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In
the NEWS

The TRADE WAR

has highlighted how China's business model is broken, as companies have realised that they can move their supply chains to other countries where labour is cheap, without being subject to unfair trade practices.

CHINA | A4

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Facebook CEO Mark Zuckerberg in a leaked internal meeting on the prospect of government regulators breaking up Facebook.

US | A6

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US | A7

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From the “European Climate Declaration” signed by over 500 climate scientists and professionals, released to the U.N. last week.

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A pro-democracy protestor is tackled and arrested by police during clashes after a march in Hong Kong on Sept. 29, 2019.

HONG KONG

Hong Kong Police Escalate Violence on Chinese Regime Anniversary

Teenage protestor shot with live round in the chest during citywide unrest on ‘day of mourning’

EVA FU

As the Chinese Communist Party was celebrating its 70th year of rule over the country on Oct. 1, protesters across Hong Kong were calling it a “day of mourning.”

In a direct challenge to Beijing, Hongkongers staged demonstrations in at least seven districts across the city. Cat-and-mouse clashes later ensued, resulting in the most widespread violence since the protests began in early June.

During the chaotic melee, an officer opened fire and shot a teenage protestor in the chest, who was rushed to hospital in critical condition, according to local media reports. He has since been stabilised.

It marked the first time a protestor has been shot by a live round during almost four months of protests against Chinese communist encroachment into the city.

‘Nothing to Celebrate’

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a march in the afternoon in central Hong Kong, defying a police ban, with many hoisting banners that read, “There’s no national celebration, there’s only national mourning.”

As they marched, protesters tossed yellow joss paper, a popular ritual during traditional Chinese funerals, while others burned a Chinese national flag.

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Now 73, Wong has been a regular in the protests, taking it upon himself to shield young protesters at the frontlines. He said he was previously pepper-sprayed in the face while trying to dissuade police from arresting a teenage protestor.

He stressed that the right to dem-

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Elderly protestor surnamed Wong

COMMENTARY

‘National Day’ Marks 70 Years of China’s National Tragedy

THE EPOCH TIMES EDITORIAL BOARD

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Seventy years ago, the Chinese Communist Party (CCP) seized power in mainland China, bringing hun-

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Today, China finds itself caught between two extremes. One is in

Beijing, where the CCP dictatorship has put on an immense military parade to brandish its power and dominance. This vacuous show of force belies a desperate sense of insecurity: Strict security measures have been imposed across the city and beyond in the form of a “wartime” lockdown radiating from the capital out to the surrounding provinces.

The other is in Hong Kong, the financial hub that has seen the steady erosion of its autonomy and unique freedoms in the 22 years since it was turned over to the Chinese regime. However, standing up to this encroachment are millions of ordinary Hongkongers who value their liberty and way of life.

After months of protests that began with demonstrations against an extradition bill that would allow the Chinese regime to transfer individuals from Hong Kong to stand trial in Communist Party-controlled courts, the message from the people of Hong Kong is clear: resist authoritarianism and reject the CCP.

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A pro-democracy protestor is arrested by police in Hong Kong on Sept. 29, 2019.

TECHNOLOGY

Beijing Launches New Rule: Residents Must Pass Facial Recognition Test to Surf Internet

NICOLE HAO

The Chinese regime announced a new rule which requires residents to pass a facial recognition test in order to apply for an internet connection via smartphone or computer.

The rule will be implemented from Dec. 1, 2019. In addition, no cell phone or landline number can be transferred to another person privately.

This is an upgraded restriction after the Chinese Ministry of Industry and Information Technology (MIIT) required all applicants to present a valid ID and personal information

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FRED DUFOUR/AFP/GETTY IMAGES



A Chinese woman reacts while setting up the facial recognition feature on her iPhone X inside an Apple showroom in Beijing on Nov. 3, 2017.

SWINE FLU

East Timor Becomes 10th Asian Country to Report African Swine Fever, Likely Originating From China

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TAIPEI, Taiwan—Health authorities in Taiwan are warning travellers not to bring any meat products from East Timor, after the Southeast Asian nation confirmed an outbreak of African swine fever (ASF).

East Timor became the 10th Asian country to be hit with the disease, following China, Mongolia, Vietnam, Cambodia, North Korea, Laos, Burma, the Philippines, and South Korea. ASF was not found on the Asian continent prior to the initial outbreak in China in August last year. However, none of these governments have publicly attributed their ASF outbreaks to the spreading of the virus from China.

While the disease isn’t dangerous to

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ANGELA WEISS/AFP/GETTY IMAGES



The New York Times building is seen in New York on Sept. 6, 2018.

POLITICS

Australia Offered Help Long Before NYT Claim: ‘Trump Pressed Australian Leader’

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General William Barr in the Department of Justice’s (DOJ) probe into origins of the Russia investigation. One of the sources said that Barr had asked Trump to speak to Morrison.

The Times in its intro also editorialized that the conversation between the two leaders was “another instance of the president using American diplomacy for potential personal gain.”

Following the report, a number of details emerged that conflict with the Times’ insinuation that Australia had been “pressed” by Trump to cooperate with Barr.

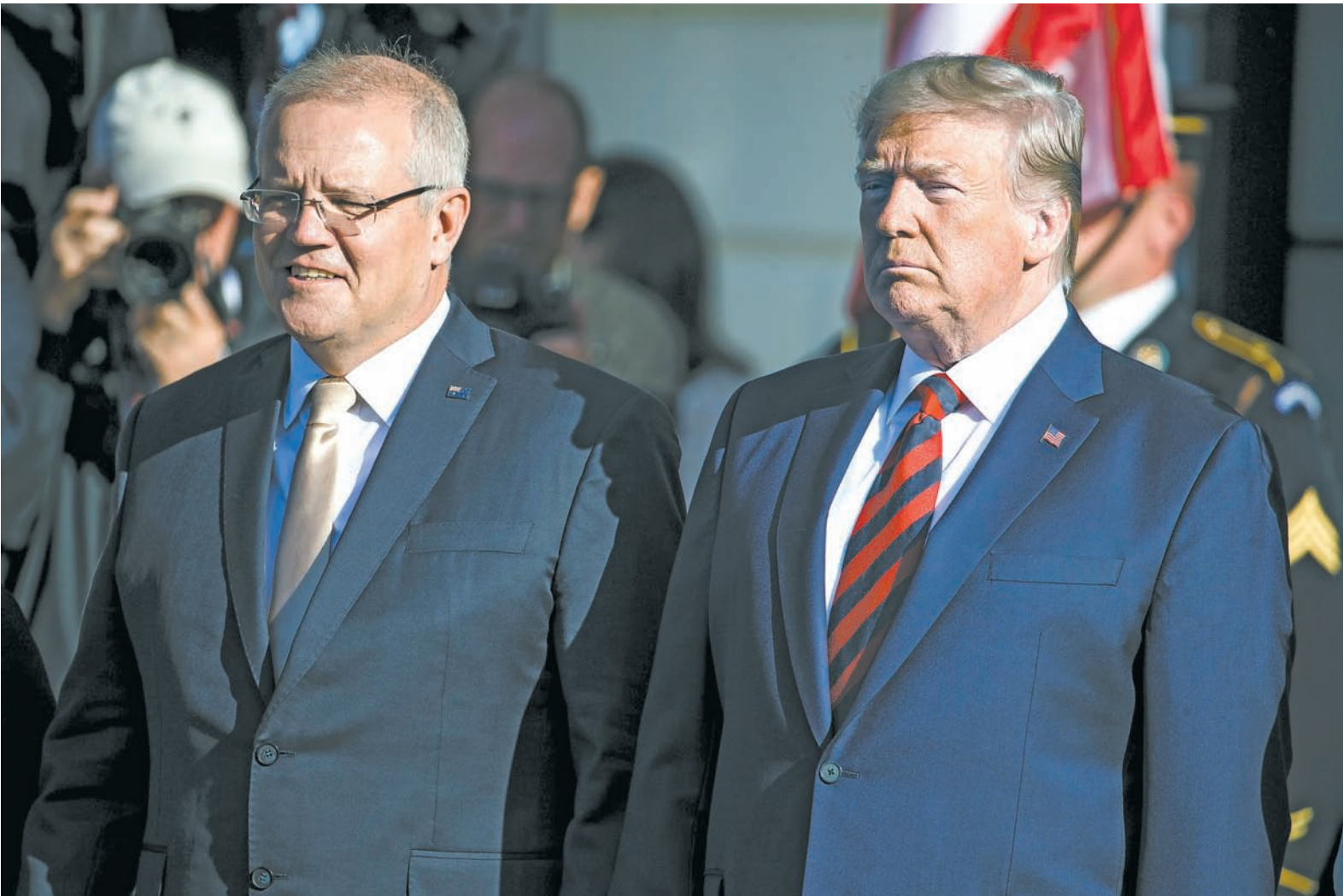
A letter obtained by 9News political editor Chris Uhlmann on Sept. 30 showed that the Morrison government had reached out and expressed its willingness to support the attorney general’s investigation into “the origins of the Federal Bureau of Investigation’s probe into Russia links to the 2016 U.S. election.”

The letter dated May 28 was addressed to Barr from Joe Hockey, the Ambassador of Australia to the United States, in response to the president’s comments that he hoped Barr’s team would “look at” Australia, and also the UK and Ukraine, “because there was a hoax that was perpetrated on our country.”

A report released by Mueller on April 18 after he took over the FBI’s investigation into alleged collusion between the Trump campaign and Russia, produced no evidence that Trump or his campaign had knowingly conspired or coordinated with the Russian government to sway the outcome of the election in his favor.

“The Australian government will use its best endeavours to support your efforts in this matter,” Hockey wrote. “While Australia’s former high commissioner to the UK, Alexander Downer, is no longer employed by the Government, we stand ready to provide you with all relevant information to support your inquiries.”

What Downer said of his May 10, 2016, meeting with former Trump campaign adviser George Papadopoulos was exactly what the FBI needed as an official reason to open an investigation into the Trump campaign



Prime Minister Scott Morrison and U.S. President Donald Trump attend an official visit ceremony at the South Lawn at the White House in Washington on Sept. 20, 2019.

alleging now unfounded ties to Russia.

A spokesperson from the Prime Minister’s office told The Epoch Times on Oct. 1, “The Australian government has always been ready to assist and cooperate with efforts that help shed further light on the matters under investigation.

“The Prime Minister confirmed this readiness once again in conversation with the president,” the spokesperson said, referring to a phone call that was the subject of the Times’ report.

DOJ spokeswoman Kerri Kupec confirmed on Sept. 30 that Trump called Morrison at the request of Barr for the purposes of the investigation.

“As the Department of Justice has previously announced, a team led by U.S. Attorney John Durham is investigating the origins of the U.S. counterintelligence probe of the Trump 2016 presidential campaign,” Kupec said.

“Mr. Durham is gathering information from numerous sources, including a number of foreign countries. At Attorney General Barr’s request, the president has contacted other countries to ask them to introduce the attorney general and Mr. Durham to appropriate officials.”

In early May, Barr appointed Durham to examine the origins of the Russia-Trump collusion investigation and determine if intelligence collection on the Trump campaign was “lawful and appropriate.”

Trump delegated to Barr the authority to declassify any document he needed as part of the investigation on May 23. The president had not ordered the declassification earlier, explaining that “key allies” had called him and asked not to release the documents.

Trump’s reference to “key allies” suggested that the documents to be released may include damaging information on the governments involved.

Barr has already met with senior Italian intelligence officials during a visit to Italy last week to ask for their help in Durham’s investigation, a U.S. official confirmed to ABC News. The Washington Post has also reported that Barr has been making overtures to British intelligence officials for their assistance.

U.S. Senator Lindsey Graham (R-S.C.) told Fox News on Sept. 30, “This New York Times article about Barr talking to Australia is the beginning of an effort to shut down Barr’s investigation to find out how this whole thing started.

“Barr should be talking to Australia. He should be talking to Italy. He should be talking to the UK to find out if their intelligence services worked with our intelligence services improperly to open up a counterintelligence investigation of Trump’s campaign. If he’s not doing that, he’s not doing his job,” Graham said.

Morrison told Sky News on Oct. 2 that the phone call from Trump was to ask for a point of contact between the Australian government and Barr, “which I was happy to do on the basis that it was something we had already committed to do.”

Discrepancies Between Downer and Papadopoulos

The Times said in its report that Trump’s latest request to Morrison was “in effect asking the Australian government to investigate itself.”

Downer, in an interview with The Australian newspaper in 2018, claimed that Papadopoulos in May 2016 told him that Russia might use “damaging” material they had on Hillary Clinton in the lead-up to the 2016 presidential election. Downer said he was the one to pass that information back to the Australian government “the following day or a day or two.”

According to a diplomatic source quoted by the Wall Street Journal, Downer was also

the one to pass on Papadopoulos’s Russia information directly to the U.S. embassy in London.

But Papadopoulos has refuted Downer’s claim that he had been the one to inform Downer about Russia’s alleged possession of thousands of Clinton’s emails.

Papadopoulos said that he believes Downer’s claim about the email information—which was actually revealed to him by a Maltese professor Joseph Mifsud who has since been accused of working for the FBI and Western intelligence agencies—was part of an elaborate plan by anti-Trump intelligence operatives within Australian and British intelligence to frame him and provide the FBI with the reason to proceed with investigations of the Trump campaign in late July 2016.

Downer maintains that his role was simply to pass on the information he claims Papadopolous told him.

“I had a conversation with this guy and I passed on one element of the conversation to the Americans. There’s just nothing more to it,” Downer said on Oct. 1, according to AAP. “I know nothing about conversations about that Scott Morrison has had with the Americans, including President Trump, about this.”

Papadopoulos, who had downplayed his contacts with Mifsud to the FBI, served 14 days in prison in 2018 for lying to the FBI as part of a plea deal with Mueller.

Papadopolous on Oct. 1 wrote on Twitter: “First, I testified against both Downer and Mifsud a year ago to help launch Durham’s investigation. Now, the fruit of that accurate testimony is exposing the global nature of the attempt to set up the 2016 campaign and interfere in the democratic process. Was my patriotic duty!”

Downer has connections to the intelligence community through his time as Australia’s longest-serving foreign minister as well as the private sector. Between 2008 and 2014, he sat on the advisory board of London-based Hakluyt, a security firm founded and staffed by former UK intelligence officials. He was also appointed in 2011 to Huawei’s board of directors. Multiple U.S. officials have warned that Huawei is a tool of Chinese spymasters. Downer resigned from the board in 2014.

Downer is also said to have close connections with Bill and Hillary Clinton, and arranged for the Australian government to pay \$25 million to the Bill Clinton foundation to fight AIDS in Papua New Guinea and South East Asia in 2006 as foreign minister. The humanitarian projects that came out of the funding helped thousands of HIV-infected patients gain access to antiretroviral AIDS medications, winning much praise, but was also criticised by auditors for “management weakness” and inadequate oversight of the budget, records have shown.

Epoch Times reporter Melanie Sun and The Associated Press contributed to this report.

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REUTERS



Pigs are seen at a family farm in Fuyang, Anhui Province, China on Dec. 5, 2018.

East Timor Confirms Outbreak of African Swine Fever, Likely From China

CONTINUED FROM A1

humans, there is no effective vaccine against the virus, which can spread among domestic and wild pigs.

Chen Chi-chung, minister of Taiwan’s Council of Agriculture, issued the traveller warning on his Facebook page on Sept. 28, saying that the outbreak in East Timor is severe, as it noted a massive number of cases in its first report to the intergovernmental organisation World Organisation for Animal Health (OIE).

East Timor officials reported to OIE on Sept. 27 that there were 405 confirmed hog deaths due to ASF on smallholder pig farms in Dili, one of the country’s 13 municipalities. Sample testing was done at the Australian Animal Health Laboratory, which is run by the Australian federal government.

Chen said he suspects the virus spread to East Timor via China because the Southeast Asian country has a population of about 40,000 Chinese, who likely brought in ASF-infected products.

The northeastern Chinese city of Shenyang, in the capital of Liaoning Province, reported the country’s first

ASF outbreak on Aug. 1, 2018. Since then, the disease has spread to all Chinese provinces and municipalities. China is the world’s biggest pork consumer and producer.

An announcement on East Timor’s government website on Sept. 27 stated that it’s working with the Australian government to take all necessary measures to limit the outbreak, though no other details were provided.

Prior to East Timor, South Korea’s agricultural minister confirmed the country’s first ASF case on Sept. 17.

On Sept. 27, South Korea’s Yonhap News Agency reported that there were nine confirmed cases of ASF. More than 30,000 pigs have been slaughtered, with 60,000 additional pigs set to be culled as the country tries to prevent the spread of the disease. South Korean officials have so far failed to identify how the disease spread to the country.

In the Philippines, local authorities are also battling ASF since they reported the first outbreak in early September, with local authorities having culled about 15,000 pigs.

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Chinese Student Association Banned at Same Canadian University That Closed Its Confucius Institute

OMID GHOREISHI

The student union at McMaster University, which shut down China’s Confucius Institute years ago, has banned a club with close links to Beijing.

The student union’s governing body made the decision this week to strip the student club status of the Chinese Students and Scholars Association (CSSA), citing a rule against conduct that would put the safety of people at risk.

“All students wishing to form a club agree to a specific set of rules regarding their conduct as a club. It was the determination of the SRA (Student Representative Assembly) that CSSA had violated those rules,” McMaster University Student Union president Joshua Marando said in an emailed response.

As reported previously by The Epoch Times, the McMaster CSSA issued a letter in February condemning an event on campus organised in support of China’s Uighur minority, who are being persecuted by the Chinese communist regime.

Online chats on the Chinese social media platform WeChat seen by The Epoch Times at the time showed students saying they had been asked by the Chinese consulate to report their observations about the event to the consulate, and to notify the CSSA to launch a complaint about the event to the university administration.

The “about us” sections of many CSSAs—which are on numerous university campuses around the world including in Canada, the United States, Europe, and Australia—say the clubs were founded or supported by the Chinese consulates or embassies. The groups often organise campaigns and events in line with

Beijing’s policies, including protests against human rights events related to China on campus and objecting to visits by figures from communities persecuted by the regime, such as Tibet’s spiritual leader Dalai Lama.

U.S. Vice President Mike Pence has said that CSSAs “alert Chinese consulates and embassies when Chinese students, and American schools, stray from the Communist Party line.”

In 2013, another organisation used by Beijing to spread its soft power, the Confucius Institute (CI), was closed at McMaster by the university administration because of its discriminatory hiring practices.

As reported by The Epoch Times, a stipulation on the hiring contract of CI teachers requires that they do not practice Falun Dafa, a spiritual meditation practice also known as Falun Gong that is persecuted by the Chinese regime.

Sonia Zhao, a Falun Dafa adherent from China who came to work at the McMaster CI, had to sign the contract as she was concerned if she didn’t sign, it would be revealed that she is an adherent and would face persecution—a fate her mother suffered because of her belief in the practice.

A McMaster spokesperson at the time said they closed the CI because “hiring decisions in China were not being done the way we would want to do the hiring.”

Former Canadian Security Intelligence Service head Richard Fadden said during a 2010 speech while still serving with the agency that CIs are controlled by Chinese embassies and consulates, and linked them with Beijing’s efforts to influence Canadian policy.

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At Military Parade, Xi Emphasises Un ifying Taiwan and Hong Kong

NICOLE HAO

In keeping with the Chinese Communist Party’s (CCP) tradition every Oct. 1 of celebrating the anniversary of the communist regime’s founding, Party leader Xi Jinping gave a speech at the gate tower of Tiananmen Square, as he watched a military parade procession alongside other senior officials.

As this year was the 70th anniversary, the Party has organised especially grandiose festivities.

Xi chose to make a relatively short speech, at about three minutes, while spending a substantial part of that calling for a “completely unified China” with Taiwan, Hong Kong, and Macau under Beijing’s fold.

Both the ruling and opposition political parties in self-ruled Taiwan condemned Xi’s threat. Meanwhile, Hongkongers rang in the holiday with citywide protests against Beijing’s rule.

Military Parade, Xi’s Speech

In Beijing city, shops, clubs, and restaurants near the military parade route were shuttered by authorities weeks in advance, to ensure that festivities proceeded without a hitch. Authorities also closed factories in Beijing and neighboring provinces in an attempt to ensure less air pollution during the big day.

But the air quality didn’t seem to improve; the U.S. Embassy in Beijing reported that the air was unhealthy for sensitive groups throughout the day, while Chinese netizens and nearby residents interviewed by foreign media outlets said the smog was so heavy that they couldn’t see the parade procession from the roofs of their buildings.

According to state-run media Xinhua, about 15,000 soldiers partici-



Chinese leader Xi Jinping begins a review of troops during a military parade to mark the 70th anniversary of the founding of the Chinese communist regime, at Tiananmen Square in Beijing on Oct. 1, 2019.

In reiterating support for the ‘one country, two systems’ policy, Xi is most likely attempting to reassure Communist Party leaders that their assets in Hong Kong are safe.

Robert Spalding, senior fellow,

pated in the parade, along with over 160 fighter jets, bombers, and other military aircraft, as well as 580 tanks and armored vehicles.

The Chinese military unveiled its Dongfeng-41 (DF-41 or CSS-X-10) solid-fueled road-mobile intercontinental ballistic missile. The DF-4, which has an operational range of 12,000 to 15,000 kilometers (7,456 to 9320 miles), is the world’s longest-range missile, with the ability to cover almost all targets on earth from China, according to Xinhua.

Xi’s speech emphasised the Party’s rule. “Today, socialism stands on the east side of the world. No force can shake the position of our country [in the world], and no force can stop Chinese people and the Chinese nation’s steps,” Xi said. “We will persist in the CCP’s rule ... and the path of socialism with Chinese characteristics.”

He also called for the “one country, two systems” framework to be used to unite Hong Kong, Macau, and Taiwan with the mainland.

“In the future, we will persist in unifying China peacefully by the ‘one country, two systems’ policy,” he said.



Chinese soldiers sit atop tanks as they drive in a military parade to celebrate the 70th anniversary of the Chinese communist regime’s founding, at Tiananmen Square in Beijing on Oct. 1, 2019.

Analysis

“In reiterating support for the ‘one country, two systems’ policy, Xi is most likely attempting to reassure Communist Party Leaders that their assets in Hong Kong are safe. Yet, this should not be a signal that any forcible measures [toward protesters] are off the table,” said Robert Spalding, senior fellow at the Washington-based think tank Hudson Institute, about what Xi’s words might suggest for the Beijing leadership’s response to Hong Kong protests.

“Uniting the country and all its territory is still his paramount goal,” he told The Epoch Times by email on Oct. 1.

Meanwhile, U.S.-based China commentator Tang Jingyuan said in a phone interview that Xi likely “wants to convince Taiwan the ‘one country, two systems’ is effective” by showing that it would bring benefits to Taiwanese.

In order to convince Taiwan to believe in the policy, Tang said Xi has to show that the framework is peaceful; thus, he is unlikely to send troops to Hong Kong to suppress the protests.



A pro-democracy protester is arrested by riot police during a clash in Wong Tai Sin district in Hong Kong on Oct. 1, 2019.

Protester Shot with Live Round During Escalated Violence on Regime’s Anniversary

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onstrate is embedded in Hong Kong’s Basic Law—the city’s mini-constitution.

Yet the Chinese regime’s failure to honor Hongkongers’ basic rights, he said, has caused public trust to erode.

“Why would ... Hong Kong citizens come out [to demonstrate] in black?” Wong said. “The Beijing authorities should give it some thought.”

Hong Kong singer and activist Deniso Ho also echoed Wong’s sentiment in an interview with The Epoch Times’s sister media NTD.

She said the fact that Hongkongers’ chose to participate in an illegal rally to stand up for their rights was “an embarrassment to the whole Chinese regime.”

Despite Beijing wanting to demonstrate its power and military strength on its anniversary, “this is the reality of the regime of China,” she said.

“[There’s] no reason for celebration ... the ‘national day’ is not a good day,” a middle-aged man who gave the name Cary told NTD during the march.

He said he was marching on behalf of his late son, who passed away exactly five years ago in a

car accident. His son had participated in the 2014 mass pro-democracy protests known as the Umbrella Movement.

He also criticised the Hong Kong government and police for their handling of the ongoing protests.

“They have always ... asked the Hong Kong people to obey the law, but they didn’t,” he said, citing multiple instances since June wherein police beat up protesters indiscriminately and made arbitrary arrests.

Violence

In the afternoon, a teenage protester was shot in the chest with a live round at close range during clashes with riot police at Tsuen Wan.

Footage of the incident shows police wielding metal bars, clashing with protesters, before an officer shoots the young man at close range.

As the wounded man steps back and falls, someone tries to help, but another officer tackles him to the ground. Further footage shows the protester bleeding from his chest and being treated by medics at the scene.

The bullet pierced into the protester’s left lung and came close to his heart, Apple Daily reported. The young protester,

who was in 11th grade, was in a coma and suffered several fractured ribs, the outlet reported.

Officers also fired live rounds in two other locations, the police chief said. Elsewhere, police deployed water cannon, tear gas, and rubber bullets to disperse protesters in multiple areas across the city.

Petrol bombs were thrown outside central government offices and several metro stations.

At Mong Kok police station, a photographer from the local broadcaster Radio Television Hong Kong (RTHK) was reportedly shot in the knee with rubber bullets. In the evening, the police arrested a reporter from Local Press who was live-streaming the protest.

RTHK said it was recalling all its reporters away from the violence after a journalist was injured on the corner of his right eye with a projectile during the melee.

Police later defended the firing of live rounds, saying officers had acted out of self-defense and their actions were “legal and reasonable.”

Hong Kong’s Hospital Authority said that at least 31 people were hospitalised with two in critical condition.

Police added that 180 people were arrested on the day.

Dominic Raab, British foreign secretary, criticised the use of live ammunition.

“Whilst there is no excuse for violence, the use of live ammunition is disproportionate, and only risks inflaming the situation,” Raab said in a statement.

U.S. lawmakers Rep. Eliot Engel (D-N.Y.), Rep. Richard Hudson (R-N.C.), and Sen. Marco Rubio (R-Fl.) also expressed concern about the shooting.

The Citizens Press Conference (CPC), speaking on behalf of the protesters, said that the day’s events revealed the Chinese Communist Party’s true nature to the world.

“What kind of government shoots its own people in the heart? The Hong Kong-Chinese murderous regime,” read a statement co-signed by the CPC and several other pro-democracy groups.

US–China Competition Spotlighted at Epoch Times, Talkers Magazine Panel Discussion

ANNIE WU

NEW YORK—In a wide-ranging conversation, top radio talk show hosts and senior Epoch Times staff provided context to an audience of media professionals about some of the most important headlines regarding China.

At an event held in midtown Manhattan on Oct. 1 by The Epoch Times and Talkers magazine, a trade publication on the talk radio industry, panelists discussed the ongoing U.S.–China trade dispute, challenges for the Beijing leadership, and the nature of the Chinese Communist Party’s rule.

John Batchelor, a talk show host on WABC in New York, said the trade war has highlighted how “China’s business model is broken.” As U.S. tariffs have prompted manufacturers to move production out of China, companies have realised that they can move their supply chains to other countries where labor is also cheap, without being subject to unfair trade practices.

“The Chinese miracle is over,” he said.

Tom Sullivan of Talk Media Network said he’s spoken with farmers and residents in the heartland states most affected by China’s retaliatory tariffs on U.S. agricultural products; they’ve said that while the tariffs have hurt their businesses, they support President Donald Trump tackling the Chinese regime’s trade policies.

The panelists also discussed the increasingly adversarial relationship between the United States and the Chinese regime in other areas.

In the White House National Security Strategy released in December 2017, Trump said the United States was in a “great power competition” with China and Russia, as the two seek to “shape a world antithetical to U.S. values and interests.”

That marked a new phase in the U.S.–China relationship. About a year later, Vice President Mike Pence highlighted the Chinese regime’s “whole-of-government” approach to undermining U.S. interests politically, economically, and militarily in a speech at the Hudson Institute think tank.

Epoch Times senior investigative

reporter Joshua Philipp explained the different nonmilitary means by which the Chinese regime has waged war on the United States, including by the manufacture of fentanyl, which has fueled the U.S. opioid crisis, launching cyberattacks to steal intellectual property, and persuading Chinese–American community organisations to support the Communist Party’s agenda.

He also warned that the Chinese regime was seeking to export its authoritarian model of high-tech surveillance via investments in massive infrastructure projects throughout Latin America, Africa, and Europe.

Hugh Hewitt, a talk show host and president of the Richard Nixon Foundation, said that while U.S. foreign policy has to come to terms with Beijing’s increasing economic competition with the United States, it should also be focused on how to “prevent collision” between the two global superpowers.

As the day coincided with the Chinese regime’s 70th founding anniversary, the media professionals remarked about the Party’s current instability—as exemplified by ongoing protests in Hong Kong against Beijing’s encroachment on the city’s autonomy.

Dana Cheng, The Epoch Times’ senior editor of China news, explained the history of the former British colony as a place of refuge for mainland Chinese escaping persecution from the Chinese regime’s political campaigns.

The territory returned to Chinese rule in 1997 under an agreement in which the Chinese regime promised to preserve the city’s autonomy and freedoms not afforded in the mainland.

She said it was a key reason why many Hongkongers feel the controversial extradition bill that sparked the current protest movement represented “the last firewall” between China and Hong Kong.

Epoch Times reporter Nathan Su added that Hongkongers are fighting for what they believe are their “inalienable rights” to freedom. In this way, he said, their cause is synonymous with those of America’s Founding Fathers.

China’s United Front Spotlighted After HK Activist Attacked in Taiwan

FRANK FANG

TAIPEI, Taiwan—An attack against Hong Kong singer and activist Denise Ho on Sept. 29, when she was splattered with red paint while speaking to media at a Taiwan rally in support of Hong Kong protesters, may have been orchestrated by local members of a pro-Beijing political party.

The party is part of Beijing’s “United Front” of organisations that seek to spread the Chinese regime’s agenda overseas.

Ho was in Taipei to take part in a local rally on Sept. 29 that was part of a coordinated day of global protests in more than 60 cities worldwide, to denounce “Chinese tyranny.” The global effort was also aimed at showing solidarity with protesters in Hong Kong, where locals have staged mass protests for 17 straight weeks against Beijing’s encroachment on city affairs.

While Ho was speaking to media at the rally, a man who had disguised himself as a supporter of Hong Kong protests by donning a mask and a yellow helmet with the words “anti-extradition” written on it—in reference to Hongkongers’ opposition to a now-withdrawn extradition bill—suddenly poured red paint over Ho’s head.

The masked man was surrounded by rally participants before he could flee, and quickly arrested by local police officers, who were on-site to safeguard the rally.

The assailant has since been identified as Hu Chih-wai, 44, chairman of the local pro-Beijing Chinese Unification Promotion Party (CUPP), also known as the Unionist Party, whose leader, Chang An-lo, is an infamous local mafia boss who advocates for Taiwan’s capitulation to China.

Beijing considers Taiwan a renegade province even as the island is a de facto independent country with democratically elected officials and a separate military. The ruling regime has continually expressed the goal of uniting the island with the mainland, by force if necessary.

Another member of CUPP, Liang Tai-fu, 54, was arrested at the rally, on suspicion of being an accomplice in the attack.

“For this to happen in Taiwan is totally infuriating, as TW has been known as one of the safest places in Asia,” Ho wrote on Twitter after the attack.

She added: “The powerful machine of the United Front is surfacing in the ugliest way possible. Not only is this happening in #HK and TW, but also everywhere around the world.”

Before returning to Hong Kong, Ho said on her Facebook page that she will press charges, such as in-



Hong Kong activist Denise Ho after an unidentified person threw a red liquid at her while she was interviewed by the press outside the parliament in Taipei, Taiwan, on Sept. 29, 2019.

The powerful machine of the United Front is surfacing in the ugliest way possible. Not only is this happening in [Hong Kong and Taiwan], but also everywhere around the world.

Denise Ho, Hong Kong singer and activist



Hong Kong singer and activist Denise Ho continues to speak to the media after an attacker poured red ink over her hair in Taipei, Taiwan, on Sept. 29, 2019.

timidation and insult, against the two attackers.

According to local media, the Taipei District Prosecutor’s Office, after interrogating Hu and Liang, has decided to keep the suspects in custody and held incommunicado, on six charges, including intimidation and insult.

On Sept. 30, seven other suspects were arrested on suspicion of being accomplices.

Response

Taiwan President Tsai Ing-wen was among a group of Taiwanese officials who condemned the attack on Ho. “This is the land of freedom and civilised manners; it is not a terri-

tory overrun by totalitarianism. Do not try to challenge democracy and rule of law in Taiwan. We will not allow such behaviour to continue to happen in Taiwan,” Tsai wrote on Facebook.

China’s state-run media, meanwhile, voiced support for the attackers. According to China’s hawkish state-run daily Global Times, Tian Feilong, an associate professor at Beihang University in Beijing, was quoted as saying the action of the Unionist Party was “understandable,” and called the attackers “Chinese patriots.”

Taiwanese lawmaker Wang Ting-yu, on his Facebook page, called on local prosecutors to seek out those

responsible for the attack.

Wang also issued a warning to locals, saying that Beijing’s pawns are likely to carry out similar attacks in the future against Taiwanese, if the island were to accept Chinese rule under “one country, two systems,” the framework currently in place in Hong Kong after the former British colony reverted to Chinese rule in 1997.

Chinese leader Xi Jinping has suggested bringing Taiwan under Beijing’s wing under “one country, two systems.”

China’s United Front

China’s “United Front” efforts mainly involve overseas operations to persuade organisations or individuals to spread the Party’s propaganda in different locales. The executive CCP agency behind these operations is the United Front Work Department.

Hong Kong, Taiwan, and the United States have all been targets of Beijing’s United Front efforts.

Most recently, on Sept. 17, Daniel Garrett, author and academic on Hong Kong affairs, dedicated a portion of his testimony before the Congressional-Executive Commission on China (CECC) about China’s United Front campaign concerning the Hong Kong protests.

Garrett pointed out that the Party has mobilised local United Front groups in Hong Kong to attack protesters and marshal support for the Hong Kong government and police. The protesters have been labelled “counterrevolutionaries,” “extremists,” “separatists,” and “terrorists” in Chinese state media, stoking those pro-Beijing groups’ sentiments.

In an August 2018 report by the U.S.–China Economic and Security Review Commission (USCC), Michael Cole, a Taiwan expert and former Canadian intelligence official, identified the threat of United Front activities in Taiwan.

“United Front operations have involved sponsorship of organised crime to destabilise society and meddle in politics, which intend ‘to turn Taiwan’s democracy against itself,’” the report stated, quoting Cole.

Russell Hsiao, executive director of the U.S.-based think tank Global Taiwan Initiative, in testimony before the USCC in April 2018, warned of the implications for U.S.–Taiwan ties.

“Beijing uses United Front activities to weaken Taiwan’s relationship with the United States—its principal security partner—by exacerbating tensions within Taiwan’s society thereby leading to greater polarisation and less national cohesion,” Hsiao said.

The United States considers Taiwan a key ally in the Indo-Pacific region.

Beijing Launches New Rule: Residents Must Pass Facial Recognition Test to Surf Internet

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to register for a cell phone or a landline number since January 2015.

New Rule

MIIT published the new rule on its official website and distributed it to all telecom carriers on Sept. 27, which includes three main requests.

First, all telecom carriers must use facial recognition to test whether an applicant who applies for internet connection is the owner of the ID that they use since Dec. 1. At the same time, the carriers must test that the ID is genuine and valid.

Second, all telecom carriers must upgrade their service’s terms and conditions and notify all their customers that they are not allowed to transfer or resell their cell phone SIM card to another person by the end of November 2019.

Third, telecom carriers



A woman uses a facial recognition device installed at a self-service supermarket in Tianjin, China, on Aug. 21, 2019.

should help their customers to check whether there are cell phone or landline numbers that don’t belong to them but registered under their names since Dec. 1. For unidentified numbers, the telecom carriers must investigate and close the lines immediately.

MIIT said in the notice that it will arrange for supervisors to check each telecom carrier’s performance, and will arrange inspections to make sure all carriers will

follow the rule strictly.

Purpose

“The reason why the Chinese regime asks people to register their real identities to surf the internet is because it wants to control people’s speech,” U.S.-based commentator Tang Jingyuan told The Epoch Times on Sept. 27.

Authorities arrested hundreds of Chinese people in recent years because they posted a topic that the regime deemed sensitive, including the most recent Hong Kong protests.

“MIIT’s new rule on using facial recognition to identify an internet user means the government can easily track their online activities, including their social media posts and websites they visit,” Tang said. “Then these people become scared of sharing their real opinions online because their comments could anger the authorities and they could get arrested for it.”

Tang concluded: “I think MIIT’s new rule takes away freedom of speech from Chinese people completely.”

Facial Recognition in China

The Chinese regime has used facial recognition systems to monitor people for several years now.

In cities and public spaces such as train stations, airports, government buildings, and entrances of museums, police use smart glasses to check each passerby’s identity and whether they have a criminal record.

On the streets, millions of surveillance cameras capture and track people’s movements.

At crosswalks, facial recognition systems record jaywalkers, who are then fined 20 yuan (\$2.81), and docked points on their social credit score. The Chinese regime’s social credit system assigns each citizen a score of social “trustworthiness.” A person

with a low social credit score may not be allowed to board a train or aeroplane, or their child may not be admitted to a reputable school.

Inside classrooms, facial recognition technology monitors each student and reports their actions to the teacher and parents.

Even inside public restrooms, tourists and residents have to use a facial recognition system to get toilet paper.

The Chinese regime hopes to install enough surveillance cameras to cover the entire country.

According to the latest report of U.S. based market research firm IDC, China spent \$10.6 billion on video surveillance equipment in 2018, and spending will reach \$20.1 billion in 2023. 64.3 percent of the spending in 2018 accounted for surveillance cameras.

IDC reported on Jan. 30 that it predicted China would have 2.76 billion surveillance cameras installed in 2022.

Facebook Would Sue US Government If It Moved to Break-Up Big Tech: Zuckerberg

SIMON VEAZEY

Facebook would sue the government if Elizabeth Warren became president and carried out her pledge to break up large tech companies, CEO Mark Zuckerberg said in an audio leaked to The Verge.

“At the end of the day, if someone’s going to try to threaten something that existential,” said Zuckerberg, “you go to the mat and you fight.”

Zuckerberg’s candid remarks came during a two-hour question and answer session with employees in July according to The Verge, as he addressed Warren’s proposals to clip the wings of the big tech companies, such as Google, Amazon and Facebook, which swallow up fledgling competition through acquisitions and mergers.

“You have someone like Elizabeth Warren who thinks that the right answer is to break up the companies,” said Zuckerberg. “If she gets elected president, then I would bet that we will have a legal challenge, and I would bet that we will win the legal challenge. And does that still suck for us? Yeah. I mean, I don’t want to have a major lawsuit against our own government.”

Zuckerberg said that breaking up the companies wouldn’t solve the problem.

“It doesn’t make election interference less likely. It makes it more likely because now the companies can’t coordinate and work together.”

Writing on Twitter in response to the Zuckerberg’s leaked comments, Warren said, “What would really ‘suck’ is if we don’t fix a corrupt system that lets giant companies like Facebook engage in illegal anti-competitive practices, stomp on consumer privacy rights, and repeatedly fumble their responsibility to protect our democracy.”

Zuckerberg responded to the leaked remarks on his Facebook page, explaining that it was from a weekly Q and A with staffers.

Linking to the full transcript, he wrote, “Even though it was meant to be internal rather than public, now that it’s out there, you can check it out if you’re interested in seeing an unfiltered version of what I’m thinking and telling employees.”

U.S. politicians of all stripes agree that the influence of big tech companies is a problem. But they do not agree on exactly what the problem is, even less the solution.

Many Republicans, including President Trump, complain that big tech companies are censoring conserva-



Sen. Elizabeth Warren (D-MA), one of several Democrats running for the party’s nomination in the 2020 presidential race, speaks during a campaign event in the Queens borough of New York City on March 8, 2019.

What would really ‘suck’ is if we don’t fix a corrupt system that lets giant companies like Facebook engage in illegal anti-competitive practices, stomp on consumer privacy rights, and repeatedly fumble their responsibility to protect our democracy.

Elizabeth Warren, U.S. Senator and Democratic presidential candidate



Mark Zuckerberg with President Donald Trump in the Oval Office on Sept. 19, 2019.

tives.

In May, Trump came to the defence of popular conservative commentators who have been censored by tech companies in a series of 13 tweets and retweets between May 3 and May 4 after Facebook banned several influential figures from its social media platforms the previous day.

Trump warned that he is monitoring “the censorship of AMERICAN CITIZENS on social media platforms.”

“This is the United States of America—and we have what’s known as FREEDOM OF SPEECH!” he said. “We are monitoring and watching, closely!!”

In Septemeber, Trump met with Zuckerberg in the Oval Office after he met with lawmakers, including Senator Josh Hawley, (R-Mo), who has proposed a bill that would ban various addictive social media features, and also force tech giants to prove their political neutrality through a federally mandated external audit.

The legislation would not apply to small and medium-sized tech firms.

Writing after the meeting Hawley said he had a “frank conversation” with Zuckerberg.

“Challenged him to do two things to show Facebook is serious about bias, privacy & competition. 1) Sell WhatsApp & Instagram 2) Submit to independent, third-party audit on censorship. He said no to both.”

Tech companies are currently protected by 1996 Section 230 of the Communications Decency Act (CDA), which states “no provider or user of an

interactive computer service shall be treated as the publisher or speaker of any information provided by another information content provider.”

Hawley says this effectively gives them a free pass.

“With Section 230, tech companies get a sweetheart deal that no other industry enjoys: complete exemption from traditional publisher liability in exchange for providing a forum free of political censorship,” said Hawley in a statement.

“There’s a growing list of evidence that shows big tech companies making editorial decisions to censor viewpoints they disagree with. Even worse, the entire process is shrouded in secrecy because these companies refuse to make their protocols public.”

But some Republican and conservative lawmakers and commentators are queasy about the creation of more power levers that rest with the federal government and believe such measures could potentially undermine free speech.

Last month, in the span of less than a week, Google and Facebook were hit with antitrust probes as big tech companies face a renewed wave of scrutiny.

Google’s “dominance in the telecommunications and search engine industries” will be the subject of an investigation announced on Sept. 9 by a partnership of about 50 U.S. states and territories, led by Texas Attorney General Ken Paxton.

Days before, a probe into antitrust issues with Facebook was announced by New York Attorney General Letitia James, who confirmed that she’s leading a separate, bipartisan coalition of attorney generals in eight states as part of their review.

The new state inquiries follow probes at the federal level by the Justice Department and the Federal Trade Commission, which are also investigating Facebook, Google, Apple, and Amazon for potential violations of antitrust law.

New York-based corporate attorney Manny Alicandro told The Epoch Times that the recent probes are “groundbreaking” in their nature and scope.

“This is historic scrutiny, because it’s bipartisan,” he said. “There’s a lot at stake in terms of how much these entities—these big tech companies—control and how they disseminate information. Fundamentally, this is about control and information.”

Bowen Xiao contributed to this report.

Inspector General Admits to Changing Whistleblower Form Due to Media Scrutiny of Second Hand Information

IVAN PENTCHOUKOV

The Office of the Intelligence Community Inspector General (ICIG) admitted Sept. 30 that media scrutiny contributed to its decision to make a significant change to the whistleblower form tied to the complaint at the centre of the presidential impeachment inquiry.

The ICIG issued a detailed statement addressing questions about why the office removed language from a whistleblower form that advises complainants that their requests wouldn’t be forwarded to Congress unless they provided firsthand information. The removal is significant because the whistleblower whose complaint triggered the impeachment inquiry provided only secondhand knowledge about the alleged conduct.

The ICIG stonewalled media inquiries about the change to the form for days, until Republican lawmakers on Sept. 30 issued a preservation order and demanded questions about the change. The



The ICIG’s statement confirmed that a prior version of the form, which The Epoch Times obtained from a CIA whistleblower, has been in use since May 24, 2018.

watchdog statement specifically notes that “press inquiries” about the whistleblower complaint were part of the rationale for changing the form.

“In the process of reviewing and clarifying those forms, and in response to recent press inquiries regarding the instant whistleblower complaint, the ICIG understood that certain language in those forms and, more specifically, the informational materials accompanying the forms, could be read—incorrectly—as suggesting that whistleblowers must possess first-hand information in order to file an urgent concern complaint with the congressional intelligence committees.”

The whistleblower complaint claims that President Donald Trump asked Ukrainian President Volodymyr Zelensky in a July 25 call to look into allegations of misconduct by former Vice President Joe Biden and his son, Hunter Biden. The whistleblower and congressional Democrats have interpreted the request as Trump abusing his office

for political gain. The Department of Justice reviewed the allegations in the complaint and determined no further action is necessary.

On the call with Zelensky, Trump appeared to refer to a video in which Biden brags about forcing the firing of a Ukrainian prosecutor by withholding \$1 billion in U.S. loans. At the time of the firing, the prosecutor was investigating Burisma, the Ukrainian natural gas firm that paid Hunter Biden \$50,000 per month as a member of the board of directors. The prosecutor, Viktor Shokin, told a European court in a sworn affidavit that he was removed because he refused to drop the Biden investigation.

The ICIG’s statement confirmed that a prior version of the form, which The Epoch Times obtained from a CIA whistleblower, has been in use since May 24, 2018. The whistleblower at the centre of the impeachment inquiry filled out the old version of the form. When prompted whether he or she had first-hand or secondhand information, the whistleblower checked both boxes.

The form features a section in the instructions entitled, “First Hand Information Required,” which advises complainants that “the ICIG must be in possession of reliable, first-hand information” in order to process the complaint, in accordance with the Intelligence Community Whistleblower Protection Act (ICWPA).

“If you think wrongdoing took place, but can provide nothing more than second-hand or unsubstantiated assertions, ICIG will not be able to process the complaint or information for submission as an ICWPA,” the old version of the form stated.

In its Sept. 30 statement, the ICIG explained that even though the form featured language prohibiting complaints featuring secondhand information, the law doesn’t have such a requirement. The ICIG didn’t respond to The Epoch Times when asked why the language, contrary to the statute, appeared on an official whistleblower form for

15 months. The office also didn’t respond when asked if a single form had been filed since May 24, 2018, in which the complainant provided only secondhand information.

The whistleblower who triggered the impeachment inquiry filed his or her complaint with the ICIG on Aug. 12. The complaint consists almost entirely of secondhand accounts, media reports, and other publicly available information. President Trump and Republicans have focused on that point to cast doubt on the credibility of the whistleblower.

The ICIG clarified, in its Sept. 30 statement, that the office’s review determined that the whistleblower had “direct knowledge of certain alleged conduct.”

The ICWPA requires that whistleblowers report alleged misconduct under the authority of the director of national intelligence.

The whistleblower’s complaint alleges misconduct by the president, who isn’t under the authority of the director of national intelligence.

US Deploys Drone-Killing Microwave ‘Phaser’ Weapon to Middle East

CHRISS STREET

News Analysis

The United States announced it will ship a prototype of Raytheon’s “Phaser” high-power microwave beam counter-drone system to Saudi Arabia for operational evaluation. But China, which has been developing “killer drones” over the last decade, has already exported over 160 to the Middle East and North Africa.

The Sept. 14 attack against Saudi Arabia’s oil facilities succeeded because Yemeni Houthi rebels kept probing the Kingdom’s layered anti-aircraft defenses with cheap quadcopter drones. After complaining about firing several \$3.4 million Patriot missiles to take out a couple of \$200 consumer drones, the Saudis were slow to escalate counter-measures when attacked by what turned out to be a storm of many drones and missiles.

Every military has fielded long-endurance surveillance drones, but the United States tried to limit the proliferation of larger and more lethal Unmanned Combat Air Vehicle (UCAVs) by restricting export of its missile-armed 36-foot MQ-9 Reaper until 2018.

But China developed a family of large UCAV “killer drones” over the last decade including the 28-foot “Rainbow” and 36-foot “Wing Loong” and exported at least 163 missile-armed UCAV’s to 13 countries across the Middle East and North Africa.

China’s 3,000 pound Wing Loong-II incorporates ground-scanning synthetic aperture radar for targeting, and carries a payload of up to a dozen missiles weighing over 1,000 pounds. The drones can be programed to takeoff autonomously, fly a 1,500-mile mission, and then land without human direction on a short runway or local road.

It was reported in 2011 that Iran partnered with China to reverse en-

gineer a U.S. RQ-170 stealth drone that went down in eastern Iran. With another dozen U.S. surveillance drones shot down or hacked by Iran over the last 8 years, including a 48-foot Northrup RQ-170 Global Hawk worth \$220 million, China’s UCAV capabilities has grown rapidly.

Iran vehemently denied helping Houthis develop two dozen armed-UCAVs and cruise missiles that flew 900 miles across Saudi Arabia to take out half of Aramco’s refining capacity. But the Houthi’s plane-shaped UAV-X drone that can travel at over 150 miles-per-hour has a lot of electronic similarities to Iranian and Chinese UCAVs.

The Wall Street Journal reported on Sept. 25 that Saudi bank Jadwa Investment estimates that with two-thirds of the Kingdom’s revenue coming from crude oil exports, losing 5 million barrels a day, or about \$340 million, of its export capacity in the recent attacks represents an existential threat to the Saudi solvency over an extended period.

The U.S. Air Force has been experimenting with a number of directed energy weapons to protect America’s 6 aircraft carriers that patrol the Pacific Ocean from China’s string of artificial island fortresses armed with surveillance and killer drones. China’s Ministry of Natural Resources announced on Sept. 11 that drones will be key to enforcing its “Exclusive Economic Zone” claims for one million square miles of the South China Sea.

The Pentagon, in its latest contracting update, announced a \$16.3 million deal with Raytheon for the Air Force Research Laboratory (AFRL) to operationally evaluate Phaser outside the United States from January to Dec. 20, 2020. AFRL began Phaser testing at eastern New Mexico’s White Sands Missile Range last year.



VINCENT THIAN/AP

A truck loaded with the Chinese made drone ASN-207 takes part in a military parade in China, on Oct. 1, 2009.

But China over the last decade exported at least 163 large missile-armed UCAV “killer drones” to 13 countries across the Middle East and North Africa.

Raytheon revolutionised the lethality of drones by mounting its shoulder-launched Stinger missiles to American MQ-9 Reapers. The company also pioneered counter-UCAV mission technology with the development of precision Ku-band Radio Frequency System radar that can track and target small and large drones.

The Phaser system is currently housed in a 20-foot shipping container with a high-power microwave directed energy weapon on top. The system uses electro-optical and infrared cameras to identify and target incoming drones. The directed microwave energy weapon can operate in disrupt or destroy mode by internally frying drone electronic components. The company hopes to both scale up

Phaser to attack drone “storms,” and size down Phaser to field man-portable units.

BAE Systems, Leidos, and Verus Research are also in competition to design and field by 2020 the Air Force’s Counter-Electronic High-Power Microwave Extended-Range Air Base Air Defense (CHIMERA) to defend against medium-to-long range drone threats.

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

Republican Congressman Pleads Guilty in Insider Trading Case linked to Australian Firm

JANITA KAN

Former Rep. Chris Collins (R-N.Y.) has pleaded guilty in an insider trading case a day after resigning from his congressional seat.

Collins pleaded guilty to conspiracy to commit securities fraud and making false statements in a federal court in Manhattan on Tuesday, Oct. 1, according to the New York Post. Each count carries a penalty of five years in prison and a \$250,000 fine.

The 69-year-old former congressman, who represented New York’s 27th Congressional District since 2013, was initially indicted on a slew of charges including multiple counts of securities fraud, wire fraud, and other crimes in a case that stems from an Australian biotechnology company for which Collins serves as a board member and was the largest shareholder.

Prosecutors accused Collins of passing sensitive drug-test results from the company, Innate Immunotherapeutics, to his son back in June 2017 after learning that the drug was proven a clinical failure, according to a 2018 indictment.

The next day Collin’s son began trading enough over a two-day period to avoid losses before a public announcement of the drug trial results. After the announcement, the company’s stock price plunged 92 percent.

Along with Collins, his son Cameron Collins and Cameron’s fiancée’s father, Stephen Zarsky, were also indicted. Cameron has been accused of sharing the inside information with Zarsky, who then traded on it and tipped off others. The insider trading allowed the defendants “to avoid over \$768,000 in losses that they would have otherwise incurred if they had sold their stock in Innate after the Drug Trial results became public,” prosecutors said.

Cameron and Zarsky are expected to plead guilty on Thursday.

“I understood I had a duty not to disclose confidential information,”



AP PHOTO/SETH WENIG, FILE

Former U.S. Rep. Chris Collins (R-N.Y.) speaks to reporters as he leaves the courthouse after a pretrial hearing in his insider-trading case in New York on Sept. 12, 2019.

Collins told District Judge Vernon Broderick on Tuesday, according to the Post. “This is something I will live with for the rest of my life.”

After Collins was indicted, then-House Speaker Paul Ryan removed Collins from the House Energy and Commerce Committee until the allegations were settled.

Collins’s departure is expected to initiate a battle on who would replace him on the ballot.

It will be up to Democratic Gov. Andrew Cuomo to set a special election to replace him. The governor said in radio interview on Tuesday that the timing remains uncertain for an election that’s expected to now draw even more candidates to an already crowded field.

“The question is, when can I do it?” Cuomo said. “But sooner rather than later is my inclination.”

According to the Post, Collins signed a plea deal on Sept. 24 where prosecutors recommend a jail term of 46 to 57 months. His sentencing is scheduled for Jan. 17.

Epoch Times reporter Bowen Xiao and The Associated Press contributed to this report.

The insider trading allowed the defendants “to avoid over \$768,000 in losses that they would have otherwise incurred,” prosecutors said.

CATHY HE

A naturalised U.S. citizen originally from China has been charged with acting as a spy for China, court documents unsealed on Sept. 30 reveal.

Federal prosecutors accuse Xuehua (Edward) Peng, 56, of being an illegal foreign agent and delivering classified U.S. national security information to officials in China’s Ministry of State Security (MSS)—the country’s chief intelligence agency.

“The conduct charged in this case alleges a combination of age-old spycraft and modern technology,” David L. Anderson, U.S. attorney for the Northern District of California, said in a statement.

The criminal complaint accuses Peng of being a “courier” for the MSS. It said that from 2015 to July 2018, the 56-year-old, who works as a tour guide in the San Francisco Bay area, retrieved secure digital (SD) cards containing classified information relating to U.S. national security from hotels in San Francisco and Columbus, Georgia. He then travelled to Beijing to deliver the SD cards.

The SD cards were left at the hotels for Peng by a confidential human source, who was acting as a double agent for the United States, according to court documents.

It added that Peng also left envelopes containing between \$10,000 to \$20,000 in hotel rooms as payment for the source.

Prosecutors said Peng was acting under the direction of MSS agents in China and was told by his MSS handler in coded language the details of assignments, including where and when to conduct the package drop-offs, how much money to leave in exchange for the SD cards, and when to travel to China to deliver them.

“The charges announced today provide a rare glimpse into the secret efforts of the People’s Republic of China to obtain classified national security information from the United States and the battle being waged by our intelligence and law-enforcement

California Man Charged With Acting as Spy for China

The charges announced today provide a rare glimpse into the secret efforts of the People’s Republic of China to obtain classified national security information from the United States and the battle being waged by our intelligence and law-enforcement communities to protect our people, our ideas, and our national defense.

David L. Anderson, U.S. attorney for the Northern District of California

communities to protect our people, our ideas, and our national defense,” Anderson said.

According to the complaint, the FBI secretly filmed Peng conducting some of the pick-ups and deliveries, and intercepted his phone calls with his MSS handlers in China.

Peng was arrested at his home on Sept. 27 and was ordered to be held without bond at a hearing before U.S. Magistrate Judge Joseph C. Spero, prosecutors said. He is scheduled to return to court on Oct. 2.

If convicted, he faces a maximum of 10 years in prison and a fine of \$250,000.

JOHANNES EISELE/GETTY IMAGES



A naturalised U.S. citizen from China has been caught on video acting as a courier for China’s Ministry of State Security.

THE WORLD

In Pictures



(From top L-R) **A prototype of SpaceX's Starship** spacecraft is seen at the company's Texas launch facility in Boca Chica, Texas, on Sept. 28. Elon Musk said he expects the next-generation vehicle will eventually carry as many as 100 people on long-duration flights to Mars. **An elephant** sits in the precious water that remains in the Okavango Delta as Botswana, Africa, suffers through a year-long drought on Sept. 28. **International Space Station (ISS)** crew members UAE astronaut Hazza Al Mansouri (C), Roscosmos Russian cosmonaut Oleg Skripochka (bottom) and NASA's US astronaut Jessica Meir (top) board the Soyuz MS-15 spacecraft before its blasts off for the ISS at the Russian-leased Baikonur cosmodrome in Kazakhstan on Sept. 25. **A protester** marches in the Causeway Bay area of Hong Kong as protesters marked the 70th anniversary of communist China's founding on Oct. 1 as a "Day of Grief." Protests and fresh clashes with police were seen across the city on the public holiday as pro-democracy activists ignored a ban and took to the streets with their demands for autonomy from the communist party. **The Golden Coffin** of Nefertiti is on display at the National Museum of Egyptian Civilisation in Cairo following its repatriation from the United States. **Former French President** Jacques Chirac is covered with the French national flag as his coffin is carried by pall bearers into the Saint-Sulpice church in Paris for the church service on Sept. 30. The former President died on Sept. 26 at the age of 86. **A vendor** sorts green peas at a wholesale vegetable market in New Delhi, India, on Sept. 25.



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DREW ANGERER/GETTY IMAGES



President Donald Trump addresses the United Nations General Assembly at U.N. headquarters in New York on Sept. 24, 2019.

Is Trump Really to Blame for China’s Rise at UN, as Media Claim?

Contrary to allegations of growing influence under Trump, China has been working at it for decades

ALEX NEWMAN

Beijing’s rapidly expanding influence over the United Nations and other organs of “global governance” began long before President Donald Trump took office.

In fact, experts and officials tell The Epoch Times that Trump is the first president in decades to seriously attempt to rein in Beijing’s scheming on the world stage.

At this point, though, it’s like trying to stop a freight train.

In his speech at the U.N. General Assembly on Sept. 24, Trump took direct aim at China, warning that the administration was closely monitoring the situation in Hong Kong. The president also called for an end to religious persecution—a problem that is rampant in China as Christians, Muslims, Falun Gong practitioners, and others are targeted by the one-party state.

Trump also made clear that regardless of the ambitions of the U.N. and many of its increasingly influential member states, the future doesn’t belong to globalists seeking more U.N. control over humanity, but to patriots and independent nations. China has long advocated a stronger U.N. with more powers and money, but Trump is putting the brakes on that agenda.

Nevertheless, there is a strong effort to paint Trump as the chief culprit in the ascendance of China within international organisations. With Communist China accumulating more and more power over the United Nations—already almost one-third of U.N. specialised agencies are led by Chinese agents loyal to Beijing—there is a growing push to blame the Trump administration.

Multiple journalists and analysts have advanced the view that Trump’s reluctance to be more active in global institutions is responsible for the trend.

Perhaps nowhere is the developing narrative blaming Trump more clearly spelled out than in Foreign Affairs, the enormously influential magazine of the globalist powerhouse known as the Council on Foreign Relations (CFR). Headlined “Coming Soon to the United Nations: Chinese Leadership and

Authoritarian Values—As Washington Steps Back, Beijing Will Take Charge,” a leading article in Foreign Affairs’ latest issue argues that Trump’s retreat from various U.N. agencies and agreements left a void for Beijing to fill.

During the Obama administration, the U.N. General Assembly “was a centerpiece of U.S. global leadership,” with Obama advancing global initiatives on everything from climate change to migration. But today, thanks to Trump’s anti-globalist views, that is no longer the case—or so the emerging narrative goes.

“The United States has let go of the wheel, and Beijing stands poised to take hold of it,” wrote Kristine Lee, a fellow with the Center for a New American Security, in the CFR’s flagship journal. That is because the Trump administration has responded to China’s “rising profile in only a piecemeal fashion,” she said.

The supposed solution: Trump must quit scaling back U.S. involvement in the U.N.

It wasn’t the first time writers in Foreign Affairs made the argument, but it was perhaps the most clearly articulated. In addition to Foreign Affairs, the journal Foreign Policy has been peddling a similar narrative regarding Trump, China, and the U.N. in various articles and analyses. In some circles, the hypothesis is almost accepted as true at this point.

Ironically, though, the reality is almost exactly the opposite, experts say. Indeed, Beijing’s growing clout on the international stage actually has its genesis in U.S. foreign-policy decisions going back many generations, most of which were made by members or allies of the Council on Foreign Relations.

Among the key events that led to the present situation: The U.S. decision to betray Chiang Kai-shek; President Richard Nixon and then-national security adviser Henry Kissinger’s infamous decision to “open up” China in the early 1970s; the replacing of Taiwan with the People’s Republic of China on the U.N. Security Council; President Bill Clinton’s transfer of sensitive U.S.

military technology and welcoming Beijing into the World Trade Organisation; and other similar policies.

During the Obama era, the U.S.–China Joint Announcement on Climate Change of 2014, “sent a clear signal to China of Obama’s State Department implicit or tacit acceptance of China’s increased power and role in the U.N.,” said a former senior Trump administration official involved in international affairs, who spoke with The Epoch Times on the condition of anonymity due to the sensitivity of the matter.

Upon taking office, Trump promptly reversed that decision, having previously argued that climate alarmism was a “hoax” to benefit Beijing. “Clearly and objectively speaking, the Obama administration—especially the Obama State Department—is to blame for China’s rise in U.N.,” the former senior official continued, adding that many of the Obama-era officials remain entrenched at the State Department to this day.

It’s undeniably true that Communist China plays a leading role in the U.N. today. Its agents run four of 15 specialised U.N. agencies and a U.N. department: the International Telecommunications Union, the International Civil Aviation Organisation, the Industrial Development Organisation, the Food and Agriculture Organisation, and the U.N. Department of Economic and Social Affairs. By comparison, just one American holds the top post in a U.N. specialised agency.

Most of those leadership positions for Communist Chinese agents, though, were secured on Obama’s watch. Numerous other top spots for Chinese agents also occurred during the previous administration: Xue Hanqin’s selection for the International Court of Justice, Tao Zhang’s appointment as deputy chief of the International Monetary Fund in August 2016, and Yi Xiaozhun’s 2013 appointment as deputy leader of the World Trade Organisation, among many others.

Unlike individuals from most nations, and contrary to U.N. employment policies, Chinese officials openly retain their loyalty to the

Communist Party above all else. For example, when the regime arrested then-Interpol chief Meng Hongwei in 2018, it publicly accused him of failing to obey Communist Party orders, among other supposed crimes.

The Chinese Communist Party (CCP) has a long-range plan that very much includes the U.N. In recent years, the regime even opened up a “School of Global Governance” at the Beijing Foreign Studies University to train armies of future diplomats and spies to work in international organisations. Just last year, Chinese leader Xi Jinping said Beijing would take “an active part in leading the reform of the global governance system.”

Trump has been actively working to counter that. Since he’s been in office, the U.S. government withdrew from the Chinese-influenced U.N. Human Rights Council, defunded the U.N. Relief and Works Agency, withdrew from UNESCO, reduced U.S. contributions to the U.N., implemented a strategy to actively deal with Chinese influence within international organisations, and much more. It has also objected to all references to U.N. “international law” in deference to U.S. sovereignty, ensuring that Chinese-influenced U.N. policies have less of an impact on Americans.

When reached by The Epoch Times, Lee, the writer at Foreign Affairs who implied that the current administration’s policies were to blame for China’s rise in the U.N., argued that it’s really not about “blaming specific presidents.” Instead, she suggested that “it’s part of broader trendlines that can largely be attributed to Xi Jinping’s growing consolidation of power.”

“The CCP is moving quickly to expand its influence, and the United States is largely playing defense and is still in the early stages of formulating a response,” she told The Epoch Times in an email. “I agree that the Trump administration’s foreign policy establishment—certainly at the working level—is acutely attuned to the CCP’s influence efforts abroad. But the U.S. government’s work has only just begun.”

There are different visions for how to rein in Communist China. At the CFR, the view is that the U.S. government should further empower the U.N. and work to counter Chinese influence within it by handing over more U.S. tax money.

The Trump administration, however, appears to view neutralising the U.N.’s efforts to expand its power and influence as a more viable strategy, thereby minimising the value of the U.N. to Beijing and other authoritarian regimes in gaining more and more power in the global institutions.

Former U.N. investigator-turned-whistleblower Peter Gallo, who has decades of experience in Asia, told The Epoch Times that the U.N. process for selecting and promoting officials is “rigged,” and that corruption—especially involving China—runs rampant. That means the U.N.’s senior leaders would do everything possible to avoid appointing a Trump pick anyway, since he or she may seek to increase accountability and cut the budget.

The U.N. also bends over backward to avoid embarrassing China, Gallo said.

“Possibly the best example of that involves how the U.N. High Commissioner for Human Rights was caught handing over names of Chinese human rights activists to the Chinese government so the Chinese police and security agencies could go and intimidate their relatives in China, all to ensure that nobody spoke out against China being elected to the Human Rights Council,” he said, adding that the highest levels of the U.N.’s leadership intervened to block accountability.

Neither the U.S. State Department nor U.N. Secretary-General Antonio Guterres’s spokesman responded to a request for comment by press time.

Alex Newman is an award-winning international journalist, educator, author, and consultant. He serves as CEO of Liberty Sentinel Media and writes for diverse publications in the United States and abroad.



A pro-democracy protestor is tackled and arrested by police during clashes after a march in Hong Kong on Sept. 29, 2019.

OPINION

‘National Day’ Marks 70 Years of China’s National Tragedy

For China and the world, hope lies in resisting the specter of communism

CONTINUED FROM A1

The Hongkongers’ actions don’t only represent themselves. Their courage and solidarity has become a voice for all Chinese suffering under the Communist Party’s misrule. On “National Day,” or literally the “day of national celebration,” they embody the truth that this day is no time for rejoicing, but rather a reminder of a 70-year-long national tragedy.

Communism Is the Enemy of China and the World

On Oct. 1, it’s a ritual for the CCP to celebrate the day that, in 1949, it rose to power and imposed its dictatorship over mainland China. For the Chinese people, the last seven decades have been a nightmare of stolen freedoms, trampled dignity, and continuous brutalization of the human spirit.

Since usurping power in China, the CCP has opposed not only the Chinese people, but the shared values of the entire human race.

A few days ago, U.S. President Donald Trump, addressing the U.N. General Assembly, warned of the “specter of socialism”:

“Socialism and communism are not about justice. They are not about equality, they are not about lifting up the poor, and they are certainly not about the good of the nations. Socialism and communism are about one thing only: power for the ruling class.”

Trump’s words are a stern reminder to anyone who harbors romantic notions about the socialist movement. The CCP sees socialism as but the primary stage of communism and seeks nothing less than world domination under its banner.

To see these plans in action, one need look no further than the vast sums that the Chinese regime spends on global influence operations: from the Confucius Institutes that spread communist propaganda, to the “Thousand Talents Plan” that takes aim at the intellectual property of the free world; from the predatory infrastructure investments of the “One Belt, One Road” initiative, to the vision of a “shared future for mankind” dominated by the CCP.

At the heart of the trade war between the United States and China is neither a conflict between nations nor a clash of civilizations. The dispute is not a matter

of disagreement between East and West, but a question of liberty versus tyranny, good versus evil.

The fight against communism is humanity’s collective struggle with the devil, and surpasses the boundaries of ethnicity and race. Ever since the specter of communism manifested in Europe two centuries ago, the struggle has been waged across all fields, from politics to economy to culture.

Starting with the United States, the governments of the free world have begun to reexamine their post-Cold War policies of appeasement toward the CCP. Tempted by economic gain, proponents of these policies sacrificed the national interests of democratic states to feed the expanding might of the communist superpower.

Among Chinese, books such as the “Nine Commentaries on the Chinese Communist Party” and “The Ultimate Goal of Communism” have awakened millions to the fundamental truth about communism: It is not an ideology or a social movement, but a specter bent on the destruction of humankind.

For the Whole World, Hope Lies in Rejecting the CCP

According to traditional Chinese cosmology, the number nine is associated with calamity and upheaval. This wisdom has held especially true in the course of the CCP’s 70 years of rule.

The year 1949 brought the CCP to power, subjecting the Chinese people to multiple waves of brutal political campaigns. In the countryside, the CCP dispatched its cadres to slaughter landlords and those deemed to be rich peasants. In the cities, those who ran businesses or had a Western liberal education were targeted. The torture and execution of millions represented not just the liquidation of an economic class, but also the destruction of China’s cultural elites.

In 1959, the CCP’s collectivization policies culminated in China’s Great Famine. Tens of millions starved to death in agony, while the CCP continued to report bumper harvests and export grains to its allies.

In 1969, at the height of the Cultural Revolution, relations between the CCP and the Soviet Union dropped to the point that military skirmishes were being fought across the Heilongjiang River.

These incidents nearly sparked a third world war.

In 1979, the Chinese regime invaded its fellow communist country Vietnam in retaliation for the latter’s toppling of the genocidal Khmer Rouge regime in Cambodia, which was in the CCP’s camp. The war ended in disgrace for the Chinese People’s Liberation Army (PLA).

In 1989, CCP hardliners ousted then-general secretary Zhao Ziyang and ordered the PLA to fire on pro-democracy demonstrators in Tiananmen Square, murdering thousands of patriotic Chinese youth in the center of Beijing.

In 1999, then-Party boss Jiang Zemin, himself an opportunist who came to power in the wake of the Tiananmen Square Massacre, launched the persecution of Falun Gong, a peaceful spiritual discipline with tens of millions of adherents in China. The persecution continues today.

In 2009, following years of repressive policies by the CCP, violent riots erupted in northwestern region of Xinjiang, where many Uyghur Muslim minorities reside. According to eyewitnesses, thousands of people may have died in subsequent massacres by the CCP authorities.

The ongoing events in Hong Kong show that 2019 is no exception to this cosmic principle. Yet, instead of following the mandate of heaven and ruling the people with virtue, the atheist CCP defies nature and conceals its misdeeds, piling tragedy upon tragedy.

At no time has the fundamental conflict between the CCP and humanity’s universal moral principles been clearer than in the last 20 years, following the persecution of Falun Gong ordered by Jiang and his political faction.

The Jiang faction declared the estimated 70 million to 100 million Falun Gong practitioners—whose guiding principles are truthfulness, compassion, and tolerance—to be enemies of the CCP and its atheist Marxism. As the CCP mobilized all state resources for its campaign of terror against Falun Gong, the Jiang faction solidified its control over the Party and state by rewarding and promoting officials who participated in the persecution.

Abandoning all ethical restraints, China has become a country in moral freefall. Officials and ordinary citizens alike

have been driven to worship nothing but profit and status. Having been steeped in the culture of the CCP for generations, many Chinese have sold their conscience to participate in its evil policies.

In the persecution of Falun Gong, police officers and judges have ignored the law to arrest and sentence people solely for their faith in truthfulness, compassion, and tolerance. Possessed by money-worship, doctors have betrayed their professional oaths, murdering Falun Gong practitioners on the operating table for their organs.

For decades, the CCP has been able to hide its atrocities from the world, enticing foreign governments and companies with economic benefits and diplomatic overtures.

But the world is waking up to the CCP’s true nature. In the unique setting of Hong Kong, where freedom and rule of law have come to blows with the mainland Chinese dictatorship, millions of Hongkongers have made their choice: to stand on the side of freedom and resist the CCP’s terror tactics.

And in mainland China, many millions more have already taken the first steps toward abandoning the CCP and choosing the future.

Since 2004, more than 340 million people in China and the overseas Chinese diaspora have registered their names with the Tuidang (Quit the Party) movement, renouncing the oaths they made to sacrifice their lives for the CCP and its two youth organizations, the Young Pioneers and the Communist Youth League.

Thirty years after the protests that swept East Germany at the end of the Cold War and brought down the Berlin Wall, this year’s protest movement in Hong Kong has become the spark to light the fires of resistance against the CCP’s brutal tyranny.

Oct. 1, the day marking 70 years of China’s national tragedy, should serve as a call for the Chinese people—and the whole world—to remember their conscience, follow the universal moral principles taught since ancient times, and find hope for the future.

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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Standing outside of political interests and the pursuit of profit, our starting point and our goal is to create a media for the public benefit, to be truly responsible to society.

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

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

We report respectfully, compassionately, and rigorously.

We stand against the destruction wrought by communism, including the harm done to cultures around the world.

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

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

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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

Destruction of the Family

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.)

a. Promoting Sexual Liberation (cont.)

Another founder of sexual liberation theory was Herbert Marcuse of the Frankfurt School. During the Western counterculture movement of the 1960s, his slogan “Make Love, not War” embedded the notion of sexual liberation deep within people’s hearts.

Since then, with the publication of Alfred Kinsey’s “Sexual Behavior in the Human Male” and “Sexual Behavior in the Human Female” and the widespread use of oral contraceptives, the notion of sexual liberation swept through the West. It is worth mentioning that contemporary scholars have discovered distorted statistical data in Kinsey’s work, as well as exaggeration, over-simplification, and other fallacies driven by his political and ideological commitments. Kinsey set out to show that extramarital sex, homosexual sex, and so on were common, and thus to direct society to accept the normalization of these phenomena, a task at which he was largely successful.

All at once, being “sexually liberated” became fashionable. Among young people, promiscuity came to be considered normal. Teens who admitted to being virgins were ridiculed by their peers. Data show that of those who turned 15 years of age between 1954 and 1963 (the ‘60s generation), 82 percent had premarital sex before the age of 30. In the 2010s, new brides who were still virgins before they married numbered only 5 percent, while 18 percent of brides had previously had 10 or more sexual partners before marriage. The cultural mainstream has become saturated with sex, including in literature, film, advertising, and television.

b. Promoting Feminism and Spurning the Traditional Family

The Communist Ideology Behind the Feminist Movement

The feminist movement is another tool the communist specter has used to destroy the family. When it began in Europe in the 18th century, the feminist movement (also known as first-wave feminism) advocated that women should be accorded the same treatment as men in education, employment, and politics. The center of the feminist movement shifted from Europe to the United States in the mid-19th century.

When first-wave feminism started, the notion of the traditional family still had a strong foundation in society, and the feminist movement did not advocate directly challenging the traditional family. The influential feminists at that time, such as Mary Wollstonecraft of 18th-century England, Margaret Fuller of 19th-century America, and John Stuart Mill of 19th-century England, all advocated that in general women should prioritize the family after marriage, that the potential of women should be developed within the domain of the family, and that women should enrich themselves for the sake of the family (such as educating the children, managing the family, and so on). They thought, however, that some special women who are particularly talented should not be constrained by society and should be free to utilize their talents, even to the extent of competing with men.

After the 1920s, when the right for women to vote was written into law in many countries, the first wave of women’s rights movements gradually receded. In the following years, with the impact of the Great Depression and World War II, the feminist movement essentially laid down its flag.

At the same time, the communist specter began to sow the seeds of destruction for traditional marriage and sexual ethics. The early utopian socialists in the 19th century laid the direction for modern radical feminist

movements. François Marie Charles Fourier, called “the father of feminism,” declared that marriage turns women into private property. Robert Owen cursed marriage as evil. The ideas of these utopian socialists were inherited and developed by later feminists, including, for example, Frances Wright, who in the 19th century inherited the ideas of Fourier and advocated sexual freedom for women.

The British feminist activist Anna Wheeler inherited Owen’s ideas, fiercely condemning marriage for supposedly turning women into slaves. Socialist feminist activists were also an important part of the feminist movement in the 19th century. At that time, among the most influential feminist publications in France were La Voix des Femmes, the very first feminist publication in France, and La Femme Libre (later renamed La Tribune des Femmes), as well as La Politique des Femmes, among others. The founders of these publications were either followers of Fourier or of Henri de Saint-Simon, the advocate of modernity. Because of the close connection between feminism and socialism, the authorities scrutinized feminism.

When the first wave of women’s rights movements proceeded in full swing, the devil of communism also made arrangements to introduce a variety of radical thoughts to attack traditional concepts of family and marriage, paving the way for the more radical feminist movement that followed.

The second wave of feminist movements began in the United States in the late 1960s, then spread to Western and Northern Europe, and quickly expanded to the entire Western world. American society in the late 1960s went through a period of turmoil, with the civil rights movement, anti-Vietnam War movement, and various radical social trends. Feminism, taking advantage of this unique set of circumstances, emerged in a more radical strain and became popular.

The cornerstone of this wave of feminist movements was the book “The Feminine Mystique” by Betty Friedan, published in 1963, and Friedan’s National Organization for Women (NOW). Using the perspective of a suburban middle-class housewife, Friedan fiercely criticized the traditional familial roles of women, and argued that the traditional image of a happy, content, joyful housewife was a myth forged by a patriarchal society. She argued that middle-class suburban families are “a comfortable concentration camp” for American women, and that modern educated women should reject the sense of accomplishment attained through supporting their husbands and educating their children, and instead realize their worth outside the family.

A few years later, more radical feminists dominated NOW, inheriting and developing Friedan’s ideas. They said that women had been oppressed by patriarchy since ancient times and attributed the root cause of women’s oppression to the family. In response, they came to advocate the complete transformation of the social system and traditional culture, and struggle in all aspects of human affairs—the economy, education, culture, and the family—to achieve female equality.

Classifying the members of a society into “the oppressor” and “the oppressed” to advocate for struggle, liberation, and equality is exactly what communism is all about. Traditional Marxism classifies groups according to their economic statuses, while neo-feminist movements divide people based on gender.

Friedan was not, as her book described, a middle-class suburban housewife bored with her housework. Daniel Horowitz, a professor at

Smith College, wrote a biography of Friedan in 1998 titled “Betty Friedan and the Making of ‘The Feminine Mystique.’” His research reveals that Friedan, under her maiden name Betty Goldstein, had been a radical socialist activist from her college years up to the 1950s. At different times, she was a professional journalist, or propagandist to be accurate, for several radical labor unions in the orbit of the Communist Party USA.

Former leftist David Horowitz (no relation to Daniel Horowitz) reviewed Friedan’s published articles to understand the development of her views. She was a member of the Young Communist League while at University of California–Berkeley. Friedan even requested twice, at different times, to join the CPUSA. Judith Hennessee, Friedan’s authorized biographer, also indicates that she was a Marxist.

Kate Weigand, an American scholar, points out in her book “Red Feminism” that feminism, in fact, did not stay quiet in the United States from the early 20th century to the 1960s. During that period, a large group of red feminist writers with communist backgrounds paved the way for the subsequent second-wave feminist movement. These included Susan Anthony, Eleanor Flex, Gerda Lerner, Eve Merriam, and the like. As early as 1946, Anthony applied the Marxist analytical method to draw an analogy between the white oppressing the black, and the male oppressing the female. Due to the McCarthyism of the period, such writers didn’t talk about their communist backgrounds.

In Europe, French writer Simone de Beauvoir’s iconic work “The Second Sex” ushered in a craze for the second wave of feminism. De Beauvoir used to be a socialist. In 1941, together with communist philosopher Jean-Paul Sartre and other writers, she created Socialiste et Liberté, a French underground socialist organization. With the rise of her reputation for promoting feminism in the 1960s, de Beauvoir declared that she no longer believed in socialism, and claimed that she was only a feminist.

She said, “One is not born, but rather becomes, a woman.” She advocated that though sex is determined by physiological characteristics, gender is a self-perceived psychological concept formed under the influence of human sociality. She argued that the temperaments of obedience, submissiveness, affection, and maternity are all derived from the “myth” carefully designed by the patriarchy for its oppression of women, and advocated that women break through traditional notions and realize their unrestrained selves.

This mentality, in fact, lies at the heart of the damaging notions of homosexuality, bisexuality, transgenderism, and the like. Since then, various feminist thoughts have emerged in a constant stream, all looking at the world through the lens of women being oppressed by a patriarchy, which is realized through the institution of the traditional family—making the family, then, an obstacle to the realization of female equality.

De Beauvoir held that women are restrained by their husbands due to marriage, and called marriage as disgusting as prostitution. She refused to get married and maintained an “open relationship” with Sartre. By the same token, Sartre also engaged in sexual encounters with other women.

De Beauvoir’s view on marriage is the standard among contemporary radical feminists. Such chaotic sexual liaisons and relationships are precisely the system of communal wives envisioned by Charles Fourier, the forerunner of utopian communism in the 19th century.

See next edition for the next installment.



An iceberg in the western Antarctic peninsula on March 4, 2016.

OPINION

‘There Is No Climate Emergency’: Scientists Call for Reasoned Debate

STEPHANIE KEITH/GETTY IMAGES

RICHARD TRZUPEK



The message was clear: “There is no climate emergency.”

With those five simple words, a global network of scientists and professionals attempted to inject reasonableness and decorum into what should be a robust discussion about a complex scientific and public policy issue, but has instead degenerated into an ever more intense mud-slinging contest over the years.

People on one side of the argument dismiss their opponents as wild-eyed socialists attempting to leverage public fear and ignorance to further their political agenda. On the opposite side, people dismiss those who disagree with their supposedly settled scientific conclusions as nothing more than knowing skills or ignorant dupes of evil energy interests.

In between those extremes that are so popular with armies of public relations professionals, who shape the messages of public interest groups and professional politicians to maximum effect, are a not-so-quiet silent majority of scientists and professionals who take a more measured, reasoned view of the science when considering the supposed climate emergency some say we’re facing.

So many people who are convinced there is a climate emergency have so little personal understanding of the science involved in the discussion.

A group of 500-some scientists and professionals signed on to the “European Climate Declaration” that was released last week. This simple, short, and understandable statement proposed how analysis of any public policy issue involving complex science should be approached from a reasoned, fact-based perspective.

Statements such as “97 percent of climatologists agree that anthropogenic climate change is occurring” isn’t a statement of fact, it’s an opinion twice removed. It’s an opinion that involves evaluation of the legitimacy of how the results of the poll in question were sorted to dismiss some answers and allow others, and it’s an opinion in terms of how representative the sample size is with respect to all climate professionals.

Statements such as “modeling shows that catastrophic climate change will

occur in the next [pick a number] years unless drastic changes are made” is also an opinion. It’s an opinion because the results of any model, and in particular any model that purports to predict the future of anything as complex as the entire planet’s climate system, necessarily relies on a multitude of choices made by the model’s designer. The relative importance of the many, many factors that go into the model’s complex calculations are based on the judgments of the model designer, and those judgments are matters of opinion, not statements of fact.

In a letter sent to António Guterres, secretary-general of the United Nations, the leaders of the European Climate Declaration urged the U.N. to “follow a climate policy based on sound science, realistic economics, and genuine concern for those harmed by costly but unnecessary attempts at mitigation.”

Hundreds of scientists and professionals from 13 European nations signed on to the Declaration, supported by fellow signatories from 10 other countries outside the European Union. I was honored to be asked to be one of the signatories from the United States and most enthusiastically agreed to do so.

There is likely to be much criticism of the professional qualifications of many of the signatories, since many, like me, are not climatologists. And yet, so many people speaking out on the issue of climate change who are convinced there is a climate emergency have so little personal understanding of the science involved in the discussion.

Politicians such as Rep. Alexandria Ocasio-Cortez (D-N.Y.), would-be politicians like Tom Steyer, and pundits such as MSNBC’s Chris Matthews have little or no personal understanding of the actual scientific principles involved. They can point to their preferred “expert” and declare that we should trust him or her without question, but they don’t know why.

Even professionals such as mechanical engineer Bill Nye and astronomer Phil Plait, who are very much experts in their own fields, have demonstrated that they have little personal knowledge of the nuances of climate science, though they use their positions and popularity to assume positions of authority regarding this singular issue. Other vocal non-climatologists such as Lord Monckton, Anthony Watts, Mark Steyn, Steve McIntyre, or a chemist and air quality professional who moonlights as a contributor to The Epoch Times, grasp the principles far more.

I will close with three important claims



United Nations Secretary-General António Guterres speaks at the Climate Action Summit at the United Nations in New York City on Sept. 23, 2019.

that form part of the European Climate Declaration. I believe each to be accurate, and hope that reasonable people can use these claims, and the others contained in the declaration, as the basis for civilised, respectful, and meaningful discussions in the future.

One: “The world has warmed at less than half the originally predicted rate, and at less than half the rate to be expected on the basis of net anthropogenic forcing and radiative imbalance. It tells us that we are far from understanding climate change.”

Two: “Climate models have many shortcomings and are not remotely plausible as policy tools. Moreover, they most likely exaggerate the effect of greenhouse gases such as CO2. In addition, they ignore the fact that enriching the atmosphere with CO2 is beneficial.”

Three: “There is no climate emergency. Therefore, there is no cause for panic and alarm. We strongly oppose the harmful and unrealistic net-zero CO2 policy proposed for 2050. If better approaches emerge, we will have ample time to reflect and adapt. The aim of international policy should be to provide reliable and affordable energy at all times, and throughout the world.”

Well said. Well said, indeed.

Richard Trzupek is a chemist and environmental consultant as well as an analyst at The Heartland Institute. He is also the author of “Regulators Gone Wild: How the EPA Is Ruining American Industry.”

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

TABLE FOR TWO

Pizza Meets Grill

For the best crispy, chewy, blistered pizza crust at home, fire up the grill.

See B2



FIZKES/SHUTTERSTOCK

PURE INTENTION

Doing Good Actually Works

What seems like a small thing can grow into something huge—if you actually do it.

See B9

OCTOBER 3-9, 2019 B1

LIFE

THE EPOCH TIMES

ARM STOCKERS/SHUTTERSTOCK (PAINTING FRAMES)

COURTESY OF TOM BOUWKNEGT



“Emerald Jewelry,” by Tom Bouwknegt, age 9. Watercolor.

ART EDUCATION

Far From
Childish
Children’s
Art

*The Royal Academy of Arts,
London: Young Artists’
Summer Show*

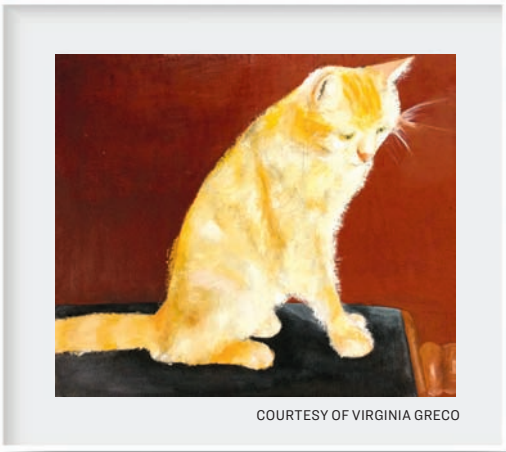
LORRAINE FERRIER

Every year since 1768, the Summer Exhibition has been held at the Royal Academy of Arts in London. But any artist from around the world can submit his or her art to the prestigious exhibition in the hope of having it exhibited.

J.M.W. Turner, John Constable, and even Winston Churchill, to name a few, have had their art included in past summer exhibitions.

Now, after 251 years of the Summer Exhibition, the Academy has decided to give young artists, from 7 to 19 years old, the chance to exhibit at the Academy in an annual exhibition of their own: the Young Artists’ Summer Show. The show is sponsored by philanthropist Robin Hambro, who initiated the show.

More than 6,200 young hopefuls submitted their art, in any media they chose, and the judges whittled the entries down to just 329. “We were pleasantly surprised by the standard of the work because it’s so high,” said Mary Ealden in a recent phone interview.



COURTESY OF VIRGINIA GRECO

“My Cat,” by Virginia Greco, age 11. Oil on board.

Ealden is the Academy’s project manager for young people and teachers.

The Academy’s new Clore Learning Center recently exhibited 139 of the artworks on-site.

Continued on B4

TABLE FOR TWO

PIZZA



ALL PHOTOS BY CAROLINE CHAMBERS

GRILL

For the best crispy, chewy, blistered pizza crust at home, fire up the grill

CAROLINE CHAMBERS

When my husband George and I lived in Coronado, California, while he was serving as a Navy SEAL, we were lucky enough to meet and be embraced by the kindest, most welcoming family on the island.

The Hartigans’ house has a revolving door of family and friends; they are forever hosting dinner parties and special celebrations, which have included their own two daughters’ weddings, countless birthday parties and baby showers, and my sister’s rehearsal dinner.

My favorite Hartigan party, however, doesn’t require florists or gifts.

“Friday Night Pizza Night,” or “FNPN,” as it is referred to by those in the know, is an open invitation to come over for pizza, wine, and a swim, depending

on the time of year (or how brave you’re feeling). Somebody picks up pizzas from a local restaurant, Nancy mixes up a huge salad, Larry serves tall pours of pink and white wine, and everyone eats whenever they’re ready.

We moved away from Coronado several years ago, as have many other members of the FNPN crew. But every time we make our way back to Southern California, the Hartigans

open their home and make us feel like we never left. Occasionally, we even get to crash an FNPN to swim with the kids who were just babies when we moved away, eat tons of pizza, and drink cold wine like no time has passed at all.

Better Than an Oven

Now, hundreds of miles north of Coronado in our new home, Carmel, George and I will occasionally mandate a Friday, usually after an especially long week, an “FNPN” night.

Depending on our exhaustion level (we have a 7-month-old baby!), we’ll either invite friends over to join us or make it a date night in. Whether we’re eating pizza with friends or by ourselves, what’s special about FNPN is just how easy and laid-back it feels. Pizza, maybe a salad (maybe not!), and good wine. That’s it!

Occasionally, I’ll let George pick up deep-dish pizzas at his favorite spot in Monterey, but more often, I’ll just have

him pick up some fresh dough so that we can make our own at home.

It’s impossible for an indoor oven to achieve the same smoke and char that a wood-fired pizza oven infuses into a fresh, yeasty pizza dough. But an outdoor grill is a different game. The direct flame mimics that of a wood-fired oven, delivering the blistered, bubbling crust that I so desire in a pizza.

In the winter, I like to make a simple pizza sauce by blitzing together a can of San Marzano tomatoes, some extra-virgin olive oil, salt, and red pepper flakes. But this time of summer, when the tomatoes are so beautiful and so prolific at my local farmers markets, I stick with fresh ones. I don’t even make a sauce out of them—once they’re cooked on the grill, they become soft and jammy, with a flavor better than any pizza sauce you’ve ever had.

Faster Than Delivery

George and I tag team this recipe and have it cooked and eaten faster than it would take for any delivery man to arrive.

First things first, George heads out to heat up the grill. We want it piping hot—at least 500 degrees F—and that’s going to take some time. While he heads outside, I slice and salt the tomatoes, ensuring that they shed some of their liquid and don’t sog up our pizzas.

Next up, I take the dough out of the fridge, roll it out, and pass it to George, who heads back outside to grill it. While he’s grilling the dough, I throw the olive oil, mozzarella, garlic, and basil onto the baking sheet with the salted tomatoes and head out to the grill.

There’s not a huge rush to add your cheese and tomatoes to the grilled dough and get it back into the grill, but by this point, we’re both salivating, so we divide and conquer, each topping our own pizza with the perfect amount of cheese, tomatoes, and garlic. I wouldn’t put it past George to slip a few pepperonis onto his.

Now, the pizzas go back onto the grill for just a few minutes, for everything to melt and meld together. George pulls the pizzas back off the grill onto the baking sheet, which he immediately slides onto our outdoor dining table.

We quickly top our pizzas with basil, salty shavings of Parmesan, and red pepper flakes, then slice them up—and don’t come up for air until we’ve devoured every slice.

Caroline Chambers is a recipe developer, food writer, and author of “Just Married: A Cookbook for Newlyweds.” She currently lives in Carmel, Calif., with her husband, George, and baby boy, Mattis.



GRILLED MARGHERITA PIZZA

SERVES 2 TO 4 GENEROUSLY

3/4 pound ripe tomatoes (heirloom, beefsteak, cherry—ideally freshly picked, local tomatoes!)

Kosher salt and freshly ground pepper

All-purpose flour, as needed

1 pound fresh pizza dough

Vegetable or olive oil, for grill grates

2 tablespoons extra-virgin olive oil, plus more for drizzling

3 garlic cloves, thinly sliced lengthwise

8 ounces fresh mozzarella, patted dry

1/2 cup fresh basil leaves

Optional: Parmesan cheese, red pepper flakes



Preheat grill to high heat (500 degrees F).

Line a baking sheet with paper towels. Slice the tomatoes 1/4-inch thick and sprinkle with salt and pepper. Allow to sit on the baking sheet for about 10 minutes while you prepare and grill the pizza dough.

Sprinkle a large rimless baking sheet (or an upside-down rimmed baking sheet) with flour. Cut the ball of pizza dough in half, and use a floured rolling pin to roll out each half so that it’s about 10 inches wide. It is very important that you not roll your dough too thin (wider than 10 inches), or it will burn and stick to the grill.

Coat grill grates with oil by soaking a wad of paper towels in oil, then grabbing the wad with tongs and wiping them over the grill grates. Slide the pizza crusts onto the grill. Close the grill and cook for 1 1/2 to 2 minutes. Use tongs to flip the pizza crusts. Close the lid and cook for 1 1/2 to 2 minutes more. Use tongs to transfer the pizza crusts back to the baking sheet.

Drizzle extra-virgin olive oil on the pizza crusts. Use your hands to tear up the mozzarella and distribute it evenly over the tops. Pat the tops of the tomatoes dry with a paper towel and place them in a single layer, slightly overlapping, leaving a 1/4-inch border around the edges of the crusts. Sprinkle garlic slices over top.

Return pizzas to the grill for 3 to 5 minutes, until cheese is melted. Use tongs to return the pizzas to the baking sheet or to a large platter. Drizzle with a bit of extra-virgin olive oil and scatter basil leaves over top. Garnish with red pepper flakes and Parmesan, if desired.

TIPS

To feed four, add a simple Bibb lettuce salad tossed in a basil vinaigrette.

No grill? Preheat your oven to 450 degrees F. Give it time to get nice and hot! Oil a large rimmed baking sheet and roll the entire 1 pound pizza dough out to fit it. Add all the toppings, no need to pre-bake the crust. Bake the pizza for 20 to 25 minutes, until the crust is golden brown and the cheese is melted.

Mix it up! This recipe is so versatile. Try cooking a pizza with brie and peaches, then garnishing it with basil and balsamic glaze for a summery stunner. In the wintertime, a pizza with mozzarella, blue cheese, and roasted squash, topped with honey and parsley after cooking, is homey and delicious.

FAMILY-FRIENDLY

With Salmon, Keep It Simple

But have some fun with the sauce

KATIE WORKMAN

Getting more fish on the table is a shared goal amongst many home cooks—as is getting your kids to eat more fish, which can sometimes feel Sisyphean in nature. But a beautiful, fresh fish dinner is too fantastic to shove to the back burner for another time.

When I am thinking about fish for dinner, more often than not, I chose salmon. Salmon is the most popular fish in this country, and for good reason. It’s moist, versatile, delicious (that’s subjective, granted, but I think a pretty common perception), and very nutritious.

Salmon is rich in omega-3 fatty acids, which can help support brain function by improving memory, reduce the risk of heart disease, alleviate joint pain, and boost eye health. It’s also a great source of protein and provides a nice dose of vitamin D. Not bad for a piece of fish.

When properly sourced, salmon ranks high on the list of sustainable fish, according to sustainable seafood authority SeafoodWatch.org. Make sure yours is wild-caught (another shout-out for Alaskan seafood) or farmed in sustainable ways.

Simple and Saucy

Salmon is very simple to prepare. It lends itself easily to sautéing, poaching, and baking and roasting—really any cooking method works with salmon. Here, I simply roast it with a bit of olive oil, salt, and pepper. The basic preparation makes it hopefully a good “beginner fish” for any skeptics at your table.

But the sauce ... this is where things get interesting.

I have been making various ren-

ditions of herbed mayonnaise all spring and summer long, inspired by a jumping-off recipe in Joshua McFadden’s wonderful book “Six Seasons.” And I’ve been using it in any possible way I can think of—from chicken salads, to the base for various crostini, to a dip for roasted potatoes.

Here, I’m using it to slather on some lush pieces of salmon. The pink and green look pretty terrific together, don’t they?

The types and quantities of herbs are just guidelines; use the herbs you like best, the herbs that are in your garden, the herbs you have hanging out in the fridge. Skip the cilantro if you have cilantro-haters in your house; it’s a great herb to use, but it’s not for everyone.

Don’t even think about using a dried herb in here. I’m sorry, but it’s just not the place for them. Save those for your cooked dishes.

This sauce is so appealing that it might just become a gateway condiment for your kids, for more fish or seafood dinners to come. (It would also be great with anything from chicken to pork to steak.)

The salmon and broccoli rabe share a baking sheet in the oven, so there’s just one pan to clean after dinner (other than the food processor).

If spicy isn’t your family’s thing, you can leave out the red pepper flakes in the broccoli rabe side. You can also use small stalks of regular broccoli instead of the broccoli rabe. Or try asparagus, which will take about the same time to cook as the broccoli rabe if the stalks are thick, or only the amount of time it takes for the salmon to roast if they’re skinny.

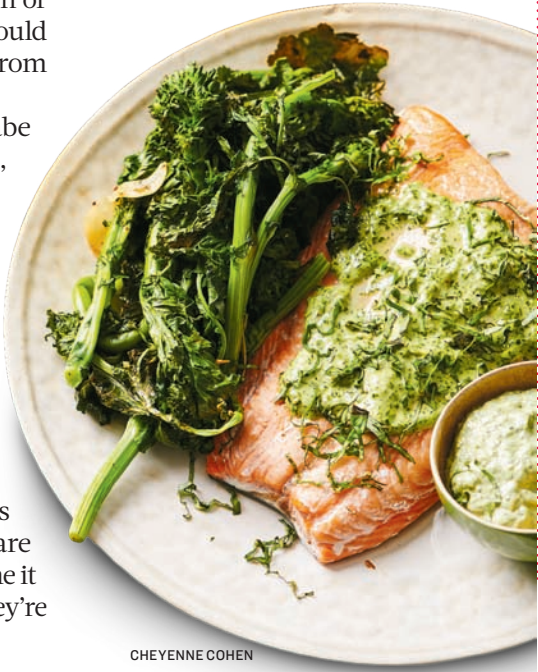
What the Kids Can Do

The kids can toss the broccoli rabe with its seasonings. They can rub the salmon with olive oil, with the reminder that hands get washed well with warm soapy water before and after touching raw fish.

For the sauce, they can pull the leaves off of the fresh herbs, measure ingredients, and use the food processor with careful supervision. This is a good opportunity to let the kids learn how fresh herbs look, smell, and taste differently from one another.

They can spread the sauce on the cooked fish, and garnish it with fresh slivered basil, if using.

Katie Workman is a food writer and recipe developer in New York City. She writes the popular blog *TheMom100.com*, contributes to many publications, and has written two cookbooks: “*The Mom 100 Cookbook*” and “*Dinner Solved!*”



CHEYENNE COHEN



ROASTED SALMON WITH HERBED MAYONNAISE AND BROCCOLI RABE

SERVES 4

FOR THE BROCCOLI RABE

1 pound broccoli rabe, trimmed

1 tablespoon olive oil

1/2 teaspoon kosher salt

3 large garlic cloves, thinly sliced

1/4 teaspoon crushed red pepper flakes (or to taste)

FOR THE ROASTED SALMON

4 (6-ounce) fillets of salmon, skin on

4 teaspoons olive oil

Kosher salt and freshly ground pepper, to taste

FOR THE HERBED MAYONNAISE

1/4 cup basil leaves

1/4 cup parsley leaves

2 tablespoons cilantro leaves

1 tablespoon dill fronds

1 tablespoon fresh oregano leaves

1/2 cup mayonnaise

1 teaspoon fresh lemon juice

1/4 teaspoon kosher salt, or to taste

Freshly ground pepper, to taste

2 tablespoons extra virgin olive oil

Fresh slivered basil to serve (optional)

Preheat the oven to 425 degrees F. Line a rimmed baking sheet with foil or parchment, and spray with nonstick cooking spray.

Roast the broccoli rabe and the salmon: Place the broccoli rabe on the prepared baking sheet and

drizzle over 1 tablespoon oil and 1/2 teaspoon salt. Add the garlic and red pepper flakes. Toss to coat well, then spread out on a baking sheet. Place in the oven, and cook for 5 minutes.

Remove the baking sheet from the oven and shove the broccoli rabe over to the side of the baking sheet, to make enough room for the 4 salmon filets. Place the salmon filets skin side down on the baking sheet and drizzle about 1 teaspoon of olive oil over each piece, rubbing to coat the top and sides. Season with salt and pepper. Roast everything for 8 to 10 minutes more, until the salmon flakes easily and the internal temperature is at least 145 degrees F in the thickest part.

While the salmon and broccoli rabe are roasting, make the herbed mayonnaise: Place the parsley, basil, cilantro, dill, and oregano in a food processor and pulse to chop. Add the mayonnaise and pulse several times to blend. Pulse in the lemon juice, salt, and several grinds of pepper. With the motor running, very slowly drizzle in the olive oil through the feed tube on top or with a slow and steady hand until the mixture is completely incorporated and—if things went well—somewhat fluffy. Scrape down the sides and blend again. Taste and adjust the seasoning as needed.

Slide a thin spatula under each piece of fish, separating it from the skin, and place each piece on a plate. Distribute the broccoli rabe amongst the 4 plates next to the fish. Spoon the herbed mayonnaise over the salmon, or place it on the side as desired. Sprinkle the top of the fish with slivered fresh basil if desired.

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ART EDUCATION

Far From Childish Children’s Art

The Royal Academy of Arts, London: Young Artists’ Summer Show

JUSTINE TRICKETT/ROYAL ACADEMY OF ARTS



Children enjoy viewing art by their peers at the Young Artists’ Summer Show at the Royal Academy of Arts in London.

Continued from B1

Ealden stressed that the on-site show was handled in the same way any of the Academy’s world-class exhibitions would be, by experts who handle some of the world’s most precious art.

The Young Artists’ Summer Show can be seen online through Dec. 31.

Art in Education Versus Art

The Young Artists’ Summer Show is one of a number of the Academy’s learning programs to engage and inspire young artists and to support teachers.

Ealden explained that in the UK, art is being pushed out of the classroom because art isn’t seen as important as science, math, or English. As a consequence, “teachers don’t have the support that they need to engage young people in art. It’s become a bit of a crisis at this point in time,” she said.

The Young Artists’ Summer Show seems to be having a positive impact. Teachers often told Ealden how some of their less academic students, who were unable to engage with math and the sciences, had gained a newfound confidence after they’d won a place in the show. They even became more popular at school as they’d won something “cool.”

Through the exhibition, teachers learned new ideas for their classes and said that a lot of the art they saw had been created outside of the curriculum and without the teacher’s provisions, Ealden said.

The experience of making such unconditional art is invaluable. Especially as children are facing an enormous amount of pressure at school in terms of tests and performance evaluations, Ealden explained.

“The majority of these artworks that have been submitted aren’t artworks that would be in a final exam; these are artworks that these young people have created because they love art,” she said.

Unbelievable Children’s Art

The 329 artworks in the online exhibition offer an interesting window into the lives of young artists. Many adults can’t believe the art has been made by children, Ealden said.

The judges even had to double-check the age of Tom Bouwknecht, who painted “Emerald Jewelry.” They couldn’t quite believe a 9-year-old had made the astonishingly detailed piece; they thought his mom had made a mistake on the application form. She hadn’t.

Clearly, the show has some outstanding artwork by overtly talented young artists. Then there’s “other artwork that is just so wonderful, joyful, and innocent that it almost doesn’t matter what the quality is like. It’s more about just the experience of seeing that [artwork] having been made. It’s just wonderful, really wonderful,” she said.

But make no mistake; the art in this young artists’ show is “not kids with crayons coloring in between the lines,” Ealden said. “These are really powerful images that they’re making without any need of a prompt or anything. It’s just coming out of their own mind. It’s wonderful. It’s really lovely.”

Because the work has all been made by young people, “there’s an element of innocence there which doesn’t exist in the adult world; there’s no agenda,” Ealden said.

Perhaps this is because the young artists’ works aren’t made for personal gain, employment, or publicity, as may be the case in the art submitted to the Summer



COURTESY OF LEO OSIPOVS

Exhibition. The art in the Young Artists’ Summer Show is, mainly, art made purely for the love of it.

Pure Art by Young Artists

Some of the younger artists captured the joy of beauty.

‘My Cat,’ by Virginia Greco, age 11

“My cat is so beautiful and so I wanted to paint a picture of her,” Greco wrote in her artist statement. (See B1 for the painting.)

‘Emerald Jewelry,’ by Tom Bouwknecht, age 9

“This is a piece of emerald jewelry painted

with watercolors. Tom loves painting and tried different media, watercolor being one of the most difficult. Tom loves green color, he loves crystals and he got attracted to this piece of jewelry due to its beauty. It took Tom lots of hours to complete this piece of artwork, so he is full of determination too!” wrote Bouwknecht’s mom in his artist statement.

Tom’s artwork is the piece that perplexed the judges, leading them to double-check his age.

Reflective Art

Some of the older students’ pieces were inspired by Renaissance art.

(Above)

“The Time Traveler,” by Leo Osipovs, age 18. Acrylic on canvas, oil varnish.

(Right)

A detail of “Judith and Her Maidservant with the Head of Holofernes,” circa 1623, by Artemisia Gentileschi. Oil on canvas. Detroit Institute of Arts. The painting showcases the use of light and shade (chiaroscuro) for dramatic effect.



COURTESY OF ANNIE KING



PUBLIC DOMAIN

(Far left)
“Me and My Sister,”
by Annie King, age 15.
Acrylic on board.

(Left)
“Portrait of a Woman
With a Man at a
Casement,” circa 1440,
by Fra Filippo Lippi
(circa 1406–1469).
Tempera on wood; 25
1/4 inches by 16 1/2
inches. Marquand
Collection, gift of Henry
G. Marquand. The
Metropolitan Museum
of Art, New York.

**‘Me and My Sister,’ by Annie King,
age 15**

“This is a painting of my twin sister, Holly, and myself. In preparation for this piece, I researched the work of artists who had made double portraits during the Renaissance,” wrote King in her artist statement.

King’s portraits are in profile view, a style that Italian Renaissance artists favored (whereas artists north of the Alps preferred three-quarter-view portraiture). The profile view can be seen in Fra Filippo Lippi’s “Portrait of a Woman With a Man at a Casement.” The painting is the earliest surviving double portrait from the Italian Renaissance and the first that depicts a domestic setting.

Lippi painted his two figures face to face, but the King twins are back to back. In both paintings, the facial expressions show a similar serene but blank look of contentment. “Me and My Sister” hints at the sisters’ identity. They are clearly in their school uniform. One can be seen with a hearing aid, but nothing else gives away who they are. Are their personalities as identical as their appearance?

**‘The Time Traveler,’ by Leo Osipovs,
age 18**

“My main inspiration lies within the Caravaggism movement and chiaroscuro. I am promoting the relevance of classical

art in a modern context. People still have passions that someone in the time of Baroque Art would have. They experience affection and jealousy—two of the main emotions showed in this painting, just as a Renaissance person would have: it is for this reason that I feel my title is appropriate,” Osipovs wrote in his artist statement.

Caravaggism is the 17th-century movement that emulated Caravaggio’s painting style after he died. Known as Caravaggisti, Caravaggio’s followers painted in his naturalistic style, using light and shade (chiaroscuro). But for dramatic effect, they created extreme contrasts between light and shade: a technique called tenebrism. Artemisia Gentileschi’s painting “Judith and Her Maidservant” at the Detroit Institute of Arts shows the technique well.

In Osipovs’s painting, he uses natural light from what looks to be a doorway. The male figure in the foreground makes us wonder if he is from our time or Renaissance times. His feathered hat and cloak could be from either era. Maybe that’s the point he’s making: The clothes and our environment may differ, but our human nature is eternal.

To find out more about the Royal Academy of Arts Young Artists’ Summer Show online exhibition, visit YoungArtists.RoyalAcademy.org.uk



JUSTINE TRICKETT/ROYAL ACADEMY OF ARTS

Children enjoy viewing art at the Royal Academy of Arts in London.



PUBLIC DOMAIN

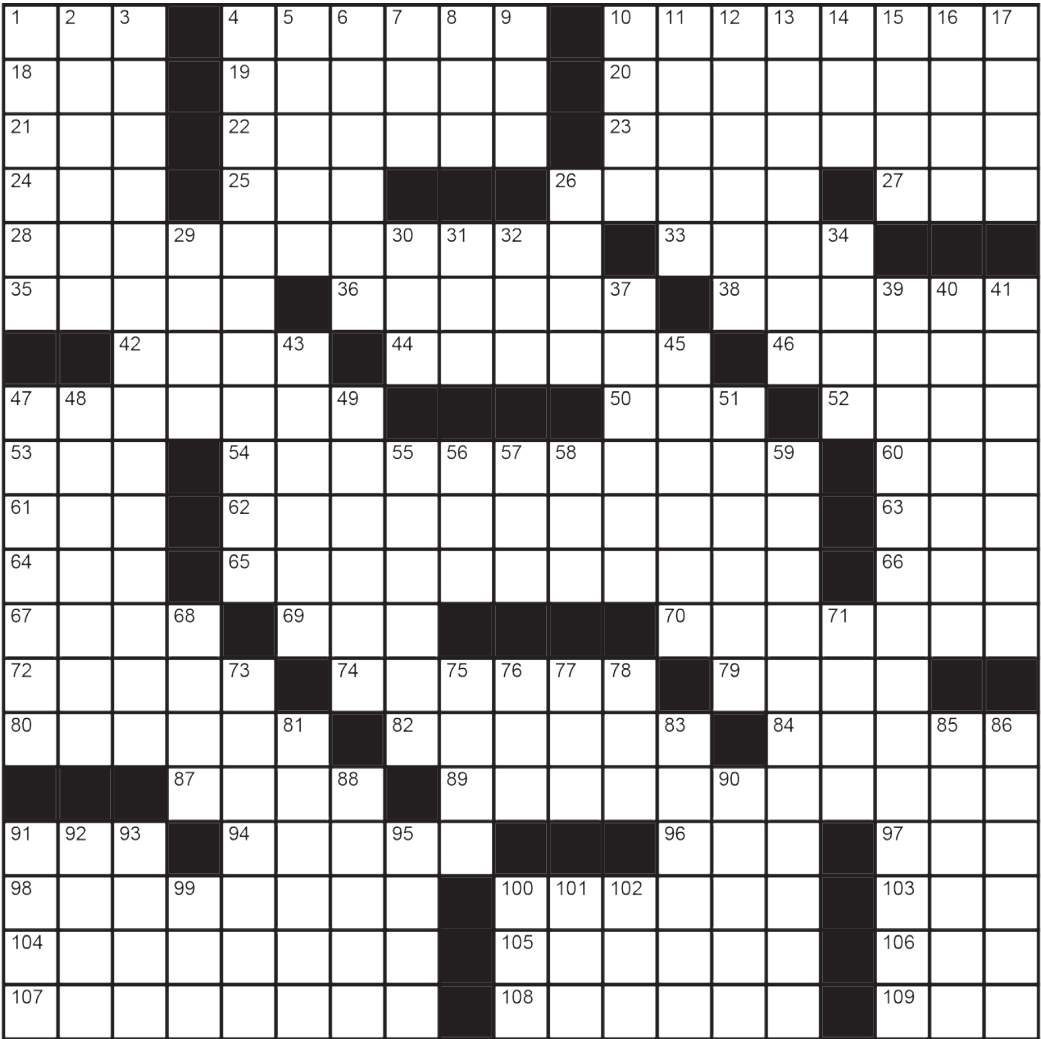
The art in the Young Artists’ Summer Show is, mainly, art made purely for the love of it.

“
These are really powerful images that they’re making without any need of a prompt or anything.”
Mary Ealden,
project manager

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

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

1. Hack
4. Paper clip alternative
10. Amigo
18. Hawaiian wreath
19. Clothes model
20. On the other side of the page
21. “Fire Lover” arsonist
22. Make secret
23. Aromatic
24. Prefix with night or day
25. Biblical verb ending
26. Bit of parsley
27. Not “Dat”
28. Avoid responsibility
33. “Absolutely!”
35. Single-master
36. Dummy
38. Hungarian
42. Dog
44. Certain old Fords
46. Bond player
47. Like many family-owned companies
50. Blaster’s need
52. Sought damages
53. Laundry room brand
54. Instrument played by the wind
60. School of the future?
61. “Fantastic Voyage” vessel?
62. Small passerine bird
63. Arch

64. Lunkhead
65. Canola source
66. Abbr. on motor oil can
67. Group of two
69. Shipwreck signal
70. Dawdled
72. Quarrel
74. “... far beyond those of ___ men”
79. Night light
80. Pester
82. Closer
84. Bacteria
87. Sushi supplies
89. Popular cable chan-nel
91. Luau tuna
94. Quiet
96. Combat
97. Engine part
98. Savin
100. Surround
103. ___ out a win (just prevail)
104. Certain clothing workers.
105. Deprive of resources
106. Left-winger, in shorthand
107. Upper crust
108. Sewer line?
109. Thus far

39. Polite close in a letter
40. Rings of color
41. Some tree frogs
43. Andromedas or fet-terbushes
45. Attack verbally
47. Agassi, by birth
48. Sign of a slip
49. Embryonic cavity in humans
51. Boring tool
55. Unit of instruction
56. Diamonds, to hoods
57. Lionel Richie’s “You ___”
58. Nancy Drew’s boy-friend
59. Don’t call in to this show
68. Dapper fellow
71. Cross
73. Tin or titanium
75. Shred
76. “Witchi-___-To” (Jan Garbarek-Bobo Stenson Quartet)
77. “The ___ of the moral universe is long, but it bends toward justice”:
78. Albanian money
81. Shakes
83. Update electrically
85. Gingersnap, e.g.
86. Many college gradu-ates
88. Goggle
90. Caterpillar, for one
91. Rainbows
92. Bridge site
93. Notion
95. Once, once upon a time
99. Tesla
100. “Alea iacta ___” (“The die is cast”)
101. Degree in math?
102. Long-jawed fish

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. For example: 6 + (7 X 3) +1 =28 and 1+ (7 X 3) + 6 =28

27

36

13

20

34

+

-

X

÷

Hard 1 - 1 Solution

6

30

30

5

24

+

-

X

÷

Hard 2 - 1 Solution

5

9

14

2

8

+

-

X

÷

Easy 1 - 2 Solutions

3

6

36

2

3

+

-

X

÷

Easy 2 - 2 Solutions

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

CLOMPS
COCCI
COOKIE
ELUDES
ENCODE
ENGIRD
ERASURE
INDEBT
LARVA
MEDIUM
MOORE
MORTAL

MUTED
NEARER
NEEDLE
NEVADAN
OVERS
PIERIS
PROGRAM
RED CEDAR
REWIRE
STAPLE
STARE
STARVE

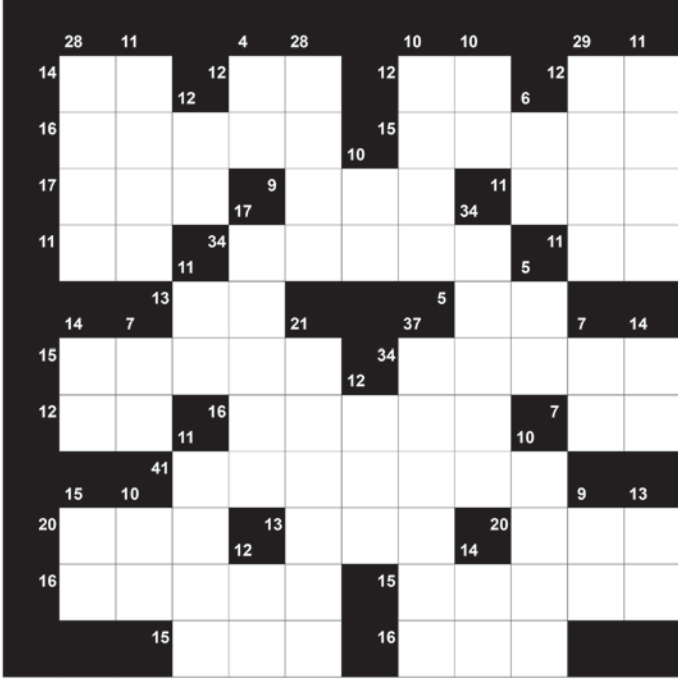
TEMPOS
TENTH
THREAD
TOTHER
TREPAN
WEARER
AACHEN
AREOLAE
ARGUE
TARRIED

KAKURO

CONSTRUCTED
BY EPOCH TIMES STAFF

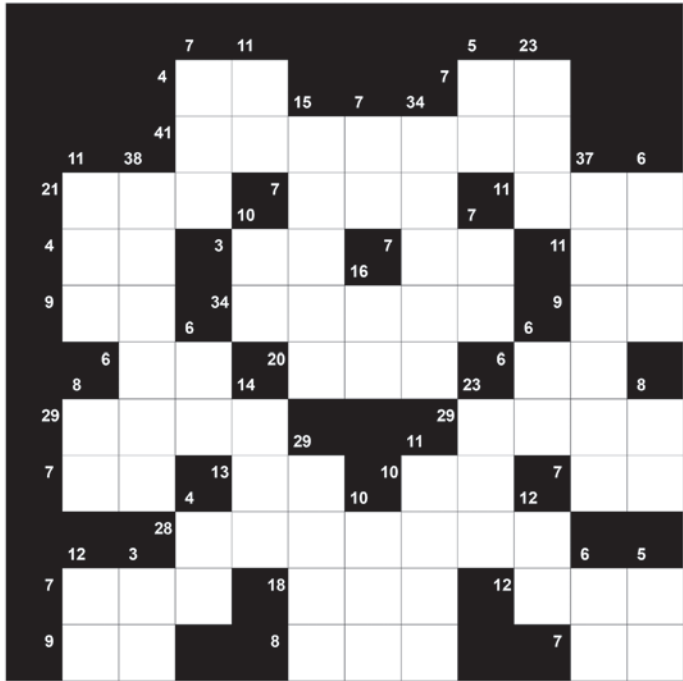
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle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

Large: Hard



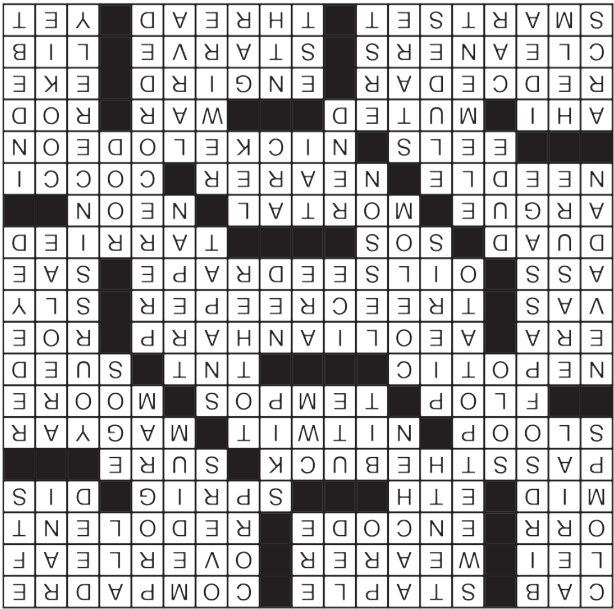
WORK SPACE

Large: Easy

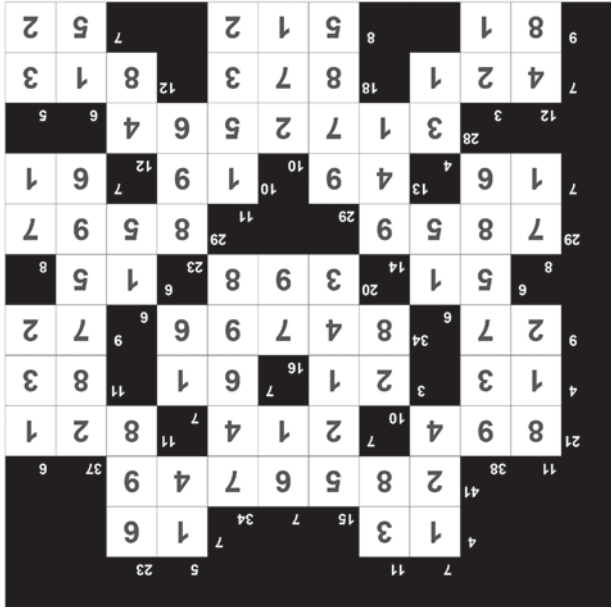


SOLUTIONS

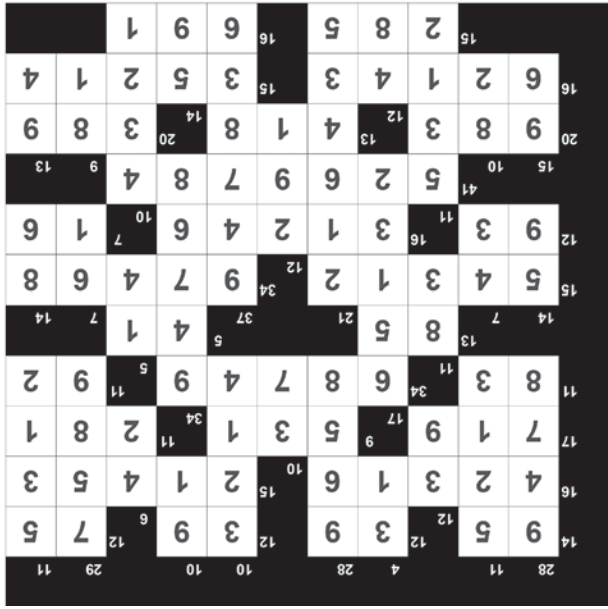
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1**
27 – 34 × (3 – 1) = 96
- HARD 2**
(5 – 24 ÷ 6) × 30 = 27
- EASY 1**
(9 + 8 + 8 + 2 – 5) ÷ 5 = 6
- EASY 2**
(3 × 9 + 2 × 6) × 3 = 81

Contraception Depression: *Can the Pill Affect Your Mood?*

Big pharma’s birth control pills are poorly studied but come with concerning side effects

KELLY BROGAN

What if I told you that a product is available that can interfere with your hormones to the extent that your daily and monthly rhythms are no longer operational?

And because you will no longer have functional brain-to-ovary signaling, you will likely avoid conceiving if you have sex during what would otherwise have been your six fertile days a month. Of course, this product’s hormonal effects also leave you with the sense that everything is stable and predictable which is something like turning the white noise up so loud that you don’t hear your own baby crying.

For this, you will risk migraines, weight gain, hypertension, gallstones, cancer, and yes, sudden death without warning. Would you believe that millions of women the world over, line up to take it every day? In fact, they even fight for their right to take it.

After four months of post-pill amenorrhea (no return of my natural cycle after stopping 12 years of birth control), I decided to see what the research showed about lesser-known side effects of the pill. I was astounded to find evidence supporting its inflammatory, nutrient-depleting, metabolic, and microbiota-impairing effects.

I’ve also found recent research linking the pill to cancer, autism, and even brain-based changes. But because so many critical questions have not been asked about what happens when we manipulate the hormonal pathways and feedback loops in the body, we rely on post-marketing research, including girls and women dying due to contraceptives, sometimes used for acne or so they can avoid having an inconvenient period.

Then I began paying attention to my patients’ stories. Over and over again, I would learn about their onset of anxiety, depression, and even mania after beginning synthetic hormones.

The Pill and Your Mood

Since the 1960s, there has been controversy around the potential mood-altering effects of oral contraceptives. Over 50 years of public use has not settled the question.

There is acknowledgment; however, that depression is the most common reason for discontinuation of use. Pilot studies have demonstrated that women using the combined [estrogen and progestogen] oral contraceptive pill were significantly more depressed than a matched group who were not. The existing research is of fairly compromised quality—mostly reflecting the fact that this topic has not been a research focus over the past several decades. What does exist in the annals of science suggests that there is likely a subset of women for whom oral contraceptives represent a major risk factor for depression and/or related mood disturbance.

Who might these at-risk women be?

I’ve also found recent research linking the pill to cancer, autism, and even brain-based changes.

Over and over again, I would learn about their onset of anxiety, depression, and even mania after beginning synthetic hormones.

You can never truly own your primal femininity, nor fully know what your symptoms are saying—from irregular periods to PMS—without deep contact with your hormonal self.



ARIF RIYANTO/UNSPLASH

From 13 prospective trials, it appears that they have a personal or family psychiatric history (a rapidly growing group of people), one that has been exacerbated by pregnancy/postpartum, and premenstrual periods, and young age. More specifically, women with premenstrual mood symptoms prior to use experience more adverse effects with lower progestin dosages or triphasic oral contraceptives, unlike women without this history who experience more psychiatric side effects with higher progestin preparations.

The Pill and Antidepressants: Perfect Together?

Now we have the largest epidemiologic study of its kind, published in JAMA, out of Denmark, entitled Association of Hormonal Contraception with Depression. One million women ages 15-34 were followed for 13 years.

Here’s what they found:

- Women who were prescribed the combined pill were 23 percent more likely to be treated with antidepressants
- Progestin-only treated women (sometimes called the “mini pill”) were 34 percent more likely to be treated with antidepressants
- Teens were 80 percent more likely if prescribed the combined pill and two-fold more likely with the progestin-only pill to be treated with antidepressants

Epidemiologic data is rife with potential confounders and certainly doesn’t demonstrate a clear causal signal, so this is merely

food for thought. But what thought? What should we be thinking about as prescribers, mothers, and women?

I believe in informed consent and free choice.

Because oral contraceptives are poorly studied drugs given to healthy women, prescribers are morally obligated to thoroughly explore the known risks. If you still want to take a pill daily knowing you could develop everything from weight gain to migraines to an unhealthy relationship with your moods, all the way to your very life, then that is your choice.

What We Are Trading to Control Our Cycle

I have come to the perspective that you can never truly own your primal femininity, nor fully know what your symptoms are saying—from irregular periods to PMS—without deep contact with your hormonal self. Your symptoms are telling you that you need to change something, your diet, your sleep schedule, your stress level, or maybe just that plastic you’ve been microwaving. I’m not sure it’s truly possible to live the life you are here to live while your vitality-supportive sex hormones are hijacked by Pharma.

If you’re taking birth control for your hormonal imbalance, heal your body. Start with food. Add detox and meditation the way we do in Vital Mind Reset. Consider herbal support.

It’s not hard, and the side effects are incredible—from clear skin to weight loss to a healthy sex drive. When you balance your hormones, you learn that a woman’s experience is cyclical. Energies shift to particular rhythms and you can watch yourself to know exactly when in your life you’re supposed to be doing what. It’s called getting in touch with yourself and it’s what true empowerment is all about.

If you’re taking birth control for contraception, own your right to keep Pharma out of your bedroom, to bring your full vital self to your sexuality, and work with your body, not against it. The Daysy fertility tracker and its birth control protocol and fix your period program, is my favorite gadget for learning how to do that—and it’s 99.3 percent effective.

Kelly Brogan, MD, is a holistic women’s health psychiatrist and author of The New York Times bestselling book “A Mind of Your Own,” the children’s book “A Time for Rain,” and co-editor of the landmark textbook “Integrative Therapies for Depression.” This work is reproduced and distributed with the permission of Kelly Brogan, MD. For more articles, sign up for the newsletter at www.KellyBroganMD.com



IMAGE POINT FR/SHUTTERSTOCK

BECOMING MINIMALIST

Do Good. You Never Know Who Is Watching

What seems like a small ripple can reveal itself to be a huge wave—with you at the epicenter

JOSHUA BECKER

Aug. 11, 2019, was a fun day. The Becoming Minimalist Facebook page passed 1.5 million followers, a milestone that caused me to reminisce a bit. I can remember exactly where I was when I started that page. I was upstairs, in my bedroom, in our house in Vermont. I had been introduced to minimalism 18 months earlier by my neighbor. Jan. 3, 2010 was a Sunday. My kids were in bed and my wife was downstairs with a group of ladies. I was a bit bored and looking for something to occupy my time, so I created a Facebook page to supplement this blog. My first post was nothing fancy: “Hey everybody, this Facebook page is dedicated to sharing information about the becomingminimalist.com webpage. It is also created for you to share your own stories and/or photos of your journey towards minimalism in all areas of life.”

My second post, two days later, was equally exciting: “Just posted a review of my spring/summer wardrobe experiment. Now if I could just get my wife to try it...”

I didn’t know much about Facebook and knew even less about Facebook pages.

- The page started on Jan. 3, 2010 with 0 followers.
- Jan. 3, 2011: one year later, it had 1,000 followers.
- Jan. 3, 2012: two years later, it had compiled 4,000 followers.

If you think I took any shortcuts growing this blog, those numbers should tell you otherwise. The growth of Becoming Minimalist (both the blog and the FB page) has always been slow, but consistent and meaningful.



ROCKETCLIPS, INC./SHUTTERSTOCK

Nevertheless, because I put myself out there, the page grew, and continued to grow, and yesterday we celebrated a milestone. Friends, I want to encourage you today with a simple thought: Put good out into the world, you never know who (or how many) people are going to see it. You see, my inspiration for this website was simple: I wanted an online journal to document our family’s journey into minimalism. My inspiration for the Facebook page was no different: a place to talk about minimalism—our journey and yours. I wanted a place to talk about the joy of owning less. A corner of the internet that’s dedicated to pursuing a bigger life than the accumulation of physical possessions. It was the good that I wanted to put out into the world.

▲
When we put good out into the world, people notice—often more than we realize.

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

Somewhere along the way, more people started watching than I ever imagined. But this is what happens when we put good into the world. When we offer a listening ear to a struggling friend, or say a loving word to our children. When we try to uplift others on social media, or publish our writing for the world to see. When we serve others with the talents we possess, whether we help a friend change their oil or give our all to a cause we care about. When we put good out into the world, people notice—often more than we realize. And our good deeds and kind words hold the potential to change more lives than we ever thought possible—starting with those who are closest to us. We may not do good for the sake of being noticed, but in a world that seems to be growing in hostility more than ever before, we desperately need to see yours. More people are watching than you realize.

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MINDSET MATTERS

Building Healthy Relationships After Growing Up in Chaos

Emotional craziness in childhood can ruin our relationships if we’re unaware of our outdated strategies

RAWPIXEL.COM/SHUTTERSTOCK



Staying silent doesn’t work in grown-up relationships; it doesn’t allow us to grow, feel known, or develop real intimacy.

NANCY COLIER

When we grow up in emotionally chaotic households, we face challenges in establishing healthy adult relationships. We learn to silence our experience because it feels too dangerous to speak up for ourselves or call anyone out on their behavior.

As children, we need to belong; to belong is to survive. To express our experience of the family craziness would be to risk the love of our caretakers, our belonging, and thus our survival. When a home is emotionally chaotic, it’s not generally filled with adults who are open and interested in the child’s experience; there’s often no safe person for a child to talk to and even less chance for there to be someone who will take responsibility for or change what’s happening.

When we grow up in an emotionally unstable and untrustworthy environment, we develop certain defense strategies to maintain our safety and keep ourselves intact. Put simply, we learn to get okay with a lot of stuff that doesn’t feel okay. We become experts at burying our anxiety, fear, anger, and despair; we walk through the wreckage as if nothing crazy is happening, no matter how bad it feels. And eventually, crazy becomes our norm.

Our strategies for survival succeed at keeping us safe as children, on a certain level. But when we carry these same defense strategies into our adult relationships, they stop working and we end up feeling trapped, powerless, anxious, and angry. The feelings we buried as children are still there only now they won’t stay underground.

Those of us who grew up in homes where crazy behavior was the norm often obsessed about what we wanted to say out loud to the parent, but we didn’t say it because it would have created anger or more chaos, and accomplished nothing in

terms of changing our world.

Similarly, as adults in relationships, we think incessantly about what the other person is doing to us; we make the case for our grievances silently inside our heads, rehash what we’re going to say and how we’re going to say it. But once again we stay silent.

We think obsessively about the other and our bad situation, but we don’t know how to take steps to make it change; we’re too afraid of the consequences, or of our own rage. As a result, we stay stuck in bad situations, feeling powerless to make our relationships change, chronically fearful and overflowing with resentment.

The first step is to start paying attention to what’s happening inside us in the face of conflict.

As adults, when we’re confronted with behavior that feels bad, crazy, aggressive, or just not okay, our nervous system goes into a kind of fight, flight, freeze response. Our front brain shuts down, in a sense, and we enter survival mode. Deep in the recesses of our brain there is an assumption being made, namely, that if we speak up, we’ll pay dire consequences and ultimately be worse off. Our deep-seated fear takes over and before we know it, we’re figuring out a way to make the other’s bad behavior work inside the relationship.

But staying silent doesn’t work in grown-up relationships; it doesn’t allow us to grow, feel known, or develop real intimacy. And furthermore, it doesn’t keep us safe like it did when we were kids. Quite the opposite, the strategy

of swallowing our truth and our natural self-protective instinct, under the guise of protecting ourselves, become the very thing that harms us. We end up consumed with fear, obsessively thinking about what we hate, and carrying overwhelming resentment. We end up enraged at the other and ourselves for what they’re doing to us and what we’re allowing.

How do we change when our nervous system naturally responds to bad behavior in a way that keeps us stuck? How do we make what’s happening instinctively into a conscious process so that we have choices? The first step is to start paying attention to what’s happening inside us in the face of conflict. That is, to recognize and acknowledge this pattern, become aware that we go into a reactionary mode when confronted with what feels relationally unsafe. When we recognize and acknowledge this truth, we offer ourselves compassion and gratitude for keeping us safe in the only way we knew how. We also remind ourselves that this behavior no longer takes care of us.

Secondly, we stop to ask our fear what it needs to know or hear from a trusted other that would allow it to speak up for itself, to confront the crazy. Sometimes the frightened part of ourselves wants to know or be reminded that it doesn’t actually need this other person.

If we can realize that we won’t die without this other person, that we’ve projected our childhood dependence onto this current relationship, the risk drops and we can find the courage to speak our truth. If we don’t yet genuinely believe that we don’t need the other, we can start taking steps towards the autonomy that can set us free.

On the other hand, the little one inside may need to know that it doesn’t have to explain why it is not okay with what is happening, or get the other person to understand or agree. Sometimes the fear

The feelings we buried as children are still there only now they won’t stay underground.

ANNA KRAVNOVA/SHUTTERSTOCK



is about having to defend our case against the other’s anger, blame, or defensiveness and this fear is what feels most daunting. In truth, we don’t have to get validation from the other that their behavior is not okay for us. We can offer ourselves permission to simply say “no, this is not okay,” period—end of the sentence.

There is an infinite number of possible answers to the question, what would I need to believe to speak up in the face of crazy? What’s most important is simply that you ask the frightened part of yourself—with kindness—what it needs to stand up for you, confront the crazy, and speak your truth. Once you know what your system needs to move forward, you can offer yourself that truth, or start on the way to making that answer true.

When we grew up accepting the unacceptable because we had to, and we become grownups who are afraid to stand up for ourselves, we learn to stuff our anger and keep the peace at all cost, including the cost to ourselves.

But just because we grew up around crazy, doesn’t mean we’re condemned to live with crazy forever. We can change; we can change our reaction to unacceptable behavior and, in the process, we can even change the situation itself. Or we can leave a situation that doesn’t work for us. Once we become conscious of our own behavior, we have choices. We can learn to be the light in the darkness and create our own reality.

Unlike what we believed as children, we get a say in our own reality and we can move from the problem to the solution.

Nancy Colier is a psychotherapist, public speaker, workshop leader, an interfaith minister, and the author of “The Power of Off: The Mindful Way to Stay Sane in a Virtual World.” For more information, visit NancyColier.com

Help Your Depressed Teen

Feel Better Naturally

Antidepressants are often prescribed to young people, but there are alternatives to this risky treatment

DEBORAH MITCHELL

The teen years are among the most exciting and challenging times of life. The experiences surrounding school, friends, dating, fluctuating hormones, and establishing one's place in the world can be both invigorating and confusing. It's a time when guidance, support, and understanding from family, friends, and professionals are especially critical.

It's also a time when depression can be a significant issue. Depression affects up to one-fifth of teens by the time they enter adulthood. The presence of depression among teenagers increases the risk of attempting suicide by 12-fold, and 30 percent of depressed teens develop substance abuse.

Causes of Teenage Depression
The causes of teen depression can be difficult to resolve, but there are things you can do to combat this challenging condition. First, let's look at some of the main causes of teenage depression.

Hormones. Adolescence is a time of major hormone changes, and the fluctuations can cause or play a significant role in triggering depression.

Neurochemistry. Chemicals in the brain called neurotransmitters transport signals throughout the brain and the body. When these chemicals are damaged or abnormal, it has an impact on how the nervous system works, which can result in depression.

Abuse or violence. Some teens are or have been victims of abuse or violence like bullying, cyberbullying, rape, or physical or emotional violence. Some have experienced indirect violence like witnessing violence to a family member or friend. Such traumas can cause physical changes in the brain that make people more likely to experience depression.

Obesity. Teens who are overweight or obese can experience ridicule or be shunned, which can significantly reduce their self-esteem and confidence. A 2017 meta-analysis of more than 51,000 obese kids and adolescents and 18 studies found a clear association between being overweight and depression and depressive symptoms.

Learned patterns of negative thinking. Some teens have been taught to feel helpless, either by parents, teachers, or other authority figures during their childhood. This form of mental abuse can be resolved by eliminating those negative thoughts and adopting a more positive perspective.

Inherited traits. Check your family history: depression is more common among individuals who have blood relatives with the condition.

How to Manage Teenage Depression Without Antidepressants
Although antidepressants and similar drugs are often prescribed for depression, use of these drugs is associated with significant side effects among adolescents and young adults, including the risk of suicide. In fact, antidepressants typically

carry a warning that they should not be used in individuals younger than 18 years. Therefore, it's best to consider treating teenage depression naturally.

One major contributor to teen depression is diet. Teenagers often follow a diet that is high in processed foods and therefore low in healthful, nutrient-dense choices. Teens and young adults may eat poorly, for example, because they skip meals, frequent fast food places, are experiencing stress related to relationships, grades, or have moved away from home to college. Therefore, many of the suggestions on how to manage teenage depression naturally involve the use of supplements and/or certain foods that are good sources of certain nutrients.

Teen depression may be addressed using alternative and complementary therapies that work in synch with healthy dietary measures. In addition, thyroid testing and genetic testing may be appropriate for some teens when diagnosing and treating depression.

Magnesium. A deficiency or low levels of this mineral is common among youth and adults alike. Magnesium deficiency is associated with depression, irritability, anxiety, disorientation, confusion, insomnia, and twitching muscles. A 2017 study found that people who were depressed and deficient in magnesium experienced improvements in depression and magnesium levels after taking 500 mg magnesium daily for at least eight weeks.

In addition to supplementation with magnesium (magnesium chelate and glycinate are recommended), teens should include foods rich in this mineral in their diet. Leafy greens, nuts, beans, and whole grains are excellent sources.

Omega-3s. These essential fatty acids have been named in many studies as helpful in managing depression. In one study from Ohio State University, for example, the authors noted that youth with fewer social stressors responded well to omega-3 supplementation as well as to the supplement along with psychoeducational psychotherapy.

Another study (a review of 35 randomized controlled trials) yielded more specific results. The reviewers noted that supplements dominated by eicosapentaenoic acid (EPA) provided good results against depression but that those consisting mainly of docosahexaenoic acid (DHA) did not. Coldwater fatty fish are an excellent source of omega-3s, but unless teens eat fish several times a week, an omega-3 supplement is suggested.

Low iron (iron deficiency). An iron deficiency is known to be associated with anemia and the symptoms of depression, apathy, and fatigue. Among adolescent females, an iron deficiency can be related to the start of menstruation as well as an iron-poor diet. Teens need to add more iron-rich foods to their diet, such as beans, leafy greens, dried fruits, iron-fortified cereals and pasta, and seafood. Iron supplements should be used with caution and with the



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advice of a healthcare provider.

Probiotics. Taking supplements of beneficial bacteria and/or including foods that are rich in probiotics is one way to battle depression in teens. In a recent Canadian study, a team of scientists evaluated data from ten studies of the use of probiotics for cognition, mood, and anxiety. They reported that “the evidence for probiotics alleviating depressive symptoms is compelling.”

In fact, University Health News recently reported on psychobiotics, which are probiotics that have been identified as being especially helpful for managing depression, boosting mood, decreasing stress and anxiety, and improving cognitive function. Thus far experts have named *Lactobacillus helveticus* R0052, *Bifidobacterium longum* R0175, *L. casei* strain Shirota, *B. longum* 1714, and *B. breve* 1205 as having some helpful qualities in animals and humans when it comes to depression and related mental health issues.

Vitamins B12 and others. A deficiency of several of the B complex vitamins, including B1 (thiamin), B3 (niacin), B9 (biotin), and B12 have been linked to depression. In particular, vitamin B12 may be deficient among teens who have adopted a plant-based diet, but this can be remedied easily with sublingual vitamin B12 supplements. Since B vitamins are found in a wide range of foods, eating a varied diet dominated by unprocessed foods is recommended. However, a vitamin B-complex supplement may be necessary for young people who fail to or resist making dietary changes.

Low thyroid. Hypothyroidism, which is characterized by low levels of the thyroid hormone thyroxine and high levels of thyroid-stimulating hormone (TSH), is often overlooked as a cause of depression. A simple blood test to identify thyroid hormone levels can be used to diagnose the disease. Teens who have both hypothyroidism and depression can avoid antidepressants and be treated effectively with thyroid-replacement medications or through nutrition to raise levels of triiodothyronine (T3) and thyroxin (T4), which will, in turn, lower TSH levels and ease depression.

Meditation. Countless studies have shown that meditation is beneficial for people suffering from depression. In one recent study that focused on adolescents, the authors from Johns Hopkins School of Medicine noted that mindfulness meditation “may be particularly relevant for youth with maladaptive cognitive processes such as rumination,” and that it can “effectively manage and treat...emotional responses to stress, anxiety, and depression.”

Parents may want to explore opportunities for their teens to practice meditation, whether it be at home, with a group, via teenage meditation retreats, or with the guidance of a mental health professional.

Acupuncture. Use of this ancient therapy can be especially helpful for teens. According to the Depression Treatment Centers, “One reason acupuncture is so helpful to teens is that they are often otherwise quite healthy, apart from their depression. Acupuncture is most effective for those in good physical health because the pathways and organs are undamaged by long years of illness. Teens are in a phase of physical and emotional transition and part of the angst of youth has to do with the many changes taking place all at once.”

In a University of York study, 755 people with depression were randomly assigned to one of three groups: acupuncture, counseling, or usual care (going to a doctor, clinic, or emergency room). Those in the acupuncture and counseling groups were allowed up to 12 sessions on a weekly basis. Both acupuncture and counseling were associated with significantly reduced depression at three months when compared with usual care alone.

There are many factors, from bullying to diet, that can be contributing to your teen's depression.

Depression affects up to one-fifth of teens by the time they enter adulthood.

Countless studies have shown that meditation is beneficial for people suffering from depression.

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

ESSENCE
OF
CHINA



Two Great Mothers in Chinese History

SU LIN

Our mothers have great influence on us. As our first teachers, they influence us in every way, shaping our personalities and molding our minds. There were many prominent figures in Chinese history whose mothers played a significant role in their achievements. Two among these mothers were Mencius's mother and Ouyang Xiu's mother. These are two of those revered as the Four Virtuous Mothers of Ancient China, all of whose behavior and character were exemplary.

Mencius's Mother
Mencius's mother, Zhang, was born in the State of Zou during the Warring States Period (475–221 B.C.). As a widow, she worked hard to raise Mencius (372–289 B.C.) and was very strict with him. That was how Mencius grew up to be a famous philosopher.

The story of Zhang changing her residence three times for Mencius is known by many.

The story of Zhang changing her residence three times for Mencius is known by many. The mother and son used to live near a cemetery. Mencius mimicked the crying of the people at the funerals. Zhang was concerned and decided to move. Their new home was next to a marketplace. Mencius, who was good at mimicry, started imitating the touting and shouting of the hawkers and butchers. Believing the environment was a bad influ-



ence on Mencius, Zhang moved again, this time to a home next to an imperial ancestral temple. Mencius started picking up court etiquette from the officials who came and went on the first day of every month. Zhang was very pleased and decided that it was a good place to settle down. One day, Zhang was weaving on looms when Mencius came back from school. She asked him, "How far did you get in your studies today?" Mencius answered, "About the same as usual." Zhang immediately grabbed a pair of scissors and cut the piece of fabric she was weaving in two. Shocked, Mencius asked her why she did that. Zhang answered: "Neglecting your studies is akin to cutting the fabric I was weaving. A person stud-

ies to establish a reputation and gain knowledge. With knowledge, he can have peace and happiness at home and stay away from trouble when he is away from home. If you neglect your studies, you will not be able to avoid a life of menial service, and you will lack the means to stay away from trouble. It is like weaving for a living. If I gave up halfway, how would I be able to feed our family?" She believed that a woman who abandons her livelihood, as well as a man who neglects cultivating his virtue, will be reduced to slaves, if not thieves or burglars. Zhang's admonitions changed Mencius. He studied hard under the guidance of Confucius's grandson, Zisi, and eventually became a famous scholar.

Ouyang Xiu's Mother
Ouyang Xiu (1007–1072) was a great

scholar of the Northern Song Dynasty (960–1127). His mother, Zheng, was a diligent woman with a lot of determination and knowledge. She became a widow when Ouyang Xiu was 4 and reared him singlehandedly. His father had held a position among the local authorities, but life became hard after his death. When Ouyang Xiu was 5 years old, his mother taught him to read and write and how to be a good person. They were too poor to afford paper and ink, so Zheng improvised by using a reed to teach her son to write on sand. Zheng also used Ouyang Xiu's father as an example to teach him to be incorruptible. When Ouyang Xiu became an official, she told him stories of his father's integrity and good deeds. "As an official, your father often worked late into the night," she recounted. "He paid exceptional attention to cases involving commoners, and he would review those cases in great detail to prevent unjust sentences from being passed. Where possible, he would lighten the sentence. As for those sentences that he could not lighten, he would often sigh in regret." She added: "Your father was very upright, and he refused to take bribes. He frequently gave money to charity, and although he did not earn much, he kept little for himself, as he did not want his wealth to become a burden. As such, after he died, he left behind no house or land." When Ouyang Xiu was demoted for supporting Fan Zhongyan in a reform, his mother did not blame him. Instead, she comforted him. "It is not a disgrace that you were demoted for supporting justice. Poverty is nothing new to us. I am happy so long as you are not disheartened by what happened," she said.



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