

THE  
EPOCH  
TIMES

TRUTH and TRADITION

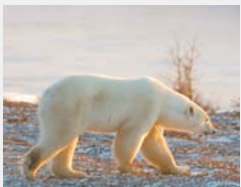
A CURE FOR  
FAKE NEWS  
SYNDROME

GET YOUR  
COPY  
NOW!

SUBSCRIBE TODAY

ReadEpoch.com.au  
02 8988 5600

In  
the NEWS



Canadian

## POLAR BEARS

are thriving in numbers and health, Inuit groups say, contrary to predictions of decline with shrinking Arctic sea ice.

WORLD | A2

“If they misuse the data, I don’t know what my family and I will lose. It could be wealth, reputation, our jobs, freedoms, health, and even our lives.”

Lao Dongyan, professor at Tsinghua University Law School, on Beijing’s plan to install facial recognition linked to the social credit system at all metro stations

CHINA | A5

## China is a KEY THREAT

to the Indo-Pacific region, with Beijing exporting its repression of dissent, civil society, and religion, a U.S. State Department report found

US | A6

“I want to be clear, I was not concerned that anything illegal was discussed.”

Tim Morrison, senior director for European affairs at the White House, on President Trump’s request for the Ukrainian leader to investigate the business dealings of Hunter Biden

US | A7

## INSIDE

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

FEATURES	
Parenting.....	B1
Arts & Tradition.....	B8

DON'T DELAY.  
SUBSCRIBE TODAY.  
READEPOCH.COM.AU  
TEL: 02 8988 5600



9 771838 799008



U.S. President Donald Trump announces his decision to pull out from the Paris Climate Accords at the White House on June 1, 2017.

## UN CLIMATE ACCORD

# US Formally Announces Withdrawal From Paris Climate Deal

Remains committed to innovation and open markets to reduce emissions

BOWEN XIAO

The United States has formally begun the process of pulling out of the Paris climate agreement, which backs a promise that President Donald Trump made in 2017 when he first announced his intention to withdraw from the climate change initiative.

Secretary of State Mike Pompeo announced the move in a statement on Nov. 4, calling the accord unreasonable.

“President Trump made the decision

to withdraw from the Paris Agreement because of the unfair economic burden imposed on American workers, businesses, and taxpayers by U.S. pledges made under the Agreement,” Pompeo said. “The United States has reduced all types of emissions, even as we grow our economy and ensure our citizens’ access to affordable energy.”

The secretary said the United States formally notified the United Nations

Continued on A7

Trump also said the United States would begin negotiations to re-enter either the Paris Accord or an entirely new transaction.

EVA HAMBACH/AFP/GETTY IMAGES



A journalist looks at the new Google logo at his work station in Washington on Sept. 1, 2015.

## CORPORATISM

# Google funds left-wing journalism training

MATTHEW VADUM

Google announced it has awarded its first round of grants to media outlets throughout North America from a pool of \$300 million the internet giant has set aside to bolster largely left-leaning mainstream and legacy media organisations.

Google LLC says it wishes only to index objective facts and link to media outlets without putting its thumb on the scale, but conservative critics say the company is trying to shape the news. Left-of-centre media receive prime placement in search results, while right-of-centre media

Continued on A7

## CHINESE REGIME

# Chinese State-Sponsored Hackers Intercept Text Messages Worldwide: Cyber Report

NICOLE HAO

U.S.-based cybersecurity firm Fire-Eye revealed that the Chinese hacker group APT41 has been backed by the state in compromising several major telecom firms and retrieving call records from the carriers’ customers whom they deemed as targets, intercepting text messages as well as call records worldwide.

The report did not name the telecom companies. The hackers searched call and text records for specific keywords, including the names of “high-value” targets such as the names of politicians, intelligence organisations, and political movements “at odds with the Chinese government,” according to the report.

This is not the first time that Chinese state-sponsored hackers were reported to have intercepted international cell phone text messages. U.S.-

## POLITICS

# Bureaucrats Demand Tony Abbott Register as ‘Foreign Influencer’

Australia’s former conservative Prime Minister Tony Abbott has described a demand that he register as a “foreign influencer” before he attended an international conference in Australia earlier this year as “absurd.”

Janet Albrechtsen reported in The Weekend Australian that the former prime minister refused the order to register as an agent of foreign influence. Continued on A8

## EPSTEIN CASE

# Royal Family Pressured Media Outlet Over Epstein-Prince Andrew Story, Anchor Said

PETR SVAB

The British royal family threatened ABC News to drop a story about Virginia Giuffre, a woman who alleged late financier Jeffrey Epstein used her as an underage sex slave for himself and his friends, including Prince Andrew, according to Amy Robach, ABC’s “Good Morning America” co-host and Breaking News anchor, Continued on A2

SCREENSHOT/PROJECT VERITAS VIA YOUTUBE



ABC News anchor claims network killed her story.

“Cybereason concluded that APT10 operates “on behalf of the Chinese Ministry of State Security,” China’s chief intelligence agency.

based cybersecurity firm Cybereason released a report on Jun. 25, discussing how hacker group APT10 conducted persistent attacks since 2017 on global telecommunications providers. Cybereason concluded that APT10 operates “on behalf of the Chinese Ministry of State Security,” China’s chief intelligence agency. They were to obtain call detail records (CDR), which includes call time, duration, the involved phone numbers, and Continued on A4

BOXING DAY  
SPECIAL

\$1999

TWIGGY 4PC MODULAR

REGULAR PRICE \$4699

MEMBER PRICE \$3999

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

\*Via 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.



# Buckingham Palace Threatened ABC to Kill Epstein-Linked Prince Andrew Story, Anchor Recorded as Saying

CONTINUED FROM A1

who made the allegation in what appeared to be a hot mic moment. The pressure from Buckingham Palace was one of the reasons why the network killed the story, Robach said in a video released by Project Veritas on Nov. 5. “First of all, I was told, ‘Who’s Jeffrey Epstein? No one knows who that is. This is a stupid story,’” Robach was recorded as saying. “The [Buckingham] Palace found out that we had her whole allegations about Prince Andrew and threatened us a million different ways.” She said the network was afraid of losing access to Prince William and Kate Middleton and “that also squashed the story.”

**‘Unbelievable What We Had’** Epstein was arrested on July 6 in New Jersey on sex trafficking charges, which caused broader media to report on decades worth of allegations made against him by some two dozen women, including Giuffre. Giuffre (previously Roberts) made her allegations in a January 2015 sworn affidavit, describing how she was recruited by Epstein’s close associate Ghislaine Maxwell, systematically trained as a sex slave for Epstein, and eventually passed around to other men, including Epstein’s longtime associate Prince Andrew, who was at one time sixth in line to the throne. Andrew denied the allegations. Giuffre provided a picture of Andrew with his arm around Giuffre’s hip with Maxwell in the background. Robach said ABC convinced Giuffre to give an interview three years ago and that they managed to corroborate her story with accounts of other women and with pictures provided by Giuffre.

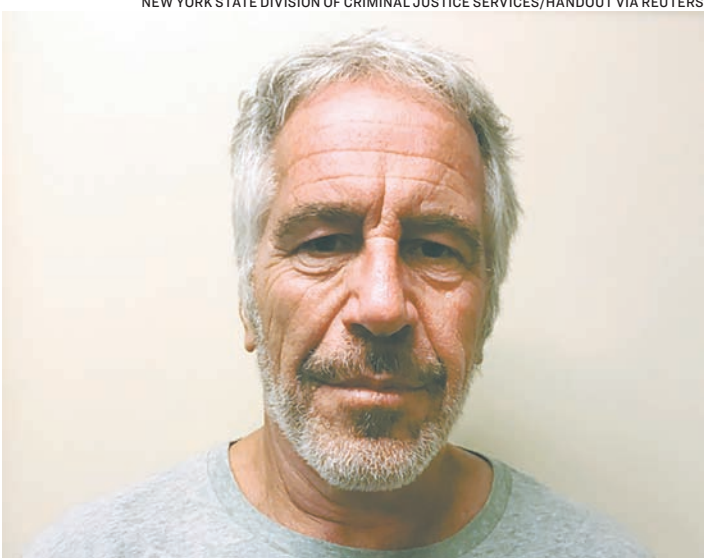


Good Morning America news anchor Amy Robach attends the 2016 Forbes Women’s Summit at Pier Sixty at Chelsea Piers in New York City on May 12, 2016.

I tried for three years to get it on to no avail. And now it’s all coming out, and it’s like these new revelations, and I freaking had all of it.

Amy Robach, “Good Morning America” co-host in a hot mic moment

“She had pictures, she had everything,” Robach said. “She was in hiding for 12 years. We convinced her to come out. We convinced her to talk to us. It was unbelievable what we had.” Robach was apparently frustrated by the network’s refusal to run the story, only to see the story proliferate after Epstein’s arrest. “I tried for three years to get it on to no avail. And now it’s all coming out, and it’s like these new revelations, and I freaking had all of it. I’m so [expletive] right now,” she said. Eventually, Robach said she grew concerned about the network’s treatment of the story. “I got a little concerned why I couldn’t get on,” she said. Robach responded to the video in a statement saying she was disappointed that the interview didn’t air, but that it lacked “sufficient corroborating evidence to meet ABC’s editorial standards.” ABC’s editorial standards have recently come under scrutiny after the network repeatedly aired Kentucky gun range footage, presenting it as Turkish incursion in Syria. The network issued a correction.



Jeffrey Epstein appears in a photograph taken for the New York State Division of Criminal Justice Services’ sex offender registry on March 28, 2017.

ABC said in a statement to Project Veritas that it has had a team investigating the Epstein story and will release a documentary and a podcast on it in 2020. “At the time, not all our reporting met our standards to air, but we have never stopped investigating the story,” the statement said. The network didn’t respond to emailed questions regarding the pressure from Buckingham Palace and other statements and allegations made by Robach. “This is entirely a matter for ABC,” said Hannah Howard, deputy communications secretary to the queen of England, in an emailed response to a request for comment. **‘A Hundred Percent’** Epstein was found dead in his jail cell at the Metropolitan Correctional Center on Aug. 10 while awaiting trial on sex trafficking charges. His death was ruled as suicide by the New York medical examiner, who said he had hanged himself with a sheet from his bed. However, on Oct. 30, famed pathologist Dr. Michael Baden told Fox News that he believes the physical

evidence suggests Epstein didn’t take his own life. He said Epstein’s injuries were “more consistent with ligature homicidal strangulation” than suicide. Robach seemed fully on board with the theory that Epstein didn’t kill himself. “Do I think he was killed? A hundred percent, yes I do. Because do you want it? He made his whole living blackmailing people,” Robach said. “There were a lot of men in those planes, a lot of men who visited that island, a lot of powerful men who came into that apartment.” She said she “knew immediately” when the news of Epstein’s death broke. “And they made it seem as though he made that ‘suicide attempt’ two weeks earlier. But his lawyer claimed that he was roughed up by his cellmate around the neck, that was all like to plant the seed,” she said, referring to the conflicting explanations regarding Epstein’s neck injuries after he was found unconscious in his cell 18 days before his death. “That’s why I really believe it, like, really believe it,” Robach said.



A Polar Bear walks on the frozen tundra waiting for Hudson Bay in Manitoba, Canada, to freeze on Nov. 14, 2007.

## Canadian Polar Bear Population Thriving Despite Climate Change, Court Documents Claim

ISABEL VAN BRUGEN

Contrary to the popular narrative that the polar bear population is falling as a result of shrinking Arctic sea ice, Inuit groups claim the species is thriving, according to federal affidavits submitted in court. “Inuit have not noticed a significant decline in the health of the polar bears,” the Nunavik Marine Region Wildlife Board’s director of wildlife management wrote in court papers, reported Blacklock’s Reporter. “In fact Nunavik Inuit report that it is rare to see a skinny bear and most bears are observed to be healthy,” the affidavit read. Inuit groups submitted the documents after Environment Canada called for hunting quotas of the polar bear to be slashed, citing “conservation concerns.” According to the International Union for the Conservation of Nature, there are around 22,000 to 31,000 polar bears worldwide at present, and the bears are listed as a vulnerable species. For years, organisations such as the World Wildlife Fund (WWF) have cited the predicted decline of the polar bear population as an inevitable consequence of global warming. It estimated that global polar bear numbers will fall by 30

percent by 2050. Similarly, a 2016 study on global polar bear numbers estimated the the global polar bear population could decline by more than 30 percent in as little as 35 years. Researchers looked at the effect of climate change on the Arctic Ocean and calculated the likelihood of the projected population drop as 71 percent. That’s because polar bears stand on Arctic sea ice when hunting for seals. However, the federal affidavits claim residents in Nunavik, northern Canada, have seen an increase in the polar bear population, and “a particularly notable increase since the 1980s.” Twelve of the world’s polar bear subpopulations are mainly found in the region. The Nunavik Marine Region Wildlife Board report contains quotes from a hunter saying that polar bears are “not going extinct” and that there is no shortage. The report read: “Many participants were very concerned about perspectives from outside Nunavik that polar bears are endangered elsewhere.” “All interviews conducted in the Southern Hudson Bay communities shared the view the population grew somewhat from the 1960s until the 1980s, and that a

continued increase has been very noticeable since that time.”

### Controversial Viral Polar Bear Video

A polar bear monitor, Leo Ikakhik, explained that a viral video of a starving polar bear may not be what it seems. “I wasn’t totally surprised. These things happen,” he told the CBC. “Mother Nature is going to do part of that. You know, it’s just part of the cycle.” The emaciated bear captured the attention of millions of people as it rummaged through trash to search for food. “This is what climate change looks like,” said National Geographic. Ikakhik has monitored bear activity around Arviat—a town on the western shore of the Hudson Bay—since 2010, and he works with organisations like World Wildlife Fund Canada to prevent the bears from coming near human populations. “Everybody probably was shocked to see a really skinny bear, but this is not my first time seeing something like this,” he said. He added to the CBC that it probably isn’t climate change that caused the bear to appear that way. “I wouldn’t really blame the climate change. It’s just part of the animal, what they go through,” he said. “Since I’m from the north, I wouldn’t really fall for the video,” he added. The bear was filmed by National Geographic photojournalist Paul Nicklen for conservation organisation SeaLegacy. “We are not sure that it was because of climate change. It is impossible to tell why he was in this state. Maybe it could have been an injury or a disease, but the point is that it was starving and we want people to know what a starving polar bear looks like, because as we lose the ice in the Arctic polar bears will starve,” SeaLegacy co-founder Cristina Mittermeier also noted.

## ISIS Confirms Death of al-Baghdadi, Names New Successor

ZACHARY STIEBER

ISIS confirmed the death of its leader Abu Bakr al-Baghdadi on Thursday, naming the dead terrorist’s successor. The terror group, which was decimated in recent years by U.S. and allied forces, released an audio statement through its media arm eulogising al-Baghdadi and praising him for his “military conquests.” Also killed by the United States was Abu Hassan al-Muhajir, a close aide of al-Baghdadi and a spokesman for the group since 2016, ISIS confirmed. The new spokesman, named Abu Hamza al-Qurayshi, urged followers to pledge allegiance to the new “caliph” and addressed the Americans, saying, “Don’t rejoice.” He said the new leader is Abu Ibrahim Hashimi al-Quraishi. Experts weren’t immediately clear who the new leader was. “The Shura Council met immediately after confirming the martyrdom of Sheik Abu Bakr al-Baghdadi. The leaders of the Mujahedeen agreed after consultation with their brethren and acting according to the will (of al-Baghdadi) they pledged allegiance to Abu Ibrahim al-Hashimi al-Qurayshi as the new leader of the Believers,” the new spokesman said. “So don’t rejoice America for the death of Sheik al-Baghdadi. Don’t you know America that the state (ISIS) today is at the doorstep of Europe and is in Central Africa? It is also expanding and remaining from east to west,” he added. The group’s confirmation of the two dead terrorists came after the U.S. Department of Defence released a video of the raid that killed al-Baghdadi. Marine Corps Gen. Kenneth F. McKenzie Jr., the head of the U.S. Central Command, told reporters the raid in northern Syria happened after briefing President Donald Trump and other military

leaders. Military analysts believe al-Baghdadi was in Idlib province to hide. “We assess that he was hiding in Idlib province to avoid the intense pressure that had been put on ISIS in other areas of Syria,” the general said. Helicopters transported American special forces to the remote compound and provided support as the troops surrounded the compound and urged those inside to surrender. “Those who came out of the building were checked for weapons and explosives and moved away,” McKenzie said. “U.S. forces detained and later released the noncombatants. The group was treated humanely at all times, and included 11 children.” Five ISIS members, four women and one man, didn’t respond to commands in Arabic to surrender and were killed. U.S. forces later located al-Baghdadi in a tunnel. As they approached, he detonated a suicide vest, killing himself and two children. DNA tests verified his identity and he was buried at sea. Trump said on Sunday that the ISIS leader “died after running into a dead-end tunnel, whimpering and crying and screaming all the way.” “He reached the end of the tunnel, as our dogs chased him down. He ignited his vest, killing himself and the ... children. His body was mutilated by the blast. The tunnel had caved in on it, in addition,” he said. “But test results gave certain immediate and totally positive identification. It was him. The thug who tried so hard to intimidate others spent his last moments in utter fear, in total panic and dread, terrified of the American forces bearing down on him.”



# Scientists Say Quarter of All Pigs Could Die of Swine Fever

SYDNEY—Around a quarter of the world’s pigs are expected to die from African swine fever as authorities grapple with a complex disease spreading rapidly in the globalisation era, the World Organisation for Animal Health’s president said on Oct. 31.

A sharp reduction in the world’s pig population would lead to possible food shortages and high pork prices, and it might also cause shortfalls in the many products made from pigs, such as the blood-thinner heparin that’s used in people, said Dr. Mark Schipp, the organisation’s president.

The disease’s spread in the past year to countries including China, which has half the world’s pigs, had inflamed a worldwide crisis, Schipp told reporters at a briefing in Sydney.

“I don’t think the species will be lost, but it’s the biggest threat to the commercial raising of pigs we’ve ever seen,” he said. “And it’s the biggest threat to any commercial livestock of our generation.”

African swine fever, fatal to hogs but no threat to humans, has wiped out pig herds in many Asian countries. Chinese authorities have destroyed about 1.2 million pigs in an effort to contain the disease there since August 2018.

The price of pork has nearly doubled from a year ago in China, which produces and consumes two-thirds of the world’s pork. And China’s efforts to buy pork abroad, as well as smaller outbreaks in other countries,



NICOLAS ASFOURI/AFP/GETTY IMAGES

A piglet at a pig farm on the outskirts of Beijing.

are pushing up global prices.

“There are some shortages in some countries, and there have been some substitutions using other sources of protein, which is driving up the prices of other proteins,” said Schipp.

Progress had been made toward a vaccine, but Schipp, who is also Australia’s chief veterinary officer, said the work was challenging be-

cause the virus itself is large and has a complex structure. He said a big step forward was the announcement last week that scientists had unravelled the 3D structure of the virus.

African swine fever is spread by contact among pigs, through contaminated fodder and by ticks. It originated in South Africa and appeared in Europe in the 1960s. A re-

cent reappearance in western Europe came from wild pigs transferred into Belgian forests for hunting purposes.

Its capacity to spread rapidly is shown by its spread from China in the past year, Schipp said. Mongolia, the Korean Peninsula, Southeast Asia, and East Timor have had outbreaks as well.

Schipp said quality control was difficult for products such as skins for sausages, salamis, and similar foods.

“Those casing products move through multiple countries,” he said. “They’re cleaned in one, graded in another, sorted in another, partially treated in another, and finally treated in a fourth of the fifth country. They’ve very hard to trace, through so many countries.”

An emerging issue in the crisis is a potential heparin shortage, Schipp said.

“Most of it is sourced from China, which has been badly hit. There are concerns that this will threaten the global supply of heparin,” Schipp said.

Schipp said the outbreaks would change the way pigs are raised.

“In China, previously they had a lot of backyard piggeries. They’re seeing this as an opportunity to take a big step forward and move to large scale commercial piggeries.

“The challenge will be to other countries without the infrastructure or capital reserves to scale up in those ways.”

From The Associated Press

# Alleged Human Smuggler Arrested in Joint Operation Between Brazilian, US Authorities

BOWEN XIAO

A transnational illegal alien smuggling organisation has been dismantled after an alleged human smuggler and others were arrested in Brazil as part of a collaborative effort between U.S. and Brazilian law enforcement.

Two alleged co-conspirators had already been arrested previously.

Saifullah al-Mamun, also known as Saiful al-Mamun, was arrested on Oct. 31 by the Brazil Federal Police on Brazilian charges, as well as charges in a U.S. superseding indictment that has since been unsealed. Al-Mamun is believed by U.S. officials to have been responsible for the illegal smuggling of “scores of individuals” from parts of South Asia and elsewhere, first to Brazil, and ultimately into the United States.

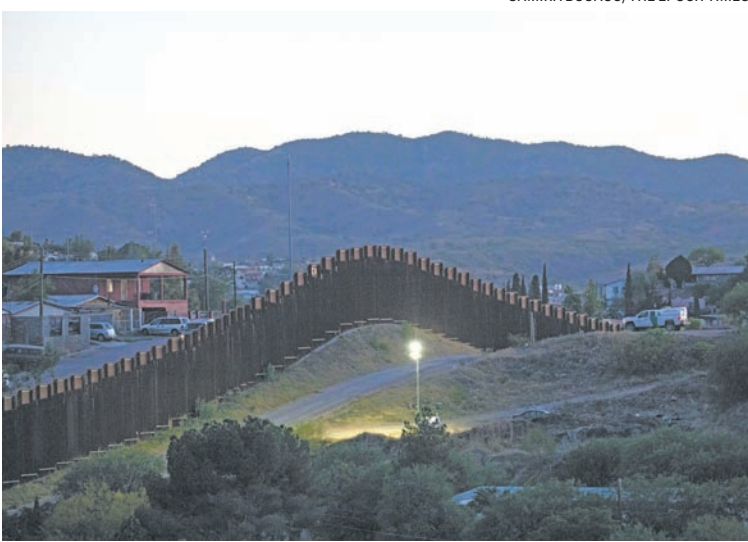
Al-Mamun was charged with eight conspiracy and alien smuggling counts by the U.S. District Court for the Southern District of Texas, Laredo Division, according to the Department of Justice.

The operation involved multiple search warrants and led to the additional arrests of six Brazil-based human smugglers on Brazilian charges: Saiful Islam, 32; Tamoor Khalid, 31; Nazrul Islam, 41; Mohammad Ifran Chaudhary, 39; Mohammad Nizam Uddin, 28; and Md Bulbul Hossain, 36.

Al-Mamun, according to the superseding indictment, allegedly housed the illegal aliens in São Paulo, before arranging for them to travel through a network of smugglers operating out of Brazil, Peru, Ecuador, Colombia, Panama, Costa Rica, Nicaragua, Honduras, Guatemala, and Mexico—ultimately to send them to the United States.

Al-Mamun and two of his co-conspirators were alleged to have been paid for their efforts in Mexico, Central America, South America, Bangladesh, and elsewhere, according to the indictment.

“Today’s indictment shows our commitment to prosecute here in the United States those alien smugglers who put our country’s public safety at risk



SAMIRA BOUAOU/THE EPOCH TIMES

Border Patrol guards the U.S.-Mexico border in Nogales, Ariz., on May 23, 2018.

by attempting to thwart our system of legal immigration,” U.S. Assistant Attorney General Brian A. Benczkowski, of the Justice Department’s Criminal Division, said in a statement.

The United States is dealing with a rising influx of illegal aliens, most of whom are travelling through Mexico from Central America. As of September, there have been 851,508 apprehensions along the Southwest border in fiscal year 2019, according to data from U.S. Customs and Border Protection.

Two co-conspirators, Milon Miah and Moktar Hossain, who are both Bangladeshi nationals, were arrested separately earlier this year.

Miah was arrested on Aug. 31 upon arriving at George Bush Intercontinental Airport in Houston to face the charges laid out in the superseding indictment. He was formerly residing in Tapachula, Mexico.

Hossain, who was residing in Monterrey, Mexico, pleaded guilty on Aug. 27 for his role in the scheme, which sought commercial advantage or private financial gain.

“Transnational human smuggling organisations threaten the security of the United States,” Scott Brown, special agent in charge of U.S. Immigration and Customs Enforcement’s Homeland Security Investigations Phoenix, said in a statement.

“Through a significant joint effort with our domestic and international law enforcement partners, these arrests signify another victory as we continue to investigate and dismantle those who conspire to undermine our nation’s immigration laws for their own profit,” Brown said.

The indictment against Al-Mamun and the U.S. assistance provided to Brazilian law enforcement were coordinated under the Extraterritorial Criminal Travel Strike Force programme, which focuses on human smuggling networks that could threaten national security, public safety, or present grave humanitarian concerns.

Through a significant joint effort with our domestic and international law enforcement partners, these arrests signify another victory as we continue to investigate and dismantle those who conspire to undermine our nation’s immigration laws for their own profit.

Scott Brown, special agent in charge of U.S. Immigration and Customs Enforcement’s Homeland Security Investigations Phoenix

# Former Top Executives at Oil and Gas Consultancy Unaoil Plead Guilty to Bribery

Three former top executives of the Monaco-based Unaoil Group, an oil and gas consultancy, have pleaded guilty to foreign bribery charges.

Brothers Cyrus Ahsani, 51, Unaoil’s former chief executive, and its former chief operations officer Saman, 46, both admitted to being part of a 17-year scheme to pay millions of dollars in bribes to officials in nine countries, according to court papers unsealed this week in a federal court in Houston.

They each pleaded guilty on March 25 to one count of conspiracy to violate the Foreign Corrupt Practices Act (FCPA) on behalf of companies to secure oil and gas contracts. They reached plea agreements with U.S. prosecutors, the Justice Department said on Oct. 31.

Unaoil Group’s former business development director, Steven Hunter, 50, also pleaded guilty in August to one count of conspiracy to violate the FCPA under a separate plea agreement with the Justice Department.

From 1999 to 2016, the Ahsani brothers, together with several companies and individuals, conspired to bribe government officials in Algeria, Angola, Azerbaijan, the Democratic Republic of Congo, Iran, Iraq, Kazakhstan, Libya, and Syria, U.S. prosecutors said.

The Ahsanis, both British citizens of Iranian origin, laundered the proceeds of their bribery scheme and destroyed evidence to obstruct investigations in the U.S. and elsewhere, prosecutors said.

Hunter, meanwhile, facilitated bribes to Libyan officials between about 2009 and 2015.

Investigations into Unaoil, which was founded in 1991, began after a series of reports by Fairfax Media in

2016. The reports alleged the Monaco-based company paid bribes on behalf of several oil and gas companies, prompting investigations by governments in the U.S. and the UK.

Companies named as clients of Unaoil in court on Wednesday included SBM Offshore N.V., an oil-services firm based in the Netherlands and a former subsidiary of British engineering company Rolls-Royce Holdings PLC, based in Ohio, the Wall Street Journal reported.

Other prominent companies such as Halliburton, Hyundai, and Samsung used Unaoil to win lucrative oil and gas contracts, The Age reported. Meanwhile, an Australian Federal Police investigation is underway into the well-known Australian company Leighton, which is now known as CIMIC. The company allegedly paid Unaoil millions of dollars as part of commission payments for corrupting the tender process for oil pipeline contracts in Iraq.

In July, former Unaoil manager Basil Al Jarah, 70, who played a role in Leighton’s success in Iraq, pleaded guilty to five counts of bribery. It’s the first conviction in a three-year criminal investigation by Britain’s Serious Fraud Office (SFO).

The Justice Department said in a news release it was aided by the governments of Australia, Canada, France, Guernsey, Italy, Monaco, the Netherlands, Portugal, Switzerland, and the UK, as well as by the U.S. Securities and Exchange Commission and Eurojust.

The Ahsani brothers are set for sentencing on April 20, 2020, while Hunter’s sentencing is scheduled for March 13 next year.

Reuters contributed to this report.



MARWAN IBRAHIM/AFP/GETTY IMAGES

A picture shows an oil refinery in the oil rich city of Kirkuk, north of Baghdad in Iraq on Dec. 13, 2007.



# Chinese State-Sponsored Hackers Intercept Text Messages Worldwide: Cyber Report

CONTINUED FROM A1

geolocation.

### MESSAGETAP

FireEye published its study on text message security on Oct. 31, focusing on a new tool that APT41 is using: a malware named MESSAGETAP, to intercept people’s text messages worldwide.

Text messages are also called short message service (SMS) messages, referring to the plain word messages that are sent and received by cell-phones.

The report explained that APT41 hackers installed MESSAGETAP on the Short Message Service Centre (SMSC) servers of the targeted telecom carriers. The malware can then monitor all network connections to and from the server.

MESSAGETAP can intercept all SMS messaging traffic, which includes the content of the messages; their cell-phones’ unique identifiers, known as international mobile subscriber identity (IMSI) number; and the source and destination phone numbers.

Furthermore, the hackers can set up keywords in MESSAGETAP, allowing the malware to filter the content that the hackers are looking for.

During the investigation, FireEye found out that hackers searched keywords such as the names of “foreign high-ranking individuals of interest to the Chinese intelligence services,”

During the investigation, FireEye found out that hackers searched keywords such as the names of “foreign high-ranking individuals of interest to the Chinese intelligence services,” as well as political leaders, military and intelligence organisations, and political movements.



Foreign journalists work on laptop computers outside Chaoyang hospital where blind Chinese activist Chen Guangcheng is receiving treatment in Beijing, China, on May 8, 2012.

as well as political leaders, military and intelligence organisations, and political movements.

FireEye said they observed four telecommunication organisations being targeted by APT41 in 2019.

### APT41’s Targets

FireEye previously released a full report on APT41 in August, titled “Double Dragon: APT41, a dual espionage and cyber crime operation.” “Double” refers to the fact that “APT41 is a Chinese state-sponsored espionage group that is also conducting financially motivated activity for personal gain,” since 2012. It did not provide further details about who has hired APT41’s services.

One particular pattern emerged: “APT41 targets industries in a manner generally aligned with China’s Five-Year economic development plans” and Beijing’s ten-year’s plan “Made in

China 2025,” according to the report.

The hacker group also gathers intelligence ahead of important events, such as mergers and acquisitions (M&A) and political events.

“Made in China 2025,” first launched in 2015, is an economic blueprint for China to become the dominant manufacturing nation in the world in 10 key high-technology verticals, such as pharmaceuticals, artificial intelligence, and robotics.

APT41 targets healthcare (including medical devices and diagnostics), pharmaceuticals, retail, software companies, telecoms, travel services, education, video games, and virtual currencies, according to the report.

APT41 has targeted firms in those sectors located in the United States, UK, France, Italy, Holland, Switzerland, Turkey, Japan, South Korea, Singapore, India, Myanmar, Thailand, and South Africa.

### Purpose and Tools

FireEye found out that APT41 focused on stealing intellectual property from those targeted countries. But beginning in mid-2015, the hackers “have moved toward strategic intelligence collection and establishing access and away from direct intellectual property theft.”

The hacker group uses “over 46 different malware families and tools to accomplish their missions, including publicly available utilities, malware shared with other Chinese espionage operations, and tools unique to the group,” the report said.

In order for a firm to protect itself from potential attacks from APT41, FireEye warned firms not to open unfamiliar emails: “The group often relies on spear-phishing emails with attachments such as compiled HTML (.chm) files to initially compromise their victims.”

# Taiwan Rejects Beijing’s Offer of More Market Access as Politically Motivated

NICOLE HAO

Taiwan has firmly rejected a new set of rules enacted by Beijing to further open up its markets to firms from the self-ruled island, labeling it as “sweetener” policies aimed at influencing January’s presidential election.

The Chinese regime on Nov. 3 released 26 new policies, half of which were directed at Taiwanese businesses and the other half at Taiwanese citizens, in what it says are measures to make their lives easier in China.

The regime views self-ruled Taiwan as a renegade province, and has, in recent years, escalated influence operations on the island, while working to isolate it diplomatically in the international arena.

In its latest measures, Beijing will allow Taiwan firms to invest in, or participate in, projects ranging from 5G to civil aviation, and allow Taiwan companies to issue bonds to raise capital on the inter-bank market, China’s Taiwan Affairs Office said in a statement.

The regime will also make it easier for Taiwanese to live and work in the country and offer Taiwan citizens abroad the right to seek consular help from Chinese embassies, which in practice China has already been doing, as it considers them Chinese citizens.

Taiwanese President Tsai Ing-wen flatly rejected the policies on Nov. 5, warning that the regime was trying to influence the upcoming election



REUTERS/TYRONE SIU/FILE PHOTO

and force Taiwan to accept the “one country, two systems” policy. This formula refers to the high degree of autonomy that Beijing promised to grant unrest-wracked Hong Kong, and wants Taiwan to eventually accept.

“There is only one answer to this—impossible,” Tsai said.

Taiwan’s Foreign Ministry also weighed in.

“Taiwan is a sovereign nation. The consular affairs we offer our citizens do not concern the PRC and we do not require them to act in our stead,” it said on its Facebook page, referring to China’s official name, the People’s Republic of China.

Earlier, Taiwan’s Mainland Affairs Council said Nov. 4 that China was trying to push its agenda of “promoting reunification, enticing Taiwan, and trying to split apart Taiwan internally, showing they are trying to influence Taiwan’s elections.”

Those who go to China need to be aware of the risks and the “differences in the system,” the council added.

The Beijing regime has never ruled out using force to take control of Taiwan. In addition to flying regular patrols of air force jets around the island, it forces foreign companies to refer to Taiwan as part of China on their websites.

Reuters contributed to this report.

Military honor guards attend a flag-raising ceremony at Chiang Kai-shek Memorial Hall, in Taipei, Taiwan, on March 16, 2018.

There is only one answer to this—impossible.

Taiwanese President Tsai Ing-wen

# Hong Kong Police Switch to Tear Gas Made in China, Protester Burned

OLIVIA LI

Police violence in Hong Kong drastically intensified this past weekend with a new type of hand-thrown, explosive tear gas canister being used against protesters, paramedics, and journalists. At least one person was hit and seriously wounded.

Toward the evening of Nov. 2, Hong Kong police threw tear gas canisters at volunteer paramedics and journalists when dispersing the crowd at Times Square, a shopping mall in Causeway Bay. A paramedic lost consciousness when one of the canisters exploded upon hitting his back, causing serious burns, City Broadcasting Channel (CBC), an independent media run by City University of Hong Kong, reported on Nov. 2.

Other paramedics and CBC journalists at the site immediately carried him away for emergency treatment. A large area of his back was severely burned and charred, and the skin peeled off.

Witnesses say his facial expressions indicated that he was in excruciating pain, and he lost consciousness shortly after the explosion. They also pointed out that the tear gas canister burst into flames when hitting his back.

The injured paramedic was then taken to Ruttonjee Hospital for treatment.

### Chinese-Made Tear Gas

South China Morning Post previously reported that according to an information source, Hong Kong police would soon exhaust their existing tear gas canister supply, and would switch to Chinese-made canisters called “Jing An KF-302-20 CS Grenade,” the same type used by the Chinese army’s anti-terrorism squad.

The source revealed that this new, hand-thrown Chinese-made tear gas canister would explode and produce dense smoke in precisely 1.2 seconds after being thrown, giving the protesters less time to react.

During the anti-government protest in Bangkok, Thailand, in October 2008, when anti-riot police fired tear gas at thousands of protesters outside the Parliament House, the explosions caused by some tear gas canisters caused three deaths and 478 injuries. Most of the people injured were protesters, and a few were police.

Investigations by Thai authorities later pointed out that Thai police used tear gas canisters from China, the United States, and Spain, while most of the canisters were Chinese-made because of their cheap price. These Chinese-made canisters were found to contain explosives, capable of creating a 3-by-1 inch hole in the ground, and capable of smashing open metal pipes.



PHILIP FONG/AFP/GETTY IMAGES

Journalists react as police fire tear gas from Causeway Bay MTR station during clashes with protesters in Hong Kong on Sept. 8, 2019.



GREG BAKER/AFP VIA GETTY IMAGES

# Beijing Metro Plans to Install Facial Recognition System to Sort Passengers

NICOLE HAO

China’s capital of Beijing plans to install facial recognition cameras at all metro stations for the purpose of monitoring and classifying passengers into “safety” categories. The plan drew widespread criticism for its Orwellian intentions, including from a professor at a prominent Chinese university.

### Whitelist

China’s state-run media Xinhua reported on Oct. 30 that Beijing’s metro operator will install a facial recognition system in its metro stations that is integrated with the country’s social credit system, whereby citizens are assigned a “trustworthiness” score based on their public behaviour.

Passengers will be sorted into different categories based on their score. Station staff will then conduct different security check procedures accordingly.

Trustworthy passengers are placed on a “whitelist,” who can bypass security checks by taking an express lane. Other passengers will have to go through more complicated security checks.

The metro company said that this system is designed to speed up the security checking process at metro stations.

Since 2008, most metro systems in major Chinese cities have strict security checks on all passengers and their bags.

And since 2014, metro companies have deployed a so-called “checks

The technology can calculate the person’s thought patterns and detect emotions. It can monitor every detail of society.

Gong Shujia, an American Chinese Ph.D. of electronic communication engineering

An attendant works in front of a subway map at a subway station in Beijing on Dec. 29, 2014.

GREG BAKER/AFP VIA GETTY IMAGES



A construction worker walks past facial recognition screens at the entrance to the terminal building of the new Beijing Daxing International Airport in China on March 1, 2019.

on humans and materials” system, whereby all passengers must go through airport-style body scanning machines and all luggage and bags need to pass through screening machines.

For pregnant women, children shorter than 1.2 meters (about 4 feet), and the disabled who cannot easily go through the machines, they need to be checked by security agents before entering the station.

The security checks usually cause long queues out of major metro stations in big cities. State-run media Beijing News reported that during peak travel time, passengers in Beijing typically have to wait for roughly 15 minutes to pass security check and enter a station.

During politically sensitive periods, such as when the Chinese Communist Party (CCP) convened its once-in-five-years National Congress in Oct. 2017, Beijing metro stations increased security measures, causing most passengers to spend up to 60 minutes waiting during peak times.

### People’s Concerns

Lao Dongyan, a professor at Tsinghua University Law School, expressed her concerns about the new plan by posting a long commentary on her WeChat account. WeChat is China’s most popular social media platform.

“[The CCP government] has collected a lot of personal data already, including what websites you have browsed, what news and videos you have watched, what goods you have purchased, who you chatted with on WeChat, your likes and dislikes,” Lao

wrote on Oct. 31.

Lao added that there were privacy concerns with who gets access to citizens’ personal data. “We don’t know how they will use our data and how they will control our lives. Furthermore, hackers may steal our data and the data may be leaked due to improper protection,” she wrote.

As a legal expert, Lao said that one’s facial pattern is considered important biometrics data. Thus, the government does not have the right to collect this data without first obtaining permission from the person.

“Who gives the transportation department [Beijing metro company] the right to classify passengers? According to what law are they allowed to do this? Which kind of standard will they use to sort passengers?” Lao questioned the legality of the planned system.

Lao also didn’t think the system could speed up security checks at metro stations. “My personal experiences of checking in at hotels and aeroplanes tell me that [a facial recognition system] can barely [speed up the checking process],” Lao wrote.

Lao said she was most concerned about authorities misusing the data. “If they misuse the data, I don’t know what my family and I will lose. It could be wealth, reputation, our jobs, freedoms, health, and even our lives,” Lao wrote.

### Emotion Recognition

Aside from facial recognition, Chinese authorities have also launched an emotion recognition system, which can judge a passerby’s emotion as they

walk by security cameras.

The Financial Times (FT) reported on Nov. 1 that the technology was the focus of a recent surveillance tech expo held in Shenzhen City, the largest such event in China.

Li Xiaoyu, a policing expert and Communist Party cadre from the public security bureau in Altay City in the northwestern region of Xinjiang, told FT that authorities have begun using the technology at customs, which can detect signs of aggressiveness and nervousness, stress levels, and a person’s potential to attack others.

The region is home to Uyghurs and other Muslim minorities who are subject to constant surveillance, religious suppression, and face detention in concentration camps where they undergo political indoctrination.

“Emotion recognition technology can rapidly identify criminal suspects by analysing their mental state,” the report quoted Li as saying.

Li claimed that the technology can help prevent illegal acts including terrorism and smuggling. The Chinese regime has used the “terrorism” claim to justify its suppression of Uyghurs and other minorities in Xinjiang.

Gong Shujia, an American Chinese Ph.D. of electronic communication engineering, told Radio Free Asia on Nov. 1 that emotion recognition is not a newly developed technology. However, it has the potential to be used for all-invasive monitoring on the populace, she warned.

“The technology can calculate the person’s thought patterns and detect emotions,” Gong said. “It can monitor every detail of society.”

# Xi Meets Hong Kong Leader, Backs Her Handling of Protests

NICOLE HAO

Chinese leader Xi Jinping met with Hong Kong Chief Executive Carrie Lam in Shanghai on Nov. 4, with Chinese state media reporting that Xi affirmed her administration’s performance during the nearly six months of mass protests in Hong Kong.

This is the first time Xi has met with Lam since Hongkongers began the city’s largest-ever protest movement, sparked by opposition to an extradition bill that would allow mainland China to transfer individuals from Hong Kong and stand trial in Communist Party-controlled courts.

Amid mounting pressure, Lam announced in September that the bill would be shelved.

The unrest has posed one of the biggest political challenges to the Chinese regime. Even after the bill was withdrawn, Hongkongers have continued to protest, calling for universal suffrage in city elections and an independent investigation of police use of force against protesters.

### Meeting

Lam travelled to Shanghai on Oct. 31 to attend the China International Import Expo. The event began in 2018 as part of the One Belt, One Road initiative (OBOR), China’s flagship foreign policy project of financing infrastructure projects overseas in a bid to gain geopolitical clout.

China’s state-run media Xinhua

Xi cannot ensure that her replacement can be loyal to him, due to factional differences within the CCP.

U.S.-based commentator Tang Jingyuan

reported that Xi met with Lam on Nov. 4 at the exposition and heard Lam report about the situation in Hong Kong.

“The central government is highly trusting of you. We confirm the efforts that you and your team have done,” the report quoted Xi as saying to Lam. “Currently, the most important task in Hong Kong is to stop the violence and restore order.”

Xi told Lam that “punishing violent activities” is the right solution, and asked Lam to “execute it unswervingly.”

Lam is scheduled to travel to Beijing on Nov. 5, and will meet with her direct boss, Vice Premier Han Zheng on Nov. 6. It will be Lam’s first meeting with Han, the top Beijing official in charge of managing Hong Kong affairs, since the mass protests began.

Xi’s comments follow shortly after Chinese Communist Party (CCP) elite signalled a tougher stance on Hong Kong, including during the fourth plenary session, a key political conclave, which concluded on Oct. 31. According to the plenum communiqué, the Party discussed “establishing and perfecting a legal system and law enforcement mechanism” in Hong Kong to “safeguard national security.”

Shen Chunyao, the director of the Hong Kong, Macau, and Basic Law Commission, also spoke about Beijing’s plans for the territory during a Nov. 1 press conference, held after the plenum.

Shen mentioned “enhancing” the local police force, as well as ensuring that political candidates for the chief executive are pro-Beijing, and that only officials who head the Party’s rubber-stamp legislature have the right to interpret the Basic Law, Hong Kong’s mini-constitution.

### Analysis

Chinese state media’s recounting of the meeting suggests that Xi approved of a tougher approach toward protesters, as Xi said he agreed with Lam’s handling of “violent activities,” U.S.-based commentator Tang Jingyuan said.

Lam has already invoked a colonial-era Emergency Regulation Ordinance to ban people from wearing

face masks during public gatherings, without discussion or voting by Hong Kong’s legislature. She said the ban would deter protesters, who often wear masks in order to protect their identities, from “escalating violence.”

Tang predicted that following Xi’s approval, Lam could continue to enact regulations under the ordinance. Tang also said the meeting signalled that Xi wouldn’t replace Lam right away.

“Based on what’s happened in the past few months, I think there are two reasons: Xi cannot ensure that her replacement can be loyal to him, due to factional differences within the CCP. In addition, Xi wants Lam to continue [using force to handle the protests],” Tang said in an interview.

FRED DOUFOR/AFP VIA GETTY IMAGES



Hong Kong Chief Executive Carrie Lam and Chinese leader Xi Jinping at the Hong Kong-Zhuhai-Macau Bridge at the Zhuhai Port terminal on Oct. 23, 2018.



# US State Department Report Affirms Ties to Taiwan, Denounces Chinese Threats

FRANK FANG

China was called out for a litany of bad behaviours in the Indo-Pacific while its democratic neighbour Taiwan was touted as a strong partner to the United States in a report released by the U.S. State Department on Nov. 3.

The progress report analysed measures that the U.S. government has taken to safeguard the Indo-Pacific region, how it has worked with like-minded partners, and identified potential threats to the U.S. strategy.

“Since the start of the Trump Administration, the Department of State and USAID have provided over \$4.5 billion in foreign assistance to the region,” the report stated.

There are also about 375,000 U.S. military and civilian personnel assigned to the U.S. Indo-Pacific Command.

China

The State Department identified China as a key threat, noting that it is beginning to export its repression of dissent, civil society, and religion.

“Such practices, which Beijing exports to other countries through its political and economic influence, undermine the conditions that have promoted stability and prosperity in the Indo-Pacific for decades.”

The State Department also urged Beijing to uphold its commitments to Hong Kong under the 1984 Sino-British Joint Declaration, which guarantees the territory’s autonomy and freedoms under the “one country, two systems” model after it reverted to Chinese from British rule in 1997.

“We believe that freedom of expression and peaceful assembly must be vigorously protected in Hong Kong and across the Indo-Pacific region,” the report stated.

Hongkongers are headed toward their sixth month of protests against Beijing’s encroachment into their city’s daily affairs. Initial protests about a now-withdrawn extradition bill have since broadened to include demands for greater democracy.

Meanwhile, Southeast Asian countries are facing new challenges that threaten their autonomy and economic independence, according to the report. The challenges include: “debt dependency” and “a push by some to mould new rules to govern the [Mekong] river in ways that un-



J15 fighter jets on China’s the Liaoning aircraft carrier during a “live combat drill” in the East China Sea in April 2018. The drill was the latest show of force by Beijing’s burgeoning navy in disputed waters that have riled neighbours.

Since the start of the Trump Administration, the Department of State and USAID have provided over \$4.5 billion in foreign assistance to the region.

‘A Free and Open Indo-Pacific,’ report by the U.S. State Department



U.S. sailors wave to photographers from the nuclear-powered aircraft carrier USS Ronald Reagan anchored off Manila bay on June 26, 2018. The aircraft carrier made its third visit in four months as its admiral hailed America’s “enduring presence” in a region where China’s military build-up has raised tensions.

dermine existing institutions.”

The report didn’t identify the cause for such challenges, but U.S. Secretary of State Mike Pompeo, in a speech at the Lower Mekong initiative in Bangkok in August, named Beijing as a threat to Mekong River resources.

Pompeo said “Beijing-directed rules” to govern the Mekong River could weaken the Mekong River Commission, an intergovernmental organisation whereby Cambodia, Laos, Thailand, and Vietnam manage the river’s resources.

Within Chinese territory, China is operating at least 10 dams on the upper reaches of the Mekong River and plans to build many more. Villagers in Thailand and Laos have complained of flooding when Chinese dams release water.

The report added that the U.S government has increased its cybersecurity cooperation with allies such as Australia and Japan, such

as sharing strategies for defending their networks against malicious cyber-activities, including those from China.

Taiwan

On Nov. 4, the United States and Taiwan, for the first time, co-hosted an international cyber-exercise event in Taipei, with a focus on combating cyberthreats from North Korea and other actors.

“[The exercises] mark a new frontier in the ever-deepening cyber cooperation between the United States and Taiwan,” said Raymond Greene, acting director of the U.S. de-facto embassy, the American Institute in Taiwan, during the event’s opening session.

Chen Chi-mai, Taiwan’s vice premier, told the government-run Central News Agency (CNA) in September that the event was similar to a U.S. exercise that tests preparedness against cyberattacks, the Cyber Storm, held every two years since 2006 by the U.S Department of Homeland Security.

Also speaking at the cyber-exercise opening session was Jyan Hong-wei, Taiwan’s director-general of cybersecurity, who said local government agencies and public institutes face a total of 20 million to 40 million cyberattacks per month, according to CNA.

Jyan said that since cyberattacks can be rerouted, he couldn’t ascertain where all the attacks originated from, but he suspected that more than half of them came from China.

Beijing considers Taiwan a renegade province despite the fact the island is a de-facto independent country with its own elected officials and military. The Chinese regime regularly conducts military exercises, infiltration campaigns, and cyberattacks to intimidate Taiwan.

Also on Nov. 4, James Huang, chairman of the Taiwan External Trade Development Council, met with Keith Krach, the State Department’s under secretary of state for economic growth, energy, and the environment, on the sidelines of the Indo-Pacific Business Forum in Bangkok, according to CNA.

The two exchanged views on better economic cooperation, and agreed to set up a new trade and investment networking centre in Taipei to encourage greater trade and investment between the two sides.

# US Opens National Security Investigation Into TikTok: Report

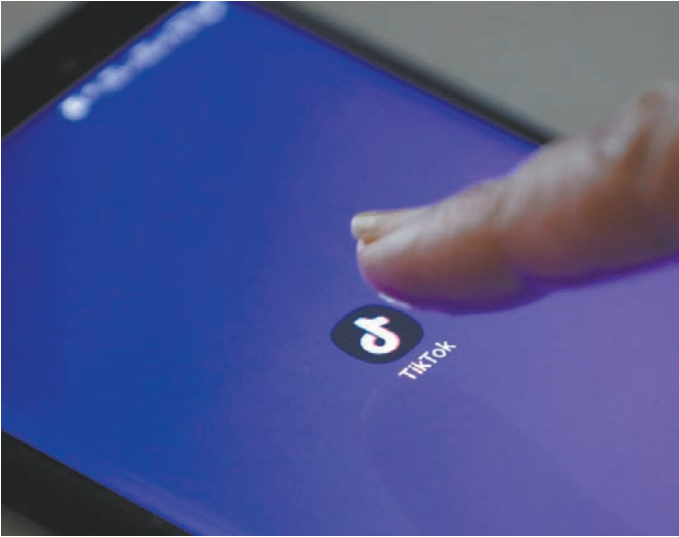
BOWEN XIAO

A national security review of Chinese-owned TikTok’s \$1 billion acquisition of U.S. social media app Musical.ly has been opened by the U.S. government, three unidentified sources told Reuters.

U.S. lawmakers have only recently called for a national security probe into the popular Chinese video-sharing app, though the acquisition by TikTok—which is owned by Beijing-based ByteDance Technology Co.—was completed in 2017. Concerns include the company censoring politically sensitive content, and how it stores users’ personal data.

The Committee on Foreign Investment in the United States (CFIUS), which reviews deals by foreign acquirers for potential national security risks, has started its review of the Musical.ly deal, the sources told Reuters. TikTok didn’t seek clearance from CFIUS when it acquired Musical.ly, the committee said, which gives the U.S. security panel scope to investigate it now.

CFIUS, which is chaired by Treasury Secretary Steven Mnuchin, didn’t respond



The TikTok application logo is seen on a mobile phone screen in this picture illustration taken Feb. 21, 2019.

to an Epoch Times request through the Treasury Department to confirm if such a review had been initiated.

In an Oct. 9 letter to Mnuchin, U.S. Sen. Marco Rubio (R-Fla.) urged a national security panel to review the acquisition over concerns that Chinese-owned apps such as TikTok “are increasingly being used to censor content and silence open discussion on topics deemed sensitive by the Chinese Government and Communist Party.”

Under the Trump administration, there has also been increasing concern about technology transfers

between Washington and Beijing. Rep. Michael McCaul (R-Texas), the ranking member on the House Foreign Affairs Committee, recently called for the U.S. government to accelerate plans to establish rules on exports of critical technologies to China while expressing a “deep concern” at the current rate of the regulatory rollout.

Michael Brown, the director of the Defence Innovation Unit at the Department of Defence, said at a recent panel event that Beijing is now leading in a number of emerging revolutionary technology industries such as hypersonics and artificial intelligence and said the United States’ relationship with the Chinese Communist Party must change when it comes to technology transfers, The Epoch Times previously reported.

TikTok allows users to create and share short videos, and the app is growing in popularity among U.S. teenagers. About 60 percent of TikTok’s 26.5 million monthly active users in the United States are between the ages of 16 and 24, the company said this year.

The sources told Reuters that CFIUS is in talks with TikTok about measures it could take to avoid divesting the Musical.ly assets it acquired. The sources requested anonymity because CFIUS reviews are confidential.

A TikTok spokesperson didn’t immediately respond to a request by The Epoch Times for comment, but a spokesperson told Reuters the company “has made clear that we have no higher priority than earning the trust of users and regulators in the U.S. Part of that effort includes working with Congress, and we are committed to doing so.” The spokesperson said he or she can’t comment on ongoing regulatory processes.

Senate Minority Leader Chuck Schumer (D-N.Y.) and Sen. Tom Cotton (R-Ark.) sent a letter last week to acting Director of National Intelligence Joseph Maguire asking for a national security probe, saying they were concerned about the app’s collection of user data, and whether China censors the content U.S. users can see. They also suggested TikTok could be targeted by foreign

influence campaigns.

The company has said U.S. users’ data is stored in the United States, but the senators noted that ByteDance is governed by Chinese laws. TikTok claims China doesn’t have jurisdiction over the content of the app.

In October, the Trump administration placed 28 Chinese public security bureaus and companies—including video surveillance company Hikvision and seven other companies—on a blacklist due to concerns of human rights abuses.

Facebook founder and CEO Mark Zuckerberg, who has in the past gone to great lengths to please Chinese officials, recently made a speech at Georgetown University in which he criticised the Chinese regime for its 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.

Reuters contributed to this report



# US Formally Announces Withdrawal From Paris Climate Deal

CONTINUED FROM A1

on Nov. 4 about its plans. Pompeo said the “U.S. approach incorporates the reality of the global energy mix,” adding that “innovation and open markets” will drive reductions on emissions. “Just as we have in the past, the United States will continue to research, innovate, and grow our economy while reducing emissions and extending a helping hand to our friends and partners around the globe,” he said. The move drew criticism from some Democrats on Nov. 4, including Sen. Tom Carper (D-Del.), who is the top Democrat on the Senate Environment and Public Works Committee. The withdrawal process takes a year to officially complete. Under the terms of the deal, no country can withdraw in the first three years, with the move beginning with a letter to the United Nations. The Paris agreement, in which nearly 200 countries set their own national targets for reducing or controlling pollution, went into effect on Nov. 4, 2016. The United States formally entered the agreement under the Obama administration. The White House didn’t respond to a request for comment about the administration’s upcoming plans, but a State Department spokesperson told The Epoch Times in a Nov. 4 email, “The U.S. position with respect to the Paris Agreement has not changed. The United States intends to withdraw from the Paris Agreement.” In his 2017 announcement, Trump said the climate accord was an example of Washington entering into an agreement that exclusively benefits other countries and disadvantages the United States, by leaving U.S. workers



U.S. President Donald Trump’s remarks appear on a television monitor as members of his administration and guests listen to him announce the decision to pull out of the 2015 Paris climate agreement in the Rose Garden at the White House in Washington on June 1, 2017.

**This feel-good measure would have no meaningful impact on international air quality but, instead, would levy a huge tax on middle and working class families, costing Americans \$250 billion and 2.7 million jobs.**

Jodey Arrington, Republican member of Congress

and taxpayers to “absorb the cost in terms of lost jobs, lower wages, shuttered factories, and vastly diminished economic production.” Trump also said the United States would begin negotiations to re-enter either the Paris Accord or an entirely new transaction on terms that “are fair to the United States, its businesses, its workers, its people, its taxpayers.” Myron Ebell, director at the Centre for Energy and Environment at the Competitive Enterprise Institute, a nonprofit libertarian think-tank, told The Epoch Times that pulling the United States out of the deal was necessary. “Getting out of Paris is the most important deregulatory action taken by the Trump administration in terms of maintaining our sovereignty and of freeing our economy from a never-ending stream of energy-rationing policies,” Ebell said via email. Ebell noted most of the other countries in the deal wouldn’t be able to meet their commitments and also singled out China, the world’s largest polluter. “China candidly admitted in their commitment that Chinese emissions



To meet China’s emissions targets, authorities are pushing to shut down privately owned steel, coal, and other high-polluting factories scattered across rural areas. In many cases, factory owners say they pay informal ‘fines’ to local inspectors and then re-open, like at this unauthorised steel factory in Inner Mongolia, China, on Nov. 4, 2016.

will continue to increase until 2030,” he wrote. “On the other hand, if the U.S. had stayed in Paris, the commitment undertaken by President [Barack] Obama in 2015 would be enforceable in federal courts.” The withdrawal of the United States has support from Republican lawmakers. Rep. Jodey Arrington (R-Texas) on Nov. 4 announced the introduction of H.Res. 676, legislation that encourages the United States to withdraw from the Paris deal. A number of other Republicans were also original co-sponsors to the resolution. “At a time when American innovation is leading the way in environmental stewardship, the Paris Agreement is political window dressing, at best,” Arrington said in a statement. “This feel-good measure would have no meaningful impact on international air quality but, instead, would levy a huge tax on middle and working class families, costing Americans \$250 billion and 2.7 million jobs.” The Paris climate deal is a “massive redistribution of United States wealth to other countries” Trump said in his 2017 speech. He said if there was 1 percent growth, renewable sources of

energy could be able to meet some of the United States’ domestic demand. But he said at 3 or 4 percent growth, which he said he expected was needed, the country would be at “grave risk of brownouts and blackouts, our businesses will come to a halt in many cases.” The vast majority of the climate models the Intergovernmental Panel on Climate Change (IPCC) uses as the basis for its predictions have incorrectly forecast higher temperatures repeatedly. According to an analysis by the Cato Institute, 105 of the 108 models predicted higher surface temperatures for the period between 1998 and 2014 than were actually recorded. The IPCC has previously admitted that climate models can’t be used to accurately predict long-term changes in the climate. “In sum, a strategy must recognise what is possible. In climate research and modelling, we should recognise that we are dealing with a coupled non-linear chaotic system, and therefore that the long-term prediction of future climate states is not possible,” the IPCC’s 2018 report stated.



Reporters take notes during a panel discussion at the U.S. Capitol in Washington on Jan. 19, 2012.

## Google Awards Grants to Left-Wing Media Outlets, Critics Say

CONTINUED FROM A1

receive less favorable placement or are banned outright, critics say. The Mountain View, California-based company says it’s spending the money because it’s committed to helping “journalism thrive in the digital age” and is funding “projects from around the world that meet specified criteria, with the intent of producing learnings and thought leadership that can be shared with the wider industry.” The company says it will fund “selected projects up to USD \$300,000 and will finance up to 70% of the total project cost.” With its 34 new grants, 29 of which went to U.S.-based outlets, the Google News Initiative North American Innovation Challenge is underwriting the production of left-biased news reports, according to critics such as Corinne Weaver. Weaver details some of the recipient organisations in an article titled “Google funds 29 US journalism projects that decidedly swing left,” at the media-bias watchdog website NewsBusters. One of the recipients is The Dallas Morning News, which endorsed Democrat Hillary Clinton for president in 2016 and then-U.S. Rep. Beto O’Rourke, a Democrat now running for president, for the U.S. Senate in 2018. Another, the Wisconsin Cen-

tre for Investigative Journalism, ran op-eds claiming, “Dems back more openness” than Republicans. The centre has taken more than a half-million dollars in grants since 2009 from the philanthropies of hedge fund manager George Soros, the pre-eminent funder of the activist left in the United States. Still another, The Salt Lake Tribune, endorsed then-President Barack Obama in 2012. While Maine Today Media, a grant recipient, doesn’t endorse candidates, its editorials espouse left-wing viewpoints on abortion, immigration, and climate change. One recipient, Lensfest Institute of Journalism, works with Facebook, The Washington Post, and the Knight Foundation. The left-wing Washington Post is owned by Amazon founder and billionaire Jeff Bezos. Torstar, the parent company of far-left Canadian daily newspaper The Toronto Star, is also listed as a recipient of Google cash. The Star’s Washington bureau chief, Daniel Dale, who joined CNN in June, maintained an often-criticised list of “false things” Trump has said as U.S. president. The total figure stood at 5,276 when it was last updated May 5. Google has been put under the microscope in recent years

as critics accuse the company of playing political favourites, engaging in censorship, and manipulating search users through algorithm abuse. The company strenuously denies the claims. In August, whistleblower Zachary Vorhies, a former computer scientist at Google, shared with Project Veritas internal documents that purportedly evidenced Google’s left-wing political bias. Among the documents was a list of popular conservative media outlets blacklisted by Google, including NewsBusters, American Thinker, Legal Insurrection, Twitchy, FrontPageMag, and GlennBeck.com. “The reason why I collected these documents was because I saw something dark and nefarious going on with the company, and I realised that they were going to not only tamper with the elections, but use that tampering with the elections to essentially overthrow the United States,” Vorhies said at the time. Google is also being sued for \$50 million for allegedly undermining Democratic presidential candidate Tulsi Gabbard’s campaign by suspending its online advertising after the Hawaii congresswoman’s attention-grabbing performance in the first candidates’ debate June 26, as The Epoch Times previously reported. Google denies any wrongdoing. “We filed a lawsuit against Google because no tech monopoly or any other entity should have the undue influence to suppress freedom of speech and unfairly impact elections. If Google can do it to me, they can do it to you,” Gabbard wrote on Twitter on Sept. 10. Gabbard and another presidential candidate, Sen. Elizabeth Warren of Massachusetts, a Democrat, say they want big technology concerns such as Google, Facebook, and Amazon to be broken up. President Donald Trump has tweeted that “Google & others are suppressing voices of Conservatives and hiding information and news that is good. They are controlling what we can & cannot see. This is a very serious situation-will be addressed!”

## White House Official Testifies There Was ‘Nothing Illegal’ About Trump’s Call With Ukraine

A top National Security Council official who listened in on President Donald Trump’s phone call with the leader of Ukraine on Oct. 31 told House lawmakers conducting the impeachment inquiry he thought there was nothing illegal in Trump’s request for the Ukrainian leader to investigate the business dealings of Hunter Biden, the son of former Vice President Joe Biden. Tim Morrison, senior director for European affairs at the White House and the National Security Council, said that instead of being concerned with illegality in the call, he was wary about the memorandum of the conversation (MemCon) leaking to the media and how it would be perceived in Washington’s polarised environment. “I had three concerns about a potential leak of the MemCon: first, how it would play out in Washington’s polarised environment; second, how a leak would affect the bipartisan support our Ukrainian partners currently experience in Congress; and third, how it would affect the Ukrainian perceptions of the U.S.-Ukraine relationship,” Morrison said, according to a copy of his opening statement obtained by CBS. “I want to be clear, I was not concerned that anything illegal was discussed.” Morrison said he reviewed the transcript of the call released by the White House and said it “accurately and completely reflects the substance of the call.” In an example of the flaws of hearsay testimony, Morrison pointed out that his recollection contradicted two points in the testimony of Ambassador William Taylor. “Ambassador Taylor wrote: ‘Ambassador Sondland told Mr. Yermak that security assistance money would not come until President Zelenskyy committed to pursuing the Burisma investigation.’ My recollection is that Ambassador Sondland’s proposal to Mr. Yermak was that it could be sufficient if the new Ukrainian prosecutor general—not President Zelenskyy—would commit

to pursue the Burisma investigation,” Morrison said. “I also would like to clarify that I did not meet with the Ukrainian National Security Advisor in his hotel room, as Ambassador Taylor indicated on page 11 of his statement. Instead, an NSC aide and I met with Mr. Danyliuk in the hotel’s business centre.” Morrison also corroborated the testimony of other witnesses regarding the Ukrainians’ knowledge of the temporary hold on military aid to Ukraine. Morrison said the Ukrainians didn’t know about the hold until Aug. 28, when the news leaked to the media. Democrats are investigating, in part, whether the release of the aid was conditioned on Ukraine committing to the investigations Trump requested. Morrison told lawmakers that he learned of the connection between the aid and the investigations from Ambassador to the European Union Gordon Sondland. “Even then I hoped that Ambassador Sondland’s strategy was exclusively his own and would not be considered by leaders in the Administration and Congress, who understood the strategic importance of Ukraine to our national security,” Morrison said. During Morrison’s testimony, the House of Representatives voted along party lines to formalise the impeachment inquiry. Morrison said he would submit his formal resignation to the White House after testifying. “I have not submitted a formal resignation at this time because I do not want anyone to think there is a connection between my testimony today and my impending departure,” he said. House Democrats haven’t specified what crime they believe Trump committed in his request to Zelenskyy. The anonymous whistleblower who triggered the impeachment inquiry claimed that the request may have constituted a campaign finance violation. The Justice Department reviewed the complaint and determined no further action is necessary.



# Bureaucrats Demand Abbott Register as ‘Foreign Influencer’ for Attending Conservative Conference

CONTINUED FROM A1

ence under the nation’s foreign transparency laws.

In correspondence obtained by the newspaper, Abbott responded that, “Surely senior officials of the Commonwealth have better things to do with their time.

“It’s oppressive, it’s coercive. I thought the commissars had gone when the bloody Soviet Union went out of business.”

The request came on Aug. 8, the day before Abbott addressed the Conservative Political Action Conference (CPAC), which was co-hosted by the small Australian libertarian organisation, LibertyWorks, and an American non-profit, the American Conservative Union (ACU), in August alongside foreigners, including Brexit Party leader Nigel Farage and British political activist Raheem Kassam.

Abbott was informed by the deputy secretary of the Integrity and International Group of the Attorney General’s department, Sarah Chidgey, that as a former cabinet minister, he had a lifetime obligation to register any activity undertaken on behalf of a foreign principal.

But Abbott said the demand was “absurd” and that his speech was not given on behalf of a foreign principal: “I spoke for myself, that’s all.

“I decline to register and suggest that you rethink the making of such misplaced and impertinent requests in the future,” he replied to the request.

Chidgey is part of the team of bureaucrats charged with enforcing the Foreign Influence Transparency Scheme Act, which was signed into law in December 2018 to “provide visibility of the forms and sources of foreign influence in Australia’s governmental and political processes,” Attorney-General Christian Porter said at the time.

The laws were introduced in response to “disturbing reports about Chinese influence,” according to then-Prime Minister Malcolm Turnbull, who told Parliament, “Media reports have suggested that the Chinese Communist Party (CCP) has been working to covertly interfere with our media, our universities, and even the decisions of elected representatives right here in this building.”

## Conference Organiser Threatened With Jail Time



CARL COURT/GETTY IMAGES

Former Prime Minister Tony Abbott arrives for the fourth day of the Conservative Party Conference 2016 in Birmingham, England, on Oct. 5, 2016.

## The ACU merely advocates for conservative ideals in America. They don’t receive money from the US government.

Australian Taxpayers’ Alliance

Chidgey’s team also contacted the conference organiser Andrew Cooper on Oct. 21 to issue its only section 45(2) notice, demanding that he hand over all conference documents including those detailing any understanding between LibertyWorks and the ACU, or else face criminal charges with a maximum penalty of six months in jail.

Organisers said the conference was designed to be a rallying point for those who identify with conservative or libertarian values that favor small government to gather and share their vision for the nation’s future.

Cooper told The Weekend Australian that he would not be complying with their request “despite the threat of criminal prosecution and jail time.”

“I established LibertyWorks to argue against this type of government control over speech and citizens,” he told the paper. “I just wanted to run a conference.”

“They demand I provide emails of ACU’s conversations with all CPAC speakers including ... [US Republican congressman Mark] Meadows and Farage. How can I do that? It feels like the Stasi is holding me in 1950s East Berlin and I am being threatened with

jail because I cannot provide them with information that I do not have.”

Emilie Dye, communications manager for the Australian Taxpayers’ Alliance (ATA), condemned the Attorney General’s office “for partisan use of the Foreign Influence Transparency Scheme to target conservatives.”

“The ACU merely advocates for conservative ideals in America,” she said in a statement. “They don’t receive money from the U.S. government. The U.S. government has no power over ACU operations or the selection of board members. They present a political philosophy that American and Australian bureaucrats alike dislike.”

## Attorney-General Outraged

The paper also reported that Porter was outraged when he found out that Cooper has been the only person to be served a section 45(2) notice by his department.

He conceded that the actions taken by his department did not represent effective enforcement of the Foreign Influence Transparency Scheme.

“I have made it clear to my department that I expect it to demonstrate a focus on the most serious instances of non-compliance,” Porter told the

Weekend Australian. “I’m not persuaded this focus has been perfectly demonstrated to date.”

Porter added that he expects his department to make reforms “that takes into account several things.”

“First ... where it is most clear that someone is acting on behalf of a foreign principal rather than cases where it is alternatively arguable that no real arrangement exists. Second ... priority should be given to the more serious activities that may be being undertaken. And third, there should be a little common sense brought into play,” he said.

Abbott told the newspaper that he would not be “critical” of Porter as he is familiar with how “well-intentioned government policy” can turn into something “radically different to what their ministers and staff intended.”

A Labor MP has told The Australian it is now clear that the government “should move quickly to amend the legislation and also to ensure we don’t have unintended consequences.”

By Colin Brinsden. With additional reporting by Epoch Times staff. From AAP

# Former Trump Adviser Says Leaked Call With Turnbull ‘Inextricably Linked’ to Impeachment Inquiry

KATABELLA ROBERTS

A leaked phone call between U.S. President Donald Trump and former Prime Minister Malcolm Turnbull is set to play an important role in the presidential impeachment hearings in Washington, former White House chief strategist, Steve Bannon, told Fox’s Maria Bartiromo on Nov. 3.

The tense call in 2017 saw Trump and Turnbull clash over a resettlement deal brokered under the Obama Administration, which would see the United States take up to 2,000 economic migrants who had been held in facilities on Nauru and Manus Island.

The White House transcript, leaked to The Washington Post, showed Turnbull pushing Trump to honor an Obama deal the day after Trump announced a controversial travel ban on certain Middle Eastern countries.

Trump vehemently opposed the deal, telling Turnbull his acceptance would make him appear as a “weak and ineffective leader.”

“Here, I am calling for a ban where I am not letting anybody in and we take 2,000 people,” the president said.

Bannon said that the high-level leak resulted in the White House restricting the recording of phone calls with foreign leaders going forward.

## Whistleblower Claims Cover-Up



REUTERS/JONATHAN ERNST

U.S. President Donald Trump, seated at his desk with National Security Advisor Michael Flynn (2nd R) and senior advisor Steve Bannon (R), speaks by phone with Prime Minister Malcolm Turnbull in the Oval Office at the White House in Washington on Jan. 28, 2017.

But records of Trump’s July phone call with Ukrainian President Volodymyr Zelensky are now at the center of Intelligence Committee Chairman Adam Schiff’s impeachment investigation.

Trump was accused in the phone call of coercing Zelensky to investigate corruption allegations involving Hunter Biden and his father and Trump’s rival presidential candidate, Joe Biden, while linking the call with earlier action by Trump to block millions in military aid from being released to Ukraine.

A senior official who listened in on the call, Tim Morrison, has since testified that he “was not concerned that anything illegal was discussed.”

He added that the Ukrainians didn’t know about the hold on aid until the news was leaked to the media on Aug. 28 after the Trump-Zelensky phone

call. Trump said that he had held up aid because of serious corruption in the country and to spur European partners to shoulder a greater share of NATO costs, calling the impeachment probe against him a “witch hunt.”

## Restricted Server

Bannon told The Australian that the upcoming impeachment hearings are “inextricably linked” with the phone call between Turnbull and Trump because after the conversation was leaked to the media, the White House was forced to change its processes and restrict records of the president’s phone calls.

According to Bannon, Zelensky’s call was restricted to allow for a more open conversation with Trump after the chaos of Australia’s leaked call.

“We said at that time ‘this has to be really restricted for people like Malcolm Turnbull to feel that they can have an open and direct conversation with the President,’” he said.

Records of the Trump-Zelensky call were subsequently moved from the system where presidential call transcripts are typically stored to a restricted server reserved for the government’s most sensitive secrets.

## American Crony Capitalism

Bannon also urged Republicans to call Biden and his son to be witnesses in

## We said at that time ‘this has to be really restricted for people like Malcolm Turnbull to feel that they can have an open and direct conversation with the President.’

Steve Bannon, former White House chief strategist

the upcoming impeachment enquiry.

He told Bartiromo: “Joe Biden ... this is about him as a Constitutional officer, this is about him as vice president of the United States in Ukraine and in China”—the two countries related to the corruption allegations against Biden.

“He’s going to have to answer to these panels exactly what he did, about bringing American crony capitalism to already what is considered one of the most corrupt nations on earth and the most corrupt nation—as the Guardian newspaper says—in Europe,” Bannon said.

Bannon’s comments come just days after the House passed a resolution which formalized the Democrat-led impeachment inquiry. While Republicans are able to call witnesses, the resolution says they must be deemed acceptable by Schiff and House Democrats to be allowed to testify.



SAMIRA BOUAOU/THE EPOCH TIMES



The Department of Justice in Washington on July 11, 2018.

OPINION

# Durham Was More Than Ready for This Job

BRIAN CATES



On May 13, it was announced that Attorney General William Barr had assigned U.S. Attorney John Durham to investigate the origins of the counterintelligence investigation into the Trump campaign during the 2016 presidential election.

Durham was the guy very publicly tapped to conduct the probe into how the Trump–Russia collusion hoax began not just because of his qualifications, but also because he already had been read into the “Spygate” plot.

How do we know that? Because we know that Durham was investigating former FBI General Counsel James Baker in a criminal leak investigation.

Although many media commentators dismissed it when then-Attorney General Jeff Sessions talked about it, there really were dozens of classified leak investigations going on at the Department of Justice (DOJ) during his tenure there. And Durham was leading at least one of them, and potentially more.

## Durham has a history of going after government corruption.

Durham has a history of going after government corruption. He was personally selected by then-Attorney General Janet Reno to lead the investigation that exposed how FBI agents in Boston covered up serious crimes—including murder—committed by mob boss Whitey Bulger.

Not only did two FBI agents end up covering for Bulger’s crimes, but they also helped him flee from authorities in 1994. Bulger stayed on the run as a wanted fugitive until he was captured in California in 2011. In 2018, Bulger was beaten to death by fellow inmates in a federal prison in West Virginia.

Durham’s probe resulted in one FBI agent being sent to prison for 10 years—and the other would have very likely also gone to prison had he not died while the case was being prepared.

Ask yourself this: If a crack U.S. attorney such as Durham was assigned to investigate the strategic leaking of those involved in the FBI’s investigation into

the Trump campaign, what would that U.S. attorney end up learning?

Durham would have ended up looking very carefully at who the leaks targeted, why they were being targeted, what specific classified information was being used to make targets out of them, and how the leakers made use of the media stories they planted to drive the hoax investigations they were running.

I expect that the release of DOJ Inspector General Michael Horowitz’s report into potential Foreign Intelligence Surveillance Act (FISA) abuses will blow the lid off the whole thing. The report will cover how strategic leaks—in several cases, based on fake evidence—were used to target certain people, and, in at least one case, were used to obtain a FISA warrant, namely against Carter Page.

The “Spygate leaks,” as I call them, were foundational to the launching of the massive Trump–Russia collusion hoax. Without the leaks laying the groundwork, nothing would have happened.

And we’ve known for some time now that it wasn’t just Page who was subjected to a FISA investigation. As I discussed in this previous column, “Just How Many Other Trump Campaign Members Were Targets of FISA Court Investigations?”, at least three other people appear to have been the focus of FISA investigations: Lt. Gen. Michael Flynn, Paul Manafort, and George Papadopoulos.

When Trump came into office, serious leaks were happening at a pace of about one a day. By the time Sessions and Deputy Attorney General Rod Rosenstein and the crack FBI leak-hunting unit they created were done with their work, all the leaks had been plugged.

Nothing at the DOJ leaks anymore, which is a sea change from when Trump came into office. And it’s kind of amazing to me how many people never wonder exactly why that is.

I’ll admit Sessions wasn’t doing a whole lot in the open, where we could all see it, but several times he did talk about what was going on underneath the surface. But of course, “smart people” didn’t believe him and told everyone he was lying.

So, a lot of things that Sessions was doing were kept under wraps, out of sight, underneath the surface, even as he and Trump were publicly “feuding” over there being no investigations done at the DOJ.

CHARLOTTE CUTHBERTSON/THE EPOCH TIMES



Attorney General Jeff Sessions in Washington on May 3, 2018.

But, of course, we know there were investigations going on. They just didn’t advertise them. That’s how the DOJ is supposed to do its work, often not announcing that an investigation is happening until it’s over, and then only if an indictment is issued.

So people who think Trump’s hand-picked people running the DOJ, FBI, State Department, and CIA shouldn’t do their important work in secret, and should roll all their investigative work into the open for the whole world to watch, have no clue what they’re saying.

DOJ investigations have to be done in secret.

More than 2 1/2 years of careful preparation by serious, dedicated professionals paved the way for that public rolling-out of the Durham appointment in May.

These investigations were done by the book; nothing was skipped or rushed or a sloppy job. Far from a massive cover-up being underway, Trump and his team have been preparing for an epic smack-down of those who corrupted and weaponized our federal government for their own partisan political purposes.

Have a little faith. We’re almost there.

*Brian Cates is a writer based in South Texas and the author of “Nobody Asked For My Opinion ... But Here It Is Anyway!”*

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



TAUSEEF MUSTAFA/AFP/GETTY IMAGES



Kashmiri snow-covered mountains are reflected in Dal Lake in Srinagar in the Indian union territory of Jammu and Kashmir on Feb. 9, 2019.

OPINION

# The True Story of Asia’s Kashmir Region

ASHOK MALIK



Six weeks ago, Indian Prime Minister Narendra Modi’s government took two major decisions related to Jammu and Kashmir. It removed Article 370 of the Constitution of India, which gave the region substantial administrative autonomy. It also split the area into two union (largely federally run) territories—Jammu-Kashmir and Ladakh. These decisions were both rooted in the past, as well as a bet on the future; politics is as much the foreword to history as its epilogue.

The story begins in the 1840s, a period of remaking nations and redrawing maps across the world. In 1845, for instance, the United States annexed the Republic of Texas, much to the anguish of Mexicans who claimed that “disputed territory.” A year later, as the Sikh Empire collapsed in the northwestern frontier of the Indian subcontinent, a commander of the Sikh army, Gulab Singh, made a deal with the rising power, the British.

In return, he got himself a kingdom—Jammu and Kashmir.

The kingdom was a jigsaw puzzle. It had several subregions: mountainous, largely Muslim Kashmir; Hindu Jammu, which shared greater affinity to the foothills of Punjab; Buddhist-dominated Ladakh, ethnically and religiously different; and the so-called “Northern Areas” comprising Gilgit, Baltistan, and adjacent territories. It was an adjunct to Ladakh but with a still different ethnicity and a collective memory that was more Central Asian than South Asian.

In August 1947, India and Pakistan became free nations following the partition of British India. About 550 princely states, thus far quasi-independent, were offered the choice to join either nation. Among them were Jammu and Kashmir. In October 1947, this menagerie of ethnicities formally joined India. Singh’s descendant and the reigning king signed the Instrument of Accession, but wasn’t quite master of his kingdom. Pakistani troops had already occupied parts of Kashmir that they retain to this day.

Gilgit-Baltistan, meanwhile, was a British imperial frontier in the Great Game with the Soviet Union and soon-to-be communist China. A British officer facilitated Pakistani takeover.

The Accession was quickly followed by a war between India and Pakistan. India made the legal case; Pakistan the religious one, since Jammu and Kashmir had an overall Muslim majority. When hostilities ceased, the 85,000 square miles of the former kingdom was split down the middle. Today, India governs about 39,000 square miles, while just over 46,000 square miles is controlled by Pakistan and China.

Some of the Chinese-held territory was ceded to Beijing by Islamabad in 1963.

**The Valley**  
Administered by India, the Kashmir Valley (or simply “the Valley”) covers 5,800 square miles. While it has more people than either Jammu or Ladakh—the other subregions under India’s jurisdiction—it’s only 15 percent of the territory with India, and just

KIYOSHI OTA/AFP VIA GETTY IMAGES



▲ India’s Prime Minister Narendra Modi in Tokyo on Oct. 29, 2018.

To paraphrase Churchill, India fights by itself alone, but not for itself alone.

7 percent of the former princely state. Yet, it has near-monopolized the world’s attention. This is largely due to a local disaffection that has, over the years, evolved into a security challenge—insurgency, terrorism linked with networks in Pakistan, and a ballooning Islamism.

The unrest of 2016, for instance, was partly the product of ISIS-inspired internet radicalism.

If Jammu and Kashmir had been a “normal” state of the Union of India, it probably would have been broken into smaller, more manageable components long ago. As early as the 1950s, a States Reorganization Commission redrew India’s internal map. Many mega-provinces and former princely states were disbanded using subregional, religious-sectarian, ethnic, and linguistic parameters.

In the case of Jammu and Kashmir, India waited for a final resolution. This could have meant reincorporating the entire former kingdom into India (unlikely), or acknowledgment of the tentative frontier between Indian and Pakistani administered subparts of Kashmir into a formal international border (which has often been discussed).

Pakistan was less fastidious. As early as 1949, it, in effect, separated the northern areas from the part of Kashmir it occupied. Now renamed Gilgit-Baltistan, this subregion was subjected to virtual federal rule, ethnic and religious cleansing, and demographic change. Today, the China-Pakistan Economic Corridor runs through it. In 2018, Islamabad issued a decree making legislative and administrative amendments to hasten recognition of Gilgit-Baltistan as a full-fledged province of Pakistan.

**Different Tracks Rejoined**  
The testy relationship between the Kashmir Valley and the Indian state has been mediated by a patronage-based political elite that today carries little credibility at home or in the rest of India.

The insulation provided by Article 370 meant many Indian constitutional provisions and laws didn’t apply to the state. As a result, Jammu and Kashmir and the rest of India traveled on different tracks—not only politically, but also in economic transformation and social modernization. In turn, this led to resentment in Ladakh and Jammu. They felt the status quo was gamed to benefit the Valley, and the disproportionate attention to Kashmir was crowding out other subregions.

Union territory status for Jammu-Kashmir and for Ladakh gives New Delhi much great-

er say in governance, and in security and internal policing. In Kashmir, this is critical, given growing threats of Islamist terror and the potential repercussions of the Taliban’s return in Afghanistan. Ladakh is crucial because of its proximity to Gilgit-Baltistan and Chinese Central Asia. To paraphrase Churchill, India fights by itself alone, but not for itself alone.

Nevertheless, the new paradigm in Kashmir is not just the product of a security mindset. That is a key factor, but not the only one. There is also an attempt to trigger a more regular process of politics and political mobilization in the Valley. This previously hasn’t been fostered, and has been hindered by the traditional political leadership. That leadership benefited by presenting itself as a shifting bridge between secessionists and the Indian state.

The removal of Article 370 makes virtually all laws of the Union of India applicable in Jammu-Kashmir. Facilities provided in the rest of the country to disadvantaged communities and groups—from women to religious minorities to historically underprivileged castes—will now become available. The removal of Article 35A, for instance, will make it possible for a permanent resident to marry an outsider and yet pass on inherited property to their children. So far, this was a right denied to women permanent residents who married non-natives.

Partition-era Punjabi (largely Sikh) refugees from areas now in Pakistan settled in Jammu in 1947, as they did in other states of India. In Jammu and Kashmir, this community, now more than 100,000 strong, wasn’t granted permanent resident status and had no domicile rights. Its members voted in national but not provincial elections. They couldn’t buy property or access higher education carve-outs.

In contrast, Muslim refugees from Xinjiang and Tibet, who arrived in the 1950s after the annexation of their homelands by communist China, were completely integrated into Kashmiri society.

Such discrepancies can be addressed within the new architecture. Already the government in New Delhi is proposing to route developmental funding and welfare benefits through representatives in local villages, to check embezzlement by intermediary structures. There is some hope that a new cadre of political leaders could emerge from among panchayat (local council) representatives. This may be a fool’s errand—or gradually all of it could lead to new avenues of politics and new anchor issues around which lobbies and interest groups are formed.

To what degree this will dilute that hard separatist voice in Kashmir is anyone’s guess. Even in the best case, it will likely be a long haul. In India, the experiment has widespread support, perhaps because everything else has failed.

*Ashok Malik is an Indian affairs analyst and distinguished fellow at the Observer Research Foundation, one of the leading public policy think tanks in India. He recently served as the press secretary to the president of India.*

*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 or-  
ganisation dedicated to seeking  
the truth through insightful and  
independent journalism.

Standing outside of political in-  
terests 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 democ-  
racy and a compassionate  
society.

As an independent media outlet,  
we use our freedom to inves-  
tigate issues overlooked—or  
avoided—by other media out-  
lets. We seek to highlight solu-  
tions and what's good in society  
rather than what divides us.

We report respectfully, compas-  
sionately, and rigorously.

We stand against the destruc-  
tion 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

## How Communism Sows Chaos in Politics

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 Eight

Chapter Eight: How Communism Sows  
Chaos in Politics

Introduction

Almost everything in the modern world is somehow related to politics. A single policy, law, incident, or scandal can send the public into a frenzy. The election of a leader can draw attention around the globe.

Most people only associate communist politics with countries under the rule of a communist party and believe that even those countries have stopped practicing communism. In fact, communism has concealed itself under various guises, such as socialism, neoliberalism, and progressivism. Upon closer examination, one will see that the evil specter of communism governs the entire world.

Superficially, the free world appears to understand the harm wreaked by communism. Yet in the 170 years since the publication of “The Communist Manifesto,” governments around the globe have been openly or covertly influenced by Marxist theories. In some respects, the free world has unexpectedly surpassed the self-avowed communist states when it comes to putting these theories into practice.

Though the communist specter failed in its attempt to bring the Western world under its direct state control, it subverted the governance of Western nations by advocating socialist policies, inciting violence, undermining traditional morality, and causing social unrest.

America is the leader of the free world and a traditional bastion of anti-communism. Yet in the 2016 election, an openly socialist candidate came close to the presidency. In polls, over half of young men said they supported socialism.

In Europe, socialism is already the prevailing political force. One European politician said, “Today, it’s a combination of democracy, rule of law, and the welfare state, and I’d say a vast majority of Europeans defend this—the British Tories can’t touch the National Health Service without being beheaded.”

Communism is a specter of supernatural power. It manipulates the thoughts of evildoers and deceives the gullible to act as its agents in the human realm.

In communist states, the specter enjoys total political power. It uses the state as an instrument to commit mass murder, demolish traditional culture, extinguish moral values, and persecute practitioners of righteous cultivation ways—with the ultimate aim of destroying humanity.

Communist ideology persists despite the fall of the communist regimes in Eastern Europe. In the wake of the Cold War and decades’ worth of destruction wrought by espionage and subversion, the specter of communism is running rampant across the entire continent.

Though the communist specter failed in its attempt to bring the Western world under its direct control, it subverted the governance of Western nations by advocating socialist policies, inciting violence, undermining traditional morality, and causing social unrest. It intends to set the

High-welfare socialism promotes the continuous expansion of government and leads people to vote away their freedoms. It is an important step in the communist specter’s plans for enslaving humanity.

West down a demonic path as it brings about the destruction of humankind. Given the vital role that the United States plays as the leader of the free world, this chapter will focus on the situation in America.

1. Communism Is the Politics of  
Humanity’s Destruction

Communist politics are not restricted to the totalitarianism practiced in communist states. As we emphasize, communism is a specter of supernatural power. It manipulates the thoughts of evildoers and deceives the gullible to act as its agents in the human realm. Donning alternative forms, the evil specter of communism has hijacked the political process of free nations in the Western world.

a. Communist Regimes Use State Power to Carry Out Purges and Mass Murder

In many Eastern countries, communism usurped power directly, bringing the full political spectrum under its control. Whether through mass killing, subversion, or internal struggle and purging within the Communist Party itself, its political aims are to maintain its power permanently and to perpetually expand its influence. Communist regimes pool the resources of entire nations, including the army, police, judiciary, prisons, education, media, and the like, to murder and persecute their own people while destroying their morality.

The totalitarian communists maintained their violent rule by launching massive campaigns to destroy people. They range from the notorious gulag concentration camps of the Soviet Union and the political purges and power struggle within the Soviet Communist Party, to the ten internal political struggles of the Chinese Communist Party and the slaughter of the Chinese people in various political movements. These include most recently the persecution of the spiritual practice Falun Gong. For this campaign, former Party leader Jiang Zemin dedicated at least a quarter of China’s financial resources to repress Falun Gong practitioners.

The followers of the Communist Party are well aware that power is the core concern of communist politics. When Karl Marx and Friedrich Engels, the founding fathers of communism, drew up lessons to be learned from the Paris Commune, they emphasized the need to establish a dictatorship of the proletariat. Lenin took this to heart and used violence to build the first communist totalitarian dictatorship. Josef Stalin and Mao Zedong used deception, guns, propaganda, conspiracy, and the like to usurp power and maintain their brutal regimes. With absolute power in their hands, it became possible for the specter to kill and corrupt absolutely.

b. Socialist Ideology Prevails in Europe and the United States

Europe is already in the grip of socialist ideology and policies. The United States, on the other hand, is a special country. In the late 19th and early 20th centuries, when the communist movement raged across Europe, its impact on the United States was limited. In 1906, German scholar Werner Sombart wrote a book on the topic called “Why Is There No Socialism in the United States?” But the situation has since changed dramatically.

In 2016, a candidate of a major U.S. political party openly promoted socialism in his campaign for the U.S. presidency. In communist vocabulary, socialism is just the “primary stage” of communism, and

it was once viewed with scorn by most Americans. The candidate himself said that he thinks there are a lot of people who get very nervous when they hear the word “socialist.” This politician managed to become one of the two leading candidates in his party.

A poll taken toward the end of the 2016 campaign showed that in one of the major leftist parties, 56 percent of people said they had a positive opinion toward socialism, continuing a trend suggested in 2011 by the Pew Research Center. The Pew poll showed that 49 percent of U.S. citizens under the age of 30 viewed socialism positively, but only 47 percent were positive toward capitalism. This shows the overall ideological shift to the left as society has lost its understanding of communism.

The illusions that many in the West hold about socialism today mirror the experiences of countless impressionable young people who embraced communism in the last century in the Soviet Union, China, and elsewhere. The younger generation

Once all nations make the transition to socialism, the current Nordic model of socialism is but a simple step from democracy to totalitarianism. Once the socialist “primary stage” is completed, political leaders will immediately implement communism. Private property and the democratic process will be abolished. The welfare state will metamorphose into a yoke of tyranny.

lacks a deep understanding of their own history, culture, and traditions. Their resistance to socialism, which to them looks mild and humane, is nonexistent. The great communist deception of the 20th century is coming to repeat itself in the 21st.

Marx’s axiom “From each according to his ability, to each according to his need” is quite effective for deceiving the young, who fantasize about a life of generous socialist welfare as seen in the Nordic countries. These countries’ welfare systems have caused many social problems, but all attempts to bring about fundamental changes to the systems are stonewalled by the multitude of welfare recipients. The only electable politicians are those who continue to expand taxation and government intervention, using anticipated revenue.

As the economist Milton Friedman said: “A society that puts equality before freedom will get neither. A society that puts freedom before equality will get a high degree of both.”

High-welfare socialism promotes the continuous expansion of government and leads people to vote away their freedoms. It is an important step in the communist specter’s plans for enslaving humanity. Once all nations make the transition to socialism, the current Nordic model of socialism is but a simple step from democracy to totalitarianism. Once the socialist “primary stage” is completed, political leaders will immediately implement communism. Private property and the democratic process will be abolished. The welfare state will metamorphose into a yoke of tyranny.

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.”

See next edition for the next installment.



JACK TAYLOR/GETTY IMAGES

# China’s Embrace of Blockchain Is Warning Shot to West

FAN YU

*Commentary*  
China has high ambitions for its state-controlled digital currency.

I wrote two months ago that its central bank digital currency could be imminent. And since foreign adoption of the yuan has been tepid so far, the technology also represents a massive bid to accelerate the internationalization of yuan.

In hindsight, that timing was too aggressive. Beijing likely will introduce its digital currency within 12 to 18 months. China has also doubled down on its conviction. Recently, Chinese Communist Party (CCP) leader Xi Jinping further fanned the flames by extolling blockchain technology—which underpins cryptocurrencies such as Bitcoin—as a “breakthrough that can facilitate China’s progress.”

That endorsement prompted a rally in cryptocurrency prices, which was perhaps undeserved. But its effect on cryptocurrencies, the yuan’s global adoption, Facebook’s Libra project, and Western banking hegemony can’t be understated.

### What It Means for Central Banks

China’s strong endorsement of a blockchain-based central bank currency and the West’s relative aversion to the technology opens an interesting new front in the growing U.S.-China technology rivalry.

And it’s a new front on which the United States may not be prepared to fight.

Developments in fintech, payments, and blockchain digital currencies are receiving support from the highest levels of the Chinese central government. The U.S. government—which seeded development of the internet in the 1960s via the ARPANET project—has so far shunned the technology.

Bitcoin prices jumped almost 16 percent on Oct. 25, the day after Chinese leader Xi Jinping made his pro-blockchain comments at a Politburo meeting.

Paramilitary policemen patrol in front of the People’s Bank of China, the central bank of China, in Beijing on July 8, 2015.

GREG BAKER/AFP VIA GETTY IMAGES



An illustration of Litecoin, ripple, and ethereum cryptocurrencies in London on April 25, 2018.

Whether blockchain can be a successful technology underpinning global payments is still an open question. Current blockchain technologies still have speed and volume limitations. But what it allows China to do is bypass the dollar-based global banking system and intermediary banks.

There’s another application China is potentially working on. Max Keiser, the host of the Keiser Report, a financial news show on the Russian state network channel RT, recently suggested that China’s digital currency has even greater ambitions.

“I can tell you that the cryptocurrency that China’s rolling out will be backed by gold,” Keiser told Kitco News, a gold-focused website. “It’s a two-pronged announcement. Number one, China’s got 20,000 (metric tons) of gold, and number two, they’re rolling out a crypto coin backed by gold, and the dollar is toast.”

If true, that could be a game-changer, as currently, no government currency is backed by gold. The United States abandoned the last remnants of pegging the dollar to its gold reserves in 1971. The ramifications of this are beyond the scope for this article, but it’s a development that Western central banks need to pay attention to.

### What It Means for Crypto Market

Bitcoin prices jumped almost 16 percent on Oct. 25, the day after Xi made his pro-blockchain comments at a Politburo meeting on that technology. The Politburo is a body of 25 of the Party’s most elite officials.

But Beijing was quick to tamp down the correlation.

“Rise of blockchain technology was accompanied by that of cryptocurrencies, but innovation

in blockchain technology does not mean we should speculate in virtual currencies,” according to an Oct. 28 commentary published on the CCP mouthpiece People’s Daily.

As of Nov. 3, bitcoin prices have declined slightly since that initial rally, and for good reason. Beijing’s affirmation of blockchain isn’t an affirmation of cryptocurrencies. Chinese authorities banned initial coin offerings and domestic cryptocurrency exchanges in 2017, and there’s speculation about a crack-down on cryptocurrency miners.

Any cryptocurrency market reaction to recent developments should be neutral to negative, as China’s state-controlled digital currency could become a legitimate competitor to existing cryptocurrencies.

### What It Means for State Control

China has long argued that cryptocurrencies create chaos and disorder. Cryptocurrencies’ key benefits are hugely negative for the CCP: They can’t be centrally controlled and users must sell fiat currency (e.g., the yuan) to purchase digital currencies.

China’s state digital currency affords several benefits for the CCP regime. It’s a digital currency that it can control, the government can track where it’s going, and it’s a domestically developed technology that doesn’t rely on foreign entities.

Beijing undoubtedly has plans to use its digital currency to exert more control and surveillance on users. Unlike paper money, state-controlled digital currency can be used to track consumer spending extremely accurately and also to enforce strict capital controls. Its potential for surveillance is far greater than existing mobile payment apps such as WeChat or Alipay, which are owned by private Chinese companies.

Such tactics can easily be exported abroad, once foreign countries begin to adopt China’s digital currency.

The West doesn’t seem to have many viable alternatives. Cryptocurrencies inherently bypass central banks and therefore, are unlikely to be legitimized by authorities. Absent advancements in blockchain by Western central banks, Libra is perhaps the most logical challenger to China’s proposed currency.

Facebook founder and CEO Mark Zuckerberg argued in his remarks in front of the U.S. House Financial Services Committee on Oct. 23: “China is moving quickly to launch a similar idea in the coming months. We can’t sit here and assume that because America is today the leader, that it will always get to be the leader if we don’t innovate.”

But the Libra project is having trouble getting off the ground as some initial corporate backers such as eBay, Mastercard, PayPal, and Visa have withdrawn their participation. And lawmakers have so far criticized the project as an effort by Facebook to gain more influence and improve financial returns.

During Zuckerberg’s testimony, he appeared to hedge his bet, conceding that Facebook and himself are perhaps “not the ideal messenger” given the circumstances. He described Libra as one “potential approach” to digitizing payments.

U.S. lawmakers are right to fear Facebook’s growing ambitions, and there must be other alternative solutions. One thing is clear: Beijing isn’t slowing down.

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



2019 Oscar Contender  
Multi-Award Winning Documentary Screening  
A real life tale of two unlikely heroes united by a desperate SOS letter

# LETTER FROM MASANJIA

THE MITCHELL THEATRE  
280 PITT STREET, SYDNEY NSW 2000

5:30pm - 8:30pm Friday 29 November 2019  
& 5:30pm - 8:30pm Friday 6 December 2019

including a Forum and Q&A session after the film.  
(Refreshments from 5:30pm to 6pm)

Bookings (\$10pp) : [masanjia-nsw.eventbrite.com](https://www.masanjia-nsw.eventbrite.com)  
OR [rsvp@epochtimes.com.au](mailto:rsvp@epochtimes.com.au)  
For more information please contact 02 8988 5621

TOP TWENTY AUDIENCE FAVORITE  
2018  
**hotdocs**  
AUSTRALIAN INTERNATIONAL





Should You Go Screen-free?

What is the impact of electronic screen time on the developing brains of children and teenagers? Here are some tips for limiting screen time.

See B2



Caring For Your Body During and After Cancer Treatment

Eating well, resting often, and exercising can help you survive cancer and thrive afterward

See B10

LIFE

THE EPOCH TIMES



Parenting  
in a Soft Age

JOSHUA CHARLES

A

confession should come first: I am not a parent. I’ve mentored many young people, I’ve observed many families (including my own), and I am very excited about one day becoming a father with hopefully many children—but I am not a parent.

And yet, I have pondered the subject of parenthood for many years.

Generally speaking, here is what I have observed: Parenting in our day and age has become less about teaching children virtue, and more about helping them with “career prep.” Parents are more often seen running their kids around to every conceivable activity—sports, dance, chess club, and so on—often in an attempt to augment their resumes in preparation for college, while in the meantime, deeper issues go unaddressed.

What are some of these deeper issues? In my view, one of the great truths the modern world simply doesn’t get is that virtue, not satisfaction and emotional happiness, is the foundation of a truly happy life in the long term. This seems to have been ignored by many modern parents, who often seem to care more for the material sustenance of

It is the path of virtue—the path of reason directing and guiding the passions—which leads to true and long-term happiness.

their children than their moral sustenance.

**Reason Versus Passions**

Indeed, it was an idea that arose in the 1960s that inhibition itself was a source of human unhappiness—chaining our appetites to archaic morals led to dysfunction and disorder. Naturally, this claim was made primarily in relation to sex. Not going beyond various guardrails was, in fact, the source of our problems, some claimed. It wasn’t long before this abhorrence for any form of inhibition on human appetites developed a new vocabulary with words like “repressive” and “oppressive.” Eventually, this abhorrence of moral limitations was reframed in positive terms, and defined itself primarily by one phrase: “self-expression.”

It wasn’t long before this idea was applied to parenting, and the idea became to let children determine their own values. The logic of this has flowered into absolute insanity in our own day with gender ideology—adults have become so willing

to bow to their children that they even claim that a male child can claim he’s a girl, and a girl child can claim she’s a boy. To declare otherwise is to “limit” the child—to interfere with their own goals and dreams.

Of course, left out is the idea that the human person benefits from objective moral goods, and can, in fact, become better and more content (“happy”) by conforming themselves to those goods. Left out entirely is the idea that morality is objective, and thus binding, but that even though “binding,” it nonetheless liberates the human person from the bondage that comes from something much worse: their passions. We are bound to one of two things, our reason or our passions, and reason is the far easier and more ennobling taskmaster.

You find this idea both in the Greek and Roman philosophers, as well as in traditional Catholic and protestant theology (to say nothing of traditional Confucian as well as Jewish sources).

*Continued on B4*





# DIGITAL DEVICES AND THE DEVELOPING CHILD

SHOULD YOU GO SCREEN-FREE?

CATHERINE YANG

Emerging research shows screen usage actually impedes the development of basic abilities like building vocabulary.

Eight-year-old Sam had always enjoyed learning, but in less than a year, his math and reading scores dropped. He was constantly being disruptive in classes, and he started dreading going to school. His teacher and school psychologist said he had ADHD, and the next step was medication.

Instead, his mother decided to dial back on the amount of screen time the family was getting. Within two months, he was turning in assignments, getting glowing reports from teachers about his attitude change, and his math and reading scores were climbing.

Sam is one of more than 500 children interviewed by psychiatrist Victoria Dunckley in a comprehensive study on the impact of electronic screen time on the developing brains of children and teenagers.

Going screen-free is not a new idea. Many screen-free campaigns began in the early 1990s, targeting reduced television time. But these movements hadn't gained much traction until recent years, because our lives have never before been so consumed by the proliferation of screens. We are now seeing side effects that are unique to the new technologies that we have such easy access to, and they're not all trivial.

**Why Is Too Much Screen Time a Problem?**

Even before delving into an argument about content—whether kids are looking at something good or bad—the behavioral habit of looking at screens for extended hours bears examining.

In the short term, we see changes in mood, behavior, and cognition. In the long term, it affects the child's potential, Dunckley says. It affects how far children go in school, in relationships, and in their careers—in short, it could affect their quality of life in a dramatic way.

**Impeding Growth**

Pediatrician Dimitri Christakis, whose research has been influential in the field, puts it this way: "If we change the beginning of the story, we change the whole story."

An infant's brain triples in size by the age of 2. We are born with a lifetime's supply of neurons, and the connections made between those cells are largely made in our first three years. Then, from ages 3 to 15, the mind is doing away with unused pathways and fine-tuning itself.

The point is, Christakis says, early experiences matter.

There is no research to back up any benefit from having any screen time for children up to 2 or 3 years of age, and emerging research shows this screen usage actually impedes the development of basic abilities like building vocabulary, learning to sense people's attitudes and communication, and concentration or focus. This is because instead of strengthening these connections in the brain, the connections are either not being built, or being purged due to a lack of use. Some parents even see these skills regress in young children who start getting too much screen time.

**Shrinking Brains**

Picking up the habit of constantly checking a smartphone, watching hours of content on a tablet or television, or playing digital games creates new behavioral patterns as well. They become biologically compelled habits: The earlier you build these habits, the harder it is to stop. The brain comes to need it.

One of the biggest and most evident reasons is because the touchscreen device is an instant-gratification machine. You train the brain to expect immediate effects and constant stimulus. The brain responds with dopamine, which the body experiences as pleasure, and on the more severe end, the effect is addiction.

"On the scale between candy and crack cocaine, it's closer to crack cocaine," Chris Anderson, a former editor at Wired and the founder of GeekDad.com, told The New York Times. "This is going straight to the pleasure centers of the developing brain."

One study of addicted teens' brains discovered an imbalance of neurotransmitters. Most notably, they had too much of a neurotransmitter that slows down brain signals, resulting in effects such as drowsiness and anxiety, leading to larger symptoms like depression and other mental health issues.

Another study found shrinkage in the frontal lobe, which is basically the decision center of the brain in charge of planning, prioritizing, organizing, and impulse control. The insula, which affects our ability to develop empathy for others and integrate physical cues with emotions, is also damaged.

**Emotional Disadvantage**

Catherine Steiner-Adair interviewed over 1,000 kids from age 4 to 18 about technology and their relationships for her book "The Big Disconnect" and found that parents aren't teaching children to deal with frustration and boredom. By distracting them with screens, the children never truly learn how to recognize or work through their real feelings.

"If you wanted to create an environment to churn out really angry people, we've done it," Janis Whitlock, a Cornell University researcher, told TIME Magazine in 2016. "They're in a cauldron of stimulus they can't get away from."

Around the same time smartphones became ubiquitous, 2011-2012, mental health issues skyrocketed, and in-person interactions plummeted in teens. Many prominent researchers say this is not just a coincidence, and generational researcher Jean Twenge outlines the phenomenon in her book on "iGen."

"Just as playing the piano takes practice, so do social skills. iGen-ers are not practicing their in-person social skills as much as other generations did, so when it comes time for the 'recital' of their social skills, they are more likely to make mistakes onstage when it matters: in college interviews, when making friends in high school, and when competing for a job," Twenge wrote.

IF YOU WANT TO  
LIMIT SCREEN TIME  
FOR YOUR CHILDREN,  
IT WILL BE MUCH  
HARDER IF THEY  
SEE YOU, TOO, ARE  
ADDICTED TO YOUR  
PHONE.

46%

OF AMERICANS

say they could not live without their smartphones.

SOURCE: PEW RESEARCH CENTER AMERICAN TRENDS PANEL SURVEY, OCT. 3-27, 2014

**The Diagnosis**

The symptoms—trouble sleeping, becoming short-tempered and acting out, inability to regulate mood, and what seems like procrastination or the inability to complete what used to be simple tasks—often lead to misdiagnoses.

Some parents see a drop in cognition in their very young children and fear it is a learning disability. Older children who start showing emotional issues are often diagnosed with ADHD, or bipolar disorder, or something else. But psychiatrists call this "electronic screen syndrome."

Dunckley, who has done extensive research on the matter, says what we end up seeing is a dysregulated brain: The child can't regulate mood, can't tolerate stress, and isn't getting quality sleep.

Experts also point out there is a misconception that this is caused by too much passive screen time, as many educational games and apps are marketed as "interactive." Parents, therefore, tend to limit passive but not interactive tech use. But Dunckley says interactive screen time is, in fact, more addictive than passive screen time, and is equally likely to cause problems.

**What Can Parents Do?**

First, parents should limit their own screen time.

Early childhood educator Erika Christakis writes that though parents today have more time for their children than ever, they are also more distracted than ever.

No one expects parents to be constantly engaged, but Christakis says "chronic distraction is another story." The adult not only misses emotional cues, but also misreads them. They're quicker to anger, perhaps assuming a child is trying to be manipulative when they're asking for attention.

There are more immediately measurable effects: One study found that as cell service arrived and smartphone adoption rose area by area, so did children's injuries. Other studies found that language learning—a key indicator of child development—is also affected by how distracted or engaged a parent is. One experiment found that the mere presence of a smartphone in the room with a mother and child affected how many new words the toddler learned.

"We seem to have stumbled into the worst model of parenting imaginable—always present physically, thereby blocking children's autonomy, yet only fitfully present emotionally," Christakis said.

Children also mimic adults' behaviors. If you want to limit screen time for your children, it will be much harder if they see you, too, are addicted to your phone.

**Tips for Limiting Screen Use**

Program directors at various screen-free initiatives have found that this works best when the family is all in. Whether you want to cut back on the number of hours spent with screens, or go a weekend, or a week, without these devices, the key to success is clearly communicating with and including



MPH PHOTOS/SHUTTERSTOCK



By distracting them with screens, children never truly learn how to recognize or work through their real feelings.

the entire household.  
The first step should be to assess your goals, and then create a plan that makes sense for your household.

Some parents prefer to gradually reduce screen time in the house. Others find it actually easier to go cold turkey with no screen time at all. What works for one family might not work for another: Some who have tried it find turning off the TV at mealtimes essential; another mom who tried a screen-free week reported that while she succeeded in encouraging family members to engage in other great activities, having the TV on at dinner actually encouraged her children to linger and chat, telling her about their day, rather than being a distraction to the family.

**BE INTENTIONAL ABOUT USE.** Older children might need to use a computer for homework, or the family might want to watch a movie together, or look up a tutorial to use for an activity.  
Once you think about it this way, you might be surprised to realize how much of screen time is used to curb boredom—and boredom can really be quite healthy.

**REARRANGING ROOMS.** Many family rooms are set up so that the television is the focal point. If these are the rooms the children spend most of their time in, it helps to organize so that the focal point is perhaps a table they can use for activities.  
Having to replace the TV as a babysitter is a big worry for parents deciding to limit screen time, but childcare experts say that isn't the point. Children don't need to be constantly entertained, and you may just have to embrace a bit of messiness as you let them play independently. Endless variety in toys isn't necessary either. Parents will find that even with few or simple toys, the creativity and imagination of a child more than make up the difference.

**SET CLEAR LIMITS.** Parents shouldn't expect children to hold up to new screen usage restrictions on their own. In addition to clearly communicating when screen time is permitted, and for how long, some parents find it useful to designate certain rooms as screen-free.

**SCREEN-FREE MORNINGS.** The first waking hours can set the tone for the rest of the day. For younger children especially, starting the day with some tablet or TV time could undo the good of all of the other screen-free initiatives you might have around the house and throughout the day.

**Tips for Going Screen Free**  
Some families find it easiest to go screen-free completely, because if you get 20 minutes, it's hard to put the phone or tablet down for the rest of the day. Some opt for a weekend, or one full week, and then pull back from regular screen use afterward.

**PLAN AND COMMUNICATE.** If you choose to do a screen-free week, involve the whole family, and announce it in advance. Explain why you're doing it, and what you hope to achieve.  
There are some cases where going completely screen-free for an extended time will

ONE STUDY OF ADDICTED TEENS' BRAINS DISCOVERED AN IMBALANCE OF NEURO-TRANSMITTERS.

SOURCE: PRESS.RSNA.ORG, NOV. 30, 2017

be the most beneficial.  
Dunkley has written a book about a four-week "reset" program intended to help children who suffer from electronic screen syndrome. It takes four weeks, because it gives time for the brain to get deep rest and rejuvenate, and for parents, teachers, and doctors to clarify diagnoses.  
The reset includes one week of planning. There are usually problem areas such as aggression, anxiety, not being able to stay on task, underachievement at school, social problems like poor sportsmanship, and then physical issues like headaches, tired eyes, and insomnia. Parents should identify and track problem areas, and inform other adults in the child's life as well.  
Also plan fun activities, because the reset isn't meant to be a punishment. Dunkley suggests planning both family group activities and one-on-one activities, because children thrive on parents' undivided attention, and bonding helps keep the child grounded, calming the nervous system.

**REMOVE DEVICES.** Dunkley recommends taking all devices to work and stashing them in a drawer. It isn't enough to just move the devices out of sight—if there is a hidden phone or game, and kids find it, they will try to sneak screen time.  
"Don't feel guilty that you're not allowing the child a chance to be 'responsible,'" Dunkley writes.  
"Remember that a child's frontal lobe is not fully developed and thus even a trustworthy child who promises not to play anymore (and really, really, really means it) can't be expected to check urges or control impulses when temptations arise," Dunkley wrote.

**ACKNOWLEDGE FRUSTRATION.** The parent should expect pushback. Younger children may cry, and older children will argue and even make threats. Sometimes, they may seem okay with the idea at first but panic a little later.  
"Remember, from their perspective, something significant and substantial is being taken from their lives, and children have no idea how they'll fill the void, so it's appropriate to comfort them around this," Dunkley writes.  
They will also ask why, and she says just tell the truth: It's an experiment.  
The first week may be difficult, but as their brains receive the rest they desperately need, the appropriate amount of energy, blood flow, and nutrients start to return to the brain's frontal lobe and balance out biological systems. And as the benefits kick in, it generally becomes easier, and even harmonious.

**What Benefits Should You Expect?**  
A break from digital devices should see children return to more imaginative play as their creative energy returns.  
In children of all ages, there should be improved mood, and less extreme or less frequent meltdowns. A mother of a 2- and 4-year-old said when she first took away the family room television, her sons would fight all the time, as if they didn't know how to play with each other. But after a few days,

they were getting along and able to play together.  
On a biological level, the brain is relieved from the constant stimulus that puts it in fight-or-flight mode, and as a result is freed up to expend energy on other things, like learning new concepts and processing emotions.  
Parents want the best for their children, and a few small changes early in their lives can have lifelong impacts. If going screen-free sounds intimidating, who knows, perhaps you may benefit from taking a step back as well.

Catherine Yang is an arts and culture reporter for The Epoch Times.

# HOW MUCH SCREEN TIME ARE CHILDREN GETTING?

90 MINUTES

29% of babies under 1 watch 90 minutes of video

2 HOURS

64% of children ages 1 to 2 watch at least 2 hours of video

4 HOURS

Various studies put the average daily screen time for children ages 2 to 5 at 2.2 hours to 4.6 hours

7 HOURS

Children ages 8 to 18 consume an average of 7 hours and 11 minutes of screen media daily

SOURCE: CAMPAIGN FOR A COMMERCIAL-FREE CHILDHOOD



# Parenting in a Soft Age

Continued from *B1*

Human beings, all recognized, are a mixed bag. They clearly possess reason—the principle of the intellect which directs the will. But they also have passions—desires of the flesh for things like fame, wealth, power, and pleasure. Thus, the great adventure of the human person toward true happiness is the path of virtue: the assertion of the primacy of reason over the passions.

It isn't that our desires for fame, wealth, power, and pleasure—what the Bible calls “the lust of the flesh, the lust of the eyes, and the pride of life” [1 John 2:16]—are bad in and of themselves. Rather, it is that by virtue of being passions, or as the Bible says, lusts, they are necessarily prone to get out of control, and in doing so bring ruin.

Physical pleasure only goes so far to satisfy the human soul—as anyone who has partaken knows. The same with wealth, power, etc. A practical example: most of us partake in a casual wish that we had the money and fame of celebrities. But then we use our reason, and we recognize that celebrities have astoundingly high rates of drug abuse, marital breakdown, and suicide. Does that mean all of them, or that wealth and fame are necessarily bad? No. But it does mean that they are not ends in themselves. None of the passions are.

The virtues, however, are ends in themselves. In traditional Aristotelian terms, virtue was a habitual act that was itself the mean between two extremes. For example, the virtue of courage is the habitual act of courage as opposed to the acts of cowardice (one extreme) or rashness (the other extreme). This virtue is, of itself, worthy of pursuit in a way that the passions are not. Whenever something that appeals to our passions is pursued as if it was, itself, a worthy goal, it always goes to excess.

Therefore, it is the path of virtue—the path of reason directing and guiding the passions—which leads to true and long-term happiness. Obeying our passions tends to get us in far more trouble.

**Modern Parenting**

I say all of that as a preliminary to this observation: these are not lessons many modern parents teach their children. Any brief look at our society makes this clear. And yet they are liberating lessons. They teach us how to be free of our passions—a lifelong process to be sure, but a liberating one nonetheless. It teaches us to value reason more than our emotions—not because our emotions are bad, but because uninhibited, they rarely lead to individual or societal happiness. Take a look at social media these days, and you'll see the truth of this observation.

These realities became even more obvious to me when I read the writings of various historical figures who partook of the traditional view (often opposed to those in their own day who took the more modern view of “self-expression”). For the sake of space, I'd like to focus on one particular family: the Adams family. No, not the weird ones on TV who live in a haunted house, but the great early American family who contributed so much to American independence and nationhood. Specifically, I'd like to focus on the mother, Abigail Adams, the wife of the famous Founding Father, John Adams.

**The ‘Momma’ of the Revolution**

John and Abigail were intense parents. They both sacrificed a great deal of their time, money, and on occasion their reputations, for the cause of American liberty. John was away from his children for long stretches of time as he served in the Continental Congress. He was away from most of his children, and his wife, for years at a time when he was appointed as an American ambassador in Europe.

And yet, both knew that reason required such sacrifice. The passions militated against them—but they were good and right nonetheless.

Abigail is an exemplary model. Much as it pained her to be separated from her husband for such a long period of time, Abigail knew what was at stake, and continued to inculcate those lessons into her son, John Quincy Adams—who, in addition to holding several high offices, would go on to become president of the United States.

For example, writing to John Quincy after he and his father had arrived in France after a long and dangerous journey across the Atlantic, she wrote:

“I would much rather you should have found your grave in the ocean you have crossed, or that any untimely death should crop you in your infant years than see you an immoral, profligate, or graceless child.”



MOTORTION FILMS/SHUTTERSTOCK

Parenting in our day and age has become less about teaching children virtue, and more about helping them with “career prep.”

=====

**We are bound to one of two things, our reason or our passions, and reason is the far easier and more ennobling taskmaster.**

“

**Having once obtained this self-government, you will find a foundation laid for happiness to yourself and usefulness to mankind.**

*Abigail Adams, in a letter to her son John Quincy Adams*

Virtue mattered to this momma. In the same letter, she said some things that most modern parents would likely balk at:

“Great learning and superior abilities, should you ever possess them, will be of little value and small estimation unless virtue, honor, truth, and integrity are added to them. Adhere to those religious sentiments and principles which were early instilled into your mind, and remember that you are accountable to your Maker for all your words and actions.”

Abigail recognized a reality that many modern parents fail to acknowledge: that absent training, education, and discipline, children really aren't that great in their moral qualities and accomplishments. It is indeed hard to imagine many parents today daring to question, with respect to such qualities, whether or not their children “[should] ever possess them.” But this was a given for Abigail. Virtue costs, and she never obscured this fact.

In another letter to John Quincy, she writes eloquently on the “due government of the passions” in the pursuit of virtue:

“The due government of the passions has been considered in all ages as a most valuable acquisition. Hence an inspired writer observes, ‘He that is slow to anger, is better than the mighty; and he that ruleth his spirit, than he that taken a city.’ [Proverbs 16:32] This passion, cooperating with power, and unrestrained by reason, has produced the subversion of cities, the desolation of countries, the massacre of nations, and filled the world with injustice and oppression. Behold your own country, your native land, suffering from the effects of lawless power and malignant passions, and learn betimes, from your own observation and experience, to govern and control yourself. Having once obtained this self-government, you will find a foundation laid for happiness to yourself and usefulness to mankind.”

Observe that she does not base what she is saying on some idiosyncratic approach to parenting, but rather a truth that has been recognized in all ages.

In another letter, Abigail warns her son against the very engine of the passions, and the source of the ruin of so many: self-love.

“Self-love and partiality cast a mist before the eyes, and there is no knowledge

so hard to be acquired, nor of more benefit when once thoroughly understood. Ungoverned passions have aptly been compared to the boisterous ocean, which is known to produce the most terrible effects. ‘Passions are the elements of life,’ but elements which are subject to the control of reason. Whoever will candidly examine themselves, will find some degree of passion, peevishness, or obstinacy in their natural tempers. You will seldom find these disagreeable ingredients all united in one; but the uncontrolled indulgence of either is sufficient to render the possessor unhappy in himself, and disagreeable to all who are so unhappy as to be witnesses of it, or suffer from its effects.”

All of this was put in an even larger context by this mother:

“I hope you will never lose sight of her [America's] interests, but make her welfare your study, and spend those hours which others devote to Cards and folly in investigating the Great principles by which nations have risen to Glory and eminence, for your Country will one day call for your services, either in the Cabinet or Field. Qualify yourself to do honor to her.”

In other words, Abigail knew that virtue was not simply a matter of individual profit, but societal profit. Her parenting was directed not just toward her child's “happiness,” but his goodness, for his ultimate happiness depended, as did the happiness of society, on that goodness. She knew that encouraging a child to obey their moment-to-moment passions and emotions was a recipe for imprisoning them to those passions and emotions. To do so would be to enslave, not liberate; to shrink, not expand the soul; to inculcate selfishness, rather than duty, as the prime motivation of life.

I say we bring back the Abigail Adams-style of parenting. After all, she did raise a president.

*Joshua Charles is a bestselling author, historian, researcher, and international speaker. He is a passionate defender of America's founding principles, Judeo-Christian civilization, and the Catholic faith, to which he converted in 2018. He loves telling, and helping others tell, great stories that communicate great truths. Follow him on Twitter @JoshuaTCharles or see JoshuaTCharles.com*



ND3000/SHUTTERSTOCK



Shopping can give us a quick hit of joy at the cost of our long-term happiness and financial peace of mind.

BECOMING MINIMALIST

# How My SHOPPING HABITS Were Transformed

Simplifying my home, life led to a breakthrough in how I shopped

JULIANNA POPLIN

It wasn't that long ago when a trip to the mall would mean hours scouring stores looking for the best deal and all the new trendy things I just had to have. Shopping, for me, was part-hobby, part-sport.

If I spent too much, I'd feel guilty and experience buyer's remorse. There would be a sinking feeling in my gut every time I opened my credit card bill. But that didn't stop me from continuing the cycle.

I maintained that pattern from my teenage years into my 30s.

But then, something changed. I had children and suddenly my time, priorities, and life began to look different. When my kids were little, I started on a journey to simplify my life—one drawer and one closet at a time.

It wasn't easy. The process forced me to ask difficult questions: Why had I spent money on some of these things? What had I been thinking at the time? I felt careless and foolish for some of the decisions I'd made.

I decluttered my home. Somewhere along the way, my thoughts about shopping changed drastically.

After I simplified my life, my relationship to acquiring things changed in five important ways.

1. Shopping Is No Longer a Hobby

Gone are the days of enjoying marathon shopping trips just for the fun of it. I no longer find myself in a store because I'm bored or can't think of anything else to do. That doesn't mean I don't have downtime in my life, it just means I have found other things to do that are more enjoyable than a walk through a department store full of things I don't need.

I've come to a place where my desire to live simply and without clutter outweighs any desire I have to shop.

It isn't easy to live simply in a consumer culture. We've been told shopping is a great way to spend your day and that the sale happening right now will never be repeated. Social media is filled with memes about moms shopping at Target because there's truth to it. I used to be one of those moms.

Target isn't my happy place anymore. After dealing with my clutter, I saw consumerism differently. My eyes were opened anew to marketing messages and the con-

The high of simply buying something new wears off quickly and dealing with regret and mistakes feels terrible.

Julianne Poplin blogs at The Simplicity Habit. She is a wife, mama, and professional declutterer who helps people create margin so they can say 'yes' to the great. This article was originally published on BecomingMinimalist.com

sumer traps I'd fallen into. I woke up and saw advertising for what it is: companies trying to make money by making us feel like we need things that we often don't actually need.

Shopping is no longer something I do for entertainment. There are better things that I can do with my time for both my bank account and my well-being. I much prefer reading, writing, or having coffee with a friend. Consider how your time could be better spent if you quit shopping for fun. What would you do instead? How could your money be better used?

On the rare occasion when I do go shopping, it's for something specific. I often leave the store empty-handed. I'm fine with that. It saves me money. The only time it frustrates me is when I feel like I've spent too much time looking for just the "right" thing.

2. I Have Become Extraordinarily Picky

After simplifying my home, I have become more selective and more intentional in my purchases.

This is an artifact of sorting, decluttering, and ridding my home of so many items. During the process, I found so many things I had simply settled for and never really used or loved. At the time, maybe they were on sale or I hated the idea of leaving a store empty-handed. I wasted so much money on so many unnecessary things.

Clothes were the biggest offender. I'd convince myself I needed to be on-trend or buy the latest style or color. I'd try on various pairs of jeans and simply settle for what was good enough.

Nowadays, I need to be sure I really love or need an item before I purchase it. The high of simply buying something new wears off quickly and dealing with regret and mistakes feels terrible and can last longer. So be selective in what you buy. Don't settle. You're better than that.

3. Buying Gifts Became More Thoughtful

In the past, I rarely considered the potential impact of a gift on the person I was giving it to. If it was an item I thought they might enjoy or was their favorite color, I'd buy it. But after simplifying and decluttering, I've become much more intentional in my gift-giving.

I don't want to create clutter in other people's homes. I want the gift to be enjoyable and useful. I never want someone hanging

onto a gift I had given them that they didn't like. Some people have a hard time getting rid of gifts.

Now, I give much more thought to whether a gift will actually be useful to them. I have found that buying consumables or experiences as gifts helps. In those instances, I know the gift will not be something that adds clutter to their home.

Don't be afraid to ask people what they want or would find useful. Let's agree to stop giving each other clutter.

4. I'm More Protective About What My Kids Receive From Others

I am fortunate to have parents and in-laws who try to respect my need for simplicity. I know that isn't always the case.

In my family, before holidays and birthdays, family members will ask me for suggestions on what to get my girls. My mom's love language isn't gift-giving, she much prefers quality time. So her new tradition is to take my girls out on a date. They enjoy breakfast together and then shop for something I've said they need—usually shoes.

My in-laws, on the other hand, are gift-givers. It is their love language and they enjoy seeing the girls' faces light up at whatever toy they've purchased for them. Most years, I've been able to think of something fun they would enjoy—but I will admit it is getting harder as they get older.

When kids have more toys than they can manage, it creates problems. Things stop getting put back. They get stressed about "not knowing where things go." I either end up doing more picking up or we have "heated conversations" over needing to take care of their things otherwise Mom will take the things away. It's an unneeded stress for them and for me.

I am now a fan of experience-based gifts. The kids enjoy them and they don't create more clutter and stress in our home. And this isn't just about keeping clutter down, science tells us those experiences create far more meaningful and lasting memories than a plastic toy. It's not always easy to get everyone on board, but a mom can try.

5. Shopping Became Less Selfish

How you spend your money reflects your priorities and your heart.

When I would shop for fun and buy things I didn't need, my priority was me. It was self-centered and focused on what I thought I was lacking. Marketing aimed to make me think about me more, and that's already a pretty natural tendency.

My selfish shopping habits ended with me having a cluttered home. Ultimately, they cost me more than they benefited me.

Once I was able to get outside of myself and my own desires, I was able to see how much true need there is in the world. Suddenly, the purpose for my money wasn't just to make me happier.

Simplifying helped me see there are better and more important things I can do with my money than spend it on things I don't need.

Wasting my money on silly things made me feel satisfied in the short run, but made me feel bad in the long run. Choosing instead to be responsible by saving and giving brought me long-lasting peace and contentment.

My life and shopping habits have changed for the better as I decluttered and simplified. Now, I focus on what I already have. I choose to be grateful instead of dwelling on what I'm lacking.

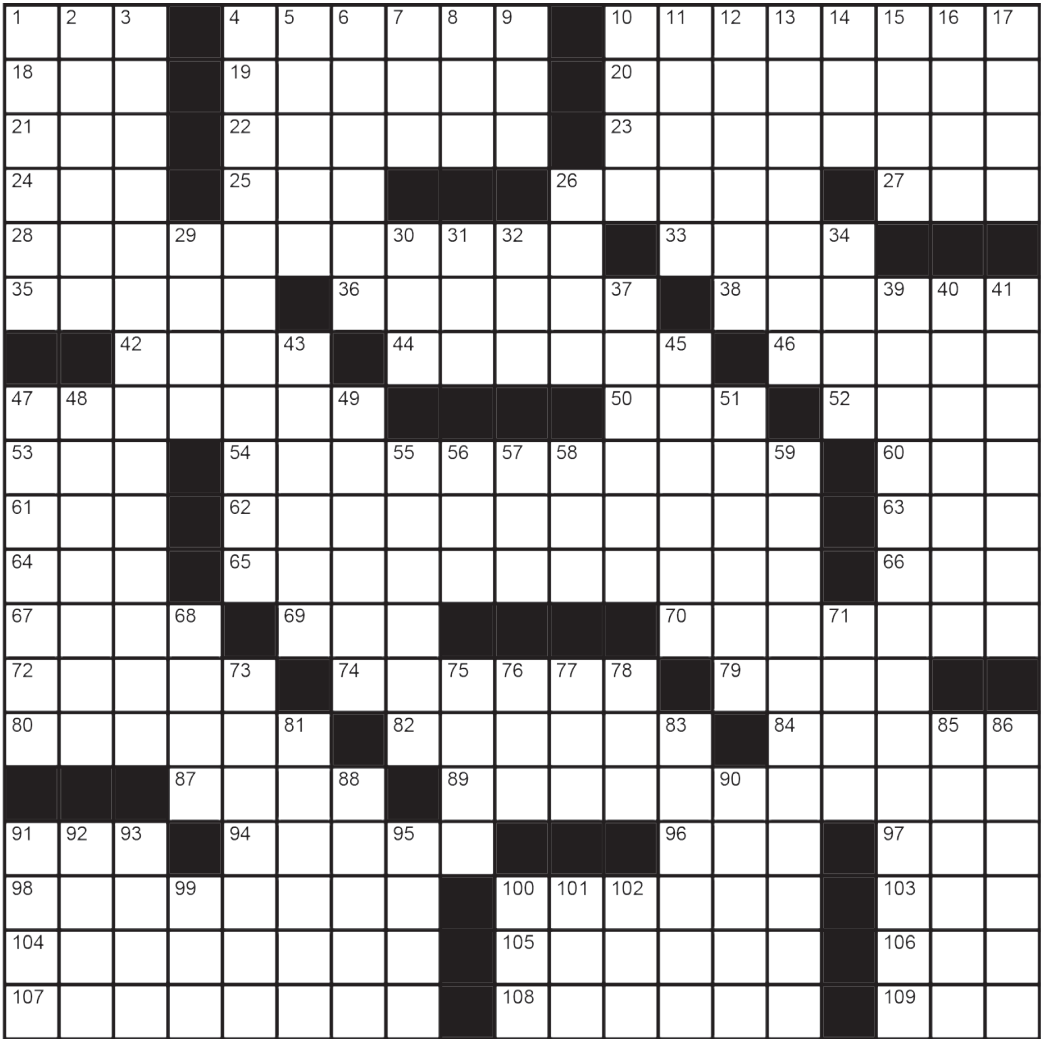
I don't miss shopping at all. I think about all the time I've now got to do better things. Simplifying didn't force me to stop shopping—it increased my awareness and changed my perspective so I no longer enjoyed accumulating more.



\* 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. Chip shot's path
- 4. Chick \_\_\_\_
- 10. Almond cookie
- 18. Pearl Harbor garland
- 19. Form of worship
- 20. Like some bacon
- 21. Board insert
- 22. Welder's gas
- 23. Handsome prints?
- 24. \_\_\_\_ provençale
- 25. "Bingo!"
- 26. Able to run smoothly, say
- 27. Fast no more
- 28. Potters
- 33. Petitions
- 35. Where the action is

- 36. Area of concern to the FCC
- 38. "Giant" animals
- 42. Ancient ornamental neckwear
- 44. Put away, in a way
- 46. Relaxed
- 47. Fine Turkish tobacco
- 50. Knock off
- 52. "Pike's Peak or \_\_\_\_!"
- 53. Bring into play
- 54. Star Trek fan?
- 60. Commuting option
- 61. Pinch
- 62. Focus of global warming
- 63. "\_\_\_\_ -di-dah"
- 64. Santa \_\_\_\_, CA

- 65. Know-it-all
- 66. Freudian topic
- 67. Peaks
- 69. "Gimme \_\_\_\_!" (start of an Iowa State cheer)
- 70. "Rainbow" dessert
- 72. Like a schlimazel
- 74. Catch some Z's
- 79. Locality
- 80. Some like it hot
- 82. Border duty
- 84. Left-hand page
- 87. Thunder sound
- 89. A polyhedron with 7 faces
- 91. Give it \_\_\_\_
- 94. Departure
- 96. The "one" in a one-two

- 97. Charlotte-to-Raleigh dir.
- 98. Campus clique
- 100. DNA sample source
- 103. "No smoking," in some places
- 104. Expecting
- 105. A hydrogen atom has one
- 106. Delta announcement
- 107. Seaweed product
- 108. Criticize
- 109. "A \_\_\_\_ At the Races"

Down

- 1. Andean animal
- 2. Angler, at times
- 3. Zigzag, e.g.
- 4. Hopping place for bargain hunters?
- 5. Indian policeman's club
- 6. "Odyssey" setting
- 7. Bawl
- 8. My people
- 9. Standards org for motor oil
- 10. Berry I'm pretty sure doesn't exist outside of smoothies
- 11. Yarns, with different colors plied together
- 12. Pay to play
- 13. Injustice
- 14. A people of Nigeria
- 15. Bad thing to blow
- 16. Bangladesh's currency
- 17. Amer. Film \_\_\_\_ (annual awards grp.)
- 26. Capital with lots of fjord explorers?
- 29. Celebes buffalo
- 30. Eur. land
- 31. Roman VIP
- 32. Little 'un
- 34. Aficionado
- 37. Ambrosia of immortality
- 39. Twofold, as in a question

- 40. Calm or soothe
- 41. Two-handed basketball scoring technique
- 43. Ang Lee's medium
- 45. Certain petty officers, for short
- 47. Nut
- 48. Sans sense
- 49. Individual souls, in Hinduism
- 51. "Big" WWI cannon
- 55. Electronically published
- 56. Emeritus: Abbr.
- 57. Lever
- 58. Thwack
- 59. New York has a Federal one
- 68. Design requirement
- 71. Pastoral pipe
- 73. Foot wings for Mercury
- 75. Pearl Harbor locale
- 76. Neighbor of Wash.
- 77. Compress a computer file
- 78. Cashless-society letters
- 81. Bill of \_\_\_\_
- 83. Tex-Mex treat
- 85. Beethoven's "Moonlight \_\_\_\_"
- 86. "Do Not Enter" relative
- 88. Colorful thrush-like bird
- 90. Actress in "Brewster's Millions"
- 91. In a muddle
- 92. Percussion instrument
- 93. 400-pound calf, perhaps
- 95. Binoculars user
- 99. "\_\_\_\_ the ramparts we..."
- 100. A-peeling place?
- 101. It's often left hanging
- 102. Biblical figure with a salty wife

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

732

96

321

+

−

×

÷

Hard 1 - 2 Solutions

2435

61

1333

+

−

×

÷

Hard 2 - 1 Solution

59

24

38

+

−

×

÷

Easy 1 - 2 Solutions

410

62

47

+

−

×

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

- PANDAS

AMRITA

ARENA

AREOLA

ARTWORKS

ASSUAGE

ATMANS

ATTACK

BERTHA

BOSUNS

CANADIAN

CEREAL

ENTOMB
- E-PRINT

FAJITA

FLICKS

HAVOC

INEPT

ITHACA

LADING

LATHI

LATRIA

LOOSE

MARLS

OILED

PITTA
- PROTON

REELER

SNOOZE

SONATA

TALARIA

TARIFF

VERSO

ADIEU

ALPACA

AMARETTI

ASININE

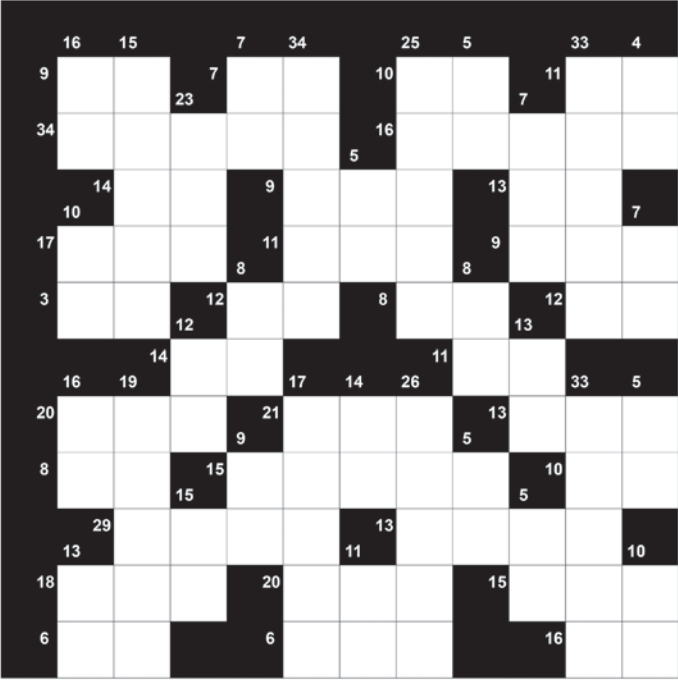
SHERBET

KAKURO

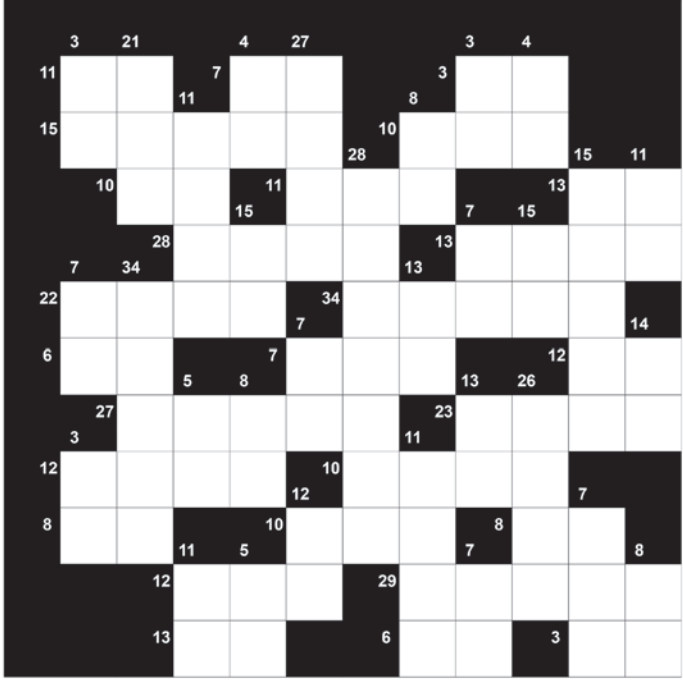
CONSTRUCTED BY EPOCH TIMES STAFF

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



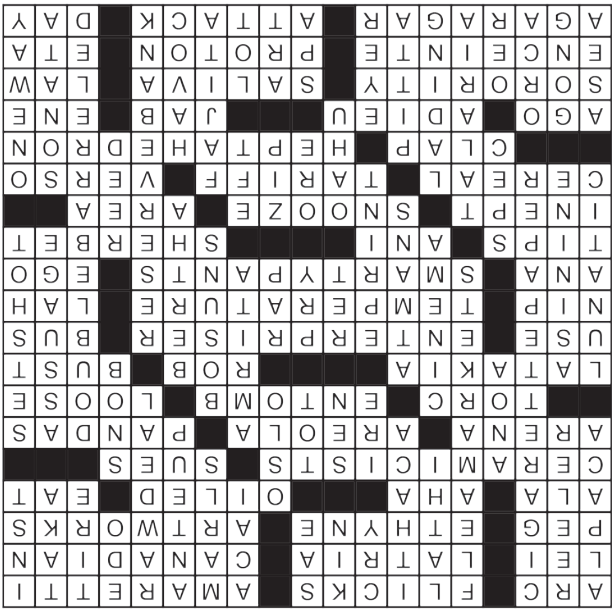
Large: Easy



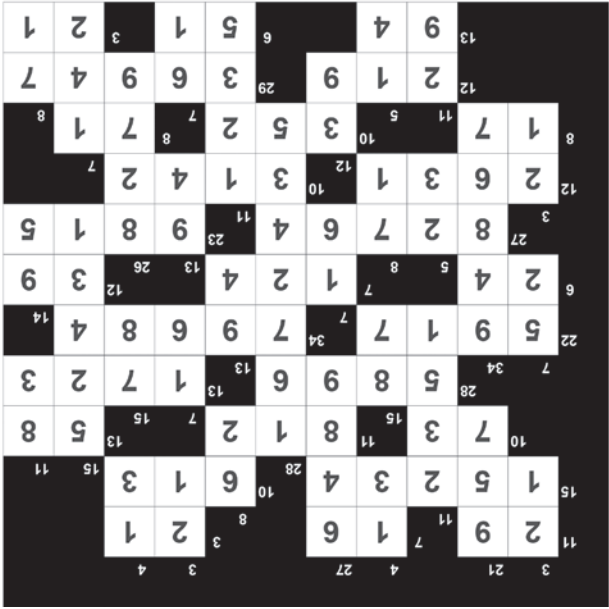
WORK SPACE

SOLUTIONS

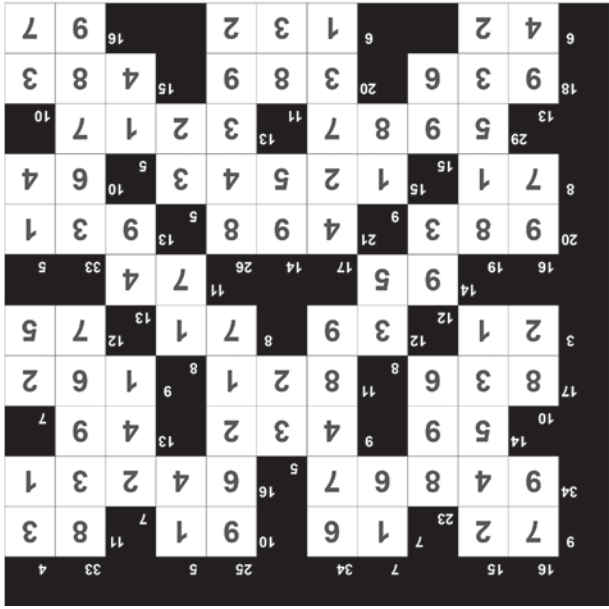
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1

$(32 + 7) \times 3 - 21$   
 $(32 - 7) \times 3 + 21$
- HARD 2

$(35 - 33) \times 24 + 1$
- EASY 1

$9 \times 3 + 5 - 8$   
 $(8 - 5) \times 9 - 3$
- EASY 2

$10 \times 7 - 4 - 4$







WELLCOME COLLECTION. CC BY 4.0



A nightingale singing by its nest. Etching.

In Emily Dickinson and Christina Rossetti, we find kindred spirits.

POETRY

My Heart Is Like a Singing Bird

EMILY DICKINSON and CHRISTINA ROSSETTI

JEFF MINICK

Both women were born within five days of each other in 1830. Both came from families prominent in their communities. As young teenagers, both suffered a breakdown and subsequent melancholia. As adults, both became caretakers for family members. Both suffered at times from ill-health. Both were deeply spiritual. Both remained unmarried. And both were two of the greatest poets of the 19th century.

Though her verse was little known while she lived, many critics today rank Emily Dickinson (1830–1886) as one of the world’s finest English-language poets. Born in Amherst, Massachusetts, a town she rarely left, Dickinson had a happy childhood, especially while attending school. Her father was an attorney with an interest in politics—he served a single term in the House of Representatives—and the townspeople respected the family for their contributions to the community. Emily had a younger sister, Lavinia, and an older brother, Austin.

Across the Atlantic, her contemporary in Great Britain, Christina Rossetti (1830–1894), won acclaim for her verse while she lived. Her father was a political exile from Italy, a poet, and a teacher. Rossetti’s mother taught her at home and later, because of the family’s straitened financial circumstances, began instructing other students as well. Rossetti had two brothers, Dante Gabriel, a well-known painter and poet, and William, also a writer. Her

sister, Maria, worked for a time as a live-in governess, but like her siblings took up the pen.

As adults, Rossetti and Dickinson lived very different lives. Fewer than a dozen of Dickinson’s poems were published during her lifetime, while writers and critics hailed Rossetti as the successor to Elizabeth Barrett Browning. In Amherst, Dickinson gained a reputation for various eccentricities, maintained most of her friendships by correspondence, and became such a recluse in her later years that she rarely spoke to visitors except through a closed door. Rossetti reveled in the company of others and was part of a large circle of friends, including the Pre-Raphaelites, which her brother Dante Gabriel had helped found. She also

performed charity work, including 11 years as a volunteer worker in a home for former prostitutes.

Despite these differences, we find in these two poets several shared interests. Both had a love for nature and a sharp eye for describing its bounty. Dickinson drew much of her inspiration from the large grounds

surrounding her home, resulting in poems like “I Taste a Liquor Never Brewed.” Though a child of London, Rossetti spent time as a young girl on her grandfather’s cottage 30 miles from the city, developing there a lifelong delight in the natural world.

Their deep faith also found a voice in their works. Rossetti was a practicing Anglo-Catholic whose devotional poetry often reveals a sensual thirst for the Divine. In “Like as the Hart Desireth the Waterbrooks,” she writes:

Their deep faith also found a voice in their works.



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.



Hughes ACT



Sunroom – Garran, ACT



Nicholls ACT



Wanniasa ACT



Yarralumla ACT



Patio and Hut – Conder, ACT

WE DO:

- Sunrooms
- Patios & Patio cover
- Decking
- Louvres & Shutters
- Granny Flat
- Opening roof systems
- Polycarbonate roof systems

Builders Licenses:  
ACT 2006758  
NSW 166181C

Fyshwick Showroom, Canberra  
1/289 Canberra Ave Fishwick 02 6147 0844

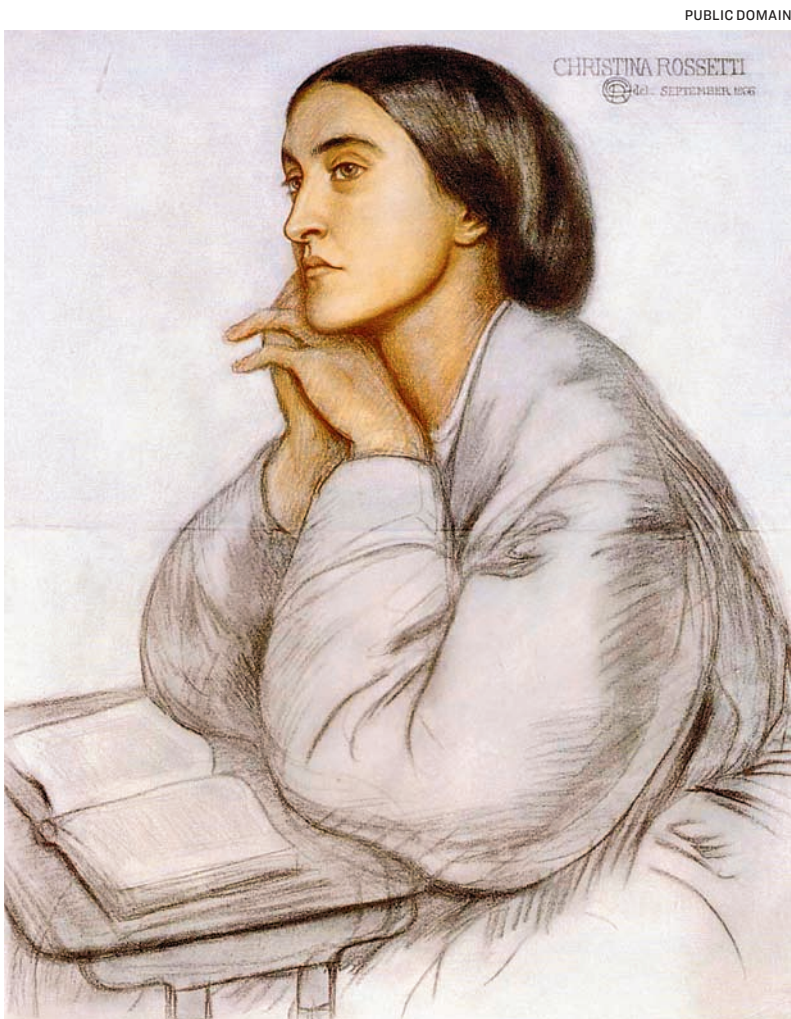
ONSITE MEASURE & QUOTE  
National Patios, Professional & Reliable







A daguerreotype taken in December 1846 or early 1847; the only authenticated portrait of Emily Dickinson after childhood. Amherst College Archives & Special Collections.



A portrait of Christina Rossetti, September 1866, by her brother Dante Gabriel Rossetti. Andrew Lloyd Webber Collection.

My heart is yearning:  
Behold my yearning heart,  
And lean low to satisfy,  
Its lonely beseeching cry,  
For Thou its fullness art...

Because of her self-imposed exile from public life and an aversion to organized religion, Dickinson never attended church as an adult. She would be one of those who today describe themselves as spiritual rather than religious, as demonstrated in “Some Keep the Sabbath Going to Church.”

Some keep the Sabbath going to Church –  
I keep it, staying at Home –  
With a Bobolink for a Chorister –  
And an Orchid, for a Dome –

That death was a common topic in the poetry of both women should come as no surprise. With its high infant mortality rates and the inability of the medical community to ward off diseases and infections now eas-

ily treated, the 19th century was no stranger to the hearse and the graveyard. From the maudlin to the austere and profound, much of the verse of that age mourn the loss of loved ones and contemplates the mysteries beyond this world.

Both Dickinson and Rossetti wrote poems in which they envisioned their own demise. In one of her best-known poems, “Remember,” Rossetti writes:

Remember me when I am gone away,  
Gone far away into the silent land;  
When you can no more hold me by the hand,  
Nor I half turn to go yet turning stay.  
Remember me when no more day by day  
You tell me of our future that you plann’d:  
Only remember me; you understand  
It will be late to counsel then or pray.  
Yet if you should forget me for a while  
And afterwards remember, do not grieve:  
For if the darkness and corruption leave  
A vestige of the thoughts that once I had,  
Better by far you should forget and smile

Than that you should remember and be sad.

Two of Dickinson’s poems on death typically find a home in our anthologies of literature. The first, “Because I Could Not Stop for Death,” recounts the journey of the poet riding in a carriage with Death toward a graveyard and “Eternity,” arriving eventually at a “House that seemed a Swelling of the Ground.” In “I Heard a Fly Buzz When I Died,” Dickinson addresses the arrival of death at a bedside:

I heard a Fly buzz – when I died –  
The Stillness in the Room  
Was like the Stillness in the Air –  
Between the Heaves of Storm –  
The Eyes around – had wrung them dry –  
And Breaths were gathering firm  
For that last Onset – when the King  
Be witnessed – in the Room –  
I willed my Keepsakes – Signed away  
What portion of me be  
Assignable – and then it was

There interposed a Fly –  
With Blue – uncertain – stumbling Buzz –  
Between the light – and me –  
And then the Windows failed – and then  
I could not see to see –

In Emily Dickinson and Christina Rossetti, we find kindred spirits: women hard-pressed by familial obligations and interior struggles, two poets who never met but whose written words reveal shared passions.

Christina Rossetti once wrote, “My heart is like a singing bird.” Read the verse of these two women, preferably aloud, and you will hear them singing still.

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

# YOUR ADVERTISEMENT HERE

Call 02 8988 5600  
or email  
[ad@epochtimes.com.au](mailto:ad@epochtimes.com.au)

THE EPOCH TIMES



## 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)**



# 2019 NTD 5<sup>TH</sup> INT'L FIGURE PAINTING COMPETITION



## \$10,000 GOLD AWARD

EXHIBITION  
Nov. 24 - 30

AUCTION  
Nov. 30

**[OILPAINTING.NTDTV.COM](http://OILPAINTING.NTDTV.COM)**  
TEL 888-878-6166 FAX 888-567-0906  
OILPAINTING @ GLOBALCOMPETITIONS.ORG

**SALMAGUNDI ART CLUB**  
47 FIFTH AVE, NEW YORK, NY 10003





homemakers

Big Sale \$\$\$



Sorrento 5Pce Dining

\$1399  
Save \$376



New

Alinga Bed in striking Western Australia Marri Timber



Now \$2699

Princeton 2RR+R+R Reclining Suite



Now \$999

Loki Scandi Swivel Chair



homemakers furniture

Tel : 02 6280 0068

Address : 17/337 Canberra Ave, DFO Fyshwick ACT 2609

www.hmff.com.au

CHOU0064



ENDEAVOUR CARPETS

Canberra's Largest Carpet Showroom!

Family Run Business Since 1970.  
Our family looking after yours.

Over 3000 samples on display. We've got you covered.

BIG SALE



Special Offer Free Dunlop Springtred 9mm underlay

Address: Cnr Newcastle & Isa Street, Fyshwick, ACT, 2609

Tel: 02 6280 6132

Email: info@endeavourcarpets.com.au

open 6 days

REL0084

...amazing showrooms, a must see!

...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 AUSTRALIA



Tile Power

Member of Australia's Tile Power Group

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

www.rivoland.com.au

Experience. Range. Service





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



COOKIES CYCLES

RIDE SKATE SCOOT



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



BROMPTON

in stock now

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

CSP1001

Cancer treatment can lead to weight loss and exhaustion. A determined effort to eat well is one of the best ways to speed recovery and weight gain.

CANCER UP CLOSE

Caring for My Body During and After  
Cancer Treatment

Eating well, resting often, and exercising can help you survive cancer and thrive afterward

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 Gonçalves's cancer journey from pre-diagnosis to life after treatment.

I'll never forget what the gastrointestinal doctor who found my rectal tumor told me moments after he said I had cancer. With a bit of hope and encouragement in his voice, he said: "You are young and healthy. You'll get through it, good luck." I didn't understand fully why he said that at the time, but now having finished my cancer treatments, I get what he meant.

I knew that going through radiation, surgery, and chemotherapy was going to be brutal on my ultra-sensitive body, but I wasn't prepared for the complications and side effects. I went on sickness allowance the minute I was diagnosed. It was one of the best decisions I made, since it eliminated the stress of work for six-month intervals, and let me focus on getting through the battle I was about to face.

(Note: You can go on sickness allowance more than once, which will be covered in another article.)

Despite cancer, I was otherwise healthy. I was a lifelong nonsmoker, with no sign of chronic disease, though I did have pretty severe gastrointestinal issues and countless food sensitivities that would

trigger auto-immune joint pain throughout my body. I had also learned through a genetics test that I had a poor ability to detoxify things from my body. I believe this is why I experienced severe side effects, especially from the chemotherapy.

**Phase 1: Radiation and Chemo**

I went through 5 1/2 weeks of radiation plus oral chemo pills as the first course of treatment. Out of all the phases of treatment, this one was the easiest. I would get my dose of radiation around 10 a.m. Monday through Friday, and by 1 to 2 p.m. I'd feel really tired. Taking a nap helped. I was also told to walk at least 30 minutes a day to keep my stamina and energy going, though some days were tough due to nausea and fatigue.

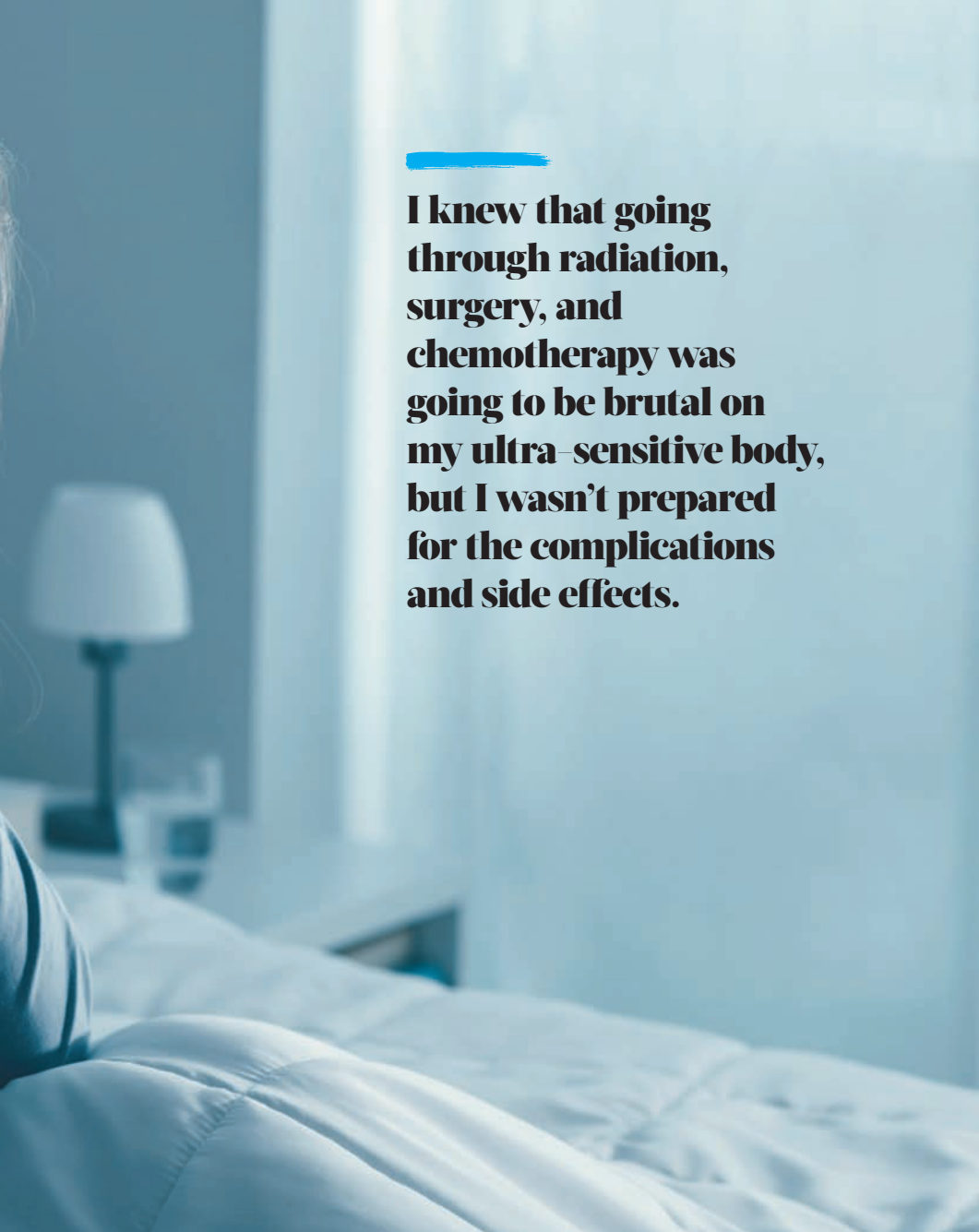
The last two weeks of treatment were my hardest. By then, my skin was burned from the radiation and my private areas had burning sores. Vaseline became my best friend. I was given pills that helped manage the stabbing-knife pain I felt when urinating. I did fairly well on the Xeloda (oral chemo pills) but I was taken off of them the last week of radiation because my feet were blistering and tender to the point that I couldn't walk. This is the most common side effect. They quickly healed when I stopped taking it. Throughout this phase, my diet was healthy, lots of green smoothies, nuts, berries, healthy proteins like fish and organic meat, and some rice. No major junk food, except coconut milk ice cream. I also had a friend (a chiropractor) who offered to give me two- to three-hour massages for free once a week during this time. It really helped soothe me and gave me something to look forward to.

**Phase 2: Tumor Removal and Ileostomy Surgery**

After a two-month rest from phase 1, I finally got my tumor removed. My surgeon said it was a long and difficult surgery because my organs were hard as a rock and stuck together due to inflammation from the radiation. I had a very tough recovery. The pain from the large incision,



ALL PHOTOS BY SHUTTERSTOCK



Recovery is hard and tiring, and there may be complications, so it's best to get lots of naps—and walks are encouraged. It's important, too, to keep a healthy diet.

the new ileostomy, my lack of appetite, and an infection that emerged five days after surgery hit my body very hard and led me to lose 20 pounds in a few weeks.

However, through it all, I pushed myself to get out of bed and walk. All the doctors and nurses said that this was the best thing I could do for myself. I started out walking at least 10 laps around my hospital floor. When I went home, I started with one lap around the block, then two laps, until finally I could go to the park and walk for 30 minutes.

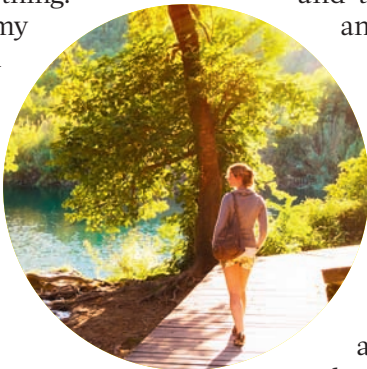
What also saved me was my incredible flexibility. I had to contort my body into crazy positions to change my ileostomy bag. I'd lie on the bathroom floor with a mirror balanced between my knees to see what I was doing when I'd have to apply various powders and sealants around my ileostomy when sores formed (which was often). I also ate with determination and gained back my weight over several months by, among other things, drinking more green protein powder smoothies with nuts and pouring olive oil on everything. Most importantly, I gave my body time to be still and rest. I'd take a daily nap, sometimes two. The exhaustion during this phase really surprised me, but by the eighth week after surgery, I started to feel OK again.

Phase 3: Chemo

This phase didn't last long, as I experienced severe neurological side effects, random paralysis of left hand and lips from the infusions of Oxaliplatin and the oral chemo pills (Xeloda). I only did two out of six cycles of the infusions and pills.

The trouble started when my throat swelled up so bad after the first infusion that I sat outside the emergency room in my brother's car for an hour until my Benadryl kicked in. I had to take half a Benadryl pill with each chemo dose I took for the 14 days after my infusion. I also vomited quite a bit the week following the infusion. I relied on herbal peppermint tea and charcoal pills to help with this. They gave me Zofran, an anti-nausea med, but this didn't always work and I wanted to have natural solutions as well.

Honestly, I just wanted to purge this toxic stuff, so I didn't want to suppress my body's natural instinct to get it out. The walking during this phase was on and off, and I mostly focused on eating well, as I had throughout the other phases.



Ileostomy Reversal Surgery

This phase was also very difficult for me. I thought I was good to go when I was released three days after my surgery, but severe abdominal spasms, diarrhea, and my inability to eat or drink anything a few days later led me back into the hospital for another 11 days.

Prayer and humor got me through this phase more than anything, although I did the best I could walking around my hospital floor and home. Bathroom urgency made it difficult for me to walk too far, though. It was as if I was smacked into my previous surgery. I slowly got back to a healthy diet, but it took a while to eat normal portions of nuts, fruits, and veggies again.

Phase 4: Post-Treatment

At this point, I'm dealing with inflammation, fatigue, increased food sensitivities, and joint pain throughout my body. It started a few weeks after my 11-day hospital stay. I'd wake up numerous times to numb and tingling hands and feet and have to shake them out. I didn't know what was happening.

I took a heavy metals test with my functional medicine doctor, knowing that my body was probably dealing with all of the metals contained in the chemo and in the contrast dyes that I took in the hospital. I was right. My platinum levels and three other metals were through the roof. I'm now in the process of purging these via infrared sauna visits at a spa (I just bought one for my home), and via supplements that I'm told in a few months will remove the metals. So far, after one month I'm seeing positive signs that it's working. I continue to walk about 45 minutes 3 to 5 times a week and still eat very clean and healthy with an occasional splurge on gluten-free muffins or cookies.

Join me next time when I share how faith and spirituality helped me through some desperate times. 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.

# Why Fidgeting Could Be Good for Your Child's Health

Moving around, even in small amounts, can have a big impact on health and longevity

JOHN J REILLY & XANNE JANSSEN

Fidgeting is usually considered as a sign of boredom or lack of attention which can be distracting to others. Parents and teachers often demand that their children and pupils stop doing it. But fidgeting could actually be good for their health. Research suggests it might help protect against obesity, improve cardiovascular health, and even save lives.

In our recent study, we measured the energy expenditure of 40 children aged 4 to 6, while they each spent an hour in a "whole-room calorimeter." This is a chamber the size of a small bedroom, in which energy expenditure is accurately measured from the amount of oxygen inhaled and the amount of carbon dioxide exhaled.

The children all followed the same procedure in the calorimeter: 30 minutes watching TV, ten minutes drawing or coloring, and 20 minutes playing with toys on the floor. We counted the number of times children changed posture and took that as our measure of fidgeting.

The fidgeting we witnessed—with colleagues from the Australian universities of Wollongong and Deakin—varied enormously, despite all of the children following the standard set of activities. There were 53 posture changes per hour in the most fidgety third of the sample and only 11 per hour in the least fidgety third. These differences directly affected the number of calories burned.

The difference between the most and the least fidgety groups was only around six calories per hour. But when extrapolated over months and years, this could lead to large differences in energy use.

After all, children of that age typically spend about 9 to 10 hours per day sitting down, so a six calorie difference per hour of sitting would become a difference of 60 calories per day, 420 calories per week (about three bags of chips), and 22,000 calories per year (equivalent to about 2 kilograms of body weight in a 20 kilogram child).

We also found that children were much less fidgety while watching TV than when drawing, coloring, or playing with toys on the floor. This may partly explain why time spent watching TV increases the risk of obesity so strongly in children of this age compared to other sedentary activities.

Meanwhile, an older study found that more fidgety adults resisted weight gain when overfed compared to less fidgety individuals. Taken together, this evidence suggests that differences in the tendency to fidget might partly explain why some

people are more susceptible to obesity than others.

Fidgeting as Health Strategy?

It is now well established that prolonged periods of sitting are harmful to health, and it is possible that fidgeting might reduce the harms of sitting.

A study of more than 12,000 adult women in the United Kingdom found, as expected, that the amount of time spent sitting per day predicted the risk of premature death over the subsequent 12 years.

At the start of the study, the women had been asked to self-rate their tendency to fidget on a scale of 1 (no fidgeting) to 10 (constant fidgeting). In the most fidgety third, the risks of premature death from sitting were substantially reduced compared to the least fidgety third.

Why fidgeting seemed to reduce premature mortality was not explored in that study. However, a more recent laboratory-based study in adults found that the harmful effects of prolonged sitting on blood vessels in the legs (such as reduced blood flow) could be mitigated by asking the study participants to fidget by moving their legs while sitting. Fidgety individuals may have some protection from cardiovascular disease compared to less fidgety individuals.

## Fidgety individuals may have some protection from cardiovascular disease compared to less fidgety individuals.

Fidgeting is not considered as being important to health at the moment, but the growing body of research suggests that it should be. The evidence might even lead to new (and much needed) approaches to preventing obesity and promoting cardiovascular health.

Such approaches might be particularly practical as they involve fairly small changes in how we live. Fidgeting or standing breaks during long periods of sitting in the classroom, or at home, far from being an annoying habit, could be precisely what we need.

John J Reilly is a professor of physical activity and public health science at the University of Strathclyde in the UK, and Xanne Janssen is a research associate at the University of Strathclyde. This article was first published on The Conversation.

It is now well established that prolonged periods of sitting are harmful to health.

Children's health is suffering in our sedentary age, but those who just can't sit still are faring better, finds new research.





ASIAN HOME COOKING

# Vietnamese Summer Rolls, a Refreshing Snack

These classic appetizers are fresh, light, and fun to assemble at home



CICI LI

Rice lies at the center of Vietnamese cuisine. The crop is abundantly grown throughout Vietnam, with paddies especially concentrated around the Red River Delta in the north and the Mekong River Delta in the south. Even the shape of the country has been described as a bamboo pole with a basket of rice hung at each end. Indeed, rice is so abundant that it is made into an array of other products, including rice wine, rice vinegar, rice cakes, rice paper (banh trang), and various types of rice noodles.

Fresh spring rolls, or goi cuon—also known as summer rolls—are a classic Vietnamese appetizer that makes clever use of rice in several forms. The dish is made with lots of healthy vegetables, herbs, rice noodles, and protein all wrapped up in a translucent sheet of rice paper—like a portable salad roll. My husband and I adore summer rolls, and are sure to order them whenever we have the chance to dine in a Vietnamese restaurant. After years of wanting to try making them at home, gathering mental notes but never putting them into practice, I finally stopped procrastinating.

The result is this recipe, in which we wrap a refreshing bundle of crisp lettuce, mint leaves, cilantro, bean sprouts, rice vermicelli, and shrimp in sheets of rice paper, softened until springy and translucent. A peanut butter-hoisin dipping sauce serves as the perfect companion. These healthy rolls are so light and refreshing—no matter how many you eat, you won’t feel weighed down at all. *CiCi Li is the producer and presenter of “CiCi’s Food Paradise” on NTD. Join her in discovering the world of Asian home cooking at CiCiLi.tv*



VIETNAMESE SUMMER ROLLS (GOI CUON)

PREP & COOKING TIME

Prep time: 10 minutes  
Cook time: 50 minutes

MAKES 16 ROLLS

1 pound shrimp, peeled and deveined  
Pinch of salt

FOR THE DIPPING SAUCE

1 tablespoon vegetable oil  
2 garlic cloves, minced  
1/4 cup creamy peanut butter  
1/4 cup hoisin sauce  
1 teaspoon sambal chili paste

TO ASSEMBLE

6 ounces rice vermicelli, soaked in water for 10 minutes  
16 rice paper wrappers (banh trang)  
1/2 head lettuce  
1 cup fresh mint leaves  
1/2 cup bean sprouts  
1 cup cilantro

To cook the shrimp, bring water to boil in a small pot. Add the salt and shrimp. Cook over high heat until the shrimp turn pink, about 2 minutes. Remove shrimp from pot and rinse in running water to stop the cooking. Reserve 1 cup of the cooking water. Slice each shrimp in half lengthwise and set aside.

To make the dipping sauce, in a pan, add the vegetable oil and garlic. Cook over low heat until aromatic, about 1 minute. Then add the peanut butter, hoisin sauce, and sambal chili paste, and stir-fry for about 1 minute. Pour in the reserved shrimp cooking water and continuously stir until thoroughly combined. Transfer to a serving dish and set aside.

In a small pot, bring water to a boil. Add the pre-soaked rice vermicelli and cook over high heat until al dente, about 4 minutes. Since we pre-soaked the noodles, they should only take half of the time indicated on the package to cook. Remove noodles from the pot and rinse with running water to stop the cooking. Drain, snip into shorter pieces with a pair of kitchen shears, and set aside.

To assemble the rolls, prepare a plate of warm water. Dip a sheet of rice paper into the water until it feels soft and elastic, about 20 seconds. Then place it on a flat surface and flatten it out with your palm. Add ingredients in two horizontal layers: First, add a little bit each of the lettuce, mint, cilantro, bean sprouts, and rice vermicelli across the middle of the wrapper; then, above that layer, add 3 slices of shrimp, cut side up. Do not overfill. Fold the sides of rice paper in toward the center, then fold the bottom side up and over the fillings and roll it all the way up, tucking in the fillings as you go. Make the parcel tight and firm, but be careful not to tear the wrapper. Repeat with the rest of the wrappers and fillings.

Serve with the dipping sauce.



THE EPOCH TIMES

NO COMMUNISM, NO SOCIALISM

JUST PURE TRADITIONAL JOURNALISM

Dear Reader,

This newspaper is for you to enjoy. In an age of media bias, we work to bring you independent news coverage.

When reporting on China coverage, our unique network of insiders helps us tell behind-the-scenes stories that can't be found anywhere else.

On social issues, we expose the destructive history of communism and its continued effects on today's society. For arts and lifestyle, **we focus on classical culture and traditional values.**

At The Epoch Times, we believe the media has a responsibility to uphold a moral society.

Subscribe today. Get the independent news you won't find anywhere else, and **get the insights only The Epoch Times can provide**, delivered to your doorstep every week.



SUBSCRIBE TO THE EPOCH TIMES

☒ \$1 — First month trial\*

Two options after first month trial, please choose:

☐ \$39.99 (\$3.07/wk) — 3 months ~~\$59.99~~

☐ \$149.99 (\$2.88/wk) — 12 months ~~\$225.99~~ Every week: 1 paper + 1 digital papers

\*New customers only. After the first month, your subscription of choice will take affect. Cancel anytime for any reason, at 02 8988 5633.

PAYMENT METHOD

☐ VISA ☐ MASTERCARD ☐ AMEX

DELIVER TO:

NAME \_\_\_\_\_ PHONE(\_\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_

SUBURB \_\_\_\_\_ STATE \_\_\_\_\_ POST CODE \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ CVC No. \_\_\_\_\_

Name on Card \_\_\_\_\_ Authorization Signature \_\_\_\_\_

MAIL TO: ▼ PO Box 843 Hurstville BC NSW 1481 OR

EMAIL TO: ▼ Subscribe@epochtimes.com.au

100% satisfaction guaranteed promise  
This is a continuous membership that may be cancelled at any time. To cancel or make changes to your subscription, please call 02 8988 5633. Credit cards will be enrolled in automatic payments. Your subscription will automatically renew unless you cancel. Cancel anytime, for any reason.

SUBSCRIBE NOW  02 8988 5633

Or <https://ReadEpoch.com.au>

The Epoch Times is published by Australian Epoch Times Ltd, registered as a non-for-profit company.