate change and the degree of certainty informing the scientific debate is simply incorrect.”

Other notable opinions expressed by Ridd include saying in an interview on The Bolt Report that the climate change debate is unfairly skewed to favour one side, comparing it to a “court case in China,” and saying that those representing the modern green movement “nowadays are less of an environmental movement and more of an extreme left-wing conglomeration devoted primarily to social justice issues.”

No Joke

In its decision, the Federal Circuit

Court listed a total of 18 “contraventions” of legal acts that the university had in April been found guilty of, including imposing a gag order on Ridd “to keep the disciplinary process confidential;” trying to prevent him from making jokes about his ordeal by directing him to refrain from “make[ing] any comment or engag[ing] in any conduct that directly or indirectly trivialises, satires or parodies the University taking disciplinary action against [him];” and, finally, firing him.

Judge Salvatore Vasta wrote in the judgment that Ridd would now be seen as “damaged goods” and the university had “poisoned the well” of the professor’s future employability.

“The fact that JCU has not removed either of their press statements (despite my judgement) is almost tantamount to an attempt to ensure that Professor Ridd does not obtain employment in this field,” Judge Vasta noted.

The judge further suggested the university’s conduct bordered on “paranoia and hysteria fuelled by systemic vindictiveness” and Ridd must have felt he was being persecuted. He found the academic’s intellectual freedom had been undermined by the “myopic and unjustified actions of his lifelong employer.”

Reacting to the court’s determination, Ridd said, “this case was always about academic freedom. It was a fight that should never have started in the first place.” He pointed to his decades-long history of empirical inquiry into the Great Barrier Reef, saying that his “genuinely held belief is that there are systemic quality assurance problems at GBR science institutions. I had a right, a duty, to say this. JCU have still not accepted this fundamental right despite the importance of the debate to the North Queensland region.”

The university has three weeks to appeal the ruling. If they do, Ridd said he will continue to press his case.

“My lawyers say it is a landmark case so it is imperative that we continue the fight if necessary,” he said.

The university declared its intent to appeal the ruling on Sept. 6.

“The university has previously made clear its intention to appeal His Honour’s decision in this matter. As a litigant, it is entitled to do so. The university’s position will be addressed in its appeal,” a spokesman said, according to media reports.

Confucius Institutes in Australia Should Be Banned, Researcher Says

BOWEN XIAO

A research expert says the controversial Confucius Institutes (CIs) located across Australia’s educational institutions should be shut down, citing the financial influence the Chinese Communist Party wields behind such classes and concerns of potential foreign influence.

Last month, the New South Wales Department of Education banned the programme from being taught at the state’s public schools and the South Australian government is currently debating whether to cancel as well. Daniel Wild, the Director of Research at the Institute of Public Affairs, told The Epoch Times on Sept. 10 that the state of Victoria should take stronger action.

China has claimed that the aim of their CI’s are purely to strengthen Chinese language learning, with the programme growing to over 1,600 universities and schools around the world. But it has been facing increasing scrutiny globally



Daniel Wild, the Director of Research at the Institute of Public Affairs.

over risks ranging from violations of human rights, loss of academic integrity and freedom, to even potential infringements on national security.

“I think that it should be closed both at schools and universities,” Wild said. “That doesn’t mean that Chinese history and culture can’t be taught in Australia. But the concern is really where’s the money coming from and how is that influencing the content of their teaching?”

“Is it based primarily on say what the Communist

Party wants, or is it based on a more of an accurate reflection of Chinese history?” he continued. “I think there is a concern when the Chinese Communist Party is behind the funding of it.”

In August, a Hong Kong protest in Melbourne’s City Centre turned violent and was cut short after pro-Beijing “thugs” sought to silence event speakers and attendees. Approximately 500 pro-Hong Kong supporters stood peacefully on the steps of Victoria’s State Library in a show of support for a “Stand with Hong Kong-Power to the People” rally organised by the Victoria Hong Kong Tertiary Student Association.

Wild said universities in Australia rely strongly on international students for financial benefit. The Group of Eight (Go8), a coalition of eight world-leading research-intensive Australian universities, have 30 to 35 percent international students, with roughly half that amount coming from China, Wild said.

“It’s in the interest of the

government and also the universities to get more international students because there are no taxpayer costs and the university does get higher fees,” he said. “That’s essentially the financial business model of universities.”

In principle there is nothing wrong with having international students come to Australia, Wild added, but he said the challenge was when the university’s “entire financial model is based on more and more international students.”

“What is that doing to outcomes? The standards? Are they lowering standards? Are they worried about failing students? I think it raises broader questions,” he said. “[Foreign] Influence is an issue, but it’s also an opportunity to revisit the entire financial model of our universities in Australia.”

Last year Victoria also formally signed onto China’s controversial One Belt, One Road initiative under Premier Daniel Andrews and Chinese ambassador to Australia Cheng Jingye. Victoria

is the only state in Australia to have joined the initiative, which aims to create two trade pathways between China and Europe.

Critics say the initiative “facilitates Chinese economic and strategic domination of the countries along these routes.”

Chinese investment means that the Australian government won’t have to raise taxes to build more infrastructure, but Wild said that it “creates a vulnerability.”

“I’m not convinced that it’s very healthy to have a state government signing up to an initiative that the Commonwealth government has said is a problem from a national security perspective,” Wild said.

Wild believes the “biggest impediment” to business investment in Australia is red tape. At the highest level, he said it costs Australia \$176 billion each year, citing research the Institute of Public Affairs undertook two years ago.

John Xiao contributed to this report.

North Korea Reveals New Solid-Fuelled Firepower

RICK FISHER

Commentary

Though North Korea has held to its pledge not to test long range ballistic missiles like its estimated 13,000 kilometre (km) range liquid fuelled Hwasong-15 intercontinental ballistic missile (ICBM), it has instead revealed new solid-fuel ballistic missiles that could form the basis for even greater ICBM threats.

Specifically, since May, Pyongyang has launched 18 new solid fuel short-range ballistic missiles (SRBMs). These missiles, and a new ballistic missile submarine revealed on July 23, will increase North Korea's ability to wage war against South Korea, Japan, and the United States.

Eight of a new SRBM, identified as the "KN-23" by the United States Force Korea (USFK), were launched on May 4 and 9, and on July 26 and Aug. 6. Its distinctive bi-conic nose shape has led many analysts to speculate this missile may be based on the Russian 9K720 Iskander SRBM, which has a diameter of 930 millimetres (mm) and a range of 500 km.

However, the KN-23 shows visible differences from the Iskander, such as its placement of exhaust guidance vanes. In addition, respected German analyst Norbert Brugge estimates its diameter is 1.1 meters, making it larger than Iskander, and potentially based on North Korea's 1.1 metre diameter Pukguksong-1 (KN-11) submarine-launched ballistic missile (SLBM).

Four more of an alleged second type of new SRBM were fired on Aug. 4 and Aug. 16, but actually may be a variant of the KN-23. Brugge estimates this missile also has a 1.1 metre diameter and may use the same solid rocket motor as the KN-23.

Images released by North Korea appear to indicate it has a smoother ogive-shaped missile dome and may be shorter. However, another German analysis, Markus Schiller, notes these images may be distorted to conceal the missile's length, which may be close to that of the KN-23.

Then on Aug. 24, North Korea launched two of a new SRBM based on artillery rocket technology, but assessed by Brugge and the USFK to have a large 600 mm diameter. It has been designated KN-25 by the USFK. It uses nose-mounted guidance fins



People watch a TV showing a file image of North Korea's missile launch during a news programme at the Seoul Railway Station in Seoul, South Korea on Aug. 6, 2019.

An additional fear is that North Korea may develop small tactical nuclear warheads to fit on its new solid-fuel ballistic missiles.

for precision guidance, like North Korea's earlier 300 mm diameter KN-9 artillery rocket first seen in March 2016.

These new SRBMs are important in that they likely will supplement and then replace North Korea's arsenal of several types of older liquid-fuelled SCUD SRBMs. Solid-fuel missiles are much easier to store, can be moved more easily, and can be prepared for launch far more rapidly than liquid-fuelled missiles.

Also, the South Korean Ministry of Defense reports that the KN-23 appears to be capable of speeds above Mach 6, a low-altitude trajectory, and manoeuvring capability. This makes the KN-23 more difficult to defeat with current U.S. and South Korean missile defense systems. It may also have a range of 600 km to 700 km, meaning it could cover targets in South Korea and reach some parts of Western Japan.

While two KN-23s are carried per 8-wheeled transporter erector launcher (TEL), a different truck-based eight-wheel TEL can carry four KN-25 SRBMs. Though South Korea Joint Chiefs of Staff reported it flew

380 km on Aug. 24, the size of this missile suggests it may be capable of a range of 500 km or more. It may also be cheaper to produce than the KN-23 as it is based on a less complex artillery rocket design.

An additional fear is that North Korea may develop small tactical nuclear warheads to fit on its new solid-fuel SRBMs. On Aug. 21, Japan's Yomiuri Shimbun reported Japan's Ministry of Defense has concluded in a new assessment that North Korea has been successful in "miniaturising" its nuclear warheads, but did not say how small. But Pyongyang's history of nuclear and missile cooperation with Pakistan suggests it could share its designs for .5 to 5 kiloton tactical nuclear weapon that arms its Hatf-9 or NASR artillery rocket-based SRBM.

Pakistan's 400 mm diameter NASR and its TEL are products of the China Aerospace Science and Industry Corporation (CASIC), which also has a lengthy relationship with North Korea, having provided 16-wheel and 18-wheel TELs for its ICBMs like the Hwasong-15. The 300 mm KN-9 is carried by a TEL made by China's

In Unprecedented Move, Head of Key Meteorological Organisation Slams Climate Extremists

CONTINUED FROM A1

ments in the climate debate in decades.

Petteri Taalas, the secretary-general of the World Meteorological Organisation (WMO), told the Talouselämä magazine in Finland that he disagrees with doomsday climate extremists who call for radical action to prevent a purported apocalypse.

"Now we should stay calm and ponder what is really the solution to this problem," Taalas said. "It is not going to be the end of the world. The world is just becoming more challenging. In parts of the globe, living conditions are becoming worse, but people have survived in harsh conditions."

The remarks came as a "total surprise," especially coming from Talaas, who has himself made alarmist statements about the climate, according to Benny Peiser, the director of the Global Warming Policy Foundation in London.

"I think they're beginning to realise that the whole agenda has been hijacked by extremists and undermining the economy and the social stability of European countries," Peiser told The Epoch Times.

Talaas said that establishment meteorological scientists are under increasing assault from radi-



It is not going to be the end of the world. The world is just becoming more challenging. In parts of the globe, living conditions are becoming worse, but people have survived in harsh conditions.

Petteri Taalas, World Meteorological Organisation Secretary-General

cal climate alarmists who are attempting to move the mainstream scientific community in a radical direction. He expressed specific concern with some of the solutions promoted by climate alarmists, including calls for couples to have no more children.

"While climate scepticism has become less of an issue, now we are being challenged from the other side. Climate experts have been attacked by these people and they claim that we should be much more radical. They are doomsters and extremists. They make threats," Taalas said.

"The latest idea is that children are a negative thing. I am worried for young mothers, who are already under much pressure. This will only add to their burden."

According to Myron Ebell, the chair of the Cooler Heads Coalition—an organisation that challenges climate alarmism—Talaas's remarks are significant because he heads the WMO. The WMO is one of the two organisations that founded the Intergovernmental Panel on Climate Change (IPCC) in 1988. Since being formed, the IPCC has become the leading institution worldwide to promote the theory that human activity contributes to global warming.

"It's a major international

organisation. It has a lot of credibility and for the head of it to say that the alarmists have gone too far is important or potentially important," Ebell said.

"We'll have to see what the impact is and also what the blowback is," he added. "Because, in the past, when people have stepped out of line in a more realistic or sceptical direction, the alarmist establishment has been pretty effective—and often in a very brutal way—in punishing or forcing people back into line."

While Taalas limited his examples in the climate debate to Finland, some of the extremism Ebell references is akin to the rhetoric employed by climate alarmists in the United States. Democratic socialist Rep. Alexandria Ocasio-Cortez has become one of the key faces of that movement. The New York congresswoman regularly promotes the theory that the world will enter an irreversible downward spiral toward apocalypse unless the United States takes radical action to eliminate carbon dioxide emissions in 12 years.

The 12-year deadline Ocasio-Cortez references comes from a special report by the IPCC, which states that "global warming is likely to reach 1.5°C between 2030 and 2052 if it continues

to increase at the current rate." The report concludes that risks of long-lasting or irreversible impact on the earth's ecosystems are higher if warming breaches the 1.5-degree mark by 2030.

Talaas pointed out that climate extremists are selectively picking out facts from the IPCC reports to fit their narrative.

"The IPCC reports have been read in a similar way to the Bible: you try to find certain pieces or sections from which you try to justify your extreme views. This resembles religious extremism," Taalas said.

Greenpeace co-founder Patrick Moore called Talaas's remarks the "biggest crack in the alarmist narrative for a long time."

"The meteorologists are real scientists and probably fed up with Greta, Mann, Gore, & AOC catastrophists. Good on him," Moore wrote on Twitter on Sept. 7. AOC is the acronym commonly used to refer to Ocasio-Cortez. The three others named in the message are Michael Mann, a climatologist; Greta Thunberg, a 16-year-old Swedish student; and Al Gore, the former vice president.

The vast majority of the climate models the IPCC uses as the basis for its predictions have incorrectly forecast higher temperatures

repeatedly. According to an analysis by the Cato Institute, 105 of the 108 models predicted a higher surface temperature for the period between 1998 and 2014 than the temperature actually recorded.

The IPCC has previously admitted that climate models cannot be used to accurately predict long-term changes in the climate.

"In sum, a strategy must recognise what is possible. In climate research and modelling, we should recognise that we are dealing with a coupled non-linear chaotic system, and therefore that the long-term prediction of future climate states is not possible," the IPCC's 2018 report states.

Peiser said he sent Talaas's comments to a list of 5,000 media contacts, but none have picked up the story. Peiser's non-profit posted the first translation of the comments, some of which were adopted for this article after verification.

"I think people are utterly shocked by the language that he is using," Peiser said. "He talks about a religious cult. He talks about people being extremists and doomsters. It's quite staggering. The language that he uses and the signal that he's sending out is 'We are afraid of these extremists. They are destroying our society.'"

Sinotruck corporation, a strong indication that a Chinese company, likely CASIC, assisted with the KN-9 missile.

In the late 1990s, CASIC sold a 600 mm diameter solid rocket motor to Turkey, which uses it as the basis for its J-600T family of ballistic missiles. CASIC, thus, is a possible source for the motor and other technology for North Korea's KN-25. But it could also be based on the Russian 650 mm diameter 9K79 Tochka SRBM, that North Korea obtained from Syria in the mid-1990s.

North Korea's new solid-fuel SRBMs, following the 2017 tests of its 1,200 km to 2,000 km range 1.4 metre diameter solid-fuelled Pukguksong-2/KN-15 medium range ballistic missile (MRBM), all point to North Korea's development of solid-fuelled intermediate and intercontinental range missiles.

This goal was noted in the Aug. 27 report by a Panel of Experts given to the United Nations Security Council, with an Annex at the end of the 141 page report stating, "according to one Member State [of the United Nations], the DPRK's current goal appears to be to develop a solid-fuelled first stage for its ICBM."

In its April 2017 large military parade in Pyongyang, North Korea displayed a full-scale mock-up of a medium to intermediate range solid fuel missile very similar to CASIC's DF-21 MRBM used by China's People's Liberation Army Rocket Force. Also revealed in this parade was a 16-wheel CASIC TEL carrying a full-scale mock-up of the cold-launch tube for a solid fuel ICBM.

As North Korea's future solid-fuel ICBMs and other missiles will be easier to transport and conceal, it is imperative that the United States continue with programs to develop more capable missile defenses, and new theater missiles to deter North Korea's future solid-fuelled missile arsenal.

But the United States must also sanction CASIC for its transfer of missile technology to North Korea to begin the process of dividing North Korea from its sources of Chinese missile assistance.

Rick Fisher is a senior fellow with the International Assessment and Strategy Centre.

African Civil Society Organisations Worried as China Takes Control of Various Economic Sectors

ANDREW MAMBONDIYANI

ADDIS ABABA, Ethiopia—Amid fears that Beijing is taking control of various sectors of Africa’s economy, civil society organisations in Africa have expressed unhappiness with development projects implemented by Chinese investors, which they say don’t benefit local people.

In the Ethiopian capital, Addis Ababa, just like in many major cities in Africa, there are various Chinese investment projects at different stages of implementation. High-rise buildings under construction by the Chinese can be seen in most parts of the city.

The Africa Union Conference Center and Office Complex (AUCC), funded and constructed by the Chinese government at a cost of \$200 million, stands imposingly in Addis Ababa, dwarfing nearby slums and other commercial buildings.

At 99.9 meters (328 feet) tall, the main building is currently the tallest building in Addis Ababa and houses the headquarters of the Africa Union, a continental body consisting of 55 member states.

Though the AUCC was a gift from China, members of civil society organisations (CSOs) in Africa, who gathered in the Ethiopian capital for a pre-Climate Change and Development in Africa (CCDA-VIII) side event on Aug. 27, expressed concern about what they say is China’s continued plunder of the continent’s resources with little concern for local people.

The side event was organised by the Pan African Climate Justice Alliance (PACJA), a coalition of CSOs in Africa, and the discussions centered on the growing Chinese investments in the continent.

During the meeting, members of CSOs from different parts of Africa expressed displeasure over the Chinese



Villagers demonstrate against a Chinese mining company in Domboshava, Zimbabwe, on May 6, 2019.

As civil society [organisations], we should find ways of engaging them [the Chinese] and our governments so that the investments can benefit local people.

Mithika Mwenda, Executive Director of the Pan African Climate Justice Alliance

investments, which they say weren’t benefiting local communities.

“I’m sure you have seen that there is a lot of construction going on here in Addis Ababa, and most of the construction is being done by the Chinese. As civil society [organisations], we should find ways of engaging them [the Chinese] and our governments so that the investments can benefit local people,” Mithika Mwenda, the executive director of PACJA, told participants at the event.

Lack of Local Opportunities

The CSOs wished that the Chinese investments wouldn’t harm Africa’s environment, but would instead take care of the well-being of the communities they are investing in.

Henry Bayoh, an environmentalist and development expert based in Sierra Leone, told The Epoch Times that despite massive investments by Beijing in Africa, many people in his country weren’t benefiting from the investments.

“Many people in my country are not happy with the Chinese as they [the Chinese] are taking over virtually all sectors of the economy and business



A Kenyan worker puts gravel at the construction site of Chinese-built Nairobi-Naivasha Standard Gauge Railway near Nairobi, Kenya, on June 23, 2018.

opportunities in the country. But these Chinese are not employing many local people, as they are bringing their own labor from China,” Bayoh said.

Though the CSOs agreed that Africa had abundant resources, they acknowledged that the continent doesn’t have the finances, infrastructure, or ability to harness the natural resources for development, hence the involvement of China.

“There is a lot of money coming in [from China] and increasing debt, as we keep on accessing loans,” the CSOs stated in a communiqué after the meeting.

However, there are no checks and balances and a lack of good governance, which has resulted in a lack of benefits for the continent from the Chinese loans.

The Chinese investors are maximising their profits and are bringing in their own companies to Africa, the CSOs stated.

Investment in the Future

In the statement, the CSOs said there was over-exploitation of natural resources in Africa by China without taking care of future generations.

“[The] Chinese have an agenda do we have one as Africans? Do the African states understand the livelihood frameworks when negotiating for the contracts? In several instances the Chinese come into our countries illegally and choose [to] over-exploit or extend their mandate by engaging in activities they are not licensed to do,” the statement reads.

The South African newspaper reported in 2018 that “according to economic analysts, China’s never-ending loans could lead Africa down a slippery slope of unpayable debt.”

In the last 18 years, the reported stated, China had “pumped more than \$124 billion into Africa, while the International Monetary Fund has warned of increasing debt distress in 15 African countries.”

Against this background, the CSOs stated there is a need for proper consultations between CSOs, the private sector, and government before engaging in negotiations with the Chinese.

The CSOs stated that there should be increased transparency, and investors should respect human rights and ensure decisions will positively influence future generations.



A Chinese J-20 stealth fighter performs at the Airshow China 2018 in Zhuhai in southern China’s Guangdong province on Nov. 6, 2018.

China Air Force Demonstrates J-20 Stealth Fighter, Hints at Mass Production

CHRISS STREET

News Analysis

The People’s Liberation Army Air Force (PLAAF) executed a precision flyover of seven J-20 stealth fighter jets to announce that China is now mass-producing fifth-generation aircraft.

China Daily’s promotional Sept. 4 video, featuring the J-20 aircraft cruising in formation, was meant to signal the rapid expansion of the PLAAF fleet.

Beijing-based military expert Zhou Chenming told South China Morning Post that with China forecasting the United States and its allies to deploy 200 to 300 F-35 stealth fighters in the Asia-Pacific region by 2025, Beijing must respond in equal numbers.

Lockheed Martin, maker of the F-22 and F-35, defined fifth-generation jet fighters as having all aspects of stealth when armed: low-probability-of-intercept radar; high-performance airframes; advanced avionics features; and highly integrated computer systems capable of networking with other battle space elements for situation awareness.

After investing at least \$35 billion in top secret fifth-generation stealth development for 25 years, the United States introduced a prototype of the F-22 in 1997 and

an F-35 advanced fighter in 2006. It took eight years of further development for the F-22 to enter active service in 2005, and another decade for the first F-35s to enter service in 2016.

Within a year of the F-35 prototype’s release, Chinese cyber-soldiers used malware to steal terabytes of data from Lockheed and its supply chain. According to detailed documents released by former NSA analyst Edward Snowden after he fled to Russia to avoid prosecution, China in 2007 stole the stealthy radar design (the number and types of modules), detailed engine schematics (methods for cooling gases, leading and trailing edge treatments, and aft deck heating contour maps), and engine designs.

The U.S. F-35 after-action report estimated that China hacked U.S. Department of Defense computers at least 30,000 times, penetrating more than 1,600 network computers, compromising 600,000 user accounts, and causing more than \$100 million in response costs.

As later disclosed in a 2018 federal plea bargain, China cyber-penetration schemes tend to involve PLA military officers

sending phishing emails to individuals at the target companies, usually purporting to be a colleague or industry contact. Once the employee enters a website, malware is installed that gives Chinese agents remote access to directories that contain trade secrets and a worm to search the company’s network.

China unveiled prototypes for the Chengdu J-20 fighter in 2011 and advanced Shenyang FC-31 in 2012 as its first stealth aircraft. U.S. designs similarities included edge alignment and smooth surfaces; radar absorption coatings on plane surface and canopy; and a thick fuselage for an internally recessed weapons bay.

In what is considered an engineering feat, the J-20 officially entered PLA Air Force service in 2017, just six years after its initial prototype.

The most difficult aspect of building fighter jets is the precision manufacturing of its engines. The National Interest reported earlier this year that China was experiencing difficulty with mass producing the J-20’s specially built WS-15 engine, because Chinese-built single-crystal turbine engine blades couldn’t handle the combination of high temperatures and maneuvering stress needed to power J-20 airframes at up to Mach 2.

As a backstop in 2017, the PLAAF initially used its aging WS-10B engine that relied on the same core machine technology of CFM-56 aero engines that were imported from the United States in the 1980s. The WS-10B’s thrust-to-weight ratio is insufficient to power the J-20 at supersonic speeds without using afterburners, which defeat its stealth capabilities.

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.

Hong Kong’s Carrie Lam Says US Bill Is Foreign Interference

FRANK FANG

Hong Kong leader Carrie Lam sided with Beijing’s longstanding rhetoric against the United States on Sept. 10, when she called the U.S. Congress a foreign influence trying to “interfere” with the city’s internal affairs.

“It’s extremely inappropriate for foreign parliaments to interfere in HKSAR [Hong Kong Special Administrative Region] internal affairs in any way, and [we] will not allow [the United States] to become a stakeholder in HKSAR matters,” Lam said at a press conference.

She was reiterating a statement from the Hong Kong government, issued on Sept. 9, in reaction to local protests the previous day, when thousands of Hongkongers marched to petition the U.S. Congress to approve a bill that would support human rights in Hong Kong.

Chinese officials have consistently accused foreign governments of fomenting chaos in Hong Kong, often lambasting their officials who show support for the protests as getting involved in China’s “internal affairs.”

Chinese state media has pushed the false narrative that the ongoing protests in Hong Kong have been masterminded by the United States.

The U.S. bill, known as the Hong Kong Human Rights and Democracy Act of 2019, was introduced in June. It would require the U.S. secretary of state to annually certify that Hong Kong is “sufficiently autonomous” from mainland China to merit the special treatment from the United States that is currently afforded to it under the 1992 U.S.–Hong Kong Policy Act.

Under that Act, the United States agreed to treat Hong Kong as a separate entity from the mainland in economic and trade matters, even after the former British colony was handed back to Chinese sovereignty in 1997. For example, Hong Kong goods entering the U.S. market currently aren’t penalised by the Trump administration’s tariffs on Chinese-manufactured goods.

Protesters who support the bill say it would apply economic pres-

sure on the Hong Kong government and help secure Hongkongers’ rights as outlined in the city’s Basic Law. Many Hongkongers have complained that since the handover, the Chinese Communist Party has increasingly encroached on the city’s affairs.

On Sept. 9, former U.S. Defense Secretary Jim Mattis said the Hong Kong protests were “not an internal” Chinese matter, and that the United States should offer at least moral support to the demonstrators.

“They said it would be two systems, and the extradition law was a violation of that,” Mattis said.

The Chinese regime had promised that under the “one country, two systems” model, Hongkongers’ basic rights and freedoms would be preserved under Chinese rule.

Public anger at the erosion of Hong Kong’s liberties has propelled protesters to continue staging rallies and marches even as Lam agreed to withdraw the extradition bill last week—almost three months after mass protests first began.

The bill would have allowed the Chinese regime to transfer individuals to face trial in mainland China’s courts, which lack the rule of law.

Lam reiterated on Sept. 10 that she had taken steps to hold dialogue with the public—a statement that’s been challenged by protesters as insincere.

Citing a leaked internal police memo, local media reported on Sept. 10 that the police force has given “blanket approval” for officers to use extendable batons during off-duty hours to deal with violent protesters.

Meanwhile, protests spread to the sports field on the evening of Sept. 10, when many local fans booed China’s national anthem as it played before a World Cup qualifying soccer game against Iran. Disrespecting the national anthem is against the law in mainland China; a bill that proposes also making it an offense in Hong Kong territory was introduced but has been put on hold following the crisis over the extradition bill.

Reuters contributed to this report.

Activist Joshua Wong Says Hong Kong is ‘New Berlin’ in Reference to Cold War

NICOLE HAO

Hong Kong pro-democracy activist Joshua Wong finally arrived in Berlin, Germany on Sept. 9 to attend a human rights event, after an initial administrative mistake led Hong Kong police to arrest Wong and prevent him from leaving.

He will then head to Washington DC to testify at Capitol Hill together with Hong Kong singer-activist Denise Ho.

Wong, 22, first rose to international prominence during the 2014 pro-democracy Umbrella Movement, which called for universal suffrage in Hong Kong elections. In 2016, Wong founded a local political party Demosisto, together with other young activists, including Nathan Law and Agnes Ting Chow.

Prevented from Leaving

On the morning of Sept. 8 local time, Wong was arrested at the Hong Kong airport before he could board his flight to Germany. Local police said Wong had violated his bail conditions.

Wong, who is active in the anti-extradition-bill protests, was previously arrested on Aug. 30 morning on charges of inciting and participating in an unauthorised assembly. He was released that afternoon after paying bail of 10,000 HK Dollars (\$1,275). As part of his bail conditions, he was given a nighttime curfew, but was allowed to travel to Taiwan, Germany, and the United States for already-scheduled events.

Since early June, millions of Hongkongers have protested an extradition bill that proposed allowing people to be transferred to mainland China for trial. The protests have since morphed into wider calls for democracy and an independent investigation into police use of force.

Wong was detained for 24 hours. During a court hearing on Sept. 9 morning, the judge acknowledged that Wong’s bail document had marked the wrong date for permitting him to leave Hong Kong. The judge released him and allowed him to continue on to Berlin.

“The overnight detention was completely unacceptable and inappropriate as it undermined my freedom of movement just because of groundless speculation,” Wong told German media Bild before he boarded his plane to Germany on Sept. 9 morning.

Wong was invited to attend an event sponsored by Bild celebrating human rights activists around the world.

He made the event in time, telling the audience that his city was now a bulwark between the free world and the “dictatorship of China.”

“If we are in a new Cold War, Hong Kong is the new Berlin,” he said in a reception space on the roof of Germany’s parliament building—just a stone’s throw from the Berlin Wall,



MICHELE TANTUSSI/AFP/GETTY IMAGES

Prominent Hong Kong protester Joshua Wong arrives for a press conference in Berlin, Germany, on Sept. 11, 2019.

which for decades occupied the no-man’s land between Communist East Berlin and the city’s capitalist western half.

Wong pledged that his hometown’s protesters would not be lulled into complacency by the decision of the city’s government to formally withdraw the extradition bill, announced on Sept. 4. He also called for international governments to continue supporting the protesters.

“We urge the free world to stand together with us in resisting the

Chinese autocratic regime,” he said.

In the following days, Wong is scheduled to meet with German lawmakers and foreign affairs officials. He is also scheduled to deliver a speech at the Humboldt University of Berlin. On Sept. 12, Wong will leave Germany and fly to New York, where he said he will lobby for support for the Hong Kong Human Rights and Democracy Act.

Testify at Capitol Hill

The Hong Kong Human Rights and Democracy Act, which has been introduced in both chambers of Congress in June, proposes requiring the U.S. Secretary of State to certify annually that the city is sufficiently autonomous from mainland China to justify the special treatment currently afforded to it.

Since Hong Kong’s handover from British to Chinese rule in 1997, the United States has dealt with Hong Kong as a separate entity distinct from the mainland in matters of economics and trade. For example, Hong Kong doesn’t face the tariffs that the United States is currently imposing on Chinese imports.

Wong will testify on Sept. 17 before the U.S. Congressional-Executive Commission on China, when the Congress-mandated committee will “examine developments in Hong Kong and the future of U.S.-Hong

Wong will testify on Sept. 17 before the U.S. Congressional-Executive Commission on China, when the Congress-mandated committee will “examine developments in Hong Kong and the future of U.S.-Hong Kong relations in light of the ongoing demonstrations and the escalating tensions caused by police violence and threats by the Chinese government against Hong Kong’s autonomy.”

Kong relations in light of the ongoing demonstrations and the escalating tensions caused by police violence and threats by the Chinese government against Hong Kong’s autonomy,” according to a press release. Wong will join a panel of Hong Kong experts and activists who will speak on the subject.

Reuters contributed to this report.



OMER MESSINGER/GETTY IMAGES

A woman is passing by a poster with a scene from the fall of the Berlin Wall on German Unity Day on Oct. 3, 2017, in Berlin, Germany. Unity Day commemorates the reunification of East and West Germany following the end of the Cold War in 1991.

China Telecom, Unicom Team Up for 5G Network, Shutting Out Huawei

Two of China’s three largest state telecom companies, China Telecom and China Unicom, are working together to build a 5G mobile network in a cost-cutting venture that could crimp orders for vendors such as Huawei Technologies.

China Telecom said in August that it was ready to join rivals to build network for 5G, the fifth-generation cellular network technology that promises to support new features such as autonomous driving.

China is the world’s largest smartphone market, and tie-ups between major operators there could lessen overall infrastructure spending, potentially affecting telecoms gear makers such as Huawei.

Countries like South Korea and the United States have already started 5G services, and China is rushing to join the race.

China Unicom said in its statement that it believes the cooperation will help “(improve) network investment return and asset operation efficiency, leading to win-win for

both parties.”

Meanwhile, Huawei’s ambitions to enter international 5G markets has encountered hiccups. Many Western countries have already shunned the Chinese telecoms giant from its 5G rollout, amid concerns that its equipment could be exploited by the Chinese regime to conduct spying.

Reports on Sept. 9 said the Australian officials advised India to ban Huawei from supplying parts for its 5G rollout. Australia has already shut out Huawei from its next-generation telecommunications network, while India is still evaluating its options.

In early August, Reuters reported that Chinese officials warned India’s ambassador in Beijing that India shouldn’t block Huawei from doing business in the country, warning that otherwise, “reverse sanctions” could be placed on Indian firms operating in China.

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Trump Forces Out National Security Advisor John Bolton

IVAN PENTCHOUKOV

President Donald Trump forced out national security advisor John Bolton on Sept. 10.

“I informed John Bolton last night that his services are no longer needed at the White House,” Trump wrote on Twitter.

“I disagreed strongly with many of his suggestions, as did others in the Administration, and therefore, I asked John for his resignation, which was given to me this morning.”

Trump thanked Bolton for his service. The president said he will name a new national security advisor next week.

Secretary of State Mike Pompeo, who is part of the national security team, said Trump was well within his rights to fire Bolton. Pompeo acknowledged that he has disagreed with Bolton many times.

“The president is entitled to the staff that he wants at any moment,” Pompeo said during a briefing at the White House shortly after news of Bolton’s exit. “He should have people that he trusts and values and whose efforts and judgments benefit him in delivering American foreign policy.”

Addressing questions on whether U.S. foreign policy in regards to Iran would change with Bolton’s departure, Treasury Secretary Steven Mnuchin told reporters that the Trump administration is aligned in pursuing a maximum pressure campaign against the Islamic regime.

“We’ve done more sanctions on Iran than anybody, and it’s absolutely working,” Mnuchin said, adding that Trump’s offer to meet the Iranian president with no pre-conditions still stands.

Bolton joined the White House in April 2018, replacing H.R. McMaster. White House spokesman Hogan Gidley told reporters that deputy national security advisor Charles Kupperman will serve as the acting national security advisor. Gidley said Bolton’s “priorities and policies just don’t line up with the president.”

Sen. Lindsey Graham (R-S.C.) said that he found Bolton to “to be accessible and always pursuing an agenda that not only helps the President but makes America safe.”

“I hope the president will choose someone with a strong background in national security and a world view that there is no substitute for American power when it comes to world order and that strength is better than weakness,” Graham said in a statement.

Harry Kazianis, a senior director at the Centre for the National Interest, said that the firing of Bolton was



U.S. President Donald Trump (C) leaves with his national security advisor John Bolton (R) after holding a press conference ahead of his departure from the G7 summit in La Malbaie, Canada, on June 9, 2018.

One Republican familiar with the disagreements between Trump and Bolton said the advisor’s opposition to a possible meeting between Trump and Iranian President Hassan Rouhani was a precipitating factor in the dismissal.



U.S. Secretary of State Mike Pompeo at the White House on Sept. 10, 2019.

“long overdue and a smart move for Team Trump.”

“While there are many possible candidates that Trump could reach out to, the current North Korea Special Representative Stephen Biegun, who already has decades of government and foreign policy expertise, could be a strong choice,” Kazianis said in an emailed statement.

“Douglas MacGregor, a favourite on Fox News and a retired U.S. Army Colonel who is very much in line with Trump’s restrained foreign policy vision, is also very much worth consideration.”

Pompeo noted that Trump has stuck to the foreign policies he spoke about while on the campaign trail. The departure of any one cabinet

official will not change Trump’s stance, he said.

“I don’t think any leader around the world should make any assumption that because someone of us departs, that President Trump’s foreign policy will change in a material way,” Pompeo said.

Mnuchin pointed out that Trump and Bolton had conflicting views on the Iraq War.

Trump and Bolton gave differing accounts of the departure.

“I offered to resign last night and President Trump said, ‘Let’s talk about it tomorrow,’” Bolton wrote on Twitter minutes after Trump issued a pair of messages about accepting Bolton’s resignation.

Bolton’s departure comes as the

Trump administration is exerting intense pressure on several adversaries, including China, North Korea, Iran, and Venezuela.

Since joining the administration in early 2018, Bolton has espoused scepticism about the president’s relations with North Korea and has advocated against Trump’s decision in 2018 to pull U.S. troops out of Syria. He masterminded a quiet campaign inside the administration and with allies abroad to persuade Trump to keep U.S. forces in Syria to counter the remnants of the ISIS and Iranian influence in the region.

Bolton was also opposed to Trump’s now-scrapped plan to bring Taliban negotiators to Camp David on Sept. 8 to try to finalise a peace deal in Afghanistan.

One Republican familiar with the disagreements between Trump and Bolton said the advisor’s opposition to a possible meeting between Trump and Iranian President Hassan Rouhani was a precipitating factor in the dismissal.

Bolton’s ousting came as a surprise to many in the White House. Just an hour before Trump’s tweet, the press office announced that Bolton would join Pompeo and Mnuchin in a briefing. A White House official said that Bolton had departed the premises after Trump’s tweet and would no longer appear as scheduled.

In a further sign of an acrimonious relationship, a person close to Bolton told reporters that they had been authorised to say one thing—that since Bolton has been national security advisor, there have been no “bad deals” on Iran, North Korea, Russia, and Syria. The person, who did not divulge who had given the authorisation, wasn’t allowed to discuss the issue by name and spoke only on condition of anonymity.

When asked to respond to the person’s comment, White House press secretary Stephanie Grisham smiled and told reporters: “I don’t know how to read” it. “Sounds like just somebody trying to protect him,” she said.

Bolton has championed hawkish foreign policy views dating back to the Reagan administration and became a household name over his vociferous support for the Iraq War as the U.S. ambassador to the U.N. under George W. Bush. Bolton briefly considered running for president in 2016.

Trump has admired Bolton for years, praising him on Twitter as far back as 2014. Trump has told allies he thinks Bolton is “a killer” on television.

The Associated Press contributed to this report.

50 US States and Territories Launch Competition Probe Into Google

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Justice Department and the Federal Trade Commission, which are currently probing Facebook, Google, Apple, and Amazon for potential violations of antitrust law.

Nebraska Attorney General Doug Peterson said at a Washington press conference that the sheer number of attorneys general joining together sends a “strong message to Google.” A Google spokesperson didn’t immediately respond to a request for comment by The Epoch Times on the new probe.

According to a press release, the investigation will focus on Google’s “dominance in the telecommunications and search engine industries” as well as the “potential harm” the company may cause to consumers and the economy from any anti-competitive conduct. Google’s parent company, Alphabet, has a market value of more than \$820 billion and controls many facets of the internet. Google’s dominance in on-line search and advertising enables it to target millions



A single lone state trying to fight Google is a great waste of time. When you have so many states fighting, that’s a significant action.

Robert Epstein, senior research psychologist

of consumers for their personal data.

Paxton said at a press conference that the states formally requested, on Sept. 9, documents from Google on its advertising business. Several of the attorneys general at the announcement in Washington described the investigation as “preliminary” but said they expected it would expand to cover other issues, including data privacy.

Alphabet said Sept. 6 that the Justice Department in late August requested information and documents related to prior antitrust probes of the company. The company added in a securities filing that it expects similar investigative demands from state attorneys general and that it is cooperating with regulators.

In a Sept. 9 statement, New York Attorney General Letitia James said Google’s widening control could be a danger to consumers’ rights.

“Google’s control over nearly every aspect of our lives has placed the company at the centre of our digital economy,” she wrote.

“But it doesn’t take a search engine to understand that unchecked corporate power shouldn’t eclipse consumers’ rights.”

‘Significant Action’

Dr. Robert Epstein, a senior research psychologist at the American Institute for Behavioural Research and Technology, told The Epoch Times the new probe is “quite important” because the United States has done very little to keep companies like Google in check. Epstein has spent more than half a decade monitoring Google’s influence.

“A single lone state trying to fight Google is a great waste of time,” Epstein said. “When you have so many states fighting, that’s a significant action. There are nearly 800 attorneys just in the attorney general’s office in the state of Texas. We are talking about a lot of resources now being brought together going up against Google.”

Epstein said he had been in regular touch with some of the attorneys general, in some cases going back sev-

eral years.

“The main thing they can do is to levy fines, and the problem is Google can just brush off fines,” he said. “Google has been subjected to more than \$8 billion in fines by the EU in the last two years, approximately. But I don’t think these fines will really have the impact that we need to have on Google.”

According to Epstein, Google’s power needs to be curtailed in three main areas: surveillance, censorship, and manipulation. Epstein said he has spoken to various attorneys general about these issues, but he wasn’t sure if they had the authority. He said Congress, the Justice Department, and the Federal Trade Commission could take much more concrete action.

Epstein said that even if Democrats swept the 2020 election—which he believed would end the federal investigations—the attorneys general probe would almost certainly persist. He said this was why the new probe is so important.

Epstein has discovered a dozen methods Google uses

to manipulate public opinion or votes, including the search engine manipulation effect and search suggestion effect.

In 2016, Epstein conducted a secret monitoring project that showed that Google hid negative auto-complete search results for Hillary Clinton months before the presidential election. His peer-reviewed research found Google’s algorithms can easily shift 20 percent or more votes among voters and up to 80 percent in some demographic groups.

Epstein, who considers himself a moderate who leans liberal, warned that if Congress becomes controlled by Democrats, “Google’s power in Washington will skyrocket.”

“This is exactly what happened in Obama’s second term of office, where roughly 6 federal agencies were being run by former Google executives,” Epstein said. “Obama’s chief technology officer was a former Google executive.”

Reuters and The Associated Press contributed to this report.

China’s Leap Ahead of US on 5G Poses Grave National Security Risks: Think Tank

MARK TAPSCOTT

China is far ahead of the United States in developing fifth-generation (5G) digital communications technology and by 2025 could have a powerful intelligence window into the information and data that most of the world’s population depends upon in daily life.

That’s the warning of Hudson Institute senior fellow William Schneider Jr. in a Sept. 5 briefing memo made public by the Washington-based conservative think tank.

Schneider is an economist and defense analyst who is a former presidential appointee at the U.S. State Department and the Office of Management and Budget (OMB).

“5G technology will enable a worldwide transition to mobile telecommunication with nearly instantaneous transfer of data,” Schneider wrote in the memo. “Forecasters estimate that by 2025, three-quarters of the world’s population (6 billion people) will be interacting with data an average of once every 18 seconds.

“These interactions will take place through ubiquitously distributed 5G capabilities embedded in everyday appliances through the ‘internet of things’ (IoT), as well as with the data business that governments provide and often control.”

The IoT is the currently forming digital world in which millions of devices from smartphone and microwave ovens to automobile computer controls and “smart cities” are interconnected to exchange and process trillions of data bytes in mere microseconds.

Such capabilities make 5G much more than simply the next step up in digital telecommunications for Wi-Fi systems, as 4G was compared to 3G, according to Schneider. It is the critical link to create the worldwide digital infrastructure required for the IoT.

Schneider estimates that by 2030 the commercial and industrial sectors of the world’s economy alone will have up to 125 billion devices essential to daily life and generating distributed



People walk past a Qualcomm poster advertising 5G internet in Shanghai on June 26, 2019.

If China is able to dominate the next generation of telecommunications services through its propagation of 5G, it will underpin its BRI aims to become the world’s leading economic and military power by 2049.

William Schneider Jr., senior fellow, Hudson Institute

data about their users.

Thus, 5G is “the gateway to control the world’s information infrastructure,” according to Schneider. “The intelligence value of this information from a national security perspective exclusively accessed through a modern communications system dominated by China–5G–is immense and profoundly threatening.”

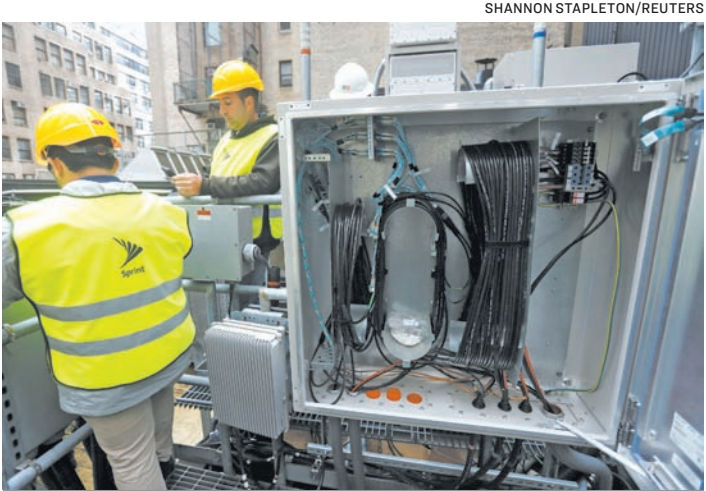
Experts project that China will deploy an estimated 4.9 million 5G base stations by 2030 while investing another \$150 billion in the technology by 2025.

Beijing has heavily invested in 5G research and development for more than a decade, an investment reflected in the fact “a Chinese-dominated infosphere is, in fact, the ‘digital road’ component of its Belt-and-Road-Infrastructure (BRI),” Schneider wrote.

The BRI is Chinese leader Xi Jinping’s signature long-range plan for making China the world’s pre-eminent superpower, in place of the United States.

Making Beijing a major lending source for countries around the world, but especially in developing countries, is a key part of that plan. China already has the world’s largest digital financial services infrastructure serving 800 million people.

In addition, “China is positioned to overtake the U.S. as the world’s largest insurance market—a form of



Technicians work on the installation of 5G technology next to fiber cables on top of a building in New York City on June 11, 2019.

financial service that is readily propagated by modern telecommunications technology, particularly 5G,” Schneider wrote.

“Meanwhile, the broad-based availability of financial services in developing countries [under the BRI] would be a massive transformation” in world balance-of-power relations.

These developments coincide with the advance of technology firms into the financial services sector based on their vast and growing “fintech” digital networking and processing resources, Schneider noted.

With BRI’s 5G capabilities, China could continuously and simultaneously track and analyse billions of individual financial transactions.

U.S.-based technology giant Google is working with Chinese universities and corporations with close ties to the Chinese military and intelligence communities.

The artificial intelligence (AI) applications that result from such collaborations could also enhance China’s ability to analyse vast quantities of financial transactions in Beijing’s emerging “social credit” system.

The social credit system was announced in 2014 and is expected to be completed in its first iteration by next year, according to Forbes. The system consists of a digital file on every individual and corporation in China, and computes a continu-

ously updated individual “score” for all of them.

The score measures how well or poorly each entity complies with the Chinese Communist Party’s behavioural, political, and economic mandates and prohibitions.

“This transactional information is one of the important enablers of China’s social credit system. For example, in areas where non-Han Chinese citizens live (Tibet and the Uyghur regions of Western China), a deficient social credit score prevents millions from buying tickets for public transportation,” according to Schneider.

Schneider further warned that “if China is able to dominate the next generation of telecommunications services through its propagation of 5G, it will underpin its BRI aims to become the world’s leading economic and military power by 2049, the 100th anniversary of the founding of the Peoples’ Republic of China.

“China’s emerging efforts to gain control of the global infosphere by linking it to a global Chinese 5G network are likely to continue,” Schneider wrote. “Recent U.S. legislative initiatives that attempt to develop competitive offerings to China’s infrastructure efforts, including 5G, remain embryonic and untested. The United States is late to the game, and the time to catch up is short.”



White House Opportunity and Revitalisation Council Executive Director Scott Turner speaks at the invitation of President Donald Trump during the National Historically Black Colleges and Universities Week Conference in Washington on Sept. 10, 2019.

Trump Expresses Commitment to Historically Black Colleges

EMEL AKAN

WASHINGTON—President Donald Trump said Sept. 10 that he’s committed to “protecting, promoting, and supporting” black colleges more than any previous president.

Speaking at this year’s National Historically Black Colleges and Universities (HBCU) Week Conference, Trump touted his policies toward African American communities and colleges.

“You’ve seen this administration’s commitment—bigger and better and stronger than any previous administration, by far. So that’s very important,” he said.

Soon after taking office, Trump signed an executive order on HBCUs and vowed to make black colleges an “absolute priority.” He ordered more than 30 agencies to develop plans on how to make these institutions more competitive when seeking grants and other federal support.

“I signed legislation to increase federal funding for HBCUs by a record 13 percent. That was the highest ever done,” Trump said.

The White House initiative has resulted in the inclusion of HBCUs in the federal five-year STEM Education Plan and the federal Research and Development Budget Priorities, according to a report by Black Enterprise, a black-owned multimedia company. It also helped increase investment in HBCU programmes under Title III of the Higher Education Act of 1965.

There are more than 100 HBCUs across the country, with most of them located in the South. The most notable ones include Hampton University in Virginia, Howard University in Washington, and Spelman and Morehouse colleges in Georgia.

HBCUs comprise 3 percent of all nonprofit colleges and universities and enroll 10 percent of all African American college students, according to the White House.

Trump said his administration took other actions during the last two and a half years to support HBCUs, including lifting the ban on Pell Grants for

summer classes, fully forgiving disaster loans provided to black colleges devastated by Hurricane Katrina, providing capital finance loan deferment to 13 HBCUs, and increasing Howard University’s annual grant by \$15 million.

At the event, Trump announced that faith-based HBCUs would start to see equal access to federal support.

Back to the White House

In 1981, President Ronald Reagan created the White House initiative on HBCUs, to strengthen the nation’s historically black colleges through a government-wide effort. The initiative was moved from the White House to the Department of Education under the presidency of George W. Bush in 2002. Trump moved the initiative back to the White House.

During his remarks, Trump also criticised the previous governments, saying that his administration is working hard to fix “decades of mistakes made by politicians in both parties.”

“Past leaders spent trillions of dollars in the Middle East, but they let our citizens suffer, our middle class languish, and our neighbourhoods fall into total disrepair,” he said. “And they didn’t take care of our colleges. I mean, our colleges at different levels. They didn’t take care of a lot of things.”

Trump touted his policies including criminal justice reform, First Step Act, and Opportunity Zones, a federal programme to spur investment in underserved communities.

Speaking at the event, Scott Turner, executive director of the White House Opportunity and Revitalisation Council, said the main objective of the opportunity zones is “the eradication of poverty in our nation.”

According to estimates, more than 1,800 people attended this year’s conference, held between Sept. 8 and Sept 10 in Washington.

US–China Trade Talks Need to Deal with Chinese Structural Issues, Top White House Trade Adviser Says

CONTINUED FROM A1

U.S. tariffs of 15 percent on around \$112 billion worth of Chinese goods took effect on Sept. 1, covering a wide range of consumer goods, including clothes, footwear, and furniture.

Chinese officials at the vice-minister level are due to travel to Washington for talks this month, before scheduled talks with Chinese Vice Premier Liu He in Washington in October.

“We have a document, we’ve made a lot of progress, they’re coming here, I take that as a sign of good faith that they want to continue to negotiate,” Treasury Secretary Steven Mnuchin told Fox Business Network on Sept. 9.

Mnuchin told reporters outside the White House on Sept. 9 that Yi Gang, the governor of the People’s Bank of China, would also attend the October talks, and the two sides would discuss “currency and currency manipulation.”

The U.S. Treasury Department on Aug. 5 designated China as a “currency manipulator” after the Chinese regime allowed yuan to weaken past the key 7-per-dollar level for the first time in more than a decade. The move came days after Trump announced fresh tariffs to be imposed on Chinese goods.

Trump earlier expressed optimism about the trade talks. In a tweet on Sept. 6, he said that China “wants very much to make a deal,” adding that the country was having the worst year in decades.

The trade war has taken a toll on the Chinese economy, with GDP growth in the second quarter slowing to its weakest in the past 27 years. Industrial output growth in July also slowed to its lowest level in 17 years.

For more than a year, the United States has sought to compel the Chinese regime to address a range of longstanding unfair trade practices.



Chinese Vice Premier Liu He (L) shakes hands with U.S. Trade Representative Robert Lighthizer (R) alongside U.S. Treasury Secretary Steven Mnuchin (C) as Liu leaves the Office of the United States Trade Representative after trade negotiations in Washington, D.C., on May 10, 2019.

Navarro said that China has major structural issues, which he referred to as “seven deadly sins”: cyber intrusions; forced technology transfer; intellectual property theft; massive subsidies to state-owned enterprises; dumping of products in U.S. markets meant to drive U.S. companies out of business; currency manipulation; and lax regulation of fentanyl, which has contributed to the U.S. opioid crisis. He said that these issues are the reason the United States should stand up against China.

“We need to go back to that original deal, those seven verticals, dealing completely with all of those structural issues,” he said. “We can’t have a country as large as China ... treating us like a piggy bank.”

Navarro also expressed appreciation for the president’s effort to confront the Chinese regime by highlighting what he called the “China problem.”

“The more America understands what’s going on with China, the more Americans are supporting Trump’s tough stand on China,” he said during a Fox News Channel appearance on Sept. 8.

THE WORLD

In Pictures



(From top L-R) **A Colombian Huitoto indigenous man** poses for a picture inside a “maloca” (ancestral community house) before the Presidential Summit for the Amazon on Sept. 5, in Leticia, Colombia. Six Amazonian countries met in Leticia to agree on protection measures for the Amazon rainforest, the largest in the world, hit by fires and deforestation. **Hong Kong protesters hold American flags** as they March through Central, Hong Kong, to petition the U.S. Congress for support on Sept. 8. Protesters have continued demonstrations across Hong Kong despite the withdrawal of a controversial extradition bill as demonstrators call for the city’s Chief Executive Carrie Lam to meet the rest of their demands, including an independent inquiry into police use of force and the right for Hong Kong people to vote for their own leader. **A gopher smells a yellow daisy** flower before eating it in this undated photo taken in Vienna, Austria, by photographer Dick van Dujin. **Firefighters battle raging bushfires** in Angourie, northern New South Wales, on Sept. 10, as the region, along with southeast Queensland, became engulfed in flames fuelled by strong winds and extremely dry conditions from the ongoing drought. **An aerial view shows a derailed train** after a collision with a truck at a crossing in Yokohama in Kanagawa Prefecture, Japan, on Sept. 5. The train and truck collided at a crossing near Tokyo, injuring 35 people, with at least one person seriously hurt, authorities said. **Members of the Breitling Jet Team** perform during the Airpower 2019 airshow in Zeltweg near Graz, Austria, on Sept. 6. **Garrise Newbold (L) greets her nephew**, Peyton, at the Port of Palm Beach at Riviera Beach, Florida, after being evacuated by ship from the Bahamas in the aftermath of Hurricane Dorian on Sept. 7.



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US Needs Alternatives to China’s Rare Earth Monopoly

As the trade war goes on, China threatens to deprive the U.S. of critical elements its economy and its military can’t do without

JAMES GORRIE

Many consider China’s vast portfolio of U.S. Treasuries as their not-so-secret weapon in the ongoing trade war. And in some ways, that is certainly true. China could decide to liquidate much or all of its U.S. bond holdings in response to rising tariffs and use other tactics, like currency devaluation. But such a move would damage their economy along with America’s. The Chinese are smarter than that.

China State Media Hints at Embargo

Besides, the Chinese Communist Party (CCP) has another, more tangible ace up its sleeve. As unbelievable as it sounds, China holds a near global monopoly on the supply—or more accurately, the processing capacity—of rare earth elements (REE). Should China decide to impose an embargo against the sale of REEs to the United States, the American economy and the U.S. military would be scrambling to replace them, at least in the short run. That’s not overstating this situation, by the way. As Foreign Policy magazine recently observed, “Beijing could slam every corner of the American economy, from oil refineries to wind turbines to jet engines, by banning exports of crucial minerals.” The list of REE-critical products includes smartphones, special alloys, navigation systems, and much more. China, of course, is well aware of this. In fact, China’s state-run media have been promoting an embargo, or leveraging the threat of one, in response to the U.S. tariffs on Chinese products, and specifically, against the U.S. blacklisting of Huawei, China’s biggest telecom equipment manufacturer and a leader in 5G networks. Since all media in China is controlled by the

One mitigating factor is Australian-based Lynas, the world’s only major rare-earth producer outside of China.

Jars containing rare earth minerals produced by Australia’s Lynas Corp from its Mount Weld operations are seen near Laverton, northeast of Perth, Australia, on Aug. 23, 2019.

MELANIE BURTON/REUTERS



Workers at the Australian miner Lynas Corp plant in Gebeng, some 270 kilometres east of Kuala Lumpur, Malaysia, which processes rare earths imported from the Mount Weld mine in Western Australia on Feb. 2, 2012.

Chinese Communist Party (CCP), it’s a certainty that this message is being sent to U.S. trade negotiators directly from the CCP.

China Made This Play Before

If China does stop selling REEs to the United States, it wouldn’t be the first time they’ve played that card. In 2006, China began limiting its exports of REEs, reducing them by 40 percent until 2010. The reduction caused the prices of non-China-sourced REEs to skyrocket. China also took advantage of its market dominance and stopped selling to Japan in retribution for a maritime incident. After the United States, along with Japan and Europe, prevailed against China in a WTO fight in 2015, China dramatically dropped its REE prices and drove the only active REE processing plant in the United States, Molycorp, into bankruptcy. At that time China produced 95 percent of the world’s rare earth metals.

How Did We Get Here?

But how has the U.S. allowed itself to be put in such bind? Wouldn’t it make sense to have secured an American or at least a friendly source of these REEs on which so much of our military preparedness and our economy are reliant? Shouldn’t that have been a priority, say, decades ago? Actually, it was. But that changed in 1980, when rare earth mineral mining and processing came under the purview of the Nuclear Regulatory Commission and the International Atomic Energy Agency. Regulatory guidelines became increasingly restrictive, driving up costs, steadily decreasing U.S. producers’ competitiveness. By the mid-1990s, the U.S. was no longer producing REEs. Today, China supplies 80 percent of U.S. REEs.

Rare Earth Elements Aren’t so Rare After All
Fortunately, REEs aren’t rare at



FREDERIC J. BROWN/AFP/GETTY IMAGES

A cyclist wears a protective face mask while riding along a dusty road where dozens of factories processing rare earths, iron, and coal operate on the outskirts of Baotou city in Inner Mongolia, northwest China, on April 21, 2011.

all. In fact, they’re actually quite plentiful around the world, even in the United States. The 17 elements that are categorised as REEs have magnetic and conductive aspects and are typically unearthed as a result of mining operations, but most are present in only small amounts. There are few, if any, specific “rare earth mines.” The costs and health risks of producing REEs are in the processing. For instance, since toxins and radiation are a by-product of processing REEs, many Western nations’ environmental and labor laws make processing them both costly and a health risk to miners. It has been easier and much cheaper for other nations to let China produce them, since neither health codes nor environmental standards are significant factors there.

An REE Shortage Crisis?

But the costs of allowing China to gain the upper hand in the world’s supply of REEs are now becoming clear. If China does in fact restrict REE sales to the United States in the near future, it would certainly impact both the consumer product markets and the military. The key question is, how long it would take to bridge the supply gap and find alternatives? One mitigating factor is Australian-based Lynas, the world’s only

major rare-earth producer outside of China. It has partnered with Texas-based Blue Line to establish U.S. operations by 2021. However, the United States still lacks any REE processing capacity, representing a critical and ongoing vulnerability in its military capabilities. But the news isn’t all bad. The Mountain Pass mine in California is currently being prepared to ramp up REE processing operations by 2020. Coincidentally, Mountain Pass was previously owned by Molycorp, which had invested over \$1.5 billion in the processing project, before being forced out of business by China in 2015. The critical role that REEs play in both military and consumer products is impossible to overstate. The U.S. economy is dependent upon a steady and dependable supply. If America is to be successful in its bid to roll back China’s power and influence over the rest of the world, ensuring its own supply of strategic REE is not just an option, it’s a necessity.

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

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

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Socialism Is Inherently Evil, Says Justin Haskins of America’s Heartland Institute

JOSHUA PHILIPP



Socialism is inseparable from tyranny, and even if it were to work economically it would still be evil by nature,

according to Justin Haskins with the Stopping Socialism Project at the Heartland Institute.

Haskins is the author of “Socialism Is Evil,” and as the book’s name suggests, he explains the moral problems that socialism unavoidably brings to a society. By its nature, he explained, socialism tramples on individual beliefs and values.

A problem people often have when trying to understand socialism, Haskins said, is that it’s often discussed from an economic and historical perspective, and not from a moral perspective.

“One of the things that we found is when you started talking to people about socialism, and you would say things like, well, look at Venezuela, look at the Soviet Union, and look at China, look at Zimbabwe, look at all these places where it’s failed,” he said.

Yet, the individuals they speak with often respond by claiming their visions of socialism are different, and believe they can do it better, or that the numerous failed examples were caused by bad leaders and not by the system itself. This same logic has allowed socialism to continue its cycles of destruction as history repeats itself.

To get through to people who believe this, Haskins said, they took a jump in logic: imagining that socialism in full practice would work, and explaining the impact of its proposed rules.

“Even if it works, and it never works—but even if it could work—there’d be all these moral problems. And so that’s when we started focusing on this idea that socialism is evil,” he said.

Socialist Oligarchy

A main concern among many people who believe in socialism is on the centralisation of power in big corporations. Yet, while socialism does aim to “seize the means of production,” it doesn’t do away with big business or factories—it merely puts these institutions under government control, and denies the average person the ability to produce or trade. Socialism was the “dictatorship of the proletariat,” or what Lenin called the “state-capitalist monopoly.”

Meanwhile, many problems the world now sees with big corporations and monopolies come from interventionist policies and government subsidies—both of which are part of socialism. Tight regulations eliminate mid-level business, and government subsidies create surpluses that drive down prices and shut down small businesses. It’s for these reasons, and others, that even when lightly practiced socialism leads to oligarchy.

Socialists going back to Karl Marx focus their narratives on how society is giving small groups too much power, and the centralisation of power with big corporations is among their key narratives today.

“Bernie Sanders talks about all the time that the wealth is concentrated in the hands of this small group of people,” Haskins said. Yet, he noted socialism doesn’t get rid of this problem: it merely centralises power with another small group, and inevitably gives them even more power over the lives of others than the big corporations had.

“Their solution is to take that power away from the old Jeff Bezos and Bill Gates, and people



FEDERICO PARRA/AFP/GETTY IMAGES

like that, and put it in the hands of the government, which is another relatively small group of people where they’re centralising all of the power,” he said.

“All they’re doing in their own minds is taking one small group of people and exchanging it for another small group of people,” he said.

Yet there is a key difference between centralising power in business, and centralising power in government. Haskins explained that the worst companies like Amazon can do to a person is cancel their Amazon subscription.

“But what can the government do?” he said. “The government can throw you in prison. The government can take away your rights. The government can tax you, and target you, and do all kinds of terrible things to you.”

And history has shown socialism has this trait: destructive dominance over individual will, and a willingness to kill or imprison anyone who resists.

“What’s worse? Having some wealth controlled by a relatively small group of people—but you have all of your other freedoms—or having the government in charge of everything, which is essentially what they’re all calling for,” he said.

Haskins noted that many socialists are duped to trust government with their rights more than regular people.

Mistaken Charity

Many people who believe in socialism mistake it for a form of charity, without taking into account that its seizing of wealth from others cannot exist without the threat and use of force.

Haskins said many people are told that socialism represents the fight against big powers, “when in reality it is the opposite of what it says it is. It represents that big centralised power.”

“I think for so many people, socialism is basically—in their minds—it’s charity,” he said. Many people who believe this come to see people who oppose their system as heartless people who don’t care about helping the poor, he said.

“But in order for it to be charity, there has to be voluntary choice. I have to choose to help these people,” Haskins said. “I don’t have any choices under this current system. The way it works is they come in. They take my money away from me. They decide what to do with the money. They decide who to help, and most of it ends up going into the bureaucracy, and it gets lost, and it doesn’t end up helping anybody, anyway.”

“So it’s not charity,” he said.

Protesters opposed to the socialist regime in Venezuela clash with security forces in Caracas, during the commemoration of May Day on May 1, 2019.

Bernie Sanders talks about all the time that the wealth is concentrated in the hands of this small group of people. Yet, he noted socialism doesn’t get rid of this problem: it merely centralises power with another small group.

“It’s always forced coercion and manipulation no matter what. No matter how you structure it, that’s what it is.”

Haskins noted that he’s very much in support of charity, and in helping people in need, but socialism eliminates even this choice since high taxes are seized automatically to subsidise socialism’s ineffective bureaucracy.

The ‘Nordic Model’

Among the major talking points used by today’s socialist leaders is the claimed “Nordic Model,” yet this narrative is based on untruths.

“Many people have been convinced that Scandinavian countries are perfect little socialist utopias,” Haskins said. The point is often brought up by socialists when confronted with facts about the numerous systems of socialism that led to economic collapse, state slavery, mass starvation, and democide, he said.

“We can talk about it all day long—all the failures,” he said. “But then the left has pointed to these five or so relatively small countries that exist in a part of the world that basically nobody ever goes to. No one knows anything about these countries. And then they call them socialist countries.”

Yet, these alleged socialist countries maintain free market economies, and many leaders in these countries continue trying to explain that they are not socialist countries.

Haskins noted that in world freedom rankings, the Scandinavian countries rank close to the United States every year, many have fewer regulations than the United States, some offer school choice, and some had corporate tax rates even lower than in the United States—until President Trump adopted similar corporate tax policies.

“They have balanced budgets. They have a trillion dollar sovereign wealth fund in Norway that they got from drilling oil,” Haskins said. “Does that sound like the modern Democratic Party’s platform right now? Balanced budgets, less regulations, having \$1 trillion sitting in the bank? I mean, of course not.”

For many of these countries, their prosperity came before they began bringing in socialist policies, and those that did bring in socialist policies have already seen they don’t work and began rolling them back.

“They’ve actually reversed many of the policies that they started putting into place 40 to 50 years ago or so,” he said. “And once they started reversing those policies,

their economies started to improve again.”

In light of this, he noted that when socialist advocates use the “Nordic Model” as their talking point, “it’s a lie.” Haskins noted that the Scandinavian countries have adopted some socialist policies, but so have nearly every country in the world—including the United States. The talking points, however, are used to promote more complete forms of socialism that the Nordic Model does not represent.

The Moral Question

Yet, there’s something still deeper to the problems of socialism that go beyond the surface talking points, and into what socialism means in practice.

“It’s a highly immoral system. And the reason for that is predominantly because in socialism you cannot have freedom of conscience or freedom of religion. It is impossible,” Haskins said, and noted that socialist writings make clear its intentions to eliminate moral and religious society.

“If you have a collectivist society where decisions are being made by the collective ... you don’t have any options,” he said.

Under single-payer health care, he noted that if the collective decides it wants things like abortion, then people whose values oppose financing abortion will be forced to violate their values.

“The same is true for almost anything. Anything you’re socialising,” he said.

When it comes to agriculture, which he noted is historically a very common area for socialism to control, people such as Hindus who oppose killing cows, or vegetarians who oppose killing animals, can be forced to finance policies that violate their values—if the collective decides on it.

If people such as Muslims oppose consuming alcohol, they can be forced to finance the production of alcohol.

And if people decide they will refuse to pay or refuse to participate in the socialist programmes that violate their values, then the socialist collective will either force them or persecute them. This train of events has repeated itself under the various systems of socialist tyranny.

By forcing people to participate in various programmes that violate religious belief and personal values, socialism opposes tolerance and diversity.

Haskins noted that socialism has been tried in all parts of the world over the last 100 years, and continues to fail. He said, “If it was going to work, it would have worked by now.”

“More than 167 million people have been exiled in prison or killed by socialist and communist parties of the past 100 years on every continent where there are human beings,” he said. “There’s a reason for that, and we’re seeing that same tyranny crop up again.”

Yet, even aside from its history of failure, he said, “even if somehow magically we could defy all of history and logic and make that work, it would still be highly immoral.”

“You’re still imposing your beliefs on the beliefs of other people. You’re still forcing other people to violate their deeply held ethical beliefs, whether those are religious or not religious. And that’s an essential part of any socialist model.

“It has to be that way. You can’t get around it because getting around it would mean there’s choices. You can’t have choices and a socialist model—that’s the whole point.”

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

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

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SPECIAL SERIES

How the Spectre of Communism Is Ruling Our World

Destruction of the Family (Part I)

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

Chapter Seven

Preface

Since the 1960s, a variety of anti-traditional movements, including modern feminism, sexual liberation, and gay rights, have risen to prominence in the West. The institution of the family has been hit the hardest. In the United States, the Family Law Reform Act of 1969 gave a green light to unilateral divorce. Other countries soon rolled out similar laws. In the United States, the ratio of divorces to marriages more than doubled from the 1960s to the 1980s. In the 1950s, about 11 percent of the children born in a married family saw their parents divorce, and in 1970, the ratio soared to 50 percent. According to the U.S. Centers for Disease Control and Prevention (CDC), more than 40 percent of newborn infants in the United States in 2016 were born out of wedlock. In 1956, this figure was less than 5 percent.

In traditional societies in the East and in the West, chastity in relations between men and women was seen as a virtue. Today, it’s thought to be quaint and even ridiculous. The same-sex marriage movement, accompanied by the feminist movement, has sought to legally redefine the family and marriage. A law professor who is currently a member of the U.S. Federal Equal Employment Opportunity Commission initiated a declaration in 2006 called “Beyond Same-Sex Marriage: A New Strategic Vision for All Our Families and Relationships.” It advocated that people form any sort of new family, according to whatever desires they may have (including polygamous marriages, joint homosexual-couple families, and so on). The professor also argued that the traditional marriage and family should not enjoy more legal rights than any other form of “family.”

In public schools, premarital sex and homosexuality, which were regarded as shameful for thousands of years in traditional societies, have not only been instilled as normal, but in some schools, they are even tacitly or explicitly encouraged. In this view, a child’s sexual orientation should be freely developed and chosen, with the obvious result of an increase in homosexuality, bisexuality, transgenderism, and so on. For example, in 2012, the Rhode Island School District banned a school’s tradition of holding father-daughter dances and mother-son baseball games, saying that public schools have no right to instill in children ideas such as that girls like to dance or that boys like baseball. The trend toward gradual destruction of the traditional family is now obvious. The elimination of the family advocated by communism will become a reality before the long-promised elimination of class differences.

In Western societies, there are many aspects to the destruction of the family. This includes the impact not only of feminism, sexual liberation, and the homosexual movement, but also the broader social backdrop of left-wing advocacy, progressivism, and the like, all of which are claimed to be under the banners of “freedom,” “fairness,” “rights,” and “liberation.” These ideas are buttressed explicitly and implicitly by laws, legal interpretations, and economic policies supported by fellow ideologues. All of it has the effect of inducing people to abandon and transform the concept of the traditional marriage and family.

These ideologies originate from the beginning of the 19th century and are deeply infused with communist factors. The evil spectre of communism excels at continuous mutation and deception, which has led to constant confusion about what exactly people

are supporting when they endorse these policies and ideologies. The result is immersion in a worldview whose parameters were set by communist ideas. The tragic situation today—the degradation of the traditional family and people’s confusion about the true nature of this trend—is the result of the meticulous planning and gradual implementation of the spirit of communism over the past two hundred years.

The consequence is that not only is the family eliminated as a basic unit of social stability, but traditional morality established by God is also destroyed, and the role the family plays in passing on and nurturing the next generation in a framework of traditional beliefs is also lost. Thus, the younger generation is unconstrained by traditional ideas and beliefs, and become playthings for ideological possession by the communist spectre.

The tragic situation today—the degradation of the traditional family and people’s confusion about the true nature of this trend—is the result of the meticulous planning and gradual implementation of the spirit of communism over the past 200 years.

1. The Traditional Family Laid Down by God

In the traditional cultures of the East and the West, marriage was established by gods and is considered to be arranged by Heaven. Once formed, the bond of marriage cannot be broken. Both men and women were created by gods, in the image of gods, and they are all equal before gods. At the same time, gods also made men and women different physically, and established respective roles for them. In the Western tradition, women are the bone of men’s bones and flesh of their flesh. A man must love his wife as though she were part of his own body, and if necessary, sacrifice himself to protect his wife.

In turn, a woman should cooperate with and help her husband, making the couple an integral whole. Men are responsible for working hard and making a living to support the family, while women suffer in childbirth. All this stems from the different original sins people carry.

Similarly, in Eastern traditional culture, men are associated with the yang of yin and yang, which is symbolically connected with the sun and the sky. This requires them to continuously strive to make progress and shoulder the responsibility of taking care of the family through hard times. Women belong to the yin principle, symbolically connected to the earth, which means they bear and nurture everything with great virtue.

They should be yielding and considerate of others, and they have the duty to support their husbands and educate their children. Only when men and women work well in their own roles can the yin and the yang be harmonised and children grow and develop in a healthy manner.

Traditional families play the role of transmitting beliefs and morality and maintaining the stability of society. The family is the cradle of belief and the bond for the transmission of values. Parents are the first teachers in children’s lives. If children can learn traditional virtues such as selflessness, humility, gratitude, endurance, and more from their parents’ words and deeds, they will benefit for the rest of their lives.

Traditional married life also helps men and women grow together in morality. It requires husbands and wives to treat their emotions and desires with a new attitude and to be considerate and tolerant of each other. This is fundamentally different from the idea of cohabitation. Human emotions are fickle. If the couple is together because they like to be together and break up because they don’t like it anymore, the relationship is not much different from a common friendship unbounded by marriage. Karl Marx ultimately hoped for widespread “unconstrained sexual intercourse,” which of course is about dissolving the traditional marriage and thus, in the end, eliminating the institution of the family.

2. Communism's Aim to Eliminate the Family

Communism believes that the family is a form of private ownership. To eliminate private ownership, therefore, it follows that the family should also be eliminated. The original principle of communism regards economic factors to be key in determining the kind of family relationships formed. Contemporary Marxian-Freudianism regards sexual desire as the key to questions associated with the family.

The common characteristic of these two ideologies is their casting aside of basic human morality, in their worship of materialism, desire, and pragmatic interests. All of this simply turns humans into beasts. It is a twisted ideology that has the effect of destroying the family by corrupting thought.

The fantastic delusion that sits at the heart of communism is the doctrine of the liberation of mankind. This manifests not merely as supposed liberation in an economic sense, but also the liberation of mankind itself. The opposite of liberation, of course, is oppression. So where does the oppression that must be resisted come from? Communism’s answer is that the oppression comes from people’s own notions, which are imposed by traditional social morality: The patriarchy of the traditional family structure oppresses women; traditional sexual morality oppressed human nature; and so on.

The feminism and homosexual rights movements of later generations inherited and then expanded upon this communist-inspired theory of liberation. It leads to a full battery of concepts in opposition to traditional marriage and family, as well as sexual liberation, homosexuality, and the like. All of these ideas have become tools used by the devil to undermine and destroy the family. Communism sets itself against and wishes to overthrow all traditional moral values, as clearly stated in “The Communist Manifesto.”

See next edition for the next installment.



Protesters hold up placards during the “Global Strike For Future” climate change demonstration in Stockholm on May 24, 2019.

Swedish Researcher Advocates Eating Human Flesh to Combat Climate Change Food Shortages

CELIA FARBER

Climate change alarmism has taken a macabre turn that looks like satire, but isn't. It happened in Sweden.

At a summit for food of the future (the climate-ravaged future) called Gastro Summit, in Stockholm on Sept. 3 to 4, a professor held a PowerPoint presentation asserting that we must “awaken the idea” of eating human flesh in the future, as a way of combating the effects of climate change.

In a talk titled “Can You Imagine Eating Human Flesh?”, behavioral scientist and marketing strategist Magnus Soderlund from the Stockholm School of Economics argued for the breaking down of ancient taboos against desecrating the human corpse and eating human flesh.

He refers to the taboos against it as “conservative” and discusses people’s resistance to it as a problem that could be overcome, little by little, beginning with persuading people to just taste it. He can be seen in his video presentation and on Swedish channel TV4 saying that since food sources will be scarce in the future, people must be introduced to eating things they have thus far considered disgusting—among them,

human flesh.

Easier sells he suggests include pets and insects, but human flesh was the central topic. In Swedish articles describing this new debate, the term “mannisko-kotts branschen” is introduced. This means “the human flesh industry.”

In his bio at the Stockholm School of Economics, Soderlund states that his research focus includes “consumer behavior,” “marketing stimuli,” “loyalty, emotions, justice perceptions,” “psychological reactions,” and “in a society increasingly obsessed with consumption.”

People can be “tricked,” Soderlund teases, into “making the right decisions.”

Conflating resistance to eating human

Behavioral scientist Magnus Soderlund argued for the breaking down of ancient taboos against desecrating the human corpse and eating human flesh.

flesh with capitalist selfishness, the seminar’s talking points ask:

“Are we humans too selfish to live sus-

tainably?

“Is cannibalism the solution to food sustainability in the future? Does Generation Z have the answers to our food challenges? Can consumers be tricked into making the right decisions? At GastroSummit, you will get some answers to these questions—and also partake in the latest scientific findings and get to meet the leading experts.”

In his talk, Soderlund asks the audience how many would be open to the idea. Not many hands go up. Some groaning is heard. When interviewed after his talk, he reports brightly that 8 percent of conference participants said they would be open to trying it. When asked if he himself would try it, he replies, “I feel somewhat hesitant but to not appear overly conservative ... I’d have to say ... I’d be open to at least tasting it.”

The logo for the talk, titled “Food of the Future: Worms, Grasshoppers, or Human Flesh,” features a splash of blood as part of the graphic design.

What Soderlund doesn’t mention, curiously, is the long documented science on the biological effects of cannibalism.

A tribe called the Fore lived in isolation in Papua New Guinea until the 1930s. They believed in eating their dead, rather than

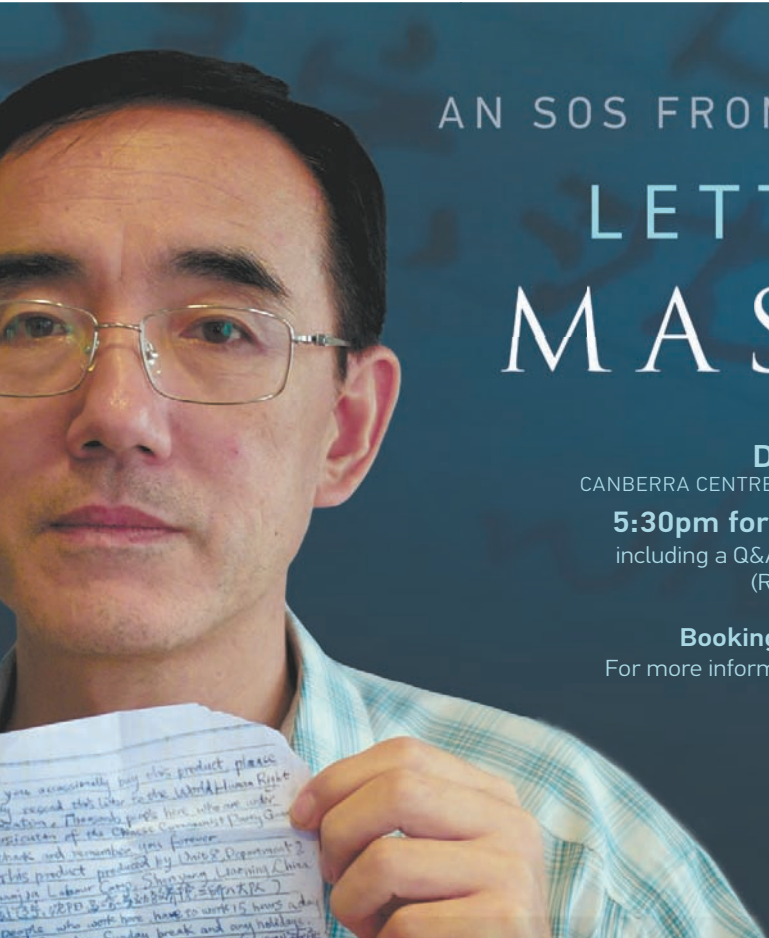
allowing them to be consumed by worms. This led to an epidemic of a disease called “kuru,” or “the laughing death,” caused by ingestion of human flesh. This disease wasn’t caused by a pathogen, but rather, a “twisted protein” (according to an NPR report) that tricks other proteins in the brain to twist like it, damaging the brain’s cerebellum. Researchers compared it to Dr. Jekyll’s transformation. The last victim of kuru died in 2009.

Whoever is in charge of Sweden’s public relations is doing an abysmal job. That’s unless the new brand is that this small Northern country—obsessed with atheism and political correctness—is now cooler than ever for resetting all previously known boundaries of “noir.”

And madness.

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

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





AN SOS FROM ACROSS THE WORLD

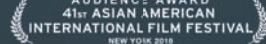
LETTER FROM MASANJIA


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Having recently qualified for the 2019 Oscars, the award-winning feature documentary **Letter from Masanjia** is coming to the Dendy Cinema in Canberra! It tells the story of how a desperate SOS note from a Chinese prisoner is found by a US mom in her Halloween decorations, and the incredible events that led to the shutdown of China’s labor camp system.

It begins when mom of two, Julie Keith, finds an SOS note in a box of “Made in China” Halloween decorations from an Oregon Kmart. The desperate note was written by a political prisoner named Sun Yi from inside China’s notorious Masanjia labor camp. On the crumpled page that travelled over 5000 miles, he details being jailed for his spiritual beliefs and how he is being subjected to torture and brainwashing tactics. His message goes viral and miraculously leads to the closure of China’s entire labor camp system. But their story is far from over.

Peabody-winning Canadian filmmaker Leon Lee is not welcome in his native country because of his prior films about China’s human rights abuses. So, in Letter from Masanjia, he teaches Sun Yi to use camera equipment via Skype. For over a year, Sun Yi secretly captures harrowing footage of his daily life as a human rights defender, leading up to his tense run from the Chinese authorities. Meanwhile, just outside Portland, Julie Keith is struggling with her own dilemmas as a mother newly embroiled in this cause. Together, these unlikely heroes expose China’s ongoing persecution against millions whose ideology differs from the Chinese government.

TRADITIONAL CHINESE MEDICINE

The Hours Behind the Needles

The differences between Chinese medicine, acupuncture, and dry needling can be dramatic.

See B2

JURI POZZI/SHUTTERSTOCK



MINIMALISM

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The less money you waste, the less stress you feel and the more financially secure you are.

See B9

SEPTEMBER 12-18, 2019 B1

LIFE

THE EPOCH TIMES

ALL PHOTOS BY SHUTTERSTOCK



The BACKYARD SEAFOOD BOIL

The fiery communal feast, in its various forms, is a social gathering steeped in tradition

These feasts vary depending on the location and what’s in season, but usually involve making large, simmering pots of shrimp, crab, or crawfish.

MELANIE YOUNG

As a college student at Tulane University in New Orleans, I was indoctrinated into the culture of the Cajun seafood boil. The boil is part of Louisiana’s culture and community, from church and family gatherings to college fraternity parties. Sitting or standing elbow-to-elbow with fellow feasters, peeling away shells and sucking out the sweet meat inside, with hot juices dripping down your chin and through your fingers—the experience is pure decadence. The heat from the spicy boil hits the back

What I love about seafood boils is that they seem to make people lose their inhibition.

of your throat, and you reach for an icy beer or local Barq’s root beer to cool things down. Backyard seafood boils are a popular social tradition among southern coastal communities in the United States—though fans all across the country are bringing the custom inland for casual summer entertaining. These feasts vary depending on the location and what’s in season but usually involve making large, simmering pots of shrimp, crab, or crawfish mixed with sliced cobs of corn, new potatoes, and andouille sausage, all slow-cooked in a spicy broth known as “the boil.”

In Louisiana, cooks reach for favorite store-bought seasoning mixes such as Zatarain’s, Slap Ya Mama, or Rex—or make their own boil. Further up the east coast, locals reach for Old Bay. Onions, celery, garlic cloves, bell peppers, and lemon and orange slices may be added as flavor enhancements. The cooked ingredients are usually strewn over a large table covered with butcher paper or newspaper, with bowls to toss the shells. Other than mallets to crack the crab shells, this a feast to enjoy with your hands, followed by licking your fingers clean.

Continued on B4

MARILYN BARBONE/SHUTTERSTOCK



CHINESE MEDICINE

The Difference Between Chinese Medicine, Acupuncture, and Dry Needling

LYNN JAFFEE

Almost 20 years ago when I went to graduate school to study acupuncture, I had two choices. I could pursue a master's in acupuncture or one in traditional Chinese medicine.

The master's in Chinese medicine was more in-depth and included the study of Chinese herbs, as well as other modalities. I realized that I wanted depth and breadth, and after briefly trying the shorter acupuncture program, switched to the traditional Chinese medicine (TCM) program.

Like me, there are many people who get confused over the difference, or whether there is a difference, between acupuncture and Chinese medicine. To throw more confusion into the mix, there are now people offering something called dry needling, which seems suspiciously like acupuncture despite its name. So,

what is the difference between these terms?

Traditional Chinese Medicine
Starting with the broadest in practice is Chinese medicine. It's also called traditional Chinese medicine or TCM. This is an entire healing paradigm that's based on Taoist philosophy and the belief that your body's organs are systems that mutually support each other. In order to be healthy, your organs must function effectively and be in balance with your body's other systems. In addition, your body is powered by energy (Qi) which moves in pathways. When this energy is weak, becomes blocked, or becomes overpowering, physical and emotional symptoms and disease develop. Practitioners of Chinese medicine perform a detailed diagnosis with their patients to uncover the underlying source of the problem that's causing their symptoms or illness.

Acupuncture and Chinese herbal medicine fall under the category of traditional Chinese medicine. Other healing practices based on the theories of TCM are Chinese food therapy, cupping, gua sha, warming with moxibustion, and massage-like tui na.

While the underpinnings of Chinese medicine are thousands of years old, this doesn't mean that practitioners are stuck in the second century. Acupuncturists and practitioners of Chinese medicine also base their treatments on current research and clinical evidence. Fortunately, more and more research is becoming available on the effectiveness of this medicine and the physiological impact these healing practices have on your body.

Acupuncture
Acupuncture can mean one of a couple of things. First, it is a healing practice that is



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a part of TCM. However, acupuncture can, and is, practiced in the absence of TCM. Western doctors, chiropractors, and other practitioners may perform acupuncture using the energetic pathways and acupuncture points along those pathways without much training or knowledge in TCM diagnosis or theory. In this case, acupuncture treatments are based on symptom relief only and are often used for treating musculoskeletal conditions.

Medical acupuncture is acupuncture performed by medical doctors who have training in acupuncture. Their treatment strategies are often evidence-based, which means that they may only employ treatments that have been proven to be effective by scientific research. This can be a double-edged sword. While it's prudent to perform treatments based on the science behind it, there are many health conditions that acupuncture may help, but the research does not yet exist.

Dry Needling

Dry needling is a term that carries some controversy. It is essentially needling patients with acupuncture needles, but with no or very little training in acupuncture, energetic pathways, or acupuncture points. Dry needling is often used by physical therapists and chiropractors to release muscle knots and trigger points. It is almost always used for treating musculoskeletal conditions, and treatments are very much symptom-related. The controversy behind dry needling is that many professionals believe that dry needling is actually a term coined so the people performing it can bypass any kind of meaningful training. By calling what

they do "dry needling," they are technically not performing acupuncture, but some other procedure that looks exactly like acupuncture and uses the same needles.

Education

The difference in education between practitioners of TCM, acupuncture, and dry needling can vary widely. Practitioners of TCM have somewhere between 3,000 and 4,000 hours of training, with about 600 of those hours in the clinic. A medical doctor performing acupuncture can do so after 100 to 200 hours, and a chiropractor can become board certified (by their own local board) in acupuncture after 105 hours. A chiropractor, physical therapist, or massage therapist can perform dry needling after about 30 hours of training. Because of the wide disparity in training, before any practitioner places needles in your body, I would ask them about their specific training to do so. Ironically, even though there are clear distinctions between TCM, acupuncture, and dry needling, those lines are becoming blurred. Eastern and Western philosophies are merging. Acupuncture is being performed in hospital emergency rooms. Western medications have been and continue to be developed from Chinese herbs. Olympic athletes are turning to cupping as a way to recover after workouts. And TCM practitioners are using electric stimulation, far-infrared heat, and lasers in the clinic. Patients are learning that this medicine has benefits and are seeking it out. And that's a good thing.

Lynn Jaffee is a licensed acupuncturist and the author of "Simple Steps: The Chinese Way to Better Health." This article was originally published on AcupunctureTwinCities.com

Chinese medicine is a broad practice that includes acupuncture, Chinese herbal therapies, and other practices.



There are many people who get confused over the difference, or whether there is a difference, between acupuncture and Chinese medicine.

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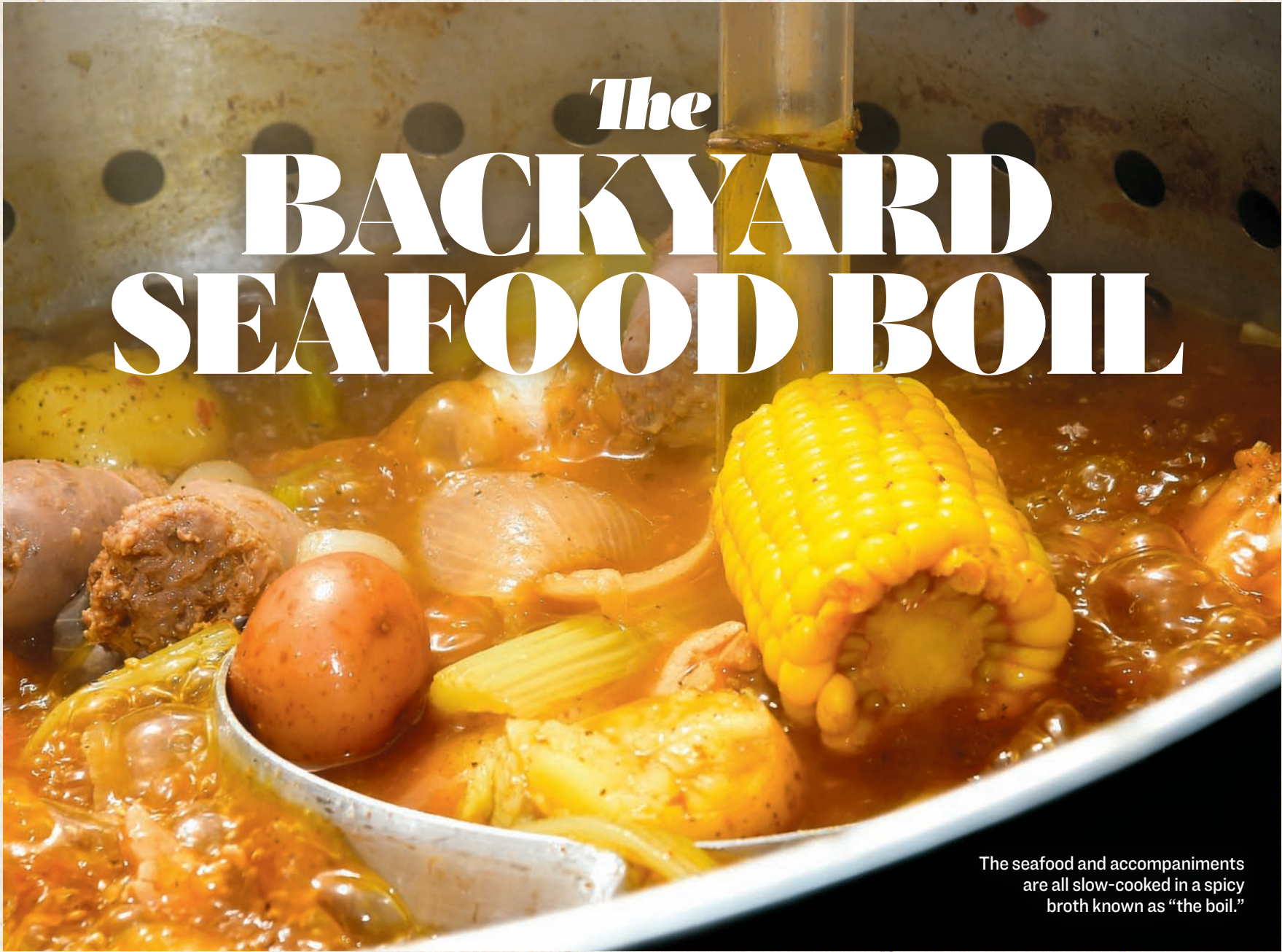
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The seafood and accompaniments are all slow-cooked in a spicy broth known as “the boil.”

Continued from B1

Cold beer is the beverage of choice, or for the wine drinker, perhaps some Riesling or crisp rosé.

Acadians Stir the Pot

The tradition of the Cajun seafood boil has roots with the Acadians, French settlers who emigrated to Canada’s Maritime provinces in the early 1600s. Living off the land and sea was their way of life, and that included making hearty one-pot meals with local lobsters, clams, salmon, cod, and other North Atlantic fish.

In 1755, the Acadians were deported from Canada after refusing to pledge allegiance to the British Crown. Many re-located to Louisiana, which had French roots, and settled along the bayous of the Mississippi River.

Their foodways adapted to what they had on hand. Lobster and cod were replaced by crawfish from the river and shrimp and other fish from the Gulf of Mexico. Rice became a staple, as did spices introduced from Spain, Africa, and the Caribbean, such as black pepper, cayenne, and coriander.

The intense heat in the South required food to be cooked quickly and safely, and a large boil proved an easy way to feed a big family or church cookout.

Up the Eastern Seaboard

A similar feast, the Low-Country boil, takes place in South Carolina. Another name for this repast is Frogmore stew, which despite its name, neither is a stew nor contains frogs. (Frogmore is a hamlet on St. Helena Island, off the South Carolina coast.) It is also called Beaufort stew, named for the scenic town where the dish most likely originated.

An account by late Beaufort historian Gerhard Spieler credits Richard Gay, founder of Gay Seafood Co., for creating the dish one weekend to feed his fellow guardsmen in the National Guard. Adding potatoes, sausage, and corn cob slices to the shrimp expanded the meal to feed the large group.

As with the Cajun seafood boil in Louisiana, every coastal community in South Carolina has its own special version of Frogmore stew. The ingredients are usually local shrimp, sliced new potatoes, corn, and sausages, cooked in a spicy seafood boil, usually made with Old Bay Seasoning.

Further up the coast in Maryland, the preparation is referred to as a “crab feast,” as opposed to a boil. The main star is the Chesapeake blue crab, always cooked with the state’s native Old Bay Seasoning. Shells are carefully cracked open with wooden mallets.

A Baltimore friend told me that her annual family crab feast happens rain or shine, and locals never wear bibs. Getting messy is part of the experience.

As the Heat Rises, Inhibitions Melt

What I love about seafood boils is that they seem to make people lose their inhibition. Maybe it’s the intense spiciness of the food that warms you up to chatting with people and swaying to the ever-present music that accompanies a boil; or perhaps it’s the childish pleasure of getting messy eating with your hands.

Either way, seafood boils bring out the community spirit.

One May, during the annual JazzFest in New Orleans, my husband and I walked down the street in a neighborhood where a small crawfish boil was happening. Folks stood gathered around a table set up on the sidewalk, covered with fiery red crawfish and stubs of corn and potatoes. They waved us over to join them—total strangers!

We bellied up to the table and joined the rhythm of peeling and sucking on the crawfish tails, listening to the jazz music playing in the background. Other passersby stopped over to join us as we ate. A few pleasantries were exchanged, we ate our fill, and we moved on.

Boils also create a social interlude, encouraging people to open up and swap stories.

At a recent seafood boil I hosted for friends, we shared family food memories, discussing topics from how to make a southern squash pudding to how Baltimore crab feasts differ from Cajun seafood boils.

The discussion was lively, and the meal was rhythmic: peel, eat, take a sip to cool down, reach for more. In the end, dirty newspapers and paper napkins were gathered and tossed. We concluded our fiery feast with slices of chilled watermelon.

Melanie Young writes about food, wine, travel, and health. She co-hosts with husband David Ransom the national radio show, *The Connected Table LIVE*, featuring engaging conversations with thought leaders in food, wine, and hospitality around the world.



RICK DIAMOND/GETTY IMAGES FOR COUNTRY THUNDER USA

HOW TO MAKE YOUR OWN SEAFOOD BOIL

I turned to New Orleans chef Frank Brigtsen for some pointers. Brigtsen is a native Louisianan, recognized for his traditional Cajun cooking at his namesake, family-run Brigtsen’s Restaurant in New Orleans.

“The backyard seafood boil is one of Louisiana’s most unique and well-loved culinary and social traditions,” Brigtsen said. “Like much of Louisiana’s cooking, the recipe for a seafood boil varies from area to area, parish to parish. In Cajun Country, crawfish are often seasoned with lots of cayenne and not much else. In New Orleans, you’re likely to find more complex seasonings.”

“All the cooking is done on high-powered propane burners with 20- to 40-gallon pots. The key to properly seasoned seafood is the soak time, which may range from 15 minutes for shrimp, to 30 minutes for crawfish, to an hour for crabs. As everyone gathers around the picnic table, which is often covered in newspaper, so begins the clock-watching for the longest 30 minutes in the world!”

For home cooks, chef Brigtsen shared this recipe for a simple Cajun shrimp boil cooked over a stove. Accompaniments include boiled new potatoes and nubs of corn on the cob. The shrimp are usually served unpeeled, but some cooks prefer peeling before serving.

The cooked ingredients are usually strewn over a large table covered with butcher paper or newspaper.



SIMPLE CAJUN SHRIMP BOIL

SERVES 6 TO 8

1 gallon cold water

1 cup Rex brand unsalted crab boil powder, or homemade shrimp boil seasoning (recipe follows)

3/4 cup salt

1/2 teaspoon ground cayenne pepper

4 lemons, halved and squeezed (save juice for another use)

1 orange, halved and squeezed (save juice for another use)

2 jumbo yellow onions, peeled and quartered

6 ribs of celery, coarsely chopped

2 heads garlic, halved crosswise

3–4 pounds new potatoes or small red potatoes

4 ears of corn, cut into halves or thirds

5 pounds fresh jumbo head-on Gulf shrimp (10/15 count per pound)

In a large pot, add water, boil seasoning, salt, cayenne, lemons, orange, onions, celery, and garlic. Bring to a boil.

Add whole potatoes to pot, cover, and boil for 30 minutes.

Add corn to pot, cover, and boil for 5 more minutes.

Add shrimp, cover, and boil for 5 more minutes. Do not overcook!

Remove cooked ingredients from boil.

Serve mixture on a large platter or wide bowl, or on butcher block paper on a picnic table.

NOTE: You can also cook the shrimp first, for 5 minutes, then remove and set aside while cooking the potatoes and corn. This allows the flavor of the shrimp to infuse into the boil.

HOMEMADE SHRIMP BOIL SEASONING

Brigtsen uses Rex crab boil, which he said has the “basic matrix of seafood boil seasonings: bay leaf, mustard seeds, coriander seeds, thyme, dill, cayenne, and a touch of fenugreek.” You can also make your own seasoning with this recipe:

4 teaspoons whole coriander seeds

4 teaspoons whole mustard seeds

1/2 teaspoon dill

1/4 teaspoon whole-leaf dried thyme

1/4 teaspoon crushed red pepper flakes

Recipes courtesy of Frank Brigtsen, Brigtsen’s Restaurant

Feeling All Alone? You're Not

8 tips to conquer loneliness

JEFF MINICK

Loneliness.

In “Millennials and the Loneliness Epidemic,” Forbes contributor Neil Howe reports that tens of millions suffer from this affliction—and not just Millennials—in such countries as the United States, France, and England. In Japan, Howe tells us, more than half a million people don’t leave their homes or interact with others for six months at a time. In one 2016 poll, 42 percent of British female Millennials claimed to be more terrified by the possibility of loneliness than by being diagnosed with cancer.

Explanations for this increased sense of isolation abound. In her excellent article “Alone: The Decline of the Family Has Unleashed an Epidemic of Loneliness,” Kay Hymowitz points to falling birth rates, childlessness, divorce, reduced dependence on families for care and welfare, and other changes in the family as contributing to this pandemic of feeling detached and unloved.

Other commentators blame this undesired solitude on the widespread use of social media and a consequent reduction in face-to-face interactions, the drastic slide in membership in certain service organizations and amateur sports teams, both of which once provided avenues for comradery and friendship, and the effects of a transitory society on long-term relationships.

Many of these articles also point out that feelings of isolation can lead to severe depression, a decline in cognitive ability, and even early mortality. WebMD rates the effects of loneliness as detrimental to our health as obesity and smoking. Here in America, the 21st century has seen a decline in American life expectancy, a phenomenon not witnessed since the flu epidemic a century ago. This drop in life expectancy is due not to disease, but is instead the result of increased deaths by suicide, alcoholism, and opioids, which some cite as pathologies of loneliness.

So what can we do? If we feel, as vast numbers of people apparently do, that we have few or no intimate contacts with other people, how can we set off in a different direction? Here are some ideas.

But first a personal note. Since the death of my wife 15 years ago, I have spent great swaths of time alone, hours and hours of necessary and desired isolation, in large part because of my work as a writer and teacher. (Teaching involved lesson planning and, in my case, evenings spent grading essays.)

I was often alone, but rarely lonely. The two are in no way equivalent. For me, however, that happy circumstance may change. My daughter

Soup kitchens, schools, certain fire departments, and charitable organizations: all of these and more are usually in dire need of volunteers.



If you are alone and miserable, if you are looking for human contact, extend the hand of friendship. You may be pleasantly surprised who steps into your life.

with whom I live, her husband, and their seven children have moved to a city four hours away, leaving me to tend the house until it sells. I have no close friends here, and though I have other children and grandchildren, none are within immediate proximity. The advice I offer is therefore intended for me as well as for my readers.

Let’s begin.

Recognize Your Loneliness

The first step to conquering any problem is recognition. Try to identify reasons for your isolation. Is the cause something temporary, like a move to a new city? Or do you feel cut off from human contact because of some painful wound, a divorce or the loss of a loved one? How long have you experienced this sense of separation from others? Does your isolation often leave you lethargic or depressed? Ask such questions and seek the answers.

Use Technology as a Weapon Against Isolation

Though some blame social media as a cause for loneliness, our electronic devices can strengthen human ties. Instead of texting your daughter on the West Coast or that friend who moved to Florida, make the call. Talk to a human being instead of a machine. Seek out email relationships with family and friends. Look up organizations like Meetup online and discover whether there are groups near you with interests similar to your own. In Front Royal, Virginia, where I live, I found Meetup groups featuring a diversity of activities: hiking, beer tasting, book clubs, and more.

Get a Pet

Dogs and cats can’t replace human

beings, and I’m not a pet guy myself, but I have a friend who, without his two cats, would be a basket case. One plus for dogs: they give you the opportunity to amble the streets of your neighborhood, giving you a bit of exercise, which reduces stress, and the opportunity to meet some of the neighbors.

Volunteer

Soup kitchens, schools, certain fire departments, and charitable organizations: all of these and more are usually in dire need of volunteers. One retiree I knew helped out with his local school’s reading program and founded a chess club. He felt engaged and useful, and the kids loved him. By helping others, you’ll be helping yourself.

Become Involved in Some Community Activity

Local theaters can often use help with play productions. Many libraries now offer lecture series, and film and book clubs for adults. Explore your community, and you might be surprised by what is available to you.

Take Classes at a Community College

Want to learn French cooking? Auto repair? The history of the Renaissance? Most community colleges offer an abundance of courses to young and old at affordable rates. Here you will not only add to your skill set, but you may also meet people who will become friends.

Seek Professional Help

If you’re alone and in a black hole of depression, seek professional counseling. Unfortunately, isolated people who suffer from severe depression

are often incapable of recognizing the need for such assistance. If you know someone in this condition, talk to that person. If they respond positively, then encourage them to talk to a counselor.

Reach Out to Others

You live alone in an apartment and need some human companionship. So ask that young couple who just moved into the building over for cheese and wine. Invite that elderly widow who lives above you to supper. If you are alone and miserable, if you are looking for human contact, extend the hand of friendship. You may be pleasantly surprised who steps into your life.

This last piece of advice, at least for me, is the most important of the lot. The old maxim “To have a friend you must be a friend” applies. Friends rarely come floating ghost-like through our front doors. Often we must make the effort to approach others, to take the first step, and to try again with someone else if we are rebuffed.

After reading those last words, I’m making a promise to myself. If after a few weeks I am stricken by loneliness, I will invite some people I know from our local coffee shop—a barista and her friend, the manager who roasts the coffee, another writer and his wife who patronize the place—for supper or a glass of wine.

We’ll see how it goes.

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

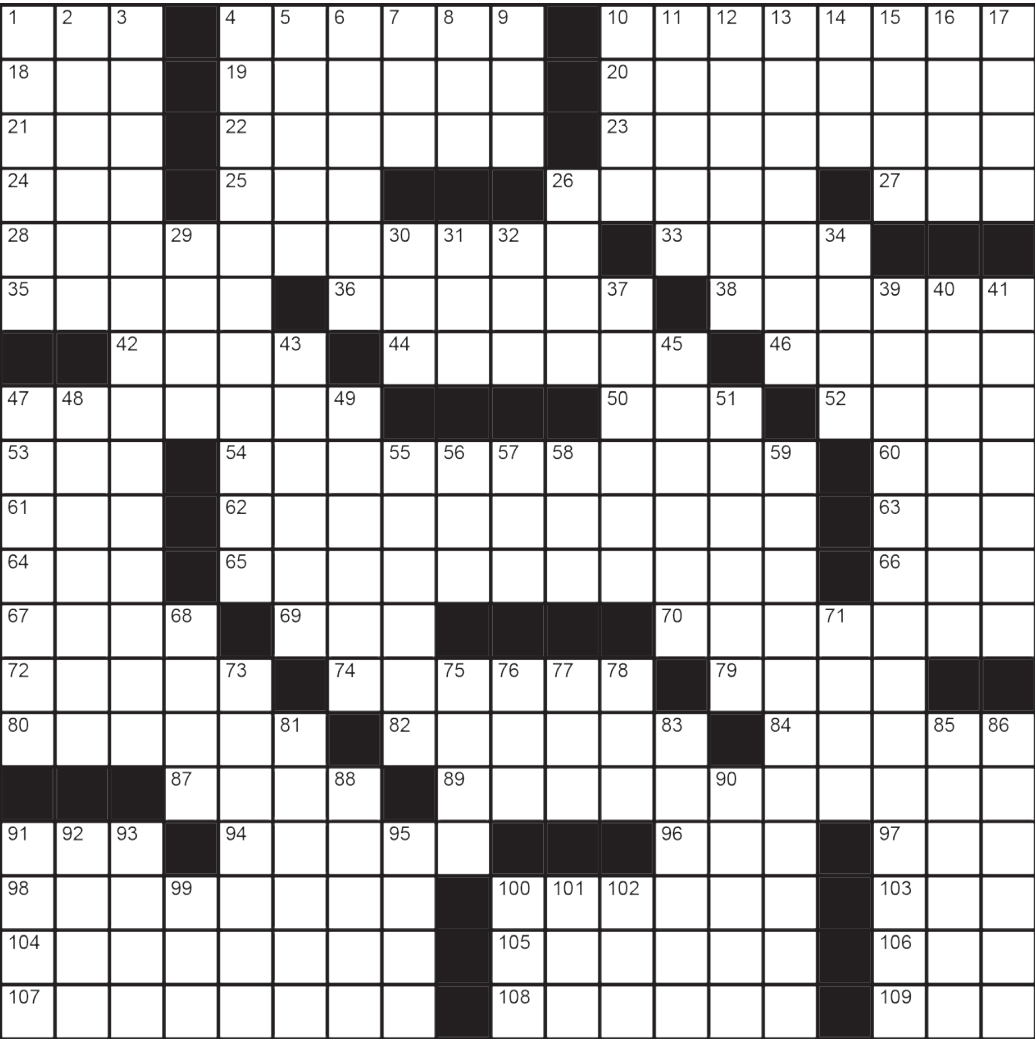


There are many ways to connect to others, whether that’s through volunteering, getting a pet, taking classes, or simply reaching out.

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

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. Taxi
- 4. Moderated
- 10. Situated
- 18. Eggs in a science lab
- 19. Closed in on
- 20. Dreadfully dull
- 21. "Of course"
- 22. Absentee
- 23. Sound absorbent
- 24. Ballpark fig.
- 25. "A fool and ____ money..."
- 26. Inkling
- 27. Paid to play
- 28. Unit of length equal to 1,760 yards
- 33. Took to court

- 35. Arum family plants
- 36. It's a wrap
- 38. Proteins responsible for mad cow disease
- 42. Hardly Mr. Personality
- 44. "Star Wars" protagonists
- 46. Star bursts
- 47. Flowering shrub
- 50. "____ the fields we go"
- 52. Preachers
- 53. Fast learner
- 54. Soda jerk's boutonniere?
- 60. Snitch
- 61. "Lord," in Turkish
- 62. Reflection
- 63. "Down ____ hatch!"

- 64. Billboard listing
- 65. Sarah Baartman feature
- 66. Like some tea
- 67. Rainbow goddess
- 69. Keen perception
- 70. Catherine the Great, e.g.
- 72. Aerobic maneuvers
- 74. "To the end of the block! C'mon!"
- 79. "Beowulf," for one
- 80. Not learned
- 82. Burger topping
- 84. Alex Haley blockbuster
- 87. "Yes, ____"
- 89. 1983 Michael Jackson hit

- 91. "Avatar" craft
- 94. "Fantastic!"
- 96. ____ chi (martial art)
- 97. Chill
- 98. Autonomous region of Italy
- 100. Negative particles
- 103. Scolding syllable
- 104. Edible
- 105. Boil down
- 106. "Acetyl" add-on
- 107. Ear bones
- 108. Parked, nautically
- 109. On Soc. Sec.

Down

- 1. Most retiring
- 2. Ancient writings of Persia.
- 3. Adulteration
- 4. Politics, religion, and books
- 5. Kind of raise
- 6. Things to get behind
- 7. Hurler's stat.
- 8. Dusk, to Donne
- 9. "Silent Spring" subject
- 10. "And a lot of others besides that"
- 11. '60s garb
- 12. Union contract
- 13. Podium prop
- 14. "____ Wednesday" (Elizabeth Taylor film)
- 15. Certain urban apartment
- 16. Mideast bigwig
- 17. "Art" trailer
- 26. Kind of pool
- 29. 1 mmHg pressure
- 30. Mo. named for the God of War
- 31. Burn up
- 32. Agassi shot
- 34. 20th-century Christian

- 37. Billie Holiday "____ Sunday"
- 39. Doesn't require a prescription
- 40. American blanket weavers (UK)
- 41. Some stanzas
- 43. Small
- 45. Waste
- 47. "Kwanzaa" comes from it
- 48. Animal's golf club?
- 49. Unpaid debt
- 51. Time in power
- 55. Noah's landfall
- 56. Knows, in poesy
- 57. Back
- 58. Guff
- 59. Required before applying for a second mortgage
- 68. Phishing license
- 71. Hoot
- 73. Abstract sculpture
- 75. Alaskan salmon
- 76. Australian runner
- 77. British parent, familiarly
- 78. Greek H
- 81. Not free
- 83. Playing around?
- 85. Like the Godhead
- 86. Beethoven work in E flat
- 88. Down East
- 90. "Eraserhead" actor Jack
- 91. Handles
- 92. Ramadan observance
- 93. Marine menace
- 95. Fermentation vessels
- 99. Copy (abbr)
- 100. Elbow's site
- 101. "Modern" word starter
- 102. Oft-broken promise

4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

936

72

929

+

-

X

÷

Hard 1 - 1 Solution

729

52

218

+

-

X

÷

Hard 2 - 1 Solution

510

54

26

+

-

X

÷

Easy 1 - 2 Solutions

610

28

36

+

-

X

÷

Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

- ARARAT

ARREAR

AVESTA

CAUSES

COYEST

EMCEED

ESCULENT

GLINT

INNATE

LECTERN

MAINE
- MERIT

MOORED

NANCE

NAVAHOS

NEARED

NOVAE

ON TOUR

PETITE

RACEME

REBELS

REGIME
- ROOTS

SARONG

SEPTET

STABILE

STATUTE MILE

STRAWFLOWER

TAROS

TIRESOME

TRUANT

BRAVO

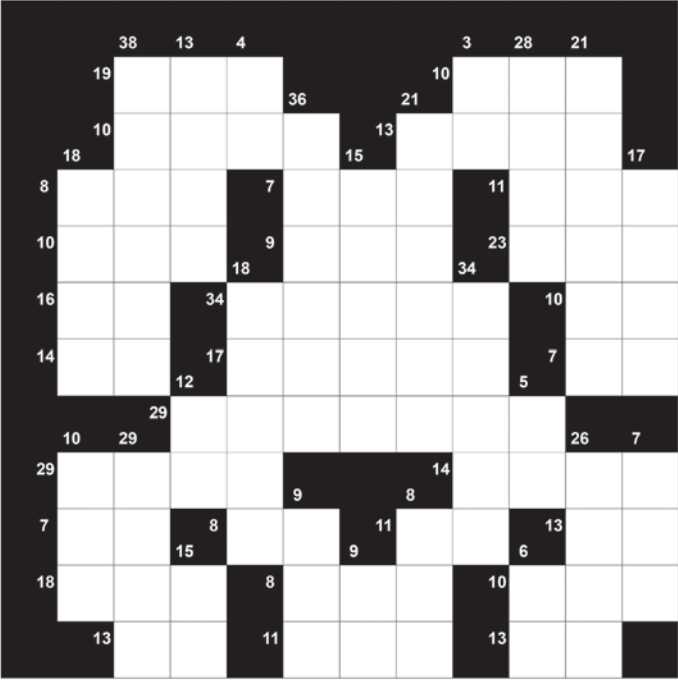
EMPRESS

KAKURO

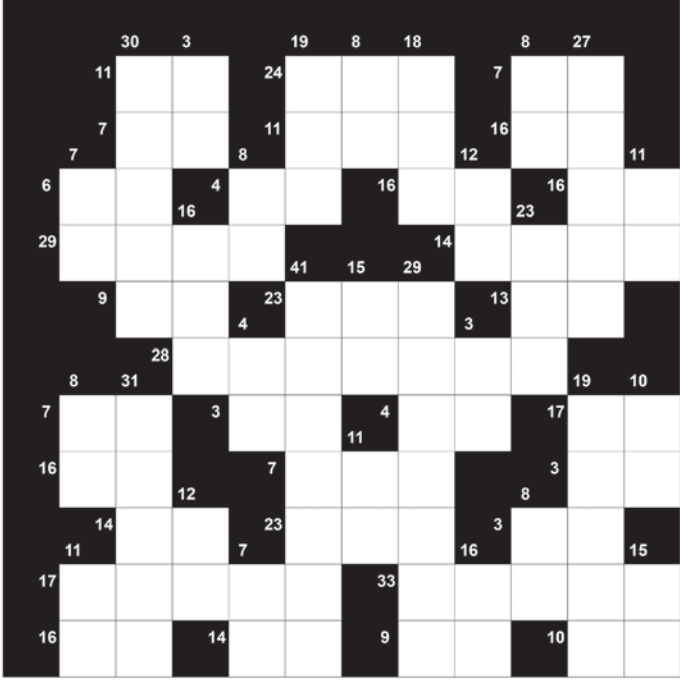
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



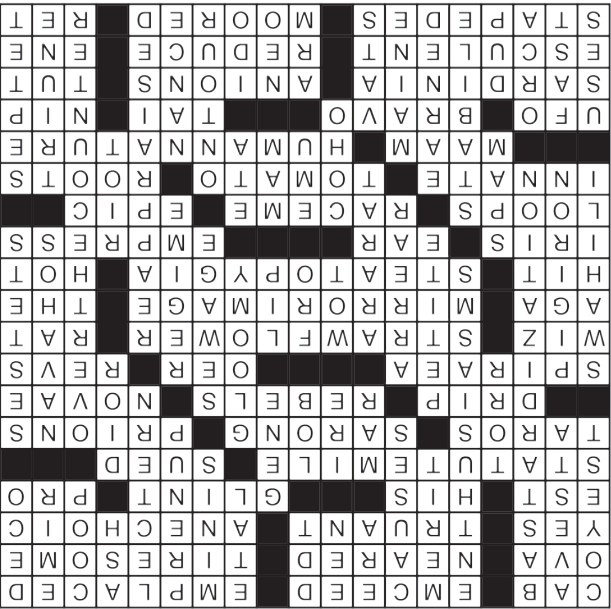
Large: Easy



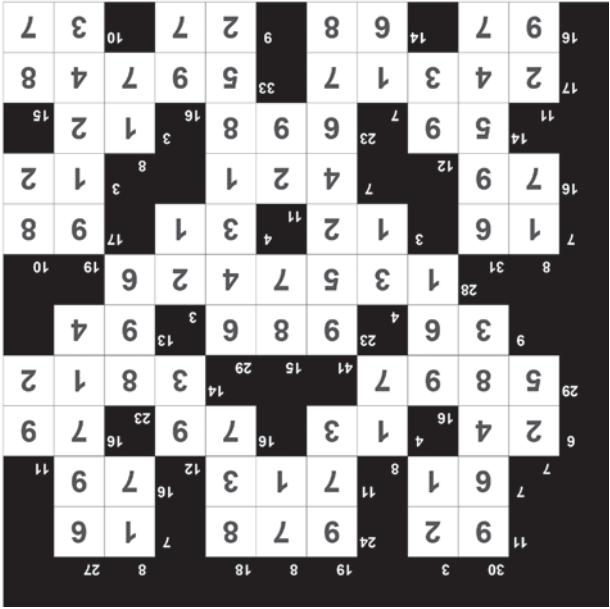
WORK SPACE

SOLUTIONS

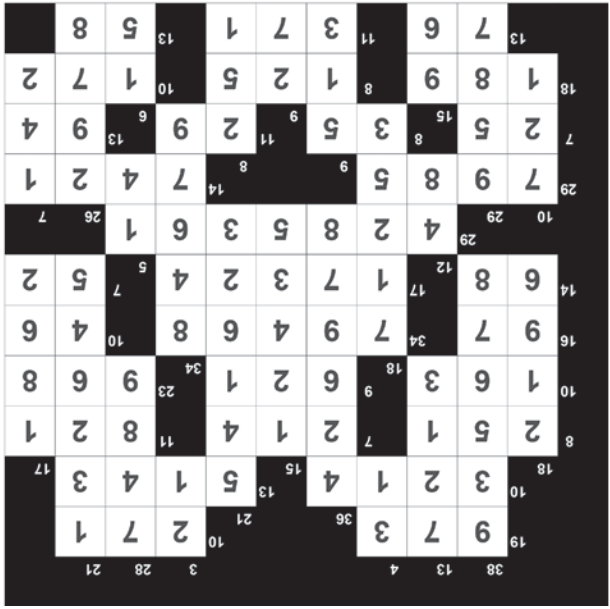
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1

$6 + 6 \times (62 - 99)$
- HARD 2

$2 + 7 + 18 + 29$
- EASY 1

$10 + 9 + 5 + 2$
- EASY 2

$10 + 9 \times (3 - 9)$
- $9 \times 3 + 6 \div 10$

ALL PHOTOS BY SHUTTERSTOCK



Many children who struggle to sleep have high levels of anxiety about risks to their family during the night.

Insomnia

How to Help Children Get a Good Night’s Sleep

There is help for parents struggling with children that won’t sleep or won’t sleep alone

MICHAEL GRADISAR & RACHEL HILLER

As the day ends and the evening begins, some parents are getting ready for a serious task. Not because they are preparing for a late shift at work, but because they are about to confront the battle of their children’s bedtime. And we’re not talking about infants or toddlers. These are school-aged children who suffer from insomnia. Until fairly recently, insomnia was largely thought of as an adult sleep problem. Then, in 2014, the diagnosis of insomnia in adults was combined with the behavioral sleep problems seen in children. This means that children can now be diagnosed with an insomnia disorder. There are a number of symptoms of insomnia that overlap between children and adults, including difficulties in fall-

With persistence and consistency, gains can be made in a relatively short period of time.

ing—or staying—asleep. To be diagnosed with insomnia, these difficulties must persist for at least three nights a week and last for at least three months. Another key aspect of a sleep problem is that it’s causing some kind of significant disruption to the child’s and family’s life—that the sleep problem affects normal functioning. Examples of this might include night times becoming unmanageable or very stressful (for the child and parent) or it might be that they are sleep deprived during the day and not coping well at school. The key difference between insomnia in adults and children is that to be able to fall asleep or stay asleep, children often require “special conditions.” This usually means they need their parents nearby. This might involve children needing a parent present in the bedroom to fall asleep, or that the child sleeps on a mattress on the parent’s bedroom floor. It

might even mean the child sleeping in the parent’s bed—either from the beginning of the night, or when they wake up a few hours later. There is no single cause of child sleep problems. But these children commonly share high levels of anxiety around bedtime. The other thing they often share is a fear of themselves or family members being harmed (by an intruder, for example), meaning they feel unsafe in their own bed at night time. These worries make them hyper-vigilant to their surroundings. Any noise outside or bump in the night might be interpreted as a potential threat. Understandably, these children commonly seek reassurance from their parents. Of course, it’s natural for parents to want to provide this reassurance—nobody likes to see their child feeling anxious. So they might find themselves repeatedly telling their child that there’s no

WISE HABITS

Cutting Through Indecision and Overthinking

There is a time to think things over, and a time to make a decision and take action

LEO BABAUTA

I’ve been working with a few people who are very intelligent, very competent, and very talented—but they get stuck in indecision and analysis paralysis. In effect, overthinking and getting lost in endless options reduces their effectiveness by producing inaction. Taking any action is likely to be better than inaction and indecision, but we can get so caught up in trying to find the perfect decision that we make no decision. The answer is to cut through the indecision and overthinking with action. Before we talk about that, let’s look at what’s going on with competent people who get stuck in their minds. **The Trap of Overthinking** For someone who doesn’t see a lot of pos-

sibilities, sometimes a choice is easy—you just choose the one that looks obvious. But for someone who has an abundance of intelligence, there are many more doors than that. And choosing can seem impossible. So this person starts creating a decision tree in their mind: “If I choose this, then this might happen, which means I need to decide if I want this, and then that might happen and then this other option brings three more decisions ...” They also will research every option, which leads to more research. It becomes an endless cycle of thinking through options, researching them, and through the research, finding even more things to think about. It’s also impossible to analyze so many endless options because each option contains a lot of uncertainty—you can never know how each will turn out, how impor-

Thinking through a decision is a good idea. Overthinking until the possibilities seem impossibly complex, however, is not.

tant every factor is, or what the probability is of each possibility happening. The uncertainty in this kind of thinking is what keeps us stuck in indecision. We fear the uncertain outcome, and would rather have much more certainty. But we can rarely ever have that kind of certainty. And spending a lot of time analyzing comes with opportunity cost. In some cases, we may have missed out on time-limited options as we did that research. So how do we deal with this? **Cutting Through With Action** Overthinking can create an unsolvable knot, but how do we untie it? By cutting through it. There can be no solving this knot through thinking—thinking is what gets us into it. That doesn’t mean thinking is

SFIO CRACHO/SHUTTERSTOCK



such thing as monsters or scary clowns and that the doors are locked and the house is safe. As understandable as this response is, we know from research that over-reassurance can actually maintain a child's anxiety.

The other common response is the parent sitting with their child until they fall asleep, or letting the child sleep in the parental bed. Sometimes this might even mean one parent ends up sleeping in the child's bed as a result.

These solutions are often planned as short-term plans but can end up lasting for months (or even years). Ultimately, while they are understandable strategies, they are strategies that prevent the child from learning that they can be safe by themselves in their own bed, and can, therefore, end up maintaining the problem.

A Good Night's Rest for Everyone

If these scenarios sound familiar, you should know that you're not alone—and that there is a solution. In recent years, there has been more research working out the best ways to help school-aged children overcome sleep problems.

We have recently summarized this research in a book, which provides parents with a step-by-step guide to help their children deal with a sleep problem.

Multiple studies have now shown that these techniques can significantly reduce the time it takes children to fall asleep and how often they wake at night, while also improving their ability to sleep in their own bed without a parent.

Here is a summary of those techniques.

To begin with, a good sleep environment and bedtime routine are important. This includes making sure your child has time to wind down in the hour or two before bed. A consistent bedtime and wake-up time are also key.

Experimenting with your child's bedtime can help the child build up something known as "sleep pressure." Building up sleep pressure helps children to fall asleep more quickly and ultimately to learn that they can fall asleep in their own bed by themselves.

Other techniques involve "exposure-based" steps. For example, where the parent moves themselves step-by-step out of the child's room. Alongside these techniques, parents also learn to work with their child to challenge unhelpful thoughts that might be keeping them awake.

These techniques aren't always easy. But the phrase "short-term pain for long-term gain" rings true for most evidence-based sleep interventions. While it can be challenging, with persistence and consistency, gains can be made in a relatively short period of time, and the whole family can get a better night's sleep.

Michael Gradisar is a professor in clinical child psychology at Flinders University in Australia, and Rachel Hiller is a lecturer in child and adolescent clinical psychology at the University of Bath in the UK. This article was first published on The Conversation.

A good sleep environment and bedtime routine are important. This includes making sure your child has time to wind down in the hour or two before bed.



bad. We should contemplate the pros and cons, and take a step back to get some perspective. We should consider the deeper "why" of what we're doing. But at some point, we have to say, "Enough," and take action.

Setting a limit for thinking can be a good way to do this. "I'm going to spend the next two days thinking about it, and then make a decision on Tuesday." You consider the merits, do some research, talk to people, and then decide and take action.

You have to pick the best option given your limited information.

How do you decide when there is no certain answer? You have to pick the best option given your limited information. It's like poker—you never have complete information, but have to make a decision based on what you do know, and the most likely outcomes.

You start by taking a step back to think about your deeper "why" as it relates to the decision. Also, consider what you're basing your decision on. Is it based on fear? On instant gratification of a desire? These don't lead to good long-term outcomes, in my experience. The place to come from is long-term benefit—is this a loving action for those you care about, or for yourself?

Then think about the different factors that weigh into the decision, and how important each is to you. Think about

likely outcomes of each possibility (don't limit yourself to just two possibilities), and weigh the probable benefits with the probable costs.

And then finally, just go with the decision that seems best. Do a quick review of whether this is for the best long-term benefit. And then pull the trigger. Step off the plank.

You cut through all the doubts and fears and hand-wringing that are holding you back and just dive in.

Get good at this diving in, by doing it in small versions:

- Write something short and publish it
- Take a small action to your long-term dream career or business
- Take a small action to be healthier
- Declutter one thing that's easy to decide on, rather than getting stuck on things that are hard for you to make a decision about

What decisions are you stuck on? Can you make a small decision that's easier, and take action? It might give you more information that helps with the bigger decision. And in the end, the real benefit is practicing taking action without getting caught up in indecision and inaction. And if it turns out to be a wrong decision in some way, forgive yourself. Mistakes are inevitable.

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

BECOMING MINIMALIST

Waste Not, Want Not

When goods are cheap, it can be hard to hold onto your money

JOSHUA BECKER

Currently, the average U.S. household carries \$137,063 in debt, but only makes \$59,039 in income per year.

The debt-to-income ratio is an important measure of how people are handling their money. It's not the only measurement, but it can tell us a lot.

I'd like to return to these statistics in a moment. But first, I'll change the subject.

I am often confronted with a question about minimalism that goes like this: "My parents grew up during the Great Depression. They were taught a 'waste not, want not' mentality. How do I help somebody with that worldview embrace minimalism when it appears to run contrary to everything they were taught growing up?"

It's a good question and one that must be answered. In fact, in "The More of Less," I write about the different generations and how factors of their upbringing may impact their view of possessions. (I also address why each living generation is currently drawn to owning less).

It is important to remember that a "waste not, want not" mentality to possessions is required when goods and resources are scarce or difficult to access. But when that same mentality is brought into an environment where goods are increasingly affordable and accessible, it often results in the accumulation and keeping of possessions that are not needed.

A grandmother once shared with me how this mentality resulted in a burdened life. She learned at a young age, because financial resources were limited, to take advantage of sales and never get rid of anything that could eventually serve a purpose.

"Joshua," she said, "I have piles and piles of ungifted Christmas presents in my basement. Every year, after Christmas, when toys were put on clearance at department stores, I would stock up because I couldn't pass up a sale. But by the next Christmas, there were new things that the kids wanted, and those toys would always go on sale. So, I bought them and gave the new toys. But sure enough, when Christmas toys went on sale after the holiday, I would buy more thinking I could use them as gifts at a later date. The stack of ungifted Christmas gifts in my basement has grown and grown over the years."

This, from my experience, is what happens when we bring a "waste not, want not" mindset into a world of abundance. We accumulate at too fast a pace and rarely get rid of things.

I should mention, at this point, that minimalism doesn't mean we become reckless with the possessions we have. We don't wastefully throw away everything in our home with the assurance that it can be quickly replaced.



That's not minimalism—that's irresponsibility. Minimalism has just the opposite effect, it calls us to be increasingly thoughtful in the things that we own. And if something is worth owning, it is worth buying an item of quality that will serve its purpose for a long time.

I want to talk a little bit about the "waste not, want not" mentality because it is still a valuable approach to life—not in terms of possessions or the things we keep stacked up in the garage just in case we can use them in the future.

I'd like to consider the wisdom of "waste not, want not" when it comes to our finances and how we spend our money.

Let me repeat the numbers above: The average American household carries \$137,063 in debt, but only makes \$59,039 in income per year.

Additionally, here are some other economic facts from our country:

- 58 percent of Americans have less than \$1,000 in savings.
- 78 percent of U.S. workers are living paycheck to paycheck.
- 85 percent of Americans feel stressed about money.

These are fascinating stats to me considering the United States is one of the wealthiest nations in the history of the world. It doesn't seem like 85 percent of us should feel stressed about money or that 78 percent of us should be living paycheck to paycheck.

I realize, of course, there are some uncontrollable, external factors that may be impacting our personal finances. Losing a job, a medical emergency, or unexpected tragedy (just to name a few) may result in some of us being included among the statistics above.

But for many of us, our finances are entirely under our control and we still struggle to get ahead.

The reason this happens is that we waste too much money on things we don't need to buy.

We buy clothes we don't need, furniture we don't need, decorations we don't need, kitchen tools we don't need, cars we don't need, technology we don't need, even square footage we don't need.

We struggle to get ahead financially, but our garages are so full of boxes we can't park our cars inside them. This is all wasted money!

Adopting a "waste not, want not" mentality to possessions in times of great affordability and accessibility often results in owning more than we need.

But adopting a "waste not, want not" mentality to money in times of great affordability and accessibility is essential.

Money is a complicated issue with any number of different variables that come into play in our individual lives. But there is one principle that is important for each of us to adopt:

"The less money I waste, the more money I keep." And the less money you waste, the less stress you feel and the sooner you can get ahead financially. Waste not, want not.

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

ARTS

Artist Gustave Doré: Recognizing Hell on Earth

ERIC BESS

What is the worst thing you’ve ever done? Take a moment to think about it. What is the one thing you are so ashamed about that you refuse to tell anyone that you actually did it? What is the one bad thing that you wish you could take back, the one horrible deed you wish you never did? What caused you to do it?

We all have something we’ve done that we regret. Some of us learn to live with these regrets. Others grow from the negative effects of their actions and vow to never do them again. Still others can’t help themselves and continue to knowingly hurt others and themselves.

Dante’s ‘Inferno’ and Doré’s Worst Circles of Hell

Dante Alighieri, a 14th-century Italian poet, sums up the medieval understanding of bad deeds and their consequences in a well-known poem titled “The Inferno,” which is the first of three sections of a larger work titled “The Divine Comedy.” “The Inferno” alone will serve our purposes here.

In “The Inferno,” Dante, our protagonist, is led by the ancient Roman poet Virgil through the nine circles of hell. These circles of hell are set up like concentric rings, with the outermost ring (the first) housing the lesser sins, and the center (the ninth) housing Satan himself. Each ring represents a type of sinful, regretful action and its corresponding punishment.

The 19th-century Romantic artist Gustave Doré spent his life illustrating classical texts, with “The Divine Comedy” being one of them. Doré illustrated a scene from the eighth circle of hell. His engraving shows the plight of the sowers of discord, who spent their lives promoting discord within religion or politics. In the afterlife, they must walk a circle and endure punishments

The ninth circle, in its hatred of love and in the absence of the warmth love brings, is encased in ice.

at the hands of a demon.

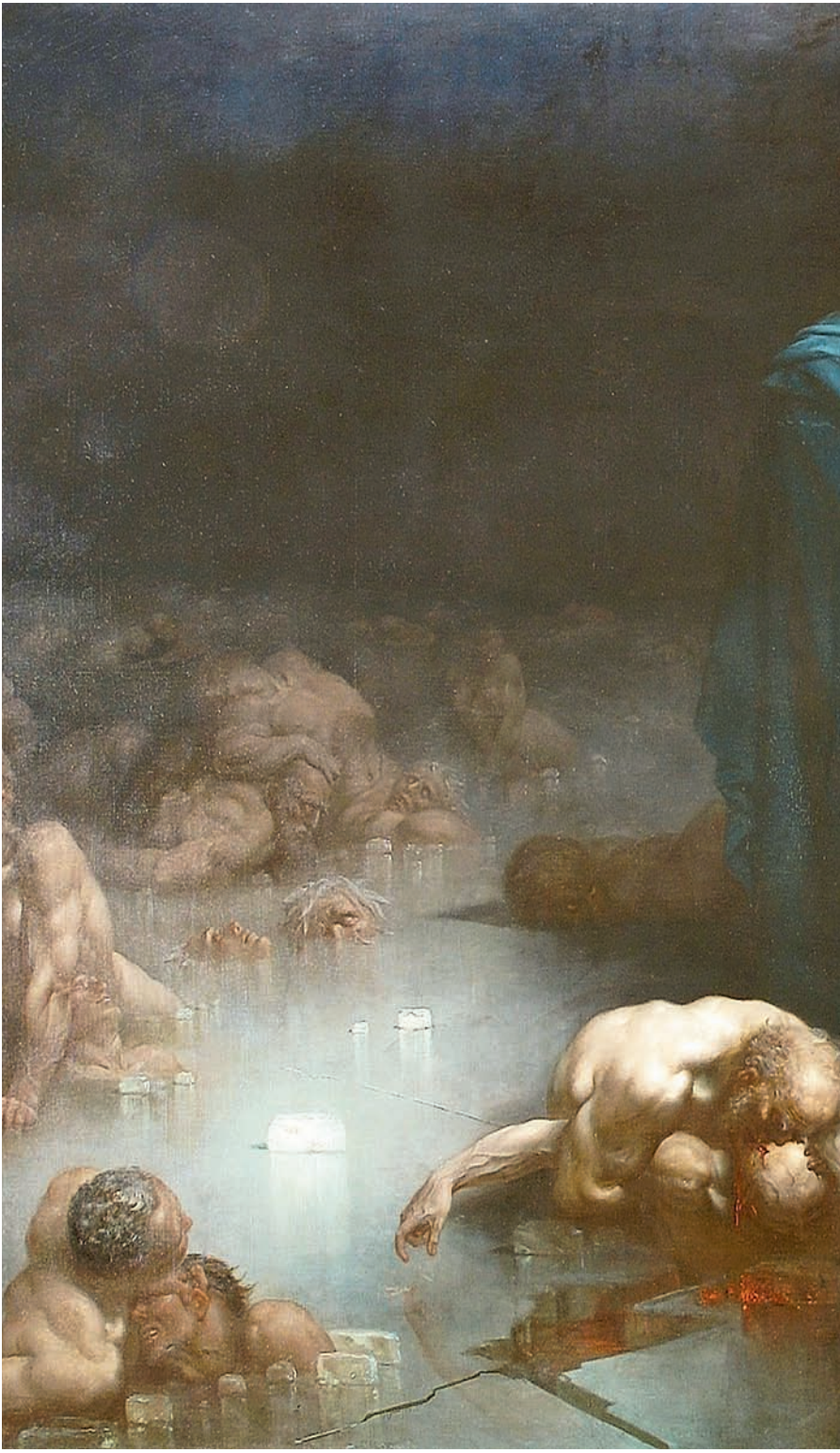
Dorothy L. Sayers, in her book “Hell,” expands on what Dante meant by this level of hell. She writes that the evil ditches in the eighth circle of hell represent “the image of the City in corruption: the progressive disintegration of every social relationship, personal and public. Sexuality, ecclesiastical and civil office, language, ownership, counsel, authority, psychic influence, and material interdependence—all the media of the community’s interchange are perverted and falsified.”

The eighth circle, then, represents the deliberate and deceitful attempt to destroy the moral and virtuous principles upon which cultures are founded. It represents the attempt to infiltrate society with evils and lies masked as good and truth.

The eighth circle of hell sounds hellish enough, but it is not the most hateful of the circles. The ninth circle is the cruellest of them all. The ninth circle houses those souls that hate love itself. This is why Satan is housed here: Satan is the exemplar of the evil that hates love, since Satan hates God and all that God represents.

The ninth circle, in its hatred of love and in the absence of the warmth love brings, is encased in ice. Doré, in his painting “Dante and Virgil in the Ninth Circle of Hell,” depicts the suffering such absence of love brings. Souls are shown in agony. They scream and fight as ice engulfs their bodies. Doré has presented Dante and Virgil in the middle of it all, and only the area around them seems to be lit in an otherwise endless sea of darkness occupied by suffering souls.

The horizon seems to go on forever as it falls into darkness. This darkness looms over the top half of the canvas, but its reach goes further. In a way, the darkness stretches a cold emptiness into and in between the figures and the ice



‘SAINT JEROME PRAYING IN THE WILDERNESS’

The Spiritual Life of Leonardo da Vinci

What an unfinished painting from the Vatican can tell us

J.H. WHITE

NEW YORK—Classical art is not about history—it’s about today. Its transformative power can uplift us, and touch our spirits.

One such example is Leonardo da Vinci’s “Saint Jerome Praying in the Wilderness,” on loan from the Vatican Museums. It’s the singular protagonist of The Metropolitan Museum of Art’s new exhibition, “Leonardo da Vinci’s St. Jerome,” going on through Oct. 6. The exhibition commemorates the 500th anniversary of the artist’s death.

It’s the perfect piece to honor the late master for many reasons. While historians hotly debate the authorship of many of Leonardo’s paintings, this work is one of only six that are not in question. It even has Leonardo’s actual fingerprints on it; he’d often use his fingers and palms to smudge the paint to create a soft focus effect.

“There’s something really pretty touching for a modern viewer to just know that the fingerprints of the artist are there,” said the exhibition’s curator, Carmen Bambach, in a phone interview.

In addition to Leonardo’s literal touch, “St. Jerome” depicts his touching spirit; it may even suggest a different purpose of art altogether—to help us connect with the Creator.

“What is really important is to look

Like a spiritual devotee, always striving to be better, the painting is also unfinished and a work in progress.

at the painting of St. Jerome and allow the painting itself to tell us a great deal about the probable spiritual life of Leonardo,” Bambach said.

Like a spiritual devotee, always striving to be better, the painting is also unfinished and a work in progress. Leonardo started the painting around 1483 and worked on it over the next three decades. From 1510 to 1511, Leonardo focused on sketching anatomical drawings, realistically illustrating the muscular and skeletal structure of a human being. These artistic developments can be seen in his “St. Jerome.”

“[The painting] being unfinished brings us very close to the mind of the genius,” Bambach said. Since St. Jerome was wearing only a ragged cloth, there was an opportunity for the maestro to showcase his command of anatomy. He does so brilliantly, especially in the saint’s head, neck, and shoulders.

It’s still unknown why he never finished the work. “One of the reasons may have been that he considered it very much a work in progress and that he simply became very attached to it himself,” Bambach said.

Solemn Space

The exhibition’s presentation and painting selection pay homage to an old custom. During the Renaissance, at the funerals of great Italian artists such as Michelangelo and Raphael, one of the

artist’s devotional works would be displayed.

“Saint Jerome Praying in the Wilderness” is displayed alone in the exhibition, “starkly illuminated within an otherwise darkened space in order to heighten the picture’s contemplative dimension, which Leonardo intended,” the exhibition’s press release states.

“The way that we’ve conceived it at The Met is all about creating a chapel-like setting that is a kind of sanctuary for the presentation of this work, which again alludes to the solemnity of a death anniversary,” Bambach said.

The exhibition’s intimate, solitary setting also reflects Leonardo’s unique portrayal of St. Jerome, contrasting with how the saint was often depicted through history. The fourth-century saint is most well-known as an exemplar of Christian morality and for his translation of the Bible from Hebrew to Latin. Many artists, especially during the Middle Ages, would paint St. Jerome in his study, devoutly translating Scripture. He would often be wearing a red cardinal hat and clothing, even though the position did not yet exist in the Catholic order.

Leonardo, however, depicted St. Jerome from a story in the 13th-century text titled the “Golden Legend,” a collection of hagiographies, or biographies of saints. From the text, St. Jerome wanders the desert as a gaunt ascetic; he comes upon a lion with a thorn in its paw. The saint removes the thorn and gains a companion for life.

In Leonardo’s “Saint Jerome Praying in the Wilderness,” St. Jerome sits inside a cave, beating his chest with a rock, a common practice of penitence. Such rituals were performed to remove sins of the flesh, which Jerome infamously indulged in before becoming a Christian. At his feet lies his companion, the lion. St. Jerome, in a semiconscious state, looks upward at a cross.

“What Leonardo decided to do was to pare down the story completely,” Bambach said. “[It’s about his] state of reverie



that keeps them prisoners of their own cold-heartedness.

Recognizing Hell on Earth

So what does this painting say about our contemporary society? What is our “ninth circle of hell”? To be honest, I don’t know.

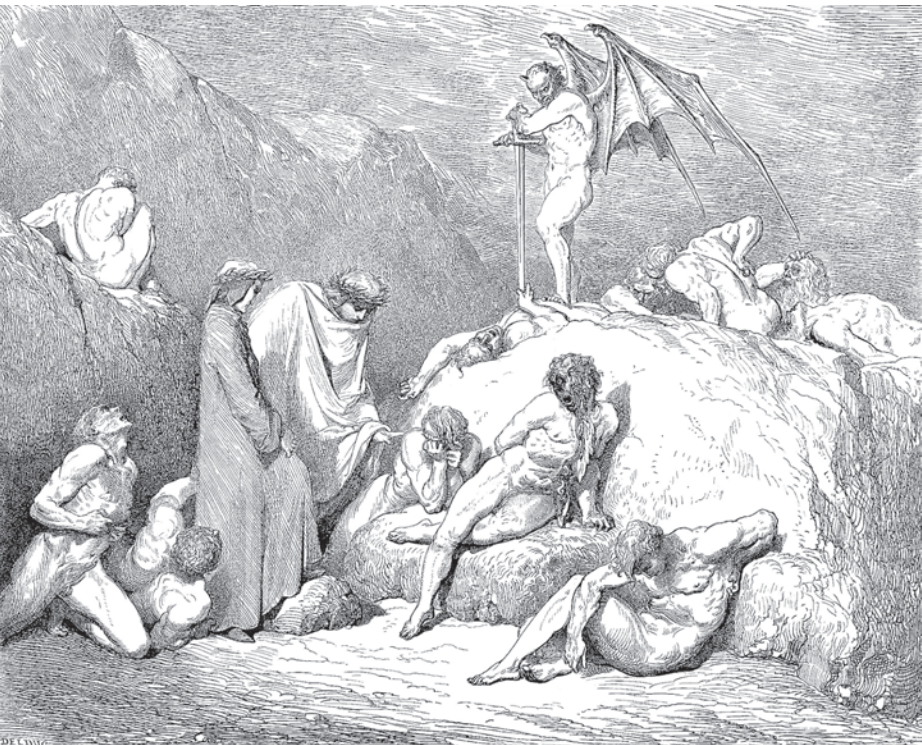
I do, however, see characteristics of the eighth circle of hell in Western society today: The Western traditions and

classics embodied by the humanities are constantly under attack.

The postmodern agenda has been consistent in its resistance against the classical notions of truth, goodness, and beauty, throwing them into a sea of darkness where their judgments hold no sway over personal preference.

Postmodernists would be happy to have the classic values stowed away in shadows that forever cast doubt upon

PUBLIC DOMAIN



ART RENEWAL CENTER

(Left) “Dante and Virgil in the Ninth Circle of Hell,” 1861, by Gustave Doré. Oil on Canvas, 10.3 feet by 14.7 feet, Musée municipal de Bourges-en-Bresse.

(Above) “The Inferno, Canto 28, Lines 69-72,” 1890, by Gustave Doré. Engraving. Dante Alighieri’s “Inferno” illustrated with the designs of Gustave Doré, Cassell Publishing Company.

them. They advocate the relativity of irrationality over measured restraint. They mask the attempts to deconstruct and destroy traditional culture by way of moral posturing.

That postmodern attempt at morality claims to protect people’s feelings but instead prevents them from ever experiencing the growth that comes from engaging with those who differ in perspective. Basing judgments on feelings only leads to irrational relativism that, practiced absolutely, has ironically led to hostile absolutism. Everything can and will be seen as an affront to subjective feelings.

Thus, the result of a postmodern culture is people who are cold and hostile toward anything that doesn’t affirm their own personal set of ideologies.

Where can this lead? I just hope we don’t become so cold-blooded and hostile toward one another and toward those ideas that challenge our preconceived notions that we create our own ninth circle of hell, fashioned by a new set of shameful acts we come to later regret.

Eric Bess is a practicing representational artist. He is currently a doctoral student at the Institute for Doctoral Studies in the Visual Arts.

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(Above) “A portrait of Leonardo,” circa 1515–18, attributed to Francesco Melzi. Red chalk, 10.8 inches by 7.4 inches.

(Left) “Saint Jerome,” by Leonardo da Vinci. Tempera and oil on walnut paper, 41 inches by 30 inches. Vatican Museums, Rome.

... It’s this engagement with a crucifix that is the subject really of the saint’s mystical vision.”

What I see from Leonardo’s artistic choice is a religious figure and sentiment, unfettered by the form of the Church. This is a depiction of St. Jerome in his most raw, naked state, figuratively and literally: He’s not adorned in the Church’s garb; and he’s simply entranced by divinity, connecting directly with Christ. The saint’s spirit, and connection to God, is gravitational and grounding. It speaks of the devotion of the painter, as much as to St. Jerome himself.

“Now, as a historian myself, it is difficult for me not to see that Leonardo was an intensely spiritual artist,” Bambach said.

J.H. White is an arts, culture, and men’s fashion journalist living in New York.

FOOD IS MEDICINE

Paleo Diet Might Be Associated With Heart Disease Risk: Study

MAT LECOMPTE

Those who follow a paleo diet may want to re-think their food choices, as research shows a link between the popular way of eating and heart disease. This diet has been surrounded by controversy and many studies have fueled the debate over whether the paleo diet is as safe and healthy as proponents claim. The paleo diet claims to emulate what ancestors of modern humans used to eat. This type of diet pro-

motes a high intake of meats, vegetables, fruits, nuts, and seeds, but eliminates whole grains, legumes, and dairy. As the paleo diet has grown in popularity in the past few years, so have the studies to determine how healthy it actually is. For example, one study from 2016 found that the paleo diet may be able to protect against heart attacks and cardiovascular disease by raising blood levels of a protective molecule. However, another study conducted around the same time made an opposite discovery. These

researchers concluded that the paleo diet could lead to weight gain and raise the risk of cardiovascular problems and diabetes. With a new study conducted this year and published in the European Journal of Nutrition, there seems to be a new reason to be skeptical of the popular diet. This research conducted by a team from Australia outlines how those who follow the paleo diet may be placing their heart health at risk. The team, led by Angela Genoni, worked with 44 participants who followed paleo diets. They also

looked to 47 participants who ate typical diets that met national dietary recommendations. Researchers followed both groups for one year, during which they collected biological samples from the participants and assessed their diets. They took the information collected and compared results between the paleo cohort and the control group. To be more accurate in the findings, the researchers split the participants who followed a paleo diet into two groups. This included one group who were strict paleo dieters who ate less than one serving of grains and dairy a day. The other group was pseudo paleo who ate more than one serving of grains and dairy a day. What they found was that across all paleo groups, participants presented heightened blood levels of a compound that specialists associate with a heart disease called trimethylamine N-oxide. The compound forms in the gut and is dependent on a person's diet and the gut bacteria that populate in the digestive tract, among other factors. Genoni spoke about the study saying, "Many Paleo diet proponents claim the diet is beneficial to gut health, but this research suggests that, when it comes to the production of [trimethylamine N-oxide] in the gut, the Paleo diet could be having an adverse impact in terms of heart health." "We also found that populations of beneficial bacterial species were lower in the Paleolithic groups, associated with the reduced car-

bohydrate intake, which may have consequences for other chronic diseases over the long term." **Lack of Whole Grains** The argument from this research is that individuals following paleo diets have such heightened levels of trimethylamine N-oxide because they don't consume whole grains. Previous studies have shown that whole grains are a great source of dietary fiber and can help reduce the risk of cardiovascular problems. "We found the lack of whole grains [was] associated with [trimethylamine N-oxide] levels, which may provide a link [with] the reduced risks of cardiovascular disease we see in populations with high intakes of whole grains," said Genoni. "The Paleo diet excludes all grains and we know that whole grains are a fantastic source of resistant starch and many other fermentable fibers that are vital to the health of your gut microbiome." The study concluded that excluding whole grains from a diet can seriously impact gut health, with implications for heart health as well. The researchers for this study also state the need for further studies into the role of vegetables and saturated fats in regulating key biological mechanisms in the gut. *Mat Lecompte is a freelance health and wellness journalist. This article was first published on Bel Marra Health.*



A paleo diet of meat and vegetables is missing the health benefits that come from whole grains, and that could increase the risk of heart disease.



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