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QUOTES In the

"Allowing China's oppressive and inhumane regime to choose the world investigators on freedom of speech, arbitrary detention, and enforced disappearances is like making a pyromaniac into the town fire chief."

Hillel Neuer, executive director of UN Watch, on China's appointment to a selection panel in the UN Human Rights council

CHINA | A5

"As governments and nations focus on the coronavirus, there is a growing threat that cartels, criminals, terrorists, and other malign actors will try to exploit the situation for their own gain. We must not let that happen."

U.S. President Donald

Trump **US|A6**

"Crises demand leaders equal to the task."

Author Michael Walsh writes on Trump's greatest leadership challenge

OPINION | A8

"It takes an enormous lie told in many ways and many times, along with a lot of money, to obscure such a historically tragic and significant truth and its consequences."

Author James Gorrie writes on the Chinese Communist Party's propaganda around the Wuhan virus

OPINION | A9

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Chinese soldiers wearing protective suits look on as a Cambodian soldier carries supplies to be used to combat the spread of the CCP Virus at Phnom Penh International Airport on April 1, 2020.

VIRUS SUPPLIES

Chinese Regime Hoards Global Inventory of Medical Supplies

There's now a growing shortage outside China

NICOLE HAO



s the pandemic has spread throughout the world, hospitals have become overwhelmed by CCP virus patients.

N-95 masks, medical protective suits, goggles, surgical gloves, disinfectant, extracorporeal membrane oxygenation (ECMO) machines, and medical ventilators have become critical supplies to treat patients or protect medical workers from being exposed to the virus.

As many countries deal with escalating outbreaks, evidence has emerged that Chinese authorities have bought up billions of masks, as well as hundreds of tons of other critical medical supplies globally. Meanwhile, China, itself a major manufacturer of such medical supplies, has stopped exporting since January–just as the outbreak in China became severe.

Chinese firms and overseas Chinese organizations are the main means to realize Beijing's global sourcing, buying up stock from the United States, Europe, Australia, and other countries.

In some instances, Chinese companies negotiated with major international manufacturers and asked them to sell or donate their stocks to China.

Having sold their inventories to China and unable to purchase new products from China, countries around the world are now running low on medical supplies.

Government Actions

Beijing authorities mobilized the Chinese diaspora to help buy up goods. "Keep on buying while send-Continued on A4 Keep on buying while sending back to China [medical supplies], and try your best to buy as much as possible.

Statement posted in an article on the official website of the Chinese Communist Party (CCP)'s United Front Work Department

NATION

Senators Call for Reckoning With China's Dictatorship

CADEN PEARSON

Tasmanian Liberal Senator Eric Abetz said there needs to be a "reckoning with the Chinese communist dictatorship and its leadership must be held to account" for its culpability in the spread of the CCP virus, commonly known as novel coronavirus.

"The decency of the Chinese people is not the issue. The Communist dictatorship's decency under which the Chinese people suffer, however, does need to be questioned," he told The Epoch Times.

Abetz listed a number of reasons why the Chinese Communist Party (CCP) should be held to account.

"Firstly, the unacceptable 'wet markets' (the likely source) have not been closed although previous warnings and concerns were delivered after similar type outbreaks, e.g. SARS." He noted that Prime Minister Scott Morrison has also called for the markets to be shut down. Continued on A2

ALEX BRANDON/AP PHOT



U.S. President Donald Trump speaks in the White House Press Briefing Room with Chairman of the Joint Chiefs Gen. Mark Milley on April 1, 2020.

AYATOLLAH REGIME

US Moves Air Missile Defense Systems to Iraq Amid Iran Threat

ZACHARY STIEBER

The United States is moving air missile defense systems into Iraq, the military confirmed, hours after President Donald Trump said intelligence indicated Iran is planning a "sneak attack" on U.S. troops in Iraq. Continued on **A6**

VIRUS AID

Russia Shipped Medical Gear to US After Trump-Putin Call

ELLA KIETLINSKA

Russia sent the United States medical equipment on Wednesday to help the country fight the COVID-19 pandemic, after Russian President Vladimir Putin and U.S. President Donald Trump discussed the crisis in a phone call on March 30. However, some critics say Russia does not have enough for its own needs.

The Russian Foreign Ministry said Russia had paid half the cost with the other half being paid by the United States. According to CTV News, the foreign ministry said the part paid by Russia was sponsored by Russia's state investment fund.

"The United States has agreed to purchase needed medical supplies, including ventilators and personal protection equipment, from Russia," State Department Spokesperson Morgan Ortagus said in a statement.

A Russian military plane carrying protective gear and ventilators landed in New York City on Wednesday and the equipment was passed to the Federal Emergency Management Agency (FEMA) in New York City on the same Continued on A3



Cardinal George Pell, 78, leaves Barwon Prison in Geelong, Australia, on April 7, 2020

CARDINAL PELL

Cardinal George Pell Conviction Unanimously Overturned by High Court

Australia's highest court on Tuesday acquitted former Vatican treasurer Cardinal George Pell of sexually assaulting two teenaged choirboys in the 1990s, freeing the 78-year-old cardinal after 404 days in jail.

The High Court ordered Pell's convictions be quashed and verdicts of acquittal be entered in their place, ending the most high profile case of alleged historical sex abuse to rock the Roman Catholic Church.

The seven judges of the High Court

agreed unanimously that the jury in the cardinal's trial "ought to have entertained a doubt" about his guilt. Pell, who has maintained his innocence throughout the lengthy court process, cannot be retried on the charges.

"I hold no ill will toward my accuser, I do not want my acquittal to add to the hurt and bitterness so many feel; there is certainly hurt and bitterness enough," Pell said in a statement shortly before he was driven away Continued on A2

COVER-UP

Watchdog Says Turkmenistan Bans Word 'Coronavirus'

TOM OZIMEK

Officials in Turkmenistan, an oppressive and secretive former Soviet republic, are endangering its citizens by suppressing information about COVID-19, while claiming to have zero infections despite sharing a border with Iran, a major hotspot of the disease, a watchdog group says.

"Turkmen authorities have lived up to their reputation by adopting this extreme method for limiting all information about the coronavirus," said Jeanne Cavelier of Reporters Without Borders (RSF), on the organization's website. RSF claims Turkmen authorities "are avoiding use of the word 'coronavirus' as much as possible in order to deter the spread of information about the pandemic."

Citing independent media outlet Turkmenistan Chronicles, which is banned in the country, RSF alleges authorities have quietly begun to censor the word "coronavirus," with the country's Ministry of Health Continued on A3

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Cardinal George Pell Conviction Unanimously Overturned by High Court

CONTINUED FROM A1

from the maximum security Barwon Prison near Melbourne.

He added, "My trial was not a referendum on the Catholic Church; nor a referendum on how Church authorities in Australia dealt with the crime of paedophilia in the Church. The point was whether I had committed these awful crimes, and I did not."

In a statement, the Vatican said it had always had confidence in Australian judicial authorities and reaffirmed the Holy See's "commitment to preventing and pursuing all cases of abuse against minors."

Pope Francis, who appointed to overhaul the Vatican's vast finances in 2014, Pope Francis offered his Tuesday morning mass for those who suffer from unjust sentences. He did not mention Pell by name.

The decision was delivered to a largely empty courtroom in Brisbane because of national restrictions on travel and public gatherings amid the coronavirus pandemic.

Pell, who is known for his conservative views, remained a cardinal but lost his treasurer role last year when he became the highest ranked Catholic official worldwide to be jailed for child sex offences.

He was serving a six-year sentence on one charge of sexual penetration of a child under 16 and four charges of an indecent act with a child under 16, which the plaintiff said took place when Pell was archbishop of the city of Melbourne.

Pell's first trial with over 20 witnesses ended in a hung jury. The jury at his second trial in 2018 unanimously found him guilty. Pell did not take the stand at either trial.

A lower appeal court had upheld

Australian Cardinal George Pell leaves after being released from Barwon Prison near Melbourne, Victoria, on April 7, 2020.



The whole process of trials and appeals has been distressing, most immediately for those directly involved in the court proceedings but also for others in the community, including victims and survivors of abuse and their families.

Ballarat Bishop Paul Bird

Pell's conviction, but the High Court found it had failed to properly consider evidence that should have raised doubt that he was guilty.

Pell's accuser, one of two boys the archbishop was alleged to have assaulted, had said the offences took place shortly after Sunday masses, in the priests' sacristy and corridor of St. Patrick's Cathedral in Melbourne, while Pell was robed.

The High Court judges pointed to evidence from church officials at Pell's trial that he typically spent time talking to congregants on the church steps after mass, he was always accompanied by a priest while robed, and the sacristy was usually a hive of activity after mass.

The lower appeals court and the trial jury watched a video of his accuser's testimony, described by the prosecutor as "powerful and persuasive." But upon questioning by Pell's barrister, several of the High Court judges raised whether it was proper for the appeals court to have viewed select segments of evidence from the trial, rather than all the evidence that was presented to the trial.

The High Court did not view it and said it should not have been necessary for the appeal court to have viewed it.

WILLIAM WEST/AFP VIA GETTY IMAGES

The second alleged victim in the case died in 2014 of a drug overdose. His father, who is pursuing a civil case against Pell, said through his lawyer Lisa Flynn he was "in shock" and "furious" a conviction by a unanimous jury had been overturned.

"Our client says he is heartbroken for (his son's friend, the accuser in the case) who stuck his neck out by coming forward to tell his story," Flynn of Shine Lawyers said.

Messages of Support for Abuse Victims at 'Devastating' Time

The Australian Catholic Bishops Conference said the acquittal would be welcomed by many and "devastating for others."

"The result today does not change the Church's unwavering commitment to child safety and to a just and compassionate response to survivors and victims of child sexual abuse," said Archbishop Mark Coleridge, president of the conference.

Sydney Archbishop Anthony Fish-

er, acknowledging that some people would struggle with the court's decision that may reopen old wounds, said that the High Court's decision was a reflection of "our commitment to the presumption of innocence."

He said that "justice for victims is never served by the wrongful conviction and imprisonment of anyone."

Ballarat Bishop Paul Bird said the case had divided opinions in legal circles and the general community, and particularly in his diocese because of Cardinal Pell's early connections there.

"Now that the highest court in the land has given a judgement, I hope this will bring some sense of resolution to all those affected by the proceedings," Bishop Bird said on Tuesday.

"The whole process of trials and appeals has been distressing, most immediately for those directly involved in the court proceedings but also for others in the community, including victims and survivors of abuse and their families."

The Survivors Network of those Abused by Priests (SNAP) said it was "dismayed and heartbroken" by the outcome.

"This is a disappointing ruling that only exacerbates the mistrust survivors feel," SNAP Australia said in a statement.

Victorian Premier Daniel Andrews said the day was very challenging for people who have been sexually abused by clergy.

"I make no comment about today's High Court decision," he said. "But I have a message for every single victim and survivor of child sex abuse: I see you. I hear you. I believe you."

By Sonali Paul from Reuters. Epoch Times staff and The Australian Associated Press contributed to this report.



Senator Eric Abetz speaks in the Senate at Parliament House in Canberra on Nov. 28, 2017.

Senators Call for Reckoning With China's Dictatorship

CONTINUED FROM A1

"Secondly, the fate of the doctor [Li Wenliang] who first alerted the Chinese communist dictatorship of the virus needs to be fully explained," he said.

After Dr. Li posted about the virus to a WeChat group of his medical school colleagues, Li was called in by police and reprimanded for "spreading rumors online" and "severely disrupting social order." Li ultimately contracted COVID-19 and subsequently died.

"Thirdly, the seriousness of the virus was known to the regime, which is why they got their operatives in Australia to purchase all the personal protective equipment they could and ship it to China. A particularly reprehensible activity," Abetz said.

"We are paying the heavy price of a communist regime's failure to live up to its moral and ethical duty in initially informing, and advising, and then in helping other countries deal with the epidemic," he said.

Abetz said an international probe into any cover-up about the CCP virus is warranted but only after the pandemic has passed.

"The focus at this time must be to

fight this insidious virus," he said. Regarding the long-term impact of the pandemic on Australia, Abetz said, "The pandemic will refocus national policy on the wisdom of our forefathers' commitment to the timeless virtues of being prepared, self-reliance, not putting all one's eggs in one basket, putting aside for a rainy day, and government cannot fix everything."

"There will be a substantial recalibration of priorities as the repayment burden hits," he said.

China Should Pay

One Nation Senator Malcolm Roberts told The Epoch Times that Australians are angry over "the secrecy and misinformation from the People's Republic of China—or the Chinese Communist Party."

Roberts on March 31 posted a question on Twitter asking whether China should "pay compensation for unleashing COVID-19 on the world?"

His post was liked over 117,000 times and retweeted 28,000 times.

"My question is not aimed at the Chinese people but at the People's Republic of China communist [regime]," he said.

Roberts said an international body of health experts should be convened to conduct an investigation after which the international community should be able to design a mechanism for compensation from the CCP.

UK-based think tank Henry Jackson Society has since called for countries to take legal action against the CCP for its initial coverup of the virus. According to its report, damages would amount to at least \$4 trillion, which is how much G-7 countries have spent to stimulate their economies in response to the pandemic.

Roberts also said that the World Health Organisation has been complicit in the CCP's cover-up. "It is clearly incompetent and corrupt, and it is weak, and there is no accountability," he said.

"The WHO lacks teeth. It bowed to China, spreading Chinese misinformation in January that there was no human-to-human transmission of this virus. Two months later, in March, the WHO said that the time to act was two months ago—which was January—the time when it was saying there was no human-to-human transmission, don't worry about it."

"It is hopeless, bumbling, dishonest, and inherently corrupt, like the whole of the United Nations," said Roberts.

Roberts said China has a duty of care that extends beyond its borders. "It is Australia's number one trading partner. When countries engage in the world that carries a responsibility to other countries," he said. "The concept of a relationship is built on trust."

Looking ahead, Roberts said Australia needs to buy Australian, and bring back the nation's productive capacity, and economic resilience. "We need to manufacture the basics in this country," he said.

Newscorp reported April 3 that politicians including Labor MP Anthony Byrne, Liberal MP Andrew Hastie, Liberal MP Tim Wilson, Liberal MP Dave Sharma, Labor MP Julian Hill, Liberal Senator James Paterson, Liberal Senator Alex Antic, LNP Senator Amanda Stoker, and Labor Senator Kimberley Kitching said they will be calling for a reset on Australia's relationship with China's ruling CCP, which is also the country's biggest trading partner.

Epoch Times reporter Rachel Qu contributed to this report.

Year 12 Exams Now a National Issue Thanks to CCP Virus

VICTORIA KELLY-CLARK

Concerns surrounding disruptions to year 11 and 12 have risen this week with teachers, students, and parents worrying about the results students will get amidst the CO-VID-19 outbreak. Federal education ministers are meeting April 7 to address the problem of how the assessments will work for 2020.

Victorian Premier Daniel Andrews on April 6 even floated the possibility of extending year 12 into next year. In Queensland, the education board has dropped some final assessments to ease the burden on teachers and students. While in New South Wales, exams will proceed as scheduled without any special considerations. The result has been a large amount of confusion nationwide, especially for those students applying to universities in other states and territories

Regional NSW year 12 student Pierce Gourley is currently positive about his predicament. He believes that if his teachers can make the most out of the situation, and his exams can be graded with respect to the changes, he should not have to repeat year 12.

He's also being realistic about the abrupt changes to how classes are being conducted. "I don't think teachers will be able to get the most out of the software because they don't have the time," he said. His mother Kim Gourley, believes

that the year 12 students for 2020 should be given alternate avenues into university since for some, another year in school would be a major set-back.

"I think that this year's cohort should be allowed to apply based on school assessment marks and recommendations from their respective schools or in some other appropriate manner as deemed by the Universities and the Board of Education," she said.

One university agrees with this recommendation. The University of Tasmania has introduced a school's

I don't think teachers will be able to get the most out of the software because they don't have the time.

NSW year 12 student Pierce Gourlev

recommendation program, that will grant students into most of their courses based on a recommendation from their schools, not just their results. Quota courses like medicine will be exempt from this change.

No Single Fix to the Problem

Media spokesperson for Australian Capital Territory's (ACT) Minister for Education and Early Childhood Yvette Berry said in an email to The Epoch Times on April 6, that grading for both year 11 and 12 students is being considered as a national issue.

"Education Ministers are working together urgently to resolve this issue to ensure that students are not disadvantaged," said Berry.

The problem is that not all states and territories have the same finals processes. NSW, for example, has final exams that are worth up to half of a student's final grade with trial exams sometimes making up the other half. In South Australia, the external exams are worth 30 percent. While the ACT has an accumulative process where the students' grades are weighted on class assessments and credit points and an external exam scales their

This diversity makes it hard to apply one fix to the problem. The answer some believe is to boost overall scores.



Workers dressed in full body gear disinfect the Rood Woko great market for COVID-19 in Ouagadougou, Burkina Faso, on March 31, 2020.

We are the only

continent that has

its leaders seeking

medical services

continent, outside

must be ashamed.

Aaron Motsoaledi, then-

South African health

minister

our territory. We

outside the

African Elites Who Once Sought **Treatment Abroad Are Grounded**

JOHANNESBURG-The CCP virus pandemic could narrow one gaping inequality in Africa, in which some heads of state and other elites jet off to Europe or Asia for health care that's unavailable in their nations.

As countries, including their own, impose dramatic travel restrictions, they might have to take their chances at home.

For years, leaders from Benin to Zimbabwe have received medical care abroad while their own poorly funded health systems limp from crisis to crisis. Several presidents, including ones from Nigeria, Malawi, and Zambia, have died overseas.

The practice is so notorious that a South African health minister, Aaron Motsoaledi, a few years ago scolded: "We are the only continent that has its leaders seeking medical services outside the continent, outside our territory. We must be ashamed."

Now, a wave of global travel restrictions threatens to block that option for a cadre of aging African leaders. More than 30 of Africa's 57 international airports have closed or severely limited flights, the U.S. State Department stated. At times, flight trackers have shown the continent's skies nearly empty.

Perhaps "COVID-19 is an opportunity for our leaders to reexamine their priorities," said Livingstone Sewanyana of the Foundation for Human Rights Initiative, which has long urged African countries to increase health care spending.

But that plea hasn't led to action, even as the continent wrestles with major crises including deadly outbreaks of Ebola and the scourges of malaria and HIV.

Spending on health care in Africa is roughly 5 percent of gross domestic product, about half the global average. That's despite a pledge by African Union members in 2001 to spend much more. Money is sometimes diverted to security or simply pilfered, and shortages are common.

Ethiopia had just three hospital beds per 10,000 people in 2015, according to World Health Organization data, compared to two dozen or more in the United States and Europe. The Central African Republic has just three ventilators in the entire country. In Zimbabwe, doctors have reported doing bare-handed surgeries for lack of gloves.

Health experts warn that many countries will be overwhelmed if the CCP virus, commonly known as the novel coronavirus, spreads, and it's already uncomfortably close. Several ministers in Burkina Faso have been infected, as has a top aide to Nigeria's president. An aide to Congo's leader died.

By Cara Anna from The Associated Press. The Epoch Times contributed to this report.

Oil Soars on Trump's Expectation of Saudi-Russia Production Cut Deal

PETR SVAB

Oil prices soared on April 2 after President Donald Trump said Russia and Saudi Arabia may soon reach an agreement on cutting oil production.

Trump said so after speaking with Crown Prince Mohammed bin Salman. the de facto ruler of Saudi Arabia.

"Just spoke to my friend MBS (Crown Prince) of Saudi Arabia, who spoke with President [Vladimir] Putin of Russia, & I expect & hope that they will be cutting back approximately 10 Million Barrels, and maybe substantially more which, if it happens, will be GREAT for the oil & gas industry!" Trump wrote on Twitter.

"Could be as high as 15 Million Barrels. Good (GREAT) news for everyone!" he added in another tweet.

Following the tweets, Brent crude, a key crude oil benchmark, gained about 13 percent, finishing just below the US\$30 mark, while still far from the US\$50 mark, where it stood in early March.

The world is pumping more than 80 millions of barrels of crude oil a day. Russia contributes about 11 million, while Saudi Arabia contributes about 10 million. A cut of 10 million to 15 million barrels a day would likely involve more producers than Russia and Saudi Arabia.

Price War

Moscow and Riyadh have been locked in a price war after Russia walked away from talks on production cuts with the Organization of Petroleum Exporting Countries (OPEC) in early March. Since then, both countries have escalated production, which has depressed oil prices already under downward pressure by demand cratering amid the CCP virus pandemic.

Saudi Arabia, the de facto head of OPEC, on April 2 called for an emergency meeting of OPEC and non-OPEC oil producers, an informal grouping known as OPEC+, state media reported, saying it aimed to reach a fair agreement to stabilize oil markets.

Russian Energy Minister Alexander Novak said on April 2 that Moscow was no longer planning to raise output and was ready to cooperate with OPEC and other producers to stabilize the market.

"Trump's call to Putin has changed everything," one OPEC+ source said, adding that the initial talk among the group was about how other large producers such as Canada and Brazil would need to join in any coordinated output cuts.

It was not clear when Saudi Arabia's proposed emergency OPEC meeting might be held.

Trump is separately set to meet with U.S. oil industry executives on April 3. A senior U.S. administration official familiar with the matter said Trump wouldn't formally ask U.S. oil companies to contribute to the production cuts, a move forbidden by U.S. antitrust legislation.

Virus Impact

Global oil demand is expected to fall by about 30 million barrels per day in April, or about one-third of daily consumption. Some 3 billion people have been put on lockdown to slow the spread of the CCP virus, commonly known as novel coronavirus, which has sickened more than 1 million people worldwide and killed over 50,000.

The immense decline in demand sent oil prices to their lowest levels since 2002, hitting budgets of oil-producing nations and dealing a huge blow to the U.S. shale oil industry, which can't compete at prices this low.

Major global oil producers, including Chevron, Brazil's Petrobras, and BP, have already scaled back production estimates. Storage is expected to be full by May, analysts said, which would force oil producers to cut output

The free fall in prices has spurred regulators in Texas, the heart of the country's oil production, to consider regulating output for the first time in nearly 50 years.

Ryan Sitton, one of three elected oiland-gas regulators in Texas, wrote on Twitter on April 2 that he had spoken with Russia's Novak about a cut of 10 million barrels per day in global supply.

"While we normally compete, we agreed that #COVID19 requires unprecedented level of int'l cooperation," Sitton wrote.

Reuters contributed to this report.

Watchdog Says Turkmenistan Bans Word 'Coronavirus'

CONTINUED FROM A1

reportedly recently changing the term to "acute respiratory viral infections" in health brochures.

RSF also claims that people wearing protective masks or openly discussing the COVID-19 pandemic face arrest, according to Radio Azatlyk, the Turkmen language version of Radio Free Europe/Radio Liberty. According to RFE/RL, journalists from Radio Azatlyk reported on March 26 that people talking about COVID-19 in public were detained by undercover security agents.

"This denial of information not only endangers the Turkmen citizens most at risk but also reinforces the authoritarianism imposed by President Gurbanguly Berdymukhammedov," said Cavelier, who heads RSF's Eastern Europe and Central Asia desk. "We urge the international community to react and to take him to task for his systematic human rights violations."

According to Turkmen authorities, the country has no CCP virus (commonly known as novel coronavirus) infections, despite cases in nearby Afghanistan, Kazakhstan, and Iran. As of April 1, there are 47,593 confirmed COVID-19 cases in Iran, according to the latest data collated by Johns Hopkins University, which is tracking the global pandemic. The number of deaths in the country due to the disease stands at 3,036, according to the tally.

A March 5 report by RFE/RL cited a hospital employee as saying that two Turkmen tested positive for CO-VID-19 at a hospital near the capital of Ashgabat. Officials contacted by the outlet denied there had been any infections.

Still, the word "coronavirus" does appear in some recent official Turkmen communications, including a March 25 press release issued by the state news agency Turkmenistan Today announcing that the country was "continuing to work on bringing Turkmen citizens back home from abroad, first of all, from the countries, where pandemic coronavirus is detected."

The release also said Turkmenistan had taken "serious measures in order to prevent the importation of infection into the country," including enhanced surveillance.

Earlier, rather than opting for lockdowns as many countries have done, Turkmenistan's president in mid-March ordered government officials to fumigate the country with an aromatic herb, according to The Times of London.

He said the smoke would destroy viruses that are "invisible to the naked eye," but reportedly didn't mention "coronavirus" by name.

Alexander A. Cooley, director of the Harriman Institute at Columbia University and an expert on Central Asian politics, told NPR that Turkmenistan's leaders are prone to heavy-handed tactics to suppress or manipulate information.

"Banning the term 'coronavirus' might seem to us obscene and extreme," Cooley told the outlet. "But in reality, when the state controls all of the media and all of the digital nodes coming in and out, it's not that outrageous. My sense is that they'll try and keep [the pandemic] under wraps as long as they can."

Berdymukhamedov, a former dentist-turned-dictator, has ruled Turkmenistan since 2007.

Russia Shipped Medical Gear to US After Trump-Putin Call



(L-R) U.S. President Donald Trump in Phoenix, Ariz., on Feb. 19, 2020; Russian President Vladimir Putin in Jerusalem on Jan. 23, 2020.

The United States has agreed to purchase needed medical supplies, including ventilators and personal protection equipment, from Russia.

Morgan Ortagus, U.S. State Department Spokesperson

CONTINUED FROM A1

A U.S. official quoted by Reuters said that the shipment contained 60 tons of ventilators, masks, respirators, and other items, and would be examined by the U.S. Food and Drug Administration to ensure it complies with U.S. standards and requirements.

Following discussions between Trump and Chinese leader Xi Jinping on March 27, Beijing also coordinated 1,000 ventilators to be sent to New York on March 28.

Usually, the United States donates supplies to embattled countries rather than accepting them.

"We are a generous and reliable contributor to crisis response and humanitarian action across the world, but we cannot do it alone," Ortagus

"Both countries have provided humanitarian assistance to each other in times of crisis in the past and will no doubt do so again in the future," Ortagus added. "This is a time to work together to overcome a common enemy that threatens the lives of all of us."

Dmitry Peskov, Kremlin's spokes-

man, said Moscow hoped the United States might also be able to provide medical help to Russia if necessary when the time came.

"It is important to note that when offering assistance to U.S. colleagues, the president [Putin] assumes that when U.S. manufacturers of medical equipment and materials gain momentum, they will also be able to reciprocate if necessary," Peskov was cited as saying.

Russia's shipment of medical necessities to the United States met with some criticism in Russia.

"Russia has actually sold the United States masks and medical equipment when doctors and nurses across the country are left without masks and are infecting one another," prominent opposition politician Alexei Navalny wrote on Twitter.

Novaya Gazeta reported that doctors at a hospital in the Moscow region had been asked to sew their own masks. Meanwhile, the medical workers' trade union has been collecting funds to buy protective clothes for doctors.

Russian Health Ministry said that the country is prepared to curb the virus and has enough ventilators for its own use but some people on Twitter pointed out places experiencing

On Tuesday, there were 368,079 reported cases of the CCP virus in the United States. The total numbers of deaths in the United States is 10,925, of which 3,485 occurred in New York City, according to the Johns Hopkins University tally.

In Russia the total of 6,343 confirmed cases and 47 deaths were reported, according to the same source.

Reuters contributed to this report.

A4 | CHINA APRIL 9-15, 2020 THE EPOCH TIMES

Chinese Regime Hoards Global Inventory of Medical Supplies Leading to Growing Shortage

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ing back to China [medical supplies], and try your best to buy as much as possible," read one article posted on the official website of the Chinese Communist Party (CCP)'s United Front Work Department, an agency dedicated to spreading the regime's agenda inside and outside China. In the West, United Front organizations are usually Chinese student unions at colleges and universities, Chinese chambers of commerce, and Chinese associations.

The United Front encouraged all overseas Chinese to follow in the association's footsteps to buy up all available medical materials and send them back to China.

The article explained that overseas Chinese in the United States, Canada, UK, Argentina, Australia, United Arab Emirates, and Seychelles have already bought up goods in the tons.

Some overseas Chinese organizations in those countries buy from local manufacturers and major wholesalers directly, such as Du-Pont. Others buy from whatever retailers they can find, according to the article.

The groups then hired Chinese and international shipping companies to transport the goods, such as FedEx and SF Express. The United Front also encouraged Chinese nationals to purchase goods and transport them in their personal luggage when they travel back to China.

China's Foreign Affairs Ministry also directly instructed nationals to buy up medical supplies.

The Chinese consulate general in Los Angeles issued a notice encouraging donations on its official website on Jan. 26, listing supplies that were urgently needed in China, including: medical protective masks—even specifying the manufacturing serial number; protective suits; goggles, quick-drying hand sanitizers; Oseltamivir, an antiviral medication typically used to treat the common flu and other types of medicine; touch-free infrared thermometers, and more.

On Feb. 27, the consulate general updated its request, saying that Chinese communities in the Los Angeles area had donated more than 60 tons of medical supplies since the epidemic ignited in China.

Chinese embassies and consulates in other countries made similar announcements.

China's embassy in Japan, for example, announced on its website on Feb. 4: "At present, China urgently needs medical protective suits...medical masks (N95 and better), goggles, and other protective materials." It asked Chinese nationals to purchase these goods and donate them to China.

China's embassy in the UK announced that "on Jan. 31, the embassy received nearly 500,000 British pounds worth of donations."

Global Sourcing

Since January, Chinese staterun enterprises, companies with government entities as majority shareholders, and private firms began sourcing medical supplies to ship into China.

"Between Jan. 24 to Feb. 29, China's customs authorities inspected 2.46 billion shipping containers of supplies for epidemic prevention, valued at 8.21 billion yuan (US\$1.158 billion)," China's General Administration of Customs announced on March 7. "[Among them,] there are 2.02 billion facial masks and 25.38 million protective suits."

State-run Beijing News reported on Feb. 10 that roughly 50 percent of the world's supply of masks is manufactured in China. In 2019, China produced more than 5 billion masks, 54 percent of which were medical-grade masks.

If more than 2 billion medical masks were shipped to China during the first two months of the



Staff and volunteers are transferring medical supplies at a warehouse in Wuhan, China, on Feb. 4, 2020.

In terms of the immediate issue, face masks, the N-95 face masks, China put export restrictions on those masks, and then nationalized an American factory that produces them there.

White House economic adviser Peter Navarro

year, that means China imported about half of the world's annual production of medical masks.

Many state-run businesses are directly involved in this effort.

According to a Feb. 4 report by state-run media People's Daily, those included China National Pharmaceutical Group (Sinopharm), China Railway Construction Corporation (CRCC), China Energy Engineering Corporation (Energy China), and China Resources, a conglomerate with businesses in mainland China and Hong Kong.

"Sinopharm sourced from Europe, the Americas, and Asia. By Jan. 31, it ordered 2.78 million packages of medical supplies, which include 2.38 million masks, 166,000 protective suits, 15,200 goggles, and 190,000 pairs of protective gloves," the report said. Furthermore, Sinopharm was preparing to buy up more.

Greenland Group, a Chinese real estate developer with the Shanghai government as a majority shareholder, also joined in.

"By now, Greenland has bought 3 million protective masks, 700,000 medical protective suits, 500,000 pairs of medical gloves from overseas, and shipped them back to China," Chinese state-run media Xinhua reported on Jan. 31. Greenland had bought medical supplies from North America, Europe, Middle East, Asian countries, and Australia—where public outcry over the bulk-buying led the government to ban exports of medical supplies.

Country Garden is a private real estate company headquartered in the city of Foshan, in China's southern Guangdong province. It has businesses all over the world.

On Feb. 24, state-run China News Service reported that employees from Country Garden sourced medical supplies from Australia's Sydney, Melbourne, Brisbane, Perth, and Adelaide, and New Zealand's Auckland. In three days, Country Garden's Australian arm, called Risland, purchased goods and organized them to be transported on a cargo plane flying to China directly.

On Feb. 8, state-run newspaper Foshan Daily reported that Country Garden also purchased from Germany, Indonesia, Thailand, and other countries.

At the State Council's–China's cabinet–press conference on Feb. 3, the deputy minister of transportation and deputy minister of commerce both said that China's e-commerce businesses, such as JD.com, Wumart, and SF Express, have sourced and donated masks, protective suits, goggles, and supplies via their "global supply chains."

Some international manufacturers who have business in China also joined this initiative.

Medtronic is a medical device company headquartered in Minneapolis, Minnesota. It has manufacturing facilities in Shanghai, Beijing, Changzhou, and Chengdu.

In a Chinese-language statement, Medtronic said on its website that the company donated its manufactured ventilators, blood oxygen saturation meters, and ECMO equipment to Wuhan. It also bought protective materials from other countries and donated them to different Chinese cities. FedEx confirmed in a Chinese statement posted on its website that those machines and materials were shipped by them from the global market.

Cut Off Exports

On March 9, during a daily press conference of China's foreign affairs ministry, a reporter asked whether it's true that the Chinese regime has banned all exports of medical masks and raw materials for making medical masks.

Geng Shuang, the ministry's spokesman, answered: "China still needs a large amount of masks, and the supply cannot meet the demand. At the current phase, other countries will face difficulties when they try to purchase masks from China."

Geng denied the government was forcing businesses to stop exporting medical supplies.

But state-run media have reported that some businesses are "selling products meant for export inside China."

Shandong Net reported on Feb. 1 that Weihai Jingcheng Special Fiber Products Company, located inside a free trade zone in Weihai city of Shandong province, mainly produces goods for export, such as medical masks.



Protective N-95 face masks lie on a table at an office in Washington, DC, on Feb. 26, 2020.

By now, Greenland Australia has bought 3 million protective masks, 700,000 medical protective suits, 500,000 pairs of medical gloves from overseas, and shipped them back to China.

Chinese state-run media Xinhua reported on Jan. 31.

As the company mostly produces for the export market, it needs to pay tariffs if it wants to sell its products in China. It would not need to pay tariffs when it sources materials from overseas.

But since Jan. 27, China's customs authorities gave the company a special permit, allowing it to sell all its products inside China without paying tariffs.

Weihai News reported on Jan. 29 that other factories based in the same free trade zone have also begun following the same policy and stopped exporting their goods.

Jiangsu Net reported on Feb. 28 that 20 masks and protective suit manufacturers in Jiangsu province stopped exporting goods and only sold to China after the CCP virus

Xinhua reported on Feb. 2 that the government of Hubei, the province where Wuhan is capital, issued a special permit that allows all medical masks meant for export to be sold within the province. Authorities ordered the products, which were printed with packaging in foreign languages, to be placed with Chinese labels so

citizens could read them.

Caixin also reported on Feb. 1 that China's Ministry of Industry and Information Technology was the government agency that supported the export ban, citing sources within the supply chain.

For example, Rizhao Sanqi Medical & Health Company is an export-oriented manufacturer. The ministry asked Sanqi to produce 1 million surgical masks, 50,000 medical protective masks, and 5,000 medical protective suits every day, and only sell them to Hubei province, according to Caixin.

White House economic adviser Peter Navarro spoke of China's export ban during Fox News interviews on Feb. 23 and 24.

"In terms of the immediate issue, face masks, the N-95 face masks, China put export restrictions on those masks, and then nationalized an American factory that produces them there," Navarro said, adding that China had effectively "prevent[ed] them [3M] from sending us any stuff."

3M, a Minnesota-headquartered manufacturer, has factories in China. The facilities were unable to export products out of China in February, according to Navarro.

But recently, the Chinese regime switched gears, seeking to promote itself as a global leader in combating the pandemic.It has sent medical experts and muchneeded supplies, such as masks and respirators, to European countries and the United States.

But the supplies were found to

be defective.

The Epoch Times refers to the novel coronavirus, which causes the disease COVID-19, as the CCP virus because the Chinese Communist Party's coverup and mismanagement allowed the virus to spread throughout China and create a global pandemic.

Panic-Buying Erupts Across China Prompting Food Shortage Concerns

FRANK FANG

In multiple cities across China, locals have emptied store shelves, stockpiling rice and cooking oil as fears of food shortages accelerate.

Mr. Li, a resident of Ezhou, a city in Hubei Province, told the Chineselanguage Epoch Times that locals have been rushing to buy rice for the past two days. It's the same scene in other cities in Hubei, including Wuhan, Huanggang, and Yichang, according to social media and Chinese media reports.

Officials have stepped in to try to ease the panic. On March 31, the market regulation bureau of the municipal government in Ezhou urged, in a statement on its Weibo account, that people shouldn't frantically buy up supplies, and assured that the city has abundant rice and oil for all its residents for a year. Weibo is a Twitterlike social media platform.

The municipal government of Huanggang also released a statement on Weibo, telling people on March 31 to stop buying up rice and oil, and saying that any information about the city facing a food shortage were rumors.

Outside of Hubei, residents of China's Shandong and Gansu provinces also cleared store shelves of rice and oil.

A resident surnamed Chen living in Changyi city, Shandong, told the Chinese-language Epoch Times that locals have been snapping up bags of rice from stores.

A video circulating on social media showed people making large purchases of rice, noodles, and cooking oil at stores located in the Linxia Hui region of Gansu.

The panic-buying was fueled by posts on Chinese social media claiming that some countries may soon ban food exports due to the current pandemic. That's led to a large increase



Local residents wear masks as they shop at a market in Beijing, China, on Feb. 27, 2020.

While Chinese authorities have come out publicly to appease fears of food shortages, netizens aren't convinced after a leaked government document began circulating online. in the prices of rice and cooking oil in China.

Food security is a sensitive topic for the Chinese regime. State-run companies maintain a system of grain reserves for emergencies. China's domestic production also can't keep up with demand, so it imports much of its grain, including from the United States.

According to data from China's Ministry of Agriculture and Rural Affairs, China imported 1.91 million tons of rice in the first 10 months of 2019.

Global Supplies

Some experts have warned about a possible global food shortage amid widespread disruptions due to the pandemic. The CCP (Chinese Communist Party) virus, commonly

known as the novel coronavirus, first emerged in Wuhan, the capital of Hubei Province, and has since spread to more than 200 countries and territories. More than 45,000 people outside of mainland China have died from COVID-19, the disease caused by the virus.

Last week, Maximo Torero Cullen, chief economist at the Food and Agriculture Organization (FAO) of the United Nations, stated that disruption to food supply chains could occur during April and May due to the spread of the virus.

"Uncertainty about food availability can spark a wave of export restrictions, creating a shortage on the global market," according to a joint statement by directors-generals of the FAO, World Health Organization, and World Trade Organization on March 31.

"In the midst of the COVID-19 lock-downs, every effort must be made to ensure that trade flows as freely as possible, especially to avoid food shortage."

In late March, Vietnam, the world's third-largest rice exporter, halted the signing of new rice export contracts, according to Vietnamese newspaper Tuổi Trẻ, in order to ensure it had enough domestic supply.

As of press time, India and Thailand, the world's largest and second-largest rice exporters, haven't announced any restrictions on rice exports.

On April 2, Pimchanok Vonkorpon, director-general of Thailand's Trade Policy and Strategy Office under the Commerce Ministry, said there was no plan to limit rice exports, given that domestic demand accounted for just 50 percent of the country's total production, according to Thai newspaper The Bangkok Post.

Shortage in China?

While Chinese authorities have come out publicly to appease fears of food shortages, netizens aren't convinced, after a leaked government document began circulating online. The Epoch Times couldn't independently verify the veracity of the document.

A document labeled "classified secret" that was issued by the Linxia Hui regional government on March 28 stated that municipal and county governments must "pull out all the stops" to secure supplies of beef, lamb, cooking oil, salt, and other basic necessities, according to a Radio Free Asia report.

The document also stated that regional authorities must "guide the public to consciously stock up," and make sure that "each household has enough food for 3 to 6 months, in case of unexpected circumstances."

China's Appointment to UN Human Rights Council Panel Sparks Criticism

CATHY HE

The Chinese communist regime has been appointed to a panel on the U.N. Human Rights Council that helps select the body's rights investigators, despite the regime's long track record of severe rights abuses against religious groups, dissidents, and ethnic minorities.

Jiang Duan, minister at China's mission to the U.N. in Geneva, was appointed on April 1 to be the Asia-Pacific representative of the five-member Consultative Group of the Council.

The group vets candidates for the role of independent experts who investigate and report on human rights situations in specific countries or on issues such as religious freedom or freedom of speech.

The appointment was decried by U.N. Watch, a Geneva-based human rights advocacy group, as "absurd and immoral."

"Allowing China's oppressive and inhumane regime to choose the world investigators on freedom of speech, arbitrary detention, and enforced disappearances is like making a pyromaniac into the town fire chief," Hillel Neuer, executive director of U.N. Watch, said in an April 2 statement.

The Chinese Communist Party (CCP) is routinely called out by the United States and rights bodies as one of the world's top abusers of human rights and religious freedoms. Along with persecuting faith groups such as Falun Gong practitioners, Christians, Tibetan Buddhists, and Uyghur Muslims, it also suppresses those who are critical of the Party or speak out on issues

Allowing China's oppressive and inhumane regime to choose the world investigators on freedom of speech, arbitrary detention, and enforced disappearances is like making a pyromaniac into the town fire chief.

Hillel Neuer, executive director of U.N. Watch



Delegates attend the opening of the UN Human Rights Council's main annual session in Geneva on Feb. 24, 2020.

deemed sensitive by the socialist

During the early stages of the COVID-19 outbreak in Wuhan, Chinese authorities silenced doctors who tried to sound the alarm about the CCP virus, commonly known as novel coronavirus, and reprimanded them for "spreading rumors."

"As the world is suffering from the deadly coronavirus pandemic that spread like wildfire in Wuhan while China silenced doctors, journalists and other citizens who tried to sound the alarm, by what logic can the Beijing regime be involved in choosing the UN's next global monitor on the right to health?" Neuer said. Membership to the 47-nation Human Rights Council has attracted scrutiny over the years. The United States withdrew from the body in 2018, with then-U.N. Ambassador Nikki Haley calling it "a protector of human rights abuses, and a cesspool of political bias."

"The Human Rights Council has become an exercise in shameless hypocrisy, with many of the world's worst human rights abuses going ignored and some of the world's most serious offenders sitting on the council itself," U.S. Secretary of State Mike Pompeo said at the time.

He identified China, Cuba, and Venezuela as some of the worst human rights abusers that sit on the council.



Nations emblem in front of the United Nations Office in Geneva, Switzerland on June 8, 2008.

The United

Vietnam Protests China's Sinking of South China Sea Boat

HANOI–Vietnam has lodged an official protest with China following the sinking of a Vietnamese fishing boat it said had been rammed by a Chinese maritime surveillance vessel near islands in the disputed South China Sea.

The Vietnamese fishing vessel, with eight fishermen onboard, was fishing near the Paracel Islands on April 2 when it was rammed and sunk by the Chinese vessel, Vietnam's foreign ministry said in a statement posted on a government website on Saturday.

All the fishermen were picked up by the Chinese vessel alive and were transferred to two other Vietnamese fishing vessels operating nearby, the Vietnam Fisheries Society said in a statement posted to its website.

"The Chinese vessel committed an act that violated Vietnam's sovereignty over the Hoang Sa archipelago and threatened the lives and damaged the property and legitimate interests of Vietnamese fishermen," the foreign ministry said in its statement, referring to the Paracel Islands by its Vietnamese name.

Vietnam and China have for years been embroiled in a dispute over the potentially energy-rich stretch of water, called the East Sea by Vietnam.

The incident marks the second time in less than a year a Vietnamese fishing vessel has been reportedly sunk by a Chinese vessel near the China-controlled Paracels.

A Chinese oil survey vessel conducted operations in Vietnamese-controlled waters for more than three months last year, causing a tense standoff between vessels from the two countries.

By Khanh Vu From Reuters US APRIL 9-15, 2020 THE EPOCH TIMES

Trump Deploys Military as Drug Cartels Try to **Exploit Pandemic to Infiltrate US**

IVAN PENTCHOUKOV

The Navy deployed warships to the eastern Pacific Ocean and the Caribbean Sea at the direction of President Donald Trump on April 1 as part of an operation to counter drug cartels which, according to intelligence, are actively planning to exploit the global CCP virus pandemic to smuggle more drugs into the United States.

The mission involves sending additional Navy warships, surveillance aircraft, and special forces teams to nearly double the U.S. counter-narcotics capacity in the Western Hemisphere, with forces operating both in the Caribbean and eastern Pacific. Defense Secretary Mark Esper said the mission would be supported by 22 partner

"As governments and nations focus on the coronavirus, there is a growing threat that cartels, criminals, terrorists, and other malign actors will try to exploit the situation for their own gain," Trump said. "We must not let that happen."

U.S. authorities have long been short on resources in the area to interdict all of the drug traffic headAs governments and nations focus on the coronavirus, there is a growing threat that cartels, criminals, terrorists, and other malign actors will try to exploit the situation for their

Donald J. Trump, President of the United States

own gain.



Approximately 27,300 pounds of cocaine worth US\$367 million and 11,000 pounds marijuana worth US\$10.1 million seized in international waters of the Caribbean Basin and the Eastern Pacific Ocean off the coasts of Mexico, Central and South America are shipped to Port Everglades, Florida, on Oct. 28, 2019.

ing along naval routes to the United States. The intelligence community has long been aware of the routes, according to Attorney General Bill Barr. Last year, authorities seized 280 metric tons of drugs in the area.

Trump made the announcement one day after the White House advised Americans to brace for the deadliest days of the CCP virus (Chinese Communist Party virus), commonly known as the novel coronavirus.

According to Chairman of the Joint Chiefs of Staff Gen. Mark Milley, the United States is in possession of intelligence showing that the cartels are looking to exploit the crisis to smuggle more drugs into the country.

The enhanced mission has been months in the making. The formal launch comes days after the Justice Department's indictment of Nicholas Maduro, Venezuela's illegitimate socialist dictator, and members of his inner circle and military. They are accused of leading a narcoterrorist conspiracy responsible for smuggling up to 250 metric tons of cocaine a year into the United States—about half of it by sea.

"If I was just indicted for drug trafficking by the United States with a US\$15 million reward for my capture, having the U.S. Navy conducting anti-drug operations off my coast would be something I would worry about," said Sen. Marco Rubio, a Florida Republican who has been among those calling for a tougher stance against Maduro.

It also comes as Maduro steps up attacks on his U.S.-backed rival, Juan Guaidó. Maduro's chief prosecutor ordered Guaidó to provide testimony Thursday as part of an investigation into an alleged coup

Guaidó, the head of Venezuela's congress who is recognized as his country's legitimate leader by the United States and almost 60 other nations, is unlikely to show up, raising the possibility he could be arrested. The United States has long insisted it will not tolerate any harm to Guaidó.

"No matter where you sit ideologically, any move to try to bring democracy back to Venezuela requires first recognizing the criminal nature of the Maduro regime, and making moves that scare the regime into negotiating," said Raul Gallegos, a Bogota, Colombia-based director in the Andean region for Control Risks, a consulting group.

Maduro blasted the Trump administration's offer of a US\$15 million reward for his arrest, calling it the work of a "racist cowboy" aimed at getting U.S. hands on Venezuela's vast oil reserves-the world's largest. He also points out that the vast majority of cocaine leaves South America from Colombia, a staunch U.S. ally.

The Trump administration has long insisted that all options are on the table for removing Maduro, including military ones. Still, there's no indication then, or now, that any sort of U.S. invasion is being planned.

Rather, the sending of ships fits into a longstanding call by the U.S. Southern Command for additional assets to combat growing narcotics and other security threats in the hemisphere.

The Associated Press contributed to this report.



U.S. army officers stand in front a U.S. Patriot missile defence system at the Israeli Hatzor Airforce Base on March 8,

US Moves Air Missile Defense Systems to Iraq Amid Iran Threat

CONTINUED FROM A1

"The U.S. is moving defensive systems into Iraq to protect Iraqi, coalition, and U.S. service members from a variety of air threats seen at Iraqi bases that host coalition troops," Capt. Bill Urban, spokesman for U.S. Central Command (CENTCOM), said in a statement on April 2.

"It is important to note that repeated attacks on Iraqi bases, which violate Iraqi sovereignty, have killed and injured Iraqi, coalition, and U.S. service members."

Because of security reasons, the U.S. military hasn't disclosed when the systems will come online. U.S. forces are continuing to work closely with Iraqi officials and troops as they focus on deterring Iran and Iranian-backed groups as well as making sure the terror group ISIS remains decimated.

Gen. Frank McKenzie, CENT-COM commander, told Congress in March that Iranian proxies in Iraq have increased attacks on U.S. interests there since May 2019, including the launching of more than a dozen ballistic missiles in January. He told reporters that the military had begun to prepare for the movement of Patriot missile systems into Iraq.

The last tit-for-tat between Iran and the United States came in March when an Irani-

an-backed group hit Camp Taji in Iraq. U.S. forces responded by attacking five sites held by Iran-supported groups.

"That was a very big response. We knocked out a lot. They hit one site, we hit five big ones. I won't say how many people were killed, but some bad people were killed, and a lot of them," Trump told reporters at the White House during a press briefing on April 1.

It is important to note that repeated attacks on Iraqi bases, which violate Iraqi sovereignty, have killed and injured Iraqi, coalition, and U.S. service members.

Capt. Bill Urban, spokesman for U.S. Central Command

received in recent days showed that Iran, or groups it supports, was "planning something," Trump said.

Iran will pay "a very heavy price" if an attack happens.

It would be a very bad thing for them if they did it," he said at the White House press briefing. Military leaders appeared

with Trump on April 1 as the

United States announced the

The information U.S. officials He threatened on Twitter that

"We're just saying don't do it.

deployment of warships to the eastern Pacific Ocean and the Caribbean Sea to prevent drug cartels from exploiting the pandemic and smuggling more drugs into America.

Iran's Foreign Minister Mohammad Javad Zarif responded to Trump on Twitter, telling Trump, "Don't be misled by usual warmongers."

"Iran has FRIENDS: No one can have MILLIONS of 'proxies' Unlike the US–which surreptitiously lies, cheats & assassinates-Iran only acts in selfdefence," he wrote. "Iran starts no wars, but teaches lessons to those who do."

Iran has been hit hard by the CCP (Chinese Communist Party) virus, commonly known as the novel coronavirus. Officials have officially reported 50,468 cases and 3,160 deaths. Many experts say the true death toll is much higher.

The United States has repeatedly offered humanitarian assistance to Iran, but Iranian leaders have rebuffed the of-

Secretary of Defense Mark Esper told reporters at the White House: "I think if the Iranian regime put more interest in terms of taking care of their people in the context of this virus, they would be better served. Instead, the Iranian regime continues to want to spread its malign activities throughout the region."

US Hardens GPS Satellites After String of Hacking Attacks

CHRISS STREET

News Analysis

The U.S. Space Force announced its Global Positioning System (GPS) satellite underwent a major digital hardening to withstand state and nonstate jamming and hacking attacks.

The Space Force announced on March 27 the operational deployment of 'GPS Block III', a third generation satellite constellation, and anti-jamming 'Ground Operational Control System' software upgrade to harden the system against "spoofing" by hackers.

Global Navigation Satellite Systems (GNSS) are now used in everything from cellular communications, transportation, consumer goods, and securities trading to high-end military

But hackers since 2014 have successfully compromised positioning, navigational, and timing (PNT) data by employing electronic warfare (EW) capabilities.

One of the most famous spoofing attacks occurred on May 15, 2018 when President Vladimir Putin inaugurated the 12-mile Kerch Strait Bridge that links Crimea to Russia. As Putin drove across the bridge in a bright-orange truck, Russian EW units tapped into America's GPS network to spoof the control rooms of 24 vessels anchored nearby. The ships displayed false data about their location and showed they were sitting on Russia's Anapa Airport runways 40 miles (65 kilometers)

The incident alarmed national security circles because the Russians penetrated both the publicly available GPS signals, and the U.S. military's encrypted Next Generation Operational Control System (OCX). The OCX provides the digital command and control interfaces for all ground, air, and space forces.

The Obama administration launched OCX in 2012 with a budget of US\$3.7 billion to incorporate MAT-LAB programming language, M-code, as a standard for all encrypted military communications. But the budget had ballooned to US\$6.2 billion by 2016.

A major cause of the cost spike was blamed on the decision by the Committee on Foreign Investment in

the United States (CFIUS) to sell the IBM x86 Intel-based line to Chineseowned Lenovo in Aug. 2014. The sale included 34 R&D labs, product development, and seven manufacturing plants. IBM held the prime hardware contract to supply all OCX servers.

In April 2015, it was discovered that the U.S. Office of Personnel Management's employee files had been hacked since March 2014. The data was exported with the same tools used by China's People's Liberation Army (PLA) cyberespionage Unit 61398 that had already been indicted in absentia for hacking Anthem, Westinghouse, and U.S. Steel.

In July 2018, China EW teams were found spoofing the locations for multiple container ships in Shanghai harbor that are required to broadcast GPS-linked Automatic Identification System locations to avoid collisions. Several nations, including Iran, have used electronic warfare tools to spoof the movement by one ship. But this was the first confirmed spoofing of multiple stationary ships moving to another harbor location and then forming into a circle.

The Drive technology blog suggested the "Chinese government may be using the Port of Shanghai as a testing ground for a new GPS spoofing system that its military or security forces could ultimately employ elsewhere." Such GPS spoofing attacks could imperil U.S. aircraft and ships operating in the contested waters of the South China Sea.

The GPS 3 is over three times more accurate than the existing GPS technology. Its more powerful signal provides greater reliability and can overcome radio interference that often caused GPS signal degradation. With its 31 satellite constellation, it is also optimized for expanded 5G applications.

With the Lenovo contract running through August 2022, the Trump administration's Space Force officially ruled on March 26 that the Chinamade servers are an "unacceptable risk," and authorized a US\$378 million emergency expenditure for U.S.-based Hewlett-Packard Enterprises (HPE) to replace the Lenovo

High Corporate Debt Poses Risk to US Economy, Former Fed Chair Says

EMEL AKAN

WASHINGTON—Highly indebted firms are vulnerable to economic fallout from coronavirus and pose a big risk to the U.S. economy, according to Janet Yellen, former Federal Reserve chairwoman.

Before the COVID-19 pandemic, the economy was "generally in good shape" and the banking system had ample liquidity, Yellen said in a video conference hosted by the Brookings Institution on March 30.

"But non-financial corporations entered this crisis with enormous debt loads, and that is a vulnerability. They had borrowed excessively in my view through issuing corporate bonds and leveraged loans," she said.

Thanks to historically low-interest rates, corporate debt has been growing at a rapid pace since the recovery from the financial recession of 2008. Pension funds, insurance companies, and investors looking for higher yield opportunities also contributed to this borrowing spree and encouraged corporate debt to swell, Yellen said.

"The problem is that it creates a risk to the economy, and I'm afraid we'll see that in spades in the coming months, because it may trigger a wave of corporate defaults," she added.

Nonfinancial corporate debt increased by 78 percent in the past decade, reaching US\$6.6 trillion, according to CNBC.

Moody's Investors Service recently cut its outlook on U.S. corporate debt to negative from stable, stating that the pandemic would result in rising default rates.

The ratings company warned that sectors "most sensitive to consumer demand and sentiment" such as global passenger airlines, the lodging and cruise industries, and autos are the most vulnerable.



U.S. Fed chair Janet Yellen holds a news conference following the announcement of a rate hike in Washington on June 14, 2017.

Thanks to historically low-interest rates, corporate debt has been growing at a rapid pace since the recovery from the financial recession of 2008.

Energy companies are also at high risk due to a plunge in oil prices while banks are facing challenges in this low-interest-rate environment, according to Moody's.

The downgrade came despite the Fed's commitment to buy corporate debt in an effort to boost liquidity.

The Department of the Treasury will provide US\$450 billion to the Fed to purchase loans and investments, as part of the recent coronavirus stimulus package. This creates roughly US\$4.5 trillion of lending capacity, according to economists, as the central bank could provide US\$10 in loans for every US\$1 it receives from the Treasury.

According to Moody's, the central bank's intervention is helpful, but

some of the heavily indebted sectors will continue to face challenges.

"Government support will cushion the blow for some companies, but it is unlikely to prevent distress at businesses with less certain long-term viability," Edmond DeForest, senior credit officer at Moody's, wrote in a report.

V-Shaped Recession or Not?

High-yield bond funds see record outflows in recent weeks while new debt issuance and refinancing have dried up.

According to Yellen, highly indebted firms, even when they avoid default, usually slash investment and hiring, and that will make the economic recovery more difficult.

"If lockdown ends reasonably soon and the monetary and fiscal supports that are now in place enable households and businesses to resume activity when the confinement ends, we'll likely see a V with positive growth by the fourth quarter of the year, but that's a best-case scenario," she added.

However, Yellen is worried that a fast V-shaped recovery may fail to materialize if firms start to sever their relations with employees and scale back investment and hiring to deal with high debt burdens.

"That will make it harder for workers to get new jobs and for businesses to start up again smoothly," she said.

Most analysts now expect the U.S. economy to contract sharply in the first two quarters this year due to the worsening pandemic and the measures taken by the government to fight it.

Goldman Sachs on March 31 issued a new report with significant downward revisions to its gross domestic product (GDP) and employment estimates

The Goldman economists now predict the GDP to contract by 9 percent in the first quarter and 34 percent in the second. And the unemployment rate is expected to rise to 15 percent by mid-year.

But this "deeper trough" will be followed by a "bigger rebound" in the second half of the year, according to the Goldman Sachs report. And there will be further strong gains in 2021.

"While the uncertainty is substantial, we expect the lockdowns and social distancing to result in sharply lower new infections over the next month, and our baseline is that slower virus spread and adaptation by businesses and individuals should set the stage for a gradual recovery in output starting in May, June," the report states.



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OPINION





President Donald Trump walks to the Rose Garden for the daily CCP virus briefing at the White House on March 29, 2020.

Trump Faces Decisive Test of His Leadership

MICHAEL WALSH



Few today remember the ancient Roman general Lucius Quinctius Cincinnatus, but now is as good a time as any to learn a lesson from him about leadership and the proper

handling of power.

Facing an imminent military disaster at the hands of the rival Aequians in 458 B.C., desperate senators, unhappy with the Republic's co-consuls, turned to the former consul for help.

The legend goes that they found him plowing the fields of his rural farm and asked him to put on his toga, the sign of his former office, in order that he might hear their message. As the Roman historian Livy relates, "When he had put it on, after wiping off the dust and sweat, and came forth to the envoys, they hailed him Dictator, congratulated him, and summoned him to the City."

Cincinnatus accepted the temporary office, assembled his troops, rode out, and defeated the enemy in 15 days-after which he returned power to the elected officials and retired to his farm once

Cincinnatus (after whom the city in Ohio is indirectly named) thus became the model for the statesman indifferent to the trappings and perks of office. George Washington was often compared to him. Like Cincinnatus, Washington had been called upon to lead the Continental Army; like Cincinnatus, he won; and, like Cincinnatus, he voluntarily resigned his commission and, after two elected terms, the presidency of the new Republic itself. The great poet, Lord Byron, apostrophized Washington as "the Cincinnatus of the

Today, despite facing multiple crises simultaneously, a modern democracy would never turn to a dictator, however temporary; unlike in Roman times, the word has too many bad connotations. What we do have, however, is a duly elected president whose first term is nearing its end and who must face reelection while preoccupied with the CCP virus, a suddenly cratering economy, a hostile press, a rump faction of "never Trump" Republicans, and the entire Democratic

The latter three groups, united in contempt for Trump and dedicated to his

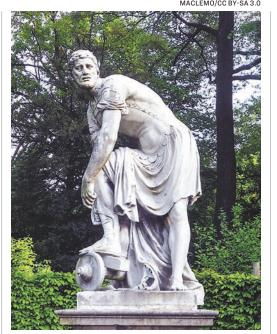
downfall, whether by impeachment and conviction in the Senate (which failed earlier this year) or by his defeat at the ballot box this fall, have never accepted him as a legitimate president and have done everything in their power–even before his first official day in office-to hobble his admin istration and destroy his reputation.

Trump, however, has confounded expectations and survived the onslaught. A president who was elected in 2016, in part as a roar of protest against the Permanent Bipartisan Fusion Party and the national media, has gradually won over a sizable portion of the electorate that never suspected he had the smarts, the willpower, or the gumption to actually enact the platform he ran on, and will vote for him enthusiastically this fall, barring a complete meltdown of the economy.

How did he do it? In a word, leadership. Trump, naively, expected to be given the customary honeymoon period during his first 100 days or so, but the knives came out for him even faster than they did for Julius Caesar after he assumed absolute power in the wreckage of the Roman Republic that Cincinnatus had saved. A lesser man mightwould–have folded. And many around Trump did.

A weak Jeff Sessions, his misguided pick for attorney general, immediately recused himself as the CIA-media-driven "Russian collusion" hoax got underway. Trump's first choice for secretary of state, Rex Tillerson, made the common mistake of thinking he had more authority than the boss. The president's choice of Gen. Mike Flynn as national security adviser was immediately torpedoed by the rogue FBI director, James Comey, and the country continues to suffer from the loss of the only Obama administration official (Flynn had been director of the Defense Intelligence Agency between 2012 and 2014) who understood clearly the threat from recrudescent Islam.

Indeed, the Trump White House became a churn factory, provoking much mirth and merriment among the Democrat-Media Complex (in the late Andrew Breitbart's famous phrase) accustomed to the orderly appointments of the usual Beltway suspects in high government jobs. They saw the turnover as amateurism rather than what it was: experimentation by a novice politician until he finally realized that none of the padded resumes and congenial time-servers were



A sculpture of Cincinnatus in Vienna's Schönbrunn Garden.

going to give him the results he wantedand that his voters demanded.

And so, like Cincinnatus, he stepped up. Here's how he did it:

Confidence. Trump has never lacked for self-confidence. During his rise to tabloid fame as the playboy builder in the New York City of the 1980s, he struck out plenty of times but always bounced back from divorces and bankruptcies and kept on chugging along. Alone among the master builders of Manhattan (Harry Macklowe, Harry Helmsley), Trump transcended the grubby world of real estate and construction to achieve a rock-star level of popculture fame. Although few realized it at the time, his blitzkrieg reconstruction of the Wollman Rink in Central Park ahead of schedule and under budget in 1986 illustrated the wasteful folly of government, which hadn't been able to accomplish it in six years of trying.

Decisiveness. Trump turned to television, where he hosted the wildly popular reality show "The Apprentice," which ran for 15 seasons on NBC, 14 of which Trump hosted before descending the escalator at Trump Tower to announce his candidacy in 2015 and ascending to the Oval Office a year or so later. Everybody yukked it up-but the man had chosen his moment and, over the ensuing primary season, made short work of the pride of the GOP establishment, including the heir apparent, a lackluster, listless, "low energy" Jeb

Ability. A famous workhorse, the teetotaling Trump (even at 73) hardly ever sleeps and seems to subsist on a diet of junk food and soda, but so what? Like Ronald Reagan, the president he most closely resembles, he has little interest in the minutiae of policy, a trait that Democrats and the Ivy League media rate highly. While Jimmy Carter was personally reviewing the use of the White House tennis court, the Soviet Union invaded Afghanistan. While Reagan was president, the wheels were set in motion for the USSR's dissolution under his successor, George H.W. Bush.

Reagan's famous dictum "We win, they lose" is all the policy any leader ever

No one knows how the fight against the CCP (Chinese Communist Party) virus, commonly known as novel coronavirus, will end. At the same time, Trump understands that the United States can't shut down indefinitely and that, at some point soon, the brutal tradeoff between acceptable casualties and America's economic health will have to be made-and stuck to.

Trump recently termed himself a wartime president; in times of war, every wartime president from Lincoln to Wilson to Roosevelt to George W. Bush has had to make that call. Lincoln and FDR got it right; Wilson got lucky and Bush failed miserably. But make the call Trump will, no doubt to the usual leftist sneers of derision and accusations of heartlessness from

As the saying goes, desperate times demand desperate measures. In this case, however, there's no need for desperation. Crises demand leaders equal to the task. Not desperate, but calm, cool-headed (in public, at least), capable–and determined to be proven right. Win or lose, that's what leadership looks like.

Just ask Cincinnatus.

Michael Walsh is the author of "The Devil's Pleasure Palace" and "The Fiery Angel," both published by Encounter Books. His latest book, "Last Stands," a cultural study of military history, will be published later this year by St. Martin's Press.

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

A Chinese Method for Curing the CCP Virus Is Available to Us in the West

DIANA ZHANG

America is looking for ways to combat the CCP Virus, and there may be hints for us in our history of what to do.

Years ago, I was deeply impressed on seeing the painting "The Plague of Rome" by Jules Elie Delaunay.

The artwork describes how divine vengeance brought a plague to Rome. In the painting, plague-stricken figures lie in torment in the streets, while to the right, a good angel commands a bad angel to strike with his spear the homes where the plague will enter.

The artist took inspiration from a passage in Jacobus de Voragine's 13th-century "Golden Legend," "And then there appeared a good angel, who commanded a bad angel, armed with a pike, to strike the houses, and each house had as many dead as the number of blows on the door."

History records that during that time, sometimes a whole family perished in the plague, save one. A survivor was said to hold a dead body and to plead for death to take him, too, but he never got infected. And so, just as in the painting, the plague seemed in real life to choose its victims.

This ancient understanding saw the world as moral. Goodness was rewarded, and evil was punished.

Similar to the West, the ancient Chinese believed that the virus or plague has eyes and selects its victims. It targets certain people who have made specific mistakes.

Ancient emperors would go outside to humbly plead to the Divine, promising to correct their own mistakes and asking that their people not be punished. By admitting their mistakes, these emperors sought to reject what was bad in their conduct and to adopt a more righteous standard. Time and again, such action effectively stopped disasters. Often, the kind people survived the plague.

Denouncing the CCP

Right now in China, there is a quiet wave of people who are seeking, like the ancient emperors, to change their fates by rejecting what is evil and affirming what is good.

Some people have been calling each other and reminding each other to urgently with-



"The Plague of Rome" by Jules Elie Delauney.

draw any affiliation with the Chinese Communist Party (CCP).

The CCP has ruled China for over 70 years, and every family in China has a story about the evil they have suffered at its hands. The Party's record includes the unnatural deaths of 65 million (according to the "Black Book of Communism"—some estimates are higher, and some lower), the expropriation of lands and businesses, the brainwashing of the people with communist doctrine, the destruction of China's traditional culture, the attempt to uproot religion, and much more.

To remain silent in the face of the Party's monstrous evil is to be complicit in it. By denouncing the Party, one rejects that evil.

The idea that one can save oneself by rejecting evil is familiar to us in the literature of the West. Consider J.R.R. Tolkien's "The Lord of the Rings." Whoever gets close to the power of the demonic Sauron is corrupted in his soul. And a corrupted and sick soul can yield a corrupted and sick body.

Some people have recovered from the CCP Virus after denouncing the CCP.

One can see the same mechanism at work on a large scale in the cases of Taiwan and Hong Kong. In a recent national election in Taiwan, a landslide result rejected closer ties to the CCP. And Taiwan has had amazingly low cases of the virus.

Similarly, over a period of months the Hong Kong people held massive demonstrations rejecting the CCP, and there are relatively few cases in Hong Kong.

People denouncing the CCP and recovering from the virus, or rejecting the CCP in Hong Kong or Taiwan and not getting infected, may sound far away from us in the West. But, actually, in this globalized world, we are closer to the CCP than one might imagine.

The CCP could have fallen apart years ago, setting Chinese people free, except for the money and support it received from the West. How many of us have joined in this work, knowingly or unknowingly? If you are sick from the virus, maybe you can give it a try: denounce the CCP, and see what the effect is. Since this virus is from China, this Chinese method might help you to beat the virus.

'Falun Dafa is good'

There is another quiet wave in China of people finding a way to defeat the CCP Virus. The word is spreading that reciting "Falun Dafa is good" and learning the practice's exercises can quickly cure the infection.

Falun Dafa (also known as Falun Gong) is an ancient practice that teaches meditation and living according to the principles of truthfulness, compassion, and tolerance. A recent survey shows 40 percent of Americans practice some kind of meditation, but they may not know about Falun Dafa.

In the late 1990s in China, one hundred million people had taken up this practice. Unfortunately, some members of the CCP's leadership feared that so many people—more than the membership of the CCP—were practicing Falun Dafa.

Seeing that the Party was getting ready to suppress Falun Dafa, the retired head of the nation's domestic security forces did a nationwide survey and reported to the Politburo that Falun Dafa does "no harm and only good."

Nonetheless, the CCP began persecuting Falun Dafa in July of 1999. But Dafa has spread all around the world, and there are testimonials in dozens of languages to the good it does. Those who support Falun Dafa are supporting something very good.

A friend of mine's uncle and aunt in Wuhan are both doctors, and have been seriously ill with the CCP virus. He told his uncle to recite "Falun Dafa is good" and learn the practice's meditative exercises. His uncle miraculously recovered after he tried this.

He then told his wife, who was in the hospital. She was more stubborn and did not believe this could work. Reluctantly, she tried. Later on, it became clear to her that when she practices the exercises, her fever goes down. When she stops practicing, her fever goes up. Initially a skeptic, she became totally convinced that this method is effective.

A student was ill with the CCP virus. Her mom practices Falun Dafa and urged her to recite "Falun Dafa is good" every day. In despair, she tried, and she recovered. She happily wrote about her experience on the internet to share with friends.

These experiences and methods are not known widely yet. Try and find out for yourself.

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

China's Disinformation Campaign Must Convince the World–and Itself

State-run media blitz out to repair dark image of the Chinese regime around the globe, at home

JAMES GORRIE



As the CCP virus pandemic continues its deadly world tour, the Chinese Communist Party (CCP) finds itself at a very critical juncture. As the cause of the global

pandemic that's killing thousands of people every day, the leadership is doing everything it can to hide the truth of what it is and what it has done to the Chinese people, as well as to the rest of the world.

One would expect that both the Chinese people and the world at large would be condemning the Chinese communist regime for its evident and expanding crimes against humanity. But that's only partially the case.

Telling the Right Lies to the Right People

The Party's propaganda machine is making deep inroads in convincing its population of several lies that make the Party look better than it should in the eyes of the people. It's seeing some success in the rest of the world with this strategy as well.

The Party's primary audience must first and foremost be its young people. Those in the late teens through early-30s demographic are the future of China and the Party. The CCP desperately needs to persuade that group to disbelieve their own eyes and accept the Party's unbelievable story without

Thanks to videos of the Party's widespread brutality against the doctors, reporters, and victims in Wuhan that went viral throughout China—an ironic phrase if there ever was one—discontent and alienation from the Party among its youth may be a bigger

worry for the Party than it yet realizes.

That remains to be seen and may be expressed later in the year in a discontented economic context.

Making the US the Bad Guy

The CCP's propaganda narrative is a simple but bold lie. It professes that the United States is actually to blame for the pandemic. American soldiers, so the story goes, brought the virus to Wuhan during some military games held there.

The supporting lie, like the first, is entirely self-serving. China, the state-run media say, was only able to respond to and overcome the foreign attack through the wisdom and strength of the CCP. Beijing is using that angle to present Communist Party rule as the solution to a world looking for answers.

Everything But the Truth

Missing from that story arc, of course, are the denials of the viral outbreak in November and December 2019, the arrests and forced recants of whistleblowers, the spread of the disease for two months by allowing infected Chinese to travel abroad, the many uncounted deaths, and other mistakes, cruelties, and omissions.

Still, so far, the Chinese people haven't held the Party responsible for the mass deaths of the pandemic. One could argue that the CCP's internal propaganda is, at least to some degree, a success.

Beijing's PR Offensive

The Party is winning the propaganda war in some parts of the world outside of China. This is especially true in African and South American regions. Nations such as Ethiopia

and Brazil, which are both beneficiaries of China's Belt and Road Initiative (BRI, also known as One Belt, One Road), have at least given Beijing a nod to its public relations

Beijing's global image rehabilitation efforts have also received some key help from the World Health Organization (WHO). In the case of the WHO, its director-general is Tedros Adhanom Ghebreyesus, who from the very beginning, had only praise for Beijing, even though its behavior resulted in spreading the deadly virus to the entire world.

Fooling Some, But Not All

But not every nation is taken in by the CCP's propaganda. The UK government is reportedly "furious" at China's lies and mishandling of the outbreak that has led to the current pandemic. The infected include several high-ranking government officials and family members, including UK Prime Minister Boris Johnson.

The Party's messaging challenge, therefore, is to maintain and expand the propaganda to two separate audiences at the same time. That may be easier within its borders, at least for the moment, but the Party's economic mandate is now in serious jeopardy.

CCP Threatened by Recession

A deep contraction of the Chinese economy—up to 10 percent by some estimates in the first quarter alone—is underway. This recessionary drop off is not likely to improve

this year. And with a global recession or depression on the horizon, 2021 isn't looking so great either.

A recession poses a direct threat to the CCP, whose sole source of political legitimacy in China is delivering economic growth. That's why the breadth and depth of the CCP's domestic propaganda to its young people has reached the level that it has.

It takes an enormous lie told in many ways and many times, along with a lot of money, to obscure such a historically tragic and significant truth and its consequences. Paradoxically, it also requires silencing a significant portion of the younger generation, while at the same time, obtaining its support.

The reality is that China's highly engaged social media generation has seen for themselves the Party's unbridled brutality against people who spoke the truth about the "Wuhan virus." Their eyes have been opened by witnessing firsthand, through China's extensive social media channels, the utter contempt the Party has for the Chinese people.

But will they believe Beijing ... or their own eyes?

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.



Chinese students wear masks as they wait to take a train after Lunar New Year break in Beijing, on Jan.

31, 2020.

A10 \mid OPINION APRIL 9-15, 2020 THE EPOCH TIMES

Wuhan CCP Virus: Just Reparations

DAVID FLINT



The Chinese Communist Party (CCP) virus pandemic is imposing an enormous cost across the world. This must already

amount to many trillions of dollars. While writing this, the London-based Henry Jackson Society released a report on this very subject. It contains valuable information on the damages suffered and the complicity of Beijing in failing in its duty to inform the world about the virus. I have, however, somewhat different views on the best method to obtain just reparations.

According to this and numerous reports, the Beijing communist regime behaved irresponsibly when the virus emerged, suppressing information, harassing those medical practitioners who tried to warn about what was happening and, in particular, that the virus was now being transmitted between humans.

The World Health Organization (WHO) supported Beijing in the suppression of information concerning the virus. Clearly the WHO leadership is captured.

The irresponsibility of the authorities is graphically illustrated by the arrest of the principal whistle-blower, Dr. Li Wenliang, who was required to sign a confession that he had made "false comments" and had disturbed "the social order." This was consistent with the state position that there was "no clear evidence of human-to-human transmission."

Tragically, Dr. Li died in February, reportedly from the virus.

There's a widespread view that Beijing's attempts to suppress the facts and failure to warn the world led directly to the spread of the virus without the authorities in other countries being aware of the danger. Had Beijing warned the world, the virus could have been contained much earlier than it has been.

It's widely believed that the virus escaped from a bat in a "wet market" where, in particularly unhygienic conditions, bats, rats, dogs, cats, scorpions, and other "exotic" animals are stored in cages stacked on top of one another, sharing fluids, discharge, and excrement with the carcasses of pythons and other animals on slabs.

According to the Daily Mail on March 28, those markets are operating again

Further, Communist Party officials subsequently promoted the myth that the U.S. Army had introduced the virus into Wuhan. Given that the communist system strongly discourages autonomous and independent activity in government, it's highly unlikely that this was done without high-level approval.

According to other reports, the virus escaped from a laboratory in the Wuhan area, one possibly involved in weaponizing viruses. A variation of this is that the remains of bats used in experiments were sold in a wet market.

Proponents of these alternative origins of the virus point to the rejection by the leader of the People's Republic of China (PRC) of President Donald Trump's offer to send American scientists to Wuhan to help. They say this indicates a wish to keep the activities in the laboratory confidential. In addition, it's reported that Beijing required the destruction of samples that Dr. Li Wenliang and others had taken of the virus.

Accordingly, there are widespread demands, indeed, an expectation, that the Chinese regime will have to pay reparations to those countries that have suffered, with people dying or seriously ill, and economies significantly damaged.

The question is, how could this be done if, as can be expected, Beijing refuses to take responsibility?

Unfortunately, without Beijing's cooperation, most of the methods suggested for legal action would fail.

However, I believe that one course of action would bring Beijing to heel and settle the claims. I believe that in the event that Beijing refused to settle, this method would enable countries to sequester assets in recompense. This is not to deny the ability of and indeed the likelihood that Beijing may retaliate in ways known and as yet unknown.

Legal proceedings have, in fact, already begun against Beijing with a class action in the U.S. Federal Court. However justified this class action is, it has no chance of success.

This is because of the doctrine of sovereign immunity in public international law that is incorporated into most legal systems. This was consolidated in the United States in 1976 in the Foreign Sovereign Immunities Act, the Supreme Court confirming that a foreign government in cases like the one brought against Beijing is immune from the jurisdiction of American courts.

An amendment, the Justice Against Sponsors of Terrorism Act, 2016, does not offer a wide enough window to encompass a claim for damages over the CCP virus. Nor would a similar chipping away of sovereign immunity in the UK in House of Lords cases involving a former head of state, the late Augusto Pinochet.

An action brought in other domestic courts, including Hong Kong's, would probably meet the same hurdle.

The second suggestion is for a government to bring an action against Beijing in the World Court, the International Court of Justice, and obtain a judgement, which normally take years, and then seek an order for reparations.

Although a judge nominated by Beijing sits on the court and is its vice president, China has refrained from lodging a declaration accepting the court's jurisdiction and would be most unlikely to accept it in such a case. Similar difficulties would apply to the International Court of Arbitration.

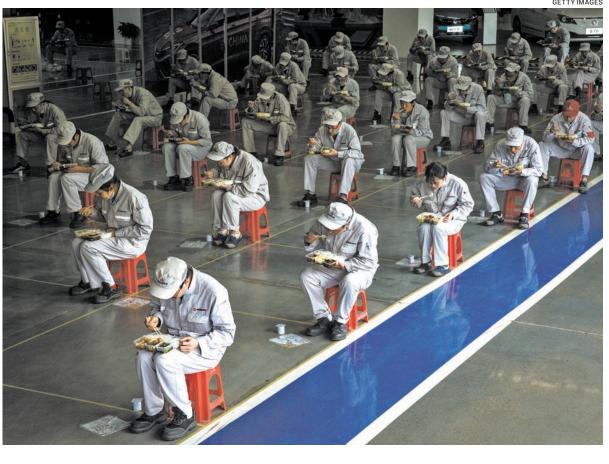
The third avenue would be for the Security Council or the U.N. General Assembly to seek an advisory opinion from the World Court. The problem is that Beijing would veto the first and probably be able to discourage a necessary majority to agree to the second.

The WHO could also seek an opinion in the unlikely event that a majority of its 194 member assembly or of its 34 member board agreed. But then the court could be persuaded to find that an opinion about the economic consequences of a health issue were beyond the powers of the WHO. In fact, in 1993 the court actually rejected, for a similar reason, a request from the WHO for an opinion on the use of nuclear weapons.

In the unlikely event that an application were successful, the further problem would be that the advisory opinion, delivered many years hence, would be just that, an advisory opinion.

A fourth avenue would be for activists to establish an informal people's tribunal. These have been used to investigate mass human rights abuses in Iran, Vietnam, Indonesia and, more recently, the China Tribunal in relation to organ harvesting in the PRC.

Decisions of such informal tribunals can provide some resolution for survivors and those close to victims. Moreover, what they discover and what they establish inform the public and the media and can encourage subsequent official action.



Employees eat their lunch while staying 2 meters away from each other at the Dongfeng Fengshen plant in Wuhan, Hubei Province, China, on March 24, 2020

teng Fengshen plant in Wuhan, Hubei Province China, on March 24, 2020.

Beijing has a poor record in respecting international tribunals, even those rare ones to which it is legally subject.

The London-based China Tribunal's judgement was handed down in 2019. It found, on the basis of strong evidence, that the Chinese state was engaging in the forced harvesting of organs for sale on demand.

This trade was found to involve the killing of political dissidents, those who belong to religions or sections of religions outside of party control—Muslim, Protestant and Catholic and above all, Falun Gong practitioners.

Chaired by a respected international lawyer, Sir Geoffrey Nice QC, who had led the prosecution of former Serbian President Slobodan Milošević at the U.N.'s International Criminal Tribunal for the Former Yugoslavia, the Tribunal consisted of several outstanding members.

These included a prominent thoracic transplant specialist and professor of cardiothoracic surgery at University College London, prominent Malaysian, Iranian, and American human rights lawyers, a businessman engaged in a range of NGOs in the fields of human rights, and a respected academic on Chinese history.

Obviously, Beijing would neither take part in a private tribunal over the CCP virus nor observe any ruling. As with the China Tribunal on organ harvesting, Beijing would be likely to use its influence to try to ensure that governments and the mainstream media would pay only nominal attention to it. This was surprisingly successful in relation to organ harvesting, but would probably be less successful in relation to the CCP virus.

I believe that there's a solution in a fifth process, one which would allow the recovery of substantial damages. It would require courage on the part of the governments taking this action.

This is what I would call the Nuremberg solution, based as it is on the tribunal of that name. This was established in response to the Moscow Declaration by Churchill, Roosevelt, and Stalin to pursue World War II Nazi criminals "to the utmost ends of the earth and will deliver them to their accusers in order that justice may be done."

It would be open to selected powers, for example the United States and similar countries, to enter into a treaty to establish a similar tribunal to hear the claim.

This need not be a treaty as defined in U.S. constitutional law, that is, one by the president requiring the "advice and consent" of two-thirds of the Senate. It could be an executive agreement by the president, which in international law, would constitute a treaty.

Now in both U.S. law and that of the UK and Commonwealth realms such as Canada, Australia, and New Zealand where the Crown enters into and ratifies treaties, legislation would be necessary to give effect to decisions taken by the tribunal.

The initial number of countries would not affect the enforceability of the tribunal decisions, which could be effected in each country against assets available.

It would be important to provide for other countries to accede subsequently to the treaty but out of caution, only with the unanimous approval of the original signatories.

Beijing has a poor record in

respecting international tribunals, even those rare ones to which it is legally subject, such as that which heard a case brought by the Philippines concerning the South China Sea and was handed down in 2016.

While Beijing would be under no obligation to appear before this tribunal and can be expected to refuse to take part, every opportunity for Beijing to appear and to give evidence at every stage should always be given.

Provision should be made in the treaty that where a government refuses to appear, one of the parties may apply for the tribunal to appoint an amicus curiae, a friend of the court, to appear and to present a case for Beijing.

An invitation could go, for example, to the Chinese Society of International Law to fill that role.

The treaty should clearly state the questions, which should be determined by the tribunal and would include such questions as how the virus started, the obligation of Beijing to warn, whether that obligation was fulfilled, how the virus spread to the parties and other countries, and the amount of both interim and final damages.

The treaty should rule on evidentiary questions and make broad provision for the hearing of evidence including hearsay and in any form.

The tribunal should have power to declare that the property of the Chinese state will be available to satisfy any award, a power to freeze this at any time and that such property extend to that of high-level functionaries within the Politburo, the CCP, its associates and partners, as well as all corporations and other entities formed in, domiciled in, or under the control of Beijing, the CCP, its associates and partners, wherever located and whether or not vested in nominees, trustees, or similar cover.

The process would be that once interim orders are handed down, these could be given legislative effect by the parties, for example by the U.S. Congress and say, the Australian Parliament.

In the Australian case, Beijingowned-and-controlled property could then be taken to satisfy the outstanding interim and final judgements.

The tribunal should stay in place for five years in the event of further possible accessions or the need, for any reason, to hear requests from any party or the amicus (appointed to represent the interests of Beijing). There should be a power to make further orders with a continuing power in the court to make or refuse those orders or to take such decisions as it deems necessary or expedient.

Such a tribunal will allow the recovery of full and fair compensation for damages incurred by Beijing's role in the crisis relating to the CCP virus.

David Flint, A.M., is a former chairman of the Australian Press Council and Australian Broadcasting Authority and is an emeritus professor of law.

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

OPINION THE EPOCH TIMES APRIL 9-15, 2020

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

ABOUTUS

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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

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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How the Specter of Communism Is Ruling Our World

Using the Law for Evil

The Epoch Times here serializes "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 Ten (Cont.)

3. How Communism Warps the Law in the West (Cont.)

b. Seizing the Powers of Legislation and Promulgation

Before a new law takes effect, it goes through a variety of stages, including its drafting, endorsement by politicians, court rulings about its legality, or implementation by law enforcement officials. During this process, individuals or groups in academia, media, legal circles, and even the entertainment industry exert influence over the preparation and enactment of the law.

The communist specter found its representatives across society to take control of the legislative process. Various political lobbies made their best efforts to fill government agencies with leftists. In the judicial branch, they became judges, prosecutors, or other officials responsible for the carriage of justice.

A liberal president will do everything in his power to appoint like-minded justices to the Supreme Court, where they will use their influence to warp the law, or he will use his executive powers to circumvent the legal system. Historically, liberal U.S. presidents have tended to grant more pardons. In a recent administration, the president commuted the sentences of 1,385 convicts and granted a total of 212 pardons, the greatest number since the administration of President Harry Truman. In one of his final acts before leaving the White House, the president commuted the sentences of 209 individuals and granted pardons to 64 others. Most of those who received pardons were nonviolent drug offenders. One exception was a man who had been charged and found guilty of leaking 700,000 classified military documents. With presidential clemency, his sentence was reduced, and he served only four years of his 35-year sentence.

While the president has the constitutionally ordained power to grant pardons, overuse of this power works against the function and purpose of the law, which is to punish wrongdoing and support upstanding citizens.

In 1954, then-Sen. Lyndon B. Johnson of Texas, who later served as the 36th president of the United States, introduced the Johnson Amendment, which prohibits nonprofit organizations, including churches, from engaging in certain activities. Violators could have their tax exemptions revoked. Wary of this, some Christian churches have instructed their priests to avoid certain political topics when speaking at the pulpit, including controversial social issues such as abortion, homosexuality, euthanasia, stem cell research, and so on.

The communist specter also manipulated all political groups in an attempt to change law enforcement through prosecutorial elections. One district attorney, sent to his position by progressive patrons and political groups, fired 31 prosecutors during his first week on the job. Calling for an end to "mass incarceration," he also ordered the rest of his office to stop prosecuting for marijuana possession. There are similar situations in other states. The president of the union for prosecutors said that the effect was to call on prosecutors to pick and choose which laws they would enforce. In his opinion, it was a very risky phenomenon when the elected officials were asked to ignore laws they had sworn to uphold.

Judges also have jurisdiction to cancel orders from administrative departments. For instance, U.S. immigration law gives the president the right to deny foreigners permission to enter the counconsidered a recent travel ban issued by the president to be religious discrimination. Their rulings delayed the ban for over four months until the executive action was upheld by the Supreme Court. Lawyers can greatly influence court

try in emergency situations. However, some judges influenced by liberalism

rulings, and the political leanings of a legal association can have a direct impact on whether the spirit of the law can be followed. The founder of one lawyers' association with a nationwide presence is a self-avowed socialist who believes in public ownership and says that his ultimate goal is to establish communism. The association boasts a membership in the tens of thousands across the country and an annual budget in the hundreds of millions. It files lawsuits to support causes such as abortion rights, same-sex marriage, and the right of homosexuals

bisexuality, and the like. Liberalism and progressivism occupy key political positions across the United States and dominate academia, the media, and social movements. This has allowed the devil to wield unprecedented power over the legislative and judicial processes.

to adopt children, as well as to combat

discrimination against homosexuality,

Supreme Court justices don't need to heed public opinion, since they hold their positions for life. Once appointed, they may work for decades. Furthermore, there are only nine justices. It is comparatively easier to influence the decisions made by these nine individuals than it is to alter the whole of mainstream opinion.

c. Passing Evil Laws

Prohibiting the Praise of God

God is everywhere in American life. The country's motto is "In God We Trust." This phrase is so common, it's even on the dollar bill. The U.S. Declaration of Independence described God as the Creator and stated that human rights are what the Creator has given us. All U.S. government officials, including the president and judges, say "So help me God" when they are sworn in. The most common ending to presidential speeches is "God bless America." The Pledge of Allegiance recited in public schools describes the United States as "one nation

Some of these traditions have lasted for more than 200 years, almost as long as the history of the United States since its founding. But in the past 60 years, they have been constantly challenged by communist followers.

One national lawyers' association aims to remove the Ten Commandments from public display across the United States. The most famous case occurred in Montgomery, Alabama. In 2001, the association called for the removal of a slate bearing the Ten Commandments that was located in the rotunda of the state court. They found a judge who had been appointed by a Democratic president to hear the case. In a 76-page verdict, the judge ruled in favor of the lawyers' association. The specifics of the ruling may sound ridiculous. For example, the judge claimed that the "solemn ambiance of

the rotunda," the frescoes behind the slate, and the atmosphere created by a picture window featuring a waterfall constituted sufficient reason to have the Ten Commandments removed. The judge also said that the slate's "sloping top" resembled an open Bible and gave viewers cause to "feel as though the State of Alabama is advancing, endorsing, favoring or preferring, Christianity."

This is neither the beginning nor the end of the story. As early as 1980, the Supreme Court had banned the Ten Commandments from being displayed in public schools. This decision was the catalyst for an overall movement across the country to have the Ten Commandments removed from public view. In Utah, the ACLU even offered a reward to anyone willing to report those plaques and slates that had not yet been taken down.

One U.S. Circuit Court ruled on June 26, 2002, that public schools were prohibited from holding "sworn oaths" because they included the words "under God." This decision was later overturned by the Supreme Court on June 14, 2004.

This is an ongoing legal battle. The American national anthem, national motto, Pledge of Allegiance, school prayers, and the like are under siege by atheists and leftist activists.

Here, a brief explanation is necessary to clarify that "God," as used above, was a general reference to the divine, or the "Creator" mentioned in the Declaration of Independence. Each religion has its own understanding and recognition of the Creator. Therefore, the word "God" itself does not promote a particular religion or violate the constitutional amendments of the United States. In a nation of deep faith, the rise of an extreme movement attempting to prohibit public praise of God reflects the extent to which the devil has penetrated the

Altering the Spirit of the Constitution: Interpretation and Case Law

In the drafting of the U.S. Constitution, the Founding Fathers established the separation of powers, with the judicial branch originally having the least power. Congress (the legislative branch) is responsible for passing laws, the president (the executive branch) is responsible for governance according to those executing and enforcing laws, and the Supreme Court (the judicial branch) has neither the power to pass laws nor to govern.

While the Supreme Court was hearing a case concerning the Pledge of Allegiance, polls indicated that 90 percent of Americans supported retaining the phrase "under God." In the House of Representatives, there were 416 votes in favor of retention, versus just three against. In the Senate, the result was 99 votes to zero. The congressional decision reflected the genuine opinion of the American public.

As elected representatives of the people, members of Congress and the president serve terms that range from two to six years before another election is held. As long as the public and mainstream society are guided by divine standards of morality, the extent to which the president and members of Congress can fall toward the left is limited. For example, if mainstream society is against same-sex marriage, it will be difficult for a congressman or senator to support it. If these politicians go against public opinion, they risk being voted out of office.

On the other hand, Supreme Court justices don't need to heed public opinion, since they hold their positions for life. Once appointed, they may work for decades. Furthermore, there are only nine justices. It is comparatively easier to influence the decisions made by these nine individuals than it is to alter the whole of mainstream opinion.

See next edition for the next installment.

OPINION APRIL 9-15, 2020 THE EPOCH TIMES

JUSTIN SULLIVAN/GETTY IMAGES

An aerial drone view of an empty Lombard Street tourist destination during the coronavirus pandemic in San Francisco on March 30, 2020.

CCP Virus Should End Smart Growth Urbanization

THOMAS DEL BECCARO



To no surprise, the CCP virus is hitting our large urban centers the hardest. Indeed, throughout all of history, cities have

been places where diseases have proliferated the most.

Recognizing that, and also the frequency with which pandemics are accelerating, it's now time we dropped the Smart Growth urbanization policies that can only increase the spread of disease and the severity of pandemics.

For most of human history, we lived in agrarian settings that afforded people space, clean air, and calm. In the Western world, cities were rare exceptions until their number increased at the time of ancient Greece and then again under the Roman Empire. After the fall of Rome, 476 A.D., centuries passed before cities emerged in any great number again in the 1300s. By the 1500s, population centers dotted Europe.

In each of those cases, the rise in the number and size of cities were most often tied to rising trade. The rising trade of those ages swelled the ranks of cities and produced great wealth, expanded education, and saw artistic heights likely unequaled in our own times.

Urbanization, however, brought with it many challenges as individuals sought their fortunes in compact settings and in unprecedented numbers. That same trade brought Europeans into contact with unknown parts of the world and their peoples.

We should not be surprised to find that history's pandemics correlated to the growth in cities and trade. Likely the first Western pandemic, the Atonine Plague, was carried by troops returning from a Roman conquest of the Near East, and devastated Rome from 160 A.D. to 185 A.D. The Plague of Justinian, which started in 541 A.D., was introduced by merchant ships and ravaged Constantinople, one of the largest cities of the time, and many other Mediterranean port cities.

After the fall of Rome, the number of cities dwindled as the West descended into the Dark Ages–Rome



itself shrank to just 30,000 people from some 2 million. It wasn't until international trade rose again and cities came back to life, centuries later, that plagues revisited the

The Black Death killed as much as half of European populations and peaked in the mid-1300s-although it remained to some degree or another in the succeeding centuries in Europe. The first influenza pandemic hit Europe in the early 1500s, along with typhus and then

During those latter times, Marseille and then Venice refused entry of ships suspected of carrying disease. The French named that practice la quarantine. Not long after that, the ruler of Milan, Giangaleazzo Visconti, required the isolation of those afflicted with infectious diseases. In America, European diseases claimed the lives of more American Indians than European guns.

In the final analysis, there can be little doubt that history teaches us that pandemics present a greater risk the more concentrated our populations and the more farreaching our trade.

'Infill' Development

If we fast forward to today, we know that airplanes have greatly accelerated the pace of trade and travel. Where once ships took months to return from the Far East, a single plane can bridge the oceans in less than a day.

A depiction by German architectural historian Christian Hülsen (1858-1935) shows the north and east sides of the ancient Roman Forum as it may have appeared circa 100 A.D.

Across the globe, that faster pace of travel and trade appears to be accelerating the frequency of pandemics. The 1600s and 1700s each saw only one serious outbreak during those centuries. As Western populations grew, there were four such pandemics in the 1800s and then four more in the 1900s.

By contrast, during this century, within the last 17 years alone, the world has seen five pandemics: SARS, the Swine Flu, MERS, Ebola, and now the CCP virus, commonly known as novel coronavirus. That represents more than a concerning increase in the number of pandemics. It would be foolish not to expect more such incidents in the near future.

All of which brings us to the policies of planners across developed countries that demand people live in even closer proximity. In America they do so under the guise of something called Smart Growth, which literally mandates that future housing growth be ever more concentrated by requiring building within transportation corridors and existing urban centers.

They advocate "infill" development, i.e., using already developed land and packing more housing within its already close confines. Among their stated goals, of course, is to limit development of the land that lies beyond our existing cities—the land that resembled the surroundings of our agrarian and largely pandemic-free ancestors.

In California, where Smart Growth has the force of law, the

California Air Resource Board claims that by "coordinating transportation and land use planning to reduce greenhouse gas emissions, California is working not only towards more sustainable communities, but healthier and more livable ones, as well."

At the national level, the EPA has an Office of Sustainable Communities that produced a report entitled: Attracting Infill Development in Distressed Communities: 30 Strategies. According to the report, "Infill development can bring environmental and quality of life benefits."

Such assumptions should be challenged in the age of pandemics and social distancing. A pandemic is the polar opposite of sustainability-and social distancing is made increasingly more difficult the closer together we are forced to be.

Of course, I do not expect people to stop living in cities. There will always be a desire for the more outgoing among us to populate our cities and those drawn to its lights and intrigue. I record my TV show in San Francisco. I love New York City and adore Florence, Italy, which lost at least half of its population to the Black Death so long ago.

Even so, as someone who has studied history for four decades, I remain entirely unconvinced that mankind was meant to live in such intense proximity. Cities have always been plagued by crime, disease, and social dislocation. Today, that dynamic is impossible to ignore as it produces deadly results.

That is why, in the days, months and years ahead, for the sake of sustaining mankind, America should take the time to rethink the policy of forcing us into even greater prox-

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

Balancing Life and Work in One Space

A conversation with business consultant Adriana Monique Alvarez.

See B2





When Laser Surgery Goes Wrong

LASIK lets most people see better, but a rare few suffer terribly.

See B8

APRIL 9-15, 2020 **B1**

LIFE THE EPOCH TIMES

FOXYS FOREST MANUFACTURE/SHUTTERSTOCK Chicken and vegetables, rice and beans, a pan of sliced fruit—all transform in the heat of the oven. with little hands-on effort required. TIB WOR In her latest cookbook, celebrated food writer Diana Henry makes a mouthwatering case for oven-cooking

DIANA HENRY

am an inveterate roaster-it's my favorite cooking method-partly because it's easy.

You don't have to brown pieces of meat, or nudge the lid on your casserole to regulate the reduction of cooking juices. Beef caramelizes to sweetness, the skin on a chicken becomes crisp with salt and bronzed; you can sense that they will be tender.

We mostly associate roasting with meat, but I like it so much as an approach that I've tried it on nearly everything. Its dry heat works on fruit, vegetables, and fish, charring the edges of peach halves and wedges of pumpkin. It intensifies flavor, which is why cottony apricots and insipid tomatoes become something else entirely, their essence-hiding in there the whole time-distilled, and their sweetness brought to the fore.

You have to learn to use your oven well; if you're cooking a main course, it makes sense to shove in a tray of peppers or tomatoes that will see you through the next few days, too. I am nearly always roasting or baking a dish to eat that night and raiding the refrigerator to see what else can be usefully cooked on another shelf at the same time. I even use the oven to cook steaks and pork chops (my steaks and chops are "sear-roasted"; once you've tried this, you'll find it's easier than cooking them on the stovetop and it produces great results).

Continued on **B4**

APRIL 9-15, 2020 THE EPOCH TIMES

Working From Home: Balancing Life and Work in One Space

A conversation with business consultant Adriana Monique Alvarez

BARBARA DANZA

A home-based business sounds like such a great idea, doesn't it? Technology now allows business owners to reach their target market while lounging in their pajamas and eating their favorite snacks from the comfort of their own home. Xanadu.

If you've ever dreamed of starting your own business from home, there are some considerations to take into account. I spoke to publishing and business consultant Adriana Monique Alvarez, founder of AMA Publishing & Business Consulting about her advice for making working from home work.

The Epoch Times: What are some common misconceptions about running a business from home?

Adriana Monique Alvarez: Three common misconceptions I hear about when it comes to running a business from home are:

"It's most likely a hobby that doesn't create any substantial cash flow." If you've ever mentioned that you work at home to your neighbor who is, for example, a pediatrician, chances are they don't think you actually do anything all day other than sip wine.

"You don't need to have a structure in your day." Unfortunately, most who dream of working from home do not realize it requires a great deal of discipline. Being a self-starter is a requirement, otherwise it's easy to behave like an employee secretly hoping the boss is going to keep tabs on how things are running.



If you're looking to start a business from home, share your vision with your family and friends, and set the boundaries you need to be successful.

"Everyone is working in their pajamas." While there are perks to working from home, the truth is, most aren't running their business in yoga pants and dry shampoo. Many successful business owners are behaving as if they were going out and meeting clients in person.

The Epoch Times: What are some of the biggest challenges people who work from home face?

Ms. Alvarez: Having business hours are a must for anyone who expects to run a profitable business. Working from home provides for more flexibility, and yet without clear boundaries it's easy to waste time.

It's important that business hours are used to focus on money-mak-

ing activities. Answering personal phone calls, doing laundry, and scrolling social media are not going to move the business forward and create income.

The Epoch Times: What are your best tips for balancing family life with working from home?

Ms. Alvarez: My best tip for balancing family time when you work from home is to have traditions. For example, having a weekly date night with your spouse or bedtime ritual with your kids creates meaningful moments and memories.

The Epoch Times: In what ways can one prepare the home environment to be conducive to running a business

from home?

Ms. Alvarez: One of my favorite ways to create an environment that is conducive for a home-based business is to write out weekly income goals and keep them next to the computer or on the fridge. It's also nice to work in a clean and organized home. I love to diffuse essential oils and have fresh cut flowers at my desk. Surrounding yourself with beauty and signs of abundance are sure to affect your energy as you work.

The Epoch Times: How can entrepreneurs benefit from working from home?

Ms. Alvarez: Working from home is a great way for entrepreneurs to run low overhead businesses that allow them to move into positive cash flow more quickly. Nothing is more important in the start-up phase than to create sales. Once there is money in the bank, business owners can decide how to best invest, but in the beginning, it's important to not bury yourself in unnecessary expenses.

The Epoch Times: What advice would you give someone who wants to start a business from home?

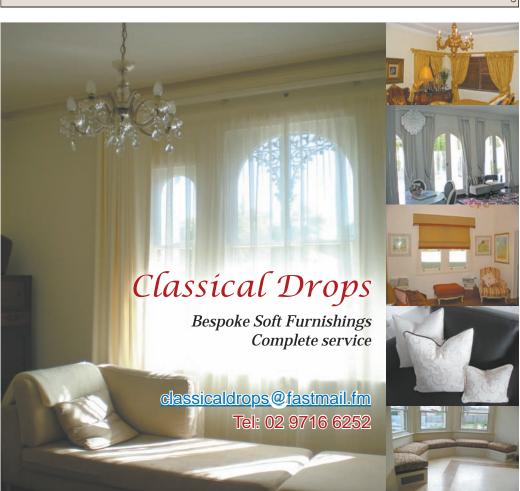
Ms. Alvarez: My advice for anyone looking to start a business from home would be to have a conversation with your family and friends. Let them know the vision of your business as well as the boundaries that are necessary for you to be successful.

Women often fall victim to surprise visits from girlfriends, doing errands for their spouse, and attending to other people's emergencies, when in fact their business requires space and attention to truly thrive. Train everyone around you to treat your venture like a business from the beginning, and it will serve you well.









STYLE

Save Time and Money: Build the Ideal Capsule Wardrobe

Part 1 of 3: Decluttering your closet

MANY NGOM

Let's talk about structure, cut, budget, fun, and ... style. You may wonder what these words have in common. But from the title of this article, you can probably guess that I am inviting you to undertake a most satisfying exercise to reshape your personal style and save you money: building a capsule wardrobe for this new season.

It may sound fancy but most of all, it will be rewarding. Let's dive in, shall we?

What Is a Capsule Wardrobe?

It is a mini-collection of 25-50 pieces of clothing that are timeless and that can easily be mixed and matched with each other. The ultimate goal of a capsule wardrobe is to buy less but to buy better.

In this three-part series, I will walk you through the process step by step, from decluttering your closet to putting together your ideal wardrobe.

The Proper Way to **Declutter Your Closet**

This process can be overwhelming. How to sort the clothes? And how to organize your thoughts to get through this task? We're not all Marie Kondo, but we can use a bit of her wisdom to make this very important step of the process a little smoother.

Pick a day when you'll have time because the task will be tedious. Make sure to have good snacks and good music, and just dive into it! First, get rid of everything you don't need.

The Old Stuff

These are the old clothes, worn out with holes, discolored, maybe ripped, but you love them because they are so comfortable. Too bad; they must go, and besides, you deserve better clothes. And don't forget your favorite football team's sweatshirt, with the logo so faded it doesn't even show anymore. Or the white T-shirt with distinct yellowish underarm marks. Don't feel

bad, and let them go. Keep one or two pieces for house cleaning but no more than that.

I Bet You've Never Worn Them

Yes, I am referring to the type of clothes that you bought on impulse, even though they ended up not being your style. And the ones that you bought on sale thinking you got such a good deal but that turned out to be poor-quality. Give them away—maybe you have a friend who can fit in them, or simply give them to charity.

You Watched the Oscars, Didn't You?

Let's be honest, this event makes us dream in so many ways: "Oh, I wish I had that body!" or "Wow, if I could get that type of dress for my wedding anniversary, that would be great!"

And say you finally splurged on a super nice red-carpet dress, four years ago-and you're still waiting for the right occasion to wear it. You've convinced yourself that it was a good buy, but was it really? It's been years, and it is obviously not your personal style ... Just sell it and make some money out of it.

Regift It

So your husband surpassed himself and bought you that beautiful blouse from Ted Baker, except that the pattern is not your style and it doesn't fit. But you tell yourself, "But he made the effort, and when I lose the weight, I'll wear it." Or, "my mother-in-law knitted that sweater for me but I look like a sausage in it!"

What to do with these gifts? Be firm in your mind, let go of the emotion, and find them a new home. And maybe during a conversation with your

With a capsule wardrobe, items should easily mix and match.

The ultimate goal of a capsule wardrobe is to buy less but to buy

better.

husband or mother-in-law, you could perhaps let them know that a book or a gift certificate to the spa would be most welcome.

In My Mind, I Am Still 22 ...

And that is a great motto to keep in mind all the time: feel young, free, and beautiful. Except that the mind gets it but for some reason, the belly, the thighs, the arms, and the double chin didn't seem to get the memo!

At 22, you might have been size 4 or maybe 6 or 8, but today, let's face it, ladies, we have delivered babies, we stand at work for hours. We've gone through a lot of stress in life, and our bodies have been affected—and that's fine because it's normal to go through these phases of life. So let's accept the new size—be it 10, 12, or 14, and get rid of those size 4 jeans and that size 2 dress you've kept for years.

These Can Be Saved but ...

SHUTTERSTOCK

"I love these pants but I need to fix its hem." Does this sound familiar? I am so guilty of this especially because I sew, so I have no excuse! But unless I fix that hem or add that button to that coat, they are useless.

The same also holds true for clothes that need to be sent out to the dry cleaner. If you feel you don't have time to fix these kinds of clothes, just give them away. If you waited that long to fix them, you probably don't need them.

After going through all these steps, your closet should feel empty and light, and that is a good thing. Decluttering the most important part of the process.

See next installment on page 10 - let's build around what you have. And when each morning, you ask yourself what you're going to wear, I promise the answer will be quick and easy.





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LET YOUR DO THE WORK

In her latest cookbook, celebrated food writer Diana Henry makes a mouthwatering case for oven-cooking

Continued from **B1**

Originally, roasting wasn't done in a closed box, but in front of a fire, the meat either on the hearth or suspended from a hook, and someone had to move it around to make sure it cooked evenly. It was the price of fuel that led to the development, during the late 18th century in England and in the American colonies, of a "closed hearth," the precursor to the modern oven. Not everyone liked it.

Some food writers decried the loss of "proper" roasts claiming, as English writer Dorothy Hartley did, that meat cooked in this closed chamber was now baked rather than roasted. In fact, baking and roasting are both methods of cooking in dry heat, it's what we are cooking that usually dictates the word we use: bread is baked, chickens are roasted. Fat has a role to play in dictating which term is used as well. The difference between a roast potato and a baked one is that the first is cooked in fat.

Roasting-cooking in dry heat-isn't the only thing that goes on in the oven. When you cook meat in a covered pot with a little liquid (and vegetables or aromatics), it's called pot-roasting and there are a few recipes in my book for pot roasts, too. The redoubtable Anne Willan, in her "Complete Guide to Cookery," writes that pot-roasting "... is not at all precise. It means to cook in the oven in a covered casserole but with what, and how, is up to the cook."

It can be as simple as browning a chicken, then setting it on a bed of chopped onions and herbs, adding a splash of vermouth, and letting the meat make its own juices, or it can be surrounded by

more liquid–stock or wine–and larger vegetables (whole waxy potatoes, carrots, and leeks). The vegetables become more than just an accompaniment, as they've cooked in the meat's juices.

Apart from the convenience of having meat and vegetables together-so you don't have to cook a side dish-the key thing with this approach is the moistness of the flesh and the exchange of flavors. The moist heat created in the pot produces a very different result from the dry heat of roasting.

It intensifies flavor, which is why cottony apricots and insipid tomatoes become something else entirely, their essence—hiding in there the whole time-distilled, and their sweetness brought to the fore.

There are also many recipes in here that use an approach somewhere between dry roasting and pot roasting. The protein being roasted–usually chicken thighs or fish-sits on a layer of vegetables moistened with a little stock, alcohol, or water. If you've salted the chicken skin, it will become crisp and you end up with a dish that is part braise, part roast: vegetables imbued with meat juices and a bit of burnished protein on top. There's no carving and the dish can be served straight from the pan.

There are also recipes in which rice— invaluable. I use it to check the tem— *Mitchell Beazley*.

long-grain rice or Spanish paella rice-is cooked in the oven in stock, the liquid becoming absorbed by the fattening grains while meat, fish, or vegetables cook on top. To me, these offer the best of all possible worlds, dishes transformed by the heat of the oven that have everything: a golden finish, moist vegetables, and starch.

And don't think that it's always meat that is the star. Chucking vegetablesroots or Mediterranean vegetables, wedges of cabbage, or trays of broccoli–into the oven (once they've been tossed in melted butter or olive oil) is something I do most evenings. If the main dish doesn't include vegetables, I cook them alongside (and these days vegetables are often the main dish, not a supporting act). Even peas, radishes, and string beans can be cooked in the oven. Roasting makes them taste even more like themselves, their character concentrated rather than lost.

When roasting different vegetables together, you have to be aware of their different cooking times, adding each vegetable at the right moment (e.g. string beans to roast tomatoes once the tomatoes are becoming caramelized), and you need to cut them to the correct size, too, so they can cook together and be ready at the same time. The more you cook vegetables in the oven, the more you find out what each requires.

Most of the recipes are very straightforward, but there are a couple of things to remember when you're cooking in the oven: bring the food to room temperature beforehand, and heat the oven in advance. An oven thermometer is perature both before cooking-to make sure the oven has hit the temperature to which it's set-and during cooking. Oven temperatures fluctuate. When that happens, I adjust it.

I also get my oven calibrated fairly regularly. No matter how stellar your oven, there's a good chance that it's a little hotter or a little cooler than it says it is. You may try recipes in this book and find that it takes a bit longer or, perhaps, less time to get the required result. Make a note of this, so that you know what to do the next time.

Cooking food in the oven is easy, but it brings another pleasure too; although I know I'm the one who has smeared the bird with butter, mixed the crumble with my fingers or halved the peppers and turned them over in olive oil, I always feel, when I take food out of the oven, that someone else has cooked it. I've basically been drinking wine and enjoying the smell as it starts to permeate the kitchen; the cooking has done itself.

When you put meat or a pile of roasted vegetables on a platter, you don't feel that you are serving it, but that it's serving itself: it looks like an offering. This is one of the reasons I don't think cooking is difficult, or it certainly doesn't have to be. The alchemy of heat is a gift.

With only a little knowledge-and gradual practice-you can learn how to use the warmth within that closed box.

Excerpted with permission from "From the Oven to the Table: Simple Dishes That Look After Themselves" by Diana Henry. Published by





BAKED SAUSAGES, APPLES, AND BLACKBERRIES WITH MUSTARD AND MAPLE SYRUP

I know it's in the "Simple Suppers" chapter, but this—glossy with blackberry juice and maple syrup—is special enough to serve to friends on weekends. I roast sausages all the time. Sometimes I brown them a little in a pan before transferring them to the oven; sometimes I just put them in the oven raw, moistened with a little oil, and turn them halfway through cooking. Either way is infinitely less hassle than standing turning them over in a pan on the stovetop.

SERVES 4

8 good-quality chunky pork sausages 2 tart apples, halved (no need to peel or core) 2 medium onions, each cut into 6-8 wedges 2 rosemary sprigs

31/2 tablespoons maple syrup

11/2 tablespoons Dijon mustard

1 tablespoon extra virgin olive oil

2 garlic cloves, crushed

Sea salt flakes and freshly ground black

2/3 cup chicken stock

170 grams of blackberries Mashed or baked potatoes, to serve

Preheat the oven to 200 degrees C. Tumble the sausages, apples, onions, and rosemary into a heavy flameproof roasting pan, shallow casserole, or ovenproof frying pan about 12 inches across, in which the ingredients can lie snugly in a single layer. There shouldn't be a lot of room around the ingredients or the juices will reduce and burn.

In a small bowl, stir together the maple syrup, mustard, olive oil, and garlic, then pour this mixture into the pan. Season and turn the ingredients to coat them. Bake for 40-50 minutes, turning over the sausages once. They should be dark and glossy, with the apples completely soft.

Remove the dish or pan from the oven and place over medium-high heat, pouring in the stock. Bring almost to a boil, stirring to help the maple syrup and mustard mixture melt into the stock. Add the blackberries to heat through (don't stir from now on, or they will break up) and serve with mashed or baked potatoes.

Recipe reprinted with permission from "From the Oven to the Table: Simple Dishes That Look After Themselves" by Diana Henry. Published by Mitchell Beazley.





ROAST PEPPERS WITH BURRATA AND 'NDUJA

You barely need a recipe for this, it's just distinctive ingredients, melting together, each providing a contrast to its neighbor: chili-hot 'nduja that falls apart in the heat of the oven, cold creamy burrata, and charred peppers. Most people, when you serve them a plate of this and some ciabatta to mop up the juices, will just be quiet and eat.

SERVES 4 AS A STARTER

6 red bell peppers

A little extra virgin olive oil

Sea salt flakes and freshly ground black pepper

70 grams 'nduja About half kilo burrata

Ciabatta, to serve

Preheat the oven to 200 degrees C. Halve the peppers, seed them, and put them into a gratin dish, roasting pan, or a baking sheet with a lip around it. Brush them with olive oil, season, and roast for 20 minutes.

Break the 'nduja into chunks and divide it among the peppers, putting it inside them. Roast for a final 10

When they're cooked, the pepper skins should be slightly blistered and a little charred in places. Leave them until they're cool enough to handle, then tear them or leave them whole—whichever you prefer—and divide them among 4 plates.

Drain the burrata, tear it, and serve it alongside the peppers and 'nduja. Serve some ciabatta on

Recipe reprinted with permission from "From the Oven to the Table: Simple Dishes That Look After Themselves" by Diana Henry. Published by Mitchell Beazley.







CHICKEN WITH WILD MUSHROOMS, PUMPKIN, RICE, AND SAGE BUTTER

If the butter is an effort too far, leave it out—it's still a good dish. This is also lovely with a generous handful of grated Parmesan or pecorino cheese sprinkled on top 15 minutes before the end of the cooking time. You don't have to use only chicken thighs, you can use a mixture of thighs and drumsticks if you prefer.

SERVES 4

FOR THE CHICKEN AND RICE

30 grams dried wild mushrooms

2 cups chicken stock

1 cup basmati rice
1 onion, roughly chopped

115 grams cremini mushrooms, trimmed and thickly sliced

8 good-sized skin-on, bone-in chicken thighs, excess skin neatly trimmed

340 grams pumpkin or butternut squash, seeded, and chopped into big chunks or

wedges (prepared weight)

A little extra virgin olive oil

Sea salt flakes and freshly ground black pepper

FOR THE SAGE BUTTER

5 tablespoons unsalted butter, at room temperature

6 sage leaves, finely chopped

1 small garlic clove, finely grated

Preheat the oven to 200 degrees C.

Soak the wild mushrooms in 1/3 cup just-boiled water for 15 minutes.

To make the sage butter, mash the butter with the sage and garlic and set it aside (I only chill this if I'm going to keep it for a while).

going to keep it for a while).

Drain the wild mushrooms, adding their soaking liquid to the chicken stock.

Wash the rice in a sieve under the cold tap, until the water runs clear, to remove the excess starch.

Put the onion and both the cremini and dried

mushrooms into a 12-inch sauté pan or shallow

casserole (the width is very important) and sprinkle on the rice (it may not look like much, but it expands, don't worry). Put the chicken thighs, skin side up, and the pumpkin on top. Sprinkle a little olive oil over the vegetables and chicken and season well. Bring the stock mixture to a boil, then carefully pour it around the chicken thighs.

Bake in the oven for 45 minutes, by which time the chicken will be lovely and golden and the stock will have been absorbed. Put pats of the sage butter over the chicken thighs, allow it to melt, then serve.

Recipe reprinted with permission from "From the Oven to the Table: Simple Dishes That Look After Themselves" by Diana Henry. Published by Mitchell Beazley.

* Use American spelling to enjoy these puzzles made by our parent company in New York. CROSSWORD CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF 84. Kind of sole

20 22 23 24 28 29 33 35 40 43 53 61 62 63 64 66 68 72 80 92 93 100 101 103 104 106 107 109

Across 1. Col Mustard it in the kitchen...

4. The Swordfish, to astronomers

10. Uncivilized 18. "OBO" in the UK

19. Means

20. Having small crevices

21. 1918-19 scourge 22. More rubicund

23. Additives to some hot

dogs 24. Taradiddle

25. "___ I saw Elba"

26. Aptly named tangelos 27.911 call respondent

28. Commissioned officer's

inferior

33. Schismatic group

35. Accomplishments 36. Having Coke-bottle

glasses?

38. # # #, on music

42. Spill the beans

44. Buyer, legally

46. Handle

47. "Praying" part of a pray-

ing mantis

50. Garden whistler?

52. Look like a creep

53. Wish undone

54. Fear of open spaces

60. Mischief-maker

87. "Uncut " 2019 Spirit Award winner

89. Bile container 91. Flub

94. Archipelagic Polynesian

kingdom 96. PC linkup

97. All-

98.1990 Depeche Mode album

100. Gambian monetary

unit

103. In the open 104. "... and so on"

105. Small types

106. Biathlete's need 107. Changed tournament

pairings

108. To clean, maybe? 109. Sam Spade, e.g.

Down

1. Flipped one's lid? 2. Exercise control over,

(with "keep") 3. Style of most pea coats

4. Port city south of Zanzibar

5. For all to see

6. Turn in

7. "Go on"

8. Rightful

9. "___ the ramparts..."

10. Attention getter

11. Botanical appendages

12. Binds anew

13. Kind of belt 14. King preceder

15. Judge

16. Tabloid twosome

17. "Bad ____ to you!"

26. Troop group

29. Not working

30. Salon application

31. May honoree

32. Program

34. Poi source

37. Eclipse phenomenon

39. Must sign for it 40. Butterlike substance

used in cooking and soaps 41. Vast Russian plains

43. Mendicant

45. Fasten tightly again

47. Blew one's top 48. Like some pitches

49. More gross

51. Financial

55. Extended

56. Craft

57. "As American as apple

58. "Hokey religions and ancient weapons are no match for a good blaster at your side, kid" speaker

59. "What can I do ya for,"

e.g.

68. Extremely proud of

oneself 71. Balm

73. Film material

75. Around the bend

76. "I knew it!"

77. "___say!" 78. Goose egg

81. Mugged

83. Erode 85.18th-century fashion

86. Hot

88. Sound from a La-Z-Boy,

perhaps 90. Light in a light show

91. Incessantly

92. Confirmation, for one

93. Legendary elephant

eaters

95. Sheepskin holder 99. Filmmaker Spike

100. Pop

101. Bio stat

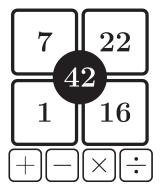
Large: Easy

102. Time delay

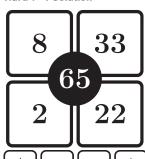
the operands $(+, -X, and \div)$ to **build an** equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) + 1 = 28and 1+(7X3)+6=28

4NUMBERS CONSTRUCTED BY C. CHANG

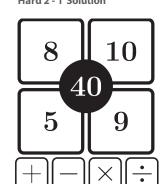
Use the four numbers in the corners, and



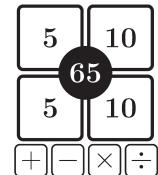
Hard 1 - 1 Solution



Hard 2 - 1 Solution



Easy 1 - 2 Solutions



Easy 2 - 2 Solutions

32 13

WORDSEARCH CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

MPSOIETCETERAMD ARTBARBARICVEOL IEEEMOTEDEDEED NGPBBVVREDDERZF TAPEIOLASERYSJO EIEGYNITRATESSR NNSGAUDOPDTSVGE ABLATEHNEAFHIOL NGMRFIVGGEEAORE CZYFSANADPMRLIG EOOAIAATEEUPAEE SDLLRSQRDVGSTRH

AGATES BARBARIC BEGGAR CREPE DAHLIA DALASI **DARNELS DEDUCE** DEEDS

EMOTED EMPTOR ET CETERA FISCAL **FORELEG GORIER** LASER MAINTENANCE

REBIND

YAHVSUCEIQLEOOF DARNELSAMLINRER

DEDUCEBTLXSIXMA REDDER REDEEM REGAIN **SHARPS** SNORE **STEPPES** TONGA **TREAT NITRATES** UGLIS OVERT VIOLATOR **RANGED ABLATE**

ARILS

KAKURO

61. A vowel for Zeno

life?

62. A sustainable way of

64. "Midsummer Night's

69. "Andy Capp" cartoonist

72. A diuretic alleviates it

63. Minor concession

65. Prevents outages

Dream" character

67. Baby beavers

70. Weedy grasses

79. Makeup artist?

80. Reason out

82. Showy bloom

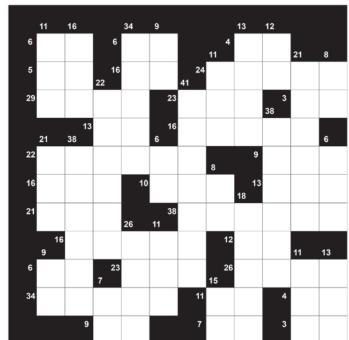
66. Truss

Smythe

74. Get back

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



SOLUTIONS

CROSSWORD

DEGERM

DOFFED

EDEMA

N G F I S E W S

 $|A| \perp |O| \equiv |B| A$

DEGEBW B|E|8|E|E|D|E|D| S 3 T A D A ETCETERA S K I TUO A O T A J O I V ИΑΙ ADNOTARA ОЯЗ C E W Z G A L L B L A D D E R EDEMA REGANIN LIAR DARNEL 2 B E C NTENBNCE | M | S | 1 | M | A | 1 | B | M | B | D | A | $A \mid T \mid \exists$ A I B O H 9 A 9 O D A R N E RIE E OGL F O R E L E G ABATORIAMBBAJ8 DEEDS WYOPIC SHARBS

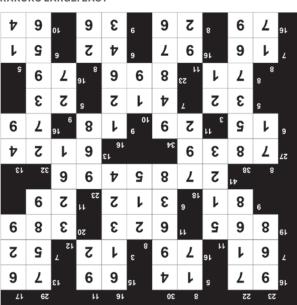
E B E

B E D D E B

| E | I | B |

KAKURO LARGE: EASY

WORK SPACE



KAKURO LARGE: HARD

ı	7	ε	ı	9	<u> </u>		8	ı	6	
3	ı	*	7	6		Þ	7	9	6	8
6	8	9	3	12 50	8	9	6	23 7	9	L
13	и	8	7	21	7	ı	7	3	9	91 91
3	9	6	8	9	7	38 11	97	Þ	8	6
7	Þ	Z	13 18	3	7	9	01	ı	L	8
ı	3	9	6	8	9	ı	7	7	3	Þ
9	ı	3	Þ	7	9	91 9	9	7	13 38	12
ı	7	38	9	8	6	23	8	9	6	Z
7	9	6	7	ı	41 54	7	6	22 10	7	3
8	51	3	ı) 		7	Þ	9	9	ı
		15	13			6	34		91	H

4 NUMBERS HARD 1

 $1 \times 7 \times (31 - 22)$ HARD 2 33 + 22 + 8 + 2

 $01 \times (8 - \vec{c} + 8)$ $3 \times 8 \times (9 - 01)$ EASY 2 $3 + 01 + 3 \times 01$

 $01 - 3 \times (3 + 01)$

SUPERSUDOKU CONSTRUCTED BY KANNAN SANKARAN

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

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

	_			_		_	_	_	_	_		_	_		_
7					3		D	В					4	Α	2
9		6			F			Α	3			В			
3		0	2	8	Α	Е					F		6	D	
	4		Α	1	2	5	9	D				С	Е		
		2		5	8				Α	В	9	0	7		
				F			3		4		6	Ε	С	В	8
	1			0	6	9		5	7			D	3		
F	6		8			В				3		2			Α
2			3		С				В			4		5	D
		7	4			6	Α		С	F	D			8	
С	В	D	6	3		F		1			4				
		Ε	F	В	5	D				8	3		0		
		F	7				1	0	6	Α	В	8		С	
	2	8		Α					9	4	С	F	D		6
			0			8	F			5			9		3
Е	С	3					6	8		D					7

7	9				2			6
		3	5					1
		6	1			8	2	
3						1	9	
				8				
	7	4						8
	5	8			3	6		
4					6	3		
6			4				1	9

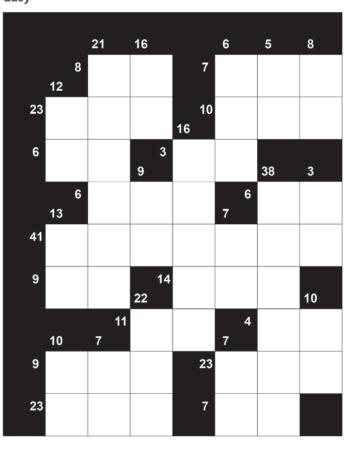
	7		2	1	6		5	
8	1						2	7
		5	4		8	თ		
9		3		2		5		8
1			8		7			3
5		7		6		2		4
		9	3		1	7		
4	2						3	6
	3		6	9	2		4	

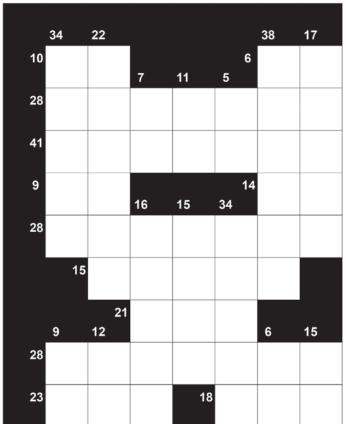
KAKURO

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

Hard

Easy





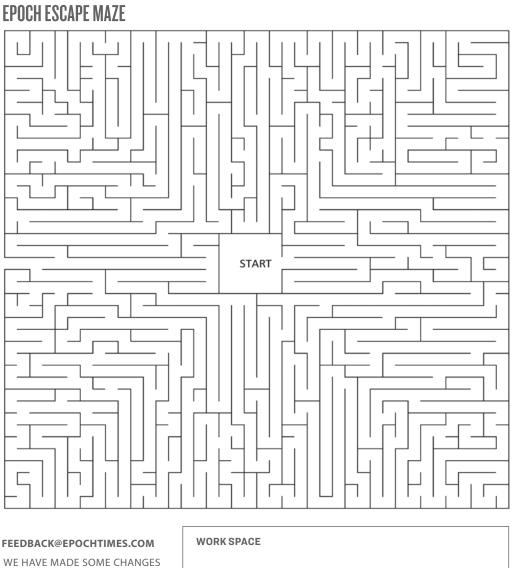


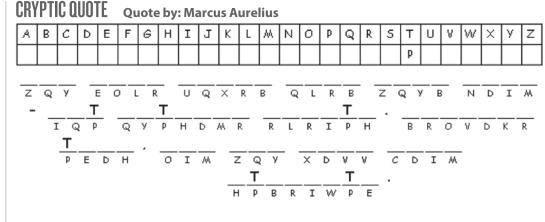
Guess the hidden saying, phrase or word(s) suggested by the picture!

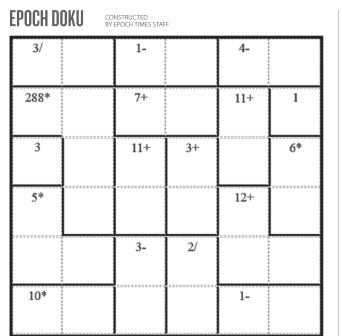
SOLUTION BELOW











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

KEN 賢 KEN

top-left corner.

SOLUTIONS

SUPERSUDOKU

TO OUR PUZZLE PAGE IN RESPONSE TO PUZZLER'S FEEDBACK. LET US KNOW WHAT YOU THINK!

9 9 7 8 8 1 6 2

SUDOKU: EASY 9 7 1 2 6 9 8 8 2 4

4 2 1 2 8 2 8 3 6 2 8 7 1 4 8 8 2 7 1 2 8 9 6 7 8 3 8 6 9 4 9 8 7 7 8 4 9 7 7 1 8 9 6 1 9 8 8 2 7 5 6 2 7 2 4 8 8 8 4 2 8 6 9 8 9 1 7 7 2 8

EPOCH DOKU

KENKEN

CRYPTIC QUOTE tind strength. Realize this, and you will mind - not outside events. You have power over your

OUTSIDE THE BOX A finger in every pie

EASY KAKURO

WORK SPACE

Contact the Puzzle Master @: Feedback@EpochTimes.com

В8 APRIL 9-15, 2020 THE EPOCH TIMES



LASIK is successful for 95 percent of patients, but for those rare few, the toll can be enormous

LANGIS MICHAUD

t has been just over a year since Jessica Starr, a popular weatherperson on Detroit TV, took her own life. Her husband said she did so because of complications related to her recent laser refrac tive surgery.

Such complications are not as rare as people think. The New York Times warned in 2018 of the potential effects on some patients. More recently in Canada, a class-action lawsuit was filed across the

country against Québéc-based company Lasik MD. It is accused of failing to properly warn its clients of the risks associated with vision correction surgery.

Does this mean that the dream of getting rid of glasses while still improving vision should be forgotten?

Improved Technology

Refractive laser surgery aims to change the profile of the cornea, the front and clear part of the eye, to correct common vision problems: nearsightedness, farsightedness, and astigmatism. The

idea is to eliminate the need for glasses. Introduced in 1983 in Germany, the first North American procedure was performed in 1985. Since then, millions have been done. At that time, laser surgery was an advantageous alternative to a more imprecise technique, radial keratotomy (KR).

It's best to avoid making decisions on a whim.

The first laser technologies led to better, more stable, and more predictable results, but they were also associated with a number of complications: intense pain during the procedure and in the days that

followed, off-center treatment leading to the perception of halos and glare, underor over-correction requiring the need for retouching or a return to wearing glasses, permanent corneal fog or delayed healing of the corneal surface with increased potential for infection.

In order to improve this profile, and especially the patient's comfort, a technique called LASIK (laser in situ keratomileusis) was developed in the 1990s. This time, the laser is applied once a flap of tissue, generated by incising the cornea with a small planer equipped with a blade, is lifted. The flap is then replaced without the need for sutures.

Complications Remain

All surgery carries risks. Serious incidents after LASIK occur in only 0.1 percent of cases. But various complications affect

Weighted Blankets and Other Items for Sleep and Health

Researchers have begun to affirm the calming effects of a new range of weighted products

DEBORAH MITCHELL

ould you like to get a better night's sleep? Has your child been diagnosed with attention deficit hypersensitivity disorder (ADHD), sensory issues, or autism and you're looking for a natural way to help with symptoms? Are you looking for a drug-free way to deal with anxiety? Weighted blankets and other weighted items may be the answer to your problem.

What Are Weighted Items?

The whole concept is simple. Weighted blankets, vests, lap pads, and stuffed animals are items that are made with the added weight evenly distributed throughout the entire product. If you have ever been given a weighted vest to wear when you were having an X-ray taken, you may be familiar with the concept.

Some say that using a weighted blanket or other item is like getting a hug without the arms.

Weighted products provide the protective feel and security of a hug and keep on giving as long as the person is connecting with the weighted object.

How Do Weighted Items Work? The idea behind weighted blankets and other items is that the weight provides comfort to the wearer by stimulating the body's natural calming, comfort, or sleep hormones, such as serotonin and melatonin. The science behind this is called deep touch pressure. When individuals wear a weighted vest, are under a weighted blanket or lap pad, or are holding a weighted stuffed animal, they can experience the benefits of the increased production of these hormones.

People who use these products say they feel protected, safe, and less anxious or worried. This feeling of safety or protection is the main reason why weighted products are used among people who suffer from ADHD, post-traumatic stress disorder, anxiety, and obsessivecompulsive disorder.

While research has not been extensive, there are several studies showing the efficacy of this approach. A 2011 study looked at the effect of weighted vests on children with ADHD and found these improved the children's in-seat behavior and task completion. A 2014 study also found weighted vests could be effective in improving the behavior, attention, and impulses of children with ADHD. For example, the authors saw improvements in fidgeting, getting out of their seats, and speed of processing and responding to information. However, they did not see any significant improvement in impulse control or vocalizing. In a classroom situation, lap pads are typically more desirable because they are less conspicuous and easy to carry and handle.

Another study found dental patients experienced less anxiety when covered with weighted blankets. A 2006 study also affirmed weighted blankets had

The weight provides comfort to the wearer by stimulating the body's natural calming, comfort, or sleep hormones, such as serotonin and melatonin.

an anxiety-reducing effect. Weighted objects can be especially helpful for restless or overly stimulated children when they are called upon to sit still, such as in class, in assembly, in a car or other form of transportation, or in a movie. Use of weighted vests, blankets, or lap pads can calm the nervous system and promote the release of serotonin in such situations.

Weighted blankets also can help reduce restlessness during the night. This, in turn, can translate into less insomnia and more restful sleep for the affected individual and the rest of the family.

Another use for weighted items is to help children with autism make the adjustment when switching from one activity to another, such as coming back into the classroom after recess or adjusting to home life when they return home from school. Such changes can be traumatic for kids with autism. Research has shown that making use of a weighted product as part of the transition

between 10 and 30 percent of patients undergoing surgery, compared to 7.7 percent after cataract surgery.

While the majority of complications are minor and do not result in permanent consequences, a number of patients experience chronic, severe post-operative pain and/or visual problems, to the point where Morris Waxler, a former Food and Drug Administration expert, is calling for a recall and suspension of its use pending further safety investigations.

Regarding LASIK, Health Canada lists several potentially serious effects that must be taken into account.

A Nightmare Case

Following laser surgery, the cornea is traumatized and must recover to restore normal function. In the case of LASIK, the cornea is cut at the level of the sensory nerves. These nerves protect the eye but also provide the feedback (biofeedback) necessary for the production of new tears.

In the absence of this feedback, the eye dries out and its surface can deteriorate. In the majority of cases, the cut nerves will return to normal function within four to six months. But for a number of patients, this doesn't happen.

Karen (not her real name) is one such patient I recently met. As a young, dynamic executive, she had opted for surgery for practical (work, sports activities) and esthetic reasons. Attracted by promotions and a tempting price, she went to a laser center and was quickly examined by the staff. Even more quickly, she was given an appointment for surgery—the next day. Without thinking too much, she proceeded.

In the days and weeks that followed, her eyes began to hurt more and more—intense pain that felt like knives in her eyes, redness, and sensitivity to light requiring her to wear sunglasses even indoors. She had difficulty sleeping.

The staff at the center tried to reassure her, saying it would be temporary, that she is the only one to whom this happened, and that it would heal by itself. Weeks went by, without improvement. She asked to see the surgeon again.

The surgeon told her that her eye was healed and that nothing more could be done for her. His tone and attitude left Karen in great despair. She had feelings of rejection, of denial of what she was experiencing, of incomprehension. The situation affected her work. She began to consult other professionals, always being told that her eyes were perfect. No one seemed to understand

A Puzzling Condition

Karen actually suffers from neuropathy. It is a disorder of the peripheral nerves that causes symptoms but is not associated with any visible pathology. Fol-

lowing LASIK, the nerves in the cornea remain permanently damaged, like bare electrical wires, or they regenerate but make poor connections. In either case, the nerves send a constant signal of pain to the brain.

After a few weeks/months, the pain becomes internalized (like pain emanating from a phantom limb) and the brain is therefore involved in making the symptoms chronic. Because no one really understands this condition, patients are dismissed and depression sets in as the condition worsens.

The lack of understanding of this case stems from the fact that it is a new field in ocular medicine that is poorly documented in the scientific literature. Treatments are complex and time-consuming. It is, in fact, necessary to create new normal nerve connections while breaking the bad ones, using medication such as cortisone, drops of autologous serum, and dressing lenses made of amniotic membrane, etc.

increases as the months go by and the light at the end of the tunnel is not always clear. The situation put great pressure on her marriage and her spouse has found it difficult to cope with the circumstances.

What to Know Before Deciding to Have Surgery

To avoid an outcome like Karen's, certain precautions can be taken.

First of all, it's best to avoid making decisions on a whim. Get information from your own eye-care professional, the one who has known your eyes for a long time. Then, get at least two opinions—in different centers—before proceeding, and assess those interactions and the level of trust you feel.

Certain risk factors can reduce the effectiveness of the procedure. For example, many patients opt for surgery because they become intolerant to contact lenses, with uncomfortable and dry eyes at the end of the day. If this is the case, it is because the eye is already prone to dryness and surgery will only increase it. It is, therefore, necessary to consult your optometrist in order to treat this dryness before the operation and wait until the surface of the eye is ready

diseases should avoid refractive surgery. These diseases include fibromyalgia, irritable bowel syndrome, Crohn's disease, lupus, and rheumatoid arthritis. Similarly, people with diabetes or severe and chronic migraines are considered poor candidates. Finally, people with obsessive-compulsive disorders should also abstain. For example, they may have the reflex to rub their eyes violently, which can dislodge

Patients with chronic inflammatory

the tissue flap.
Patients with severe myopia
(>8D) as well as patients with large
pupils (larger than five millimeters)
are prone to the continuous perception
of halos and glare after surgery.



Once the operation has been performed, it's important to ensure adequate professional followup. Demand to see an optometrist or ophthalmologist at every opportunity. Assistance personnel, even properly trained, are not legally authorized to diagnose your condition (saying that everything is fine is a diagnosis in itself).

It's also important to never neglect regular eye health checkups. A severely near-sighted person, even after surgery, is still at risk of having a torn retina.

Laser surgery is performed successfully in more than 95 percent of cases. To avoid chronic problems, it is important to be well assessed and well informed.

You only have two eyes and they are irreplaceable. So take every precaution to ensure laser surgery is safe for you.

Laser surgery is performed successfully in more than 95 percent of cases.

While the majority of complications are minor and do not result in permanent consequences, a number of patients experience chronic, severe post-operative pain and/or visual problems.

Langis Michaud is a professor at the school of optometry and also an expert in eye health and the use of specialized contact lenses, at the University of Montreal in Canada. This article was first published on The Conversation.



People with dry eyes, or intolerance to contact lenses should consult an optometrist before getting LASIK.

The internalized stimulation must also be addressed, using oral medication prescribed by a specialized pain clinic. Antidepressants may also be helpful, but they usually have the effect of increasing dryness of the eyes, which is counterproductive. Psychotherapy is essential, with a professional trained in the treatment of chronic pain. Cannabis oil could help, in theory, but this approach is controversial.

Karen lost her job due to frequent absenteeism and loss of productivity. Her treatments are expensive and are eating into her savings. The financial stress

period can help kids adjust to the next activity.

How to Select a Weighted Item There are several factors to consider when purchasing a weighted blanket or other weighted product.

Weight: The main concern is the weight. You want an item that is comfortable as well as effective. A general rule for weighted blankets is that it should weigh 10 percent of the person's weight. That is, a 20 kilo child should do well with a 2 kilo blanket, while a 70 kilo adult should respond well with a 7 kilo blanket.

Material: When choosing a weighted blanket, vest, or other product, select the material that best suits your needs and comfort. Everyone has favorite materials, and fortunately, there are a variety of fabrics and textures from which to choose.

If you are selecting a weighted blanket, vest, lap pad, or toy for your child, allow the child to help with the selection. The texture and color of the material and the appearance of the blanket, lap pad, or toy should be something that is calming and acceptable to the child. A

material that provides a positive sensory experience and an animal pattern or other interesting appearance will give you much better results.

Vests: Weighted vests apply even resistance and weight to the entire area of the body covered. These vests are typically used for children who have ADHD, autism, or sensory disorders because they can relax the child by providing a "hugging" sensation.

Weighted vests usually have several pockets so you can redistribute weight in the form of gel, silicone, steel, or sand as needed. Some weight pouches are made of hydrogel, which can be heated or cooled to provide additional therapeutic effects.

Bottom Line

Weighted blankets and other items can provide a great deal of comfort for both children and adults who experience insomnia, anxiety, restlessness, OCD, PTSD, and other similar conditions. Talk with a knowledgeable health care provider before making your purchase of a weighted product if you have any questions about the best one for your needs.



APRIL 9-15, 2020 THE EPOCH TIMES

Save Time and Money: Build the Ideal

MANY NGOM

ow that you've cleaned up your closets and left the clutter zone, let's explore the ways you can rebuild your wardrobe the smart way.

You can play with core basics, neutrals, and accent colors. Here are three mini-collections, each with 25 pieces, which will help you define your style without cluttering your closet. The first is for newly retired women, who finally get to wear the clothes they love. The second collection is for women who are returning to work in an office environment. And the last collection is for moms on the go.

The items in these minicollections are available on Matchesfashion.com.

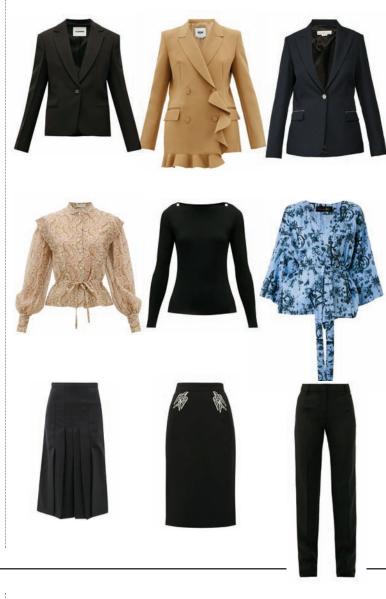




Joining the Workforce in Style

You were working from home but now you just got the opportunity of a lifetime—your dream job. Not only do you love what you do but the dress code is flexible. It's the perfect opportunity to be professional but not boring. Your capsule includes brights, patterns, and fashion pieces.





I Am a Superwoman and a Cool Mom

Just because you are a stayat-home mom doesn't mean
you have to wear sweats
and hoodies. Instead, you
can create a casual chic
look for your day-to-day
activities without sacrificing
comfort. This capsule
collection includes timeless
basics with nice neutral
colors that are seamlessly
interchangeable.

JP YIM/GETTY IMAGES FOR NYFW: THE SHOWS





Capsule Wardrobe

Part 2: Rebuilding your wardrobe













APRIL 9-15, 2020 THE EPOCH TIMES

FOOD AS MEDICINE

Vitamin C May Speed Recovery After Heart Bypass Surgery

Recent study finds vitamin C can improve ventricular function and shorten a patient's ICU stay



ALL PHOTOS BY SHUTTERSTOCK

esearchers from Shiraz University of Medical Sciences in Iran evaluated the impact of high-dose vitamin C on markers of myocardial (heart muscle) injury in patients undergoing coronary artery bypass grafting (CABG).

This surgery improves blood flow to the heart and is performed on people suffering from severe coronary heart disease, where plaque builds up inside the coronary arteries. Myocardial injury is considered the leading cause of death in patients with cardiovascular disease.

Vitamin C Supports Heart Function After Surgery

In their double-blind randomized trial, the group recruited 50 patients ages 50 to 80 years old who had CABG surgery. The intervention group received 5 grams (g) of intravenous vitamin C before anesthesia and 5 g of vitamin C in a solution. The control group received the same amount of placebo.

They then took arterial blood samples to determine the participants' levels of creatine kinase-muscle/brain (CK-MB), troponin I and lactate dehydrogenase (LDH) enzymes. They also recorded measures of ventricular (the two lower heart chambers) function, such as the subjects' left ventricular ejection fraction (LVEF).

Writing in the Brazilian Jour-

nal of Cardiovascular Surgery, the researchers found that high doses of vitamin C translated to improved ventricular function 72 hours after surgery as well as a reduced length of stay in the intensive care unit (ICU). The vitamin C group's cardiac enzyme level was also lower than in the control group.

The difference in the length of ICU stay in the two groups was deemed significant and consistent with the results of a previous study, where patients in the vitamin C group had a shorter ICU and overall hospital stays than the control group.

However, the focus study found no significant changes in cardiac biomarkers such as CKMB, troponin I, and LDH in each group over time. For future studies, the group recommended longer intervals—namely 48 and 72 hours after surgery—as well as larger sample sizes.

"The combination of vitamin C with other antioxidants or their comparison can more accurately reveal its influence on prevention of coronary heart disease and reduction of cardiac biomarkers," the authors wrote.

Universal Remedy to Modern Ills

Vitamin C, the common name for ascorbic acid, is often hailed as a universal remedy. It works on the molecular level, and vitamin C protocols have conquered everything from depression, to gingivitis, to cancers.



Vitamin C protocols have conquered everything from depression, to gingivitis, to cancers.

Vitamin C suppresses free radicals and acids constantly being produced through metabolic oxidation, exposure to toxins and radiation, stress, and inflammation.

THE

NO COMMUNISM, NO SOCIALISM

JUST PURE TRADITIONAL

JOURNALISM

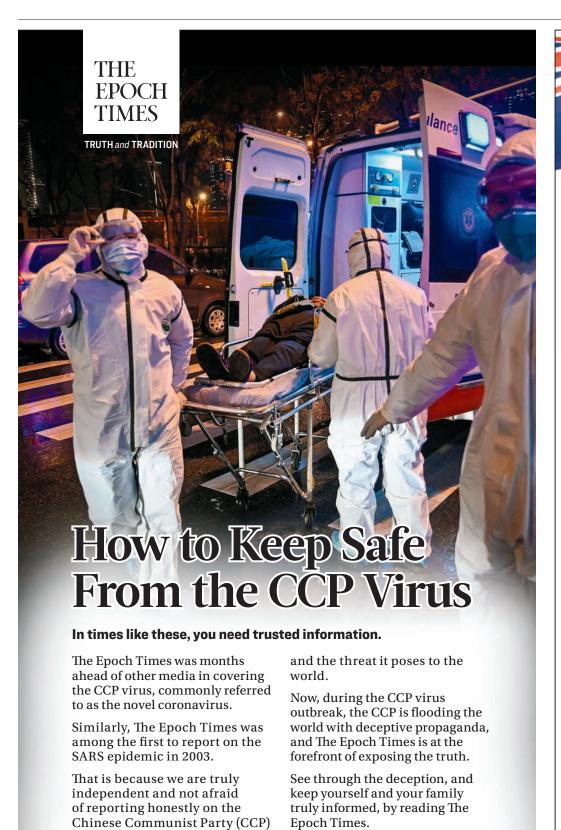
Vitamin C suppresses free radicals and acids constantly being produced through metabolic oxidation, exposure to toxins and radiation, stress, and inflammation. Vitamin C—besides being anti-inflammatory, antihistamine, and anti-metastatic, to name a few beneficial actions—resupplies fat and membrane-protective vitamin E with electrons and reduces iron, allowing better oxygen delivery.

Further, vitamin C was found to significantly slash levels of anxiety among Type 2 diabetes patients in another study.

Heart disease is a leading area of interest for nutritional interventions, as it remains the top cause of mortality in the developed world. The Green-MedInfo.com database offers a whole arsenal of studies on cardiovascular disease prevention that involve nutritional therapies such as vitamin C.

It's important to remember that while vitamin C alone can give you a significant health boost, it can perform best in rebuilding and regenerating tissues when used as part of a comprehensively healthy lifestyle. Part of this involves proper nutrition, including consuming fresh organic vegetables and fruits, grass-fed meats, and fermented foods, to name a few.

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