

Global Q&A: Earth Day

Epoch Times Staff

Founded by an American Senator in 1970, April 22 is now celebrated as International Earth Day in about 175 countries around the world. In honour of Earth Day, Epoch Times reporters asked citizens in a handful of those nations, "What one thing could you change in your life to help improve the environment?"

Many people mentioned that they are already trying to live more lightly on the planet by riding their bikes, planting trees, using environmentally friendly products or educating those around them to do the same. But nonetheless, everyone found ways they could do even better.

Delhi, India
Mathew Kuriakose Kallumpurath, 40, Fair Trader for handicapped villages in India

I can tell my kids about the environment and have our artisans use eco-friendly products and not plastics. And I can give priority to protecting trees and planting more trees. Also, to spread awareness about why we must protect the nature, because it is beautiful. If each individual thinks, "I am not important, because of me it will not make an impact on the environment it's so silly..." It's like you take a mosquito to bed with you and the mosquito is so small, yet you will not sleep the whole night! The same thing with us - we all must play our role because the environment is so important!

Milwaukee, Wisconsin, USA
Carol Mitzke, 50, Legal Assistant

The one thing I would change is buying clothing. I tend to buy cheap clothing that is made overseas in countries like China, clothing made in huge polluting factories where child labour is used. So instead of buying a lot of cheap clothing I would purchase less clothes and pay more for better quality.

Athens, Greece
Panagiota (Yiota) Xenogiani, 26,



Mathew Kuriakose Kallumpurath, Delhi, India. THE EPOCHTIMES

Lawyer

The thing I will do to help the environment is recycling. It is easy if you consider it, you just pay more attention to the consumed products you put on your rubbish bin. You separate plastic, paper, aluminum and glass products and then place them in the special public rubbish bins that there are in many areas. Those special public rubbish bins are even designed to pay you if you put in a considerable quantity of those materials. Concerning old and used clothes that everybody has in their wardrobes, we can donate them to charities or to poor families that we know are in need of them instead of placing them into the rubbish bin.

Bangalore, India
Bharath Valecha, 19, Engineering Student

Seeing the present scenario of how human activities have been abusing the environment and making it work against us, I wonder where are we heading to. Human interference in nature is annoying. Global warming is basically caused by various carbon emissions from various sources, so I have taken steps such as planting trees, riding a bicycle, using public transport, car pooling and saving electricity. I have also spread awareness by giving seminars and talking to people about this issue. I feel we all have to unite and take major steps to save the earth from entering a state of emergency. We all need to act NOW!

Darvari, Romania
Gelu Buzuriiu, 39, Client Relations in a Tourism firm
Getting involved more! Get-



Panagiota (Yiota) Xenogiani, Athens, Greece. THE EPOCHTIMES

ting the attention of the authorities who have funds allocated that can make a difference, and be noticed by the community. All this can be driven by personal example. One such example is my wife, who is a geography teacher. She took the children from her class and planted 600 trees. That was fun and very good for the environment.

Hamilton, New Zealand
Amanda Colmar, 41, Graphic Designer and Mother

I recycle everything. Now at 41 years of age, I have a baby. I use cloth nappies and biodegradable wipes but if I could, the one thing I would like to do is have solar power. We switched off for Earth Hour and it was amazing knowing we were joining people all over the world to make a very small difference - hopefully to make people realise that every little thing can eventually become a big thing.

Magdir, Morocco
Mustafa Balchu, 45, Waiter
I am willing to try to change my

behaviour and be more considerate of other people. I will educate people around me, and people in my city to keep the environment clean, to stop destroying trees and protect nature, to keep the streets and parks clean and to aspire for peace and harmony in the world.

Galon (Kibbutz), Israel
Masha Jachnin, 14, high school student

I am willing to help improve the environment by stopping using plastic bags, to recycle things, to use less things like spray deodorant and to leave clean the places that I've been to.

Salt Lake City, Utah, USA
Ken Cromeford, 31

I think riding bikes is a good way to help the environment, promoting getting away from our car culture. I use the train and local (Trax commuter) system also.

Kosice, Slovakia
Marka Klapakova, 19, Literature Student
I think I am already making ef-

forts in this area. I separate garbage and travel by bike, which is not particularly easy in our town. But I do have a feeling that I could do more. For example, I don't have to throw the used tickets on the ground, so I will try to reduce this. Then I will walk less across lawns and use the pavement instead, and I can also stop using freons.

I plan to celebrate International Earth Day this year. I will eat only salads and will not pick flowers.

Paris, France
Nada Daher, 29, Hygiene Controller

Actually, I feel so sad when I see documentaries on TV showing how pollution is destroying the living beings on Earth. So to contribute to a healthier environment, I carry a reusable fabric bag instead of plastic bags. I sort my garbage, and I buy environment-friendly products; I even save water when I brush my teeth. Even at my job as Hygiene Controller at a hospital [in Paris France], I make sure to instruct everyone that garbage be sorted; I already replaced the chemical hand-cleaning products with steam machines, and I frequently give small lectures about this topic.

Fiumicino Roma, Italy
Maria Uliantzeff Kulchitsky, 79, Retired Secretary

I think we should not use nylon bags in the supermarket; we can stop smoking and we can stop using spray products and using technologies that do not harm our earth is better.

Taipei, Taiwan
Wang Hsien, 53, Housewife

Don't smoke, because I smoke at the moment. Smoking can pollute the air, for myself, for everyone, and for the earth - it's bad.

Wollongong, Australia
Mei Morrison, 35, Dietitian

Buy a rainwater tank with my \$900 Stimulus Package*. With the impact of the drought on our environment, I think this would be a positive, small step towards making a difference.*The Government will provide \$12.2 billion to assist households and support economic growth in 2008-09. Eligible working Australians are to be paid a Tax Bonus of up to \$900 during April 2009.

U.S. study finds kids addicted to video games

By JOSHUA PHILIPP
Epoch Times Staff

NEW YORK—Close to 10 percent of kids who play video games exhibit signs of pathological addiction, according to a new U.S. study released Monday.

The study, "Pathological video game use among youth 8 to 18: A national study," was conducted by Dr. Douglas Gentile, assistant professor of psychology at Iowa State University and the director of research for the National Institute on Media and the Family. Gentile's report on video gaming is the first of its kind conducted on a national level.

According to Gentile, when he first heard parents saying their kids were addicted to video games he found it hard to believe.

"To be an addiction means more than 'you do it a lot.' It has to mean you're damaging functioning in multiple areas of your life," Gentile said in a phone interview. "I thought at first, 'that's not what's happening, so I'm going to go and measure it and show that that's not what's happening.'"

The results were the exact opposite of his expectations.

In a survey of 1,178 American kids between the ages of 8 and 18, he found that 88 percent of them play video games and 8.5 percent exhibit at least 6 of 11 addictive characteristics that are "causing significant problems in their lives based on how they play [video games]," Gentile said.

The 8.5 percent of pathological gamers play an average of 24 hours per week and reported having more trouble paying attention in school, received poorer grades in school, had more health problems, were more likely to feel "addicted," and even stole to support their habit,



NEW RESEARCH: Dr. Douglas Gentile sits near a computer screen and a stack of video games. As the director of research for the National Institute on Media and the Family, Gentile has conducted several research projects on video games. DAVE GIESEKE/IOWA STATE UNIVERSITY

according to the report.

Since there's not yet a specific standard to determine video game addiction, Gentile went by the standards used to identify gambling addiction.

He said "the study is really just the tip of the iceberg" and there are several similar studies soon to be underway. The results may soon make the addictive nature of video games a larger focus.

"If you think about alcoholism 40 years ago, back in the 50s and 60s there were studies like this one coming out saying that some people seem to have a real problem with this that looks like an addiction and the culture didn't believe that. The culture treated it as a moral problem," Gentile said.

"So now we all accept alcoholism as a disease. I think we're at the same place with video games as we were 40 years ago with alcohol addiction," he said.

There are still questions that have yet to be answered, yet according to Gentile "what we don't know from this study is probably more important than what we do know."

Other studies soon to be underway will focus on subjects including which kids are most susceptible to video game addiction, how long the addiction lasts, and what kind of help they may need to break from the addiction. Gentile added that in several Asian countries video game addiction is already a well recognized problem.

South Korea has over 100 state-

sponsored clinics that treat video game addiction, he said.

It has also yet to be determined whether the addiction carries into adulthood, which it may given that adults make up the largest and fastest growing segment of the video gaming market.

Household discipline

According to the report, only close to half of the kids said they have rules at home that regulate how long they can play video games for. For some families, restricting the amount of time played has helped curb video game addiction in kids.

"If we didn't regulate it he'd be on it 24 hours a day. He wouldn't even eat," said mother Jeannette Davidson, 34, of San Diego, Calif.

Davidson's 17-year-old son, William, has been playing video games from a young age. The family imposed restrictions on how long he plays the games and when he plays due to signs of addiction.

"If he's allowed he'll be on it for as long as he can," Davidson said. "It's very addicting I think."

William is allowed to play for set amounts of time as long as he has good grades in school and completes his chores. He also isn't allowed to play until he finishes his homework. When William was in elementary school he would play sick so he could go home and play, his mother said.

In order to stop him from playing when she wasn't home, "I would take the controllers with me when I left the house," she said.

After they set tighter restrictions on the games, they saw huge changes.

"Now it affects him in a good way. If he doesn't get good grades he doesn't play," she said.

Pirate Bay founders sentenced to jail, charged fines

By RAM SRINIVASAN
Epoch Times Staff

A Swedish court charged the four founders of The Pirate Bay (TPB) with one-year prison terms and charged a hefty \$3.6 million in damages, but the indicted said they would not pay the fine and would appeal in upper courts.

The Pirate Bay is a website that provides BitTorrent pointer files to full files, a majority of which appears to be copyrighted movies and music. BitTorrent is a peer-to-peer file sharing technology that allows users to share files with others in a decentralized manner.

The court found the four founders - Carl Lundström, 49, Fredrik Neij, 30, Peter Sunde Kolmisoppi, 30, and Gottfrid Svartholm Warg, 24 - guilty of breaching copyright law in Sweden, where TPB is headquartered.

Total fines of 30 million Swedish kronor (US\$3.6 million) are to be paid in damages to the entertainment companies that had brought the charges against TPB. The companies had initially sought \$17 million in damages. The charges awarded to the companies range from around \$50,000 for Sony Music and up to \$1.3 million to the Fox Broadcasting Company.

Founders of TPB, which was established in 2003, said that they would defy the court order, including the jail sentence and the \$3.6 million charges, and would appeal to a higher court. A notice posted on its website said "the site will live on" and that the court sentence was only the "little speed bump on the information superhighway."

'Cosmic hand' seen in NASA picture

The following article was promised in last week's newspaper but was missing from Page P5 where it was to appear. We regret the error.

By EVAN MANTYK
Epoch Times Staff

The hand of a God? The universe's hand? A recent photo released by the National Aeronautics and Space Administration (NASA), shows a young pulsar that resembles a hand reaching out.

"A small, dense object only 12 miles in diameter is responsible for this beautiful X-ray nebula that spans 150 light years," reads NASA's official description on their

website.

"At the center of this image made by NASA's Chandra X-ray Observatory is a very young and powerful pulsar ... The pulsar is a rapidly spinning neutron star which is spewing energy out into the space around it to create complex and intriguing structures, including one that resembles a large cosmic hand."

Whatever it is, this cosmic phenomenon has lit up the web with an uncanny photo.

For more info on this picture, visit:

<http://www.nasa.gov/multimedia/imagegallery/iotd.html>

Israel remembers the Holocaust

By ANNA GATETKIN
Epoch Times Staff

The Israeli leadership joined a solemn ceremony in Yad Vashem Holocaust museum in Jerusalem to mark Yom Hashoa Day, or Holocaust Day, on Monday evening.

The first speaker, Israeli President Shimon Peres, remembered the 1.5 million children who were

murdered among the 6 million Jews during the Holocaust, which he called "a historical crime." He also took the opportunity to mention the Durban Conference against racism, which he said is actually "accepting racism."

"The main speaker, [Iranian President] Ahmadinejad, is calling to eliminate Israel and is denying the Holocaust. This is shame and

disgrace," he said.

Prime Minister Benjamin Netanyahu also attended the ceremony, and also addressed the terrible fate of Jewish children during the Holocaust. He stated that the supreme duty of the state of Israel is to prevent another Holocaust from happening to the Jewish people.

On Monday morning, the Israeli

government marked Holocaust Day in a ceremony in Warsaw.

On Tuesday, thousands of Israeli high school students will participate in the March of the Living in Poland. This is an annual educational activity during which the participants march silently from Auschwitz to Birkenau, the largest Nazi German concentration camp complex built during World War II.

Many other ceremonies were held throughout Israel on Monday and more are planned for today.