

THE  
EPOCH  
TIMES

TRUTH and TRADITION

A CURE FOR  
FAKE NEWS  
SYNDROME

GET YOUR  
COPY  
NOW!

SUBSCRIBE TODAY

ReadEpoch.com.au  
02 8988 5600

In  
the NEWS

See  
PUZZLES  
on B6

## RUSSIAN FORCES

will assist in expelling Kurdish fighters from a 30km exclusion zone along the Turkey-Syria border in a deal between Russia and Turkey.

WORLD | A2

**“It is appalling that a state violating human rights, whose systematic exclusion policy has generated a complex humanitarian emergency, is elected to the U.N.’s Human Rights Council.”**

*Rodolfo Montes de Oca, lawyer at rights group PROVEA, on Venezuela’s joining the UN Human Rights Council*

WORLD | A3

**“The water cannon shot me twice! I’m 73 years old now and I can’t run easily. It’s totally out of my expectation that police can shoot at the elderly.”**

*Mohan Chugani, former Hong Kong Indian Association chief, after being sprayed with ink by a Hong Kong police water cannon*

CHINA | A5

## Australia’s HOME AFFAIRS

Minister has criticised the Victorian Premier for engaging in talks with China regarding taking part in its “Belt and Road” infrastructure loan scheme.

AU | A8

## INSIDE

World..... A2  
China..... A4  
US..... A6  
AU..... A8  
Opinion..... A9

FEATURES  
Arts & Tradition..... B1  
Food..... B8

DON’T DELAY.  
SUBSCRIBE TODAY.  
READ EPOCH.COM.AU  
TEL: 02 8988 5600



9 771838 799008



COURTESY OF DREW PAVLOU

Drew Pavlou (left), a 20-year-old University of Queensland student, has sought a court order against the Chinese Consul-General in Brisbane.

## CCP INFLUENCE

# Queensland Student Seeks Court Order Against Chinese Diplomat

Student assaulted twice while holding Hong Kong support rally

MIMI NGUYEN LY

An Australian student has sought a court order against the Chinese Consul-General in Brisbane alleging that a statement posted on the Consul-General’s website threatened his safety.

University of Queensland (UQ) philosophy student Drew Pavlou, 20, has applied for a peace and good behavior order under the state’s Peace and Good Behavior Act against Dr.

Xu Jie after the Consul-General, according to Pavlou, endangered him by describing him as an anti-China separatist.

Xu has been issued summons to appear in the Queensland Magistrates’ Court on Nov. 22, where a magistrate will either impose the order against Xu or dismiss Pavlou’s complaint.

Pavlou had helped organize protests

*Continued on A8*

**They want me to be quiet but I feel I have to speak out.**

Drew Pavlou, student

## BIG TECH

## Facebook Founder Mark Zuckerberg Criticises Chinese Censorship in Speech

NICOLE HAO

Facebook founder and CEO Mark Zuckerberg—who in the past openly pandered to Chinese officials, likely in an effort to ensure the social media giant’s entry into the Chinese market—recently made a speech at Georgetown University in which he criticised the Chinese regime for its internet censorship, striking a remarkably different tone.

Chinese state-run media reported that back in December 2014, when Lu Wei, then head of China’s chief agency for overseeing internet censorship, the Cyberspace Administration, visited Facebook headquarters, Zuckerberg gave him a warm welcome.

*Continued on A6*

VLADIMIR SMIRNOV/AFP/GETTY IMAGES



Malaysian Prime Minister Mahathir Mohamad gives a speech as he takes part in a plenary session of Eastern Economic Forum on Sept. 5, 2019.

## CCP INFLUENCE

## Malaysian Prime Minister: It Is Not Malaysia’s Job to Promote China’s Ideologies

ISABEL VAN BRUGEN

Malaysia’s Prime Minister Mahathir Mohamad said this week it is not Malaysia’s role to promote China’s “One Belt One Road” (OBOR, also

known as Belt and Road) initiative, and that he does not want China’s ideas and ideologies to influence the country’s younger generation.

Speaking during a forum session

*Continued on A2*

## HONG KONG

## Hong Kong Authorities Mull Official Journalist Registry, Drawing Concerns of Press Freedom Restriction

NICOLE HAO

350,000 Hongkongers paraded on the streets again on Oct. 20, while Hong Kong police admitted that the government is trying to come up with ways to officially register journalists, drawing criticism from local trade and press freedom groups.

For months, there were rumours among protesters and local reporters that the authorities would launch a government-authorised press license

*Continued on A4*

NG HAN GUAN/AFP/GETTY IMAGES



Apple CEO Tim Cook attends a summit for the China Development Forum on March 23, 2019.

## BIG TECH

## Apple CEO Appointed Chair of Board at University With Close Ties to Beijing

EVA FU

Apple CEO Tim Cook recently became the chairman of an advisory board for the business school at China’s prestigious Tsinghua University, as the tech giant faced criticism for

*Continued on A4*

## HONG KONG EXTRADITION BILL

## Hong Kong Government Refuses Taiwan’s Offer to Transfer Murder Suspect

NICOLE HAO

The Hong Kong government on Oct. 23 refused Taiwan’s offer to escort murder suspect Chan Tong-kai to the island to face prosecution.

This is the latest in an ongoing dispute between Hong Kong and Taiwan authorities over the murder case that became the Hong Kong government’s impetus for introducing a controversial extradition bill, which has triggered ongoing mass protests since June.

Chan, a 21-year-old Hong Kong resident, is wanted in Taiwan for allegedly killing his 20-year-old girlfriend Poon Hiu-wing while they were visiting Taipei in February 2018. Poon’s body was found in a suitcase near a Taipei metro station.

*Continued on A3*

End of Line Sale

OUTDOOR COLLECTION

KONA 4PC MODULAR

REGULAR PRICE \$11,199

MEMBER PRICE \$8,499

SPECIAL PRICE \$3,899

OSMEN®  
Outdoor Furniture

Alexandria Homemaker Centre  
49-59 O'Riordan Street  
Artarmon HomeHQ  
1 Frederick Street  
Auburn Showroom  
276-278 Parramatta Road  
Belrose Supa Centre  
4-6 Nialgala Close  
Chatswood Chase Sydney  
Shop C062, Ground Floor 345 Victoria Avenue  
Hills Super Centre  
16-18 Victoria Avenue & Showground Road  
Smithfield Warehouse & Showroom  
134 Clippis Road

\*Visa stock available. \*Exclude any special price. Only applies to member price. \*Memt fee \$99 applies. See staff for more information. T&C apply.

## Accuracy & Integrity

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



# Malaysian Prime Minister: It Is Not Malaysia’s Job to Promote China’s Ideologies

CONTINUED FROM A1

of the Malaysia Beyond 2020 conference in Kuala Lumpur on Oct. 21, Mahathir said that although Malaysia regards China as a “friend,” he does not want people to believe the country has fallen under its influence.

“Malaysia has always regarded China as a friend, except for some periods in the early days of our independence when China was practicing communism that could be exported to Malaysia,” he said. “We don’t want that.”

The 93-year-old leader spoke in reference to a controversial propaganda comic book titled “Belt and Road Initiative for Win-Winism” which is believed to have been distributed to schools across the country.

The comic book, which promotes China’s OBOR initiative, reportedly contains propaganda repeating political views of the Chinese Communist Party (CCP), and describes those who believe Uyghurs are being mistreated in Xinjiang, as “extremists,” reported the Malay Mail. Mahathir has said he was not involved in its publication and was unaware of its content.

“At the moment, it is not for us to promote China’s ideas and ideologies but to find out how we can benefit from them,” Mahathir said.

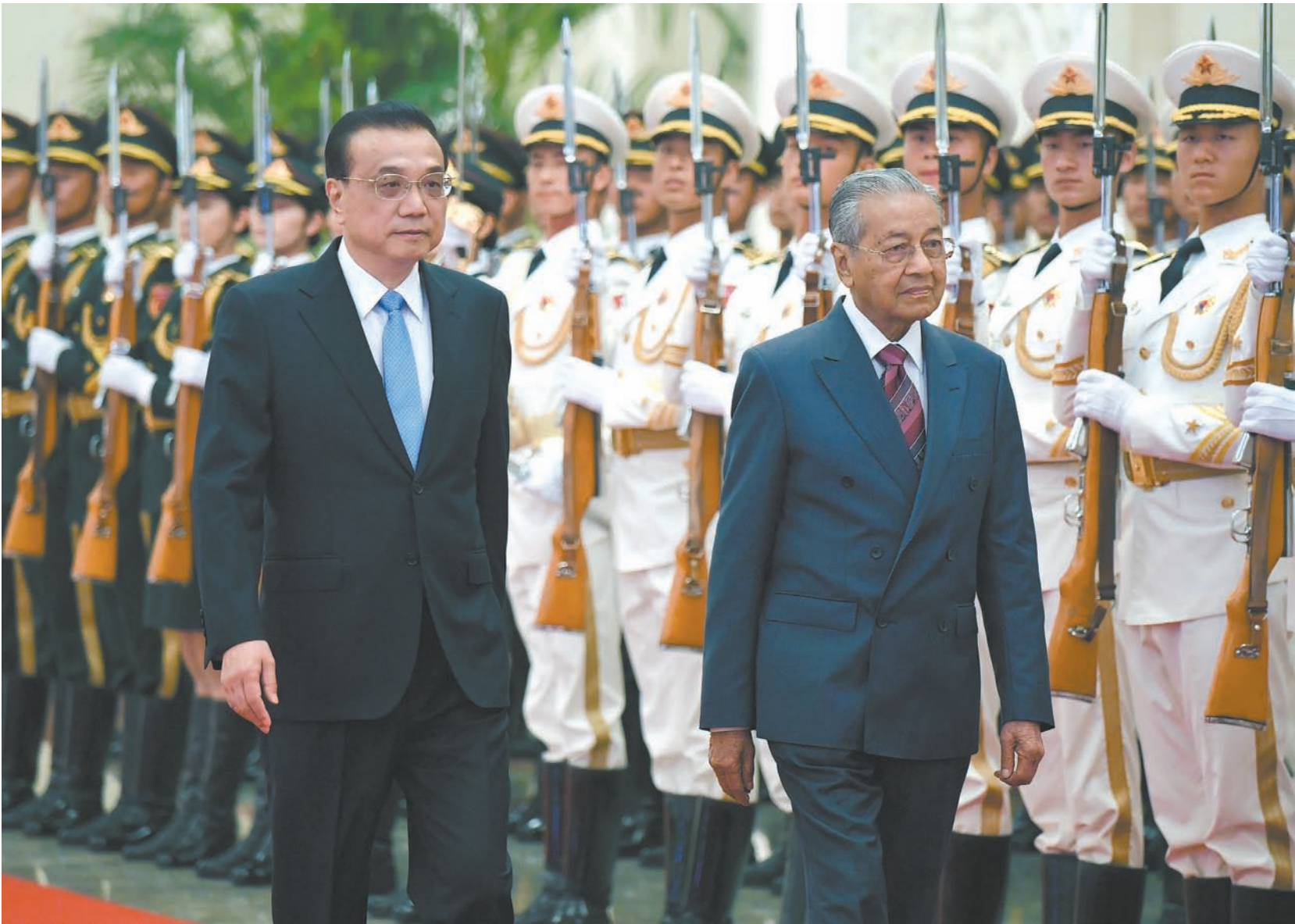
“As much as we didn’t like Western influence in our strategies and schools, we don’t want other countries to have undue influence on our young people.”

The comic allegedly contains a photograph of Mahathir with notes stating the book was given as a gift from him to Chinese leader Xi Jinping when they met during the Belt and Road Summit and Forum in Beijing in April.

The Prime Minister’s Office rebutted the claims in a statement on Oct. 18 saying: “The PMO would like to state that the book was not an official gift during the meeting and it [the comic] was brought in without going through proper procedures and channels.”

The distribution of the book in schools is currently under investigation, Malaysia’s Home Ministry said.

Mahathir added at the Malaysian Beyond 2020 conference that Malaysia will not support the OBOR



WANG ZHAO/AFP/GETTY IMAGES

Malaysia’s Prime Minister Mahathir Mohamad (R) and China’s Premier Li Keqiang (L) inspect Chinese honour guards during a welcoming ceremony at the Great Hall of the People in Beijing on Aug. 20, 2018.

Malaysia has always regarded China as a friend, except for some periods in the early days of our independence when China was practicing communism that could be exported to Malaysia. We don’t want that.

Mahathir Mohamad, Prime Minister of Malaysia

initiative “without a proper study.” “We support the idea of ‘One Belt One Road’ but we have to find out exactly what it is,” he said.

“So, we are not going to influence the minds of the young people. The young people must understand the problems, strategies, and policies of our own country first.”

Mahathir’s comments came after he successfully renegotiated a major China-backed rail link project in a deal which will save the country 21.5 billion ringgit (\$5.2 billion) in debt to the communist superpower.

The 93-year-old slashed the cost of the East Coast Rail Link (ECRL)—a key part of China’s OBOR infrastructure initiative—by almost a third, from 65.5 billion ringgit (\$16 billion) to 44 billion ringgit (\$11 billion), his office announced on April 12.

“This reduction will surely benefit Malaysia and lighten the burden on

the country’s financial position,” it said in a statement.

Mahathir said his government negotiated the new terms of the agreement to prioritize the needs of Malaysians, adding that the initial cost of the rail link was unjustified and unclear.

The move came after months of negotiations following Mahathir’s decision to cancel the project last year. The agreement was first signed in 2017 under the administration of Datuk Seri Najib tun Razak, Mahathir’s scandal-ridden predecessor.

The 93-year-old leader simultaneously announced the cancellation of the Trans-Sabah Gas Pipeline (TSGP) project on the final day of his official five-day visit to China, saying that his country’s top priority was to minimize its debt and loans.

Mahathir canceled the ambitious ECRL last year amid concerns that

the project made no financial sense for the country. Alarm bells were triggered after other countries started running into financial difficulty when the construction of their infrastructure projects as part of the OBOR initiative began.

Meanwhile, Mahathir also said Wednesday that it was a near miracle that Malaysia was not bankrupted by the 1Malaysia Development Berhad (1MDB) money-laundering scandal, which caused both financial and institutional damage.

“One of the biggest challenges after successfully toppling the kleptocratic regime was mopping up the mess left behind and rebuilding the nation,” he said.

“While 1MDB is without doubt a monstrosity, we will never be able to fully fathom the damage it caused the nation.”

He added, “It is a near miracle that this country was not bankrupted.”

# Russia, Turkey Agree to Remove Kurds From Turkey-Syria Border

JACK PHILLIPS

Russian President Vladimir Putin and Turkish President Recep Tayyip Erdogan agreed to create a buffer zone in northern Syria and will remove Kurdish fighters along the border.

After several hours of talks, the two leaders said a “safe zone” would be implemented in northeastern Syria, and they would initiate joint patrols in the area. The announcement comes days after Turkey incurred into northern Syria on Oct. 9 to remove Kurdish fighters that it has described as “terrorists” from the area.

According to the deal, starting on Oct. 23, Russian forces and Syrian border guards will “facilitate the removal of [Kurdish] YPG elements and their weapons to the depth” of 30 kilometers (20 miles) from the Turkish-Syrian border.

After five days, Russian and Turkish patrols “will start in the west and the east of the area of Operation Peace Spring with a depth of 10 kilometers (6.2 miles), except Qamishli city,” stated a memorandum of understanding between the two nations.

Russia and Turkey, it added, will also work to contain “terrorist elements” from springing up in the area. The memorandum didn’t elaborate.

The YPG, the key component in the Syrian Democratic Forces that



SERGEI CHIRIKOV/POOL/AFP VIA GETTY IMAGES

Russian President Vladimir Putin meets with his Turkish counterpart Recep Tayyip Erdogan in Sochi, Russia, on Oct. 22, 2019.

have for years fought alongside U.S. troops against ISIS, will also leave the towns of Tel Rifaat and Manbij under the deal, Reuters reported.

“This operation also guarantees Syria’s territorial integrity and political unity ... We never had any interest in Syria’s land and sovereignty,” Erdogan said at the press conference. “The main aim of the operation is to take out PKK/YPG terror organizations from the area and to facilitate the return of Syrian refugees,” he remarked.

Russian Foreign Minister Sergey Lavrov also confirmed the leaders came to an agreement.

The move comes about two weeks after the White House announced the withdrawal of U.S. forces from the border area, precipitating Turkey’s incursion into the Syrian border region. However, U.S. officials, including Secretary of State Mike Pompeo, said President Donald Trump is prepared to use military force again.

“We prefer peace to war,” Pompeo

The main aim of the operation is to take out PKK/YPG terror organisations from the area and to facilitate the return of Syrian refugees [from Turkey].

Recep Tayyip Erdogan, President of Turkey

said on Oct. 21. “But in the event that kinetic action or military action is needed, you should know that President Trump is fully prepared to undertake that action.”

Trump told reporters at a cabinet meeting that the United States “never agreed to protect the Kurds for the rest of their lives.

“We’re not going to take a position. Let them fight themselves,” Trump said, referring to the Turkish-Kurdish conflict.

On Oct. 21, Trump authorized \$4.5 million in direct support to the Syria Civil Defense to continue its “important and highly valued work” in Syria.

“The United States encourages our allies and partners to join us in our support for the SCD and in our efforts to protect civilians, religious and ethnic minorities, and other innocent victims of the Syrian conflict,” according to a White House statement.



# Many Christians in Syria Support Trump’s Decision to Withdraw Troops: Report

KATABELLA ROBERTS

Many Christians in Syria have praised President Donald Trump’s decision to withdraw U.S. troops from the north in a move they believe will help restore peace and security to the region, according to a non-YPG aligned Aramean Christian NGO.

Johnny Messo, the President of the World Council of Arameans (Syriacs) (WCA), said that he believes Trump made the right decision in withdrawing U.S. forces from Syria to put an end to the “ridiculous endless wars.”

In an Oct. 9 statement, Messo said that Trump had “fulfilled yet another campaign promise,” adding that the move to withdraw U.S. troops could bring peace, security, and stability to Syria.

Messo said that Trump’s decision shows that the United States “chooses peace and jobs at home above wars abroad,” and that “if other countries follow suit, primarily those whose foreign policies largely follow America’s course, and stop arming their proxies, violence will soon end.”

He added that he supported the Trump administration’s decision to end an Obama-era CIA program that in 2013 armed rebel and separatist groups who were in opposition to Syrian leader Bashar al-Assad and his Arab Socialist Ba’ath regime.

Messo argues that the Kurdish YPG militia are “responsible for the current escalation in the northeast and that they hold the key for peace in this part of our ancestral homeland.” The Aramean Christians he represents say they are the indigenous peoples of the region who

Syriac Christians take part in Palm Sunday celebrations at the Syriac Orthodox Church of the Virgin Mary in the northeastern Syrian Kurdish-controlled city of Qamishli, on April 21, 2019.



DELIL SOULEIMAN/AFP/GETTY IMAGES

Reports of war crimes, arbitrary detentions, and forced displacements of local residents by the YPG and PYD have come from non-YPG aligned Kurds, Arabs, Christians, and other ethnic minorities.

have suffered as a non-YPG-aligned minority group.

The YPG, or so-called People’s Protection Units, are a military arm of the Syrian Kurdish Democratic Union Party (PYD), which is an offshoot of the Marxist-nationalist Kurdistan Worker’s Party (PKK). The PKK is classified as a terrorism organization by both Turkey and the United States.

Reports of war crimes, arbitrary detentions, and forced displacements of local residents by the YPG and PYD have come from non-YPG aligned Kurds, Arabs, Christians, and other ethnic minorities.

A civilian told Amnesty International in 2015 that the YPG “told us we had to leave or they would tell the U.S. coalition that we were terrorists and their planes would hit us and our families.” A spokesperson for the YPG claimed that civilians were being moved for security reasons.

The Syrian Democratic Forces (SDF), the main partner to U.S.

forces in the region arranged by the YPG, have also met with backlash from local residents after they profited from oil sales to the Assad regime after gaining control of local oil fields like al Omar after defeating ISIS in late 2017.

Human Rights Watch also reported in August last year that the YPG Kurds, like ISIS, recruited child soldiers to military camps for training.

Messo said that the YPG Kurds, along with the PYD and PKK, have “oppressed vulnerable Arameans and taken innocent lives.”

He said they have “had ample time and opportunities to take away the security concerns of Damascus and/or Ankara” and had failed to strike a deal to become an autonomous region in North Syria.

He wrote: “By pursuing their own agenda, the nationalist PYD/YPG Kurds have acted irresponsibly, endangering the lives of their own people and those of Arameans and other minorities.

“YPG Kurds should have used

their privileged position to focus on Syria’s unity and strike a peace deal with Syria and/or Turkey.”

Messo continued: “Whether in Southeast Turkey or Northeast Syria, the PKK/PYD/YPG Kurds hold the key in their hands to peace, security and prosperity for their own people and for other peoples in the lands which we need to be sharing today.”

His words came shortly before Trump on Oct. 12 released \$50 million in aid to protect persecuted ethnic and religious minorities and advance human rights in Syria.

A statement by White House press secretary Stephanie Grisham read: “This funding will provide emergency financial assistance to Syrian human rights defenders, civil society organizations, and reconciliation efforts directly supporting ethnic and religious minority victims of the conflict.

“It will also go toward increased accountability, removal of explosive remnants of war, community security for stabilization assistance, documenting human rights abuses and international humanitarian law violations, and support for survivors of gender-based violence and torture.

“We hope regional and international partners will continue their contributions as well. Ensuring the freedom and safety of ethnic and religious minorities remains a top priority for this Administration.”

The statement from WCA is in direct contrast to statements made by the Syriac National Council of Syria widely reported by U.S. media, which the WCA claims is a front organization for the YPG that has little support among Syriacs back home.



PHILIP FONG/AFP/GETTY IMAGES

Chan Tong-kai, 20, wanted in Taiwan for the murder of his pregnant girlfriend during a holiday the two Hong Kongers took there in 2018, walks out the Pik Uk Prison in Hong Kong after serving a short jail sentence for stealing his girlfriend’s possessions on Oct. 23, 2019.

## Hong Kong Government Refuses Taiwan’s Offer to Transfer Murder Suspect

CONTINUED FROM A1

Chan returned to Hong Kong before local authorities could investigate the crime. After Poon’s death, Chan withdrew cash from ATM machines using Poon’s bank card once in Taiwan and three times in Hong Kong, and also took Poon’s digital camera, smartphone, and other valuables.

Chan was arrested in Hong Kong on money laundering charges and sentenced to prison. Hong Kong authorities said they didn’t charge Chan with murder because of a lack of evidence.

Chan will be released Oct. 23.

### Dispute

Taiwan authorities said they had sought to work out a mutual legal agreement with Hong Kong since November 2018 to transfer Chan back to the island, but the city had refused to sign a bilateral extradition treaty.

Using Chan’s case, the Hong Kong government instead proposed an extradition bill that would allow any country, including mainland China, to seek extradition of criminal suspects. It was formally withdrawn by city leader Carrie Lam in September, after millions of Hongkongers protested.

Hong Kong, which reverted to

Chinese rule from British rule in 1997 with the express guarantee of autonomy, doesn’t have an extradition agreement with Taiwan. Meanwhile, the Chinese regime doesn’t recognize the Taiwanese government, as it considers the island part of its territory, despite it being self-ruled, with its own democratically elected government, currency, and military.

On the eve of Chan’s release on Oct. 18, the Hong Kong government announced that Chan wrote a letter to Lam saying he would like to surrender himself to Taiwanese authorities after his release.

Taiwan initially criticized the Hong Kong government for what it called “a political maneuver” in publicizing Chan’s letter, as it would demonstrate that the extradition bill was necessary, the government said in a statement.

Furthermore, it said Hong Kong’s continual refusal to negotiate a bilateral treaty and transfer Chan under such terms was an act that “diminishes” Taiwan’s sovereignty by not treating it as a legitimate state, instead treating Taiwan as a part of China.

On Oct. 22, the Taiwan government said it sent a letter to Hong Kong counterparts requesting

permission to send officers to escort Chan from Hong Kong.

### Hong Kong Statement

The Hong Kong government released a statement early on Oct. 23, in which it rejected Taiwan’s request, saying that “the authority of Taiwan has no law enforcement power in Hong Kong.”

The statement called the offer “totally unacceptable” and suggested that the Taiwan government issue a visa to Chan and allow him to go to Taiwan himself and surrender to authorities.

It also repeated its argument that although Chan and Poon are Hongkongers, the city’s judicial system is not responsible for the murder case because the alleged homicide occurred in Taiwan.

As of press time, Taiwan hasn’t responded to Hong Kong’s latest statement.

Previously, Taiwan’s deputy interior minister, Chen Tsung-yen, said at a press conference on Oct. 22 that because Chan is a murder suspect, according to the island’s laws, he isn’t allowed to apply for a visa online or visa on arrival.

Chan also wouldn’t be allowed to board a Taiwanese-operated airplane.

## Human Rights Groups, Opposition Politicians Appalled as Venezuela Joins UN Human Rights Council

LUKE TAYLOR

BOGOTA, Colombia—International human rights watchdogs and members of Venezuela’s political opposition are expressing indignation that Venezuela, widely denounced for committing grave human rights abuses, won a seat on the United Nations Human Rights Council last week.

Venezuela took one of two Latin American seats in the 47-member council, alongside Brazil, on Oct. 17.

As Venezuela has fallen into economic and political turmoil under Nicolas Maduro, human rights abuses have soared, according to international NGOs.

More than 4 million have fled the country because of widespread shortages of food and medicine, rolling blackouts, and indiscriminate violence.

To maintain order and crush political dissent as Maduro continues a drawn-out political battle with Juan Guaidó, the head of congress who is recognized by more than 50 countries as the nation’s legitimate leader, Maduro’s regime is accused of the most brutal of human rights abuses, including extrajudicial killings.

A report released in June by the United Nations’ chief human rights official, Michelle Bachelet, concluded that the state was responsible for a “pattern of torture,” as well as disappearances and sexual violence.

Police and security forces have killed almost 18,000 people in Venezuela in instances of alleged “resistance to authority” since 2016, according to Human Rights Watch (HRW). The advocacy group says special security forces are violently repressing political opposition in poor neighborhoods.

José Miguel Vivanco, director of HRW’s Americas division, said that appointing Venezuela rather than Costa Rica is an “an insult to a body whose members are supposed to uphold the highest human rights standards.”

HRW was among many human

rights groups that were left shocked and enraged by Venezuela winning the seat.

“We are astonished. It is appalling that a state violating human rights, whose systematic exclusion policy has generated a complex humanitarian emergency, is elected to the U.N.’s Human Rights Council,” said Rodolfo Montes de Oca, a lawyer at PROVEA, a leading Venezuelan rights group.

Some members of Guaidó’s opposition weren’t taken aback by the news, however, because of a number of past controversial appointments to the council.

“We are not surprised. This is not the first time that this has happened,” said Manuela Bolívar, a member of Venezuela’s congress. “But this is a serious warning: the U.N. needs a selection protocol.”

Previous controversial appointments to the council include China, Cuba, Russia, and Saudi Arabia.

Venezuela begins a three-year term in January, along with 13 other newly appointed members of the 47-member body.

The appointment is a blow to the legitimacy of the international body, but also to the ongoing attempts by Juan Guaidó’s opposition to remove Maduro from power, said Sergio Guzmán, director of Colombia Risk Analysis.

“Venezuela’s victory suggests that the diplomatic efforts intent on cutting off Maduro are not having their intended effects,” Guzmán said. “The U.N. Human Rights Council is largely symbolic, so this doesn’t move the needle, but it gives Maduro greater gravitas at a time he desperately needs international recognition.”

Guaidó invoked the constitution to declare himself interim president on Jan. 23, in place of Maduro, who is widely deemed to have won his presidential term fraudulently. Amid a wave of international support for the fresh-faced lawmaker—including from the United States—Maduro clings to power.



# Hong Kong Authorities Mull Official Journalist Registry, Drawing Concerns of Press Freedom Restrictions

CONTINUED FROM A1

system. The Hong Kong police didn't deny the rumour when asked about the plan and said: "Police are open to any practices that can help identify journalists."

Pro-democracy lawmakers criticised the plan, but Hong Kong leader Carrie Lam denied the rumour, and emphasised that the government respects the supervisory power of the media.

### A Joint Statement

Hong Kong Journalists Association (HKJA) published on Oct. 19 a joint statement from Hong Kong Press Photographers Association (HKPPA), Independent Commentators Association, International Federation of Journalists, Journalism Educators for Press Freedom, Reporters Without Borders (RSF), and six media agents.

"Journalist unions, groups and academics solemnly opposes any official selection of journalists arrangements, which will inevitably undermine press freedom and the public's right to know," the statement said.

"Media plays the role of fourth power in the society, monitoring the exercise of power by the Government," HKJA stated. "Any arrangements that allow the Government to select journalists through official identification in reporting in public places will no doubt limit the room of freedom of reporting. That will not be conducive to free flow of information and truth-finding."

Currently, journalists are not required to apply for official identification in order to do reporting in Hong Kong. The statement concluded: "The requirements for the application of official identification can be arbitrarily changed. Those who refuse to accept the official identification or



A video journalist (R) is being pulled during a protest in Causeway Bay district in Hong Kong on Sept. 8, 2019.

Journalist unions, groups and academics solemnly opposes any official selection of journalists arrangements, which will inevitably undermine press freedom and the public's right to know.

Hong Kong Journalists Association, International Federation of Journalists, Journalism Educators for Press Freedom, Reporters Without Borders, and others

whose application fails will face more threats and risks in their reporting activities."

Kong Wing Cheung, chief superintendent of Hong Kong police information and publicity bureau, told media on Oct. 18: "Police officers have difficulties in identifying journalists on the frontline."

Kong said that is the reason that "police welcome all solutions that can identify journalists," which includes a government-released press card.

HKJA disagreed with Kong. It said in the statement: "The fact is that reporters have been coordinating with the Police in their law-enforcement in the recent protests and conflicts between the Police and protesters. Police officers have been able to identify journalists from their dress, equipment, activities and press cards."

Chan Yik Chiu, chairman of HKPPA, told local media HK01 on Oct. 18 that a unified press card wasn't practical. Chan said on protesting sites, there are many reporters from overseas media who wouldn't apply for a Hong Kong press card, as well as many freelance journalists and student journalists.



A video journalist blocks people from beating an unidentified man after a protest in Causeway Bay district in Hong Kong on Sept. 15, 2019.

Claudia Mo Man Ching, a lawmaker in the Legislative Council, published a news release on the evening of Oct. 18, in which she "strongly condemns and opposes the government and the police reviewing the qualifications of journalists by any meaning, which will further destroy the freedom of the press in Hong Kong."

### Tension Between Police and Journalists

Hongkongers have started to protest the now-shelved controversial extradition bill since April, which would have allowed mainland China to seek extradition of criminal suspects. The bill drew widespread opposition, with many fearing that the proposal would allow the Chinese regime to punish its critics on trumped-up charges.

Since June 12 when police started to fire rubber bullets, bean bags, tear gas, and pepper spray to disperse protesters, reporters in the line of fire have accused the police of obstructing their reporting or endangering their safety while covering the protests.

HKJA released a video titled "We Refuse To Be Silent" on Oct. 1 to ex-

pose the police brutality. The video shows police using pepper spray, tear gas, and water cannons to disperse journalists. It shows journalists being insulted, beaten and threatened by police who would also shine bright flashlights into reporters' cameras to interfere with their video footage of the protests.

On Sept. 29, a female journalist from an Indonesian-language publication was hit by a police bean-bag round which injured her right eye and forehead. Her lawyer quoted the doctor who said that she might permanently lose eyesight in her right eye.

On Oct. 20, 350,000 Hongkongers paraded against the anti-mask law despite police banning the planned march. At around 3:15 p.m., about 1 hour 45 minutes after the march began, police started to fire tear gas and water cannons at protesters, which also injured other people including reporters.

Simon Lau Sai Leung, Hong Kong senior current affairs commentator, told Chinese-language Epoch Times on Oct. 19 that he is concerned the Hong Kong government might take over the local media in an emergency situation.



Apple CEO Tim Cook waves as he arrives for the Economic Summit held for the China Development Forum in Beijing on March 23, 2019.

## Apple CEO Named Board Chairman at Top Chinese Business School

CONTINUED FROM A1

caving to the Chinese regime's censorship rules because of its business interests in China.

Cook's role on the board is to make Tsinghua's School of Economics and Management a world-class institution during his three-year stint, according to the school website's report on an advisory board meeting held Oct. 18. Cook hosted the meeting with 35 members in attendance.

The advisory board, established in 2000, is comprised of roughly 70 business leaders and scholars from the United States, Europe, and Asia, as well as Chinese Communist Party officials. Chinese Vice Chair Wang Qishan is an honorary member.

Reports from the website show that Cook joined the board in October 2013. China's Vice Premier Liu He, Chinese tech conglomerate Tencent CEO Pony Ma, and Baidu Chairman Robin Li, who recently stepped down from his role at the cloud computing unit of internet giant Baidu, have

served as board members in the past year.

Tsinghua receives substantial funding from the Chinese regime, some of which goes to conduct research benefiting the Chinese military.

According to the state-owned newspaper China Education Daily, the university received more than 100 million yuan (about \$14.5 million) from the Science and Technology Committee of China's Central Military Commission—a Party organ that oversees the military—to advance AI capabilities for the military.

The work of the university's "Military Intelligent High-End Lab," an AI lab established in 2018, will be "guided by military needs" to make China an advanced AI country, according to the newspaper report.

Apple didn't immediately respond to a request from The Epoch Times for comment.

Sen. Josh Hawley (R-Mo.) took to Twitter on Oct. 21, criticising

Cook for his decision to chair the board.

"Will you teach a course on human liberties [and] Tiananmen Square? Maybe update students about what's happening in Hong Kong protests?" he asked.

### Bowing to China

Apple has recently come under criticism at home for toeing Beijing's line in order to maintain its business in China.

On the same day the Tsinghua meeting took place, a bipartisan group of U.S. lawmakers wrote to Cook to express concern about the company's recent decision to pull a crowd-sourced app, HK-map.live, from its app store.

The app has gained popularity among Hong Kong locals for providing timely updates about the ongoing protests. Apple dropped the app just one day after Chinese state media accused the company of protecting "rioters" and telling Apple that its business prosperity in China was at stake.

Chinese factories assemble the majority of Apple iPhones. The greater China area also generated \$52 billion of sales in 2018, which accounted for roughly one-fifth of the company's global total in 2018, according to Apple's financial earnings report.

The U.S. officials said the firm's decision "to accommodate the Chinese government" is "deeply concerning."

"We urge you in the strongest terms to reverse course, to demonstrate that Apple puts values above market access, and to stand with the brave men and women fighting for basic rights and dignity in Hong Kong," they wrote in the letter.

Citing compliance with local laws, in early October, Apple removed the Taiwan flag emoji from its latest version of the emoji keyboard for users in Hong Kong and Macau. Beijing considers the self-ruled island of Taiwan a breakaway province and has threatened to claim it by force if necessary.

## China Evergrande Slashes Price of Condos as Chinese Real Estate Boom Hits Bottom

OLIVIA LI

After more than a decade of boom, China's real estate industry is now facing a serious market slump. Many small to medium-sized real estate development firms have filed for bankruptcy this year. And many large developers are drowning in debt, and have to cut prices to boost sales.

Recently, China Evergrande Group, the country's second largest developer by sales, slashed the price of unsold units by 30 percent in its new condo tower, Future City, in Yueyang of Hunan Province. Angry customers who had purchased units before the price drop and now demanded a refund were beaten up by hired thugs.

The original price of Future City condos was set at 10,000 yuan per square meter (\$131 per sq. ft.). The unsold condos were recently reduced to 7,000 yuan per square meter (\$91.9 per sq. ft.), a whopping 30 percent drop. Buyers who had already signed contracts with the developer thus suffered a loss of \$43,000 for the smallest units of 1,098 sq. ft., and \$60,605 for the largest units of 1,550 sq. ft.

A Twitter video posted on Oct. 16 showed a large group of buyers marching to the Future City sales office, holding banners and demanding an unconditional revocation of their purchase contracts.

"Evergrande deceives buyers. We

demand a revocation of our contracts," the group shouted.

In response, Evergrande called in about a dozen thugs to beat up the angry customers. A sales consultant at the company also participated in the beating.

In the Twitter video, onlookers and protesters were heard yelling: "They started the fight! Evergrande openly started the fight."

A female sales agent who is selling the condo units but who is not affiliated with Evergrande told New Tang Dynasty TV, a sister publication of The Epoch Times, that it is close to impossible that these buyers will be able to get their contracts revoked.

In the first half of this year, more than 270 real estate companies in China went bankrupt. Market research companies estimate that the number of bankruptcies in China's real estate sector may exceed 500 by the end of this year, and most of them will be small to medium-sized real estate companies.

According to public data, in 2018, fifty-two large-sized Chinese real estate companies—including Vanke, Evergrande, and Country Garden—had a liability to asset ratio exceeding 80 percent, which is an alarming level. Among them, Evergrande's interest-bearing debt reached 673.2 billion yuan (\$95.1 billion), the highest debt of any real estate company in China.



A man reads a newspaper featuring the skyscrapers in Beijing on April 24, 2008.



# Hong Kong Police’s Use of Water Cannon at Mosque Draws Widespread Condemnation

NICOLE HAO

An incident in which Hong Kong police sprayed blue-dyed water from its water cannon vehicle onto the city’s largest mosque has sparked outrage among locals.

Local resident and businessman Mohan Chugani was among roughly a dozen people who were standing at the front gate of the Kowloon Masjid and Islamic Centre on Oct. 20, when the police deployed the water cannon.

He’s neither a Muslim nor a protester, and says he was just chatting with friends when he got sprayed.

“The water cannon shot me twice! I’m 73 years old now, and I can’t run easily,” Chugani told Epoch Times reporters at the scene. “It’s totally out of my expectation that police can shoot at the elderly.”

Later, during an interview with the Chinese-language edition on Oct. 21, Chugani said he felt pain all over his body after being sprayed. Also, “about 20 minutes after I was shot by the water, my eyes still couldn’t see anything,” he said.

Chugani used to support the police force and attended pro-police rallies. “Now, I do not trust them,” he said. He believed that the police intentionally fired the water cannon at the mosque.

The Hong Kong police and government, meanwhile, have maintained that the water cannon “inadvertently” shot at the mosque and there wasn’t any “malicious intent” by the police.

Hong Kong government leader Carrie Lam had called Chugani on Oct. 21 morning to personally apologise. “But I can’t accept it,” said Chugani, a born-and-raised Hongkonger.

### Incident

On Oct. 20, about 350,000 Hongkongers marched to the Kowloon neighbourhood from Tsim Sha Tsui to protest an anti-mask law recently enacted by the government in an attempt to quell unrest.

Around 4 p.m. local time, a police water cannon truck rolled down Nathan Road in Kowloon.

Exclusive video footage shot by The Epoch Times’ drone camera shows the vehicle approaching the mosque. The truck stopped and fired toward the mosque’s front gate and steps, forcing local resident Mohan Chugani and others to flee.

However, before the people could find shelter, the truck fired again, spraying the gate and then sweeping toward the group.



People react after being sprayed with blue-dyed water by a police riot-control vehicle during a protest outside the Kowloon Mosque in Hong Kong on Oct. 20, 2019.

Chugani said he would not accept their apologies because “police have crossed the line. Now Hong Kong doesn’t have rule of law.”



Mohan Chugani, former Hong Kong Indian Association chief, on Oct. 21, 2019.

### Unknown Blue Dye

After the incident, Chugani showed and rested for a while, but still felt in pain. He decided to go to the hospital that night.

Chugani told the Chinese-language Epoch Times that his friend called an ambulance for him and took him to the Queen Elizabeth Hospital, a major tertiary public hospital.

The doctor and nurse there arranged for more showers for him, as well as some eye drops. When

he said his eyes were still uncomfortable, the doctor transferred him to the ophthalmology department, where he needed to wait for an appointment.

“Then I wanted to be transferred to a private hospital where I could meet a doctor soon,” Chugani said. “But a close friend of mine who works for a private hospital suggested not to go there.”

The doctor told Chugani that the private hospital didn’t know what

chemicals may have been in the blue-dyed water, and thus, didn’t know how to properly treat Chugani’s irritated eyes.

He was frustrated by the experience.

“The [Hong Kong government] should tell all emergency rooms of all hospitals about which kind of medicine should be used to treat patients [affected by the water cannon],” Chugani said.

Police haven’t disclosed the contents of the dyed water, but protesters hit by it have complained of skin irritation.

### Apology

After the incident, many officials—including Lam, the city’s second-in-command Matthew Cheung, and pro-Beijing lawmakers—personally apologised to Chugani. Lam and police representatives also visited the mosque to meet with representatives of the Muslim community on Oct. 21 and apologise in person.

Chugani said he wouldn’t accept their apologies because “police have crossed the line.”

“Now Hong Kong doesn’t have rule of law,” he said.

He added that Cheung said in his apology email that there was an “unruly crowd” in the area.

But Chugani said: “It’s not true. ... I wouldn’t be standing there and chatting with friends if the streets were in chaos.”

Hongkongers also didn’t accept the police’s explanation.

Allan Au, a Hong Kong senior journalist, wrote an article for Stand News in which he raised suspicions about the police’s initial statement, which said the water cannon was deployed to disperse “rioters.”

But in photos taken by local media of the crowd standing in front of the mosque. They were holding placards notifying protesters not to damage the building. Another held a sign explaining that protesters have pledged not to damage the mosque or other buildings in neighbourhoods with a heavy South Asian population.

Twenty-four pro-democracy lawmakers also published a joint statement, in which they accused the police of blatantly lying in their statement.

Religious venues “should not be disrespected and tarnished,” they said.

*The Hong Kong bureau of The Epoch Times contributed to this report.*

## As Beijing Prepares for Key Meeting, Media Exposé Becomes Leverage

NICOLE HAO

In the coming days, the Chinese Communist Party will hold its fourth plenary session, a major political meeting where Party elite typically discuss future personnel changes and policies.

Beijing has not announced the exact date of the meeting, only saying that it will be held in late October.

Amid such sensitive timing, The New York Times published an exposé on Oct. 14 detailing how the Germany-headquartered Deutsche Bank bribed senior Party officials in order to gain access to the Chinese market.

The report implicated officials within different Party factions, leading observers to analyse what impact it could have on the political manoeuvrings during the fourth plenary session.

### Deutsche Bank

Deutsche Bank, headquartered in Frankfurt, Germany, is ranked No. 15 in the latest S&P Global ranking of the world’s 100 largest banks.



The New York Times reported that the bank developed its businesses in China by sending gifts to senior Party officials, hiring their children and relatives, paying more than \$14 million to seven “consultants” to secure meetings between top Chinese officials and bank executives, and entertaining officials inside and outside of China.

It first entered China in 1872, but closed and re-opened several times until 1981, when it opened its Beijing office. Deutsche Bank China was founded in 2008. Today, it has offices in major cities throughout China.

The New York Times reported that it received secret documents about Deutsche Bank from Süddeutsche Zeitung, a German media, which documented how the bank developed its businesses in China by sending gifts to senior Party officials, hiring their children and relatives, paying more than \$14 million to seven “consultants” to secure meetings between top Chinese officials and bank executives, and entertaining officials inside and outside of China.

The report said Deutsche Bank sent valuable gifts to former Party leader Jiang Zemin, former Premier Wen Jiabao, and current Vice Chair Wang Qishan. The bank hired relatives of Wen; of China’s former head of the propaganda department Liu Yunshan; of cur-

rent chairman of the Party’s rubber-stamp legislature Li Zhanshu; and those of Wang Yang, current chairman of the Party advisory body the Chinese People’s Consultative Conference.

### Impact

U.S.-based commentator Tang Jingyuan told The Epoch Times that though the bribes occurred before current Chinese leader Xi Jinping came to power, the involvement of currently sitting officials could be a blow to Xi’s leadership.

Factional infighting remains intense, divided into two main groups: those against Xi, and those for him, Tang said.

“All people who are familiar with Chinese politics know that Wang Qishan, Li Zhanshu, and Wang Yang are senior officials who are pro-Xi. Jiang Zemin, Wen Jiabao, and Liu Yunshan are retired and anti-Xi,” Tang said.

The Deutsche Bank revelations involving retired officials are less impactful, he said, as the revealed

amounts are far lower than the bribes that officials purged under Xi’s anti-corruption campaign were reported to have received.

“But for the current three officials, the report is something,” Tang said. “People may question whether they are qualified to be a senior official. Whether they received a large amount of bribes. Especially as Xi plans to reorganise the Party at the upcoming fourth plenary session.”

Wang in particular previously headed Xi’s anti-corruption efforts until he was appointed vice chair in 2017.

Commentator Zhang Lifan told Voice of America that the New York Times report would likely cause those three sitting officials to keep quiet during the upcoming meeting.

According to Party convention, the fourth plenary is generally held in the autumn after the third plenary session. But the Party held the third plenary in February 2018, leading observers to speculate that the long delay was due to disagreements

within the Party leadership about the direction of the country, amid an ongoing trade war with the United States and slowing economic growth.

In August, Beijing finally announced its plans to hold the fourth plenary in October.

Beijing also recently announced plans to draft a new law, called the “Government Officials Political Punishment Bill,” on Oct. 8. The law would grant the leaders of regional governments the power to issue administrative punishment against officials directly, bypassing the judicial process. Penalties include firing from one’s position, demotions, decreasing one’s salary, and so on.

Tang said this bill would allow Xi to fire officials who oppose him during the fourth plenary. Furthermore, the Deutsche Bank case would give the anti-Xi faction leverage. If Xi fires the anti-Xi officials, they would also pressure Xi to fire the three current officials named in the exposé, he said.



# Facebook Founder Mark Zuckerberg Criticises Chinese Censorship in New Speech, A Turnaround from Past Attempts to Please Chinese Officials

CONTINUED FROM A1

“Zuckerberg accompanied Lu on his Facebook campus visit, and introduced himself to Lu in Mandarin Chinese,” the report said.

Zuckerberg also invited Lu to sit at his office desk, where he had placed a book authored by Chinese leader Xi Jinping.

“I also bought this book for my colleagues and I want them to understand socialism with Chinese characteristics,” the report quoted Zuckerberg as saying.

About one month before this trip, Lu had told reporters at a press conference in Beijing on Oct. 30, 2014: “Some reporters had asked me whether Facebook can enter China?... I didn’t say Facebook can’t enter China, nor Facebook can enter China.”

“Chinese is hospitable, but I have the right to choose who can be my guests,” Lu said. “I can’t change you but I can choose who is my friend. I hope [all companies who] enter Chinese market are real friends.”

Lu has since been sacked by China’s corruption watchdog and sentenced to 14 years imprisonment on graft charges.

During Zuckerberg’s 2016 visit to China, he happily jogged on the streets of Beijing on a smoggy morning. And when Xi visited the United States in 2015, Zuckerberg met with Xi in person, dressing up in a sharp navy suit for the occasion, instead of his usual hooded sweatshirt or T-shirt.

In July 2018, his efforts appeared to bear fruit. Media reported that Facebook received a permit to operate a subsidiary in Hangzhou City in eastern China’s Zhejiang Province. But Chinese authorities revoked the approval within several hours.



Facebook CEO Mark Zuckerberg leads a conversation on free expression at Georgetown University in Washington on Oct. 17, 2019.

**We’re increasingly seeing laws and regulations around the world that undermine free expression and people’s human rights. These local laws are each individually troubling, especially when they shut down speech in places where there isn’t democracy or freedom of the press.**

Facebook founder and CEO Mark Zuckerberg

The New York Times quoted “a person familiar with the matter who declined to be named,” who said Facebook received permission from the local government, which angered the central government’s Cyberspace Administration because it “had not been consulted more closely.”

**Freedom**

Zuckerberg delivered a speech at Georgetown University on Oct. 17, in which he talked about China’s internet censorship.

“China is building its own internet focused on very different values,” Zuckerberg said, noting that the Chinese regime “is now exporting their vision of the internet to other countries” through popular China-developed internet platforms.

He added that censorship rules similar to China’s are also being adopted by other countries. “We’re increasingly seeing laws and regulations around the world that undermine free expression and people’s human rights. These local laws are each individually troubling, especially when they shut down speech



Mark Zuckerberg (R) leads a conversation on free expression with Mo Elleithree, Executive Director of the Institute of Politics and Public Service, at Georgetown’s McCourt School of Public Policy at Georgetown University in Washington on Oct. 7, 2019.

in places where there isn’t democracy or freedom of the press.”

He said that such censorship was “one of the reasons we don’t operate Facebook, Instagram or our other services in China.”

Zuckerberg gave the audience an example.

“While our services, like WhatsApp, are used by protesters and activists everywhere due to strong encryption and privacy protections, on TikTok, the Chinese app growing quickly around the world, mentions of these protests are censored, even in the U.S.,” Zuckerberg said.

**Chinese Social Media**

U.S. scholars have in recent years warned about the security risks of using WeChat, China’s most popular social media platform, urging the U.S. administration to impose sanctions on the company. It has also attracted scrutiny over its lack of privacy protections and its role as a tool to influence Western elections.

WeChat’s developer and owner, Chinese tech giant Tencent, said that the app has a total of over 1.1 billion monthly active users.

The Epoch Times conducted tests on the app in August and found out even for WeChat users located outside of China, the app bars several Chinese-language, U.S.-based media outlets known for their coverage of the communist regime’s abuses, including the Chinese-language edition of The Epoch Times, Epoch Times affiliate NTD, Voice of America, and Radio Free Asia.

Meanwhile, WeChat’s compliance with the Chinese regime’s censorship rules is well documented. In 2018, researchers who analysed 1.04 million articles posted on 4,000 public WeChat accounts covering daily news found that 11,000 were removed by censors.

Recent studies have also revealed how the app uses several algorithms to automatically censor images in real time.

Heng He, a U.S.-based China affairs commentator, told the Chinese-language Epoch Times that the Chinese regime’s propaganda tactics outside of China were two-fold: promoting news favorable to Beijing, and suppressing information that casts the regime in a negative light.



An FBI building in Washington.

## US Navy Lieutenant Charged in Export Scheme to Benefit China

FRANK FANG

A lieutenant at the naval air station in Jacksonville, Florida, has been arrested and faces multiple federal charges, including running a “firearm tourism” business for Chinese tourists and being part of a scheme to illegally export military-grade inflatable boats to a Chinese government agency.

The FBI and the Naval Criminal Investigative Service raided the home of Lt. Fan Yang and his wife, Yang Yang, on Oct. 17 and arrested them, according to Jacksonville local broadcaster News4Jax, which first reported about the case. Yang worked in the U.S. Navy Anti-Submarine Warfare unit.

Yang, a naturalised U.S. citizen originally from China who has top security clearance, allegedly worked with a Chinese national named Ge Songtao—who had a visa to stay in the United States until 2026—to bring Chinese tourists to fire weapons at shooting ranges in the United States, according to court documents.

**Firearms Scheme**

China, which has some of the

toughest gun regulations in the world, doesn’t allow citizens to possess firearms—which makes firearm tourism appealing to Chinese citizens.

Yang and his wife established a company called BQ Tree LLC in 2015 and received hundreds of dollars from Ge and a Chinese company named Shangzhi Breeze Technology that Ge was connected to, according to the court documents. Records show that Yang received a \$205,000 wire transfer from Shanghai Breeze in 2015.

Yang and Ge also went to a shooting range together several times in Orange Park in 2017.

Yang wrote emails to an unidentified business owner in Orlando, Florida, pitching the idea of bringing Chinese tourists to the United States for firearms training and charging them \$600 “per day of training including equipment, ammunition, and firearms.”

It isn’t known whether Yang succeeded in his firearm tourism scheme.

Yang tried to hide his connections to Ge. In January, while

getting his top security clearance renewed, Yang lied and said he didn’t have any contacts with foreign nationals or any foreign financial interests, according to court documents.

Yang also bought a 9mm handgun for Ge in 2017, which the FBI seized in a raid last month. Ge was arrested Oct. 17 in Louisiana, according to News4Jax, citing court records.

Yang and his wife face federal charges including defrauding the United States and prohibitions on firearms possession by a non-U.S. resident.

**Inflatable Boats**

Yang and his wife are also connected to another arrest made in Louisiana on Oct. 17.

Zheng Yan, a 27-year-old resident of China, and Yang Yang are accused of trying to buy and smuggle inflatable boats—each equipped with a military-grade engine—made by an unidentified California-based marine manufacturer, along with flash drives and other equipment for China’s Ministry of Agriculture’s fisheries bureau to use, according to court documents. The Navy lieutenant and Ge are also named as co-conspirators; all four face charges of violating federal export regulations.

Yang Yang reached out to the California-based company, while fully aware that the company made vessels for the U.S. Navy—and thus, that the firm might be prohibited from exporting such sensitive products to China.

At least 10 vessels were sent to Shanghai Breeze Technology, according to News4Jax, citing U.S. government shipping records. Some of those illegal exports were also facilitated by BQ Tree, the company founded by the lieutenant and his wife, according to court documents.

The firearms case is sealed by the court, but its details were disclosed via the case against Zheng and others.

## US Not Out to ‘Decouple’ From China, Defense Official Says in Beijing

BEIJING—The United States is not seeking to “decouple” from China and not asking any country to choose sides, a senior U.S. defence official said on Oct. 21, offering a softer outlook on relations bruised by a bitter trade war.

China has been nervous that the United States is seeking to sever, or at least severely curb, economic ties in what has been called a “decoupling.” Beijing fears that the Trump administration wants a complete separation with China.

The two countries have been working to resolve their trade dispute, with the United States announcing a “phase 1” deal with China on trade matters and suspending a scheduled tariff hike for October.

Speaking in Beijing at a high-profile Chinese military forum, U.S. Deputy Assistant Secretary of Defence Chad Sbragia sought to place relations in a more positive light.

“One area that I would comment and challenge on is—I’ve heard this on this panel and other panels—the idea that the United States approach is fundamentally based on decoupling,” Sbragia said at a panel on the sidelines of the Xiangshan Forum.

“I’ll tell you from personal experience that’s not only not official U.S. policy, that’s not even a policy discussion that I hear in my day-to-day business. That’s not even how we think about that,” he said.

“If decoupling was actually the practice, what you would see on a day-to-day basis would be fundamentally different than what you see.”

What the United States is trying to do is “rebalance and right relationships to ensure that we have equity,” Sbragia, who is leading the U.S. delegation to the forum, added.

Both countries want to enhance stability and deepen their relationship to reinforce crisis avoidance, he said.

“It’s just the opposite of decou-



U.S. Deputy Assistant Defense Secretary for China Chad Sbragia at a meeting on Asia-Pacific Security Architecture at the Xiangshan Forum in Beijing, China, on Oct. 21, 2019.

pling. It’s not to pull apart. It’s actually to in some ways deepen those relationships.”

The United States and China have bickered over other areas, including the disputed South China Sea and Chinese-claimed Taiwan, with Beijing especially nervous about U.S. military activity in what it views as China’s backyard.

Sbragia said Washington wanted an open, free and inclusive Indo-Pacific region based on certain principles, including peaceful resolution of disputes, freedom of navigation and overflight, and fair trade and investment.

“Our treaty alliances in the Indo-Pacific are not maintained as a relic of Cold War thinking, as some contend, but are manifestations of our enduring commitment to ensuring our allies and partners are secure in their sovereignty,” he added.

“Our inclusive vision extends to China as well. Competition with China does mean conflict, and the United States will not ask any country to choose between Washington and Beijing. That’s not how the logic of our framework, our approach, is set.”

By Ben Blanchard  
From Reuters



# Pompeo Says There Was No Quid Pro Quo Tied to Ukraine Aid

IVAN PENTCHOUKOV

Secretary of State Mike Pompeo said in an interview aired on Oct. 20 that there wasn't any quid pro quo tied to the temporary hold placed on U.S. military aid to Ukraine.

Pompeo defended the administration's handling of the aid, as House Democrats pressed their impeachment inquiry, which is centered on President Donald Trump's request for Ukraine to look into potential wrongdoing by former Vice President Joe Biden and his son, Hunter Biden.

The Democrats and their media allies allege, without providing evidence, that Trump held up the military aid to pressure Ukrainian leader Volodymyr Zelensky to investigate the Bidens and the Democrats.

"I never saw that in the decision-making process that I was a part of," Pompeo told ABC News, when asked if there was a quid pro quo tied to the aid. "The conversation was always around what were the strategic implications, would that money get to the right place."

The questions ABC posed to Pompeo revolved in part around remarks by White House Chief of Staff Mick Mulvaney on Oct. 17.

Establishment media outlets used the comments to suggest that the Trump administration held back aid to force Ukraine to probe the Democrats. On the call with Zelensky, Trump mentioned a Democratic National Committee (DNC) server which may be in the possession of a Ukrainian national.

Later that day, Mulvaney criticized the way his comments were spun, saying that the "media has decided to misconstrue my comments to advance a biased and political witch hunt against President Trump." He again insisted on Oct. 20 that his remarks were taken out of context.

"That's not what I said. That's what people said that I said," Mulvaney told Fox News.

"Can I say that people took that the wrong way? Absolutely. But I never said there was a quid pro quo because there isn't."

On the call with Zelensky, Trump appeared to refer to the DNC server allegedly hacked by Russian operatives during the 2016 election. Later on the call, Trump asked Zelensky to look into the business dealings of Hunter Biden, Joe Biden's son. While Trump mentioned U.S. aid to Ukraine early in the call, the president didn't connect the aid to the investigations he requested, according to the transcript of the call released by the White House.



U.S. Secretary of State Mike Pompeo gestures as he delivers a speech during a joint press conference with NATO Secretary General following their meeting in Brussels, on Oct. 18, 2019.

But I never said there was a quid pro quo because there isn't.

White House Chief of Staff Mick Mulvaney



U.S. President Donald Trump and Ukrainian President Volodymyr Zelensky speak during a meeting in New York on Sept. 25, 2019.

Trump and Zelensky have both said there was no pressure exerted on Ukraine during their call. A plain reading of the transcript doesn't show any obvious pressure or quid pro quo.

The Democrats have interviewed several witnesses as part of an impeachment inquiry held largely behind closed doors. Their inquiry was triggered by a complaint by an anonymous whistleblower who alleged that Trump's request to Zelensky could constitute a campaign finance violation. The Department of Justice reviewed the complaint and determined no further action is necessary.

The White House has vowed to not cooperate with the inquiry unless the Democrats hold a formal vote to initiate the proceedings. While the Constitution doesn't explicitly require a formal vote, the two most recent impeachment inquiries started after a vote in the House of

Representatives.

Republicans have criticized the secrecy of the impeachment inquiry. Rep. Jim Himes (D-Conn.), a member of the House Intelligence Committee, told CBS on Oct. 20 that the House would eventually hold open hearings.

In his request to Zelensky related to Hunter Biden, Trump appears to have referred to the firing of Ukrainian prosecutor Viktor Shokin. Vice President Joe Biden bragged about forcing Shokin's firing by withholding \$1 billion in U.S. loan guarantees. After he was ousted, Shokin said in a sworn statement that he was removed due to pressure from Biden, because he refused to drop an investigation into Burisma, a major Ukrainian natural gas company.

At the time Joe Biden applied the pressure, Hunter Biden held a paid position on the board of Burisma, according to a statement by his lawyer.



President Donald Trump at a press conference in the East Room of the White House in Washington on Sept. 20, 2019.

## Trump Says Being President Cost Him '\$2 to \$5 Billion'

JACK PHILLIPS

Over the past three years, being the country's commander-in-chief cost President Donald Trump between \$2 billion and \$5 billion in lost earnings, he said on Monday.

"It's cost me anywhere from \$2 [billion] to \$5 billion to be president ... between what I lose and what I could have made," Trump said during a cabinet meeting at the White House.

"I would've made a fortune if I just ran my business—I was doing it really well," he said, according to Fox Business.

However, Trump said he doesn't regret it.

"If I had it to go it again I would do it in an instant, because who cares, if you can afford it, what difference does it make?" he told reporters, according to Reuters.

Trump ran a series of resorts

If I had it to go [at being the president] again I would do it in an instant, because who cares, if you can afford it, what difference does it make?

U.S. President Donald Trump

bearing his name around the world before he became president. His children have taken over the family business.

"Whether I lost \$2 billion, \$5 billion or less, it doesn't make any difference. I don't care," Trump told reporters. "I'm doing this for the country. I'm doing it for the people."

In the meeting, Trump also discussed looking at different locations for next year's G-7 summit after he went back on a decision to host the event at his Doral resort near Miami.

"I don't think it'll be as exciting, I don't think it'll be as good," Trump said of the potential new location. "It'll cost the country a fortune because it's very expensive. ... I was willing to do it for free but people didn't like that. They thought I may get some promotional value," as reported by Fox Business.

He pilloried the media on Monday over the move.

"Doral in Miami would have been the best place to hold the G-7, and free, but too much heat from the Do Nothing Radical Left Democrats & their Partner, the Fake News Media!" he wrote in a tweet.

The G-7 is slated to include the United States, the United Kingdom, Germany, France, Canada, Japan, and Italy. It was formerly known as G-8 until Russia was booted out in 2014 over its incursion into the Crimean Peninsula in Ukraine.

# State Department Review of Clinton Emails Cites 38 People for Mishandling Classified Information

IVAN PENTCHOUKOV

The State Department found 38 people culpable of "failure to safeguard classified information" in the final report on its yearlong security review of thousands of emails sent through the unauthorized email server used by Hillary Clinton during her tenure as secretary of state.

"Instances of classified information being deliberately transmitted via unclassified email were the rare exception and resulted in adjudicated security violations," according to the report released by the Senate Finance Committee. "There was no persuasive evidence of systemic, deliberate mishandling of classified information."

The report doesn't identify any of the culpable people and doesn't differentiate between current and former officials. The inquiry, conducted by the Bureau of Diplomatic Security, wasn't punitive in nature. Officials who were found culpable received a security violation citation. Those who couldn't be reached have a letter in their files that allows for an appeal once they learn of the violation.

Clinton handed over 33,000 emails to Congress, the State Department, and the FBI after House Republicans discovered her private email account as part of the inquiry into the deaths of four Americans in Benghazi. The State Department's review didn't include the thousands of emails subpoenaed by Congress but deleted by Clinton's server administrator.

The State Department began its review of the emails in December 2014 but suspended its inquiry at the FBI's direction in March 2016. The department resumed the inquiry in July 2016 after the FBI completed its investigation. After pausing briefly after the FBI discovered additional emails and reopened the investigation in August, the State Department inquiry proceeded uninterrupted for 38 months.

Then-FBI Director James Comey exonerated Clinton on July 5, 2016, in an unprecedented public statement. Comey concluded that "Clinton and her colleagues were extremely careless in their handling of very sensitive, highly classified information." The FBI assessed that

it was possible that hostile actors gained access to Clinton's email account.

"Although there is evidence of potential violations of the statutes regarding the handling of classified information, our judgment is that no reasonable prosecutor would bring such a case," Comey said.

The Department of Justice Office of Inspector General (OIG) reviewed the FBI's handling of the Clinton-email probe. The OIG issued a final report in June last year, concluding that the pro-Clinton and anti-Trump bias expressed by officials who conducted the inquiry "cast a cloud" over the credibility of the investigation.

Then-FBI agent Peter Strzok led the email investigation. Text messages between Strzok and FBI attorney Lisa Page showed the pair discussed stopping then-candidate Donald Trump from winning the 2016 election and an "insurance policy" in case Trump was elected. Strzok also led the counterintelligence probe of the Trump campaign, which eventually evolved into the special counsel inquiry by Robert Mueller.

Despite multiple inquiries, questions remain about Clinton's email server. Sen. Chuck Grassley (R-Iowa) released a batch of documents in August that showed that Clinton's email server administrator, Paul Combetta, used a Gmail account to sync Clinton's entire email archive to her server. The FBI discovered 820 emails, some of which were classified, still sitting in the Gmail account more than two years after Combetta used it.

The Gmail address—carterheavy-industries@gmail.com—ended up in the metadata of all but four of the emails Clinton handed over to investigators. The peculiar name of the account raised an alarm after an Intelligence Community Inspector General investigator, Frank Rucker, looked up the name on Google and came up with results for a Chinese company with a similar name. Grassley's staff couldn't find any proof of a connection between Combetta and the Chinese company.

Combetta was granted immunity during the FBI investigation and refused to be interviewed by Grassley's staff.



# Australian Student Seeks Court Order Against Chinese Diplomat

NICK-D/CC BY-SA 4.0 [EPT.MS/2J9VWGB]

CONTINUED FROM A1

on UQ’s St. Lucia campus in support of Hong Kong’s pro-democracy protests back in July, including one on July 24 that turned violent after pro-China and pro-Hong Kong students clashed.

On the following day, Xu, who is an adjunct professor of language and culture at the university, posted a statement in Chinese on the Consul-General’s website, referring to the protest as “anti-China separatist activities.”

Chinese state-run mouthpiece Global Times then published Xu’s statement the same day. The article identified Pavlou as an organizer of the protest.

Pavlou had previously told The Epoch Times that after the publication of the statement, his social media accounts began receiving abusive messages and death threats.

Pavlou told Sydney Morning Herald (SMH) he feels that his safety “is at risk” and that his parents have said he “might have to move out because of the threats.”

“They want me to be quiet but I feel I have to speak out,” he said.

Pavlou’s lawyer, Mark Tarrant, told SMH that Xu’s statement amounted to a threat because it was “inciting and justifying” attacks against Pavlou by describing the protest as separatist behavior.

Tarrant added that separatism is a capital offense under Chinese law and described it as an “extremely serious criminal offence.”

Pavlou is seeking an apology from Xu and a commitment not to engage in further incitement, as well as the removal of Xu’s statement, reported SMH.

The Epoch Times understands that Xu has not responded to the complaint or summons.

The Epoch Times has contacted the Chinese Embassy for comment.

**Standing Up to CCP Political Influence in Australia**

Pavlou has been outspoken about the Chinese Communist Party’s (CCP) political influence activities in Australia and has heavily criticized UQ’s close ties to known CCP front organizations.

He demanded that the controversial Confucius Institute at the university be closed, and called for the university’s vice-chancellor, Peter Hoj, to be removed, citing Hoj’s ties to the CCP’s Office of Chinese Language Council International, also known as Hanban, which oversees the Confucius Institutes. In 2015, Hoj was honored by Hanban as “outstanding individual of the year.” He also acts as a senior consultant to the organization.

Pavlou has also called for Xu’s position as an adjunct professor to be retracted, given that Hoj had been the one to back Xu’s appointment back in July.

“While defending the decision to appoint the consul-general, professor Hoj reassured us by saying professor Xu would not be doing any teaching,” said Professor Clive Hamilton, author of ‘Silent Invasion: China’s Influence in Australia,’ in August. “Well, he is of sufficient authority to be a professor. Why can’t he give some lectures?”

Hamilton has also criticized Xu’s appointment, telling South China Morning Post in July: “Appointing a serving foreign diplomat to a university post is unheard of ... It shows how the University of Queensland has become so starry-eyed about China that it has lost its judgment.”

According to a report on Oct. 15 by the Australian Broadcasting Corporation (ABC), the Chinese communist regime has co-funded at least



Covered walkway at the southern edge of the Great Court at the University of Queensland in Brisbane, Australia.

They want me to be quiet but I feel I have to speak out.

University of Queensland philosophy student Drew Pavlou

four university courses at UQ. The courses were developed in partnership with the Confucius Institute at the university.

One course covers China’s role in “strengthening” responses to “global security challenges,” such as human rights, “mass atrocities prevention,” and “counter-terrorism,” according to the report.

According to the CCP’s own People’s Daily, Chinese minister of propaganda Liu Yunshan openly admitted in 2010 that Confucius Institutes were part of the party’s efforts to: “Coordinate the efforts of overseas and domestic propaganda, [and] further create a favorable international environment for us.

“With regard to key issues that influence our sovereignty and safety,

we should actively carry out international propaganda battles against issuers such as Tibet, Xinjiang, Taiwan, human rights, and Falun Gong. ... We should do well in establishing and operating overseas cultural centers and Confucius Institutes.”

A 2019 U.S. Senate report and the U.S. National Association of Scholars have recommended all American universities to close their Confucius Institutes, expressing concerns about intellectual freedom and transparency, as well as the institutes being used to advance China’s soft power.

The ABC report noted that there have been calls for a review into UQ’s “lucrative arrangements” with the CCP, which include the Confucius Institute.

## Australia’s Next US Ambassador Arthur Sinodinos Will Urge China to Play by Global Rules

Australia’s next ambassador to the United States has stressed the need to maintain the current global order as he calls time on his job as a Liberal senator.

As he prepares to become Australia’s ambassador to the United States, outgoing senator Arthur Sinodinos has signalled he’s not afraid to urge China to play by global rules.

The Liberal senator noted the challenge China’s rise has posed to the existing international rules-based order in his valedictory speech to the upper house on Wednesday.

But he stressed the need for all nations to stand by the global norms which have been “painstakingly” established over the past 70 years.

“Now is not the time to retreat from that order or for nations to practice beggar-thy-neighbour policies,” he said.

“We’ve all gained immeasurably from the peace and globalisation of trade and investment that has resulted from the international rules-based order.

“The liberal West must be united in resolute defence of the decent humane universal values that underpin that order and continue to find ways to deepen China’s engagement and commitment to that order.”

As it contributes to that effort, Australia should keep building its military capability and continue strengthening its relationship with the United States and its partners in the Indo-Pacific, he said.

The NSW senator is heading to Washington after eight years in the upper house, but his connection to Canberra goes even deeper.

He worked at both the department of finance and Treasury and had been chief of staff to John Howard, for two years when he was opposition leader and another nine when he was prime minister.

“I want to thank John Howard for



TRACEY NEARMY/GETTY IMAGES

Australian Senator Arthur Sinodinos returns to the Senate at Parliament House in Canberra, Australia, after a battle with cancer on Feb. 13, 2019.

being the best boss ever,” the senator said.

“When I left in ‘06 I respected him even more than at the beginning, not only as a reformer, but as a role model.”

Senator Sinodinos had plenty of warm words for Prime Minister Scott Morrison, too.

“The celebrated election win was in my view, no accident,” he said.

“It was the product of a lot of hard work and campaigning experience by a leader who is probably the most complete politician of his generation.”

He also has a particular soft spot for fellow Liberal Senator Eric Abetz, the first Senate leader he served under in a coalition government.

“It’s a bit like your first love, your first leader. Very platonic man love.”

Senator Sinodinos returned to parliament in February after a stint on the sidelines battling cancer.

He had a life-saving bone marrow transplant after being diagnosed with stage four non-Hodgkins lymphoma.

By Marnie Banger  
From AAP

The liberal West must be united in resolute defence of the decent humane universal values that underpin that order and continue to find ways to deepen China’s engagement and commitment to that order.

Senator Arthur Sinodinos, Australia’s next Ambassador to the United States

## Peter Dutton Blasts Victorian Premier Over Involvement With China’s ‘Belt and Road’

Home Affairs Minister Peter Dutton has accused Victorian Premier Daniel Andrews of failing to act in the national interest, by pursuing discussions about a Chinese loan program.

Beijing’s “Belt and Road” initiative (BRI) has often been described as “dangerous debt diplomacy.”

“Why does he believe this is in our national interest? Why does he believe it’s in Victoria’s interest?” Dutton told reporters in Canberra on Wednesday.

“It’s a decision that’s been made by Mr Andrews, so he can justify the decision. I haven’t heard the rationale or the reasoning behind what seemed to be a pretty rushed decision.”

Dutton’s comments come hours ahead of news late Wednesday that Andrews has signed a new framework agreement in Beijing with China’s National Development and Reform Commission (NDRC) as part of the BRI.

While the document is not legally binding, it signals Victoria’s willingness to cooperate with China on infrastructure, innovation, aged care and trade.

The new agreement follows the signing of a Memorandum of Understanding with Beijing last year. In doing so, Victoria became the only state in Australia to formally support the BRI.

Andrews is now set to co-chair a joint working group with NDRC Vice Chairman Ning Jizhe, reported 9News.

Dutton raised work underway between ASIO and universities to stamp out foreign interference when asked whether he believed the Chinese deal was in Australia’s national interests.

“The state governments, including Premier Andrews, get regular updates from the director-general of ASIO, and additional briefings available to him or to the other premiers or chief ministers if they require it,” he said.

“Premier Andrews would have all of the information available to him and yet he’s made this decision, so I think it’s best he explains it.”

Andrews had promised ahead of his trip to Beijing that he would put Victoria’s \$107 billion infrastructure pipe-

Why does [Andrews] believe this is in our national interest? Why does he believe it’s in Victoria’s interest?

Home Affairs Minister Peter Dutton

line “front and centre” at a roadshow with Chinese construction companies and investors.

“My sixth official visit to China will promote Victoria’s record infrastructure pipeline, while building on the close relationship our state has with our biggest trading partner,” he said on Sunday.

Meanwhile, federal Liberal MP Andrew Hastie will visit Beijing for a three-day study tour in December.

Hastie, who heads parliament’s powerful intelligence and security committee, is a prominent critic of China.

Earlier this year, he came under fire after likening the world’s approach to containing China, to the failure to stop the rise of Nazi Germany.

By Daniel McCulloch  
From AAP  
Epoch Times Staff contributed to this report



TRACEY NEARMY/GETTY IMAGES

Australia’s Foreign Affairs Minister Peter Dutton at Parliament House in Canberra, Australia, on Sept. 11, 2019.



VCG/VCG/GETTY IMAGES



Pupils cover their noses after school in heavy smog in Binzhou, China, on Dec. 23, 2015. More than 50 cities, including Beijing, Tianjin, Shanghai, and Guangzhou, were affected by severe air pollution.

# John Robson: The Delusion of China’s ‘Clean, Green Development’

JOHN ROBSON



One thing you can say about dictatorships is that they’re efficient. It’s not true, but you can say it—as the Canadian

prime minister notoriously did back in 2013 when he was still Liberal leader.

Asked which nation he admired most, Justin Trudeau unexpectedly blurted out: “There’s a level of admiration I actually have for China. Their basic dictatorship is actually allowing them to turn their economy around on a dime.”

It wasn’t an original sentiment. Western intellectuals have been overestimating the achievements of repressive socialist states since Stalin and beyond.

Some actually approved of Bolshevism morally and lied on its behalf, like Walter Duranty, the Moscow Bureau Chief of The New York Times following the Russian Civil War. But quite a few others said with grudging approval that, however much one deplored the lies and mass killings, it did seem to be getting the job done. As late as 1984, famed economists John Kenneth Galbraith and Paul Samuelson claimed the Soviet economy was more successful than our own. And former U.S. president Ronald Reagan was laughed to scorn for claiming communism was doomed right up until it collapsed.

When it did, we discovered that central planning had not produced wealth or social justice. But it had done enormous harm including ecological harm, from which surprisingly few lessons were drawn given how much people already cared about the environment by the late 1960s.

Remember Lake Erie being dead for good in the early 1970s? If you’re too young and weren’t taught much history, there was a feeling in the 1960s and 1970s that we’d wrecked the planet for good this time and were all going to die from pesticides, phosphates, and industrial waste, followed by the ozone hole and acid rain (and now global warming.) Capitalism was blamed, with remarkably little interest in comparing what was happening here to what was hap-



A woman wearing a protective pollution mask walks on a street in Beijing on March 20, 2017.

pening behind the Iron Curtain.

When the Soviet Union collapsed in a disgusting cloud of polluted rust, people turned away from its environmental as well as economic failure—rather than saying hey, you know, freedom is messy and looks inefficient, even inane, but for all the apparent chaos and idiocy, in industrialised democracies citizens debate problems and demand government action. Lake Erie today is a remarkable success story.

It turned out it was communist dictatorships that prevented citizens from stopping or even complaining about pollution—and kept them too poor to worry much about it. And still do.

Nowadays, the problem isn’t Russia, at least not as much. No, it’s ... drum roll please ... China. And if you Google Trudeau’s “basic dictatorship” quotation today, most references end with “on a dime.” But what he actually said was, “Their basic dictatorship is actually allowing them to turn their economy around on a dime and say we need to go green fastest, we need to start, you know, investing in solar.”

He’s by no means alone in that delusion—and it is a delusion. Indeed, he had it backwards. The tyrants Trudeau admired for being able to green their economy because they didn’t have to worry about all that messy democracy have not greened their economy precisely because they don’t have

China has had some ugly environmental headlines recently. It’s the world’s largest importer of oil, covering 70 percent of its needs; is fast becoming a big importer of LNG; is the world’s largest user of coal, supplying 70 percent of its electric generation; and is building or planning some 300 coal plants abroad and at least as many at home.

to worry about all that messy democracy, including people wanting breathable air and being able to call out political lies.

### Extreme Inefficiency

Dictatorships look attractive for various reasons. One is their appeal to people whose fundamental outlook is authoritarian despite much talk of rights and inclusion. But another is that they can look efficient because, as Friedrich Hayek explained in “The Road to Serfdom,” they are able to be very single-minded.

Dictatorships can pick one goal, subordinate all others to it, and direct resources to it without counting the cost. But the result, counterintuitively, is extreme inefficiency in producing goods and even propaganda. Because nobody brings them bad news, or real news at all, tyrannical regimes don’t know and thus can’t take into account the real cost of what they’re doing—until truth bursts through the gaping seams.

Pollution is a real cost of production, and idiotic missteps are a real cost of propaganda. China has had some ugly environmental headlines recently. It’s the world’s largest importer of oil, covering 70 percent of its needs; is fast becoming a big importer of LNG; is the world’s largest user of coal, supplying 70 percent of its electric generation; and is building or planning some 300 coal plants abroad and at least as many at

home. It just cut its clean energy funding by 40 percent, which is turning on a dime, but which way? And it just admitted that its greenhouse gas emissions grew by over 50 percent between 2005 and 2014.

This April, Washington-based National Public Radio tried to whitewash the coal news, saying “China, known as the world’s biggest polluter, has been taking dramatic steps to clean up and fight climate change.” But then came the thorny question, “So why is it also building hundreds of coal-fired power plants in other countries?” Glad you asked. And the answer is: because those dramatic steps were just for show, by a regime so given to lying that it has no idea what truth looks like.

At this year’s Belt and Road Forum in Beijing, NPR continued, Chinese leader Xi Jinping “took the highly unusual step, for him, of meeting with international journalists, during which he repeated the slogan that he is committed to ‘open, clean and green development.’” So Xi really needs the green charm offensive to work. But there’s a reason he doesn’t meet with journalists he can’t send to jail—they expose his lies. And there’s no squaring this circle.

The resulting bad publicity on the environmental front is a real problem for Beijing, because it needs the sympathy of western progressives for whom climate change is a major issue. But China’s “efficient” system can’t cope with the disintegration of this particular public relations venture any more than it can really turn on a dime and green its economy.

Central planning just doesn’t work. It’s time to shelve any delusions to the contrary.

*John Robson is a documentary filmmaker, National Post columnist, contributing editor to the Dorchester Review, commentator-at-large with News Talk Radio 580 CFRA in Ottawa, and executive director of the Climate Discussion Nexus. His most recent documentary is “The Environment: A True Story.”*

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



# Xi Jinping Offers ‘Economic Development’ as a Solution to the Hong Kong Crisis

TAN XIAOFEI

*Commentary*  
Chinese leader Xi Jinping said in a recent internal meeting: “Economic development is the only golden key to resolve all sorts of problems facing Hong Kong today.”

This statement truly reflects the Chinese Communist Party’s (CCP) habitual way of thinking and governing. Instead of dealing with the root cause of a problem, the CCP avoids it and uses other tactics to appear as if they are fully equipped to deal with the situation.

Hongkongers have staged mass protests since June in opposition to a now-withdrawn extradition bill that would allow the Chinese regime to seek extradition of individuals to be trialed in mainland China, where there is no rule of law. The protests have now evolved into a pro-democracy movement fuelled by fears that China is taking away Hong Kong’s freedoms, which were guaranteed under a “one country, two systems” formula introduced with the 1997 handover from Britain.

Xi’s remark was revealed by Andrew J. Nathan, a professor of political science at Columbia University, in an article titled, “How China Sees the Hong Kong Crisis,” published in the latest issue of Foreign Affairs.

The solution Xi proposed indicates the CCP plans to deal with the Hong Kong through the following tactics.

**One: Avoiding the Real Issue**  
Hong Kong protesters’ five demands are meant to resist the CCP’s sabotage of Hong Kong’s freedoms and rule of law. The five demands are: the full withdrawal of the extradition bill; an independent inquiry into police brutality; the release of all arrested protesters; a complete retraction of the official classification of the protests as “riots;” and universal suffrage of the Legislative Council and the Chief Executive.

The ongoing protest has nothing to do with economic issues. In fact, the CCP knows it well. Chinese authorities purposefully try to avoid discussing the root cause of the Hong Kong crisis in their internal meetings.

For instance, Xinhua News Agency claimed that Hong Kong’s pro-democracy movement is “a reflection of deeply-rooted social conflicts arising from extremely high property prices.”

The CCP’s propaganda not only shifts the focus away from the real problem, but also belittles the protesters who are fighting for freedom and the rule of law by denigrating them as a group of low-income residents venting their anger at the city’s expensive housing market.

**Two: Constantly Creating Conflicts**  
The CCP certainly does not plan to address the root cause of the Hong Kong crisis because it is the one causing the problem by undermining Hong Kong’s freedom and rule of law. Pointing at the need for so-called “economic development” is to create yet another social conflict. The discussions in Chinese state media are not about creating more social wealth, but to sow discord between the rich and the poor. In other words, the CCP is always the one creating the problems, not the one solving them. When it proposes to solve a problem, it is actually creating new ones.

**Three: Creating a ‘Stockholm Syndrome’**  
In the last century, Hong Kong’s economy developed rapidly, and the city became the largest financial centre in Asia. Its past economic success had nothing to do with the CCP.



MOHD RASFAN/AFP/GETTY IMAGES

After Hong Kong was handed over to China from the British in 1997, Hong Kong’s freedom and rule of law have been gradually eroded by the CCP, and the local economy began to decline. The CCP, which should be held responsible for the deterioration of Hong Kong’s economy, now poses as the “saviour” and makes it appear as if only the CCP can save Hong Kong’s economy. In actuality, the CCP aims at threatening Hongkongers and creating an atmosphere of fear.

The CCP has been playing this game in mainland China for years with much success. As a result, some Chinese people still feel good about the CCP in spite of it acting like a terrorist group that has wreaked havoc in China. In Hong Kong, however, the CCP’s deceptive propaganda is destined to fail.

**Four: Promoting Money Worship**  
The CCP’s main tactics of controlling people are violence and seducing people with money. These two methods have indeed proven effective to a certain extent, because the CCP believes that fear of violence and love of money are basic to human nature. The CCP has 100 percent confidence in these methods. That is why it considers economic development as the “golden key” to resolve the crisis in Hong Kong.

Nonetheless, the CCP’s seduction through money is not merely about making a group of people rich. Instead, the CCP attempts to control all resources to the extent that Chinese citizens rely on the CCP for all their basic livelihoods. In mainland China, the CCP controls all aspects of society. As a result, whoever chooses not to comply with the CCP will have a hard time making a living, attending school, seeking medical treatment, renting an apartment, and travelling inside and outside of the country. Even family members are affected.

Presently, the CCP and Hong Kong government are proposing to reclaim privately held land to build affordable housing on a large scale for Hong Kong residents. And just as current affairs commentator Wen Zhao has pointed out, in the future, if any of the tenants in these affordable

People cross a road in the Wanchai district in Hong Kong on Oct. 10, 2019.

The ongoing protest has nothing to do with economic issues. In fact, the CCP knows it well. Chinese authorities purposefully try to avoid discussing the root cause of the Hong Kong crisis in their internal meetings.

housing projects don’t comply with the CCP, they will either have to pay much higher rent or be evicted.

**Five: Inciting Hatred Through Deceptive Propaganda**  
By dramatising the problem of high property prices in Hong Kong, the CCP’s propaganda machine not only diverts attention from Hongkongers’ demands, but also incites people’s hatred towards local real estate developers.

The CCP is a master in this kind of tactic. It first of all pretends to deeply sympathise with Hong Kong residents, saying that the majority of Hong Kong people suffer extremely low quality living conditions, and despite working so hard every day, it is unfair that they are unable to reap the benefits of Hong Kong’s economic development.

Next, the CCP disguises itself as bearer of justice, and claims that it is now making painstaking efforts to solve the housing problem.

Then, the CCP blames it all on the real estate developers, turning people’s anger to the developers. It’s just like a recent Xinhua article which stated: “Some special interest groups still try to maximise their profits. The multitude of Hong Kong people will need to actively get involved to help the government push the housing programme forward to be able to realise their goal of living in government-subsidised housing.”

The beautiful vision depicted for the people to “push forward” to realise the goal is nothing but blatant deception and inciting them to violence! As a matter of fact, the CCP started all its past political movements in just this manner.

**Six: Getting Rid of Collaborators When the Job Is Done**  
Hong Kong’s business elites, including real estate developers, were once treated as VIP guests by the CCP. The purpose was to make use of their influence in Hong Kong to control the city. However, as the CCP gradually strengthened its control over Hong Kong, these elites are no longer of any use. Instead, their influence in Hong Kong has be-

come an obstruction for the CCP to further control the city. For the CCP, whose standard practice is to get rid of collaborators when they become useless, it is time to get rid of these real estate developers.

**Seven: Calling on ‘Social Stability’**  
When the CCP talks about economic development, it always tells the public that “social stability” is the prerequisite. The so-called “social stability” the CCP is concerned with is actually the stability of the Chinese communist regime. The CCP can commit all kinds of outrages and take advantage of communist officials’ privileges to accumulate illegal wealth, while ordinary Chinese citizens cannot even protect their basic legal rights. Moreover, Chinese people are forced to sing praises to the CCP, and even the way they sing praises has to comply with the standard formats set by the CCP.

With regard to the Hong Kong protests, the CCP, who should take the blame, criticises the Hong Kong people for disrupting the social order and negatively affecting economic growth.

But now that the CCP has proposed that it will focus on economic growth to solve the problems in Hong Kong, it doesn’t mean that it plans to give up its brutal suppression. On the contrary, the CCP will use economic development as an excuse to intensify the suppression so as to achieve the “stability” it requires.

To solve a problem through negotiation, both parties must be sincere. This is the prerequisite for any successful negotiation. However, be it the handling of the Hong Kong protests or the U.S.-China trade war, the CCP shows no signs of sincerity at all. In dealing with the protest, the CCP mobilises fake police and mobs, uses tactics such as violence, averting, intimidation and spreading rumours. It is not merely an issue of lacking sincerity; in the CCP’s dictionary, the word sincerity has never existed.

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



Lillian Fan, Publisher  
Jasper Fakkert, Editor-in-Chief  
Melanie Sun, Regional Editor  
Gigi Fu, Layout Artist

ABOUT US

The Epoch Times is a media organisation dedicated to seeking the truth through insightful and independent journalism.

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.

CONTACT US

Australian Epoch Times Ltd.  
49A Treacy St,  
Hurstville NSW 2220  
02 8988 5600

Advertising  
ad@epochtimes.com.au

Subscriptions  
subscribe@epochtimes.com.au

General Inquiries  
info@epochtimes.com.au

Send Us Your News  
press@epochtimes.com.au



SUBSCRIBE TODAY

Get the independent news you won't find anywhere else.

Subscribe and get the insights only The Epoch Times can provide, delivered to your door every week.

ReadEpoch.com.au  
02 8988 5600

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.)

d. Promoting Divorce and Abortion

Before 1969, state laws across the United States on divorce were based on traditional religious values. In order for a divorce to be considered, it required a legitimate claim of fault from one or both of the spouses. Western religion teaches that marriage was established by God. A stable family is beneficial to the husband, wife, children, and all of society. For this reason, the church and U.S. state laws all stressed the importance of preserving marriages, except in extenuating circumstances.

But in the 1960s, the ideology of the Frankfurt School had radiated out to the wider society. Traditional marriage came under attack, and the most damage was done by liberalism and feminism.

Liberalism rejects the divine nature of marriage by reducing its definition to a social contract between two people, while feminism views the traditional family as a patriarchal instrument in the suppression of woman. Divorce was promoted as a woman’s liberation from the “oppression” of an unhappy marriage, or her path to a thrilling life of adventure. This mindset led to the legalization of no-fault divorce, allowing either spouse to disband a marriage as irreconcilable for any reason.

### The U.S. divorce rate grew rapidly in the 1970s. For the first time in American history, more marriages were being ended not by death but by disagreements.

The U.S. divorce rate grew rapidly in the 1970s. For the first time in American history, more marriages were being ended not by death but by disagreements. Of all couples wed in the 1970s, nearly half would divorce.

Divorce has deep and long-lasting effects on children. Michael Reagan, the adopted son of former President Ronald Reagan, described the separation of his parents: “Divorce is where two adults take everything that matters to a child—the child’s home, family, security, and sense of being loved and protected—and they smash it all up, leave it in ruins on the floor, then walk out and leave the child to clean up the mess.” [24]

Promoting the “right to abortion” is another one of the methods the devil uses to destroy people. Initially, the discussion on legalized abortion was restricted to specific circumstances, such as rape, incest, or threats to the health of the mother.

Advocates of sexual liberation believe that sex should not be limited to the confines of marriage, but unwanted pregnancy presents a natural obstacle to this sort of lifestyle. Contraceptives may fail, so the promoters of unrestricted sex took up the cause of legalized abortion rights. At the 1994 U.N. International Conference on Population and Development in Cairo, it was openly stipulated that “reproductive rights” are a natural human right, including the right to a “satisfying and safe sex life,” which covers abortion on demand. [25]

At the same time, feminists introduced the slogan “My Body, My Rights” to argue that women have the right to choose whether to give birth to or kill their unborn children. The debate expanded from allowing abortion in special circumstances to giving women the power to unilaterally end human life.

While tempting people to give in to their desires, the devil uses feminism and sexual freedom to promote the massacre of the unborn. Not only have people been led to commit monstrous crimes, but they also have abandoned the tradi-

tional understanding that life is sacred.

e. Using the Welfare System to Encourage Single-Parent Families

In 1965, just 5 percent of children were born to unmarried mothers. [26] In that time, it was taken for granted that children grew up knowing their biological fathers.

By the 2010s, however, unwed mothers accounted for 40 percent of births. [27] From 1965 to 2012, the number of single-parent families in America shot up from 3.3 million to 13 million. [28] Though some fathers stayed, through cohabitation or later marriage, the majority of children born to these single mothers grew up without their fathers.

Fathers serve as role models to their sons, teaching them how to be men, and show their daughters what it feels like to be respected in the way women deserve.

Children suffer greatly from the absence of a father. Research shows that children who grew up without fathers often suffer from low self-esteem. They are likely to skip classes and drop out of school at a rate as high as 71 percent. Many do drugs, join gangs, and commit crimes: 85 percent of jailed youths and 90 percent of vagrants were raised in fatherless households. Early sexual experience, teen pregnancy, and promiscuity are common. People who grew up without their fathers are 40 times more likely to commit sex offenses compared with the rest of the population. [29]

The Brookings Institution offered three key pieces of advice for young people looking to escape poverty: Graduate from high school, get a full-time job, and wait until age 21 to marry and have children. Statistically speaking, only 2 percent of Americans who meet these conditions live in poverty, and 75 percent are considered middle class. [30] In other words, completing one’s education, finding employment, marrying at a suitable age, and having children in the confines of marriage is the most reliable way to become a responsible adult living a healthy, productive life.

Most single mothers rely on government charity. A report published by the Heritage Foundation used detailed statistical data to show that the welfare policy so strongly advocated by feminists actually encourages the creation of single-mother households, even to the point of penalizing couples from marrying since they would receive fewer benefits. [31] The government has effectively replaced the father with welfare.

### From 1965 to 2012, the number of single-parent families in America shot up from 3.3 million to 13 million.

Welfare policies have not helped families living in poverty. Instead, they have simply supported the ever-increasing number of single-parent families. With the children of such households themselves prone to poverty, the result is a vicious cycle of expanding reliance on state aid. This is exactly what the specter of communism aims to achieve: control over every aspect of the individual’s life through high taxation and omnipresent government.

f. Promoting Degenerate Culture

The Wall Street Journal published a report quoting a U.S. Census Bureau finding that in 2000, 55 percent of people between the ages of 25 and 34 were married, and 34 percent had never been married. By 2015, these figures had changed to 40 percent and 53 percent, respectively. Young people in the United States are avoiding marriage because, in today’s culture, sex and marriage are considered separate. What do

they need to get married for? [32]

In this degenerate environment, the trend is toward casual, no-strings-attached hookups. Sex has nothing to do with affection, not to mention commitment and responsibility. Even more frightening is the profusion of myriad sexual orientations. The social media site Facebook’s user profile options, for example, include sixty different types of sexual orientations. If young people can’t even tell whether they are male or female, how will they view marriage? The evil specter has used the law and society to completely rework these God-given concepts.

Homosexuality and other degenerate sexual behaviors were originally referred to as “sodomy” in English. Sodomy is a Biblical reference to the city of Sodom, which was wiped out under God’s wrath for people’s practice of sexual degeneracy. The word “sodomy” serves as a warning to humankind that disastrous consequences will occur if people stray from divine principles. The gay rights movement worked very hard to appropriate the term “gay,” a word that originally had a positive meaning, and to lead people to sin further.

“Adultery” used to be a negative term referring to immoral sexual habits. Today, it has been watered down to “extramarital sexual relations” or “cohabitation.” In “The Scarlet Letter” by Nathaniel Hawthorne, the protagonist Hester Prynne committed adultery and struggled to remake herself through repentance, but in today’s society, repentance is not necessary; adulterers can enjoy life holding their heads high and proud. Chastity used to be a virtue in both Eastern and Western cultures. Today, it is an anachronistic joke.

Passing judgment on homosexuality and sexual morality is forbidden under the dictatorship of political correctness. The only acceptable stance is to respect others’ “free choice.” This is true not only in everyday life, but throughout academia, in which morality is divorced from practical reality. Deviated and degenerated things have been normalized. Those who indulge in their desires feel no pressure or guilt. The devil’s plot for humanity’s damnation is well underway.

Western people under the age of 50 can barely remember the culture that used to exist in society, in which almost all children grew up with the presence of their biological fathers. “Gay” meant “happy.” White wedding gowns represented chastity. Pornographic content was banned from TV and radio. But that was undone in just sixty years, as the devil completely overturned the traditional way of life.

Works Cited

[24] Phyllis Schlafly, “Who Killed The American Family?” (2014).

[25] “Programme of Action of the International Conference on Population and Development,” International Conference on Population and Development in Cairo, Egypt (Sept. 5–13, 1994).

[26] The Vice Chairman’s Staff of the Joint Economic Committee at the Request of Senator Mike Lee, “Love, Marriage, and the Baby Carriage: The Rise in Unwed Childbearing,” Social Capital Project (December 2017).

[27] Ibid.

[28] Robert Rector, “How Welfare Undermines Marriage and What to Do About It.” Heritage Foundation Report (Nov. 17, 2014).

[29] Schlafly, 2014.

[30] Ron Haskins, “Three Simple Rules Poor Teens Should Follow to Join the Middle Class.” Brookings Institution (March 13, 2013).

[31] Rector, 2014.

[32] Mark Regnerus, “Cheap Sex and the Decline of Marriage.” The Wall Street Journal (Sept. 29, 2017).

See next edition for the next installment.



SPENCER PLATT/GETTY IMAGES



Dozens of anti-Trump protesters gather in Times Square, New York, on July 26, 2017. Commentators have said that the tactics used by the Anti-Trump Resistance have started to embody the very things they are protesting about.

# In Socialist Theocracy, Getting ‘Woke’ Brings Absolution

JOSHUA PHILIPP



*Commentary*  
Double standards are a hallmark of socialist movements. The infamous “community organizer” Saul Alinsky established their tenets simply:

“Accuse the Other Side of That Which You Are Guilty.” And in their hypocrisy, they extend this tenet to their cohorts, under Alinsky’s rule to “never strike left.”

Because of this, a politician can loudly claim to oppose racism in all forms, yet turn a blind eye when a member of his own camp is exposed as a racist. A basketball star can claim to oppose oppression, then defend state oppression in the next breath. They can march in lockstep, crying foul about all the wrongs of the world, while ignoring the wrongs in their own camp.

It all comes down to the sins of the fathers. In Western religion, this goes back to the story of original sin, the temptation in the Garden of Eden, and the curse from the Tree of Knowledge. It holds that man is born into sin, and that through baptism and repentance, we may find redemption.

The socialist religion also holds that people are born into sin, but the extent of this sin is determined by the color of each person’s skin, their gender, and how closely they follow the traditions, or “old ideas,” that socialism seeks to eradicate.

Rather than believing that people can repent and improve themselves to overcome original sin, socialism holds that white people should be forever guilty of historical slavery, men should be forever guilty of patriarchy, and the wealthy should be forever ashamed of their own gains.

Yet they offer their own form of repentance: getting “woke.”

To be forgiven for politicized sin, the socialists must proclaim their hatred of who they are. The white person must proclaim their hatred of “white privilege,” the man must proclaim his hatred of “toxic masculinity,” and the business owner must announce his opposition to “capitalism.”

After being born again through this political baptism, they’re no longer held accountable to the narratives of their camp. By proclaiming their wokeness to the church of the state, they are granted absolution from all political sins past and present—just as long as they continue to

voice their hatred of all they once were. Socialism is very much a theocratic system. In its destruction of god, it aimed to replace god; and in its destruction of morals, it has looked to create a new morality. The statist theocracy now rules, and those who sit in its pews can preach to their masses about how they, too, were once lowly sinners in the ever-changing crimes of political correctness.

History is merely repeating itself, regardless of how the adherents to this state belief try to separate their “new” socialism from the tyrannical history of the “old” socialism.

Thomas Molnar explained this principle in his book “Utopia: The Perennial Heresy,” saying that in every practical regard, socialism functions as a theocracy. And to guard its forced theocratic rule, it demands that all beneath proclaim their

Socialism is very much a theocratic system. In its destruction of god, it aimed to replace god; and in its destruction of morals, it has looked to create a new morality.

enthusiasm: to speak their wokeness, lest the unclean elements of society should rise up in revolt.

Theocracy, Molnar explained, “may never relent, for, as long as danger exists—and the very absence of enthusiasm for theocratic rule is interpreted as danger—the repressive force may not relax. Wielders of such force must be shown proof that their subjects, candidates for perfection, live in a permanent state of enthusiasm.”

And because danger to such systems will always exist, he explained, “the elect will insist on regular enthusiastic demonstrations of consensus.”

He adds, “Under Communist regimes, for example, the individual may not simply retire into silence; he must enthusiastically speak, write, approve, and proclaim louder than the next fellow.”

Of course, socialism has no problem contradicting its own principles—and this has held true for leaders of its systems and ideology from the get-go. Pol Pot killed the intellectuals but was an intellectual himself. Marx hated the bourgeois class, of which he and his aristocratic wife were

a part. Lenin killed the peasants to protect the working man. And Mao destroyed belief to create consensus for his own.

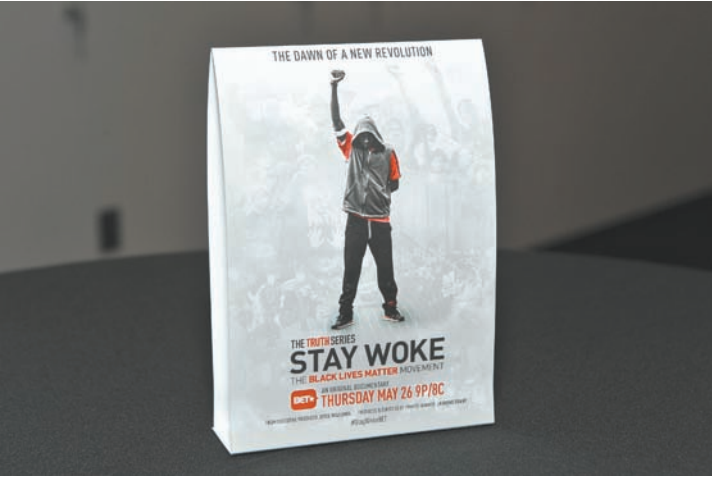
The vague political goal always shines on the horizon, and the socialist tyrant points to it, claiming that we can reach it tomorrow, if only the privileged elements of society could be destroyed today. Tyranny and oppression then become the tools to destroy “oppression,” and through their contradictory double-think, the socialists believe that through their own tyranny, they’ve fought tyranny.

Molnar explains that this contradictory thought—and the demand in socialist

regimes that all “true believers” demonstrate their enthusiasm for its principles, lest they fail to be absolved of the past—is part of the ongoing hypocrisy that has always plagued socialist Utopianism.

Molnar explains, “The same paradox characterizes all Utopian thinkers: they believe in unrestrained human freedom; at the same time, they want so thoroughly to organize freedom that they turn it into slavery.”

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



A view of a movie poster during the “Stay Woke: The Black Lives Matter Movement” screening in New York City on May 24, 2016.

20th Anniversary  
Affirmation Day 1999

WEDNESDAY 6 NOVEMBER 2019

Australians for Constitutional Monarchy  
with the Monarchist League in Australia (Victorian Chapter)

\$69  
FT STUDENTS \$39

**20th ANNUAL NATIONAL CONFERENCE:  
THE CONSTITUTION’S ‘FIERCEST DEFENDERS’**  
with a morning tea and a light lunch included for only \$69 ( full time students \$39)

**Bringing together ACM’s founders, those who delivered the 1999 landslide victory in the field as well as participants in ACM’s daily central command, the engine room of the campaign, including key ministers of the Crown:**

**Not so much to reminisce, but to ensure the fulfilment of John Howard’s admonition to keep ACM ( declared by Tony Abbott to be the ‘constitution’s fiercest defenders’) prepared and ready to engage with any republican resurgence;**

**To hear, in addresses and Q&A sessions, from those who led us to victory, on lessons learned, on keeping ACM sleek, modern and resilient, on the crucial issues for which we must always be consistent and ready, on necessary generational change, on financial, moral and intellectual integrity in campaigning and on how the constitutional reform agenda must not, after three wasted decades, be cluttered with the near comatose issue of a politicians’ republic.**

**TICKETS SELLING FAST REGISTER AT**  
**<https://acmnorepublic.eventbrite.com.au>**

SPECTATOR  
FOODS

**WWW.NOREPUBLIC.COM.AU** **ACMHQ@NOREPUBLIC.COM.AU**  
**1800 OUR CROWN (1800 687 276)**  
Audited annually, led the winning No campaign in the republic referendum, called out more than 20,000 in the largest-ever demonstration by far of monarchists or republicans and has held a national conference every year since the referendum.  
**ABN: 49 059 527 776** **GPO Box 9841, Sydney NSW 2001**

**PARLIAMENT HOUSE SYDNEY**



Living His Dream With Heart

Wei Te-sheng's journey to become one of Taiwan's most influential directors is as inspiring as his films.

See B4



A Late-Blooming Reader's Plan

It's not how many good books I can get through, but how many can get through to me.

See B10

LIFE

THE EPOCH TIMES

ESSENCE OF CHINA

An Ancient Chinese Story  
Doing Business as Cultivation

ANONYMOUS

Two thousand years ago, a scholar failed the imperial examinations over and over again. He finally tired of pursuing fame and money. He became determined to learn the Tao and went to a mountain cave to seek discipleship with a Taoist master.

After carefully examining the scholar, the Taoist was delighted to have him as a disciple. The Taoist taught the scholar how to meditate, and taught him something new every day.

Several years later, the Taoist told the scholar: "I wish to build a magnificent palace. However, I don't have the money needed. Please go to the city during the day to sell rouge. Then meditate each evening when you return."

The scholar asked: "Master, I have no money. How can I buy rouge?"

The Taoist pointed to a pile of stones and, in a flash, it transformed into fine rouge. The scholar, confused, thought: "Master has the ability to transform stones into gold. Why is he asking me to return to society and sell rouge to earn money?"

He realized that, as a spiritual cultivator, he had nothing to be afraid of.

But the scholar knew it was important to follow his master's instructions. So, although reluctant, he left the mountain with the rouge and made his way to the market.

**Overcoming Fear**

The scholar was very shy, so he found it awkward to call out loudly on the streets. He set up a stand in a low-traffic location and spoke quietly, with his head down. Because he was as quiet as a mosquito, passersby could hardly hear him.

His master, observing from far away, saw that he was afraid of people and needed help to overcome this fear.

The Taoist transformed into a butcher with an overbearing manner. With knife in hand, the butcher went up to the scholar and demanded to know what he was doing. Not lifting his head, the scholar replied, "I'm selling rouge."

"What did you say? I can't hear you!" the butcher shouted, placing the knife on the scholar's neck. The scholar calmed himself down. Looking at the knife, he replied with a trembling voice, "I am selling rouge."

"You have to shout if you want to sell something. The street is so busy and your voice is so low. Who can hear you?" The butcher yelled.

Continued on B4

A scholar seeks discipleship with a Taoist master. "Quietly Listening to Wind in the Pines," 13th century before 1246, by Ma Lin. Hanging scroll. National Palace Museum, Taipei, Taiwan.







**TILEFLAIR**  
AFFORDABLE ELEGANCE

A great range of  
**wall tiles and floor tiles**  
in glass, natural stone,  
porcelain and ceramic.



We are not just  
a tile showroom and tile supplier.  
We can connect you with  
a quality tiler and quality builder.

Mon - Fri: 7am - 5pm  
Sat: 8am - 3pm | Sun: 10am - 3pm  
22 Essington St, Mitchell ACT 2911  
02 6241 7474  
info@tileflair.com.au  
www.tileflair.com.au

THE  
EPOCH  
TIMES

TRUTH and TRADITION

YOUR  
ADVERTISE-  
MENT  
HERE

Call 02 8988 5600  
or email  
ad@epochtimes.com.au



**Cookies Cycles**  
RIDE SKATE SCOOT



ELECTRIC BIKES, SCOOTERS, TRICYCLES AND MOUNTAIN BIKES  
FULLY EQUIPPED WORKSHOP FOR REPAIRS



We stock a large range of parts and accessories for all the products that we sell.

227 Flemington Rd, Franklin, ACT  
0400 657 908

shop@cookiescycles.com.au  
www.cookiescycles.com.au

Experience. Range. Service

*"...people in the know"*

**RIVOLAND**  
THE REGION'S LARGEST TILE STOCKIST

**Builders, Architects, Interior Designers and Renovators –**  
visit our showroom – Rivoland's experience, range and expertise make it easy for you to choose the perfect tile.

**Master Builders**  
Rivoland Showrooms  
100 Crawford Street, Queanbeyan Tel: 6297 4510  
55 Darling Street, Mitchell Tel: 6241 1557

**Trade Outlets**  
24-26 Aurora Avenue, Queanbeyan Tel: 6297 9930  
55 Darling Street, Mitchell Tel: 6255 0535  
Member of Australia's Tile Power Group  
www.rivoland.com.au





Rivoland is the ACT and region's largest tile stockist.

**homemakers**  
Big Sale \$\$\$



Sorrento 5Pce Dining  
Now \$1399  
Save \$376



Princeton 2RR+R+R Reclining Suite  
Now \$2699



New  
Alinga Bed in striking Western Australia Marri Timber



Loki Scandi Swivel Chair  
Now \$999

Tel : 02 6280 0068  
Address : 17/337 Canberra Ave, DFO Fyshwick ACT 2609  
www.hmff.com.au



NATURE HEALS

# Doctors Prescribing Gardening Rather Than Drugs

Growing research findings reveal an innovative way to treat anxiety and depression

YVONNE BLACK

Spending time outdoors, taking time out to surround yourself with greenery and living things, can be one of life's great joys—and recent research suggests it's also good for your brain and body.

Scientists have found that spending two hours a week in nature is linked to better health and well-being. It's maybe not entirely surprising then that some patients are increasingly being prescribed time in nature and community gardening projects as part of "green prescriptions" by the United Kingdom's National Health Service (NHS). In Shetland, for example, islanders with depression and anxiety may be given "nature prescriptions," with doctors there recommending walks and activities that allow people to connect with the outdoors.

Social prescriptions—non-medical treatments which have health benefits—are already used across the NHS to tackle anxiety, loneliness, and depression. They often involve the referral of patients to a community or voluntary organization, where they can carry out activities which help to meet their social and emotional needs, and doctors are increasingly opting for community gardening—as this also has the added benefit of involving time spent in nature—even in highly built-up areas.

And the evidence base for such treatments is growing, with research indicating that social prescribing can help to improve patient's anxiety levels and general health. Findings also seem to suggest that social prescribing

schemes can lead to a reduction in the use of NHS services.

The Benefits of Gardening

Research shows that gardening can directly improve people's well-being. And that taking part in community gardening can also encourage people to adopt healthier behaviors. It may be, for example, that neighborhood projects can be reached on foot or by bicycle—prompting people to take up more active transport options in their daily lives. Eating the produce from a community garden may also help people to form the habit of eating fresh, locally grown food.

Growing food is often the driving force behind community gardening projects, whether purely for the consumption of the gardeners or for local distribution or sale. Unlike growing on individual allotments or private gardens, community gardening requires an element of cooperation and collective planning. Working together toward shared goals can create a real sense of community. And in a garden, a feeling of connection may develop, not just with other people, but with the living world as a whole.

Gardens also play a significant role in conserving biodiversity, by developing wildlife pockets and corridors across towns and cities—an idea encouraged by the Royal Society for the Protection of Bird's Giving Nature a Home program. The inclusion of even a small pond in a garden can provide a home for important species such as amphibians. Their vegetation captures carbon and can improve air quality. Tree and shrub roots in the soil absorb water, reducing flood risk.

So because people's relationships with the living world affect their behaviors toward it, taking part in community gardening could also make people old and young more environmentally conscious and responsible. By connecting people to nature, it may be that community





ALL IMAGES BY SHUTTERSTOCK



Scientists have found that spending two hours a week in nature is linked to better health and well-being.

gardens can also help to transform society—allowing towns and cities to move toward more sustainable futures.

Community Connections

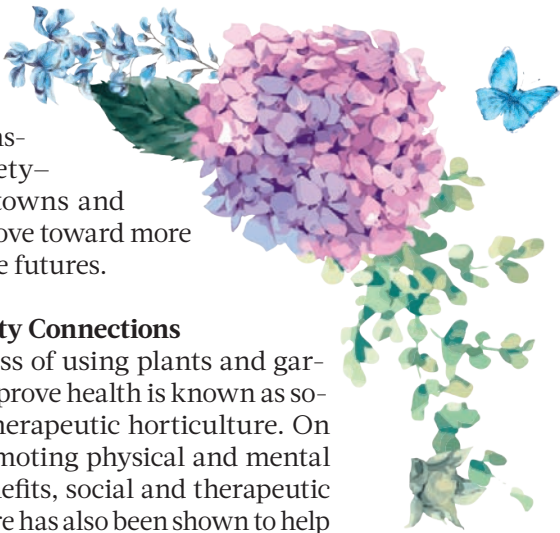
This process of using plants and gardens to improve health is known as social and therapeutic horticulture. On top of promoting physical and mental health benefits, social and therapeutic horticulture has also been shown to help improve people’s communication and thinking skills.

At Hull University’s Centre for Systems Studies we want to understand more about the ways community gardening can boost well-being for people, societies, and the living world. So we are working with the Rainbow Community Garden in Hull, which also has links with local schools, social services, mental health teams, and veteran’s association, to observe activities and interactions over the course of a year. We are also interviewing staff and volunteers about their experiences, looking at how people’s well-being changes as they participate in the project.

Although no one intervention is right for everyone, community gardens do have wide appeal and potential. But such projects tend to be run by charitable organizations—often relying on grant funding to employ staff and provide equipment. And at a time when funding gaps mean that local councils are struggling to preserve public parks and gardens, it seems that despite all the positives that can be gained by such spaces, the future of many community gardening groups could be uncertain.

This would clearly be a significant loss, as individual well-being, societal well-being, and the living world are all inextricably linked. John Donne was correct when he said that “no man is an island.” Community gardens can bring together diverse groups of people and it’s possible to make these spaces widely inclusive and accessible. Raised beds and paved pathways, for example, can improve access for wheelchair users, while a complex sensory experience can be created using scents and sounds as well as visual stimuli. We hope that our research will help to highlight the importance of these places and the many benefits they can bring for people, society and the living world.

Yvonne Black holds a master’s in conservation medicine and is a doctoral student in systems science at the University of Hull in the UK. This article was first published on *The Conversation*.



People’s relationships with the living world affect their behaviors toward it, taking part in community gardening could also make people old and young more environmentally conscious and responsible.

CANCER UP CLOSE

# How Seeing a Therapist Prepared Me for a Conversation With My Tumor

MICHELE GONCALVES

*Cancer is one of the most common diseases of our age, and yet those who face it rarely know what’s about to happen to them beyond the broadest terms. “Cancer up Close” is an open recount of Michele Goncalves’s cancer journey from pre-diagnosis to life after treatment.*

Before I was diagnosed with cancer, I had already been working with a therapist for more than a year.

I have been through more than one traumatic event in my life, and I recognized they were affecting me. I wanted to do something about it.

For example, I lived through an unforgettable 8.0 earthquake in Mexico back in the 1990s when the ground shook so violently it knocked me over and the earth literally roared so loudly it sounded like a freight train. In Paris during a study-abroad semester my junior year in college, I woke up and there was someone inside my hotel room stealing from my friend’s purse.

These experiences and others left me with an underlying fear of being unsafe, wondering when the next life-threatening event would happen. This fear followed me throughout the years.

Through working with my therapist, I was able to “reprocess” these two events again in my brain over several eye movement desensitization and reprocessing (EMDR) therapy sessions and I feel like I have made progress in feeling less stressed about them.

Seeing this therapist has helped me become more aware of how the thoughts and stresses in my mind are connected to physical responses in my body. It has also helped me to realize that our bodies are alive and can communicate with us if we are “awake” enough to ask them questions.

You see, during a therapy session, I may mention something that is troubling or upsetting me, and my therapist will then proceed to ask me, “What do you notice in your body?” After I finish sharing the situation, I may notice that my lower belly is hurting, or my jaw is clenched, or my chest feels like it is being squeezed.

Actually, any part of the body may manifest a response. She then guides me to question that physical response, to ask it something like, “What do you want me to know?” I often get quite a remarkable amount of information that helps me understand what is going on deep inside myself, and I’m able to tell these subconscious physical responses that come forward how I (my main conscious self) am going to address the issue, which can help settle them down and inform the part that is anxious or scared.

I know what some of you may be thinking. This is getting too woo woo, new agey, and “out there.” I can understand why you would think that. But before you stop reading, consider the following idea.

There is a hypothesis in science called “body memory”

The human body is completely connected, so how could something scary affect your brain in isolation?

that states that the body itself is capable of storing memories, as opposed to only the brain. It might sound odd, but given that some of our bodies’ most important neurotransmitters are produced in the stomach, it’s not out of the question. I am no scientist but I do truly believe the body remembers.

When we go through traumatic events, our conscious mind, our organs, and even our cells experience it. How could they not? The human body is completely connected, so how could something scary affect your brain in isolation? During the hotel room burglary in Paris, it wasn’t just my eyes that saw something terrifying, my mind that knew I was in danger, my entire being went through the experience together. I was in bed and felt extremely vulnerable.

My entire body shook for several days afterward, and I remember feeling waves of panic wash over me (adrenaline perhaps) when I would re-live the experience in my mind. Couldn’t this have been my organs and cells communicating with me? Maybe they were screaming for help and crying out that they were terrified over what had just happened, but at that time I didn’t realize I could tune into what they were communicating and talk to them.

Since I had already had many conversations with different parts of my body in previous therapy sessions, when I became aware that I had a huge malignant tumor growing inside of me, almost fully blocking my colon, I decided to have a short conversation with it a few days after my diagnosis. It went something like this:

Me: “Are you going to kill me?”

Tumor: “No.”

Me: “So why are you growing inside of my body?”

Tumor: “I am here to make you fearless.”

I was floored with the response that I got. Fear is one of the biggest obstacles holding me back in life. I was too busy protecting myself from harm to live life to the fullest. It is the main reason I decided to go to therapy. So, I was really amazed that the tumor said it was there to help me release some of that

fear and not there to kill me.

I thanked it for sharing this information with me, and I kept this understanding in my back pocket throughout my treatment. That conversation didn’t convince me I was not going to die, but it did give me some relief at the time.

As I look back on this now, I believe it was God, or the Creator, or the Universe giving me encouragement. I had to go through this experience to grow and see that I have enough strength inside to face anything, even potentially life-threatening illness.

Has this cancer experience made me a fearless person? No. But I absolutely do feel more confident that I have the courage and ability to get through scary experiences.

So, the next time you have a headache, or your hip starts hurting, I invite you to find a quiet spot to sit and ask that part, “What do you want me to know?” You may be surprised at what you find out.

There is a hypothesis in science called ‘body memory’ that states that the body itself is capable of storing memories, as opposed to only the brain.

Join me next week when I begin my mind, body, and spirit trilogy. This mini-series will explore how getting a cancer diagnosis is just as much a psychological and spiritual battle, as it is a physical one, and how I tried to keep all three in check.

Until then, breathe deep, be kind, and take it one day at a time.

Michele Goncalves is a financial compliance and fraud auditor for a Fortune 500 company by day and a passionate pursuer of holistic and functional medicine knowledge by night. She is also the author of the column *The Consummate Traveler*.

PHOTOGRAPHEE.EU/SHUTTERSTOCK



Seeing this therapist has helped me become more aware of how the thoughts and stresses in my mind are connected to physical responses in my body.



ARS FILM PRODUCTION



Taiwanese director Wei Te-sheng.

# Taiwanese Filmmaker Living His Dream

*With Courage and Persistence*

MINGHUI WANG

With a pristine smile, Wei Te-sheng walks into sight; though he is perhaps not always the most noticeable, he constantly radiates charisma. Just as his movies have touched the hearts of millions, his own journey is equally as inspiring—from the son of clockmakers in Tainan to one of Taiwan’s most influential film directors.

ESSENCE OF CHINA

## An Ancient Chinese Story Doing Business as Cultivation

Continued from B1

The scholar, confused, wondered why this ruffian suddenly appeared. Regardless, he knew he had to sell rouge to fulfill his master’s mission. His fear suddenly vanished, and he was able to call out loudly in order to attract customers. That evening, it took the scholar a while to calm down and reach tranquility during meditation. He didn’t ask his master about what had happened, but instead tried to enlighten to it himself. The scholar realized that, as a spiritual

“  
**I am a cultivator, not an ordinary being, so how could these human affairs move me?**

*The scholar*

cultivator, his heart should be wholly dedicated to cultivating his character. Only then could he remain unaffected by society. And as a cultivator, he had nothing to be afraid of.

**A Heart Unmoved**  
A month passed, but the scholar still had not sold a single box of rouge. He wondered why selling rouge was harder than cultivation. But since his master asked him to sell rouge, he was determined to do it happily. The scholar realized that he needed to put his heart into

both cultivation and selling rouge. He knew that to sell rouge, he had to find the right customers: women. But he wondered how he would be able to cultivate if he came into contact with women. Some of them put rouge on their faces and asked him if they looked beautiful. The scholar eventually enlightened to a new understanding: “Human beings are human beings, whether men or women. I am a cultivator, not an ordinary being, so how could these human affairs move me?”





Film director Wei Te-sheng on location. Wei’s movies have moved millions to tears.

Wei has directed two of Taiwan’s highest-grossing domestic films: “Cape No. 7” and “Seediq Bale.” Over the years, he has poured his heart and soul into every production he leads, even if it means bringing himself to the brink of bankruptcy. In the face of every imaginable adversity, he has persevered as “it is a natural instinct,” he told *Elite Lifestyle Magazine* during an interview in New York.

Like him, Wei’s movies are passionate and sincere, sensational yet down-to-earth. “Cape No. 7” captures the stories of ordinary people chasing their everyday dreams. This romantic musical drama was Wei’s first full-length motion picture, and it has become one of Taiwan’s most acclaimed movies. With “Seediq Bale,” Wei brought to light the often neglected tales of Taiwan’s indigenous people.

A New Perspective

Wei has written the screenplays for his films himself, including “Seediq Bale.” “‘Seediq Bale’ was an extremely crucial start; it established the way I view history and its values,” he said. Based on the actual events of the Wushe Incident, the movie recounts the conflict between Taiwanese aboriginals and Japanese soldiers during the Japanese colonial period.

Wei strove to capture the tragic incident as accurately and realistically as possible. He spent nearly two years conducting research, delving into primary sources until he held a vivid grasp of every detail. It was during these two years that Wei came to the realization that “in history, it is important to understand the motives of the people involved, because everyone fights for their meaning of life, and the legacy of their souls.” Wei decided to make this newfound perspective the theme of “Seediq Bale.”

“As the Rainbow-believers (aboriginals) encounter the Sun-worshippers (Japanese soldiers) in the Taiwanese mountains, they fight and bleed, dying to protect their different faiths—somehow forgetting to embrace the same sky,” he said. From this

**Wei encourages audiences to view history in a more compassionate and reflective light.**

Taiwanese director **Wei Te-sheng** with the Golden Horse Film Award for Best Feature Film for his “Warriors of the Rainbow: Seediq Bale,” on Nov. 26, 2011.

*This article by Minghui Wang, slightly edited, is republished with permission from Elite Lifestyle Magazine.*

perspective, Wei showed audiences that the figures involved in the Wushe Incident were only seeking dignity and freedom.

Another one of Wei’s works, “Kano,” chronicles the journey of a high school baseball team and takes place in Japanese Taiwan. The team was a mix of Taiwanese natives, Han-ethnic Taiwanese, and Japanese players. In 1931, Team Kano won Silver at the Japanese National High School Tournament. “A lesser-known team, comprised of three different ethnic groups, ended up achieving such an honor,” Wei said.

In “Kano,” the collaboration between different ethnicities resulted in friendship; whereas, in “Seediq Bale,” anger and hatred led to a tragic ethnic conflict—the Wushe Incident. With these two stories, Wei encourages audiences to view history in a more compassionate and reflective light.

A Fearless Heart

Just like with any dream, Wei’s first attempts were not always met with victories. In 2003, he personally raised the funds for the trailer of “Seediq Bale”—



PATRICK LIN/AFP/GETTY IMAGES

however, this wasn’t nearly enough. Thus, the movie was put in a six-year-long hiatus. It was one of the hardest times of his life. Wei said that he felt lost and weary, as if stuck in a dark tunnel with no light in sight.

Feeling uninspired, Wei decided to focus on “Cape No. 7.” He hoped that if the film was successful, he would have better luck financing “Seediq Bale.” Wei gave “Cape No. 7” his all, leaving no room for regrets. He even went so far as to mortgage his house to pay for the expenses. His hard work and dedication paid off. Although the movie attracted only moderate box-office success in its first few weeks, it spread quickly by word of mouth and eventually reached record-breaking success.

Wei had finally earned recognition, and he was able to fulfill his dream of bringing “Seediq Bale” to life. However, the Taiwanese movie industry in 2009 was far from Wei’s expectations. Nevertheless, and despite having limited resources, he managed to pull in expert scene designers from Japan, computer artists from Korea, as well as the “influencer of the action genre,” John Woo, from Hong Kong.

Yet even with everything prepared to Hollywood standard, the filming process for “Seediq Bale” encountered many roadblocks. Expenses piled on quickly, and anticipation and excitement soon turned into doubts and criticism. Nothing was going as Wei had planned; even his most trusted partner eventually left the team. However, Wei was ready to fight the battles, even if he had to do it alone.

The Taiwan Dream

Wei worked tirelessly, running between his studio and various companies to try and find new sources of support. Eventually, his hard work came to fruition. He was fortunate to receive just enough funding for “Seediq Bale” to hit the big screen in 2011. Thinking back on the experience, he expressed gratitude. “I was so lucky to have been able to accomplish all that I’ve dreamed of without a single penny,” he said.

As soon as “Seediq Bale” was released, it achieved overwhelming popularity, breaking the box-office record in Taiwan. As the result of its success, Wei began receiving invitations to work on productions all around the world. However, “that is not where my ambition lies,” Wei explained. “My spirit and dreams remain within Taiwan.”

For many, especially in the entertainment industry, happiness stems from fame and wealth. However, for Wei, happiness comes from having something to pursue. He is also looking forward to future projects and coming up with new ideas.

Just last year, he began the production of “Taiwan Trilogy,” which dates back 400 years to the era of colonial Dutch-Taiwan and chronicles the growth of his homeland. As with all of his productions, Wei doesn’t hold back—the intricacy and large scale of “Taiwan Trilogy” will make it his most expensive production yet.

Many have doubted the success of this project, and Wei has already faced many hardships regarding it. Nevertheless, he has persisted—Wei has never been one to back down from a challenge. As impossible as it might seem, the heavens will help those who are splendid.



PUBLIC DOMAIN

With this thought, the scholar became calm. From then on, though he came into contact with all kinds of people, his heart was unmoved.

After he reached a certain level in cultivation, heavenly fairies descended to test him. They transformed into beautiful women and made alluring gestures toward him. The scholar’s heart was

Vendors and pedestrians are seen in this close-up of one section of the Chinese cityscape handscroll “Along the River During Qingming Festival,” by Zhang Zeduan (1085–1145). Ink and colors on silk. Collection of the National Palace Museum, Beijing.

focused on cultivation every second, and he was not moved. The fairies then left.

**‘You Helped Me Build the Palace’**

One fairy came back disguised as an old lady. She bought rouge and put it on her face. In no time, she transformed into a beautiful young girl. People on the street witnessed the miracle and came one after another to buy the rouge.

That very day, the Empress Dowager went to burn incense at the temple. She saw people flocking to buy rouge and sent her servants to investigate. After learning that the rouge was magical, she ordered that all of it be bought with 10 pounds of gold.

The scholar thought that his master’s wish would certainly be fulfilled now. He took the gold and happily went back to his temple.

On his way back, he encountered some soldiers on horseback who were harassing a group of young girls. The scholar felt that saving those lives was the most important thing he could do, so he shouted out: “I have 10 pounds of gold. I will give it to you if you let all the girls go.”

Dazzled by all the gold, the soldiers immediately freed the girls.

At that moment, all the gold disappeared, and the scholar was left with nothing. Crestfallen, he headed back to the temple, wondering how his master’s wish could be realized now.

At the temple, after the scholar recounted what had happened, the Taoist pointed to the sky. The scholar looked and saw a beautiful palace in the heavens.

“You helped me build the palace,” the Taoist said. “You kept your heart unmoved while selling rouge, which allowed the palace to be built.”

The scholar suddenly enlightened. “Doing business is also a way of cultivation,” he exclaimed.

He also realized that his master was looking after him the entire time, transforming into different people to test him and help him improve!

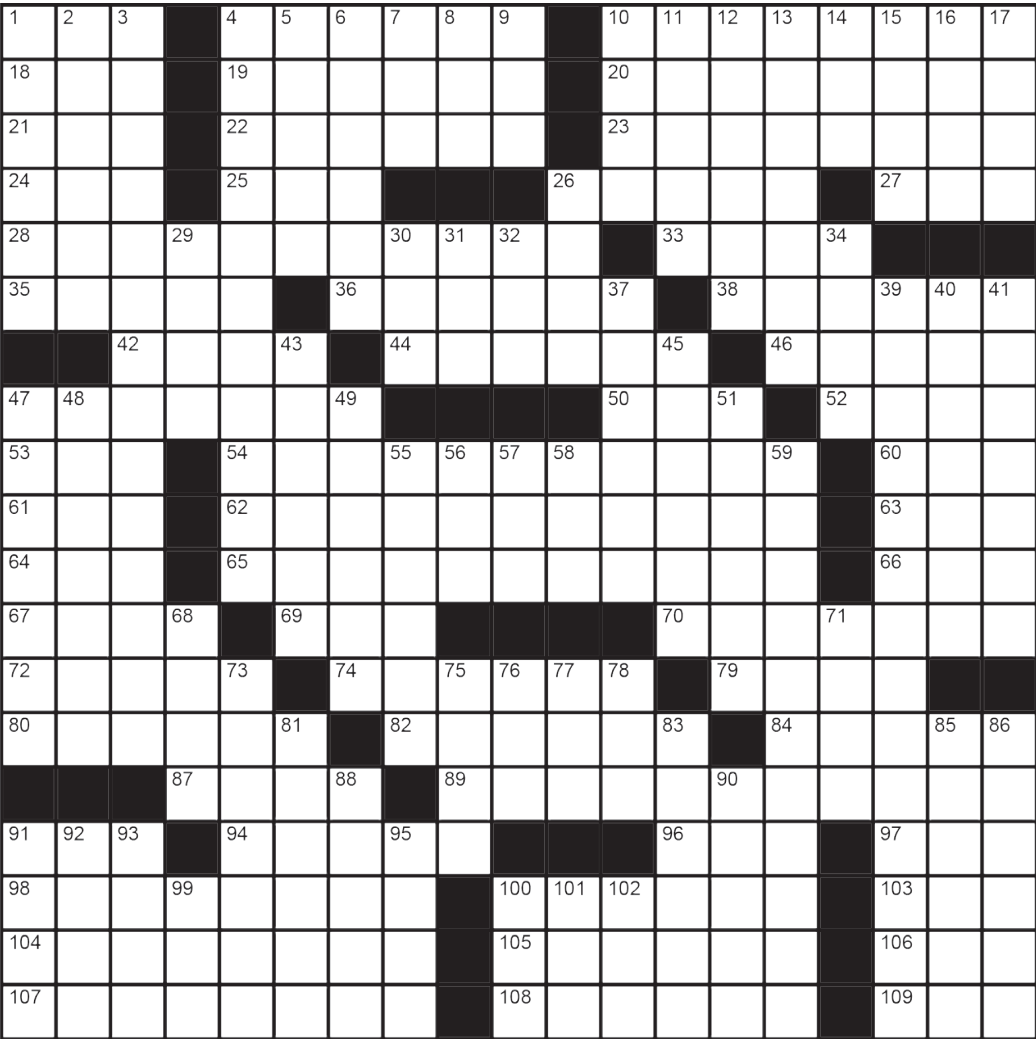
*Translated by Dora Li into English, this story is reprinted with permission from the book “Treasured Tales of China,” Vol. 1, available on Amazon.*



\* 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. Offshoot  
4. Baby shoe  
10. Certify  
18. Island chain  
19. “The Twelve \_\_\_\_ of Hercules”  
20. Algae-killing chemical  
21. Advantages  
22. Pigeonhole  
23. Clothes  
24. “... \_\_\_\_, Black Sheep”  
25. End of a series  
26. Medicinal plant  
27. Little squirt  
28. Characteristic of wax  
33. Hue  
35. Old print
36. Laugh riot  
38. Stick together  
42. Colin Powell was a member at CCNY  
44. Really enjoys  
46. Ill-tempered woman  
47. Bane of hooved live-stock  
50. Italian nickname  
52. Tussle  
53. Software program, briefly  
54. Bad blood  
60. Capital of Japan, to Commodore Perry  
61. Scoundrel  
62. Baggage, supplies, etc.

Down

91. 60’s war zone, briefly  
94. Impudent  
96. Paternity identifier  
97. See red?  
98. Vessel flute  
100. Plant with showy leaves  
103. Can. neighbor  
104. Evaluators of current events?  
105. “The magic word”  
106. Outlaw Kelly  
107. Portly  
108. Eats up  
109. Tax
63. Penpoint  
64. “Aladdin” role  
65. Prints words  
66. “Get the picture?”  
67. Like Beethoven  
69. ‘\_\_easter  
70. Close pitches  
72. PC key  
74. Take illegally  
79. Plane-jumping G.I.  
80. Record player  
82. Slot spot  
84. 1955 Best Story Oscar-winner, Daniel  
87. Piles  
89. “Alice in Wonderland” critter known for disappearing

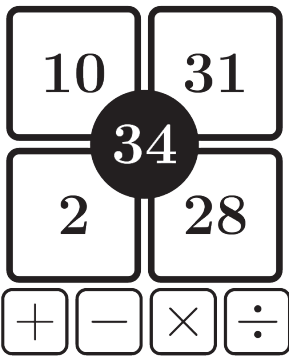
43. Cheats

45. Hurt  
47. Building fronts  
48. Ritz  
49. Ace  
51. Eases  
55. Kind of unit  
56. Lyrical lines  
57. Madam’s mate  
58. Annoying brat  
59. Roots used to flavor root beer  
68. Terrarium plant  
71. “... \_\_\_\_ North strong and free”  
73. “Survivor” genre  
75. Off-color  
76. Hearth residue  
77. Knot  
78. An “inning” has three outs and three \_\_\_\_  
81. Guesses  
83. “My!”  
85. Mooring rope  
86. High school sweet-heart  
88. Lean  
90. Taken  
91. Wyle of “ER”  
92. Ne plus ultra  
93. Baby’s first word, maybe  
95. “Hey, over here!”  
99. Gun  
100. Number cruncher, for short  
101. Timeworn  
102. “Seinfeld” uncle

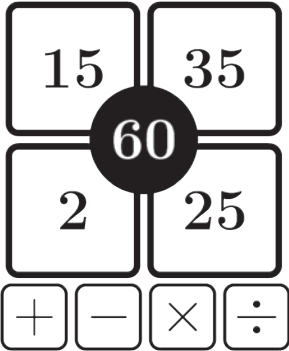
4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

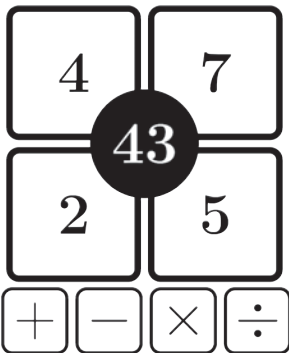
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7X3) +1=28 and 1+ (7X3) +6 =28



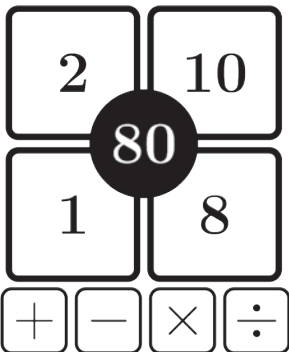
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today’s Crossword Puzzle?

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

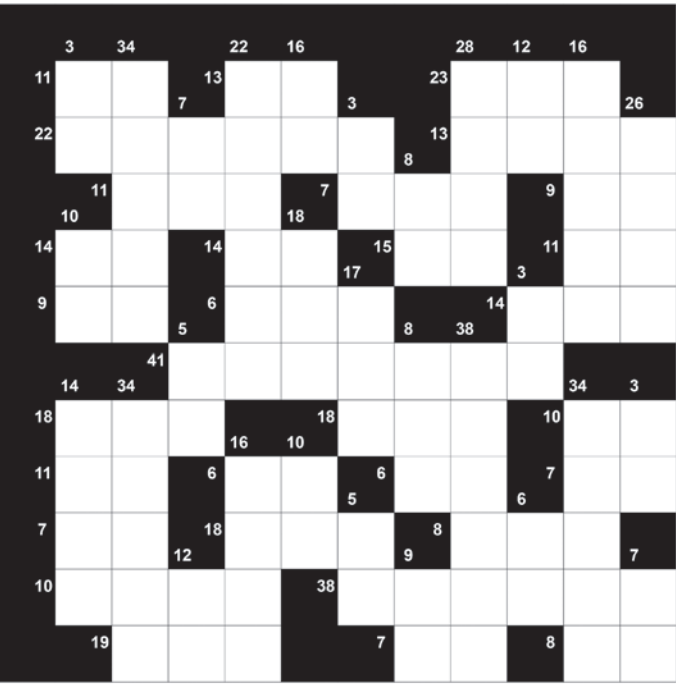
- ASSORT  
BOOTEE  
CASINO  
CHLORINE  
CLINIC  
COHERE  
COLEUS  
ENTER  
FUCHS  
HEAVYSET  
LABORS  
LETTERPRESS
- OASES  
OCARINAS  
PAINED  
PIRATE  
PLEASE  
READIER  
REALITY  
RENAME  
ROMANOV  
SCREAM  
SENNA  
SEPIA
- SPARE  
STEADY  
STEREO  
TIPTOP  
VIXEN  
ADORES  
CHANT  
DUSTERS  
LIPPY  
METRIC  
OPINES

KAKURO

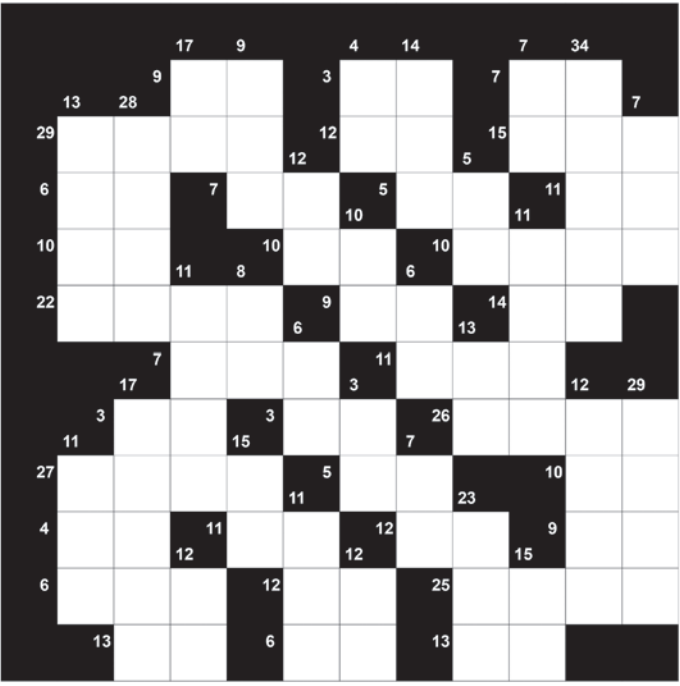
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



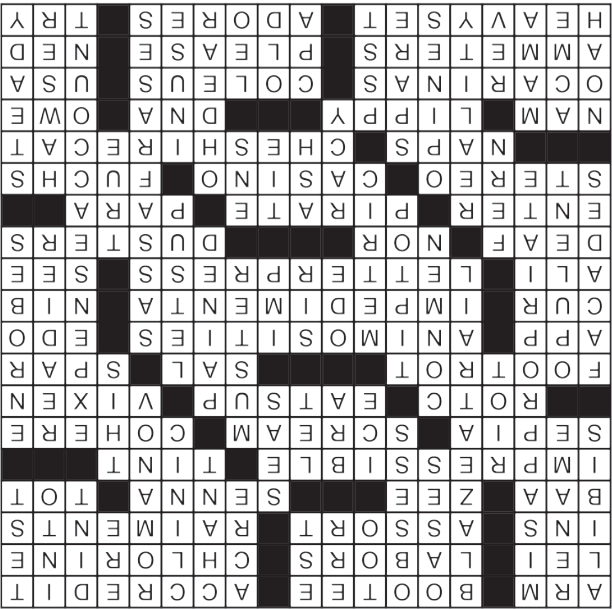
Large: Easy



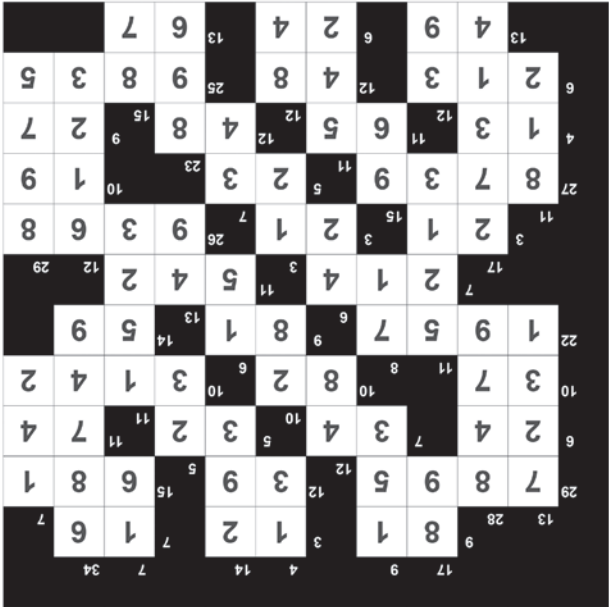
WORK SPACE

SOLUTIONS

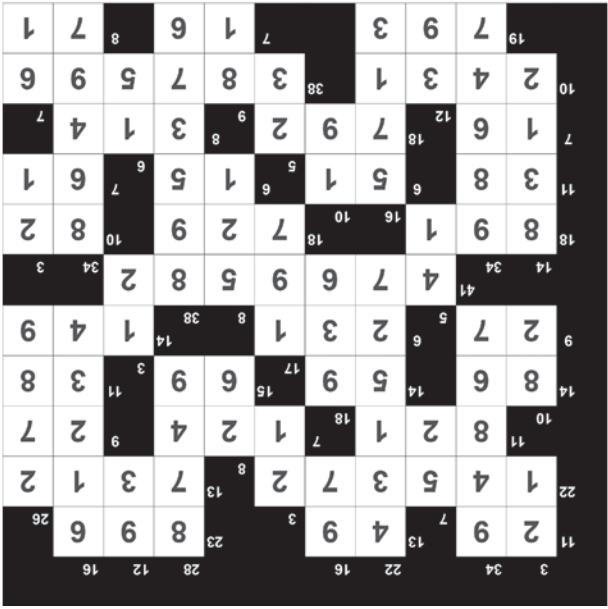
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1  
18 ÷ 10 ÷ (2 ÷ 28) (28)
- HARD 2  
25 - 2 ÷ 15 ÷ 2 × 35
- EASY 1  
7 × 5 + 4 × 2
- EASY 2  
8 × 10 × (1 - 2)







WEEKNIGHT KITCHEN

To Be a Better Cook,

ALL PHOTOS BY GENTLAND HYERS



1 BUTTER-BASTED RIB-EYE WITH CRUNCHY FENNEL SALAD

What do these classics have in common: Duck confit and frisée. Breaded veal cutlet and tomato-arugula salad. Barbecue and pickles. Chicago-style hot dogs and this sassy little steak and salad dinner. Rich marbled meats are extra-delicious when served with cool, crunchy, acidic vegetables. It's a fact, and the combo never gets old.

MAKES 3 TO 4 SERVINGS

1 bone-in rib-eye steak, 2 inches thick (about 2 pounds)

Kosher salt, freshly ground pepper

1/3 cup extra-virgin olive oil, plus more for drizzling

3 tablespoons unsalted butter

4 garlic cloves, 3 smashed, 1 finely grated

2 or 3 sprigs rosemary

3 oil-packed anchovy fillets, finely chopped

2 tablespoons white wine vinegar

2 fennel bulbs

Aleppo pepper, flaky sea salt, and olive oil, for serving

If you think of it ahead of time, season the steak on all sides with salt and pepper and refrigerate, uncovered, for a few hours or up to 2 days. If not, no biggie. Season now and carry on.

Heat an 8- or 10-inch cast-iron skillet over medium-high heat for 2 minutes. Add enough oil to evenly coat pan with no bald spots and add steak. Cook, turning every 2–3 minutes until a dark crust has formed on both sides and steak is very rare; a thermometer inserted dead center should register 115 degrees F, 12–15 minutes. Turning the steak frequently will let you develop a gorgeous crust on the surface without creating thick strips of well-cooked steak, which is what can happen when you sear it very hard on one side and then the other. Plus, it

will cook more evenly and in less time because the interior is being warmed gradually from both sides.

Reduce heat to medium and add butter, 3 smashed garlic cloves, and rosemary. Tilt the skillet toward you and scoot the steak to the far end of the pan so that the garlic and rosemary slide down into the foaming butter pooling at the front edge. Holding the skillet's handle with your non-dominant hand, use your other hand to spoon the butter up and over the steak repeatedly for 1–2 minutes, or until internal temperature hits 120 degrees F for medium-rare. Transfer steak to a platter and let rest 15 minutes for juices to redistribute; temperature will climb a few degrees from carry-over cooking.

While steak rests, in a medium bowl, whisk together grated garlic clove, anchovies, and vinegar and season with a big pinch of salt. Whisk in 1/3 cup olive oil, then taste and season with salt and pepper. The dressing should veer on the punchy, acidic side.

Trim off dried-out woody ends of fennel stalks. Remove tough outer layer from fennel, then halve each bulb lengthwise through core. Cut a little V in root end to remove thickest part of core. Place each half cut side down and slice crosswise into 1/4-inch-wide pieces, working from the tender tops all the way down to the stem end, and including the inner part of the core and fronds, which will give the salad a range of textures. Add fennel to bowl with dressing and toss to coat.

Cut steak away from bone and then slice against the grain into 1/2-inch-thick pieces. Top with fennel salad, some Aleppo pepper and flaky salt, and a drizzle of olive oil. Serve the bone, too, of course.

Recipe reprinted with permission from "Where Cooking Begins: Uncomplicated Recipes to Make You a Great Cook" by Carla Lalli Music. Published by Clarkson Potter.

2 GRAINS AND ROASTED SQUASH WITH SPICY BUTTERMILK DRESSING

The base of this dish can be made with any whole grain, and you can use any vegetable that roasts well instead of the squash. In the fall and winter, I do this with cauliflower steaks, thin cabbage wedges, and sweet potatoes that have been cut into planks. In the spring, it's carrots, radishes, and baby turnips. In summer I'll use thick slices of eggplant for the job, or I might grill wedges of romaine (instead of roasting). Fresh beefsteak tomatoes would be amazing, too—as long as you leave them raw.

MAKES 6 SERVINGS

1 cup wheat berries, soaked overnight if possible

Kosher salt

2 Honeynut or 1 butternut squash, scrubbed

2 tablespoons extra-virgin olive oil

Freshly ground pepper

1/2 cup plain whole-milk yogurt

1/2 cup buttermilk

1 teaspoon crushed Calabrian chiles in oil

1 lemon, halved

1 cup chopped tender herbs and/or fennel stems and fronds

Cook the wheat berries like pasta, in a big pot of salted boiling water, until tender, 20 minutes if soaked, 30–40 if not (start checking at around the 20-minute mark).

Meanwhile, preheat oven to 450 degrees F.

Peel the squash if desired (the thin skins are edible). Halve squash crosswise at the spot where the neck and the bulb meet. Cut neck crosswise into 3/4-inch-thick rounds. Halve bulb end, scoop out seeds, and cut squash into 1-inch-thick half-moons. Transfer all of the squash to a rimmed baking sheet, drizzle with oil, season with salt and pepper, and toss to coat. Spread the squash out and roast until tender and lightly browned, 20–30 minutes, tossing gently halfway through.

Meanwhile, make the dressing: In a small bowl, stir together yogurt and buttermilk until combined, then taste and season with salt and pepper. Add Calabrian chiles and swirl together. Taste and season with salt and juice of 1/2 lemon. Thin with a splash of water if it doesn't seem loose enough to be described as "dressing" (especially relevant if using Greek yogurt).

Drain wheat berries and transfer to a medium bowl. Let cool until warm, tossing occasionally. Stir in half of the dressing.

Spread out the dressed grains on a serving platter. Top with squash and drizzle remaining dressing over. Toss herbs in a small bowl with juice of remaining 1/2 lemon. Season with salt. Scatter herbs over.

Recipe reprinted with permission from "Where Cooking Begins: Uncomplicated Recipes to Make You a Great Cook" by Carla Lalli Music. Published by Clarkson Potter.

3 POACHED EGG AND SILKY BRAISED GREENS

Listen up: Swiss chard stems and ribs are a treasure—earthy, sweet, and resilient—as desirable as the ruffy leaves that surround them. Give them a head start before adding the leaves so they can soften a bit, sending vegetal juices into the pan to mingle with the garlic and olive oil. Don't balk at the amount of olive oil here, either. The leaves will melt into the saucy cooking liquid, creating a perfect soft landing for a runny egg.

MAKES 2 SERVINGS

1 large bunch Swiss chard, preferably rainbow

1/3 cup extra-virgin olive oil

6 garlic cloves, smashed

Kosher salt, freshly ground pepper

1/2 teaspoon crushed red pepper, plus more for serving

2 large eggs

Cut off bottommost, tough and fibrous ends of chard stems. Strip leaves off ribs, then wash and dry leaves and stems separately (be thorough, they may be coated in a fine, silty dirt). Thinly slice ribs and stems crosswise. Tear leaves into large pieces and set aside separately.

In a large skillet or Dutch oven, heat oil over medium-low heat. Add chard stems and garlic, season with salt and black pepper, and cook patiently, stirring occasionally, until stems are al dente, 8–10 minutes. Add crushed red pepper and chard leaves and toss to coat with oil. Season with salt and continue to cook, tossing occasionally, until leaves are bright green and very tender and stems are tender, 8–10 minutes more. Reduce heat to low to keep warm while you make the eggs.

In a medium saucepan, bring a few inches of water to a simmer. Crack eggs into separate small bowls, then slip into water, spacing 15 seconds apart. Cook, using a spoon to circulate water occasionally, until whites are set and yolks still runny, about 3 minutes.

Divide chard and pan sauce between two plates or shallow bowls and press a little divot into centers. Add an egg to each, season with salt, pepper, and more crushed red pepper and serve hot.

Recipe reprinted with permission from "Where Cooking Begins: Uncomplicated Recipes to Make You a Great Cook" by Carla Lalli Music. Published by Clarkson Potter.



# Change the Way You Shop

CARLA LALLI MUSIC

Small-scale cooking looks like this: Your kitchen is stocked with ever-green items across the board. On your way home in the evening, you stop off to pick up a nice fatty pork chop and a big bunch of mustard greens. You breeze through checkout (express lane, always) and spend the rest of your commute mentally planning your meal. You can draw on the ingredients and inventory waiting for you at home.

You can sauté the greens with olive oil, some mustard seeds, and a drained can of white beans, then round that out with a knob of butter while the chop pan-roasts in a skillet on the next burner. Or, you can thinly slice the meat off the bone, cook it hot and fast, then deglaze the pan with red wine vinegar to make a warm, smoky vinaigrette to dress the washed and torn greens. You might pound out the chop, coat it with Dijon mustard and bread crumbs and broil it before topping it with a zingy slaw made with thinly sliced mustard greens and lots of fresh lemon juice.

In each scenario, the chop and the greens carry the meal, but the already-stocked items at home provide flexibility, flavor, and options.

It's been years since I shopped with a recipe in hand or a concrete plan for the week ahead. Instead, I start roughing out a recipe in my imagination while I decide what to buy.

If I come home with a lot of greens, I draw on my pre-stocked inventory to find a way to make them the center of my next meal. That could mean using the wheat berries in my pantry drawer to make a big grain bowl, or slowly cooking the greens down with olive oil and garlic, then adding them to a dozen-egg frittata.

As I reckon with the multiple quarts of carpe diem strawberries I bought, I will decide to make a compote, and because I already have cinnamon and star anise in my spice drawer, that's ample reason to add one of each.

I apply the same thinking and methods when I shop for meat and fish, too. I might choose polenta to go with the chicken thighs



BRANISLAV NENIN/SHUTTERSTOCK

I just brought home, then decide to braise the thighs with canned tomatoes because I like the idea of something saucy for that combo.

Each time, the shopping and cooking pattern is the same: I purchase a perishable and pair it with things from the stable of ingredients I keep at home.

It's not always peak growing season, and there are not always warm berries and heavy melons and squeaky corn to be had. There are many stretches of the year when there's no farmers market to speak of, and the best ingredients come from afar (here on the East Coast, that's November to April, which is why I turn into such a freak come spring).

But it doesn't matter where you shop, it matters how you shop. If you're excited and care about what you buy, you will waste less food. When you let go of the idea that you have to shop for a specific list of ingredients, you'll develop the confidence to wing it and make substitutions based on what you find in your own spice drawer. You will cook with all your senses and you will derive more

▲  
Cooking begins before you step foot in the kitchen.

Excerpted with permission from "Where Cooking Begins: Uncomplicated Recipes to Make You a Great Cook" by Carla Lalli Music. Published by Clarkson Potter.

pleasure from your meals.

Simply put: This strategy will make you a better cook.

The realization that cooking begins before I've set foot in my kitchen is the inspiration for my book. Cooking begins with the idea of transforming something to make it taste better (like boiling a fava bean), or just for the purpose of enjoying it (putting salt on a cucumber). It begins when I decide what I want to bring home, and what someone else should deliver. Cooking begins when I take stock of what's in the fridge and make a meal from what I find. (Before the fantasy gets out of control: Sometimes I stand at the kitchen counter and eat a bowl of cereal for dinner.)

Letting a dish come together in my head, patching dinner together without relying on a meal plan, inviting friends over because I want to cook everything I've bought, and drawing on basic, functional ingredients that let me flex this way or that—that's the way I love to cook. I believe that anybody can shop, cook, and eat like this.



National  
PATIOS

Expand Your Lifestyle

[nationalpatios.com.au](http://nationalpatios.com.au) | [louvreteccanberra.com.au](http://louvreteccanberra.com.au)

Premium design. Add value to your property.





WE DO:

● Sunrooms

● Patios & Patio cover

● Decking

● Louvres & Shutters

● Granny Flat

● Opening roof systems

● Polycarbonate roof systems

Fyshwick Showroom, Canberra

1/289 Canberra Ave Fishwick    02 6147 0844

ONSITE MEASURE & QUOTE

National Patios, Professional & Reliable

Proud to be members of:



Builders Licenses:

ACT 2006758

NSW 166181C

HOU580



LITERATURE

# Confessions of a Late-Blooming Lover of Great Literature

SUSANNAH PEARCE

Anyone, at any age, can become a lover of literature and will be a better and happier person for it. Take me, for instance. “Literaphilia” didn’t hit me until after I graduated from college.

I’m not proud of it, but television inspired me to become more well-read. I don’t mean in the manner of Groucho Marx, who said, “I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.” No, I was a more avid television-watcher than book-reader for most of my formative years. Nevertheless, somehow that path led me to an exuberant appreciation of good literature.

I know a lot of people who are bookies (the kind who haunt libraries and bookstores, not racetracks), and I hear that their childhoods consisted of hiding in closets to read novels instead of doing chores, teaching themselves to read at the age of 3, and, presumably, leaving the womb clinging to a book and flashlight. In comparison, I was practically illiterate as a child! But I’m making up for lost time now, in my middle age.

I learned to read at the usual age. I looked forward to school book fairs and spent time in the school library with all the other grade-school rabble. No one, however, would have called me a bookworm. In the library, I gravitated to the books about horses. Especially those with lots of pictures.

I liked books. The books I enjoyed were little books, children’s books, lavishly illustrated fairy stories. I loved being read to, whether by parents or teachers. I recall my anticipation of my dad reading “Black Beauty” at bedtime and the fourth-grade teacher reading “How to Eat Fried Worms” after recess. Probably, I had not heard of most of the classics nor even known the word “literature” in my younger years.

I have a clear memory of the first real chapter book I read on my own for enjoyment—in sixth grade. It was a horse story, of course, but this time with no pictures. I read literature in high school as well as college, but mostly by assignment rather than for love of reading.

Don’t tell anyone, but I had never even heard of Jane Austen until I was a grown-up. (Shhhhhh!)

I don’t believe any of this should be held against me. What matters is that I have come to discover this marvelous world of great books that enlarge my mind, good books that bring pleasure, and the joy of reading, which allows me to, as Socrates said, improve myself “by other men’s writings so that I shall come easily by what others have labored hard for.”

## Unlikely Inspiration

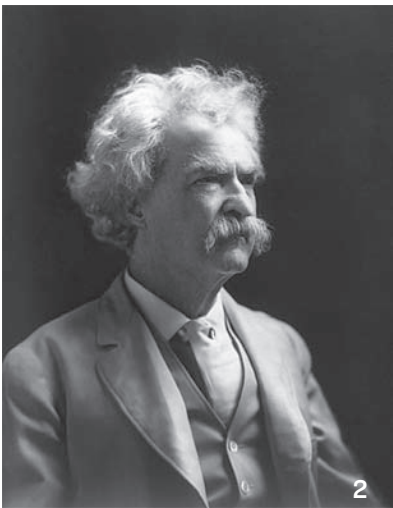
I might have come late to the party, but I’m at the party. Thankfully, it is not an elite party, and invitations can be issued even in the most unlikely of places.

There was a moment when I realized how little I knew literature. It occurred shortly after I had graduated from college, and believe it or not, it was television that brought me to the realization. To be precise, it was the supercilious Major Charles Emerson Winchester III, a character in the series “M\*A\*S\*H,” who inspired me to become a reader and lover of literature.

Major Winchester was the epitome of culture, discriminating taste, and Ivy League education. He blithely recited passages of Shakespeare and quoted poetry with ease. His colleagues often recognized the references, and they were not exactly what you would call highbrow. Next to them, there is no question that I was vastly deficient in culture.



“Reading Woman,” after 1866, by Ivan Kramskoy. Oil on canvas.



1. A portrait of Mortimer Adler.

2. Famous American author Mark Twain.

3. Portrait of Ralph Waldo Emerson, 1878, by Stephen Alonzo Schoff. An engraving after a drawing by Samuel Worcester Rowse, Library of Congress.

And it mattered to me.

It was clear that I needed to step up my game. So, off I went to the library with my firm commitment and empty head.

It was not until I arrived at the bibliophilic institution that I was faced with the Catch-22. An ignorant patron could not simply walk up to the section labeled “Books you ought to have read by now” and start choosing. I had no idea where to begin. I was not about to admit my educational negligence to the librarian by asking what I ought to read first. I happened upon a spinning display labeled “classics” and had at it. Aha! Charles Dickens’s “Oliver Twist”! Even I had heard of that, so my project was begun.

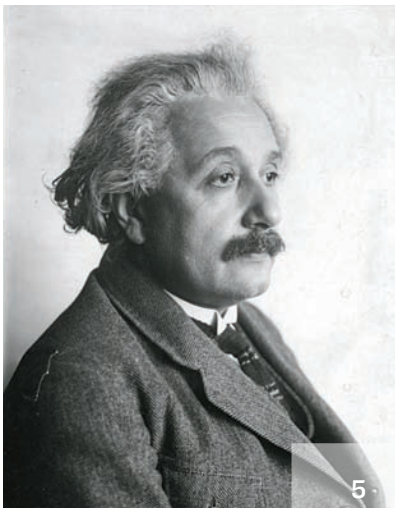
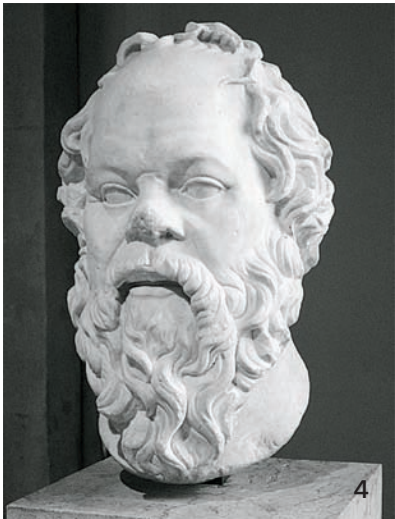
“If we encounter a man of rare intellect, we should ask him what books he reads.”

Ralph Waldo Emerson, poet

This was my first step out of being the subject of a quip attributed to Mark Twain: “The man who does not read good books is no better than the man who can’t.” It was a haphazard course of remediation, but it was a course and I was on my way.

The poet Ralph Waldo Emerson said, “If we encounter a man of rare intellect, we should ask him what books he reads.” This is good advice. And even in the days before Googling ubiquitous lists of “books you ought to read,” this was possible. If one is determined to become better-read, one will inevitably be drawn by something like a magnetic force toward other literature lovers and the great works they recommend.

I have learned, for instance, of Mortimer Adler, known for his catalog of The Great Books, the proper reading of which (conveniently taught in his book, “How to Read a Book”) can stuff anyone so full of education and impressive quotations as to satisfy an army



4. A marble statue of Socrates in the Louvre.

5. Albert Einstein won the Nobel Prize for Physics in 1921.

6. Henry David Thoreau, circa 1850.

of Major Charles Emerson Winchester IIIs.

## The True Aim of Education

It is not just a matter of vanity to become conversant in literature in order to be able to spout off impressive quotations. And it goes beyond just reading a lot indiscriminately. It is a project that will increase the reader’s empathy, vocabulary, and sense of history. To become familiar with the canon of writings that has withstood the test of time from epochs past is to grasp the unchanging workings of humanity.

Albert Einstein expressed it thus: “Somebody who only reads newspapers and at best books of contemporary authors looks to me like an extremely near-sighted person who scorns eyeglasses. He is completely dependent on the prejudices and fashions of his times, since he never gets to see or hear anything else.”

Reading the great works allows one to grapple with the big questions of life vicariously. When one begins, one enters into a great conversation that has been ongoing for centuries. The works of literature that have risen to the top over these centuries help to form great individuals and, consequently, better societies and a better world. Science fiction author Ray Bradbury issued the alarming warning: “You don’t have to burn books to destroy a culture. Just get people to stop reading them.”

Author and professor John Senior recognized this truth at a time when education was becoming ungrounded. Through teaching, he sought to do his part to reclaim a culture on its way to destruction. He was one of the founders of the renowned Integrated Humanities Program at the University of Kansas in the 1970s. It captured and directed the imagination of many a wandering soul by inspiring and cultivating their sense of wonder. He placed his focus on the humanities—great literature, the beauty of creation, the soul-satisfying order of learning—to restore meaning to education, which had become merely a fragmented collection of information.

The aim of true education, whether institutional or self-directed, ought to be the growth of the student to become more fully human. This is a far cry from the idea we encounter all too often today that the purpose of schooling is to form a better human tool for the machinery of production. The phrase “a productive member of society” ought not be the compliment we often take it to be. An educated person is one who has contemplated and assimilated the wisdom of the ages, who has recognized and reflected on beauty, and who is ever inclined toward the good.

How I wish I had been guided by these and other great minds from my earliest days of learning. But I wasn’t. However, since they are still there now to guide me through their books and those of their admirers, I can begin where I am. I take comfort in the words of Mortimer Adler: “In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you.”

The great part of being a late starter is that I will never run out of good things to read! More likely, I will die having only scratched the surface of the good stuff. The good advice of Henry David Thoreau rings true: “Read the best books first, or you may not have a chance to read them at all.”

And if I follow the course of real education through great literature, I save myself the wasted time and trouble of reading the banal and wretched.

Susannah Pearce holds a master’s degree in theology and writes from her home in South Carolina.



# Memory and Attention Difficulties Are Often Part of Normal Life

Demanding lives, lack of real mental downtime can both lead to problems with concentration and memory

JACQUELINE ANDERSON

From young adults to people in their 60s, everyday functioning in today's world can place high demands on our attention and memory skills. Memory lapses, such as forgetting an appointment, losing our keys, forgetting a distant relative's name or not remembering why you opened the fridge, can leave us believing our thinking skills are impaired.

But you might be too hard on yourself. Tiredness, stress and worry, and feeling down or depressed are all common reasons why adults experience attention and memory difficulties.

**Attention and Memory Systems**

Attention and memory skills are closely connected. Whether we can learn and remember something partly depends on our ability to concentrate on the information at the time. It also depends on our ability to focus our attention on retrieving that information when it's being recalled at a later time. This attention system, which is so important for successful memory function, has a limited capacity—we can only make sense of and learn a limited amount of information in any given moment.

Whether we can learn and remember something partly depends on our ability to concentrate on the information at the time.

In people who are aging normally, both attention and memory systems gradually decline.

Being able to learn and later successfully remember something also depends on our memory system, which stores the information.

**Changes in Attention and Memory Skills**  
In people who are aging normally, both attention and memory systems gradually decline. This decline starts in our early 20s and continues slowly until our 60s, when it tends to speed up.

During normal aging, the number of connections between brain cells slowly reduce and some areas of the brain progressively work less efficiently. These changes particularly occur in the areas of the brain that are important for memory and attention systems.

This normal aging decline is different from dementia and Alzheimer's disease, which cause progressive changes in thinking skills, emotions, and behavior that aren't typical of the normal aging process. Dementia comes from a group of diseases that affect brain tissue and cause abnormal changes in the way the brain works.

If you're concerned that your memory difficulties may be a symptom of dementia, talk to your GP, who can refer you to a specialist, if needed, to determine whether these changes are due to normal aging, dementia, or some other cause.

If you experience persistent changes in your thinking skills that are clearly greater than your friends and acquaintances of similar age and life circumstances, see your GP.

**Normal Attention and Memory Difficulties**  
Broadly, there are two main reasons why healthy adults experience difficulties with their memory and/or attention: highly demanding lives and normal age-related changes.

A person can be consistently using their attention and memory skills at high levels but without a sufficient amount of mental relaxation time and/or sleep to keep their brain working at its best.

Young adults who are working and studying, who then consistently use attention-demanding devices as "relaxation" techniques, such as computer games and social media, fall into this group.

Adults juggling the demands of work or study, family, and social requirements also fall into this group.

Most adults need about seven to nine hours of sleep per night for their brain to work at its best, and older adults need seven to eight hours.

The second common reason is a combination of aging-related brain changes and highly demanding work requirements.

For people in jobs that place a high load on thinking skills, the thinking changes that occur with normal aging can become noticeable at some point around 55 to 70 years of age. It's about this time that age-related changes in the ability to carry out complex thinking tasks can become

noticeable. People who are retired or don't have the same mentally demanding jobs generally experience the same changes, but may not notice them as much.

This is also the age that many people become more aware of the potential risk of dementia. Consequently, these normal changes can result in high levels of stress and concern, which can result in a person experiencing even greater day-to-day difficulties.

**Emotional Distress Can Take Its Toll**  
Feeling down and sad can affect memory and concentration. When a person is feeling worried and/or down regularly, they may become consumed by their thoughts. It's important to recognize how you're feeling, to be able to make changes or seek help if needed. But thinking a lot about how you're feeling can also take a person's attention away from the task at hand and make it difficult to concentrate on what's happening or remember it clearly in the future.

So feeling worried or down can make it seem like there's something wrong with a person's memory and concentration.

**Boosting Attention and Memory Skills**  
There are a number of things that can be done to help your day-to-day memory and attention skills.

First, it's important to properly rest your mind on a regular basis. This involves routinely doing something you enjoy that doesn't demand high levels of attention or memory, such as exercising, reading for pleasure, walking the dog, listening to music, relaxed socializing with friends, and so on.

Playing computer games or having a lengthy and focused session on social media requires high levels of attention and other thinking skills, so these aren't good mental relaxation techniques when you are already mentally tired.

It's also important to get enough sleep, so you aren't consistently tired. Exercising on a regular basis often helps with getting good quality sleep, as does keeping alcohol consumption within recommended limits.

Looking after your mental health is also important. Noticing how you're feeling and getting support (social and/or professional) during long periods of high stress or lowered mood will help ensure these things aren't affecting your memory or concentration.

Finally, be fair to yourself if you notice difficulties with your thinking. Are the changes you notice any different from those of other people your own age and in similar circumstances, or are you comparing yourself to someone younger or with fewer demands in their life?

If you have ongoing concerns about your attention and memory, speak with your GP, who can refer you to a specialist, such as a clinical neuropsychologist, if needed.

*Jacqueline Anderson is a senior lecturer in clinical neuropsychology at the University of Melbourne in Australia. This article was originally published on The Conversation.*



IMAGE POINT PR/SHUTTERSTOCK



**Sumherb TCM Urinary Function Formula**

**Price \$62 one box**

For more information, please visit website: [www.sumherb.com.au](http://www.sumherb.com.au)  
E: [fei@sumherb.com.au](mailto:fei@sumherb.com.au)

THE EPOCH TIMES

TRUTH and TRADITION

**GET YOUR COPY NOW!**

**AVAILABLE EVERY WEEK**

**IN MAJOR NEWSAGENCY**

**ACROSS NSW**

**OR CALL US TO SUBSCRIBE ON**

**02 8988 5600**



# Tips for Healthy School Lunches and Snacks

A conversation with nutrition expert Nicole Magryta

BARBARA DANZA

School lunches and snacks play a large part in the school year routine. It can be challenging for parents to ensure that the food they’re packing for their children best meets their nutritional needs. With so many conflicting ideas about nutrition today, it can be difficult to determine what qualifies as “good for you.”

I asked nutrition expert Nicole Magryta, author of “Nourish Your Tribe: Empowering Parents to Grow Strong, Smart, Successful Kids” for advice on packing lunches, snacks, and even navigating the offerings in the school cafeteria. Here’s what she said.

**The Epoch Times:** What are some basic nutritional elements that should be included in a healthy school lunch?

**Nicole Magryta:** During the seven, eight hours our children spend at school, we want their brains and bodies to be operating at their best. This means we want them to be focused, clear thinkers with sustainable energy.

In order to meet this goal, we need to focus our attention on nourishment. A healthy school lunch should include foods that satiate, provide essential nutrients, and balance blood sugars.

This includes quality protein like chicken, turkey, fish, hard boiled eggs, beans, or lentils; vegetables like carrots, cucumbers, red peppers, pickles, sweet potatoes, or leafy greens; fresh or frozen fruits like apples, berries, watermelon, bananas, or kiwi; whole grains like rice, quinoa, oats, or buckwheat; and healthy fats like nuts, seeds, nut or seed butters, avocados, or olives.

When it comes to beverages, it’s important to avoid packing sugary drinks like soda, Gatorade, or juice in lunch boxes and instead stick with a refillable water bottle.

**The Epoch Times:** What common mistakes do parents make in preparing their children’s school lunches?

**Ms. Magryta:** Parents often think in terms of calories instead of nutrients. Offering nutrient-poor foods simply to get children to eat will most likely set them up for poor focus, unstable blood sugars, unbalanced energy, and nutrient depletion.

If parents don’t see food as a critical component to optimal brain function and emotional and physical growth, then lunch boxes will reflect this misunderstanding.

Unfortunately, our fast-paced lifestyles have led to sacrificing health for convenience. The volume of processed, packaged convenience foods that are placed in lunchboxes have left our kids nutrient-deficient and vulnerable to cognitive issues that can negatively affect learning, memory, and concentration. Many of these items include a plethora of sweet treats, savory snacks packed with inflammatory fats and refined white



flours, and sugary drinks.

We of course want our kids to enjoy their lunches, but we must get away from the idea that our kids need a cookie or a sweet treat packed in every lunch box. As a parent, do you eat sweets with every meal? Hopefully your answer is no. Why then, do we want to teach our kids that this pattern of eating is healthy or will set them up for success? Teaching children good nutrition empowers them with the wisdom to thrive and to be aware of their body’s voice.

**The Epoch Times:** In what ways are the nutritional needs of children different from adults?

**Ms. Magryta:** As children go through the growth process, they have greater needs for energy, water, and oxygen. They actually breathe more air, consume more food, and drink more water in proportion to their weight. Young bodies absorb a greater amount of nutrients than adults given their higher nutrient needs to support growth during all stages of development (infancy, childhood, and puberty).

While both adults and children need the same types of nutrients—vitamins, minerals, proteins, carbs, and fat—the required amounts of each are different and change as children grow. For example, per 100 kcal of food, a breast-fed infant at six to eight months of age needs nine times as much iron and four times as much zinc as an adult male. In addition, children under 5 (especially infants) need at least 30–40 percent of their calories from fat, while older children need around 25–35 percent.

Fast forward to puberty, which accounts for another period of rapid growth, children’s macro and micronutrient needs increase specifically for critical nutrients such as protein, iron, calcium, zinc, and folate.

**The Epoch Times:** What are some strategies parents can employ to make preparing school lunches for their children easier?

**Ms. Magryta:** Here are some strategies to prepare a healthy lunch box:

Keep it familiar. Lunchboxes are not a time to try new foods. Kids have

It is essential to think in terms of nutrients rather than calories. Nutrient-poor foods set children up for poor focus and unbalanced energy.

**We must get away from the idea that our kids need a cookie or a sweet treat packed in every lunch box.**

limited time to eat and familiar items will encourage eating.

Bento-style lunch containers often help with organizing key foods—protein, veggies, fruit, and healthy fiber-rich carbs.

Plan what you are packing the night before—or better yet, for the week—to help with busy mornings. Get your kids involved with the packing and planning process. Pack and prep as much as you can ahead of time. Cut up veggies, wash and chop lettuce, slice apples (with a squeeze of lemon juice to prevent browning), etc. Fill little containers with yogurt, nut butter (or sunbutter if it’s a nut-free school), or hummus. Oftentimes filling lunch containers right after dinner works great.

Stock up on lunchbox supplies and keep containers organized and handy. A specially designed drawer or cabinet works great. Thermos jars work very well for packing hot and cold items—not just soup. Heat up last night’s leftovers, chicken, beans, or make a cold smoothie. Buy a few extras in case one gets backed up in the dishwasher.

Keep it simple. While it’s best to offer a variety of foods each day, don’t stress if your child wants the same healthy thing every day. It’s surely a lot better than eating processed junk food. The same goes for cute cut-outs and decorative food designs. Most parents don’t have time for cookie cutter veggies and it’s just not something to worry about.

**The Epoch Times:** What are some healthy snack ideas parents can have on hand for their children?

**Ms. Magryta:** Moving away from snacks like Cheez-It crackers, Doritos, and Fruit Gushers can be a critical move in a parent’s strategy to improve nutrients in their child’s diet. Since snacking can often account for over one-third of your child’s daily nutrients, it’s wise to plan snacks in the same way that you’d plan meals.

Both meals and snacks should aim to include quality protein (P), healthy fats (F), and fiber-rich carbohydrates (C). Portion sizes will vary with age and period of growth.

Here are a few healthy snack ideas:

- 1/2 cup salmon salad made with 2 ounces canned salmon (P) + 2 Tablespoons olive oil or avocado mayo (F) + 1/2 cup blueberries (C)
- 1 to 2 hard boiled eggs (P) + 1-2 tablespoons nut butter (F) + 1/2-1 banana (C)
- 1 to 2 ounces grilled chicken (P) + 2 ounces of cheese (F) + a pickle (C)
- 1/2 cup plain, full-fat Greek yogurt (P,F) + 1/2 cup blackberries (C)
- 1 ounce dried beef stick (P) + guacamole (1/2 avocado with fresh squeezed lime, sea salt, garlic and onion seasoning, and diced tomatoes) (F) + 2- to 3 cups raw veggies or 13 to 15 whole grain crackers (such as Mary’s Gone Crackers)
- Peanut butter banana smoothie: 1-2 tablespoons nut butter (F), 1/2 cup full-fat plain Greek yogurt (P), 1/2 fresh or frozen banana (C), 1 cup spinach, 1 teaspoon cacao powder, 1/2 cup unsweetened almond milk or water, 1 teaspoon chia seed
- Trail mix: mix your favorite nuts, seeds, dried fruit, and coconut chips
- Chia pudding (1/2 cup almond milk, 1/4 cup coconut milk (F), 2 tablespoons chia seeds (C), 1/2 teaspoon vanilla extract, 2 teaspoon collagen powder or hemp seed powder (P), 1 teaspoon cacao powder, 1 tablespoon almond butter (F,P), small handful of blueberries (C) for topping)
- Apple slices (C) with 1 tablespoon cashew butter (F, P) and 2 to 3 teaspoons hemp seeds (P, F)
- Raw veggies like carrots or cucumbers (C) and 1/4 cup hummus dip (F, P)
- Sweet potato pancakes (great for babies and toddlers on the go)

**The Epoch Times:** Are there other healthy beverages parents can offer their children besides water?

**Ms. Magryta:** When it comes to healthy beverages, look for low-sugar options that can also provide additional digestive benefits.

Good choices include unsweetened black, green, herbal or ginger

teas (be careful of caffeine content with small children), kombucha (limit to 8 ounces), coconut water, unsweetened nut or seed milks, green vegetable juices, seltzer water or club soda with a squeeze of lemon or lime, or fruit-infused water. (There are many recipes for these drinks in my new book, “Nourish Your Tribe.”)

**The Epoch Times:** What is your opinion about typical cafeteria lunches? Are there healthy options children can choose when purchasing lunch at school?

**Ms. Magryta:** The quality of school cafeteria lunches varies greatly by school district across the country, but overall the majority would not get my stamp of approval, and that’s putting it nicely. Congress tried to “strengthen” school meals in 2010 by requiring more whole grains, fruits, and veggies, less salt, and lower fat meals. Other than a few more veggies, the new regulations are useless. They have simply forced manufacturers to re-engineer products, so that in place of a donut, your kids can now eat a whole grain donut instead.

If we want our kids to learn, concentrate, behave well, achieve higher test scores, maintain good health, and establish better habits for the future then we all must take action and pay attention to what we are feeding them.

I run a pediatric nutrition clinic twice a month for children with metabolic syndrome, that is, kids with obesity, pre-diabetes, high triglycerides, and fatty liver. Ninety-five percent of these children are eating free or reduced school breakfast and lunches which account for two-thirds of their total calories in an entire day. Their school food choices are deplorable and are directly contributing to their disease. Breakfast may include a cinnamon roll with apple juice or Trix cereal, strawberry fat-free milk, and grape juice. Lunch is often burgers, applesauce, and chocolate milk. These are inflammatory foods high in sugar, refined carbs, and fat. This needs to change.

Some schools do a better job at offering healthier options but a huge part of the problem is that they offer both unhealthy and healthy options together. If you put a cupcake and a carrot on the table, most kids will choose the cupcake. It’s really not rocket science and the masses of children in schools have clearly spoken.

Cafeteria staff will gladly tell you that kid favorites include breaded cheese sticks with marinara sauce, hamburgers, hot dogs, chicken nuggets, nachos, chocolate and strawberry milk, and ice cream.

What you won’t typically see offered in school lunch lines are dairy alternatives, whole grains, orange or dark green veggies, and good vegetarian options. I tell all my patients and parents to pack their lunches from home. The more you have control over what you put in your mouth, the better.