

Opinion / Editorial

UK LABOUR PARTY ALIGNMENT WITH CHINA MUST STOP

By Bill Connor

As America prepares for potential military action against the Iranian regime slaughtering tens of thousands of its own people, the Liberal UK Labor Party has turned on us. As the UK's Sunday Times reported "Sir Keir Starmer is blocking a request by President Trump to allow American planes to use British bases to attack Iran..... the prime minister is understood to have told Trump that the UK would not allow the use of British facilities at Diego Garcia and RAF Fairford in Gloucestershire, which is home to America's fleet of heavy bombers in Europe." <https://www.thetimes.com/uk/politics/article/trump-chagos-islands-deal-iran-attack-british-bases-kcj0gzbr8> PM Starmer knows that the US is in negotiations with Iranian diplomats to stop

killing their own people. That's in addition to Iran giving us their nuclear ambitions. This is clearly an attempt to deter a US military strike which would benefit both the US and UK if successful. This appears to be part of the UK Labor government aligning with China against the US.

Starmer's slap at the US comes after his visit to China in January, the first such visit by a UK PM in almost a decade. According to The Guardian "The UK's decision to green-light the new Chinese mega-Embassy in London smoothed the way (for the visit). After that, Starmer was given the full works: ceremonial welcome, military march-past, lavish banquet, praise from his host and, crucially, more than three hours of talks with President Xi Jinping." <https://www.theguardian.com/world/2026/jan/31/starmer-hopes-his-china-trip-will-begin-the-thaw-after-recent-ice-age> This visit also came



Attorney Bill Connor
BILL CONNOR LAW FIRM, LLC
1408 RUSSELL STREET, SUITE 11, ORANGEBURG SC 29115
P 803-937-5571

after the Trump administration published the new US National Security Strategy, which warned European countries like the UK were in danger of "civilizational erasure" (due to Liberal policies like unchecked migration and censorship of conservatives). <https://www.whitehouse.gov/wp-content/uploads/2025/12/2025-National-Security-Strategy.pdf>

This helps China, which is aligned with Iran and receives 80% of Iranian seaborne oil exports <https://thediplomat.com/2026/01/why-china-isnt-worried-about-new-us-sanctions-on-iran/#:~:text=Although%20there%20are%20many%20beneficiaries,of%20Iranian%20seaborne%20oil%20exports,China%20provides%20Iran%20technology%20and%20nuclear%20expertise%20and%20does%20not%20want%20US%20strikes,Starmer's%20attempts%20to%20deter%20US%20military%20action%20and%20harm%20US%20negotiating%20leverage%20assists%20CCP%20interest.>

Additionally, the CCP is the world leader in censorship and citizen monitoring. While the Mullah regime is massacring civilians, the CCP has helped with tools to both censor and monitor dissidents. Labor is using some of the same CCP techniques for censorship and monitoring of its citizens and UK Universities have been caught censoring criticism of China under the CCP. <https://www.fire.org/news/blogs/free-speech-dispatch/uk-university-censors-human-rights-research-abuses-china> Britain's Free Speech Union put it best about the UK censorship under Labor: "The Prime Minister's recent clamp down on free speech is deeply worrying. Since the beginning of August (2024), we've witnessed the greatest assault on free speech in this country...." <https://freespeechunion.org/starmer-attitude-to-free-speech-is-authoritarian-and-dangerous/>.

Socialism is the other connection of Labor and the CCP. Keir Starmer is the epitome of socialism infecting the Labor Party. As a Barrister during the Cold War of the late 1980s, Starmer led the Haldane Barrister group which was openly socialist and sympathetic to the Soviet Union. He previously advocated socialism and Trotskyism. UK's Providence Magazine wrote of Starmer's current government "With the new British Government now firmly occupying the corridors of Whitehall, the population is now waking up.... That reality is not socialism in 'name only' as many British political commentators have said, but rather a highly dogmatic, well-organized socialist Government driven by a firmly held Leftist ideology.... Starmer is a zealot for the national religion of the National Health Service.... he does not believe in private healthcare because the idea of a big state structure and total equality is essential to his (Marxist) ideology... Starmer, who served gleefully in the shadow cabinet of Jeremy Corbyn, has a deep-rooted history within socialist circles. As an adult, he wrote for Socialist Alternative and the Socialist Lawyer whereby he stated that "Karl Marx was, of course, right." <https://providencemag.com/2024/09/welcome-to-stamer-grad-keir-starmer-remains-a-socialist/> Starmer previously wrote from the standpoint of a socialist Barrister "only when a concept of socialist law is developed will socialist lawyers join their liberal colleagues in the unfolding theoretical debates of the 1990s". [https://www.dailymail.co.uk/news/article-7877495/Sir-Keir-Starmer-questioned-need-police-](https://www.dailymail.co.uk/news/article-7877495/Sir-Keir-Starmer-questioned-need-police-argued-prisoners-given-vote.html)

Family & Marriage

Cell Phones – Good or Bad?



Roger Rollins,
Family and Marriage Coalition

"Doomscrolling: to spend excessive time online scrolling through news or other content that makes one feel sad, anxious, angry, etc." – Merriam Webster Dictionary

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." – Bible (Philippians 4:8)

Penny was a young teenager who was struggling in school. The homework was difficult and she didn't get along well with her teachers. She admired the smart and popular kids who had many friends and always had several gathered around them. She had a few friends but always felt like an outsider looking in. Some of us may have had similar experiences in school and as we were growing up. Most of us learned to deal with it, however, and enjoyed being with our smaller circle of friends. After all, most of us couldn't be the star football player or the beauty queen. We knew that, accepted it, and moved on with life.

We had our cell phones and probably spent more time on them than we should have. We may have opened some sites that we should have avoided. This has always been a problem with cell phones. With a few clicks we can read and view some awful -and dangerous - content. Whether we are in a classroom, a car, a business meeting, church, or having lunch with a friend, cell phones are at least a significant distraction and will often hinder us in our relationship with others. During the isolation caused by the Covid pandemic shutdown,

we used the cell phone to keep up with what was going on and to communicate with our friends. There were some ongoing connections with friends, but it wasn't the same. At that time the world was in a pretty negative frame of mind, and a lot of the local and national news was all about the problems we were having. There wasn't much good news.

Unfortunately, we began to look for the negative reports. If something was good, we acknowledged it and moved on to the negative. Whether it was the general news media, or Facebook, Google or some other site, we tended to subject ourselves to a stream of bad news from the harsh light on our smartphone or computer screen. This practice of looking for negative news on our communication media is called doomscrolling.

The term "doomscrolling" first caught on in early 2020, right around the time the world went into hiding from Covid. It's a bleak-sounding word that seems to perfectly capture our societal tendency to take in a torrent of bad news while mindlessly scanning social media.

"When we're depressed, we often look for information that can confirm how we feel." Psychologist Susan Albers, PsyD, says. "Doomscrolling operates with the same mindset: If you're feeling negative, then reading negative news only reconfirms how you feel."

And once you do it a few times, it can easily become a habit, locking you into a loop of feeling bad and then reading the news to confirm that you should be feeling bad "If you're continuously scrolling, it becomes a mindless

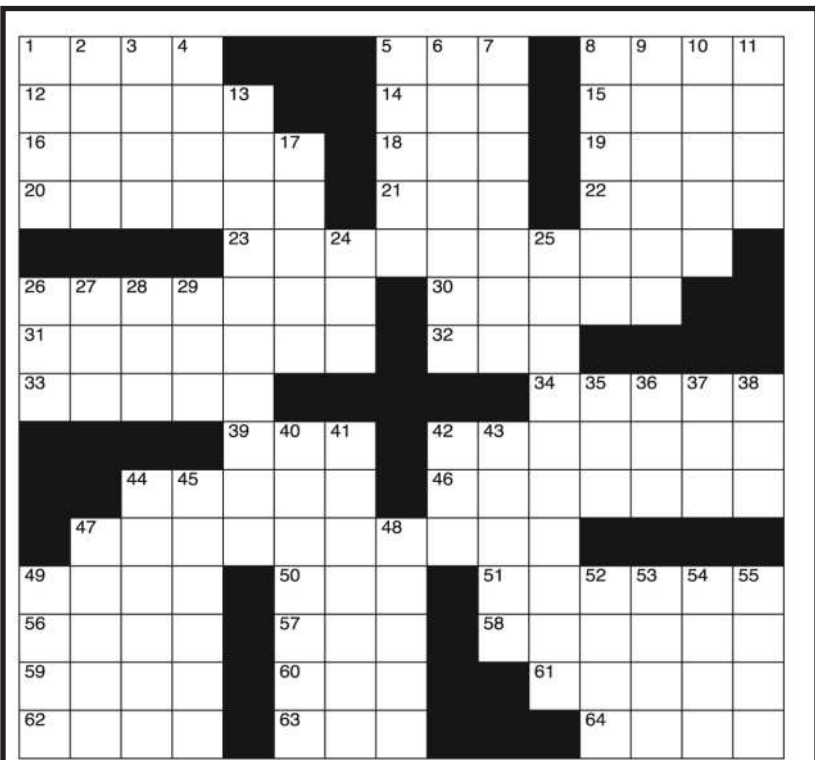
habit," Dr. Albers adds. "A lot of times, you might not even be aware you're doing it. But it becomes second nature: Once you have a spare moment, you pick up your phone and start scrolling without even really being aware of it."

Doomscrolling can reinforce negative thoughts and a negative mindset, something that can greatly impact your mental health. Research has linked consuming negative news to an increase in depression and anxiety, as well as feelings of fear, stress and sadness.

Dr. Albers goes on to suggest several things we can do to stop doomscrolling, but the bottom line is "being consciously aware of what you are doing in the moment." Focus on the good and not the bad.

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Bible (Philippians 4:6)

Family and Marriage Coalition of Aiken, Inc. (FAMCO) was created to provide resources for you to succeed in your marriage and families. Roger Rollins, Executive Director, FAMCO, 803-640-4689, rogerrollins@gmail.com. Let us know how we can help.



CLUES ACROSS

1. What travelers must do
5. Calendar month
8. Hopefully quickly
12. Once more
14. Bravo! Bravo! Bravo!
15. "Cheers" actress Perلمان
16. Astronomy unit
18. Savings vehicle
19. Get your ducks in this
20. Right away
21. Popular sports league
22. Containers
23. Entireties
26. One who wassails
30. Turned-up position
31. Extreme modesty
32. Writing utensil
33. Rewards (archaic)

34. Ancient capital
39. S. American wood sorrel
42. General discomfort
44. Philippine island
46. A witty saying
47. One who summarizes
49. Covered in
50. Mimic
51. Henry was a notable one
56. Daughter of Hera and Zeus
57. Retired NFLer Newton
58. Playground equipment
59. Concept
60. Satisfaction
61. Fishing net
62. Hammer end
63. A father's male child
64. Japanese drink

CLUES DOWN

1. Off-Broadway figure
2. Gelatinous substance
3. Concern
4. "Lick It Up" rockers
5. Serbian river
6. Part of a hat
7. Bowl-shaped drinking vessel
8. Semitic language
9. Utter a shrill cry
10. Long times
11. Animal parts
13. Causing annoyance
17. Amorous talker
24. Attempt
25. Harmonic effects
26. Cost per mile
27. They ___
28. Bitterly regret

29. Not even
35. A way to drop
36. Title of respect
37. World leader
38. Georgia rockers
40. National capital
41. Great Plains people
42. Duck-sized dinosaur genus
43. Architectural recesses
44. Member of U.S. Navy
45. Mountainous
47. Kite bird
48. Sweetheart (archaic)
49. Popular snack made of potato
52. 70s songsters The Bee ___
53. SE China port ___men
54. Something to fill up
55. League of Legends character

PUZZLE SOLUTION

P	A	C	K		D	E	C		A	S	A	P						
A	G	A	I	N		R	A	H		R	H	E	A					
P	A	R	S	E	C		I	R	A		A	R	O	W				
P	R	E	S	T	O		N	F	L		B	I	N	S				
						T	O	T	A	L	I	T	I	E	S			
C	A	R	O	L	E	R		A	C	O	C	K						
P	R	U	D	E	R	Y		P	E	N								
M	E	E	D	S						A	S	S	U	R				
						O	C	A		M	A	L	A	I	S	E		
						S	A	M	A	R		E	P	I	G	R	A	M
						G	E	N	E	R	A	L	I	S	T			
C	L	A	D			A	P	E			E	I	G	H	T	H		
H	E	B	E			C	A	M			S	E	E	S	A	W		
I	D	E	A			A	H	A			S	E	I	N	E			
P	E	E	N			S	O	N			S	A	K	I				



SUDOKU

								4
		4		2	9	3		
			1		7	2	5	6
		3	2					1
5			7	1	8			
	8		6		5		2	
9		6						
	3							5
								7

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

2	5	7	3	6	8	9	4	1
4	8	5	1	3	9	6	7	2
6	1	4	7	2	5	8	3	9
3	8	9	1	4	7	2	5	6
9	6							
5			7	1	8			
	8		6		5		2	

ANSWER: