

Global Q&A: Hour of extra free time

Epoch Times Staff

"If you had one extra hour of free time a day, how would you use it?"

Epoch Times reporters from Japan to Germany asked this and found some surprising results: Some people would simply apply the time to rest or leisure activities. But for others, a gift of just 60 minutes prompted a reevaluation of life priorities.

Heidenheim, Germany Gudrun Esslinger, 45, Architect

I would be involved more in sports, would read more, and at times even cook a meal. It would be wonderful to spend time with ones friends. More time would allow us to enjoy everything with greater awareness and one would learn to appreciate the little things, the ordinary things, and the special moments much more, the things which one realizes after they passed us by.



Laza Oana with her husband—Singapore. THE EPOCHTIMES

Auckland, New Zealand Anne-Marie McNally, Solicitor

I would spend it with my granddaughter. She gives me absolute joy. It works on so many levels. It brings my family together; gives me so much more relaxation - get to know your family all over again, you know, that nurturing stuff.

Singapore Laza Oana, 29, Business Analyst

I would use every extra minute I have to spend more time with my family. It's a crazy rushed life, and you never seem to find enough time to simply take a walk, bike, play basketball, visit a bookstore or go out as we used to when we were just students. I would use the extra hour to do all the small things that make us happy and I never can get enough of.

Athens, Greece Ali Reza Rahvare, 30, Hairdresser

If I had free time I would like to watch action movies.

Tokyo, Japan Yoshihiro Abe, 45, Social Activist

To Sleep. In recent decades I sleep less than three hours a day. I have spent all my time to investigate alternative currencies and promote it because I expected today's financial crisis before it happened. Through studying finance and politics, I notice that we have to have

our own money without interest.' Today's economic system creates a serious situation for the socially weak. I want to head that off. In Japan, no one does this action except me right now. So that's why I feel a sense of mission about conveying the need for monetary reform.

Ottawa, Canada Charaine P.L., 25, Student

If I would have an extra hour a day, I'd spend more time with my brothers. When we were young we always spent time together, we played cards, we invented plays that we would perform in front of our parents, but now we're all pretty busy and don't get to see each other much.

Herzlia, Israel Yair Liberthal, 36, Information Technology Professional

If I had an extra hour of free time I would read more. In the last couple of years I've read more books about art and philosophy. Now I am reading a book about Goethe, but I also like lighter things like novels by Ian McEwan.

Loro Ciuffena, Italy Maria Tonulescu, 48, Hotel Chambermaid

I am from Romania, I live and work in Italy. If I have one extra hour I am sure I would go shopping,

shopping and more shopping. I am very passionate about shopping.

Hong Kong Rita Tsui, Sports Promotion Manager

Well, I'm kind of a sports fanatic, so if I had an extra hour I'd just use it to practice. Recently I'm very much into lawn bowling, so I'd just practice lawn bowling.

Byron Bay, Australia Melissa Pope, 25, Massage Therapy Student

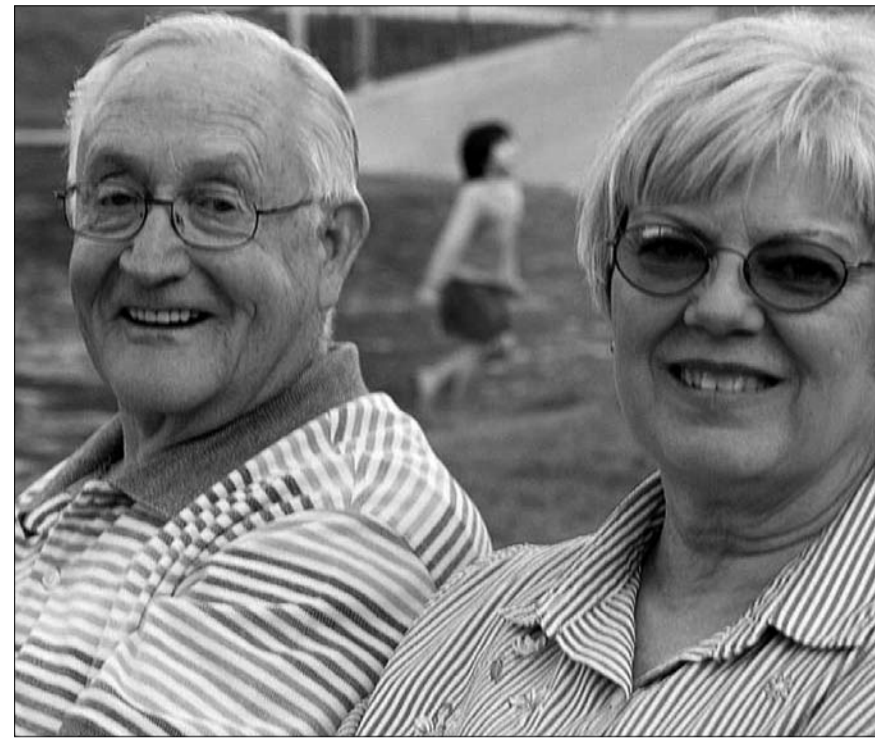
If I had one extra hour free in the day, I would use it by going surfing. I would go get my swimmers, my surfboard, drive my car quickly down to the beach, jump in the ocean and take it all in.

Horka nad Moravou, Czech Republic Miroslav Valarik PhD, 38, Scientist

I enjoy various activities in my free time, like reading books, sports, or walking in nature. But as a father of two small kids, what I currently miss the most is a good rest. So I would probably just sleep.

Nabiyeh, Lebanon Samir Harkous, 43, Christian Organization Coordinator

I would spend any extra hour with my wife. She is always busy with her job, and I am always busy with mine, and then we have our two kids and



Gary and Mary Steadman—Tooele, Utah, USA. THE EPOCHTIMES

many other responsibilities. So we barely have time to be together. I am sure she would spend her extra hour with me too!

Presov, Slovakia Stanislava Zajacova, 27, University Lecturer

Personally, I would be happy to have a 30-hour day. However, if the government decides to have 25-hour days I would appreciate that as well. The question is, how long would I be able to see the extra hour being really extra and not something pretty common. But, as long as I would be able to see it like that, I would use it for the things I neglect: family, friends, myself. One day, it would be an hour spent with my close ones talking over tea or wine, or having a walk; other days it would be an hour spent selfishly on myself—walking my dog, reading books I don't have to read but want to, watching movies, listening to music, or doing something that I'm really lacking—sleep.

Tooele, Utah, USA Gary Steadman, 73, Retired Aeronautical Engineer and wife Mary Steadman

Gary: If I had an additional hour each day, I would like to spend it with some of my 28 grandchildren.

Mary: I think I would like to take an oil painting class. Yes, even in (rural) Tooele.

Rome, Italy Marina Sasso, 49, European Karate Champion (1981), Bronze in World Karate Championship (1980)

If I would have an extra hour free in a day I will go to the sea, no matter if it is winter or summer. There I manage to find myself again, staying relaxed and thinking in a positive way ... There I feel that I'm a child again, and there I can establish again real contact with the element that's indispensable for me: water. The sea with its colors, its sounds, and its immensity makes me listen to this universe, and what's more—the music of its silence together with my slow movements gives life to an ancient dance that brings me to that maternal womb that protected me and that I've never forgotten.

Aneby, Sweden Tanja Stachelhaus-Reuber, 44, self-employed

If I had more time I would give it to myself—meditate. Maybe I would start to create and work more with stone-cutting. But first of all, I'd give more time to myself.

Look for the Global Q&A column every week, when Epoch Times correspondents interview people around the world to learn about their lives and perspectives on local and global realities.

China Briefs

Three plead not guilty in tainted pork case

The Epoch Times

Three defendants pleaded not guilty in a tainted pork case in Baiyun District People's Court in Guangzhou City, where 70 people fell ill, according to a Shanghai Daily report.

The report said the defendants—the owner of a pork-selling stand and his two employees—were accused of selling pigs fed with clenbuterol, a banned feed additive.

The owner told the court he didn't know the pigs had been fed with clenbuterol, and that he couldn't differentiate them from normal pigs. He stated they had all passed the tests ordered by provincial authorities. Prosecutors, however, said he had confessed several times that he could tell which pigs had been fed the chemical by simply looking at them.

Some farmers feed pigs with clenbuterol 15 to 20 days before they are sold, because it helps to save about one kilogram of feed, while making the animals gain 1 kg per day, leading to profits as high as 275 percent.

The report said the court ruling is expected soon.

Stabbing death of official draws attention to Communist Party corruption

The Epoch Times

Deng Yujiao, a waitress from Hubei Province, stabbed a local official to death after he made unwanted sexual advances towards her.

According to a news portal run by the county government, three local government officials went to an illicit entertainment venue last week, where one of them requested "special services" from Deng Yujiao. After being rejected, he hit her head with a stack of RMB, and pushed her down on the couch. Unable to free herself, she stabbed him several times with a fruit knife. He died on the way to the hospital.

Hao Jinsong, director of the Beijing Legal Assistance Centre, thinks the case reflects a common social problem in China. The outbreak of average people's anger, due to years of repression by the authorities, could easily lead to aggressive actions like this one. Hao feels that such cases causing public outrage could also be used by the authorities to distract from the upcoming 20th anniversary of the June 4th Tiananmen Square massacre.

Over 16 million infected with intestinal worms in Guizhou Province

The Epoch Times

The latest survey data of Guizhou Province's Disease Control Department shows that over 16 million people are currently infected with Ascaris, a parasitic giant intestinal roundworm that can cause hemorrhage, lung inflammation, and bacterial infection. Guizhou has a total infection rate of 42.4 percent, which is three times higher than the national average infection rate, making Guizhou the most Ascaris-infected province. Farmers, elementary and middle school students are among the major infected groups, with a rate of over 50 percent.

Disease control experts said that the increasingly high Ascaris infection rate in Guizhou Province is due mainly to poor sanitation conditions, and stated that prevention should precede treatment, as it is essential to cultivate good personal health habits. They suggest that children under the age of 14 go to the hospital for stool examinations and take intestinal Ascaris-repellent drugs under a doctor's guidance once every six months.

Former Chinese reformist leader's last wish

By LI ZHEN
Epoch Times Staff

Four years after former reformist Chinese regime leader Zhao Ziyang's death, his former secretary, Mr. Bao Tong, managed to publish his biography *Prisoner of the State* just before the twentieth anniversary of the Tiananmen Massacre, with a Chinese language edition soon to be released.

In an Epoch Times interview, Mr. Bao confirmed the authenticity of the book, which originated from Zhao's secret voice recordings during his house arrest. "I can confirm it is his (Zhao Ziyang's) voice," said Bao, emphasizing "the publication of the book is under my direct supervision."

Bao also explained why he decided to publish the English version of the book first.

"It was decided according to the situation in China. If the Chinese version comes out first it could be quashed [by the Communist Party]. If the English version comes out first, and is recognized by the international community, the survival of the Chinese version won't be a problem."

The book can be summarized into two parts, a review of China's economic reforms and Zhao's version of the history of the Massacre, during which he was purged out of the communist leadership for taking the students' side.

Bao believes the book's most important element is Zhao's judgment of the regime's economic reforms in China, "As long as one wants long-term stability in China, one needs to realize parliamentary democracy... without that, a market economy will definitely lead to corruption."

Musings on a true modernization Zhao praised western parliamentary democracy as true democracy. Even though it has its shortcomings, no other system is better in the current stage.

"As an over 70 year-old communist member, after his many years of observation, he [Zhao] believed China should adopt a western style parliamentary democracy. I believe this is his most important conclusion," said Bao.

Bao also revealed that it was



Zhao Ziyang's secretary accepted an Epoch Times interview, saying the publication of Zhao's book was directed by him, because this was the last task Zhao requested of him. THE EPOCHTIMES

Zhao's long-time and last wish to publish his book.

"I believe he drafted it in 1993, and recorded it on the tapes in 2000. In 1992, he had already asked my wife to pass me a message, when I was still in prison serving a seven year sentence."

Zhao encouraged Bao, comparing imprisonment to a period of rest before he could help him publish a book. At that time, Zhao had decided the book's title should be Ten Years in Beijing. However, publishing his book

was complicated because Bao has lived under constant surveillance in Beijing since his release in 1996.

Zhao's tapes only reached Bao after his death. "I got the material around 2007 and 2008. My thought at that time was to speed up my work and publish it as soon as possible," said Bao.

Bao added it was coincidence—but has significant meaning—that the book was published just before the twentieth anniversary of the Massacre.

War over, Sri Lanka's next fight lies ahead

COLOMBO (Reuters)—With a quarter-century civil war in the history books, Sri Lankan President Mahinda Rajapaksa will now put to the test his theory of using a military victory over terrorism as the first step in tackling its root causes.

Flush with the success of victory over the Liberation Tigers of Tamil Eelam (LTTE) in a 25-year war once dubbed unwinnable, Rajapaksa offered compromise and reconciliation with the Tamil minority in a victory speech on Tuesday.

"At this victorious moment, it is necessary for us to state with great responsibility that we do not accept a military solution as the final solution," said the president, who is Sinhalese.

"It is necessary that we give these people the freedoms that are the right of people in all others parts of our country."

In a nation scarred and divided after one of the world's longest-running and bloody civil wars, Rajapaksa, 63, now faces what may be Sri Lanka's greatest post-independence challenge.

It is one that traces its roots back to 1948, the year Sri Lanka's minority Tamils lost their favoured status as the British colonial government handed power to the Sinhalese majority at independence.

Tamils suffered abuses and sidelining by several governments, which sparked political violence in the 1970s and a full-scale civil war in 1983.

Good sentiments

"We have seen good sentiments in the past. What matters is the substance of the political settlement," Rajan Hoole, a member of the University Teachers for Human Rights (Jaffna) group that has been equally critical of past LTTE and government abuses.

Delivering political empowerment, the Tamil minority can embrace while balancing the need of security to ensure Tamils do not again turn to guerrilla violence and suicide bombings, are the keys to success.

One lingering effect of the war that rubs the old wounds raw are the repeated security checks Tamils face in their daily lives.

Outgoing U.S. Ambassador

Robert Blake, in his final press conference on Wednesday before leaving the island, said Sri Lanka would have to work hard to make everyone feel equal.

"To achieve the promise of this new beginning and to ensure a lasting end to terrorism, bold actions are needed now to share power and to assure all of Sri Lanka's communities a future of hope, respect and dignity," he said.

Re-establishing freedoms

The war bred a whole new layer of problems on the island, mainly a culture of impunity that allowed murder and violence to become the ready tools of politics over the course of the insurrection.

The Tamil Tigers seized control of the Tamil cause by killing those who opposed their absolutist vision of a separate nation for Tamils, and Sinhalese extremists have killed those who spoke of compromise or against the war effort.

"As everyone says, there must be a political settlement along federal lines, but it must first involve removing the climate of impunity and allowing free political activity," Hoole said.

Dissent stifled

Critics have accused the government of ruthlessly stifling dissent in the name of fighting terrorism.

To answer that criticism, Rajapaksa has already pledged elections in northern Sri Lanka as soon as possible.

One complicating factor is that most of the area's residents, more than 250,000, are now in refugee camps after the army's final offensive to crush the LTTE. The president says he will have all of them resettled by the end of this year.

While that happens, Sri Lanka's army will be deployed throughout the area and the army's commander, General Sarath Fonseka, has said they will be employed in demining, clearing hidden weapons stocks and helping reconstruction.

Fonseka and Defence Secretary Gotabaya Rajapaksa both studied U.S. counter-insurgency strategy and have told Reuters they will employ the "winning hearts and minds" strategy that entails in the post-war period.