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In
the NEWS

A successful CYBER ATTACK

on the Australian Parliament before the general election in May was courtesy of the Chinese Communist Party's Ministry of State Security, the Australian Signals Directorate found, according to sources.

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In a LEAKED

document, Beijing has instructed government agencies in regional provinces to 'prepare for war' in anticipation of civil unrest during the upcoming 70th Anniversary of the Communist takeover of China.

CHINA | A6

"This legislation makes clear that Congress will not turn a blind eye as millions of Uyghur Muslims are unjustly imprisoned ... and forced into labour camps by an autocratic regime."

U.S. Senator Bob Menendez on the Uyghur Human Rights Policy Act that passed the U.S. senate on Sept. 11

US | A8

FEMINISTS

advocating for job offerings to be based on gender-quotas over merit are undermining their own cause, writes author Nicole Russell.

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U.S. President Donald Trump shakes hands with Farid Ahmed, a survivor of the Christchurch, New Zealand, terrorist attacks, and other survivors of religious persecution from 17 countries around the world in the Oval Office at the White House on July 17, 2019.

HUMAN RIGHTS

US Introduces Task Force to Counter Genocide and Human Rights Atrocities

Trump administration says it's committed to holding perpetrators of mass atrocities to account

EVA FU

The Trump administration established a task force on Sept. 12 to reaffirm its commitment in confronting ongoing mass atrocities in the United States and worldwide.

The Atrocity Early Warning Task Force, a White House-led inter-agency structure, is the latest act of commitment from the administration to hold perpetrators of genocide and mass atrocities accountable, according to an accompanying report released by the White House.

Mass atrocities include acts such as war crimes, crimes against humanity, genocide, and ethnic cleansing, and have indicators such as state-sanctioned or state-tolerated violence, the presence of armed conflict, and political instability, according to the report.

The 11-page report is named after Elie Wiesel, a Romanian Jew who survived the Auschwitz concentration camp as a teenager during World War II.

"The Trump Administration has made a steadfast commitment to prevent, mitigate, and respond to mass atrocities, and has set up a whole-of-Government interagency structure to support this Commitment," the report states. It further cites a speech that Trump made at the U.S. Holocaust Memorial Museum in 2017: "We will never, ever be silent in the face of evil again ... and we pledge: never again."

The report was a response to the Elie Wiesel Genocide and Atrocities Prevention Act of 2018 signed

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We will never, ever be silent in the face of evil again ... and we pledge: never again.

Donald J. Trump, President of the United States



Unchiprang refugee camp in Cox's Bazar, Bangladesh, on Aug. 28, 2018.

ABORTION

White House Calls for Investigation of Abortion Doctor Who Had Over 2,000 Fetal Remains

ZACHARY STIEBER

The White House and Republican officials called for a probe into Dr. Ulrich Klopfer, an abortion doctor who had more than 2,000 fetal remains at his house.

Klopfer died on Sept. 3, and the remains were discovered by his family as they went through his belongings.

Klopfer performed abortions in Indiana but lived in Illinois.

"The horrific discovery of 2,246 fetal remains in abortionist Dr. Klopfer's Illinois home is appalling & should shock the conscience of every American. While I was Governor of Indiana we took his medical license away & passed a law requiring fetal remains be treated with dignity," Vice President Mike Pence said on Twitter.

"His actions should be fully & thoroughly investigated, the remains of the unborn must be treated with dignity & respect & this abortionists defenders should be ashamed. We will always stand for the unborn."

White House Deputy Communica-

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Australian families are suffering from a broken and unjust family law system, says One Nation's Pauline Hanson.

FAMILY LAW

Pauline Hanson to Co-Chair Inquiry into Family Law Citing Unjust System

MIMI NGUYEN LY

One Nation leader Senator Pauline Hanson has said that there have been cases of parents using false domestic violence claims to gain access to their children after separation.

"I'm hearing of too many cases where parents are using domestic violence to stop the other parent

from seeing their children," the One Nation leader said on ABC Radio's RN Breakfast show early Sept. 18. "Perjury is in our system, but they're not charged with perjury."

Hanson's comments come as a special committee is to be set up to carry out a year-long joint parliamentary inquiry into the family law system. Liberal Party MP Kevin

Continued on A2

CYBERSECURITY

Estonia Bans Huawei From Providing Government With Tech and Equipment

FRANK FANG

Estonia is set to ban the use of Chinese tech giant Huawei's equipment and technology in its government sector.

Paul Rikk, Estonia's national cybersecurity policy director, said the country's 5G network shouldn't be equipped with Huawei equipment, according to a Sept. 13 article by Estonian news site Delfi.

"We need to make sure that the manufacturer is reliable and the management of the company is transparent and is not driven by political goals," said Rikk, the leader of a task force set up by the country's Ministry of Foreign Trade and Information Technology to develop a trust policy on IT equipment.

He added, "The issue is not so much the quality of Huawei hardware and software, but whether these devices

Continued on A3

RICHARD DREW/AP PHOTO, FILE



Facebook logo.

CHINA

Chinese State Media Criticise Facebook for Deleting Hong Kong Misinformation

NICOLE HAO

Chinese state-owned media criticised Facebook on Sept. 16 for deleting a bevy of accounts that spread false information about the Hong Kong protests.

Meanwhile, the page on the social

Continued on A7

CHINA

China's Top Hospital Reveals 'Health Project' Aimed at Prolonging Leaders' Lives to 150

OLIVIA LI

In China, the slogan "Serve the people" can be seen almost everywhere; but any sensible citizen knows that the country's system is actually designed to serve the communist party and by extension, its leaders.

In a video ad that went viral on Sept. 15, Beijing's 301 Hospital, touted that it is running a project dedicated to maintaining Chinese leaders' health, and that the next stage is prolonging their lives to 150 years.

The ad was shown on WeChat, a Facebook-like social media platform. It soon sparked public outrage and was blocked the next day.

Impressive Ad

The 301 Hospital is rated the number one hospital in China and is where top Chinese leaders often receive medical care. The ad was intended to promote the hospital, by bragging about its advanced health project for Chinese Communist Party (CCP) leaders.

Continued on A6

Pauline Hanson to Co-Chair Inquiry into Family Law Citing Unjust System

CONTINUED FROM A1

Andrews will lead the inquiry, with Hanson as co-chair in the effort. The committee will investigate various areas, including court time frames and costs, concerns regarding onuses of proof required for granting apprehended violence orders, custody arrangements, and child support.

Pressed For Evidence

When ABC Radio’s Hamish Macdonald asked Hanson about what evidence she had regarding false claims of domestic violence being used in the courts, Hanson cited her own personal experience of what happened with her son. She also said there are cases she is familiar with, but won’t talk about without permission. “Leave it up to the people to have their say,” she said. “When it’s done, the inquiry before the committee, it’ll be put on Hansard.” Hanson also suggested that Macdonald speak to some men’s groups and organisations “who will back it up because they are feeling the effects of it.”

“This comes across our desk on a weekly basis, if not on a daily basis sometimes, of people phoning up [about] how unjust the system is,” she said. “Why do you think we’ve got three men suiciding a day and one woman murdered a week?”

Support for Split Custody

The Queensland senator insisted she was not siding with men or women in family court disputes, but wanted to make sure that children have access to both parents—given they are fit. “I think that if you can have joint custody of the children prior to separation, why shouldn’t you afterwards—unless there [is] drug and alcohol abuse, criminal offence, or a domestic violence order prior to separation,” Hanson told ABC Radio. She expressed that her comments about false domestic violence claims are not directed at those who are legitimately experiencing issues of domestic violence and raising such issues in the family courts. However, she reiterated the message, “Don’t throw domestic violence orders against your ex-partners just to further your case or get control of the children ... there are people out there who are nothing but liars and will use that in the court system.” Hanson told ABC Radio one change she wanted to see through the inquiry: “If I’m actually going to be upfront and say what I want



Senator Pauline Hanson arrives at Parliament House in Canberra, Australia, on Feb. 14, 2019.

Why do you think we've got three men suiciding a day and one woman murdered a week?

Senator Pauline Hanson, leader of the One Nation Party



Family And Children's Rights Australia (FACRA) organised a march from Family Court of Western Australia to Parliament House to raise public awareness about the issues with family law on Sept. 1, 2019.

to be looked at, [then it is that] if people make false allegations, you’re going to be held responsible for it.”

Joint Parliamentary Inquiry

In an announcement on Sept. 17, Australia’s Prime Minister Scott Morrison said that the inquiry would assess “whether the current system, which is intended to support parents and children during the end of a relationship, is fit for purpose.”

“We want to ensure families can resolve issues as quickly and fairly as possible, so everyone can move on with their lives,” Morrison said. “This inquiry will allow the parlia-

ment to hear directly from families and listen to them as they give their accounts of how the family law system has been impacting them and how it interacts with the child support system.”

The government is also considering recommendations from the Australian Law Reform Commission (ALRC) report into family law, released in April, “and will respond in full to all of those recommendations relating to the design of multiple important provisions in the Family Law Act 1975,” Morrison’s statement read.

Queensland Women’s Legal Service chief executive Angela Lynch

expressed resistance to the newly-announced inquiry. “There’s little doubt that there are complex issues in this system and that there are real systemic failings, but this is the umpteenth review of this system,” she told ABC News, citing the ALRC review that culminated in 60 recommendations to the government earlier this year, as well as two previous inquiries. “[The government] should be really listening to domestic violence groups. “It seems that this review was set up without consultation [with] domestic violence group[s],” Lynch said. “Fifty to 85 percent of matters in the family law courts involve a family history of domestic violence. You cannot make decisions in this system without seriously consulting with the experts in domestic violence, and that’s what we’re calling on the government to do.” Of the ALRC inquiry, Hanson commented to reporters, “ALRC never gave the people a real voice.” She said the new review would provide a more holistic assessment across all aspects of family law.

‘The Family Law System is Totally Broken’

Professor Augusto Zimmermann, head of law at Sheridan College in Perth and a former member of the Law Reform Commission of Western Australia until 2017, said that he has received numerous accounts from non-custodial parents who he believes have been wrongly accused of child abuse and neglect. “Some of them lost access to their children entirely due to these false accusations,” Zimmermann told The Epoch Times. “This is so even after the Department of Child Protection completely cleared them of any wrongdoing.”

“Indeed, making a false allegation of child abuse has now become a common strategy when it comes to family law litigation. It is regularly used to alienate an innocent parent from their children,” Zimmermann added.

Obtaining undue financial advantage is considered to be one of the motivations behind parental alienation. “The more a single parent can restrict the other parent’s access to the children, the more financial support they receive from the alienated parent and the government,” Zimmermann said. “The family law system is totally broken and it urgently needs to be fixed.”

Epoch Times reporter Wade Zhou and AAP contributed to this report.

China Behind Hack on Australia Parliament, Political Parties: Sources

Australian intelligence has determined that China was responsible for a cyberattack on its national Parliament and three largest political parties before the general election in May, five people with direct knowledge of the matter told Reuters.

The Australian Signals Directorate (ASD)—Australia’s cyber intelligence agency—concluded in March that the ruling Chinese Communist Party’s (CCP’s) Ministry of State Security was responsible for the attack, the people with knowledge of the findings told Reuters.

The people who were cited declined to be identified, because of the sensitivity of the issue. Reuters has not reviewed the classified report.

The report, which also included input from the Department of Foreign Affairs, recommended keeping the findings secret in order to



Morrison said at the time that the attack was “sophisticated” and probably carried out by a foreign government. He did not name any government suspected of being involved.

avoid disrupting trade relations with Beijing, two of the people said. The Australian government hasn’t disclosed who it believes was behind the attack or any details of the report.

In response to questions posed by Reuters, Prime Minister Scott Morrison’s office declined to comment on the attack, the report’s findings, or whether Australia had privately raised the issue with China. The ASD also declined to comment.

China’s Foreign Ministry denied involvement in any sort of hacking attacks, saying the internet is full of theories that are hard to trace.

China is Australia’s largest trading partner, dominating the purchase of Australian iron ore, coal and agricultural goods, buying more than one-third of the country’s total exports, and sending more than a million tourists and students there

each year.

China researcher at Charles Sturt University Professor Clive Hamilton said on Twitter, “Our refusal to call out Beijing is sheer gutlessness on the part of our political leaders and bureaucrats.”

In February, Australia revealed that hackers had breached the network of the Australian Parliament. Morrison said at the time that the attack was “sophisticated” and probably carried out by a foreign government. He didn’t name any government suspected of involvement.

When the hack was discovered, Australian lawmakers and their staffers were told by the Speaker of the House of Representatives and the President of the Senate to urgently change their passwords, according to a parliamentary statement at the time.

The ASD investigation quickly established that the hackers had also accessed the networks of the ruling Liberal party, its coalition partner the rural-based Nationals, and the opposition Labor party, two of the people said.

The attack on the political parties gave the perpetrators access to policy papers on topics such as tax and foreign policy, and private email correspondence between lawmakers, their staff, and other citizens, two sources said.

Independent members of Parliament and other political parties weren’t affected, one of those sources said.

Australian investigators found the attacker used code and techniques known to have been used by agents of the CCP in the past, according to the two sources.

Australian intelligence also determined that the

country’s political parties were a target of Beijing spying, they added, without specifying any other incidents.

The people declined to specify how the attackers breached network security, and said it was unclear when the attack had begun or how long the hackers had access to the networks.

The attackers used sophisticated techniques to try to conceal their access and their identity, one of the people said, without providing details.

The findings were also shared with at least two allies, the United States and the UK, four people familiar with the investigation said.

The UK sent a small team of cyber experts to Canberra to help investigate the attack, three of those people said.

From Reuters



Terry Gou, founder of Taiwan's Foxconn, speaks during the G2 and Beyond forum organised by the Digtimes in Taipei on June 22, 2019.

In a Surprise Move, Foxconn's Gou Drops Taiwan's Presidential Bid

TAIPEI—Terry Gou, founder of Apple supplier Foxconn, in a surprise move on Sept. 16 said he will not contest in Taiwan's 2020 presidential election.

Gou, Taiwan's richest person with a net worth of \$7.6 billion according to Forbes, said in a statement late on Monday he would not join the already competitive race, after losing the presidential nomination from the opposition, China-friendly Kuomintang party (KMT) in mid-July.

"I have decided not to join the petition to run for president in 2020," Gou said in a statement, apologising to supporters who had urged him to run for the presidency.

"I'd also like to say 'thank you' to everyone for your support and love," Gou said.

"Although I did not contest in the presidential election, it doesn't mean I have given up politics," he said, adding he would continue to push for the policies he proposed during the KMT primaries. He did not elaborate.

Gou's decision was a surprise to many amid widespread expectations he could run for the presidency as an independent, a move that could have complicated President Tsai Ing-wen's re-election bid and spelled trouble for

KMT, whose presidential candidate, Han Kuo-yu, is struggling in opinion polls.

"We always believe that Chairman Gou will make the best decision that benefits the Republic of China," KMT said in a statement, using Taiwan's official name.

"We should let go of the past and look forward. Comrades of the party should unite as one," it said.

Gou's extensive businesses in China and ties with Beijing's top leadership already came under the spotlight, as analysts said they could turn off voters who are increasingly wary of Beijing's ambition to absorb the island.

He stepped down as chief of Foxconn this year, handing over the running of the company to an operations committee. But he retained a seat on the board of the company, formally known as Hon Hai Precision Industry Co. Ltd.

Self-ruled Taiwan is set to hold presidential and legislative elections in January amid a delicate time with its neighbour China, which considers the island its own and has been ramping up pressure to squeeze Taiwan's space.

By Yimou Lee
From Reuters

Although I did not contest in the presidential election, it doesn't mean I have given up politics.

Terry Gou, founder of Apple supplier Foxconn

Estonia Bans Huawei From Supplying 5G Tech to Government

CONTINUED FROM A1

can be used for political purposes in the future."

Estonia took into consideration security concerns from the United States and "other NATO allies" about Huawei, Rikk said.

"Because Estonia is a NATO member and our defence is based on a collective defence logic. If one NATO member sees communications technology as a threat, then we take that concern very seriously," he added.

The U.S. government has been warning Western countries about the security risks associated with Huawei equipment, particularly in the realm of 5G, as the technology is set to be used in critical infrastructure.

On May 15, the U.S. Department of Commerce added Huawei and 68 affiliate companies to its "Entity List," effectively banning U.S. firms from doing business with them, unless granted special government approval. In August, 46 additional Huawei affiliates were added to the blacklist, which included those operating in Argentina, Australia, Belarus, Costa Rica, France, Italy, Mexico, and Portugal.

According to the Delfi report, the Estonia task force is consulting with

the country's three major telecom providers: Elisa, Tele2, and Telia. For 5G testing, Elisa is known to have worked with Huawei, while Tele2 has cooperated with Finnish telecom firm Nokia, and Telia has joined with Swedish firm Ericsson.

Elsewhere in Eastern Europe, the United States has also sought to dissuade governments from adopting Huawei networks.

On Sept. 2, U.S. Vice President Mike Pence and Polish Prime Minister Mateusz Morawiecki signed an agreement to cooperate on 5G in Warsaw. The agreement called for the protection of networks in both countries from "disruption or manipulation," although it didn't identify Huawei or any other Chinese company by name.

On the same day, Marc Short, Pence's chief of staff, called on other nations to shun Huawei.

"We must stand together to prevent the Chinese Communist Party from using subsidiaries like Huawei to gather intelligence while supporting China's military and state security services—with our technology," Short said in a statement.

Meanwhile, in India—the world's fastest growing smartphone market—two major telecom operators, Reliance Jio and Bharti Airtel, have decided not to team up with Huawei in their 5G trials. Jio has teamed up with Samsung instead, while Airtel has finalised agreements with both Ericsson and Nokia, according to a Sept. 14 article by India's English-language daily Business Standard.

The Indian government hasn't officially announced whether it will ban Huawei. In June, India's telecom minister Ravi Shankar said that six companies, including Huawei and another Chinese telecoms firm, ZTE, submitted proposals for 5G trials, according to India's English-language Economic Times.



Estonia's Prime Minister Juri Ratas arrives for the second day of the NATO (North Atlantic Treaty Organisation) summit, in Brussels, on July 12, 2018.

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Solomon Islands Switches Diplomatic Recognition to Beijing, Taiwan President Calls Out Beijing for Applying Pressure

FRANK FANG

TAIPEI, Taiwan—President Tsai Ing-wen had stern words for Beijing at a press conference on Sept. 16, after the island’s diplomatic ally, the Solomon Islands, voted to drop recognition of Taiwan in favour of China.

“Taiwan will never compete against Beijing in dollar diplomacy ... this is not how we engage in diplomatic relationships. What’s more, China’s promise of aid is often an empty check,” Tsai said, referring to China’s pattern of providing investments and loans to Taiwan’s allies so they will switch their diplomatic ties.

According to Taiwan’s Central News Agency, Solomon Islands Prime Minister Manasseh Sogavare called a meeting of the coalition government caucus earlier in the day. Twenty-seven members voted in favour of a diplomatic switch to Beijing, six abstained their vote, and zero voted in favour of maintaining ties with Taiwan—thus ending the South Pacific island nation’s 36 years of diplomatic relations with Taiwan.

Taiwan’s foreign minister, Joseph Wu, said in a statement that Taipei would immediately close its embassy in the Solomon Islands and recall all its diplomats.

Taiwan now has only 16 international diplomatic allies. After Tsai took office in 2016, Beijing has ramped up pressure on the self-ruled island’s allies in an attempt to diminish Taiwan’s presence on the international stage.

The Chinese regime considers Taiwan part of its territory despite the fact that the island is a full-fledged democracy with its own elected officials, military, and currency.

On Sept. 16, spokesperson for China’s Ministry of Foreign Affairs Hua Chunying told reporters that Beijing welcomed the diplomatic switch. “We welcome the Solomon Islands in seizing a historical opportunity ... to blend into the big family of cooperation between China and Pacific island countries.”

Tsai is a member of the Democratic Progressive Party (DPP), which traditionally advocates for the island to formally declare independence from



(L) Taiwan’s Foreign Minister Joseph Wu (R) shakes hands with Solomon Islands’ Foreign Minister Jeremiah Manele (L) during a press conference in Taipei, Taiwan, on Sept. 9, 2019.

(R) Taiwan’s President Tsai Ing-wen speaks during her visit to Port-au-Prince, Haiti on July 13, 2019.

In the past few years, China has resorted to money and political pressure to suppress Taiwanese international space. ... This is not only a threat to Taiwan, but it is also an open challenge and dismantling of international order.

Tsai Ing-wen, President of Taiwan

the mainland, though she has said she wishes to maintain the status quo.

El Salvador, Burkina Faso, the Dominican Republic, Panama, and São Tomé and Príncipe all switched diplomatic ties to Beijing after 2016.

“In the past few years, China has resorted to money and political pressure to suppress Taiwanese’s international space,” Tsai said.

“We want to give our utmost condemnation. This is not only a threat to Taiwan, but it is also an open challenge and dismantling of international order.”

There were unconfirmed Taiwanese media reports that Beijing had promised to offer the Solomon Islands \$500 million in aid once the island decided to switch diplomatic recognition.

Tsai didn’t address the reports, but warned that Beijing will likely apply even more pressure in the near future, in an attempt to influence Taiwan’s upcoming elections.

Taiwan will hold presidential and legislative elections in January 2020; Tsai will be running for her reelection.

By reducing the number of Taiwan allies and putting pressure on the DPP, Beijing is effectively swaying public opinion against DPP candi-

dates and for DPP’s main opposition party, the Kuomintang, which leans pro-Beijing.

Tsai said that Beijing’s tactic of withering down Taiwan’s allies was for the purpose of pressing the island into accepting the “one country, two systems” model. However, she said that Taiwanese people’s rejection of the model is the “biggest consensus on the island.”

In January, Chinese leader Xi Jinping suggested that the model—currently adopted in Hong Kong, whereby the former British colony would retain autonomy while under Chinese sovereignty—could be a way to bring Taiwan under the reign of Beijing. Thousands attended a march in April expressing rejection of the proposal, while ongoing Hong Kong protests against Beijing’s encroachment of city affairs have led many Taiwanese to hold solidarity rallies and local politicians from both parties to express disapproval for “one country, two systems.”

Prior to the Solomons’ vote on Sept. 16, Taiwan tried to salvage ties with the island nation by dispatching Deputy Foreign Minister Hsu Szu-chien, who arrived in the Solomon Islands earlier on Sept. 16. According to Taiwanese media, Hsu was welcomed by members of several

local NGOs and religious groups, as well as Collin Beck, the country’s deputy foreign minister.

Taiwan’s Ministry of Foreign Affairs, in a press release before Tsai’s press conference, stated that Beijing has “bought off a few [Solomon] politicians” and pushed the Solomons government into breaking off ties with Taiwan before Beijing celebrates its National Day on Oct. 1.

“Taiwan has never lowered its head after encountering setbacks in the international community,” the press release stated. “We will let the international community realise that, compared to authoritarian expansionists, Taiwan is at the forefront of democracy, and it will steadily become a global model for democracy.”

It also urged the international community to beware of Beijing’s “debt trap” strategy in the Indo-Pacific, whereby the Chinese regime offers high-interest loans to developing countries.

In the South Pacific island of Vanuatu, for example, China has financed the island with hundreds of millions of dollars for building its infrastructure. China currently accounts for nearly half of Vanuatu’s \$440 million foreign debt, according to The Sydney Morning Herald.



ANDRES MARTINEZ CASARES/REUTERS

Colombia–Venezuela Tensions Escalate as US, Allies Trigger Regional Pact

LUKE TAYLOR

BOGOTA, Colombia—Tensions have escalated between Colombia and neighbouring Venezuela following the invocation of a regional defense pact by the United States and other Latin American allies that would support Colombia in the case of a regional conflict.

The United States and other signatories triggered the Inter-American Treaty of Reciprocal Assistance (TIAR) on Sept. 11 after a number of bellicose exchanges between Venezuela and Colombia, including an announcement from Venezuelan regime leader Nicolás Maduro that he would be sending 150,000 troops to the Colombian border.

Analysts say the diplomatic strains are “serious” and activating the pact marks the highest level of escalation between the feuding neighbours in more than 10 years.

The United States invoked the alliance at an assembly of the Organisation of American States (OAS) along with 10 other countries, including Argentina, Brazil, Chile, Colombia, El Salvador, Guatemala, Haiti, Honduras, Paraguay, and the Dominican Republic.

Juan Guaidó, the head of the Venezuelan congress who is now recognised by over 50 other countries as leader of Venezuela, requested the treaty’s enactment, which commits the countries of the Western Hemisphere to respond to military aggression against any one of them.

U.S. Secretary of State Mike Pompeo said in a statement about the pact, “Recent bellicose moves by the Venezuelan military to deploy along the

Carlos Holmes Trujillo (L), Colombia’s foreign affairs minister, and Julio Borges, commissioner for foreign affairs appointed by Venezuela’s head of congress Juan Guaidó—who has declared himself Venezuelan president with support from 50 countries—hold a joint press conference in Bogota, Colombia, on Aug. 30, 2019.



RAUL ARBOLEDA/AFP/GETTY IMAGES

Conflict, although “unlikely,” would be a “nightmare scenario” as it would not only mean conventional warfare, but also low-intensity guerrilla warfare across the two territories.

John Polga-Hecimovich, professor of political science at the U.S. Naval Academy

border with Colombia, as well as the presence of illegal armed groups and terrorist organisations in Venezuelan territory, demonstrate that Nicolas Maduro not only poses a threat to the Venezuelan people, his actions threaten the peace and security of Venezuela’s neighbours.”

Remigio Ceballos, strategic operational commander of the Venezuelan armed forces, has defended large-scale military exercises at the border, labelling them matters of “security, exploration, and the interception of any invasion of Venezuelan territory,” according to Reuters.

Maduro has increasingly sounded the alarm of foreign aggression from the United States and its allies against the socialist country since it supported a move from Guaidó’s opposition to deliver aid to Venezuela on Feb. 23, which the embattled leader deemed a pretext for invasion.

Maduro’s foreign minister, Jorge Arreaza, blasted the enactment of

the pact and stated his country is “ready” to defend itself if necessary.

“We will let no one trample sacred Venezuelan soil, we will respond and hope that never happens,” Arreaza said at a news conference in Geneva after a meeting with U.N. rights chief Michelle Bachelet on Sep. 13, according to AFP.

“We will never attack a brother country ... under any circumstances, except to defend our people and territorial integrity.”

The U.S. ambassador to the OAS, Carlos Trujillo, played down the likelihood of conflict resulting from the pact, however. “The purpose of the TIAR is not to invoke military force; it is to seek a legal framework,” he told reporters ahead of the summit.

Relations between Colombia and Venezuela deteriorated rapidly after Maduro’s contentious predecessor Hugo Chavez kick-started the country’s “Bolivarian revolution” in 2002.

In 2007, a diplomatic crisis was

triggered by Chavez negotiating directly with Colombian guerrillas, the Revolutionary Armed Forces of Colombia (FARC), instead of via an intermediary.

FARC demobilised in 2016 following a peace accord with the Colombian government, but guerrilla movements continue to jeopardise relations between the two countries.

Colombian President Iván Duque has consistently condemned Venezuela for offering a safe haven for Colombian guerrilla groups, which are expanding deeper than ever into the country and profiting lucratively from the absence of law and order since the country descended into economic and political crisis. Four million people have fled the country, according to the U.N., owing to a humanitarian crisis caused by widespread shortages and rampant hyperinflation.

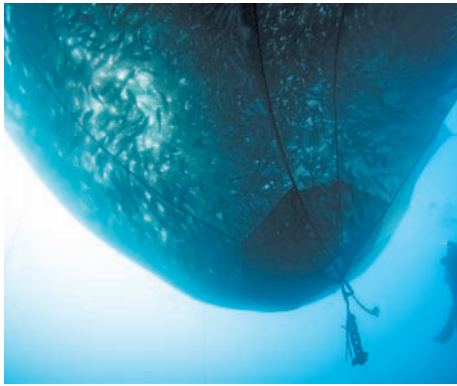
Following the leak of documents—allegedly originating from Venezuelan intelligence—by a Colombian magazine on Sept. 9, Colombia now accuses Venezuela of not only tolerating the armed groups, but supporting them by providing training and arms.

The Venezuelan government hastily rejected the allegations, labelling the documents forgeries.

Guerrilla groups that disregard borders will likely remain an obstacle to cooling tensions, particularly with the release of a video on Aug. 29 by a number of former FARC leaders who announced they would return to war, blaming the government for not upholding its commitments to Colombia’s peace agreement. The Colombian government says the video was filmed in Venezuela.

THE WORLD

In Pictures



(From top L-R) **A huge net holding hundreds of fish** at an aquaculture farm off the coast of Ajaccio, the capital of the French Mediterranean island Corsica, on Sept. 12. The nets, which are placed some 5 kilometers off the coast, breed three main types of fish—Maigre, Sea Bass, and Sea Bream. The farm produces some 20 percent of the aquaculture-bred fish for France. **A protester stands in flare smoke** as he takes part in an anti-government demonstration called the “Yellow Vests” (Gilets Jaunes) movement in Lyon, on Sept. 14. **View of the Villarrica Volcano** from Pucon, some 800 kilometres south of Santiago, Chile, showing signs of activity on Sept. 11. The volcano is among the most active in South America. **“I watched him grazing inside the treeline.** He looked up and saw me. Out he burst. A stallion in his prime. Dancing across the snowdrift. Amazing. Snowy Mountains brumby.” Michelle J Photographs captures brumby in Australia’s Kosciusko National Park on Sept. 2. **An unidentified man reacts after being beaten** by a group of people after a protest in the Causeway Bay district in Hong Kong on Sept. 15. Hong Kong riot police fired tear gas and water cannons at anti-Chinese regime protesters, some said to be hurling rocks and petrol bombs, tipping the city back into violence after a brief lull in clashes. **Pro-democracy protesters form a human chain** and wave laser pointers, phones, and lanterns in the air on Victoria Peak on Sept. 13 in Hong Kong, China. Pro-democracy protesters have continued demonstrations across Hong Kong, calling for the city’s Chief Executive Carrie Lam to immediately meet the rest of their demands, including an independent inquiry into police brutality, the retraction of the word “riot” to describe the rallies, and genuine universal suffrage, as the territory faces a leadership crisis. **A woman poses for a picture** amidst paper lanterns during the mid-autumn festival at a shop in the old quarters of Hội An, Vietnam, a UNESCO world heritage site, on Sept. 13.

BORIS HORVAT/AFP/GETTY IMAGES; OLIVIER CHASSIGNOLE/AFP/GETTY IMAGES; SEBASTIAN ESCOBAR/AFP/GETTY IMAGES; MICHELLE J PHOTOGRAPHS; PHIL FONG/AFP/GETTY IMAGES; CHRIS MCGRAH/GETTY IMAGES; MANAN VASSTANAN/AFP/GETTY IMAGES

Exclusive: China’s Shanxi Province Goes on Lockdown, Imposes Heightened Security for Key Anniversary

NICOLE HAO

As the Chinese Communist Party prepares large-scale celebrations for the upcoming 70th anniversary of its takeover of China, local governments are entering into lockdown mode to ensure that anything that could threaten the Chinese regime’s stability is squashed.

The Chinese-language Epoch Times recently obtained a classified document released by the Shanxi provincial government’s committee on national security, in which it instructed all security-related government agencies in the province to “prepare for war.”

The document, marked “extremely urgent” and dated on Sept. 2, warned of risks due to ongoing Hong Kong protests and “the United States’ suppression”—likely a reference to the ongoing Sino-U.S. trade dispute—adding that the province’s “political security and social stability” was very important for Beijing.

Shanxi Province is a landlocked province in north-central China, to the west of Beijing. The distance between the provincial capital of Taiyuan and Beijing is over 250 miles.

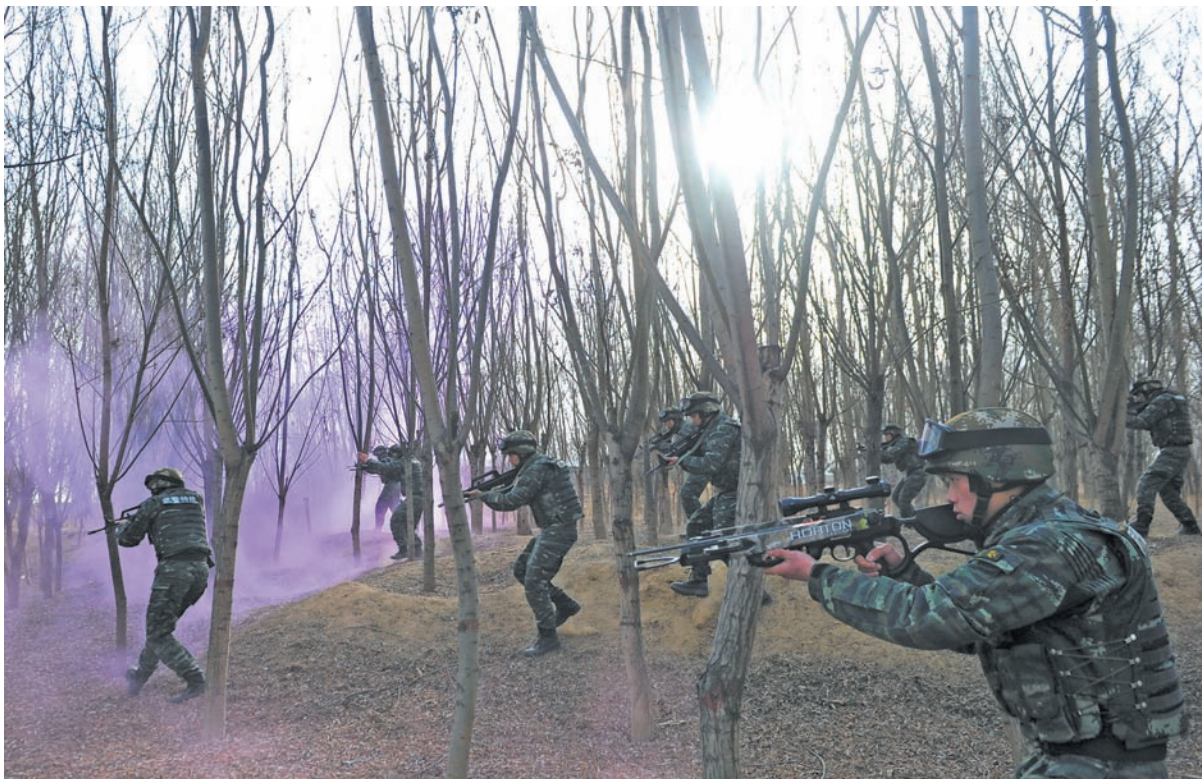
“Shanxi is an important part of the shield to protect Beijing,” the document stated, referring to a central government project initiated in the early 2000s for the areas near the nation’s capital, including Shanxi, Hebei, and Liaoning provinces, to provide extra security.

It emphasised that heightened security is needed for the 70th anniversary celebrations in Beijing on Oct. 1, as well as the upcoming fourth plenary session of the Party’s Central Committee, a political meeting in Beijing where top officials discuss the Party’s direction and future policies. The Party announced that it would take place sometime in October.

The Central Committee is a group of Party elite that currently consists of 205 members and 171 alternate members. According to Party convention, the fourth plenary session should have taken place last autumn. Some political observers believe that the session was postponed for over a year due to factional disagreements within the Party leadership.

Prepare for War

The document instructed security agencies to ensure the bottomline of “three things to prevent” and “three things that cannot happen.” Those



Members of the Armed Police's Xinzhou corps participate in an anti-terrorism drill on a hill in Xinzhou city of Shanxi province, China, on Jan. 22, 2018.

The negative impact of the Hong Kong anti-extradition-bill incident could possibly spill over into mainland [China].

Document from the Shanxi provincial government’s committee on national security



Armed Chinese paramilitary police officers watch over traffic at an intersection in central Beijing on Oct. 20, 2014, on the day the Communist Party opened a major plenum meeting.

are: preventing large-scale violent terrorist attacks; preventing the trend of violent attacks happening more and more frequently; and preventing the attacks from spreading to other regions. The document did not explain what constitutes a “violent terrorist attack,” but state media often use the term to refer to violent attacks that result in multiple injuries or deaths.

The three things that cannot happen are: large-scale power outages; incidents where people are killed; or incidents where equipments in large factories are damaged.

“All departments in each level of government must be in the status of preparing for war beginning Sept. 1. Each level of government must guarantee the security of the economy, society, internet, and so on,” the document dictated.

It added that senior officials should be assigned to oversee tasks related to these security measures, with officials filling shifts continuously 24 hours a day, seven days a week.

CCP’s Risks

The document then explained specific events could cause “conflicts” in society: “Many Western countries, including the United States, are tightening their suppression on our country. The negative impact of the Hong Kong anti-extradition-bill incident could possibly spill over into mainland,” the document stated.

Since June, mass protests in Hong Kong have ignited over a controversial extradition bill that proposed allowing the Chinese regime to transfer individuals for trial in mainland China, where there is no rule of law. The movement against China’s encroachment of Hong Kong’s autonomy has since broadened to include calls for open, direct elections and an independent investigation into police use of force against demonstrators.

The notice ended up calling on all officials to keep alert on “black swan and grey rhino events.”

A “black swan” is a metaphor for an unforeseen occurrence that has significant impact, while a “grey rhino” is a highly probable yet ignored threat.

Analysis

U.S.-based China affairs commentator Shi Shi believed that the Shanxi announcement emphasised “political security” because there are currently political risks—disagreement between local officials and the Party leadership in the Central Committee, which will hold its plenary session soon. Many of the elite officials are currently aligned with Party leader Xi Jinping.

“The confidential document shows that there are Party officials who don’t agree with the Central Committee’s opinion, are not ‘on the right team,’ and need to modify their political opinion,” she told the Chinese Epoch Times in a Sept. 12 interview, explaining that the difference in opinion suggested factional infighting.

Besides Shanxi, other regions have already begun placing tight restrictions on citizens’ activities in order to prevent any kind of dissent or disruption during the 70th anniversary celebrations, also known as “National Day.”

Beijing has planned a large-scale military parade and other activities in the capital. The city government has forbidden all shops to sell kitchen knives, hammers, axes, and scissors since August; temporarily closed hundreds of clubs, restaurants, and bars; and strictly controlled people’s movements.

China’s Top Hospital Reveals ‘Health Project’ Aimed at Prolonging Leaders’ Lives to 150

CONTINUED FROM A1

“With 60 years of development, the health project for our leaders has made tremendous progress,” the ad says. “From preventative medicine, medical care to recuperation, this comprehensive project focuses on prevention of cancer and cardiovascular disease, anti-aging, chronic disease management, regeneration of organ function, and healthy lifestyles. It is a unique health regimen that combines traditional Chinese medicine principles with Western medical technology.”

The ad claims that this health regimen is the best in the world, and supports this claim by telling the audience that the average life expectancy of the CCP leaders is 88, based on available data in 2008. This is generally older than that of the leaders of the Western developed countries.

The very end of the ad revealed that a project called “981 Health Project for Leaders” was launched in 2005, aimed at extending Chinese leaders’ lives to 150.

According to Radio Free

Many Chinese communist leaders indeed live very long lives; but the secret of their longevity lies in killing young people for their organs when a leader has an organ failure or experiences problems caused by organ aging. They also transfuse blood serum from young police officers to help keep the transplanted organs in a healthy state.

Asia, the ad was blocked the next day for “inappropriate use of the image of state organs or staff.”

Organ Regeneration or Organ Transplant?

One prominent phrase in the ad is “regeneration of organ function.”

Exiled Chinese billionaire and whistleblower Guo Wengui once revealed that many Chinese communist leaders indeed live very long lives; but the secret of their longevity lies in killing young people for their organs when a leader has an organ failure or experiences problems caused by organ aging. They also transfuse blood serum from young police officers to help keep the transplanted organs in a healthy state.

Guo further explained that former Chinese leader Jiang Zemin’s son Jiang Mianheng contracted cancer several years ago, and has undergone several organ transplants to prolong his life. That means, several young people have been murdered as involuntary organ donors.

It’s reported that transplanted organs may last up

to 10 years, but some only function for two or three years. If someone relies on organ transplants to prolong his life, he will have to undergo organ transplantation several times.

Chinese Leaders’ Longevity

Phoenix News, a Hong Kong-based pro-Beijing news group, revealed in a 2007 article that nutritional expert Zeng Xuyuan, dedicated to serving Chinese leaders, once shared some of the health tips that the leaders strictly follow to maintain good health: “They eat at least 25 different types of food every day.” For each type, their daily intake is just a small amount, the key is that the diversity of food helps them get a relatively complete sets of nutrients.”

To be able to eat such a diverse spectrum of food, these leaders routinely consume a variety of snacks between meals.

Many Chinese netizens expressed their anger when this article came out, saying that the Chinese leaders must be eating all the time, no won-

der Chinese government is one of the least efficient governments in the world.

There is also an interesting anecdote about former Chinese leader Mao Zedong. Sima Lu, an expert in Chinese Communist Party history, recalled a political study session he attended in Yan’an during the Sino-Japan war. Despite that Yan’an was one of the most impoverished regions in China at the time, the CCP top leaders decided that Mao should eat one chicken a day.

During a political session, Chen Yun, a top leader and host of the session, received a question slip from a communist cadre who asked, “Communists emphasise egalitarianism. So why is it that Chairman Mao can have a whole chicken every day when the rest of us are having a miserable life?”

Chen, after reading the question aloud, answered: “Yes, Chairman Mao eats a chicken every day. Actually, this is against Chairman Mao’s will. He hopes to be treated the same as everyone else. But think about it, comrades, how important

Chairman Mao’s health is for China’s revolutionary undertaking! That’s why the central committee ordered Chairman Mao to eat chicken, even though he doesn’t want to. Each comrade has a task in the revolution. Similarly, eating chicken is a revolutionary task for Chairman Mao.”

According to Sima Lu, Chen was well respected among communist cadres. After Chen provided such an explanation, no one questioned him.

Medical Cost Is Civilians’ Burden

A previous Epoch Times report quoted a top executive at a Chinese biotech company as saying that most terminally ill patients in China exhaust 60 percent of their life savings within a month.

Medical treatment, education, and housing are commonly referred to as “three oppressive mountains” in China, which means, they are the top three burdens for Chinese civilians.

Conversely, high-ranking Chinese officials enjoy free health care, even after they retire.

Chinese Tech Giants Baidu, Alibaba, and Tencent Are De Facto Tools of Chinese Regime: US Official

EVA FU

A U.S. State Department official called out Chinese tech firms such as Alibaba, Baidu, and Tencent as Huawei “siblings” for their role in facilitating China’s pervasive state surveillance and global agenda.

“Chinese technology giants have become deeply enmeshed in Beijing’s system of oppression at home and its increasingly assertive strategic ambitions globally,” said Christopher Ford, the assistant secretary of state for international security and non-proliferation, at a Sept. 11 conference in Washington.

He explained that while companies such as Huawei, ZTE, Alibaba, Tencent, and Baidu are not state-owned enterprises, they nonetheless have “a deep record of cooperation and collaboration” with the Chinese regime’s security apparatus.

Huawei and ZTE have been punished by U.S. authorities on national security concerns and violations related to Iran sanctions. But this is the first time a top U.S. official has called out the trio of Chinese tech giants, Baidu, Alibaba, and Tencent, known as BAT collectively in China.

Both Alibaba and Baidu are publicly listed in the United States, with a combined capital value of around \$500 billion.

Ford noted that the difference between state-owned and private companies in China is only nominal, as the country’s National Intelligence Law stipulates that all entities must cooperate and support the Chinese regime’s intelligence efforts.

“Firms such as Huawei, Tencent, ZTE, Alibaba, and Baidu have no meaningful ability to tell the Chinese Communist Party ‘no’ if officials de-



Security guards chat near a Baidu logo at the Baidu headquarters in Beijing, China, on Dec. 17, 2014.

Alibaba, meanwhile, partnered with the Chinese Academy of Sciences in 2015 to establish a laboratory for advancing research in quantum technology that could be used in the military.

cide to ask for their assistance,” he said. “Chinese technology giants ... function as at least de facto tools of the Chinese Communist Party when it matters most.”

Party-State Agents

Ford said that the Bureau of International Security and Nonproliferation that he works under recommended that Huawei be placed on the Department of Commerce’s entity list this May—effectively banning it from doing business with American firms.

He said the agency made the decision after the company and its CFO were indicted on federal charges of bank fraud and theft of trade secrets earlier in the year.

But the company’s shady behaviour goes beyond that. Ford said Huawei has helped police in Wujiang City, Jiangsu Province of China to install widespread mobile terminals that have inspected over 450,000 citizens and 80,000 vehicles since 2016.

He explained that other tech companies have also helped Chinese authorities build their surveillance systems. In 2017, Baidu, Alibaba, and Tencent



Uyghur children play while a local police officer looks on in Kashgar in Xinjiang, China, on June 29, 2017.

were among the first batch of “national champions” to form China’s AI national team, piloting technologies that are vital to authorities’ monitoring and suppression of Uyghur and other Muslim minorities in the region of Xinjiang. The State Department estimates that over one million are currently detained inside concentration camps where they undergo political indoctrination.

Aiding China’s Military

In addition to aiding China in becoming an “authoritarian police state,” Chinese tech firms are also an integral part of China’s aggressive national strategy called “military-civil fusion,” according to Ford. In other words, they are developing technology that has both civil and military applications.

Baidu, the biggest search engine in China, has teamed up with state-owned defence contractor China Electronics Technology Group since 2018 to carry out “military-civil fusion” research to integrate big data and cloud computing into military command systems, according to Chinese

media reports.

Alibaba, meanwhile, partnered with the Chinese Academy of Sciences, the country’s top state-run research institute, in 2015 to establish a laboratory for advancing research in quantum technology that could be used in the military.

Ford noted that the “non-separateness” between China’s high-tech sector and the military makes it “very difficult and in many cases impossible” for foreign firms not to become entangled in the Chinese regime’s research efforts.

He urged international governments and companies to be aware of such risks when doing business with these Chinese tech giants.

“As these companies export their products and services to the rest of the world, the security and human rights problems associated with this ‘China Model’ are progressively exported with them,” Ford said.

China’s foreign ministry during a regular press briefing on Sept. 16 responded to Ford’s speech, protesting that it “arbitrarily smears and distorts” China’s policies and “paints China as a threat.”



Hong Kong’s Secretary of Justice Teresa Cheng attends a meeting with lawmakers at the Legislative Council on Jan. 29, 2018.

Hong Kong Justice Secretary Confirms Government Is Evaluating Using Emergency Law

NICOLE HAO

For the first time, the Hong Kong government has confirmed that it is evaluating the Emergency Regulations Ordinance, a sweeping law that many fear would allow the government to declare a state of emergency and clamp down on protests.

Since June, millions of Hong-kongers have attended nearly 50 marches and rallies against a controversial extradition bill, which proposed allowing people to be transferred to mainland China for trial, where there is a history of human rights violations and an opaque legal system. Many feared that the bill would erode the city’s autonomy from the Chinese regime. In 1997, the territory reverted from British to Chinese rule with the express guarantee that its freedoms and autonomy would be preserved.

After immense public pressure, Hong Kong leader Carrie Lam announced on Sept. 4 that the bill would be formally withdrawn. However, protesters said they would continue to advocate for their other demands to be heard, including government reforms to allow for open, free elections and an independent investigation into police use of force during demonstrations.

The city’s justice secretary Teresa

Cheng, who was a chief backer of the extradition bill, said during a public event on Sept. 11 that the government was evaluating the emergency ordinance and looking into a bill that would ban protesters from wearing masks. Many citizens who participate in protests choose to wear masks in order to protect their identity—for fear of reprisal from Hong Kong or mainland Chinese authorities.

Emergency Law

The Hong Kong Emergency Regulations Ordinance, also called the Emergency Law, was formulated in 1922 by the British colonial government.

It allows the government leader to restrict communications and transportation; make arrests; declare curfews; and seize private property.

At an Aug. 27 press conference, when a reporter asked whether Lam would consider using this ordinance to quell protests, Lam gave a vague response, saying that “All laws in Hong Kong, if they can provide a legal means to stop the violence and chaos, the government has a responsibility to look into it.”

The city legislature’s pro-democracy camp, as well as rights groups, condemned Lam for such

remarks.

Local media HKC News quoted barrister Geoffrey Yeung Ka-wai as saying: “The Emergency Law is out of date and should be abolished.”

Yeung added that the law is a product of colonialism, and creates an atmosphere of “white terror,” meaning a climate of fear.

At a local summit to promote Beijing’s One Belt, One Road initiative, whereby the Chinese regime invests in infrastructure projects overseas to boost its geopolitical influence, Teresa Cheng Yeuk-wah said in her speech that the Hong Kong government was evaluating “the different effects of implementing this law.”

She added that the government has been studying other measures to bring the months-long protests to an end, including introducing a bill to ban protesters from hiding their faces.

In late August, pro-Beijing lawmakers in the city’s legislature called for an “anti-mask” law, by which they said people would not dare to protest on the streets if they knew that the government could potentially track them down and arrest them.

Local and international critics have expressed alarm at the law’s potential impact.

The Hong Kong Internet Service Providers Association on Aug. 29 issued an urgent statement highlighting the importance of an open internet. It said that the association was worried that the government may impose internet restrictions upon evoking the emergency ordinance.

The U.S. Congressional-Executive Commission on China also issued a statement on Aug. 29 criticising the Hong Kong government for leaving open the idea of declaring a state of emergency.

“Evoking the Emergency Regulations Ordinance or taking steps toward martial law in Hong Kong is the wrong way to resolve the situation,” the commission stated in a Twitter post.

Speaking on Commercial Radio Hong Kong, Felix Chung Kwok-pan, leader of the Liberal Party in Hong Kong, predicted that invoking the law could lead to “an evacuation of foreign nationals and the withdrawal of foreign investment.”

Chinese State Media Criticise Facebook for Deleting Hong Kong Misinformation

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media platform belonging to Dot Dot News, a pro-Beijing news site operating in Hong Kong, was shut down.

Since early June, millions of Hong-kongers have taken part in mass demonstrations against a controversial extradition bill that would allow the Chinese regime to seek extradition of suspects. The since-withdrawn bill drew widespread opposition, because of citizens’ concerns that city authorities could be pressured to transfer individuals to face trial in China’s opaque legal system.

In August, Twitter and Facebook announced that they dismantled a Chinese state-backed information operation on their platforms that sought to undermine the protest movement in Hong Kong.

Many of the accounts that spread misleading information about the protests echoed the Chinese regime’s propaganda—which has sought to vilify protesters, depicting them as criminals in need of punishment, while applauding the actions of Hong Kong’s police.

Pro-Beijing Media

Haiwai Net, the overseas edition of the CCP’s People’s Daily, published a commentary on Sept. 16 condemning Facebook for “supporting the rioters publicly.” Chinese state media have consistently referred to Hong Kong protesters as rioters.

The Global Times, a tabloid published under People’s Daily, published a similar commentary on the same day, saying that “[Facebook] was consciously playing the role of ‘back-up team’ for Hong Kong rioters ... threatening and damaging China’s national security.”

The article urged Chinese authorities to add Facebook to its Unreliable Entity List. In May, Beijing announced that it would create a blacklist of foreign enterprises, organisations, and individuals who damage Chinese firms’ benefits—in apparent retaliation for the United States’ decision to place Chinese tech

giant Huawei and its subsidiaries on an “entity list” that effectively banned it from doing business with U.S. firms.

Banned Accounts

On Sept. 13, Facebook closed the Haiwai Net’s public page, which has promoted Beijing’s propaganda about Hong Kong protesters throughout the extradition bill protests. The outlet then set up a new page the following day, alleging in a new Facebook post that the shutdown was “political oppression,” while suggesting that the social media platform was assisting protesters.

On Sept. 16, a Facebook spokeswoman told local newspaper South China Morning Post in a response that it applied company rules “fairly and consistently,” and removed content that violated its policies.

Tang Jingyuan, a U.S.-based China affairs commentator, told The Epoch Times on Sept. 16 that Dot Dot News had spread hateful speech consistent with Chinese state media.

“It’s not a surprise that a Beijing propaganda media was blocked by Facebook,” he said.

For example, Dot Dot News shared a photo on Sept. 16, claiming that a foreigner at the scene of recent protests was suspected of being a CIA agent. The post claimed that he was ordering black-shirt protesters to surround onsite photographers and force them to delete photos from their devices. But the photo showed the foreigner talking with a group of journalists.

That kind of misinformation was dangerous, Tang said, noting the irony of the state media commentaries, which claimed that Facebook was hurting free speech by deleting the pro-Beijing accounts.

“In fact, the CCP’s mouthpiece and other Chinese state-run media are the ones that wrongly use the claim of free speech to spread the ideology of communism and the CCP’s political purpose [overseas],” Tang said.

Pence: Model Trade Deal USMCA Will Strengthen President’s Hand in China Talks

EMEL AKAN

WASHINGTON—Vice President Mike Pence pressed Democrats to pass the new free-trade agreement with Canada and Mexico, saying that approval of the deal by Congress would strengthen President Donald Trump’s hand in trade negotiations with China.

Speaking at the Heritage Foundation on Sept. 17, Pence said that congressional approval of the United States–Mexico–Canada Agreement (USMCA) is “absolutely vital.”

“The USMCA is so advanced, so comprehensive, that it may well serve as a template, a model trade agreement for future trade agreements in the decades ahead, whether with the United Kingdom, Japan, the European Union, or even China,” Pence said, noting that “passing the USMCA will also strengthen the president’s hand in negotiations” with Beijing.

The Trump administration on Sept. 11 sent the latest responses to House Speaker Nancy Pelosi (D-Calif.) to address concerns raised by Democrats about the USMCA. Democrats, who control the House, demanded some changes to the provisions of the agreement and made it clear that they wouldn’t vote for the pact unless the issues were resolved.

The Trump administration and House Democrats formed a trade-working group in June to tackle these issues. The group held meetings with U.S. Trade Representative Robert Lighthizer and his team throughout the summer in an effort to resolve differences.

“The working group is in the process of reviewing the responses” from the U.S. Trade Representative, according to an email from the office of House Ways and Means Chairman Richard Neal (D-Mass.), who leads the work-



Vice President Mike Pence speaks at The Heritage Foundation to promote the United States–Mexico–Canada Trade Agreement in Washington, United States, on Sept. 17, 2019.

The USMCA is so advanced, so comprehensive, that it may well serve as a template, a model trade agreement for future trade agreements in the decades ahead.

Mike Pence, U.S. Vice President

ing group.

Democrats have called for stronger labor and environmental provisions in the new trade agreement, specifically raising concerns about Mexico’s ability to implement labor standards. In addition, they’ve questioned pharmaceutical provisions, which they argue would raise the prices of crucial drugs.

Once approved by the Congress, the USMCA will replace the 26-year-old North American Free Trade Agreement (NAFTA).

Changes to Manufacturing

The USMCA will raise the United States’ real gross domestic product by \$68.2 billion, or 0.35 percent, and create 176,000 new jobs, according to a report by the U.S. International Trade Commission (ITC).

The ITC study also said that the agreement would likely have a positive impact on all U.S. sectors, but manufacturing would have the largest percentage gains in output, exports, wages, and employment.

The USMCA has strong labor provisions, which makes the deal an important milestone for international



A woman holds soybeans from last year’s crop, at her farm near Scribner, Neb., on May 5, 2019.

trade, according to trade experts.

Under the new pact, 75 percent of auto content must come from North America, up from the original threshold of about 63 percent. The higher threshold will help boost production and employment in the sector.

The agreement also incentivizes the use of high-wage labor in auto manufacturing, requiring 40 percent of each car and 45 percent of each truck to be produced by employees making at least \$16 an hour, in order to qualify for duty-free treatment. This requirement is also expected to boost auto production in the United States.

Another study by the Office of the U.S. Trade Representative found that these provisions would boost automotive manufacturing investments in the United States by \$34 billion over the next five years, adding nearly 76,000 new jobs.

The USMCA also establishes modern digital trade rules that have significant implications for the U.S. technology sector.

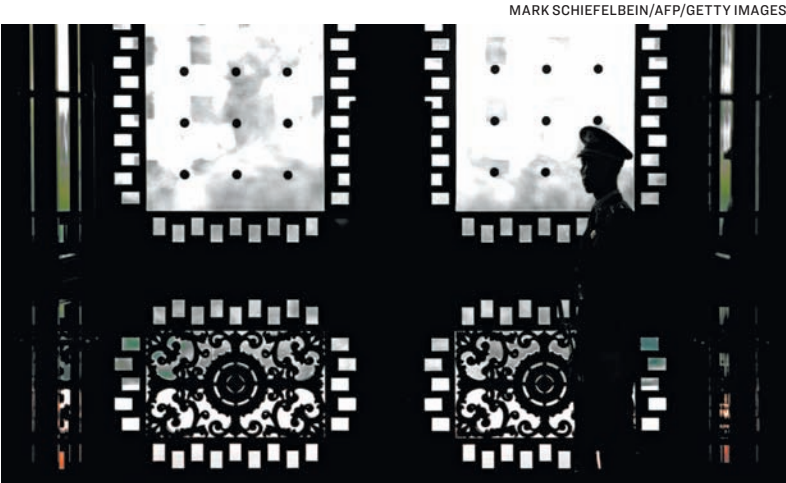
“The brand new digital trade chapter of the USMCA contains the strongest language on digital trade of any international agreement in history,” Pence said.

The agreement contains comprehensive rules to protect the free flow of data and prohibit parties from enacting barriers to data flows. The deal also has a clause that prevents trading partners from entering a free-trade deal with a non-market country, allowing them to terminate the agreement on six months notice.

This clause “effectively provides the United States a veto over any free-trade deal the other two partners might wish to negotiate with a listed ‘non-market country,’ such as China,” David Kilgour, former Canadian secretary of state for Asia-Pacific, wrote in an op-ed for The Epoch Times.

After his election, Trump followed through on his campaign promises and began ending what he called “broken trade deals.” He labelled NAFTA “the worst trade deal in the history of the country.”

He also made it clear that he preferred bilateral trade deals to regional or multilateral agreements, and this marked a fundamental shift in America’s trade policy.



A military official stands guard in Beijing on Aug. 15, 2017.

Bipartisan Group Urges Release of List of Chinese Military Firms

MARK TAPSCOTT

WASHINGTON—Senate Minority Leader Chuck Schumer (D-N.Y.) and Rep. Ruben Gallego (D-Ariz.) joined with Sen. Tom Cotton (R-Ark.) and Rep. Mike Gallagher (R-Wis.) in urging Secretary of Defense Mark Esper to make public the names of companies owned or controlled by China’s People’s Liberation Army (PLA).

“The Chinese Communist Party (CCP) has adopted a strategy of ‘Military–Civilian Fusion’ to achieve its national objectives, enlisting Chinese corporations and universities to harness emerging civilian technology for military purposes,” the four legislators told Esper in a Sept. 11 letter.

“If Beijing cannot develop technology on its own, it attempts to steal it from the United States using cyber espionage, intelligence assets operating in the United States, and state-directed companies that acquire American firms to transfer proprietary information,” the letter stated.

The four encouraged Esper to “re-examine all the statutory authorities” available to him “to confront the CCP’s strategy of Military–Civilian Fusion, including powers that have lain dormant for years.”

Chief among those authorities is a 20-year-old provision in the 1999 National Defense Authorization Act (NDAA) that directs the

secretary of defense to “make a determination of those persons operating directly or indirectly in the United States or any of its territories and possessions that are Communist Chinese military companies.”

The provision was amended two years later to tell the defense secretary to share the information about those companies with Congress, the director of the Central Intelligence Agency and multiple Cabinet secretaries.

The four legislators told Esper they want to know:

- “When was this list of Communist Chinese military companies operating in the United States last updated by the Department of Defense (DOD)?
- “As part of your commitment to achieving goals set out in the 2018 National Defense Strategy, will you commit to updating and publicly releasing this list as soon as possible?”

It was unclear from the four legislators’ letter to Esper when DOD last updated the required compilation of communist Chinese military firms and shared it with Congress and other officials in the U.S. government.

It was unclear on Sept. 13 when the DOD compilation was most

recently provided to Congress.

“We weren’t able to find anything recently, but I can’t say that with complete certainty it wasn’t,” Cotton spokesman Caroline Tabler said.

The letter regarding making the list of communist Chinese military firms public comes while evidence of China’s extensive use of cyber-espionage to steal U.S. technology continues to mount.

On Sept. 13, as The Epoch Times reported, the Centre for Strategic and International Studies (CSIS) said 28 of 113 major cyberattacks on U.S. government agencies and defense and technology firms were perpetrated from China.

Despite a 2015 agreement between China and the United States to stop cyber-espionage for commercial purposes by state actors, Chinese cyberspying and the theft of intellectual property continue to cost the United States tens of billions of dollars annually, the report said.

Unlike most cyberattacks, which tend to emanate from criminal elements operating in other nations, the report said that the majority of the Chinese attacks were performed by state-sponsored intelligence actors to obtain information on technologies identified as strategic priorities by the Chinese regime, including telecommunications, health care, semiconductor manufacturing, and machine learning.

Earlier this week, a group of 10 senators, including five from each major political party, encouraged President Donald Trump to strengthen U.S. export controls to ensure China doesn’t continue to take advantage of Hong Kong’s special status as an international financial hub in Beijing’s cyber-espionage efforts.

“We believe it is critical that the United States take appropriate measures to ensure China does not abuse Hong Kong’s special status under U.S. law to steal or otherwise acquire critical or sensitive U.S. equipment and technologies in support of its strategic objectives or to infringe on the rights of people in Mainland China, Hong Kong, and elsewhere,” the senators said.

US Senate Passes Bill Condemning China’s Human Rights Abuses in Xinjiang

EVA FU

The U.S. Senate unanimously passed a bipartisan bill aimed at countering the Chinese regime’s human rights abuses in the Muslim-practicing region of Xinjiang in the country’s northwest.

The Uyghur Human Rights Policy Act, which passed the senate on Sept. 11, calls on the U.S. administration to consider whether to sanction Chinese officials involved in the crackdown on Uyghurs and other Muslim minorities in the region.

It also urges the Commerce Department to consider banning the sale of US goods and services to state agents in Xinjiang.

The Chinese regime, in a purported effort to combat extremism, has detained more than 1 million Uyghurs and other Muslim minorities in internment camps in the region, according to estimates by the U.S. State Department and experts. Millions of residents in Xinjiang are also under heavy surveillance implemented through a dense network of cameras, frequent security checks, and biodata collections.

Senators Marco Rubio (R-Fla.) and Bob Menendez (D-N.J.), the bill’s lead sponsors, applauded its passage as “an important step in countering the totalitarian Chinese government’s widespread and horrific human rights abuses” in the region.

“It’s long overdue for the United States to hold Chinese government and Communist Party officials accountable for the systemic and egregious human rights abuses and probable crimes against humanity in Xinjiang,” Rubio said in a joint statement on Sept. 11.

The bill would require the Director of National Intelligence to provide a report detailing the national security threat posed by the crackdown, including a list of the Chinese companies involved in the construction and operation of the internment camps.

It would also require the Secretary of State to provide a report to



A Uyghur woman on a train from Hotan to Kashgar in China’s northwest Xinjiang region on June 1, 2019.

Congress on whether certain Chinese officials overseeing the Xinjiang region could be held accountable under the Global Magnitsky Act. That Act allows for sanctions against individuals who commit human rights violations, including freezing their U.S. assets and barring them from entry to the United States.

“This legislation makes clear that Congress will not turn a blind eye as millions of Uyghur Muslims are unjustly imprisoned, subjected to a mass surveillance state, and forced into labor camps by an autocratic regime,” Menendez said.

Companion legislation was introduced to the House of Representatives in January.

Beijing on Sep. 12 protested the move as “flagrant interference” in the country’s domestic affairs, and demanded that the U.S. “stop pushing the bill” to “prevent damages to the overall relationship between China and the US.”

Washington-based nonprofit Uyghur Human Rights Project, in a Sept. 12 statement, welcomed the bill’s passage, saying it was the “first legislation passed by any nation” responding to the Xinjiang “nightmare,” and sends a powerful message to Beijing.

OLIVIER DOULIERY-POOL/GETTY IMAGES



U.S. President Donald Trump and First Lady Melania Trump greet Israel Prime Minister Benjamin Netanyahu and Sara Netanyahu of Israel at the White House on March 5, 2018.

Trump Says He Discussed Possible Mutual Defence Treaty With Israeli Prime Minister Ahead of Their Elections

President Donald Trump said on Sept. 14 he had spoken to Israeli Prime Minister Benjamin Netanyahu about a possible “mutual defence treaty” between the United States and Israel.

“I had a call today with Prime Minister Netanyahu to discuss the possibility of moving forward with a Mutual Defence Treaty, between the United States and Israel, that would further anchor the tremendous alliance between our two countries,” Trump wrote.

“I look forward to continuing those discussions after the Israeli Elections when we meet at the United Nations later this month!”

Trump’s call with Netanyahu comes days before Israel’s election on Sept. 17. The timing of Trump’s post is viewed as a move to boost Netanyahu’s bid to remain in office.

The Sept. 17 election was the second time this year that Israelis went to the polls after Netanyahu failed to form a coalition government in May.

Together, we will continue full steam ahead with our common battle against terrorism. Congratulations on your latest success against Bin Laden’s son.

Benjamin Netanyahu, Israeli Prime Minister

The election was too close to call late Sept. 17, with a final poll saying that Netanyahu’s party right-wing Likud and his centrist opponent’s party Blue and White, led by former armed forces chief Benny Gantz, were tied in the 120-seat Knesset after more than 63 percent of votes were counted early Sept. 18.

Netanyahu responded to Trump’s post by thanking his “dear friend,” adding that he looks forward to meeting Trump at the United Nations to discuss the treaty. The Israeli prime minister also took the opportunity to congratulate Trump on the news about Osama Bin Laden’s son.

“The Jewish State has never had a greater friend in the White House. I look forward to our meeting at the UN to advance a historic Defence Treaty between the United States and Israel,” Netanyahu wrote.

“Together, we will continue full steam ahead with our common battle against terrorism. Congratulations on

your latest success against Bin Laden’s son. God bless America. God bless Israel,” he added.

White House confirmed that the son of infamous terrorist Osama bin Laden, Hamza bin Laden, had been killed during a counterterrorism operation in the Afghanistan/Pakistan region.

“Hamza bin Laden, the high-ranking al-Qaeda member and son of Osama bin Laden, was killed in a United States counterterrorism operation in the Afghanistan/Pakistan region,” Trump said in a statement earlier today.

“The loss of Hamza bin Laden not only deprives al-Qaeda of important leadership skills and the symbolic connection to his father, but undermines important operational activities of the group. Hamza bin Laden was responsible for planning and dealing with various terrorist groups,” he added.

Trump did not provide any details regarding the possible defence pact but

a treaty of this sort could obligate the United States to come to Israel’s defence if it is attacked.

Israeli Foreign Minister Israel Katz said on Sept. 12 that a pact should apply to “defined issues—nuclear threats and the matter of long-range missiles aimed by Iran at Israel.”

“We have means of offense and defence, but this would spare us the need to earmark enormous resources on a permanent basis and for the long-term in the face of such threats,” Katz told Israel’s Ynet TV.

Meanwhile, Netanyahu’s opponent Gantz slammed the idea of the treaty, calling it a “serious mistake.”

“This is not what we want,” Gantz told a conference in Jerusalem. “We have never asked anyone to get killed for us. We have never asked anyone to fight for us. And we have never asked anyone’s permission to defend the State of Israel.”

Reuters contributed to this report.

White House Calls for Investigation of Abortion Doctor Who Had Over 2,000 Fetal Remains

CONTINUED FROM A1

tions Director Judd Deere told RealClearPolitics that the administration wants a federal investigation in part to see if others were involved in keeping the fetal remains.

“Murdering thousands of innocent babies is one thing, but preserving and hoarding their bodies like trophies is a new level of sickness,” Deere said.

“The radical left now defends late-term abortions, including infanticide, while President Trump protects our most innocent and vulnerable, and defends the dignity of life. A full investigation is needed to determine whether crimes were committed and if anyone else was involved.”

Rep. Jackie Walorski (R-Ind.) said in a statement, “I’m glad the White House has echoed my call for a federal investigation into the horrific discovery of more than 2,000 fetal remains at the property of Indiana abortion doctor Ulrich Klopfer.”

Walorski first called for an investigation on Sept. 14, writing on Twitter: “State and federal authorities should conduct a full investigation into this case and take any steps necessary to protect Hoosiers, including the un-



Dr. Ulrich Klopfer in a 2014 file photograph.

born, from unsafe practitioners.”

She said Klopfer’s “careless treatment of human remains is an outrage,” adding, “Every human life is precious, and every woman and baby deserves care and respect. This tragic case shows why abortion providers must be held to strict guidelines and face rigorous oversight.”

Rep. Jim Banks (R-Ind.) also called for a probe into the situation, saying that because Klopfer took the remains across state lines, a federal investigation is appropriate.

“We need to determine how Dr. Klopfer was able to get away with this for so long, and how we only know about it now that Dr. Klopfer is deceased. We also need to know how many people working at the Women’s Pavilion were aware of Dr. Klopfer’s crimes,” Banks said in a statement.

“I also hope we learn if any of those same staff now work at the Whole Women’s Health clinic in South Bend, and how closely those two organisations are tied.”

Indiana Gov. Eric Holcomb, a Republican, also said he supports a federal probe into Klopfer’s businesses.

Murdering thousands of innocent babies is one thing, but preserving and hoarding their bodies like trophies is a new level of sickness.

Judd Deere, White House Deputy Communications Director

White House Introduces Task Force to Counter Genocide, Human Rights Atrocities

CONTINUED FROM A1

into law on Jan. 14, which requires a presidential report to Congress within 180 days of the bill’s passage and an annual report in the subsequent six years.

“The task force will essentially utilise the technical expertise and unique toolsets for the interagency to support our regional policy decisions and make sure that we are using the most effective and appropriate tools for mitigation of mass atrocity,” a senior administration official said at a press briefing announcing the report.

“The Trump administration will ever remain dedicated to protecting human rights and going after violators,” the official said, noting that the U.S. Treasury Department has placed sanctions on 680 individuals and entities involved in human rights abuses.

U.S. Immigration and Customs Enforcement has deported more than 990 known or suspected human rights violators from the United States since 2003.

The official said that the task force will further this effort and “continue to elevate gross violations of human rights.” A rough metric

for the term is typically more than 1,000 attacks and more than 500 deaths per year in a country, the official said. The government will produce an annual assessment to identify countries at risk and provide quarterly analyses on high-risk countries as needed, according to the report.

The report also made special note of an investigation of Burmese security forces for their recent atrocities.

More than 730,000 Rohingya have fled the country to neighbouring Bangladesh since the beginning of a mass ethnic cleansing in August 2017, according to the 2019 Human Rights Watch report. The U.S. government designated four senior Burmese military leaders as human rights violators on July 16 and imposed travel sanctions on them. The official said that visa restrictions will be “one of the many toolsets that the task force will utilise” to deter human rights abuses.

According to the report, the State Department will develop an atrocity-prevention training online and in person in the coming year. The programme will be mandatory for all foreign service officers.



PHILIP FONG/AFP/GETTY IMAGES

(Left) Pro-
testers attend
a pro-democ-
racy march in
the Causeway
Bay district
of Hong Kong
on Sept. 15,
2019.
(Bottom L)
Pro-democ-
racy protest-
ers in Hong
Kong react
after police
fire tear gas
outside the
government's
headquarters
on Sept. 15,
2019.
(Bottom R)
Protesters
react as
police fire
tear gas at
them outside
the Central
Government
Complex in
Hong Kong
on Sept. 15,
2019.



ANTHONY KWAN/GETTY IMAGES



ISAAC LAWRENCE/AFP/GETTY IMAGES

China's Crackdown on Think Tank Illustrates Importance of Hong Kong Protests

BENJAMIN POWELL



As protests in Hong Kong continue, Chinese government actions on the mainland continue to illustrate why the protesters must prevent any further encroachments on their autonomy.

After years of harassment, the communist government has finally shut down the Unirule Institute of Economics, one of the few independent think tanks in Beijing. Founded in 1993 to promote economic liberalisation in China, Unirule promoted—among many issues—the strengthening of private property rights, the rule of law, and the shrinking of the importance of state-owned enterprises in China's economy.

Unirule employed prominent Chinese scholars and became a respected source of policymaking advice.

That advice, while often pushing for more radical liberalisation than Communist Party officials were comfortable with, generally coincided with government reforms. China's economic freedom score improved 53 percent, from 4.09 to 6.26 (out of 10), between 1990 and

2010.

However, economic liberalisation has stalled since Chinese leader Xi Jinping came to power in 2012, and the Chinese government cracked down on Unirule for its continued advocacy of economic reforms. I visited Unirule's offices in Beijing two years ago and witnessed the crackdown while researching a book, "Socialism Sucks: Two Economists Drink Their Way Through the Unfree World."

My co-author, Robert Lawson, and I both spoke at a Unirule conference attended by Chinese academics on the ideas of noted free-market economists Ludwig von Mises and Friedrich Hayek, and the anticommunist philosopher-novelist Ayn Rand. Our conference session was much like hundreds of others we've attended.

But the next day, the government cracked down. Agents chained the doors to Unirule's offices and prohibited people from entering, while police went to the home of Unirule founder, 88-year-old Mao Yushi, and prevented him from leaving. Unirule would endure worse harassment over the next two years, as government censors shut down its social media and web pages and forced it to vacate

two different offices in Beijing.

The Chinese regime recently completed its crackdown, and Beijing authorities have ordered Unirule to close permanently. Executive Director Sheng Hong has now dismissed most of his staff, saying, "We have no choice but to shut down."

The Chinese regime's treatment of Unirule is an important warning of what's at stake for the protesters in Hong Kong. Economic, civil, and political freedoms usually go together. Hong Kong has long been a beacon of economic freedom, ranking as the freest economy in the world every year since 1970, when rankings began.

While, under British rule, Hong Kong didn't have full democratic freedoms to elect all its leaders, it did protect other political rights and related civil liberties. The Chinese government has started to erode those rights and liberties in recent years.

Freedom House, which publishes an annual report measuring political and civil freedoms around the world, notes that Hong Kong's "freedoms and autonomy have come under threat in recent years due to growing political and economic pressure from the

mainland."

The protests in Hong Kong were sparked by an extradition bill that would have allowed people in Hong Kong to be sent to the mainland for trial, enabling the Chinese regime to crack down on dissent, in a way that's similar to what it has done to Unirule in Beijing. That bill has finally been fully withdrawn, as protesters have demanded.

That's an important step in the right direction, because the future of Hong Kong hangs in the balance. Hong Kong's economic freedoms created its economic prosperity; if the protesters don't preserve their civil and political freedoms, their economic freedoms and prosperity could go next.

Benjamin Powell is a senior fellow at the Independent Institute, executive director of the Free Market Institute, a professor of economics at Texas Tech University, and co-author of the new book, "Socialism Sucks: Two Economists Drink Their Way Through the Unfree World."

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

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Australian Epoch Times Ltd.
49A Treacy St,
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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

Destruction of the Family (Part I)

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

Chapter Seven (Cont.)

3. Communism's Promotion of Promiscuity

The communist evil specter sets itself against the traditional family, which it wants to destroy.

Early in the 19th century, Robert Owen, a founder of utopian socialism, sowed the seeds of the devil’s ideology. An ideological pioneer, Owen established the utopian community New Harmony in Indiana in 1824. (It failed two years later.) On the day the community was established, Owen declared:

“I now declare, to you and to the world, that Man, up to this hour, has been, in all parts of the earth, a slave to a Trinity of the most monstrous evils that could be combined to inflict mental and physical evil upon his whole race. I refer to private, or individual property—absurd and irrational systems of religion—and marriage, founded on individual property combined with some one of these irrational systems of religion.”

Following Owen’s death, another influential utopian communist was the Frenchmen Charles Fourier, whose thoughts deeply influenced Marx and his followers. After Fourier’s death, his disciples brought his thoughts into the Revolution of 1848 and the Paris Commune, and later spread them to the United States. Fourier first coined the term “feminism” (“féminisme” in French).

In Fourier’s ideal communist society (called the Phalanx), the traditional family was scorned, and bacchanals and orgies were praised as fully liberating human inner passions. He also declared that a fair society should take care of those who are sexually rejected (such as the elderly or unprepossessing) to ensure that everyone has the “right” to sexual gratification. He believed that any form of sexual gratification, including sadomasochism and even incest and bestiality, should be allowed as long as it’s consensual. Fourier also can be regarded as the pioneer of queer theory, a branch of the contemporary homosexual movement (including LGBTQ and the like).

Because of the influence of Owen and especially of Fourier, dozens of communist utopian communes were set up in the United States in the 19th century, though most were short-lived and ended in failure. The longest was the Oneida Commune established on the basis of Fourier’s theory, which lasted 32 years. The commune despised traditional monogamous marriages and advocated polygamy and group sex. Members got “fair” sexual access by being allotted the opportunity each week to have sex with anyone of their choosing. In the end, the founder, John Humphrey Noyes, fled for fear of a lawsuit by the church. The commune was forced to abandon wife-sharing, though Noyes later wrote books and became the originator of “Bible Communism.”

Communism’s promiscuous gene is an inevitable consequence of its theoretical development. From the very beginning, the demon of communism tempted people to abandon godly teachings, to deny the divine, and to deny original sin.

According to this logic, social problems originally caused by the degeneration of human morality were attributed to private ownership. Communism leads people to believe that if private property is destroyed, people will not fight over it. However, even if all property is shared, people might still have conflicts over their spouses. Therefore, utopian socialists openly use a system of wife-sharing to “solve” such problems inherent in human nature.

These communist “paradises” either directly challenged the traditional family or advocated a system of common wives, which led local communities, churches, and governments to see them as a challenge to traditional morality

and ethics, and take action to suppress them. Thus, the scandalous sharing of wives and wealth under communism became widely known.

The failure of utopian communes taught Marx and Engels a lesson: It was not yet the time to openly advocate promiscuous wife-sharing. Although the goal of eliminating the family as discussed in “The Communist Manifesto” had not changed, they adopted a more concealed approach to putting forward their theories and destroying families.

After the death of Marx, Engels published the book “The Origin of the Family, Private Property, and the State, in the Light of the Researches of Lewis H. Morgan” to complete Marx’s theory on the family and further expound the Marxian view of marriage. Engles wrote: “[The emergence of monogamy] is based on the supremacy of the man, the express purpose being to produce children of undisputed paternity; such paternity is demanded because these children are later to come into their father’s property as his natural heirs. It is distinguished from pairing marriage by the much greater strength of the marriage tie, which can no longer be dissolved at either partner’s wish.”

Engels argued that monogamy was based on private property and that once all property is shared, there would be a brand new model of marriage based purely on love. Superficially, it sounds so noble—but it’s not. The attempted defenses of Marx and Engels seem feeble in light of the actual implementation of communist theory.

Feelings are unreliable. If a person loves someone today and another person tomorrow, does that not encourage promiscuity? The promiscuity that took place after the establishment of the former Soviet Union and the Chinese communist regime, described in the next section, is, in fact, the result of applied Marxist doctrine.

Relationships between husbands and wives aren’t always smooth sailing. The vow “till death do us part” during a traditional wedding is a vow to God, and it represents the idea that both parties are prepared to face and overcome all hardships together. What maintains a marriage is not merely emotion or feelings, but also a sense of responsibility. Treating one’s other half, children, and family with care transforms the husband and wife into a mature man and a mature woman, both with a sense of moral responsibility.

Marx and Engels boasted in “The Origin of the Family, Private Property, and the State” that in a communist society, private property becomes public and housework becomes professionalized, and there’s no need to worry about looking after children since it’s the country’s responsibility to take care of and educate the children.

They wrote: “This removes all the anxiety about the ‘consequences,’ which today is the most essential social—moral as well as economic—factor that prevents a girl from giving herself completely to the man she loves. Will not that suffice to bring about the gradual growth of unconstrained sexual intercourse and with it a more tolerant public opinion in regard to a maiden’s honor and a woman’s shame?”

What Marx and Engels promoted—though they used the phrases “freedom,” “liberation,” and “love” to conceal the fact—was nothing more than the complete abandonment of personal moral responsibility. They encouraged people to act solely on their desires. However, during Marx’s era and that of Fourier, most people had not abandoned godly teachings entirely and were wary of communism’s promotion of promiscuity. Yet even Marx himself could hardly have imagined the rationalizations that people would come up with, in the 20th century and following, to embrace the sexual chaos

of Marxist thought and press forward the goal of eliminating the family.

The red demon arranged for certain individuals to sow these seeds of prurience and deviance. It also systematically arranged for luring people to follow their desires and oppose godly teachings, so as to gradually deprave them, until the goal of eliminating the family finally would be achieved.

This ultimately brings about the deviation of the human heart and leads people to fall into the devil’s grasp.

4. The Practice of Wife-Sharing Under Communism

The sexual chaos described above is an innate part of communism.

Marx is believed to have raped his maid and had Engels raise the resulting child. Engels cohabitated with two sisters. Lenin carried out an extramarital affair with a woman named Inesa for 10 years and committed adultery with a French woman. He also contracted syphilis from prostitutes. Stalin was equally lecherous and is known to have taken advantage of other people’s wives.

After the Soviets seized power, they instituted the practice of wife-sharing. The Soviet Union of the time can be viewed as the pioneer of sexual liberation in the West. In the 10th edition of the Russian magazine Rodina, printed in 1990, the phenomenon of wife-sharing during early Soviet rule was exposed. The piece described the private lives of Soviet leaders Leon Trotsky, Nikolai Bukharin, Vladimir Antonov-Ovseyenko, Alexandre Kollontai, and others, saying that they were as casual as dogs in their sexual activities.

a. Wife-Sharing in the Soviet Union

As early as 1904, Lenin wrote: “Lust can emancipate the energy of the spirit—not for pseudo-family values, but for the victory of socialism must this blood-clot be done away with.”

At a meeting of the Russian Social Democratic Labor Party, Trotsky proposed that once the Bolsheviks had seized power, new fundamental principles about sexual relations would be drafted. Communist theory demands the destruction of the family and the transition to a period of unconstrained satisfaction of sexual desires. Trotsky also said that the responsibility to educate children should reside solely with the state.

In a letter to Lenin in 1911, Trotsky wrote: “Undoubtedly, sexual oppression is the main means of enslaving a person. While such oppression exists, there can be no question of real freedom. The family, like a bourgeois institution, has completely outlived itself. It is necessary to speak more about this to the workers.”

Lenin replied: “And not only the family. All prohibitions relating to sexuality must be abolished. ... We have something to learn from the suffragettes: Even the ban on same-sex love should be lifted.”

After the Bolsheviks seized power, Lenin brought out a series of regulations effectively abolishing marriage and the punishment of homosexuality.

At that time, there was also the slogan “Down with shame!” This was part of the Bolshevik attempt to create the “new man” of socialist ideology, and sometimes even included followers roaming the streets naked and hysterically screaming slogans like “Shame is in the bourgeois past of the Soviet people.”

On Dec. 19, 1918, to celebrate the commemoration day of the decree effectively abolishing marriage, lesbian groups celebrated. Trotsky writes in his memoirs that the news of lesbians celebrating with a parade made Lenin very happy. Lenin encouraged more people to march naked.

See next edition for the next installment.

STEFAN WERMUTH/AFP/GETTY IMAGES



A nation-wide women’s strike for wage parity outside the federal palace, in the Swiss capital Bern, on June 14, 2019.

Feminists Are Undermining Their Cause by Advocating Quota Over Merit

NICOLE RUSSELL

I wonder if, when 17th-century writer William Congreve inspired the proverb, “Hell hath no fury like a woman scorned,” he wasn’t talking about women in relationships, but the future of women who compose the modern-day feminist movement? Feminists have worked to accomplish

gender parity under the law, at work, and in society for decades. However, in the past few years, today’s feminist movement has ratcheted up its emphasis on bean-counting and quotas over merit and excellence. Anger has driven feminists to accomplish this at significant cost—revising history, lowering standards, and even compromising women’s own needs and

goals—and advocating for gender quotas ensures their cause fails. Feminists used to aim for lofty goals such as voting or equal pay; now, they aim to revise male-centered history, treating their outrage over our patriarchal past like a salve on a wound. NPR reported in August that several universities were relocating or altogether banishing portraits of men with academic accomplishments. “I think every institution needs to go out into the hallway and ask, ‘What kind of message are we sending with these oil portraits and dusty old photographs?’” asks Leslie Vosshall, a neurobiologist at Rockefeller University and the Howard Hughes Medical Institute.

Strangely, women ignore how insulting this is and instead, applaud the faux progress.

School officials at Rockefeller, the Yale School of Medicine, the department of Molecular & Integrative Physiology at the University of Michigan, and Brigham and Women’s Hospital in Boston, which is one of Harvard’s teaching hospitals, are all playing down the patriarchal scientific achievement—and those are just the ones mentioned by NPR. The solution? Move the portraits of men to a “less noticeable spot” or in some cases, also feature female pioneers of science. Commending accomplished women makes sense; gaslighting future students, as if previous contributions didn’t happen at all, is a pipe dream fueled by irrational jealousy under the guise of fairness. Never mind that some of the men featured spearheaded monumental scientific or

medical breakthroughs—they’re offensive because they’re male and the portraits fail to showcase an equality that not only didn’t take place, but strives to pretend women achieved the same things and just didn’t get the recognition. The trend to revise current processes in order to accommodate feminists’ outcry for gender recognition, regardless of actual merit, goes far beyond wall portraits and extends to male-dominated vocations, government, and even transgender issues.

Vocation Quotas

The gender gap is especially obvious in many vocations and exists for a variety of reasons, beyond just sexism. However, instead of encouraging women to exceed expectations in these fields—or to admit perhaps that men and women are innately wired differently, possess different strengths, and make different life choices regarding family—some occupations are simply lowering the bar to ensure a gender quota, regardless of merit, is met. The University of Technology–Sydney recently announced it will lower the engineering entry bar for females, as part of a plan to encourage more women to go into STEM. In 2015, Canada’s Prime Minister Justin Trudeau announced his cabinet would comprise half women, despite no evidence before (or since) that such parity would make a marked difference in Canadian politics. The U.S. military has done the same thing in multiple branches at various levels, capitulating to the feminist mob, contradicting the fact that high physical standards help maintain national security—which is, in fact, the military’s top goal—not gender equality. Strangely, women ignore how insulting this is and instead, applaud the faux progress.

Still, feminists remain unsatisfied. They decry studies that show sex differences between male and female brains are normal and healthy—even if they fit stereotyping. They ignore that the tendency to pair men with science and technology and women with marketing vocations isn’t a result of some kind of nefarious unconscious bias that needs the help of a consultant to undo, but the reflection of men and women’s natural tendencies due to innate physical and physiological differences. This flies in the face of their gender quota goal.

Despite the hype, not all women want it all, all at once. In 2018, CNBC reported that only 24 females made up Fortune 500 company CEOs, even fewer than the year prior. Instead of examining why, feminists just express disappointment that their quota remains elusive. Could it be that women have goals unrelated to being a Fortune 500 CEO?

A mother and former news anchor wrote an essay for The Atlantic about how hard it is to balance being a news reporter and a mother. Though she remarked that a flexible job would have certainly been easier, her conclusion was that the industry as a whole should change, so that more women could be represented as news anchors—even if women have started to realise they’d rather adjust their career goals to also enjoy their families.

The cause to ensure gender parity in the United States was most certainly noble at first. However, modern-day feminists demand gender quotas be filled at all costs, even if it means they must revise history, lower standards at the workplace, and sacrifice women’s goals to accomplish it. That’s not equality, that’s checking off gender quotas instead of favoring merit—the antithesis of why women demanded equality in the first place.

Nicole Russell is a freelance writer and mother of four.

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

PHILIPPE LOPEZ/AFP/GETTY IMAGES



French President Emmanuel Macron (2nd L) leads a meeting of the G7 Advisory Council for Equality Between Women and Men, with U.N. Women Executive Director Phumzile Mlambo-Ngcuka (3rd L), Femen leader Inna Shevchenko (4th L), and French Junior Minister for Gender Equality Marlene Schiappa (L), at the Élysée Palace in Paris on Aug. 23, 2019.

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The Solution to Social Media

We need new social media that create community instead of turning us into lonely braggarts.

See B3

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Harmony Between Heaven and Earth

Every element of ancient Chinese architectural design had significance and corresponded to cosmic laws.

See B5

LIFE

THE EPOCH TIMES

JONI RAVENNA SUSSMAN

Tibetan monks have a ritual. They spend hours, sometimes days, creating exquisite, intricate mandalas from colored sand. Once finished, the mandalas are destroyed. It’s a way of accepting the transitory nature of life. Nothing is permanent. All we ever have is now.

The monks know that creating art, whether mandalas or drawings, is a direct portal to present-moment awareness or mindfulness. Creativity springs from the now, and being in the now fosters creativity, according to a new study in Psychological Science.

Musicians, stage actors, and comedians have perfect timing. They neither rush nor hesitate. Sculptors and painters become lost in the moment as they find their art. But what about the rest of us? Can we use art to find the moment? And what are the benefits if we do?

People who have tried meditating and can’t still their minds may find that creating art offers another portal to mindfulness.

In 2018, researchers at Aalborg University in Denmark reviewed twenty studies drawn from a wider selection and concluded that “engagement in specially designed art activities or arts therapies can reduce physical symptoms and improve mental health issues.”

They recommended that art activities and clinical art interventions be “used as non-medical interventions to promote public health and wellbeing.”

We Are Born Creative Geniuses

Those of you who can’t carry a tune in a paper bag or who create “paintings” that look more like Rorschach tests may think this approach is not for you. In fact, it’s all the better if you have fewer expectations because you are then less likely to attach yourself to the results. It doesn’t matter whether we create a masterpiece; it’s the process of artistic expression that—if done without judgment—is healing.

In fact, it is our judging mind that may actually undermine our creative potential.

When a test devised by Dr. George Land for NASA back in the ‘60s was administered to 1,600 5-year-olds, an astounding 98 percent scored at creative genius levels. Five years later, only 30 percent

Art as Medicine

Mindfulness increases health and happiness and getting creative can help us experience it

GOLUBOVY/SHUTTERSTOCK



PJJARUWAN/SHUTTERSTOCK



The monks know that creating art, whether mandalas or drawings, is a direct portal to present-moment awareness or mindfulness.

of those same subjects scored at genius levels. By the time they turned 15, it was down to 12 percent, suggesting that creativity is innate, then unlearned.

In the process of growing up, learning rules, memorizing facts, ascribing judgments, and regretting past choices while accruing hopes and aspirations for the future, we habitually let the thinking, judgmental mind take over. This mind can suffocate creativity.

For example, one common bit of advice for writers is to break their creative process into two roles. The first role is that of the writer, who puts words on the page with abandon. The second role is that of the editor, who comes in afterward to evaluate the work and fix it or delete it. Then the writer comes back when it’s time to add more words in again. Writers who can’t keep their internal editor silent will often critique themselves into writer’s block.

How Creativity Makes Mindfulness Easy

Art and mindfulness go hand-in-clay. Mindfulness occurs when our mind stops generating useless and distracting thoughts and comes to bear fully, and often silently, on whatever it is right before us.

It is a calm, natural state that researchers now know has many associated health benefits, including improved immunity and self-esteem, lower chronic pain and anxiety, and reduced risk factors for cancer and heart disease. Mindfulness can also rein in reactivity, like binge-eating after hearing bad news, for example. According to research, it does this by shrinking the amygdala, our brain’s fight or flight center.

We live in an age of unprecedented stress and distraction. A recent University of Southern California study found that Americans consume 13-plus hours of media a day on average, much of it filled with stimuli designed to trigger the amygdala. Many have forgotten what it means to have a calm, present-moment awareness.

Stephen Barker, dean of UCI’s Claire Trevor School of the Arts, would suggest an art class to help people rediscover this awareness and the benefits that come with it.

“The arts are important in healing, and present-moment awareness,” says Barker. “They quiet anxiety and promote inner well-being.” The 72-year-old director, choreographer, dancer, actor, writer, painter, singer, and guitarist looks and sounds fifteen years younger than his age. He describes his artful life as feeling “like an endless improvisation.” When asked about his health, he doesn’t hesitate.

Continued on B2



It's all the better if you have fewer expectations because you are then less likely to attach yourself to the results.

Art as Medicine

Continued from B1

“I’m in perfect health, and I’m getting younger every year,” he quips, eyes twinkling. “I’m not kidding,” he says, and we both laugh. Barker is also director of the UCI Institute and Museum for California Art, where he encourages people to consider how art makes them feel physically, in the moment, before they make intellectual judgments about the work.

This distinction between the intellect and the heart is essential. It is the difference, often, between experiencing the moment and analyzing the moment. The power of art comes in drawing us in and leaving us in a state of experiencing the work, rather than dissecting it. The same is true of creating art.

For example, with his acting students, Barker urges them to get out of their heads onstage and into their physical senses, into the subtle sights and sounds around them for a more instantaneous experience.

Any one of us can find a similar experience. We need simply grab a piece of wet clay and squeeze, pound, and caress it into some inspired shape. In the process, we’ll discover that we’re blissfully aware only of how the clay oozes beneath our fingers and a smell reminiscent of preschool play period. Voila! We are in the moment and reaping the benefits.

The Thing That Blocks Creativity and Mindfulness
Of course, just picking up a paintbrush isn’t always enough to draw us out of

our thoughts and onto the canvas. Sometimes our mind just keeps on ticking. That can be especially true if we are a practiced artist prone to criticizing our work even as we create it.

This is a side-effect of memory and holding onto events or ideas from previous experience.

We all carry around this baggage of memory—because it keeps us safe.

“Memory helps us to know ourselves,” Barker says. It helps us learn that fire burns—always. We make associations, then proceed through life, frequently engaging an autopilot constructed from memory that can help us navigate situations without relearning them every time.

But the very feature designed to keep us safe can also keep us stuck. Onstage, there’s a microcosm of this paradox. The script must be learned, but watching an actor recite lines memorized weeks ago might be spot on one night, but fall flat the next as he tries to reproduce those exact inflections. Watching this is painful for both the actor and the audience.

The trick to staying in the present moment is to become a child again. Forget what you think you know, by concentrating on what is right there in front of you, trusting that the future will unfold as it’s meant to. The past—however perfect—can never be recreated.

“The true artist buries any previous realizations or insights during the performance so that it can be uncovered at that mo-

ment,” says Joshua Townshend-Zellner, an acting coach involved in the theater and film industry for more than 25 years.

Awareness and Creativity
Many artists will tell you that being creative and being in the moment go hand in hand, each increasing the other. So how can we drop any baggage that may keep us from the infinitely alive and creative present?

“Most actors have tricks to keep them spontaneous,” says Barker. These tricks allow them to create the illusion of performing the scene for the first time onstage. One way they do this is by focusing on their senses. The average person can use this same trick. You can focus on the sights, sounds, and smells of the present; the weight of your arms, the rhythm of your breath, and other small moment-to-moment subtleties. By doing so, we are brought into the now.

In doing this, the amygdala becomes less active and the entire autonomic nervous system gets a break.

It’s the same state achieved during meditation, conferring the same benefits. But for those who have tried meditating and just can’t seem to still their minds, artistic expression offers another portal to the now. The creative process opens us up to seeing, hearing, feeling anew, to relaxing into the moment, without judgment. Perhaps that’s why the typical yogi and the typical artist often seem younger than their age.

The Paradox of Letting Go
Of course, coming into the present moment or creating art isn’t neces-

Mindfulness increases health and happiness and getting creative can help us experience it

The creative process opens us up to seeing, hearing, feeling anew, to relaxing into the moment, without judgment.

“**The arts are important in healing, and present-moment awareness, they quiet anxiety and promote inner well-being.**

Stephen Barker, dean of UCI’s Claire Trevor School of the Arts

sarily as simple as focusing on our breath and senses. Part of the challenge we face is getting into the right headspace, or rather, brain space.

Our brains have two modes of thought: exploitative and exploratory, according to esteemed neuroscientist Moshe Bar. We might think of the exploitative modes as habitual and the exploratory mode as creative. When we’re doing something new, whether traveling to a new place or trying our hand at painting, we’re in exploratory mode. We’re adventurous and willing to take risks. We are in the moment.

This contrasts with the exploitative mode, which is the mode we need to be in when we have a set of specific tasks to get done in a certain sequence.

“Mental load, such as to-do lists, is a part of life, and we have to accept it,” says Bar. “But when our mental capacity is loaded, we are more exploitative and less creative.”

The actor with a mind full of memorized lines and well-practiced behaviors set to the mold of a character is at risk of becoming bogged down in the exploitative mode every bit as much as the mother with a laundry list the length of an escalator who carves out a moment for quietude only to become exasperated by her inability to fully relax.

Each experiences the critical, over-thinking, over-taxed mind removing them from the present moment. Rather than being creative, the artist becomes destructive (think Van Gogh, Hemingway) while the mother becomes frazzled, prone to screaming at the top of her lungs for her kids to “Stop screaming!”

The mental state needed for both creativity and blissful present-moment awareness is elusive when dissected, scrutinized, or sought after.

It then becomes bogged down with words, thoughts, and associations. Like the meditator who tries unsuccessfully to force present-moment blissfulness, the artist who tries too hard to find the moment onstage appears stiff or lost.

Whether it is an experienced artist or a layperson looking to become present through the arts, Townshend-Zellner recommends listening with the whole body. “You can read or write fast or slow, but with listening, you must be in sync with the other,” he says. Listening is a gift that blesses both giver and receiver because by bestowing one’s undivided attention, one becomes instantly present.

How Do You Know if You’ve Arrived?
Eckhart Tolle, the author of “The Power of Now,” suggests we ask ourselves if there is joy, ease, and lightness in what we’re doing. “If there isn’t, then time is covering up the present moment and life is perceived as a burden or a struggle.”

Creating art is fun. Improvise, walk through a gallery, hum a tune, take an acting class. For a happier, longer life, rekindle the creative genius inside you. Along the way, you might just discover a present moment full of beauty and you that is more relaxed, attentive, and creative.

Joni Ravenna Sussman is a freelance writer specializing in health and wellness. Her articles have appeared in dozens of national and regional publications over the years. She is also a playwright and TV writer. Contact her at Joni.Ravenna@gmail.com

COURTNEY CLAYTON/UNSPLASH



HEALTHY COMMUNITIES

The Solution to the Destructive Evils of Social Media

We need a Social Media 2.0 that creates community instead of turning us into lonely braggarts

MONROE MANN

Social media destroys people’s relationships, causes “Facebook envy,” reduces self-esteem, makes users feel lonely, and encourages arrogant and egotistical behavior. It also sells out its users, collecting their data so marketers can better target them, often for items they don’t need and—with a pandemic of credit card debt—can’t afford.

The culture nurtured on social media often results in bullying and suicide and generally brings out the worst in people.

But what if it could be different?

Like many of you, I also have experienced some of the side effects of social media, including losing friends, feeling my life wasn’t like others, social isolation, bragging way too much, saying things I would never say in person, making posts and tweets that no one responded to, and receiving unwarranted brutal criticism.

At the time, I didn’t realize that it was social media that was bringing out the worst in many of my social interactions and making me feel awkward about my life. Once it clicked (during the 2016 election cycle, when the vitriol and hate came out in full force), I realized this form of socializing was doing more harm than good in terms of my self-image and relationships.

It became clear that my connections on social media and I were hurting our self-esteem and wasting our precious time in front of a screen, using social media.

So I quit most social media and reduced my usage dramatically.

Not coincidentally, I had finished my doctorate in psychology about eight months prior. It was through these studies and later research that I began thinking about the problems that resulted in my social media exodus.

The inventor of the World Wide Web, Sir Tim Berners-Lee, stated in 2017 that he fears nothing good will ever come out of the internet and that its future is in peril. While

They use psychology to take advantage of you, your friendships, your anxieties, and your dreams.

not talking specifically about social media, he wrote in a letter published to the World Wide Web Foundation, “I imagined the web as an open platform that would allow everyone, everywhere, to share information, access opportunities, and collaborate across geographic and cultural boundaries.”

He went on to share that he was dismayed that it hasn’t become that.

Psychologists worldwide have conducted numerous studies showing that, among other things, using popular social media results in envying others, negatively affects self-esteem, and increases the likelihood that you will say terrible things to others.

Yet while many have identified the flaws of social media, in terms of how it negatively affects people, relationships, and careers, no one has really gone the next step to explain what the solutions are.

A More Social Social Media

As a business attorney with an MBA and a doctorate in psychology, and as the lead web developer at BreakDiving.io (a social media site), I have spent a lot of time analyzing social media from three prongs: the psychological prong, the legal prong, and the business prong. So if there were a social media 2.0, what would it look like in an ideal world?

1. Social Media 2.0 Could Be a Not-for-Profit

As long as social media companies prioritize profit over people, they will inevitably disrupt our lives in some malignant fashion. Such companies don’t have the user’s best interests at heart. When a social media site becomes so large that it is essentially a “public utility” that is beholden to shareholders, it will constantly struggle to serve the public with a good conscience. We’ve seen this happen with Facebook and Twitter.

One solution may be to break up large social media sites, but it would be better if we could fix this problem without government intervention.

First, social media sites probably shouldn’t formally be regulated by the government as utilities. Further, the companies would probably find it easier to serve their users if they weren’t privately or publicly held companies either.

It may be best if social media com-

panies were not-for-profits: run independently as C corporations, but 100 percent in the interest of the public. It doesn’t mean the employees can’t be paid six-figure salaries (the musicians of the New York Philharmonic make nearly \$150,000 per year, according to The New York Times), but it does keep the company focused on the public’s interest, rather than doing everything and anything to increase shareholder value at the expense of member value.

2. Social Media 2.0 Should Not Sell Member Data

Instead of selling out every member’s private data, how about not using member data to send targeted advertising to members in the first place? Unless, of course, this is something users knowingly opt-in to and can easily control.

Such advertising would probably better serve members in the form of not-targeted corporate sponsorships of the site, or via some other mechanism to put privacy and user experience first.

Can the service still be free? Yes, through donations and modest membership fees from those who believe in the not-for-profit mission.

I didn’t realize that it was social media that was bringing out the worst in many of my social interactions and making me feel awkward about my life.

Further, social media 2.0 can use the gaming world’s freemium model to encourage growth: It’s free to join and use all critical features, but if you want to move more quickly or unlock bonus features, you have to pay a small fee to do so. Your privacy is secure, whether you pay for the service or use the free plan.

3. Social Media 2.0 Needs a Positive Philosophy That Can Foster Community

Social media platforms generally accept anyone who wants to join. Their business models are based on garnering as many users for as many hours as possible. Since users don’t have to prove they understand the terms of service, they don’t have to prove that they embrace and understand the philosophy of the site.

In fact, usually, there is no overarching philosophy that unites the membership, or if there is, the members don’t understand it. As a result, most social media has no real way to protect its communities against trolls, bullies, or behaviors that lead to self-esteem busting, discouragement, loneliness, or just members who unknowingly violate the terms of service.

Continued on B4



AFRICA STUDIO/SHUTTERSTOCK

HEALTHY COMMUNITIES

The Solution to the Destructive Evils of Social Media

Continued from B3

To fix this ailment, social media needs to guide users to a higher road. Politically correct speech is not the solution. Ironically, nor is blanket free speech. The solution is inspiring kind speech, something that needs to be taught. Banning hate speech on the back end won't solve any problems, but requiring kind speech on the front end will.

The desired behavior needs to be communicated up front and reinforced through practice. The community shouldn't be a place for everyone—it needs to be a place for those people who embrace the philosophy of the group. If everyone is accepted, the quality of membership and the value of membership dissipates.

4. Social Media 2.0 Should Have Fair and Easy-to-Understand Terms of Service

The “click this box if you agree” model, while deemed legal in all states, is a travesty of justice. No one reads them, those who do probably don't understand them, and even if they do, they are one-sided agreements with no room for negotiation, written entirely in favor of the corporation.

Further, in most situations, you have given up your right to file a lawsuit, you don't have clear control of your copyrighted material, and whether you are kicked off is completely arbitrary with no appeal processes should you wish to be reinstated.

Consider this: On most sites, you can be kicked off or blocked for “hate speech.” How can such a nebulous concept with multitudinous definitions be included in a legal contract? Who makes the determination of what constitutes “hate speech”? Why is such

nebulous behavior grounds for immediate termination without a prior review process? Why is there a double-standard when two people do exactly the same thing, i.e. one is booted, and the other is not?

These agreements need to change; they need to be easier to understand, more focused on the user, and the companies need to be more clear in their explanations of these agreements. Why? So the little guy who has no opportunity at all to negotiate even one word in those agreements can feel better using the service—and understand what is being agreed to.

5. Social Media 2.0 Should Give Purpose and Direction to Its Members

Modern social media companies have become huge, and yet have no guiding light or principles for their members. Facebook and Twitter have become the modern version of the 1990s phone.

A phone itself is neither good nor bad, but it can be used for both. The same is true with social media.

However, the potential for destruction via a 1990s phone is limited to hitting someone with it, a stealthy recording, or a few people on the other end of the line. Telephones don't broaden the potential audience to so many people as social media does, which permits one person to disseminate informal unfiltered information to mass amounts of people, and usually in a public forum.

Much of the negativity on Facebook and Twitter, therefore, is due to a lack of training of its members, and a failure to clearly communicate expectations. Unless management sets the tone, keeping everything running smoothly on the front end, it's going to break down into chaos, as it already has on most of the mainstream social media sites.

Chaos can be avoided via direction and purpose provided by management up front, not by merely removing members who violate terms they never read and wouldn't fully understand anyway. Social media companies would better serve their members by instilling a noble belief system up front. If every member understands the clear, noble purpose expected of him or her—rather than the site just being a generic free-for-all—that purpose can find expression.

6. Social Media 2.0 Should Use Psychology Only to Improve the User Experience

Big social media employs countless psychologists to exploit users by getting them to spend more time on their sites, buy more stuff, or engage in certain profitable activities. In that process, they use psychology to take advantage of you, your friendships, your anxieties, and your dreams.

Instead, they should analyze user experience to help our members improve themselves or their lives and avoid the deleterious psychological or physical effect.

Recently, Instagram has apparently modified its platform so that likes are no longer publicly visible. This is a step in the right direction because it recognizes that making posts specifically to gain public likes is not good for mental health: If you get many likes, you become cocky; if you don't get many likes, you lose confidence and self-worth. Neither result is laudable.

7. Social Media 2.0 Can Encourage Strong In-person Connections

By and large, big social media companies don't seem to truly care about creating and

building friendships. Their focus seems to be almost wholly about increasing user screen time—the more time you spend in front of the screen, the more stuff advertisers can try to sell you. There are only two problems: It's not good for you, the user; and real relationships are forged in the real world, not online.

Social media 2.0 should recognize that the noblest ideal would be to create a social media platform that helps build true real-life friendships and help carry those strong connections out into the world, with real-life get-togethers.

In other words, a social media site itself should merely be a means to keep everyone in touch in between real-life meetings. Most social media today, however, has not done that. Instead, it has become a sub-par substitute for genuine friendship, true networking, and real-life interaction. Social media should be used to get people out into the world, not hole them up in a virtual world that doesn't really exist.

I hope more social media companies will incorporate these principles into their communities. We are trying to put these principles in action at BreakDiving.io and create online communities where people can learn and socialize together, online and in the real world.

Dr. Monroe Mann, Ph.D., Esq, MBA, LLM, ME, is the director of breakdiving.io, the new not-for-profit social media site that helps users find success, happiness, and friendship. He is an entertainment and business attorney, the author of Successful New Year, and can be reached via monroemannlaw.com. Subscribe at youtube.com/monroemann

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ANCIENT CULTURE

Chinese Architecture, a Miniature of the Cosmos

JUEXIAO ZHANG

Modern architecture juts into the sky, declaring its dominance over us mere humans. It doesn't connect us with the heavens; it seems to challenge heaven for a fight.

Over thousands of years, the Chinese have developed their own architectural style. Based on the tenets of Taoism and Buddhism, it reflects the Chinese understanding that the heavens, the earth, and human beings are intimately connected. Japan, Korea, and much of Asia copied this style.

Harmony Between Heaven and Earth

"I Ching: The Book of Changes" and other writings say that ancient peoples acted according to the laws of heaven, earth, nature, and the time of year. Taoist philosophy was based on the central element, that which gives birth to the heavens, the earth, and humans.

Confucianism ascribed to the principle of harmony between heaven and earth. Nature is the big cosmos, and a human being is a small one. As a miniature of nature, a human being must live and act within the laws of nature and the cosmos.

This traditional view held for all areas of Chinese life, including architecture. More than location and its practical use, a building had to harmonize with nature both inside and out.

Chinese architects designed elements of the cosmos into every structure. From primitive caves and simple buildings to complex construction, one consistently finds the elements of the cosmos embedded in Chinese architecture. In a very real way, architecture was a miniature of the cosmos.

Points of the Compass

All Chinese architecture started with points on the compass—north, south, east, and west. Architects used charts that astrologers specifically prepared beforehand. Unlike today's maps, the south was at the top, north was on the bottom, west on the right, and east on the left.

Based on China's location in the Northern Hemisphere, the Chinese people believed that a pleasant climate—the warmer winters and summer breezes of southern regions—came from heaven. So south was the point of reference for all building.

In general, the architect insulated the walls on the north, west, and east and the entry faced the south. This prevented other weather currents, such as northern winds or other adverse conditions, from affecting the temperature in the home.

To protect against weather disasters, four mythical creatures were placed on the rooftops of houses, as protector spirits of the four cardinal points. The black tortoise was placed at the north, the cinnabar canary (also translated as the Vermilion Bird) at the south, the white tiger at the west, and the green dragon at the east.



Dougong or interlocking brackets are a feature of traditional Chinese building that relied on wood.



Yellow tiles adorn buildings in the Forbidden City in Beijing.

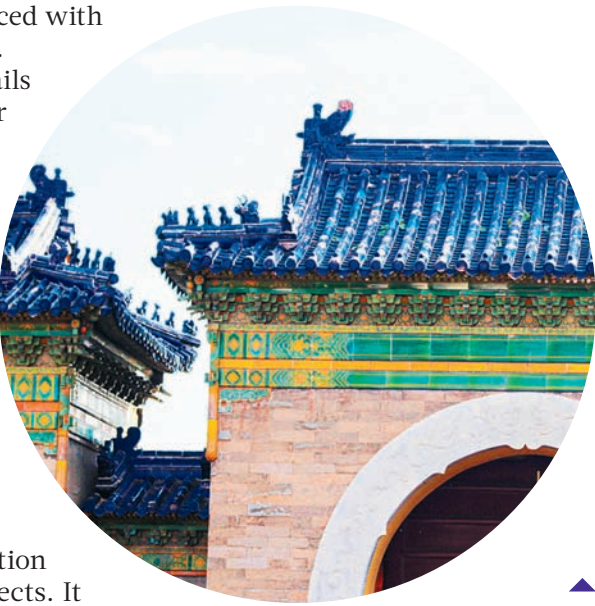
Ancient peoples acted according to the laws of heaven, earth, nature, and the time of year.

Roofing Tiles

The first roof tiles were made of clay around 3,000 years ago. Later ylang-ylang grass and a clay-and-stone mixture covered the roofs of homes. Soon roofs were enhanced with glazes and glosses of various hues.

Roof tiles were held together by nails and often adorned with animal or plant motifs meant to protect against natural catastrophes.

Specific designs were reserved for the emperor's housing, such as splendid yellow roof tiles, which can still be seen today on the buildings in the Forbidden City in Beijing. Roof tiles on Beijing's Temple of Heaven are blue.



Blue-glazed tiles atop the Temple of Heaven in Beijing.

Wood: The Primary Construction Material

Wood was the primary construction material used by Chinese architects. It could be easily obtained from the many forests in China. Wood was preferred as a natural construction material because it gave off a fragrant, pleasant odor in the interior of a building. Also, its grain and luster brought a natural living atmosphere into the house. For architects, wood was a living building material, which breathed, absorbed, and repelled moisture. But it did have its drawbacks, as most houses easily caught fire.

Framing

Chinese architects preferred constructing a house by first building a frame, as it brought a number of advantages to the builder. In contrast to a solid structure (of stone), a frame building has beams and pillars to carry weight at certain pressure points. This construction method allows for wide and open rooms.

Chinese architecture provided a smooth transition to the environment and truly harmonized human beings with their world and the heavens.



Ancient Chinese architecture demonstrated the principle of harmony between heaven and earth. A Zen Buddhist temple in the mountains.

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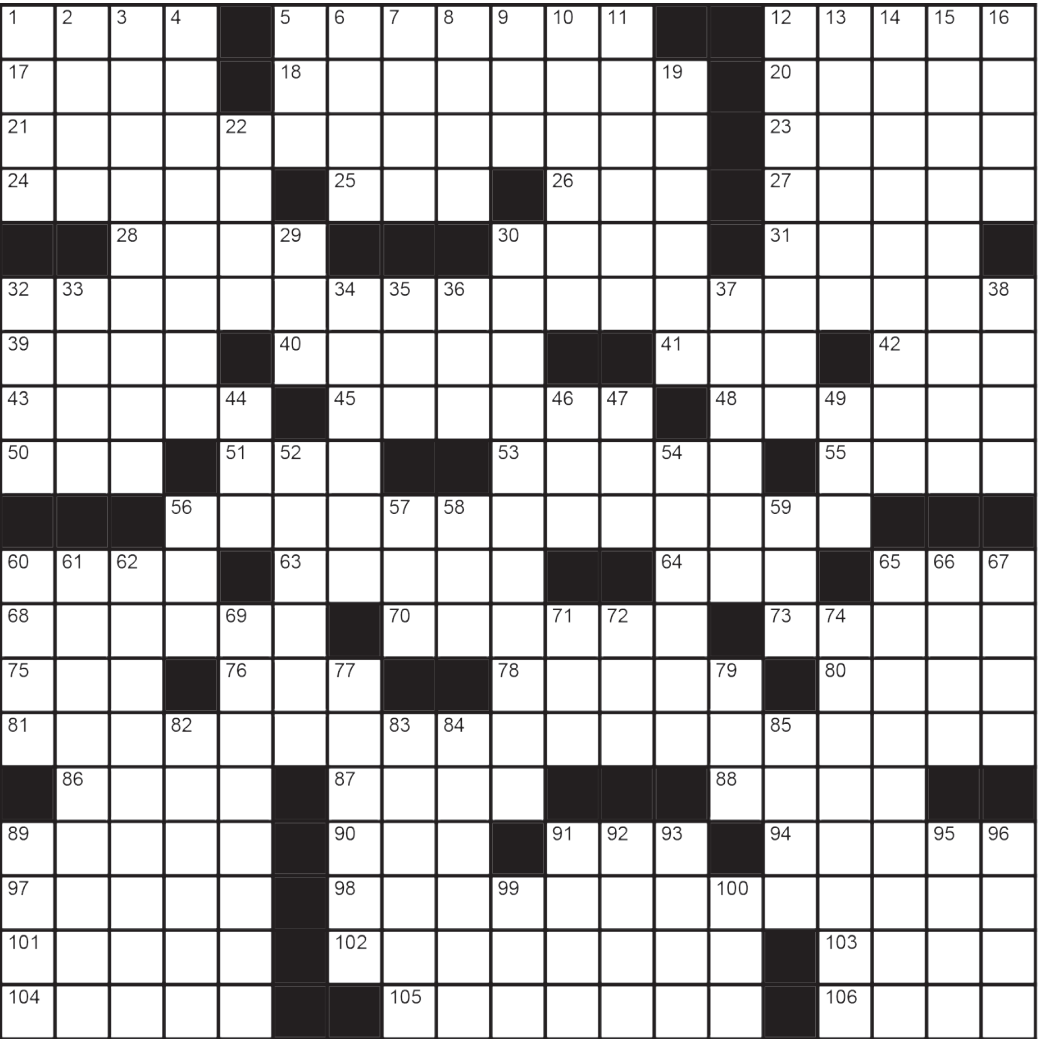
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Across

- 1. Same: Fr.
- 5. Greyhound capacity
- 12. Gelling agents
- 17. Lie next to
- 18. Like LSD discourag-ers?
- 20. Swiss city
- 21. Bakelite characteristic
- 23. Montana city
- 24. Over
- 25. Laudatory lines
- 26. 12th month
- 27. Bitter
- 28. Straddling
- 30. Sprout
- 31. Stylish
- 32. Source of referrals

- 39. State
- 40. Emplaced
- 41. Everyday article
- 42. Bearded antelope
- 43. Dish with seasoned rice
- 45. Western U.S. Nation (UK)
- 48. Appearance
- 50. Willy
- 51. Trick taker, often
- 53. Scout’s mission
- 55. “Et tu” date
- 56. Backslash neighbor
- 60. Stocking shade
- 63. Smooth
- 64. Body shop fig.

- 65. Drops on blades
- 68. 2016 scene of Mid-east unrest
- 70. Mink cousin
- 73. Flavoring
- 75. Dict. or ency.
- 76. Prehistoric
- 78. Quartet member
- 80. The Mideast’s Gulf of ____
- 81. Cruel and unusual punishment, per U.N.
- 86. Tip-top house pre-ceder
- 87. Many millennia
- 88. “Aeneid,” e.g.
- 89. Memory location

- 90. Soccer ____
- 91. ‘60’s psychedelic
- 94. Portray
- 97. Certain fur
- 98. It is bald
- 101. 10 million rupees
- 102. Marketing strategy
- 103. “American Graffiti” nerd
- 104. Rowed
- 105. Added to the staff?
- 106. Best parts of a prime rib roast?

Down

- 1. Locks in a barn?
- 2. Like some piano keys
- 3. Tediously
- 4. “Stuff like that”
- 5. Outlaw
- 6. Word processor com-mand
- 7. Begem
- 8. Hawaiian ‘ukus
- 9. Bran source
- 10. Like sour grapes
- 11. Sell stock
- 12. Monastery offices
- 13. Bola user
- 14. Pinched together
- 15. Reserve
- 16. Husky burden
- 19. Trickery
- 22. Bouquet
- 29. ____ seul (dance solo)
- 30. Pilot’s direction detector
- 32. Lacunae
- 33. Racism, e.g.
- 34. Of direct descent
- 35. ‘Harper Valley ____’
- 36. Jesse Jackson, e.g.
- 37. “Appreciate it!”
- 38. Camels’ mating seasons
- 44. Web “answer page”

- 46. “And I Love ____” (Beatles tune)
- 47. Andean staple
- 49. Gravel source
- 52. Architectural dome
- 54. Peacock “eyes”
- 56. Eat
- 57. Green
- 58. Dallas-to-Memphis dir.
- 59. “Yadda, yadda, yadda”
- 60. Anvil sites
- 61. She barged down the Nile
- 62. Type of telescope
- 65. 12-sided figure
- 66. Fifty-fifty
- 67. Hit the road
- 69. Dawdled (around), British style.
- 71. “D-OH” person, e.g.
- 72. Santa’s little helper
- 74. Protect, in a way
- 77. Soaps, e.g.
- 79. Coveted “Billboard” position
- 82. Belong
- 83. “Star Trek” extra
- 84. Total
- 85. Fencing sword
- 89. Designer Chanel
- 91. A Euro forerunner
- 92. “Shoo!”
- 93. See
- 95. Wrapped up
- 96. Turns grass for drying
- 99. Same old, same old
- 100. Actor Beatty

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” so-lution but, there may also be “equivalent” solutions. Forexample: 6+ (7X3) +1=28 and 1+ (7X3) +6=28

1335

31

723

+

−

×

÷

Hard 1 - 1 Solution

1236

41

114

+

−

×

÷

Hard 2 - 1 Solution

79

28

59

+

−

×

÷

Easy 1 - 2 Solutions

59

20

25

+

−

×

÷

Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

AGARS
ALEPPO
ANTIACID
ASPECT
BASEL
BUTTE
CACHE
CELLO
CLOVE
CRORE
CUPOLA
DECEIT

DIVEST
DODECAGON
DRAMAS
ENACT
ENDED
GAUCHO
INHERE
MUNDANELY
NAVAHO
OARED
OCELLI
PILAF

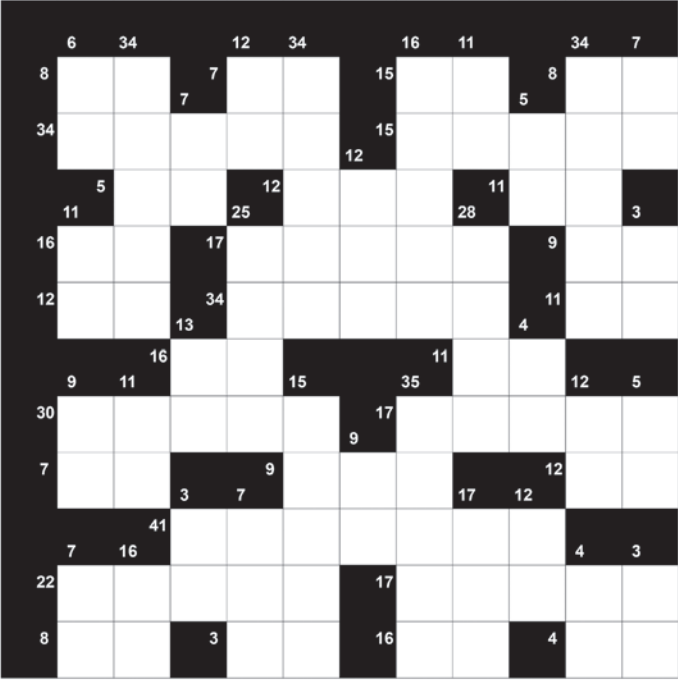
PLANE
POTTERED
RECON
SATURATE
SITED
THANKS
WEASEL
YEOMAN
ACIDIC
ACRID
BUSLOAD

KAKURO

CONSTRUCTED
BY EPOCH TIMES STAFF

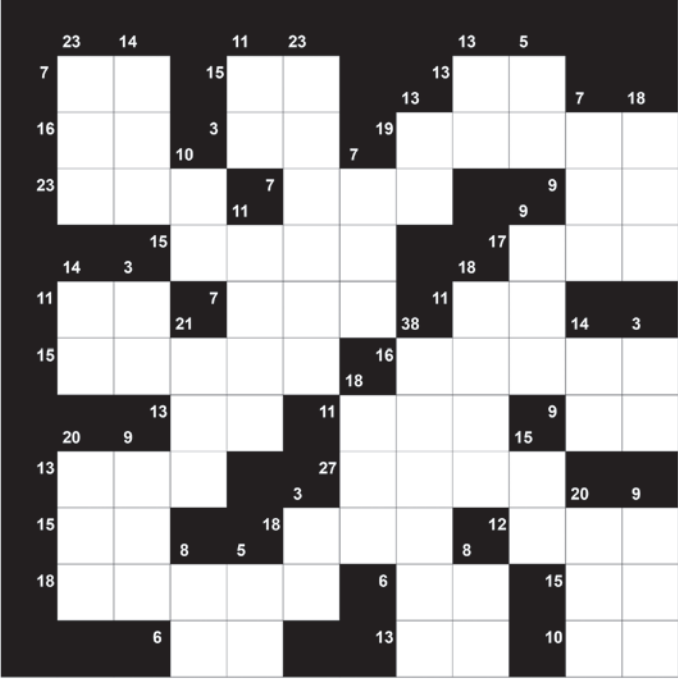
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Hard



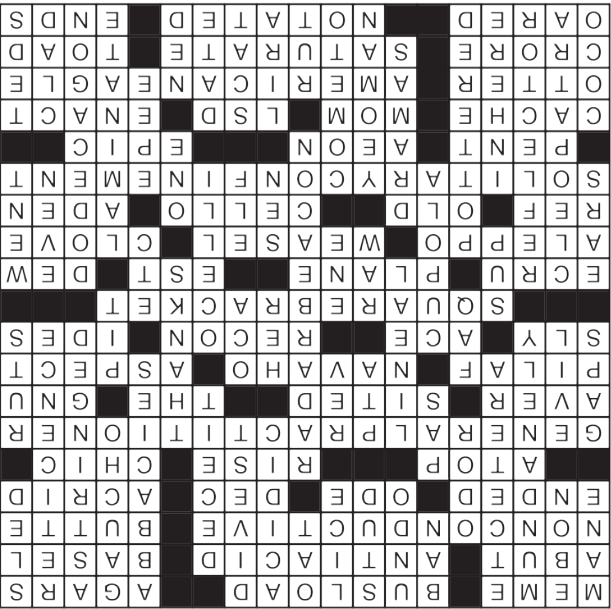
WORK SPACE

Large: Easy

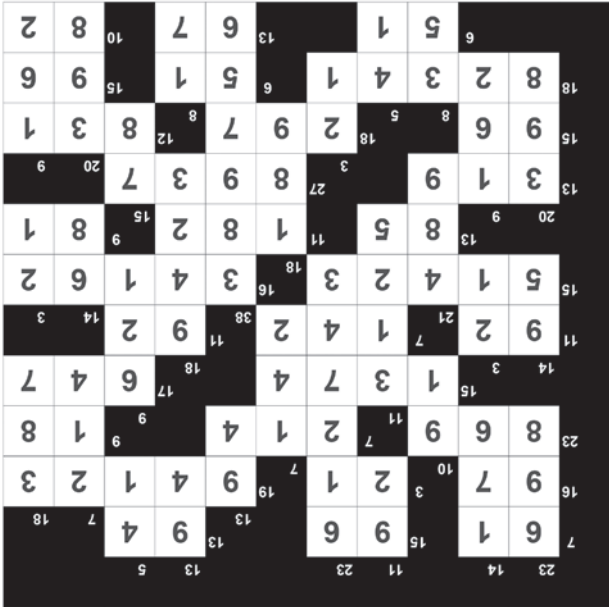


SOLUTIONS

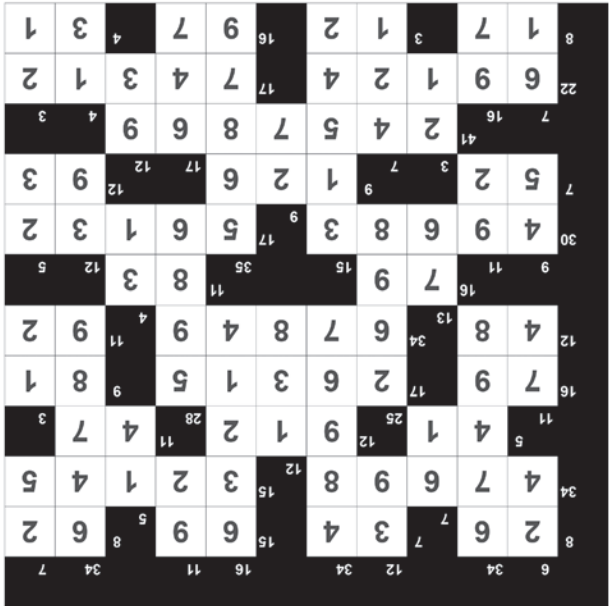
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1
23 + 13 = 35 ÷ 7
- HARD 2
36 ÷ 12 = 3 × 14 ÷ 1
- EASY 1
(9 + 5) × (6 - 2)
- EASY 2
(5 ÷ 2 + 6) ÷ (5 - 2)

SUPERSUDOKU

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

	6			2	F		8	5	7	0	9		
	9			7	8		1			3	C	F	D
8	0			9	6	A	D		E	2			
A	7		D		B	E		9			1		
2		0		B	F			4		9		8	A
6		9			4				F	B	C		D
F						9		3	C		6	2	
	5	D	C	1		0	6	7			B		
		4					8	5	1		A	F	D
0		3	6			1	D		4				E
D	8		E	0	A				C			7	4
	F	1		4			9			0	E	3	C
			4				B		5	3		D	8
				F	0		1	A	7		D		C
9	D	8	0				4			2	1		7
			7	F	A	6	D			E	9		3

SUDOKU

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

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

Easy

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

KAKURO

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

Easy

	17	12			11	21	22	9
9					28			
16					10			
				16				
		13				11		
					14			3
			14			11		
4	34				23			
29								
5					10			
				12			18	
		7			9			
	6				9			6
29						12		
13						11		

Hard

	16	35	17	3	34	7
23						
41						14
13					16	
				7		
9				8		
			15			35
36						34
			3			17
9	19					
22						
					16	7
28						
	36					

4 PUZZLES™ PEACE

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

SOLUTION BELOW



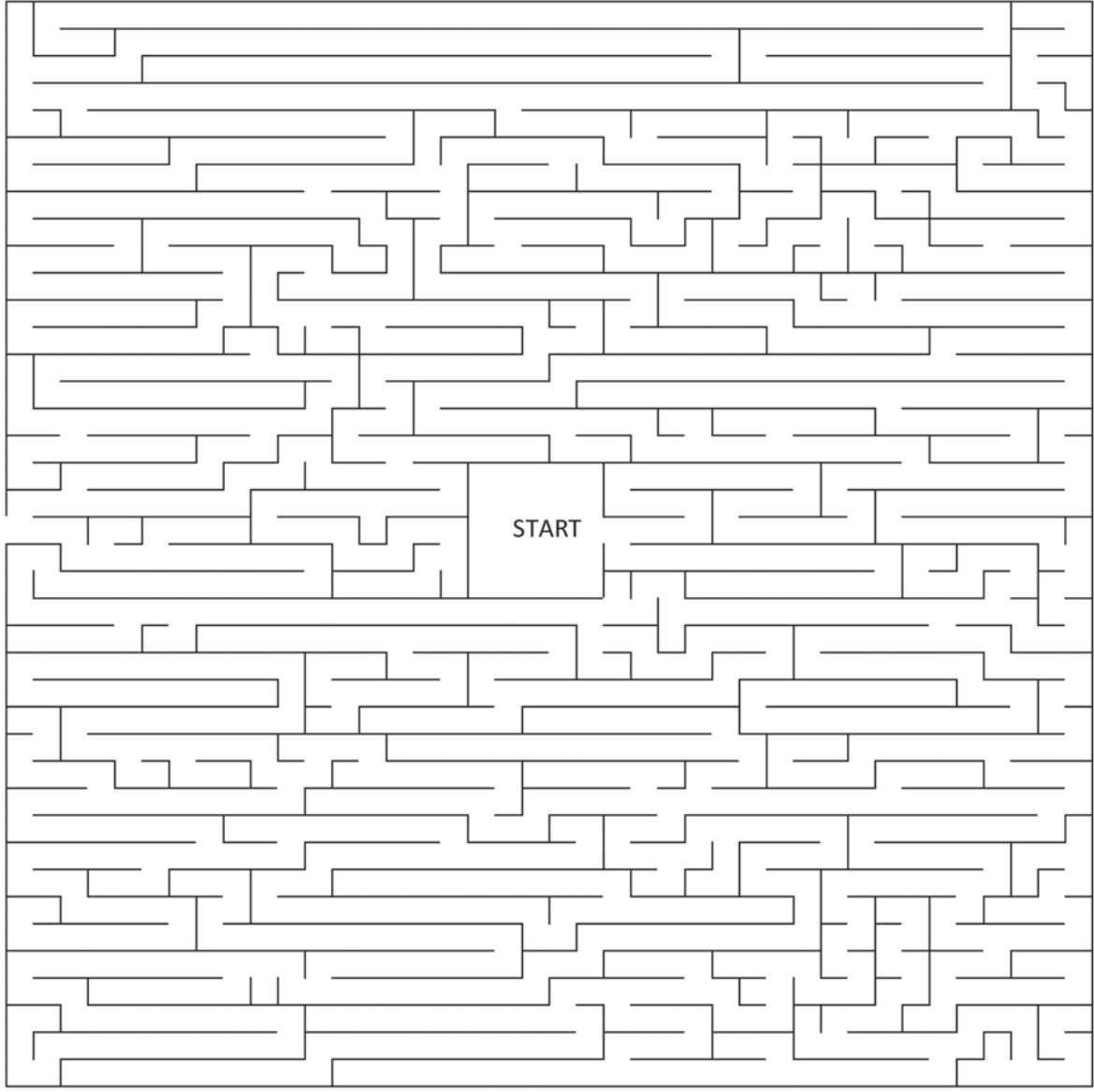
© Alan Morgan

Presented By



FREE THE CHILDREN
children helping children through education

EPOCH ESCAPE MAZE



CRYPTIC QUOTE

Quote by: Aristotle

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

S E N S E
Y F C O S Y F Q Y B H C P K C Y F C O S
N E R S N E
Y F Q Y U H K S A O Y Q H K Y S Q D F

WORK SPACE

EPOCH DOKU

CONSTRUCTED BY EPOCH TIMES STAFF

100*		1-		3+		23+
		5-	8+	4-	2/	
2-	3/					12+
		15+	7-	2-		3-
48*					9+	10+
		1-		5-		
224*			4-	3-	7-	13+
	6-				2-	

WORK SPACE

KEN 算 KEN

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

1-	3-		3-		6
	3	10+		2-	6+
6	20x				
11+			3	2-	
2÷	16+		5-		7+
			9+		

SOLUTIONS

SUPERSUDOKU

B	C	7	F	A	D	2	8	5	7	0	9		
9	0			7	8		1			3	C	F	D
8	0			9	6	A	D		E	2			
A	7		D		B	E		9			1		
2		0		B	F			4		9		8	A
6		9			4				F	B	C		D
F						9		3	C		6	2	
	5	D	C	1		0	6	7			B		
		4					8	5	1		A	F	D
0		3	6			1	D		4				E
D	8		E	0	A				C			7	4
	F	1		4			9			0	E	3	C
			4				B		5	3		D	8
				F	0		1	A	7		D		C
9	D	8	0				4			2	1		7
			7	F	A	6	D			E	9		3

SUDOKU: EASY

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

EPOCH DOKU

4	7	1	2	2	6	3	5	8
7	2	4	6	3	8	1	5	
3	8	5	4	1	6	7	2	
2	6	3	8	7	5	4	1	
8	3	6	1	5	7	2	4	
6	1	2	5	8	4	3	7	
1	5	7	3	4	2	8	6	
5	4	8	7	2	1	6	3	

KENKEN

1	2	6	4	5	3
2	5	3	1	6	4
5	6	1	3	4	2
6	4	5	2	3	1
3	2	6	1	5	
3	1	4	5	2	

CRYPTIC QUOTE

Those that know, do. Those that understand, teach.

OUTSIDE THE BOX
Back seat driver

EASY KAKURO

13			1	7	3	2		9	
29			5	8	7			8	
6			6	1		8		1	
			1	4		9			
5			3	8	2	4		6	
29			8	1		9		5	
4			9			5		6	
			4			9		2	
16			9	7		3		4	
9			8	1		8		9	
			2			11		21	
			2			9			

HARD KAKURO

36			9	4	7				
28			3	2	7				
22			9	5	5				
			7		16				
9			9		2				
36			2	6	3				
9			1	8					
13			4	9					
41			6	7	9				
23			3	5	8				
16			3	5	8				
			2						
			1	4					
			2						

WORK SPACE

Contact the Puzzle Master @: Feedback@EpochTimes.com

KINGA CICHEWICZ/UNSPLASH



BOOKS

Stressed? Beat Back the Blues with a Book

JEFF MINICK

“Whenever I find myself growing grim about the mouth; whenever it is a damp, drizzly November in my soul; whenever I find myself involuntarily pausing before coffin warehouses, and bringing up the rear of every funeral I meet; and especially whenever my hypos get such an upper hand of me, that it requires a strong moral principle to prevent me from deliberately stepping into the street, and methodically knocking people’s hats off—then, I account it high time to get to sea as soon as I can. This is my substitute for pistol and ball.”

While few of us set out to sea “whenever it is a damp, drizzly November” in our souls, most of us, at one time or another, identify with these sentiments of Ishmael, Herman Melville’s narrator in “Moby Dick.” We waken one morning, and an interior fog befouls the sunny day outside the bedroom window. The coffee lacks its usual zing, and our energetic colleagues at work seem as dull as dishwater. We slog through the hours as if up to our waists in a miasmatic swamp, and return home wanting nothing more than an extra glass of wine and the oblivion of sleep.

Often that sleep does the trick, and we kick off the sheets in the morning eager to embrace the world. Sometimes, though, Morpheus fails to work his magic: the coffee remains flat, the jokes at work stale, the day a haze of obligation and setbacks. We plod along not in some state of terrible depression, which Winston Churchill

Such linguistic gusto helped release my prison-pent self.

PARENTS AND EDUCATION

Yes, Parents Are Capable of Choosing How Their Children Should Be Educated

The idea that parents get in the way of children’s education and can halt their flourishing is nothing new. It’s also false.

KERRY MCDONALD

At the heart of debates around education freedom and school choice is the subtle but sinister sentiment that parents can’t be trusted. They are too busy, too poor, or too ignorant to make the right decisions for their kids, and others know better how to raise and educate children. Never mind that parents have successfully cared for and educated their children for millennia, ensuring the ongoing survival and continued success of our species.

Distrust of Parents

As economist Richard Ebeling writes in the introduction to Sheldon Richman’s book “Separating School & State”:

“The parent has been viewed—and still is viewed—as a backward and harmful influence in the formative years of the child’s upbringing, an influence that must be corrected for and replaced by the “enlightened” professional teacher who has been trained, appointed, and funded by the state.”

We see this distrust of parents play out in a number of policy areas, including most recently with the implementation of universal government preschool for four-year-olds (and increasingly three-year-olds) in cities like New York and Washington, DC, and in academic reports arguing for “Cradle to Kindergarten” government interventions. These efforts are nearly always framed as helping parents, taking the burden off of low- and middle-income families, and addressing inequality and achievement gaps. But the message is clear: parents, and especially disadvantaged parents, can’t be expected to effectively raise their children and see to their education without the gov-



Never mind that parents have successfully cared for and educated their children for millennia, ensuring the ongoing survival and continued success of our species.

XAVIER MOUTON PHOTOGRAPHIE/UNSPLASH

ernment’s help.

Some researchers say this outright. In an article published in The Washington Post about alleged summer learning loss among schoolchildren, Kelly Chandler-Olcott suggests that to fix the problem, we need to stop expecting parents to nurture their children during the summer months and instead rely on experts to do it for them. She writes:

“Also troubling is the assumption that families, not educators, should promote learning in specialized areas such as mathematics, reading and science. Although families from all walks of life promote varied kinds of learning in everyday life, most parents lack preparation to address academic subjects, and their year-round obligations don’t end just because school is out for their offspring.”

This is during the summertime, mind you, when parents have long been responsible for the care of their children. Apparently now the academic crisis is so dire, particularly for low-income children, and parents’ “year-round obligations” are so huge, that we should entrust others to do throughout the summer months what seemingly didn’t work well during the academic year. As I wrote at NPR, we need to ask ourselves if kids can so quickly forget during summertime what they purportedly learned during the school year, did they ever really learn it at all? And if “most parents lack preparation to address academic subjects,” then what does that say about the education they received through public schooling?

‘Perennial Force’ of Parenthood

The idea that parents get in the way of children’s education and can halt their flourishing is nothing new. As he was designing the architecture for compulsory mass schooling in the 19th century, Horace Mann argued

that education was too important to be left to parents’ discretion. He explained that strong parental bonds are obstacles to children’s and society’s development, writing in his fourth lecture on education in 1840:

“Nature supplies a perennial force, unexhausted, inexhaustible, re-appearing whenever and wherever the parental relation exists. We, then, who are engaged in the sacred cause of education, are entitled to look upon all parents as having given hostages to our cause.”

Mann goes on to say that “just as soon as we can make them see the true relation in which they and their children stand to this cause, they will become advocates for its advancement,” supporting the complete shift in control of education from the family to the state. It’s for the good of all, Mann said—except for parents like him who home-schooled his own children while mandating forced schooling for others.

The solution is for parents to push back against creeping government control of education and child-rearing. Don’t be wooed by the siren song of feigned empathy for your burdens of work and family. Don’t be convinced of the false belief that you are incapable of caring for your children and determining how, where, and with whom they should be educated. Don’t let your “inexhaustible” parental instincts be weakened by government guardians who think they know what is best for your child. Demand freedom and choice.

Parents are powerful. They are not perfect, and they do fail, but they are more perfect and fail much less than state agents and government bureaucracies intoxicated by authority and ego. They should take back control of their children’s education by advocating for parental choice and resisting efforts to undermine their innate capacity to care for their children’s well-being.

Place trust in the “perennial force” of parenthood, even when—or perhaps especially when—others distrust it.

Kerry McDonald is a Senior Education Fellow at FEE and author of “Unschooled: Raising Curious, Well-Educated Children Outside the Conventional Classroom” (Chicago Review Press, 2019). This article was originally published on FEE.org



ALFONS MORALES/UNSPLASH

called his “black dog,” but for whatever reason, frequently indiscernible, we feel lower than a worm, the lilt in our step reduced to a limp, the gleam in our eye dead as Scrooge’s doornail.

When these moods strike, some of us patiently wait for restoration. Some reach out to friends or family to lift their sails and escape the doldrums, some unwisely take to the bottle, some increase their time on the treadmill or the elliptical, some sink into a sofa with a beer and a bag of chips and attempt their escape by watching a movie or a football game.

And some of us open a book.

Several times this past month, sometimes from exhaustion, sometimes for reasons hidden from me, like Ishmael, I found myself “growing grim about the mouth.” Sleep and a slower pace helped cure my fatigue and restore the balance in my mood, but on some days I needed stronger medicine, some way to vacation, to escape the grind of my daily routine.

As in the past, reading relieved this pressure and reduced the stress.

In “Captain Blood,” Rafael Sabatini whisked me off to late 17th century Barbados, where Peter Blood, a physician and former soldier of fortune, finds himself a

Books possess a magic all their own.

slave, falsely accused of treason against England’s King James II. Leading a band of fellow slaves, Blood manages to seize a Spanish ship come to raid the colony, and so takes on the mantle of daring buccaneer. Here are adventures galore, fully developed characters, fine writing, romance, and a study in courage, grit, honor, and wisdom. “Captain Blood” is a treasure chest of a novel, offering readers, particularly young men, a wealth of excitement coupled with lessons in the classic virtues.

In my public library, “Blotto, Twinks and The Intimate Review” snagged my attention both because of the outlandish title and the lovely cover depicting a 1920s couple watching a revue, a light theatrical entertainment. The much-honored British author, Simon Britt, breaks nearly every rule of fiction in this story of a kidnapping, unorthodox marriages, coincidences, and a bizarre plot to bring down English aristocrats. An affable son of that aristocracy, Blotto is missing more than a few marbles upstairs, but his sister Twinks more than makes up for his empty attic. Never—and I think I can literally say never—have I read such a daft story. Just when you think Britt can pile up no more absurdities, he adds another unlikely char-

acter or situation to his teetering mound of the preposterous.

I have written that Mr. Britt breaks nearly every rule of fiction, but two abide: he enchants with his language, and he makes his readers laugh. On a single page, representative of many, he writes that revue star Frou-Frou Gavotte is “an absolute eyewobler” and “as English as a ham sandwich with mustard,” though with a “spoffing odd name.” Blotto makes a mistake and declares himself as “shinnying up the wrong drainpipe.” His friend Whiffler’s desire to marry Frou-Frou “could, by Blotto’s reckoning, cause an eruption comparable to that of Krakatoa.” Though Blotto is a “fluent fat-chewer, Whiffler’s announcement had momentarily robbed him of the power of speech.”

Such linguistic gusto helped release my prison-pent self. (It was also refreshing to read a “G-rated” novel.)

A last example of the saving power of the printed word: Years ago, I read William Manchester’s “The Last Lion: Visions of Glory,” the first book of three about Winston Churchill. (I read the others as they were published.) I hadn’t opened the book for several years, but after an exchange of emails about Churchill with an acquaintance who is an editor, I revisited the opening chapters of “The Last Lion” and remembered why both Manchester’s biography and Winston Churchill had the power to rouse my spirits. In these pages, Manchester breathes life into Churchill, giving us the man who found such zest in living while on occasion descending into despondency.

Books possess a magic all their own. They cast a powerful spell providing respite and escape when we feel imprisoned by circumstances, trials, or inexplicable dark moods. They take us away from that most monstrous jailor, the self, and free us from our prison of melancholy.

Ismael had the sea as his “substitute for pistol and ball.”

Some of us have books.

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.

KIDS’ BOOKS

Why Are Children’s Books Narrating Confusion?

MADELEINE AHLBRECHT

Did you know that crayons care about identity politics and race? I didn’t. I just thought they were great for coloring!

Luckily I came across “The Day the Crayons Quit” by Oliver Jeffers.

Each crayon writes a note to a little boy, Duncan, with a complaint. Either Duncan colors with them too much or too little, he doesn’t appreciate them sufficiently, or he calls them the wrong name. This line from the Beige Crayon pretty much sums it up: “I’m tired of being called ‘light brown’ or ‘dark tan’ because I am neither. I am BEIGE and I am proud.”

In the end, Duncan takes all of their advice and uses his crayons to draw a picture that depicts almost no objects in traditional colors. He receives an ‘A’ from his teacher for such a creative drawing.

Don’t get me wrong. I’m all for whimsically drawing pink dinosaurs and green water. But I can’t help but wonder if there was an ulterior motive at play in this story.

These outraged crayons seem to be training Duncan to be a people pleaser. Nothing and no one should be unequally favored. Don’t assume that someone ascribes to traditional cultural structures. Only children who break free from the constraints of reality are good.

In a culture of political



BEN WHITE/UNSPLASH

Instead of heroic stories that give children role models, we find half finished books with a weird unease and decided lack of solutions.

In a culture of political correctness, I didn’t spend much time wondering why the author took this route.



“Madeline” teaches courage and kindness, rather than existential crises.

PENGUIN RANDOM HOUSE

correctness, I didn’t spend much time wondering why the author took this route.

But at least the crayon book recognizes that there is a reality, even if it finds it objectionable. Other books abandon reality and embrace existential questions instead. Such is the path taken by Mac Barnett and Jon Klassen in a new series of children’s books, “Triangle,” “Square,” and “Circle.” Let’s take a look at “Circle”:

In “Circle,” Triangle, Circle, and Square are playing a friendly game of hide-and-seek. Circle is “it” and searches for her friends. Searching inside a cave so dark that only the whites of her eyes are visible, she finds Triangle ... and another set eyes. The two shapes assume that Square has followed Circle in and that these are his eyes. But upon exiting the cave, Triangle and Circle find Square waiting outside for them. He denies that he entered the cave at all. Innocently, they wonder what shape they might have seen in the darkness. The book ends with the narrator breaking the fourth wall by asking the reader, “If you close your eyes, what shape do you picture?”

As the reader, I assumed that either Square was lying, or there was a stranger lurking in the cave near their play area. I was half-expecting some stranger-danger instruction to follow. But I was wrong.

Why does it end there? The plotline reached its climax, but where is the resolution?

This maze of bewilderment seems to be a new trend for children’s books. Instead of heroic stories that give children role models, we find half-finished books with a weird unease and decided lack of solutions.

As a child I loved Ludwig Bemelmans’s classic “Madeline” book. Madeline is a fun-loving little girl who wakes up sick in the middle of the night. She is taken to the hospital to have her appendix taken out. But the story doesn’t end with an existential question about whether the doctor was right that she had appendicitis. No interjection comes from the appendix saying how it feels about being discarded from little Madeline. Rather, the story continues with Madeline recovering, showing off her new scar on her tummy, and receiving flowers and toys from the other girls to cheer her up.

“Madeline” teaches courage and kindness, rather than existential crises. Why have we rejected classic children’s books for this chaotic mess?

I’m a bit confused.

Madeleine Ahlbrecht is a recent graduate of Hillsdale College, where she studied Latin and Ancient Greek. This article was originally published on Intellectual Takeout.

THINK WELL, WORK WELL

How to Make Yourself Happier Each Day

Staying on top of your thoughts gives you the upper hand over your emotions

JEFF GARTON

B

ecause thinking is effortless, people are oblivious about the importance of controlling what they think, even though that’s the root of happiness.

Imagine swimming in a lake far from shore and you notice something peculiar. Like a bobber attached to a fishing line, your body floats with ease when your thoughts produce the emotions of joy, optimism, and contentment. And you lose buoyancy and start to sink when your thoughts produce the emotions of fear, worry, and anger.

In this “think” or “sink” scenario, you notice that good thoughts are easy to maintain when your body is safely floating. But when all you can think about is keeping your head above water, bad thoughts become increasingly difficult to prevent.

The same thing happens in your everyday life. When all is well, it’s easy to keep your thoughts upbeat and optimistic. But as your disappointments accumulate, your good thoughts turn sour and unless you prevent this, you sink deeper into despair. Then you blame your disappointments for bringing you down when it was really your thoughts.

Here’s an example. A friend recently called me on a Saturday to vent about a medical bill. After satisfying the balance he owed, the hospital charged him an additional \$6,000. He was furious about this and worried sick.

Since he couldn’t reach his insurance provider until Monday, I suggested that he stop thinking about the situation and avoid the emotional turmoil he was causing himself. He agreed. Then within minutes, he resumed his tirade, further arousing fear and anger.

No matter how many times I reminded him to regain control of his thoughts, he still didn’t understand that he was at fault for his rise in blood pressure, not his hospital. He called again on Sunday and was still fuming about the same situation.

Rather than take responsibility for controlling his thoughts, my friend chose to think habitually without regard to the emotions he was creating. But now that it’s known that thoughts create the emotions that supply your motivation, it would be irresponsible for an adult to neglect the control of their thoughts.

There are two learning points to be made here:

The vast majority of people don’t make the connection between their thoughts and how

The vast majority of people don’t make the connection between their thoughts and how well they feel and are able to perform.



You become your own best friend by treating yourself with greater kindness.

well they feel and are able to perform.

Your circumstances don’t cause your emotions, only your thoughts do. And since you can control your thoughts, you have tremendous influence over your emotions. Your circumstances don’t have to be good for you to feel good.

If you wanted to, you could make every day a happier one for the rest of your life. Of course, that assumes you could exercise perfect control over your thoughts, a Herculean feat for many of us, especially in our age of distraction and indulgence. But it remains true that you don’t have to allow your circumstances to dictate which emotions you experience.

You have six opportunities to guard your thoughts and determine your emotional reaction.

Before: In advance of something happening, you have the option to prime the emotions you would like to experience by planning what you’ll think when it happens.

During: In the moment something is happening, you have the option to describe the situation in such a way to create an emotion that might be beneficial to you.

After: After something has happened, you have the option to recap the situation in such a way to guard your emotions, regardless of the outcome.

Don’t Think: You have the option not to think or to suspend thinking about something, to prevent the creation of unwanted emotions.

Let It Go: Even when an unintended thought pops into your head, you have the option not to process it. You simply let it go and avoid creating an emotion.

Rethink: You always have the option to rethink something and replace an unwanted emotion with a helpful one.

Like most people, you probably aren’t concerned about the hazards of uncontrolled thoughts and assume that improving how you think is pointless. Why should you care, since you can already think and have been your entire life?

Now look again at that last paragraph. If you were to process it as a thought, it would create an emotion that motivates you to avoid improving how you think. Without realizing it, you become your own worst enemy. But don’t worry.

You have the option to control your thoughts to make reduce your self inflicted emotional suffering and make each new day happier than the last. You become your own best friend by treating yourself with greater kindness.

Jeff Garton is a Milwaukee-based author, certified career coach, and former HR executive and training provider. He holds a master’s degree in organizational communication and public personnel administration. He is an originator of the concept and instruction of career contentment.

WISE HABITS

The Practice of Listening to Find Purpose

Take a moment to ask yourself what really matters to you, so you can actually do it

LEO BABAUTA

Very often, our lives are so filled with busyness and distraction that we have no space to actually listen to what life is calling us to do.

Think about your day so far, and your day yesterday: how much of it was spent in busy-work and distraction? Messaging, social media, videos and news, reading favorite websites, answering emails and doing errands—replying and reacting.

In the middle of this craziness, do we ever have space for silence? For creation, contemplation, reflection? Listening?

The practice of listening is about creating a little space for silence, and then listening to

what you need to do right now:

- What have you committed to doing that you’re not doing?
- Why is what you’re doing now important?
- What do you need?
- What do the people you care about need?
- What are you being called on to do?
- What would be the most impactful or meaningful thing you could do right now?
- How do you want to spend the next month of your life?
- What do you care most deeply about? Are you willing to commit yourself to it?

These are the kinds of questions to ask in this purposeful listen-



ing practice. But more important than the questions is how you listen:

1. Create some space by taking a break from devices and busyness. Stop and get somewhere where you can have stillness—

- a walk in nature, dropping into sitting meditation, having a cup of tea, sitting out on your porch, finding a bench in a park.
2. Now just find silence and stillness and ask a question. You can ask any of the questions above, or whatever feels important for you right now. One of my favorites is, “What am I being called to do right now?”
3. Keep yourself in that stillness and silence, and listen for the answer. Breathe deeply. Feel how your body feels right now. And then listen to the answer that comes up for you. Your gut has an answer. Maybe it’s not the perfect

answer, but it’s something to start with. Listen until you have clarity.

It’s that simple. Pause in a moment of stillness and silence. Ask a question. Listen for the answer.

This can be used in all areas of your life: your relationships, your health, your finances, your work, your meaningful contribution to the world.

How can you practice this throughout the day?

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

TON WEERAYUT PHOTOGRAPHER/SHUTTERSTOCK (BACKGROUND); NLD/SHUTTERSTOCK (ILLUSTRATIONS)

CHEYENNE COHEN



Pair fried green tomatoes with a bright, fruity salsa.

FRIED GREEN TOMATOES WITH PINEAPPLE MINT SALSA

SERVES 4

FOR THE SALSA

- 2 cups diced fresh pineapple (about 1/2 of a pineapple)
- 1/4 cup diced yellow bell pepper (about 1/4 of a large pepper)
- 1/4 cup diced green bell pepper (about 1/4 of a large pepper)
- 1 to 2 tablespoons chopped fresh mint leaves
- 1 teaspoon minced fresh jalapeño pepper, or to taste
- 1 tablespoon fresh lime juice
- Kosher or coarse salt, to taste

FOR THE TOMATOES

- 4 firm green tomatoes
- 1 cup finely ground cornmeal
- 1 teaspoon kosher salt
- 1/2 teaspoon cayenne pepper
- 2 large eggs
- Vegetable or canola oil for frying

Make the salsa: Place the pineapple, yellow and green bell peppers, mint, jalapeño, lime juice, and salt in a medium-size bowl and toss gently until well combined.

Make the tomatoes: Slice the tomatoes crosswise into 1/2-inch-thick slices.

In a shallow bowl, combine the cornmeal, salt, and cayenne pepper. In another shallow bowl, beat the eggs. Line a surface or large plate with paper towels.

Fill a large skillet with oil to a depth of about 1/4 inch. Heat over medium-high heat until barely shimmering. Add the tomatoes in a single layer, without crowding them (you will probably need to do this in batches). Fry them for about 2 minutes until they are golden on the bottom, then flip them and fry for another 2 minutes, until the other side is golden. Transfer the tomatoes to the paper towel-lined plate or surface. Repeat until all of the tomatoes are cooked.

Serve the tomatoes hot or warm, with the salsa on the side.

FAMILY-FRIENDLY

FRIED GREEN TOMATOES



a. Classic Treat

Pick some of your tomatoes early to fry up into this versatile Southern side

KATIE WORKMAN

Fried green tomatoes are a treat well known in the South, where they have been loved for years.

Unripe green tomatoes are sliced; dipped usually in eggs, but sometimes in buttermilk or a mixture of milk and eggs; and then dredged in cornmeal or flour, or a mix of the two. Then they are, as the name suggests, pan-fried in oil until crisp.

Many people first learned about this Southern treat from the absolutely terrific novel “Fried Green Tomatoes at the Whistle Stop Cafe,” written by Fannie Flagg, or the movie based on the book. (While the food is somewhat peripheral to the book and movie, they are completely worth reading or watching—particularly if you whip up a batch of fried green tomatoes to go with it.)

But fried green tomatoes likely didn’t start off as a Southern food. I was quite surprised to find out that they probably have Jewish origins!

According to Robert F. Moss, a food historian and writer in South Carolina, they entered the American culinary scene in the Northeast and Midwest, and recipes were found in Jewish cookbooks as early as the end of the 19th century. Apparently they really were only popularized in the South later, in part thanks to the 1991 movie.

The exact origin story is a bit murky, but there is no doubt that the South has smartly claimed this dish as part of their culinary essence.

However fried green tomatoes were introduced to you, just be happy that they were: They go with so many surprising things and make a fun side and versatile dish to enjoy all summer long.

Green Tomato Tips

To make fried green tomatoes, you

Green tomatoes almost feel like a different vegetable than ripe tomatoes, with a very different flavor and texture, and therefore different cooking applications.



To make fried green tomatoes, you have to use unripe tomatoes; ripe ones will fall apart.

have to use unripe tomatoes; ripe ones will fall apart. Besides the firm texture, you also want the tangy tartness of green tomatoes, which contrasts so nicely with the richness of the crispy breaded crust.

This is actually a good thing, since if you are growing tomatoes, your plants are probably starting to produce like crazy right about now. You most likely won’t be able to keep up with all of the ripe tomatoes coming your way, so pick some of those green ones and slice and fry them up.

Green tomatoes almost feel like a different vegetable than ripe tomatoes, with a very different flavor and texture, and therefore different cooking applications. (And yes, correct, tomatoes are botanically a fruit).

Start by picking tomatoes that are firm but not rock hard, and of decent size. They don’t have to be completely green, and might have some streaks of yellow or orange creeping in; the firmness is most important.

When you are ready to fry, make sure your oil is hot enough that the breaded tomatoes sizzle when they hit the pan. If the oil isn’t hot enough, the tomatoes won’t crisp up properly and may get soggy.

How to Serve

You can absolutely eat fried green tomatoes as is, without any accompaniments; in the South, that’s usually how they are eaten. Sometimes they are served with a buttermilk dipping sauce.

Creamy sauces and dips are terrific partners for fried green tomatoes, so think about things like a creamy lemon dressing or herbed dipping sauce. Last summer, I served a platter of fried green tomatoes with green goddess dressing on the side, to be drizzled on top. I felt very, very smart.

We also love them topped with this sweet-tart, bright, and slightly spicy

pineapple mint salsa. Be sure to use fresh pineapple and fresh mint—or basil, if you prefer—for best results. You can simply roughly chop the ingredients instead of dicing them, and the salsa will still taste fresh and delicious. If you like more heat in your salsa, you can leave some or all of the seeds in the jalapeno when you mince it.

I love the fruit salsa pairing, so I am also thinking about a stone fruit salsa, a corn-based option, or maybe getting a bit meta and going tomato-on-tomato with a roasted tomato salsa.

Fried green tomatoes are usually a side dish to something rich, like pulled pork or fried chicken. I am also thinking that I might layer one right into a pulled pork sandwich or on top of a burger, or maybe do a warm kind of Caprese salad with fried green tomatoes alternated with slices of fresh mozzarella.

What the Kids Can Do

This is a fun recipe to involve the kids with. If they are old enough to handle a knife, they can slice the tomatoes (there are some great kid-friendly nylon knives out there that are designed to not cut little fingers).

They can beat the eggs in a shallow bowl, and mix the cornmeal and salt in another one. Then they can dip the tomatoes into each mixture, one after the other.

For the salsa, they can juice the lime, pull the mint leaves from the stems, and possibly cut up the pineapple and peppers. Finally, they can help stir everything together.

Katie Workman is a food writer and recipe developer in New York City. She writes the popular blog The-Mom100.com, contributes to many publications, and has written two cookbooks: “The Mom 100 Cookbook” and “Dinner Solved!”

Too Many Tomatoes? Roast Them Low and Slow

MAUREEN ZEBIAN

Tomatoes are supposed to be a sweet, delectable treat. All those who grow tomatoes in their gardens are nodding their heads in agreement. It is hard to eat store-bought tomatoes, especially after September, when the season in most parts of the United States has ended.

Unfortunately, when tomatoes finally ripen, they do so all at once. If you have about 60 tomatoes on your kitchen counter, give slow-roasting them a try. They are especially delicious when prepared this way—and are easy to freeze.

SLOW-ROASTED TOMATOES

- 5 pounds tomatoes, cut in half
- 1/2 cup olive oil
- 1/4 cup dried parsley
- 3 tablespoons dried basil
- 1 tablespoon ground fennel
- 3 tablespoons dried oregano
- 4 garlic cloves, minced
- Sea salt
- Freshly ground pepper

Preheat oven to 200 degrees F.

Put tomatoes and spices in a large plastic bag. Add olive oil and mix all ingredients. Line a baking tray with foil; spray a light coating of olive oil on the tray. Arrange tomatoes with cut side down and skin sides up.

Roast tomatoes for approximately 4–6 hours, or until they are reduced to one-third their original size. The time varies due to the different sizes of the tomatoes. They should look caramelized and crispy on the edges.

Remove the baking sheet from the oven, and allow the tomatoes to cool to room temperature. Store in a refrigerator in an airtight container, or freeze them.

Serve on crusty bread with a little olive oil or put them in your favorite pasta dish.



NINIKAS/SHUTTERSTOCK

Summer Is Not Summer Without Tuna Salad

CAT ROONEY

What is summer without tuna salad?

When making a tuna salad, the tuna needs to hold its flavor when combined with other ingredients. In these recipes, it still shines among additions of white beans, lots of cherry tomatoes, bits of fresh peaches, and a mayo-mustard spread.

Different-colored cherry tomatoes and herbs make for an appealing and attractive salad. Add biscuits or multi-grain rolls and you have a complete, no-cook meal. Alternatively, take small Italian bread loaves and scoop out the centers for creative tuna salad bread bowls.

TUNA, WHITE BEAN, AND CHERRY TOMATO SALAD

- SERVES 4**
- 1 small red onion, chopped
 - 2 cups cherry tomatoes
 - 1 (8-ounce) can organic Great Northern White beans, drained
 - 2 (6-ounce) cans tuna
 - 2 tablespoons fruit-flavored vinegar, red wine vinegar, or rice vinegar
 - 2 tablespoons extra-virgin olive oil
 - 1/4 cup fresh basil, chopped or cut with herb scissors
 - 1/4 cup fresh parsley, chopped or cut with herb scissors
 - Salt and freshly ground pepper, to taste
- Toss all ingredients together. Place on top of a bed of shredded leaf lettuce or baby arugula. Serve with biscuits or dinner rolls.

Tuna, White Bean, and Cherry Tomato Salad.



BARBARA DUDZINSKA/SHUTTERSTOCK

TUNA AND PEACH BREAD BOWL SALAD

- SERVES 4**
- FOR THE TUNA SALAD
- 2 peaches, peeled and chopped (including the juices)
 - 2 (6-ounce) cans tuna
 - 1/2 cup slivered almonds
 - 2 tablespoons fruit-flavored balsamic vinegar or red wine vinegar
 - 2 tablespoons extra-virgin olive oil
 - 1/4 teaspoon powdered ginger
 - Fresh basil, cut into ribbons, to taste
 - Salt and freshly ground pepper, to taste

TO ASSEMBLE

- 1/4 cup mayonnaise
- 1/4 cup deli-style mustard
- 2 small (9-inch) Italian bread loaves, or other bread of choice

In a medium bowl, mix together all ingredients for the tuna salad and set aside.

In a small bowl, prepare the mayo-mustard spread by combining the mayonnaise and mustard.

Cut the Italian bread in half, length-wise, and scoop out most of the bread from each half. Tear or cut the removed bread into bite-sized pieces, lightly dip one end of each piece in the mayo-mustard spread, and set aside.

Drain the tuna salad of any liquid that settled at the bottom of the bowl. Stir the bread pieces into the prepared tuna salad. Spread the mayo-mustard mix in the scooped out loaf halves and fill with the tuna salad. Serve immediately.



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