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PUZZLES
on B6

Australian imports of
RUBBER GLOVES

from a Malaysian manufacturer are in the spotlight after being frozen by U.S. Borders and Customs amid concerns of forced labour.

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**Skyrocketing
PORK PRICES**

may be a factor behind the Beijing's signing of the latest U.S.-China trade deal, analysts say, with a predicted shortfall in pork supply in China of around 10 million metric tonnes for the 2019-20 financial year.

CHINA | A4

"The cry of Tibetans for freedom should be heard around the world. That would bring moral pressure on China."

S. Venkataraman, trustee of NGO Nandini Voice for the Deprived, on the arrests of Tibetan students in India during Chinese leader Xi Jinping's recent visit

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"Government can't love, and families and communities can't thrive without it."

Paul Adams, professor emeritus of social work at the University of Hawaii, on the individual duty of charity

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Hong Kong police detain a man for an unknown reason outside a shopping centre in the Tai Koo area of Hong Kong on Oct. 13, 2019.

HONG KONG

US House Passes Bills Supporting Hong Kong

Legislation would place economic pressure on HK and China, ban weapons exports to HK police

EVA FU

The U.S. House of Representatives unanimously passed a series of measures on Oct. 15 expressing support for the ongoing pro-democracy movement in Hong Kong against Beijing's encroachment.

"If America does not speak up for human rights in China because of commercial interests, then we lose all moral authority to speak out for human rights anywhere in the world," Speaker of the House Nancy Pelosi (D-Calif.) said.

Lawmakers passed two bills: the Hong Kong Human Rights and Democracy Act, which would require the U.S. administration to review each year whether the city should retain its trading privileges; and the Protest Hong Kong Act, which would ban the

export of crowd-control equipment to the city, where police have been accused of using excessive force to quell demonstrations.

The House also passed a resolution that condemns interference in Hong Kong by the People's Republic of China.

The bills have to be passed in the Senate and signed by the president before they become law.

For more than four months, Hong Kong has been rocked by large-scale, mostly peaceful protests in opposition to a now-withdrawn extradition bill that would have allowed people to be transferred to the mainland for trial in courts controlled by the Chinese Communist Party. The protests have

If America does not speak up for human rights in China because of commercial interests, then we lose all moral authority to speak out for human rights anywhere in the world.

Nancy Pelosi, U.S. House Speaker



Mourners hold candles during a candlelight vigil to commemorate a Hong Kong protestor who committed suicide on June 15, 2019.

CHINA

High 'Suicide' Rate of Hong Kong Protesters Points to Chinese Regime

YUAN BIN

News Analysis

Since the Hong Kong pro-democracy protests began, the number of suicide cases reported in the city has soared. The total number has exceeded 100, which is an unprecedented record. In addition, many of the victims are young protesters, and the details of their deaths look a lot like they were murdered.

Another Hong Kong resident was said to have committed suicide in the past week.

On Oct. 10 at around 6 p.m., a man

fell from a high-rise building in Hong Kong's Sha Tin area. As he was falling, one of his feet detached from his body. When the ambulance arrived, medical staff confirmed that he had already died before the fall.

The police later announced that the man, surnamed Lin, 31, did not leave a suicide note. The police also said his medical history shows he had suffered from mood disorders, which might provide an explanation for his motive to commit suicide.

However, netizens have raised five alarming points based on photos

Accuracy & Integrity

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

TRADITIONAL VALUES

Growing Secularism Is Pushing Religion, Traditional Values Aside, AG Barr Warns

JANITA KAN

U.S. Attorney General William Barr raised concerns about the increase in secularism in society in a speech on Oct. 11, speaking about how that has contributed to a number of social issues plaguing communities across the nation.

Barr, who delivered his remarks to students at the University of Notre Dame's law school, drew attention to the comprehensive effort to drive away religion and traditional moral systems in society and to push secularism in their place.

"We see the growing ascendancy

Continued on A6

MEDIA EXPOSÉ

Undercover Video Reveals Tension Between CNN Staff, Leadership Over Nonstop Trump Focus

PETR SVAB

CNN President Jeff Zucker has insisted the cable news network has to maximally focus on pushing the story of Democrats trying to impeach President Donald Trump, despite objections by staffers that the push is harming the organisation's journalistic integrity, according to undercover recordings.

Continued on A7



The CNN sign is seen outside its headquarters in New York City, on Nov. 12, 2002.

SYRIAN CONFLICT

SDF Chief: 'Washington Has Sufficient Leverage to Mediate a Sustainable Peace Between US and Turkey'

VENUS UPADHAYAYA

The commander-in-chief of the Syrian Democratic Forces (SDF), Gen. Mazloum Kobani Abdi, said that he wants the United States to "acknowledge" the role it can play in finding a political solution, and in helping to reach a sustainable peace between Turkey and Kurdish-led forces in Syria.

"But we do want the United States to acknowledge its important role in achieving a political solution for Syria. We are sure that Washington has sufficient leverage to mediate a sustainable peace between us and Turkey," said Abdi in an "argument" published in The Foreign Policy on Oct. 13.

Abdi is leading the 70,000 strong SDF that, according to him, "fought against jihadi extremism, ethnic hatred, and the oppression of women since 2015."

He said ISIS terrorists came from all over the world, and he told his soldiers to fight them because they "looted" their villages, "killed" their children, and "enslaved" their women. He said the SDF lost 11,000 soldiers while fighting against ISIS

"He said ISIS terrorists came from all over the world, and he told his soldiers to fight them because they 'looted' their villages, 'killed' their children, and 'enslaved' their women.

terrorists.

Abdi said after the Kurdish-led Syrian forces aligned with the United States, it withdrew its military fortification from the border with Turkey.

"Turkey would never attack us so long as the U.S. government was true to its word with us. We are now standing with our chests bare to face the Turkish knives," he said.

Immediately after the United States withdrew its forces from northeast Syria, Turkish President Recep Tayyip Erdogan launched Operation Peace Spring (OPS) on Oct. 9 against

Continued on A3

ASIO Swamped by Demand for Advice on Espionage and Foreign Interference

Australia's domestic intelligence agency is struggling to meet demand for advice on espionage and foreign interference, and cannot easily redirect resources, its former director-general warns.

Heightened levels of espionage and interference, combined with greater awareness of the twin threats, are stretching resources at the Australian Security and Intelligence Organisation (ASIO).

"Our capacity to provide our partners with advice is being outstripped by demand," the spy agency said in its annual report.

"The significant growth in demand for our advice will continue to present a challenge for ASIO, necessitating a continued focus on the most valuable activities in collaboration with our strategic partners."

Duncan Lewis, who authored the agency's annual report but has since retired, said ASIO could not easily adjust to keep up with demand.

"With the terrorist threat showing no signs of significantly decreasing,

ASIO will need to build new capability and capacity to meet current and future demand for our trusted advice and expertise.

Duncan Lewis, former ASIO director-general



Australian Security Intelligence Organisation Director-General Duncan Lewis speaks at the Lowy Institute in Sydney, Australia, on Sept. 4, 2019.

ASIO has limited scope to redirect internal resources to address the increasing gap between demand for our counter-espionage and foreign interference advice and our ability to furnish this assistance," he said. Lewis expects demand to grow.

"ASIO will need to build new capability and capacity to meet current and future demand for our trusted advice and expertise," he said.

"We will necessarily prioritise our finite resources—across our counter-terrorism, counter-espionage and foreign interference, border integrity and protective security advice programs—towards addressing activities of the greatest potential harm to Australians and Australian interests."

ASIO measures its performance against eight criteria, but fell short in two areas.

The first was in providing advice to national security partners, helping them disrupt and defend against

"harmful espionage, foreign interference, sabotage and malicious insiders."

The second area ASIO only "partially achieved" its target was in collecting foreign intelligence in Australia that advances the nation's security interests.

The spy agency said the collections operations it conducted in the past year yielded valuable and unique intelligence.

"The 'partially achieved' result acknowledges that we were unable to progress other collection operations requested by partners," it said.

The annual report also laid out ASIO's activities for the past financial year:

- Counter-terrorism leads resolved or investigated: 12,478
- Disruptions of planned terror attacks: 3
- Visa security assessments:

- 11,669
- Personal security assessments: 32,887
- Foreign Investment Review Board assessments: 275
- Security assessments for access to sensitive sites and materials: 145,114
- Security products evaluated: 87
- Published counter-terror intelligence and security reports: 983
- Published counter-terror and foreign interference intelligence and security products: 269
- Zone 5 site inspections and reports (security): 81

ASIO has a total of 1,961 employees and an annual operating budget of \$547.4 million.

By Daniel McCulloch
From AAP



A placard at a Melbourne rally organised by the local Vietnamese community warning about the Chinese Communist Party's encroachment into Australia on Sept. 30, 2018.

Australia Under Pressure to Follow US Freeze of Rubber Glove Imports Amid Forced Labour Claims

ISABEL VAN BRUGEN

Australia faces growing calls to freeze imports from a leading Malaysian rubber glove maker after the Trump administration blocked shipments from the manufacturer over allegations that the products were manufactured using forced labour.

The Trump administration on Oct. 1 announced an import freeze on WRP Asia Pacific (WRP) goods, along with products from four other countries, amid concerns that people producing the items might be children or adults subjected to forced labour.

U.S. Customs and Border Protection (CBP) said it had reason to believe that the production chain of the Malaysian manufacturer—which produces goods such as rubber household and surgical gloves—is exploiting vulnerable migrants from Bangladesh, Nepal, and other countries who went into crushing debt from paying exorbitant recruitment fees.

WRP, a leading producer of medical rubber gloves, exported \$79.5 million worth of the products to the United States last year, VOA News reported. Malaysia alone meets more than half of the global demand for the products, with 65 percent of overall goods exported to the United States, according to the Malaysian Rubber Glove Manufacturers Association (MARGMA).

Under the rare U.S. detention orders, the products are held for up to 90 days unless the importers can prove no forced labour was used to produce their goods. If they can't, they can either ship their products to another country or surrender them to CBP.

A 2016 amendment to the U.S. law known as the Tariff Act states that imports of merchandise "mined, produced, or manufactured, wholly or in part, in any foreign country by forced or indentured child labour—including



A container ship is pushed to its berth by a tug in the Port of Melbourne on June 6, 2018.

Under the rare U.S. detention orders, the products are held for up to 90 days unless the importers can prove no forced labour was used to produce their goods. If they can't, they can either ship their products to another country or surrender them to CBP.

forced child labour" will be subject to exclusion and/or seizure, and may trigger a criminal investigation of the importer, according to the CBP.

Mark Morgan, the acting CBP commissioner, said the blocked shipments show that "if we suspect a product is made using forced labour, we'll take that product off U.S. shelves."

WRP importers include some of the leading medical suppliers such as global giant Ansell.

WRP spokesman Eng Seng Yeong told The Epoch Times that news of the blocked shipments "came as a complete surprise" to the company.

"Regretfully, we had no notice from CBP of any issues prior to today, and they have never visited our factory to gain any firsthand knowledge of the working environment at WRP."

"WRP takes our CSR [corporate and social responsibilities] very seriously, and we have stringent policies in place to ensure we are in compliance with all applicable global requirements. We have undergone many independent

and customer-driven CSR audits, with passing grades, and we are working for continued improvements."

The spokesman told The Epoch Times the company is "proud" of the working environment it provides its workers.

"We are now working closely with our U.S. attorney to provide information and evidence to CBP immediately of our compliance with all U.S. regulations regarding the forced labour accusation."

"We are convinced that CBP will agree that WRP gloves are not produced in an environment with forced labour of any type."

A CBP spokesperson told The Epoch Times that the freeze was not a ban, and is issued to importers if "information reasonably, but not conclusively, indicates that merchandise" involves forced labour.

Since the ban was imposed in the United States, human rights activists have been urging Australia to follow suit. However, under Australian law,

importers are not required to prove products weren't manufactured using forced labour, Australia's ABC News reported.

Activist Andy Hall, who has advocated on behalf of Southeast Asian migrant labourers, said workers for some rubber glove makers aren't paid for months, and are housed in unkept and overcrowded conditions, while some have their passports taken away from them and aren't allowed to quit.

A spokesman for the Australian Border Force told the news outlet the government has not considered blocking shipments of products alleged to have been produced under such conditions.

"The extent of modern slavery worldwide means there are risks that this crime may be present in the supply chains of many businesses in the region," he said.

Ansell said in a statement that it would no longer deal with WRP, describing the forced labour allegations as extremely concerning.

"Ansell takes the labour practices of these third-party suppliers seriously, and any allegations of forced labour among the company's suppliers are of the highest concern," the company said.

Other goods slapped with the U.S. detention orders—the most issued in a single day—include imports of bone charcoal from Brazil that firms such as Plymouth Technology and Resin-Tech Inc. use to remove contaminants in U.S. water systems, diamonds from Zimbabwe, gold from eastern Democratic Republic of Congo, and shipments from a Chinese company making baby pajamas sold at Costco warehouses.

The Associated Press contributed to this report.

SDF Chief: 'Washington Has Sufficient Leverage to Mediate a Sustainable Peace Between US and Turkey'

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ISIS terrorist forces, including; SDF-led forces; the Kurdistan Worker's Party (PKK), and the People's Protection Unit (YPG).

Turkey said Operation Peace Spring is needed to create a safe zone for millions of Syrian refugees.

Abdi wrote in his "argument" that SDF could understand and sympathise with the decision of the United States to withdraw, and President Donald Trump has been talking about it for a long time.

"Fathers want to see their children laughing on their laps. Lovers want to hear the voices of their partners whispering to them. Everyone wants to go back to their homes," he said.

The general, however, said that the United States could play a role in finding a political solution for Syria and help in building sustainable peace between Turkey and Syria.

On Sunday, the Turkish Defence Ministry reported that the PKK/YPG controlled town of Rasalayn was captured and 415 "PKK/YPG militants were eliminated" since the beginning of the operation, according to a situation report released by the Turkish think tank, Edam.

Robin Fleming, a researcher at Rojava Information Centre based in Qamishli, Syria, told The Epoch Times on Friday that the Turkish attack has led to a humanitarian crisis.

"The conditions of the civilians are reaching the level of a humanitarian disaster with the estimated number of displaced civilians between 60,000 and 100,000. Our team on the ground has seen families with all their possessions in the back of a truck; people walking on foot—taking only what they can carry with their hands—all rushing to leave the cities in the face of attack," she said.

Fathers want to see their children laughing on their laps. Lovers want to hear the voices of their partners whispering to them. Everyone wants to go back to their homes.

Gen. Mazloum Kobani Abdi, commander-in-chief of the Syrian Democratic Forces



DELL SOULEIMAN/AFP/GETTY

Gen. Mazloum Kobani Abdi, commander-in-chief of the Syrian Democratic Forces (SDF), attends a meeting with other commanders and representatives of the U.S.-led coalition fighting ISIS.

'We Believe in Democracy'

Abdi said SDF aligned itself with the United States because of its core belief in the principles of democracy.

"We are disappointed and frustrated by the current crisis. Our people are under attack, and their safety is our paramount concern. Two questions remain: How can we best protect our people? And is the United States still our ally?" he said.

In an earlier message posted on Twitter on Friday, Abdi had requested the United States to prevent Turkey from using the airspace for the attack.

"Our war would last for more than a year if the U.S. is unable to lay a peaceful solution with Turkey. We ask it to prevent Turkey from using the airspace, as we can defend ourselves," he said.

His Friday message came a day after Trump said he could mediate between Turkey and Kurdish-led forces.

"We have one of three choices:

Send in thousands of troops and win Militarily, hit Turkey very hard financially and with sanctions, or mediate a deal between Turkey and the Kurds!" Trump said on Thursday.

In his writeup in The Foreign Policy, Abdi said that the threat of ISIS still exists because many terrorists still exist in "sleeper cells" waiting to wage an insurgency.

"We know that we would have to make painful compromises with Moscow and Bashar al-Assad if we go down the road of working with them. But if we have to choose between compromises and the genocide of our people, we will surely choose life for our people," he said.

In another message on Twitter on Friday, the general had said that the SDF doesn't regret its relationship with the United States.

"We are disappointed, and Mr. Trump is working to reconcile us with Turkey. Our condition for dialogue is a ceasefire, but @POTUS is

not doing enough," he wrote.

Trump said in a statement issued on Monday that he will impose sanctions on any Turkish officials—whether current or former—who are linked to Turkey's actions in northern Syria.

The President mentioned that the United States would immediately halt negotiations with Turkey over a \$100 billion trade deal that was being hammered out between the two countries.

"This order will enable the United States to impose powerful additional sanctions on those who may be involved in—serious human rights abuses, obstructing a ceasefire, preventing displaced persons from returning home, forcibly repatriating refugees, or threatening the peace, security, or stability in Syria. The order will authorise a broad range of consequences, including financial sanctions, the blocking of property, and barring entry into the United States," Trump said.

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High 'Suicide' Rate of Hong Kong Protesters Points to Chinese Regime

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taken on site.

First, there were no obvious blood stains on the ground.

Second, a lot of bleeding would be expected if his foot broke off from his leg during the fall, but there was no blood flowing from the man's body.

Third, his body was stiff, and based on the movements of his hands and arms during the fall, netizens suspected that his arms were bound or handcuffed when he was still alive.

Fourth, the man hit the ground head first, but there was no brain matter oozing from his head.

Fifth, there was already purple post-mortem discoloration on the back of his body, and his corpse had turned partly pale and partly purple-blue, a sign that the man had been dead for at least a couple of days before the alleged suicide.

Hong Kong Suicide Rate Soars Since Protests

According to various media reports, since the protests began in June, the number of reported suicide cases have soared. In the two months following June 12, the number of suicide cases reported was about 10 people in every ten-day period. Then, from Aug. 21 to Aug. 31, the number suddenly rose to 18. And in the following ten days, the number jumped to 49. So far, the total number has exceeded 100, and many of the victims were young protesters, according to various media reports. Needless to say, this is extremely abnormal.

First of all, having more than 100 suicide cases in just a few months is unprecedented in Hong Kong's history. These so-called suicide cases were either through jumping off high-rise buildings or by drowning. A fireboat operator wrote on a social media post that he had worked on fireboats for more than a decade, and the number of corpses he recovered in the past several months is as high as the total number from the past ten years.

In addition, there are many questionable details in these suicide cases as reported by various media outlets. For example, several victims who fell from tall buildings did not bleed but displayed past injuries on their corpses. One victim who had supposedly "drowned" was found with his hands bound together. Another victim whose body was found floating in the bay across Tsuen Wan had his mouth covered with tape, and it appeared that he did not die from drowning as his body was not bloated. In another horrific case, a naked woman



Pro-democracy protesters gather against the police brutality and the controversial extradition bill at Hong Kong's international airport on Aug. 12, 2019.

... of the recent death cases declared as suicides, "some of the females are simply victims of rape in order to scare the masses of students."



Mourners place flowers and offer prayers at the site where a protester died, prior to the start of a rally in Hong Kong on June 16, 2019.

fell from a tall building and it seemed her body had already been severed at the waist.

Many believe that these people were murdered before they were thrown into a river or thrown off a building. Most notably, the number of unusual suicide cases increased drastically after police raided the Prince Edward station on Aug. 31.

Riot police stormed MTR trains at Prince Edward station and made many arrests that night. Witnesses say the police assaulted passengers indiscriminately, chasing and beating them with batons on the platform

and using pepper spray inside train carriages. Several people were hit on the head and bled heavily.

Many protesters were reported missing after the incident. Ms. Leung, the director of Kwun Tong community, shared on social media that an employee working at a mortuary service revealed that police caused at least six deaths at the train station. The mortuary company handled these six corpses, and the employees found that they had all died from broken necks. Apparently, the police had forcibly twisted their necks 90 degrees from behind to cause the deaths.

In other words, it is widely believed that among the more than 100 suicide cases, only a few individuals actually committed suicide, whereas the majority were murders disguised as suicides.

Chinese Paramilitary Forces Embedded in Hong Kong Police

As the world expressed outrage at the increasing use of police violence against the Hong Kong student protesters, The AI Organisation provided some valuable information to help explain the suspicious suicides in an article titled "Artificial Intelligence with Facial Recognition Hunts Hong Kong Youth for Capture, Rape & So-called Suicide."

The authors of the article learned from intelligence agencies that the mainland Chinese regime has implanted their paramilitary forces within Hong Kong police departments.

According to the article, the regime uses facial recognition and AI technology to locate student protesters. It states that female student protesters have been gang raped by the Hong Kong police, who are actually mainland Chinese police and security personnel dispatched and approved by the Hong Kong government.

It further points out that of the recent death cases declared as suicides, "some of the females are simply victims of rape in order to scare the masses of students." Those victims who supposedly jumped off buildings were "coerced or thrown off."

The article also elucidates that these tactics are widely used in China when the regime aims at tracking and persecuting democracy activists, Falun Dafa adherents, house Christians, Tibetans, Uyghurs, and others.

"The captured are sent to police stations, detention centres, reeducation labor camps, and concentration camps. Suicides are almost always the declaration of the Chinese Socialist Regime. They are subject to torture, rape, and organ trafficking which leads to their murder," the article said.

Thirty years ago, the world witnessed the brutality of the Chinese Communist Party when Chinese soldiers opened fire on pro-democracy student protesters at Tiananmen Square. In the ongoing pro-democracy protests in Hong Kong, the Chinese regime doesn't dare to deploy its troops openly. However, it has ordered mainland armed police to hit hard at Hong Kong protesters and has committed insidious murders while calling them suicides.

Chinese Regime Confirms US Trade Deal as Economic Indicators Bode Hard Times Ahead

NICOLE HAO

The Chinese government's latest released economic figures bore more bad news, as Chinese Premier Li Keqiang made a speech acknowledging "significant difficulties" ahead for the economy.

Meanwhile, Beijing finally confirmed for the first time details of the U.S.-China trade deal announced by U.S. President Donald Trump on Oct. 11.

Trade Deal

"What the U.S. side said is the real situation, and is consistent with what we know," Geng Shuang, spokesman for China's foreign ministry, said on Oct. 15 regarding the phase-one trade deal.

The deal was announced at the White House on Oct. 11 after Chinese Vice Premier Liu He visited for trade negotiations. Trump said that China had agreed to purchase \$40 billion to \$50 billion worth of U.S. agricultural goods in exchange for suspending a scheduled U.S. tariff hike on Chinese goods.

The confirmation came four days late, with Geng and other



China's real economy is facing significant difficulties. Domestic demand is weak.

officials previously refusing to answer reporters' questions about the trade deal. Meanwhile, state media gave little coverage of the trade deal.

On Oct. 15, Geng provided figures on how much U.S. agricultural goods Chinese businesses have bought so far this year, noting that "China will speed up buying more American agricultural products."

Geng emphasized that China and the United States "have no different opinions" on the trade deal.

According to U.S.-based commentator Tang Jingyuan, the delay was likely because Chinese leader Xi Jinping and other top officials had to give the final O.K. on the deal, after gauging the U.S. administration's stance.

U.S. Secretary of Treasury Steven Mnuchin told media on Oct. 14 that the U.S. administration might proceed with the December tariff hike, if the "phase-one" deal isn't finalized by then.

"Chinese authorities also confirmed the trade deal because China really needs the deal to get their hands on American agricultural products, especially pork,"

Tang told The Epoch Times on Oct. 15.

Economy in Trouble

China's National Bureau of Statistics released its Consumer Price Index (CPI), showing that in September, the CPI increased 3.0 percent compared to last year. Food prices in particular went up 11.2 percent, while due to lack of supply, pork prices increased by 69.3 percent compared to last year.

The African Swine Fever (ASF) epidemic, which first broke out in August 2018, has decimated China's hog business, sending pork prices skyrocketing. China is the world's largest consumer of pork.

Lin Guofa, research director at Chinese consultancy Bric Agri-Info Network, was quoted as saying to Chinese state-run publication Business Statistics that production in 2019 could be 11 million to 12.75 million metric tons less.

The shortage has forced China to import more pork. New York headquartered financial services company FCStone estimated in August that China needed about seven years to return to normal hog production levels pre-ASF, and would

need to import a total of 3.3 million metric tons of pork in 2019 and 4.2 million metric tons in 2020.

Meanwhile, the United States is the world's second-largest pork exporter. But due to the ongoing trade dispute, China imposed retaliatory tariffs on a slew of U.S. agricultural products, including pork. Thus, U.S. pork exports to China fell dramatically.

In the first eight months of this year, the United States exported 93,245 metric tons of pork to China, compared to 351,774 metric tons in 2018 and 495,637 metric tons the year prior, according to data from the U.S. Meat Export Federation.

Meanwhile, China's PPI—considered a key barometer for corporate profitability—decreased 1.2 percent in September, compared to the same period last year. The price of production materials decreased by 2.0 percent, with prices in the business, oil and gas, coal, and ferrous metals categories experiencing the steepest declines.

PPI deflation indicates that China's manufacturing sectors are cooling.

Premier's Admission

Chinese Premier Li Keqiang organized an economic forum in Xi'an City, Shaanxi, on Oct. 14, in which he asked provincial governors to launch new policies to stimulate the economy.

"China's real economy is facing significant difficulties. Domestic demand is weak ... Some regions are lacking in development momentum," Li said, according to state-run media Xinhua.

Li asked provincial governments "to enhance bottom-line awareness," hinting at the intensity of Beijing's concerns about the economy.

He added that international trade was key to the Chinese regime's economic policies.

"The international trade that Li talked about includes foreign investment, imports, and exports," Tang said. "Li's order confirms the importance of the U.S.-China trade deal. Suspending the scheduled tariff hike on Chinese products could help China increase exports."

Reuters contributed to this report.

Apple Pulls Hong Kong App Amid Chinese Regime's Pressure

EVA FU

Apple removed an app from its App Store that provides real-time updates for Hongkongers about police and protester movements on Oct. 10, becoming the latest international brand that has caved to pressure from the Chinese regime.

The dynamic, crowd-sourced app HKmap.live has become popular for helping people to navigate through the tear gas-filled streets in Hong Kong, a former British colony where pro-democracy protests have erupted since June against Beijing's creeping interference. The emojis and spontaneous updates proved handy for users to track conditions such as train closures and potential clashes.

Apple said in a statement that the app has posed "serious harm" to law enforcement and local residents.

"We have verified with the Hong Kong Cybersecurity and Technology Crime Bureau that the app has been used to target and ambush police, threaten public safety, and criminals have used it to victimise residents in areas where they know there is no law enforcement," it said.

Apple's CEO Tim Cook defended the app's removal on Oct. 10, saying that it was based on "credible information" from Hong Kong police and Apple users in Hong Kong.

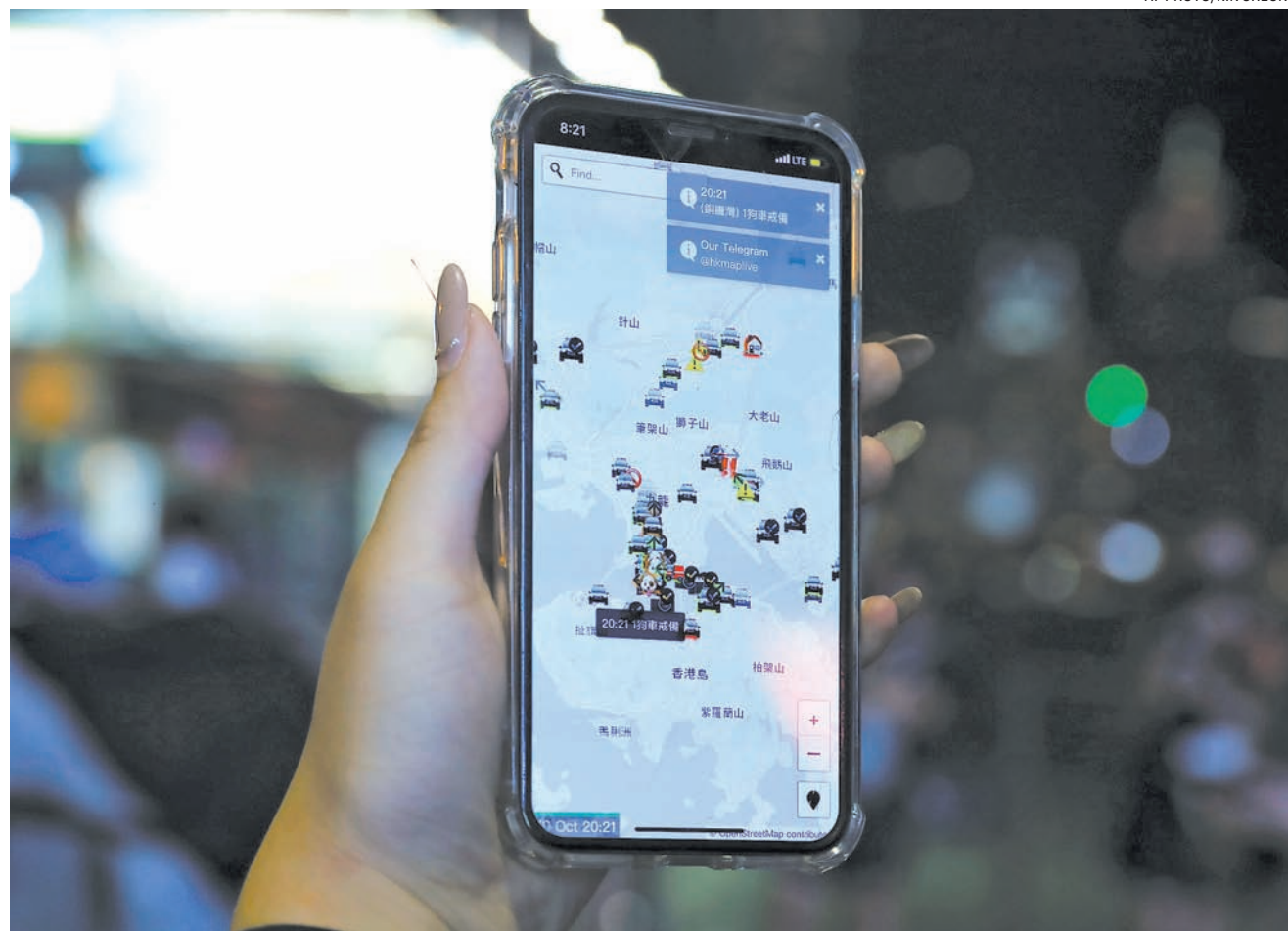
In an internal memo obtained by several media outlets and confirmed by Apple, Cook wrote that although

The majority of user review[s] in the App Store ... suggest HKmap IMPROVED public safety, not the opposite.

HKmap.live developers

Apple's new iPhone 11 phones are displayed at the Apple Store in IFC, Central district, Hong Kong, on Oct. 10, 2019.

ATHIT PERAWONGMETHA/REUTERS



A person's phone shows HKmap.live apps as they join others at a rally to mark Taiwan's National Day in the Tsim Sha Tsui district in Hong Kong on Oct. 10, 2019. The same day, a Hong Kong government official said that Apple was responsible for removing the app that allowed activists to report police movements.

information such as crowdsourced reporting of police checkpoints and protest hotspots is in itself "benign," the app was "being used maliciously to target individual officers for violence and to victimise individuals and property where no police are present."

"It is no secret that technology can be used for good or for ill. This case is no different," Cook wrote.

The move came one day after Chinese state media berated the company for aiding Hong Kong protesters by approving the "toxic" app. The app, which is also on Google Play, had just gone live on the iPhone shelf less than a week ago, after initially being rejected by Apple earlier this month.

Responding to the app removal, a Chinese foreign ministry spokesperson in an Oct. 10 press conference again described the Hong Kong movement as "extremist" and "criminal activities."

The developers of HKmap.live said they disagree with claims that the app is a public safety threat and said there was zero evidence backing up the Hong Kong authorities' allegations.

"The majority of user review[s] in the App Store ... suggest HKmap IMPROVED public safety, not the opposite," they said.

Apple's rejection of the app is "clearly a political decision to suppress freedom and human right in HongKong," they added.

"HKmap is used by [sic] passerby, protesters, journalists, tourists, and even pro-government supporters ... If HKmap is for target and ambush police or other illegal purpose as falsely accused, why would I bother making it available to the public?"

Sen. Josh Hawley (R-Mo.) criticised Apple's decision, saying that the company had just assured him last week that "their initial decision to ban this app was a mistake."

"Looks like the Chinese censors have had a word with them since. Who is really running Apple? Tim Cook or Beijing?" he said on Oct. 10.

Chinese officials and state media have consistently framed the unrelenting pro-democracy protests in Hong Kong as "riots" and have derided foreign companies that go against the Party line for "hurting Chinese feelings."

HKmap.live expressed disappointment to see U.S. brands "such as Apple, NBA, Blizzard Entertainment, and Tiffany & Co. act against freedom."

Those companies, among others, have come under fire lately for taking actions to appease the Chinese regime in connection with the Hong

Kong protests.

Apple had recently removed a Quartz news app from its Chinese mobile app store, due to Chinese government complaints that it "includes content that is illegal in China," according to The Verge. The news organisation told The Verge that they "abhor this kind of government censorship of the internet."

Google also suspended a role-playing app on Oct. 10 for violating a company policy "prohibiting developers from capitalising on sensitive events, such as attempting to make money from serious ongoing conflicts or tragedies through a game." The app, titled "The Revolution of Our Times," allows users to role-play as Hong Kong protesters.

Greater China is Apple's third-largest market in terms of revenue and has generated \$52 billion—about a fifth of the company's total sales—during the past year. It's also where Apple manufactures most of its products, including iPhones and iPads.

During the Oct. 10 press conference, the foreign ministry spokesperson also said that foreign businesses are welcome to invest in China, "but the precondition is that they comply with Chinese laws and regulations and respect Chinese people's national feelings. There is no doubt about that."

Tibetans in India, Nepal Arrested During Chinese Leader's Visit

FRANK FANG

The plight of Tibetans in China and those in exile was highlighted during Chinese leader Xi Jinping's recent trip to India and Nepal.

Xi arrived in India on Oct. 11 for an informal summit with Indian Prime Minister Narendra Modi, before leaving for Nepal the following day for a two-day visit.

Tibetans in both India and Nepal were arrested by local authorities for planning to hold protests during Xi's visits.

In India, at least 15 Tibetans, including 14 students and Gonpo Dhundup, the head of India-based exile group Tibetan Youth Congress (TYC), were arrested throughout the eastern city of Chennai, where Xi and Modi held their meeting, according to an Oct. 11 report by Radio Free Asia (RFA).

TYC, in a statement published on its website on Oct. 11, called on Indian authorities to release the arrested Tibetans, and urged Modi to "take up the issue of Tibet" while meeting with Xi, for what it called "70 years of oppression and aggression against the people of Tibet."

The Chinese Communist Party (CCP) invaded Tibet in 1949, declaring it a part of the Chinese regime's territory. The Party has since enacted harsh controls over Tibetans' way of life and branded as "separatists" any Tibetans who consider the Dalai Lama to be their spiritual leader. Amid increasing suppression from Chinese authorities, some Tibetans have escaped across the border to Ne-

Indian government could have allowed them to protest silently. But, it did not allow the protest, which is contrary to India's democratic traditions and practices.

S. Venkataraman, founder trustee of Chennai nonprofit Nandini Voice for the Deprived

pal and India for religious freedom.

On Oct. 13, Nepal's English-language newspaper The Himalayan Times reported that in the past three days, local police have arrested 22 "Free Tibet" movement campaigners and human rights activists in the capital of Kathmandu. Among the 22, 11 were Tibetan refugees.

S. Venkataraman, a social activist in Chennai and founder trustee of local nonprofit Nandini Voice for the Deprived, expressed his concerns about the recent arrests.

"Indian government could have allowed them to protest silently. But, it did not allow the protest, which is contrary to India's democratic traditions and practices," he wrote, in an opinion article that first appeared on Nepali news site Nepal24hours.

He added: "The cry of Tibetans for freedom should be heard around the world. That would bring moral pressure on China."

Prior to Xi's arrival in Nepal, Nepalese local media Khabarhub, citing unidentified sources, reported that Beijing was pressuring Kathmandu to sign an extradition treaty, allowing each country to transfer criminal suspects to the other country.

In June 2018, following Nepal Prime Minister K.P. Sharma's visit to China, a joint statement between Beijing and Kathmandu announced that they agreed to negotiate an extradition treaty, for the objective of fighting "illegal border crossing and transnational crimes."

On Oct. 11, ICT issued a statement on its website expressing concerns

about the extradition treaty. It stated, "The Chinese government systematically violates basic human rights, including the right to a fair trial, so any extradition treaty with China is highly problematic."

"Such a treaty could also effectively further jeopardise the situation of Tibetan refugees in Nepal, whose status has been precarious for a long time," it added.

Human Rights Watch also voiced concerns in an Oct. 11 statement, saying that the agreement could threaten Tibetan refugees, activists, and journalists in Nepal. They could be in danger of facing "unfair trials or the risk of torture and other ill-treatment."

While the extradition treaty wasn't

formally signed upon the conclusion of Xi's visit on Oct. 13, a joint statement during the Nepal and China trip revealed that steps were made to make it a reality.

According to the Nepalese foreign ministry announcement, both countries were "satisfied with signing the Treaty on Mutual Legal Assistance in Criminal Matters and expressed hope for an early conclusion of the Treaty on Extradition," the agreement on "mutual legal assistance" being one of a total of 20 deals signed by the two countries on Oct. 13.

Also among the deals was a memorandum of understanding on cooperation between China's highest prosecutor office and the Office of the Attorney General of Nepal.

STR/AFP VIA GETTY IMAGES



Students are held in a police vehicle after being detained during a protest against the visit of Chinese leader Xi Jinping near the ITC Grand Chola hotel in Chennai, India, on Oct. 11, 2019.

Growing Secularism Is Pushing Religion, Traditional Values Aside, AG Barr Warns

CONTINUED FROM A1

of secularism and the doctrine of moral relativism," Barr said.

He said that the forces of secularism are using mass media and popular culture, the promotion of greater reliance on government intervention for social problems, and the use of legal and judicial institutions to eliminate traditional moral norms.

Barr explored several of the consequences of "this moral upheaval," highlighting its effect on all parts of society.

"Along with the wreckage of the family, we are seeing record levels of depression and mental illness, dispirited young people, soaring suicide rates, increasing numbers of angry and alienated young males, an increase in senseless violence, and a deadly drug epidemic," he said.

"Over 70,000 people die a year from drug overdoses," he said. "But I won't dwell on the bitter results of the new secular age. Suffice it to say that the campaign to destroy the traditional moral order has coincided, and, as I believe, has brought with it, immense suffering and misery."

Barr said religion has come under increasing attack over the past 50 years, underscoring how secularists are using society's institutions to systematically destroy religion and stifle opposing views.

"Secularists and their allies have marshaled all the forces of mass communication, popular culture, the entertainment industry, and academia in an unremitting assault on religion and traditional values. These instruments are used not only to affirmatively promote secular orthodoxy but also to drown out and silence opposing voices," he said.

He said that people are moving away from "micro-morality" observed by Christians, a system of morality that seeks to transform the world by focusing on their own personal morality and transformation. Instead, he said the modern secularists are pushing a "macro-morality," which focuses on political causes and collective actions to address social problems.

"In the past, when societies are threatened by moral chaos, the overall social costs of licentiousness and irresponsible personal conduct become so high that society ultimately recoils and reevaluates the path it is on," Barr said.

"But today, in the face of all the increasing pathologies, instead of



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

Along with the wreckage of the family, we are seeing record levels of depression and mental illness, dispirited young people, soaring suicide rates, increasing numbers of angry and alienated young males, an increase in senseless violence, and a deadly drug epidemic.

William Barr, U.S. Attorney General



Local police, fire department, and deputy sheriffs help a man who is overdosing in the Drexel neighborhood of Dayton, Ohio, on Aug. 3, 2017. It's unclear what he overdosed on.

addressing the underlying cause, we have cast the state in the role as the alleviator of bad consequences. We call on the state to mitigate the social costs of personal conduct and irresponsibility. So the reaction to growing illegitimacy is not sexual responsibility but abortion; the reaction to drug addiction is safe injection sites."

"The call comes for more and more social programs to deal with this wreckage, and while we think we are resolving problems, we [actually] are underwriting them."

He also pointed out how the law has been used to "break down traditional moral values and establish moral relativism as the new orthodoxy," giving the example of how laws have been used to aggressively force religious people and entities to subscribe to practices and policies that are antithetical to their faith.

"The forces of secularism have

been continually seeking to eliminate the laws that reflect traditional moral norms," he said.

Barr also highlighted the role of religion in society, saying it promotes moral discipline while it influences people's conduct.

"Religion also helps promote moral discipline in society. We're all fallen. We don't automatically conform our conduct to moral rules, even when we know that they're good for us. But religion helps teach, train, and habituate people to want what's good," he said.

"It doesn't do this primarily by formal laws—that is, by coercive power—it does this through moral education and by framing society's informal rules—the customs and traditions which reflect the wisdom and experience of the ages. In other words, religion helps frame a moral culture within society that instills and reinforces moral discipline."



Turkish soldiers and Turkey-backed Syrian fighters gather on the northern outskirts of the Syrian city of Manbij near the Turkish border on Oct. 14, 2019, as Turkey and its allies continue their assault on Kurdish-held border towns in northeastern Syria.

ABC News Deletes Video From Kentucky Gun Range After Claiming It Was Footage of Syrian Conflict

IVAN PENTCHOUKOV

ABC News on Oct. 14 put out a correction and took down a video recorded at a Kentucky gun range after falsely claiming it was footage of the armed conflict in Syria.

"We've taken down the video that aired on 'World News Tonight' Sunday and 'Good Morning America' this morning that appeared to be from the Syrian border, immediately after questions were raised about its accuracy. ABC News regrets the error," ABC News said in an Oct. 14 statement.

ABC News anchor Tom Llamas showed the erroneous footage during the opening segment of World News Tonight on Oct. 13. "This video right here appearing to show Turkey's military bombing Kurd civilians in a Syrian border town," Llamas told viewers. "The Kurds, who fought alongside the U.S. against ISIS. Now, horrific reports of atrocities committed by Turkish-backed fighters on those very allies."

The video ABC News aired matched footage recorded in 2017 during a nighttime shooting event at Knob Creek Gun Range in Kentucky. According to Knob Creek's website, the nighttime machine-gun shoot is a biannual event. It's attended by nearly 20,000 people, according to Guns.com.

The news anchor prefaced the video with comments that linked the "horrific report of atrocities" with a decision by President Donald Trump to withdraw U.S. troops from northern Syria. Trump has defended the decision and said he will issue sanctions against Turkey aimed to restrain the Turks' assault in Syria.

"Big sanctions on Turkey coming! Do people really think we should go to war with NATO Member Turkey? Never ending wars will end!" Trump wrote on Twitter on Oct. 14. "The same people who got us into the Middle East mess are the people who most want to stay there!"

ABC News played the footage again on Good Morning America on Oct. 14, in a segment titled "Crisis in Syria."

"This video obtained by ABC News appears to show the fury of the Turkish attack on the border town," correspondent Ian Pannell said in reference to the gun range footage.

Television news networks continue to cover the Trump administration in an overwhelmingly negative fashion. According to the most recent study by the Media Research Center, 90 percent of coverage of the Trump administration by ABC, CBS, and NBC is negative.

US House Passes Bills Supporting Hong Kong Protesters

CONTINUED FROM A1

since morphed into wider calls for democracy and universal suffrage.

Hong Kong Human Rights and Democracy Act

Rep. Brad Sherman (D-Calif.) said the Hong Kong Human Rights and Democracy Act would "reflect what is happening on the ground today" and show Beijing that "it cannot undermine the city's freedom while expecting America to still give ... preferential trade arrangements."

Since Hong Kong reverted to Chinese rule in 1997, the United States has treated Hong Kong as a separate entity to the mainland in areas such as trade and investments.

The Act would require the U.S. Secretary of State to certify each year if the city is "sufficiently autonomous" to justify such special treatment.

It also contains provisions that would compel the U.S. administration to impose sanctions on Chinese and Hong Kong officials responsible for the extradition of any individual in Hong Kong to mainland China, as well as those responsible for their "arbitrary detention, torture, or

forced confession" while in the mainland.

Rep. Chris Smith (R-N.J.), who sponsored the bill, called the Act a "blueprint for meaningful action."

"The [people] of Hong Kong deserve better than the brutality so many endure [and] the systematic violations of their universally recognized human rights," he said on Twitter.

Sherman said the United States needs to "make sure our policy is brought up to date so it can match the challenges of the relationship today."

Earlier in the day, about 130,000 Hongkongers poured into the Charter Garden in the city's downtown, urging U.S. congressional lawmakers to pass the Act to send a strong message to Beijing.

Dan Garrett, author of "Counter-hegemonic Resistance in China's Hong Kong: Visualising Protest in the City," said if the Act is passed, it could diminish "foreign confidence in Hong Kong's ability to remain or function as an international financial centre."

"Uncertainty regarding China's and ... [Hong Kong's] economy will significantly increase as will the cost of doing business," Garrett told

The Epoch Times in an email.

He noted that the specific consequences of the Act would depend on how the U.S. administration wishes to proceed. For instance, rather than stripping away trade privileges for all businesses in Hong Kong, it could specifically target companies linked to the Chinese Communist Party and Chinese state-owned enterprises operating in the city, thereby reducing the Act's impact on ordinary Hongkongers, Garrett said.

Gordon Chang, China expert and author of "The Coming Collapse of China," said passage of the Act would be considered by Chinese officials as "public humiliation."

"[The] enactment would show that Washington does not particularly care what Chinese leaders think," Chang told The Epoch Times in an email. "The real story here is China has lost support in America."

Both Hong Kong and Beijing authorities have objected to the U.S. bills, saying they amount to unacceptable foreign influence in the city's internal affairs.

U.S. Concern Over Heavy-Handed Response

Earlier on Oct. 15, embattled Hong

Kong leader Carrie Lam ruled out making any concessions to pro-democracy protesters in the face of escalating violence, while condemning "rioters" for their actions, including throwing petrol bombs at police vehicles and arson attacks on the offices of pro-Beijing lawmakers.

Randall Schriver, a senior U.S. defence official for Asia, said on Oct. 15 that while the United States was concerned about some of the tactics used by protesters, it's also concerned about the heavier-handed response by Beijing and Hong Kong authorities.

"Certainly we have some concern about some of the tactics that the protesters have been using and may use, and I think in single instances where that becomes a real problem, we would point that out," he told a conference organised by the Jamestown Foundation, a Washington-based research institute.

"But I think in general, we are concerned about the heavier hand that Beijing has taken and the Hong Kong authorities have taken with what we regard as legitimate activities on the part of the people of Hong Kong."

Undercover Video Reveals Tension Between CNN Staff, Leadership Over Nonstop Trump Focus

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“Impeachment is the story,” Zucker said during a recent 9 a.m. rundown call, according to one of the recordings, which were released Oct. 14 by investigative journalism nonprofit Project Veritas. “You know, I know we’re going to feel a tendency to think we’re doing too much, but this is the story.”

At least some of the recordings were provided by Cary Poarch, a satellite uplink technician who works as a contractor at CNN’s Washington bureau.

“I just want them to own where they’re at,” he said of CNN. “Like, hey, if we lean left, cool, let’s just say we lean left, if we lean right, let it be known.”

CNN didn’t respond to multiple requests by The Epoch Times for comment.

‘Trump Network’

Several CNN employees told Poarch or other undercover reporters about their dissatisfaction with Zucker’s approach.

“There’s just nothing we can do if Zucker wants impeachment every single day to be the top story,” said Christian Sierra, media coordinator at CNN, in one of the recordings.

Sierra said he “[hated] how everything is like all Trump all the time now.”

“Everyone at the network complains about it,” he said. “They hate covering Trump every day.”

Mike Brevna, CNN floor manager, expressed a similar sentiment in another recording.

“It’s the Trump Network, dog. It’s like, it’s everything is all Trump. They not even thinking about, they not even thinking about anybody else,” he said. “They sold themselves to the devil. It’s, it’s sad. Because there’s so much news going on out there, but they don’t cover none of it. All they do is, because of sponsors and everything.”

Nick Neville, a news associate at CNN, said in the recordings that “a lot of people” at CNN are “trying to, like, just do what they think is, like, the best of journalistic integrity.”

“And then you get on the 9 a.m. call and big boss, Jeff Zucker, [expletive] tells you what to do,” he said. “And it’s like you have to like, to a certain extent, you have to follow his verdict.”

During one of the morning rundown calls, one of the call attendees pitched a story about MSNBC’s Oct. 2 gun control town hall with Democratic presidential candidates.

“Guns will be the central topic in the 2020 Democratic nomination race today,” he said. “The Giffords PAC has paired up with MSNBC, they’ve got a guns town hall in Las Vegas, 10 candidates will be show-



A CNN logo ahead of a debate in Las Vegas on Oct. 13, 2015.

Everyone at the network complains about it ... They hate covering Trump every day.

Christian Sierra, CNN Media Coordinator



CNN Media Coordinator Christian Sierra on Sept. 12, 2019.

ing up there throughout the day.”

“I don’t care about the MSNBC event, okay?” Zucker responded. “I don’t care about them. Let’s just stay very focused on impeachment and everything that happens today because, look, you’re going to be coming on at 3 o’clock. Trump is at two.”

‘Personal Vendetta’

Neville said that Zucker “has a personal vendetta against Trump,” at least partly going back to when Trump worked with Zucker on “The Apprentice” reality show.

“He’s, like, had an ongoing feud with Trump. It’s no surprise,” Neville said. “He’s had an ongoing feud with Trump since ‘The Apprentice.’”

“I’m just surprised CNN hasn’t been able to take down Trump yet,” one undercover reporter said during a car trip with other CNN staffers. “I mean, I feel like they’re trying,”

Neville responded.

He added that “Jeff Zucker can’t really complain” since it was CNN that gave Trump extensive air time during his campaign, thus boosting his candidacy.

In Neville’s view, not only CNN, but other networks have also been stifling people like him, who “want to do just, like, the truth, like, the dogged reporting.” The executives, he said, are chasing ratings and think, “If we just talk about Trump all day, people will watch.”

The executives appear to have a point: Trump has indeed been an eyeball magnet buoying news networks’ ratings across the board. Trump has even said that when he eventually leaves office, it will bankrupt the legacy media that have been near-uniformly critical of him.

Hiram Gonzalez, CNN floor director, voiced a similar opinion.

“Between you and I, we created

this monster and now, we’re eating him full plate every single day,” he said. “Media created the Trump monster.”

Yet, his comments suggested CNN’s opposition to Trump goes beyond chasing ratings.

“I think we’re just trying every single way to show that we’re on the right side. ... I think whatever tools are to our disposal, then that’s what CNN is doing,” he said.

Fox News

Zucker seems to have a particular disdain for Fox News, a major competitor that is outperforming CNN in viewership ratings by more than two to one.

“I think what’s going on in America now is really, fundamentally the result of years of fake news, conspiracy nonsense from Fox News that has taken root in this country,” Zucker said during a 9 a.m. rundown call. “And I’m dead serious about this.”

It didn’t seem to be just a personal observation either.

“Fake conspiracy nonsense that Fox has spread for years is now deeply embedded in American society and at the highest levels of the Republican elected officials, as we’ve seen with [Sen.] Ron Johnson,” Zucker said. “Frankly, that is beyond destructive for America and I do not think we should be scared to say so.”

In what appeared to be another rundown call, Zucker noted that “a lot of people at CNN” were “friendly” with Sen. Lindsey Graham (R-S.C.).

“Time to knock that off,” Zucker said. “And it’s time to call him out.” Graham, Zucker said, was regularly giving interviews to Fox News and it was time to “seriously call out what’s going on here.”

As Poarch saw it, it was the pot calling the kettle black.

“He was calling Fox News fake news and a propaganda machine and, with what I saw, I’m like, ‘That’s pretty much what CNN was,’” he told Project Veritas.

Bias

Sierra acknowledged that CNN goes easier on Democrats.

“Our Democratic interviews are like softballs, compared to the Republicans,” he said.

Brevna said “it was like a funeral” when he came to the CNN offices for his night shift on Nov. 8, 2016, right after Trump’s election victory was announced.

“People were like, in shock,” he said. “I wouldn’t say they were in mourning; I would say people were in shock.”

He saw a woman covering her face sobbing. He didn’t know who she was, he said.

White House: Trump ‘Strongly Condemns’ Violent Meme

ZACHARY STIEBER

The White House on Oct. 14 said that President Donald Trump “strongly condemns” a violent meme that played at a conference over the weekend.

“The @POTUS @realDonaldTrump has not yet seen the video, he will see it shortly, but based upon everything he has heard, he strongly condemns this video,” White House press secretary Stephanie Grisham said in a statement.

The video took footage from “Kingsman” and superimposed Trump’s face in place of one of the characters, who carried out a shooting in a church. Some of the victim’s faces were replaced by logos for media companies.

The meme prompted an outcry from the companies and a range of reporters.



U.S. President Donald Trump responds to a question from a reporter at an event at the White House in Washington on Oct. 9, 2019.

Trump was not involved in the making of the video and the American Priority Conference, where it played, said that the footage was unauthorized and “shown in a side room.”

“This video was not approved, seen, or sanctioned

by the #AMPFest19 organizers,” Alex Phillips, the conference organizer, said in a statement. He said New York Times reporters brought the footage to their attention.

“We find it shocking that the New York Times would not report on any of the sanc-

tioned events in the article. Including our panel conversation LITERALLY condemning political violence while claiming to be upset over a meme that was not sanctioned, shown on stage, or approved,” Phillips said. “#AMPFest19 always has and always will condemn political violence.”

American Priority was founded in 2018. “Our Mission is to develop and hold educational events that support the First Amendment, highlight American culture and values as well as solutions to issues we face as a nation. We support the America First but not alone agenda as well as open dialogue, freedom of speech and free association,” the group said on its website.

The White House Correspondents’ Association said that it was “horrified” by the video.

“The WHCA is horrified by a video reportedly shown over the weekend at a political conference organized by the President’s supporters at the Trump National Doral in Miami. All Americans should condemn this depiction of violence directed toward journalists and the President’s political opponents,” Jonathan Karl, president of the association and an ABC reporter, said in a statement.

Karl attempted to blame Trump, saying “We have previously told the President his rhetoric could incite violence.” Karl called on Trump to denounce the video.

“The video reportedly played this weekend at a conference organized by the President’s supporters at Trump National Doral is vile and dangerous,” Karl added in a personal statement.

THE WORLD

In Pictures



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(From top L-R) People carry a woman out from her home after a mortar fired from Syria struck her house in Akcakale, Turkey on Oct. 13. The military action is part of a campaign to extend Turkish control of more of northern Syria, a large swath of which is currently held by Syrian Kurds, whom Turkey regards as a threat. A high school student is checked by police at a rally to mark Taiwan's National Day, in the Tsim Sha Tsui district in Hong Kong on Oct. 10. A woman helps to clear up a shop that was flooded during Typhoon Hagibis in Hoyasu near Nagano, Japan, on Oct. 15. The most powerful storm in decades, Hagibis swept across the country killing 66 people and leaving thousands injured and homeless. Members of female traditional dance group 'Faeni' rehearse at Ginger Beach in Honiara, Solomon Islands, on Oct. 11 for the Royal Edinburgh Military Tattoo Oct. 17-19. A woman holds placards showing jailed Catalan separatist leaders Jordi Turull and Carme Forcadell in Barcelona on Oct. 14 after Spain's Supreme Court sentenced nine Catalan leaders to prison terms ranging from nine to 13 years for their role in a failed 2017 independence bid. A jockey races a buffalo during the annual Chonburi Buffalo Race in Chonburi, Thailand, on Oct. 12, in a decades-old tradition to celebrate the animals' hard work in the field. Cooling towers are demolished in Knottingley, England, on Oct. 13 after generating over 2,000 megawatts from four coal fired units, producing electricity for more than 50 years meeting the energy needs of nearly two million people. Japanese chemist and winner of the 2019 Nobel Chemistry Prize Akira Yoshino (L) and his wife Kumiko attend a press conference in Tokyo on Oct. 10. Three researchers on Oct. 9 won the Nobel Chemistry Prize for the development of lithium-ion batteries.



CHIP SOMODEVILLA/GETTY IMAGES



Attorney General William Barr arrives at the Securities and Exchange Commission in Washington on Oct. 3, 2019.

Attorney General Barr Showing Up in Italy With US Attorney Durham Causes Mass Media Panic

BRIAN CATES



Full-blown panic ensued in the fake news media when it was announced that U.S. Attorney General William Barr was in Italy meeting with government officials about the role of Italian intelligence in what has become popularly known as “Russiagate,” the FBI’s investigation into the Trump campaign during the 2016 election.

That panic only intensified when it was revealed that not only had Barr been meeting with Italian officials, he had also been in contact with the governments of the United Kingdom, Australia, and Ukraine, and he brought John Durham with him on this latest trip.

You may recall that Durham is the U.S. Attorney for the District of Connecticut who was tapped by Barr to investigate the origins of the DOJ and FBI’s counter-intelligence investigation of the Trump campaign.

The New York Times quickly put out a story decrying Trump’s call with the Australian prime minister.

The lede read, “The discussion was another instance of the president using American diplomacy for potential personal gain.”

Well, excuse me. This president spent the first 2 1/2 years of his first term under a dark cloud of suspicion of being a Russian agent and a traitor, and the entire country was put through that fiasco based on what is now known to have been a hoax.

How that hoax was created is something that demands investigation, even if the mainstream media that spent more than two years relentlessly hawking that hoax doesn’t think so.

Lame Damage Control

The Washington Post also quickly published an article that appears to be an attempt at damage control.

The article states:

“One area that has been of sustained interest to Barr and Durham, according to people familiar with the matter who spoke on the condition of anonymity to discuss a sensitive issue, is a murky figure named Joseph Mifsud.

“Mifsud, a European academic, was publicly linked to Russian interference efforts in late 2017, when Mueller revealed a guilty plea by former Trump campaign staffer George Papadopoulos, who admitted he had lied to the FBI about the details of his interactions with Mifsud.

“Those conversations included an April

After spending two years relentlessly hawking the now-debunked ‘Russiagate’ hoax, it’s kind of understandable in a way why legacy media reporters don’t feel too keen about having to start digging into that other ‘-gate’ they’ve been pretty much ignoring up to this point: ‘Spygate.’

2016 meeting in which Mifsud allegedly alerted Papadopoulos that the Russians had ‘dirt’ on Trump’s opponent, Hillary Clinton, in the form of thousands of emails.”

It’s now standard practice at this point for legacy media reporters to pretend that Mifsud is “a murky figure” rather than someone with a well-known and well-defined history with Western intelligence agencies. These narrative peddlers seem to think simply not mentioning Mifsud’s work at Link Campus or the London Centre of International Law Practice somehow makes these inconvenient facts disappear.

I’ve been writing for more than a year about how massively damaging it’s going to be to the Trump–Russia collusion hoax narrative when it’s proven it was Western intelligence services that sent Mifsud to Papadopoulos pretending to be a Russian agent to entrap him.

After spending two years relentlessly hawking the now-debunked Russiagate hoax, it’s kind of understandable in a way why legacy media reporters don’t feel too keen about having to start digging into that other “-gate” they’ve been pretty much ignoring up to this point: “Spygate.”

I hope they can warm up to the idea though, because that’s where things are headed—whether they like it or not.

Russiagate Was a Hoax, ‘Spygate’ Is Real

For more than two years, legacy media outlets have snidely derided Spygate as a “wild conspiracy” theory that has no real evidence to support it.

Although they have been forced to tacitly admit that Hillary Clinton funded the creation of the Steele dossier and its dissemination across various media outlets

COURTESY OF STEPHAN ROH



Joseph Mifsud in Zurich in May 2018. The photo shows a signed power of attorney document dated May 21, 2018.

and federal agencies by her paid political operatives at Fusion GPS, it’s considered an absurd “right-wing talking point” that any of these fake allegations were utilized by any of these federal agencies to start investigations of the Trump campaign in 2016.

In fact, because The Epoch Times has been avidly following the publicly revealed evidence of Spygate from the beginning, legacy outlets have used that as a reason to discount the legitimacy of the Spygate scandal itself.

If outlets like The New York Times, The Washington Post, CNN, and MSNBC want to compare their legitimacy in covering this scandal with that of The Epoch Times, that’s certainly fine with me.

Mifsud Must Be a Russian Agent, Because If Not ...

These legacy media reporters insist the real trigger for the Trump campaign investigation wasn’t the Steele dossier allegations but instead Mifsud’s contact with Papadopoulos in London in March 2016.

For this scenario to work, Mifsud must be a real Russian agent making a real overture from the Putin government to Papadopoulos. If he’s not, then the whole Russiagate narrative falls apart.

So it’s pretty easy to see why legacy media reporters would be concerned if it was starting to look like Mifsud wasn’t really a Russian agent at all, but instead what’s referred to in FBI lingo as an “Oconus lure.”

If evidence ends up showing Mifsud was working for the FBI and reached out to Papadopoulos as part of a Western-run intelligence sting, and then U.S. officials decided after the fact to throw him under the bus and claim to the Foreign Intelligence Surveillance Court, to the Mueller special counsel, and to the news media that he was a real, live Russian spy, imagine the implications of that.

Famed spy novelist John le Carré probably could’ve written something this good, but he would have had to really work at it.

Needless to say, it’s apparent that Barr and Durham have managed to get hold of the mainstream media’s attention with this trip to Italy and elsewhere. With the latest DOJ inspector general report expected soon, developments in Spygate could start coming fast and furiously.

Brian Cates is a political pundit and writer based in South Carolina and author of “Nobody Asked for My Opinion ... But Here It Is Anyway!”

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

Doing Right, Helping Others

PAUL ADAMS

Commentary



There are two aspects to the traditional way we think about helping those in need. One is that we ought to give of our own time, treasure, and talent, and not rely entirely on the state and the paying of taxes. The other is that we must give for the right reasons.

We err, in this view, by refusing to help others—beyond our own family—who clearly need our help. But we also err by helping them for the wrong reasons. For example, we may do it out of concern for our own reputation, as a kind of personal or corporate public relations exercise. Or we may do it to build our resume for a college application.

Today, both the helping—charitable giving of all kinds—and its motivation are under closer scrutiny than ever.

Charles Dickens, the 19th-century novelist, condemns both the refusal to give and the wrong kind of giving. He was severely critical of those—like his character Ebenezer Scrooge in “A Christmas Carol” (1843)—who paid their taxes and thought that this took care of any obligation to give.

But he also warns against “telescopic philanthropy.” That’s the term Dickens applies to one of his most memorable and ridiculous characters, Mrs. Jellyby, in his novel “Bleak House” (1852–53). Mrs. Jellyby throws all her efforts into advocating for people who live thousands of miles away and whom she has never met. As she does this, she grossly neglects the need in front of her nose, of her own children.

Mrs. Jellyby devotes all her energy and attention to helping the natives in a (fictional) colony in Africa by supporting a coffee-growing scheme there. She writes letters promoting her cause from dawn to dusk, while her children suffer various accidents that she ignores, and are at all times dirty and ill-fed.

All is subordinated to her charitable project, not least the needs of her own family, to whom she has a primary and direct duty to minister.

Reasons Not to Give

Today, we are particularly sensitive to the wrong reasons for giving and the ways in which even well-meaning “helping” can hurt more than it helps. This readily becomes a rationale for not giving at all.

We don’t know whether a beggar will misuse our gift and spend it on drink or drugs; or whether one agency will spend a gift more fruitfully than another; or whether a mission trip to help a poor community in a less-developed country will create dependency or destroy a local market and the initiative that built it. Safer not to give at all.

Charles Dickens, the 19th-century novelist, condemns both the refusal to give and the wrong kind of giving. He was severely critical of those—like his character Ebenezer Scrooge in “A Christmas Carol” (1843)—who paid their taxes and thought that this took care of any obligation to give.



English actor Albert Finney as Dickensian anti-hero Scrooge in the musical film ‘Scrooge’ on Jan. 16, 1970.

The Charity Organisation Societies of the 19th century and the United Way in the 20th addressed these issues by “organising charity” and making it “scientific.” In doing so, they created a gap between donor and recipient, so donors could rely on experts to divide up contributions among what they determined to be deserving agencies. Under such an arrangement, we don’t have to make such decisions or ever personally meet a poor or needy person.

Governmental tax systems do something similar on a larger scale, removing the element of personal choice altogether. Bureaucrats and professionals decide who gets what, swallowing up charitable agencies that become almost entirely dependent on public grants and contracts. Their own missions become subordinated to the government’s.

Masters of Suspicion

Since the time of Dickens, we have armed ourselves with many more reasons not to give. Those great masters of suspicion, Darwin, Marx, and Freud, have taught us in different ways not to trust our own motivations or those of others.

We start to doubt whether genuine, altruistic, disinterested care for others beyond our family is even possible. Is it, as “social Darwinists” argued, either a futile or a harmful attempt to defeat the “survival of the fittest” by subsidising the unfit?

Marx saw charity as a substitute for justice, gratuitous and condescending, or as a “cost of representation,” a way for rich and powerful capitalists to show that they really cared for those they exploited and oppressed.

And Freud taught us about the unconscious motives, of which we ourselves are unaware, that drive us to act in ways that only appear noble on the surface.

Why We Should Give

We can and should recognise that helping others requires knowledge

and skill—being prudent in discerning what actually helps and what might make matters worse. We can recognise that motives and intentions are seldom pure or simple. Or that many of today’s social problems can’t be solved by personal acts of charity alone, or even by the corporate charity of faith communities and voluntary associations.

But given all that, do we still not have a personal duty to give to those in need of our help? We are not autonomous, unencumbered individual citizens with no obligations that we don’t choose, other than as citizens who pay taxes. We are fundamentally relational—born into and dependent on relations with others—with debts to our parents, family, community, culture, and nation. Government programmes may meet some common needs and may be necessary. But they—and the taxes we are legally obliged to pay to support them—can’t substitute for personal caring and giving.

Such giving, out of love, of our own resources of time, money, and skills, expresses our sense of belonging, of gratitude for the many blessings we enjoy. Public programmes too easily defeat this sense of personal responsibility and caring on which community is built. It replaces the personal decision to give freely or, as and when we become dependent, to receive gratefully.

Government can’t love, and families and communities can’t thrive without it.

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

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

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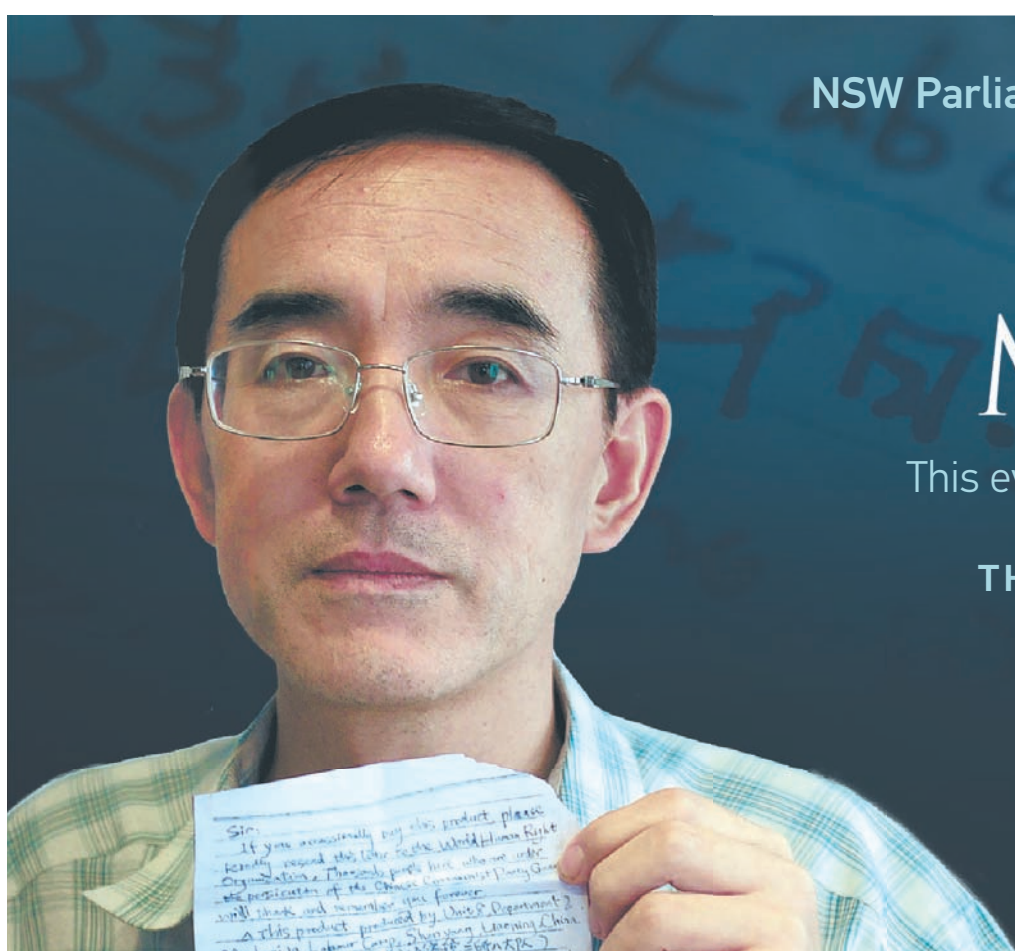
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SPECIAL SERIES

How the Specter of Communism Is Ruling Our World

Destruction of the Family

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

Chapter Seven (Cont.)

Results of the Feminist Movement: Broken Families, Degenerate Relationships, Confused Sex Roles (cont.)

Traditional society regards childbirth and the education of children to be the sacred duty of women, ordained by God or Heaven. In the annals of both the East and the West, behind every great hero is a great mother. Feminism discards this tradition as patriarchal oppression, and holds that expecting women to be responsible for raising their children is a key example of this oppression.

Contemporary feminist literature is replete with denunciations of motherhood and married life as being monotonous, boring, and unfulfilling. The bias of this dim view is apparent when considering the personal lives of well-known feminists. Nearly all of them suffer from broken relationships or failed marriages, or they are childless.

Feminism has opened the door to all kinds of ridiculous notions. There are those who insist that “the personal is political” and see domestic conflicts as gender wars. Some consider men parasites who enslave women’s minds and bodies. Others describe children as a hindrance to women looking to reach their full potential and claim that the roots of oppression are in the family structure.

Modern feminism openly proclaims that its aim is to destroy the traditional family. Typical statements include the following: “The precondition for women’s liberation is an end to the marriage system.” [11] “The choice to serve and be protected and plan towards being a family-maker is a choice that shouldn’t be.” [12] “We can’t destroy the inequities between men and women until we destroy marriage.” [13]

Feminist movements resolved supposed social problems by promoting moral degeneracy and destroying human relations in the name of “liberation.” According to Sylvia Ann Hewlett, an American economist and gender specialist, modern feminism is the major contributing factor to a large number of single-mother households, while no-fault divorce actually provides a convenient means for men to abandon their responsibilities. Ironically, feminism’s assault on the existing family structure works to destroy the haven that ensures the happiness and security of most women.

Easy divorce did not emancipate women. Studies found that 27 percent of divorced women were living below the poverty line, a percentage three times higher than that of divorced men. [14] The specter of communism cares nothing about women’s rights. Feminism is merely its tool to destroy families and corrupt humankind.

c. Perverting the Family Structure Through Homosexuality

The lesbian, gay, bisexual, and transgender (LGBT) movement has been closely associated with communism ever since the first utopians began touting the practice of homosexuality as a human right. Since the communist movement claims to emancipate people from the bondage of traditional morality, its ideology naturally calls for supposed LGBT rights as a part of its program of “sexual liberation.” Many proponents of sexual liberation who staunchly support homosexuality are communists or share their views.

The world’s first major LGBT movement was started by senior figures of Germany’s Social Democratic Party (SPD) during the 1890s. Led by Magnus Hirschfeld, this group promoted homosexuality as being “natural” and “moral.” In 1897, the Scientific-Humanitarian Committee, known in German as the “Wissenschaftlich-humanitäres Komitee” (WhK), was founded by Hirschfeld to advocate for LGBT causes and began its first public campaign that year.

In 1895, when British writer Oscar

Wilde was investigated for his sexual relationship with another man, the SPD was the only group that stood up in his defense. SPD leader Eduard Bernstein proposed a bill to overturn the law banning sodomy.

One of the most radical examples of sexual liberation in the era followed the Bolsheviks’ October Revolution in Russia. Soviet sexual policies, which were discussed earlier in this chapter, abolished legal prohibitions on homosexual relationships, making the Soviet Union the most liberal country on earth by leftist standards.

In 1997, the African National Congress (ANC) of South Africa passed the world’s first constitution that recognized homosexuality as a human right. The ANC, a member of the Socialist International (formerly a branch of the now-defunct Second International), has consistently supported homosexuality.

Inspired by Hirschfeld’s WhK, in 1924, Henry Gerber founded the Society for Human Rights (SHR), the first American LGBT rights organization. SHR was short-lived, as several of its members were arrested soon after its establishment. In 1950, American communist Harry Hay founded the Mattachine Society in his Los Angeles residence. The organization was the first influential LGBT group in the United States. It released its own publications and expanded to other areas.

In 1957, zoologist Evelyn Hooker claimed in her research that there was no mental difference between homosexual and heterosexual men. Her work then became the main “scientific basis” used to justify homosexuality. Hooker had links to a member of the Mattachine Society, who persuaded her to support homosexuality. Her study has been criticized for picking all its subjects from the ranks of the Mattachine Society. [15]

In the 1960s, accompanying the wave of sexual liberalization and the hippie movement, the homosexual cause went public. In 1971, the National Organization for Women, a major American feminist organization, stated its support for homosexual rights.

In 1974, the American Psychiatric Association (APA) cited Hooker’s research as the main evidence for taking homosexuality off the list of mental disorders. But in the actual vote, this decision was opposed by 39 percent of the APA’s members. In other words, the research was far from unanimously convincing.

Hooker and her follow-up researchers chose the so-called adjustment test results as a measure for the psychological status of homosexuals. To put it plainly, if a person can adapt to society, maintain self-esteem and good interpersonal relationships, and has no psychological barriers in his or her regular social life, he or she can be considered a psychologically normal person.

In 2015, Dr. Robert L. Kinney III published an article in the medical journal *Lincore* that discussed the flaws in the standard Hooker used to determine the presence or lack of mental disorder.

As an example, there is a type of mental illness called xenomelia, which creates in its sufferers a strong desire to cut off their own healthy, functioning limbs. Similarly to how some homosexuals are convinced they were born with the wrong sex organs, xenomelia patients strongly believe that one or more of their body parts does not belong to them. This kind of patient is fully capable of adapting to society, maintaining self-esteem and good interpersonal relationships, and has no psychological barriers to functioning in society. Patients experience satisfaction when the offending limb is amputated and report that it improves their lives. [16]

Kinney’s report cited other mental illnesses. For instance, people with a certain type of psychological disorder enjoy eating plastic, non-suicidal victims of another illness have a strong desire to hurt themselves physically, and so on. These patients often have good social

“adjustment,” evidenced by such qualifiers as having earned college degrees. All of these conditions are, nevertheless, psychological abnormalities as recognized by the scientific community. [17]

Many studies confirm that homosexuals have significantly higher rates of contracting AIDS, committing suicide, and abusing drugs than the general population, even in countries such as Denmark, where same-sex marriages have long been legal and destigmatized. [18] [19] The prevalence of AIDS and syphilis among homosexuals is between 38 and 109 times that of the normal population. [20] Before the breakthroughs in AIDS treatment made in the 1990s, the average lifespan of homosexuals was eight to twenty years lower than the average population. [21] These facts do not suggest that homosexuality is normal or healthy.

As the LGBT movement continues to grow, the “politically correct” label of “homophobia” is used to attack those opposed to homosexuality, and experts who present findings that homosexuality is a mental illness are marginalized. A considerable number of homosexuals have obtained degrees in psychology and psychiatry and have become “experts” in “queer studies.”

The supposedly scientific evidence widely quoted today to support homosexuality as “normal” behavior is the “Report of the Task Force on Appropriate Therapeutic Responses to Sexual Orientation,” written by a working group appointed by the APA in 2009. Kinney has noted that out of the seven members of the working group, six, including the chairman, were homosexual or bisexual. The study cannot be considered scientifically neutral.

Joseph Nicolosi, late president of the National Institute of Gay and Lesbian Studies, disclosed that at the time, the most qualified experts had applied to join the working group, but because these experts belonged to the academic school that supported the use of treatment to correct homosexuality, none were accepted. [22] Nicholas Cummings, a former APA president, said in a public statement that politics trumps science in the association, which has been taken over by advocates of homosexual rights. [23]

Today, the adjustment standard supported by queer-studies “experts” and proponents of the homosexual movement is also widely used by the APA to measure other sexual-psychological abnormalities, such as pedophilia. According to the APA, a pedophile is defined as an adult who feels intensely aroused or has sexual fantasies upon seeing a child, regardless of whether these impulses are acted upon or not. But as long as he or she is capable of demonstrating “adjustment,” then the pedophile’s sexual orientation should be considered “normal.” Rather, only when pedophiles feel shame, inner conflict, or other types of debilitating psychological pressure does it count as a disorder.

This standard of diagnosis runs completely counter to normal human values: According to the APA, a person who feels shame and guilt for having unacceptable impulses is mentally ill, but someone who is comfortable with these impulses is supposedly healthy. Homosexual marriage was legalized following this logic, and acceptance of pedophilia cannot be long in coming.

David Thorstad, a Trotskyite and member of the American Communist Party, founded the North American Man/Boy Love Association (NAMBLA). Another important figure in the American LGBT movement and a promoter of pedophilia is Allen Ginsberg, a communist and admirer of Fidel Castro. Aside from NAMBLA, another major pedophile organization is the Childhood Sensuality Circle, founded in California in 1971 by disciples of the German communist and pioneer of sexual liberation Wilhelm Reich.

Pandora’s box has been thrown wide open. According to the adjustment standard of today’s psychology, various perverted sexual freedoms advocated by the utopian socialist Charles Fourier, including incest, group marriage, and bestiality, can also be considered normal psychological states. The divine union of husband and wife has been distorted to include same-sex couples. It follows that incestuous families and “marriage” between humans and animals can be legalized. The devil is reducing man to a beast, without standards or morals, so that eventually he will be destroyed.

The LGBT movement, sexual liberation, and feminism have put the family structure and human morality under total siege. It is a betrayal of the traditional marriage that God arranged for mankind.

To treat homosexuals as fellow human beings is kind and good, but the devil has manipulated this kindness to deceive and destroy people who have forgotten that gods created men and women in their image and set the conditions for being human. When man is no longer man, and woman is no longer woman, when people abandon divine moral codes and side with the devil for the sake of their desires, then there is no escape from the abyss of damnation.

We may kindly say “we respect your choice” to those who have gone astray and wandered to the edge of the abyss, but this serves only to push them closer to danger. True compassion is to tell those who are misguided to distinguish between right and wrong, to lead them back to the upright path, and to help them avoid doom—even if it means being resented or misunderstood.

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See next edition for the next installment.

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We report respectfully, compassionately, and rigorously.

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

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

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

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The NBA flagship retail store in Beijing on Oct. 9, 2019.

NBA's Stance on Hong Kong Is All About the Money

JON TOOMEY

Houston Rockets general manager Daryl Morey sparked an international incident by voicing support for Hong Kong protestors who are pushing back against the Chinese Communist Party (CCP).

As part of the fallout, on Oct. 8, two fans were kicked out of a game between the National Basketball Association's (NBA) Philadelphia 76ers and the Chinese Basketball Association's Guangzhou Loong Lions in Philadelphia for peacefully holding signs that read "Free Hong Kong."

The NBA and various teams have come out to massage the situation and assure the CCP that Morey was simply expressing his "personal opinion" and that he doesn't speak for the NBA or for the rest of the league.

NBA players and team leaders very frequently voice their personal beliefs or opinions about social justice, geopolitics, or matters of personal concern. Very rarely do we ever hear from NBA Commissioner Adam Silver when these issues are discussed outside the arena.

Yet, Morey's basic retweet of standing with Hong Kong crossed a red line: by supporting capitalism, democracy, and the rule of law, he angered the CCP. He angered a regime that imprisons religious minorities and censors free speech, and angered a murderous government that harvests organs—a regime that cuts up people's bodies while they're still alive, in order for their kidneys, livers, hearts, lungs, corneas, and skin to be removed and turned into commodities for sale.

Let that sink in. Morey stood for freedom, but now, the NBA is turning its back on him and supporting the CCP. And they appear to be supporting these thugs because of one thing: money. China is a billion-dollar market for the NBA and the thought of losing money has the league terrified.

It's gross to think that such an organisation could circle the wagons and control often outspoken players to regurgitate talking points to the press, about not "knowing the

(Right) Fanatics Founder/Executive Chairman Michael Rubin in Atlanta on Jan. 5, 2019. (Far right) Houston Rockets general manager Daryl Morey at Toyota Centre in Houston on Dec 22, 2018.



details of the situation" ... or "haven't heard much about it" ... as Sixers players Ben Simmons and Kyle O'Quinn said this week.

But what about Sixers co-owner Michael Rubin? The helicopter-flying e-commerce executive has never been short on advocating for controversial causes. Just look at his efforts in the Meek Mill saga—as the rapper became a crusader for criminal justice reform while seeking to avoid a jail term in a drugs and gun case, Rubin was his advocate. So why is Rubin silent on China? He was more than happy to hold pressers and sit courtside with Meek Mill—why not defend Morey's innocent tweet?

Rubin, who has made a lot of money off China and stands to gain even more, last year sat down with CNBC "Mad Money" host Jim Cramer to talk about business opportunities in China.

He said, when speaking about his sports merchandise business Fanatics, that he "had to see it to believe it" regarding "opportunities in China." He had just launched Fanatics there, and "it's a massive opportunity ... we think we can build a multibillion-dollar business there."

Is money a common denominator in all of this?

It appears it's all about financial opportunities in China. Rubin himself is personally invested, aside from the NBA opportunities, and therefore, any criticism of China wouldn't be well received by the CCP. Rubin summed it up best to Cramer, saying, "I am not a guy that wants to go out of business ... and

other than the Sixers, my loyalty is all about who is going to make us the most money," when speaking about sports merchandise sales and supporting teams outside of Philly.

Rubin also says that he "had a core belief that Amazon and Alibaba were going to control e-commerce everywhere in the world"—maybe he should seek out the dissident Chinese billionaire Guo Wengui to have him explain why the founder and former executive chairman of Alibaba, Jack Ma, who retired last month, is no longer with the company.

The NBA's response and inability to defend Morey's tweet for democracy and freedom is a complete disaster—but the silence from Rubin and others might be worse. The fact that Sixers fans were kicked out of a game in Philadelphia for peacefully holding a sign that supports democracy is an outrage and should be a national story.

I wonder if Rubin or any other NBA team owner would want a court-side sponsor that reads "Organ Harvesting: Brought to you by the CCP." That would certainly be a public relations nightmare.

Jon Toomey is a former legislative counsel for a U.S. House Ways and Means Committee member and currently a government relations director in Washington.

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

Cancer Doesn't Define Me

Diagnosed with cancer at 19 years old, Chiara shares the most important thing that helped her battle with cancer.

See B9



Dreams of Lunar Landscapes

I was about 8 when I first experienced the mud volcanoes in Scortosa. My father told me "Like the moon, this is where dreams are born."

See B10

OCTOBER 17-23, 2019 B1

LIFE

THE EPOCH TIMES

ALL PHOTOS BY LUISA BRIMBLE

"Family: New Vegetarian Comfort Food to Nourish Every Day" by Hetty McKinnon (Prestel, \$35).



At the Family Table With

Hetty McKinnon

The Australian cook and author dishes on the importance of the family meal—and shares tips for busy weeknights

CRYSTAL SHI

In Hetty McKinnon's house, family meals are sacred.

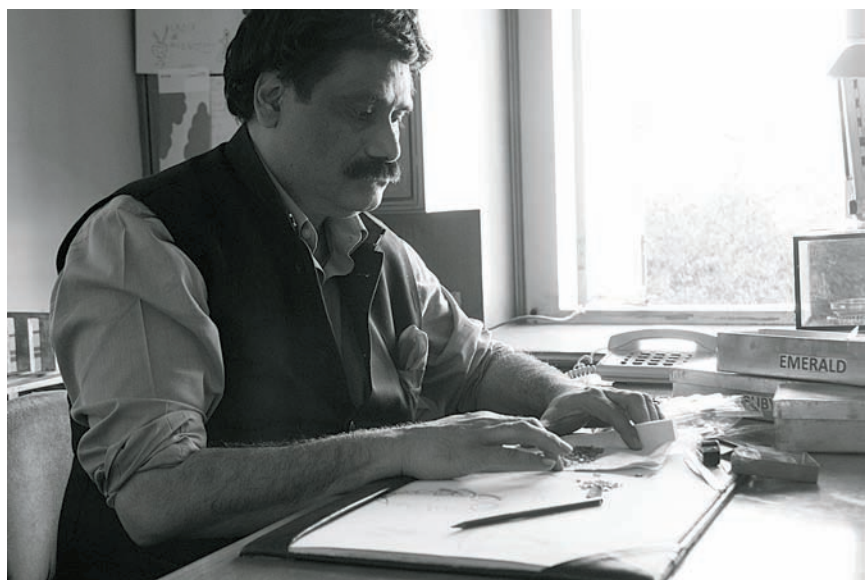
The Australia-born, now Brooklyn-based cook and food writer is plenty busy: Her many hats include founder of salad-delivery business Arthur Street Kitchen back home in Surry Hills, Sydney; creator and publisher of Peddler Journal, a biannual multicultural food magazine; co-owner of Neighborhood Studio, a community kitchen space in Brooklyn; and beloved cookbook author, with her third and latest book, "Family," released in the United States this April.

Her three kids—9, 11, and 13—don't sit still much, either. Between school, after school baseball, and music lessons, they "lead full, busy lives, sometimes as busy as my husband [who is a lawyer] and [me]," McKinnon said.

But at the end of the day, come dinnertime, they all find their way back together.

Continued on B4





The late Sanjay Kasliwal said, "A piece of jewelry is eternal, it must transcend times and trends."



Samir Kasliwal oversees operations in Jaipur, India.

CRAFTSMANSHIP

Jewelers to Kings and Queens

The eighth generation of the Kasliwal family continues the Gem Palace's glittering legacy



Floral enameled bracelet glazed on 22-karat gold set with diamonds.

CATHERINE YANG

If you want to fall in love with jewelry, you need only peruse the handcrafted works of The Gem Palace. Even the backs and undersides of each piece are covered with the most intricate filigree patterns, because the artists believe even the parts that touch the body, and go unseen, should be beautiful. And in front, every single stone is uniquely shaped, hand-polished, and hand-set into its designated spot. Every piece seems personal, and tells a story.

"If you see any imperfections, they're made on purpose," Shalini Kasliwal said, showing a bracelet inlaid with blue-green stones, no two of which were exactly alike.

Shalini, CEO of the Sanjay Kasliwal flagship store in New York, is the eighth generation of The Gem Palace. The Kasliwals are not just a dynasty of jewelers, but an imperial one. Their story goes back to the 1700s, when they adorned maharajas and royal families throughout India, effectively shaping the style of the imperial jewelry of the culture in the court.

The Gem Palace was established in 1852, and the 1923 Jaipur shop in India has since become a destination in and of itself.

Sanjay Kasliwal passed away earlier this year. His son Samir oversees operations in Jaipur, and his daughter Shalini heads the eponymous boutique in New York.

The siblings remember their father as a larger-than-life figure, passionate from the inside out about the craft, and able to charm people all around the world because of it.

Family Business

"Basically we grew up in the jewelry business, me and my brother, because from my dad's side, they were jewelers for generations. From my mom's side, actually they were jewelers as well," Shalini said.

Their Italian grandfather used to go to India to buy stones from their Indian grandfather.

"During one of those trips, my mom went with my grandfather—so this is how they met," Shalini said of her parents.

"My father was super, super, super attached to the family business," Shalini said. But de-

You learn to pass on a respect for past creations made with rare and special gems, transformed into pieces of art by inspired craftsmanship.

Sanjay Kasliwal



22-karat gold bracelet set with pearls, diamonds, and rubies.

spite the legacy of passing on the family business from father to son, there was never any pressure, and it was never taken for granted that she and her brother would need to join the family business.

In fact, Shalini had initially struck out on her own—after all, the business is usually entrusted to the son anyway—she had been taking the bar exam in Italy when her father decided to open the New York store.

He'd told her his plans, and Shalini realized what she felt was excitement. She decided that right after her exam, she would make a big move.

First, she moved to Jaipur to learn everything she could from her father. She'd worked summers at the Gem Palace as a teenager, but that had always been for fun. A few months later, she moved to New York to open the store. At age 26, she became the first woman to head a branch of the family business.

"He really trusted me," Shalini said, remembering her father spending not more than a week in New York, entrusting the rest to her. She thrived under the challenge. "It was like, 'This is your store now,'" she said.

PR firms, e-commerce, logos, personally advising stylists, and celebrities ahead of the Met Gala, working with fashion editors—much of it was marketing Sanjay had never had to deal with anyway.

"He was very traditional, he was talking to his customers directly," Shalini said. As a child, she admired his jet-setting lifestyle. He'd say, "Let's visit my friends in London," or he would say, "Oh, let's go to Japan, we're going to visit these friends," and she would be in awe that he knew all these people and that he had been to all these places. He broadened her worldview and taught her to dream big.

Samir, on the other hand, had always had an interest in the family business. He remembers even as a child visiting the shop with his father and learning about everything as he went along.

The Gem Palace sources stones, designs, and crafts all its jewelry in-house. A team of about 150 artisans makes up an extension of

the family business, because so many of the artisans have been with the Gem Palace for generations as well, learning from their fathers.

"I used to spend a lot of time to see him working," Samir said. "It's something you can only learn from experience."

"If you have a bit of creativity, you can really accomplish something that you can leave also to the next generation," Samir said. He joined the business 12 years ago and has been thinking since about what to leave for the future.

Glittering Legacy

There is something magical that happens in the workshops of The Gem Palace, where dusty stones are polished into brilliant treasures.

When Shalini first set foot in the workshops with an eye to learn, she finally realized none of it is machine-made. Every setting, every elaborate pattern was crafted by expert hands.

"We have inherited a glittering legacy," Sanjay said in a short film about the brand. "You learn to pass on a respect for past creations made with rare and special gems, transformed into pieces of art by inspired craftsmanship. It is a legacy of excellence."

Within the jeweler dynasty, there is an idea of permanence. At any given time, 700 different pieces are on display in Gem Palace stores around the world—some may be pieces made again from designs centuries ago, originally made for an emperor or empress. Jewelry is significant in Indian culture. Some pieces are passed on through the generations; some are given to children to wear their whole life. Stones are chosen for their celestial properties.

"He could talk to you for hours," Shalini said. "He could tell you all the history—it's really, really rich."

Since taking on the family business, she's come to learn the history and story of each and every piece as well.

"I have a lot of memories going there and seeing him there. He used to tell us a lot about his father, when he was going to the store to help his dad, seeing his dad building relationships around the world—royalty, actresses, actors, and politicians—he was telling us all of these things about his dad, which is what now I'm telling you about my dad," Shalini said.

The Royal collection exudes lavishness reminiscent of royal courts.





The Kasliwals are not just a dynasty of jewelers, but an imperial one. Their story goes back to the 1700s, when they adorned maharajas and royal families throughout India.



Shalini Kasliwal heads the New York branch

People from all over the world would travel to Jaipur to talk to Sanjay.

"I'm happy because I'm feeling I'm building the same kind of relationships," Shalini said.

In Jaipur, Sanjay does everything from designing to taking care of production, to overseeing global retail, where tastes differ from market to market.

It's a gift to be able to work with the stones he's so passionate about and translate the India he sees into the pieces their clients will wear.

"They're all inspired by the traditional Indian motifs, inspiration from nature, from certain animals that have always been part of the Indian culture," Sanjay said. "They keep repeating in our jewelry because it's part of our cultural heritage."

The clientele come from far and wide, counting among them the British royal family, Hollywood A-listers, heiresses who so prize the piece, they have their wardrobes designed around the jewelry. Some want a piece of history, jewelry that is as traditionally Indian as it gets. There are also lines that cater to a more contemporary style, while still drawing from traditional Indian culture and motifs. The family business, big as it is, has always been deeply personal.

Brothers Sanjay and Munnu Kasliwal had expanded the collection and global renown greatly, bringing recognition of the pieces not just as jewelry but as art, with beautiful exhibitions at top museums. The next generation has dreams of expanding the business footprint.

"This is my hope, is to keep expanding the business," Sanjay said. "A presence in every major country in the world—this is my vision for the future."

Shalini remembers her father shaking his head at the idea of e-commerce.

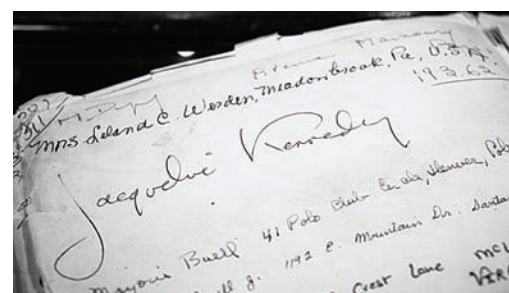
"How can you sell a \$30,000, \$20,000 piece online? Who would buy without seeing the piece?" he asked.

They partnered with the trunk show online retailer Moda Operandi to run the experiment.

"And they did," Shalini said. "And we make sales all the time through Instagram. For my dad, this was something he was like 'What is this?' ... And now the internet is everything."

The siblings know there is a market with younger demographics, but don't want to rush; the brand is iconic and has to be treated as such.

"It's something we have to do step by step," Shalini said. Shalini is expecting, and adds that her daughter will inherit an Indian, Italian, and New York culture. "We're thinking of what it will be for her generation as well."



Jacqueline Kennedy visited in 1962.

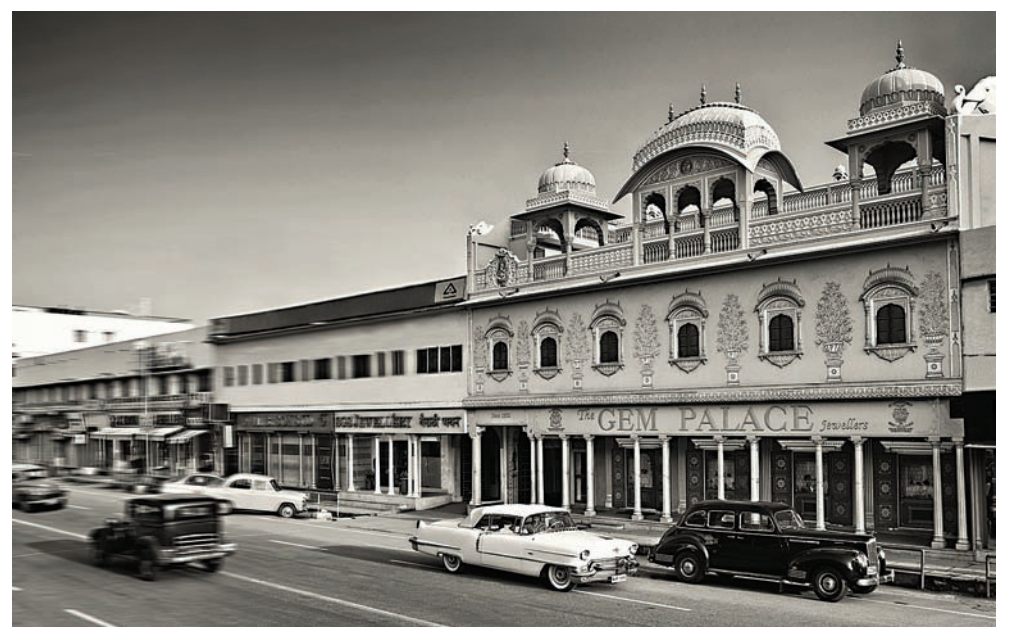


A visit from actress Gwyneth Paltrow.



Kunis drop pendant with a pair of 2.5-carat rose-cut diamonds and a 65-carat pear-shaped Colombian emerald, suspended on a line of 12 carats of diamonds.

Even the undersides hide a beautifully crafted surprise.



The Kasliwals moved to Mirza Ismail Road in Jaipur in 1852—it is the flagship store.

At the Family Table With Hetty McKinnon

The Australian cook and author dishes on the importance of the family meal—and shares tips for busy weeknights

Continued from B1

“Family dinner ... is the one time of the day we can all sit down and re-connect,” McKinnon said. “The family table is an anchor, a time to slow down and take time for one another.”

Mealtime Memories

McKinnon’s mother, a Chinese immigrant who moved to Australia in her early 20s, took her cooking seriously. Family meals were a big deal.

“We woke up with her cooking, and we went to sleep with her preparing the kitchen for the next day,” McKinnon said. “She was a force.”

Dinner each night was a traditional Cantonese banquet: five or six dishes and a medicinal broth, set in the middle of the table with bowls of rice all around. McKinnon recalled her mother sometimes going to great lengths to source ingredients in preparation for a meal, hopping on multiple buses or trains to track down the best brand of tofu or noodles across town.

“I remember often wondering why she was so obsessed with cooking,” McKinnon said. “It seemed excessive, especially as I knew this wasn’t the way my friends ate at dinner time.”

Her mother didn’t even eat much of what she prepared, McKinnon said. She would join the family at the table, exhausted, after everyone else had already started eating, and after confirming that the food was good (it always was), she would prepare her own dinner: the evening’s soup ladled over her bowl of rice.

As McKinnon grew and started a family of her own, though, she began to better understand her mother’s intentions: “For her, cooking was her way of nurturing.”

“I’ve realized how seminal these moments around the table were for me,” McKinnon said. “[They] gave me an appreciation of how to express love—whether it be via food or verbally—and how satisfying it can be to nurture others through food.”

As for her mother’s bowls of soupy rice, McKinnon realized the dish was a comfort food of sorts, perhaps a relic of childhood meals back in China. In “Family,” she dedicates a recipe for a simple broken rice soup to this memory.

New Family Classics

Now, McKinnon continues the ritual with her own kids.

In place of her mother’s Cantonese feasts, though, she fills her table with multicultural vegetarian dishes her family has grown to love: hearty salads, soups, pastas, and bakes. These family favorites fill the pages of her latest cookbook.

One of McKinnon’s personal favorites is a deconstructed falafel salad, whose pan-charred leaves of kale all but disappear under a mountain of crispy chickpeas, roasted with cumin and paprika—a salad-topper game changer.

Another that ranks high on the family polls is the halloumi, mint, and kale gozleme, a Turkish street food specialty that tucks oozing, cheesy insides in a griddled flatbread wrap. The flatbread is made with a three-ingredient yogurt dough simple enough to throw together on a weeknight; it’s an easy blank canvas for other fillings, savory or sweet (McKinnon suggests Nutella and bananas, for one).

There are plenty of nods to McKinnon’s cultural heritage, too, such as her mother’s recipe for stir-fried tomato and egg, a Cantonese home cooking classic with a soupy sweet-savory-tart sauce that begs to be spooned over rice. McKinnon whips out the dish when she’s in need of a quick and easy weeknight fix.

And whatever the menu, she serves the food family-style, as her mother did, set in the middle of the table for everyone to help themselves. “It’s a much more social way of eating,” McKinnon said, and as a bonus, it encourages her kids to branch out and try a variety of foods.

With all the hustle and bustle of modern life, McKinnon acknowledges the challenge of getting regular family meals on the table. But a key step in overcoming that challenge, she said, is a simple mental switch: “It’s about mentally thinking about family meals as an everyday ritual; then we won’t feel so flustered about cooking.”

Home cooks put up obstacles for themselves when they “feel pressure to whip up a gourmet meal every night, and that puts them off cooking,” she said. Instead, she encourages busy parents to prioritize the heart of the matter: “Think of the ritual first, and put emphasis on that. What you actually cook is almost secondary.”

◀ For Hetty McKinnon and her family, meal times are a chance to reconnect and strengthen family ties.



HETTY’S WEEKNIGHT COOKING TIPS

Stock the Pantry

A crucial component is the pantry, which McKinnon calls “the engine of your kitchen.” Stock the shelves with versatile staples, such as canned beans and tomatoes, pasta, rice, and lentils. This can be built over time: “If you are shopping for canned, frozen, or dry ingredients, buy two instead of one, and stash the spare in the pantry for a rainy day,” McKinnon says.

Canned beans are her secret powerhouse: instant building blocks for a nutritious meal. She’ll pan-fry or roast them until crispy for a snack or topping; smash or puree them with herbs and spices for a rustic spread or velvety sauce; or simply toss them into any pasta, soup, or salad to fortify it with a healthy dose of plant-based protein.

All in the Sauce

According to McKinnon, the secret to easy and flavorful vegetable-based dishes often lies in the sauce. A good, herby oil or umami-packed dressing does wonders for a simple bowl of roasted veggies and grains; top it with a handful of nuts or seeds and a fried egg to further up its staying power.

In “Family,” McKinnon introduces two midweek “cheat dressings” that are dead simple but full of flavor: a versatile herb oil, made with extra-virgin olive oil infused with a generous handful of herbs chopped up with a clove of garlic and salt; and a zingy citrus tahini sauce, with a few tablespoons of tahini and the juice of half a lemon or lime, plus more garlic and salt. Mix well and drizzle away on grain bowls, salads, pastas, and roasted or grilled vegetables.

Mix It Up

Cooking under a time crunch is one part of the weeknight equation; coming up with dishes the whole family will actually eat and enjoy is another. McKinnon encourages her kids to try everything—and won’t give up without a few good attempts.

If they turn their noses up at a particular food, she’ll try presenting it in a different way (if they won’t eat a vegetable raw, how about roasting it with a spice?) or pairing it with something more familiar (she loads her middle son’s favorite pesto potato and pasta salad with plenty of broccoli and other less-liked greens).



ALL PHOTOS BY LUISA BRIMBLE

THE DECONSTRUCTED FALAFEL SALAD

Falafels are the perfect plant-based morsel and a family favorite. However, in this salad, I've dismantled perfection and discovered a new, delicious way to enjoy the feted flavors of falafels—chickpeas, cumin, parsley, mint, and tahini. The crispy oven-roasted chickpeas are nothing short of incredible, and I encourage you to try roasting all types of beans in this manner.

SERVES 4

Extra-virgin olive oil

2 bunches of kale, stems removed and leaves torn

1 Persian cucumber, sliced into thin rounds

3 cups store-bought pita chips (omit for gluten-free)

Handful of flat-leaf parsley leaves, roughly chopped

Handful of mint leaves

1 lemon, cut into wedges

Sea salt

FOR THE CRISPY ROASTED CHICKPEAS

18 ounces cooked chickpeas (about 2 drained cans), patted dry (or substitute white beans or butter beans)

Extra-virgin olive oil

Sea salt and black pepper

2 garlic cloves, finely chopped

2 teaspoons ground cumin

1 teaspoon paprika

FOR THE LEMON TAHINI

1/3 cup tahini

Juice of 1 lemon, plus extra if needed

1 garlic clove, very finely chopped

Sea salt and black pepper

Preheat the oven to 425 degrees F.

For the crispy roasted chickpeas, place the drained chickpeas in a small ovenproof dish. Cover with olive oil, season well with two big pinches of sea salt and black pepper, and add the garlic, cumin, and paprika. Stir to combine. Roast for 35–40 minutes, until the chickpeas are crispy. Set aside.

For the salad, place a large frying pan over a medium heat and drizzle with oil. Add the kale, in batches, along with a pinch of salt and cook for 2–3 minutes, until wilted.

To make the lemon tahini, pour the tahini into a small bowl and whisk in the lemon juice and garlic. Gradually add 1 tablespoon of water at a time, until the sauce is the consistency of thickened cream. If the tahini “seizes” and becomes very thick, add more water; it will eventually come back together to form a cohesive creamy sauce. Season with sea salt and black pepper, and add more lemon juice if you like it lemony.

Combine the crispy chickpeas (and their cooking oil) with the kale, cucumber, half the pita chips and herbs. To serve, drizzle over the lemon tahini and scatter over the remaining pita chips. Serve with lemon wedges on the side.



MY MOTHER'S STIR-FRIED TOMATO AND EGG

When I ring my mother from New York on the landline—and not on the usual FaceTime, which is her time to see the kids—she knows that I'm calling for a recipe. She answers the phone with glee, as there is nothing she loves more than telling me how to cook. This is her tomato and egg “stew.” In truth, it is weird. First of all, because Cantonese don't eat a lot of tomatoes. And then to team it with eggs. And then add sugar. The mind boggles. But somehow, amid the discordant flavor profiles, it works. This dish is the epitome of Cantonese home-style cooking, and almost every family has its own version.

SERVES 4

4 tomatoes (about 1 1/3 pounds)

Extra-virgin olive oil

3/4-inch piece of ginger, peeled and finely chopped

3 tablespoons brown sugar

4 large eggs, lightly beaten

Sea salt and white pepper

3 scallions, finely chopped

Cooked white rice, to serve

Set up a large bowl with ice and cold water—this is your ice bath for peeling the tomatoes. Boil a pot of water. Using a sharp paring knife, mark a small “x” at the bottom of each tomato and add them to the boiling water. The skin will wrinkle and split—this should take 60–90 seconds. Remove from the water

and drop them straight into the ice bath. Once the tomatoes are cool, lift them out of the water and peel away the skin. Chop the tomato flesh.

Add some oil to a saucepan along with the chopped tomatoes and ginger, and stir well. Cover and cook over medium-low heat for 5 minutes. Add the brown sugar and a splash of water, cover again, and cook for another 2 minutes.

Lightly season the beaten egg with a little sea salt and a small pinch of white pepper.

Increase the heat for the tomato mixture to high and very slowly trickle the beaten egg into the tomato mixture, allowing the heat to cook the egg. Once the egg has set into solid pieces, stir gently to break them up a little. Taste and season with sea salt.

Top the stir-fried tomato and egg with the chopped scallions and serve with white rice.

TIPS

If you don't have fresh tomatoes, you can use canned peeled tomatoes.

The more traditional way of preparing this dish is to scramble the eggs in a pan by themselves before mixing with the tomato sauce. You can try this if you prefer the egg to be more “solid.”

All recipes reprinted with permission from “Family: New Vegetarian Comfort Food to Nourish Every Day,” by Hetty McKinnon. Published by Prestel.

HALLOUMI, KALE, AND MINT GOZLEME

At Australian urban markets and street fairs, a familiar aroma often imbues the air—the scent of sizzling gozleme. Gozleme is a traditional Turkish street food—these addictive flatbreads are filled with cheese and spinach (or meat), sealed, and then cooked over a griddle. They are my market favorite. My gozleme recipe is made with an extremely simple yogurt dough, which can be used as a blank canvas for any number of fillings. Melty cheeses with a green leafy veg work very well, as do pan-fried mushrooms with a fresh soft cheese, such as ricotta or chèvre. If you're after a hearty dessert, fill gozleme with Nutella and banana, or sautéed apples with salted caramel. I like to cook gozleme on the barbecue, but I've also made them in a sandwich press, on a stove-top griddle, or just in a frying pan.

SERVES 4

FOR THE YOGURT DOUGH

11 ounces Greek yogurt

Big pinch of sea salt

3 cups self-rising flour (see Tip)

FOR THE FILLING

Extra-virgin olive oil

1 bunch of kale, stems removed

1 garlic clove, finely chopped

9 ounces Halloumi cheese, grated

2 scallions, finely chopped

Handful of mint leaves, torn

Sea salt and black pepper

Melted butter or extra-virgin olive oil, for brushing

1 lemon, cut into 4 wedges

For the dough, place the yogurt in a large bowl and stir in the salt. When combined, gradually add the flour, a few tablespoons at a time, until you have a stiff dough. Bring everything together in the bowl before turning it out onto a floured work surface. Using your hands, knead the dough until it is soft and slightly tacky. Place the dough in a lightly floured bowl, cover with a clean tea towel, and allow to stand for at least 30 minutes.

To make the filling, warm a frying pan over a medium heat. Add a drizzle of olive oil, toss in the kale and garlic, and season with a

pinch of sea salt and black pepper. Cook for 2–3 minutes, until the kale is wilted. Take the pan off the heat and allow to cool. Once cool enough to handle, chop the kale leaves roughly, then add them to the grated Halloumi, scallions, and mint. Season with sea salt and black pepper and mix well to combine.

Divide the dough into four equal balls. On a floured surface, roll each ball into a 8–10-inch circle. Place some filling on one side of the circle and fold the dough over. Seal the edges with a fork (or crimp, if you feel like it!). Repeat until you have used all the dough.

Place a large frying pan over a medium–low heat. Brush both sides of the gozleme with melted butter or olive oil and cook on both sides until golden.

To serve, cut each gozleme into three slices and finish with a good squeeze of lemon juice. (I love lots of lemon on my gozleme.)

TIP

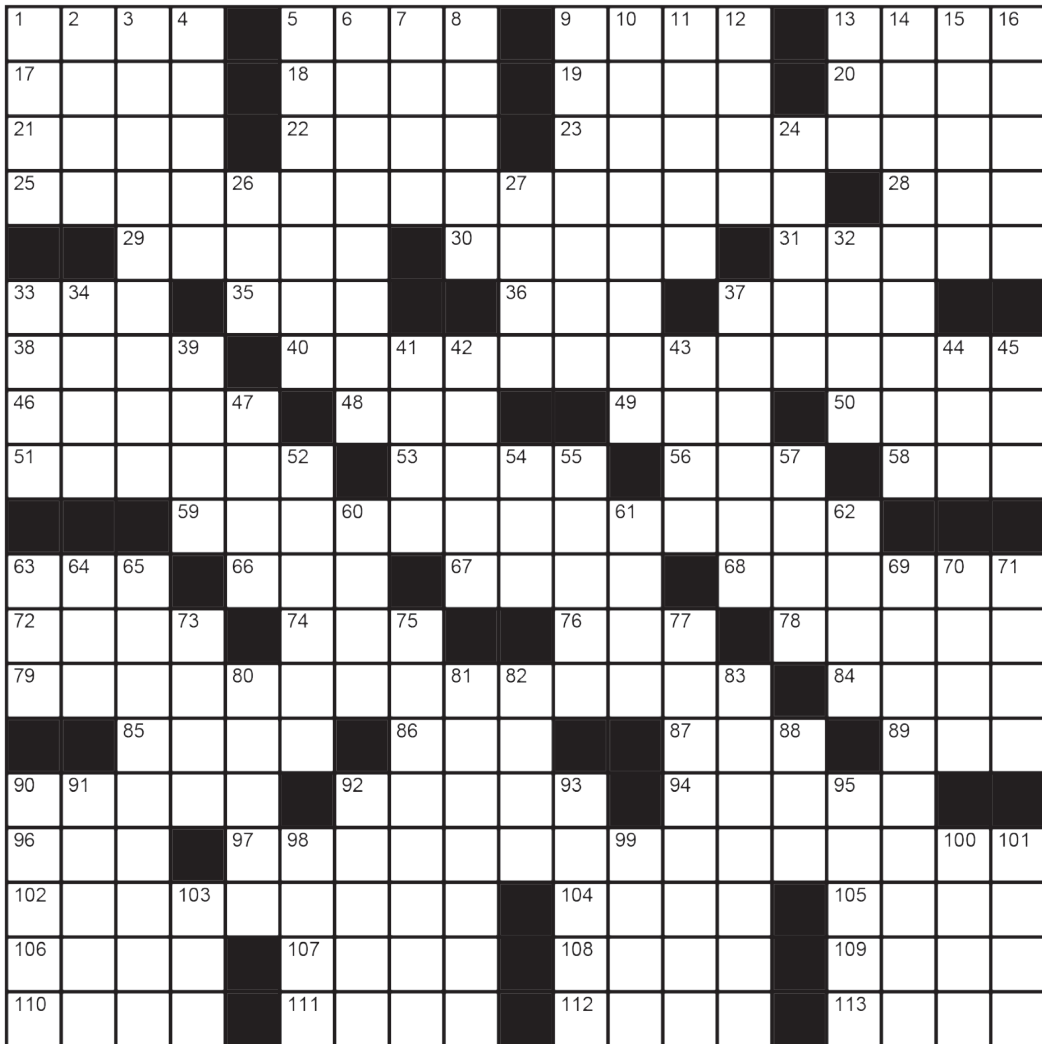
You can easily make your own self-rising flour by combining 1 cup of all-purpose flour with 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt.



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

CROSSWORD

CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF



- Across
1. Bulletin board item
5. Gloucester guy
9. Approximately
13. Halftime lead, e.g.
17. Farm call
18. Pitch
19. John Di Domenico, e.g.
20. Cambodian currency
21. Granary often
22. Fit of fever
23. Improve
25. Lightheaded people?
28. One-horse carriage
29. Bowling game
30. Overhangs
31. Often-missed humor

- 33. The facts of life?
35. Dusk, to Donne
36. "No ___!"
37. Many millennia
38. Bustles
40. William Blake said, "A ___ in a Cage, Puts all Heaven in a Rage"
46. Broadcast again
48. "___ Glen," Burns song
49. Nickname
50. Epithet
51. Greek nymph
53. Pool exercise
56. Navigator's need
58. Snoop
59. Deadpanned

- 63. Contraction, e.g.
66. Turner of TV channels
67. Emanation
68. Petty officer
72. "Get ___!"
74. Infomercials, e.g.
76. Granola grain
78. Lowlife
79. Efficiency expert
84. Bygone leader
85. Like a fox
86. Farm butter
87. Consume
89. "An' forward, ___ I canna see"--Burns
90. Lacquer ingredient
92. Female demon

- 94. Twangy, as a voice
96. Statehouse V.I.P.
97. Foggy Bottom
102. Hits the skids
104. "Ice Road Truckers" truck
105. Toiletries case
106. ___-American
107. Prefix with store
108. Singer Redding
109. Protuberance
110. Farrier's tool
111. Smelting waste
112. "Hey ... over here!"
113. Bucks and does

Down

- 1. Cookbook abbr.
2. Seed covering
3. Prison, informally
4. Former capital of Japan
5. Schemer
6. French Protestant
7. Jack-in-the-pulpit, e.g.
8. Newbie, of sorts
9. Russian urn
10. Alert
11. Gin runs
12. Port on a lake of the same name
13. Make a mistake
14. Virgules or twills
15. Arrive
16. Plaintive piece
24. Willow twig
26. Cap material?
27. Croquet area
32. Some deer
33. Brewer's yeast
34. Proposal
37. Head monk's office
39. Princes, e.g.
41. Indonesian island

- 42. Insect stage
43. Russian assembly
44. Have dinner
45. Give it a whirl
47. Light bulb unit
52. Visionary
54. Third degree?
55. Backless chair
57. Puppy trio?
60. Calculator function
61. Donnybrook
62. Doofus
63. "___ De-Lovely"
64. Commandment pronoun
65. Breaks apart
69. Kiss elicitor
70. Nanjing nanny
71. "Fiddler" of Rome
73. Cut off
75. Site of a decisive 1777 patriot victory
77. Devastating waves
80. Take up space
81. Convention handout
82. In the thick of
83. Bolshevik's foe
88. Zone for Red Sox home games
90. Actress Samantha
91. Bath scrubber
92. Mike holder
93. Fable writer
95. Better
98. ___ of Maine (tooth-paste brand)
99. Darlings
100. Au naturel
101. Wedding cake feature
103. Soak (up)

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.

Hard 1 - 1 Solution
22 34
83
5 23
+ - X ÷

Hard 2 - 1 Solution
13 30
78
12 16
+ - X ÷

Easy 1 - 1 Solution
3 10
18
3 6
+ - X ÷

Easy 2 - 1 Solution
9 9
76
4 9
+ - X ÷

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

REMITTALEOLEFIN
OLLCVFIRMAMENTJ
UOKADVDPSONAMO
NPCCQATREGZMTYF
DESUCCEEDEDAEO
EDITSSOMSGEÉCUPX
DADEHRPSESWAPE
GGACOPOPSNAMIE
LEHLAOMASALAMSL
ANOULSMIAAMKNSL
DCVNEAEVGHBEPUO
SYXGDNGLISTERED
INDIATPOLICECAR
TURNOVEREOVERDO
XBTMOTLIESTJMOU

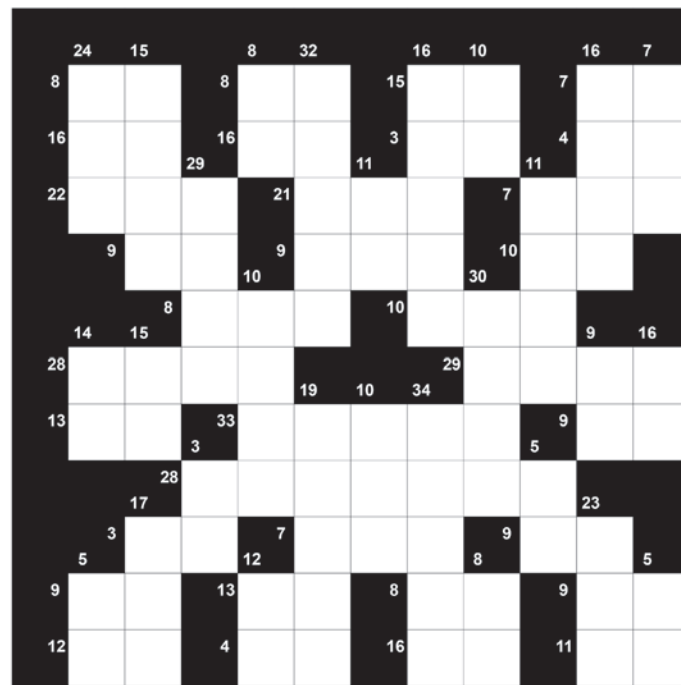
- AGILE INDIA REMITTAL
ATE UP ISSUE ROUNDED
CADRE MACAO SEDGE
CELLO MASALA SHOALD
CLUNG MASSÉ SUCCEDED
EDITS MYOPE TEMPO
ELOPE NAOMI TENSE
FIRMAMENT OGEES TURNOVER
GALOP OLEFIN ACUTE
GLADS OVERDO AGENCY
GLISTERED POLICE CAR CORPOSANT
IDAHO PRESS MOTLIEST

KAKURO

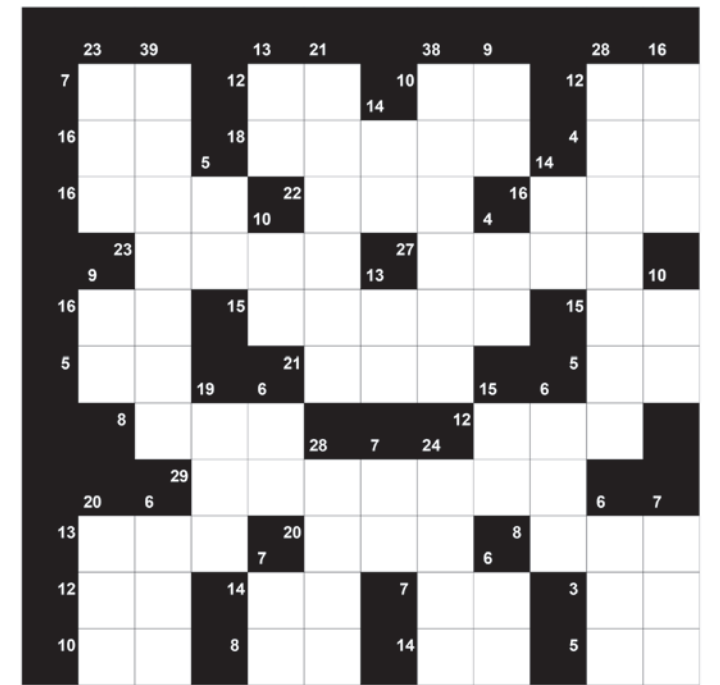
CONSTRUCTED BY EPOCH TIMES STAFF

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: Easy



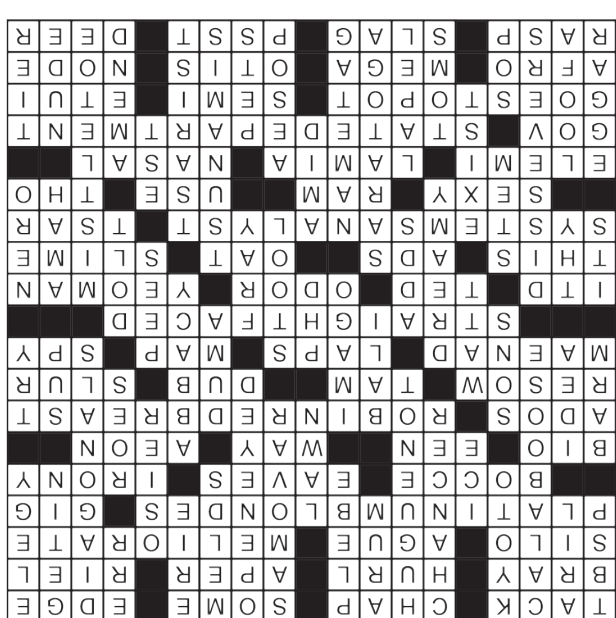
Large: Hard



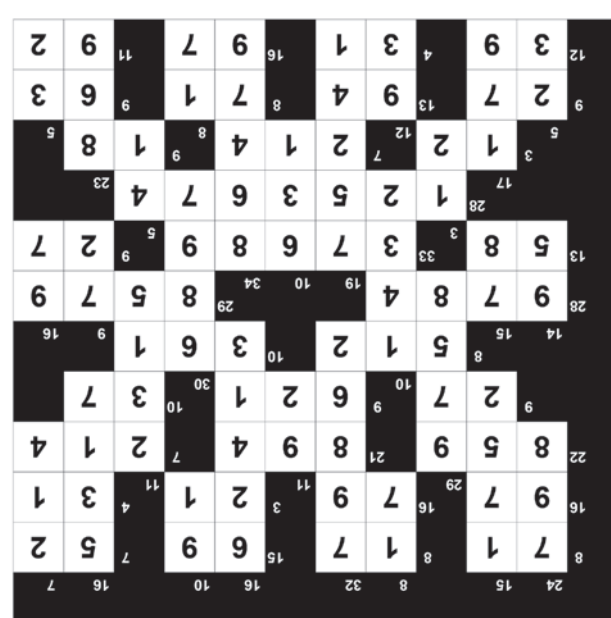
WORK SPACE

SOLUTIONS

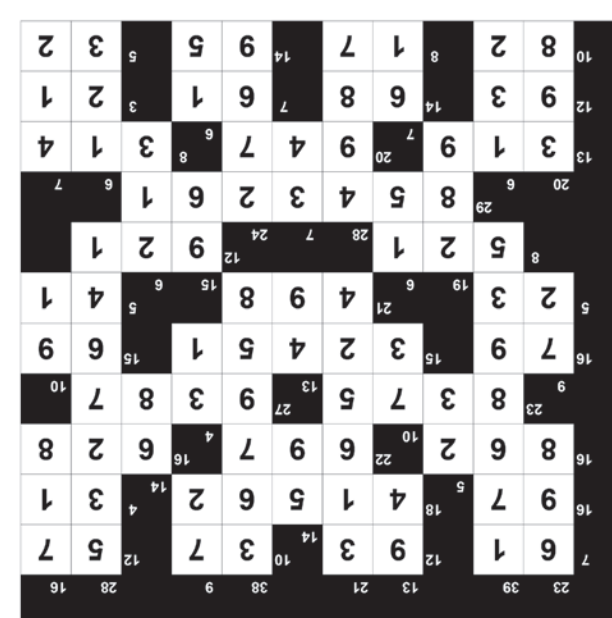
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4NUMBERS

- HARD 1
31 - 22 + 5 + 23
HARD 2
(16 - 13) x 30 + 12
EASY 1
(10) ÷ 3 - 3
EASY 2
9 x 6 + 1 + 9

Staying Socially Active at Age 60 Lowers Risk of Developing Dementia Later in Life

MAT LECOMPTE

For adults aged 50 and older, being socially active may be the key to lowering the risk of developing dementia later in life. A new study led by the University College London (UCL) shows how important it is to make changes in daily life to ensure we take the time to connect with others.

The research, published in PLOS Medicine, reports the most powerful evidence to date showing the link between how social contact earlier in life could play an essential role in keeping dementia at bay.

For the study, the team of researchers used data from the Whitehall II study, which followed 10,228 participants to track the frequency of social contact with friends and relatives. The study lasted from 1985 to 2013 and required participants to complete cognitive testing from 1997 onwards. The researchers continued after the study to use electronic health records up to 2017 to track any participants that were diagnosed with dementia.

They found that increased social contact at age 60 is associated with a significantly lower risk of developing dementia later in life. They were able to conclude that participants who saw friends almost daily at age 60 were 12 percent less likely to develop dementia than someone who only saw one or two friends every few months.

The lead author, Dr. Andrew Sommerlad (UCL Psychiatry), spoke about the study: "Dementia is a major global health challenge, with one million people expected to have dementia in the UK by 2021, but we also know that one in three cases are potentially preventable."

"Here we've found that social contact, in middle age and late-life, appears to lower the risk of dementia. This finding could feed into strategies to reduce everyone's risk of developing dementia, adding yet another reason to promote connected communities and find ways to reduce isolation and loneliness."

Long Follow Up Time

While previous studies have found a link between social contact and dementia risk, they did not use such a long follow-up time. This meant that they were unable to rule out the possibility that the beginnings of cognitive decline may have been causing people to see fewer people, rather than the other way around. This long follow-up period in this new study strengthens the evidence that

the more social engagement people have, the more they lessen the risk of dementia in the future.

Senior author of the study, Professor Gill Livingston (UCL Psychiatry), explained how there are a few explanations for how social contact could reduce dementia risk. "People who are socially engaged are exercising cognitive skills such as memory and language, which may help them to develop cognitive reserve—while it may not stop their brains from changing, cognitive reserve could help people cope better with the effects of age and delay any symptoms of dementia."

Gill added, "Spending more time with friends could also be good for mental well-being, and may correlate with being physically active, both of which can also reduce the risk of developing dementia."

No matter what your age, social interaction has been shown to have many health benefits, and this new study reinforces how important it is to see friends and family daily. With the number of cases of dementia rising drastically, studies such as this are essential for managing risk and prevention.

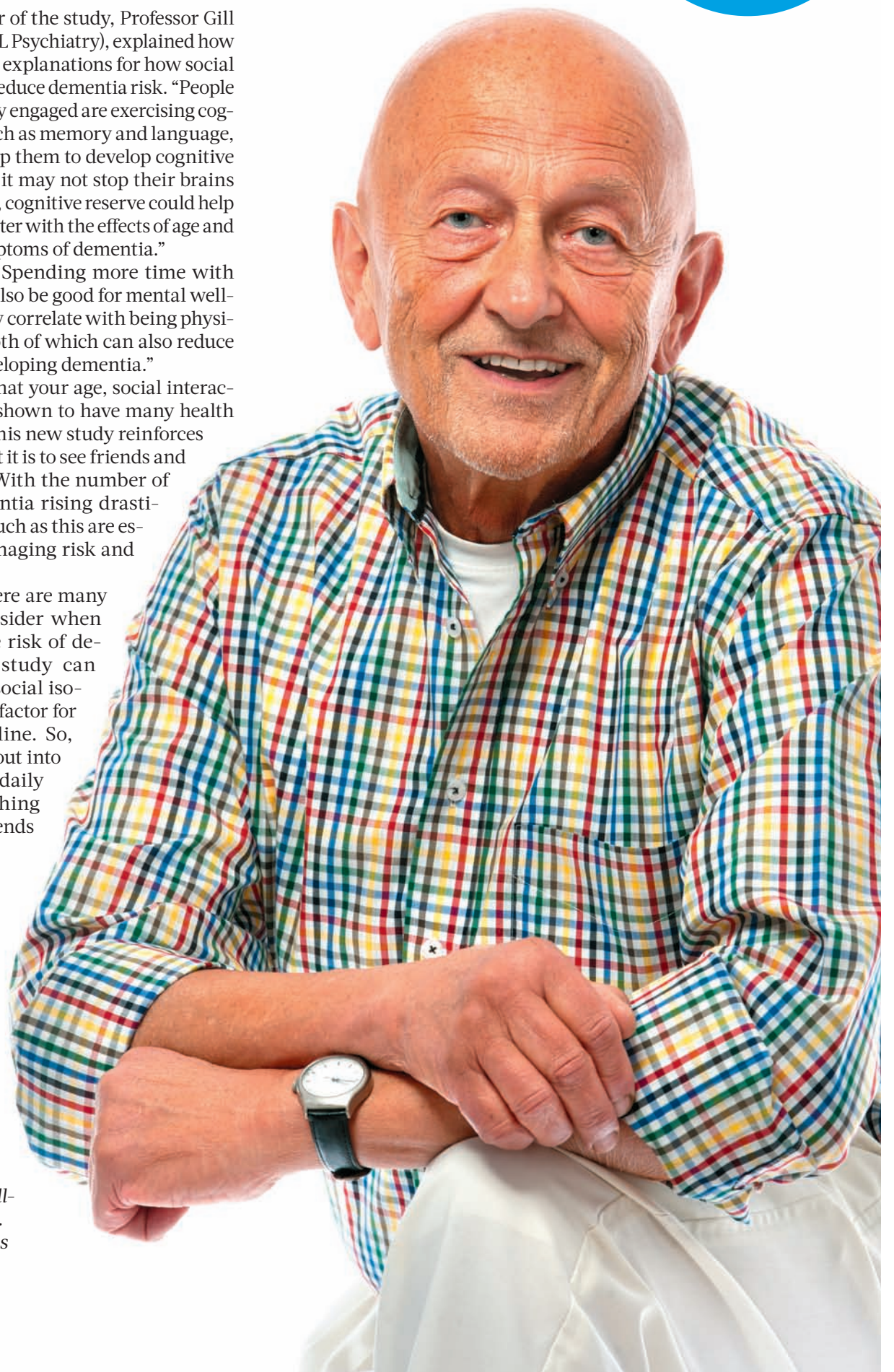
Although there are many factors to consider when looking at the risk of dementia, this study can confirm that social isolation is a risk factor for cognitive decline. So, be sure to get out into the sunshine daily and do something active with friends and family.

Mat Lecompte is a freelance health and wellness journalist. This article was first published on Bel Marra Health.



ALL PHOTOS BY SHUTTERSTOCK

Making time to connect with friends and family does more than make you feel good, it could keep you healthier in your elder years.



Why Do I Sometimes Forget What I Was Just Going to Say?

Our brains have a finite ability to multi-task and keep track of what we are planning and doing

PETER WILSON

Forgetting something we were just about to do or say happens to all of us sometimes.

Have you ever walked into a room and realized you can't remember what you were looking for? We tend to do this more when we are thinking of a few things at once or doing two things at the same time.

Some people call this "dual-tasking."

Have you ever crossed the road while chatting to a friend at the same time, or walked across a room while tapping away on a tablet or phone? That's dual-tasking.

Everyone does it and we tend

to get better at it as we get older and learn new skills.

But while our brain is a truly amazing computer—more powerful than any real computer—it can only use so much mental energy at one time.

Your Brain Is a Power Station

Think of your brain as a power station, providing electricity to a number of cities.

If some cities cry out for a lot of energy (by having all their light switches on), other cities would have less power to work with. There's only so much electricity to go around.

In the same way, your brain only has so much energy to share around at any one time.

Younger kids have small brains and have less mental energy available than older kids. In the same way, a teenager's brain is less mature than an adult brain.

An older (and more experienced) brain means more mental energy to share between tasks.

Practice Makes Perfect

The more we practice our skills (like riding a bike, playing a sport, or baking a cake), the better we are at doing another task at the same time.

For a very skilled sports person (like a footballer), juggling a football while having a chat with a friend would be easy. Their football skills are so

automatic that they don't need much mental energy to do it, leaving more for other things.

However, for someone who is just learning, juggling a ball may require a lot of mental energy just by itself. There is not much leftover for holding a conversation.

So, why do I sometimes forget to say something before I say it?

The answer is you are likely to have been "dual-tasking" just before speaking.

It might have been because you were thinking about the words you wanted to say and something else at the same time. Or maybe you were concentrating on listening while trying to think of what to say.

Sometimes, your brain just can't do two complicated things at once. You might not have enough mental energy in that moment.

Forgetting things is normal for everyone and can happen when you are doing too many things at once.

When it happens to you, take a deep breath and relax!

Perhaps those words will come back to you later when you clear your head and re-energize.

Peter Wilson is a professor of developmental psychology at the Australian Catholic University. This article was first published on The Conversation.

ELEVATE AND INSPIRE

How a Positive Attitude Helped Ballerina Fight Cancer



Chiara was diagnosed with Ewing sarcoma, a rare type of pediatric bone cancer when she was 19 years old.

Getting her dream job was quickly followed by a diagnosis that threatened her career—and her life

SHIWEN RONG

NEW YORK—As a child, Chiara Valle would play in the mud with a white dress. She didn't act like a princess but she wanted to look like one.

She loved sports, and did gymnastics, figure skating, and ballet. Then at age 10, she had a moment in ballet when she knew she wanted to dedicate her life to the art.

Trained at the Jacqueline Kennedy Onassis School in New York City as a teenager, she was fortunate to be hand-picked to join The Washington Ballet as a trainee by its artistic director, Julie Kent, in an audition of 200-plus in 2016.

"Dancing was like a whole other world for me," Valle said in an interview with NTD. "My favorite part is being on stage, that's the best feeling for me."

After making her professional debut on the grand stage of The Kennedy Center in ballets such as "Les Sylphides" and "The Nutcracker," Valle's career was on a strong, promising trajectory—until everything changed.

Upside Down

In the winter of 2017, Valle began to experience debilitating pain in the femur of her left leg.

The doctor initially thought it was a type of benign tumor, and Valle was recommended to go through non-invasive surgery. However, after one procedure, the pain came back. After a second surgery, the pain came back.

The family would go from doctor to doctor to get answers. After a year of this ordeal, Valle finally received the correct diagnosis—Ewing sarcoma, a rare type of pediatric bone cancer. She was just 19 years old.

"It was a very difficult thing to hear, but at the same time I know in the back of mind that there was always this possibility," said Valle's father, Giovanni Valle. "We both knew, at that moment, that the most important thing was just being supportive, and helping her get through it in whatever way we could."

It wasn't easy for Valle to go from the active life of a dancer to the bed-bound days of a cancer patient, but she knew she had to keep a positive attitude throughout treatment.

"My nurses would always come in, and they would always say, 'that smile is going to get you through treatment,'" Valle said.

Her doctor was confident in Chiara's recovery as well.

"[The doctor] made me really happy because he said, 'I think the radiation approach is best for you. And I'm very, very confident in it,'" Valle said.

She would be able to keep her dream.

Valle received 14 rounds of chemotherapy every two weeks for 2–5 days continuously, over 10 months, for a total of 63 days. She also underwent 7 weeks, or 32 rounds, of radiation treatment for local control.

The effects of the aggressive treatments led to dangerously low blood counts for Valle, who received more than 50 blood and platelet transfusions. She was hospitalized as an inpatient for more than 80 days in 2018, often in isolation due to being immunocompromised.

Even though it got difficult, she kept reminding herself, "Cancer doesn't define me."

Sandra Valle, Chiara's mother, remembered her daughter's heart rate dropping to as low as 35 bpm. A doctor said one would have been lying out on the floor at that point, but Valle was still sitting in bed talking to them.

"So she obviously was able to handle it," said Sandra Valle.

Birthday Gift

Sandra says the doctors have described her daughter as a bit of a rebellious patient because she would do things she technically wasn't supposed to but in an affectionate manner.

Valle had to spend her 20th birthday hospitalized, but her parents took the spirited girl out for a short jet-skiing trip.

"[It] wasn't the best idea because I had really low blood, but I had a lot of fun and



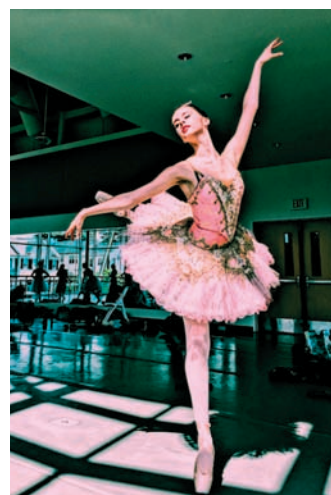
My nurses would always come in, and they would always say, 'that smile is going to get you through treatment.'

Chiara Valle



ALL PHOTOS BY CHIARA VALLE

Chiara Valle after the 10 months of treatment that left her with no evidence of disease.



Chiara Valle started to dance at the age of 8 and dedicated her life to ballet. In 2016 she was hand-picked by The Washington Ballet's Julie Kent, the artistic director, in an audition of 200-plus to join as a trainee.

it all worked out," Chiara said.

But things like this are what helped Valle get through the long hospitalization period.

As chemotherapy went on, nausea became worse. "I was throwing up constantly, I was losing weight from no appetite, and my heart rate and pulse would drop down to concerning numbers," Valle said. "I had no blood counts at times, my immune system was shot, and somehow, I stayed motivated."

Her father said it was hard "seeing her deteriorate, physically losing her hair, her eyebrows getting very thin."

The physical aspect wasn't the worst thing for Valle. As the treatment went on, it became more of a mental game.

Towards the end of a chemotherapy session, Valle had told her parents she didn't know how much longer she could do this.

But then she would remind herself: "Look at where I came from, and look how far I'm coming. I have to use the experience in a positive way."

Valle credits her positive outlook to her family and ballet.

"Knowing that [ballet] was something that I was able to look forward to in the future and knowing that this is a temporary bump in my road ... I will get through this," Valle said. "And in the end, I want to be a big comeback story and get back to ballet and be stronger."

A Big Comeback

In November 2018, she received her last chemo and was told there was no evidence of the disease one month later.

"Cancer is one journey—after cancer is also a whole other journey," she said.

Since February 2019, Chiara has been working hard every day in ballet classes, physical therapy, and Pilates strengthening.

"When I first got back to the ballet stu-



dio I wasn't able to make it past the bar," she said.

But seeing her journey as something empowering and in setting little goals, she is now back on pointe. The amazing progress has motivated her even more.

Chiara recently started her own non-profit organization to help find funding for curing Ewing sarcoma, as well as letting other cancer patients enjoy the trips that helped her going through her own treatment.

"I really wanted to use my voice. And my main goal is to make everyone a survivor," Valle said. "And that's what I hope to do with Wings for Ewing sarcoma."

And guess what: this September she will join her classmates again, back at The Washington Ballet.

After a year's ordeal, Chiara Valle received the correct diagnosis of Ewing sarcoma, a rare type of pediatric bone cancer when she was 19 years old.

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Romania's Mud Volcanoes

Dreams of Lunar Landscapes



MIHAELA LICA-BUTLER

Not too long ago, I set out to show my baby boy and my husband a wondrous place I remembered from my childhood in Romania.

I was about 8 when I first experienced the mud volcanoes in Scortoasa, and I remember my father, back then a captain in the Romanian army, telling me, "Like the moon, this is where dreams are born."

You see, my father is a poet. Inspired by his words, I stepped onto the moon at the Paclele Mari Mud Volcanoes. It was a moon with goats grazing freely, with barefoot children playing in the mud, with no guardians at the gates, no entrance fees I can recall, and no fences whatsoever. I'm 44 now. Things have changed. But my father is still the guide in this journey and the mud volcanoes still look like the stuff of childhood fantasies.

The voice of my father resonates, "This is where dreams are born." Yet, the goats are gone—perhaps grazing elsewhere. This area of Buzau county remained agrarian, and goat herding is the main farming activity and source of income.

Unfortunately, now there's a fence surrounding the mud volcanoes reservation—called Vulcanii Noroiosi in Romanian—and the children who dare to walk barefooted in the mud are scolded by the gatekeeper because the mud is apparently toxic—a danger to your health.

There are no obvious signs warning you not to allow children to run barefoot in the mud, yet the gatekeeper is very adamant about the health hazards, and he is ready to scold the unfortunate few who dare to take off their shoes while visiting the park instead of warning them kindly beforehand. But his lack of tact is the only nuisance about the place.

Don't worry though: Although mud volcanoes may emit methane, carbon dioxide, and nitrogen among other substances—as long as the volcanoes just bubble without erupting violently, the quantities are not enough to endanger a kid goat, let alone a human being visiting the area for a short time.

As I walk around the reservation, the mud volcanoes spell lunar landscapes, and my little boy cannot help his oohs and ahs. There's magic in the air, and the dry earth—crust cracks, alternating with rivers of cold muddy lava, are an intriguing perspective for the mind of a 10-year-old. He blitzes to the top of the highest of the modest volcanoes then descends even faster downhill. His laughter challenges some far away clouds, and I find myself forgetting my age. I am suddenly barefoot, earthing, feeling the heat of the scorched soil beneath me. Granted, it's hard to explore the mud volcanoes wearing high heels—so I had an ulterior motive.

I run and laugh, yet in my chase for the forgotten childhood memories, I still have time to notice my father holding

his wife's hand, both beholding the mud slopes with innocent wonder. Then, my husband, a mountain of a man, raising his hands to the skies in an unsaid incantation in front of my son, who shakes off his feet some stubborn mud sediments.

I look around, although I normally prefer to ignore the tourists, and I notice an odd similarity to what I experience. Besides the ones focused on the few selfie moments and pose-for-Instagram instances, they are all spellbound. People seem frozen in awe staring at the landscapes: Couples walk hand in hand, men helping their better halves over the gullies, and the occasional amateur botanists gawking at the plants described somewhere at the entrance as rare, protected, and endemic seem so out of place.

They're right to stop and wonder. The mud volcanoes are the only ones of their kind in Europe, and the flora features actors like *Crambe tatarica*; *Iris aphylla*; *Artemisia santonicum*; a lot of *Camphorosma annua*; and especially *Nitraria schoberi*—which seems to take over the cracks. I'm sorry to leave you with the Latin names of these plants, but they don't have garden varietal names. Somehow, yet, I find the lack of enough information on the flora and fauna of the place even more appealing and mysterious. "Dream." I whisper, and I find myself dreaming until ...

"I'm hungry, Mommy!" my son says in that little voice that always grounds me and reminds me not to lose myself.

As much as I don't like the fences around the reservations and the impolite gatekeeper who will charge you about 4 RON—less than a dollar—per person to

enter, I still love the lunar landscapes, and the restaurant here is just brilliant if you want to experience traditional, no-frills, Romanian countryside fare. They serve several dishes famous in the area, but their "ciorba de carne la borcan" (soup of meat from the jar) and sausages are spot on.

It's the soup I'm after. I haven't had it in more than 30 years, and I remember it so vividly. The fat, the smokiness of the meat, the natural flavors of the vegetable ingredients—a

full, rounded dish with all the makings of the ideal comfort food was the promise on a big advertisement banner on an agritourism B&B fence just outside the reservation.

Oh, how times have changed! There was nothing standing here when I was 8. Perhaps a caretaker's shack, but I don't remember it. Now, it's a full B&B—or agritourism, or pension, as they like to call it. And the owners are savvy enough to entice visitors in with that soup. The meat is smoked and preserved in a glass jar, then used to prepare this traditional, local dish. However, the soup itself is not served in a jar.

The sausages I mentioned are only produced in this part of Romania. They are called Plescoi sausages—and, naturally, they originated in the village of Plescoi, just outside Scortoasa, where the mud volcanoes draw so many nature lovers



ALL PHOTOS BY PHIL BUTLER UNLESS OTHERWISE NOTED

The mud volcanoes in eastern Romania were first discovered by French explorer Henri Cognard in 1867.

declared a Natural Monument by the Romanian government in 1924. The entire reservation has three areas—Paclele Mari, Paclele Mici, and Paclele de la Beciu. The most easily accessible and largest of them is Paclele Mari. Most tourists are happy visiting only this part of the reservation, as it features the highest and most spectacular volcanoes. Nature enthusiasts will venture further, to Paclele Mici, where there are many smaller volcanoes, and also ravines, streams, ridges, and badlands. Active volcanoes have circular pools filled with bromide-rich, muddy water, often with traces of crude oil and other oxidized petroleum products.

Since the terrain around the volcanoes is often difficult, visitors should wear proper shoes and mind the mud. The gatekeeper is actually right: the mud here is not the same used for mud wraps at a spa.

Visiting the reservation after the rain is not an inspired idea—the ground is uneven and slippery. The landscape is void of trees—there's no shade, so hiking in the heat of the summer under the naked skies will also prove challenging. Take a bottle of water with you if you plan to spend

more than an hour exploring the park.

Besides Vulcanii Noroiosi, Buzau county has many other attractions. Nearby, in Berca, you will find the Ratesti Monastery, an important Eastern Orthodox nunnery and religious landmark dating from 1634. The main church of the monastery has interiors by painters Nicolae Teodorescu and Gheorghe Tattarescu. In the complex, there's also a small museum exhibiting a collection of Bibles, icons, gold and silver thread embroidery, and other sacred objects.

From the monastery, you can reach Sarata-Monteoru in about 35 minutes by car—a beautiful countryside drive that will lead you to a spa resort with healing waters and salt springs in a splendid natural setting. Spending the night here to relax in a saltwater pool after seeing the mud volcanoes is a perfect ending to a unique day in Romania.

A former military journalist, Mihaela Lica-Butler is a senior partner at Argophilia Travel News. Besides her work as a PR pro and travel journalist, she spends her time writing children's fairy tales and cookbooks.



1

1. Visitors exploring an otherworldly landscape.
2. The author, barefoot.
3. Closeup of a mud bubble.
4. Cracked earth.
5. "Ciorba de carne la borcan," or soup of meat from the jar, a local specialty.
6. Plescoi sausages.



2

to see the unexpected. They're prepared with lamb, beef, garlic, thyme, salt, and a generous amount of spicy and sweet red paprika, then smoked with European beech to get their special flavor. Under the heat of the summer sun, after the walk around the reservation, it's great to stop at the restaurant for a portion of these spicy local treats and a pint of ice-cold beer.

Many people—hikers in particular—prefer to stay overnight at Pensiunea Vulcanii Noroiosi. Most visitors, however, arrive a couple of hours before lunch and leave after a copious traditional meal. The parking lot at the entrance of the reservation is often full at this time, but you'll manage to find a spot on the side of the rustic country road leading here.

The mud volcanoes in eastern Romania were first discovered by French explorer Henri Cognard in 1867, and they were



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WISE HABITS

The Most Neglected and Powerful Act of Self-Care

LEO BABAUTA

Many of us are (rightfully) focused on taking care of our health, eating nourishing whole foods, and trying to be active, while meditating, flossing, and taking time to disconnect from devices.

These are wonderful acts of self-care, and they are necessary and important. But there's one act of self-care that is very often neglected, and it might be even more important than all the others: the practice of loving yourself.

In fact, this is so often neglected that when I mention "loving yourself," many people don't know what that means. Many of us have never consciously done it. If we have, it's so rare as to be a forgotten memory. But it's my belief that we should do it throughout the day, like trying to drink 8 glasses of water. We should give

I coach a number of people, and pretty much everyone I meet is hard on themselves in some way.

ourselves at least 8 doses of loving ourselves every day.

What is this "self-love"? Imagine pouring the love in your heart to someone you care for dearly—what would that feel like? Now try doing the same thing for yourself. That's self-love, and it's a completely foreign concept to the vast majority of people.

Why It's So Important

I coach a number of people, one-on-one and in small and large groups—and pretty much everyone I meet is hard on themselves in some way. They cause themselves stress and pain. Disappointed in themselves, angry at themselves, they constantly feel inadequate.

I think most of us can find these tendencies in ourselves. This is something most of us face every single day.

We stress out about uncertainty because we don't think we're good enough to deal with it. We don't trust ourselves to stick to something, because we've formed a really bad picture of ourselves over the years. We get angry at ourselves for eating too much, drinking too much, messing up in a social situation, getting distracted and watching too many videos or playing too many games. We don't like how we look, or who we are, or how we act, in too many ways.

This affects everything in our lives. It makes us more stressed, less happy, anxious, depressed, and stuck. It leads to procrastinating, unhappy relationships, a loss of focus, and a search for comfort in all the wrong places, like comfort foods, shopping, and sometimes even addiction. We seek relief from the stress and pain of being who we are.

But giving ourselves love can start to heal all of this. It creates a shift. With more self-love, we can better deal with uncertainty, chaos, and difficulty in a much more resilient way. Giving ourselves love is such an important act of self-care, and yet it's rarely ever done.

How to Give Ourselves Love Often

Set reminders for yourself, everywhere you go. Put reminders on your fridge, on your computer, on your phone, on your bathroom mirror, in your car, at your desk, near your TV. The reminders only need to be two words: "Love yourself." When you see the reminder, the act is very simple (even if it doesn't feel natural to most people yet—give it time):

1. Pause and feel any stress, pain, self-doubt, anger, frustration, or anxiety you might be feeling. Let yourself actually feel it, physically in your body, for just a few moments. It's OK to feel this.
2. Now give yourself the balm of love. As weird or silly as it feels, just try it. Imagine first that you are sending love to someone you love very much—your child, your parent, your best friend. Imagine them going through difficulty, and send love from your heart to theirs, hoping to make them better. Notice how that feels in your heart. Now try it for yourself, generating the same feeling in your heart, but sending it to yourself instead.
3. Feel the love as a healing balm. No matter how little you're able to generate, feel it wash over your stress, pain, anger, and doubt. Feel it like a thick, syrupy liquid soothing the pain. Let yourself receive this love like the love you've been craving.

It's that simple. It only takes a few moments—feel your stress and pain, send yourself love, let yourself feel it. Do it eight times a day. Or a dozen, if you can. You need this care. Don't hold it back from yourself any longer.

Leo Babauta is the author of six books, the writer of "Zen Habits," a blog with over 2 million subscribers, and the creator of several online programs to help you master your habits. Visit ZenHabits.net

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Taking a moment to actively send yourself some love can be an act of self-care that sets you up for the challenges ahead.



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