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QUOTES *In the
News*

“Reputable scientists are beginning to coalesce around the idea that at a minimum, the coronavirus that we’re facing today is the product of a laboratory.”

Rick Fisher, a senior fellow at the International Assessment and Strategy Centre

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“The key point is that you can’t leave here after you’ve entered. Sending you here is to prevent infections [to healthy people] ... Relatives, please don’t enter.”

Anonymous manager of a makeshift coronavirus ‘hospital’ in Wuhan that locals are describing as more like death camps

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“In this region, where there is so much suffering and so much vulnerability and fragility, we simply cannot afford another major shock.”

Mark Lowcock, the U.N.’s top humanitarian official, on the plague of locusts currently spreading throughout East Africa

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“The fall of the Roman Empire and the collapse of ancient Greece were immediately preceded by periods of decadence and indulgence.”

Journalist Ryan Moffatt explores on the link between self-control and a nation’s prosperity

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President Donald Trump arrives to deliver the State of the Union address on Feb. 4, 2020.

TRUMP PRESIDENCY

US Senate Acquits Trump

Senate rejects House charges against the president after 4 months of partisan drama

IVAN PENTCHOUKOV

The Senate voted to acquit President Donald Trump on both articles of impeachment on Feb. 5, ending the third impeachment trial in U.S. history.

The senators voted nearly along party lines to acquit the president of the two charges against him: abuse of power and obstruction of

Congress.

The senators voted 52–48 on the first article of impeachment and 53–47 on the second article.

“The Senate, having tried Donald Trump, president of the United States, upon two articles of impeachment exhibited against him

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The United States Senate was made for moments like this.

Senate Majority Leader Mitch McConnell

STR/AFP VIA GETTY IMAGES



A Chinese woman wears a protective mask as she looks at her mobile phone on a public bus in Beijing, China, on Feb. 11, 2020.

CORONAVIRUS

China Orders Public Transportation, Businesses to Reopen Following Coronavirus Outbreak

NICOLE HAO

Amid worries about the economic impact of halted business activities and lockdown measures following the new coronavirus (COVID-19) outbreak, Chinese authorities have ordered all public transportation, except in the virus ground zero of Hubei Province, to reopen.

It also asked all essential businesses, except in areas with a severe outbreak, to reopen on Feb. 11.

Analysts have expressed concerns that more people interacting in public and at their workplaces—especially with the virus capable of being spread during the incubation period—could spread the virus further.

Continued on A2

CHINA

Citizen Journalist in Coronavirus Epicentre of Wuhan Has Been Detained by Local Police

CATHY HE & FRANK FANG

A Chinese citizen journalist who chronicled desperate scenes from the virus-stricken city of Wuhan has been detained by police, according to his friends.

Fang Bin, a Wuhan resident, has been targeted by local authorities since he started sharing video footage on Chinese social media, taken at hospitals in the city, which has been on lockdown since early January. A video he took recently went viral, showing eight dead bodies inside a funeral home van that was parked near a hospital.

He was taken from his home by local police at roughly 3 p.m. local time on Feb. 10, according to his friends, after local fire department personnel pried open the door. The police also took away several boxes from his home.

Chinese Military Officers Charged With Stealing 145 Million Americans’ Data in Equifax Hack

CATHY HE

U.S. authorities have indicted four members of the Chinese military on charges of hacking the credit-reporting agency Equifax, stealing the sensitive personal information of roughly 145 million Americans and Equifax’s trade secrets, the Department of Justice said.

Continued on A6

AU-CHINA

Australian Research Council Grants \$262 Million for Collaborations with China

KATABELLA ROBERTS

The Australian Research Council (ARC) has given over \$262 million in taxpayer-funded grants over a five-year period to projects involving Chinese organizations, according to information published in the 2019 education portfolio by the Education and Employment Committee.

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STEFAN WERMUTH/AFP VIA GETTY IMAGES



A 5G logo is displayed at a forum hosted by Chinese tech giant Huawei in Zurich on Oct. 15, 2019.

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**Accuracy
& Integrity**

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

Coronavirus Outbreak Puts China’s Alleged Biowarfare Research Under Scrutiny

JOSHUA PHILIPP

News Analysis

The source of the novel coronavirus that has led to the lockdown of 34 Chinese cities, and has now spread to 35 countries outside China, is still unknown.

Initial reports from China claimed the source was a live food market in Wuhan, the capital of Hubei Province, and may have been caused by bats.

Other reports claimed the source may have been the state-run Wuhan Institute of Virology near the market, where the virus may have been leaked from the country’s first top-level “P4” lab, which handles the most dangerous types of pathogens.

The original report making the claim about the P4 lab as a potential source was published by *GreatGameIndia*, a journal on geopolitics and international relations. Other publications, such as *The Washington Times*, followed, with additional claims based on interviews.

While the narrative of the virus coming from the lab hasn’t been debunked, it has been criticized by several news outlets, since some of the connections still aren’t proven.

Regardless of where the coronavirus came from, the attention on the P4 lab has focused a spotlight on the Chinese regime’s alleged biological warfare programs and is raising questions about the nature of the P4 lab in Wuhan.

The main argument against the idea that the Chinese regime has a biological warfare program is the fact that China became a state party to the Biological Weapons Convention (BWC) in 1984, which would forbid it from developing biological weapons.

A brief perusal of official documents and strategies, however, quickly fuels doubt about how closely the Chinese regime has followed the BWC. A U.S. State Department report from August 2019 notes the U.S. assessment that China had an offensive biological weapons program from at least the 1950s to the late 1980s, and despite signing the BWC, “there is no available information to demonstrate that China took steps to fulfill its treaty obligations” to “divert or destroy” any offensive biological weapons it previously developed.

The report also notes that the Chinese regime “engaged during the reporting period in biological activities with potential dual-use applications, which raises concerns regarding its compliance with the BWC.”

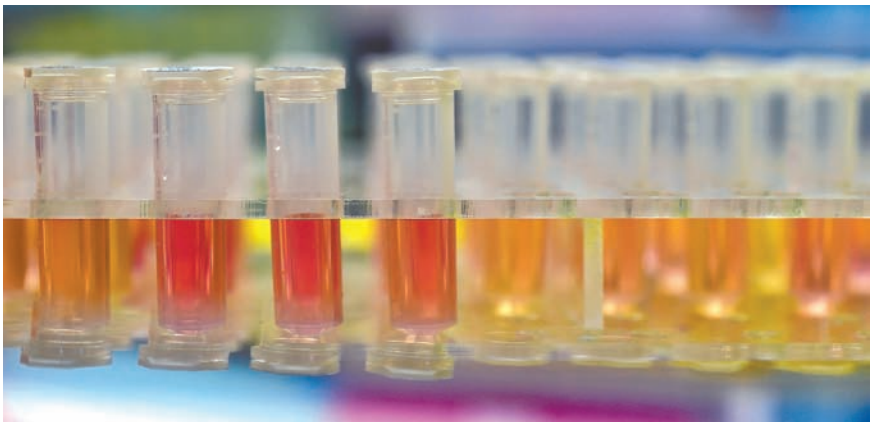
In other words, some research pro-



A medical staff member showing a test tube after taking samples from a person to be tested for the new coronavirus at a quarantine zone in Wuhan, China on Feb. 4, 2020.

They are still disasters—breakdowns—in the process of these laboratories that allowed for these very harmful viruses to leak out into the public and cause extensive, but clearly unnecessary, death.

Rick Fisher, senior fellow at the International Assessment and Strategy Center and an Epoch Times contributor



Vials with samples to be tested for the new coronavirus at “Fire Eye” laboratory in Wuhan in China’s central Hubei province in a photo taken on Feb. 6, 2020.

grams done by the Chinese regime could be used for both peaceful and hostile purposes. The report notes, “Available information on studies from researchers at Chinese military medical institutions often identify biological activities of a possibly anomalous nature ... with potential dual-use applications.”

Rick Fisher, a senior fellow at the International Assessment and Strategy Center and an Epoch Times contributor, said in an interview that U.S. assessments in the government and intelligence communities hold that “China has been developing these weapons all along.”

Fisher noted that it was suspected that biological warfare programs in China were connected to leakages of the SARS virus, following its outbreak in 2002 and 2003, and to a viral outbreak in the late 1980s in Xinjiang.

“They are still disasters—breakdowns—in the process of these laboratories that allowed for these very harmful viruses to leak out into the public and cause extensive, but clearly unnecessary, death,” Fisher said.

The P4 lab in Wuhan has connections to the Chinese military, the People’s Liberation Army. When the U.S.-based company Gilead Sciences recently sent a new drug (remdesivir) to China that could possibly treat the novel coronavirus, the Wuhan Institute of Virology quickly moved to apply for a patent.

In a Feb. 4 statement published on the institute’s website about the patent, the institute notes it conducted research alongside the National Academy of Military Medical Research Institute of Emergency Medicine for Prevention and Control of Drugs. It also notes ties to the Prevention

Engineering Technology Research Center of Military Medical Research Institute, and to the National Institute of Emergency Medicine Control and Engineering Research Center for Military Medical Research.

The Wuhan P4 lab is part of the Chinese Academy of Sciences, which has close ties to the Chinese military in its research programs.

Meanwhile, Chinese military doctrine has identified biological warfare as a key part of the regime’s military strategies—particularly in any war scenarios with the United States. Among the key programs is its Assassin’s Mace (“Sha Shou Jian”) strategy.

Michael Pillsbury, a Pentagon consultant, warned of the strategy in his 2016 book “The Hundred-Year Marathon,” in which he noted the only time China won in a simulated war game with the United States, the China team used the Assassin’s Mace strategy. He wrote, “whenever the China team used conventional tactics and strategies, America won—decisively. However, in every case where China employed Assassin’s Mace methods, China was the victor.”

Fisher said that Assassin’s Mace is designed around using various unconventional weapons in conjunction for a brutal surprise attack, and that “when used at the right time, and targeted against a specific weakness of the enemy, can result in the rapid collapse of that enemy’s military threat.”

He also noted that Chinese military officials haven’t shied away from discussing the use of brutal attacks and weapons, including biological weapons. Some of the statements are so brazen and extreme, however, that many in the U.S. defense analyst community tend to dismiss them.

In regard to rumors about the new coronavirus spreading in China, he noted that while they’re still unproven, they also shouldn’t be written off without some investigation.

“Reputable scientists are beginning to coalesce around the idea that at a minimum, the coronavirus that we’re facing today is the product of a laboratory [and] not the product of some kind of naturally occurring process,” Fisher said.

He said the “developing consensus that this coronavirus is a man-made virus naturally links this to China’s biowarfare capabilities and programs.”

“The world should take this as a very serious possibility, and it should affect our policy and relationships with the People’s Republic of China.”

China Orders Public Transportation, Businesses to Reopen Following Coronavirus Outbreak

CONTINUED FROM A1

Chinese leader Xi Jinping has said the economy needs to be stabilized, and he requested that businesses avoid large-scale layoffs due to the virus outbreak.

Chinese businesses resumed operations on Feb. 10 after an extended Lunar New Year break; private companies in regions under strict quarantine measures remained closed.

Return to Work

China’s State Council, a cabinet-like agency, announced at a Feb. 11 press conference new guidance on which businesses should return to work.

Cong Liang, secretary-general of the National Development and Reform Commission, an agency that issues macroeconomic policies, said: “All businesses related to the national economy and people’s livelihood should return to work immediately. Major projects need to resume as soon as possible.”

He added that other businesses that are “not ready” can be temporarily suspended. Workers in areas with a severe outbreak or those in

It is betting Chinese people’s lives over the economy.

Tang Jingyuan, U.S.-based China affairs commentator and medical doctor

non-essential positions can postpone their return to work.

When a reporter asked what businesses should do if an employee becomes infected with COVID-19, He Qinghua, first-class inspector of the disease control bureau in China’s National Health Commission, said: “If the patient is found at an early stage, we don’t need to shut down the business. We only need to observe the related close contacts.”

He added that if the virus spreads within the company, then the firm should “take some measures,” without elaborating.

In the city of Beijing, authorities also loosened up quarantine measures, amending the rule from allowing limited vehicle traffic on the road, to allowing all private vehicles on weekdays and limited vehicles on weekends.

Meanwhile, Xu Yahua, an official in the country’s Transport Ministry—in charge of railway, road, air, and water transportation—ordered roads nationwide to reopen in order to support businesses that are resuming operations.

He said local authorities wouldn’t be allowed to close

entrances and exits of highways without permission, block provincial main roads or roads in rural areas, nor set up checkpoints at highways or provincial roads.

Xu said all Chinese provinces except Hubei should restore public transportation, including inter-province buses, inter-city buses, and urban subways and buses.

He added that truck drivers who deliver goods to Hubei don’t need to be quarantined at home for 14 days if they show healthy body temperatures and haven’t visited the capital of Wuhan, where the virus first broke out.

But the risk of contagion remains. A 28-year-old worker from Dongya Textile Factory in Suzhou, Jiangsu Province, started to exhibit symptoms on Feb. 7 and was sent to the hospital. More than 200 workers at the factory were placed under quarantine afterward.

Layoffs

The outbreak is already taking a toll on small businesses, hurt from disruptions since late-January after local governments extended the Lunar New Year holidays and urged

people to stay home.

Xinchao Media, which places advertisements in elevators, will cut 10 percent of its workforce, or 500 employees, to “ensure survival,” the company said in a post on its official WeChat account on Feb. 10.

Nie Wen, an analyst from financial firm Hwabao Trust, told Reuters, “It is possible that the virus could result in 2 to 3 million lost jobs in the first quarter.”

In Beijing, only 11,500 restaurants were operational last week, or 13 percent of the total, the Beijing Municipal Market Supervision Bureau said.

Concerns

Quarantine is broadly believed to be the most efficient way to stem the virus from spreading. Other countries’ governments have arranged 14-day or longer quarantines for their citizens repatriated from Wuhan and Hubei Province.

“Lockdown is isolating the virus, and returning to work creates the opportunity for co-workers to be in close proximity with each other,” and thus increase the risk of the virus spreading, said Tang

Jingyuan, a U.S.-based China affairs commentator, who is also a medical doctor.

At the same time, “the Chinese government is in a dilemma. The Chinese economy will collapse if businesses don’t go back to work now,” he said.

For example, Beijing Benz—a joint-venture between Chinese automaker BAIC Motor and German firm Daimler AG—sent a letter on Feb. 6 to the government of Tianjin city, where its factories are based.

In the letter, Beijing Benz said it’s losing roughly 400 million yuan (\$57.42 million) every day due to halted production.

According to Chinese official data, the service sector contributed 53.3 percent of the country’s GDP (gross domestic product) in 2018, while manufacturing contributed 39.7 percent.

Tang believes Chinese authorities are risking the virus’s spread in order to restore economic activity. “It is betting Chinese people’s lives over the economy,” he said.

Reuters contributed to this report.

Scenes from Wuhan’s Makeshift Hospitals for Coronavirus Patients: Like a ‘Death Camp’

NICOLE HAO

“There is no medicine, no medical staff, no hot water, very limited food, no heating, unstable electricity... Please help us!” said one patient who was being confined at a makeshift hospital in Wuhan, where the coronavirus first broke out. In a Feb. 6 video posted onto social media, the patient can be heard saying, “This in fact is a death camp!”

Since Feb. 5, the Wuhan government began sending coronavirus patients with mild or moderate symptoms to these makeshift hospitals—called “fangcang” facilities in Chinese—which have been set up in over a dozen stadiums, school gyms, and exhibition centers across the city.

Since the policy was put in place, more and more patients published videos capturing the scenes at these facilities, where there is a lack of treatment and unsanitary conditions.

Some are on the edge of a mental breakdown, and began to destroy furniture out of frustration and anger. Some even began fighting with each other.

Manager Tells the Truth

In another widely circulated Feb. 6 video, a man introduces himself as the manager of a makeshift hospital.

“I’m the person in charge of this place,” he says to a group of patients and their relatives. “In fact, I can tell you, this is only a quarantine place, not a hospital. No one will take responsibility if something bad happens.”

A relative asks him, “If my mom



Workers set up beds at an exhibition centre that was converted into a hospital in Wuhan in China’s central Hubei province on Feb. 4, 2020. The Wuhan government says the existing venues will be converted into hospitals for patients with mild symptoms of the new coronavirus

I thought I could receive good treatment after entering a hospital. But the result is just the opposite.

An elderly patient says from a makeshift facility set up inside the Hongshan Stadium in Wuhan in a video posted on Feb. 6, 2020.

needs an injection, who can help her?” The manager replies, “We can’t resolve such needs because we don’t have medical equipment.”

One patient asks, “What will happen after I finish my medicine?” The manager answered, “You have to tell your relatives and ask them to bring the medicine here and hand it to the medical staff here. They will then bring the medicine to you.”

The manager repeatedly explained the situation thus: “We have some medical staff, but we don’t have any medical devices. We can’t treat the patients... You need to stay here calmly and be quarantined.”

In the end, the manager told the patients: “The key point is that you can’t leave here after you’ve entered. Sending you here is to prevent infections [to healthy people]... Relatives, please don’t enter.”

Patients Plead for Help

On Feb. 6 early morning, an elderly patient posted a video where she asks for help. She said that around

midnight, she was transferred to a makeshift facility set up inside the Hongshan Stadium.

“Here, there is no bathroom, no medicine, no hot water, no place to wash hands. The only restroom is located outside, which is more than 200 meters [656 feet] away from the building. It’s raining heavily right now,” she said.

“I thought I could receive good treatment after entering a hospital. But the result is just the opposite,” she complained. “Here, it’s full of patients like me. Some have more severe symptoms than me. We must have cross-infected each other.”

The lady said hundreds of patients are staying inside the stadium. Some don’t have a bed and are forced to sleep on a mattress placed on the floor.

“Please save us!” the woman cried. A Wuhan netizen posted photos that her mother took at the Wuhan International Conference and Exhibition Center, which was converted to accommodate hospital beds. The



A patient covers up with a bed sheet to keep warm at an exhibition centre converted to a makeshift hospital in Wuhan, China, on Feb. 5, 2020.

bathrooms strewn with garbage, as no one is cleaning the facility, the netizen wrote in her post.

She added that the exhibition center was very cold; the roughly one thousand patients inside did not have enough clothes and blankets to warm themselves. The electricity also shut down, so patients couldn’t charge their devices.

In another video, patients can be heard coughing heavily, while others could not stand straight. But there were no medical staff who attended to them.

In yet another shared on Feb. 6, an elderly woman is seen kicking chairs and crying for medicine. The video post said the woman became angry because there were no basic supplies and medical staff.

The 2019 Novel Coronavirus (2019-nCov) first broke out in Wuhan, located in central China’s Hubei Province, in early December 2019. Tens of thousands have been infected within China, while dozens of countries are also reporting cases.



An employee wears a protective mask whilst carrying vegetables from trucks at a hospital in Wuhan, China, on Feb. 10, 2020.

Chinese Officials Authorized to Seize Personal Property to Counter Deepening Coronavirus Crisis

EVA FU

Officials from two virus-stricken cities in southern China may now confiscate private property in an effort to combat the coronavirus outbreak that has pushed the country’s health system to the limit.

According to a notice posted on Feb. 11, the city and district level authorities in Guangzhou city can, “when necessary,” “temporarily expropriate” houses, venues, transportation vehicles, and other facilities from companies or individuals.

The government could also ask for relevant organizations to produce or provide disease control equipment or daily supplies, according to the notice.

It noted that the officials carrying out such measures should compensate parties accordingly and return the materials if possible.

On the same day, the city of Shenzhen issued a similar notice authorizing local officials to expropriate supplies, equipment, and venues from the public to fulfill the needs of frontline health workers, provided they return the items or give compensation.

The Shenzhen notice also allowed the government to shut down factories, companies, schools, and limit public gatherings as well as the use of sites that are “susceptible to the outbreak’s harm.”

Heng He, a U.S.-based political affairs commentator, expressed skepticism about such measures. Although similar emergency policies have been utilized in other countries, Heng expressed concern about the regime’s capacity to honor its pledge to provide compensation.

“Doesn’t matter whether this is consistent with the constitutional law, the Chinese Communist Party doesn’t even obey their own laws,” he said.

Heng said the policy appeared to be a new way for Guangdong authorities to “rob riches from the public.”

“Even though they said there will be compensation, a lot of people have experienced such compensation during forced demolition—a lot are symbolic,” he said.

Forced demolition campaigns have been a recurring issue in

China over the past two decades. According to a 2019 report by Beijing Shengting Law Firm, at least 751 complaints were filed from 2014 to 2017 over forced demolitions; and in 43 percent of the cases the officials did not follow any legal procedures.

Heng said that the authorization provided under the notice may enable officials to “profit off the nation’s misfortune.”

Residents in other cities have reported local officials abusing the lockdown rules for profit.

A few citizens in the province of Hebei, who asked to be anonymous, told The Epoch Times local officers have blocked transportation in their neighborhood, and only allowed people to go through if they offer some form of bribery, such as expensive wine.

Some netizens also echoed the same sentiments on Chinese social media.

“Personal properties ... So where should these people go?” One asked. Others also relayed fears that given the authorities’ censorship of the on-the-ground situation, the policy could be a barometer of the outbreak’s severity.

So far, more than 80 cities in China, including Beijing, Shanghai, and Shenzhen, have entered into at least a partial lockdown to prevent further spread of the deadly virus.

Citizens all across China are told to wear masks when going into a public setting, while schools in over a dozen provinces have postponed the new term for the second time in around two weeks.

Around two dozen major international airlines, including United Airlines, Delta Airlines, and American Airlines, have suspended flights to China. American Airlines on Feb. 11 also extended its suspension through to late April, saying it will “make any adjustment if necessary.”

“With 99 percent of cases in China, this remains very much an emergency for that country, but one that holds a very grave threat for the rest of the world,” Tedros Ghebreyesus, chief of the World Health Organization, said in a press conference on Tuesday.

Citizen Journalist in Coronavirus Epicentre of Wuhan Has Been Detained by Local Police

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edge of Fang or his situation.

One of his friends told The Epoch Times he suspected that the internet connection to Fang’s home and cellphone was cut off prior to his detention, because Fang didn’t upload a new video in the morning of Feb. 10. Fang usually uploads a video every morning, saying he’s safe and sound.

This is not the first time he was detained.

On Feb. 1, at around 7 p.m. local time, half a dozen masked men, claiming to be medical officers on duty, broke into Fang’s home to “take his temperature.” They took away two computers and his cellphone. Fang ended up at a local police station.

He was eventually released on Feb. 2 and got his cellphone back.

Fang said in a later video that the police accused him of taking money from “foreign forces” and threatened to place him in quarantine for “creating fear” with his videos.

Chinese state-run media has warned people not to “spread fake information” about the coronavirus, for they could be in violation of Article 291 of China’s Criminal Law.

According to China’s official government website, a section of Article 291 states that anyone found fabricating and spreading false information on an epidemic, disaster, or police activity can be sentenced to three to seven years in prison.

Chinese authorities have used the law to silence people who publish valuable information about the virus, most notably the recent case involving doctor Li Wenliang.

Li, an ophthalmologist, was one of eight doctors who first publicized information about an “unknown pneumonia” outbreak on Chinese social media on Dec. 30, 2019. A day later, the Wuhan Health Commission confirmed the outbreak.

On Jan. 3, Li was summoned to a local police station where he was reprimanded for “rumor-mongering.” He was also forced to sign a

The case of Li Wenliang is a tragic reminder of how the Chinese authorities’ preoccupation with maintaining ‘stability’ drives it to suppress vital information about matters of public interest.

Nicholas Bequelin, regional director at Amnesty International

statement saying he won’t commit any more “unlawful acts.”

Li died of the coronavirus in Wuhan in the morning on Feb. 7, after being diagnosed with the virus five days earlier. He contracted the virus after unknowingly treating an infected person.

Nicholas Bequelin, Amnesty International’s regional director, said Li’s death highlights “human rights failings” in China.

“The case of Li Wenliang is a tragic reminder of how the Chinese authorities’ preoccupation with maintaining ‘stability’ drives it to suppress vital information about matters of public interest,” Bequelin said in a Feb. 7 statement.



Fang Bin in a video posted on Feb. 4, 2020.

MOHAMED NURELDIN ABDALLAH/REUTERS



Sudan's President Omar al-Bashir is seen during a swearing in ceremony of new officials after he dissolved the central and state governments in Khartoum, Sudan, on Feb. 24, 2019.

Sudan to Send Former President al-Bashir for Trial at the Hague for Genocide

CAIRO—A top Sudanese official said Tuesday the country's transitional authorities and rebel groups have agreed to hand over former autocratic President Omar al-Bashir to the International Criminal Court for war crimes, including mass killings in Darfur.

Al-Bashir, who was overthrown by the military last year amid a public uprising, is wanted by the ICC on charges of crimes against humanity and genocide related to the Darfur conflict. Since his ouster in April, he has been in jail in Sudan's capital, Khartoum, on charges of corruption and killing protesters.

Mohammed Hassan al-Taishi, a member of the Sovereign Council and a government negotiator, said the council agreed with rebel groups in Darfur to hand over those wanted by the International Criminal Court to face justice in The Hague. He didn't mention al-Bashir by name.

Since his ouster in April, he has been in jail in Sudan's capital, Khartoum, on charges of corruption and killing protesters.

Al-Taishi did not say when they would transfer al-Bashir and others wanted by the ICC, and the transitional administration would need to ratify the ICC's Rome Statute to allow for the transfer of the former president to The Hague.

He spoke in a news conference in South Sudan's capital, Juba, where the government and rebels hold talks to end the country's decades-long civil war.

In the Darfur conflict, rebels among the territory's ethnic Central African community launched an insurgency in 2003, complaining of discrimination and oppression by the Arab-dominated Khartoum government. The government responded with a scorched earth assault of aerial bombings and unleashed the Janjaweed. Up to 300,000 people were killed and 2.7 million driven from their homes.

Along with al-Bashir, the ICC has indicted two other senior figures in his regime—Abdel-Rahim Muhammad Hussein, who was interior and defense minister during much of the conflict, and Ahmed Haroun, a senior security chief at the time who last month was named by al-Bashir to run the ruling National Congress Party.

From The Associated Press

Iran Unveils New Ballistic Missile With 300-Mile Range

SIMON VEAZEY

Iran unveiled a new short-range ballistic missile on Feb. 9, adding to its arsenal of missiles—the greatest in the Middle East—which it relies on for military muscle.

The Raad-500 missile was announced by Iran's Revolutionary Guards media, as officials said that a satellite named Victory had failed to reach orbit.

Iran's latest home-grown Raad-500 missile has almost double the range—310 miles—of a similar missile, the Fatah-110, according to the military.

The cousin of the Fatah-110, the Fatah-330, also with a 310-mile range, is one of the two missile-types believed to be used in the January attack on U.S. troops at the Al-Assad base in Iraq. That missile attack was retaliation for the killing of Iranian military commander Qassem Soleimani on Jan. 3 by the U.S. military.

Iran's military ambitions are currently clipped by financial constraints and sanctions. Unable to buy the latest military tech from around the world, it primarily relies on proxies, "hybrid warfare," naval power, and missile defense, according to an unclassified Pentagon report published in November 2019. The Pentagon keeps a weather eye on Iran's own missile and rocket development programs, wary of the possibility that the technology could be adapted to carry nuclear warheads.

Iran denies that it has ambitions to develop nuclear weapons.

Its space program is of particular concern since the technology needed to hoist a satellite into space could potentially be converted for use in long-range ballistic missiles.

On Feb. 9, the domestically made Zafar satellite (Farsi for "Victory") fell short of reaching orbit. It was the third consecutive launch failure since the start of 2019. No Iranian satellite has successfully reached orbit in the past four years.

Officials told state media that the satellite was "successfully" launched and went "90 percent of the way," reaching an altitude of 335 miles before losing speed in its final moments.

Iran already has the largest fleet of conventional missiles in the Middle East, which is expected to continue growing in number and accuracy, according to the Pentagon.

The new missile has engines made of composite materials lighter than on earlier steel models, extending



This satellite image shows activity at the Imam Khomeini Space Center in Iran's Semnan province on Feb. 4, 2020.

The Raad-500 missile was announced by Iran's Revolutionary Guards media, as officials said that a satellite named Victory had failed to reach orbit.



The Imam Khomeini Space Center in Iran's Semnan province on Feb. 4, 2020.

the range, according to Iran. It also contains that same terminal precision capability demonstrated during the attack on the U.S. air base in January, according to Defense Update.

That attack followed the Jan. 3 drone strike on Gen. Qassem Soleimani, the head of the Islamic Revolutionary Guard Quds Force, which the United States has designated as a terrorist organization.

Iran responded to Soleimani's death by announcing it would no longer abide by the terms of the international deal aimed to curb its nuclear ambitions, known as the Joint Comprehensive Plan of Action (JCPOA). Iran has breached the terms of the deal a number of times over the years.

President Donald Trump withdrew the United States from the

pact in 2018.

Iran's military spending rose after the implementation of the Iran Nuclear Deal in 2014 but fell last year for the first time after the Trump administration pulled out and imposed oil sanctions.

Measured with the exchange rate, Iran's military spending was around \$13 billion in 2019, as quoted by the DIA report. However, one analyst previously told The Epoch Times that the figure is potentially misleading.

Using calculations that account for local spending power and lower local wages, Richard Connolly says Iran's spending is closer to nearly \$50 billion—a figure close to the military spending of countries such as the UK and France.

Reuters contributed to this report.

US Strikes Al-Shabaab in Somalia, Wounding 2 Terrorists

ZACHARY STIEBER

The United States and the Somali government coordinated to launch two air strikes against al-Shabaab, an al-Qaeda affiliate, the U.S. military said on Saturday.

The air strikes targeted terrorists and a compound in the vicinity of Jilib on Feb. 6. Initial assessments released on Feb. 8 concluded that an al-Shabaab facility was severely degraded and two al-Shabaab terrorists were wounded.

"Airstrikes are one way we help prevent al-Shabaab from building a safe haven to plan deadly attacks against the U.S. homeland and East African partners," said U.S. Marine Corps Brig. Gen. Bradford Gering, deputy director of operations for U.S. Africa Command, in a statement.

"We currently assess no civilians were injured or killed as a result of these airstrikes," U.S. Africa Command said.

The United States began ramping up engagement in Somalia last year, conducting 72 air or

drone strikes against al-Shabaab, according to the Armed Conflict Location and Event Data Project, a U.S.-based nonprofit. That marked a 24 percent increase from 2018 and a nearly 200 percent increase from 2016.

Al-Shabaab attacked the Kenyan Defense Force Military Base in Manda Bay, Kenya, on Jan. 5, killing an American soldier and two U.S. contractors. Kenyan and U.S. forces fought back, killing four al-Shabaab terrorists and repelling several dozen other militants.

"The attack at Manda Bay demonstrates that al-Shabaab remains a dangerous and capable enemy," U.S. Army Gen. Stephen Townsend, U.S. Africa Command commander, said in a statement after the attack. "They are a menace to the people of East Africa and U.S. national interests there and their sights are set on eventually attacking the U.S. homeland. It is important that we continue to pursue al-Shabaab and prevent their vision from becoming a reality."

The United States, in coordination with the Somali government, conducted an airstrike targeting al-Shabaab in Qunyo Barrow on Jan. 16, the first strike since Dec. 31. That strike killed two terrorists.

Another strike was carried out three days later near Bangeeni, killing three militants. And another strike carried out in the vicinity of Jilib on Jan. 27 killed one terrorist, according to U.S. Africa Command.

Another strike against al-Shabaab in the same area took place on Feb. 2, killing one terrorist. And, in coordination with the Somali government, a Feb. 4 strike by the United States in the Beer Xaani area killed one terrorist.

William Gayler, a U.S. Army major general and director of operations for the command, said earlier this month that "removal of even one terrorist makes the region and the U.S. safer."

The command has said that no civilians were injured or killed

as a result of the strikes and said they're complying with the principles of the Law of Armed Conflict to protect civilians.

Some locals have said that some civilians were injured or killed by some of the recent strikes. Mohamed Osman Abdi, a Somali journalist, said that one strike in Jilib killed his brother-in-law's daughter and injured others.

According to a 2019 Amnesty International report 14 civilians were killed and eight others have been injured in U.S. strikes in Somalia. The U.S. military said in April 2019 that a woman and child were killed by a drone strike in Somalia in April 2018 after initially stating the allegations by Amnesty weren't substantiated.

The strikes came as Somalia forces are scheduled to take the lead on security in the country in 2020. The United Nations' African Union Mission in Somalia currently leads the security after a mandate extended their deployment but reduced personnel by 1,000 last year.

Africa Locust Invasion Spreading, May Become ‘Devastating Plague,’ UN Warns

JACK PHILLIPS

A United Nations official warned that an outbreak of tens of millions of locusts is spreading throughout East Africa and is ravaging its vital farmland, putting the lives of millions of people at risk.

The U.N.’s top humanitarian official, Mark Lowcock, said swarms of the insects crossed into Uganda overnight. And now, South Sudan and Tanzania, he said, are “on the watch list.”

“In this region, where there is so much suffering and so much vulnerability and fragility, we simply cannot afford another major shock. And that’s why we need to act quickly,” Lowcock said Feb. 10, according to a U.N. news release. “We do have a chance to nip this problem in the bud, but that’s not what we’re doing at the moment. We’re running out of time.”

At the same time, the locusts are putting a strain on an already hard-hit region, according to the inter-governmental organization. Sudan and Somalia faced famine threats in 2017, and in the past two years, droughts, poor rains, and even floods have affected communities in the region.

Such conditions, the U.N. official argued, create “the environment to facilitate the current locust outbreak.”

And across the region, the swarms have the potential “to be the most devastating plague of locusts in any of our living memories if we don’t reduce the problem faster than we’re doing at the moment,” he said, according to NBC News.

Keith Cressman, the U.N. Food and Agriculture Organization’s senior locust forecasting officer, provided an update on the swarms



Young desert locusts that have not yet grown wings cover the ground in the desert near Garowe, in the semi-autonomous Puntland region of Somalia on Feb. 5, 2020.

In this region, where there is so much suffering and so much vulnerability and fragility, we simply cannot afford another major shock.

Mark Lowcock, U.N. humanitarian official

in Kenya, adding that they have emerged from the Horn of Africa since the start of 2020.

“Over the weekend, they moved on the side of Mount Kilimanjaro across the border into Tanzania,” he said at the organization’s headquarters in New York City, reported The Associated Press. “Also over the weekend they moved into north-eastern Uganda,” he added. “We’re expecting, any day, they will move across the border into the southeast corner of South Sudan.”

To combat the swarms, Ugandan authorities said they have transported pesticides to affected areas. Thousands of people have been mobilized.

“We are using motorized sprayers, a drone, and manual sprayers,” Stephen Byantwale, the commissioner for crop protection at the ministry of agriculture, told The Guardian. “They [locusts] are spreading like wildfire, so they are a real, major threat.”

Locusts are a collection of several

species of short-horned grasshoppers in the family Acrididae. The insects are generally solitary but under some conditions, they can become abundant and swarm.

Throughout human history, locusts have formed plagues and are mentioned by ancient Egyptians, in Homer’s “The Iliad,” by ancient Chinese historians, and in other sources. More famously, locusts are mentioned numerous times in the Bible, including in Revelation, Exodus, and in other books.



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US Senate Acquits Trump

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by the House of Representatives, and two-thirds of the senators present not having found him guilty of the charges contained therein: it is, therefore, ordered and adjudged that the said Donald John Trump be, and he is hereby, acquitted of the charges in said articles,” said Chief Justice John Roberts, who presided over the trial.

None of the Democrats voted to acquit the president on either article. Sen. Mitt Romney (R-Utah) broke with his party to vote to convict Trump of abuse of power.

“The president is guilty of an appalling abuse of public trust,” Romney said on the Senate floor before the final vote. “What the president did was wrong, grievously wrong.”

Romney and Sen. Susan Collins of Maine were the only Republicans to vote in favor of calling additional witnesses in the days before the final vote. Collins voted to acquit the president on both articles of impeachment.

“This decision is not about whether you like or dislike this president,” Collins said before the vote.

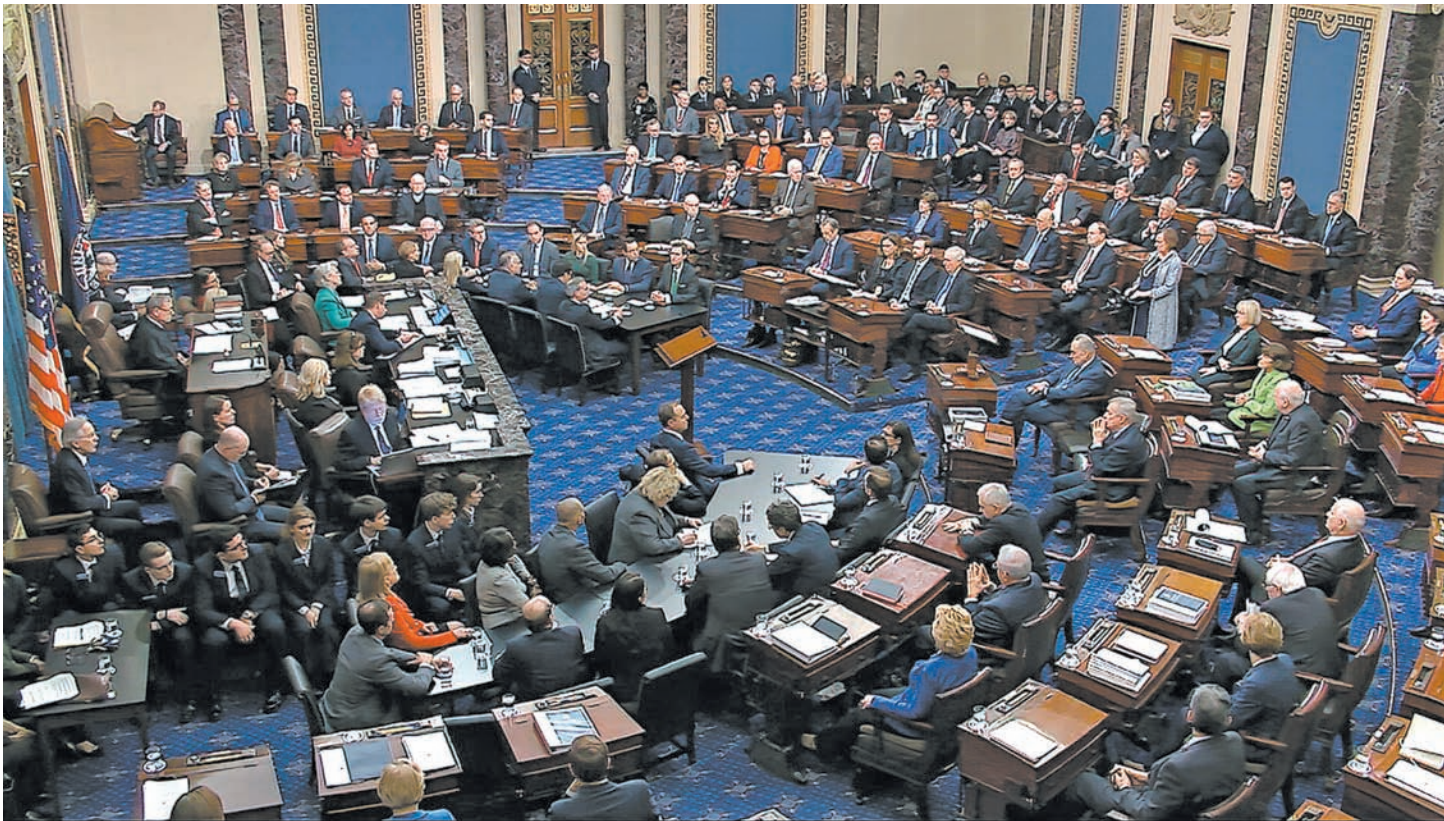
The Senate’s vote capped off four months of proceedings that began with an announcement by House Speaker Nancy Pelosi on Sept. 24, 2019. Following a rapid inquiry in the House, Democrats impeached the president in a partisan vote on charges of abuse of power and obstruction of Congress.

“The United States Senate was made for moments like this,” Senate Majority Leader Mitch McConnell (R-Ky.) said on the floor of the Senate before the final vote. “The Framers predicted that factional fever might dominate House majorities from time to time. They knew the country would need a firewall to keep partisan flames from scorching our Republic.”

Acquittal in the trial was all but assured with Republicans holding a 53–47 majority in the Senate; a supermajority of 67 votes on each article was needed to convict.

In a speech before the vote, Senate Minority Leader Chuck Schumer (D-N.Y.) accused the Republicans of covering up for the president.

“The House managers established the president abused the great power of his office to try to cheat in an election and the Senate majority



Senators vote on the first article of impeachment during the trial against President Donald Trump in the Senate at the U.S. Capitol on Feb. 5, 2020.

This decision is not about whether you like or dislike this president.

Sen. Susan Collins

is poised to look the other way,” Schumer said.

During the Senate trial, Democratic impeachment managers accused Trump of abusing the power of his office by pressuring Ukraine to investigate his political rivals, including former Vice President Joe Biden. The Democrats alleged the president leveraged a hold on \$400 million in aid to Ukraine to pressure Ukrainian President Volodymyr Zelensky to do his bidding and that once Congress began investigating the alleged scheme, Trump obstructed the inquiry.

Trump’s attorneys, led by White House counsel Pat Cipollone, argued that the Democrats failed to prove their case, highlighting the lack of firsthand witnesses who could back up the claims.

Throughout the impeachment inquiry and Senate trial, Trump denounced the proceedings as a partisan “hoax.” The president has pointed to the transcript of his July 25, 2019, call with Zelensky as the ultimate evidence of his innocence.

On the call, Trump asked Zelensky to “look into” the firing of Ukraine’s top prosecutor, Viktor Shokin. Two weeks before Shokin was pressured to submit his resignation, his office had seized the assets of Mykola Zlochevsky, the owner of Ukrainian gas giant Burisma. At the time, Hunter Biden, Joe Biden’s son, held

a lucrative position on the board of directors of Burisma. Joe Biden has since bragged, on multiple occasions, that he forced Shokin’s firing by threatening to withhold \$1 billion in aid to Ukraine.

While Joe and Hunter Biden have denied any wrongdoing, Hunter Biden admitted he exercised poor judgement by joining the board while his father was vice president. Joe Biden on Feb. 2 also conceded when asked during an interview with NBC’s “Today Show” that it was a “bad image.”

“Yeah. And my son said that,” Biden said.

Former national security adviser John Bolton added a twist to the trial when claims from his unpublished book were leaked to the press. In the book, Bolton reportedly claimed to have firsthand knowledge of Trump’s involvement in the alleged campaign to pressure Ukraine.

Democrats abandoned their pursuit of Bolton’s testimony during the House inquiry, but revived the calls after the contents of the book were leaked. Republicans rejected calling on Bolton and other additional witnesses.

The rationale for the Republicans who voted “not guilty” mainly fell in two categories. Some said the Democrats failed to prove their case, while others argued that even

if the case was proven, the charges brought were not impeachable.

Trump didn’t mention the impeachment during an optimistic State of the Union address on the night before the acquittal vote. In a sign of how impeachment widened the schism between the two parties, Trump didn’t shake Pelosi’s outstretched hand prior to the speech. As Trump concluded his address, Pelosi ripped up a copy of the president’s prepared remarks.

The president’s acquittal comes two days after the first 2020 presidential primary contest in Iowa. The Democrats alleged that Trump’s overture to Ukraine constituted an attempt to interfere in the 2020 election. While Trump scored a handy victory in Iowa on Feb. 3, Iowa Democrats were yet to report on the final results of the caucuses by the time Trump was acquitted on the afternoon of Feb. 5. Party officials blamed the delay on problems with a mobile app used to report caucus results.

Trump’s approval rating, which has fluctuated in the mid- to low-40s, hit a new high of 49 percent in the latest Gallup polling, which was conducted as the Senate trial was drawing to a close. The poll found that 51 percent of the public views the Republican Party favorably, the first time the GOP’s number has exceeded 50 percent since 2005.

Chinese Military Officers Charged With Stealing 145 Million Americans’ Data in Equifax Hack

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ment of Justice (DOJ) said on Jan. 10.

The breach into Equifax in mid-2017 was one of the largest hacks on record, and exposed Americans’ sensitive financial records, Social Security numbers, and driver’s license data.

A federal grand jury in Atlanta returned a nine-count indictment last week that accused four members of the People’s Liberation Army (PLA) of engaging in a hacking operation that involved exploiting a vulnerability in Equifax’s online dispute portal.

“This was a deliberate and sweeping intrusion into the private information of the American people,” said U.S. Attorney General William Barr in a press release.

Wu Zhiyong, Wang Qian, Xu Ke, and Liu Lei were members of the PLA’s 54th Research Institute, a unit of the Chinese military, the DOJ stated.

Allegations

The hackers spent weeks in the system, uploading malicious software and stealing



U.S. Attorney General William Barr announces the indictment of four members of China’s military on charges of hacking into Equifax Inc. and stealing data from millions of Americans in Washington on Feb. 10, 2020.

login credentials to carry out their theft, Barr said at a Feb. 10 press conference.

Prosecutors allege that the hackers ran about 9,000 queries on Equifax’s system to search for sensitive personal data, and managed to obtain names, birth dates, and Social Security numbers for about 145 million Americans—almost half of all U.S. citizens.

They also routed traffic through 34 servers in nearly 20 locations in order to hide their links to China, the department said.

The indictment also charges the hackers with theft

of Equifax’s trade secrets, namely its data compilations and database designs.

The announcement came after a two-year investigation, Barr said.

Equifax CEO Mark Begor said the company was grateful for the federal investigation.

“It is reassuring that our federal law enforcement agencies treat cybercrime—especially state-sponsored crime—with the seriousness it deserves,” he said in a Feb. 10 press release.

In the aftermath of the cyberattack, Equifax has agreed to pay up to \$700 million to settle claims by harmed customers.

The controversy also led to the departure of its then-CEO Richard Smith and several congressional hearings into the company’s delayed disclosure of the breach and its cybersecurity practices.

Sen. Ben Sasse (R-Neb.), a member of the U.S. Senate Select Committee on Intelligence, denounced the Chinese regime’s role in the hack.

“The Chinese Communist Party will leave no stone unturned in its effort to steal

and exploit American data,” he said in a Feb. 10 statement.

“These indictments are good news, but we’ve got to do more to protect Americans’ data from Chinese Communist Party influence operations.”

Hacking Campaigns

The Equifax breach, Barr said, was one among a range of Chinese state-backed hacking operations aimed to steal sensitive personal information from Americans.

These include the 2014 hack of the U.S. Office of Personnel Management (OPM), which resulted in the theft of around 23 million records of federal employees; the 2014 hack of Marriott Hotels, which exposed the personal information of up to 500 million customers; and the 2015 breach of U.S. insurer Anthem, which affected a computer system containing data on nearly 80 million people.

“This data has economic value, and these thefts can feed China’s development of artificial intelligence tools as well as the creation of intelligence-targeting packages,” Barr said at the press conference.

ence.

The OPM data breach involved exfiltrating personal data submitted by applicants for U.S. government security clearances. This included the names, Social Security numbers, and addresses of more than 22 million current and former federal employees and contractors, as well as 5.6 million fingerprints.

Previous reporting by The Epoch Times revealed that the Chinese regime was using stolen information from the OPM hack and other breaches to build a massive database on Americans, and using it for the purpose of political and economic espionage.

State-sponsored hackers have also targeted foreign companies to steal trade secrets, Barr noted.

For instance, in December 2019, the DOJ charged two Chinese nationals working for the regime’s top intelligence agency, the Ministry of State Security, over an extensive hacking campaign targeting U.S. government agencies and private companies in the United States and at least a dozen other countries.

Trump Pledges to Protect Religious Freedom at Prayer Breakfast, Speaks Out Against Impeachment Trial

BOWEN XIAO

President Donald Trump vowed to protect religious liberty, at the 68th national prayer breakfast in Washington, using his first public remarks since the Senate acquitted him a day earlier to also speak out against the impeachment trial.

As he walked onto the stage, Trump held up two different newspapers that bore the word “acquitted” on the front.

Sitting just a table away was House Speaker Nancy Pelosi (D-Calif.), who also gave remarks. The night before, as the president wrapped up his State of the Union address, Pelosi had pointedly torn up a copy of the speech, telling reporters later the document “was a manifesto of untruths.”

Other attendees included Cabinet officials, members of Congress, Vice President Mike Pence, and his wife, Karen Pence.

“We come together as one nation, blessed to live in freedom, and grateful to worship in peace,” Trump said at the annual breakfast held in Washington.

The president then spoke about the impeachment inquiry and trial, which have dominated American politics and media headlines since September.

“My family, our great country, and your president have been put through a terrible ordeal by some very dishonest and corrupt people,” Trump said. “They have done everything possible to destroy us, and by so doing, very badly hurt our nation. They know what they are doing is wrong, but they put themselves far ahead of our great country.”

Trump said Republicans had the “fortitude and strength to do what everyone knows was right.”

He also made an apparent dig at Pelosi, who said in September that she was praying for the president “all the time” in an interview days after announcing that the House was starting its impeachment inquiry.

“I don’t like people who use their



L: President Donald Trump holds up a newspaper during his victory speech a day after being acquitted of two articles of impeachment, at the White House on Feb. 6, 2020.

R: Speaker of the U.S. House of Representatives Nancy Pelosi rips a copy of President Donald Trump’s speech after he delivers the State of the Union address at the Capitol in Washington on Feb. 4, 2020.

In everything we do, we are creating a culture that protects freedom, and that includes religious freedom.

U.S. President Donald Trump

faith as justification for doing what they know is wrong. Nor do I like people who say, ‘I pray for you,’ when they know that’s not so,” he said.

Trump dedicated many of his remarks to reiterating that he, his administration, and America will always protect the right to faith.

“In everything we do, we are creating a culture that protects freedom, and that includes religious freedom,” he said.

“In America, we don’t punish prayer, we don’t tear down crosses, we don’t ban symbols of faith, we don’t muzzle preachers, we don’t muzzle pastors. In America, we celebrate faith, we cherish religion, we lift our voices in prayer, and we raise our sight to the glory of God.”

Toward the end of his remarks, the president received a standing ovation when he spoke about construction on the Mount Pleasant church—one of three African American churches that were set on fire in Louisiana by arsonists.

He said: “In the wake of such shocking evil, America witnessed

the unshakable unity, devotion, and spirit of Reverend Toussaint and his entire highly spirited, beautiful congregation. Families quickly came together in prayer. Soon, people from all across Louisiana came to help any way they could. Americans in all 50 states and 20 different countries heard about it and they donated more than \$2 million to help rebuild Mount Pleasant.”

House Minority Leader Kevin McCarthy (D-Calif.), Pelosi, and others seated at the long tables surrounding the podium also stood up and clapped during that moment.

Pelosi, who spoke before the president, asked for prayers for religious minorities who were persecuted for their faith.

“Let us pray that we never become immune to the atrocities that continue to challenge the collective conscience of our shared humanity,” she said.

On Feb. 5, senators voted along party lines to acquit the president of the two charges against him: abuse of power and obstruction of Congress. Only Sen. Mitt Romney

(R-Utah) voted with Democrats to convict on abuse of power.

After the breakfast event, Pelosi took the opportunity to provide a detailed rationale for why she tore up a copy of Trump’s prepared State of the Union remarks in her weekly press conference.

She told reporters that the president had lied to the American people. “It was, in my view, a manifesto of mistruths, of falsehoods, blatantly, really dangerous to the well-being of the American people if they believed in what he said,” she said. “So again, we do not want the chamber of the House of Representatives to be used as a backdrop of his reality shows with unreality in his presentation.”

Following the prayer breakfast, Trump spoke at the White House about the failed impeachment effort against him.

“We did nothing wrong,” he said. “It started from the day we came down the elevator ... and it never really stopped. We’ve been going through this now for over three years.”

Pelosi, Schiff Claim Trump Is Retaliating Against Impeachment Witnesses

JACK PHILLIPS

House Speaker Nancy Pelosi (D-Calif.) and House Intelligence Committee Chairman Adam Schiff (D-Calif.) accused President Donald Trump of retaliating against an impeachment witness, Lt. Col. Alexander Vindman, who was dismissed from his job at the National Security Council last week.

In a statement on Feb. 7, Pelosi said it was a “clear and brazen act of retaliation.”

“Vindman has proven to be an American patriot: on the battlefield, when he earned a Purple Heart, and in the House trial, when he spoke truth to power. His brave testimony showed America that right still matters,” Pelosi said.

Schiff, one of the key Democratic leaders in the push for the impeachment of Trump, echoed Pelosi’s claims and wrote that Trump “is exacting his retribution” on a witness “who complied with subpoenas.”

He repeated impeachment inquiry allegations that Trump “believes he is above the law.”

During a public impeachment inquiry hearing, Vindman said it was “inappropriate” for Trump to have asked Ukrainian President Volodymyr Zelensky during a July 25 phone call to look into Joe and Hunter Biden. Vindman said he listened on the call, as it was part of his job. Both Zelensky and Trump said their conversation was fine.

“I couldn’t believe what I was hear-

Speaker of the House Nancy Pelosi (D-Calif.), and Rep. Adam Schiff (D-Calif.), House intelligence chairman, hold a press conference about the impeachment inquiry of President Trump, at the Capitol in Washington on Oct. 2, 2019.

Everyone was in the loop. It was no secret.

Gordon Sondland, U.S. ambassador to the European Union in his testimony to the House Intelligence Committee



ing,” he testified to a Democratic-controlled House panel.

During the hearings in November, his boss, Tim Morrison, the National Security Council’s senior director for European affairs, said that multiple other officials had cast doubt on Vindman’s judgment. Morrison said those colleagues had expressed concerns about whether Vindman had leaked information and confirmed that Vindman didn’t keep him “in the loop at all times.” Vindman also didn’t immediately speak to Morrison about his concerns about the July 25 phone call, Morrison said during the hearings.

Over the weekend, Trump commented about the firing of Vindman, saying it had nothing to do with his impeachment.

“Actually, I don’t know him, never spoke to him, or met him (I don’t believe!) but, he was very insubordinate, reported contents of my ‘perfect’ calls incorrectly, & was given a horrendous report by his superior, the man he reported to, who publicly stated that Vindman had problems with judgement, adhering to the chain of command and leaking information,” Trump wrote in a statement on Twitter.

“In other words, ‘OUT.’”

Vindman’s attorney, David Pressman, confirmed the official was escorted out of the White House after he was fired Feb. 7. On Feb. 8, he denied the president’s assertions to news outlets.

“They conflict with the clear personnel record and the entirety of the

impeachment record, of which the President is well aware,” he said in a statement.

Senate Judiciary Committee Chairman Lindsey Graham (R-S.C.) said Feb. 9 that people in Vindman’s “chain of command have been suspicious of him regarding his political point of view.”

It comes after Gordon Sondland, the U.S. ambassador to the European Union, confirmed Feb. 8 that he was told the president “intends to recall me effective immediately.” Sondland was perhaps the most important impeachment witness, as he had directly spoken to Trump.

But Sondland’s statement was far less adversarial than the one from Vindman’s lawyer.

“I am grateful to President Trump for having given me the opportunity to serve, to Secretary Pompeo for his consistent support, and to the exceptional and dedicated professionals at the U.S. Mission to the European Union,” Sondland said.

Republicans, during the impeachment hearings, sought to highlight some contradictory testimony by Sondland, including a phone call from Trump that explicitly stated, “I want nothing. I want nothing. I want no quid pro quo. Tell Zelensky to do the right thing.”

But earlier in his testimony, Sondland told the House Intelligence panel that he believed there was a link between a hold on military aid to Ukraine and investigations: “Everyone was in the loop. It was no secret.”

Indonesia’s Widodo Warns ‘Identity Politics’ Is ‘Threat to Democracy’

KATABELLA ROBERTS

Indonesian President Joko Widodo has warned of the dangers of “identity politics,” and called on “closest friend” Australia to work together to defend their democratic values, human rights, and diversity and to stop terrorism.

Widodo made the comments during a visit to the Australian Parliament on Feb. 10 to sign the Indonesia-Australia Comprehensive Economic Partnership Agreement which had already been approved by the two parliaments.

In a rare address to both houses of Parliament, Widodo celebrated “70 years of friendship between Indonesia and Australia” and thanked the country for its continuous support.

“Despite the cultural differences between Indonesia and Australia, we share the same values: heroism; diverse ethnic groups and tolerance; democracy and respect for human rights as well as a commitment to protect the environment and beyond,” Widodo said.

Widodo proposed a number of priorities for the Australia-Indonesia relationship, which include continuing to “advocate the values of democracy, human rights, tolerance, and diversity—stop intolerance, stop xenophobia, stop radicalism, and stop terrorism.”

“Identity politics must be discouraged in our countries and globally, regardless of its religious, ethnicity, or other identity basis. Identity politics is a threat to democracy, a threat to diversity, and a threat to tolerance. These threats will become even more actual when exploited for short-term political interests, resulting in hatred, fear, and even social conflict,” he said.

The Indonesian president added that the two countries must “work hard, side by side, standing together to defend the values of democracy, tolerance, and diversity and to prevent the world having a clash of civilizations.”

He said the two countries must also work together to promote “free and fair” economic policies, stating that he believes an “open and fair economic system will be beneficial for all.”

“Indonesia and Australia must become the anchors for development partners in the Pacific region,” Widodo



Australia’s Prime Minister Scott Morrison (O) and Indonesia’s President Joko Widodo (L) inspect an honour guard during a welcoming ceremony at the presidential palace in Bogor on Aug. 31, 2018.

These threats will become even more actual when exploited for short-term political interests, resulting in hatred, fear, and even social conflict.

Indonesian President Joko Widodo

do added, noting that “Indonesia understands the development challenges in the Pacific region,” and “as a fellow island state, Indonesia faces similar challenges with countries in the Pacific region.”

“Indonesia and Australia must become true friends for countries in the Pacific region, collaborating as development partners, addressing the impacts of climate change, alleviating poverty and social inequality, and creating new centers of economic growth in the Pacific region,” he said.

Finally, the two countries must also work together to “protect the environment, to achieve sustainable development and reforestation in forest and river upstream areas, to prevent forest and land fires, to commit to lowering carbon emissions, and to develop renewable energy and other green technologies,” he said.

Elsewhere in his speech, Widodo noted that his country had also provided relief, in the form of Army Corps

of Engineers and personnel of the Indonesian National Agency for Disaster Management, to help New South Wales overcome the bushfire crisis and that teams from both countries are “currently discussing possible cooperation for weather modification.”

Meanwhile, Australian Prime Minister Scott Morrison also praised the two countries’ close relationship, but noted that there is still “more to be done, especially on the economic front.”

“Together, Australia and Indonesia are motivated by our shared concerns for our region and our shared vision for an open, prosperous Indo-Pacific underpinned by strong institutions, rules, and norms,” he said.

“By continuing to work together, we can build the region’s resilience and make our people safer and our economy stronger. Our ambitious comprehensive strategic partnership, which was finalized 18 months ago, gives us a framework for even closer ties. We

now have a plan of action to take the next steps in our relationship.”

The trade agreement, which has been eight years in the making, is aimed to boost multibillion-dollar ties and will provide a major boost for Australian farmers through zero tariffs on 94 percent of Australian goods, or with significantly improved access. Indonesian goods will enter Australia duty-free.

Indonesia agreed to import 500,000 tons of grain tariff-free, while a lower tariff has been secured for live cattle, dairy, and vegetables. Australia agreed to open universities in Indonesia and consider ways to simplify the visa application processes for Indonesians visiting the country. Australia is also expected to contribute nearly \$300 million in aid to Indonesia in 2019-20.

Australia’s goods trade with Indonesia was worth \$17.8 billion in 2018, making Indonesia its 13th-largest trading partner.

Australian Research Council Grants \$262 Million for Collaborations with China—Including ‘High Risk’ Huawei

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Among the grants handed out by ARC were those for research with potential military applications, including work on advanced materials and coatings, cryptography, quantum computing, next-generation radio technologies, and machine learning.

Four of the grants provided were given to the Chinese multinational technology company Huawei and were awarded before former Prime Minister Malcolm Turnbull’s August 2018 decision to bar “high risk” vendors from participating in the nation’s 5G network.

ARC said in the education portfolio that it had made 230 grants for Australia-China research partnerships since 2014. The portfolio provides a “project summary” explaining the purpose of the project for each grant.

According to its website, ARC’s funding programs come under the umbrella of the National Competitive Grants Program (NCGP), which “delivers an average of \$800 million per year to the most dynamic researchers in Australia.”

ARC says the purpose of handing out grants is to “grow knowledge and innovation for the benefit of the Australian community through funding the highest quality research, assessing the quality, engagement, and impact of research, and providing advice on research matters.”



Senator Eric Abetz in Melbourne, Australia, on Sept. 10, 2014.

The Chinese government has broadcast it will use advanced technology to enhance its military capabilities.

Eric Abetz, Liberal Senator for Tasmania

Grants are awarded to “individuals, research teams, and large scale centers” through two programs: the ARC Discovery Program and the Linkage Program.

But national security experts fear that taxpayers’ money could actually be going towards supporting China develop technology that could be used against Australia’s interests in the future, with one expert calling for an investigation into the high volume of China-linked projects.

Australian Strategic Policy Institute (ASPI) executive director Peter Jennings told The Australian that as Chinese institutions are obliged to turn over all relevant research

to the Chinese military, the large amount of Chinese projects being funded was “a shocking failure of due diligence.”

“It really speaks to the appalling naivety of the Australian research community that they can do this, seemingly oblivious to the broader trends of what is happening in Chinese politics,” he told the outlet.

“Frankly, this needs to be investigated. There needs to be some sort of independent process to establish how much of our research capability has essentially been surrendered to Chinese interests in the name of scientific collaboration.”

A spokesperson for Liberal Tasmania Senator Eric Abetz told The Epoch Times that “the ARC’s provision of over \$262 million to research collaboration with Chinese institutions over the last five years, in the context of ‘civil-military fusion,’ is deeply disturbing.”

“The Chinese government has broadcast it will use advanced technology to enhance its military capabilities, yet our institutions seem oblivious to this reality. The fact hundreds of millions of dollars of Australian taxpayers’ dollars are finding their way to Chinese institutions for purposes unknown needs to be investigated and stopped.”

“Australians demand full transparency and nothing less,” the spokesperson added.

However, Labor Victorian Sena-

tor Kim Carr said on Feb. 11 as parliament reviewed the Australian Research Council Amendment Bill 2019 that nothing had been done “improperly” in the granting of research funds over the past five years to Australian researchers and Chinese collaborators.

“We should make it clear: if you’re going to play to this level of scrutiny, then ASPI is entitled to be scrutinized in exactly the same way.”

Carr added that “collaboration with China and a range of other countries is increasingly important” and that “in some areas, it’s actually vital—in material science, energy, engineering, and computer science. Collaboration with Chinese researchers has also led to life-saving breakthroughs in medical science.”

Meanwhile, Washington has repeatedly expressed national security concerns over Huawei—founded in 1987 by a former engineer of the Chinese regime’s People’s Liberation Army—believing it to be a gateway for China to spy on the West and assist Chinese intelligence in stealing secrets.

The Wall Street Journal reported on Feb. 11 that since at least 2009, Huawei has had backdoor access to many mobile networks around the world that it helped build, citing a report from U.S. officials to the UK and Germany. Huawei continues to deny the allegations.

OPINION

Is Capitalism Really Bad for the World?

New survey puts blame on capitalism for rising inequality

JAMES GORRIE



According to Harvard political scientist Francis Fukuyama, the fall of the Soviet Union meant the end of history. Modern history, Fukuyama contended in the 1990s, was defined as the struggle between two fundamentally opposed systems: Soviet communism and the liberal capitalist democracies. Communism had lost, the Berlin Wall came down, and the world, it was believed, would only become better and better. A few things happened along the way, such as radical Islam, the 9/11 attacks, and 20 years of U.S. warfare in the Middle East. History isn't nearly as compliant as one might hope.

The Davos Message?

However, from a recent survey—and just in time for the World Economic Forum in Davos—we learn that most people in the world don't believe that the capitalism of the Western democracies is the best route for the future.

The key point that prompted the survey concerns the question of growing inequality around the world, with the question: "Does capitalism, as it exists today, do more harm than good in the world?"

That's undoubtedly a loaded question, but the answer isn't as simple as much of the world thinks it is.

The results of the poll, which questioned more than 34,000 people in 28 countries, from the United States and Europe to Russia and China, are predictable. The conclusion among 56 percent of those polled was that capitalism does indeed do more harm than good in the world. (Don't tell anyone, but Russia is now one of the world's most unequal nations.)

But we can see from the figure of 56 percent that the negative perception of capitalism isn't really definitive. In fact, given that most of the nations who expressed the greatest distrust in capitalist democracy are either being anti-democratic or have high levels of corruption, the poll is rather anti-climactic.

Complaints of the Corrupt

More pointedly, it's really just a new round of bellyaching by the usual suspects. About three out of four Thais and Indians were critical of Western capitalism, with the French reporting a slightly lower percentage of negative feelings. Notably, other negative poll results came from Asian, Gulf, African, and Latin American nations.

Should we care about these results? Not really. Naturally, those countries



BRYAN THOMAS/GETTY IMAGES

Customers look at merchandise at Microsoft's flagship store on Fifth Avenue in New York on Oct. 26, 2015.

want to blame more successful nations for their own woes. That's good politics for those few at the top who wish to hold on to their power, wealth, and status at the expense of their people.

On the flip side, guess which countries had majorities that believe that capitalism does indeed do more good than harm? The answer is predictable: the United States, Canada, Australia, South Korea, Hong Kong, and Japan.

But what should we make of the rising inequality in the world, or, for that matter, here in the United States?

Looking at Inequality

Historically, inequality has risen and fallen in the United States. Much depends upon policies in place from one period of time to the next.

For example, when laws make it difficult to start a business through excessive regulation and high taxes, business creation slows and fewer jobs are available. Federal Reserve policies also affect the economic picture in powerful ways.

But simply pointing a finger at who holds most of the wealth, although somewhat relevant, doesn't reveal everything. There's also another important way to look at inequality.

For example, it seems that Jeff Bezos of Amazon is getting wealthier every year. His business is growing by leaps and bounds. (I'm not arguing for or against Amazon here, by the way.)

But Amazon is also hiring more and more workers—and, yes, using drones, too. But drones have to be made by someone as well. The larger point is that

Amazon workers, and many others, have jobs that they didn't have before, and are likely better off with their Amazon job than without it.

Sure, Bezos's wealth is growing faster, but so what? Relatively speaking, thousands of people's wealth is growing, compared to their wealth level in a lower-paying job or without a job at all.

What's more, those working at Amazon don't have to remain at that level, either. It's worth remembering that Bezos once worked at McDonald's. The opportunity to improve one's personal economic station is a huge advantage of "inequality," as long as opportunity abounds.

Guaranteeing equality takes a very powerful state and harsh penalties for stepping out of line. Improving equality in opportunity is the key, not guaranteeing equality of outcomes.

Most Nations Have High Inequality

Or, as is the case in most of the world, if a nation's legal system is corrupt and highly political, serving those in power rather than being transparent and fair, economic growth and opportunity are stifled. Inequality and poverty increase.

That's because only those with the money to bribe can afford to be in business and stop market competitors from market entry. That's how many, if not most, of the world's nations function, including the whiners who made the poll read the way it does.

It's also worth noting that unlike in most capitalist countries, where the rich become powerful, in communist

nations, Communist Party leaders and bureaucrats—the powerful tiny minority at the top—are the ones who become rich.

The wealth inequality gap between Party members and the rest of the people is huge. Living in palaces, shopping at the most upscale stores, and traveling like rock stars was, and still is, in countries where communism persists, the Party life. Constant food scarcity, lagging technological innovation, poor health care, and dismal pay levels was the lot of the vast majority of the people over whom the Soviets ruled with an iron fist in the name equality.

When Soviet communism fell, the liberal democratic economies of the West were proven to be superior in providing better economic conditions, greater levels of opportunity to acquire wealth, and more innovation across the technological spectrum. Overall, they were just better at providing a better life for their people.

That's precisely why, in the 1990s, people wanted to leave those failed countries and come to ... wait for it ... the Western liberal democracies.

And sadly, for most of the world, that reality remains today.

James Gorrie is a writer and speaker based in Southern California. He is the author of "The China Crisis."

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



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Meet the Hiroo Onoda Democrats

A.J. RICE



In 1974, Japanese explorer Norio Suzuki hacked his way into the Philippine jungle in search of the last known Japanese soldier who still believed he was fighting for the emperor in World War II.

Before long, Suzuki found his man: Lt. Hiroo Onoda.

The war had been over for 29 years. Onoda was one of a handful of Japanese troops who never got word they had lost. Never heard the call to surrender. Now a middle-aged man in a tattered uniform, Onoda was not only doing his best to wage a one-man guerrilla war, he was still so devoted to his country and his emperor that he refused to come out of the jungle and go back home to Japan.

He stayed in hiding until he heard the order to surrender directly from his former commander. Only then, when his former commander flew all the way to the Philippines to order Onoda to surrender, did the lone holdout stop fighting a war that had been over to the rest of the world for decades.

I can't help but think about Lt. Onoda when I see the Democrats react to President Donald Trump's acquittal, the victories he's racking up, and his rise in the polls.

The Democrats and the deep state launched a bitter and divisive war against Donald Trump before he was even president. FBI Director Christopher Wray admitted just last week that the Bureau illegally spied on Trump associate Carter Page. The FBI used the fraudulent Steele Dossier, which was bought and paid for from a foreign source by associates of Hillary Clinton and her campaign through the shady and shadowy Fusion GPS operation.

They commissioned the creation of that pack of lies as an "insurance policy"—if you read between the lines of the amorous texts between FBI agents Peter Sztrok and Lisa Page—against Trump's election.

This illegal spying on an American citizen, for the purpose of taking down Trump's presidential campaign and then his presidency, based on a Clinton-engineered fraud on the American people, formed the basis of the Russia hoax.

That hoax stalked the first three years of Trump's presidency but ultimately failed, and the Demo-

crats should have moved on (and some of the deep state operatives should have been prosecuted). But they didn't and weren't. They waited a couple of weeks and then launched another deep state assault on President Trump.

From the Russia hoax they segued seamlessly into the Ukraine hoax, only this time they had an alleged whistleblower, and they actually impeached Trump. House Speaker Nancy Pelosi (D-Calif.) could no longer hold back her kamikaze troops in the House.

After months of tearing the country apart over nothing, drafting another pile of fraud in the form of articles of impeachment, the Senate examined the case and duly acquitted the president.

But even this clear outcome has not stopped the Democrat bitter-enders. The Democratic Party's left wing is now obsessed with one thing and one thing only: destroying Trump by any means necessary, even if they destroy the country and the Constitution at the same time. They will lie. They will support socialists. Whatever it takes to get Trump.

Pelosi, who originally opposed impeachment but ended up driving it through the House on partisan votes, provided the first glimpse of the Democrats' obsession.

Immediately after President Trump delivered his brilliant State of the Union address, Pelosi ostentatiously ripped the text of the speech he had provided her. That text was an official record. Pelosi ripped it up to please her far left House Democrats and their deranged base; never mind how independent and Republican voters would react. She didn't care.

The following day she claimed she ripped it because it was nothing but lies. But NBC fact-checked the speech and found that Trump had told the truth, just as he did during the Russia hoax, and just as he did during the Ukraine investigation and impeachment.

So Pelosi lied, and a few pages died. And with them, any pretense that the Democrats aren't, as Democratic strategist James Carville noted this week, "losing [their] damn minds."

Rep. Jerrold Nadler (D-N.Y.) provided the next view of Democrat obsession and descent into madness. No sooner had Trump been acquitted—found not guilty—



Former Japanese imperial army soldier Hiroo Onoda (C) walking from the jungle in the Philippines on March 11, 1974, where he had hidden since World War II because he did not believe the war was over.

The Democrats and the deep state launched a bitter and divisive war against Donald Trump before he was even president.

by the Senate, Nadler vowed to continue with subpoenas and committee hearings and investigations.

"The investigations and oversight will continue," crowed Rep. Carolyn Maloney (D-N.Y.), right before she donned a threadbare Imperial Japanese Army uniform and followed her deranged commander Nadler into the Philippine jungle.

They're obsessed. Carville is right. They're losing touch with reality. They've thrown everything possible at Trump, from the deep state to a deeply dishonest attempt to make him the first president ever forcibly removed from office, and he has only grown stronger. And that's making them even crazier.

They're fighting on long past the point of having lost the war. Senate acquittal should have been their call to surrender, and fight Trump the way they're supposed to—at the ballot box in November.

Comparing them to Lt. Onoda actually does him a disservice. At least Onoda believed he was still fighting for his country and still following his commander's

orders. Democrats like Pelosi, Nadler, Maloney, and the insane clown posse of liberalism are only fighting for the far left of their party. They abandoned the nation's well-being long ago.

Pelosi has lost control. Joe Biden has lost his faculties. It's AOC's party now and she's not about to haul anyone out of the jungle. The Democrats have no sane commander, no elder statesmen, and no leaders left to order them to come out of the jungle and let the nation have a normal life.

A.J. Rice is CEO of Publius PR, a premier communications firm in Washington, D.C. Rice is a brand manager, star-whisperer, and auteur media influencer, who has produced or promoted Laura Ingraham, Judge Jeanine Pirro, Monica Crowley, Charles Krauthammer, Alan Dershowitz, Roger L. Simon, Steve Hilton, Victor Davis Hanson, and many others. Find out more at publiuspr.com.

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

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

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

We report respectfully, compassionately, and rigorously.

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

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

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

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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

The Communist Economic Trap

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 Nine (Cont.)

b. The Truth Behind China's Economic Rise

Because of China's rapid GDP growth over the last 40 years, many have come to believe in the superiority of socialist economics. It has made many Westerners, including elites in political and academic circles as well as think tanks, marvel at the efficiency of the totalitarian system. In fact, the economic model the CCP has built cannot be duplicated. On the one hand, the reasons for its economic rise demonstrate the internal instability of the socialist system. On the other, the Party's model foreshadows an abundance of vices created by its unscrupulous economy of power.

China's economic growth in the past 40 years draws in large part from the following factors. First, the relaxation of the state-owned economy and the abandonment of central planning, as well as the revitalization of the private sector, have given the Chinese economy a powerful productive drive. Chinese people are hardworking and intelligent, but the Party hindered their industrious potential for decades. A desire to alleviate themselves of poverty has rekindled the motivation to do business and unleashed the tremendous economic power of the Chinese.

A second factor was the massive influx of Western capital and technology into China during the reform era. Under the command economy, China's vast expanses of underutilized land, labor, and markets were like gold for which prices were not yet determined. The combination of capital investment and undeveloped resources ignited the blaze of China's economic growth. Had it not been for the Party's totalitarian rule, this fire could have started decades earlier, and in a much more controllable and sustainable fashion.

The scale of Western investment in China is immense. According to published figures, direct American investment in China reached nearly \$800 billion between 2000 and 2016. The total value of foreign capital entering China from 1979 to 2015 amounted to about \$1.64 trillion.

Western countries even gave the Chinese regime preferential trade status along with broad market access. In May 2000, the U.S. government granted China Permanent Normal Trade Relations (PNTR). On Dec. 11, 2001, China formally entered the World Trade Organization (WTO) and joined the international market.

The CCP developed its economic power using unethical models of development. Among these are the use of sweatshop labor, the extreme exploitation of workers and peasants, the violent demolition of housing and relocation of the occupants, and the like. For the sake of short-term growth, the CCP ignored environmental destruction and other hazards, in order to squeeze every last drop of profit from its land, people, and resources.

The Communist Party took advantage of Western capital, technology, markets, favorable trade status, and cheap domestic production costs to make vast sums in foreign reserves. The trade deficit between the United States and China rose from about \$80 billion in 2000 to over \$375 billion in 2017.

Finally, the CCP overturned the conventions of international trade and took full advantage of the opportunities available to it regardless of their legitimacy. It adopted the nationwide strategy of plagiarizing intellectual property in an attempt to overtake other countries in terms of industry and technology. This constitutes the biggest case of theft in all of history.

The 2017 report by the Commission on the Theft of American Intellectual Property stated that China's fake goods, pirated software, and stolen trade secrets cause the United States a loss of between \$225 billion and \$600 billion every year, a figure that does not include losses due to the theft of intellectual property.

The report stated that over the past three years, \$1.2 trillion was lost due to intellectual theft, the majority of which was from China. A report by the Director's Office of National Intelligence Service states that 90 percent of cyber attacks on U.S. businesses come from the Chinese government, and inflict an estimated \$400 billion in total economic damage every year.

China's economic growth was fueled by the relaxation of socialist ideology, investment from advanced Western countries, and the CCP's immoral business conduct. In no way does this indicate the superiority of socialism, nor that the Party is developing along a normal capitalist path. Western observers sometimes describe communist China's unscrupulous business model as “state capitalism.” This is giving the Party undue praise. Under the CCP's totalitarian rule, the economy is merely a political instrument. The window dressing

of market economics is a superficiality the CCP uses to deceive the world.

The CCP's economic model utilizes state authority to induce rapid economic development while employing underhanded tricks to be competitive. It has encouraged other countries to adopt heavier state intervention. These countries have made the grave mistake of idolizing the Party's model as a success while ignoring its human and moral tragedies.

c. Consequences of the Chinese Economic Model

The CCP's economic model has put society in moral freefall, exactly in line with the communist specter's aim of destroying humankind. The Party's economic power goes hand in hand with the erosion of morality as it drags people into a bottomless sea of indulgence, and toward eventual annihilation.

Today's China is inundated with fake goods, poisonous food, pornography, drugs, gambling, and gangs. Corruption and prostitution have become achievements to take pride in, while social trust is virtually nonexistent. The widening gap between rich and poor is accompanied by social strife and abuse of justice. Citizens turn a blind eye to the suffering of their compatriots. In the economy of power, Party officials use their authority to amass wealth. The enormity of corruption increases with rank. The misappropriation of billions is a normal occurrence. There is no government as corrupt or morally degenerate as the Chinese communist regime.

In October 2011, the world was shocked by the death of Yueyue, a 2-year-old girl in Guangdong Province who was hit by a truck. Instead of getting out to help, the driver put his truck in reverse to crush Yueyue again and ensure that she was dead. During the tragedy, 18 people walked by without stopping, and Yueyue later died in the hospital. International media wondered if China had lost its soul. It might be understandable that people are reluctant to come to the aid of others when there is danger involved, such as in an armed robbery, yet Yueyue did not pose any conceivable threat to anyone as she lay dying beneath the heartless driver's tires. Chinese society has hit rock bottom.

Economic growth without morality is chaotic, brief, and disastrous. Under the inhumane policies of the CCP, social conflict abounds, and the environment is on the verge of collapse. The consequences of moral decay are fatal. China calls itself a strong country, but its strength is an illusion. Its superficial prosperity, built upon the reckless pursuit of wealth, is doomed to collapse in the convergence of moral crisis and social conflict.

There is no good future in store for China if it cannot escape the devil's snares. The specter of communism has no intention of implementing healthy and sustainable growth, as its goal is to destroy China.

3. The Ravages of Socialism in the Developing World

a. Socialism Continues to Haunt Eastern Europe

In the world today, developed Western countries engage in hidden socialism, and the Chinese Communist Party has imposed an authoritarian socialist monstrosity. In Eastern Europe, communism continues to haunt the region, as there has not been a full reckoning of the crimes committed by the former Soviet bloc regimes.

The lingering presence of communism can be seen in various facets of Eastern European politics and economics. For example, Russia and Belarus retain powerful state-owned enterprises, high welfare, and aggressively interventionist policies. During the transitional period from communism, Eastern European countries experienced crises of slow economic growth and high unemployment. All this encouraged the relapse of communism and socialism, in new forms. The ghost of communism has not been banished. Left-wing parties were animated with renewed vigor, feeding off a sense of nostalgia for the socialist past.

b. Socialist Economics Failed the Developing Nations

In the developing nations of Asia, Africa, and Latin America, many newly independent countries had declared their allegiance to socialism by the 1960s. The aftermath has been nothing short of a mess. More recent cases include Venezuela and Zimbabwe.

Venezuela was once the richest country in Latin America. Since socialism drove its economy to collapse, Venezuela has been rife

with poverty, crime, and starvation. Zimbabwe was once the richest country in Africa. Today, it has sunk into complete catastrophe, as inflation has spiraled beyond imagination.

Venezuela: How Socialism Bankrupted a Prosperous Country

Venezuela is blessed with considerable oil reserves. In the 1970s, it was the fastest-growing country in Latin America, enjoying the lowest level of income inequality and the highest per capita GDP in the region.

Venezuela's relatively free economy attracted skilled immigrants from Italy, Portugal, and Spain. Together with the protection of property rights, these factors enabled the nation's economy to grow rapidly from 1940 to 1970.

After the new president came into office in 1999, he embarked on an ill-fated program of nationalization that eventually threw the Venezuelan economy into chaos. The president had publicly declared that he would engage in “21st-century socialism.”

To build socialism, the Venezuelan government requisitioned or nationalized many private companies, across industries including oil, agriculture, finance, heavy industry, steel, telecommunications, energy, transportation, and tourist enterprises. This process was ramped up following the president's 2007 reelection. His government expropriated 1,147 private companies between 2007 and 2012, with catastrophic effects.

Companies in once-productive industries were shut down and replaced by inefficient state-owned enterprises, scaring off investors. As production sank, Venezuela turned to heavy reliance on imports. Coupled with a series of government interventions involving foreign reserves and price controls, disaster inevitably struck when the price of oil dropped.

Some attributed this tragedy to the oil crisis, but the reasons for Venezuela's dramatic failure are not to be found there. According to data provided by the World Bank, seven countries that relied even more heavily on oil exports than Venezuela did still experienced economic growth from 2013 to 2017.

The root of the problem lies in the socialist economic system. Venezuela's economic policy essentially marched to the tune of the 10 revolutionary demands Marx proposed in “The Communist Manifesto.” Venezuela met its economic fate at the hands of the communist specter.

Zimbabwe: From Breadbasket of Africa to Land of Famine

After Zimbabwe's declaration of independence in 1980, it endeavored to build a socialist state according to Marxist-Leninist principles. Its first president had been a Marxist believer in his youth. His guerrillas, guided by Mao Zedong Thought, received unconditional assistance from the Chinese Communist Party and maintained a relationship with China. Unlike other African countries that implemented socialism, Zimbabwe did not immediately impose nationalization policies.

Zimbabwe's economic woes began in 2000 following the start of land reform. Under the reform program, land belonging to white farmers was seized and redistributed among landless blacks, as well as those of the approved political background. The result was a sharp decline in agricultural productivity. In an attempt to evade the crisis, Zimbabwe's Central Bank printed more money, leading to endless hyperinflation.

Figures from the Central Bank of Zimbabwe indicate that in June 2008, the country's annual inflation reached 231 million percent. By mid-November 2008, inflation had peaked at nearly 80 billion percent, after which the authorities gave up on publishing monthly statistics. A year later, the exchange rate of the Zimbabwe dollar against the U.S. dollar reached 35 trillion to one. Zimbabwe was eventually forced to abandon and re-issue its currency.

In 2008, a great famine struck Zimbabwe. Of the country's 16 million people, as many as 3.5 million went hungry. Today, malnutrition is chronic and widespread.

Communism plagues the world in ways that can be observed or foreseen across all countries. Developed Western countries are beginning to experience crises. Meanwhile, the tragedy of socialism is already a reality in the developing world. This is the principle: The specter uses economics to promise momentary comfort and satisfaction, luring people to moral degradation and pulling them into the abyss.

See next edition for the next installment.

Exploring the Link Between Self-Control and a Nation’s Prosperity

RYAN MOFFATT

With the modern shift toward defining morality as fluid, subjective, and personal, we have sacrificed important guideposts for understanding the ethics that make a society successful. These ethics and morals have been distilled through the generations and should not be cast aside lightly.

For centuries, Western culture largely subscribed to the Judeo-Christian ethical framework from which it emerged. Other cultures held to their traditions as well. But in recent decades, particularly after the counterculture movement of the 1960s, that framework has eroded to the point that it has become almost fringe.

Most traditional cultures and religions bear remarkable similarity in their prescriptions for living a moral life. In that light, it’s worth considering the meta characteristics that enabled the gene pool to survive. No race, nation, or ethnicity has a monopoly on the creation of great civilizations. They have manifested on every continent at one time or another, from the Persian Empire to the ancient Greeks to dynastic China.

Notwithstanding a few nihilistic individuals, every citizen of every country hopes to be part of a civilization that prospers and enriches its citizens while perpetually enlightening, elevating, and refining itself.

Although moral laws that limit pleasure and enjoyment are seen as antiquated in today’s society, there is solid evidence that they maximize the human experience in the long run. When a higher value is placed on the pursuit of meaning over the pursuit of pleasure, the miraculous elements of civilization tend to emerge.

A Meta Moral Trait

There are few subjects as fraught with landmines as the subject of sexual morality. Unable or unwilling to adhere to rigorous moral protocols, most governments, as well as many religious institutions, have chosen to be less prescriptive in their requirements. This has been largely embraced as a sign of progress and civil liberty. But modesty and sexual constraint, to one degree or another, have historically been proven to have a significant bearing on the flourishing of a society.

Sexual freedom is a barometer of the general moral restraints of a culture and an accurate indicator of the citizenry’s willingness to postpone instant gratification for the pursuit of larger, more noble goals. The fall of the Roman Empire and the collapse of ancient Greece were immediately preceded by periods of decadence and indulgence. The genesis of these great civilizations, however, was just the opposite, characterized by vigor, restraint, and the pursuit of a moral life.

When discussing such an intrinsically sensitive subject, it is best to go straight to the historical record to see how this phenomenon has played out over the course of history.

British social anthropologist J.D. Unwin examined the data from 86 societies to probe the relationship between sexual freedom and the flourishing of cultures, documenting his findings in his book “Sex and Culture.” It should be pointed out that



PUBLIC DOMAIN

◀ “The School of Athens” fresco by Renaissance artist Raphael depicting the Platonic Academy, a famous school in ancient Athens founded by the philosopher Plato in the early 4th century BC. In the center are Plato and Aristotle, in discussion.

Unwin’s book was published in 1934, long before the sexual revolution of the West. There is little evidence that he was a particularly religious man, and his work can be regarded as a relatively unbiased look at how sexual freedom influenced cultures across continents.

Unwin examined cultures that ranged from embracing strict chastity to absolute polygamy, and every nuance in between. What he found was that increased sexual constraint tightly correlated to the flourishing of a culture, and that total sexual freedom led to societal collapse. He studied this data across time and found that unrestrained sex led to societal collapse within three generations.

“Any human society is free to choose either to display great energy or to enjoy sexual freedom; the evidence is that it cannot do both for more than one generation,” Unwin wrote.

Prescribing any type of sexual morality is likely to be rejected outright in today’s age of individual liberty, but it is worth considering how keeping our desires in check and delaying gratification can help society in the long run by invigorating the populace into constructive action.

A Tangled Net

The internet has made a wealth of information and knowledge available to nearly every person on earth. But at the same time, this miraculous tool has become the de facto method of pursuing the gratification of our baser appetites, a case in point being the multi-billion-dollar porn industry, which has been a key driver in the development of the internet.

Social media engineers are well aware of how the human psyche functions and have

found it all too easy to co-opt our focus and direct it toward trivial matters by manipulating our deepest fears and yearnings. Arousing the intense neural response to porn is perhaps the easiest and most sinister example of the internet’s ability to warp a healthy mind, especially for young men whose heads have been filled with ideas about sex that are unrealistic, dismissive, and increasingly subversive.

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When a higher value is placed on the pursuit of meaning over the pursuit of pleasure, the miraculous elements of civilization tend to emerge.

The research is clear on this. Porn addiction is one of the ways in which young men are demoralized and desensitized at a time when they should be at the height of their developmental powers. Teen pregnancy, infidelity, divorce, and depression rates all grow worse with the consumption of pornography. It’s an uncomfortable subject and rarely discussed, but necessary given the scale of its negative social impact.

The Promise of Restraint

The moral standards that were once prescribed and accepted as self-evident are continually portrayed as quaint, outdated, and irrelevant. As such, we no longer have external factors controlling our drive for gratification. By doing away with religion and replacing it with moral relativism, we have left ourselves to our own devices as well as our own conscience. Anxiety, depression, and discontent are on the rise across the world, despite the wonders of

our age and the promise of our times. Of course, the reasons for this are many and varied, but perhaps we should consider whether we have been duped into accepting a pseudo moralistic attitude that promises material fruit while eroding our conscience and vitality.

Sexual morality is not simply a restrictive doctrine aimed at suppressing nature’s impulses. Using that powerful biological drive to actualize human potential has long been prescribed by sages across cultures. Daoists believe that the sexual essence of one’s body can be transmuted into vitality and life extension. In his book “Think and Grow Rich,” Napoleon Hill prescribed sexual transmutation as a way of channeling the sex drive into other creative efforts, harnessing that energy as a tool for great achievement. Fighters have a long tradition of refraining from sexual relations before a fight, knowing how it can sap their strength and endurance.

If we would like to see our civilization survive and flourish, for the sake of ourselves and future generations, we would do well to remember that our degree of self-control will ultimately determine our success. It’s an intrinsically potent power, and ours for the taking, but it doesn’t come easily. Sacrifices must be made, and from Unwin’s research, we can see that we can only “have our cake and eat it too” for a short time before things go awry and we are left diminished.

Ryan Moffatt is a journalist based in Vancouver.

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



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DATE NIGHT

In Defense of a Valentine’s Day In

This year, ditch the prix fixe menus—celebrate the essence of the holiday with a romantic dinner at home.

See B2



MIND AND MOVEMENT

The Healing Power of Dance

Dance has long been linked to joy and celebration, which helps explain its therapeutic effects.

See B9

FEBRUARY 13 - 19, 2020 B1

LIFE

THE EPOCH TIMES

COOKING WITH Chocolate

ALIN LYRE/SHUTTERSTOCK



Italians enjoy chocolate with pasta in hundreds of ways—even incorporated into the dough itself.

From pasta dough to ragu, Italian chefs explore the savory side of chocolate

M

FRANCINE SEGAN

Most of us think of chocolate as something for dessert only, but Italians have been adding it to pasta, risotto, polenta, and other savory dishes for centuries. To understand why, it’s important to remember that cacao beans are seeds. Thus, like many other seeds—pepper, fennel, cardamom, and caraway—cacao beans are not naturally sweet and may be used as a spice.

Italian chefs understood this when the beans first arrived from the New World and immediately began experimenting, adding it to many savory dishes. Like fine wine, fine dark chocolate has an amazingly complex taste profile, with hundreds of distinct, nuanced aromas and flavors.

Journey From the New World

Chocolate originated in the Americas, where it was enjoyed as a drink almost four thousand years ago by the Aztecs and Mayans. Archaeologists have discovered many ancient remains of chocolate making, including a vessel with chocolate residue near Mexico that dates back to 1900 B.C.

Chocolate’s journey from the Americas to the Old World began with an Italian. Christopher Columbus, during his fourth and final voyage to the New

Continued on B4

Like fine wine, fine dark chocolate has an amazingly complex taste profile, with hundreds of distinct, nuanced aromas and flavors.



JIRI HERA/SHUTTERSTOCK

Cacao beans, the seeds of the fruit of the cacao tree, can be used as a spice.

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Cast iron pizza, two ways.

In Defense of a Valentine’s Day In

CAROLINE CHAMBERS

People love to hate Valentine’s Day, citing it as a meaningless, commercial Hallmark holiday. But I’ve always had a hard time figuring out what’s to hate about a holiday whose distinguishing attributes are love, chocolate, and roses. Sure, it might be a little cheesy, but when done right, celebrating Valentine’s Day is just a great excuse to spend time with the person you love most in the world.

For the first several Valentine’s celebrations of our relationship, my now-husband George would make a surprise reservation at the fanciest restaurant he could afford, where we’d indulge in a multi-course, overpriced, subpar meal that neither of us actually enjoyed, but both felt compelled to pretend we adored. We were naive enough (and I hadn’t yet worked in the restaurant industry) to believe that if we weren’t going out for a fancy meal on Valentine’s Day, we weren’t doing it right.

We couldn’t have been more wrong. See, when restaurants know that they are going to be flooded with a room full of two-tops, all ordering their meals around the exact same time, they set prix fixe menus that can be mostly pre-

cooked in order to simplify things and keep their front-of-house operation running as smoothly as possible. To put it plainly, restaurants jack up their prices and force you to order multiple courses of food that isn’t their greatest offering. Of course, there are exceptions, but for the most part, that’s what’s going down in restaurants across the country every February 14th.

So what’s the solution? How’s a love-struck couple to prove their love to one another without spending \$150 per head on a watery Caesar salad, bland risotto, and chocolate lava cakes?

By making it date night in your very own kitchen!

During our six years of marriage, the time George and I spend cooking dinner together has become the most cherished part of our busy, hectic days. We use the time together to share the highs and lows, serve as each other’s sounding boards, and relish in the simple joy of creating a meal for one another. Whether it’s a simple pasta on a Tuesday, or an elaborate recipe for a more special occasion, cooking at home together is

Bonus points if you meet up at the market to do the shopping together.

10-minute pots de crème.

10-MINUTE POTS DE CREME

SERVES 2

- 4 ounces semisweet chocolate chips
- 2 large eggs, at room temperature
- 1 tsp vanilla extract
- 1/8 tsp kosher salt
- 1/3 cup strong, very hot coffee
- Crème fraîche and chocolate shavings for topping (optional)

In a blender, combine the chocolate chips, eggs, vanilla, and salt. Blend until coarsely mixed, about 10 seconds. Turn off the motor, scrape down the sides, and pour in the (very hot!) coffee. Blend on high speed for 30 seconds to 1 minute until no specks remain and the mixture is completely smooth. Divide the chocolate mixture between two small vessels (jars or small glass cups

work well), cover, and refrigerate for at least 1 hour, but up to several days before serving. When serving, top with crème fraîche and chocolate shavings, if desired.

Do Your Thing: This recipe easily triples for a crowd. Don’t worry if you don’t have six matching glass vessels; it’s a fun rustic look if everyone has a different container. I also like to pour it into shot glasses and serve with demitasse spoons for a cute mini dessert.

Buy Smart: Don’t waste a pot of coffee to make this: If I know I’m making this later in the day, I like to reserve 1/3 cup of coffee from my morning pot and heat it up for the recipe.

All recipes reprinted from “Just Married” by Caroline Chambers with permission by Chronicle Books. Copyright 2018.



LINDA PUGLIESE

you two went to last year, but this year? Simplicity is key. Hours of prep work followed by a mountain of dishes? Not so romantic. Enter: Cast iron pizzas.

The cast iron pizzas from my new cookbook, “Just Married,” are the perfect “it’s a special occasion, but it’s also a weeknight and we have work tomorrow” recipe. One store-bought pizza dough ball will yield two beautiful 10-inch pizzas: a sausage and honey pizza and an arugula pesto pizza insalata.

Don’t knock the sausage-honey combo ‘til you try it—the spicy Italian sausage, creamy mascarpone cheese, honey, and spicy Serrano chili come together in the most addictive spicy-sweet bite. For the second pizza, you’ll whip up a quick homemade arugula pesto (or skip this step and buy store-bought pesto!), throw that onto the dough with mozzarella and burrata, then top it off post-bake with some fresh arugula and salty prosciutto.

Use the leftover arugula from the arugula pesto pizza to throw together a simple salad with chopped dates, champagne vinegar, and olive oil, and whip up my 10-minute pot de crème for a decadent chocolaty end to the evening. Pour the entire mixture straight from the blender into one bowl, chill it while your pizzas cook, then top it off with whipped cream or crème fraîche and dig in with two spoons, just like you would when sharing a dessert at a restaurant.

As for my own Valentine’s Day plans this year? Our brand new, 3-week-old son will ensure that my husband and I continue our tradition of cooking at home, though that meal will likely consist of a frozen DiGiorno pizza versus my cast iron skillet ones. Burp cloths will take the place of perfectly pressed linen napkins, diaper changes will override George’s usual job of changing the record player, and bath time will likely mean that our dessert course is two spoons sticking out of a pint of ice cream.

Even if our evening this February 14th doesn’t look like the perfect date night on the surface, the essence of Valentine’s Day will be alive in our home and in our kitchen. We will be together, spending dedicated time celebrating each other, and the love that brought this little life into the world. It might not be your typical Valentine’s Day, but it’s hard to imagine a more perfect date night than that.

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



CAST IRON PIZZA, TWO WAYS

Sausage and Honey Pizzas

MAKES TWO 10-INCH PIZZAS

- One 1-pound store-bought pizza dough ball, halved
- 1/2 cup marinara sauce
- 1 cup mascarpone cheese
- 5 1/3 ounce spicy Italian ground sausage, cooked and crumbled
- 2 tablespoons honey
- 1/2 Serrano chili, thinly sliced
- 2 tablespoons finely chopped fresh parsley leaves
- Red pepper flakes for topping (optional)
- Grated Parmesan cheese for topping (optional)

Preheat the oven to 500 degrees F and position a rack in the upper third of the oven.

Place a 10-inch cast iron skillet over medium-high heat. Dust a work surface with flour and roll half the pizza dough into a 10-inch circle. Sprinkle flour in the skillet and place the dough in it.

While the bottom of the pizza cooks, add the toppings: Spread 1/4 cup of the marinara sauce over the dough, leaving a 1/2-inch border.

Distribute 1/2 cup of the mascarpone cheese by dropping about 10 spoonfuls over the sauce. Spread half the cooked sausage over the top.

Once the bottom of the pizza is set and lightly browned, transfer the skillet to the oven and cook for about 10 minutes, or until the crust is golden brown.

Remove the skillet from the oven and transfer the pizza to a cutting board. Top with 1 tablespoon of the honey, half the Serrano slices, and half the parsley.

Serve with red pepper flakes and Parmesan cheese, if desired. Cut into slices and serve! Repeat, making a second pizza with the remaining ingredients.

Special Ingredient: If you have trouble finding mascarpone, use ricotta or even fresh mozzarella.

Arugula Pesto Pizza Insalata

MAKES TWO 10-INCH PIZZAS

For the arugula pesto:

- 2 cups packed arugula
- 1 cup grated Parmesan cheese
- 1/3 cup roasted unsalted pine nuts
- 1 garlic clove, roughly chopped

- Juice of 1 lemon
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2/3 cup extra-virgin olive oil

For the pizza insalata:

- One 1-pound store-bought pizza dough ball, halved
- 1/2 cup shredded low-moisture, part-skim mozzarella cheese
- 8 ounces burrata cheese, torn into small pieces
- 1 cup arugula
- 2 teaspoons fresh lemon juice
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon kosher salt
- 4 ounces prosciutto, torn into strips

Preheat the oven to 500 degrees F and position a rack in the upper third of the oven.

To make the arugula pesto: In a food processor or blender, combine the arugula, Parmesan cheese, pine nuts, garlic, lemon juice, salt, and pepper. With the processor running, slowly add the oil. Process until smooth.

To make the pizza insalata: Place a 10-inch cast iron skillet over medium-high heat. Dust a work surface with flour and roll half the dough into a 10-inch circle. Sprinkle flour in the skillet and place the dough in it.

While the bottom of the pizza cooks, add the toppings: Spread 1/4 cup of the pesto over the crust, leaving a 1/2-inch border. Sprinkle 1/4 cup of the mozzarella cheese and half the burrata cheese over the pizza.

Once the bottom of the pizza is set and lightly browned, transfer the skillet to the oven and cook for about 10 minutes, or until the crust is golden brown.

Meanwhile, in a large bowl, toss the arugula with the lemon juice, Parmesan cheese, and salt.

Remove the skillet from the oven and transfer the pizza to a cutting board. Add half the prosciutto to the pizza. Cut the pizza into slices and pile half the salad on top. Repeat, making a second pizza with the remaining ingredients.

Special Ingredient: One container of burrata is usually 6 to 8 ounces and contains two 3- to 4-ounce burrata balls. If you can only find a 6-ounce container, that works, too.



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COOKING WITH Chocolate

Continued from B1

World, became the first European to set eyes on cocoa beans. On August 15, 1502, he and his crew encountered a large Mayan trading canoe off Honduras, filled with an assortment of goods including cotton clothing, tools, weapons, and cacao beans. Never having seen them before, he erroneously thought the beans were almonds.

In an account later published as “The Life of Admiral Christopher Columbus,” Columbus’s son Ferdinand noted that the Mayans “seemed to hold these almonds at a great price; for when they were brought on board together with other goods, I observed that when any of these almonds fell, they all stooped to pick it up, as if an eye had fallen.” Columbus was sailing for Spain’s Queen Isabella, so these cacao beans first entered Europe through Spain, but they quickly made their way into Italy.

Chocolate in Italy

Italians are responsible for the invention of many chocolate dessert dishes, among them chocolate dessert soup, chocolate custard, and even chocolate granita and sorbet, which were created in Naples in the mid-1700s. Italians were also the first to combine chocolate with coffee: In 1678, the then king of Italy licensed a baker from Turin “to sell a chocolate drink” topped with a layer of cream and espresso. The drink, served in a small glass with a metal base and handle, later became known as bicherin, meaning “little glass,” and remains popular today.

Recipes for savory dishes with chocolate were published in Italy as far back as 1680, including lasagna in anchovy, almond, and chocolate sauce; pappardelle in rabbit and chocolate sauce; fried liver accented with dark chocolate; and polenta topped with chocolate, breadcrumbs, almonds, and cinnamon. It was such a common practice to season foods with chocolate that the Francesco Arisi, in his 1736 poem, “Il Cioccolato,” poked fun at cooks who overused it.

Pellegrino Artusi’s 1891 cookbook, “Science in the Kitchen,” includes a delicious recipe he calls torta alla Milanese, or “Milan pie,” which is made with minced beef, chocolate, pine nuts, and raisins. Though Artusi attributes the pie to Milan, similar chocolate meat pies, called ‘mpanatigghi, have been eaten in Sicily since the late 1600s.

According to Pierpaolo Bonajuto, sixth generation owner of L’Antica Dolceria Bonajuto, Sicily’s oldest chocolate factory, which still makes this unusual treat, “legend has it that this dish was invented by the nuns of the monastery dell’Origlione di Palermo, and offered to pilgrims as a high-energy food well-suited for their long journey. The chocolate, it was believed, helped the meat stay fresh.”



Making ‘mpanatigghi, Sicily’s centuries-old chocolate meat pies.



Primi: First Course

Italians enjoy chocolate with pasta in hundreds of ways—as filling for ravioli and tortellini; cooked into many meat sauces; nibs sprinkled on pasta instead of grated cheese; and even incorporated into the pasta dough itself.

G.B. Martelli, director of marketing and sales of Venchi Chocolates, described two of his favorites: “tortelli Veneziani, tortelli bundles filled with chocolate chips and crushed chocolate amaretti cookies; and the Italian autumn favorite: ravioli filled with pumpkin and chocolate, served with a brown butter sage sauce.”

The Italians have a lovely trick of adding cocoa powder to the water when boiling pasta, creating a sort of “instant” chocolate pasta that turns rich and earthy. The cocoa powder adds a chocolatey aroma to the boiled pasta, along with delicate flavors of dried fruit and toasted nuts—the subtle range of tastes in unsweetened cocoa, which we especially notice in savory dishes. Nuanced and delicious, this sort of chocolate pasta is often served with creamy mascarpone infused with hints of orange liqueur, fragrant basil, and crunchy hazelnuts.

Dishes also vary by region. Sciabbó, pork ragu with a touch of chocolate and cinnamon, is a specialty of Enna in Sicily, served in the winter, especially during the Christmas holidays. The dish, which dates back to the 1700s, is traditionally made with pretty, curly-edged noodles called lasagne ricce, which look like the ruffles that were popular on men’s shirts back then. The name of the dish, “sciabbó,” is in fact a Sicilian corruption of “jabot,” the French word for those shirts.

Another Italian Christmas dish is maccheroni con le noci, pasta with melted chocolate topped with walnuts, a specialty of Italy’s central regions of Lazio and Umbria. The dish is often served on Christmas Eve.

‘Mpanatigghi, Sicily’s chocolate meat pies.

COURTESY OF L’ANTICA
DOLCERIA BONAJUTO

The southern island of Ischia, in Italy’s Bay of Naples, has been an important center for chocolate production for centuries, so it’s only logical that they’d cook with chocolate there. What is less obvious is that they’d cook it with seafood. But at the island’s Ristorante Alberto, chef Gianni Mattera serves mussels with pasta in a rich, satiny chocolate sauce that breaks all preconceived rules about seafood and pasta. The touch of milk chocolate that Mattera adds leaves a lingering hint of creaminess that pairs superbly with the mussels’ natural briny sweetness.

Piedmont, in the northern region of Italy, also has a long history of chocolate making. The restaurant Bistrot Relais Cuba is owned by a family that has been making chocolates for over a century. Their menu includes many classic Italian savory chocolate dishes such as the region’s famed tiny ravioli called plin, served in chocolate sauce; risotto in brown butter with Ecuadorian dark chocolate; and smoked salmon rolled in white chocolate-ricotta topped with smoky dark chocolate balsamic vinegar. At this restaurant, which has won the highest scores for 10 years in a row from Gambero Rosso, Italy’s prestigious restaurant ratings, you’ll even find dishes cooked in cocoa butter, such as a spectacular scampi with pasta.



Piedmont, in the north of Italy, has a long history of chocolate making.

Secondi: Meat and Fish

Chocolate is also used to season meats. Like wine, vinegar, and lemon juice, chocolate provides just the right touch of acidity and acts as an emulsifier, adding natural thickness to second-course meat and fish sauces.

Venchi's Martelli, whose company was founded in Piedmont over 140 years ago, explains that wild game—boar, venison, duck—is almost always served in agrodolce, a traditional Italian sweet-and-sour sauce, that has a touch of dark chocolate or cocoa powder. Chocolate is even found in many classic fish dishes, such as baccalá alla cappuccina, cod

COURTESY OF L'ANTICA DOLCERIA BONAJUTO



fish dusted with cocoa powder, while sea bass and turbot are often served in a cocoa crust.

As Martelli says, “Everything is better with chocolate!”

Like wine, vinegar, and lemon juice, chocolate provides just the right touch of acidity and acts as an emulsifier.

Francine Segan, food historian and expert on Italian cuisine, is a James Beard–nominated author of six cookbooks, including “Pasta Modern: New & Inspired Recipes from Italy” and “Dolci: Italy's Sweets.”

HEKLA (CHOCO ILLUSTRATIONS); ROSSHELEN (PHOTO)/SHUTTERSTOCK



PASTA AL CACAO: CHOCOLATE PASTA

MAKES 1 POUND, ENOUGH FOR 4 TO 6 SERVINGS

The trick to making chocolate pasta is to add the cocoa powder after the pasta dough is formed. It's easier to work with that way and tastes better, too. Italians serve savory chocolate pasta with all sorts of meat sauces, especially game or with cheese sauces, or any type of pesto.

1 3/4 cups semolina pasta flour, plus more as needed

3 eggs

1 egg yolk

1 teaspoon olive oil

Salt

1/4 cup cocoa powder

Mound the flour in a large bowl or work surface. Make a deep well in the center and add the eggs, yolk, olive oil, and pinch of salt. Beat the mixture with a fork, and then slowly incorporate in the flour.

Knead the dough, about 10 minutes, until it feels silky, then add the cocoa powder kneading until incorporated. Add a few drops of oil or water, if dry.

Working in sections, pass it through your pasta maker, following manufacturers instructions, or roll it out with a rolling pin.

Cut the pasta into any shape you like, and toss with semolina flour to keep it from sticking.

Recipe reprinted with permission from “Pasta Modern: New & Inspired Recipes from Italy” by Francine Segan. Published by Stewart, Tabori & Chang.



SCIABBO: PORK RAGU WITH HINTS OF CHOCOLATE

SERVES 4

Olive oil

1 large yellow onion, minced

1/2 pound lean pork loin, finely diced

1/2 cup Marsala

1 28-ounce can tomato puree

1 2-inch cinnamon stick

2 ounces dark chocolate, chopped

1 to 2 tablespoons sugar

Salt and black pepper

1 pound any pasta

In a large saucepan, heat 2 tablespoons of oil over medium high heat. Add the onion and saute until soft, about 12 minutes. Add the diced pork and cook until browned, about 5 more minutes. Add the Marsala, turn down the heat to medium low, and simmer for several minutes to burn off the alcohol. Stir in the tomato puree, cinnamon stick, chocolate, and sugar to taste. Season with salt and pepper, cover, and simmer for 1 hour, stirring occasionally. Remove the cinnamon stick.

Cook the pasta in salted, boiling water until al dente. Drain and toss into the sauce until well amalgamated. This pasta is not traditionally topped with grated cheese, but you can if you like.

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COURTESY OF RISTORANTE ALBERTO



Pasta with mussels in velvety chocolate sauce.



PASTA CON VELLUTATA DI COZZE E CIOCCOLATA: PASTA WITH MUSSELS IN VELVETY CHOCOLATE SAUCE

SERVES 2 (SEE NOTE)

1 1/2 pounds mussels, scrubbed and beards removed

3 tablespoons olive oil

1 thin zucchini, very thinly sliced

1 garlic clove, minced

Dash red pepper flakes

1/2 cup white wine

3 tablespoons tomato puree or 1 teaspoon tomato paste

1 tablespoon fresh mozzarella di bufala or heavy cream

1 ounce milk chocolate, chopped

1/2 pound any shape long pasta

Parmesan cheese

Fresh parsley

Put the mussels in a skillet large enough to later hold the pasta, sprinkle with a few tablespoons of water, cover, and bring to a boil until the shells open. Remove the mussels from the shells, put into a bowl along with any pan liquids; set aside. Discard the shells.

Heat 2 tablespoons of oil in the same pan over high heat. Add the zucchini and fry until golden. Stir in the garlic, red chili peppers to taste, and the reserved mussels and simmer for a minute, stirring to combine. Add the wine and raise the heat for a few minutes to evaporate the alcohol. Add the strained tomatoes (if using tomato paste, mix with 1/4 cup of water until very smooth) and lower the heat; simmer the mixture for an additional 5 minutes, then take off the heat. Add the mozzarella and chocolate and stir until both dissolve.

Meanwhile, par-cook the pasta in boiling, salted water for 4 minutes less than the suggested cooking time. Drain and toss into the sauce. Cook all together over low heat, adding a bit of the liquid from the mussels, if needed, until al dente. Remove from heat, and add grated Parmesan cheese to taste, stirring until melted. Divide between two plates, and garnish with parsley.

Note: If you'd like to serve four, double the ingredients and use two pans because the sauce becomes velvety only when cooked in small batches.

Recipe courtesy of chef Gianni Mattera of Ristorante Alberto in Ischia, Italy.

LUCY SCHAEFFER



'Instant' chocolate pasta with orange and basil.



GARGANELLI AL CIOCCOLATO IN SALSA DI MASCARPONE: 'INSTANT' CHOCOLATE PASTA WITH MASCARPONE

SERVES 4

Olive oil

1 teaspoon salt

3/4 pound garganelli or any pasta shape

1/3 cup unsweetened cocoa powder

1/3 cup finely chopped hazelnuts

2 tablespoons butter

1/3 cup Grand Marnier or other orange liqueur

3/4 cup heavy cream

4 ounces mascarpone cheese

Parmesan cheese

10 large fresh basil leaves

2 ounces dark chocolate

1 ounce milk chocolate

Zest of 1 orange, cut into long strips

Bring a pot of salted water to a boil. Add the pasta and cocoa powder and cook until al dente.

Meanwhile, in a frying pan large enough to later hold the pasta, toast the hazelnuts in the butter over medium heat about 5 minutes, until aromatic. Pour in the Grand Marnier and stir a few seconds to burn off the alcohol. Reduce the heat to low, add in the cream and mascarpone cheese, and stir until creamy.

Drain the pasta and toss with the sauce. Add grated Parmesan cheese and salt to taste. Serve topped with basil cut into thin ribbons, grated dark and milk chocolates, and long strips of orange zest.

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LUCY SCHAEFFER



Macaroni with chocolate walnut sauce.



MACCHERONI CON LE NOCI: MACARONI WITH CHOCOLATE WALNUT SAUCE

SERVES 4

10 ounces pappardelle or other wide noodle

1/2 cup granulated sugar

2 ounces dark chocolate, finely chopped, plus more for garnish

1 cup finely chopped walnuts

3 tablespoons rum

Zest of 1/2 lemon

Ground cinnamon

Freshly ground nutmeg

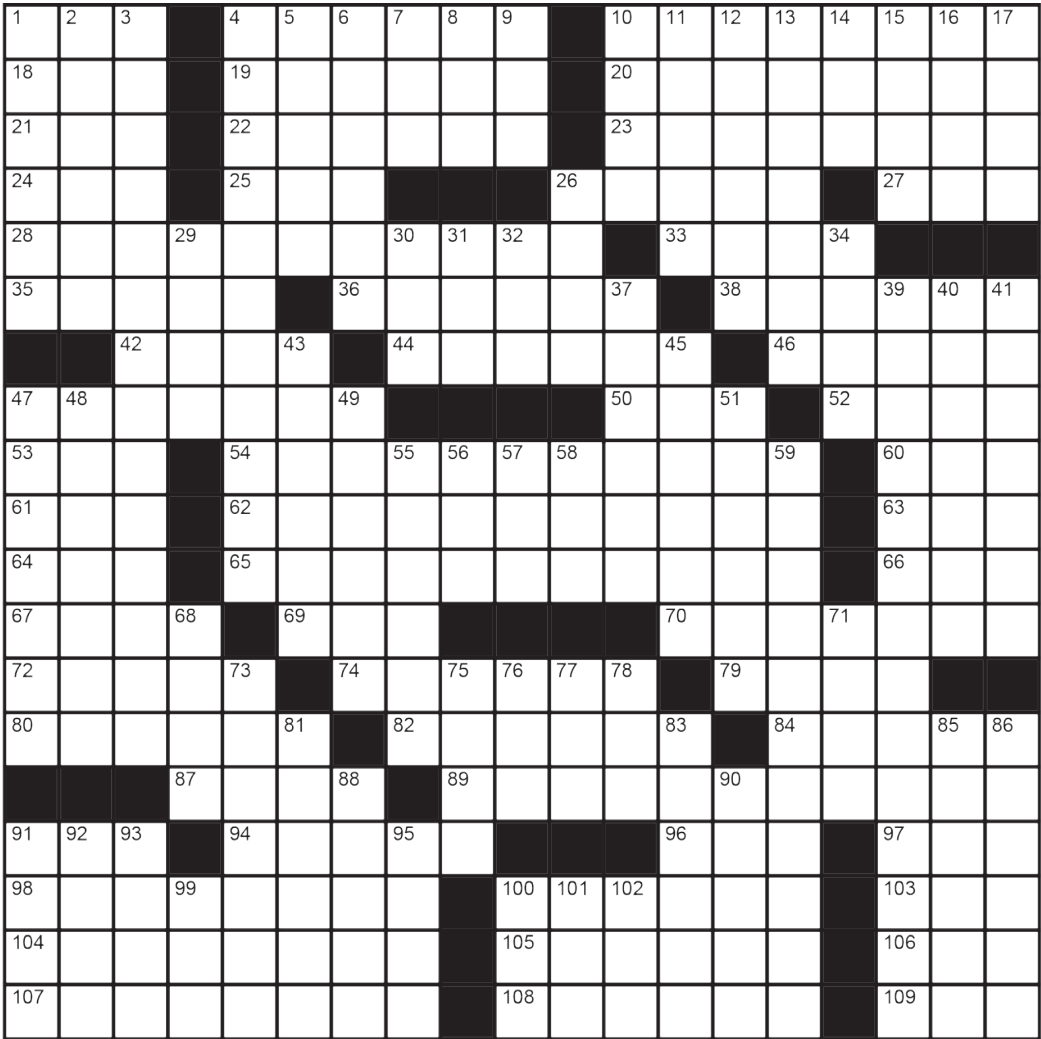
Cook the pasta according to package directions. Drain, return to the cooking pot, and, off the heat, immediately toss with sugar, chocolate, walnuts, rum, zest, and pinch of cinnamon and nutmeg. Toss well, until the sugar and chocolate dissolves. Serve topped with grated chocolate.

Recipe reprinted with permission from “Pasta Modern: New & Inspired Recipes from Italy” by Francine Segan. Published by Stewart, Tabori & Chang.

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

CROSSWORD

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF



Across

- 1. John ___ Passos
- 4. Got by
- 10. Designate falsely
- 18. 67.5 degrees, to mari-ners
- 19. Vinegar radical
- 20. Carburetor's job, natu-rally
- 21. Banned aerosol spray chemical
- 22. Yearned
- 23. Prelude to a duel
- 24. Space
- 25. Buck's mate
- 26. Addicts
- 27. "Chuang Tzu" principle
- 28. Capital of New Bruns-

- wick on the St. John River
- 33. Eye problem
- 35. ___ Hall
- 36. Basic chords
- 38. Brutish sort
- 42. Eastern pooh-bah
- 44. Riot
- 46. Spring bloomers
- 47. Biting insect
- 50. Cigarette, in Stafford-shire
- 52. Correct, in Berlin
- 53. "Take your pick"
- 54. Unavoidable
- 60. Word with mess or press
- 61. "___ A Wonderful Life"
- 62. Dating isotope

- 63. No. on a business card
- 64. Med research org in Bethesda, MD
- 65. Hardest to catch
- 66. Employ
- 67. Broadcast
- 69. "Hey"
- 70. Vacation souvenirs
- 72. Tasty
- 74. One of the Gorgons
- 79. Mongolian abode
- 80. Consumer Reports employee
- 82. The Swordfish, to astronomers
- 84. Alone, in theater
- 87. Hollywood favorite
- 89. Depender on Depends

- 91. Admit
- 94. Tin can's target
- 96. Vast amount
- 97. Canny
- 98. Climb back up again
- 100. Berth places
- 103. Wildcatter's find
- 104. Lost control on the highway
- 105. Footnote word
- 106. It has strings attached
- 107. Descent
- 108. Certain musical works
- 109. Most preferred

Down

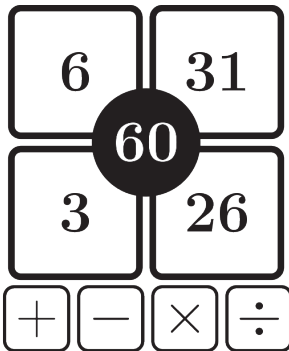
- 1. Common Starbucks orders
- 2. Wildly popular
- 3. The Departments of De-fense, Treasury and State all have one
- 4. Ginkgo biloba trees or Adiantum ferns
- 5. Role player
- 6. Trickery
- 7. Anglo-Saxon letter
- 8. Food additive
- 9. Dated
- 10. Weighty subject
- 11. British ___
- 12. Peloponnesian War victor
- 13. Not really sing
- 14. Dadaism founder Jean
- 15. Enticement
- 16. Volcano in Sicily
- 17. Big name in bricks
- 26. Cancel
- 29. Internet meme that spawned a cryptocurrency
- 30. Appreciative group
- 31. Service award
- 32. Sculling crewman's need
- 34. Hibernia

- 37. "The Snows of Kiliman-jaro" setting
- 39. Soup made with calf brain
- 40. Hurting the most
- 41. 1980s cartoon, with "The"
- 43. Record
- 45. Joiner's groove
- 47. Most gladly to Shake-speare
- 48. Arteries' innermost linings
- 49. Production line charac-teristic
- 51. 8 x 10, often
- 55. Nursed a drink
- 56. Bluecoat
- 57. First-rate
- 58. Goal to break
- 59. Politics, religion, and books
- 68. A marmoset
- 71. Flatten
- 73. Concludes
- 75. "Go ahead!"
- 76. Ornamental vase
- 77. Bag
- 78. Hoo-ha
- 81. "Addicted to Love" singer Palmer
- 83. Kind of kick
- 85. Dissimilar
- 86. Sharp-pointed instru-ment
- 88. Hermit
- 90. Basic belief
- 91. Seal eater
- 92. Withdraw gradually
- 93. Drug agent
- 95. Snail mail's destination, casually
- 99. Behold
- 100. The facts of life?
- 101. "Grey's Anatomy" network
- 102. Be in session

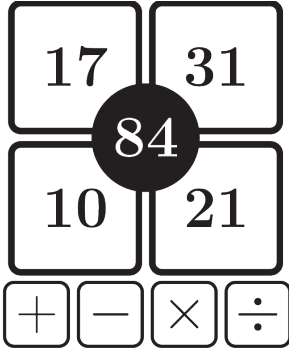
4NUMBERS

CONSTRUCTED BY C. CHANG
AT 4NUMS.COM

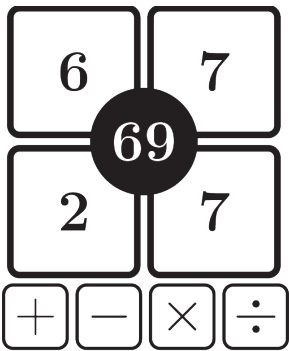
Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" so-lution but, there may also be "equivalent" solutions. For example: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28



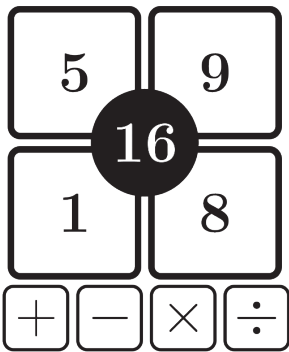
Hard 1 - 1 Solution



Hard 2 - 2 Solutions



Easy 1 - 1 Solution



Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

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

ANIMAL
ANNALS
CROCI
DECAFS
DECEIT
DEDUCES
DORADO
FAINEST
IBIDEM
ISLES
ITCHED
LONER

MADE DO
MEDUSA
MISLABEL
OCTETS
ON FIRE
ONSIDE
RABBET
ROBERT
SAPID
SLAPPING
SPARTA
STYLET

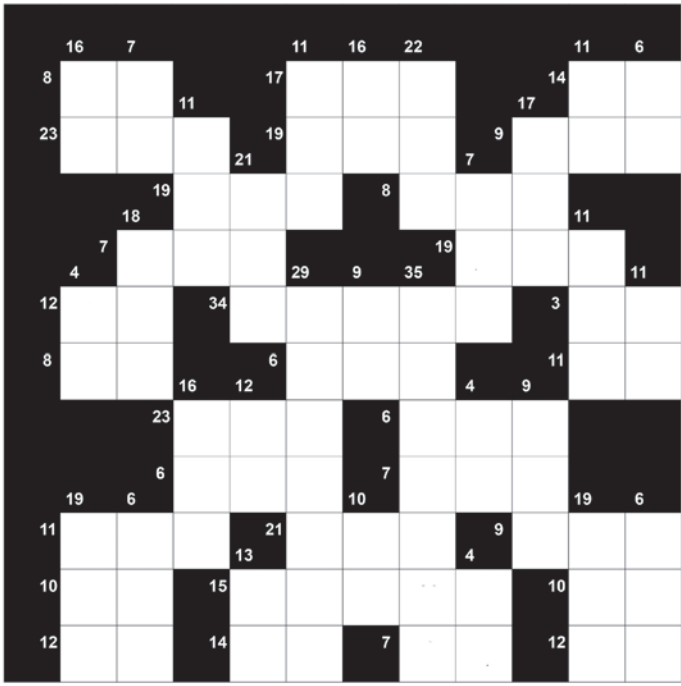
TEDIUM
TENET
TESTER
TRIADS
UNLIKE
ACETYL
ACTOR
INTIMAE
LITTLES
SOLUS
USERS

KAKURO

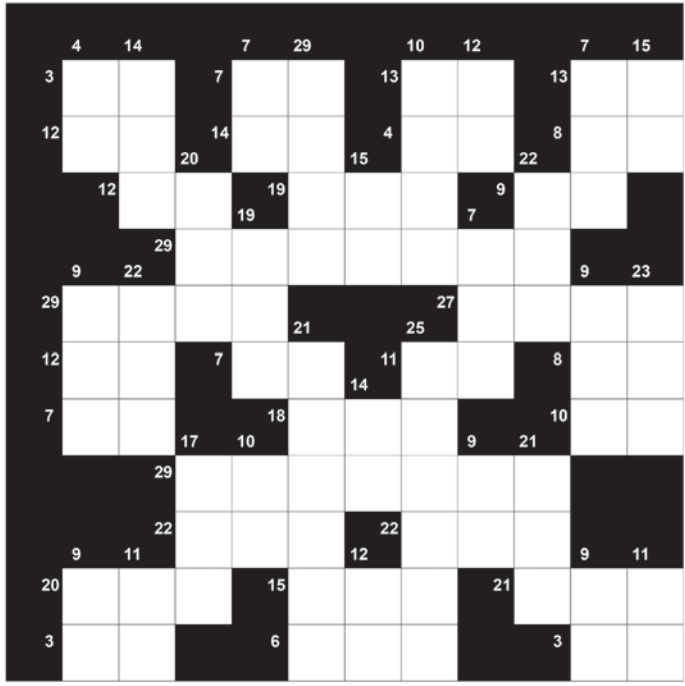
CONSTRUCTED BY EPOCH TIMES STAFF

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

Large: Hard



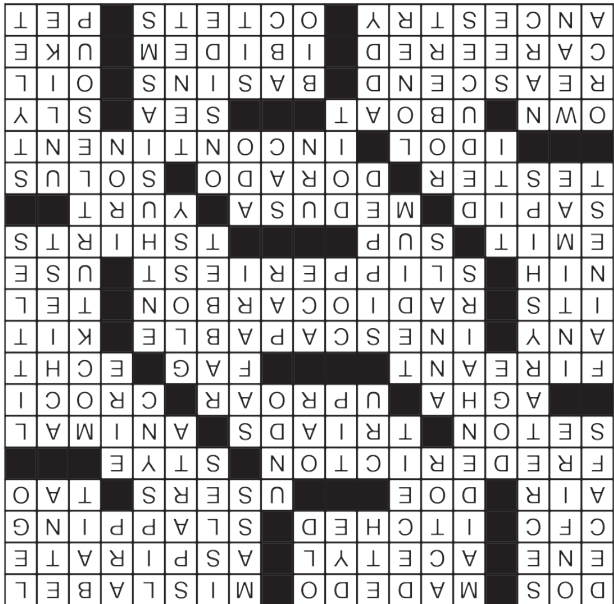
Large: Easy



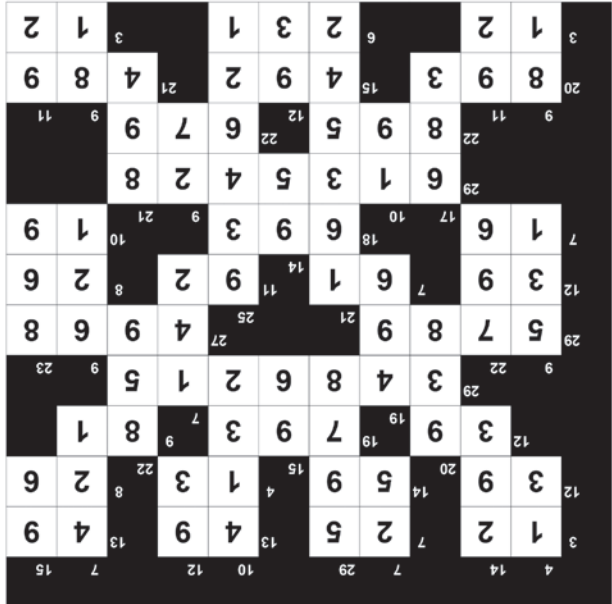
WORK SPACE

SOLUTIONS

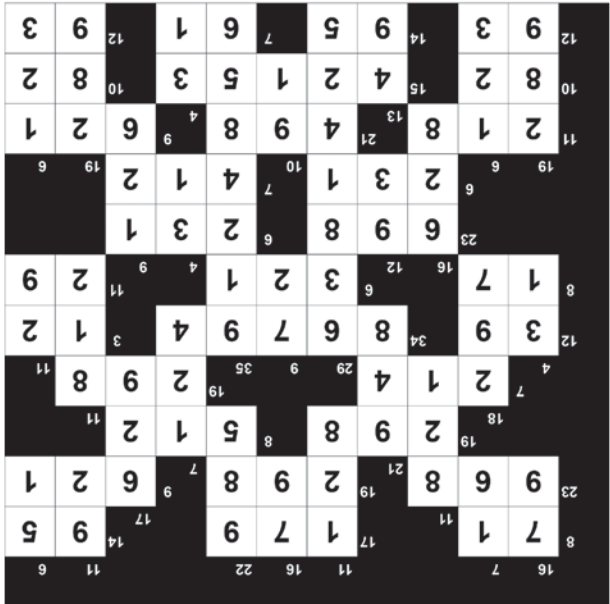
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4NUMBERS

- HARD 1**
3 - 6 + 96 = 131
- HARD 2**
12 × (01 - 17 - 18) = 31
(17 - 11 - 10) × (21 - 18) = 31
- EASY 1**
(7 + 2) × (7 + 7) = 91
- EASY 2**
(9 + 8) × (1 + 6) = 95



KINGA/SHUTTERSTOCK

Maybe you haven't saved a life, but perhaps your work has made someone else's life a little better.

MINDSET MATTERS

Bringing Joy to Work Can Improve Your Life and Save You From Burnout

Finding joy and meaning in our work can help the professional climb the ranks and the entrepreneur launch a startup

BROOKE MEDINA

Professional success and entrepreneurship can be rewarding, but they have their limitations. Joy and ultimate meaning are too often viewed as by-products of landing that dream job or reaching a certain income. But instead of expecting our work life to dictate our outlook, we need to flip the script. By choosing to begin each workday with a sense of joy, we are setting ourselves up to do more than merely survive the 90,000 hours we'll spend at work over our lifetime. We're positioning ourselves to thrive.

Joy Is a Proactive Mindset

We all want to experience fulfillment in our work. Even if our job doesn't include finding a cure for cancer or making food out of carbon dioxide, with the right outlook, our work can be fulfilling. Japanese entrepreneur Marie Kondo quickly became an American household name with the premiere of her Netflix series "Tidying Up." Her business is built on the seemingly mundane chore of decluttering your house. By helping others find joy through such

a basic task, Kondo exemplifies what it means to bring purpose and meaning to work.

The beauty of free enterprise is that you're able to joyfully pursue things you care about, whether it's raising chickens on your homestead or exploring new economic frontiers with blockchain technology. Maybe you haven't saved a life, but perhaps your work has made someone else's life a little better. We can all take a lesson from Marie Kondo, choosing to bring joy to our homes, workplaces, and communities.

What does bringing joy and meaning to work mean for the professional climbing in the ranks or the entrepreneur launching his startup? It will look like a buoyant determination, a gritty resilience, and hopefulness about the future. Joy is a proactive mindset that resists the temptation to view oneself and one's work solely based on external events and circumstances. This doesn't mean giving yourself the, "I am good enough, smart enough, and doggone it, people like me" pep talk. Rather, it's realizing that the day will bring hard work and struggles, but with the right outlook, you know you have the grit to

persevere.

Undoubtedly, work is an important part of who we are, and for the successful professional or entrepreneur, it can be immensely rewarding. For those who find their vocation, or what some refer to as a "calling," fulfillment at work may feel as natural as breathing. But the truth is, we don't need to wait for our dream job—or the perfect business idea—in order to practice cheerfulness, resilience, and goodwill. We can find joy each day, even when it's filled with tasks that seem extremely ordinary or mundane, like tidying up. Cooking up family dinners at your restaurant, participating in the deceptively complicated manufacture of a pencil, or building modern conveniences that make people's lives more comfortable can all be approached from a place of joy.

Don't Compare Your Life to Others

One way to develop this joy is by refining your professional skills. The confidence that comes from greater proficiency brings its own kind of satisfaction and joy. By choosing to continually learn, you are reminding yourself that there is something to look

forward to—something to hope for. When we lose sight of the long-term goals we once held, we can quickly find ourselves discouraged and dejected. Continual learning is immunization against professional atrophy and can serve as a defense against joylessness.

Another way to lay the groundwork for joy, both professionally and personally, is by building a network of friends and allies. Business is relational, and most professionals understand the need to build a network of customers. However, it's also important to build a community of peers that can offer support, mentorship, wisdom, and camaraderie. Friends at work will make your day more enjoyable and office politics more bearable. And your relationships outside of work, such as with your family, friends, and those you volunteer with, aren't only a bulwark against loneliness, but they also enable you to live a healthier life. Meaningful relationships with others contribute to joy in a way that wealth and recognition simply can't.

Joy can also keep us going during periods of fatigue and burnout. Bringing joy to work reduces the risk of professional paralysis that sometimes accompanies seasons of difficulty. Once you have learned how to flip the script and take joy to work, protect it. The hopefulness and proper perspective that joy offers remind us that our careers sometimes follow a rhythm of tilling, planting, and harvesting. Certainly, there are times when workplace difficulties are an invitation for us to assess whether we're on the right track. However, disillusionment can also stem from buying into the workaholic's idea that we should find ultimate meaning and fulfillment solely in our work. That mindset can lead us to think that we always have to be "on," never content to rest or recharge. Sooner or later, that perspective will rob us of joy.

Once you've learned how to flip the script and take joy to work, protect it. Mark Twain once wrote, "Comparison is the death of joy." Competition within an industry is necessary for businesses. However, at a personal level, we don't have to keep up with the Joneses. Too often, we measure ourselves against the success of others. But we would do well to mind our own business (really, we should tend to our own businesses). We often don't know where others have started from or what their path to success has been like. By focusing on our own affairs rather than comparing ourselves to social peers, we can be more productive and avoid the destructiveness of envy.

In our career and business endeavors, there are many things beyond our control. But we're free to define success for ourselves (whether in monetary terms or by social impact), and we're free to choose our perspective on our work and workplace. By intentionally embracing joy rather than reacting to daily events, we position ourselves to exert control over our lives and careers. In so doing, we will be more resilient in the face of challenges and more grateful for ordinary successes. So, bring your joy to work today. By the time your head hits the pillow tonight, you'll be glad you did.

Brooke Medina serves as director of communications for Civitas Institute and she sits on the board of ReCity Network. This article was originally published on FEE.org

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BODY MIND CONNECTION

From Depression to Parkinson’s Disease: The Healing Power of Dance

Dance therapy looks at the way body posture and movement affect our ability to regulate emotions

ADRIANNA MENDREK

“When a body moves, it’s the most revealing thing. Dance for me a minute, and I’ll tell you who you are.” Mikhail Baryshnikov, acclaimed ballet dancer

Why do we stop dancing when we grow up? Why do we disconnect and alienate ourselves from the body? It is surprising to me that dance/movement therapy (DMT) is not more popular within the fields of psychology and psychotherapy globally. For a couple of decades, I devoted my attention as a researcher in behavioral neurobiology and psychiatry almost exclusively to the brain and mental health, neglecting the rest of the body.

I was trained in the late 1990s, the decade of the brain. I’ve been mesmerized by the complexity of the brain, completely forgetting that it is part of an entire organism, intimately connected and reciprocally interacting with the entire body. Interestingly, in my personal life, my body has played a central role. My way to deal with any mental health problems has been through long walks, dancing, and yoga.

This is partly why in the past few years, as a professor in psychology at Bishop’s University, I have started incorporating bodywork in my teaching and research, and why I entered a dance/movement therapy training program in Canada this summer.

Understanding the Body in Motion

Dance/movement therapy goes beyond simply dancing. DMT uses dance and movement to promote insight, integration, and well-being, as well as to diminish undesirable symptoms in various clinical populations. Unlike mainstream talk therapies, DMT uses the entire body to approach the client primarily on a nonverbal and creative level. The body in motion is both the medium and the message. DMT recognizes the moving body as the center of the human experience, and that body and mind are in constant reciprocal interaction. Just like with more traditional psychotherapies, DMT can be

applied in a wide range of ways. It may involve talking, different types of music, or no music at all. It can be done in groups, with individuals, or with couples. Therapists sometimes dance with their clients, and at other times, they observe.

A group therapy session may involve a warm-up and check-in as to where we are emotionally, mentally and physically. It may be followed by the development of a theme, which emerges spontaneously or has been prepared by a therapist (for example, working with difficult emotions). It ends with grounding (reconnecting with our bodies and our selves in the present moment) and closure (for example, a gesture, a sound, a word).

One of the main reasons people dance is to modify their emotional state; typically, they strive to feel more joy and happiness and to reduce stress and anxiety.

All of this is done with our bodies in motion or stillness, but some verbal sharing, journaling, drawing, and other elements may be added. Dance/movement therapy has been around for several decades, but it has never become widely popular, possibly due to a lack of well-designed research studies. This has changed, and I would like to highlight here a few recent studies supporting the benefits of dance and DMT on emotional regulation, cognitive function, and neural plasticity.

A Positive Effect on Depression One of the main reasons people dance is to modify their emotional state; typically, they strive to feel more joy and happiness and to reduce stress and anxiety. Since its inception, dance therapy, similar to somatic psychotherapies, has emphasized the reciprocal interaction

between body and mind, and the ability to regulate emotions via changes in body postures and movements. The exploration of new movements can evoke novel perceptions and feelings. It may also facilitate seeing a wider range of possibilities in a given situation. Some new or old movement patterns may evoke repressed material and enhance a better understanding of oneself and one’s environment and history. One of the most compelling studies supporting this idea examined complex improvised movements and identified unique sets of movement components that can elicit feelings of happiness, sadness, fear or anger. The associations between emotions and specific motor components have been used in the past for diagnosis or emotion recognition. This study goes further and proposes specific techniques for modifying emotions. A recent systematic review of research on dance/movement therapy specifically found it to be effective in the treatment of adults with depression.

Improvements in Parkinson’s Disease Dance typically involves learning sequences of steps and movements in space, in coordination with music. In other words, it requires substantial physical and cognitive engagement and, as such, it should improve not only muscle tone, strength, balance, and coordination, but also memory, attention, and visuospatial processing. When comparing relatively long-term dance interventions (of six and 18 months) to conventional fitness training, several studies have found im-



intervention. These changes included: increased hippocampal and parahippocampal volume (involved in memory), increased gray matter volume in the pre-central gyrus (involved in motor control) and white matter integrity in the corpus callosum (involved in communication between the two hemispheres). Overall, these studies are compatible with the idea of using dance and DMT in various neurological and psychiatric disorders—such as Parkinson’s disease, Alzheimer’s disease, and mood disorders—as well as in the general population.

New Possibilities for Feeling and Perceiving

It’s clear that dance has a powerful effect on the human body and psyche. DMT from its inception emphasized that the body is inseparable from, and in constant reciprocal interaction with, the mind. As such, sensations, perceptions, emotions and thinking affect our body and the way we move. By observing the body, we can deduce mental states.

DMT uses dance and movement to promote insight, integration, and well-being, as well as to diminish undesirable symptoms in various clinical populations

Conversely, our posture and our movements have the power to transform our mental states, to evoke repressed memories, to release spontaneity and creativity, to reorganize our brains. New ways of moving and dancing may produce new ways of feeling and perceiving the world. The body, movement, and dance have been almost entirely ignored by mainstream psychotherapy. It is time to change that!

Adrianna Mendrek is a professor in the psychology department at Bishop’s University in Canada. This article was originally published on The Conversation.

Keep Blood Flowing to Alleviate Leg Pain

MOHAN GARIKIPARITHI

If you experience pain in your legs and feet when you’re walking around, you need to read this. And even if you don’t feel it now, one day you might. A little leg pain, regardless of the intensity, might not seem like much. But it can indicate a condition that may send dangerous signals about your overall health. Peripheral artery disease (PAD) is a condition that develops silently, marked by a slow narrowing of blood vessels that leads to oxygen and nutrient shortages in the legs. The lack of oxygenated, nutrient-rich blood leads to cramps and discomfort. Maximizing blood flow, therefore, is essential to keeping this condition at bay. Keeping arteries and veins healthy and free of blockages is the best way to fight against PAD. Although it might go without saying, activity is the best way to encourage blood flow. Keeping cholesterol levels down, particularly “bad” LDL that can accumulate along arterial walls and limit blood flow. So, how do you limit LDL to encourage blood vessel health or relax



your veins? In many cases, nutrition, supplementation, and medication are your options. Nutrition, however, is likely the easiest way because you don’t have to remember to eat. You’re not going to forget lunch or dinner in the same way you’d forget to take some pills. Foods that can optimize blood flow and relax blood vessels to encourage

healthier veins and arteries include:

- Beets and beetroot juice
- Onions
- Garlic
- Fatty fish
- Pomegranate
- Turmeric and cayenne
- Oats

- Whole grains
- Beans
- Eggplant
- Nuts
- Apples/berries/citrus fruits

If you’re not walking or exercising enough, you might not even be aware that you’ve got PAD, which could be highly dangerous. So, keep an eye on your circulatory health by getting out for some exercise daily, walking around the block, shopping mall, or your home. Doing so will improve your health and keep you in tune with potential problems. If you do notice pain or discoloration in your legs and feet, talk to your doctor as the condition could be at the point where medical intervention is required.

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). He practiced clinical medicine for over a decade. During a three-year communications program in Germany, he developed an interest in German medicine (homeopathy) and other alternative systems of medicine. This article was originally published on Bel Marra Health.

THE TRUTH ABOUT CLASSICAL CHINESE

A much deeper, richer, history than is commonly known

CATHERINE YANG

Classical ballet has a familiar place in our minds. We know who invented it, the major stars and the eras they pioneered, and the classics of the repertoire—Christmas comes, and so does “The Nutcracker.” We know the five positions of ballet, which from inception to the present day have not changed. Classical Chinese dance, the equally complex system of the East, has a much more complicated provenance.

So much so, that even one school in China that claims to have invented it is unclear about where the movements originated.

That school, the Beijing Dance Academy (BDA), officially supported by the Chinese regime, makes the claim to have invented “classical Chinese dance” because it is simply commonly believed. Due to the Academy’s extensive dance curriculum, younger generations of dancers and scholars have mistakenly made that assumption.

But of course it wasn’t. “What BDA has is a program, a pedagogy, and system of movement that reorganizes classical Chinese dance, and brought it into the academy system. That’s it,” says Guo Hua Ping, a classical Chinese dance instructor in New York.

“How can a modern teaching system suddenly become ‘classical’ with a history of 5,000 years?” Guo says.

To better understand the formation of this art, rooted in a tradition going back 5,000 years, we spoke to experts who have dedicated their lives to preserving the art form.

Training in Opera

Guo Hua Ping, now in her 80s, was born in China in 1935 and grew up in Beijing. Throughout her career, she saw the art form develop, grow in popularity, and morph into something entirely different.

“I must have started [dance] when I was about 13, and I have never done

Classical Chinese dance is so expressive because it’s the meaning behind a movement that drives the body into movement.

Shen Yun dancer Kaidi Wu performs an aerial, during New Tang Dynasty Television’s 2016 International Classical Chinese Dance Competition. Tumbling elements such as this disappeared when ballet became incorporated into classical Chinese dance training.

anything else since. What else can you call it but fate?” Guo said.

This was very early communist China, before the Cultural Revolution. Guo remembers, as some of her earliest memories, New Year events at temples, with dances and martial arts performances.

“There were two temples near where I grew up,” Guo said. These were places of reverence for the heavens, great halls established by emperors to pay respects to the divine. During major holidays, they were sites of celebration, where people flocked to pray and burn incense to the gods and watch performances.

“There were Peking Opera performance groups, and they would put on shows—the costumes, acting, dancing, props, the various movements of Peking opera. It was all there,” Guo said. “I was very young, and I loved it. I’d go home and copy what I’d seen, just for play.”

She would later understand that these glimpses of Peking Opera she’d seen were the real deal, a long-standing traditional performing art that had been passed down and developed through the ages.

“This was actually Chinese dance,” she said; it became an important reference point for her later. Chinese dance came from the dances of more than 300 kinds of traditional Chinese operas, such as Kunqu Opera and Peking Opera. These are the main sources of classical Chinese dance.

Guo ended up joining a performing arts military institute, which at one point was named the Zhongnan Theater Company, when the state started recruiting little troopers and they saw that she showed talent in the little skits and plays at school.

There, the students learned from Peking Opera experts, like those who’d studied with Mei Lanfang, the famous artist who was the first to spread Chinese opera outside of China. Students might go on to specialize in various things or various roles, but Chinese opera was the fundamental basis for all of it, and everyone took these classes.

As Guo explained, you didn’t start with a separate theory or a technique course on vocal training or footwork; these were entire stories passed via demonstration from teachers to students. The teachers would take scenes from well-known operas and teach them in their entirety—the steps, the staging, the gestures, the songs, even how to warm up—to every class. The experts themselves came from theatrical troupes that typically had a sort of apprenticeship system, with one principal dancer leading a number of students.

“Like the art troupe I was in at the time, many dance professional groups all over the country were learning and arranging dance styles and techniques from traditional operas such as Peking Opera and Kunqu Opera, which were generally referred to as ‘classical Chinese dance,’” Guo said.

Guo took a short moment to demonstrate—a distinct turn of the head, the way the fingers were placed and hands moved, the inflection in

tone. “Everybody knew this,” she said, describing several fundamental steps with their names. Guo recalled in the same breath how different types of new characters took to the stage with an introduction, and how different props like twin swords were used. She described an opera scene in particular, which was taught to early classes, depicting a young lady consoling an emperor with a song. This was a systematic art form with a developed vocabulary of movement and established repertoire.

A few years after Guo started studying at the institute, the Beijing Dance School, later renamed the Beijing Dance Academy (BDA), was formed by the state in 1954. This school began one of the biggest changes to Chinese dance itself.

The formation of the school included first interviewing many Peking Opera experts to decide how to best teach Chinese dance systematically. Then dance teachers from the Soviet Union were invited to lead the classes, which introduced another layer of changes to what was known as Chinese dance.

“Dancers from the Soviet Union ... created a Chinese-Ballet hybrid sort of form,” Guo said.

The Ballet Hybrid

The communist states of China and the Soviet Union had good relations at the time, and so even though China had not yet begun to “open up” to the world, the state invited many Soviet Union dance experts to serve as instructors.

Guo explained how BDA used ballet pedagogy from the beginning. With the help of Soviet ballet experts and ballet teaching systems, they sought to reorganize classical Chinese dance, drawing from Chinese opera dance with a corresponding teaching system.

It was impossible for the instructors to pick up, much less be able to teach, something developed over thousands of years in full. As the language of ballet was introduced, certain elements automatically disappeared from the vocabulary—most obviously, tumbling techniques like midair somersaults or flying backward flips.

There were more fundamental things lost in this use of foreign pedagogy, because the character of each dance form is different to begin with.

“There are many differences ... Traditional Chinese dance has explosive starts and a sort of circular way of moving, rounded movements,” said Vina Lee, a classical Chinese dance instructor who grew up training in this period of the Chinese-Ballet hybrid form. At the time, it was so mixed that she would not have known which parts were drawn from ballet and which were from traditional Chinese dance.

Lee, now president of Fei Tian College in upstate New York, said up front that it was probably not until she came to the States that she started to understand classical Chinese dance, even though she was a ballet instructor for many years before that.

Though this Chinese-Ballet hybrid dominated the scene for a few decades before it gave way to other forms, its introduction played a significant role in the loss of classical Chinese dance.

“Because Beijing [Dance Academy] was using this Chinese-Ballet hybrid, the whole country fell in line and replicated it as well. They put dancers on pointe,” she said.

“But, to use ballet to express Chinese things, it actually doesn’t work. You’re using a Western language to convey the content of another culture,” Lee said. Think about how difficult it is to properly translate an idiom and retain its meaning, for instance, and multiply that many times over.

Translation between languages for everyday things might be a simple task, but this is art, and art with deep cultural roots. The East has no concept of the “Pietà,” for instance, and the West is not immediately familiar with the idea of spiritual cultivation.

“Each gesture, every turn of the head, every look—they’re distinctly cultural.”



LARRY DAI

DANCE

She demonstrates, just in little things like the angle of the head, or how to hold your arms, or the placement of the fingers. The difference is stark and immediate. Tiny changes made to every step along the way can add up to quite a lot. “Or, if your upper body is Chinese dance but your feet are on pointe, what does that convey?”

“It’s not that ballet isn’t beautiful or complete, but it’s an entirely different form,” Lee said. “Ballet is about beautiful, long lines and clean leaps and landings. How do you mix that? And the [Chinese Communist Party-approved] Revolutionary Ballets had a very strong propagandistic message, not quite compatible with classical ballet either.”

But the biggest detriment to the development of Chinese dance was not that it mixed in a few ballet moves. It was that it removed tradition from the equation and opened the doors for further hybridization writ large. Traditional Chinese dance, which largely came from Chinese opera, with roots in the imperial courts of ancient dynasties, had never been passed along and taught on a massive, national scale. Not like the Chinese-Ballet hybrid was. In just a few years, people forgot or were forced to forget the significance of the movements and stories passed down via Chinese opera, and things that are not meaningful are later easily removed.

The Revolution

China and the Soviet Union eventually parted ways; the experts left, and the Cultural Revolution took place shortly thereafter.

“You either followed the [Chinese Communist] Party or you were sent off to work in the camps,” Lee said, understating the bloody violence of the period. “So there was a break in artistic development for a period of time.”

During this period, there were just what was called the “Eight Model Plays.” This set of operas and ballets was engineered by communist leader Mao Zedong’s wife, Jiang Qing, and they were meant to glorify the communist revolution and usher in Mao’s cult of personality.

Guo, who had been dancing all of her life, said no one dared to perform any other operas during that time. Mao wanted to replace the old with his own new; even Confucius was thrown out. Who would dare try to develop content in that direction?

“What could we perform?” She demonstrated a few abrupt movements, the kind a child might come up with in jest to mock Hitler or Stalin in a march, and then made a face. If you look up “Red Detachment of Women,” the best-known ballet of the bunch today, it does actually look like that. Violent Marxist themes communicated through the elegant, etiquette-driven classical ballet is more or less a Frankenstein creature of dance.

After the Cultural Revolution, institutes across the nation were replaced by various performing arts troupes, many of which changed names several times as district lines were redrawn. There were still ballet schools, Guo said, but there was nothing called “traditional Chinese dance” or “classical Chinese dance.” Various elements of traditional Chinese dance, like the tumbling techniques or impressive kicks, were used by anyone and everyone however they wished, notably in gymnastics and acrobatics competitions. Dance was a mixed bag with little philosophy behind it, except perhaps to dazzle and impress and draw in any audience one could. There was no other way for an artist to make a living in a society that had done away with culture.

“It was a very messy period,” Guo said. “The worst of it was probably that Chinese people could no longer recognize in the arts what aspects were Chinese. We couldn’t recognize our own tradition.”

Rediscovering Chinese Culture

Lee remembers that she had never been particularly proud to be Chinese until

she started learning classical Chinese dance and, by extension, traditional Chinese culture.

“I’d previously not understood, and frankly wasn’t interested in, Chinese arts. I didn’t know how to appreciate them,” Lee said. “I had to realize what the culture was all about.”

She described it as a learning process going back to the fundamentals, of both mind and body.

Just as ballet has, over the centuries, been an expression of various Western cultures, classical Chinese dance can be well understood as the expression of traditional Chinese culture through aesthetic movement.

We need to take into account the timeline: This is civilization stretching back 5,000 years, with formative cultural figures like Confucius and Laotzu being near contemporaries of Socrates, considered the father of philosophy in the West—two civilizations ago. And it has only been less than a century since the communist takeover of China swung a cleaver down to break the long line of continuous tradition.

So what is traditional Chinese culture about? At its very foundation is the idea of harmony between heaven and earth, and reverence for the divine. It is said to be “divinely inspired,” because ancient Chinese people believed that life itself was given by the divine, along with most aspects of Chinese culture.

Before the first dynasty was established, there were the Three Sovereigns or demigods: Suiren, who invented fire; Fuxi, who invented hunting and fishing; and Shennong, the inventor of agriculture. Then there were the early emperors, who were believed to either have divine capabilities or could communicate with divine beings. Everything from the written language to the clothing and the way emperors ruled had some connection, an explicit connection, to the divine.

In writings by scholars and historians spanning millennia, there are constant mentions of the divine and of living virtuously, in accordance with heaven, so that people might receive blessings from the gods. The lessons of history across the numerous dynasties are understood to be distilled into the five cardinal virtues of benevolence, righteousness, propriety, wisdom, and faithfulness. Inextricable from the culture are also the three religions of Buddhism, Taoism, and Confucianism.

Lee goes on to explain that this value system is one important component of understanding what classical Chinese dance is, in part, because knowing this, one begins to see the reason one moves this way or that way to convey an idea or feeling. Classical Chinese dance is typically a storytelling art form, and in order to portray or understand great historical figures like Emperor Kangxi, General Yue Fei, or the poet Li Bai, you must understand the cultural context of their stories. If you take the culture out of Chinese dance, it really isn’t Chinese dance.

Finding the Movements

With the communist campaigns having left China’s traditional culture in ruins, there has been little for artists to rely on, even if they wish to piece together something authentic.

But if you understand the traditional culture, according to these dancers, you already have a great many of the pieces with which to build something original yet traditional.

There are clear ideals of femininity and masculinity, for example, Lee said, and it’s not hard to tell whether your dance expresses that. You also start to understand what traditional Chinese art is about and can see when there is a piece that doesn’t quite fit; a previously foreign language becomes easier to decipher.

“With traditional Chinese culture, in the art, a lot of it comes from a clear and calm place of mind. A sort of peace that



DAI BING / THE EPOCH TIMES

Peter Huang, 18, gold award winner in the male adult division of the International Classical Chinese Dance Competition, performs “Drinking Alone by the Moonlight” at BMCC Tribeca Performing Arts Center in New York on Oct. 12, 2014.

“It was a very messy period. The worst of it was probably that Chinese people could no longer recognize in the arts what aspects were Chinese. We couldn’t recognize our own tradition.”

Guo Hua Ping, classical Chinese dance instructor



Classical Chinese dance instructor Guo Hua Ping.

is precisely an oasis in our busy, modern-day lives,” Lee said.

Having the foundational understanding of traditional Chinese culture becomes useful in recognizing the technique and system of movements inherent in the dance form as well.

Many of the movements look similar to martial arts, for instance, which developed in parallel to the aesthetic art of dance over the 5,000 years. Lee points out that in Chinese, the two words share a homophone. Martial arts is “wushu,” and dance is “wudao,” though the “wu” character is written differently for each.

These forms, in fact, share many movements. Lee demonstrates a punch, and then again with a quicker start and softer ending and turn of her hand to finish. “You beautify the movements when using them in dance,” she said.

Classical Chinese dance movements had been passed down through imperial courts and regional opera productions over thousands of years before they were whittled away piece by piece after the end of the last dynasty. But martial arts movements were not affected in the same way.

Even when martial arts fell in popularity, or when they lost their spiritual component, the movements and sets of movements did not change, and those old martial arts practitioners in the mountains still passed them down.

“You can’t change the movements because they’re functional,” Lee said. “If you change it, it’s not effective anymore.” If someone strikes at you, you still have to dodge. There is obviously a better or worse way to use a spear or a sword. There is no making it up as you go on the battlefield.

Thus, a lot of the movements and also how they combine has been retained, and many see it as a blessing.

These movements retained in martial arts, along with the way of moving drawn from Chinese opera, create a very vivid language.

The movements themselves, along with a systematic approach of how these movements should be linked together—drawn from the long legacy of dance and opera—create a very vivid language.

As the experts explain it, classical Chinese dance is so expressive because it’s the meaning behind a movement that drives the body into movement.

This is referred to as “yun,” or the bearing of the dancer, who may be embodying a specific emperor or hero from a legend, or a character less specific, like a scholar from the Tang Dynasty, or a princess in the Manchurian court.

Culture’s Impact

This is why technique is not enough. You can be a dancer with the highest kicks and most impressive leaps, but if you don’t have the vocabulary—the method of movement, the cultural understanding—when you get on stage, you can’t convincingly portray anyone.

Continued on **B12**

SHEN YUN PERFORMING ARTS

Shen Yun Kicks Off 2020 Season on East and West Coasts

CATHERINE YANG

Shen Yun Performing Arts began this season with a premiere in its home state of New York, where audience members such as Goldie Bryant have made the performance a holiday tradition.

“I feel blessed to be able to experience the quality of the performance as the dancers share with us all that they have,” said Bryant, a retired health physicist and associate commissioner of the New York State Health Department. Here at The Performing Arts Center at Purchase College on Dec. 20, it was Bryant’s sixth time seeing Shen Yun.

Bryant said her “holidays have been enriched by seeing the show” every year, and she said it felt “special being able to enjoy what the dancers have to share.”

“The exquisiteness of the dance, choreography, and the music that supported the choreography, it’s just wonderful, and I’ll be back again next year,” she said.

Later that day, the first Shen Yun performance on the West Coast kicked off with a performance in Berkeley, California, where audience members expressed an appreciation for the traditional culture Shen Yun brings out through music and dance.

Ken Church, senior vice president of a commercial real estate company, enjoyed the performance with his wife at Zellerbach Hall on Dec. 20.

“The precision is outstanding,” he said. “The choreography and the ... tumbling, the dance moves, I’ve never seen anything like it with so many people and so consistent. The finer details are really, really extraordinary, and the music is nice. Everything, and the timing of it, is really something we’ve never seen before. It’s outstanding.”

He said the dancers “are true athletes,” and praised the impressive feats he saw onstage, coupled with the fact that it was clear this stemmed from a deep tradition.



THE EPOCH TIMES



SALLY SUN/THE EPOCH TIMES



GARY WANG/THE EPOCH TIMES

(Above) Shen Yun Performing Arts Global Company’s curtain call at Zellerbach Hall in Berkeley, Calif., on Dec. 20, 2019.

(Left) Goldie Bryant enjoyed Shen Yun Performing Arts at The Performing Arts Center of Purchase College in Purchase, N.Y., on Dec. 20, 2019.

(Right) Ken Church and his wife enjoyed Shen Yun at Zellerbach Hall in Berkeley, Calif., on Dec. 20, 2019.

“
The exquisiteness of the dance, choreography, and the music that supported the choreography, it’s just wonderful.

Goldie Bryant

“It gives you a greater appreciation,” he said. “You can tell that the traditions go generations deep. It’s very spiritual.”

Shen Yun, formed in 2006 by artists who wanted to share the authentic traditional Chinese culture with the world, has now grown to seven companies. Performances begin around the world this week.

In North America, shows will soon be playing in Stamford, Connecticut; San Jose and San Francisco, California; Dallas and Houston, Texas; and Ottawa and Hamilton, Canada. In Asia, the tour begins in Japan, where Shen Yun will visit nine cities; in Europe, shows will begin in Florence, Italy, this week; and start in the UK over the New Year.

For more information and tickets, see ShenYunPerformingArts.org

The Epoch Times considers Shen Yun Performing Arts the significant cultural event of our time and has covered audience reactions since the company’s inception in 2006. The Epoch Times is a media sponsor of Shen Yun Performing Arts.

The Truth About Classical Chinese Dance

Continued from B11

“When you fully understand classical Chinese dance, it’s like, ‘Oh! It is a rich and complex language of its own,’” Lee said.

If you speak to classical Chinese dancers today, Lee included, many explain the creative process of learning classical Chinese dance to that of learning what it means to be human. This is partly because as a performing artist, one often serves as a translator of the depth and brilliance of human experience. Just as classical musicians are interpreting for listeners the scores of long gone but genius composers, classical Chinese dancers are actually interpreting the divinely inspired culture and history of ancient China.

“These stories all have cultural context,” Lee said. “If you don’t understand purity and calmness, you can’t express it.”

“To learn classical Chinese dance, you need to have that moral and cultural foundation—that’s why people feel it’s beautiful,” Lee said. She often hears from audiences that it’s so beautiful, but they’re grasping for the how, or why they feel that almost ethereal calm.

It’s because these artists pursue beauty of a transcendent nature, as in beauty, truth, and goodness. It only takes a twist of the gaze or slight turn of the body to turn that beauty into that of the mere sensory sort—from something sincere into something ironic, or worse, vulgar.



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Female Shen Yun dancers perform a classical Chinese dance.

“It stems from your mindset,” Lee reiterates. Your intention drives your movement, and through such a rich and expressive language, the audience is sure to understand what you have conveyed. Though the form itself is not boundless, it can convey boundless things, Lee said.

This is the type of expression where your soul is on display.

Turning Toward Tradition
Guo, who is principal of the Fei Tian Academy of the Arts, and Lee have both been company managers for Shen Yun

Performing Arts, the New York-based company that put classical Chinese dance on the map.

Some schools in China, lacking the understanding of traditional culture, have tried to cobble together movements and styles much less successfully. Those who have worked with Shen Yun recognize that it’s become the top classical Chinese dance company internationally, but they say it’s not because that has been the goal.

“These traditions of 5,000 years, they’re very precious, meant to be treasured,” Guo said. “Tradition cannot be

separated from our responsibility. Every one of us [artists] has a responsibility.”

“We’re returning toward tradition and traditional values—this isn’t easy. Even the value system here is different, so everything we express [compared to other schools] looks different. Whether it’s Han Xin, or Yue Fei, or Wu Song, how can you express these figures with modern sensibilities? They’d be unrecognizable,” she said. “And what are you trying to give the audience? Something of meaning, of value ... We’re not here to sell tickets, but to give the audience the best things, the best of human culture, wisdom, and relationships.”

Although there is no “classical repertoire” as pertains to classical Chinese dance, and perhaps the pedagogy has been reinvented by various schools in the last few decades, the gestures, system of movements, technique, stories, and expressive soul of the art form are things borne of 5,000 years of divinely inspired civilization.

Those who pursue classical Chinese dance today aren’t in search of “historically informed performances,” but seek to reconnect deeply with a culture that was violently stripped away from the Chinese people less than a hundred years ago. The developments in Chinese dance that Guo has seen over her life are, in reality, developments dictated by the state or a result of the state’s Marxist ideology push, and not at all organic changes driven by artists. Until today, that is.