



Miss Toughness

Miss Canada will be vying for more than the winner's tiara when she competes in the annual Miss World pageant in Washington this weekend. Anastasia Lin wants to tell a global TV audience about the evil of organ-harvesting **X3**



- MOVIES: LION
- BOOKS: OUT OF BOUNDS BY VAL MCDERMID
- MUSIC: 4 YOUR EYEZ ONLY BY J. COLE
- WINE: THE HOLY SPIRIT
- FOOD & DRINK: READY FOR BREADED CUTLETS OF A DIFFERENT KIND? CAULIFLOWER!

DRIVE IN

Mark Kennedy, AP Entertainment Writer

**CAN YOU GO HOME AGAIN?
THE LOVELY 'LION' SAYS YES**

There are two ways to view "Lion." One is as a heart-warming tale of love beyond boundaries and the incandescent pull of home. The more cynical view is that it's a two-hour advertisement for the wonders of Google Earth. Let's not be cynical, shall we? Let's just enjoy this poignant and true story of a man who became separated from his family in India at age 5, was adopted by an Australia couple and then tracked down his family 25 years after going missing. "Lion" is really two beautifully-shot films — the tenacious story of 5-year-old Saroo Brier-

ley lost hundreds of miles in eastern India and the less dramatic, and slightly forced, story of that same boy all grown up looking for answers about his past. Dev Patel, of "Slumdog Millionaire" fame, proves he's a talented, striking leading man, but even he would admit he's delightfully overshadowed by newcomer Sunny Pawar, who plays his 5-year-old self with irrepressible sweetness. "I can lift anything," he says at one point, and proves it by lifting this film. Luke Davies' screenplay, adapted from Brierley's memoir "A Long Way Home," starts in

1986 with the younger Saroo tagging along with his older brother to scrounge for work. He then falls asleep on a decommissioned train that travels some 1,600 kilometers to Calcutta. Lost, hungry and scared, the boy isn't even able to seek help since he speaks only Hindi in an area where Bengali is the common language. He scrounges for food, turns a piece of cardboard into a bed and narrowly escapes child abductors before being taken to an orphanage that resembles a prison. It's a grim journey in which few adults are good. The camera doesn't shy away from staring



Dev Patel appears in a scene from "Lion"



Rooney Mara and Dev Patel

at gritty places and forgotten people. Salvation comes in the form of Nicole Kidman in a truly appalling '80s wig. She and David Wenham play an Aussie couple who adopt young Saroo and Kidman turns in a very unglamorous, quiet and meditative performance. Director Garth Davis has got us in the palm of his hand at this point, with Saroo wide-eyed at encountering a plane and a refrigerator for the first time. But the second half of the film slackens somewhat as Patel takes over 25 years later. He's great as a brooding, haunted man but he has less to work with. If the first half was a compelling, physical journey, the second is one taken solely inside the mind and the film degenerates into long moments

showing Saroo's solitary wanderings and sleeplessness. The dense crowds of harsh, urban India give way to the empty, lush expanses of Tasmania. The adult Saroo seems unmoored from his Indian roots until — like Marcel Proust's madeleine — he encounters a fried cake called a jalebi that triggers childhood memories. Someone helpfully suggests he look at Google Earth — yes, it's actually written into the script. (The company's logo also appears on the screen multiple times, on the movie poster and Google is thanked in the end credits. This is product placement on par with Reese's Pieces in "E.T. the Extra-Terrestrial.") Soon, Saroo is pushing away his girlfriend (a very bad idea since it's the marvelous Rooney

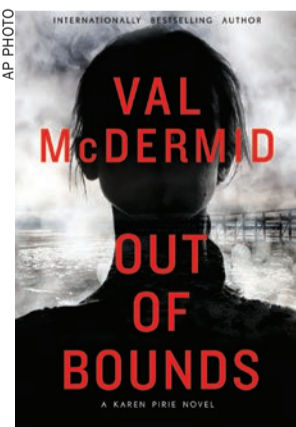
Mara) and studying satellite images from India by a certain internet company, tracing train tracks from a laptop. He has no idea where he came from and the film nicely uses flashbacks to show partial memories flooding back. A breakthrough gets him on the right track and soon he's back on a plane, heading to his former home and a bittersweet finale with the people he left behind. It's all thanks to love, tenaciousness and, of course, the good folks at Google.

"Lion," a Weinstein Company release, is rated PG-13 by the Motion Picture Association of America for "thematic material and some sensuality." MPAA definition of PG-13: Parental guidance suggested, with some material may not be suitable for children. Running time: 119 minutes. ★★★★★

BOOK IT

POLICE DETECTIVE KAREN PIRIE RETURNS IN 'OUT OF BOUNDS'

Detective Chief Inspector Karen Pirie has always been a workaholic. But now immersion in her work doesn't just give her life structure, it also has become a kind of comfort that allows her to deal with grief in "Out of Bounds," Val McDermid's latest exciting novel about this Scottish police detective. Pirie, now head of Police Scotland's small Historic Cases Unit in Edinburgh, tackles a decades-old murder after 17-year-old Ross Garvie goes on a high-speed ride with three of his friends. A horrific crash results in the death of the three drunken teens and leaves Garvie in a coma. Karen and her partner, Detective Constable Jason Murray, become involved when Garvie's DNA is shown to be a familial match to that of a Glasgow hairdresser whose rape and murder has gone unsolved for years. But ma-



"Out of Bounds" (Grove Atlantic), by Val McDermid

neuvering the Scottish legal system to track down Garvie's male relatives is fraught with complications. Another case also occupies Karen's time — the alleged suicide of Gabriel Abbott, who lived in Kinross. The Abbott case isn't Karen's, but she becomes nearly obsessed with finding out if his death

was in any way linked to the death of his mother, who was killed in a plane crash decades earlier. The caseloads help distract Karen from her grief over the death of Phil Parhatka, a fellow detective who was killed in the line of duty. She loved Phil and longs to discuss every investigation, twist and theory with him. When not at work, she drinks and walks the streets and neighborhoods of Edinburgh at night to ease her insomnia. Karen is easily the smartest person in the room. She often infuriates her bosses, who grudgingly acknowledge that her insight and intelligence gets the job done. McDermid balances the intense character studies in "Out of Bounds" with an inside view of the Scottish legal system and again shows her acuity in producing intelligent thrillers.

Oline H. Cogdill, AP

tTUNES

J. COLE'S LOW-KEY RETURN FOCUSES ON FRAGILITY OF LIFE

J. Cole's latest album, "4 Your Eyez Only," is an intimate one. It unfolds like an old journal that's been unearthed and shared with an audience of one — that is, an audience of you, or, more important, the daughter of a friend whose shooting death ties the rapper's latest set together. "Bloodshed done turned the city to a battlefield, I call it poison, you call it real," Cole raps on "Change," before narrating the final moments in the life of James McMillan Jr., whose life was cut short at 22. The fragility of life — particularly that of young black men who too often are felled by violence — shapes the frustration and desperation that permeates the album. Low on frills (production or otherwise), and rich with introspection, the Grammy nominee's fourth studio set may not immediately resonate with listeners anticipating an album to match the buzz surrounding Cole's alleged digs at Kanye West on "False Prophets." What's clear now is that "False Prophets" was less about throwing rocks at the throne and more about Cole bearing his disappointment over a fallen hero. He's over fakeness, and if sincerity and storytelling matter more than sensationalism, then fans will find "4 Your Eyez Only" to be a solid — albeit, sometimes slow-moving — follow-up to 2014's "Forest Hills Drive." The album opens ominously, with Cole facing his own mortality on "For Whom the Bell Tolls." "Tired



J. Cole, "4 Your Eyez Only" (Dreamville)

of feeling low even when I'm high. Ain't no way to live, do I wanna die?" he sings. Cole is constantly drawing parallels between himself and the guys still grinding. It's a struggle he can't shake — even with fame and fortune — as illustrated on the powerful "Neighbors," where Cole raps that any black man can be "a candidate for a Trayvon (Martin) kinda fate. Even when your crib sit on a lake." But for all the looming dangers, Cole has hope and he's moving in a beautiful direction. He's unguarded and in love on the delicate "She's Mine, Pt. 1" and "She's Mine, Pt. 2." He even turns the act of doing laundry into a grand romantic gesture on the omg-that's-so-sweet "Foldin Clothes." The album's title track is the last of the bunch, and over the course of nearly 9 minutes, Cole relays a heartfelt and frank message from McMillan to his daughter. The meandering, jazz-tinged track is tragic, touching, wise — and a little bit sleepy — everything that Cole's album is.

Melanie Sims, AP

NEWS OF THE WORLD

Matthew Pennington, AP, Washington

Anastasia Lin was due to compete at Miss World last year when it was hosted by China but was barred from entering the country due to her activism against persecution of Falun Gong, a meditation practice that she follows and China's government has outlawed.

U.K.-based Miss World is allowing her to compete again this year in the U.S. Some U.S. media organizations say Miss World, which has Chinese corporate sponsorship, has prevented them from speaking to Lin. But she was allowed to speak to The Associated Press in an interview yesterday where she talked forthrightly about her cause, although she sidestepped questions about whether she had faced restrictions.

"Everybody is tied economically with China. China's soft power is so huge that no one really dares to speak up," said Lin, 26, at a hotel just outside Washington at the National Harbor.

Lin, who was born in China and moved to Canada with her mother at age 13, has riled China's government with her public advocacy. She has alleged that tens of thousands of Falun Gong practitioners have been killed so their organs could be harvested and sold for transplants. She has spoken out at a U.S. congressional hearing, and since her exclusion from last year's pageant in China, she has attracted world media attention and given testimony before the British and European parliaments. She says the Miss World pageant, where contestants each present a cause or platform, presents another opportunity to speak out.

"I'm talking about organs being taken from prisoners of conscience, meaning citizens who have not done anything wrong but to speak their mind and believe what they believe in. It's like innocent citizens being killed for



Anastasia Lin, 26, Canada's entrant to Miss World beauty pageant

Miss World contestant challenges China on organ-harvesting

their organs and their body parts sold for profits. It's happening and people need to pay attention to it," Lin said.

Chinese Embassy spokeswoman Fang Hong said the allegations of the Chinese government harvesting organs are "sheer fabrications of the Falun Gong cult." She claimed Falun Gong's "spiritual control" of its practitioners

has led many to self-mutilation and suicide.

The Chinese government outlawed Falun Gong as an "evil cult" in 1999, saying the group had attracted 70 million followers and was a threat to social stability. As of 2015, the government claimed

it was ending the long-standing practice of involuntarily harvesting the organs of executed prisoners for use in donor transplants, and had replaced it with a voluntary donor system, but international medical professionals and human rights advocates question whether that has happened.

Lin says Falun Gong was persecuted because it encouraged independent thought. She says she was inspired to compete for Miss World and use it as a platform for her cause by a previous Miss Canada, Nazanin Afshin-Jam, a human rights activist of Iranian origin who was runner-up in the 2003 contest.

Lin is also an actress. She played a Falun Gong prisoner and organ-harvesting victim in a Canadian-made movie, "The Bleeding Edge," which was being screened yesterday at a theater in Washington by the activist group, Victims of Communism Memorial Foundation.

In an apparent sign that the Miss World organization was easing constraints on her, Lin attended the screening. Last Friday, when she met at the State Department with the U.S. Ambassador-at-Large for International Religious Freedom, David Saperstein, a chaperone from the Miss World contest indicated to

an AP reporter that Lin risked being excluded from the pageant if she spoke to media without permission.

Lin said she doesn't blame the pageant organizers, as even Western governments are leery of criticizing China.

"Governments are not really speaking out, even for their Chinese citizens outside of China," she said. "Last year when I was banned, the Canadian government did not really take a stand," she said.

Lin said that her father, who lives in China, has faced severe pressure, including multiple lawsuits hurting his business selling medical equipment and has been prevented from traveling from China to attend the pageant. Those allegations could not be independently confirmed by AP.

Beyond the promotional video on her social media feed, Lin said she'll only have a fleeting chance to speak out at the Miss World ceremonies, and that's only if she makes the top 10, but she's determined to stay the course.

"I'm going to stick here to the end because I know that this Miss World final is going to be watched by a billion people around the world, and it's going to be broadcast to China," she said. "I have traveled a long journey to (get) here and I want the people to see me on that show."



AP PHOTO

WORLD OF BACCHUS

Jacky I.F. Cheong

The Holy Spirit



BÜRGERSPITAL ZUM HEILIGEN GEIST STEIN RIESLING VDP ERSTE LAGE 2014

Luminous citrine with pastel golden reflex, the poised nose furnishes pomelo, peach, fresh herbs, wet stone and daffodil. With bounteous acidity and structured minerality, the chiselled palate provides grapefruit, greengage, crushed leaf, rock salt and verbena. Medium-full bodied at 12.5%, the energetic entry continues through a vibrant mid-palate, leading to a lingering finish.



BÜRGERSPITAL ZUM HEILIGEN GEIST WÜRZBURGER ABTSLEITE SILVANER VDP ERSTE LAGE 2013

Limpid citrine with light sunshine reflex, the pristine nose offers lime peel, Tianjin pear, mint, wet stone and orchard blossom. With abundant acidity and articulate minerality, the focused palate lemon peel, green apple, dill, rock salt and citrus blossom. Medium-full bodied at 13%, the invigorating entry carries onto a vivacious mid-palate, leading to lengthy finish.



BÜRGERSPITAL ZUM HEILIGEN GEIST WÜRZBURGER DOMINA 2014

Rich ruby with amaranth-cardinal rim, the fruity nose effuses red cherry, cranberry, raspberry, fragrant oak and rose petal. With generous acidity, silky tannins and clean minerality, the lively palate emanates blueberry, redcurrant, rosehip, dried herbs and crushed leaf. Medium-bodied at 12%, the berry-driven entry persists through a tangy mid-palate, leading to a herbaceous finish.

One of Germany's 16 Bundesländer (Federal States), Freistaat Bayern (Free State of Bavaria) is no doubt one of the most powerful and characterful. Covering some 70,500 sqkm – equivalent to Ireland – Bayern has a total population of approximately 13 million. If Bayern were an independent country within the EU, it would be the 9th most populous, ahead of Belgium, or 8th largest by nominal GDP, ahead of Sweden; once Brexit is completed, en passant, its rankings will move up one place. An immensely wealthy region, Bayern's nominal GDP per capita is about 250% that of Greece and Portugal. World-renowned for, inter alia, its Reinheitsgebot (German Beer Purity Law) and Oktoberfest, Bayern does produce fine wine, and its Franken region (Franconia) is the 6th largest of Germany's 13 wine regions, with 6,200ha under vine. Bayern is divided into 7 Regierungsbezirke (administrative districts), but the vast majority of viticulture and winemaking is situated in Franken, its northwestern part along the Rhine and Main, stretching from Würzburg to Bamberg, both of which UNESCO World Heritage Sites. Viticulture and winemaking in this region probably began in the 4th century AD, at the twilight of the Roman Empire. By the Middle Ages, Bayern purportedly possessed some 100,000ha of vineyards, the most prolific of all Reichsstände (Imperial States) of the Holy Roman Empire. Due to Franken's continental climate, frost is a constant risk. Consequently, some 90% of wine produced is white, and the early-ripening Silvaner is preferred to the late-ripening Riesling. This is perhaps the only region in the world where humble Silvaner has the upper hand over noble Riesling. Franken is known for producing particularly dry,

earthy, spicy and mineral wine, stylistically more akin to Alsace or Austria than Mosel or Rheingau. Indeed, whilst German regulation stipulates that 9g/l is the maximum level of residual sugar permissible in a dry wine, the maximum level for Franken is 5g/l. Due to limited supply, keen domestic demand as well as the wine tavern culture (variously called Heuriger in Austria, Buschenschank in Styria or Straußwirtschaft in Bavaria), Franken wine is rarely inexpensive. Nearly half of Franken wine is bottled with the Bocksbeutel, a short-necked, pot-bellied glass bottle flattened in shape. Bocksbeutel has been used in Franken since the 18th century and protected by EU regulation since 1989. Würzburg is the district seat of Unterfranken (Lower Franconia) and home to one of Germany's oldest vineyards, Würzburger Stein. This celebrity of a vineyard has been well documented through the ages, and was the personal favourite of Johann Wolfgang von Goethe. A 1540 vintage from this vineyard was famously tasted by Hugh Johnson in 1961, when the wine was 421 years old. Established in 1316, Bürgerspital zum Heiligen Geist (The Holy Spirit City Hospital) is a VDP (Verband Deutscher Prädikats- und Qualitätsweing) wine estate and hospital foundation in Würzburg, as well as one of the finest wine producers of Franken. Its Einzellage (single vineyard) wines from Abtsleite, Stein, Stein-Harfe, Frickenhäuser Kapellenberg and Randersackerer Pfülben are amongst the finest expressions of what Franken has to offer. Bürgerspital zum Heiligen Geist is also the proud owner of one of the few remaining bottles of the 1540 vintage Würzburger Stein wine.

Jacky I.F. Cheong is a legal professional by day and columnist by night. Having spent his formative years in Britain, France, and Germany, he regularly writes about wine, fine arts, classical music, and politics in several languages

RESTAURANTS

CANTONESE



GRAND IMPERIAL COURT
5pm – 12midnight
T: 8802 2539
Level 2, MGM MACAU



IMPERIAL COURT
Monday - Friday
11am - 3pm / 6pm - 11pm
Saturday, Sunday & Public Holidays
10am - 3pm / 3pm - 11pm
T: 8802 2361
VIP Hotel Lobby, MGM MACAU

BEIJING KITCHEN
Level 1, Grand Hyatt Macau
Opening Hours
11:30am – 24:00



KAM LAI HEEN
Grand Lapa, Macau
956-1110 Avenida da Amizade, 2/F
T: 8793 3821
11:00 - 15:00 / 18:00 - 22:00
(Close on Tuesday)

SHANGHAI MIN
Level 1, The Shops at The Boulevard
Opening Hours
11:00 - 15:00; 18:00 - 22:30

SHANGHAI

CATALPA GARDEN
Mon - Sunday
11:00 - 15:00 / 17:30 - 23:00
Hotel Royal, 2-4
Estrada da Vitoria
T: 28552222

FRENCH

**寶雅座
AUX BEAUX ARTS**

AUX BEAUX ARTS
Monday – Friday
6pm – 12midnight
Saturday – Sunday
11am – 12midnight
T: 8802 2319
Grande Praça, MGM MACAU

GLOBAL

HARD ROCK CAFE
Level 2, Hard Rock Hotel
Opening Hours
Monday to Sunday : 11:00 - 02:00
Sunday : 10:00 - 02:00

CAFÉ BELA VISTA
Grand Lapa, Macau
956-1110 Avenida da Amizade, 2/F
T: 87933871
Mon - Thurs
06:30 – 15:00 / 6:00 – 22:00
Fri – Sunday
06:30 – 22:00

MEZZA9 MACAU
Level 3, Grand Hyatt Macau
Opening Hours
Dinner: 5:30 – 11:00



VIDA RICA (RESTAURANT)
2/F, Avenida Dr Sun Yat Sen, NAPE
T: 8805 8918
Mon - Sunday
6:30 - 14:30 / 18:00 - 23:00



MORTON'S OF CHICAGO
The Venetian(r) Macao-Resort-Hotel
Taipa, Macau
T:853 8117 5000
mortons.com
• Bar
Open daily at 3pm
• Dining Room
Monday - Saturday: 13:00 - 23:00
Sunday: 17:00 - 22:00

ABA BAR

ABA BAR
5pm – 12midnight
T: 8802 2319
Grande Praça, MGM MACAU



PASTRY BAR
10am – 8pm
T: 8802 2324
Level 1, MGM MACAU



ROSSIO
7am – 11pm
T: 8802 2372
Grande Praça, MGM MACAU



SQUARE EIGHT
24 hours
T: 8802 2389
Level 1, MGM MACAU

ITALIAN

LA GONDOLA
Mon - Sunday
11:00am – 11:00pm
Praia de Cheoc Van, Coloane,
next to swimming pool
T: 2888 0156



PORTOFINO
Casino Level1, Shop 1039,
The Venetian Macao
TEL: +853 8118 9950



AFRIKANA
Monday to Sunday
6:00pm – 3:00am
Location : AfriKana, Macau Fisherman's Wharf

Telephone Number : (853) 8299 3678

JAPANESE

SHINJI BY KANESAKA
Level 1, Crown Towers
Lunch 12:00 - 15:00
Dinner 18:00 - 23:00
Closed on
Tuesday (Lunch and Dinner)
Wednesday (Lunch)

ASIAN PACIFIC

ASIA KITCHEN
Level 2, SOHO at City of Dreams
Opening Hours
11:00 – 23:00

GOLDEN PAVILION
Level 1, Casino at City of Dreams
Opening Hours
24 Hours



GOLDEN PEACOCK
Casino Level1, Shop 1037,
The Venetian Macao
TEL: +853 8118 9696
Monday - Sunday:
11:00 - 23:00

PORTUGUESE

CLUBE MILITAR
975 Avenida da Praia Grande
T: 2871 4000
12:30 – 15:00 / 19:00 – 23:00

FERNANDO'S
9 Praia de Hac Sa, Coloane
T: 2888 2264
12:00 – 21:30

THAI



NAAM
Grand Lapa, Macau
956-1110 Avenida da Amizade, The Resort
T: 8793 4818
12:00 – 14:30 / 18:30 – 22:30

(Close on Mondays)

BARS & PUBS



38 LOUNGE
Altrira Macau,
Avenida de Kwong Tung, 38/F Taipa
Sun-Thur: 13:00 – 02:00
Fri, Sat and Eve of public holiday:
15:00 – 03:00

R BAR
Level 1, Hard Rock Hotel
Opening Hours
Sun to Thu:
11:00 – 23:00
Fri & Sat:
11:00 – 24:00



BELLINI LOUNGE
Casino Level 1, Shop 1041,
The Venetian Macao
CONTACT US:
Tel: +853 8118 9940
Daily: 16:00 - 04:00



D2
Macau Fisherman's Wharf
Edf. New Orleans III
Macau

VIDA RICA BAR
2/F, Avenida Dr. Sun Yat Sen, NAPE
T: 8805 8928
Monday to Thursday: 12:00 – 00:00
Friday: 12:00 – 01:00
Saturday: 14:00 – 01:00
Sunday: 14:00 – 00:00

VASCO
Grand Lapa, Macau
956-1110 Avenida da Amizade, 2/F
T: 8793 3831
Monday to Thursday: 18:30 – 12:00
Friday to Saturday: 18:00 – 02:00
Sunday: 18:00 – 24:00

FOOD & BEVERAGE

Sara Moulton, AP

AP PHOTO



READY FOR BREADED CUTLETS OF A DIFFERENT KIND? CAULIFLOWER!

Let's say that one of your New Year's resolutions is to eat healthier and lose some weight. Join the crowd, right? In practice, what we probably mean — among other

things — is that we plan to eat more vegetables and less meat. It's a challenge. But if you try this dish — a wonderful vegetarian version of breaded veal (or pork or chicken) cutlets swimming

in a marina sauce — you will see how easy and satisfying it can be to turn a resolution into reality. You start by slicing a whole head of cauliflower into cutlets. The idea is to end up with thick slabs of the vegetable. One easy method for doing this is to cut the head in half down the center, then turn each half on its cut side and cut the halves into 1/2-inch-thick slabs. There will always be a few loose bits from the ends, but those also can be breaded and cooked as described below. You'll want to take care with the breading, too. It's a three-step process: dust the steaks lightly with cornstarch, coat them well with an egg mixture, then finish them with a layer of breadcrumbs. This is standard operating procedure among culinary pros. The three layers provide a more substantial crust than any other single coating or combo of coatings.

Now it's time to brown your vegetable cutlets. You could do it in a skillet — just as you would a breaded meat cutlet — but that would require a ton of oil (those breadcrumbs just soak it up). And remember, it's the New Year and you're on a new path. So we bake them instead, which requires a lot less oil. The key is to place the cutlets fairly close to the heat source. In my electric oven that's the top of the stove. If they're not properly browned at the end of the prescribed cooking time, just leave them in the oven a little longer. Then dig in. The biggest flavor is going to come from the marinara sauce. Your brain likely won't care at all whether the cutlet is veal or vegetable. But your body will thank you.

***Sara Moulton is host of public television's "Sara's Weeknight Meals." She was executive chef at Gourmet magazine for nearly 25 years and spent a decade hosting several Food Network shows, including "Cooking Live." Her latest cookbook is "Home Cooking 101."**

SPEEDY MARINARA

START TO FINISH: 35 minutes (10 minutes active)

Makes about 2 1/2 cups

2 large cloves garlic, smashed
1 tablespoon extra-virgin olive oil
Hefty pinch red pepper flakes
28-ounce can plum tomatoes (preferably fire-roasted), chopped
Kosher salt

HOW TO COOK

In an unheated medium saucepan, combine the garlic and the oil. Turn the heat to medium and cook, turning over the garlic several times, until it is just golden, 4 to 6 minutes. Add the red pepper flakes and cook, stirring, for 30 seconds. Add the tomatoes and a hefty pinch of salt, then bring to a boil, reduce the heat, and cook at a brisk simmer until the sauce is reduced to about 2 1/2 cups, 20 to 25 minutes. Discard the garlic. Season with salt.

Nutrition information per 1/2 cup: 60 calories; 25 calories from fat (42 percent of total calories); 2.5 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 460 mg sodium; 8 g carbohydrate; 3 g fiber; 4 g sugar; 1 g protein.

BREADED CAULIFLOWER CUTLETS WITH MARINARA

START TO FINISH: 1 hour 15 minutes (45 minutes active)

SERVINGS: 4

1/4 cup extra-virgin olive oil
2 teaspoons minced garlic
1 large head cauliflower
3 large eggs, lightly beaten
1/2 cup fat-free plain Greek yogurt
1 teaspoon kosher salt, divided
1/2 cup cornstarch
1 3/4 cups panko breadcrumbs
1 ounce grated Parmesan cheese
1 1/2 cups speedy marinara (recipe below) or store-bought marinara, heated

HOW TO COOK

Heat the oven to 400 F.

In a small bowl, combine the oil and the garlic. Set aside.

Pull off any leaves from the stem end of the cauliflower and trim off just enough of the stem so the cauliflower stands flat on the counter. Slice the cauliflower head in half down the center top to bottom. One at a time, set each half onto its cut side. Starting from one end of each half, slice crosswise to create 1/2-inch-thick slices. This will yield 3 to 4 cutlets from the center of each half, with the small ends being chunks. The chunks can be prepared as the cutlets, or reserved for another use.

In a shallow bowl or pie plate, whisk together the eggs, yogurt, 3 tablespoons of water and 1/2 teaspoon of the salt.

On a sheet of kitchen parchment, combine the cornstarch with the remaining 1/2 teaspoon of salt, stirring the mixture with a fork to combine.

On a second sheet of parchment, combine the panko with the cheese, stirring with a fork.

One at a time, coat the cauliflower cutlets (and trimmings, if using) on both sides with the cornstarch, knocking off the excess. Next, dip each in the egg mixture, coating them on both sides and letting the excess drip off. Finally, coat them with the panko mixture, patting the crumbs on well. Set aside.

Strain the garlic oil through a mesh strainer, pressing hard on the garlic to get out all the oil. Discard the garlic (or reserve for another use).

On a rimmed baking sheet, spread half of the oil in an even coating. Set the baking sheet on the oven's top shelf and heat for 5 minutes. Carefully remove the pan from the oven and quickly arrange the prepared cauliflower on it in a single layer. Return the pan to the oven and bake for 15 minutes.

Remove the pan from the oven, drizzle the tops of the cauliflower evenly with the remaining oil, turn them over, then bake for another 15 minutes. Divide the cauliflower among 4 serving plates, then serve topped with marinara.

Nutrition information per serving: 490 calories; 190 calories from fat (39 percent of total calories); 21 g fat (4.5 g saturated; 0 g trans fats); 170 mg cholesterol; 1110 mg sodium; 58 g carbohydrate; 6 g fiber; 8 g sugar; 17 g protein.



WHAT'S ON



TODAY (DEC 16)
FESTIVE SERIES – “CHRISTMAS CONCERT”

Liu Sha is Permanent Conductor of the China National Traditional Orchestra, Guest Conductor of Shanghai Chinese Orchestra, Permanent Conductor of the Youth Chinese Orchestra of CCOM, Artistic Director of the Jilin Symphony Orchestra and Vice Chairman of the Musicians Society under the Chinese Artists Association in Russia.

TIME: 8pm
VENUE: St. Dominic's Church
Admission with free ticket
ORGANIZER: Macau Chinese Orchestra
ENQUIRIES: (853) 8399 6699
<http://www.icm.gov.mo/ochm>



TOMORROW (DEC 17)
INK WASH OF THE FORBIDDEN CITY – PAINTINGS BY CHARLES CHAUDERLOT

In conjunction with the grand annual exhibition co-hosted by the Palace Museum, namely The Magnificent Palace – Imperial Architecture of the Forbidden City, the Macau Museum of Art is holding the current exhibition themed Ink Wash of the Forbidden City – Paintings by Charles Chauderlot, showcasing 81 ink wash paintings depicting the scenery of the Palace Museum in the hope that Macau residents can admire the architectural beauty of the Forbidden City comprehensively through various art expressions.

TIME: 10am-7pm (no admission after 6:30pm, closed on Mondays)
UNTIL: April 16, 2017
VENUE: Macau Museum of Art Gallery of Special Exhibitions 2/F / Av. Xian Xing Hai
ADMISSION: MOP5 (Free admission on Sundays and Macau public holidays)
ENQUIRIES: (853) 8791 9814
ORGANIZERS: Cultural Affairs Bureau, Macau Museum of Art
<http://www.mam.gov.mo>



SUNDAY (DEC 18)
JOURNEY INTO THE WORLD OF MUSIC - PETER AND THE WOLF

Peter and the Wolf is a classic music composition for children by Sergei Prokofiev. But why does it involve the platypus? Established in 1989, Platypus Theatre from Canada has brought joy and musical inspiration to children from all over the world for years. The programme will surely bring a fun weekend for families with popular melodies and rhythms.

TIME: 2:30pm & 5pm
VENUE: Macau Tower Auditorium
ADMISSION: MOP120
ORGANIZER: Macau Orchestra
ENQUIRIES: (853) 2836 6866
<http://www.icm.gov.mo/om>



ANNUAL CONCERT BY CCM CHILDREN'S CHOIR

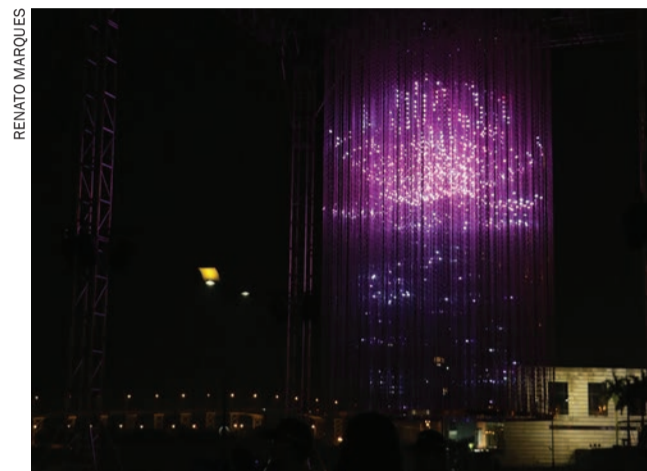
The young crystal clear voices are ready to step on stage to celebrate yet again another year of engaging activities and performances with family and friends. Besides a line up with a wide range of internationally known tunes, this year's concert will feature choreographic moves to dramatize some of the songs. This time, grownups and kids will also have the chance to enjoy exciting interpretations performed a cappella by some of our choristers. Come and join us in a cheerful afternoon!

TIME: 3pm
VENUE: Macau Cultural Centre, Avenida Xian Xing Hai s/n, Nape
Admission with free ticket
ENQUIRIES: (853) 2870 0699
<http://www.ccm.gov.mo>
TICKETING ENQUIRIES: (853) 2855 5555
<http://www.macauticket.com>

MONDAY (DEC 19)
MACAU LIGHT FESTIVAL

Throughout December the city will literally be bathed in light - courtesy of the Macau Light Festival 2016 - Treasure of Light. Four video mapping shows namely 'Sailing', 'Inheritance', 'Source of Water' and 'Carrying-on' will be staged at Nam Van Lake Nautical Centre, Mandarin's House, Lilau Square and Barra Square respectively. Seven

sets of light installations will be rolled out at various locations, such as 'Lake of Treasure' comprising 360 LED glow balls, plus five interactive games including the 'Lost Gem' played on the mobile app 'Treasure of Light' available via App Store and Google Play. Don't forget to enjoy the music and light show 'Melody of Light' by local performers!



TIME: 7pm-10pm (last Video Mapping starting at 9:55 pm)
Free Admission
UNTIL: December 31, 2016

MELODY OF LIGHT
TIME: 7:30-9:30 (A 15min performance in every 30min)
DATE: Every Friday, Saturday, Sunday & December 8, 20, 21, 26
VENUE: Anim'Arte Nam Van

TOURISM HOTLINE: (853) 2833 3000
ORGANIZER: Macau Government Tourism Office
<http://www.Macautourism.gov.mo>



TUESDAY (DEC 20)
ANNIVERSARY OF THE ESTABLISHMENT OF MACAU

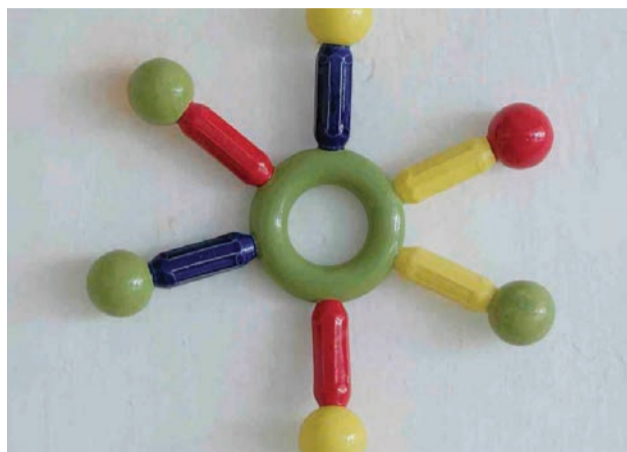
Official Flag-raising ceremonies herald the day's activities in grand style. See the Sports and Art Show in Commemoration of the 17th Anniversary of the Establishment of Macau SAR featuring athletics plus artists' impressions of the territory, with song and dance performances by top local artistes. A spectacular Fireworks Display serves as the perfect nightcap.

OFFICIAL FLAG-RAISING CEREMONIES'
TIME: 8am (Lotus Square)
8:30 (In front of Macau headquarters of the People's Liberation Army)

SPORTS AND ART SHOW IN COMMEMORATION OF THE 17TH ANNIVERSARY OF THE ESTABLISHMENT OF MACAU SAR
TIME: 2pm
VENUE: Olympic Sport Centre Stadium, Ave. Olimpica, Taipa
ADMISSION: MOP200

ENQUIRIES: (853) 2823 6363
ORGANIZER: Macau SAR Government
<http://www.sport.gov.mo>

FIREWORKS DISPLAY
TIME: 9pm
VENUE: Macau Tower seafront
ADMISSION: Free
ORGANIZER: Macau Government Tourism Office
TOURISM HOTLINE: (853) 2833 3000
<http://www.Macautourism.gov.mo>



WEDNESDAY (DEC 21)
 MIDNIGHT BETWEEN SUNDAY AND MONDAY

In exhibition, local artist Simon Ho presents a certain period of the past - namely, when his father passed away and when his son was born - as a way of exploring the cycle of fate and rebirth of life. Conveying deeply felt emotions, his art is his catalyst for comprehension in this thought-provoking exhibition.

TIME: 11am-7pm (closed on Mondays and public holidays)
UNTIL: December 26, 2016
VENUE: Macau Art Garden / Av. do Dr. Rodrigo Rodrigues no.265
ADMISSION: Free
ENQUIRIES: (853) 6662 0747
ORGANIZER: Macau Sky & Earth Ceramic Association
<http://skyeearth.org.mo>



THURSDAY (DEC 22)
 AD LIB - KONSTANTIN BESSMERTNY

This exhibition presents 34 of Konstantin Bessmertny's recent paintings, sculptures, installations and mixed media, with the artist choosing not to theme this bustling, humorous visual feast in which he shares his personal musings and wittily responds to different phenomena occurring in society. A resident of Macau since 1993, the Russian artist once said: "I like a critical, sarcastic point of view on a subject. I prefer to take on a serious subject as a comedian rather than as a politician . . . Our duty as artists is to do as much as possible to influence bureaucrats and rich people."

TIME: 10am-7pm (no admission after 6:30pm, closed on Mondays)
UNTIL: May 28, 2017
VENUE: Macau Museum of Art Gallery of Special Exhibitions 2/F / Av. Xian Xing Hai
ADMISSION: MOP5 (Free admission on Sundays and Macau public holidays)
ENQUIRIES: (853) 8791 9814
ORGANIZERS: Cultural Affairs Bureau, Macau Museum of Art
<http://www.mam.gov.mo>

Sands WEEKEND



THE VENETIAN MACAO
3D LIGHT AND SOUND SPECTACULAR

Daily until 1 January 2017
Outdoor lagoon area of The Venetian Macao

Celebrate the festive season at The Venetian Macao, which will feature wonderful decorations throughout its outdoor lagoon area, with a magnificent 48-foot Christmas tree and entrances, lampposts, arches and pillars looking fabulously festive. The highlight of the winter celebration this year will be a dazzling new 3D light and sound spectacular which will project beautiful festive images on the façade of the hotel.

Show: 6pm to 10:30pm (every 30 minutes, approximately eight minutes per show)
Admission: Free



SHOP YOUR WAY TO A PARISIAN STAY

Now until 19 March 2017

Shoppes at Parisian has more than 170 luxury and lifestyle boutiques. Here you can stroll along boulevards named after many of the French capital's famous shopping districts, such as the Champs Elysee, to enjoy a unique shopping experience. Shop at Shoppes at Parisian now to earn exclusive hotel stay, dining and massage offers at The Parisian Macao, allowing you to become part of Paris!

SPEND	PARISIAN OFFER
MOP100,000	Two nights in a Suite + An exclusive dinner for two at The Parisian Macao
MOP50,000	One night in a Suite + 30-minutes Back Massage for two at The Parisian Macao
MOP20,000	One night in a Deluxe Room at The Parisian Macao
MOP8,000	A dinner buffet for two at Le Buffet

*Terms and conditions apply.



FESTIVE DINING AT PORTOFINO

Portofino, The Venetian Macao

Enjoy a genuine taste of Italy during the festive season at Portofino, The Venetian Macao's signature Italian restaurant. Savour traditional classics and browse the extensive wine menu to pair your meal with a glass or two to fire the festive spirit. Dinner set from just MOP788 per person, subject to a 10% service charge.

Reservations: +853 8118 9950 or portofino.reservations@sands.com.mo



DREAMWORKS HOLIDAY CELEBRATION

6pm to 8:30pm, 24 & 25 December 2016
Urumqi Ballroom, Level 4, Sands Cotai Central

Celebrate the season with your favourite DreamWorks Animation stars from Shrek, Madagascar, Kung Fu Panda and How to Train Your Dragon at a fun filled, mouth-watering holiday party! Enjoy special holiday songs and performances by the DreamWorks friends while you dine on a variety of delicious themed dishes and desserts. There's also a special gift for every kid.

Admission: Adult: MOP/HKD498* | Child: MOP/HKD268*
Family Package (3 Family Members + 1 Child): MOP/HKD1450*

*All rates are in MOP/HKD and subject to 10% service charge. Terms and conditions apply. Child Admission prices available for children between 4 and 12 years of age only.



澳門金沙度假區
Sands
 RESORTS
 COTAI STRIP MACAO



WORLD OF WONDER

Exploring the realms of history, science, nature and technology

By Laurie Triefeldt

A celebration of light

Winter holidays from many cultures share smiles and good wishes

Since ancient times, people around the world have looked for ways to brighten the darkest days of winter. Many December holidays share common themes of warmth, color and light. These winter feasts and festivals are a perfect time to share cultural ideas, food, friendship and family. Just look and see how much we have in common and, at the same time, celebrate our differences.

Winter solstice

December 21 is the **winter solstice**, the shortest day of the year and the first day of winter. Ancient people celebrated this time and performed rites intended to ensure that spring would return. The solstice is still celebrated by many cultures. Many traditional Christian Christmas customs were borrowed from these early pagan solstice festivals.



Junkanoo

This festival takes place in the Bahamas at the end of December. Back in the time of slavery, these days were the only ones in the year that slaves did not have to work. The **Junkanoo** festival is celebrated with food, costumes, dance and music.

Birth of the sun goddess

Near the winter solstice, Japanese Shintoists celebrate the birth of the sun goddess, **Amaterasu**. According to legend, the sun goddess sits in the sky with her back to her brother, the moon. This creates night and day.



St. Lucia's Day

December 13 is usually one of the darkest days in **Sweden**, so the people celebrate a festival of light called **St. Lucia's Day**. Young girls dressed in white and wearing headdresses of pine branches topped with candles bring a symbolic light into the family home.



Christmas trees

Christmas trees originated in medieval Germany, where evergreen trees were decorated with apples. German settlers brought the custom of Christmas trees to the U.S. The tradition of decorating the tree became popular in the mid-1800s and continues today. The Christmas tree is often topped with a star that symbolizes the star of Bethlehem in the Christmas story.

Sada

On or near December 12, the Zoroastrian festival of **Sada** is celebrated in Iran. A huge bonfire is built near a lake or river. The fire is lit as the sun sets and is symbolic of light conquering darkness and good defeating evil.

Hopi winter rites

The **Hopi** people of the Southwestern United States have a monthlong celebration that begins a few days before the winter solstice. The ceremonies focus on creation and rebirth, with rites that symbolize the sun's return and victory over winter and darkness.

Christmas

On December 25, Christians celebrate the birth of **Jesus Christ**, the son of God. The Christmas story tells of the birth of Jesus to Mary and Joseph in Bethlehem. Christmas is celebrated with special religious services, the exchange of gifts, holiday trimmings, a Christmas tree and feasting. A variety of unique Christmas traditions have evolved in different parts of the world.



St. Nicholas

The original Nicholas was a fourth-century bishop in Turkey who, according to legend, saved three little girls from being sold into slavery by giving their father money. By 1100, **St. Nicholas**, the patron saint of children, was remembered in many countries with the custom of giving gifts to children. He is known as **Father Christmas** in the British Isles and **Père Noël** in France. St. Nick became **Santa Claus** through a Dutch abbreviation, **Sinterklaas**.



Hanukkah

Hanukkah, the Jewish **Festival of Lights**, is a celebration of joy and thanksgiving that takes place in November or December and lasts for eight days. Hanukkah means "dedication" in the Hebrew language. The holiday celebrates the rededication of the Temple in Jerusalem after its destruction by the Seleucids in 165 B.C. The legend that has been passed down tells how, after the Jews expelled the Seleucids from their temple, they found there was only enough oil for one day in the temple lamp. Miraculously, the lamp burned for eight days. This is why Jewish families observe Hanukkah by lighting a candle on each night of the holiday. The holiday is also celebrated with family gatherings and gift-giving.



A **hanukkiya**, or **menorah**, holds nine candles, four on each side for the eight nights of Hanukkah, and one in the middle, called the **shamash**, that is used to light the others. The candles are lit one by one on each night of the holiday. Hanukkiyahs are placed in windows, where they can be enjoyed by people passing by.

A **dreidel** is a kind of spinning top that Jewish children often play with during Hanukkah.



Kwanzaa

This African-American holiday celebrates black people, their culture and their history. The name **Kwanzaa** is from the Swahili language, and it means "first fruits of the harvest." From December 26 to January 1, families gather together to light candles and talk about the **seven principles** of Kwanzaa.

Seven principles

The first day of Kwanzaa celebrates **unity** (umoya). On this day, the center black candle is lit. The principle of the second day is **self-determination** (kujichagulia). The red candle nearest the center is lit.

On the third day, the green candle nearest the center is lit, and the principle of **collective responsibility** (ujima) is discussed.

The principle of **cooperative economics** (ujamaa) is celebrated on the fourth day, and the second red candle is lit.

Purpose (nia) is the fifth principle, a time to reflect on dreams for the future. The second green candle is lit.

On the sixth day, **creativity** (kuumba) is celebrated, and the last red candle is lit.

On the last day of Kwanzaa, the final green candle is lit. **Faith** (imani) is the principle of the day, and a great feast is enjoyed, often followed by music and dancing.

MAY YOUR HOLIDAY SEASON BE FULL OF LAUGHTER AND LOVE

Chat with the author and like us on Facebook — www.facebook.com/worldofwonder2014