

Global effort to unveil UFO evidence

CONTINUED FROM FRONT - tional witnesses described their governments' open approach to UFO sightings, particularly in Latin America, Cameron noted that the United States had defined a policy of secrecy on the issue over many years.

Cameron said officials from other countries had told him they would be open about UFOs as soon as America led the way.

In 2011 the White House issued a statement denying that it has any evidence of extraterrestrial life or that it has any "credible information" that evidence is being hidden.

Richard Dolan, one of the most respected authorities on the study

of UFOs, believes there is a "truth embargo" in American government about the issue.

"One of the things that has struck me is the discrepancy between the massive amounts of documentary evidence that we have on the one hand, and the near complete absence of official acknowledgement of the reality on the other," he said.

Dolan has been credited with compiling the most comprehensive study of government handling of UFO events in his books *UFOs and the National Security State: Chronology of a Cover-up 1941-1973*, and a second volume, *UFOs and the National Security State: The Cover-Up Exposed, 1973-1991*.

While he notes that none of the thousands of official documents released represent definitive evidence of national security or intelligence engagement with extraterrestrial life, "accumulatively ... we are obligated to ask why are they so interested".

In one of the most gripping testimonials of the hearing, Dolan is seen on video interviewing an ailing former member of the Central Intelligence Agency (CIA). Nearing the end of his life, it was the first time the anonymous official had dared to talk publicly. In the 15-minute video he speaks about witnessing extraterrestrials, their craft, and the secrecy surrounding the issue.

Over 900 police have witnessed UFOs

SHAR ADAMS

Gary Heseltine, a serving police officer in the United Kingdom, is the creator of PRUFOS, a police database he maintains in an unofficial capacity. The database, which he launched in January 2002, caters to serving and retired officers who have been involved in British police UFO sightings.

"Sightings have been taking place the length and breadth of Britain at all times of the day," he told the six member committee at the Citizen Hearing On Disclosure, a hearing on extraterrestrial encounters at the National

Press Club in Washington, DC, on May 1st.

Heseltine said when he started the database 11 years ago he had records of six cases involving 11 police officers. Today he has 430 reported sightings of UFOs involving over 900 police.

According to Heseltine, about 70 per cent of the cases on his database involve multiple witnesses. "In one case, 24 police officers observed one object," he said.

Many police have observed structures or craft "of large proportions", Heseltine said. He described one report in Middlesex in March 1984, where officers described a "silent black

object the size of three football fields".

In another report, three policemen witnessed a mothership the size of one football field that was accompanied by smaller ships. The mothership was sending a beam to the ground when the ship and all the surrounding smaller objects suddenly disappeared so fast it was "like turning out a light bulb", he said.

Heseltine said that British authorities followed the same policy of denial as the United States. That left members of the British police unsupported and often distressed, unable to offer the public acceptable explanations.

Altruism boosts well-being, research shows

ROSEMARY BYFIELD
HEALTH EDITOR

Doing good for others makes people feel good, and despite times of austerity, acts of generosity and kindness give a third of people in the UK a psychological boost and a sense of purpose, according to new research.

The survey, commissioned by the charity Macmillan Cancer Support, found that leaving something positive behind to the next generation ranks second in a list of what would make people happy at the end of their life.

Leading British media clinical psychologist Dr Funke Baffour explains that people tend to give to charity out of altruism, and the reward is a "warm glow".

"They feel a sense of satisfaction by doing something they consider to be good and an act of selflessness," Baffour said in an email. This feeling of well-being comes from "making a difference no matter how small".

The poll showed that tragedies, such as the death or illness of a loved one, tend to give people the most impetus to leave a gift to a charity in their will. Only one-tenth of people responded that positive life events would cause them to donate to charity upon their death.

"To me, Macmillan Cancer Support's research indicates a deep-seated human need to leave a legacy behind and an aversion for simply disappearing after death with nothing tangible to be remembered by," Baffour said.

Baffour said it is important to understand how giving and selflessness can boost happiness at any time. "I'd encourage people to give, if they can, when the going is good too."

Altruism, caring about others' welfare and acting to benefit them, is being increasingly recognised as a way to benefit both giver and recipient.

Beth Murphy, information manager at Mind, the mental health charity, said in an email:

"We know that doing something for someone else, from giving to charity to helping a friend or relative with their chores, is one of the many ways that you can proactively look after your own mental well-being. These small gestures can reap huge rewards,



Volunteer Ken Fountayne helping to distribute donated food to people in need in west London at the Hammersmith and Fulham Foodbank charity at St Simons church on April 4th, 2013. New research shows a third of people report that helping others improves their mental well-being

such as helping you to make new friends and improve your skills, which, in turn, can give you a huge confidence boost."

Last May, the UK charity Mental Health Foundation (MHF) published a report "Doing Good?" highlighting the impact that helping others has on people's mental health and well-being, following a survey that showed people believe society has become more selfish.

Citing evidence for the positive results of selfless acts, the report recommends people engage in volunteering in their community, starting with creating a "culture of

volunteering from childhood" in schools and later in the workplace. The charity is also calling for the government to prioritise investment in third sector organisations designed to promote volunteering.

Mark, 25, who was unemployed, a drug user, and youth offender, found a sense of purpose volunteering for a project offering music workshops to deprived young people. "When I work with the young people I feel like I am contributing to their positive individual development. This motivates me to continue working as I do," Mark said in the report.

Dr Andrew McCulloch, chief executive of the MHF, said in a statement, "We are calling for the public to carry out more acts of kindness to improve their own mental well-being and that of the UK."

Leading researcher and author of the best-selling book *The Hidden Gifts of Helping* Stephen G Post believes in the "transformative" power of altruism.

"We are freed from preoccupation with the self and its problems, with rumination, and with other destructive emotions," Post said in an email.

As well as an increase in mental and physical health, in helping

others people have developed their creative abilities and "fine-tuned their talents in the service of the neighbour", according to Post.

"Helping others is a source of hope because as active agents we use our strengths to make a difference in the life of another, and we can therefore have greater confidence in shaping the future. This is an active hope, rather than the passive variety that just waits for a surprise," Post said.

Post cited encouraging research by Case Western Reserve University School of Medicine in the USA on Alcoholics Anonymous

(AA). "Helping other alcoholics at a robust level in AA doubles the recovery rate in the year after initially going dry. The difference is a dramatic increase from 22 per cent to 40 per cent. Helpers also experience decreased depression."

Commissioned by the UK government, the independent think tank NEF (the New Economics Foundation) published the "Five Ways to Wellbeing", which includes giving to others as a rewarding activity that can improve the nation's mental health and well-being. The others being: "Connect ... be active ... take notice ... keep learning".

Security will be the priority at World Cup and Olympics in Rio

TICIANE ROSSI
IN ITATIBA, BRAZIL

Security at sporting and other mass events is in the spotlight more than ever in the wake of the Boston Marathon terrorist attacks. In Brazil, which will host two of the world's major sporting events, authorities are trying to reassure the public that that every protective measure is being taken.

"Security is always a top priority," Carlos Arthur Nuzman, president of the Rio 2016 Summer Olympic Games, told The Epoch Times.

"We are confident in the excellent quality of the security planning for the Rio 2016 Olympic and Paralympic Games and we continue to work in close partnership with the federal, state, and city governments to deliver this. We are fully confident that the 2016 Games, and the test events preceding them, will take place in a safe and enjoyable atmosphere."

Rio de Janeiro will be hosting

the FIFA World Cup in 2014, and the Summer Olympic Games in 2016.

Brazil's Ministry of Tourism estimates that 600,000 foreign tourists will be coming to Brazil for the World Cup, with over 400,000 of them expected to stay in Rio. The events will take place from June 12th to July 13th.

Besides the threat of terrorism that has been heightened in recent times, Brazil has had a long history of violence in the favelas, or slums, where drug dealing gangs have held a grip on the population.

The instatement of the Pacifying Police Units (UPP) has been instrumental in reclaiming these territories from the gangs. Increasing the number of these policing units will be one of the security measures taken by the authorities ahead of the sporting events.

According to a study by the Rio-based education institute Fundação Getúlio Vargas, the UPP has been an effective model to implement security.

"This experience [UPP] consisted of a new model of public safety and policing, which went beyond the resumption of the territories under the influence of parallel power [gangs], proposing effective measures to assist and approach the people," the study says.

Ricardo Freitas, a professor and co-ordinator of the Graduate School of Social Communication at the State University of Rio de Janeiro, says security has been a major issue in Rio, but the situation has improved over the last two decades.

"The current government has changed this picture somewhat with the pacification of favelas," Freitas says.

Some in Rio are expressing concern that while the authorities have put security as the top priority for the sporting events, their priorities may shift once the games are over.

"What is disturbing is that the effort is changing because of international violence, and interna-



An aerial view of the Christ the Redeemer statue on top of Corcovado mountain in Rio de Janeiro, Brazil

tional visibility, rather than what is actually needed," says Freitas.

Stéphanie Krieger, a psychology student in Rio, cites the 2007 Pan American Games held in Rio as an example.

"After [the event] we went back to the same situation as always," she says.

José Paulo Ferreira Moreira, a 19-year-old student of social communication, says that while he is confident that the authorities will do their best to ensure security, actions to improve security should continue after the major events.

"I just think it's no use you make

the surface pretty in an entire state, a part of a country, to say that everything is fine and when you finish the big events, all issues resurface," Moreira says.

The issue of security in Rio grabbed headlines again last month after an American tourist was gang raped by three men while her boyfriend was handcuffed.

Zulma Henrique de Faria Pereira, an 80-year-old resident of Rio who is a teacher, says security is a concern in Rio, and it's even worse for visitors. She thinks it's a risk to bring the World Cup to the city.

Naele Barroso de Queiroz Lima, a 62-year-old architect, agrees.

"I haven't noticed any improvement in safety. Increasingly, we hear stories of assault, rape, violence," Queiroz says.

"I feel very insecure. Many people get away with crimes. Brazil should have more education and end impunity."

Additional reporting by Joana Ferreira and Rafael Souza.