

## In the NEWS

### As the NSW STATE ELECTION

draws nearer, One Nation's Mark Latham has been firing off new policy ideas, including a crack down on welfare abuse. His idea would require potential recipients of Indigenous welfare payments to first prove their Aboriginal identity with a DNA test.

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### Jet maker BOEING

saw its shares tumble following the news of a second deadly crash of its 737 MAX 8 airliner in less than five months.

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### FRANCE'S

human rights watchdog is calling for "heavy-handed" policing methods to be modernised in a report released the day the Senate was expected give police greater powers against protesters.

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### GENETIC MATERIAL

is precious intellectual property too. Japanese authorities have uncovered a scheme involving several men who tried to smuggle fertilized eggs and sperm of Japan-bred cattle—valued for their highly marbled meat—into China.

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### US TRADE REPRESENTATIVE

Robert Lighthizer has given the latest update on U.S.-China trade talks: both sides are nearing the final weeks of negotiations.

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### OBSERVERS

are warning that China may be about to repeat a campaign of mass detention of ethnic minorities as was seen in Xinjiang, only this time, in Tibet.

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### After spending TENS OF MILLIONS

of dollars, President Trump's detractors still haven't found any evidence of Russian collusion by the Trump campaign and are now making efforts to spin the investigation in a new direction to attack the President's personal, business, and public life, writes civil rights lawyer David Schoen.

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Acting Director of the Office of Management and Budget Russell Vought at the White House on March 11, 2019.

## AMERICA

# Trump Pushes for Deep Spending Cuts to Reduce Nation's Mounting Debt

### US budget calls for \$8.6 billion for wall to secure the southern border

EMEL AKAN

WASHINGTON—The White House unveiled a new budget resolution calling for a significant cut to federal government spending. The proposal aims to reduce deficits by more than \$2.7 trillion over 10 years and balances the budget in 15 years.

President Donald Trump unveiled a new outline for government spending on March 11, titled "A Budget for a Better America: Promises Kept. Taxpayers First." This will be Trump's third budget resolution sent to Congress.

"My 2020 budget builds on the tremendous progress we have made and provides a clear roadmap for the Congress to bring federal spending and debt under control," Trump said in his budget proposal.

The vast majority of spending reductions are in non-defense discretionary programs, according to the blueprint, which requests a 5 percent cut to the 2019 cap level. However, the spending cut isn't across the board, according to the White House. Hence, the budget provides flexibility to make investments where neces-

sary. As part of the spending-cut initiative, the administration has also identified a number of wasteful and inefficient programs.

Russ Vought, acting director of the Office of Management and Budget, touted that the budget has "more spending reductions proposed than any administration in history."

Economic progress made under Trump's presidency has been threatened by "our unsustainable national debt, which has nearly doubled under the previous administration and now stands at more than \$22 trillion," he said at a White House press briefing on March 11.

"Congress has been ignoring the president's spending reductions for the last two years. It's only now in our third budget that they're willing to have a conversation about the national debt."

According to the White House, interest payments on the national debt will exceed military spending by 2024.

The presidential budget requests \$750 billion  
*Continued on A8*

## SOCIALISM

# Trump: Socialist Promises 'Seductive,' but Would Send Country 'Down the Tubes'

PETR SVAB

President Donald Trump warned about the enticing promises of socialist policies such as "free" health care and college, predicting such a course would ruin the country.

He acknowledged that making such promises is attractive for politicians, but contested the idea that socialism is on the rise in America.

"You always have to be very careful, because socialism is easy to campaign on but tough to govern on, because the country goes down the tubes," Trump told Breitbart in a March 11 interview.

"When you tell people free medical, free education, no more student loans—all of the different things that you say—it's a great thing to campaign on, but then ten years later the country is down the tubes. It's gone."

*Continued on A8*

## CENTRAL BANKING

# US Fed chair says Trump can't fire him

IVAN PENTCHOUKOV

Federal Reserve Chairman Jerome Powell believes President Donald Trump doesn't have the legal authority to fire him and intends to serve out the rest of his four-year term.

In an interview with "60 Minutes" aired on March 10, host Scott Pelley asked Powell if the president can fire the chair of the Federal Reserve.

"Well, the law is clear that I have a four-year term. And I fully intend to serve it," Powell responded.

"So no, in your view?" Pelley asked.

"No," Powell answered.

Last year, Trump repeatedly criticized the central bank for raising interest rates, raising  
*Continued on A8*

DREW ANGERER/GETTY IMAGES



President Donald Trump looks on as his nominee for the chairman of the Federal Reserve Jerome Powell addresses the press at the White House on Nov. 2, 2017.

KHALED DESOUKI/AFP/GETTY IMAGES



Italian Prime Minister Giuseppe Conte in Sharm el-Sheikh, Egypt, on Feb. 24, 2019.

## CHINA

# Italy's Intention to Join China's 'Belt and Road' Sparks Concerns

FRANK FANG

The Italian government appears to be divided over whether to participate in China's "One Belt, One Road" initiative, as concerns are being raised within Italy and by its ally, the United States.

Italy's intention to join China's project for growing geopolitical clout was first announced by Michele Geraci, undersecretary of the Italian economic development ministry, in an interview with the Financial Times on March 6. Geraci said negotiations were underway and Italy could formally sign a memorandum of understanding (MoU) with China when the country's leader Xi Jinping visits Italy

sometime in March.

Geraci's comment was affirmed two days later when Italian Prime Minister Giuseppe Conte said he may sign an accord on One Belt, One Road initiative (OBOR, also known as Belt and Road) when Xi visits, according to Reuters. Xi is scheduled to travel to Italy for three days beginning March 22.

Italy's geographical location is critical to OBOR. First announced by Beijing in 2013, it seeks to build Beijing-centered land and maritime trade networks by financing infrastructure projects throughout Southeast Asia, Africa, Europe, and Latin America.

Italian transportation net-  
*Continued on A5*

## SEX ABUSE

# Cardinal George Pell Receives 6 Year Prison Sentence for Historical Sexual Abuse Charges

ELIZABETH LI

A worldwide audience witnessed Australia's highest-ranking Catholic and a former top adviser to Pope Francis being sentenced to a maximum of six years in prison for sexually abusing two choirboys in the 1990s.

County Court Chief Judge Peter Kidd's sentencing of Cardinal George Pell was broadcast live from Victoria's County Court in Melbourne on March 13, just a few blocks away from the maximum security prison where the former archbishop was being held.

Kidd said he was aware that he was passing his sentence at "a time where, in recent years, there has been the exposure of child sexual abuse within institutional settings, including within the Catholic Church.

Pell was found guilty by a jury of 12 in December last year. The jury was the second to hear the case after the first had to be discharged when they failed to reach a unanimous decision.

"I am required to sentence you today in accordance with the rule of law ... independently of any outside influences," Kidd said. "I must

at law give full effect to the jury's verdict."

The County Court's largest courtroom was filled with abuse survivors, advocates and a global television audience.

In sentencing Pell, Kidd said he had dismissed mental impairment as a factor in Pell's decision to offend.

"What you did was so egregious that it is fanciful to suggest that you may not have fully appreciated this," Kidd said.

The judge took into account the victims' emotional wellbeing and the impact on their relationships, culminating in an "immediate" and "profound impact" on their lives.

Kidd also addressed the relationship of trust between Pell and the victims, and the context of power imbalance.

"I think you did give thought or reflection to this offending and the only reasonable inference from the brazen circumstances of your offending is that you had a degree of confidence that the victims would not complain either  
*Continued on A2*

Kidd said that as a result of Pell maintaining his innocence, which is his right to do so, there was no evidence of any "remorse or contrition" to "reduce your sentence."

# Aussies Should Do DNA Test to Claim Indigenous Welfare Benefit, Says One Nation Candidate

RICHARD SZABO

The leader of the nation-minded New South Wales One Nation party is demanding that those claiming welfare payments based on Australian Indigenous heritage be subject to a DNA test in a bid to end abuse of the system by opportunists.

Mark Latham, also Australia's former Labor opposition leader, has vowed to crack down on welfare abuse by rorters who claim to be of Aboriginal heritage but have no recognisable Aboriginal background if elected to the NSW Parliament in the upcoming state general election on March 23.

Latham, who is running for a seat in the upper house in the upcoming election, lamented how "sick and tired" Australians of seeing people with "blonde hair and blue eyes declaring themselves to be Indigenous" without any bloodline or DNA proof.

"Clearly they have no recognisable Aboriginal background and are doing it solely to qualify for extra money," he said in a public statement.

Latham accuses the government's current system of self-identification to be leaving the welfare system open to "widespread abuse."

"It is being used as a fraudulent way of cashing in on welfare benefits, special Aboriginal programs and Land Council largesse," he said. "Any waste of taxpayer funds in this area is highly disrespectful to genuine Indigenous."

MATT KING/GETTY IMAGES



A Centrelink office sign at Bondi Junction in Sydney, Australia, on March 21, 2016.



ANOEK DE GROOT/AFP/GETTY IMAGES

“  
First Australians deserve the respect of stopping rorters and opportunists from masquerading as Indigenous.”

Mark Latham, lead of NSW One Nation Party

It weakens the integrity of their racial group and takes money away from people in genuine need.”

According to the Australian Institute of Criminology website, the government-funded Centrelink agency distributed about \$86.6 billion (US\$60.9 billion) in social security payments to 6.8 million customers across 140 benefit types on behalf of 27 government departments and agencies in the 2009 financial year.

In that same period, 641,504 payments were cancelled or adjusted down, 5,082 were referred to the Director of Public Prosecutions, and about two-thirds of those cases were prosecuted and convicted on the ground of fraud. However, there was no specific data on how many cases are related to fraudulently claiming based on Aboriginal heritage.

Previous Minister for Human Services and Digital Transformation Michael Keenan confirmed that back in 2017 and 2018, \$1.4 billion (US\$1 billion) had been saved due to a government crackdown on welfare fraud.

"Australia has a generous social safety net reflective of our fundamental belief in a fair go," Keenan said in a public statement. "While the majority of people do the right thing, there

are those who set out to deliberately defraud the system, robbing Australian families in the process ... we have zero tolerance to anyone who defrauds the system."

If elected into the NSW Senate, One Nation is promising to help introduce a new system of Indigenous identification that would rely on commonly available DNA ancestry testing. As part of the changes, eligibility rules for claiming Aboriginal identity would be tightened to requiring DNA evidence that someone is at least 25 percent Indigenous—the equivalent of one fully Aboriginal grandparent.

"These tests have become common and affordable in recent times, making them ideal as reliable proof of Aboriginality," Latham said. "We believe in an honest and fair welfare system. First Australians deserve the respect of stopping rorters and opportunists from masquerading as Indigenous."

Latham believes that federal and other state and territory governments should also introduce his reform.

You can report suspected fraud online or by phoning the fraud tip-off hotline on 131 524 in Australia.

▲ Aboriginal 1-year-old child Willy and sister Lucia play at their family home around Alice Springs on May 18, 2007.

# Cardinal George Pell Receives 6 Year Prison Sentence for Historical Sexual Abuse Charges

CONTINUED FROM A1

immediately by running out or at some later stage," he said.

"You were a pillar of St Patrick's community by virtue of your role as Archbishop.

Kidd said that as a result of Pell maintaining his innocence, which is his right to do so, there was no evidence of any "remorse or contrition" to "reduce your sentence."

Pell's age and health were "significant" factors in Kidd's sentencing. The judge also ruled that the 22-year delay in sentencing since the offence occurred had also given Pell the opportunity to demonstrate the "capacity to lead an otherwise blameless life."

Kidd said it was his conclusion that Pell had "effectively reformed."

He added that although persuaded that Pell was "not a risk to the community," factors like Pell's advanced age were balanced in his sentencing by the need to "properly reflect the purposes of general deterrence, denunciation and just punishment."

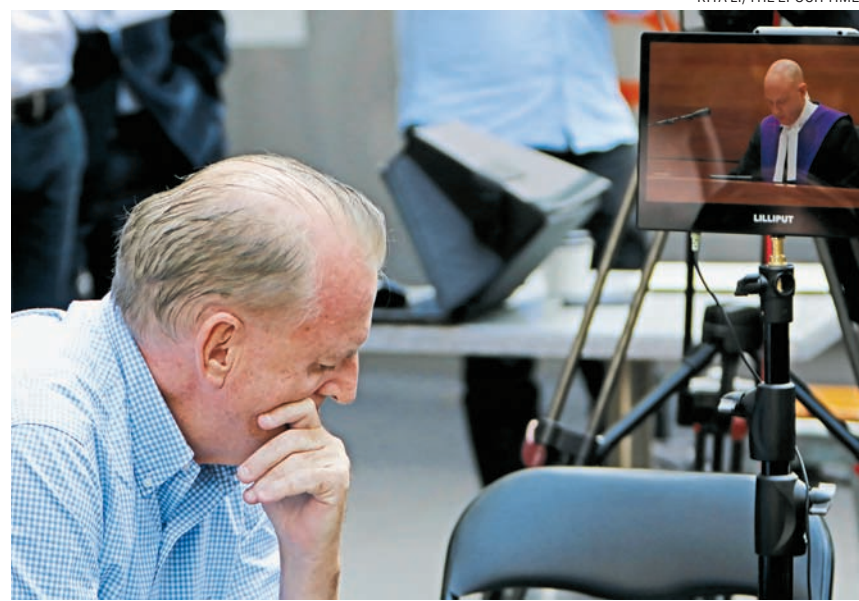
The court must demonstrate the "grave consequences" of violating the law and deter would-be offenders, Kidd said. "The offences you, Cardinal Pell, have committed, were each intentional offences."

Pell is considered to be a "serious sexual offender" in relation to two of the charges. The prosecution did not seek a "disproportionate sentence," Kidd said.

## Guilty Finding

The Melbourne jury found Pell, 77, guilty of five charges on Dec. 11, 2018—one of orally raping a child and four of committing indecent acts with children.

The cardinal was charged with the 1996 raping of a choirboy and



RITALI/THE EPOCH TIMES

molesting another in the priests' sacristy of St. Patrick's Cathedral in East Melbourne, where Pell was archbishop at the time. His victims were two 13-year-old boys on scholarship to the prestigious St. Kevin's College.

The jury also found Pell guilty of assaulting one of the boys a second time in early 1997 when the archbishop pushed the boy against a corridor wall after Sunday mass and groped him briefly.

One of the two victims died of a heroin overdose in 2014, while the other, now in his 30s, brought the allegations to police after years of struggling to understand what he had experienced as a child.

## Suppression Order Lifted

The verdict was first made public on Feb. 26 after a court suppression order on the trial, preventing media reporting had been lifted. The suppression order had been issued by Judge Kidd on June 25, 2018, as a second jury was considering separate abuse allegations against Pell that have since been dropped by the prosecution, who said that there was not enough evidence to suggest that Pell's touch-

▲ Abuse survivor and activist Michael Advocate listens to the sentencing of Cardinal George Pell from outside County Court in Melbourne on March 13, 2019.

ing of a young boy was deliberate. Kidd said at the time that the suppression order was to prevent a "real and substantial risk of prejudice to the proper administration of justice."

Shortly after the suppression order was lifted, the victim's lawyer released a statement on behalf of the victim.

"Thank you for your interest in this case," he said. "Like many survivors I have experienced shame, loneliness, depression and struggle. Like many survivors it has taken me years to understand the impact on my life."

"At some point we realise that we trusted someone we should have feared and we fear those genuine relationships that we should trust," he added. "I would like to thank my family near and far for their support of me, and of each other. I need space and time to cope with the ongoing criminal process. I understand this is a big news story but please don't reveal my identity."

Pell's lawyers also released a statement on his behalf.

"Cardinal George Pell has always maintained his innocence

and continues to do so. An appeal has been lodged against his conviction and he will await the outcome of the appeal process," the statement said.

"Although originally the Cardinal faced allegations from a number of complainants, all charges except for those the subject of the appeal have now been either withdrawn, discharged or discontinued. He will not be commenting in the meantime."

The hearings in the Court of Appeal are scheduled to be heard on June 5 and 6.

According to Pell's barrister Robert Richter QC, Pell will be arguing that the jury relied too heavily on one victim's evidence and that it did not constitute proof beyond reasonable doubt that the claims are true. He has also put forward that County Court Chief Judge Peter Kidd erred in preventing the defence from displaying "moving" footage supporting Pell's version of events.

One of Pell's supporters, leader of the National Civic Council Peter Westmore, told The Epoch Times that "public opinion in Victoria has been totally prejudiced against a fair hearing because, in part, of the crimes committed by other people in the Catholic church. And they are crimes."

The Melbourne court allowed the live broadcast of Kidd reading out his sentencing remarks in a commitment to the principles of "open justice." It is rare for Australian courtrooms to allow live broadcasts.

Pell is the world's most senior Catholic leader to be found guilty of such crimes.

"In sentencing you today, Cardinal Pell, I am not sitting in judgment of the Catholic religion or the Catholic Church," Kidd said. "It is George Pell who falls to be sentenced."

Kidd acknowledged the "extraordinary and widespread publicity and public comment"

surrounding Pell's case and observed "examples of a 'witch-hunt' or 'lynch mob' mentality in relation to Cardinal Pell."

"I utterly condemn such behaviour.

"You are to be punished only for the particular wrongdoing you have been convicted of ... of sexually abusing two boys in the 1990s," Kidd said.

If the sentence stands, Pell will be a registered sex offender for life. The sentence has a non-parole period of three years and eight months.

## Catholic Community Responds

Previously, President of the Australian Catholic Bishops Conference, Archbishop Mark Coleridge, issued a public statement in response to Pell's conviction on Feb. 26.

"We respect the Australian legal system," he said. "Our hope, at all times, is that through this process, justice will be served ... In the meantime, we pray for all those who have been abused and their loved ones."

However, this may not be enough to placate other members of the community who are furious with the Catholic Church for not adopting a "zero tolerance" approach to pedophile priests and those who cover up such acts. Child sexual abuse scandals have rocked not only Australia but the United States, Chile, Germany, Ireland, and more.

"I think this is a tipping point for the Catholic Church," Fiona Patten, who leads the Reason Party, told The Epoch Times. "I would be so disappointed if the Catholic Church did not remove the secrecy of the confession."

"I would be so disappointed if the Church did not accept mandatory reporting of child sexual abuse, which to date they have not."

With reporting by Rita Li



▲ Fiona Patten, leader of the Reason Party

MICHAEL TEWELDE/AFP/GETTY IMAGES

# Boeing shares drop most since 2001

PETR SVAB

Jet maker Boeing saw its stock plummet by as much as almost 12 percent shortly after financial markets opened on March 11, following the news of a second deadly crash of its 737 MAX 8 airliner in less than five months.

However, as traders saw an opportunity to buy the shares at a discount, the stock recovered about half of the decline by the close of regular trading.

The 737 MAX 8 debuted less than two years ago, and airlines have ordered more than 5,000 of them. But on March 10, Ethiopian Airlines' 737 MAX 8 crashed about six minutes after takeoff from Addis Ababa, killing all 157 people aboard.

This was the second instance involving the aircraft, after Lion Air's 737 MAX 8 crashed off the coast of Indonesia on Oct. 29, 2018, killing 189 aboard. There, it appeared that the pilots struggled to cope with an automated system that erroneously kicked in and pointed the plane's nose down 26 times during its 13-minute flight, until the pilots finally lost control, based on a preliminary investigation.

It's not yet clear what caused the second crash, though both happened shortly after takeoff. Takeoffs and landings are the riskiest parts of a flight and are when most accidents occur.

## Grounded Jetliners

Ethiopian Airlines, which has four other 737 MAX 8 jets, said it would ground them as a precaution.

China on March 11 ordered its airlines to suspend operations of their 737 MAX 8 jets by 6 p.m. local time. The Civil Aviation Administration of China (CAAC) said it would notify airlines when they could resume flying the jets, after contacting Boeing and the U.S. Federal Aviation Administration (FAA).

Indonesia said it would temporarily ground its new Boeing aircraft for inspection.

Cayman Airways grounded both of its new jets temporarily, while India announced a safety review with new instructions later on March 11 or 12 for local carriers.

A senior U.S. official said it was too early to tell if there was any direct connection between the two accidents but that assessing it was a priority for investigators.

## Experienced Pilot

Ethiopian Airlines said its pilot, Yared Getachew, who was a dual Ethiopian-Kenyan national, had a

“It's not yet clear what may have caused the second crash, although both happened shortly after takeoff.”



“commendable record” and more than 8,000 hours of flying experience.

The airplane, which was delivered in November 2018, had flown more than 1,200 hours, and had returned from Johannesburg earlier on March 10, CEO Tewolde GebreMariam said. Nevertheless, Getachew had mentioned difficulties and wanted to return.

It crashed near the town of Bishoftu, 38 miles southeast of Addis Ababa, with 149 passengers and eight crew aboard.

## Trailing Debris

“The plane was very close to the ground and it made a turn. We looked and saw papers falling off the plane,” Malka Galato, the farmer whose land the plane crashed on, told Reuters.

“Cows that were grazing in the fields ran in panic. ... There was smoke and sparks coming from the back of the plane.”

Farmer Tamirat Abera told Reuters the plane tried to climb but failed, then swerved sharply, trailing white smoke and objects, including clothes, before crashing.

The victims came from more than 30 countries, including 21 staff members of the United Nations. The U.N. had earlier said 22 of its staff were on board.

The flight had unstable vertical speed after takeoff,

the flight tracking website Flightradar24 wrote on Twitter. Data released by the Sweden-based service suggested the aircraft had climbed almost 1,000 feet after taking off from the hot and high-altitude airport, with thinner air that requires extra effort from an aircraft's engines.

It dipped about 450 feet before rapidly climbing another 900 feet to a point where satellite tracking data was lost.

## Boeing Surge

Boeing stock has done extraordinarily well during the past 30 months, nearly tripling in value, despite the latest setback. After the Oct. 29, 2018, crash, its stock dropped some 6.5 percent, yet more than recovered in three days.

Boeing delivered 806 aircraft last year, missing its target by four jets, but still retained the title of the world's biggest aircraft maker for the seventh straight year. European rival Airbus delivered 800 planes in 2018.

Southwest and American airlines said they remain fully confident in the 737 MAX 8 aircraft and are closely monitoring the investigation.

Reuters contributed to this report.

Debris of the crashed airplane of Ethiopia Airlines near Bishoftu, south-east of Addis Ababa, Ethiopia, on March 11, 2019.

AP PHOTO/KAMIL ZIHNIOGLU



Riot police run past burning dustbins set on fire by yellow vest protesters who are keeping up pressure on French President Emmanuel Macron's government for the 13th straight weekend of demonstrations in Paris, France, on Feb. 9, 2019.

# Civil Liberties Under Threat in France, Watchdog Says

Like a poisoned pill, the state of emergency that was in place for two years, gradually contaminated our common law, undermining the rule of law as well as the rights and freedoms on which it is based.

JACQUES TOUBON, HEAD OF THE BODY DEFENSEUR DES DROITS DE L'HOMME

PARIS—The heavy-handed policing of anti-government “yellow vest” demonstrations, during which thousands of protesters have been arrested and many wounded, reflects a steady erosion of civil liberties in France, the country's human-rights watchdog said.

The independent watchdog called for policing methods to be modernized, citing changes in Germany and the United Kingdom, in a report released on the day the Senate was expected to approve a bill giving police greater powers to act against protesters.

Emergency powers handed to police following the Islamist militant attacks in 2015 had crept into common practice, said Jacques Toubon, head of the Défenseur des Droits de l'Homme (Defender of Human Rights) body.

“Like a poisoned pill, the state of emergency that was in place for two years, gradually contaminated our common law, undermining the rule of law as well as the rights and freedoms on which it is based,” Toubon wrote in his report.

This “helped to lay the foundations for a new legal order, based on suspicion, in which fundamental rights and liberties have been somewhat weakened.”

Political opponents of Emmanuel Macron have said the president's crackdown on sometimes-violent “yellow vest” protests have put public order above individual rights.

Police tactics have come under scrutiny, including the use of crowd control weapons that include “flash ball” riot guns that fire rubber ball-shaped projectiles and dispersal “sting-ball” grenades.

Protesters rights had been “disproportionately curtailed” during the unrest, independent U.N. rights experts said last month.

Toubon said police had also made an unprecedented number of “preventative” detentions at

“yellow vest” protests.

France ended a two-year state of emergency in November 2017, but replaced it with a tough security law that gave police extended powers to search properties, conduct electronic eavesdropping, and shut down mosques suspected of preaching hatred.

Interior Minister Christophe Castaner defended the actions of police officers.

“You never use force out of pleasure, but out of duty. I won't let it be said that you are a threat to rights, when you risk your lives each day to ensure rights are respected,” Castaner wrote on Twitter.

Now, in response to the rioting and violence witnessed during “yellow vest” protests, the Senate is expected to approve in a final vote legislation that would hand police power to search protesters and prohibit demonstrators from covering their faces.

The bill was initially tabled by the center-righted Senate. The lower house, where Macron's centrist party has a comfortable majority, passed the bill last month.

But an unprecedented number of Macron lawmakers abstained, while one lawmaker left the ruling party the day after, underscoring growing unease within the majority over the government's lurch to the right.

Macron told his cabinet on March 11 that he would ask the Constitutional Court to examine the constitutionality of the new law, in a bid to assuage the left-leaning wing of his majority.

The “yellow vest” protests started last November as an outcry against Macron's plan to hike fuel taxes, but morphed into a broader, leaderless movement decrying the government as out of touch.

From Reuters

# Taiwan President to Visit Pacific Allies Amid China Pressure

TAIPEI—Taiwan's president will visit three diplomatic allies in the Pacific next week and could make a stopover in U.S. territory, potentially angering China as it seeks to snatch away the self-ruled island's few remaining diplomatic friends.

Last year, China persuaded the Dominican Republic, Burkina Faso, and El Salvador to forge relations with Beijing, leaving a dwindling number of governments that have formal ties with Taipei.

President Tsai Ing-wen's visit to the tiny Pacific Ocean countries of Palau, Nauru, and the Marshall Islands also comes amid heightened tension between Taipei and Beijing, which claims self-ruled Taiwan as its sacred territory and considers it merely a province with no right to state-to-state ties.

Chinese leader Xi Jinping kicked off the new year with a major speech in Beijing threatening to use force to bring Taiwan under its control, although he said China would strive to achieve this peacefully.

The aim of Tsai's eight-day visit, starting March 21, is to “deepen ties and friendly relations” with Taiwan's Pacific allies, Deputy Foreign Affairs Minister Hsu Szuchien told a news briefing in Taipei on March 7.

Taiwan is still in talks regarding a possible stopover in U.S. territory, he added.

A person with knowledge of the matter told Reuters that the stopover would most likely be in Guam or Hawaii, with the chance of at least one visit to U.S. territory “very high.”

Democratic Taiwan now has formal ties with just 17 countries, almost all small, less developed nations in Central America and the Pacific, such as Belize and Nauru.

Taipei has accused Beijing of offering generous aid and loan packages to lure its allies away, accusations Beijing denies.

The Chinese regime's top diplomat, State Councillor Wang Yi,

simply answered “Ha ha!” last week, when asked by reporters how many of Taiwan's allies China would take this year.

The United States, as with other major powers, maintains a “one China” policy that prevents formal diplomatic relations with Taiwan, but it is the island's largest weapons supplier and most powerful international backer.

That relationship has been boosted under U.S. President Donald Trump, whose administration is eyeing more weapons sales and encouraging official exchanges.

The U.S. ambassador for religious freedom, Sam Brownback, is currently in Taipei, drawing Beijing's anger.

China's hostility to Taiwan has grown since Tsai's election as Beijing fears she wishes to push for the island's formal independence.

Tsai says she wants to maintain the status quo, but will defend Taiwan's democracy.

On March 11, Tsai called a national security meeting, during which she urged the administration to counter Xi's “one country, two systems” proposal that Beijing uses to push for “reunification” with Taiwan.

Tsai called on government officials to come up with measures to “counter” China's renewed efforts to “interfere” and to “absorb” Taiwan's capital and talents.

“The Beijing authorities continue to utilize our open and free system of democracy to interfere with Taiwan's political, economic and social developments, which has become the biggest risk in Taiwan,” Tsai said in a statement.

The former British colony of Hong Kong returned to Chinese rule in 1997 under a “one country, two systems” formula, that granted the financial hub a high degree of autonomy.

By Yimou Lee  
From Reuters

Taiwan President Tsai Ing-wen speaks during “A Civil Society Dialogue on Securing Religious Freedom in the Indo-Pacific Region” forum in Taiwan on March 11, 2019.



TYRONE SIU/REUTERS

# US Ambassador Calls Out Beijing for Persecution of Religious Groups

FRANK FANG

TAIPEI, Taiwan—In an event that highlighted the differences between China and its cross-strait democratic neighbor Taiwan, the United States and several Asian countries organized a public forum that discussed Beijing's persecution of religious groups.

The two-day event, titled "A Civil Society Dialogue on Securing Religious Freedom in the Indo-Pacific Region," kicked off March 11 in Taipei, and was attended by about 70 religious representatives from 15 countries.

Among the speakers at the opening ceremony were Taiwanese President Tsai Ing-wen; William Brent Christensen, director of the American Institute in Taiwan (AIT), the de facto U.S. Embassy in Taiwan; and Sam Brownback, U.S. ambassador for international religious freedom.

Brownback began by discussing China's arbitrary detention of more than 1 million Uighurs, ethnic Kazakhs, and other members of minority Muslim groups since April 2017.

He added examples of Tibetan Buddhists and house church members who aren't allowed to worship freely. Tibetans are not allowed to venerate the Dalai Lama and house churches have been routinely destroyed.

Brownback also discussed the plight of Falun Gong practitioners, who are detained and tortured for their faith.

Falun Gong, also known as Falun Dafa, is a spiritual discipline that grew popular in China in the early 1990s, as the number of adherents embracing its moral teachings and meditative exercises exceeded 100 million, according to official estimates.

The discipline's popularity was quickly viewed by then-Chinese Communist Party leader Jiang Zemin as a threat to his rule. In July 1999, Jiang launched a nationwide persecution of the group, throwing hundreds of thousands into prisons, labor camps, and brainwashing centers.

According to Minghui.org, a U.S.-based website that tracks the persecution of Falun Gong in China, thousands have been killed while being detained in China.

On the contrary in Taiwan, the discipline has

“  
Like you can do here in Taiwan, [religious freedom] should be the norm for everybody throughout the region and the world.

Sam Brownback,  
U.S. ambassador for  
international religious  
freedom



William Brent Christensen, director of American Institute in Taiwan (2nd L); Sam Brownback, U.S. ambassador for international religious freedom (3rd); Taiwanese President Tsai Ing-wen (4th L) and other Taiwanese officials and activists, at the opening ceremony of "A Civil Society Dialogue on Securing Religious Freedom in the Indo-Pacific Region" in Taipei, Taiwan, on March 11, 2019.

steadily flourished and become popular among many Taiwanese.

"Like you can do here in Taiwan, [religious freedom] should be the norm for everybody throughout the region and the world," Brownback said in his speech.

Brownback's remark was echoed by Christensen, director of the AIT.

Christensen applauded Taiwan's democratic model and how it has been "tremendously successful at providing legal protection and respect to a wide range of faiths," which include "loosely organized gatherings of Falun Gong practitioners meditating in a city park at dawn."

Tsai, in her speech at the opening ceremony, stated that Taiwan has decided to "stand with the people who are deprived of their religious rights or oppressed by authoritarian regimes" because the island state knows the pain of having one's rights and identity deprived.

She added that Taiwan is committed to building a world free of fear and persecution due to religious or ethnic differences.

Brownback thanked Taiwan for being "a friend and partner promoting a free and open Indo-Pacific region," and added that "promoting religious freedom worldwide is a top foreign policy priority for the United States, and certainly for this administration."

At a press conference held after the opening ceremony, Brownback was asked by a reporter whether the U.S. government would take any action in the near future to stop the persecution of Falun Gong in China, and about the possibility of using the Global Magnitsky Act to target Chinese officials with ties to religious persecution.

Passed into law in 2016, the act allows for sanctions against individuals who commit human rights violations, including freezing their U.S. assets and barring them from entry into the United States.

In response, Brownback said that he could not reveal ongoing discussions within the administration on the use of sanctions, but confirmed that there were indeed discussions going in Congress on how to "pursue more aggressively on religious freedom."

MARTIN BUREAU/AFP/GETTY IMAGES



Wagyu cattle in Takayama, Japan, on Oct. 13, 2018.

## Men Arrested After Attempt to Smuggle Japanese Beef Genetic Material to China

NICOLE HAO

Two Japanese men were recently arrested in Osaka prefecture on suspicion of trying to smuggle fertilized eggs and sperm of wagyu, or Japanese-bred cattle, to China.

Wagyu is treated as a national treasure, as the cattle are exclusively bred to have intensive marbling and tenderness in their meat. Since the 1990s, the Tokyo government has prohibited the export of the cattle's genetic resources. Today, exports of wagyu are still very limited; thus, the meat commands high prices.

But there is no specific law in the Japanese criminal code prohibiting the exportation of animal eggs or sperm—and thus, no defined penalty. Japanese news agency Inquirer reported that the judicial system may treat the case as exporting without a quarantine inspection, which is punishable up to three years in jail with a fine of up to 1 million yen (\$9,000).

The two suspects are Yusuke Maeda, 51, a grilled meat restaurant owner from Fujiidera, Osaka prefecture; and Toshiki Ogura, 64, unemployed, from Osaka City, both arrested on March 9. Maeda and Ogura are friends.

According to Japanese newspaper Asahi, Maeda received a request from a Chinese friend to ship fertilized eggs and sperm of wagyu to Shanghai, China last June. With the request, the Chinese friend gave Maeda a metallic container, vials, and other needed materials.

Maeda then bought the fertilized wagyu eggs and sperm from a livestock farm in Tokushima, a prefecture in Shikoku island, and about 100 miles away from Osaka. Inquirer reported that the farmer said he did not know Maeda, but received several million yen from him for the deal.

In June 2018, Ogura picked up the metallic box from Maeda and took a ship to Shanghai without reporting to any government, or going through animal quarantine inspection, as per regulations.

However, Shanghai customs stopped Ogura from unloading the fertilized eggs and sperms because Ogura did not present an animal quarantine certificate.

Ogura was not allowed to bring the box into China. He decided to return to Japan on the ship. When he arrived in July, Ogura handed the fertilized eggs and sperms to Osaka customs, and unveiled the conspiracy.

Ogura told Osaka police that Maeda had reassured him that transporting the material out of Japan would not be a problem and that he did not know it was illegal.

Osaka police are investigating the Chinese individual behind this case, as well as the farmer who sold the material. According to Japanese law, all farmers have to issue a certificate at the time of selling fertilized eggs and sperm.

Police have not revealed a motive, but eggs and sperm are commonly used for breeding purposes.

This is not the first time that Chinese are involved in stealing genetic products from other countries.

In November 2018, New Zealand's top kiwifruit producer Zespri sued an individual who sent its patented SunGold kiwifruit plant variety to China.

SunGold kiwifruit has golden color flesh and is bigger and sweeter than the common kiwi. Zespri owns its plant rights, and only growers contracted to Zespri can plant it.

In January 2016, a Chinese man pleaded guilty to stealing patent-protected inbred corn seeds developed by Monsanto and DuPont in Iowa. Mo Hailong planned to transfer the seeds to his employer in China so it could start a seed business.

Different from SunGold kiwifruit and the seeds, wagyu is not protected with a patent, but have been exclusively bred in Japan for nearly two decades.

Prior to the government ban, Japan had only exported wagyu cattle and wagyu fertilized eggs to the United States and Australia, where the beef was bred and marketed as wagyu.

In Japan, the annual production volume of wagyu is around 145,000 metric tons. Beef exports in 2018 were valued 24.7 billion yen (\$222 million), according to government statistics.

## China Hog Prices Hit 14-Month High as African Swine Fever Slashes Output

BEIJING—Chinese hog prices marched to their highest in 14 months on March 11 and look set to keep rising after weeks of gains, analysts and producers said, as the worst disease outbreak to hit the country's vast pig herd in years impacts supply.

China is the world's largest producer and consumer of pork.

Live hog prices in major consumption and production areas rose 7 percent on average on March 11 compared with March 8 to 15.09 yuan (\$2.24) per kilogram, according to data provided by consultancy China-America Commodity Data Analytics. Even though demand is typically weak at this time of year, prices across the country surged almost 20 percent since early March.

The surge comes with a months-long outbreak of African swine fever having spread to 111 confirmed cases in 28 provinces and regions across the country. There is no cure and no vaccine for the disease that is highly contagious and fatal to pigs, though it doesn't affect humans. About 1 million pigs have been culled so far in an effort to try to control the spread.

"The main reason (for rising prices) is there are fewer pigs," said Yao Guiling, analyst with China-America Commodity Data Analytics. Some farmers are also reluctant to sell now, she said, anticipating further tightening of supplies and higher profits in coming weeks.

"Pig production capacity has been falling in the past two years, then in the second half of last year, African swine fever outbreaks further affected restocking, pushing up prices," Yao said.

Some have also abandoned farming, after government measures to tackle the disease pushed prices too low and made

trade impossible.

China's pig herd fell 13 percent in January compared with the same month in 2018, while the number of breeding sows was down 15 percent from the previous year, according to data from the Ministry of Agriculture and Rural Affairs.

But analysts and traders said farms that can keep out the disease could be in line for bumper profits in coming months.

"Our goal is to survive. If we survive, life afterwards will be good," said a manager at a major pig producer located in one of the regions that has reported an African swine fever outbreak.

He declined to be named as he was not authorized to talk to the media.

The virus has spread to all mainland provinces except the far-northwestern regions of Xinjiang and Tibet. The southern island province of Hainan is also unscathed thus far.

Reports have recently emerged that pig farmers are improperly discarding carcasses due to the higher costs of a proper disposal. Health experts have raised the issue of the carcasses polluting water sources, which could threaten the lives of humans and livestock who drink the water.

Meanwhile, Taiwan, Japan, and South Korea have already detected imported Chinese products with the disease. The African swine fever virus is not known to have harmful effects to humans, but one former Chinese health official told the Chinese-language Epoch Times in a Feb. 20 interview that it could have the potential to affect one's nervous, cardiovascular, and respiratory systems, given the typical behavior of a virus.

By Hallie Gu &  
Dominique Patton  
From Reuters

REUTERS



Pigs at a family farm in Fuyang City, Anhui Province, on Dec. 5, 2018.

Eggs and sperm are commonly used for breeding purposes.

# Italy's Intention to Join China's 'Belt and Road' Sparks Concerns

CONTINUED FROM A1

works, including railways and seaports, are considered by Beijing to be important for its maritime economic corridor under OBOR, linking southern Europe with ports in Southeast Asia and eastern Africa—eventually reaching China.

However, Beijing's initiative has been criticized for burdening developing countries with massive loans they can't pay off. This "debt trap" has already occurred in Sri Lanka and the Maldives due to OBOR projects.

Immediately, U.S. officials voiced concern. On March 9, the U.S. National Security Council (NSC), wrote on its Twitter page: "Italy is a major global economy and a great investment destination. Endorsing BRI [Belt and Road initiative] lends legitimacy to China's predatory approach to investment and will bring no benefits to the Italian people."

If signed, Italy would be the first G7 country to join OBOR—and only the second major western European state after Portugal. The Group of Seven (G7) are the seven most advanced economies in the world: Canada, France, Germany, Italy, Japan, the UK, and the United States.

Garrett Marquis, spokesperson for NSC, also wrote in a tweet March 9: "No need for Italian government to lend legitimacy to China's infrastructure vanity project."

There are also voices within the Italian government who oppose China's OBOR. Italian Undersecretary for Foreign Affairs Guglielmo Picchi responded to the NSC tweet through his Twitter account: "I share the concerns, not to please our allies but because a deeper scrutiny is necessary."

Outside of the Italian government, there are also concerns.

"The risk I see is that people are not discerning between the need to increase our trade versus the Chinese growing hegemonic position," Luigi Merlo, president of the transportation union Federlogistica Contrasporto, said in an interview with Italian daily newspaper Il Giornale.

Merlo added that he's worried that ports, highways, and infrastructure projects would soon come under Chinese control, "leaving, in the end, the levers of command to another government."

European media platform EURACTIV, citing a source it didn't identify, said that Italy's ministry of foreign affairs was surprised by the decision of Italy's economic development ministry to go public with the intended MoU, despite that the foreign ministry is in charge of negotiating any international cooperation agreements.

## Leaked MoU

EURACTIV, which is headquartered in London, published an article March 8, claiming to have

Italian transportation networks, including railways and seaports, are considered by Beijing to be important for its maritime economic corridor.

The commercial harbor of the northeastern city of Trieste, Italy, on Oct. 8, 2017.



ALBERTO PIZZOLI/AFP/GETTY IMAGES



OLIVER BUNIC/AFP/GETTY IMAGES

Italian Prime Minister Giuseppe Conte in Belgrade, Serbia, on March 6, 2019.

obtained a leaked copy of the MoU.

According to the leaked memo, China would also provide new investment at the Italian port of Trieste. According to EURACTIV, Trieste is one of the biggest seaports in the Mediterranean Sea, and contains a railway connecting to cities in central and northern Europe.

The two countries would also increase collaboration between unnamed Chinese companies and Italy's state-controlled aerospace, defense, and security company Leonardo. The firm manufactures fighter jets, helicopters, and ammunition, and often partners with the Italian air force.

China's state-run electric utility company State Grid Corporation of China (SGCC) would also further collaborate with Italian utility company Terna.

EURACTIV reported that the planned business partnership leaked in the MoU were all initiated by the Chinese side.

## Michele Geraci

Meanwhile, Italian media have scrutinized the economic development ministry undersecretary for his close ties with China.

Italian daily newspaper Il Foglio, in an editorial published March 7, highlighted Geraci's background from when he began living in China in 2008. From 2009 to 2018, he was an adjunct professor of finance at the New York University in Shanghai. From 2012 to 2018, he was an assistant professor at the Nottingham University Business School (UNNC) in Ningbo, a city in eastern China's Zhejiang Province, and from 2016 to 2018, he taught finance at the Zhejiang University in Hangzhou, the capital city of Zhejiang.

Aside from being active in Chinese academic circles, Geraci also appeared as a commentator on China's state-run broadcaster CCTV, offering analysis on business-related topics, and was a columnist for the state-run China Daily and Caixin, a business magazine, according to the UNNC website.

Il Foglio's editorial also pointed out several incidents involving China, in which Geraci played a prominent role. In November 2018, as the European Union was finalizing a framework for screening foreign investment deals with national security risks, Geraci publicly argued against a provision that required EU countries to share foreign investment information with the European Commission

should the governing body request it, according to Reuters.

The investment screening—proposed in the first place with Chinese investment in mind—was ultimately passed in February with that provision intact.

## Chinese Investment

While it remains to be seen if Italy will actually sign the OBOR MoU, the business relationship between the two countries began in 2004, when a joint communique was signed announcing their strategic partnerships, following a trip by then-Chinese premier Wen Jiabao to Italy.

In June 2014, while the former Italian prime minister visited Beijing, Italy and China signed a three-year action plan (2014–2016) promising cooperation in fields such as agriculture, aviation, and medicine.

A new action plan was signed in May 2017 (2017–2020), in which the two countries agreed to the importance of seeing an interaction between China's OBOR and Italy's transportation system, especially Italian ports located on the Adriatic Sea and the Tyrrhenian Sea, such as Trieste and Venice.

Chinese investment in Italy has increased dramatically since 2014, according to a December 2017 report by the European think tank Network on China, a consortium of research institutes in different European countries.

As of 2016, more than 260 Chinese companies have invested in about 450 Italian businesses. Foreign direct investment from China increased dramatically to 1.1 billion euros (roughly \$1.25 billion) in 2016, from 26 million euros in 2010.

In 2015, China National Tire & Rubber Company, a subsidiary of state-owned ChemChina, spent 7 billion euros (\$7.8 billion) to buy a 16.89 percent stake in Pirelli, a Milan-based tire maker.

In 2016, APM Terminals, a container terminal operating company headquartered in the Netherlands, sold a 40 percent stake and 9.9 percent stake to Chinese firms to operate two terminals at the Italian port of Vado: COSCO Shipping Ports, a subsidiary of the state-owned China Ocean Shipping (COSCO) and Qingdao Port International Development, a subsidiary of the state-owned Qingdao Port Group.

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# Join in Restoring Virtue and Values to Society

For Our Children and Grandchildren's Sake...

**A**t The Epoch Times, we're building a media supported by readers instead of corporate advertisers, ensuring it's free from outside influences—forever. Please help to strengthen this vision.

## A REAL DANGER

**Our Civilisation Faces Serious Treats at This Moment in History**

1. Our nation is in trouble. According to a 2018 survey, 58 percent of young Australian voters say they would prefer to live in a socialist society.\*
2. If this trend continues, within the next decade, Australia could become a socialist country.
3. 85% of newspaper sales in Australia are controlled by two corporations. They're not out to tell you the truth about what's happening; they only tell you the picture of the world that they represent.
4. For decades, ideas stemming from communist ideology like socialism and cultural marxism have been moving Australia away from the preservation of rights enshrined in the Magna Carta.
5. These ideas create social turmoil, division, frustration, hatred, and violence; they break down the morality at the foundations of society. These same ideas now have found their way into the government, schools, and other key institutions across the nation.

\* POLICY PAPER ON MILLENIAL ATTITUDES TOWARD SOCIALISM CONDUCTED BY THE CULTURE, PROSPERITY CIVIL SOCIETY and THE CENTRE FOR INDEPENDENT STUDIES.



## THE BEST DEFENSE

**The Epoch Times Stands Firmly Against this Subversion**

1. The Epoch Times has the wisdom to expose the evil nature of communism and its infiltration into our media, schools, government, churches, and society.
2. The Chinese regime makes it clear to companies that have business ties with China that working with us will cost them business.
3. Built on the values of Truth and Tradition, and based on the virtue of compassion, The Epoch Times promotes long-established universal values that represent the best of humankind.



**"After being lobbied and seduced by those puppets, politicians, journalists and leaders of all sorts of organisations across the country believe they are responding to the wishes of 'Chinese-Australians'. They are in fact dancing to the tune of the Chinese Communist Party."**

Clive Hamilton, Author of 'Silent Invasion: China's Influence in Australia'

## THE CHALLENGES

**We've Been Fighting a Long Battle**

Since our founding in 2000, the Chinese Communist Party, with its multibillion-dollar lobbying and overseas propaganda budget, has tried relentlessly to stop The Epoch Times. It's not easy to stand up to the world's biggest dictatorship, with the world's largest propaganda and fake news operations, but we have done it.

**These Are Some of the Many Challenges We Face:**

1. The Chinese Communist Party has threatened and intimidated our advertisers and ad agencies.
2. The Chinese regime makes it clear to companies with business ties with China that working with us will cost them business.
3. The Chinese regime has had its agents steal our newspapers and distribution boxes, vandalise our offices, and spread misinformation about us abroad. Inside China, the regime has jailed and tortured our journalists.

## Violence We Faced



**In 2006, Dr. Peter Li, chief technical officer of The Epoch Times, was beaten, tied up, blindfolded with duct tape, and robbed of two laptop computers by three Asian men who burst into his suburban Atlanta home, wielding a gun and a knife.**



**In 2000, Zhang Yuhui, the former editor-in-chief of the China branch of The Epoch Times, was sentenced to 10 years in prison for his work.**

## A NEWSPAPER you can trust



## This Did Not Stop Us

**You can help make the global communist community's efforts meaningless—and help us to expand! To achieve this, we need your help!**

## The Epoch Times Contributes to Society

1. Truthful reporting on the issues that matter, including the Trump administration's achievements in the United States and around the world.
2. Leading the reporting on the Chinese communist threat over the last 18 years (since 2000).
3. Exposing communist thought in our government, schools, universities, popular culture, and media.
4. Reporting on the persecution of Falun Gong, including the state-sponsored forced organ harvesting in China—one of the most underreported atrocities of our time.
5. Spreading the truth through Freegate secure anti-censorship software.
6. Providing an acclaimed Mind & Body section that offers insights from traditional wisdom and holistic wellness.

## Rigorously Exposing Communism

The Epoch Times actively works to investigate and expose communist ideology, its history, theory, and true intentions. Our latest series, **"How the Spectre of Communism is Ruling Our World,"** exposes the nature of communism and the harm it has brought and continues to inflict on the world.

Since the book "Nine Commentaries on the Communist Party" was published by The Epoch Times in December 2004, 320 million Chinese people have renounced the Chinese Communist Party and its associated organisations.

The Epoch Times reports issues and events side-stepped by other media, but which are vital to exposing the harm communism poses to humanity. These include the persecution of Tibetans, underground Christians, practitioners of Falun Gong, Uyghurs, and other groups in China.



**Our infographics** have had a big impact on society, allowing people to understand the intricate connections between seemingly unrelated events, revealing what mainstream media is not telling you.

## Our Investigations

We have championed a new method of investigative journalism, bringing together the best of both traditional journalism and quality design to tell stories that expose corruption and subversion. Our work has included investigations about:

1. Illegal Spying on President Trump (February 9, 2018)
2. China's Military Expansion Into Space (March 23, 2018)
3. The Secret Propaganda War on Our Minds (April 6, 2018)
4. Hillary Clinton and the Uranium One Deal (February 16, 2018)
5. Spycgate: The True Story of Collusion (October 12, 2018)
6. Clinton Foundation 'Pay to Play' Model Under Investigation (December 5, 2018)

## IMPACT OF THE EPOCH TIMES

**Conscience Over Profit:**

**Organ Killings in China—The Sixty Million Dollar Decision**

Entrepreneur Jeffrey Van Middlebrook turned down \$60 million in R&D funding from China after finding out the Chinese regime harvests organs from practitioners of Falun Gong.



**"Once I started reading these articles in your newspaper I decided I could not do business with China."**

Jeffrey Van Middlebrook, entrepreneur



We are the “lucky country.” But our parliamentary democracy only works when the populace is well informed through an honest and transparent press. This is the role that The Epoch Times strives to fulfill.

## What People Are Saying



“The Epoch Times is a distinctive newspaper and reports the news truthfully, decently and fairly. It’s a shame that only Chinese Epoch Times was available in the early days. Now, I look forward to the relaunch of the English edition. The Australian community needs to know what is happening in China and the suppression of human rights under the CCP. This will uphold Australian values and is also an opportunity for Australians to help improve the human rights situations in China.”

Qi Jiazhen, Writer



“I think as a media company The Epoch Times can be part of a positive force for the culture and a positive force within this economic machine of capitalism to help elevate cultural products and ideas that are going to help heal society as you preserve the family.”

Carrie Sheffield, founder, Bold



“The first duty of the press, the great London newspaper The Times declared as long ago in 1851, ‘is to obtain the earliest and most correct intelligence of the events of the time, and instantly, by disclosing them, to make them the common property of the nation.’ There can be no doubt that in assessing the newspapers of the world, The Epoch Times deserves the encomium that it is a leader in observing, to the very highest degree, this timeless enunciation of the first duty of the press.”

Emeritus Professor David Flint AM



“As a child, my father would eagerly look forward to reading The Epoch Times newspaper. Now I understand why, it’s 100% correct. A rare publication celebrating Chinese culture whilst speaking against the atrocities of communism. Australians take note.”

Asha Towers, NSW President of the National Civic Council



“The Epoch Times has done a great job in its quest for truth and its devotion to humanitarian concerns.”

Feng Chongyi, Associate Professor in China Studies at University of Technology Sydney

## A Brief Introduction to The Epoch Times

Started in 2000 by Chinese-Americans who fled communism, The Epoch Times was founded in America to bring truthful and uncensored news to Chinese people worldwide—people oppressed by lies, violence, and propaganda. The English edition of Epoch Times was started in 2004, and has upheld the same values.

In December 2000, a few months after we began publishing, 10 of our staff members in China were jailed and tortured. They were sentenced to prison terms ranging from three to 10 years, forcing us to work largely underground in China. Later, Epoch Times contributors continued to be targeted: One died in a Chinese prison in 2017 after 12 years in jail; another was just released on Feb. 13, 2018 after over 10 years in jail.

Despite these challenges, we have been committed from the beginning to getting the truth out under difficult circumstances, and this is and will forever be part of The Epoch Times.

Having faced extreme challenges (financial, physical, and cyber) from

one of the most despotic regimes on the planet, The Epoch Times has never stopped delivering on its promise to readers: to use traditional, upright, and true journalism to keep the public informed.

We investigate issues overlooked—or avoided—by other media outlets. We don’t spin the news, push biased agendas, or create false narratives. We give the facts and context to allow readers to make up their own minds.

We report on a wide range of topics, from national politics, to holistic health, foreign affairs, traditional culture, immigration, and food & lifestyle.

We also hold that one of the most overlooked stories of the 21st century is the global cultural and moral destruction wrought by communism, and so we take special care to expose this deadly ideology and the harm it has caused to us all.

In all that we do, we make an earnest attempt to hold ourselves to the highest standards of integrity. This is our promise to you.

## Make a Difference Today

### The Power of Your Contribution

1. Help us publish truthful news.
2. Builds a nonpartisan, independent media that stands outside of any political interests.
3. Helps fund the research that exposes the true nature of communism and its impact on our media, our schools, our government, our religious institutions, and our society as a whole.
4. Helps us to report stories within Australia and abroad that are rarely reported by other media outlets.
5. Safeguards a forum for discussion of traditional values and the traditional vision of journalism.
6. Informs schools, universities and other public institutions with our content.

### What Your Contribution Achieves

**\$50** – Help us get our message of ‘Truth and Tradition’ into local universities.

**\$500** – Help 250 households test drive The Epoch Times newspaper.

**\$5,000** – Help us create an ebook of “How the Spectre of Communism is Ruling our World” so that millions of people can enjoy reading it in book form.

**\$10,000** – Fund the research and production of a new investigative piece so that millions of people can benefit from it.

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# Former AG Holder Argues Democrats Should Pack Supreme Court

MATTHEW VADUM

Former Attorney General Eric Holder recently said the next president from the Democratic Party should increase the number of justices from the current nine now sitting on the Supreme Court, to combat what he calls Republicans' "power-grabbing antics."

The former Obama-era cabinet member now serves as chairman of the National Democratic Redistricting Committee, a political action committee that claims "the political system is rigged," and "the fight to fix it is now."

Holder made the remarks at Columbia University and Yale Law School, evoking memories of Democratic President Franklin D. Roosevelt's ill-fated 1937 attempt to pack the Supreme Court with an extra six justices.

Roosevelt had wanted to expand the high court bench, because the court struck down as unconstitutional various pieces of legislation implementing his New Deal policies that expanded the reach of the federal government. Members of his own party in Congress ultimately revolted at the audacious perceived overreach, and the attempt failed.

But Democrats are becoming increasingly enamored of the idea of filling the Supreme Court with sympathetic left-leaning justices. For example, Democratic presidential hopefuls Sen. Kirsten Gillibrand of New York and South Bend, Indiana, Mayor Pete Buttigieg say they are considering the court-packing proposal.

Holder and many Democrats are still angry that the GOP-controlled Senate refused to vote on President Barack Obama's nominee to the Supreme Court, Judge Merrick Garland of the U.S. Court of Appeals for the District of Columbia Circuit.

Notably, the Constitution assigns to the Senate the role of "advice and consent" on judicial nominations, but doesn't require that body to hold a vote on nominees.

Critics have characterized Holder as power-hungry, accusing him of twisting the law to benefit liberal causes and promoting racial polarization for political gain.

Instead of considering the nomination in March 2016 after the sudden death of Justice Antonin Scalia, Senate Majority Leader Mitch McConnell (R-Ky.) held a spot on the high court bench open for the remainder of Obama's term. Trump nominee Justice Neil Gorsuch later took Scalia's seat.

Democrats nowadays still frequently refer to the seat Gorsuch now occupies as one that was "stolen" from Democrats by Republicans who failed, in their view, to fight fair. And they claim that the never-corroborated allegations of sexual impropriety against Trump's second Supreme Court nominee to be confirmed, Justice Brett Kavanaugh, were never properly investigated.

"Given the Merrick Garland situation, the question of legitimacy is one that I think we should talk about," Holder said. "We should be talking even about expanding the number of people who serve on the Supreme Court, if there is a Democratic president and a Congress that would do that."

Holder, who has decided not to run for president in 2020, said that if he were president, he would "seriously consider adding two seats to the Supreme Court to make up for Mitch McConnell's power-grabbing antics."

But conservatives have long been suspicious of Holder's motives. Critics have characterized Holder as power-hungry, accusing him of twisting the law to benefit liberal causes and promoting racial polarization for political gain.

They note that Holder's tenure as Obama's attorney general was scandal-ridden. After refusing to comply with a congressional subpoena that required him to hand over internal Justice Department documents related to the "Fast and Furious" gun-running scandal, on June 28, 2012, the House of Representatives voted 255-67 to cite him with contempt and 258-95 to pursue a civil contempt case against him in court. This was the first time a sitting cabinet member had



JOE RAEDLE/GETTY IMAGES

ever been held in contempt by a chamber of Congress.

Christian Adams, a former Department of Justice civil rights attorney and president of the Public Interest Legal Foundation, said Holder's court-packing comments didn't surprise him.

"Holder has always been a specialist in power," Adams told The Epoch Times.

"Sometimes, he uses race to accumulate power and advance radical policies. Now, he is willing to jettison longstanding American tradition to circumvent sound jurisprudence he doesn't like."

Eric Holder, the 82nd Attorney General of the United States, in Memphis on April 2, 2018.

## Trump Pushes for Deep Spending Cuts to Reduce Nation's Mounting Debt

CONTINUED FROM A1

for overall defense (including defense-related Energy Department funding), an increase of 5 percent from the 2019 level. About \$718 billion would go to the Defense Department.

"To be clear, this is not funding for endless wars. This is for research and development and procurement to fund the most awe-inspiring military," Vought said.

The budget also calls for \$8.6 billion for the completion of a wall to secure the southern border. This amount will be the remaining portion that is needed in addition to what is being secured as a result of the national emergency declared by the president.

The funding will come from two sources. Department of Homeland

Security will invest \$5.4 billion in border security technology, infrastructure, and equipment to help CBP prevent, detect, and interdict illegal border crossings, and \$3.6 billion will come from the new military construction resources at the Department of Defense.

In line with last year, the president calls for \$200 billion for infrastructure spending that will leverage up to a trillion dollars, with state and private funding complementing the federal funds.

Vought said that the administration is "totally ready and willing to talk with Congress" about how to put forward an additional \$200 billion in new infrastructure investment.

The budget also calls for the ex-



SAMIRA BOUAOU/THE EPOCH TIMES

tension of individual tax cuts and makes them permanent.

Vought said that "Medicare spending will go up every single year by healthy margins and there are no structural changes for Medicare beneficiaries."

### Savings and Reforms

As part of the budget, the administration proposes uniform work requirements for Medicaid, TANF, SNAP (food stamps), and certain housing programs. By

strengthening work requirements, the administration wants to end people's dependency on government benefits. Accordingly, individuals between 18 and 65 years old will be expected to either work, be engaged in job training, or have community engagement.

Another key initiative will be measures to lower drug costs. The budget proposes a drug pricing strategy that promotes generic drugs and reduces out-of-pocket costs. It also wants to reform the

The Capitol in Washington on Dec. 17, 2018.

federal retirement benefits system to bring those benefits more in line with what the private sector has.

The administration believes the government can save hundreds of millions of dollars by reforming underperforming programs such as Job Corps, which has made headlines in recent years due to security incidents reported at its centers. The program spends \$35,000 per participant and the White House proposes to reform the program and close some of its centers.

Another area that needs fixing is the State Department's cultural and exchange programs, which spend \$600 million, Vought said.

Other key priorities in the budget include a one-time, mandatory investment of \$1 billion to support underserved communities and stimulate employer investments in child care for working families. The budget also has paid parental leave proposal for working parents.

The budget materials released by the White House don't include the appendices used by Congress and some supporting documents that outline the reasons for major savings and other reforms. Those documents will be released next week, according to a senior administration official.

## Trump: Socialist Promises 'Seductive,' but Would Send Country 'Down the Tubes'

CONTINUED FROM A1

### Single Payer System

Some of the Democrats' presidential contenders, such as Sen. Bernie Sanders (I-Vt.), Sen. Kamala Harris (D-Calif.), and Sen. Corey Booker (D-N.J.), have already backed the idea of government-run health insurance—the single-payer system.

"It sounds very seductive—single-payer—say what you want, but it's a very seductive thing," Trump said. "But it means you're not going to have good health care, it means the country is not going to be able to afford it."

Sanders' single-payer proposal came with major tax hikes of more than \$15 trillion over 10 years, but still nowhere near the \$32 trillion price tag of the plan, based on the Urban Institute's estimate.

Canceling student debt would cost about \$1.5 trillion and free public college for all would add another \$750 billion cost over 10 years, The Wall Street Journal estimated in 2015.

"The truth is, when you're up on the debate stage, and they say we're giving you free education, we're giving you free healthcare, we're giving you everything you want and a Rolls-Royce in everyone's pocket, it's not an easy situation," Trump said. "But what happens is 10 years later the country is gone."



SAMIRA BOUAOU/THE EPOCH TIMES

President Donald Trump speaks at the CPAC convention on March 2, 2019.

### Green New Deal

The "Green New Deal" is likely the most extreme example of recent socialist policy proposals. It came from Rep. Alexandria Ocasio-Cortez (D-N.Y.), or more specifically, from the democratic socialist activists who ran her campaign, and calls for an overhaul of the whole economy, including having the federal government guarantee a job for everyone, as well as abolishing air travel and fossil fuel use, at the cost of \$52 trillion to \$94 trillion over 10 years, based on estimates from the American Action Forum, a center-right fiscal think tank.

Harris already voiced support for the plan—at least in broad terms. Trump mocked the proposal in his March 2 speech at the CPAC conference.

"Green New Deal—I encourage

it. I think it's really something that they should promote. They should work hard on. It's something our country needs desperately. They have to go out and get it," he said. "But I'll take the other side of that argument only because I'm mandated to."

### 2020 Will Show

During the Breitbart interview, Trump dismissed the idea that American politics may take a turn to the left after his presidency, pointing to his relatively solid poll numbers during the past week.

He said the 2020 presidential election will show whether the socialist sentiments are on the rise or not.

"I don't know if there will be a rise, we have to see that—and that we will only know in an election," he said.

## US Federal Reserve Chairman Says Trump Can't Fire Him

CONTINUED FROM A1

ing the possibility that he may fire Powell, his appointee. The question was settled when Trump's chief economic adviser said on Dec. 26 that Powell's job is "100 percent safe."

The law is not clear on whether or not the president can remove the chairman of the central bank. Trump appointed Powell in late 2017. Powell has raised rates five times since, drawing increasingly fiery criticism from Trump. In December 2018, the president wrote on Twitter that the Federal Reserve is the "only problem" for the American economy. In November 2018, he told The Wall Street Journal that the central bank "is a much bigger problem than China."

When presented with one of the president's criticisms, Powell declined to comment and reasserted the Fed's independence.

"My duty is one that Congress has given us, which is to use our tools to achieve maximum employment and stable prices and to supervise and regulate banks so that they treat their customers fairly and so that they're strong, well-capitalized, and can perform their critical function in good times and bad," Powell said. "That's my job."

The central bank didn't raise interest rates in January this year for the first time during Powell's tenure. The Fed kept interest rates

at an all-time low throughout the eight years of Barack Obama's presidency.

"We are directed to take, to execute policy, in a strictly nonpolitical way, serving all Americans and that's what we do. We are independent in that sense. Our decisions on rates can't be reversed by any other part of government," Powell said.

The central bank is the sole vehicle for creating money in the United States, with much of the supply created via unbacked bank loans, similar to creating money out of nothing.

Congress also tasked the Federal Reserve to keep inflation steady and prevent financial crises, but the bank's policies have nevertheless repeatedly led to and amplified the crises it was created to prevent.

Shortly before announcing his presidential bid in 2015, Trump suggested that moving back to the gold standard "would be wonderful," but hard to do because the United States no longer has the gold needed. Under a gold-standard banking system, every dollar is backed by gold held by the government.

"We used to have a very very solid country because it was based on the gold standard," Trump told WMUR on March 27, 2015. "We don't have that anymore."



# Joe Biden to Run for President in 2020, Lawmaker Says

BOWEN XIAO

Former Vice President Joe Biden will run for president in 2020 as he joins a crowded field of about a dozen other contenders hoping to snag the party's nomination to eventually face President Donald Trump, a senior Democratic lawmaker told The Hill.

During a phone call within the past week, Biden told a House Democratic lawmaker, "I'm giving it a shot," according to a conversation that the congressman recounted. The congressman—who wasn't named on condition of anonymity because of the sensitive nature of the phone conversation—said he interpreted Biden's comments as a sure sign the former Obama running mate would seek the presidency.

Biden, in the brief conversation with the lawmaker, asked if he could bounce off some campaign strategies and invited the lawmaker to sit down with him in person to discuss ideas in the near future. Biden also said he hoped for the lawmaker's support, which the lawmaker didn't commit to during the phone call.

In response, Biden said there was no harm if they kept talking over the matter. Details about what time or where the former vice president would make his formal presidential announcement weren't mentioned to the lawmaker.

Biden himself teased a possible bid for the 2020 presidential nomination on March 12, telling a friendly crowd of union members he may need their support "in a few weeks."

"Be careful what you wish for," Biden joked to a gathering of the International Association of Firefighters (IAFF) in Washington, as a room of

AP PHOTO/JACQUELYN MARTIN



Former Vice President Joe Biden announces at the White House in 2015 that he will not run for presidential nomination.

Biden currently is the clear frontrunner and leads all major polls that are tracking the 2020 Democratic presidential contenders, including Morning Consult, Monmouth, Harvard-Harris, and Emerson.



ANDREW CABALLERO-REYNOLDS/AFP/GETTY IMAGES

boisterous firefighters shouted, "Run, Joe, run!" A spokesperson for Biden discounted the claim that Biden is 100 percent sure of running.

"He has not made a final decision. No change," spokesman Bill Russo told The Hill.

The 76-year-old's likely entry into the race comes as no major surprise. A former U.S. senator who served two 4-year terms as vice president to President Barack Obama, Biden has publicly said he is weighing a run as the party's elder statesman and said he was in the final stages of making a decision.

The IAFF has been an ardent political ally of Biden's for years, and an endorsement by the union would likely give him an early boost, should he enter the race for his party's nomination.

IAFF President Harold Schaitberger said he told Biden before the event that he would have the union's full support should he run.

"He told me that he's getting ready to make an important decision, and I made sure he knew that when he's ready to pull the trigger, so are we," Schaitberger said.

Biden is currently the clear frontrunner and leads all major polls that are tracking the 2020 Democratic presidential contenders, including Morning Consult, Monmouth, Harvard-Harris, and Emerson. According to a RealClearPolitics average, Biden leads at 29 percent, as self-described socialist Sen. Bernie Sanders (I-Vt.) wasn't far behind at 22 percent.

Trailing Sanders are Sen. Kamala Harris (D-Calif.) at about 11 percent, Sen. Elizabeth Warren (D-

Mass.) at 7 percent, and Sen. Cory Booker (D-N.J.) at roughly 6 percent. A handful of other contenders, including former Texas Rep. Beto O'Rourke, Sen. Amy Klobuchar (D-Minn.), and former Colorado Gov. John Hickenlooper, had lesser support.

If Biden were to be elected, he would be 78 years old when taking office, which would make him the oldest president-elect in U.S. history. He grew up in Scranton, Pennsylvania, and has spent more than four decades in Washington, mostly as a U.S. senator representing Delaware.

According to The Associated Press, Biden could be viewed as an establishment-minded moderate unwilling to embrace far-left issues such as free universal health care, free college, and the so-called Green New Deal, which has been pushed by Democratic socialist Rep. Alexandria Ocasio-Cortez (D-N.Y.) and Sanders.

Biden failed to develop a strong base of political support in his two previous presidential runs.

"I don't want this to be a fool's errand," he said in February, noting that his personal decision not to align his candidacy with a super PAC could create financial challenges.

In February, Biden announced that his family, including his grandchildren, had encouraged him to run for the White House in 2020.

"There's a consensus," he told a crowd during an appearance at the University of Delaware. "The most important people in my life want me to run."

Reuters contributed to this report.

Former Vice President Joe Biden at the International Association of Fire Fighters conference in Washington on March 12, 2019.

# Deal or No Deal, US-China Trade Talks May End in Weeks

KEVIN LAMARQUE/REUTERS

WASHINGTON—The United States and China may be in the final weeks of discussions to hammer out a deal to ease their tit-for-tat tariffs dispute, U.S. Trade Representative Robert Lighthizer said on March 12.

Washington and Beijing have slapped import duties on each other's products that have cost the world's two largest economies billions of dollars, roiled markets and disrupted manufacturing and supply chains.

The U.S. government is pressing for an end to practices and policies it argues have given Chinese firms unfair advantages, including subsidizing of industry, limits on access for foreign companies and alleged theft of intellectual property.



U.S. Trade Representative Robert Lighthizer testifies before House Ways and Means Committee hearing on Feb. 27, 2019.

"Our hope is we are in the final weeks of having an agreement," Lighthizer, the top U.S. trade official, said during a U.S. Senate Finance Committee hearing on Tuesday, though he cautioned that major issues remained.

"If those issues are not resolved in favor of the United States, we won't have a deal."

Lawmakers pressed Lighthizer for details on whether the Trump administration intends to keep its tariffs in place to ensure China is complying with any agreement.

"The focus of the negotiation from the Chinese side is the removing" of the U.S. tariffs, Lighthizer said. "If that is a concession, that is something that is under debate."

The United States is addressing structural issues over intellectual property rights "with precision" in the talks and is nearing a deal to address currency manipulation, he added.

Progress in negotiations last month drove the White House

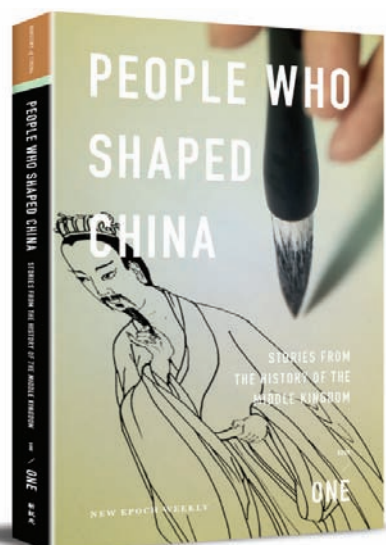
to indefinitely delay hiking tariffs on \$200 billion worth of Chinese imports that were set to kick in on March 2. That led to mounting expectations a deal was in the offing, though Trump administration officials said on Friday another face-to-face meeting was not yet scheduled.

Lighthizer and China's top trade negotiator, Liu He, spoke on Tuesday, China's state media reported, and the U.S. trade representative said during the Senate hearing that he had another call scheduled on Wednesday.

"We are working more or less continuously," Lighthizer said.

By David Lawder  
From Reuters

# Uncover the Mysteries of the Middle Kingdom



**Awesome!!!**  
I'm a history buff, and I've been reading a lot of Chinese historical fiction. I originally tried delving into Chinese historical non-fiction, but everything I found was way too dry or political.  
This book breaks down the most important historical figures of Chinese history into easy to read short stories that tell their historical impact. What's amazing about Chinese history is that **the stories are gripping, wise, and dramatic.** It's so fun to read and I highly recommend it to anyone looking to pick something up about Chinese history.

It's the perfect blend of fiction and non-fiction!

— Yin Yin

### Fascinating stories!

To my surprise, the book is quite an easy read. It keeps the difficult Chinese names at the minimum and presents interesting stories and characters. Great content for my children to complement their Chinese language studies!

— Amazon customer



Good for beginners. Order it now! Paperback and ebook are available at [www.Amazon.com/dp/9881235014](http://www.Amazon.com/dp/9881235014)



Special counsel Robert Mueller arrives at the U.S. Capitol for closed meeting with members of the Senate Judiciary Committee on June 21, 2017.

# Democrats Scramble to Keep Collusion Conspiracy Theory Alive

DAVID SCHOEN

S

pecial Counsel Robert Mueller, the lionized hero on whom the President's detractors have pinned their hopes and dreams for nearly two years, is reportedly very close to issuing his final report. No one on the outside actually knows yet what exactly Mueller and his team of partisan lawyers will write, but those who have been predicting daily that the Mueller report would demonstrate that "illegal collusion" with Russia was the real reason Hillary lost the election are now falling all over themselves to lower expectations and hedge their bets.

In typical fashion, they cannot accept that the report might fall short of their dreams because the evidence did not support the conclusions they wanted to hear. Instead, their latest avenue of spin is to minimize Mueller's authority and efforts and to promise that the Committee chairs in the Democratic-controlled House of Representatives, driven by ego and a thirst for power, will now mount their own aggressive alternative investigations digging into every aspect of the President's personal, business, and public life.

Instead of committing to accept Mueller's conclusions—drawn from almost two years of subpoenas, grand jury investigations, threats to witnesses' family members, and many other heavy-handed tactics designed to bring the President to his knees—Democrat Committee heads like Representatives Jerry Nadler and Adam Schiff are already making excuses. They're asserting publicly that Mueller's mandate was too narrow for him to find what they assume must be out there, and that it is now Congress's role to paralyze the country for the next two years with endless investigations designed in reality to do nothing other than win through obstruction what the Democrats lost at the polls.

Tragically for the country, the idea of simply closing out this matter with the Mueller report, and then working forward positively and cooperatively on actual policies for the good of the American people, isn't even within the realm of possibility for the Democratic Party leaders whose entire raison d'être over the past two years has been anti-Trump obstructionism.

Their only purpose now is to embarrass President Trump and keep him preoccupied, thereby undermining every actual policy initiative he was elected to pursue. House Democrats have made clear that even long-standing protocol would not impede their efforts when they decided to hold the Michael Cohen sideshow hearings at the exact moment the President was overseas trying to address one of the most daunting foreign policy issues facing our nation, the threat from North Korea.

Moreover, the idea that the absence of evidence of any illegal conduct by the President is a function of limitations placed on Mueller is both nonsense and utter hypocrisy. Under Special Counsel Regulation 600.4, it was Rod Rosenstein who determined the scope of Mueller's investigation.



“  
Their only purpose now is to embarrass President Trump and keep him preoccupied, thereby undermining every actual policy initiative he was elected to pursue.”

Yes, the same Rod Rosenstein who plotted with other Justice Department officials to orchestrate an aborted coup attempt against President Trump. Rosenstein wanted President Trump out, and he worked to fulfill his desire by giving Mueller a very broad mandate. The Special Counsel Regulations themselves also expanded on the specific substantive mandate by expressly giving Mueller the authority to bring criminal charges against anyone he unilaterally decided was interfering with his investigation.

The public record shows that Mueller's investigators have interviewed hundreds of people, including dozens within the Trump White House, on a broad array of topics. His prosecutors have charged some Americans with crimes that have no obvious connection to the original, publicly understood impetus for the investigation. Still no reigns were put on Mueller.

Additionally, when any defendant has tried to argue that Mueller's mandate should be construed more narrowly, federal judges have consistently ruled that Rosenstein had the authority to give Mueller such a broad mandate. Interested readers might recall that when Paul Manafort's lawyers tried to argue that one of his indictments was invalid because it was outside the scope of Mueller's inquiry, even Judge T.S. Ellis III rejected their argument, notwithstanding his skepticism about the political nature of Manafort's prosecution team and agenda.

In addition, Deputy Attorney General Rosenstein has testified extensively under oath before Congress about his oversight of the Mueller investigation, providing lawmakers with ample information about the probe and presenting no evidence whatsoever that the Department of Justice ever limited the scope of Mueller's work in any way.

The record demonstrates beyond question that Mueller and his "investigators" have been given an extraordinarily wide berth to investigate President Trump, his 2016 campaign, and Russian election interference, with both the tools and the authority to compel testimony from any and all witnesses they were in any way interested in hearing from. In truth, between Rosenstein's mandate and the Special Counsel Regulations that allowed Mueller to prosecute acts that never would have been crimes but for his "investigation," Mueller has enjoyed virtually unlimited authority to take his work in any direction he unilaterally saw fit—and he has done just that.

Now, even Neal Katyal—an attorney who, during the Clinton administration, with the support of Janet Reno and Eric Holder, drafted the Special Counsel Regulations that apply to Mueller—has changed his tune about the investigation. After earlier assuring the public of the importance of a Special Counsel investigation, he now claims that the Special Counsel Report might just serve as a "roadmap" for Congress to take up the battle. The "roadmap" that he and the Democratic Party's leaders apparently envision is for a never-ending highway to nowhere.

The American public was sold on a very differ-

ent goal for Mueller's work, giving rise to some legitimate questions that Americans deserve to have answered—should Mueller ever have been appointed, could the tens of millions of dollars his investigation has cost taxpayers have been better spent on programs that help people in need, and how much more taxpayer money will be spent to pursue this partisan agenda?

House Democratic leaders are already preparing their next line of attack for when the Mueller Report fails to reveal what they have hoped and promised. Rep. Adam Schiff, a Trump-hater to the core, has announced—before actually investigating—that there is abundant evidence of the President's wrongdoing, no matter what Mueller reports. Rep. Nadler, meanwhile, has hired two "investigators" who have dedicated themselves to the impeachment of President Trump, and has issued more than 80 subpoenas designed to tie up the entire Trump administration with Committee hearings that will keep them from doing the jobs they were elected to do.

While Schiff, Nadler, and other Democratic Committee chairs have loyal anti-Trump followers who revel in their bluster, they do a great disservice to the American people by recklessly spending our money on advancing their blatantly partisan agendas under the guise of conducting investigations. They also send a horribly un-American message to students of our constitutional system and to Americans who care about fair and non-partisan investigations designed to get at the truth. The American model of an investigation is a genuine search for the truth, leaving no stone unturned. Schiff, Nadler, and their colleagues, conversely, announce their version of the truth first and then pick investigators and a course of "investigation" that they hope will support their pre-ordained conclusion.

There are so many pressing matters in this country demanding real policy solutions, yet these members of Congress are ignoring their legislative duties in favor of mounting attack after attack on the President. This is a gross misapplication of the legitimate investigative role and powers given to Congress under our Constitution. Many Americans across the country have had more than enough, and are yearning to see some real statesmanship and bipartisan policy work from our legislators.

Every American who cares about the Constitution and the enforcement of its brilliant system of checks and balances should demand that our members of Congress spend their time serving the interests of the American people, not wasting the public's time and resources on advancing their own narrowly partisan ends.

*David Schoen is a civil rights and criminal defense lawyer based in Montgomery, Alabama and has served as trial counsel in the past for the Democratic Party.*

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

## THE EPOCH TIMES

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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 society.

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We report respectfully, compassionately, and rigorously.

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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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## THE EPOCH TIMES SPECIAL SERIES

# How the Specter of Communism Is Ruling Our World

The Epoch Times here serializes a translation from the Chinese of a new book, "How the Specter of Communism Is Ruling Our World," by the editorial team of the "Nine Commentaries on the Communist Party."

**Introduction (Cont.)**

## 4. A Metaphysical Understanding of the Devil

The idea of the devil being referred to in this text is that of a supernatural power. Understanding the type of thing that is the specter of communism is one of the keys to understanding the chaos the devil has sown in the world.

Simply put, the specter of communism is composed of hate; it draws its energy from the hatred that wells up in the human heart.

The communist specter is tied to Satan; sometimes the two are indistinguishable, thus we will not make an effort to consider them separately.

The devil's arrangements are present in both the East and the West, in every profession and in every walk of life. Sometimes its power is divided, sometimes integrated; sometimes it uses this tactic, sometimes that. It follows no simple pattern.

The devil is the initiator of an unrestricted war on mankind that has turned religion, the family, politics, the economy, finance, military affairs, education, the academy, the arts, the media, entertainment, popular culture, social affairs, and international relations all into battlefields.

The dark energy of the devil can spread from one sphere, group, or movement to another. After the anti-Vietnam War movement faded in the West in the 1970s, for instance, the devil manipulated rebellious adolescents to channel their energies into agitating for feminism, environmentalism, and the legalization of homosexuality. The devil's other efforts were used to subvert Western civilization from within.

The devil can turn people with no good intent into its agents in the human world, using hypocrisy to deceive compassionate and innocent people, who then become its apologists.

The devil's agents—most of whom do not even realize their role—are everywhere in society, from the elite to the middle class, to the lower classes. Thus, its activities manifest sometimes as bottom-up revolutions, sometimes as top-down conspiracies, sometimes as reforms from the center.

The devil can change forms and exist in multiple places at once. It uses lowly beings and specters in other dimensions to do its work; pornography and drug addiction are tools used by the devil. These beings feed on man's negative energies, including hate, fear, despair, arrogance, rebelliousness, jealousy, promiscuity, rage, frenzy, idleness, and more.

The devil is secretive and full of guile. It uses man's avarice, wickedness, and darkness to achieve its ends, and as long as a person's thought aligns with these qualities, the devil can control that person. Many times, people think they are acting according to their own thoughts, but they've failed to realize they're being manipulated.

## 5. The Devil's Many Faces

Just as the devil goes by many names, communism manifests in many ways. The demon uses contradictory positions to deceive: a totalitarian regime or a democracy; a planned economy or a market economy; control of the press or no restraints whatsoever on speech; opposition to homo-

sexuality in some countries or legalization of homosexuality in other countries; wanton environmental destruction or clamor for environmental protection; and so on.

**The demon of communism inhabits a variety of complex guises in the West and operates under many banners, making it almost impossible to guard against.**

It can advocate violent revolution or embrace peaceful transition. It may manifest as a political and economic system, or as an ideological trend in art and culture; it may take the form of pure idealism or cold-blooded scheming. Communist totalitarian regimes are just one of the demon's manifestations. Marxism-Leninism and Maoism form just one aspect of the devil's fallacies.

Since utopian socialism developed in the 18th century, the world has seen the emergence of numerous ideological currents: scientific socialism, Fabian socialism, syndicalism, Christian socialism, democratic socialism, humanitarianism, eco-socialism, welfare capitalism, Marxism-Leninism, and Maoism. These ideologies are of two types: violent communism or nonviolent communism. The infiltration and gradual erosion of the status quo are the main tactics adopted by communism's nonviolent strains.

One of the devil's deceptions is to make arrangements in the two opposing camps of the East and the West. As it carried out a vast invasion of the East, it also took on a new guise and stole into the West. The Fabian Society of Britain, the Social Democratic Party of Germany, the Second International of France, the Socialist Party in the United States, and many other socialist parties and organizations spread the seeds of destruction to Western Europe and North America.

**Socialism uses the idea of guaranteeing 'equal rights' through legislation; in actuality, it drags down moral values and deprives people of the freedom to incline toward goodness.**

During the Cold War, the slaughter, concentration camps, and famines and purges in the Soviet Union and China made some Westerners count themselves lucky that they still lived in luxury and freedom. Some socialists publicly condemned the violence of the Soviet Union on humanitarian grounds, which led many to let down their guard around them.

The demon of communism inhabits a variety of complex guises in the West and operates under many banners, making it almost impossible to guard against. The following schools or movements were either derived from communism or used by communism to reach its ends: liberalism,

progressivism, the Frankfurt School, Neo-Marxism, critical theory, the counterculture of the 1960s, the anti-war movement, sexual liberation, legalization of homosexuality, feminism, environmentalism, social justice, political correctness, Keynesian economics, avant-garde art schools, and multiculturalism.

## 6. Socialism as the Preliminary Stage of Communism

In the West, many look at socialism and communism separately, which provides fertile ground for socialism to flourish. In fact, according to Marxist-Leninist theory, socialism is simply communism's preliminary stage.

In 1875, in "Critique of the Gotha Programme," Marx put forward the idea that there is an initial phase of communism, followed by an advanced phase. Compelled by changes in the international situation at the time, Friedrich Engels in his later years also proposed "democratic socialism," in which votes were used to obtain political power.

**Many look at socialism and communism separately, which provides fertile ground for socialism to flourish. In fact, according to Marxist-Leninist theory, socialism is simply communism's preliminary stage.**

Democratic socialism was adopted by social democratic party leaders and theorists of the Second International and led to the left-wing parties in many capitalist countries around the world today.

Lenin set down clear definitions of socialism and communism: He considered socialism to be the preliminary phase of communism, and communism to be developed on the basis of socialism.

Thus, it is clear that socialism has always been part of Marxism and the international communist movement. The public ownership and planned economy of socialism is part of the initial preparation for communism.

Presently, while branches of socialism or left-wing doctrines popular in the West seem superficially unrelated to communism, they're simply communism's nonviolent forms. Instead of violent revolution, votes are used to gain power in the West. Instead of outright public ownership, high taxation in Western countries serves the same role. Instead of a state-planned economy, Western social welfare systems are used to eat away at capitalism. Left-wing parties in Western countries consider social security and welfare systems to be an important aspect of realizing socialism.

When condemning the crimes of communism, the violence and slaughter should not be the only focus—one should be able to see the dangers that socialism itself brings. Communism in its nonviolent forms has de-

ceived and bewildered people's minds, under the guise of various branches of socialism. To understand communism, one has no choice but to recognize its preliminary phase, because communism develops from that preliminary phase onward, instead of maturing overnight. Just as a living being does, it grows up gradually.

Some socialist or welfare states in the West today use the idea of the "commonwealth" to sacrifice individual freedoms. Citizens in these countries retain certain political freedoms because the brand of socialism there has yet to be well-developed. But socialism is not a static concept: Socialist countries set equality of outcome as the primary goal, and thus, they are bound to deprive people of their freedom. Inevitably, socialism undergoes a transition to communism, with people continually being stripped of their individual freedoms.

If a free country turned into a totalitarian regime overnight, the drastic contrast between propaganda and reality would leave most people shocked. Many would rebel, or at least passively resist. This would lead to high costs for totalitarian rule, and the regime would likely need to commit mass slaughter to eliminate the resistance. This is one of the main reasons that both the Soviet Union and the People's Republic of China have engaged in the mass killing of their own citizens during peacetime.

Unlike totalitarian regimes, socialism in democratic states slowly eats away at people's freedoms through legislation—like the metaphor of the boiling frog. The process of establishing a socialist system takes decades or generations, leaving people gradually numb, oblivious, and accustomed to socialism, all of which enhance the deceit. The essence and objective of this type of gradual socialism are no different in substance from the violent form.

Socialism uses the idea of guaranteeing "equal rights" through legislation, while in actuality, it drags down moral values and deprives people of the freedom to incline toward goodness. In normal circumstances, people of all kinds naturally vary in their religious beliefs, moral standards, cultural literacy, educational backgrounds, intelligence, fortitude, diligence, sense of responsibility, aggressiveness, innovation, entrepreneurship, and more. Of course, it's impossible to enforce equality by suddenly elevating those at lower levels, so instead, socialism artificially restrains those at higher levels.

Especially in terms of moral values, the socialism of the West uses pretexts like "anti-discrimination," "value-neutrality," or "political correctness" to attack basic moral discernment. This is equivalent to an attempt to eliminate morality as such. This has come along with the legalization and normalization of all manner of anti-theist and profane speech, sexual perversions, demonic art, pornography, gambling, and drug use. The result is a kind of reverse discrimination against those who believe in God and aspire to moral elevation, with the goal of marginalizing and eventually getting rid of them.

See next week's edition for the next installment.

# China's Cultural Revolution Might Soon Reappear in Tibet

FLORA YAN

R

Recently, The Print used satellite images to prove that at least three "re-education camps" are currently under construction in Tibet. The author of the survey, Vinayak Bha, is a colonel retired from the Indian military intelligence unit and is a well-known satellite image research expert. He has repeatedly revealed Chinese military deployment dynamics through satellite photos. This time, he revealed construction done by Chinese authorities in Tibet. The so-called "temple" of Tibetan Buddhism is actually a concentration camp that is surrounded by high walls and guard towers and has the same structural design as a prison. Observers warned that China may soon start mass detention of Tibetans following the model of concentration camps for Uyghur Muslims in Xinjiang.

Since 2009, ethnic minority groups in Xinjiang have been interned and allegedly tortured by the Chinese government. If the Chinese regime starts another disastrous campaign of repression in Tibet, similar to what happened during the notorious 10-year Cultural Revolution, Tibet's unique cultural heritage may undergo another catastrophe.

Recently, the Chinese regime barred foreign tourists from visiting Tibet because of a sensitive anniversary: March 10th, 2019, the 60th year of the Tibetan National Uprising against the Chinese Communist Party's (CCP) occupation of Tibet's capital Lhasa.

Looking back at history, the CCP's rule over Tibet has already caused disastrous damage to Tibet's culture.

According to several Tibetan autobiographies and photo collections from the Cultural Revolution found in Lhasa in recent years, although the CCP repeatedly guaranteed freedom of religion and respect for local lifestyles in its early occupation of Tibet, it started the so-called "democratic reform" in the mid-1950s to carry out land reforms and establish people's communes. It forcibly confiscated or purchased private property, production tools, and livestock at extremely low prices.

Later on, the CCP regarded Tibetan Buddhism, which is the cornerstone of Tibetan culture, as "feudalistic superstition," they saw Tibetan temples as "counter-revolutionary headquarters," and the monks as "counter-revolutionaries." As a result, a large number of temples were destroyed, and hundreds of thousands of years of historical relics stored in the temples were plundered. Many monks were arrested and imprisoned after being criticized and abused. Tibetans' lives were threatened, their culture was destroyed, and their religious beliefs were also at the brink of extinction. Therefore, tens of thousands of Tibetans, including peasants, herders, merchants, soldiers, and even monks, decided to take up arms and organized guerrilla attacks, despite knowing that this was not the best choice to make. They fought with the well-trained and advanced CCP troops in the three districts of Tibet including Weizang, Amdo and Kang, with extremely simple weapons and insufficient ammunition.

The Dalai Lama fled to India in 1959, and the resistance movement in Tibet continued until the 1960s when it was completely suppressed by the CCP. But the



Young Tibetan Buddhist novice monks stand in the grasslands of their nomadic camp on the Tibetan Plateau in Madou County, Qinghai Province, China on July 24, 2015.

Tibetans' suffering did not end there. Later during the Cultural Revolution, Tibetan culture was systematically destroyed.

During the Cultural Revolution, all religious and cultural activities, such as chanting scriptures and lighting yak butter lamps, were all banned. Tens of thousands of monks were forced to secularize, marry, or be sent to labor camps. A large number of scriptures, cultural relics, Buddha statues, and architectural decorations were smashed, burned, stolen, or shipped out of Tibet for sale. The square that monks used for Dharma studies and prayer became a venue for public humiliation against the monks. The body of the Jokhang Temple was "renovated" to be used as a pig pen. The same tragedy occurred in the entire Tibet region as well as the neighboring Qinghai, Gansu, Sichuan, and Yunnan provinces.

Historical data has shown that, from 1949 when the CCP began to invade Tibet to the end of the Cultural Revolution in 1979, the CCP's rule caused a total of 1.2 million deaths in Tibet (including the surrounding provinces), accounting for nearly 20 percent of the entire Tibetan population of 6 million. The destruction of more than 6,000 monasteries caused irreparable damage to Tibetan culture.

Such destruction continues to this day. The CCP has forcibly resettled Tibetans in designated areas, restricted the use and teaching of the Tibetan language, strictly monitored all monasteries, and forcibly promoted "patriotic education," all of which accelerated

China may soon start mass detention of Tibetans following the model of concentration camps for Uyghur Muslims in Xinjiang.

the destruction of Tibetan culture and the sanitization of Tibet. Many Tibetan children living in metropolitan areas such as Lhasa have long lost the ability to express themselves in their mother tongue.

What Tibet has experienced is only one example of the CCP's destruction of traditional national and ethnic culture. At the same time, all ethnic groups, including the majority Han Chinese, have been subjected to varying degrees of oppression under the CCP's rule. In the past 70 years, the Chinese Communist regime has caused unbearable suffering to the people in China. But as the old saying goes, good and evil will be met with just rewards. Recent signs have shown that the CCP is reaching the end of its days. The glory of China's 5000-year civilization will continue to shine without the Communist shadow.

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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.*

## The 5G Cold War Heats Up

JAMES GRUNDTVIG

I

In Norse mythology, the one-eyed god Odin saw all of the daily events of mankind when he sat on his throne each night, listening to the reports from his two ravens—Thought and Memory—with one raven whispering the activities it saw, while the other explained their meaning.

In 2019, China believes it's a dozen years away from achieving the technological equivalent of Odin's all-world vision in gaining knowledge of human activities, no matter how mundane or scattered, in near real-time.

To cast the widespread data net, China will need to control the fifth generation (5G) telecommunications infrastructure that will become ubiquitous in connecting the world over the next five years. To that end, China announced plans to invest more than \$220 billion in 5G by 2025 to achieve that goal, according to China Daily.

Today, 5G is the focal point of the superpowers vying for global supremacy. 5G underpins the new cold war, replacing the Soviet nuclear arms race with information warfare on an electromagnetic spectrum.

At the center of the push is China's global telecom leader Huawei, which has filed a lawsuit against the U.S. government "to challenge the defense spending bill that blocks executive agencies from using its telecommunications equipment," as reported in the New York Times.

That's one way to amplify the fierce competition in trying to become the builder of 5G networks and commercialize them throughout the world.

### 'Unrestricted Digital Warfare'

China's scorched-earth approach to global hegemony has roots in its doctrine of unrestricted warfare, set out in a book of the same name. Written by a pair of People's Liberation Army (PLA) colonels in 1999, it maps 26 warfare domains that cover the spectrum from military and



trans-military, such as network and smuggling warfare, to non-military warfare in trade, media, and finance, among other areas of destabilization.

By observing the U.S. military's tactics and smart weapons used in the First Gulf War, the PLA colonels discovered that information is the linchpin to achieving total and swift victory.

"The PLA spent more than a decade examining U.S. military publications on network-centric warfare and the evolution of American doctrine on information warfare ... In the Balkans and the first Gulf War, the PLA saw the effect of modern information operations on the battlefield and in the international arena," wrote Larry M. Wortzel in a 2014 U.S. Army War College report, "The Chinese People's Liberation Army and Information Warfare."

If Wortzel updated his report today, he would expand on the Chinese Communist Party's (CCP) triple warfare used against the Uyghurs. Key in taking over Xinjiang Province, home to 12 million indigenous people, the CCP used the unholy trinity of legal, public opinion, and psychological warfares. The end result has been an effective media blackout and muting of public sentiment on crimes against humanity, even in the Muslim world.

### Uyghur 5G Warfare Lab

Since 2017, China has erected

▲ A guest tours a center devoted to promoting China tech giant Huawei in Brussels on March 5, 2019.

concentration camps, where it has imprisoned more than one million of the ethnic minority, stripping them of their human rights and religious identity. Thousands of dissidents have disappeared. But the real tool for total domination comes with the pervasive spying built on 5G-wireless networks that have digitally enslaved Uyghurs who aren't in the camps.

Every minute of every day, the Uyghurs are tracked by their smartphones and followed around the towns and cities by thousands of facial-recognition cameras. They are scanned, searched, and questioned at checkpoints. The police take their DNA samples and biometric prints, while inspecting mobile apps and photos on their smartphones for illegal content. The stream of information is then transmitted to databases for actionable intelligence.

Why is arid, dusty Xinjiang so important to the CCP's plans?

It sits on the footprint of the old Silk Road. Soon, the fabled land will bridge Pakistan in China's Belt and Road Initiative to trade routes to the Mid-East and Europe. The goal is to cut out the United States and its Western European allies from the new commerce paradigm. Beyond building conduits and transport lines, China's 5G networks will track shipments and supply chains, measure workers' productivity, and make sure no person or Belt Road partner falls out of line with the CCP vision or

policies.

### Can China Be Trusted With 5G?

With download speeds that will be 200 times faster than 4G technology, 5G will deploy artificial intelligence (AI) on data gathered from hundreds of billions of sensors embedded in people, devices, kiosks, cameras, robots, machines, transactions, and blockchain ledgers and contracts. 5G-AI will empower machine-to-machine communication for autonomous drones, vehicles, and weapons, transforming the analog world to all digital on the massive internet of things.

In this hyperconnected future, oceans of data will flow into databases to be analyzed and acted upon in real time.

Despite 5G radiation health risks raised by scores of physicians and scientists, there are three other areas of 5G networks that should concern Western leaders. They are China exporting surveillance, taking advantage of cybersecurity gaps, and implementing military applications.

Standing at the center of the 5G donnybrook is Huawei. Founded in 1987 by Ren Zhengfei, a PLA veteran who came up through the ranks as a military IT researcher, Huawei has been losing the media warfare battle of late.

Huawei is under investigation for the intellectual property theft of the robot used by T-Mobile to test smartphones. The high-profile arrest for alleged sanctions violations of Huawei's CFO Meng Wanzhou, Zhengfei's daughter and apparent successor, has added to the negative press.

In Huawei's equipment, there have been accusations of backdoor data dumps to the CCP, while spying on Americans in their homes and workplaces. The potential security gaps need to be examined more deeply.

Take the scenario in which Huawei's equipment is embedded in everything that is "smart," from meters and appliances, homes and buildings, to autonomous vehicles and the grids of smart cities. China would be able to shut down any

part of the system at any time, including the loss of power to nuclear power plants and hospitals, or allow hackers to penetrate the lives of people or steal the trade secrets of businesses.

Since 5G will be both ground-based and on satellites orbiting the Earth, the PLA would be able to spy on users beyond Huawei's networks, such as poor countries without telecom infrastructure. The real threat, however, comes in near-future military use of 5G. There, China could disrupt sea, air, and land navigation, unleash machine-command drone warfare, or take out 5G antennae networks or 5G satellites in space.

Gordon Chang, the author of "The Coming Collapse of China," sat on the panel "21st Century Terminator: How China is Using 5G and AI to Take Over the World" at the Conservative Political Action Conference on March 1, and stated:

"The race for 5G will be determined in the next two to three years and is really going to determine the fate of the world for the first half of this century. And it better not be Huawei, if we want to be free." (See: <https://www.youtube.com/watch?v=XThVzC8S8fc>, Chang's panel begins at the seven-hour mark.)

Can China be trusted after casting aside the international law of the sea by building military bases on atolls in the South China Sea? Can China be trusted after subjugating the Uyghurs and other ethnic people for the crime of being themselves? Can Chinese tech companies, such as ZTE and Huawei, be trusted to secure and not abuse your data?

The answers are no, no, and no.

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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.*

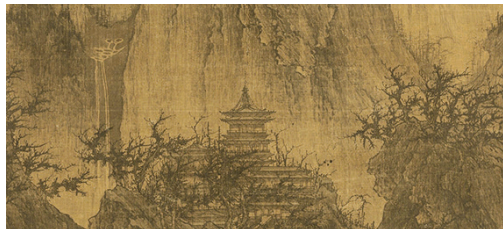


James Grundvig

Two Monks in Conversation

An ancient Chinese Story: Do quilts warm people or people warm quilts?

See B8



Socialism is Attacking Our Way of Life

How do you make a free people and democratic society establish their own totalitarian government? History shows it's a game of divide and conquer.

See B9

THURSDAY MAR 14, 2019

# LIFE

THE EPOCH TIMES

AUBRIE PICK



ALL ILLUSTRATIONS BY YULIYA SHORA/SHUTTERSTOCK

Vietnamese food, fresh and bright and incredibly versatile, is more accessible than ever.

## The Spirit of Vietnamese Cooking

Marked by fresh flavors and a legacy of resourcefulness, it is more accessible than ever

**CRYSTAL SHI**

When Andrea Nguyen and her family arrived in America in 1975, there was no fish sauce at their neighborhood Albertsons. None to make nuoc cham dipping sauce, or spike noodle soups, or complete the slew of other savory Vietnamese dishes that rely on its umami-

packed funk. And for months, they had no car to make the hour and a half drive to Los Angeles' Chinatown and its Asian markets, where such rare treasures were stocked. So her mother made do with La Choy soy sauce.

With no jasmine rice, that fragrant staple, she dubbed Texas long-grain a worthy substitute. For delicate steamed rice rolls, traditionally fashioned from rice flour, Swans Down cake flour did the trick instead.

"She was always like, 'What can we use? What can we co-opt from

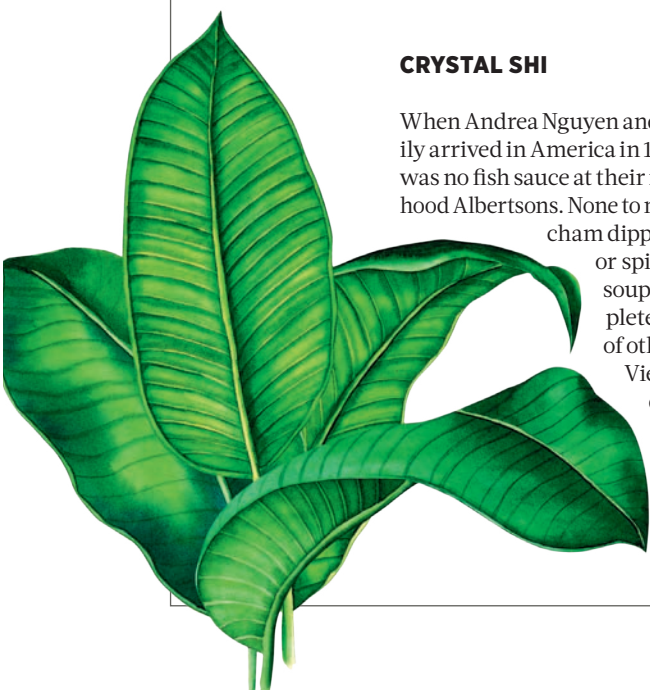
the American supermarket?'" Nguyen recalled. Supplementing universal produce and pantry staples with clever substitutes and workarounds for Vietnamese specialties, she preserved the food traditions of their roots in their new American home. Spaghetti dinners came with a side of rice.

Such is the spirit of Vietnamese cooking, Nguyen said, embodied by generations of curious and resourceful cooks who lived through colonial occupation and war, and immigrants, like herself and her parents, who adapted to unfamiliar

surroundings to recreate familiar bits of home.

Nguyen brings that spirit to her new cookbook, "Vietnamese Food Any Day." It's the latest of several cookbooks from the Vietnam-born, California-based author and food writer, cooking teacher, and long-time ambassador of Vietnamese cuisine, including the comprehensive "Into the Vietnamese Kitchen," published in 2007, and the more recent "The Pho Cookbook," winner of a 2018 James Beard Award.

Continued on B2



# The Spirit of Vietnamese Cooking

Marked by fresh flavors and a legacy of resourcefulness, it is more accessible than ever



The author, Andrea Nguyen.

AUBRIE PICK



AUBRIE PICK

ALL ILLUSTRATIONS BY YULIYA SHORA/SHUTTERSTOCK

Continued from B1

In this book, she does something different: “I specifically help people grocery shop.”

That is, she helps people grocery shop for the building blocks of Vietnamese food, but at mainstream market chains like Kroger, Whole Foods, Trader Joe’s, and Publix—no Asian-market shopping necessary—and bring the flavors and dishes of the cuisine into their home kitchens. The recipes are all based on ingredients easily sourced from such stores, and most come together in under an hour.

“This book is really about opening the door, welcoming people in to make Vietnamese food,” Nguyen said. “The food isn’t mysterious; it’s not exotic. People can totally make it and be part of the story.”

## Foundations

Accessibility is a common thread, but Nguyen is adamant about not “dumbing down” her recipes—“that would be doing a disservice to who I am and the cuisine that I’m representing,” she said.

To capture her approach to demystifying and streamlining Vietnamese food, without compromising its integrity, she summons a Vietnamese term: “kheo,” meaning “smart” or “adroit.” When used to describe cooking, the term implies “food that’s been thoughtfully and skillfully prepared with intention and a grounding in the fundamentals,” Nguyen writes.

Those fundamentals are key. They encompass an understanding of certain foundational flavors, like the blending of savory and sweet and the interplay between heady umami and bright, zippy acid; and of certain foundational techniques, like coaxing water, fish sauce, and onions into a simple base for everyday soups; or simmering meats and fish in bittersweet Vietnamese caramel, nuoc mau, to a glossy, savory-sweet finish.

“My parents held onto those foundations when they came here,” Nguyen said. Her mother took with her a handwritten recipe book; other refugees brought over cookbooks and photocopied



“Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors” by Andrea Nguyen (\$24.99).

them to share. Nguyen still has binders full of photocopied recipes.

“People brought things because they were like, ‘We don’t want to lose our heritage. We don’t know what it’s going to be like over there. We can’t bring many belongings, but we can bring paper,’” Nguyen said.

On the weekends, when phone rates would drop, her parents would “be on the phone for hours with their friends, talking, gossiping, swapping ... tips: ‘Where are you? What are you up to? What are your workarounds and co-opted discoveries, customizing and improvising to keep their heritage alive.’”

Vietnamese food is thus inherently versatile. There’s a basic “Vietnamese blueprint” for each dish, from banh mi to bun (rice noodle bowls), that makes it taste “wholly Vietnamese,” Nguyen said. From there, specific proteins, vegetables, toppings, and even dipping sauces can vary by the individual cook’s needs and desires.

“Cooks innovate, and Vietnamese food has always been about innovation,” Nguyen said. “But you can’t build anything without a solid foundation, because no one’s going to know where things started. And so, you need to set those roots.”

## Building a Vietnamese Food Pantry

Much like her parents taught her, Nguyen teaches home cooks to be resourceful and use what they have readily available—which, these days, is no small selection.

American supermarkets have come a long way. According to the Food Marketing Institute trade group, their average inventory has diversified from 9,000 items in 1975 to 40,000 today, Nguyen writes. It’s an exciting time to be cooking and eating.

For staples like high-quality fish sauce, Chaokoh coconut milk, and Sun Brand Madras-style curry powder, “we used to have to go to an Asian market,” Nguyen said. “But nowadays, because there is so much awareness about Asian food and global



## SHRIMP IN COCONUT CARAMEL SAUCE

My niece Paulina requested this savory-sweet comfort food from southern Vietnam, a region where cooks use coconut milk and coconut water for a sunny array of dishes. I happily obliged because it’s delicious and involves a nifty technique—coconut water is reduced with other ingredients until it caramelizes a bit to create a lovely syrupy sauce. Enjoy “tom rim nuoc dua” with rice and a simple vegetable, like charred Brussels sprouts. Choose a large skillet or sauteuse pan with a light interior to easily monitor the color changes during cooking.

**PREP & COOKING TIME**  
Takes about 35 minutes

**SERVES 4**

- 1 1/4 pounds extra-large or jumbo shrimp, peeled and deveined**
- 1 1/3 cups coconut water**
- 1 1/2 tablespoons sugar, plus more as needed**
- 1 tablespoon caramel sauce (recipe follows), or 1 1/2 teaspoons molasses**
- 1 1/2 tablespoons fish sauce, plus more as needed**
- 2 tablespoons virgin coconut oil**
- 1 large shallot, halved and sliced**
- 3 large garlic cloves, sliced**
- Recently ground black pepper**
- 1 green onion, green part only, thinly sliced**

Pat the shrimp with paper towels to remove excess moisture, and set aside.

In a medium bowl, combine the coconut water, sugar, caramel sauce, and fish sauce and stir to

mix; taste and make sure it’s pleasantly salty-sweet. It will cook down later and intensify but use this opportunity to check the flavor. If needed, add up to 1 1/2 teaspoons sugar or fish sauce, or both. Set aside.

In a skillet or sauteuse pan over medium heat, melt the coconut oil. When the oil is barely shimmering, add the shallot and garlic and cook, stirring frequently, for 3 to 4 minutes, until the garlic is pale blond. Remove from the heat and, once the cooking action subsides, add the coconut water mixture.

Return the skillet to high heat and bring to a boil. Cook, without stirring, for 10 to 14 minutes, until reduced to between 1/3 and 1/2 cup, a bit thickened, and slightly darkened. Add the shrimp and continue cooking at a swift simmer, stirring frequently, for 3 to 5 minutes, until the shrimp curls up and cooks through and the sauce is slightly syrupy. (Expect the shrimp’s natural juices to release, thin out, and flavor the sauce.) If the shrimp cooks too fast, remove it from the pan, let the sauce cook down, and then return the shrimp. Remove from the heat, season with lots of pepper, and stir in the green onion. Let sit for 5 minutes for the flavors to settle and deepen.

Transfer the shrimp to a shallow bowl or plate and serve.

## CARAMEL SAUCE

This key Viet ingredient is simply nearly burnt sugar; it’s not at all the caramel sauce for topping ice cream. Vietnamese caramel sauce is stealthily employed in savory dishes to impart a lovely mahogany color and build savory-sweet depth. You’ve likely had caramel sauce in clay-pot (kho) dishes but didn’t know it. Like molasses, it can be added to grilled-meat marinades to enhance the appearance of the final dish.

Don’t fear the caramelization process. It’s not overly dramatic, and the vinegar prevents crystallization, which can result in crusty failed batches. Employ cane sugar, such as C&H brand, because it caramelizes consistently better than beet sugar. The result is an inky, bittersweet Vietnamese staple. I keep a jar of caramel sauce to cut down on prep work. If you don’t have time to make a batch, use the work-arounds in the recipes to make some on the spot. Select a small, heavy-bottomed saucepan with a long handle and a light interior (such as stainless steel) to observe the caramelization. If you wish, use strained fresh lemon or lime juice in place of vinegar.

**PREP & COOKING TIME**

Takes 15 minutes

**MAKES ABOUT 1/2 CUP**

**2 tablespoons water, plus 1/4 cup**

**1/8 teaspoon unseasoned rice, apple, or distilled white vinegar (optional)**

**1/2 cup cane sugar**

Fill the sink (or a large bowl or pot) with enough water to come halfway up the sides of the saucepan.

In the saucepan, combine the 2 tablespoons water, vinegar (if using), and sugar. Set over medium heat and cook, stirring with a heatproof spatula or metal spoon; when the sugar has nearly or fully dissolved, stop stirring. Let the sugar syrup bubble vigorously for 5 to 6 minutes, until it takes on the shade of light tea. Turn the heat to medium-low to stabilize the cooking. Turn on the exhaust to vent the inevitable smoke. (Don’t worry if sugar crystallizes on the pan wall. But if things get crusty in the bubbling sugar syrup, add another drop of vinegar to correct it.) For even cooking, you may occasionally lift and swirl the saucepan.

Cook the syrup for about 2 minutes longer, until it is the color of dark tea. The next 1 to 2 minutes are critical because the sugar will darken by the second. Monitor the cooking and, to control the caramelization, frequently pick up the saucepan and slowly swirl the syrup. When a dark reddish cast sets in—think the color of pinot noir—let the sugar cook a few seconds longer to a color between cabernet and black coffee. Remove from the heat and place the pan in the water to stop the cooking. Expect the pan bottom to sizzle upon contact.

Leaving the pan in the sink, add the remaining 1/4 cup water. The sugar will seize up, which is okay. When the dramatic bubbling reaction stops, return the pan to medium-high heat, and cook briefly, stirring to loosen and dissolve the sugar.

Remove the pan from the heat and return to the water in the sink for about 1 minute, stirring, to stop the cooking process and cool the caramel sauce to room temperature.

Use the sauce immediately, or transfer to a small heatproof glass jar, let cool completely, and then cap and store in a cool, dark place indefinitely.

flavors, that Asian section at the supermarket, if you go to a good one, that is amazing.”

For the uninitiated, though, that variety can also be daunting—a blur of foreign labels more likely to lead to decision paralysis than a newly stocked pantry. That’s where Nguyen comes in: her book’s extensive shopping guide navigates the reader through seas of soy sauce bottles and rice paper packages to track down the best.

And if certain ingredients still have yet to make it to the shelves, there’s no shame in finding work-arounds: rice spaghetti can mimic the traditional thick, round “bun,” or vermicelli noodles; pomegranate molasses and juice are Nguyen’s go-to subs for tangy-sweet tamarind; anchovy paste lends a similar heady funk as fermented shrimp sauce to dishes like bun bo hue and its multi-layered spicy, salty, sour broth.



**The food isn’t mysterious; it’s not exotic. People can totally make it and be part of the story.**

Andrea Nguyen, author

Nguyen offers another word of advice: “[If] you need something at a grocery store, you go and you ask.”

Her parents taught her as much. They also taught her to explore the resources around her, as they would on family trips to recon their local markets; to ask the butcher to grind up a hunk of pork shoulder on the spot, if she wanted the freshest ground meat; to grow herbs and other plants at home, as her father did, “for fun and for freshness.”

“Those are like life skills. All of that really stuck with me,” Nguyen said. Such experiences formed the roots of her “very resourceful approach to finding ingredients,” one she invites other home cooks to adapt and hone.

She proves that Vietnamese food at home is more accessible than ever. You just need the right foundations, a bit of courage, and a healthy dose of make-do spirit.



## CURRY-SCENTED GRILLED BEEF LETTUCE WRAPS

Making lettuce-and-herb wraps filled with well-seasoned grilled morsels is a quintessential Viet way to eat. It’s fun and healthy too. This recipe was inspired by beef wrapped in wild betel leaf (bo nuong la lot), a favorite. Plentiful in Vietnam but rare outside of Little Saigon markets in America, the heart-shaped, edible leaves magically release a peppery, incense-like aroma during cooking. I conjure up the leaf by seasoning the meat with curry powder, fish sauce, oyster sauce, and lots of black pepper.

Good ground beef, the kind you’d make excellent burgers with, is perfect. Peanuts lend texture, and the water hydrates to prevent a dry finish. With the rice noodles, you have a one-dish meal; but skip them for a low-carb dish. To make a beef rice bowl, see the Notes.

### PREP & COOKING TIME

Takes about 45 minutes

### SERVES 4

**Brimming 1/3 cup unsalted roasted peanuts or cashews, finely chopped**

**3 medium green onions, white and green parts, finely chopped**

**1 tablespoon Madras-style curry powder (preferably Sun brand)**

**3/4 teaspoon recently ground black pepper**

**3 tablespoons water**

**Brimming 1 tablespoon oyster sauce**

**1 tablespoon fish sauce**

**1 1/2 pounds ground beef (about 85 percent lean)**

**6 ounces small dried round rice noodles (maifun), or 8 ounces dried rice capellini or thin spaghetti**

**1 cup Nuoc Cham Dipping Sauce (recipe follows)**

**Leaves from 1 large head of soft-leaf lettuce (such as butter, Boston, or red or green leaf)**

**6 to 8 bushy sprigs fresh mint or basil**

**10 to 12 sprigs fresh cilantro**

In a medium bowl, combine the peanuts, green onions, curry powder, pepper, water, oyster sauce, and fish sauce. Add the beef and mix with your fingers. (If not cooking right away, cover and refrigerate for up to 24 hours.) Form into twenty-four patties, each 2 inches wide and 1/2 inch thick. Set aside.

In large pot of unsalted water, boil the noodles, then drain, rinse with water, drain, and let cool for 5 minutes. Since the noodles are unwieldy, arrange them as 2-inch nests on a plate or in a shallow bowl. Set at the table with the dipping sauce, lettuce, and fresh herbs.

Lightly oil a cast-iron stove-top grill (or lightly film a heavy skillet with oil) and set over medium-high heat. In batches, add the beef and cook for 4 to 5 minutes, turning midway, until medium to medium-well done. (These are usually not eaten medium-rare, but you can cook for less time, if you like.) Transfer to a platter and let cool for a few minutes.

Have diners build lettuce wraps with herbs, noodles, and beef (for easier eating, you can break or cut each patty into two or three bite-size pieces). Dunk in the sauce and eat.

### NOTES

To speed up prep, chop the peanuts and green onions in a small food processor.

Boil the noodles and ready the lettuce, herbs, and sauce in advance and refrigerate separately. To refresh the noodles, sprinkle with water and microwave on high for 60 to

90 seconds.

For extra color and texture, cut a 2-inch section of carrot into fine matchsticks (or coarsely grate it), then add to the dipping sauce. The beef is great in rice noodle salad bowls too.

For curry-scented grilled beef rice bowls, cut the lettuce into ribbons, coarsely chop the herbs, and put them in soup bowls. Add room temperature or slightly warm cooked rice (about 3/4 cup per bowl) and the cooked beef, then drizzle with the sauce. Eat with a fork and spoon.

Be skeptical about the cooking instructions on your noodle package: Japanese and a handful of Chinese noodle companies have spot-on cooking directions, but most producers don’t. Plus, the noodles are crafted for multiple uses. Go rogue and judge the timing and doneness yourself. You’ll be a better cook.

## NUOC CHAM DIPPING SAUCE

I’ve been making Vietnam’s ubiquitous “nuoc cham” for decades but still prepare it in stages to dial in the flavor. Much like making a vinaigrette, taste, taste, taste. Follow this recipe, then create your own formula. With the optional additions, choose chili for heat, garlic for pungency, and/or carrot for texture.

### PREP & COOKING TIME

Takes 10 minutes

### MAKES ABOUT 1 CUP

**2 to 2 1/2 tablespoons sugar, or 3 to 4 tablespoons maple syrup**

**3 to 4 tablespoons fresh lime juice**

**1/2 cup warm water, or as needed**

**2 teaspoons unseasoned Japanese rice vinegar (optional)**

**3 to 4 tablespoons fish sauce**

Optional add-ins:

**1 or 2 Thai or Serrano chilies, thinly sliced (keep seeds intact); or 2 to 3 teaspoons chili garlic sauce or sambal oelek**

**1 large garlic clove, minced**

**1/2 small carrot, cut into thin matchsticks or coarsely grated**

In a small bowl, combine 2 tablespoons of the sugar (or 3 tablespoons of the maple syrup), 3 tablespoons of the lime juice, and the water. Taste the limeade and, if needed, add the remaining 1 1/2 teaspoons sugar (or 1 tablespoon maple syrup) and/or 1 tablespoon lime juice; dilute with water if you go too far. If there’s an unpleasant tart-bitter edge, add the vinegar to fix the flavor.

Add the fish sauce to the bowl; how much you use depends on the brand and your own taste. Aim for a bold, forward finish that’s a little gutsy. (Keep in mind that this sauce typically dresses dishes that include unsalted ingredients such as lettuce and herbs, which will need an extra flavor lift.) If desired, add the chilies, garlic, and/or carrot. (Offer the chilies on the side if diners are sensitive to heat.) The sauce can sit at room temperature for up to 8 hours until serving.

Set the sauce at the table so diners may help themselves, or portion it out in small bowls in advance of serving.

### NOTES

Lime juice dulls and can turn the sauce slightly bitter when left overnight. For a make-ahead nuoc cham, combine the sugar, water, and fish sauce to create a base, then refrigerate for up to 2 weeks. (Prep a double batch if you use it a lot.) To finish, add the lime juice, vinegar (if using), and any desired add-ins.

For a vegetarian nuoc cham, stir together a rounded 1/2 teaspoon fine sea salt, 3 tablespoons packed light brown sugar (or 4 to 5 tablespoons maple syrup), and 3 tablespoons lime juice. Taste and add sweetener or up to 1 teaspoon unseasoned Japanese rice vinegar to round out. Add 2/3 cup lukewarm water and 1 1/2 teaspoons soy sauce and finish with any add-ins before serving.

All recipes reprinted with permission from “Vietnamese Food Any Day: Simple Recipes for True, Fresh Flavors” by Andrea Nguyen, copyright 2019. Published by Ten Speed Press, an imprint of Penguin Random House. Photography credit: Aubrie Pick, copyright 2019.

AUBRIE PICK



**Vietnamese food is thus inherently versatile.**



## Screen Time Linked to an Epidemic of

# MYOPIA

## Among Young People



Today's young people don't play outside nearly as much as previous generations.

ALL PHOTOS BY SHUTTERSTOCK

Rates of nearsightedness have skyrocketed, raising the risk of more serious eye problems

LANGIS MICHAUD

More young people are wearing glasses to correct nearsightedness, a trend that has prompted fears that the use of computers, tablets, and smart phones is damaging eyesight at epidemic proportions.

Forty percent of North Americans are affected by myopia, a number that doubled between 1972 and 2004 and continues to grow at a rate that qualifies the phenomenon as an epidemic.

In Europe, myopia is prevalent among 42.2 percent of adults aged 25 to 29 years, almost twice that of adults aged 55 to 59 years.

Many cases of myopia significantly increase the risk of major ocular health disorders such as retinal tearing (21 times greater), glaucoma (40 times) or cataracts (six times).

An eye that becomes shortsighted becomes longer. The stretching is proportional to the increase in myopia. The more the eye stretches, the more the retina, which lines the inside of the eye, becomes thinner. Symptoms such as cracks, abnormal development of subretinal blood vessels, and bleeding may appear.

Ultimately, the very nearsighted patient has a more than 50 percent risk of spending the rest of his or her life legally blind, which is when vision is reduced by 60 percent or more. This means that the length of their eye exceeds 28 mm (the normal length is 23 mm) or that the myopia levels exceeds six diopters. Diopter is a unit of measurement used to calculate eyesight—the further away from zero indicates a worsening in vision. It is important to intervene before these levels of myopia are reached.

### What's Behind the Epidemic?

There are many causes of myopia. Genetics plays an important role but epigenetics—the environment in which the child evolves—is a more important factor.

And what has changed in our environment to explain the recent skyrocketing rates of myopia? The impact of technology, which has seen a boom in recent years, is being closely examined.

A rapid increase in visual problems has been noted since the introduction of the smartphone in 2007. The device requires the user to read its screen at a distance of 20 cm rather than the normal distance of 45 cm to 50 cm. It has been suggested that this close distance boosts the risk of developing myopia by eight times, especially if both parents are myopic.

Ambient lighting also plays a role because the use of fluorescent lights in places like classrooms also promotes myopia. When a tablet is used in such an environment, the effect is multiplied tenfold.

Unlike books printed on paper, tablet and computer screens are optically associated with so-called chromatic aberrations. The shortest wavelengths (blue light) reach the eye faster than other colors, which generates a myopia stimulus. There is a dose and response effect here, suggesting that prolonged use leads to more negative effects.

Today's young people don't play outside nearly as much as previous generations and are heavy users of electronics. Exposure to daylight has a protective effect against myopia.

### Possible Solutions

The purpose of myopia treatment is to slow down the elongation of the eye. To avoid this problem, it is imperative to influence epigenetics—the environment in which the child grows.

The American Academy of Pediatrics says parents should keep their children away from electronic media before the age of two, due to wide-ranging health issues. A limit of one hour per day should be the rule for those between two and five years, and the emphasis should be put on educational sites or applications that promote interactions between the

parent and child, the Academy recommends.

While school requests should be taken into consideration, the use of electronic media should continue to be limited as the child gets older. A maximum of one hour, besides school work, must be observed for good eye health. A two-minute break after every 30 minutes of device use will also lessen harmful effects. Children should also be kept from using devices for at least one hour before sleep to avoid sleep issues.

Children need a minimum of 45 minutes of daylight per day. They can get this by walking to school or participating in outdoor activities like sports.

Regular optometrist checkups are also important to ensure the health and coordination of both eyes. An optometrist will need to correct, by exercise or optical means, any anomaly that may be detected.

Finally, optical correction must be chosen with the goal of slowing down the progression of myopia. In rare cases, glasses with anti-myopia lenses may be prescribed. They can decelerate progression by about 30 percent. Specialized contact lenses are often preferred and offer control ranging from 50 percent to 80 percent. The contact lens treatment is available from the age of seven, and will be periodically reassessed according to the child's changing needs.

In short, myopia is not just a commonplace vision defect. It is a significant risk factor for serious eye disease. We must therefore do everything possible to slow its progress and protect our children's vision—especially reviewing their use of electronic devices.

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

# Everything Could Change Tomorrow

You can't plan for unexpected changes, but you can treasure the moment you have

JOSHUA BECKER

A close family friend, as healthy as you'd ever imagined, suffered a heart attack on Thanksgiving morning. He went to bed on November 21st but did not awake on the 22nd. Survived by his wife and two kids.

My neighbor is in his 40's and was recently diagnosed with Stage 4 cancer. I played basketball with him just a few months before. His diagnosis surprised everybody—including him.

I recently received a phone call on an otherwise normal Tuesday morning that a friend of mine had lost his teenage daughter in an automobile accident the night before. As awful news as anyone could ever receive.

Then there is the story of my relative, who showed up to work last summer, only to find her workplace being searched by the authorities as they investigated fraud. By the end of the week, she was without work.

And my parents, just yesterday, were in a car accident. Everybody is fine, fortunately. But their vehicle was totaled.

Life changes fast. This season of life you are in could end at any time. Everything could change tomorrow.

Of course, tomorrow isn't necessarily worse than today. It may change for the better.

In early December 2001, my wife walked into our living room to share important news with me. She was pregnant with our first child. My life forever changed that day.

Our best friends down the street received a job promotion that took them back home to Texas. My cousin, simply hanging out with friends one evening was introduced to a girl, who quickly became his girlfriend, and soon his wife.

And my life changed dramatically for the better on a Saturday morning 10 years ago when my neighbor unexpectedly introduced me to minimalism—a conversation that became my passion and eventually, my career.

They say the only constant in life is change. They are right.

Sometimes we plan out our lives—our days, our weeks, our years—and everything falls into place. But other times, we make our plans, only to have them upended by circumstances outside of our control.

Sometimes life changes for the better, sometimes it changes for the worse, but always for something different than today.

I find myself reflecting on that fact this morning as I sit alone at this empty table. My life is good, and peaceful in this moment. My family is happy, and we are all healthy. I have friends I can rely on, extended family I enjoy being with, and our financial needs are being met doing work that I love.

It is easy, I suppose, to think life will stay this way forever. But that is not the case. Everything could change as early as tomorrow.

This may cause some to worry. But I don't think that's the best response. The change could be positive. And worrying won't help anyway.

I think the best response is to appreciate this moment.

If life is good, count your blessings, be thankful, and enjoy it. Slow down, take a deep breath, and savor this season as best you can.

If, on the other hand, your life is not in a good place, take heart—change is coming. As the seasons' change, so does life. Value love, faith, and hope. Find peace to accept the things you cannot change and courage to change the things you can. But through it all, remember, this is only a season, and seasons are temporary.

If you can only live one moment at a time, you might as well make it the present. After all, we have no idea how long "today" will last.

Joshua Becker is an author, public speaker and the founder and editor of *Becoming Minimalist* where he inspires others to live more by owning less. Visit [BecomingMinimalist.com](http://BecomingMinimalist.com)

Life might look to have some predictable ups and downs along the way, but there's almost always a major turn you don't see coming.



Life might look to have some predictable ups and downs along the way, but there's almost always a major turn you don't see coming.

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# How Adding Color to My House Increased My Joy

I used the principles of color therapy to infuse my home with happy memories

PAIGE TOWERS

How we see the world shapes who we choose to be—and sharing compelling experiences can frame the way we treat each other, for the better.

Upon relocating to Milwaukee from New York City last year, I bought my first house—a 120-year-old fixer-upper. I was thrilled, but there was one feature that bothered me more than anything else on my list of items to repair or replace: the off-white color of the walls.

After years of renting low-budget apartments that were drowning in neutral tones, I ached for brighter hues, and not just for aesthetic reasons.

As someone who's struggled with depression and anxiety for 15 years, I frequently notice the positive and negative effects that color has on my emotions.

Blue makes me feel calm, too much red makes me feel tense and agitated, and monotonous whitewashed colors—like the ones on the walls of my former flats—make me feel uninspired or even glum.

So, I headed to the paint store with one simple guiding question in mind: What colors made me feel happy?

**Research shows that color can affect our mood, energy levels, and choices.**

## Color's Effect on Our Mood

As it turns out, I'm not alone in having strong responses to color. While we don't always think of interior design as something related to our well-being, research shows that color can affect our mood, energy levels, and choices.

Color scientist and consultant, Leslie Harrington, states that even when we're not consciously thinking about the shades of our surroundings, color can still influence us, especially if it's a bold, saturated hue.

"Color can absolutely impact a person's behavior and the way they think or feel," Harrington said. "When you walk into a red, pink, or blue room, we can see measured impact on heart rate, for example. It's an involuntary bodily reaction."

Still, no one experiences one hue exactly the same way, Harrington notes.

"From a psychological standpoint, not all of us have the same associations with different colors."

In fact, our varying perceptions of color are formed through universal, cultural, and personal experiences.

Red is universally associated with love, for example. Also, every country maintains unique cultural traditions with color: South Koreans wear white to funerals, while many Western cultures wear dark colors.



ALL PHOTOS BY SHUTTERSTOCK

We also have our own personal experiences with different hues. I associate pastel yellow with my grandmother's house, and befittingly find it comforting.

There isn't one right shade for everyone, even if people share similar issues, like depression, anxiety, or other health issues. Still, given that the study of the psychology of color has existed for decades, there's some general consensus.

As early as the 1880s, Florence Nightingale discussed the importance of implementing varied and "brilliant" colors in hospitals in order to improve patients' moods and health outcomes.

Several decades later, in 1950, color expert Faber Birren wrote about how some blues and greens can act like sedatives, or even be hypnotic.

And in the 1960s, researchers painted rooms in prisons across the country with a lucid shade of pink in order to study its effects on inmates. The color, later named "Baker-Miller Pink," was shown to reduce aggressive and violent behaviors, as well as lower blood pressure and heart rate.

"Typically speaking, warm colors tend to be more uplifting and cool colors tend to be more calming," said Harrington.

Although these responses are subjective, creating an emotionally-healthy home through color choice is catching on as a design trend. Celebrity and model, Kendall Jenner, embraced color psychology by painting a room in her home with Baker-Miller Pink, citing the research that it's both calming and suppresses appetite. Where Should You Begin?

"The most important thing when designing a room is to think of the emotional response and experience that people want themselves or a visitor to have," said Harrington.

## Painting With Memories

Just as Harrington suggests, I considered the primary function of each room before selecting paint samples for my new (old) house.

A luminous turquoise color not only reminded me of the coral I'd seen once while scuba diving in the South Pacific, but it instantly made me feel joyful and inspired. I decided to use it for my living room, where I like to read and converse with friends, as well as for my office, where I do all my writing.

A sunny apricot color felt energizing and fun, so I used in the area of my basement where I work out. I also picked out a dark, relaxing blue to use in my kitchen, where I like to unwind while cooking or baking after a long day.

Although I kept some of my walls in more neutral tones, I felt a noticeable difference after I emptied my last paint can. The highly saturated colors made me feel safer, warmer, less anxious, and most importantly—happier.

## Color Therapy on a Budget

Still, while I've found my depression and anxiety have been somewhat alleviated by painting my walls and ceilings, adding color to your home or apartment doesn't need to be as dramatic, or as expensive, as a large painting project.

Once you identify which colors make you feel more joyful, relaxed, energized, inspired, or whatever feeling you're searching for, these hues can be introduced in a number of ways.

Keep a vase of bright yellow flowers in areas you like to sit in, buy vibrant decorative pillows, or just swap out your faded armchair for, say, a royal purple one.

When choosing to re-color your living space, Harrington recommends that you always return to personal experience and instincts.

Color design trends come and go: Think of the brown wood-paneled living rooms of the 1970s or the olive green-tiled bathrooms of the 1960s.

But the feelings that a color evokes are less likely to change. Especially if they're powerful enough to make you feel like a calmer, more inspired version of yourself.

“Warm colors tend to be more uplifting and cool colors tend to be more calming.”

Leslie Harrington, color scientist and consultant



Paige Towers is currently a freelance writer living in New York City and is at work on a book about ASMR. This article was originally published on Healthline.com

## Push-Up Capacity May Predict Men's Heart Disease Risk

Research finds push-ups one of the most reliable ways to gauge risk of future heart disease

The number of push-ups a man can do in the doctor's office may be a good predictor of his risk of developing heart disease in the coming years, new research suggests.

In a study of more than 1,100 male firefighters followed for 10 years, researchers found that the risk of atherosclerosis and heart attack, was 96 percent lower among men who could do 40 or more push-ups during timed tests compared to the men who could do fewer than 10.

The findings could lead to an easy test for heart disease risk, said the study's lead author Dr. Justin Yang, a researcher at Harvard's T. H. Chan School of Public Health in Boston.

"Using push-ups could be a no-cost and simple method to assess one's functional capacity and predict future cardiovascular event risk," Yang said. "For clinicians, this is really important since a lot of tests vary in their results and are very expensive and time-consuming. This can be done within a minute."

To look at possible predictors of heart disease, Yang and his colleagues turned to data on 1,104 Indiana firefighters who had health exams between February 2, 2000, and November 12, 2007. Along with push-up capacity, a host of other measurements were recorded at the same time, including age, VO2 max (the maximum rate of oxygen consumed during intense exercise), height, weight, resting heart rate, blood pressure levels, cholesterol levels, blood sugar levels, and smoking status.

**The findings underscore the importance of guidelines that emphasize both resistance training and aerobic exercise.**

At baseline, the firefighters' average age was 39.6 years and their average body mass index (BMI, a ratio of weight to height) was 28.7, which is in the "overweight" range. "With firefighters pictured on calendars as muscular and very fit, we tend to think of them as different from everyone else, but this group is pretty much the same as the rest of the population," Yang said. "Half of them were overweight or obese."

During the study period, there were 37 cardiovascular disease-related outcomes among the men, according to the report in JAMA Network Open.

While other factors, such as age, BMI and VO2 were also predictive of the risk for cardiovascular disease events, push-ups were the strongest indicator, Yang said.

One strength of the new study is that it relies on a measure of strength rather than on self-reports of physical activity, said Kerry Stewart, a professor of medicine and director of clinical and research exercise physiology at the Johns Hopkins School of Medicine in Baltimore, Maryland.

Stewart suspects that the men's push-up capacity is simply a marker for their level of fitness. "You have to be pretty fit to do that many push-ups," said Stewart who was not involved in the new research. "You would probably have to do a good amount of exercise on a regular basis to get to the level of 40 or more."

And fitness, Stewart said, is correlated with a number of factors, including blood pressure, cholesterol levels, and abdominal fat. The findings underscore the importance of guidelines that emphasize both resistance training and aerobic exercise, Stewart noted.

Dr. Dennis Bruemmer wasn't surprised by the findings. "We have long known that physical inactivity constitutes a risk factor for cardiovascular disease and is associated with worse outcomes," said Bruemmer, an associate professor of medicine and a cardiologist at the Heart and Vascular Institute at the University of Pittsburgh Medical Center in Pennsylvania. "Conversely, physical activity decreases cardiovascular risk."

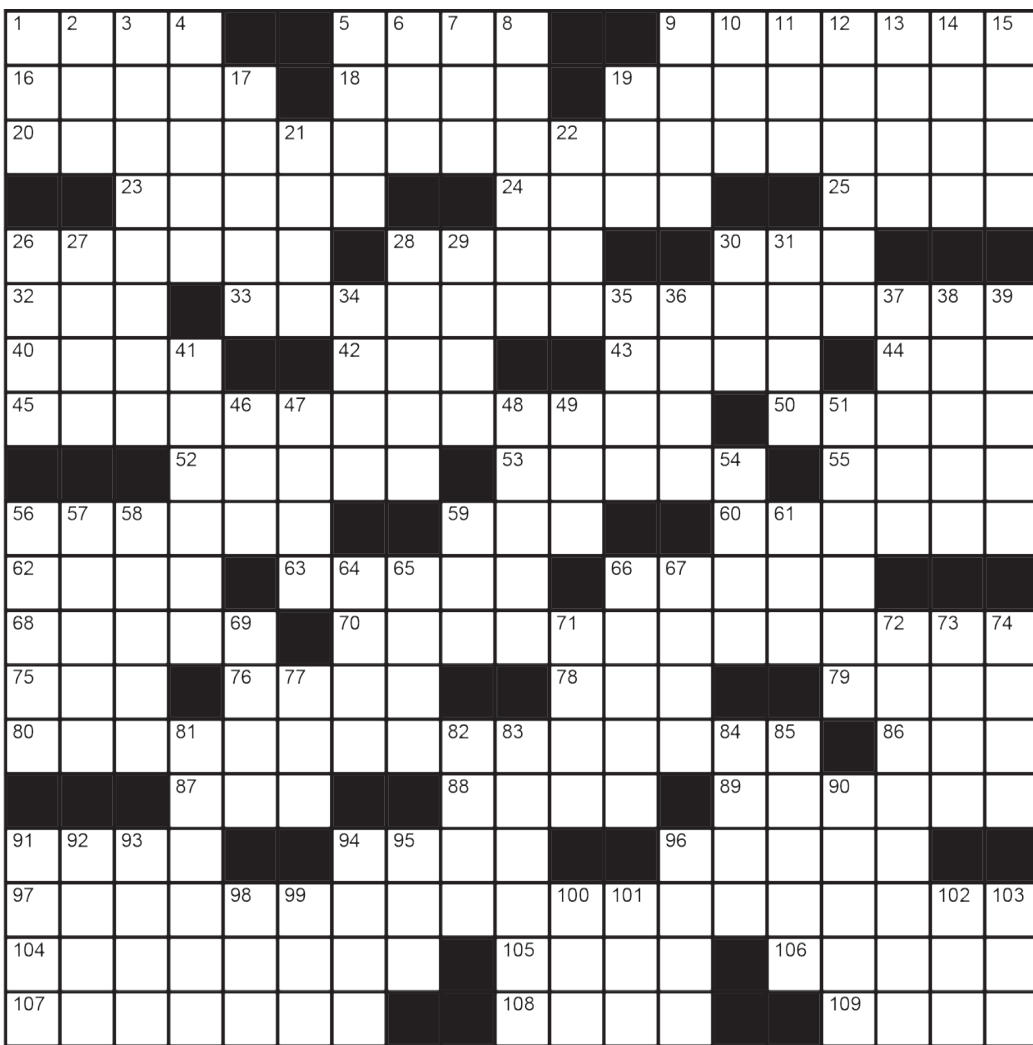
The new research underscores the importance of following the current American Heart Association guidelines, which recommend at least 150 minutes of moderate-intensity aerobic exercise per week, said Bruemmer, who was not involved with the new study. Such exercise, "could be easily be integrated into the workplace environment and should be part of a work-life balance, Bruemmer said in an email.

By Linda Carroll

From Reuters

**CROSSWORD**

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



**Across**

- 1. Start of a conclusion
- 5. “\_\_\_ next?”
- 9. Professional audiences
- 16. Shade of purple
- 18. Jemima, e.g.
- 19. Pauses in poetry
- 20. Viral bovine disease
- 23. Misrepresent
- 24. “Buenos \_\_\_”
- 25. Ran, as colors
- 26. “The \_\_\_ upon us” (“Now’s the time”)
- 28. “Go ahead!”
- 30. Mincemeat dessert
- 32. Completely
- 33. Investigative tool
- 40. Certain hockey shot

- 42. Kind of grass
- 43. Ad agencies build it
- 44. Gentle sound
- 45. Geometric shape
- 50. Join the cast of
- 52. Meat case choices
- 53. Fibbing
- 55. Jumper
- 56. Bow
- 59. Doctor’s charge
- 60. Gun-crew member
- 62. “Follow me!”
- 63. Eastern economic bloc
- 66. Shut out
- 68. Open, in a way
- 70. Convert to Pinyin, say
- 75. Cry of disgust

- 76. Big production
- 78. Deviation
- 79. In a while
- 80. Planning for the future
- 86. “Go on ...”
- 87. Wedding declaration
- 88. Former
- 89. Lots
- 91. Get rid of
- 94. Long, long time
- 96. Caviar source
- 97. Means of determining value
- 104. Lens type
- 105. Hammer’s target
- 106. Hotel offering

- 107. Geothermal energy sources
- 108. Bloody
- 109. Cousin of “ahem”

**Down**

- 1. Grimm character
- 2. “A Rainy Night in \_\_\_” (1946 hit)
- 3. Like the “lava” in a lava lamp
- 4. Horse opera
- 5. 1973 Supreme Court decision name
- 6. Be busy
- 7. “Double Fantasy” Grammy cowinner
- 8. Kind of apartment
- 9. No-goodniks
- 10. Island chain
- 11. Numbskull
- 12. French Canada
- 13. River to the Caspian
- 14. Prosperity
- 15. “... garden that grows to \_\_\_”: Hamlet
- 17. Death Valley loc.
- 19. Half a dance
- 21. Not yet final, at law
- 22. Austin vodka maker
- 26. Metal fastener
- 27. Spicy stew
- 28. Gives hands down?
- 29. Conductor Klemperer
- 30. Get-up-and-go
- 31. “I had no \_\_\_!”
- 34. “Adeste Fideles,” e.g.
- 35. Neighbor of a Laotian
- 36. Mass number
- 37. Group of eight
- 38. Wavelike design
- 39. Faux pas
- 41. Elizabethan court dance
- 46. Grassy area
- 47. Priest of the East

- 48. “Fatal Attraction” actress Close
- 49. Highball ingredient
- 51. Yoga’s power point
- 54. Overabundance
- 56. Shoe blemish
- 57. Prenatal test, for short
- 58. Gentle runner
- 59. Agcy. concerned with air time?
- 61. Joined
- 64. 2 X 4, usually
- 65. “While” attachment
- 66. Relieve
- 67. Fuzzy fruit
- 69. Prod
- 71. Adjust for sound and sight
- 72. Chemist’s concern.
- 73. Sound
- 74. Pulls the plug on
- 77. All-\_\_\_
- 81. D and EEE
- 82. Dance, informally
- 83. Baseball game segment
- 84. Big star
- 85. Soccer scores
- 90. Desiccate
- 91. Heroin, slangily
- 92. Engine attachment
- 93. 2015 award for Steph Curry
- 94. A Spanish liqueur
- 95. Common Market: Abbr.
- 96. Just
- 98. Drone, e.g.
- 99. Be mistaken
- 100. “Chuang Tzu” principle
- 101. Lungful
- 102. “\_\_\_ show time!”
- 103. Stiffen

**4NUMBERS**

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) to build an equation to get the solution in the middle. There may be more than one “unique” solution but, there may also be “equivalent” solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

Hard 1 - 1 Solution

7	30		
11			
2	8		
+	-	X	÷

Hard 2 - 1 Solution

11	25		
47			
2	19		
+	-	X	÷

Easy 1 - 2 Solutions

9	9		
27			
3	9		
+	-	X	÷

Easy 2 - 1 Solution

6	7		
37			
6	6		
+	-	X	÷

**WORDSEARCH**

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

**Help with Today’s Crossword Puzzle?**

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

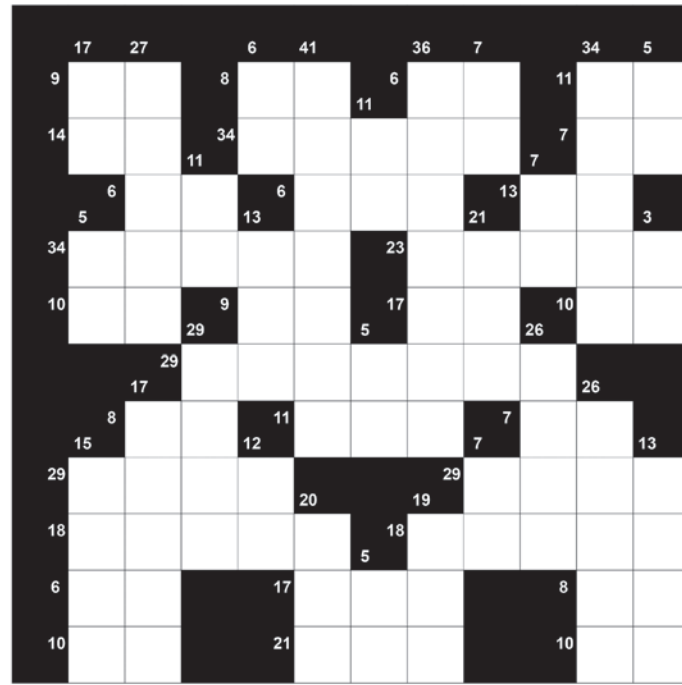
- |          |        |          |
|----------|--------|----------|
| AMNIO    | LILAC  | SKUNK    |
| ASEAN    | LOADER | SLAKE    |
| ASPHERIC | LOPER  | STUDIO   |
| BELIE    | LYING  | SUITE    |
| BONER    | MOIRE  | UNPEG    |
| CALIF    | OATER  | VEALS    |
| DEALS    | OCTAD  | WIDTHS   |
| DRY UP   | OODLES | ACTIN    |
| GEYSERS  | OVARY  | ANALYSIS |
| GLENN    | PAVANE | CHAKRA   |
| GOALS    | QUEBEC | CLAQUES  |
| HOURIS   | SALAAM |          |
| INNING   | SCUFF  |          |

**KAKURO**

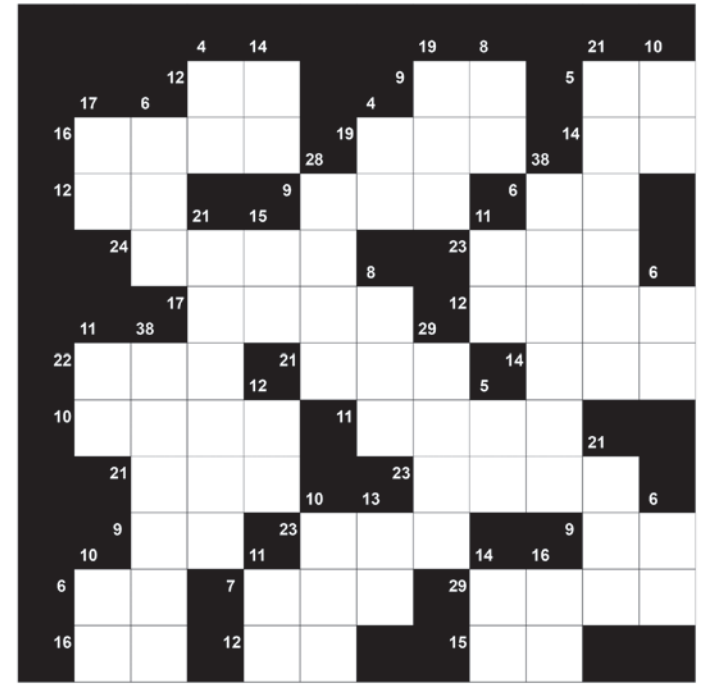
CONSTRUCTED BY EPOCH TIMES STAFF

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

**Large: Hard**



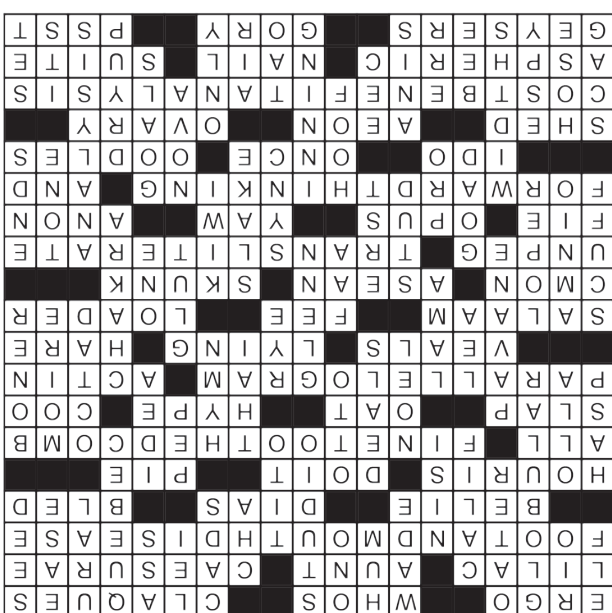
**Large: Easy**



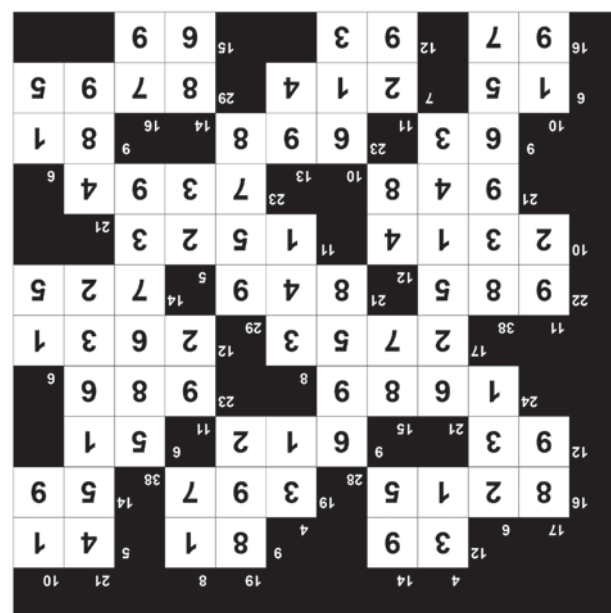
WORK SPACE

**SOLUTIONS**

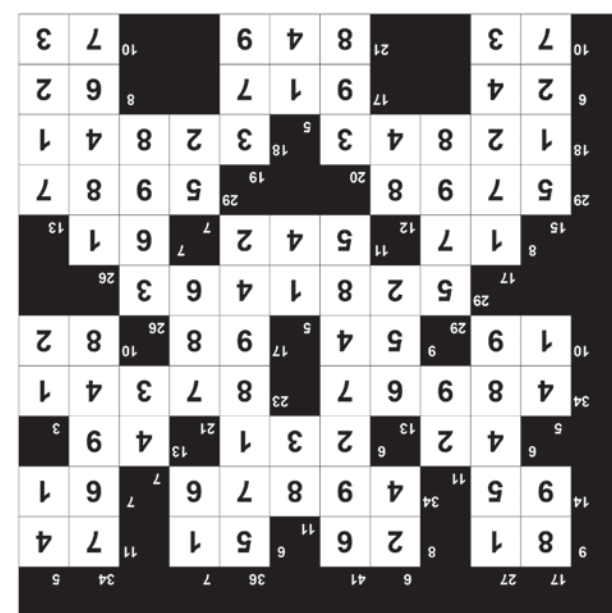
**CROSSWORD**



**KAKURO LARGE: EASY**



**KAKURO LARGE: HARD**



**4 NUMBERS**

- HARD 1**  
30 ÷ 7 + 8 + 2 = 11
- HARD 2**  
25 + 19 - 2 × 11 = 47
- EASY 1**  
9 × 3 + 9 - 9 = 27
- EASY 2**  
6 + 7 + 6 × 9 = 37

**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.

Supersudoku grid with numbers and letters.

**SUDOKU**  
Hard

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 grid (Hard).

Easy

Sudoku grid (Easy).

**KAKURO**  
CONSTRUCTED BY EPOCH TIMES STAFF

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

Easy

Kakuro grid (Easy).

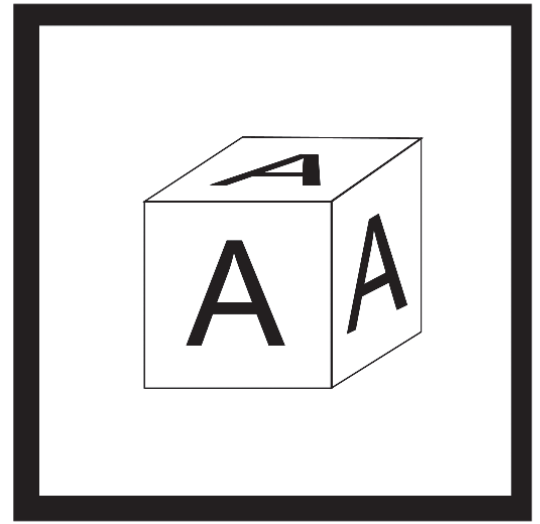
Hard

Kakuro grid (Hard).

**OUTSIDE THE BOX PUZZLES.CA**

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

SOLUTION BELOW



© Alan Morgan



Presented By

**FREE THE CHILDREN**  
children helping children through education

**EPOCH ESCAPE MAZE**

Large maze with a 'START' label in the center.

**CRYPTIC QUOTE: CHARLES DICKENS**

Alphabet grid for cryptic quote.

O E I S A A E A O I  
B M V A C W G Z G V A G N M S H C I  
I S A S O O E S O E  
C W G W I S M Z K M Z A W I S M Z K A S  
A A I I A E E S O E  
I B G Z V G K C Y C G Z A R A S W Q M F A  
O S I I E E A S E E O  
M S W Q C S C I A R A S G Z W N A S A H I M  
I E S O E S O A I O  
C Z I B A W I S M Z K A W I Y M Z O L S G I C M Z

**EPOCH DOKU**

CONSTRUCTED BY EPOCH TIMES STAFF

Epoch Doku grid with numbers and operations.

WORK SPACE

**KENKEN**

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

Kenken grid with cages and operations.

**SOLUTIONS**

**SUPERSUDOKU**

Solved Supersudoku grid.

**SUDOKU: EASY**

Solved Easy Sudoku grid.

**KENKEN**

Solved Kenken grid.

**EASY KAKURO**

Solved Easy Kakuro grid.

**HARD KAKURO**

Solved Hard Kakuro grid.

WORK SPACE

**SUDOKU: HARD**

Solved Hard Sudoku grid.

**EPOCH DOKU**

Solved Epoch Doku grid.

**CRYPTIC QUOTE**

Home is a name, a word, it is a strong one; stronger than magellan ever spoke, or spirit ever answered, to, in the strongest conjunction.

**OUTSIDE THE BOX**

Cuba

ESSENCE OF CHINA



# Ancient Chinese Story: Two Monks' Conversation

**ANONYMOUS**

"There are only two monks in this small temple—you and me," a young monk said to an old monk. "People berate me behind my back whenever I go down the mountain and beg for alms," continued the depressed little monk. "They say I am unruly."

"Visitors to our temple don't even leave enough money for us to buy incense. Master, how can our temple become a large one, with bells sounding continuously, as you had once said?" asked the little monk while sitting in the shabby little temple.

With eyes closed, the old monk listened without a word. The little monk droned on and on. Finally, the old monk broke his silence. Opening his eyes, he asked, "The northeast wind is blowing hard. It's snowing and extremely cold. Are you cold?"

"Yes, my feet are frozen and numb," replied the little monk, shivering. The old monk suggested they go to bed early that night.

After lying in bed for some time, the old monk asked, "Are you warm now?"

"Yes. I feel warm, as if lying under the sunlight," the young one answered.

"The quilt on the bed is always cold, but if a person sleeps under it, it becomes warm," said the old monk. "Think about it: Does your quilt make you warm, or do you make the quilt warm?"

"How can quilts add warmth to people?" said the little monk. "It's clearly people who add warmth to quilts."

"If quilts don't provide warmth, and we have to add warmth to the quilts, then why should we need quilts in the first place?" challenged the old monk.

After some thought, the little monk exclaimed, "Quilts can't give us warmth, but a quilt can hold in warmth for us!"

The old monk smiled. He asked his disciple whether monks who chant scriptures are like people who lie under thick quilts, and whether all sentient beings

are like the thick quilts.

"As long as we are very kind, we can warm the quilts. All sentient beings—the quilts—will also hold on to the warmth," explained the old monk. "Won't we be warm sleeping under this type of quilt? Will bells sounding continuously at a large temple still be just a dream?"

The little monk suddenly understood. From then on, he descended the mountain early every morning to beg for alms. He continued to encounter many people who said unpleasant words to him, but he was very polite to them in return.

Ten years later, Bodhi Temple became a large temple where many monks and people went to worship. Bells at Bodhi Temple sounded continuously. By then, the little monk had become the temple's abbot.

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

SHUTTERSTOCK



The phoenix adorning a Chinese temple. The Han Hao Bird believed it was the most beautiful bird in the world, even more beautiful than the phoenix.

# Han Hao Bird and the Winter Cold

**CINDY CHAN**

On Wutai Mountain, there once lived a creature called the Han Hao Bird. Unlike other birds, it had four legs and two fleshy wings not useful for flight, so it couldn't fly.

In the summer, the Han Hao Bird grew bright feathers all over its body, looking exquisite in its coat of stunning colors and patterns. It believed it was the most beautiful bird in the world, even more beautiful than the magnificent phoenix.

"Look at me! Look at me! Even the phoenix can't compare to me!" it sang.

As summer faded into autumn, the other birds began planning for winter. Some started preparations

for flying south; others gathered food and reinforced their nests.

The Han Hao Bird, however, did nothing but strut up and down with an air of arrogance.

The other birds tried to offer kind advice: "While the weather is still nice, build your nest now and you'll have a warm, cozy place to pass the winter."

But the Han Hao Bird didn't listen.

As winter approached, the Han Hao Bird began to lose more and more of its fine feathers, until one day it looked like a newly hatched bird, without any feathers at all. Each night it shivered in the cold, saying to itself: "It's so cold! So cold! I must build a nest tomorrow!"

But as soon as the sun came out, it forgot all about building a nest.

The other birds said: "Hurry to build your nest. It'll get cold again at night." But the Han Hao Bird still didn't listen. "It's warm under the sun! As long as I can get by like this, I'll continue on this way," it said.

So the Han Hao Bird continued to muddle along, until it finally froze stiff and solid one night in the icy cold.

*This story comes from a collection of records called "Chuogeng Lu," or "Records Compiled After Retiring From the Farm," written by Tao Zongyi, a scholar from the late Yuan Dynasty (1271-1368) and early Ming Dynasty (1368-1644).*

## THE EPOCH TIMES

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The family is the foundation of a society, and it is a target for destruction under communism.

# The War Against the Family

J.R. NYQUIST

**Y**ou may have heard that the ongoing war against the traditional family is a “communist plot.” Don’t laugh. The family has been a primary target of socialist revolutionaries for well over 160 years.

In fact, the ongoing breakdown of the family coincides with the continued advance of socialism. The left has worked steadily to normalize divorce, abortion, and sexual perversion. To understand the left’s role in the breakdown of the family, however, it is first necessary to understand what the left is.

Setting aside the variable meanings of words like “socialism,” “communism,” and “Marxism,” a common set of ideas are found in all three. These ideas may be summarized in five parts, as follows: (1) that man’s “salvation” may be achieved through political activism or a revolution, (2) which establishes “peace” by making all countries into one country (internationalism), (3) which is hostile to private ownership of the means of production (anti-capitalism), (4) which “emancipates” women from motherhood (feminism), (5) and which brings universal “prosperity” through universal cooperation and harmony.

What we have, in the ideas of “socialism,” “communism,” and “Marxism,” is the appearance of a new faith. It is a faith in which the Marxist-Leninists (i.e., communists) see themselves as the leading edge or “vanguard.” Such was the conceit of the Soviet state, and it remains the conceit of the Chinese Communist Party today. It is impossible to properly understand this new faith without understanding the clandestine work of the communist countries and their special services. According to intensive investigations carried out by congressional committees in the 1950s, the Soviet Union was the coordinating center for a global “communist conspiracy” that involved the infiltration and subversion of many nations, including the United States.

This subversion was not halted in the 1950s; according to many sources—such as Pete Earley’s “Comrade J”—it continues today, despite the fall of the Soviet Union.

In discussing the war against the family, we must first show that communism, as the vanguard of the leftist faith, is much more than a “conspiracy” or a “web of subversion.” If we look carefully, we can see that civilization has been gradually passing from a belief in spiritual salvation to a belief in political salvation (through political activism). This passage from spiritual faith to political faith began during the Industrial Revolution. As might be expected, scientific and technological achievements led many people to materialism (the belief that nothing exists except matter). In 1859, Charles Darwin proposed a materialist theory of man’s origin “by means of natural selection.” With the acceptance of Darwin’s theory of evolution, humanity suffered a setback: If man is an evolutionary accident, then what possible meaning could life hold? How does man retain his dignity?

This is where Marxism comes into the picture. How does an aspiring acolyte of the new faith lay the foundations for heaven on earth? After

**If a power is able to discredit motherhood and delegitimize masculine authority, how can that power be opposed?**

all, man must now look to himself for salvation. From the “Prison Notebooks” of Italian communist Antonio Gramsci, we learn that the potential for “socialist consciousness” will ultimately depend on the denial of common sense and human nature. Gramsci is not alone in this proposition. In “The Communist Manifesto,” Karl Marx and Friedrich Engels said that “communism abolishes eternal truths, it abolishes all religion and all morality, instead of constituting them on a new basis; it, therefore, acts in contradiction to all past historical experience.”

According to Marxism, sexual morality is a weapon of the exploiting classes. Thus, sexual immorality is a weapon of class struggle. To break the back of capitalism, Marxism approves the doctrine of free love. It is no wonder, then, that the communist bloc (with the help of leftist allies in the West) promoted the breakdown of sexual norms in the 1960s. By dismissing sexual morality as the tool of an oppressive, male-dominated, racist society, the communists were striking a blow against traditional culture, social order, and religion.

Communist agents of influence have undermined the idea that men should be breadwinners and women should be homemakers. The validity of distinctive male and female roles has been denounced as “harmful to women.” According to the founder of modern feminism, Betty Friedan, the housewife lives in “a comfortable concentration camp.” Friedan explained, “The women who ‘adjust’ as housewives, who grow up wanting to be ‘just a housewife,’ are in as much danger as the millions who walked to their own death in the concentration camps.”

Where did Friedan get this outlandish idea? She was secretly a communist who had done extensive propaganda work for the Party, as David Horowitz explained in his 1999 Salon article “Betty Friedan’s Secret Communist Past.”

In the early days of Marxism, Engels wrote a book titled “The Origin of the Family, Private Property and the State.” In this book, he advocated the abolition of the family and promoted collective child-rearing. Books of this kind, in the 19th century, made no impression on the public. It was only in the 20th century, after disparaging the role of the housewife, that the communists decisively undermined the family. This opened the door to no-fault divorce—a law that was first tried in the Soviet Union. It turned marriage into an unenforceable contract. Motherhood was decisively undermined. Then came the legalization of abortion. A regime of infanticide was established, compromising millions of women.

There followed, in the wake of this, a series of astonishing developments: (1) a pornography epidemic, (2) the legalization of gay marriage, and (3) sex education for younger and younger children. What could be more demoralizing? Who would dare to resist, given the rising hedonistic imperative?

According to Marx in Vol. 3 of “Marx-Engels-Gesamtausgabe,” destroying the family would lead to the destruction of Christianity. “The secret of the Holy Family is the earthly family,” noted Marx. “To make the former disappear, the latter

must be destroyed, in theory and in practice.”

The German sociologist Gabriele Kuby observed that “all sexual revolutionaries in the twentieth century have their spiritual roots in Marxism,” according to his “The Global Sexual Revolution: Destruction of Freedom in the Name of Freedom.”

The revolutionary notion, as Kuby explains, holds that “vice as a form of social control is virtually invincible.” In other words, when the individual gives up sexual self-restraint, he engenders a rising totalitarian power. To understand how this power works, Kuby lists those who stand to benefit from the family’s decline: (1) anyone wishing to make humanity into rootless fodder for the sake of global ambition, (2) anyone who wants the West to sink into a “demographic winter,” and (3) anyone who wants to eliminate Christianity.

The more we examine the war against the family, the more we discover the hidden hand of the communist vanguard. If a power is able to discredit motherhood and delegitimize masculine authority, how can that power be opposed?

The denial of sex differences, the legalization of same-sex marriage, gender reassignment for children, the disparagement of motherhood, the demonization of masculinity—are ideas favored by the new religion of the left. All the philosophers, statesmen, and saints of past centuries—pagan and Christian—would have condemned these ideas as lunacy. But here we are, in the 21st century, watching the lunacy unfold.

The final battle in the culture war is not far off. We do not know what the outcome will be. It is safe to say that life will eventually return to normal. It is a question of how much death and suffering will take place in the meantime.

*J.R. Nyquist has been a columnist for WorldNet-Daily, SierraTimes, and Financial Sense Online. He is the author of “Origins of the Fourth World War” and “The Fool and His Enemy” and co-author of “The New Tactics of Global War.”*

A man with wife and child in Youngstown, Ohio, in 1950. Communist agents of influence have undermined the idea that men should be breadwinners and women should be homemakers.



DOREEN SPONER/ISTOCK/GETTY IMAGES

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(Left) Delegates arrive at the Congress of the World Federation of Trade Unions in Leipzig, communist East Germany, on Oct. 7, 1957.

(Right) Chairwoman of the Democratic Women's League of Germany Ilse Thiele (C) at Berlin-Schönefeld airport in East Germany on July 2, 1967.

# Communism's Internationalism

RONALD J. RYCHLAK

History can explain a lot about international politics. The United States was founded by colonists striving for independence. Wanting freedom from England and prepared to go it on their own, they reluctantly agreed to unite for purposes of defense and trade.

The system they created established the federal government as one of limited authority. Most powers remained with the people and the local (or state) governments.

These early Americans created an economic system based on free trade and fair agreement between competent adults. Innovation, hard work, and the development of new ideas were encouraged and rewarded. Inventors, artists, authors, and merchants who provided a desired service or product usually found people who were happy to compensate them, sometimes richly.

Communism, on the other hand, was founded on class struggle. Proletarian wage-earners saw their opposition not in geographic divisions but in class distinctions. The bourgeoisie, it was said, was oppressing the working class by keeping wages as low as possible. Workers of the world were called upon to unite in a common struggle against the capitalists, wherever they were found.

While capitalism rewards individuals who come up with new ideas, the communist/collective model holds that the central authority already has the best ideas and they just need to be implemented. In fact, communism needs all members of society (or at least the overwhelming majority of them) to go along with central planning. It doesn't work well if there are holdouts.

That helps explain communism's inevitable tendency toward totalitarianism. The natural capitalist inclination, on the other hand, is away from command and control, toward liberty.

A capitalist is only minimally affected by communist practices that take place in nations other than his or her own. Communism elsewhere may limit trade opportunities, but it doesn't fundamentally affect the economic system of the capitalist nation. A communist society, in contrast, is affected significantly by free markets that exist outside of its system. Those markets reflect the true value of goods and services, add to the potential of black markets inside communist-ruled countries, and tempt people to look outside of and beyond the controlled communist system.

Thus, communists have a natural desire to spread their doctrine beyond their borders and to shut down free markets.

The Bolshevik Party embraced internationalism as soon as it seized power in the Russian Revolution. The Soviet Union was presented as a "homeland of communism" from which revolution would be spread around the globe. Accordingly, Soviet authorities fostered international ties with communist and left-wing parties and governments, but they did more than that. They established new or infiltrated existing international organizations for the purpose of spreading their philosophy.

During its heyday, the KGB set up numerous agencies that pretended to be independent, international entities. In reality, of course, they were fronts for spreading communist propaganda. Some of these false fronts included the World Peace Council (with branches in 112 countries), the World Federation of Trade Unions (with branches in 90 countries), the Women's International Democratic Federation (with branches in 129 countries), the International Union of Students (with branches in 152 countries), and the World Federation of Democratic Youth (with branches in 210 countries).

One of the most important such groups, the World Council of Churches (WCC), was infiltrated and controlled by Russian intelligence as early as 1961. The Mitrokhin Archive, a voluminous collection of foreign intelligence documents smuggled out of the Soviet Union in 1992, provides the identities and Soviet intelligence code names of many Russian Orthodox priests dispatched to the WCC for the purpose of influencing politics and policies. In 1972, Soviet intelligence even managed to have their agent, Metropolitan Nikodim (code name "Adamant"), elected as WCC president.

In 1985, the WCC elected its first general secretary who was an open and avowed Marxist: Emilio Castro. He had been exiled from Uruguay because of his political extremism, but he directed the WCC for seven years. During that time, Castro promoted KGB-authorized liberation theology, which encouraged followers to support Marxist dictators such as Hugo Chavez, Evo Morales, Manuel Zelaya, and Daniel Ortega as they transformed their countries into KGB-style police dictatorships. A 1989 KGB document boasted, "Now, the agenda of the WCC is also our agenda."

Even after the Soviet Union collapsed, most of the international institutions built by the Kremlin survived and continued carrying out the same



A panel discussion at the World Council of Churches Consultation on Racism at Notting Hill Ecumenical Centre in London on May 21, 1969. (L-R) Michael Ramsey, the archbishop of Canterbury, Merlyn Rees, Mark Bonham Carter, and Father Trevor Huddleston.



People wait for Pope Francis during his one-day visit at the invitation of the World Council of Churches in Geneva on June 21, 2018.

anti-U.S. messages that they always had. The World Peace Council, for instance, moved to Athens from Helsinki, but it was still headed by a KGB-selected chairman, Romesh Chandra, who, in the 1970s, required all WPC national branches to initiate demonstrations against the Vietnam War. According to its charter, the WPC has now "broadened into a worldwide mass movement" tasked with supporting "those people and liberation movements" fighting "against imperialism."

The World Federation of Trade Unions (WFTU), the second-largest of KGB-crafted international institutions, also survived the collapse of the Soviet Union. It's still headquartered in Prague and still uses anti-American rhetoric from the Cold War. It calls itself "the militant voice of 95 million workers in 130 countries." This past November, responding to President Donald Trump's concern about the caravan of migrants approaching the southern U.S. border, the WFTU posted on its website a "press release for the authorization [sic] of the USA government to shoot a caravan of immigrants at the borders." The release said, "These xenophobic and reactionary decisions of the USA bourgeois government cultivate the racism and hatred, hiding the true reasons of the migration: in other words, they do not say anything about the looting of the North American monopolies and the multinationals for the expropriation of the resources of Latin America ..." You get the point.

Another KGB-cultivated group, the Women's International Democratic Federation (WIDF), was founded in Paris in 1945, but was soon banned by French authorities and made to relocate to East Berlin, where it was supported by the communist regime. It adopted a new charter in 1995, demanding that the women of the world fight the globalization of the "so-called market economies," which are "a root cause of the increasing feminization of poverty everywhere."

Last year, the organization's vice president, Skevi Koukouma, addressed an "anti-imperialist mobilization" outside of the U.S. Embassy, saluting on behalf of the WIDF "everyone all over the world demonstrating against the new attacks carried out by the U.S. and its allies against Syria."

**Even after the Soviet Union collapsed, most of the international institutions built by the Kremlin survived.**

While these groups hide their true ties to Moscow, they continually advance ideas and programs that support the Kremlin's causes. They are all excellent outlets for continuing communist disinformation. Perhaps modern communism's biggest payoff, however, is from the World Council of Churches.

In 2009, Metropolitan Kiril (code name "Mikhaylov"), who had been an influential representative to the WCC and a member of its Central Committee, was elected patriarch of the Russian Orthodox Church. In addition to his roles with the WCC, records seem to establish that he had also been an active KGB officer. Little that he has done since his ascension as patriarch causes one to question that conclusion.

Kiril and other leaders of the Russian Orthodox Church openly supported Vladimir Putin during his presidential election campaign in 2012. Protesting that support is what led to the infamous arrest of members of the band Pussy Riot. For his part, Kiril described Putin's election as "a miracle of God." Presumably referring to the band, and he criticized those who were demonstrating for democratic reform, saying they were emitting "ear-piercing shrieks."

Today, Putin casts himself as the savior of Christian values in Russia. He's not, of course, unless those values include the assassination of political opponents (like Boris Nemtsov), the murder of critics (such as defector Alexander Litvinenko and journalist Anna Politkovskaya), and labeling the collapse of a murderous tyranny as the worst geopolitical disaster of the 20th century.

Putin, however, has been successful in convincing many people of this sham, due to his cult of personality in Russia, Metropolitan Kiril, the WCC, and mainly the Kremlin/communist experts who long ago figured out how to misuse international organizations for political purposes.

*Ronald J. Rychlak is the Jamie L. Whitten chair in law and government at the University of Mississippi. He is the author of several books, including "Hitler, the War, and the Pope," "Disinformation" (co-authored with Ion Mihai Pacepa), and "The Persecution and Genocide of Christians in the Middle East" (co-edited with Jane Adolphe).*

KEYSTONE/GETTY IMAGES



Bella Abzug, congressional candidate and a chief organizer of the Women's Liberation Day parade, in New York in 1970, on the 50th anniversary of women winning the vote in the United States. She is carrying an anti-motherhood sign reading "Free the female body from pain and inequality. Put motherhood in a test-tube."

# How Communism Undermined Family and Parenting

CID LAZAROU

It's no accident that communists vehemently oppose family and parenting.

The importance of these social institutions can't be overstated, serving as an essential foundation for the nurturing and protection of children that foments a stable, healthy society. Such values are a direct threat to communist hegemony.

As a parent, I can attest to the unconditional love one feels for one's children. It's something most parents can relate to. It creates unsurpassed altruism and loyalty within the family unit—a powerful bond that further threatens the collective obedience demanded by totalitarian ideologies such as communism.

It's for this reason that communists oppose the family, seeking to not only destroy it, but to also usurp the role that parents play in raising children. By doing this, they can then build their new society from the old, as a new order is created out of their chaos.

## 'The Communist Manifesto'

Communist hostility to family and parenting is well-documented historically, albeit dismissed and downplayed by apologists. Merely reading "The Communist Manifesto" will put these denials to rest, wherein Chapter Two states: "Abolition of the family! Even the most radical flare up at this infamous proposal of the Communists."

The "Manifesto" goes on to claim that the family is based on capital and private gain, stating that "the bourgeois family will vanish as a matter of course when its complement vanishes, and both will vanish with the vanishing of capital." Communists believed that this would be a liberating process, in which children would be "freed" from their parents.

The writers of the "Manifesto," Karl Marx and Friedrich Engels, dismiss any objections to their views with, "Do you charge us with wanting to stop the exploitation of children by their parents? To this crime, we plead guilty."

Some say it was Engels who truly wanted to abolish the family, but since a great deal of communist ideology is dedicated to the cultural transformation of society (the family being a primary focus), it would be delusional to think Marx was a passive bystander. It is indeed true that Engels elaborated further with his seminal treatise "The Origin of the Family, Private Property & the State," but Marx himself was just as passionate about cultural destruction. In fact, Marxism is a far more a cultural than an economic ideology.

Marx and Engels believed that family is the bedrock of "bourgeois," "capitalist" society. They argued that "family exists only among the bourgeoisie" and that there is a "practical absence of the family among the proletarians, and in public prostitution." To correct this, they believed the family should be replaced by communal living, where individuals weren't bound by family life. No longer would relationships be monoga-

mous, dismissing protests by saying that the bourgeoisie "take the greatest pleasure in seducing each other's wives." Like the modern left, moral arguments are deflected right back at opponents, as though two wrongs make a right.

## Second-Wave Feminism

The family is further undermined in the "Manifesto" with the claim that "the bourgeois sees his wife [as] a mere instrument of production." The bleak and oppressive outlook on family life that was set out in the "Manifesto," coupled with Engels's treatise, would later become the blueprint for modern feminism. Some will argue that feminism initially had noble intentions, although, by the second wave of the 1960s, that was well and truly sidelined by Marxist thought.

Revolutionary Maoists who took power in China were also inspired by radical opposition to the family. Maoism was fundamentally an extension of Marxist-Leninism adapted for Chinese nationalism, yet retained core aspects of communist thought that extended to cultural life. It became common for Marxist revolutionaries in the 20th century to lie about their true ideological beliefs until they were in power, just as we saw in Cuba, Cambodia, and elsewhere.

By the Great Leap Forward, around the same time as second-wave feminism was taking off, this façade was abandoned for a collectivist-style government that centralized everything in Chinese society. As part of this policy, private farming was abolished and replaced with agricultural collectivization. Parents were then forced to work painfully long hours while state caretakers oversaw their children. Tens of millions starved as Chairman Mao refused to acknowledge the horrendous suffering this caused.

## Normalizing Childcare

Childcare is now normalized because women have been systematically indoctrinated to think that being a stay-at-home mother is a wasted life. Many studies demonstrate that children suffer when they aren't taken care of by parents in their early years and that anything more than around eight hours a week for preschool children can be harmful.

As you can imagine, counter studies attempt to refute this, just like anything else that contradicts far-left ideology. Some parents are fortunate enough to have grandparents to step in, but many spend a fortune on childcare that takes a large percentage of their earnings to pay for. Alternatively, this is funded by taxpayers, adding to the bloated expenditure of big government. Where did this mentality come from, as parents miss out on the precious early years of their children's growing up? The answer is obvious for those who research communism.

The more socialist the government, the more it encroaches on family life, from Stalin's Young Pioneers of the Soviet Union that turned youth

**Many call this cradle-to-grave system a 'nanny state,' although this is a mere euphemism for an Orwellian-style government that abhors any checks and balances to the state.**

organizations into instruments of indoctrination, to the Kibbutzim of Israel—where collectives share everything from clothing to housing, as family life is replaced with communal living. Many call this cradle-to-grave system a "nanny state," although this is a mere euphemism for an Orwellian-style government that abhors any checks and balances to the state.

A more recent example of this mission creep into family life is the Scottish National Party's attempt to introduce the named person scheme in 2016. What this amounts to is another Orwellian euphemism. In this instance, it permits state monitoring of family life, as well as transference of the rights of parents to a state official, who could be anyone from a teacher to a social worker. A named person would be allocated for each family, with the ability to overrule the judgment of parents, keep private records on family life, and visit the home without parental consent. While the SNP claims the scheme isn't compulsory, each child would have an allocated named person by law, making any objections irrelevant.

Thankfully, the scheme was deemed illegal by the UK Supreme Court, but that hasn't stopped the SNP from trying to introduce it through the backdoor. The SNP is part of a grim legacy of communism wrapped up in faux-nationalism, just like Maoists in China. Wherever communists go, you'll find that family life is undermined and attacked, be it culturally or legally.

But without the foundation of good parenting in a traditional family environment, society will invariably become too weak to survive.

*Cid Lazarou is a blogger, writer, and freelance journalist from the UK.*

ALEXEY SAZONOV/AFP/GETTY IMAGES



Gennady Zyuganov, leader of the Russian Federation Communist Party, ties red scarves around children's necks, symbolizing their initiation into the Young Pioneer Youth communist group, at Moscow's Red Square on May 16, 2010.

# The Communist Sexual Agenda

BETHANY CLARKE/GETTY IMAGES



High school students line up at a bar to buy soft drinks during prom night at St. James' Park in Newcastle, England, on July 1, 2011.

## CID LAZAROU

Since the 1960s, Western societies have experienced a sexual transformation on a scale that few but a small selection of radicals foresaw. Starting primarily in the United States, and spreading throughout the Western world, this became known as the sexual revolution or "sexual liberation"—though, in truth, there is nothing liberating about it. Sexual constraints that safeguarded society from high-risk behavior were jettisoned into the cultural ether and suffocated in an atmosphere of pure hedonism.

Traditions emerge from a delicate process of trial and error, in which our ancestors learned only too well what happened when they weren't cautious. Over time, traditions become cultural ideas that transfer from one generation to the next, but it's all too easy to forget why traditions were established. There are times when they seem stifling, even repressive, but it's only once they're abandoned that we see why they existed in the first place.

Alas, this is where we find ourselves today, in a society that has forgotten the reasons why sexual constraints were established over time. There are many claims about sexuality in history—such as that the nuclear family is a modern invention, or that ancient cultures were sexually liberal.

In truth, these are mischaracterizations and outright lies fostered by those that despise stoic morality. We certainly see a variation in attitudes to sexuality in different times and place, but a pattern persists, wherein strong family values that reign in sexual urges make civilizations stable and successful.

We must ask ourselves how we got here. What changed since the 1960s, and did this occur suddenly within a single decade, with hedonism subsequently spreading like a plague? The answers can be found in a wider agenda to radically transform society, to such a degree that only a strongman government could prevent chaos from ensuing. Sexual subversion became part of the wider subversive machine called cultural Marxism, and though this is much discussed in a more general sense, the focus of this piece is the sexual side of this ideology.

## Western Marxism

As part of the realization that economics alone would never lead to an uprising against the capitalist class, post-World War I Marxists began to re-evaluate their ideology in the aftermath of the Bolshevik revolution in 1917, where only pre-industrialized Russia experienced a proletariat uprising. These Marxists put the onus on culture over economics.

A myth persists that they diverged so much from the theories of Marx and Engels that they aren't part of the same ideology, and certainly aren't influential on far-left thought. Such claims are undoubtedly perpetuated by those that don't want a closer examination into the development of what Marxism has become today.

Make no mistake, not only was Marxism always heavily based on cultural transformation—a fact one can easily verify by reading Chapter Two of "The Communist Manifesto"—but these post-World War I intellectuals were incredibly influential on Western academic thought. What they did was expand on the cultural aspect of Marxism by inventing a methodology called critical theory.

Many have heard of the infamous Insti-

tute of Social Research in Goethe University, Frankfurt, founded in 1923 and nicknamed the Frankfurt School. This school parted ways with growing Marxist-Leninist orthodoxy in the 1920s, via another current of thought called Western Marxism, from which critical theory originates. Additionally, literary theory is another major part of Western Marxism, and both theories work by deconstructing Western societies through a Marxist interpretation of class.

Two political dissidents gave rise to Western Marxism: Antonio Gramsci and Georg Lukacs; but it was Lukacs who was the more influential on the sexual critique of Western society. In 1918, he became the deputy commissar for education and culture during the short-lived Hungarian Soviet Republic. Around the same time, he began to re-evaluate Marx's theories, and his position in Hungarian society became his testing ground. His goal was to eradicate Christianity from Hungarian society by undermining sexual morality, and introduced radical and compulsory sex education to schoolchildren. This included graphic literature being handed to pupils that instructed them in promiscuity.

## Sex Education

Today it's not hard to find such "education" in Western society. Despite protests, lessons continue to become ever more graphic and prevalent. In the United Kingdom, compulsory sex education will be introduced by 2020 to both primary and secondary school children. This will involve gay relationships, "sexting," and LGBT discrimination, under the banner of mental health and bullying, a more recent tactic used to silence dissent—after all, how could you possibly oppose this if it stops bullying and anxiety?

It should now be obvious that this push is no accident, and is a substantial part of the sexual subversion of society that started in the early 20th century.

Not only were founders of the Frankfurt School the ones who intellectualized the sexual revolution that inspired sex education, but they also led it. One such man was Herbert Marcuse. Shocking accounts can be found of the way children were sexualized in the decades that followed the 1960s.

An article on Spiegel Online, called "The Sexual Revolution and Children—How the Left Took Things Too Far," explains how German communists encouraged sexual experimentation on an appalling scale in the 1960s and 1970s. Likewise, groups like PIE in the UK, and NAMBLA in the U.S., tried to turn pedophilia into another form of sexual liberation.

One might be tempted to think this could never happen today, but the 2013 Estrela Report tried to introduce sex education through EU parliament, based on a World Health Organization report called "Standards for Sexuality Education in Europe."

For 0- to 4-year-olds, these reports recommend giving "information about enjoyment and pleasure when touching one's body, early childhood masturbation," and to "Give the right to explore gender identities." For 4- to 6-year-olds, the reports recommended giving "information about same-sex relationships," and to "Help children develop respect for different norms regarding sexuality."

Another notorious individual who laid the groundwork for the sexual revolution was Alfred Kinsey. Known for his scale that plots sexuality on a fluid spectrum, including any

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Hungarian Marxist writer Georg Lukacs.

and all forms of sexual paraphilias, Kinsey was so absorbed in his own theories that he included the notes of Rex King in his 1948 book, "Sexual Behavior in the Human Male." King kept extensive records of his sexual abuse of children while traveling the United States as a government land examiner, and was given the name "Mr. Green" by Kinsey, to protect his identity.

Despite refuted pseudo-scientific research that bears no resemblance to hard science, his influence on modern sexuality is pervasive—hence the reason that the fluid concept of human sexuality is widely pushed today.

So, how we can stop this endless sexual decline when we've abandoned the traditions that once protected us? It's certainly no accident that its architects attacked the morality of society first. Thus, unless we reapply the armor of traditional morality, our society will continue to fall into moral degeneracy.

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(Below) Pupils arrive at a primary school on the first day of the new school year in La Rochelle, France, on Sept. 4, 2017.

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The culture of sexual freedom discourages marriage.