THE EPOCH TIMES

TRUTH AND TRADITION

ISSUE 635

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In NEWS

A GERMAN

newspaper has launched an investigation into its new owner after documents sufaced showing that he had been an informant for the Stasi, the German Democratic Republic's notorious secret police.

WORLD | A3

"No one explained to us in either case, Ukraine or Lebanon, the reasoning behind the hold, or the freeze really."

U.S. Under Secretary of State for Political Affairs David Hale said of the Trump administration's foreign aid policy that is currently under scrutiny as part of the Democrat-led presidential impeachment inquiry

US | A6

CALIFORNIA

is being sued for a socialjustice law requiring that publicly traded companies have at least one woman on their corporate board.

US | A7



need to learn a degree of equanimity, a kind of peace with the way things are and what we can and cannot do about it. And this applies to our government leaders and bureaucrats too, writes Paul Adams, professor emeritus of social work and expert in virtue ethics.

OPINION | A9

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Protesters gather as they prepare to march to the U.S consulate during a demonstration in Hong Kong on Sept. 8, 2019.

HONG KONG

US Senate Unanimously Passes Hong Kong Bill

The bill will make trade privileges conditional on Hong Kong remaining sufficiently autonomous

EVA FU

Timothy Weeks cries while kept hostage

by Taliban insurgents possibly in Afghanistan, in this still image taken from social

media video said to be shot Jan. 1, 2017

American Professors

Two professors who were kid-

napped in 2016 were released by the

Taliban terrorist group on Nov. 18

after the Afghan government freed

Timothy Weeks, an Australian

and shared by pro-Taliban channels.

Taliban Releases

in Prisoner Swap

three militant commanders.

Continued on A2

TALIBAN HOSTAGES

Australian,

he U.S. Senate unanimously passed two pieces of legislation on Nov. 19 that support pro-democracy protesters in Hong Kong.

The Hong Kong Human Rights and Democracy Act, introduced by Sen. Marco Rubio (R-Fla.) in June, would require that the U.S. Secretary of State assess annually whether Hong Kong is sufficiently autonomous from mainland China to warrant the special trade privileges currently afforded to it.

"The people of Hong Kong see what's coming; they see the steady effort to erode the autonomy and their freedoms," said Rubio on the Senate floor on the evening of Nov. 19. "And the response by the Hong Kong authorities, under tremendous pressure from Beijing, is vio-Continued on A7

It's important that the world knows clearly ... the nature of the Chinese **Communist Party** and who they are at a time when they are trying to go around the world portraying themselves as a benevolent power.

Marco Rubio, Republican Senator for the State of Florida

AUSTRALIA-CHINA

Tony Abbott Clashes with Paul **Keating Over** Australia-China Relationship

ISABEL VAN BRUGEN

Two former prime ministers, Tony Abbott and Paul Keating, have clashed in their comments over Australia's relationship with China, as the debate on how to respond to the communist superpower heats

During a speech in New Delhi to the India Foundation on a free and Continued on **A2**



Image of plague bacteria Yersinia pestis, which has been identified in two Chinese patients.

HEALTH

China Failed for 10 Days to Confirm 'Black Death' Outbreak

CHRISS STREET

News Analysis

China violated World Health Organisation guidelines when it failed this month to disclose in a timely manner that it had two cases of plague that caused the "Black Death."

Dr. Li Jifeng at Beijing's Chaoyang Hospital, the nation's premier infectious disease treatment and quarantine centre, posted a comment on the WeChat social media site on Nov. 3 Continued on **A5**

HUMAN RIGHTS

Chinese Regime Likely Manipulated Organ Donation Data, Study Finds

FRANK FANG

A new study has concluded that the Chinese regime likely systematically falsified its organ donation data, further fueling concerns that the regime has been forcibly harvesting organs for transplant from prisoners of conscience.

In 2015, the regime said it would stop sourcing organs from executed prisoners, and exclusively rely on a newly set up voluntary donation system.

But a study, published in the scientific journal BMC Medical Ethics on Nov. 14, led by Mathew Robertson, a doctoral student at the Australian Continued on A5

Masked Intruders Set Fire to Hong Kong Epoch Times **Printing Press**

EVA FU

Four masked intruders set a fire in the printing warehouse of the Hong Kong edition of The Epoch Times in the early hours of Nov. 19, marking the fourth attack on the facility since its opening more than a decade ago. The attack is believed to be the latest effort by the Chinese Communist Party (CCP) to silence The Epoch Times.

A spokesperson for the Hong Kong edition, Cheryl Ng, said the incident had the hallmarks of CCP tactics, aimed at intimidating the outlet away from reporting on topics deemed sensitive to the regime.

As one of the few independent outlets in Hong Kong, The Epoch Times is known for covering internal factional politics within the CCP, as well as the regime's suppression of freedoms both at home and abroad. It also has provided extensive independent coverage of the ongoing pro-democracy movement, now in its sixth month.

In response to the incident, Sen. Josh Hawley (R-Mo.) called it "deeply disturbing," adding that "any assault on the freedom of the press is an assault on the liberty that was promised to the people of Hong Kong. It's an assault to the basic function of a democracy."

Vandalism

The manager of the printing press said the incident took place around 3:40 a.m at the facility located in the Tsuen Wan area, as the staff there were pre-Continued on A4





49-59 O'Riordan Street 1 Frederick Street **Auburn Showroom** 276-278 Parramatta Road Belrose Supa Centre 4-6 Niangala Close

Chatswood Chase Sydney Shop G062, Ground Floor 345 Victoria Avenue Hills Super Centre 16-18 Victoria Avenue & Showground Road Smithfield Warehouse & Showroon

134 Gipps Road

AU NOVEMBER 21-27, 2019 THE EPOCH TIMES

Tony Abbott Clashes with Paul Keating Over Australia-China Relationship

CONTINUED FROM A1

open Indo-Pacific, former Liberal prime minister Abbott on Nov. 18 suggested Australia had neglected its relationship with India by placing "put too many eggs into the China basket."

Abbott suggested the two countries would have a stronger relationship if it hadn't been for Australia's "passion for China," which he believes has led to a lack of development between the pair.

The former prime minister in his speech envisioned India as a "democratic superpower" as he urged the government to work on its ties with other allies besides "a one-party communist state like China," which he called a "dictatorship" and a "bully."

"Why would anyone, especially such a friend of India, be so sure India won't be the next China, economically?"Abbott said.

"Why should Australian officials think that what one country of a billion people could achieve under the dictatorship of the proletariat is impossible in another that has the blessings of democracy, the rule of law, and the English language?

"Unless, of course, they're closet admirers of a command-market economy, regard the Chinese as somehow superior to everyone else, or don't want to admit that Australia might have put too many eggs into the China basket," he continued.

Abbott's remarks came just days after Liberal MPs Andrew Hastie and James Paterson were banned from entering China after criticising the Chinese Communist Party (CCP). They both spoke out against Chinese attempts to exert influence in Australia, the detention of Chinese-Australian writer Yang Hengjun, pro-democracy protests in Hong Kong, and the mass detention of Uyghurs.

Abbot's comments regarding Australia's relationship with China offered a stark contrast to former Labor Prime Minster Keating, who on Nov. 18 warned against "pious belchings" from those criticising Beijing, adding that the country should instead focus its interest on working more closely with its vital



L: Former Prime Minister Tony Abbott (C) pays his respect at the Golden Temple in Amritsar on Nov. 17, 2019. R: Former Prime Minister Paul Keating speaks at Sydney Opera House in Sydney on June 14, 2019.

Why would anyone, especially such a friend of India, be so sure India won't be the next China, economically?

Tony Abbott, former Prime

During The Australian's Strategic Forum, Keating, who worked on the international advisory board of the state-owned China Development Bank, pointed fingers at the media for creating "hysteria" around China's swift growth, suggesting Australia should pay more attention to its national interest.

"The media has been up to its ears in it," Keating said.

"Unfortunately the debate in Australia has markedly degenerated in respect of ... China.

"The whispered word communism of old, is now being replaced by the word China. Well God help us if we are limited or slated to deal only with democracies," Keating

Keating then made reference to two articles published in The

Sydney Morning Herald; one on the CCP's mass internment of Uyghurs in Xinjiang, and the second on claims Chinese officials offered politicians bribes in the Solomon Islands, according to the news

"The Sydney Morning Herald has two anti-China stories in today's paper. It's the usual 'shock and awe' indignation, all fundamentally fired by alarm at the scale and speed of China's rise," he said.

"Big states are rude and nasty, but that does not mean we can afford not to deal with them-whether it be the United States or China," he said.

"It is the national interest and its long run trajectory which should guide our hand and not the nominally pious belchings of 'do-gooder' journalists who themselves live on to take up their system, they are not leaks of agencies unfit to divine a looking to take up ours," he said.

national pathway-organisations which lack comprehension as to magnitude or moment or the subtleties and demands of a dynamic international landscape."

NARINDER NANU/AFP/MARK METCALFE VIA GETTY IMAGES

Australia in August suspended its two-decade-long human rights partnership with China-the Human Rights Technical Cooperation Programme-over Beijing's mass detention of ethnic Uyghurs and amid the barring of MPs Hastie and

Prime Minister Scott Morrison on Nov. 18 said he was "very disappointed" that the pair weren't granted access to China, but said the two countries "respect each others' sovereignty."

"We're not China and China's not Australia. We are not looking

Taliban Releases Australian, American Professors in Prisoner Swap

CONTINUED FROM A1

citizen, and Kevin King, an American citizen, were held for more than three years before being released. They were abducted in August 2016 while leaving the campus of the American University of Afghanistan in Kabul.

American Special Forces tried to rescue them several days later but were unable to locate them.

In a video released the next year, Weeks and King implored President Donald Trump to arrange for their

Prime Minister Scott Morrison said on Nov. 19 after confirmation of the release that he was "profoundly pleased and relieved" by the news, adding: "The Australian government offers its deepest appreciation to President Trump and the United States for their immeasurable assistance and co-operation, without which we would not be able to welcome Tim back.

"We also convey our deepest appreciation to the government of Afghanistan led by President (Ashraf) Ghani for its invaluable assistance with this case over the past three

Foreign Affairs Minister Marise Payne told reporters Nov. 20 that Weeks is in "good spirits." She said that he would be making his own arrangements to travel back to Australia with his family.

Kings' family issued a statement



Timothy Weeks and Kevin King speak to the camera while kept hostage by Taliban insurgents in an unknown location, said to be Afghanistan, in this still image taken from a social media video said to be shot Jan. 1, 2017 and shared by pro-Taliban channels.

late Nov. 19 saying that he was now safe with U.S. officials in Afghanistan and getting the medical care he needs ahead of his return home to be reunited with his family.

"We are so happy to hear that my brother has been freed and is on his way home to us," said King's sister, Stephanie Miller. "This has been a long and painful ordeal for our entire family, and his safe return has been our highest priority. We appreciate the support we have received and ask for privacy as we await Kevin's safe return."

Their freedom came hours after the Afghan government freed three Taliban prisoners and sent them to Qatar. They included Anas Haqqani, the younger brother of the Taliban's deputy Sirajuddin Haqqani, who also leads the fearsome Haqqani network. The other two were Hajji Malik Khan, an uncle of Haqqani and a Haqqani lieutenant, Hafiz Abdul Rashid.

It appears the Taliban had refused to hand over the two professors until they received proof their men had reached Qatar. A Taliban statement said the prisoner exchange was a good step "for building trust" and something that "can help in peace

In a statement, the American University of Afghanistan said: "AUAF welcomes the news of the release of our colleagues, Kevin King and Timothy Weeks, who had been held

hostage since Aug. 7, 2016. "The AUAF community shares the relief of the families of Kevin and Timothy, and we look forward to providing all the support we can to Kevin and Tim and their families," it added. "We wish to extend our gratitude to all involved in the release of our colleagues. The AUAF community, our students, faculty, and staff, have keenly felt the absence of our two colleagues even as we have continually urged their

release over these past three years." The White House said in a statement: "The United States welcomes the release of Professors Kevin King and Timothy Weeks. King, an American, and Weeks, an Australian, were professors at the American University of Afghanistan when they were kidnapped at gunpoint in August 2016. Both men were successfully recovered today and are currently receiving medical care and other support from the United States Government. We pray for the The Australian government offers its deepest appreciation to President Trump and the United States for their immeasurable assistance and co-operation, without which we would not be able to welcome Tim back.

Scott Morrison, Prime Minister of Australia

full recovery of both men, who endured significant hardship during their captivity, and wish them well as they reunite with their loved ones in the near future."

Afghan President Ashraf Ghani a week ago announced the "conditional release" of the three ranking Taliban figures, saying at a press event broadcast live on state television that it was a very hard decision he felt he had to make in the interest of the Afghan people.

King's family gave a special mention to Washington's peace envoy Zalmay Khalilzad, U.S. Secretary of State Mike Pompeo, and National Security Advisor Robert O'Brien for their "behind the scenes" efforts to get Ghani on board with the prisoner swap. Pompeo and O'Brien made separate calls to Ghani on Monday.

The Associated Press contributed to this report.

THE EPOCH TIMES NOVEMBER 21-27, 2019

WORLD | A3

Trump Orders More Armed Forces to Middle East to Deter Iran

ZACHARY STIEBER

Additional U.S. military forces will be deployed to the Middle East because of Iran's aggressive behavior, President Donald Trump said.

In a letter sent to House Speaker Nancy Pelosi (D-Calif.) and President Pro Tempore of the Senate Chuck Grassley (R-Iowa), Trump noted that he sent troops to the Middle East over the summer "to protect United States interests and enhance force protection in the region against hostile action by Iran and its proxy forces."

"Iran has continued to threaten the security of the region, including by attacking oil and natural gas facilities in the Kingdom of Saudi Arabia on September 14, 2019," Trump wrote in the Nov. 19 letter.

"To assure our partners, deter further Iranian provocative behavior, and bolster regional defensive capabilities, additional United States Armed Forces have been ordered to deploy to the Middle East.

"Additional forces ordered to deploy to the Kingdom of Saudi Arabia include radar and missile systems to improve defenses against air and missile threats in the region, an air expeditionary wing to support the operation of United States fighter aircraft from the Kingdom of Saudi Arabia, and two fighter squadrons. The first of these additional forces have arrived in Saudi Arabia, and the remaining forces will arrive in the coming weeks."

Once the additional forces are fully deployed, there will be about 3,000 troops in Saudi Arabia. They will stay deployed for as long as necessary, Trump said.

"I have taken this action consistent with my responsibility to pro-



U.S. President Donald Trump takes part in a cabinet meeting in the White House in Washington on Nov. 19, 2019.

tect United States citizens at home and abroad and in furtherance of United States national security and foreign policy interests, pursuant to my constitutional authority to conduct United States foreign relations and as Commander in Chief and Chief Executive. I am providing this report as part of my efforts to keep the Congress informed, consistent with the War Powers Resolution (Public Law 93-148). I appreciate the support of the Congress in these actions," the presi-

Neither Pelosi nor Grassley has yet replied to the letter.

Pelosi was closely watching the open impeachment hearings on Nov. 19, telling people via Twitter to watch Vice President Mike Pence's National Security Council aide Jennifer Williams and Alexander Vindman, an official on the council.

Trump's order came amid widespread protests in Iran after the country's leaders imposed rationing measures and raised fuel prices. Iran cracked down on the protests, killing at least 106 people, according to Amnesty International.

The order also came a day after Secretary of State Mike Pompeo announced the cancellation of one

Trump's order came amid widespread protests in Iran after the country's leaders imposed rationing measures and raised fuel prices. Iran of four sanction waivers. The waivers let companies based outside Iran work with the country's civilian nuclear program without repercussion from the United States.

Pompeo said the waiver for the Fordow Fuel Enrichment Plant site would be eliminated on Dec. 15.

"The right amount of uranium enrichment for the world's largest

"The right amount of uranium enrichment for the world's largest state sponsor of terrorism is zero," he told reporters in Washington. "There is no legitimate reason for Iran to resume enrichment at this previously clandestine site. Iran should reverse its activity there immediately."

German Newspaper Investigating Owner After Documents Reveal He Was a Stasi Informant

KATABELLA ROBERTS

German newspaper Berliner Zeitung has launched an investigation into its new owner Holger Friedrich. Friedrich confirmed reports that he had been an informant for the East German secret police.

Holger Friedrich, an IT multimillionaire and his wife Silke, purchased Berliner Verlag, the publishing house behind the Berliner Zeitung daily, in September.

However, on Friday, Welt am Sonntag published dozens of documents showing Friedrich had been an informant for the German Democratic Republic's Ministry for State Security, known as the Stasi, during his military service between 1987 and 1989.

The publication claimed that Friedrich had operated under the code name "Peter Bernstein," and reported on fellow soldiers during military service for the National People's Army.

They claim that the documents they obtained show Friedrich had delivered several damning reports The Stasi was one of the most feared institutions of the East German communist government and was responsible for both domestic political surveillance and foreign espionage, reportedly maintaining files on 6 million East German citizens-more than one-third of the population.

on his colleagues.

In a statement issued on Nov. 15, responding to questions by Welt am Sonntag, Friedrich admitted signing a cooperation contract with the spying agency. He said he had been forced to do so after a failed escape attempt to the West.

cracked down on

International.

the protests, killing

at least 106 people,

according to Amnesty

After his release in 1989, he claims he had no contact with members of the Stasi, despite their repeated attempts to get him to cooperate.

Friedrich has since promised journalists his "full support and cooperation" in their investigation.

Meanwhile, the editorial team at the Berliner Zeitung and Berliner Kurier shared a joint statement saying they would be investigating the matter "journalistically."

"We stand for independent journalism. Like we have in the past, we will continue to contribute to coming to terms with the GDR's [German Democratic Republic's]

"We will deal with this as with

other cases. We will collect facts. We want to see the files—the victims—and the perpetrators' files. Holger Friedrich has expressly assured the editorial staff that he will support them on this path," the statement read.

Their investigation will also focus on why Friedrich did not inform them about his connection with the East German secret police earlier, they added.

The Stasi was one of the most feared institutions of the East German communist government and was responsible for both domestic political surveillance and foreign espionage, reportedly maintaining files on 6 million East German citizens—more than one-third of the population.

It had 90,000 full-time employees who were assisted by 170,000 full-time unofficial collaborators who spied on friends, family members, and colleagues and reported back to selected handlers.

Soros-Founded University Compelled to Move From Budapest to Vienna

ELLA KIETLINSKA

The Central European University (CEU) founded by Hungarian-born billionaire George Soros has left its campus in Budapest and opened one in Vienna.

CEU moved the move the bulk of its U.S.-accredited courses out of Hungary after the country passed a law in 2017 that banned foreign-registered universities that do not also offer the courses in the home country.

The legislation was perceived by some "as something that would finally put a stop to fake foreign universities awarding fake degrees," according to Hungary Today, while others believed the legislation targeted "CEU's 'special' status within the Hungarian educational system."

The university has also long offered U.S.-accredited graduate degree programs and was the "highest ranked

university based in Hungary," according to Hungary Today. CEU also offered "free or cheap English-language graduate education in Budapest to thousands of students from eastern Europe and beyond," according to EurActiv.

The CEU officially opened a new campus in Vienna on Nov. 15, where it will continue to offer U.S.-accredited graduate degree programs, though the university still maintains a presence in Budapest.

During a speech in Vienna, Soros said the university was "morally obligated" to keep a presence in Hungary and said his charitable foundation would commit approximately \$830 million to the

Reuters and The Associated Press contributed to this report.



Masked Intruders Set Fire to Hong Kong Epoch Times Printing Press

CONTINUED FROM A1

paring to send newly printed papers to the stands.

Moments after staff at the press opened the factory door, however, four men dressed in black and wearing masks walked into the facility and pointed batons toward the workers, shouting in Chinese, "All of you, don't move!"

Surveillance footage from the printing shop shows two of the men carrying batons similar to those used by Hong Kong police, while one of them carries newspapers and another brings in two containers filled with a flammable liquid, which he then pours onto the factory floor, around printing machines and newspapers.

One of the men then lights a fire, before the four intruders run away. The whole incident lasted about two minutes.

The fire caused the sprinkler system to turn on, and a staff member used a fire extinguisher to douse the flames. The staff then called the police and fire department, who arrived shortly afterward. The Tsuen Wan police bureau has launched an investigation.

Two printing machines, four rolls of printing paper, and several stacks of newspapers in the factory were damaged in the fire and by the sprinklers. The factory is still assessing the losses

The fact that
two of the thugs
dressed in black
outfits [resembling
those worn by]
the protesters is
also [viewed] by
us as CCP tactics—
trying to use people
against people.

Cheryl Ng, spokesperson for the Hong Kong edition of The Epoch Times

Front pages of eight major Hong Kong newspapers are displayed on Nov. 12, 2019





CCTV footage of the fire set by masked intruders at the printing press of The Epoch Times' Hong Kong bureau on Nov. 19, 2019.

Press Freedom Attacked

Ng condemned the attack, calling it "a crime against press freedom in Hong Kong." She said there's reason to believe the CCP is behind the vandalism.

"The fact that two of the thugs dressed in black outfits [resembling those worn by] the protesters is also [viewed] by us as CCP tactics—trying to use people against people," she said.

Ng said the outlet has been targeted for years due to its truthful reporting on China-related issues, including the ongoing protests in Hong Kong, which have developed into a mass movement against the perceived encroachment of the Chinese communist regime on the city's autonomy.

The mass demonstrations began in June, in opposition to an extradition bill that would have allowed the Chinese regime to transfer individuals for trial in CCP-controlled courts in the mainland. The pro-democracy movement has since expanded to include demands for universal suffrage and police accountability.

Guo Jun, director of the Hong Kong edition, said the CCP was likely trying to frame the protesters for the intrusion, as protesters have accused the regime of working with local triads to assault and intimidate protesters and organisers.

Guo said they are "urgently repairing the printing factory" and that the publication of the next day's paper wouldn't be affected.

Alan Leong, a former member of the city's Legislative Council and the chairman of the Hong Kong Civic Party, called on the "evil thugs or the people behind them" to immediately stop what they were doing, or risk "becoming the public enemy of Hong Kong."

"Hong Kong is not such a barbaric place, it's a place where people convince others with reason," he told the Hong Kong edition of The Epoch Times.

He credited the outlet for its extensive coverage of the protests, saying it is "defending the fourth pillar [the press]" amid the escalating tensions gripping the city. The Epoch Times has reported thoroughly on the protests in Hong Kong, giving the people of Hong Kong and the people of mainland China who visit the city a chance to know what is actually happening, while other local newspapers have bent to pressure from the CCP.

For instance, after the Hong Kong police laid siege to the campus of the Chinese University of Hong Kong, six Hong Kong newspapers on Nov. 12 ran front-page ads echoing Beijing's rhetoric attacking the protesters. Only The Epoch Times and Apple Daily covered the escalation of police tactics on their front pages.

Previous Incidents

The reporting of the situation in Hong Kong is just the latest instance of The Epoch Times' longstanding critical coverage of the CCP, to which the regime has responded with enmity.

Earlier this year, the newspaper was abruptly pulled from the shelves of 7-Eleven stores throughout the city, despite months left in the distribution contract. At the time, the East Asia bureau director of Reporters Without Borders, Cédric Alviani, said he couldn't "see any reason but the pressure from the Chinese authorities for this withdrawal."

In September 2006, a computer technician for the Hong Kong edition was kidnapped while he was visiting Zhuhai city in China's southern Guangdong Province by local national security officers. They coerced him into signing a document stating he would act as a special agent for the CCP—as a condition of his release—with the mission of sabotaging the Hong Kong Epoch Times, according to Ng.

The arson incident is the fourth attack on the Hong Kong Epoch Times print shop. In February 2006, thugs broke into the shop and attempted to smash the presses. In October 2012, the door of the print shop was found damaged. In December 2012, seven men carrying multiple toolboxes appeared and began attempting to break through the gate. They fled after police were called.

Police investigations into these incidents haven't yet resulted in

Beijing Claims Hong Kong Court Ruling on Mask Ban Is Invalid

FRANK FANG

An agency within Beijing's rubberstamp legislature has openly criticized a Hong Kong court ruling to overturn the city's mask ban, claiming that it's invalid. The announcement is raising public concern that Beijing is overstepping the territory's independent judiciary.

The legislative affairs commission of China's National People's Congress (NPC), along with the Hong Kong and Macau Affairs Office (HK-MAO), the highest office in Beijing for managing the two former European colonies, issued statements on Nov. 19 criticizing the ruling.

A day earlier, the Hong Kong High Court ruled that a controversial law banning citizens from wearing facial masks during public gatherings is unconstitutional and "incompatible with Basic Law," referring to the territory's constitution.

Hong Kong leader Carrie Lam had invoked a colonial-era ordinance to implement the mask ban in early October, bypassing the city's legislature.

After the court ruling, Hong Kong police announced that they would stop enforcing the regulation.

The Beijing commission stated that the ruling is invalid because the constitutionality of any Hong Kong law under the Basic Law can only be determined by the standing committee of the NPC, according to Chinese state-run media Xinhua. The standing committee is the agency that oversees the NPC.

Meanwhile, the HKMAO said the Hong Kong ruling is an "open challenge" to both the authority of the NPC standing committee and the Any suggestion that the Courts in Hong Kong cannot conduct constitutional review... undermines the high degree of autonomy granted to the HKSAR [Hong Kong special administrative region] under the Basic Law.

Hong Kong Bar Association

power of Hong Kong's leader, according to Xinhua.

During a regular press conference on Nov. 19, Lam said that it's inappropriate for her to make comments on the ruling since the court hasn't yet issued any orders; another hearing on the mask ban is scheduled for

Nov. 20.
When asked if the Beijing commission and HKMAO were pressuring the Hong Kong High Court with their statements, Lam said she respected

the two Beijing agencies' "concern."
The Hong Kong Bar Association
issued a statement saying that the
NPC commission's understanding
is "legally incorrect."

According to Article 19 of the Basic Law, the Hong Kong region "shall be vested with independent judicial power, including that of final adjudication." In addition, Hong Kong courts have precedent for striking down unconstitutional laws.

"Any suggestion that the Courts in Hong Kong cannot conduct constitutional review ... undermines the high degree of autonomy granted to the HKSAR [Hong Kong special administrative region] under the Basic

Law," the association said.
Activist Joshua Wong, an iconic figure from the 2014 Umbrella Movement in Hong Kong, said in a Twitter post that the claim that only the NPC could rule on constitutionality would "violate our understanding of rule of law and judicial independence in HK."

Chinese Soldiers

Amid intense clashes between police and protests over the weekend, on Nov. 16, Chinese soldiers from the People's Liberation Army (PLA)



A couple wearing masks stand on a street in Mong Kok as they join others taking part in a pro-democracy march from Tsim Sha Tsui in the Kowloon district, in Hong Kong on Oct. 20, 2019.

left their barracks near Polytechnic University to clean up debris left by

A city spokesman said the Hong Kong government didn't request assistance from the PLA, but the military initiated the operation as a "voluntary community activity." It marked the first time Chinese soldiers appeared on the ground since mass protests began in June.

Pro-democracy lawmakers condemned the Chinese soldiers for leaving their barracks, saying that they had violated the local Garrison Law, which states that the PLA must not interfere with local affairs, unless the Hong Kong government has

asked for assistance in "the maintenance of public order or disaster relief."

At her press conference, Lam urged people not to "overly interpret" the activity of the Chinese soldiers, saying that it's normal for them to carry out "charitable and voluntary activities." She noted that Chinese soldiers helped to clean up streets after the city was hit with a super typhoon last year.

Lam added that she's confident in the Hong Kong police's ability to resolve the city's current crisis without any outside assistance.

Annie Wu contributed to this report.

THE EPOCH TIMES NOVEMBER 21-27, 2019

Chinese Regime Likely Manipulated Organ Donation Data, Study Finds

CONTINUED FROM A1

National University (ANU), found that "Beijing's reported organ donation numbers don't stack up and there is highly compelling evidence that they are being falsified."

Study co-author Jacob Lavee, professor of surgery at Tel Aviv University, told The Epoch Times via email that by applying statistical forensics on official Chinese donation datasets, the study found that the figures "conforms almost precisely to a mathematical formula"—a quadratic function.

"When you take a close look at the numbers of organs apparently collected, they almost match this artificial equation point for point, year in, year out. They're too neat to be true," Robertson said in an ANU press release. Robertson was formerly an editor at The Epoch Times.

"These figures don't appear to be real data from real donations. They're numbers generated using an equation," he said.

The study analyzed official Chinese data on voluntary hospital-based donated organs between 2010 and 2018.

The data was published by the China Organ Transplant Response System (COTRS) and the Red Cross Society of China. The COTRS forms the basis of China's voluntary organ donation system—every organ transplant is meant to be allocated solely through it. The Red Cross Society of China is required to verify and witness every such organ donation.

The researchers also compared the figures with data from 50 other countries in the Global Observatory on Donation and Transplantation, a database managed by the World Health Organization, and found that none of the other countries' datasets



fit any formula.

Adherents of Falun Gong reenact the forced organ harvesting of prisoners of conscience by the Chinese Communist regime at a protest in Vienna on Oct. 1, 2018.

In addition, the study found "major anomalies" in the datasets to further suggest manipulation. For example, in a 10-day period in 2016, Red Cross data showed that 21.3 organs were procured from each donor—"a clearly impossible feat," Robertson said.

sets deviate from every other country between one and two orders of magnitude," Lavee said. "There can be no other explanation

They also found that "Chinese data-

to such deviations, but that of data manipulation," he added. In addition, the study found "major anomalies" in the datasets to further suggest manipulation. For example, in a 10-day period in 2016, Red Cross

data showed that 21.3 organs were

procured from each donor-"a clearly

impossible feat," Robertson said.
The study's findings were reviewed
by Sir David Spiegelhalter, former
president of the Royal Statistical
Society in the UK.

"The anomalies in the data examined ... follow a systematic and surprising pattern," Spiegelhalter said in the press release.

Spiegelhalter added that he couldn't "think of any good reason for such a quadratic trend arising naturally."

Lavee said their findings were significant because it casts "serious doubts" on the Chinese regime's claims to have reformed its organ transplant system in recent years.



ANU China expert and PhD student Matthew Robertson says there is highly compelling evidence that China's organ donor and transplant data are being falsified.

For more than a decade, researchers have collected growing evidence pointing to the practice of organ harvesting—that the regime is killing prisoners of conscience, most of whom are practitioners of the persecuted spiritual group Falun Gong, for their organs and selling them in the transplant market.

Falun Gong, also known as Falun Dafa, consists of moral teachings and meditative exercises, and have been heavily suppressed since 1999. Adherents are subject to arbitrary detention, forced labor, and torture. Thousands have died in custody, according to the Falun Dafa Information Center.

A 2016 report by the International Coalition to End Transplant Abuse in China found that the Chinese regime was performing roughly 60,000 to 100,000 transplants each year, far outstripping the officially reported figure of 10,000 to 20,000 per year. The conclusion was based on analysis of public records from 712 Chinese hospitals, including bed counts, bed utilization rates, surgical personnel, training programs, and state funding.

In June, an independent people's

tribunal based in London, after a yearlong investigation, concluded beyond a reasonable doubt that the regime has forcibly harvested organs from prisoners of conscience for years "on a significant scale."

It also found that the harvested organs mostly came from imprisoned Falun Gong practitioners.

The tribunal was chaired by Sir Geoffrey Nice QC, who previously led the prosecution of former Yugoslavian President Slobodan Milosevic at the International Criminal Tribunal.

In September, counsel to the tribunal Hamid Sabi presented before the United Nations (U.N.) Human Rights Council the tribunal findings, telling the U.N. and member states that they had a "legal obligation" to confront Beijing over its "criminal conduct."

In response to the tribunal findings and recent study, Lavee said that international organizations and the transplantation community should "probe deeply into the matter [of China's transplant abuses] and do their utmost to stop those atrocities."

Cathy He contributed to this report.



Chinese paramilitary block access to terminal near Chaoyang Hospital in Beijing on May 19, 2012.

China Failed for 10 Days to Confirm 'Black Death' Outbreak

CONTINUED FROM A1

describing symptoms for a husband and wife who were transferred from Inner Mongolia to be treated at the hospital. Both patients were running a high fever and gasping for air.

Chinese censors swiftly deleted the post and there was no local or international disclosure over the next ten days by the Chinese Centre for Disease Control and Prevention that doctors were treating the couple for pneumonic plague—the same strand that caused the "Black Death" between 1347 and 1351, killing 75 to 200 million people across Eurasia in the worst pandemic in history.

Plague from the Yersinia pestis bacteria is a very severe disease in people. Infected individuals can develop symptoms after an incubation period of one to seven days. The untreated case-fatality ratio for more common bubonic plague transmitted from small mammals and their fleas is between 30 to 60 percent.

But the case-fatality ratio for pneumonic plague that has been diagnosed in China is 100 percent, if not treated. The pneumonic strain can also spread much faster because it can be transmitted from an infected human to many healthy humans through inhalation of respiratory droplets due to coughing and sneezing.

China's CDC tried to reassure the public on Nov. 13 that a team of eleven experts had been assembled from the nation's top hospitals to offer guidance and consultation so that "further prevention and control measures may be taken."

But the statement came despite the known existence of another patient from Mongolia Autonomous Region who began exhibiting symptoms of the bubonic plague on Nov. 5 after eating a rabbit. China's Xinhua state-run news did not report the outbreak until twelve days later on Nov. 17. Twenty-eight people that came in close contact with the patient have been quarantined.

The plague infected couple that were diagnosed in Beijing on Nov. 3 initially sought care ten days earlier at a hospital 250 miles to the north, in a desolate frigidly cold area of Inner Mongolia that intersects with the borders of China, Mongolia, and North Korea.

China has been mum on what form(s) of transportation were used to transfer the couple to Beijing, and if any Chinese individuals exposed to the Black Death during the long journey or in Beijing are currently being quarantined.

Foreign Policy's new article titled "The Real Reason to Panic

About China's Plague Outbreak" warns that Beijing, "rather than being concerned about the germs and their spread, the government seems mostly motivated by a desire to manage public reaction about the disease." Due to lack of disclosure "the public's response is now veering toward a sort of plague-inspired panic."

If China's goal was to conceal the plague, the move has boomeranged with the public venting extreme fear on Weibo and other social media platforms. Beijing residents remember that Chaoyang Hospital in a similar lack of transparency, hid victims of the 2003 SARS epidemic, "denying for weeks that the virus had even reached Beijing."

China knows how dangerous the plague is and how rapidly it can spread. In the late 1800s, the "Modern Plague" that began in China killed an estimated 10 million people worldwide, according to the U.S. Centres for Disease Control and Prevention. During Mao Zedong's Great Leap Forward, more than 1.5 billion rats were killed in huge peasant campaigns in hopes of eradicating the plague.

In July 2014, China sealed off Yumen City and quarantined over 30,000 people after a 38-year old man died from the bubonic plague. The victim contracted the plague after reportedly chopping up a marmot to feed to his dog. The man developed a fever and painful swollen lymph nodes, medically referred to as 'buboes,' in less than 24 hours and died the next day.

The World Health Organisation received reports of 3,248 cases and 584 deaths from plague between 2010 to 2015. Currently, the three most endemic countries are the Democratic Republic of the Congo, Madagascar, and Peru.

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

Chinese Scientist Pleads Guilty to Stealing Lithium Battery Technology From US Energy Company

FRANK FANG

A Chinese scientist who was accused of stealing more than \$1 billion in trade secrets from his former employer has pleaded guilty to his charges.

Hongjin Tan, 35, a U.S. legal permanent resident, was an associate scientist for an Oklahoma-based energy company from June 2017 to December 2018. He was assigned to work with a team to develop next-generation battery technologies for lithium-based battery systems.

Lithium batteries are widely used in electronic gadgets, such as smartphones, laptops, and tablets.

On Nov. 12, Tan pleaded guilty to theft of a trade secret, unauthorised transmission of trade secrets, and unauthorised possession of a trade secret, according to a press release from the U.S. Department of Justice.

Tan admitted to intentionally copying and downloading research materials, without receiving authorisation from his employer, according to his plea agreement.

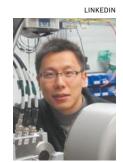
According to the press release, Tan downloaded hundreds of files to a thumb drive on Dec. 11, 2018, and then submitted his resignation on the same day. The very next day, he returned to the company, claiming that he had forgotten to hand over the thumb drive, before leaving the company

It was discovered that five files had been deleted from the thumb drive and a subsequent FBI (Federal Bureau of Investigation) probe showed that Tan had downloaded these same five files to his personal computer hard drive

"Tan's guilty plea continues to fill in the picture of China's theft of American intellectual property," said John C. Demers, assistant U.S. Attorney General for the National Security Division, in the press release.

Tan was arrested on Dec. 20 last year. The trade secrets Tan stole were estimated to be worth roughly \$1.4 billion to \$1.8 billion, according to an affidavit filed by the FBI.

According to Tan's LinkedIn account, he worked as a staff scientist



A screenshot of Tan Hongjin's LinkedIn page.

at Phillips 66, an Oklahomabased multinational energy company, since May 2017. In the job description, he wrote that he did research projects on "large-scale energy storage."

Prior to his employment at

Phillips 66, he spent over 15 years at the California Institute of Technology (also known as Caltech), earning his Master's and Ph.D. degrees in material science. He then became a visiting scientist at the school. He received his bachelor's degree in condensed matter physics and biophysics at China's Nanjing University.

According to Caltech's website, Tan's Ph.D. dissertation focused on the study of lithium iron phosphate, an inorganic compound, as a material used for lithium batteries.

"China's economic aggression poses a threat to America's emerging high-technology industries. Industrial spies like Hongjin Tan engage in espionage to steal American trade secrets and intellectual property born out of the innovation that is innate in our free market system," said U.S. Attorney Trent Shores for the Northern District of Oklahoma, in the press release

Tan will be sentenced on Feb. 12, 2020. The Department of Justice did not specify the maximum penalty that Tan faces.

Federal prosecutors have indicted multiple Chinese researchers and scientists who allegedly stole or tried to steal trade secrets from their U.S. employers.

In August last year, a Chinese engineer was ordered to pay \$66 million in damages after he was found guilty of stealing trade secrets from his employer, the U.S.-based LED maker Lumileds, and handed the proprietary information to his new employer in China.

A6 US

Impeachment Inquiry Witness Suggests Aid to Lebanon Withheld at Same Time as Ukraine

JACK PHILLIPS

Under Secretary of State for Political Affairs David Hale said during a House Intelligence Committee deposition that aid to Lebanon was withheld at the same time and in the same way as the aid to Ukraine, suggesting that it appeared to be normal.

The committee released a transcript of the deposition on Monday evening.

Hale said that the aid suspension was done in the backdrop of the Trump administration embarking "on a foreign assistance review in which we are trying to reestablish the norms that guide the assistance that we provide overseas." He said the review was "long overdue."

House Democrats have alleged that \$400 million in military aid to Ukraine was withheld by the White House in exchange for investigations, which President Trump has denied.

He said the U.S. aid to Lebanon was withheld by the Office of Management and Budget. Aid to the "Northern Triangle" in Central America was also withheld, Hale stated.

"My colleagues in the minority asked you about an overall review of foreign assistance, and I want to make sure that we're not conflating the two here. ... But there was a very specific hold placed on this assistance to Ukraine for inexplicable reasons, was there not?" Committee chairman Rep. Adam Schiff (D-Calif.) had asked Hale.

Hale told the committee: "That is correct. There was information that came to me starting in late June



Under Secretary of State for **Political Affairs David Hale** (C) departs the U.S. Capitol after giving a closeddoor deposition to the House committees conducting the impeachment inquiry of President Donald Trump in Washington on Nov. 6, 2019.

[A] hold had been placed on both Ukraine assistance and Lebanon military assistance without any explanation.

David Hale, U.S. Under Secretary of State for Political Affairs

that a hold had been placed on both Ukraine assistance and Lebanon military assistance without any explanation on those, about those holds; that's correct."

Hale said that aid to the Northern Triangle countries wasn't withheld due to investigations involving Joe and Hunter Biden.

The aid to Lebanon was handled

in the same manner as the hold to Ukraine. He said there was no real explanation. "We just understand there are differences of opinion on this, or there had been. And the matter now rests with OMB. I don't think that the differences currently exist outside of OMB," he recalled.

"[N]o one explained to us in either case, Ukraine or Lebanon, the

reasoning behind the hold, or the freeze really," Hale said.

Hale also said the transcript of Trump's July 25 phone call with Ukrainian President Volodymyr Zelensky was "perfectly normal" to him. In the phone call, Trump asked Zelensky to look into the Bidens and alleged election interformace.

Barr Criticises 'Incendiary' Idea of 'Resistance,' Defends Trump's Use of Executive Power

MATTHEW VADUM

U.S. Attorney General William Barr passionately inveighed against the left-wing anti-Trump "resistance" movement that is "using every tool and maneuver to sabotage" the Trump administration while systematically "shredding" norms and undermining the rule of law, in a speech to lawyers at a Federalist Society convention in Washington.

The speech Nov. 15 came hours after a federal jury convicted political consultant Roger Stone, one of President Donald Trump's informal campaign advisers, on all seven counts he had been charged with. Stone was found guilty of obstruction, witness tampering, and making false statements to Congress in connection with the investigation into Russian interference in the 2016 election.

Barr said in his talk, which was frequently interrupted by cheers and applause, that "immediately after President Trump won election, opponents inaugurated what they called 'The Resistance,' and they rallied around an explicit strategy of using every tool and maneuver available to sabotage the functioning of his administration."

"Now, 'resistance' is the language used to describe insurgency against rule imposed by an occupying military power. It obviously connotes that the government is not legitimate. This is a very dangerous-indeed incendiary-notion to import into the politics of a democratic republic. What it means is that, instead of viewing themselves as the 'loyal opposition,' as opposing parties have done in the past, they essentially see themselves as engaged in a war to cripple, by any means necessary, a duly elected government.

"In waging a scorched-earth, no-holds-barred war of resistance against this administration, it is the left that is engaged in a systematic shredding of norms and undermining the rule of law.

"The fact is, that, yes, while the



U.S. Attorney General William Barr speaks at the Securities and Exchange Commission's Criminal Coordination Conference in Washington on Oct. 3, 2019.

What it means is that, instead of viewing themselves as the 'loyal opposition,' as opposing parties have done in the past, they essentially see themselves as engaged in a war to cripple, by any means necessary, a duly elected government.

William Barr, U.S. Attorney General president has certainly thrown out the traditional beltway playbook and punctilio, he was upfront about what he was going to do, and the people decided that he was going to serve as president."

During the oration, Barr said the legislative and judicial branches have encroached on the powers of the executive branch for years. There has been a "knee-jerk tendency [among Democrats and the media] to see the legislative and judicial branches as the good guys, protecting the people from a rapacious, would-be autocrat."

Barr mocked critics of the "unitary executive" theory of presidential power, which he and many in the legal community embrace, but which some Democrats deride as a newly invented doctrine.

"One of the more amusing aspects of modern progressive polemic is their breathless attacks on the 'unitary executive theory,'" Barr said, according to a transcript of the remarks as prepared for delivery. This idea is portrayed "as some newfangled 'theory' to justify executive power of sweeping scope."

"In reality, the idea of the unitary executive does not go so much to the breadth of presidential power. Rather, the idea is that, whatever the executive powers may be, they must be exercised under the president's supervision. This is not 'new,' and it is not a 'theory.' It is a description of what the Framers unquestionably did in Article II of the Constitution."

The overly burdensome demands presented by lawmakers throughout the Russian electoral interference investigation and the many other congressional probes of the Trump administration are calculated to "incapacitate" the administration, instead of to engage in legitimate oversight exercises, Barr said.

"I don't deny that Congress has some implied authority," the cabinet member said, "but the sheer volume of what we see today in the pursuit of scores of parallel investigations through an avalanche of subpoenas is plainly designed to incapacitate the executive branch and indeed is touted as such."

The framers of the Constitution expected the three branches would jostle and joust with each other in a process that was "not only natural, but salutary, and they provisioned each branch with the wherewithal to fight and to defend itself in these interbranch struggles for power."

But the "deck has become stacked against the executive" branch, he said.

"Since the mid-60s, there has been a steady grinding down of the executive branch's authority, that accelerated after Watergate. More and more, the president's ability to act in areas in which he has discretion has become smothered by the encroachments of the other branches."

One example is the way the Senate has been involved in an "unprecedented abuse of the advice-and-consent process," he said.

"The Senate is free to exercise that power to reject unqualified nominees, but that power was never intended to allow the Senate to systematically oppose and draw out the approval process for every appointee so as to prevent the president from building a functional government," Barr said.

"Yet that is precisely what the Senate minority has done from his very first days in office. As of September of this year, the Senate had been forced to invoke cloture on 236 Trump nominees-each of those representing its own massive consumption of legislative time meant only to delay an inevitable confirmation. How many times was cloture invoked on nominees during President Obama's first term? Seventeen times. The second President Bush's first term? Four times. It is reasonable to wonder whether a future resident will actually be able to form a functioning administration if his or her party does not hold the Senate."

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Businessman Sues California Over Sex-Based Corporate Affirmative Action

MATTHEW VADUM

A businessman is suing California in federal court over a 2018 social-justice law that by 2020 will force all publicly traded companies head-quartered or incorporated in the state to have at least one woman on their board of directors.

The lawsuit, cited as Meland v. Padilla, was filed Nov. 13 in the U.S. District Court for the Eastern District of California.

The plaintiff, Creighton Meland Jr., lives in Hinsdale, Illinois, but is a shareholder of defense contractor OSI Systems Inc., a publicly traded company incorporated in Delaware and headquartered in California. Its current board is all male.

State Sen. Hannah-Beth Jackson, a Democrat who sponsored the legislation, said its purpose is to improve corporate decision-making and level the playing field for women in corporations.

"The time has come for California to bring gender diversity to our corporate boards," Jackson told The Los Angeles Times in September last year. "With women comprising over half the population and making over 70 percent of purchasing decisions, their insight is critical to discussions and decisions that affect corporate culture, actions, and profitability."

But whatever intentions are behind the law, it is nonetheless both unconstitutional and counterproductive, said Anastasia Boden, an attorney with the Pacific Legal Foundation (PLF), the Sacramento-based public interest law firm that filed the lawsuit.

"Equality is meant to allow people to be more than their immutable traits," Boden told Reason magazine. "This law reduces women to their immutable traits."

By making Meland and other shareholders think about the sex of potential board members when they vote in board elections, California's law "imposes a sex-based quota directly on shareholders, and seeks to force shareholders to perpetuate sex-based discrimination," in violation of the Constitution.

Some supporters of the bill have acknowledged it might not survive constitutional scrutiny in court.

"There have been numerous objections to this bill, and serious legal concerns have been raised," then-Gov. Jerry Brown, a Democrat, wrote in a statement after signing the measure. "I don't minimize the potential flaws that in-



Secretary of State of California Alex Padilla speaks at Pershing Square in Los Angeles on Jan. 20, 2018.

This law reduces women to their immutable traits.

Anastasia Boden, attorney with the Pacific Legal Foundation

deed may prove fatal to its ultimate implementation."

Failing to comply with the law or to report the sexual composition of their boards to the state can lead to a fine of \$100,000 for a first violation, and \$300,000 for each subsequent violation. Each board position that is mandated to be filled by a woman, but is not, is considered a separate violation.

This "Woman Quota" applies in perpetuity and irrespective of whether there is any evidence of discrimination in the relevant industry, PLF states in the legal complaint, which challenges the law as being contrary to the Equal Protection Clause of the U.S. Constitution's 14th Amendment.

"The law is not only deeply patronizing to women, it is also plainly unconstitutional. As the Ninth Circuit has observed, 'The notion that women need help in every business and profession is as pernicious and offensive as its converse, that women ought to be excluded from all enterprises because their place is in the home," the complaint states, referencing a 1987 ruling by the circuit court in Associated General Contractors of California, Inc. v. City and County of San Francisco.

A sex-based quota system that applies to all businesses across every

industry kicks in next month.

The law, known as SB 826, provides that any "publicly held domestic or foreign corporation whose principal executive offices, according to the corporation's SEC 10-K form, are located in California" must have at least one female director on its board by the end of 2019. In subsequent years, the quota rises based on the size of the board. By the end of 2021, a board with five directors must have at least two female directors; a board with six directors must have at least three female directors.

Meland's is the second legal challenge to the law. The first was filed last year by good-government group Judicial Watch.

"California's gender quota law is brazenly unconstitutional," Judicial Watch President Tom Fitton

said at the time.

California Secretary of State Alex Padilla, who is named as a defendant in both the new and older lawsuit because he is responsible for enforcing the law, said at the time through a spokeswoman, "We support the underlying goal of SB 826 to create an equitable economy and inclusive California."

Padilla's office did not immediately respond to The Epoch Times to a request for comment on Meland's lawsuit.

LIS Pan Joff Van Drow (D-N I)

ALEX WONG/GETTY IMAGES

U.S. Rep. Jeff Van Drew (D-NJ) speaks to members of the media outside Longworth House Office Building in Washington on Nov. 28, 2018.

Democrat Calls Out Party for 'Fracturing the Nation' With Investigation

JACK PHILLIPS

Rep. Jeff Van Drew (D-N.J.) criticized his own party for the impeachment investigation underway in the House, during an interview on Nov. 17.

Van Drew, one of two Democrats who voted against the impeachment proceedings in October, said the endeavor is a waste of time.

"I just think we keep going down this road, keep spending more time. Many of us came to Congress because we really wanted to accomplish goals, really work on issues such as health care, work on issues dealing with prescription drugs, election security, the debt, the deficit—the list goes on," Van Drew said.

New Jersey's 2nd Congressional District, which Van Drew represents, went to Trump during the 2016 election.

In the interview, he said people should understand how important impeachment is, adding that no president in history has been convicted in the Senate after being impeached by the

"We're going to have an election next year. Let's have the election, let's fight through the election, let's do what Republicans and Democrats and whomever else does. But this [inquiry] is going to get us nowhere. We've spent millions of dollars, in my opinion, tons of money, tons of time, tons of hurt, fracturing the nation apart. I haven't seen this to be a good thing," he said.

House Democrats allege that Trump abused his power by pushing Ukraine to investigate former Vice President Joe Biden and his son before he would authorize about \$400 million in U.S. military aid to Ukraine. Trump has denied the charges.

His comments come as the House Intelligence Committee prepared for a second week of public hearings as part of its inquiry, including with the man who is arguably the most important witness. Gordon Sondland, Trump's ambassador to the European Union, is the only person interviewed to date who had conversations directly with the president.

The Associated Press contributed to this report.

US Senate Unanimously Passes Hong Kong Bills

CONTINUED FROM A1

lence and oppression."

Since the territory reverted from British to Chinese rule in 1997, under the express guarantee that its autonomy be preserved, the United States has treated it as a separate entity from mainland China in matters of trade, investment, and visas. For example, Hong Kong doesn't face the tariffs that the United States is imposing on Chinese imports.

Hongkongers have been taking to the streets since June in opposition to perceived Chinese hampering of the city's freedom and autonomy.

"It's important that the world knows clearly ... the nature of the Chinese Communist Party and who they are at a time when they are trying to go around the world portraying themselves as a benevolent power," Rubio told The Epoch Times after the bill's passage.

He also encouraged young protesters in Hong Kong not to give up their fight and continue to

raise their voices. "History will judge them kindly," he said.

U.S. lawmakers initiated the legislation as the Hong Kong government was seeking to pass a since-withdrawn bill that would have allowed the Chinese regime to seek extradition of individuals from Hong Kong.

The U.S. bill is widely seen by Hong Kong protesters as a form of economic pressure for the Hong Kong government and Chinese regime, which relies on the financial hub as a source of foreign reserves and investment capital.

The House version of the bill passed unanimously on Oct. 15. The bill still needs the president's approval before it becomes law.

The legislation would also enact U.S. sanctions on foreign officials for any gross violations of international human rights standards, such as arbitrary detention, torture, or coerced confessions of individuals in Hong Kong.

It further specifies that visa applicants from Hong Kong

who wish to study or work in the United States should not face discrimination due to "politically motivated arrest, detention, or other adverse government action."

The Senate also passed unanimously S.2710, which prohibits the United States from exporting crowd control equipment to the Hong Kong police force. Amnesty International had previously identified several U.S. manufacturers of such equipment used by Hong Kong police, including pepper spray by Sabre, batons by Armament Systems and Procedures, rubber bullets by ALS, and pump-action shotguns by Remington Arms Company.

On the Senate floor, Sen. Ben Cardin (D-Md.) said that protection should be given to "peaceful protesters who are asking nothing more than to exercise their rights that they were told would be protected, to express their views, and to have democracy in Hong Kong."

"We gave them that special

status upon their protecting democracy and human rights in Hong Kong ... and if they [Chinese regime] don't comply with that special status, [it] should no longer be available," he said.

"It is because of the protesters that we are here today," Sen. Josh Hawley (R-Mo.) told The Epoch Times after the voting. "Those protesters have moved this Congress. Those protesters are moving the world."

Seven additional senators signed on as co-sponsors of the bill the previous day, increasing the number to 49 as the city saw the worst violence since mass protests began. Police besieged the Polytechnic University (PolyU) campus, where hundreds of protesters have been trapped since the weekend.

Police told reporters at a Nov. 19 press briefing that on Nov. 19, they fired 1,458 rounds of tear gas, 1,391 rubber bullets, 325 bean bag rounds, and 265 sponge grenades. About 5,000 protesters have been arrested since June.

8A NOVEMBER 21-27, 2019 THE EPOCH TIMES

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THE EPOCH TIMES NOVEMBER 21-27, 2019

It Is What It Is: Love, Control, and Letting Go

PAUL ADAMS

Commentary

All parents need to learn a degree of equanimity, a kind of peace with the way things are and what we can and cannot do about it.

We love our children but have limited and decreasing control over them. We want them to be happy, but realize that in the end their happiness depends more on their choices than ours. The same is true of others we try to help, and in the political realm as well as the personal.

We have, and should have, less control than we may think or want

Control

Some "helping professionals," even if they work in child protection or neighborhood safety, like to deny or minimize the element of control that care involves.

Close to 20 years ago, I gave a paper at an international conference in Istanbul, and my wife and young son came along. My son at that time was able to crawl fast but not yet walk, which made for some interesting adventures.

My paper linked social care and control, and I was told by one (European) participant that social work and other professional helping was about education, not control. I argued that caring and love were inseparable from control–knowing when it is needed and when the parent or other carer has to let go.

In our toddler's case, control was critical—which my critic recognized when he saw my son racing off toward the hotel pool we were relaxing by. I picked the boy up, brought him back to where we were lying out in the sun, and off he crawled again. And again. My colleague acknowledged, watching the scene, that exercising control was a part of caring, not least for a parent.

Such dispassionate control was aimed not at manipulating or running someone's life but, in this case, at keeping safe a child who does not have the experience or judgment to see the danger.

Equanimity

But as every parent knows, children grow up. They go their own way whether we like it or not. They learn from their own experience and the guidance of parents, teachers, and others, that some things that attract them are dangerous. Some choices are self-destructive, as we lovingly (or sometimes exasperatedly) try to teach them. But they are their choices to make.

We love them and wish them the best, but their happiness in life depends in the end on their choices, not our wishes for them.

As our children become more independent, they learn, we hope, the habits and virtues of practical judgment and prudence. They



How do you love while not manipulating or running someone's life.

But the young are more drawn to the left of the political spectrum, both because of the compassion associated with it and because of their own sense of urgency about the problems they identify and the need to act now, to sweep all obstacles aside.



We have to learn to let go.

learn self-mastery, so they're not ruled by their appetites or addictions. And so on. But we as parents have at the same time to learn and accept that our control is limited, and should be.

Like all humans, our children are not robots with no will of their own. Learning the attitude of letting go, surrendering the control that was only ever temporary and contingent, requires practice and humility. We have to cultivate a dispassionate response to the world that will allow us to be at peace with reality as it is. It's the opposite of the restless agitation we feel when we crave things to be different from the way they are. But it's not the same as indifference, which may look similar, but which is a turning away from reality, an attitude of not caring.

In cultivating our own equanimity, we also model and teach it for those around us. We hope to cultivate gratitude as a way of being in the world–for example, by counting our blessings and teaching our children the habits of gratitude rather than

entitlement. In the same way, we learn and teach the limits of our own control of other people and events. We practice an attitude of realistic, but not indifferent or uncaring, letting go.

Such a way of being in the world is necessary not only to our children's flourishing as individuals, in relations with others, and in society, but to their capacity to let go of their own impatient urges to control their elders and transform the world to their own liking.

The Politics of Equanimity

Many statesmen, prime ministers, and presidents, among them Clemenceau, Bismarck, Disraeli, Woodrow Wilson, and Churchill, have been quoted as saying, in various versions, that a young man who is not a socialist (or communist or liberal) before a certain age has no heart, but a man who is still one after a certain age has no head.

The ages vary and we can't take literally the contrast of head and heart, as if growth in one meant decay of the other. But the young

are more drawn to the left of the political spectrum, both because of the compassion associated with it and because of their own sense of urgency about the problems they identify and the need to act now, to sweep all obstacles aside.

The virtue of prudence or practical judgment, on the other hand, is only acquired with maturity and experience. Equanimity as a habit and way of being also comes with age and experience. It recognizes the limits on our knowledge and capacity to control our world and society. It doesn't seek to bully others into accepting our point of view or to impose an orthodoxy enforced by the enlightened few on the benighted masses-whether by state power or "woke" corporations. That's the attitude of the utopian revolutionary, the authoritarianism or "God complex" that is an intrinsic part of progressivism or socialism in all its forms.

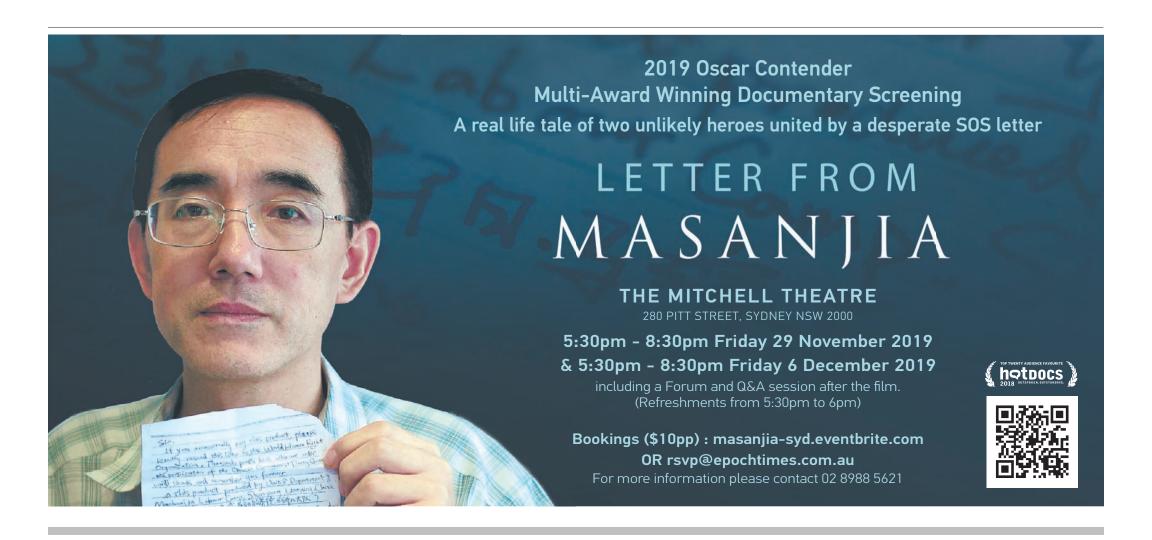
On the other hand, equanimity or dispassion is not an absence of compassion. It doesn't turn away from reality in the opposite direction, in an attitude of indifference to the common good. Such a "so what?" stance is sometimes associated with, and even expressed by, adherents of libertarianism in economic life or sexual behavior. Such indifference turns away from reality, no less than woke utopianism-it rejects public action to help those trapped in dying industries or regions, for example, or to deal with such public evils as the opioid epidemic, easy access of minors to pornography, or the sexualization of children.

Equanimity, by contrast, doesn't shy away from parental control or government action when it is needed and doesn't unjustly violate another's autonomy and freedom. It seeks to help as it can but also to let go, to respect the choices of others.

The challenge for parents, psychotherapists, and rulers is to learn the difference, to discern when their job is to control and when to let go. Respecting the full humanity of the one we seek to help or guide means being dispassionate and not manipulative. It means accepting the reality that others will make choices that would not be ours, but that are in any case not ours to make.

Paul Adams is a professor emeritus of social work at the University of Hawai'i and was a professor and associate dean of academic affairs at Case Western Reserve University. He is the co-author of "Social Justice Isn't What You Think It Is," and has written extensively on social welfare policy and professional and virtue ethics."

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



House Intelligence Committee Chairman Adam Schiff (C) (D-Calif.) is flanked by Daniel Goldman (L), the Democrats' lead counsel to the House Intelligence Committee, and Intelligence Committee ranking member Rep. Devin Nunes (R-Calif.), at the first public hearings held by the committee as part of the impeachment inquiry into President Donald Trump, on Capitol Hill on Nov. 13, 2019.

OPINION

The Pending FISA Report and Potential Impact on Schiff and the House's Impeachment Inquiry

ELAD HAKIM



Throughout the impeachment inquiry, House Intelligence Committee Chairman Adam Schiff (D-Calif.) has stymied Republican efforts to seek the truth relating to

From its inception, Schiff has failed to follow congressional precedent, significantly limited the number of Republicans who were able to question witnesses, maintained all power and control throughout the public portion of the impeachment inquiry by way of resolution, and has prohibited the alleged whistle-

blower from testifying under oath, despite the president's right to confront his accuser(s) and fundamental rights to due process.

As Schiff is also a possible fact witness, House Republicans sought to question him under oath, to no avail.

While Republicans have maintained that this impeachment inquiry is nothing more than a politically motivated farce aimed at damaging the president, Schiff has prevented them from questioning witnesses who could seriously damage his narrative and his credibility in the eyes of the American public.

Despite Schiff's strong-arm tactics to protect his credibility and the "believability" of his narrative, his power isn't limitless. While Schiff calls the shots when it comes to the procedures that govern the impeachment inquiry, his credibility could be seriously undermined with the pending release of the FISA report, the release of which he can't control.

By way of reminder, in January 2018, Schiff released a memo in which he vehemently argued that there were no FISA abuses. In the memo, he stated:

"FBI and DOJ officials did not 'abuse' the Foreign Intelligence Surveillance Act (FISA) process, omit material information, or subvert this vital tool to spy on the Trump campaign.

"In fact, DOJ and the FBI would have been remiss in their duty to pro-

tect the country had they not sought a FISA warrant and repeated renewals to conduct temporary surveillance of Carter Page, someone the FBI assessed to be an agent of the Russian government. DOJ met the rigor, transparency. and evidentiary basis needed to meet FISA's probable cause requirement, by demonstrating:

- contemporaneous evidence of Russia's election interference;
- concerning Russian links and outreach to Trump campaign officials;
- Page's history with Russian intelligence; and
- [redacted] Page's suspicious activities in 2016, including in Moscow."

Throughout the memo, Schiff cites, and analyzes, various pieces of "information" to support his ultimate conclusion.

Despite Schiff's support of the FISA process and his continued denial that any wrongdoing occurred, a recent report from investigative journalist Sara Carter indicates that Inspector General Michael Horowitz's much-anticipated report will be released to the public before Thanksgiving, that it will include documents that were declassified by the president, and that it will be quite damning:

[Schiff's] credibility could be seriously undermined with the pending release of the FISA report, the release of which he can't control.

"Those documents will contain several classified pages of the Foreign Intelligence Surveillance Act on former Trump campaign advisor Carter Page, exculpatory evidence that was withheld from the Foreign Intelligence Surveillance Court, the so-called 'Gang of Eight' folder (which contained exculpatory information), as well as the email chain between FBI investigators in the Russia probe and then-FBI Direc-

tor James Comey. Those emails also include discussions with lawyers in the DOJ's national security division. As previously reported, the email chains will contain information that prove the FBI knew prior to obtaining a warrant to spy on Page that former British spy Christopher Steele's information in his infamous dossier on Trump could not be proven.

"It is also expected to reveal that the FBI knew that Steele was leaking to the media but then used those media reports as separate evidence in their request for a FISA warrant, known as circular intelligence reporting. Circular reporting is when a law enforcement official uses false confirmation by making a piece of information appear to come from multiple independent sources.

"Horowitz's report is also going to contain evidence that the FBI handled Hillary Clinton's campaign differently than that of President Trump's campaign. It will reveal that she had received a detailed debriefing from the FBI on foreign attempts to make contact with her campaign. It will reveal the deep bias and animus those FBI officials had toward the Trump campaign."

Assuming that Horowitz's report contains these findings, it will paint a picture of (and confirm) the deep bias that permeated some of the nation's most powerful agencies against the Trump campaign.

It will also entirely discredit Schiff's argument that no wrongdoing occurred relative to the FISA warrants and will portray him as a deeply partisan member of the House, whose sole goal is to remove the president at any cost (even if it means overlooking clear abuses).

If the pending report contains such findings, and if Schiff comes across as someone who is willing to overlook abuses for the sole purpose of removing the president, the impeachment inquiry also should be viewed with extreme skepticism.

As a matter of fact, Schiff will have a hard time convincing the American public that the current and onesided impeachment inquiry isn't yet another attempt to remove the SAMIRA BOUAOU/THE EPOCH TIMES



Michael Horowitz, inspector general at the Department of Justice, at a Senate hearing in Washington on June 18, 2018.

duly elected president on the basis of partisanship and hatred.

Finally, if the report is as damaging as Carter's reporting suggests, Schiff's claim that he doesn't know the identity of the whistleblower could face further scrutiny.

This claim was already difficult to believe, given that members of Schiff's staff met with the whistle-blower before the complaint was filed. As such, it would be hard to believe that Schiff's staff failed to notify him of what they had learned and who disclosed the information to them.

Moreover, before the start of the Nov. 13 public testimony relative to the impeachment inquiry, Schiff threatened House Republicans with possible ethics violations if the whistleblower was named or mentioned. How could Schiff possibly know if this individual's name was mentioned if he doesn't know who the person is? This seems nonsensical

The release of the FISA report could be a game-changer. If it's as damaging as Carter suggests, it will not only reveal one of the nation's biggest political scandals but could also significantly affect the public's perception of Schiff and the House's entire impeachment inquiry.

Elad Hakim is a writer, commentator, and attorney.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times. THE EPOCH TIMES NOVEMBER 21-27, 2019

Lillian Fan, Publisher

Jasper Fakkert, Editor-in-Chief

Melanie Sun, Regional Editor

Gigi Fu, Layout Artist

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

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

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

We report respectfully, compassionately, and rigorously.

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

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

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

CONTACT US

Australian Epoch Times Ltd.

49A Treacy St, Hurstville NSW 2220 02 8988 5600

Advertising ad@epochtimes.com.au

Subscriptions

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General Inquiries info@epochtimes.com.au

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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 (Cont.)

2. Politics Is Infused With the Cult of Communism (cont.)

c. Contemporary Liberalism and Progressivism: New Variants of Communism

The Rebellion Against Classical Liberalism

Classical liberalism, working from the philosophy of natural individual rights, advocated constitutional restrictions on the power of royalty or government so as to protect personal freedom. Individual rights are divinely bestowed, while a government is built by the citizens and has the duty to protect its people. The separation of church and state was established to prevent the government from infringing upon the thought and faith of the citizenry.

Contemporary liberalism is none other than the communist infiltration and betrayal of classical liberalism in the name of "freedom." On one hand, it emphasizes absolute individualism—that is, extreme indulgence in desires and disregard for any morality or restraint. On the other hand, it emphasizes equality of outcome instead of equality of opportunity.

For instance, when discussing the distribution of wealth, modern liberals focus on the needs of the recipients instead of the rights of the taxpayers. When it comes to policies designed to address discrimination, they focus only on those who were historically wronged and ignore the people who are currently becoming victims under these policies. In law, they obstruct the need to punish criminals, for the ostensible purpose of protecting the innocent from unjust sentencing. In education, they ignore the potential of talented students with the pretext of supporting and helping low achievers and those from underprivileged families. They use the excuse of free speech to lift restrictions on publishing obscene content.

The focus of contemporary liberalism has silently evolved from advocating freedom to promoting equality. However, it is unwilling to be termed "egalitarianism," as this would instantly brand it as a form of communism.

The tolerance of classical liberalism is indeed a virtue, but the communist specter took advantage of this and used tolerance as its avenue to instill the moral corruption seen in contemporary liberalism. John Locke, known as the father of liberalism, stated his viewpoint on religious tolerance and the separation of church and state in his work "A Letter Concerning Toleration." From Locke's writing, it is seen that the main aspect of toleration is that the state, which holds coercive power, should tolerate personal beliefs. Whether one's belief in the path to Heaven is right or ridiculous is a matter that ought to be left to divine judgment. One's soul should be under one's own control; the state should not use its power to impose belief or disbelief.

Contemporary liberalism neglected the real purpose of toleration and transformed it into the absence of judgment. It developed the political concept of being "value-free," or not forming any judgment or assigning any value in any situation. In truth, value-free just means the loss of moral bearings, leading one to confuse bad with good and evil with virtue. It is the denial and subversion of universal values. It uses an attractive phrase to open the floodgates to an onslaught of demons pushing anti-morality and anti-tradition under the guise of freedom. The rainbow flag, a symbol of the LGBT movement, is a typical reflection of the value-free concept. When the judicial authorities try to intervene, contemporary liberals attack them under the pretext of safeguarding individual freedom and equality, and fighting discrimination against the underprivileged.

Contemporary liberalism has ridiculously confused the sexes. In 2003, California signed into law Assembly Bill

196, which states that any commercial employer or nonprofit organization can face fines of up to \$150,000 for refusing a qualified job seeker because he or she is transgender or dresses in a manner inconsistent with his or her gender. The California Senate defined "gender identity" as "a person's identity based on the individual's stated gender identity, without regard to whether the self-identified gender accords with the individual's sex assigned at birth."

The Essence of Progressivism: Moral Perversion

Modern-day progressivism is the direct application of Darwin's theories of evolution in social science, with the result being continuous deviation and perversion of traditional morality in the name of "progress."

Guided by humanity's traditional values, it is normal to use our intelligence to improve our living conditions, increase wealth, and reach new heights of culture. In the "progressive era" of American history from the late 19th century to the early 20th century, government reforms corrected various corrupt practices that arose in the process of economic and societal development.

But after communists infiltrated the United States, they hijacked terms as such "progress" and "progressivism" and infused them with their deleterious ideology. They engineered the New Deal following the Great Depression, and after that, the civil rights movement (as previously discussed, in Chapter 5), the counterculture movement, the feminist movement, the environmental movement (to be discussed in Chapter 16), and the like, causing massive changes in American society starting in the 1960s.

The essence of modern-day progressivism is to deny the traditional social order and divinely imparted values. From the perspective of traditional morality, the standards for discerning good from evil and right from wrong come from God. During the progressive revolution, atheists viewed traditional morality as a hindrance to progress and demanded a reevaluation of all moral standards. They denied the existence of absolute moral standards and used society, culture, history, and present-day conditions to establish their own system of relative morality. Along with the progressive revolution, this moral relativism has gained influence in politics, education, culture, and other aspects of Western society.

and other aspects of Western society.

Marxism is the archetype of moral relativism. It holds that whatever conforms to the interests of the proletariat (the ruling class, in essence) is moral, while whatever does not conform is immoral. Morality is not used to restrict the actions of the proletariat, but as a weapon for the dictatorship of the proletariat to use against its enemies.

The fact is that communism and progressivism share distinct similarities. It is only logical for communism to have hijacked progressivism, though this was unbeknownst to most people. Even today, communism continues its open deception under the progressive banner.

Liberalism and the Socialist Current of Progressivism

As explained above, liberalism and progressivism have diverged from the U.S. Constitution and the traditional moral values upon which America was founded. The trend is to change—and, in essence, destroy—all traditional belief, moral values, and current social institutions of the West.

In "The Communist Manifesto," Marx listed the 10 measures by which to destroy capitalism. Among these points, many are already being implemented to move the United States and other countries progressively to the left, to eventually establish communist political control. Marx wrote:

"The first step in the revolution by the working class is to raise the proletariat to the position of ruling class to win the battle of democracy.

"The proletariat will use its political supremacy to wrest, by degree, all capital from the bourgeoisie, to centralize all instruments of production in the hands of the State, i.e., of the proletariat organized as the ruling class; and to increase the total productive forces as rapidly as possible.

"Of course, in the beginning, this cannot be effected except by means of despotic inroads on the rights of property, and on the conditions of bourgeois production; by means of measures, therefore, which appear economically insufficient and untenable, but which, in the course of the movement, outstrip themselves, necessitate further inroads upon the old social order, and are unavoidable as a means of entirely revolutionizing the mode of production.

"These measures will, of course, be different in different countries.

"Nevertheless, in most advanced countries, the following will be pretty generally applicable:

- "1. Abolition of property in land and application of all rents of land to public purposes.
- 2. A heavy progressive or graduated income tax.
- 3. Abolition of all rights of inheritance. [The U.S. government started to collect inheritance tax in 1916.]
- 4. Confiscation of the property of all emigrants and rebels.
- 5. Centralization of credit in the hands of the state, by means of a national bank with state capital and an exclusive monopoly. [The U.S. Federal Reserve, which operates as a central bank, was established in 1913.]
- 6. Centralization of the means of communication and transport in the hands of the state. [The United States has supervising agencies, a state-owned postal
- office, and state-operated railroads.]
 7. Extension of factories and instruments of production owned by the state; the bringing into cultivation of waste-lands, and the improvement of the soil generally in accordance with a common plan.

8. Equal liability of all to work. Establishment of industrial armies, especially for agriculture. [In 1935, the United States established the Social Security Bureau and Labor Department. The Affirmative Action Law requires that women can perform all jobs of men, including military positions.]

9. Combination of agriculture with manufacturing industries; gradual abolition of all the distinction between town and country by a more equable distribution of the populace over the country.

10. Free education for all children in public schools. Abolition of children's factory labor in its present form. Combination of education with industrial production."

On the surface, communists advocate some positive things; however, their goal isn't to ensure a nation's welfare, but rather to seize and maintain political power.

It is not wrong for people to seek happiness and progress, but when certain "-isms" become political ideologies and start to replace traditional moral values and beliefs, they turn into the tools by which the communist specter guides people toward degeneracy and destruction.

3. Inciting Hatred and Promoting Struggle Is the Invariable Course of Communist Politics

As expounded at the start of this book, communism is an evil specter founded on hatred. Struggle and hatred are thus an important part of communist politics. While fomenting hatred and division among people, communism corrupts human morality to usurp political power and erect its dictatorship. Turning people against each other is the primary means by which it does this.

See next edition for the next installment.

OPINION NOVEMBER 21-27, 2019 THE EPOCH TIMES

Beijing's Strategies to Suppress Hong Kong Protest

TANG HAO

Commentary

Beijing is currently implementing at least six strategies of unrestricted warfare in Hong Kong to quell the ongoing protests.

Unrestricted warfare, literally warfare without bounds, is a term created by the Chinese Communist Party (CCP) military strategists. In 1999, two colonels in the People's Liberation Army (PLA) published a book titled "Unrestricted Warfare" in which they discussed various methods of bringing devastating disasters to a technologically superior opponent, such as the United States, without waging overt war.

Strategy 1: Stifle Freedom

I predicted two months ago in my news analysis column that Hong Kong authorities would continue to suppress the Hong Kong people's freedom of assembly, by limiting mass parades and rallies-exactly what is happening now.

Hong Kong police have refused to grant permits for rallies and parades several times. When occasionally a permit was granted, police tried to disperse the crowd by firing tear gas and other crowd-control weapons before the activity even started.

Like a python entangling and then squeezing its prey, the Chinese authorities and Hong Kong leaders continuously stifle freedom of speech and freedom of assembly in Hong Kong. They hope that Hongkongers will gradually get used to this as the norm and eventually stop fighting for democracy. At the same time, they are making it ever more difficult for Hong Kong protesters to organise largescale rallies or parades, for fear that the scene of millions of participants will deeply impress and inspire people in mainland China and supporters around the world.

Strategy 2: Isolate

If we call Hong Kong's anti-government movement a person, then the CCP and the Hong Kong government not only plan to suffocate this person, but also make numerous cuts to his arteries and veins.

For example, there are two groups of protesters in Hong Kong, one is referred to as the "brave and defiant," the other is "non-violent and rational." Presently, the police have made many arrests of the brave and defiant, which is equivalent to removing a barrier protecting the non-violent and rational

The Hong Kong government also cut the protesters' communication channels by imposing restrictions on LIHKG Forum and Telegram, the Hong Kong version of Reddit where many protesters exchange information and ideas. In addition, the government has restricted the MTR's (the metro train system) operation network, making it increasingly difficult for people to organise large scale activities.

Strategy 3: Evil Laws and Evil **Law Enforcers**

It is well-known that the law sets minimum standards for public behaviour. That is to say, the fundamental basis of law is actually morality. If a law is not ethical, or if the law enforcer does not demonstrate minimum moral standards, then such a law will become an evil law.

Many countries have national security laws, so why does the Hong Kong Basic Law Article 23, which states that Hong Kong shall enact laws on its own to prohibit any act of treason, secession, sedition, subversion against the Central People's Government, along with the proposed extradition bill, cause



Protesters are detained by police near the Hong Kong Polytechnic University in the Hung Hom district of Hong Kong on Nov. 18, 2019.



Police arrest anti-government protesters at Hong Kong Polytechnic University on Nov. 18, 2019.



People look at posters placed by mourners at the car park where student Alex Chow, 22, fell during a recent protest in the Tseung Kwan O area on the Kowloon side of Hong Kong on Nov. 9, 2019.

They hope that Hongkongers will gradually get used to this as the norm and eventually stop fighting for democracy.

deep worry and anxiety for millions of Hongkongers? It is because they know that the Chinese communist regime has no bottom line of morality restricting it. Everyone is worried that the CCP will use these laws to abuse power and arbitrarily arrest anyone who opposes

The actions of the Hong Kong police show that they have literally degenerated to lawless hooligans. They have invaded private residences, made random unwarranted arrests, verbally abused protesters by calling them such things as "roaches," and even tortured and sexually abused protesters who were in detention.

The laws and law enforcers in Hong Kong can no longer serve their stated purpose of upholding justice and maintaining social order; instead, they have become a weapon for the CCP to conquer the people and silence

Strategy 4: Intimidate, Restrict, and Silence Journalists

Recently, Hong Kong police launched violent attacks on journalists and even arrested some of them.

It was reported that the Hong Kong government plans to review the qualifications of each journalist and restrict their reporting scope, indicating that the CCP and Hong Kong leaders are trying to silence all journalists so that international society will see fewer and fewer news reports about Hong Kong protests as they happen.

At the same time, the suppression of protesters will gradually become covert; that is, evil deeds will be committed out of the public eye. Eventually, the international community would think that the CCP has won the battle against the pro-

This is by no means an exaggeration. In Taiwan, some people are asking whether the number of protesters in Hong Kong has drastically decreased and that only a handful are still protesting, because there are very few reports about Hong Kong protests in Taiwanese media. This is the CCP objective through its tactic of silencing journalists.

Strategy 5: The War of Terror The CCP is waging a war of terror in Hong Kong, mainly through police violence in dealing with protests, police tortur-

ing protesters held in detention, and mobilising gangsters to attack protesters and pro-democracy lawmakers.

For instance, during the knife attack at Taikoo Shing last weekend, a man injured many pedestrians with a knife and bit off the left ear of a prodemocracy politician. Such a frantic and astonishing incident is intended to create fear among

all Hongkongers and weaken the will of the protesters.

Strategy 6: Divide and Conquer "Unite with the secondary

enemy and together we fight against the main enemy" is one of the key political statements of former Chinese leader Mao Zedong. Its essence is to divide and conquer, a strategy that has been used to tackle the Hong Kong protests from the very beginning.

The Beijing and Hong Kong governments initially labelled the protesters "a handful of rioters," criticising them for undermining Hong Kong's stability and economy in an attempt to drive a wedge between the protesters and the rest of society. At the same time, through violent suppression, creating fear, social unrest, and interrupting public transportation, the authorities try to intensify the misunderstanding of and hostility toward the protesters.

To put it simply, the CCP wielded a large knife in one hand and distributed candy with the other to divide the citizens of Hong Kong. When the goal of splitting Hong Kong society is achieved, the CCP will play the role of a kindhearted peacemaker.

The CCP has used this strategy repeatedly in mainland China with much success. As a result, although the CCP itself is the root cause of numerous social problems in China, many Chinese people who lack the ability to think clearly and are afraid of social unrest, choose to believe that the CCP is a problem solver, and hate those fellow Chinese citizens who are victims of

injustice yet labelled as troublemakers.

LAUREL CHOR/AFP VIA GETTY IMAGES

To summarise, the CCP launched comprehensive unrestricted warfare against the Hong Kong people by militarising and weaponising all aspects of politics, economy, media, law, and public transportation. Although we haven't seen a single invader wearing a military uniform, it is nonetheless a war in the true sense.

Their approach tells us that in the eyes of the CCP, the biggest enemy is the people. The CCP slogan "Serving the People," which it advocates day and night, is just a propaganda tool and a means of psychological

Remember, when the CCP flaunts anything, it is usually what the CCP itself is lacking. For example, when the CCP touts a "harmonious society," it means Chinese society is not harmonious; when the CCP emphasises "people," it means the CCP does not care about the

Therefore, we sincerely hope that the Hong Kong people will pay attention to their safety in the following weeks. We also call on supporters from other countries to pay close attention to the situation in Hong Kong and help Hongkongers spread the truth about their fight and the facts about police brutality, so that the world can continue to hear the Hong Kong people's voice and know about the CCP evildoings in Hong Kong.

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

FOOD IS MEDICINE

Munch and Beat Metabolic Syndrome

Celery doesn't receive the popular attention that kale gets, but it's a superfood in its own full right.

See B2





Tarte Tatin, Perfectly Imperfect

The classic French dessert is simple, forgiving, and a fantastic way to let fall apples shine.

See B8

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LIFE

THE EPOCH TIMES





CRYSTAL SHI

ILAN COUNTY, Taiwan—Hiking through the ancient, fog-shrouded forest, my guide begins to look a lot like an old wizard. His water-slicked yellow raincoat becomes a shimmering cape; his long, pointed umbrella a wooden staff. His face is kind and creased with wrinkles, prone to breaking into a smile full of glittering silver teeth.

He's leading us through an enchanted realm. We clamber over carpets of black, tangled roots; duck under tunnels of twisting branches painted green with moss. I half expect a will-o'-the-wisp to appear in the distance, floating between the skinny tree-silhouettes that surround us on all sides, made hazy through the dense fog.

Though he's nearly 70, the guide keeps a steady lead on me and my fellow travelers. He stops every now and then to peer back at us through the mist, hands folded patiently over the curved handle of his umbrellastaff, to ensure that we haven't gotten lost. Once we catch up, he silently presses on.

It all feels a bit otherworldly, and perhaps for good reason.

I'm deep in the Taipingshan National Forest Recreation Area, in northern Taiwan's Yilan County. Spanning a mountainous area over 31,000 acres, with altitudes from 1,640 to 6,560 feet above sea level, the park is the largest forest recreation area in Taiwan.

The route we've chosen, the Cypress Forest Trail leading into the Chinese Hemlock Trail, lies within a region designated as the "ancient forest park area," marked with an old wooden gate carved with Chinese characters and hung with glowing red lanterns. More lanterns line the long flight of steps from the gate up to the trailhead, where Zhen'an Temple guards the entrance.

That gate, a local tells us in a conspiratorial whisper, is believed to mark the boundary between the human and the spirit world. (Later,

The Enchanted Forests

Taipingshan

This is an old forest, ancient and mysterious.

when one of my traveling companions slips and stumbles on her way down the trail's steep, rain-slicked steps, she exclaims, "It must have been a spirit! It pushed me!")

Well, whether you believe it or not, it's easy to let your mind wander here.
This is an old forest, ancient and

mysterious. Many of its trees—ones that escaped the logging industry that once thrived in this area—"haven't been touched since the island of Taiwan was formed," our guide says. "They're very precious."

They chronicle the course of nature when left to its own devices, and I'm

struck by the intelligence and resilience on display.

On the lower trail, we weave between low-lying, moss-covered branches of rhododendron fanning out horizontally and twisting and tangling like giant knobby fingers in their search for patches of sunlight.

Among the cypress, our guide points out majestic old-growth specimens, some over a thousand years old. Others are younger, and smart: they sprout directly from the stump of an older tree or a fallen trunk, getting a head start on nutrients and height.

As we climb higher, we enter the realm of the hemlocks, with their strong, sturdy wood and trunks speckled with pale green patches of lichen.

Continued on **B4**



1. An old wood loading bridge along the Jiancing Historic Trail.

2. The Bong Bong Train.

3. The view of Lake Cueifong, above the clouds. B2 NOVEMBER 21 - 27, 2019 THE EPOCH TIMES



etabolic syndrome is on the rise due to processed food and inactivity, but you can fight back by adding more celery to your diet. This unassuming vegetable contains a surprising blend of antioxidants, flavonoids, and other phytochemicals that work together, tackling metabolic syndrome via multiple pathways.

Nature is full of powerful compounds that can boost your health, even in vegetables as unassuming as celery–and for conditions as complex and prevalent as metabolic syndrome.

Metabolic syndrome is better described as a cluster of risk factors that can increase your risk of multiple chronic diseases, including heart disease, arthritis, chronic kidney disease, and cancer. The risk factors-abdominal obesity, type 2 diabetes, high blood pressure and dyslipidemia (abnormal levels of fats in your blood)—combine to seriously undermine your health, even leading to early death in some cases.

Metabolic syndrome is on the rise-spreading globally-fueled by an increasingly popular fastfood diet, along with decreases in physical activity. In the United States, metabolic syndrome increased from 1988 to 2012, at which time more than one-third of U.S. adults met the criteria to be diagnosed with this potentially debilitating condition.

The good news is that, as researchers wrote in Phytotherapy Research, "lifestyle adjustment and weight loss have a vital role." This brings me to the importance of celery-a veggie that offers multiple beneficial effects on metabolic syndrome.

Celery Versus Oxidative Damage and Inflammation

An excess of reactive oxygen species (oxidative stress) is a major contributing factor to metabolic syndrome. Everything from poor diet to environmental pollutants can lead to excessive oxidative stress in your system, but celery (Apium graveolens) contains a wealth of phytochemicals and antioxidants that can decrease oxidative damage. This includes substances such as phenolic acids, flavones, flavonols, vitamin C, beta-carotene, and manganese.

Celery contains a wealth of phytochemicals and antioxidants that can decrease oxidative damage.

Also impressive, celery contains phytochemicals known to decrease proinflammatory cytokines and inflammation, along with flavonoids that suppress cardiovascular inflammation. This is important, as low-grade inflammation—the type caused by poor diet and physical inactivity–is linked to metabolic syndrome.

The duo of oxidative stress and inflammation is primarily responsible for increasing heart disease and atherosclerosis, or hardening and narrowing of the arteries, in people with metabolic syndrome, and celery compounds are effective against both.

Celery Lowers Blood Pressure

Celery can also benefit the high blood pressure often seen along with metabolic syndrome, due to compounds called phthalides (3-n-butylphthalide). Phthalides are responsible for celery's odor and help to expand smooth muscle, helping to lower blood pressure.

Anecdotally, celery's bloodpressure-lowering effects were noticed by one set of researchers when a family member's blood pressure declined after eating a quarter-pound of the crunchy vegetable daily for one week.

A study using celery seed extract in people with high blood pressure also found the compound led to significant decreases in both systolic and diastolic blood pressure.

Celery Is Antidiabetic

Luteolin, a flavone flavonoid found in celery, is anti-obesity and anti-diabetic, helping to suppress inflammation. In an animal study, a luteolin-enriched supplement even prevented obesity and related metabolic disorders, such as dyslipidemia, insulin resistance, and inflammation—the same ones seen along with metabolic syndrome.

"The most active ingredients in celery ... have shown hypolipidemic, antidiabetic, and hypotensive properties," researchers said, adding clear-cut support for adding this versatile vegetable to your regular diet.

Celery Fights Cancer, Boosts **Brain Health**

The most active ingredients in

hypolipidemic, antidiabetic, and hypotensive properties.

Researchers

When you add whole foods such as celery to your diet, the benefits are far-reaching—a sentiment that's been understood since ancient times. Traditionally, celery has been used for stomach problems and as a heart tonic, as well as to treat joint problems.

Modern research has shown that beyond its role in fighting metabolic syndrome, celery also contains compounds, such as the flavoneapigenin, that have anticancer activity. It's also heralded for being protective to the digestive tract, including protecting the gastric mucosa from ulcers, and can reduce high triglycerides, another hallmark of metabolic syndrome.

Further, due to celery's antiinflammatory prowess, celery may improve cognitive health by dampening inflammatory cytokines in the brain. So while celery doesn't get nearly the attention that flashier vegetables like kale and broccoli do, it's earned a spot on the list of superfoods worth

How to Enjoy Celery

Part of what makes celery so lovable, aside from its healthy nature, is its extreme versatility. Add it to salads, soups, and stews. Juice it or eat it alone as a snackthe uses for celery are only limited by your imagination. If you choose to cook celery, steaming it may help retain the antioxidants better than boiling or blanching.

When choosing celery, look for crisp, bright green stalks–the fresher the better. Also choose organic celery to avoid exposure to pesticides, although it's worth noting that one of celery's additional claims to fame is helping to protect against pesticide-induced

Not a fan of celery? Not to worry, as metabolic syndrome responds to a wide range of natural foods and lifestyle changes. Pomegranate, rosemary, coffee, and nuts are just a few examples of foods that, like celery, are beneficial for metabolic syndrome.

Combined with exercise and other positive lifestyle moves, such as avoiding sugary beverages and artificial sweeteners, you can support your health and even ward off chronic diseases like metabolic syndrome. View the latest evidence on natural substances for metabolic syndrome at GreenMedinfo's database of studies on the topic.

[Editors note: Please view online version for links to studies mentioned throughout the article.]

The GMI Research Group is dedicated to investigating the most important health and environmental issues of the day. This article was originally published on GreenMedinfo.com

THE EPOCH TIMES NOVEMBER 21 - 27, 2019

Navigating Adolescence

A conversation with psychotherapist Jennie Marie Battistin

BARBARA DANZA

h, parenting. One minute, you're thinking you've finally got it all figured out, as your happy-go-lucky children giggle and play their way through the beautiful life you've created for them; the next moment your child is telling you (loudly) how unfair life is, how you're the worst parent ever, and how all of his or her friends have it so much better than they do.

Who is this person? Was your sweetheart replaced with a look-alike? What is going on? I'll tell you what's going on: Adolescence.

As children enter the stage of adolescence when their brains and bodies begin to transition from childhood to adulthood, the same parenting approach that worked for their younger years may prove ineffective. Parents need a different approach during this stage and, ideally, a giant heaping of expert advice.

I asked Jennie Marie Battistin, clinical psychologist and author of "Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused, & Be Your Best Self," for just that. Here's what she said.

The Epoch Times: The manifestation of adolescence often takes parents by surprise. The emotional ups and downs early adolescents experience can seem uncharacteristic of their children. Can you give a brief overview of the onset of adolescence and the emotional and behavioral changes that are typical?

Jennie Marie Battistin: There are many physical, emotional, and behavioral changes typical during the teen years. Adolescents are seeking to develop their identity and gain independence.

Typical changes that emerge include decreased desire to spend time with family, increased need for sleep or reluctance to get up in the morning, acting embarrassed by parents, exaggerated responses towards peer rejection or comments, and experimenting with low-risk behaviors.

The Epoch Times: Emotions can be erratic and unpredictable during adolescence. What causes such fluctuations in emotion? **Ms. Battistin:** Biology (body and hormone changes) is partially to blame for fluctuating mood and emotions in adolescents. Also, the brain is continuing to develop. The prefrontal cortex, the logic and reason center, is not yet fully developed. Thus the emotion brain tends to rule the teenager, which may cause them to respond to stress, parental limits, other demands, and disappointment with a more pronounced emotional reaction.

Teens tend to get stuck in black and white, or all good, all bad thinking. Have you heard a teen utter the words "You are ruining my life, you just don't understand, you never let me have any freedom," etc.? Social and psychological factors can also lead to some of the erratic emotions.

The Epoch Times: Parents may find their once well-behaved child testing his or her limits and displaying emotional outbursts. It can be difficult to know when to give an adolescent more space, a hug, or disciplinary consequences. What changes in discipline strategies do you recommend for parents of adolescents?

Ms. Battistin: Teens are no longer children, but not yet fully independent. A desire for independence and self-expression can lead to impulsive behaviors, exploring limits, making decisions without fully considering the consequences, and emotional highs and lows as they navigate their social world.

At times allowing for natural consequences rather than giving a punishment or lecture can be more impactful. A natural consequence might be school detention after being late to school multiple times. Creating a consequence that requires a behavior change is important. For example, "Until you can get your grades up to C you will need to stay home on weekends and study."

More and more we are trying to teach adolescents to connect with their emotions. When a teen screams at a parent, I like to use a "time in" approach. Identify the emotion and have them take a break. Try saying, "It seems you are (label unpleasant emotion), and you may need some time to sort out your feelings, let's take a walk or have a seat on the couch until you can speak respectfully to me." A "time-in" approach helps a teen learn emotion regulation and tolerance for unpleasant emotions.

The Epoch Times: Children at this age seem to crave both independence and reassurance from their parents. How can parents best provide both?

Ms. Battistin: Giving teens options and allowing them to choose can help them feel an increased sense of independence. For example, "You can either stay home and finish your homework tonight so you can spend all day Saturday with your friends or you can go out tonight with friends and stay home Saturday to finish your homework."

Providing some structure and routine to the week creates a framework that can be reassuring. For example, "When you get home you can have 30 minutes of game time, then work on your homework, eat dinner with the family, and if you finish your homework by 8 p.m., you can have another 30 minutes of game time."

The Epoch Times: Self-confidence seems to be a struggle for many adolescents. Why is this and how can parents help their children feel more confident during this stage of life? **Ms. Battistin:** There are a lot of changes in the teens years, and teens experience increased expectations from others. Adolescents can have challenges with knowing what they feel and how to cope with their feelings, which can affect self-confidence. Often teens get stuck in catastrophizing feelings with words such as "always" and "never."

Giving adolescents praise and helping them identify their "wins" can help build confidence. Look for sparkling moments, such as "I appreciate how you helped with X," "I like the way you took care of X," or "I am proud of you for X." Seek one thing every day to point to with your teen that positively reinforces "what's good about me."

The Epoch Times: How can parents discern when their adolescent's emotional issues are out of the ordinary and something to be more concerned about?

Ms. Battistin: Severe and prolonged periods of changes to mood (emotions) and behaviors may signal a mood disorder, such as depression or anxiety. Sometimes parents consider poor behavior, irritability or disrespect as "acting out." If the symptoms seem to be increasing, lasting for long periods, there are significant changes to eating, sleeping, self-esteem, and withdrawal from activities previously enjoyed, consider seeking mental health evaluation.

The Epoch Times: What final words of encouragement can you offer parents entering into the stage of their children's adolescence?

Ms. Battistin: Changing your mindset from "What happened to my sweet kid," "I am dreading the teen years," or "Ugh, I have a teenager" can positively impact your relationship with your teen. Being a mindful parent and accepting your changing teen can help ease the transition of childhood to adulthood.

I encourage parents proactively to arm their teen with a tool such as mindfulness. A 10-minute daily practice of mindfulness exercises can help decrease negative behaviors, decrease stress, decrease emotional outbursts, better navigate and accept unpleasant feelings, be less reactive to distressing moments, and increase connection with others.

Being mindfully present with teens and staying non-judgmental of their behaviors can increase your connection. Look for sparkling moments to connect with your teen, such as car rides or watching TV. You would be surprised how much a teen might share if you are mindfully present rather than anxiously inquisitive.



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The Enchanted Forests

Taipingshan

Continued from B1

Their branches stretch up toward the sun, forming umbrella-like canopies. Our guide reaches his arms over his head, curved and held out wide, to demonstrate: "Hemlock goes up. Strong. Very proud!" That sums up how I feel, too, as we scale seemingly endless wooden stairs toward the peak of the trail.

Remnants of History

Tucked amid the trees and the fog, there's also a lesson in Taiwanese history.

Before becoming a protected area for conservation and ecotourism, Taipingshan was one of the three main centers of Taiwan's once-lucrative logging industry. The practice was kicked off in the early 1900s by the Japanese, who had colonized Taiwan for its resources and were drawn to its great growths of valuable cypress.

The industry continued after the Japanese left at the end of World War II, until sustainability concerns and a ban on logging in the island's old-growth forests abruptly shut it down in the 1980s. By 1983, Taipingshan was converted into a recreational area.

Now, it's an ecotourism hotspot, complete with a loggers' residence turned guest house—Taipingshan Villa, where I'm staying—and hiking trails for all levels of fitness. Many of those trails repurpose old logging railways and forestry roads, and remnants of historic train tracks, stations, and logging carts dot the paths.

One of the area's most popular, the Jiancing Historic Trail, features several stretches of old, curving wooden tracks, overtaken by moss and vines—demonstrating the power of nature, our guide muses, reclaiming what civilization tried to take.

One section of the railway, though, is still running: a 1.9-mile stretch of the Maosing line, between Taipingshan Villa and Maosing Station. Here, the Bong-Bong Train, once a real wooden logging train that transported lumber over 12 miles down the mountain, now offers visitors a 20-minute joyride to the past.

Before our hike, I'd hopped on board

for a ride, cruising along winding tracks that cut through the side of the mountain and traverse fog-filled valleys. I felt perfectly safe in my newly renovated steel train car, but tried to imagine the harrowing trips loggers had to make back in the day. In these perpetually foggy, rainy mountains, casualties were high.

At the Maosing stop, passengers can continue the journey on foot via the looping, half-mile Maosing Reminiscent Trail, built along the bed of the railway and surrounded by cypress. Some are tall and slender, stretching upward into the sky; others are only fat stumps, long chopped down by loggers and now covered with moss.

As I walked a short length of the trail, a local guide stopped me in front of a stump and instructed me to rub its blackened surface. It left a dark smudge and deep, woodsy scent on my fingers: cypress oil, another precious product of these trees. The scent was muted by the rain, she told me, but when the weather is better, it perfumes the whole forest.

Chasing the Clouds

Throughout my visit, one term repeatedly surfaces in conversation: "yun hai," meaning the "sea of clouds."

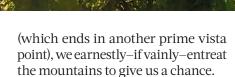
This dreamlike phenomenon, a thick blanket of clouds that settles over the valleys and between the mountaintops like a rolling sea, is one of Taipingshan's most soughtafter sights. It's a fairly common phenomenon, but still fickle and elusive: It needs just the right mix of atmospheric conditions to form, and can dissipate just as quickly as it came, and the area's ever-present fog is another challenge, often covering up the sea even when it's there.

Lake Cueifong, Taiwan's largest alpine lake, is said to be the best spot in Taipingshan to see it. But even for locals who frequent the spot, a guide says, "For every 10 times we go, we might see the sea of clouds once."

Catching it, according to locals, is a matter of fate, not desire

Regardless, on our way up the Chinese Hemlock Trail Throughout my visit, one term repeatedly surfaces in conversation: 'yun hai,' meaning the 'sea of clouds.'

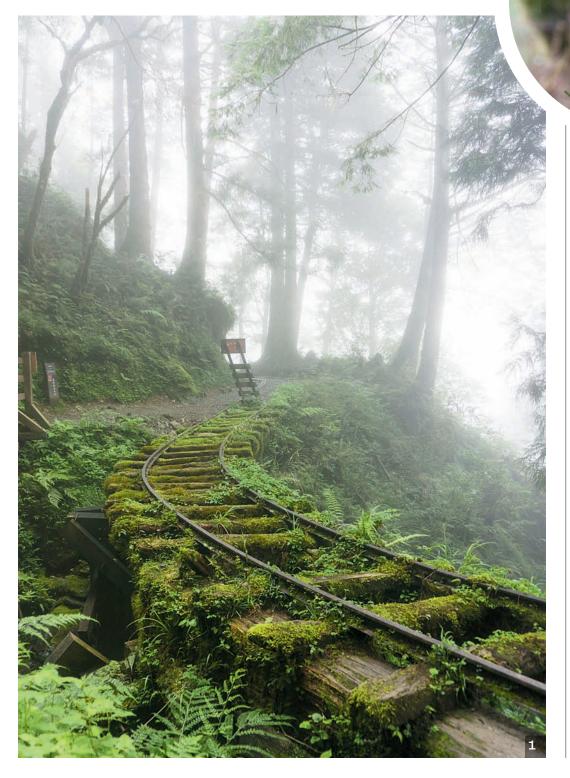




"It's her first time to Taiwan!" one of my companions shouts into the fog, trying to put in a good word for me. "She's come so far, won't you let her have a look?"

Perhaps they heard us, or maybe it really was fated all along.

As we push higher, rising from the fog-shrouded depths of the forest, our surroundings noticeably change. The skies become clearer and brighter; for the first time, birdsong pierces the air. When we finally emerge from the trees at the top of the stairs, I can't



- 1. Abandoned train tracks along the Jiancing Historic Trail.
- 2. The view of Lake Cueifong, above the clouds.
- 3. A slippery stretch of the Chinese Hemlock Trail.
- 4. Tracing the tracks.
- 5. A feast at the Taipingshan Villa restaurant.
- 6. A tunnel of Japanese maple, on display from late spring to early fall at Taipingshan Villa.
- 7. Lanterns line the path to the Cypress Forest Trail and Chinese Hemlock Trail.



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hold back a gasp.

Laid out before us, almost blindingly bright white, is the sea of clouds. It stretches toward the horizon in one great, cottony expanse, punctured by distant mountain ridges that look like floating islands, craggy tops illuminated with light. Whispers of fog linger at its edges, threatening to creep back in and end the show. But while we can, we greedily take in the view, unabashed in our yells of excitement and delight.

After a few minutes, the fog indeed rolls in and the view is obscured. We use our combined lung power to try and blow it away–our efforts partially

The author was a guest of Taiwan Tourism Bureau.

Among the

cypress, our

guide points

out majestic

old-growth

specimens,

some over

a thousand

years old.

deck, food temporarily forgotten, to marvel at the sight.

The next day, I drag myself up at 4:50 a.m. to catch the sunrise and find yet another view of the sea. This one, in the soft light of dawn, is flanked by green mountains on either side and backdropped by a sky streaked pink and orange.

But nothing surpasses the sheer joy of that first encounter, whooping and hollering at our magical mid-hike reward. It was a long way up and it's a long way back down-but somehow, it hits me, I don't feel tired at all.

IF YOU GO

Taipingshan is beautiful—though rainyyear-round, so plan your visit based on the face of the mountains you'd like to see: speckled with flowers in the spring, lush and verdant in the summer, painted fiery reds and yellows in the fall, dusted with snow in the winter.

If you go by car, brace yourself for winding mountain roads. You can delegate the driving to someone else by taking the public Kuo-Kuang shuttle bus, which makes one daily round trip between Yilan and Taipingshan on weekends and holidays, or book a tour through Taiwan Tour Bus or another company.

However you get there, stay at least one night to best experience all that the area has to offer. You have two choices for accommodations: Taipingshan Villa, the larger of the two, with a more convenient, centralized location; and Cueifong Villa, a more isolated option near Cueifong Lake (with designated times when the power is cut). Onsite dining uses truly fresh, local, and seasonal ingredients—in the late spring, when I went, that meant an abundance of young, sweet vegetables and lots of seafood—with no set menu; the food depends on what's available that day. To secure a room at either lodge, locals advise, you'll want to book two months in advance. TPS.Forest.gov.tw

At the very end of the hike, I'll suddenly realize my legs are shaking. But in the moment, lungs full of clean mountain air and heart full of awe and respect, I feel light and invigorated, with a giddy sort of spring in my step. Everyone else's spirits seem to be lifted, too, and we sing and laugh our way back down the steep incline.

ALL PHOTOS BY CRYSTAL SHI UNLESS OTHERWISE NOTED

Some might dismiss it as adrenaline, but I don't doubt that there's something special in those ancient, mysterious trees.







CROSSWORD CONSTRUCTED BY TOM HOUSTON

4NUMBERS CONSTRUCTED BY C. CHANG

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

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Across 1. Big bird 4. Depressed 10. Appeases 18. Hither's partner 19. Old-fashioned warning 20. Meteorite 21. "... and Memories of ___!": Poe 22. At its peak 23. Smallest most fragile bone in the skull 24. Trumped-up claim 25. Wrigley Field flora 26. Of an arm bone 27. Grimm character 28. Trash terminus 33. Short cut?

36. Representative 38. Rolls with the punches 42. Horse's motion 44. Times to remember 46. Fusion 47. Detaches, as a bra 50. "Ah, I see!" 52. Stooge 53. "M.S. Found in a Bottle" writer 54. Set up again 60. Hot springs 61. Round Table address 62. Laptop attribute 63. Make use of 64. It's a free country

65. Made palatable

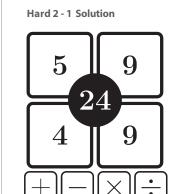
35. Apply antifreeze

67. Barbecue fare 70. Otalgia 72. Very cold 74. Skin 79. Records 80. Nether region 82. Expectants 84. Silence 87. Remarked 89. Google users' gettogether? 91. "Ballpark" fig. 94. Hesitant 96. Arena shout 97. Discontinuity 98. Presence

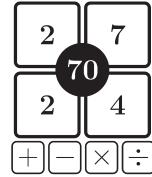
66. "... book by ___ cover" 69. Big Conference

100. Take off 41. Axon gap 103. Biblical verb suffix 43. Stretch 104. Concerned with the 45. Majority Muslim in whole Iran 105. Jasper Fakkert, 47. Spike **Epoch Times Managing** 48. Creating a bigger _, news disturbance, maybe 106. Bemoan 49. Certain suits 107. One who might go to 51. Bony bat for you? 55. Check 108. Bond film "Quantum 56. Feather's partner 109. The "carry trade" 57.2 on a touch-tone of recent Wall Street fame 58. Life story 59. Earth's surface waters **Down** 68. They're all in the fam-1. Pupil protector 2. Illinois city 71. "Arabian Nights" 3. A perfect code bigwig 4. Semper Fi 73. Belief in body and soul 5. Antipasto morsel 75. Pollyanna's viewpoint 6. Alexandria Library 76. "Dunston Checks In" contents 7. Fury 8.13th Greek letters 77. "Black-eyed" veggie 9. Clock std. 78. Misjudge 10. Gloomy atmosphere 81. Time out? 11. Lists 83. Cods 12. Secrets 85. Man of bronze? 13. Bullfight 86.-14. Ryan's "Love Story" 88. Call it quits co-star 90. Ruination 15. Wound healer 91. Authentic, in the state 16. List-ending abbr. 17. "... to thine own ____ be of Thuringia true" 92. Loafer, e.g. 26. Acid that causes gout 93. Argentine timber tree 29. UN flight org 95. The Brickyard 400 30. Crack e.g. 31. Zenith 99. Backboard attach-

Use the four numbers in the corners, and the operands $(+, -X, and \div)$ 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 = 28and 1+(7X3)+6=2850 30 $\mathbf{5}$ Hard 1 - 1 Solution 56 8 26



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH CONSTRUCTED BY TOM HOUSTON

Help with Today's Crossword Puzzle?

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MOPING ALARUM ARCANA NOISIER **CHARISMA** OLIVE **CHOLLA** OSTEAL **EREBUS PAPYRI EYELID PLACATES** GELID REMOVE HAVOC RIPEST HOLISTIC **SCRAPE HOPERS SERGES LEANS** SHIITE LEERY SHUSH

E M U M O P I N G P L A C A T E S

KAKURO

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

ment

100. Abbr. next to a tele-

101. Shogun's capital

phone number

102..001 inch

Large: Easy

32. "Art is my life and my

39. It may be cosmetic

40. Trail alongside a canal

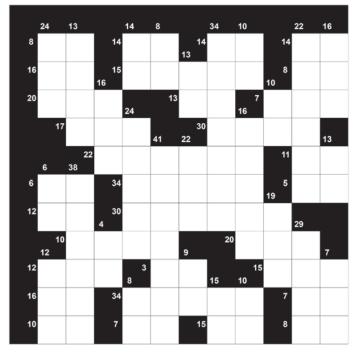
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34. Insect feeler

37. Spiny cactus

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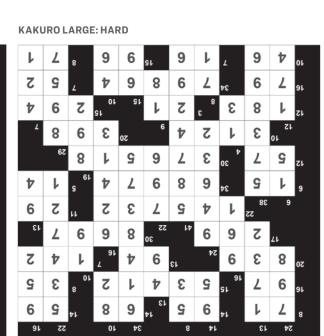
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SUPERSUDOKU CONSTRUCTED BY KANNAN SANKARAN

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

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

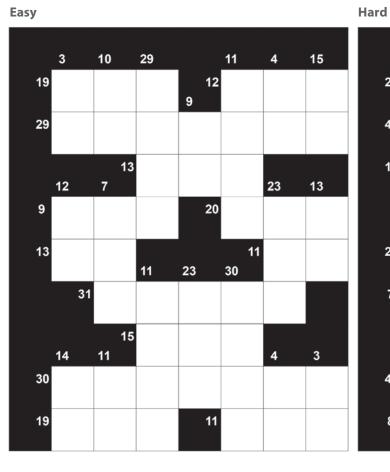
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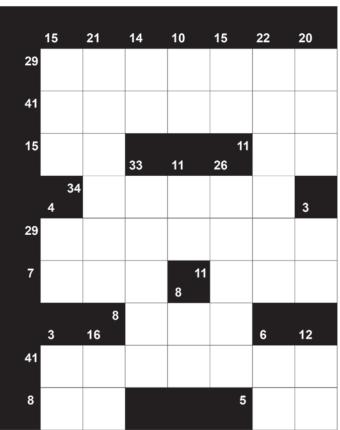
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KAKURO

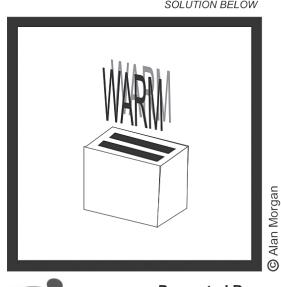
Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a "run") with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid CONSTRUCTED BY EPOCH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



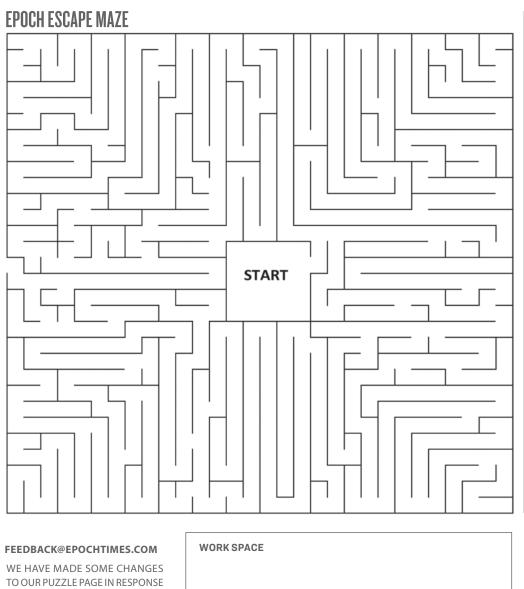


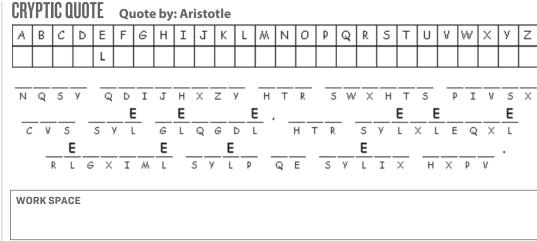
Guess the hidden saying, phrase or word(s) suggested by the picture!

SOLUTION BELOW



Presented By FREE THE CHILDREN children helping children through education







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

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SOLUTIONS

SUPERSUDOKU

TO PUZZLER'S FEEDBACK. LET US KNOW WHAT YOU THINK!

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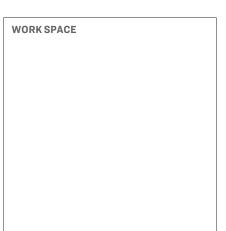
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OUTSIDE THE BOX As warm as toast

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B8 NOVEMBER 21 - 27, 2019 THE EPOCH TIMES



Tarte Tatin, Perfectly Imperfect

The rustic French dessert is simple, forgiving, and a fantastic way to let fall apples shine



Making the crust.



Preparing the apples; keep them covered in lemon juice.



Laying the pre-cooked apples in the caramel.



Piercing the crust, to allow steam to escape.

AUDREY LE GOFF

hat I love most about the tarte doesn't have to be perfect. The crust can crumble, the caramel can drip, a few apples can fall out of place. It's fine. Tarte Tatin will always look appetizing and taste fantastic, no matter what.

This iconic upside-down apple tart defies the cliché of fussy, flawless French desserts, while offering that same rich, sophisticated taste. Made with juicy apples doused in sweet caramel and draped with a buttery crust, it proves how simple ingredients can work magic together.

Conflicting Origins

Legend has it that this renowned dessert was born in the 1880s, at Hôtel Tatin in France's Loire Valley. The hotel was run by sisters Stéphanie and Caroline Tatin.

One day, the story goes, Stéphanie was making a classic apple pie and accidentally let the apples burn in a pan with butter and sugar. In an attempt to salvage the fruits, she covered them in pastry, finished baking them in the oven, and flipped the result upside-down before serving it to her guests. The dessert was a hit and became the signature dish of Hôtel Tatin.

In the 1950s, the famed Parisian restaurant Maxim's introduced the tarte Tatin to its menu, further adding to its fame. Rumor quickly spread that Louis Vaudable, owner of the restaurant, stole the recipe from the Tatin sisters after a visit to their hotel. In reality, Louis Vaudable became the owner of Maxim's in 1932, several years after the Tatin sisters had passed away, discrediting the story.

Some historians also contest that the Tatin sisters were the creators of the famous dessert at all, finding traces of "tartes renversées," or upside-down tarts, as early as the 1840s in the Loire region.

Many debates still surround the true origins of the tarte Tatin– only adding to the allure of the dessert, one could say.

Breaking It Down

Despite its complicated reputation, the tarte Tatin is a simple concept: apples, caramel, and crust. The tart is baked upside down, with caramel and fruit at the bottom and the pastry on top. Once inverted, the lustrous caramelized apples are unveiled.

With only a few ingredients and an understanding of key factors and techniques, you'll be a master of the Tatin in no time.

It proves how simple ingredients can work magic together.

The Baking Vessel

A cast-iron skillet is your best bet. The cast iron tolerates and retains higher heat than other baking dishes, preserving the taste, shape, and texture of the apples. You'll get the best caramelization, a crisp crust, and proper overall baking. If you do not have a castiron skillet, use an ovenproof nonstick skillet.

The Pâte Sablée

With this recipe, you'll notice the crust is slightly crumblier than your average apple pie-which is expected for a tarte Tatin-but still firm enough to undergo the upside-down flip. This pâte sablée, or "sandy crust," is rich and buttery, to offset the sticky sweetness of the fruit and caramel. Some modern tarte Tatin recipes call for store-bought pie crust or even puff pastry, but I believe making your own from scratch is the way to go.

The Apples

For making tarte Tatin, I'm particularly fond of Honeycrisp apples. This variety holds up well to the

forceful heat and caramelization, turning utterly sweet and tender, yet not mushy. Feel free to try out other varieties known for holding their shape, such as Golden Delicious, Braeburns, or Granny Smiths, which offers a nice tartness against the sweet caramel.

Taking the proper time to cook the apples on the stove-top first is an essential step. Do not rush it. The apples need to release their juices in the skillet so that they don't sweat them out later in the oven, making the crust soggy.

The Caramel

Note that the time needed for cooking the caramel will depend on your stove-top and on what kind of skillet you are using. Keep a close eye on the caramel color as it simmers and aim for a golden hue-not amber. Since color can be hard to judge in a dark skillet, occasionally smear a small amount of caramel onto a white plate to check your progress.

The Finishing Touch

Sugar is of course a star ingredient in this recipe, but a generous sprinkle of salt onto the apples right before baking makes their flavor shine even brighter. Fleur de sel is my sprinkle of choice, but sea salt flakes or Maldon salt work, too.

The Flip

The feat of flipping the tarte Tatin upside-down after baking can seem intimidating, but really, don't stress out about it. Run a knife around the crust, place a plate on top of it, hold the plate and skillet firmly, and flip. If any apples move around or remain stuck to the skillet, simply place them back onto the tart before sliding it onto a serving tray.

Enjoy your tarte Tatin warm or after a few hours in the fridge, to allow the apples and crust to firm up so you can serve clean slices. A dollop of crème fraiche on top is mandatory-in true French

B9 THE EPOCH TIMES NOVEMBER 21 - 27, 2019



CLASSIC TARTE TATIN

MAKES ONE 9-TO 10-INCH TART

FOR THE CRUST

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, cold and cubed
- 1 large egg yolk
- 1 tablespoon lemon juice

FOR THE TOPPING

- 6 medium Honeycrisp apples
- 2 tablespoons lemon juice
- 1/3 cup unsalted butter
- 1 cup sugar
- 1 vanilla bean, halved and scraped
- 1 teaspoon fleur de sel (or sea salt flakes)

MAKE THE CRUST In a large mixing bowl, combine the flour, sugar, and salt. Add the cubed butter and mix the ingredients together using your hands, rubbing them between

your palms, until you get a crumbly texture, with pea-sized bits of butter still visible. In a small bowl, whisk together

the egg yolk and lemon juice with a fork, and add to the other ingredients. Combine until the dough comes together into a ball. If it feels too dry, you can add a tablespoon of water. Wrap in plastic film and chill until needed, at least 30 minutes and up to 24 hours.

MAKE THE TOPPING

Peel, core, and cut the apples into quarters. As you go, reserve the apple quarters in a large bowl with 2 tablespoons of lemon juice, to prevent them from browning. Stir the apple quarters as you go to make sure they're always lightly coated in the lemon juice.

In a 9- to 10-inch cast-iron skillet, melt the butter over medium heat with the sugar and vanilla bean scrapings. Stir and cook for about 5 minutes, until the sugar has

dissolved and the liquid starts to simmer. Add the apple quarters, stir to coat, and turn the heat down

Cover with a large sheet of foil to keep the steam inside, and cook for 20 minutes until the apples are tender, but not yet mushy, stirring occasionally and spooning the liquid in the pan over the apples as they cook. Always place the foil back after stirring.

With a slotted spoon or spatula, transfer the apple quarters to a cooling rack and sprinkle evenly with the fleur de sel (or sea salt flakes). Bring the heat to high and simmer the remaining liquid until it turns into a golden caramel. Remove from the heat.

MAKE THE TART

Preheat your oven to 430 degrees F. with a rack in the middle.

Take the crust out of the fridge, transfer it to a lightly floured working surface, and roll it out to a 12-inch circle.

When cool enough to handle with your fingers, place the apple quarters back into the skillet, in the caramel, in a circular pattern, with the rounded sides facing

Cover with the crust and tuck the edges of the crust into the pan. Poke four tiny holes into the crust with a knife, to allow the steam to escape while baking.

Bake for 10 minutes in the preheated oven. Turn the oven temperature down to 375 degrees F and bake for 20 more minutes, until the crust is golden.

Transfer the tart to a cooling rack for 5 minutes, then flip it upside down onto a serving plate. Use oven gloves or kitchen towels to protect your hands when you flip the tart as some remaining juice may still spill from the side of the skillet. Do not wait any longer than 5 minutes before you flip it, or else the caramel will harden and the apples will remain stuck to the bottom of the pan.

Serve warm, with a dollop of crème fraiche on top, or chilled.

SECRET INGREDIENT

Consider the Anchovy

CRYSTAL SHI

n this series, we ask chefs about the secret ingredients they love, and how you can use them at home. Here, two cases for anchovies: Brooklyn-based cooking school founder Laura Scheck uses oil-packed fillets as a quick-fix umami bomb; while chef and food blogger Cathy Roma turns to anchovy pastehomemade or from a tube–for an even faster route to flavor.

FROM A CAN

LAURA SCHECK

Chef and founder, Teaching Table **New York City**

SECRET INGREDIENT

Anchovies packed in olive oil. In an Italian-American household, I grew up eating anchovies all the time. My grandfather would add them to pasta dishes, my mom served whole fillets on antipasto platters at big holiday dinners, and my dad makes a killer Caesar salad using the tiny little bone-filled buggers! We also, of course, put them on our pizza.

As an adult and chef, I re-discovered them because I often challenge myself to use the contents of my pantry instead of shopping for more groceries. I discovered a few cans of anchovies hiding among the spice jars, and was even "gifted" some unopened cans by friends who bought them and decided not to use them. I find myself adding them whenever I can to a dish.

The most significant element that anchovies adds to a dish is saltinessbut it is more than just salt. It's an umami flavor bomb. The bonus is that anchovies provide a ton of nutrition, such as protein, omega-3 fatty acids, calcium, magnesium, iron, and vitamin D. They're also an easy pantry staple that can make a dish complete, so if you haven't been grocery shopping and don't have any other perishable proteins on hand, but you have a can of anchovies and pasta, you have dinner practically ready in 10 minutes.

HOW TO USE IT

My favorite ways to use anchovies include in dressings for salads and roasted vegetables; mashed into a bread crumb mixture to top a grain dish or piece of chicken; or in pasta dishes, like my favorite linguine with anchovy, garlic, panko bread crumbs, crushed red pepper, capers, parsley, and lemon.





1 head romanesco (if unavailable, this will be equally delicious with cauliflower)

SERVES 2 AS A MAIN DISH, OR 4 TO 6

8 garlic cloves, peeled

AS A SIDE OR APPETIZER

1/4 cup extra virgin olive oil, divided Kosher salt

1/4-1/2 teaspoon crushed red pepper flakes

1 lemon

1 (2-ounce) can anchovies in olive oil

1 tablespoon Dijon mustard

1/4 teaspoon freshly ground black pepper, plus more to taste

1/4 cup grated Romano cheese (optional) 1 tablespoon chopped fresh parsley

1/4 cup toasted garlic herb bread

crumbs or croutons (see Notes) Preheat the oven to 375 degrees F. Remove the stem and leaves from the head of romanesco and discard. Slice

the head of romanesco into 1-inch planks. It's okay if florets fall from the core. You're not looking for romanesco "steaks," but rather just attempting to use as much of the romanesco as possible, including its core. You should have a mix of planks or "steaks" and

Toss the romanesco and garlic cloves with 2 tablespoons of the olive oil, a few pinches of kosher salt, and the crushed red pepper flakes, and spread out onto a sheet pan.

browned, turning occasionally.

Roast for 30-35 minutes or until

While the romanesco is roasting, make

your dressing. Zest the lemon and set it aside. Squeeze the juice into a large wooden bowl.

ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISE

Roughly chop the anchovies. Set aside a portion, approximately 1 fillet per person. Add the remaining chopped anchovies and oil from the anchovy can to the wooden bowl. Add the dijon mustard and 1/4 teaspoon freshly ground black pepper. Using the back of a wooden spoon, mash the anchovies into the lemon juice and Dijon until well incorporated. Add more freshly ground black pepper to taste and olive oil to thicken if needed.

Remove roasted romanesco from the oven, drizzle and brush about half of the dressing onto the romanesco. Return to oven and roast an additional 5-10 minutes.

Add the lemon zest and cheese (if using) to the bowl with the remaining dressing.

Toss the roasted romanesco and garlic cloves with the remaining dressing. Serve topped with reserved anchovy pieces, chopped parsley, and toasted bread crumbs or croutons.

NOTES

To make toasted garlic herb bread crumbs, I took about 1 tablespoon of herb garlic butter from my freezer stash and added it to a hot pan. Once it started to melt, I added about 1/4 cup of breadcrumbs and sautéed on medium heat, stirring constantly, until toasted.

You may choose to whisk a runny egg yolk into the dressing, as in a traditional Caesar salad, but I've made it with and without the yolk and didn't find much difference, so save yourself the step or top your finished dish with a soft boiled or poached egg.

Recipe by Laura Scheck of Teaching Table

Pear tarte Tatin. Onion tarte Tatin.

A tarte Tatin is best made with fruits or vegetables that are in season. For other sweet variations, choose fruits that can hold their shape and that aren't overly juicy or soft-that means no ripe peaches, raspberries, or blueberries. Great options include quinces (quartered), firm Anjou or Bosc pears (quartered), and rhubarb stalks. These can be cooked in a skillet until tender, just like the apples.

VARIATIONS, SWEET OR SAVORY

Bananas (sliced), pineapple (sliced), or figs (halved) are tender enough to be directly arranged onto the caramel and covered with the pastry, with no prior cooking.

For savory variations, pearl onions (whole), endives (halved), fennel (sliced), and firm tomatoes (sliced) are my favorites. Skip the caramel and simply pan-sear the vegetables in the skillet with two or three tablespoons of balsamic vinegar until slightly tender. Add another savory twist by spiking the dough with dry herbs (1 tablespoon of dried rosemary or thyme) and/or inserting slices of brie or goat cheese on top of the vegetables before covering them with the pastry.

Audrey Le Goff is a French food writer, photographer, and creator of the food blog Pardon Your French, where she shares recipes and stories from her beloved home country, France. She is the author of the cookbook "Rustic French Cooking Made Easy" (2019). She currently lives in Niagara, Canada.

FROM A TUBE

CATHY ROMA

Chef and owner/blogger, What Should I Make For South Orange, New Jersey

SECRET INGREDIENT

Anchovy paste (seriously!). Anchovy paste is a piquant paste made of anchovies, olive oil, and salt, blended until smooth. It comes conveniently in a tube (or you can easily make your own) and stores for months in the refrigerator.

I came upon anchovy paste when I wanted to add anchovies to my classic Caesar dressing, but not overwhelm my guests with an overly fishy flavor. You can add just a squeeze for a pop of flavor, or a bigger spoon for anchovy lovers.

Anchovy paste adds depth and umami to stews, soups, and dressings. It's the secret ingredient in my beef stew and ultimate macaroni and cheese (the kids won't be any the wiser) and brings a depth of flavor to homemade Caesar dressing without tasting fishy. A little goes a long way, and it will make a believer out of even the most anchovy-averse. Promise!

You can find anchovy paste in just about any grocery store, on the shelf by the canned tuna or sometimes near tubes of tomato paste. It's readily available and only needs to be stored in the refrigerator after opening.



EASY CAESAR DRESSING

1 tablespoon Dijon mustard

2 tablespoons parmesan cheese

2 tablespoons sherry

1 teaspoon grated lemon zest

1 tablespoon freshly

squeezed lemon juice 2 teaspoons

anchovy paste 1/3 cup mayonnaise

1/2 teaspoon kosher

salt

1/4 teaspoon freshly ground black pepper

1/3 cup extra virgin olive oil



CATHY ROMA

Whisk all ingredients except olive oil together in a small bowl, and then add the oil in a steady stream while continually whisking. Alternatively, the dressing can be blended in a food processor. Store in an airtight container in the refrigerator for several days.

Recipe by Cathy Roma of What Should I Make For

Clara Schumann, circa 1850, in a photograph by Franz Hanfstaengl.



CLASSICAL MUSIC

A life of Love, Loss, Marriage, and Above All, Marriage, and Above All, Marriage, and Above All,

Admiring the great pianist Clara Schumann

LORRAINE FERRIER

eptember marked the 200th anniversary of the birth of Clara Schumann, a woman well known to musicians, but perhaps less

known to most of us.

The 19th-century German pianist Clara Schumann (1819–1896) is foremostly remembered as an exceptional pianoforte performer. In 1830, at the age of 11, she made her concert debut with the famous Leipzig Gewandhaus Orchestra conducted by

conducted by
Felix Mendelssohn—a great
start to an illustrious career
that spanned
some 60 years.
Clara's final public performance was in 1891, when
she was in her 70s.

Clara's life was full. Besides being a pianist, she was a celebrated composer, piano teacher, and music editor. Married to composer Robert Schumann, she mothered their eight children, as well as edited, arranged pieces for piano, and then performed her husband's compositions. After

his death, she continued to contribute to his legacy.

Hermarriage to Schumann was full of mutual admiration, love, and loss. Four of their children died before she did. One of her sons suffered mental health problems. And all along, Schumann struggled immensely with his own mental health. Clara was resilient throughout her life and seemed destined for musical fame.

Early Fame

Clara was born on Sept. 13, in Leipzig, Germany, to Friedrich and Marianne Wieck. Clara's father was a sought-after piano teacher who owned a piano and sheet

music store, and her mother was a famous pianist and soprano. Although Clara had two brothers, she was singled out for stardom by her father at an early age.

For the first four years of her life, Clara didn't utter a word; her parents presumed she was deaf. Clara didn't respond to words and seemed completely consumed by her own inner world. Yet music moved



Clara and Robert Schumann in an illustration from "Famous Composers and Their Works," published in 1906. her. At 5 years old, her father taught her music by ear. She wasn't deaf at all; she responded to music but not speech.

Clara's musical education was exceptional. Her father taught her until she was 19 years old; he employed the best music teachers when he couldn't teach her himself. In addition to learning piano and the foundations of music, Clara learned violin, composition, harmony, and orchestration to name a few subjects, and even how to run a music business. Her father took her to see every important drama, opera,

Piano performance was never the same after Clara Schumann.

and concert in Leipzig.

But her father also had a domineering character and was prone to angry outbursts. Clara reflected on his teaching methods in a letter just two years before she died: "He reprimanded me when I deserved it, and in so doing, prevented me from becoming arrogant from the praise the world showered on me."

At 11 years old, after her successful concert debut with the Leipzig Gewandhaus Orchestra, Clara's father took her on tour to France, Germany, and Austria. After a series of performances in Vienna from December 1837 to April 1838, the 18-year-old Clara was awarded Austria's highest musical honor: the Royal and Imperial Chamber Virtuoso.

Robert and Clara

Robert Schumann became Friedrich Wieck's live-in pupil when Clara was 11 years old. Musical admiration turned to love after Clara's 16th birthday. From the outset of their romance, Wieck was against their courting, and he went to great lengths to prohibit their marriage, but to no avail.

Schumann and Clara married a day before her 21st birthday. Schumann bought Clara a joint diary for her 21st birthday, where they would each journal about their day. It was a tradition they kept for several years.

Their marriage appears to be one of mutual respect and devotion. As was the tradition of the time, Clara yielded her career to their marriage.

"I will make you forget the artist, because the wife stands even higher than the artist," Schumann wrote to Clara before they married.

Clara's presence can be felt throughout Schumann's work; he inserted many of her musical quotations in his own works, and she arranged many of his pieces. He also secretly published songs he'd encouraged her to compose, and presented them to her on their first anniversary.

Clara was also the first to play each piece of music that Schumann composed, because he was unable to, much to his frustration. "An evil fate has deprived me of the full use of my right hand, so that I am not able to play my compositions as I feel them," he said in a letter to the landowner and music dilettante Simonin de Sire.

Schumann put his disability down to having been overzealous with playing or writing music. He also had syphilis, which would

explain his bouts of melancholic madness.

Schumann's debilitating bouts of depression meant that Clara had to manage the household and also make money. "You are my right hand and you, you must take care of yourself, so that nothing happens to you," Schumann wrote to Clara.

In 1854, he committed himself to an asylum where he died two years later.

Widowed at 37 years old, Clara took to performing concerts around the world, to provide for her children and grandchildren. She never composed professionally after Schumann died but continued to edit and play his music.

"Performing the art is a big part of my life, it is the air that I breathe!" she wrote to Brahms in 1868.

In 1878, Clara was appointed as a piano teacher at the Hoch Conservatory in Frankfurt until 1892. She died in 1896, teaching music right until the end. Her husband's F-sharp major romance was the last music she heard, played by her grandson Ferdinand, at her request.

Clara's Legacy

Not only did Clara Schumann influence her husband's work, but she also inspired the composer and close friend Johannes Brahms and also the violinist Joseph Joachim, who accompanied her in chamber recitals.

Piano performance was never the same after Clara Schumann. She performed without accompanying musicians, unusual at the time (although Liszt did this too). In her later performances, Clara presented a balanced repertoire of 18th- and 19thcentury music including that of J.S. Bach, Domenico Scarlatti, Beethoven, and Schubert, which was at odds with the normally showy compositions and improvisations often performed in the Romantic era.



Performing the art is a big part of my life, it is the air that I breathe!

Clara Schumann, pianist

She was a core part of the so-called War of the Romantics, a turning point in classical music whereby musicians were divided. Composers such as Liszt and Wagner saw Beethoven as the start of a new kind of music. Clara, along with Brahms, Joachim, and the Leipzig Conservatory believed that Beethoven's music was the pinnacle of classical music perfection.

Clara Schumann, considered one of the greatest pianists of her time, used her talents to serve those she loved. Throughout all the trials and tribulations she endured, she respected her father and his strict classical training, she doted on her husband despite his mental illness, and she supported her children while furthering her husband's legacy. In Robert Schumann, she found not only a husband but also a constant source of inspiration: peer to peer, husband to wife.

Perhaps the two complemented each other perfectly. One wonders what kind of musician either of them would've been without the other.

THE EPOCH TIMES NOVEMBER 21 - 27, 2019



FOOD IS MEDICINE

Amazing Facts About Honey's Healing Power

Research has revealed that this unique food does far more than sweeten

Need a new mouthwash?

Studies have shown

manuka honey, produced

by the flowers of the

manuka plant that grows in

New Zealand and Australia,

is as effective as a common

germicidal mouthwash.

SAYER JI

oney, unlike almost everything else we consume in our diet, was intended solely to be a form of nourishment—albeit, for the bees. Only milk, to my knowledge, shares this singular biological imperative. But honey is far more than a source of sweetness and quick energy within the human diet.

Honey has profound medicinal applications, some of which are as follows.

Feeds Good Bacteria

It is a little-known fact that bees have a diverse population of beneficial lactic acid bacteria (LAB) in their honey crop, which is the bulge between the esophagus and the gizzard of the bee.

In fact, according to newly published research in PLOS, "studies of LAB in all extant honeybee species plus related apid bees reveal one of the largest collections of novel species from the genera Lactobacillus and Bifidobacterium ever

discovered within a single insect and suggest a long (>80 mya) history of association."

Indeed, raw honey feeds good bacteria. It's been experimentally demonstrated in in vitro (petri dish) conditions to increase the number of Lactobacillus acidophilus and Lactobacillus plantarum counts 10 to 100 fold compared with sucrose.

Fights 'Bad' Bacteria

Reports of honey eradicating MRSA infection have been reported in the medical literature for well over a decade.

MRSA, an acronym for methicillin-resistant Sta-phylococcus honey. If y aureus, produces a biofilm which makes it especially resistant to conventional antimicrobial agents.

Honey has been shown to be effective at killing biofilm-associated MRSA isolates from patients suffering from chronic rhinosinusitis. This has also been demonstrated in human research, with a 70 percent effective rate in destroying MRSA in chronic venous ulcers. Moreover, manuka also synergizes with conventional antibiotics, making MRSA bacterial isolates more susceptible to their antibacterial action.

Kills Dental Plaque-Causing Bacteria

Manuka honey, a special honey produced by the flowers of the manuka plant that grows in New Zealand and Australia, was shown at least as effective as the chemical chlorhexidine gluconate, often used in mouthwash, in reducing plaque formation as a mouthwash.

Superior to Pharmaceutical at Killing Herpes

A 2004 study published in the Medical Science Monitor, showed that topical honey was far superior to the drug acyclovir (trade name Zovirax) in treating both labial (lip) and genital herpes lesion.

According to the amazing study, "For labial herpes, the mean duration of attacks and pain, occurrence of crusting, and mean healing time with honey treatment were 35 percent, 39 percent, 28 percent, and 43 percent better, respectively, than with acyclovir treatment. For genital herpes, the mean duration of attacks and pain, occurrence of crusting, and mean healing time with honey treatment were 53 percent, 50 percent, 49 percent, and 59 percent better, respectively, than with acyclovir. Two cases of labial herpes and one case of genital herpes remitted completely with the use of honey. The lesions crusted in three patients with

labial herpes and in four patients with genital herpes. With acyclovir treatment, none of the attacks remitted, and all the lesions, labial and genital, developed a crust.

No side effects were observed with repeated applications of honey, whereas 3 patients developed local itching with acyclovir."

Protective Against Gastric Damage

Honey has been shown to prevent alcohol-, indomethacin- (an NSAID pain-killer) and aspirininduced lesions.

This is just a sampling of the research indicating the profound medicinal value of

honey. If you would like to view the full range of demonstrable health benefits of honey, take a look at GreenMedinfo's page dedicated to the topic which now includes research 120 plus ailments and symptoms that may benefit from its use.

This article is pretty sweet, but our database on honey is even sweeter. Learn more today!

[Editors note: Please view online version for links to studies mentioned throughout the article.]

Sayer Ji is the founder of Greenmedinfo. com, a reviewer at the International Journal of Human Nutrition and Functional Medicine, co-founder and CEO of Systome Biomed, vice chairman of the board of the National Health Federation, and steering committee member of the Global GMO Free Coalition. This article was originally published on GreenMedinfo.com









NATURES MEDICINE

Natural Ibuprofen Alternatives Backed by Clinical Research

Pain medication linked to thousands of cardiovascular disease-related deaths each year

SAYER JI

ith the public's growing awareness of the deadly side effects associated with the regular use of synthetic painkillers like ibuprofen, the need for natural, evidence-based alternatives has never been greater.

People generally think that over-the-counter drugs are safer than physician-prescribed ones. Unfortunately that doesn't hold true for drugs like ibuprofen, consumed at a rate of billions of doses annually, and responsible for thousands of cardiovascular disease-related deaths each year.

Did you know that Merck's blockbuster drug Vioxx caused more than 27,000 deaths and heart attacks between 1999 and 2003? In fact, it was the FDA's own drug safety researcher, David Graham, who blew the whistle on the agency in 2004 at a congressional hearing, estimating that more than 60,000 Americans died as a result of its use, and the FDA's inaction around their well-known side effects.

What does this have to do with ibuprofen? Researchers have known that ibuprofen is at least as dangerous as Vioxx for at least six years. But millions continue to take this drug, daily, without receiving adequate warning.

For more information, you can view Green-

Medinfo's ibuprofen database online. It collates the peer-reviewed research on the link between ibuprofen use and more than 30 different conditions.

Considering the veritable nightmare of adverse effects associated with ibuprofen use, it behooves both the medical profession and the health consumer to find safer alternatives, even if that means going back to the time-tested, multi-culturally validated tradition of herbal medicine.

6 Clinically Validated, Natural Alternatives Worth Considering:

- 1. Arnica: A 2007 study found that arnica, applied topically, was as effective as ibuprofen for relieving symptoms associated with osteoarthritis of the wrist, and with less side effects.
- 2. Ginger: A 2009 study found that ginger was as effective as ibuprofen for pain symptoms associated with difficult menstrual cycles (dysmenorrhea).
- 3. Turmeric: A 2014 study found that turmeric extracts were as effective as ibuprofen for relieving symptoms of knee osteoarthritis.
- 4. Thyme: A 2004 study found that an extract of thyme was as effective as ibuprofen in reducing pain and spasm symptoms associated with difficult menstrual cycles (dysmenorrhea).

- 5. Omega-3 fatty acids: A 2006 study found that omega-3 fatty acid supplementation with fish oil helped neurosurgery patients reduce their need for medications, and experience results consistent with previous research indicating palliative effects at least as effective as ibuprofen.
- 6.Cinnamon: A 2015 study found that cinnamon was as effective as ibuprofen for pain associated with difficult menstrual cycles (dysmenorrhea).

For related research, use the GreenMedInfo databases on natural anti-inflammatories and analgesics. Consider also that ibuprofen isn't the only NSAID with debilitating and even lethal side effects. Learn more about the dangers of this chemical class, including aspirin, on our NSAID database.

Sayer Ji is the founder of Greenmedinfo.com, a reviewer at the International Journal of Human Nutrition and Functional Medicine, co-founder and CEO of Systome Biomed, vice chairman of the board of the National Health Federation, and steering committee member of the Global GMO Free Coalition. This article was originally published on Greenmedinfo.com



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