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Suggested Solution

A pain in the neck

Presented By



FREE THE CHILDREN
Children helping children through education

PUZZLE ON P11

QUITTING THE CCP



Inspired by the
'Nine Commentaries',
as of January 14, at 12:05 a.m.

66,843,601

Chinese people have announced their intentions to quit the Chinese Communist Party and its affiliated organizations on a special Web site established by The Epoch Times. Many others, unable to break through the Chinese Internet blockade, have posted their withdrawal statements on poles or buildings. Others have written them on Chinese currency. Read recent statements of Chinese quitting the Party, the latest news on the "Nine Commentaries," and more at <http://www.NineCommentaries.com>

A Path for Peace in South Asia

BY ZIA MIAN

It has been a grim start to the New Year and the new decade in South Asia. Vested interests, hardened obsessions, and old habits continue to push India and Pakistan in the direction of ruinous conflict. While military planners in both countries plan and prepare for the next war, politicians and diplomats remain determined not to talk except on their own terms.

On this stony ground, civil society in Pakistan and India has been struggling for years to build peace. There are signs the people of the two countries are ready to make peace and seek the benefits of a peace dividend if their governments would only permit.

WAR PLANS

General Deepak Kapoor, India's army chief and chairman of its chiefs of staff, revealed at the end of December 2009 that the military has been working on a new doctrine and seeks major new capabilities. India's armed forces, he said, want to be able to mobilize and deploy for war very quickly, and to be able to fight a two-front war (against Pakistan and China). India also wants to be able to project military power from the Persian Gulf to the Malacca Strait (which connects the Indian Ocean to the Pacific) and seeks, among other things, to have ballistic missile defenses and space-based capabilities.

The doctrine isn't all wishful thinking. The Indian military has been developing and war-gaming for the past five years a strategy it calls "Cold Start." This massive conventional attack on Pakistan would be so sudden and decisive that international intervention could not come soon enough to stop the conflict. India's armed forces would even be prepared to keep fighting if an adversary uses nuclear weapons on the battlefield. According to an Indian commander, the goal was to be able to "dismember a not-so-friendly nation effectively and at the shortest possible time."

This kind of war-making capability is expensive, but India has started to put real money behind it. In January, India's Defense Ministry announced that it plans to spend over \$10 billion this coming year on acquiring new weapons. This was made possible by a staggering 34 percent increase in India's military budget for 2009-2010.

General Kapoor's remarks made Pakistan's generals bristle. Speaking to senior military officers at Pakistan's General Headquarters, the Chief of Army Staff General Parvez Kayani said that "proponents of conventional application of military forces, in a nuclear overhang, are chartering an adventurous and dangerous path, the consequences of which could be both unintended and uncontrollable." In other words, Pakistan was threatening to use nuclear weapons if India tried to carry out the kind of conventional attack it has been rehearsing.

Pakistan has been building new facilities that will allow it to significantly increase the size of its nuclear arsenal. It has been working on two new nuclear

reactors to make plutonium for weapons, one of which may begin operating in 2010. It has also been constructing facilities to make fuel for these reactors and to separate the plutonium that will be produced in the new reactors. The cost of these facilities, along with rest of Pakistan's nuclear weapons program, is unknown.

Pakistan also has been building up its own conventional forces. At the end of December, Pakistan received the first of four Swedish-made airborne early warning aircraft. Media reports say the planes, bought at a cost of almost \$900 million, are intended to let the Pakistan Air Force "detect all aircraft taking off from and landing at all forward Indian airbases adjacent to Pakistan and also to identify the type of aircraft, their weapons systems, vector and altitude." Pakistan also has a deal with China for four early warning planes at a cost of over \$250 million. To extend the operating range of its aircraft, the Air Force has been buying mid-air refueling tankers from Ukraine, with three tankers expected to be delivered this year, to add to the one that arrived last month.

PROSPECTS FOR PEACE

While they continue to pour billions of dollars into their arms race, and prepare and plan for war, the governments of Pakistan and India are expending little effort to try to peacefully resolve their disputes.

They have promised to make peace many times. In the wake of the first war, in 1948, India's Prime Minister Jawaharlal Nehru and Pakistan's Prime Minister Liaquat Ali Khan committed that future disputes "shall always be solved through recognized peaceful methods." Following the 1965 war, the Tashkent Agreement declared that the two countries would "restore normal and peaceful relations...and promote understanding and friendly relations." After the 1971 war, as part of the Simla Agreement, leaders of the two countries said they would seek "an end to the conflict and confrontation that have hitherto marred their relations and work for the promotion of a friendly and harmonious relationship and the establishment of durable peace." The promises didn't last.

At the heart of the conflict is the disputed territory of Kashmir, which has been divided between the two countries for over 60 years. Pakistan claims all of Kashmir, India insists on holding on to what it has, and the people of Kashmir are trapped in between. The last round of the struggle was the 1999 Kargil war, in which a newly nuclear-armed Pakistan sent Islamist militants and soldiers into Indian-held Kashmir, in an effort to force international intervention and make India negotiate a final settlement. Nothing came of it.

The futility of the Kargil war, the very real danger of it escalating into the use of nuclear weapons, and the rise of an Islamist militancy that threatens both Pakistan and India led the two countries in 2003 to try to find a settlement. Steve Coll reported on the back-channel talks that were set

up between the two countries and how close they came to success: By early 2007, officials were "negotiating the details for a visit to Pakistan by the Indian Prime Minister during which, they hoped, the principles underlying the Kashmir agreement would be announced and talks aimed at implementation would be inaugurated."

The process stalled as the Musharraf government began to collapse for domestic political reasons. And then came the November 2008 attack on the Indian city of Mumbai, where Islamist militants affiliated with the Lashkar-e-Taiba, a group based in Pakistan with long-standing ties to the army and its intelligence service, went on a rampage and killed almost 200 people and injured many more. The Indian government demanded that Pakistan shut down the militant group and punish those responsible for planning the attacks—or else no further talks would take place.

Hopes for a way forward rose in July 2009, when the prime ministers of the two countries met during a gathering of the Non-Aligned Movement at Sharm el-Sheikh in Egypt and issued an agreed statement. Since then, nothing. Pakistan has not acted decisively against the Lashkar-e-Taiba; even though Islamist militant groups imperil Pakistan, some there still see a role for them in fighting the 60-year war against India over Kashmir. India will not talk about settling Kashmir, even though it would take away the very justification Pakistan uses for supporting the militants groups.

There is a failure of imagination on the part of the governments in India and Pakistan. Neither seems able to realize how much would change if the two countries formalized and committed publicly to the agreement on Kashmir that was within reach in 2007 as part of the back-channel talks. The future is held back by the past.

LEADING THE WAY

The choice facing Pakistan and India is stark. It was perhaps best described by the late Eqbal Ahmad, who played an important role in many India-Pakistan dialogues, when he argued that an enduring peace between India and Pakistan was an "urgent necessity" because without it:

Hostility between the two will continue to distort the political and economic environment of both countries, inflict upon their inhabitants the augmenting costs of subversion and sabotage, inhibit regional cooperation, and force more than a billion people to live perpetually under the menace of nuclear holocaust...Such distortions will continue to grow as long as our governments do not restore to this region its natural millennial flow—of rivers and mountains, ecology and production, and commerce and culture.

Zia Mian is a physicist with the Program on Science and Global Security at the Woodrow Wilson School of Public and International Affairs at Princeton University and a columnist for Foreign Policy In Focus. www.fpij.org.

Are you suffering burnout?

By BOB WEINSTEIN

Two decades ago, burnout was career-builders' enemy. Today, it is a nightmare with potentially devastating repercussions.

It is exemplified by around the clock portable connectivity tools (BlackBerry's, iPhones, cell phones) which make working long hours seductive, easy and effortless. Before you know what's happening, you've turned into a drone and working is no longer fun.

"Merriam-Webster's Collegiate Dictionary" describes burnout as "exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration." An even better definition comes from Jerry Fyffe of the San Diego Computer Society who says a red flag symptom indicating burnout is when normally satisfying tasks become drudgery.

A lack of energy, always feeling tired (even if you've had a good night's sleep), anxiety and depression, lack of appetite, over-eating, alcoholism and drug abuse are all symptoms of burnout.

Hard-working career-builders have always been prime targets for burnout, but in this frenetic market where career security is a myth, burnout is even more prevalent. Fast-track techies are more likely to fall victim to its symptoms because of the uncertainty of the technology market, perilously long days and the pressure to do exemplary work. They know full well that if they slack off, dozens of qualified candidates are anxiously waiting to pounce on their jobs.

But, ungodly hours and intolerable pressure are not the only causes of burnout. Many other reasons exist, although they are seldom dealt with, according to Jim Warner, author of *Aspirations of Greatness*. Here are a few:

Captive to money. Money is a seductive lure even if you're bored with your job. Yet, money can turn you into a prisoner unwilling to be free of its shackles. "It's hard and scary ratcheting back," says Warner. "Leaving a job for another that pays less than what you're earning may mean walking away from golden handcuffs—retirement benefits, severance package, options kicking in." In short, your lifestyle will be dramatically altered. Can you sell your second car, give up your membership in the fancy country club and cut back on your entertainment expenses?

Fear of crossing age barriers. It's human nature to change as you cross the 45-, 50- and 60-year-old age barriers. The excitement you enjoyed about learning new technologies, developing new products and being first to market begins to wane. You're no longer as enthusiastic or as aggressive as you were when you were younger. But, the fear of not keeping pace and becoming obsolete keeps you up at night. The long hours are now tortuous and you long to have more time for yourself and family.

Threatened marriage. The relentless demands of a fast-track tech career can cripple a marriage. The 60 to 70 hour work weeks and countless days traveling are straining your relationship with your spouse to the breaking point. You want your life back.

In short, you've had it. It's time to alter your life. So what do you do?

There are options and you don't have to spend the rest of your days in burned-out misery. The trick is finding out what's feasible. Career change is a favorite alternative. It's done every day, but often with great difficulty and sacrifice. It's an all-consuming task, requiring time, energy and commitment (from your family as well). A career change can be a lot easier if you have the financial wherewithal to slide through the lengthy process. But, most of us are not that lucky.

The other option is changing your working conditions. Ask for what you want (e.g., 40-hour week or part-time hours). If you decide to stay with your employer but want to change working conditions, make peace with taking a pay cut. The same applies to changing jobs, which means turning your back on retirement benefits.

Dealing with burnout isn't easy. There are no panacea solutions. However, awareness is a good first step because you understand that you're unhappy but not trapped. You can change your life. It's a question of how. "You can't have it all; what do you choose to give up?" Warner asks.

Answer that loaded question and you're on your way to coping with burnout.

Bob Weinstein is the Managing Editor/New York Bureau Chief for Troy Media

This article was first published in www.troymedia.com.

The 'Nine Commentaries' is the book that is disintegrating the Chinese Communist Party (CCP) and changing China. This award-winning Epoch Times editorial series discloses the true history and nature of the CCP. Now it is serialized here.

Nine Commentaries on the Communist Party

Commentary Nine (cont.)

On the unscrupulous nature of the Chinese Communist Party

Chinascope, an English language journal, carried an article in October 2004 that analyzes cases where the CCP uses more subtle means of fabricating lies in order to cover up the truth. When SARS broke out in Mainland China in 2003, the outside world suspected that China had hidden information about the epidemic, and yet the CCP repeatedly refused to acknowledge it. To find out if the CCP had been truthful about its reporting on SARS, the author of the article read all 400-plus reports on SARS that were posted on the Xinhua website from the beginning up to April 2003.

These reports told the following story: As soon as SARS appeared, governments at central and local levels mobilized experts to give

timely treatment to the patients who later were discharged from hospitals upon recovery. In response to trouble-makers' inciting people to stock-pile goods in order to avoid going out when the disease became widespread, the government wasted no time in stopping rumors and taking steps to prevent their spread, so social order was effectively ensured. Although a very small number of anti-China forces groundlessly suspected a cover-up by the Chinese government, most countries and people did not believe these rumors. The upcoming Guangzhou Trade Fair would have the largest participation ever from businesses around the world. Tourists from overseas confirmed that it was safe to travel in China. In particular, experts from the World Health Organization (who had been deceived by the CCP) publicly stated that the Chinese government had been forthcoming in cooperating and taking appropriate measures in dealing with SARS, so that there should be no problems. And specialists gave the go-ahead [after over 20 days delay] to Guangdong Province for a field inspection.

The CCP's propaganda has been so deceptive that the victims willingly believe in the lies.

These 400-plus articles gave the author the impression that the CCP had been transparent during these four months, had acted responsibly to protect the people's health, and had convinced the people that the CCP hadn't hidden anything. However, on April 20, 2003, the Information Office of the State Council announced in its press conference that SARS had indeed broken out in China and thus indirectly admitted that the government had been covering up the epidemic. Only then did this author see the truth and understand the deceptive, unscrupulous methods employed by the CCP, which have also "advanced with time."

On the general election in Taiwan, the CCP, using the same subtle and "refined" approach, suggested that a presidential election would lead to disasters—a surge in the suicide rate, collapsing stock markets, an increase in "weird diseases," mental disorders, out-migration of the island inhabitants, family feuds, a callous attitude towards life, a depressed market, indiscriminate shooting in the streets, protests and demonstrations, a siege on the presidential building, social unrest, political farce, and so on.

The CCP filled the heads of the people in Mainland China with these ideas on a daily basis in an attempt to lead the people to believe that all of these calamities are the disastrous results of an election and that China should never hold a democratic election.

On the issue of Falun Gong, the CCP has displayed an even higher level of skill in creating deceptions designed to frame Falun Gong. The CCP kept its staged shows coming one after another. No wonder so many Chinese have been misled. The CCP's villainous propaganda

has been so deceptive that the victims willingly believe in the lies and think that they have the truth in hand.

The CCP's propaganda still brainwashes the Chinese people, but over the past decades it become more refined and subtle, which is a natural extension of its unscrupulous nature.



Letters to the Editor



Please send letters to the editor to letter_ca@epochtimes.com. Include address and a daytime phone number. We reserve the right to edit all letters.