



MOVIES: ANGEL HAS FALLEN

BOOKS: QUICHOTTE BY SALMAN RUSHDIE

MUSIC: FOREVER TURNED AROUND BY WHITNEY

F&B: WEIGHT WITH CHILDREN



Science says age is only a number, not a proxy for physical and mental fitness. But with three Democrats in their 70s vying to challenge the oldest first-term president in American history, age's importance will be tested as never before.

Only a few years separate President Donald Trump, 73, from Vermont Sen. Bernie Sanders, 77, and former Vice President Joe Biden, 76. But as Trump mocks Biden for verbal missteps, suggesting age has slowed his Democratic rival, both Sanders and Biden have conspicuously showcased their physical activity during the campaign.

Cameras have captured a third top Democratic contender, 70-year-old Sen. Elizabeth Warren of Massachusetts, taking high-energy jogs around rallies where she stays hours afterward to snap photos with supporters.

While the risks of disease and death rise substantially in the 70s and beyond, many specialists caution that the age on your driver's license means far less than how healthy you are and how well you function — what's sometimes called your "biologic age." "I'm not going to sugarcoat aging," said well-known aging researcher

S. Jay Olshansky of the University of Illinois at Chicago. But, he added, "how many times they've traveled around the sun should not be a litmus test for the presidency."

Still, it's not straightforward to figure out just how fit these septuagenarians — or any candidates — really are. No law requires them to disclose their medical records. A doctor's note or some test results may reveal snippets. Those shed little light on one of the biggest questions about aging leaders: How likely is their memory or overall mental acuity to decline?

CONTINUED ON X3

DRIVE IN

Lindsey Bahr, AP Film Writer

**'ANGEL HAS FALLEN'
AND SO HAS THE
FRANCHISE**

There is a certain mindless pleasure in the "Fallen" movies. Watching Gerard Butler muscle his way through increasingly preposterous obstacles as a Secret Service agent can be amusing and oddly transfixed at the same time. It's mass entertainment that makes a courtesy stop in theaters before ascending to its true calling: Endless cable reruns.

But whatever this franchise got away with in "Olympus Has Fallen" and then, miraculously, in the totally unnecessary and very unintentionally silly sequel "London Has Fallen," it's clear that the well has run dry on this idea and character. Butler and the filmmakers sleepwalk their way through "Angel Has Fallen," the third, and hopefully last, visit with agent Mike Banning. This time, the powers that be have decided to make Banning a fugitive. He's on the run after being falsely accused of orchestrating an assassination attempt on U.S. President Trumbull (Morgan Freeman) that kills 18 Secret Service Agents and leaves the commander in chief in a coma. There is a dizzying amount of plot thrown at "Angel Has Fallen." Banning has a toddler daughter with wife Leah (Piper Perabo,

subbing in for Radha Mitchell in the thankless "worried wife" role) and he's considering scaling back from dangerous field work for the sake of his family and his own health after too many concussions on the job. The Oval Office is having issues with someone leaking false information to the press, not to mention the looming threat of Russia who we're told meddled in a recent election in the "Fallen" world. And then there's the private contractors, like Banning's old military friend Wade Jennings (Danny Huston), who are longing for the good old days of lucrative wars and government contracts. Oh and Nick Nolte, playing Banning's estranged father Clay, is living off the grid in the woods and having some regrets about leaving his wife and young child some years ago.

These threads are all thrown together in this kitchen sink of a movie that is unforgivably dull for having so much going on at all times — and I haven't even had the opportunity or reason to mention that this film also has Tim Blake Nelson playing the vice president and Jada Pinkett Smith as the FBI agent who is leading the hunt for Banning. It's too much and too little at the



Gerard Butler (left) and Morgan Freeman in "Angel Has Fallen," directed by Ric Roman Waugh

same time and neither absurd nor exciting enough to maintain an audience's interest for two hours. Nolte is the only real saving grace as the wild-eyed and paranoid Vietnam veteran living in his little bunker in the West Virginia woods. He's the only one having fun with this material, but even so gets unceremoniously demoted for the final set-piece (although he does pop up again in a bizarre and kind of funny post-credits scene that has more spirit in two

minutes than the entirety of "Angel Has Fallen"). Everyone else is either too serious or too bored or some joy-killing combination of the two.

Directing this time is Ric Roman Waugh, a stuntman and actor turned director whose most high-profile outing in that capacity was the 2013 Dwayne Johnson vehicle "Snitch." He also shares script credit with Matt Cook ("Patriots Day") and veteran Robert Mark Kamen ("Taps," "The

Karate Kid"). But this movie has none of the personality that you would expect from those filmmakers. The action itself feels oddly low budget and claustrophobic. Quick shots of a semi truck's headlights and a gloved finger pulling a trigger are ineffectively used to create suspense too many times. And for all its hot topics, "Angel Has Fallen" doesn't have much to say about military veterans, Russian interference or the lifetime effects of

brain trauma. It just plops those buzz word concepts into the movie and moves on to the next shootout.

It might still be passable for cable, but this series has sadly fallen into unwatchable territory.

"Angel Has Fallen," a Lionsgate release, is rated R by the Motion Picture Association of America for "violence and language throughout." Running time: 120 minutes. ★★☆☆☆

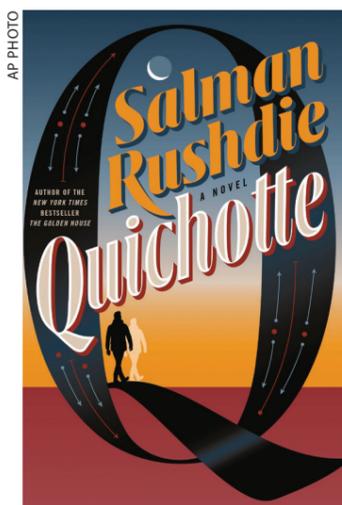
BOOK IT

**RUSHDIE WRITES MODERN DON
QUIXOTE FOR TALE OF LOVE, FAMILY**

Good news! You don't have to read Cervantes' masterwork to enjoy Salman Rushdie's modern reinvention. You'll probably pick up on hundreds of additional references and inside jokes if you have, but Rushdie has created something that feels wholly original even if you've never heard of the hopelessly romantic Spanish knight-errant who sees danger in windmills.

It does help to have an open mind, however. Rushdie's so-called "magical realism" (that's lit-crit for "making stuff up in an otherwise mostly real setting") is on full display here. There are mastodons in New Jersey, a talking cricket ("you can call me Jiminy") and even Oprah Winfrey has a legitimate talk-show competitor.

Rushdie tells two stories simultaneously, Quichotte's quest to meet and live happily-ever-after with Miss Salma R., the aforementioned talk-show host of Indian origin, and the man writing his story, pen name Sam DuChamp, who has written only "modestly (un) successful" spy novels until he conceives Quichotte. Throughout it all Rushdie ser-



"Quichotte" (Random House), by Salman Rushdie

ves up his hallmark social criticism. Quichotte is introduced as a 70-year-old man of "retreating mental powers" suffering from brain damage caused by watching too much television. He lives in the present, or what Rushdie calls the age of "Anything-Can-Happen," a time when it "was no longer possible to predict the weather, or the likelihood of war, or the outcome of elections." Miss

Salma R. is addicted to painkillers and Quichotte was a traveling pharmaceutical salesman before embarking on his quest.

Rushdie even gives Quichotte his own Sancho, dreamed to life while witnessing the Perseids meteor shower near Devils Tower in Wyoming. As in Cervantes' novel, Sancho is the pragmatist to his father's idealist.

The book is crammed with pop culture references like that. He may be partly satirizing America's obsession with celebrities, but there's no doubt that Rushdie has paid attention to the trend. Sancho again, this time in an inner monologue: "A zillion channels and nothing to hold them together. Garbage out there, and great stuff out there, too, and they both coexist at the same level of reality, both give off the same air of authority. How's a young person supposed to tell them apart? ... Every show on every network tells you the same thing: based upon a true story. ... the true story is there's no true story anymore." Lucky for us, there are true storytellers and Rushdie is near the top of that list.

Rob Merrill, AP

tTUNES

**WHITNEY CREATE POIGNANT,
BITTERSWEET ALBUM**



Whitney, "Forever Turned Around," (Secretly Canadian)

Indie-rock duo Whitney I may have a light, easy sound, but that isn't an indication of the themes they touch on or emotions they evoke. The pair peaked interest in their debut album "Light Upon the Lake," and with "Forever Turned Around," they've proved that the success of their first wasn't a fluke.

Comprised of Julien Ehrlich and Max Kakacek, the mid-20-year-olds write well beyond their years. The 10-track sophomore album is one that is both melancholy

and hopeful, contemplating the impermanence of both love and being. Ehrlich's distinctive cooing falsetto paired with horns on songs like "Giving Up" and "Friend of Mine" gives their sound its youthful feel, while lines such as "I don't feel alive but I've been living" ground the album in reality.

The lyrics are both vulnerable and resolute, with choruses that are often astonishingly simple — the repetition of two to five words sung gently by Ehrlich. Simple words follow poignant lines such as in "Valleys (My Love)" when a chorus of "my love" echoes after Ehrlich sings, "I feel like I'm holding on/To a place in your heart that's long gone."

The album is full of sound, coloring cozy guitar riffs and twinkling keys with strings and brass.

The title track is a shining example of what Whitney is capable of, allowing the listener to drink in the bittersweet sound of a song that is both beautiful in composition and wary in tone. "The highs keep falling back down/But it gets no better thinking about/The way forever turned around."

Ragan Clark, AP

NEWS OF THE WORLD

Lauran Neergaard & Elana Schor, AP

CONTINUED FROM FRONT PAGE

Many neuroscientists question if President Ronald Reagan, 73 when re-elected, showed signs of cognitive trouble during his second term. He was diagnosed with Alzheimer's years after leaving office. Checkups do offer a clue.

"A healthier heart, for example, is going to translate to a healthier brain," said Dr. Anne Newman, who directs the University of Pittsburgh Center for Aging and Population Health.

Likewise some habits are critical: a good diet, exercise and enough sleep. Trump, a fast-food fan and late-night tweeter who doesn't exercise regularly, has scoffed at that advice. Still, his doctor earlier this year said he's overall in good health despite needing to lose weight and stick with cholesterol-lowering medicine.

But there's no easy predictor.

"You can have a group of people who at age 80 are still going to work every day, doing all the stuff they need to do," Newman said. "We're not very good at understanding who's going to be able to tolerate the stress in emergency situations," like the 3 a.m. crises presidents so often must navigate.

Some experts have called for independent health exams for presidents and candidates of all ages, much like the fit-for-flight physicals that pilots undergo. To Newman, the grueling endurance contest that is a U.S. presidential campaign is a pretty good substitute.

"For most people who go through that kind of a rigorous schedule, chances are they're going to be healthy for at least five if not 10 years," she said.

That hasn't stopped age, and a call for generational change, from affecting past elections.

Sen. John McCain, R-Ariz., faced questions about his fitness when seeking the presidency in 2008 at age 71 against then-Sen. Barack Obama, D-Ill., nearly 25 years his junior. During his 1984 re-election bid, Reagan famously promised not to take advantage of 56-year-old Democratic foe Walter Mondale's "youth and inexperience."

Today's candidates likewise don't think they're too old.

Sanders told The Associated Press that voters "must and will judge candidates in terms of the totality of their being," including their experience and records as well as their ages.

"I am very happy — well, I am lucky, I suppose — to tell you that I am in good health and have a great deal of endurance, and I would not have run for this job as president of the United States unless I thought I was absolutely, 100% physically able to do it," he said in an interview during a recent campaign swing through South Carolina.

Two days later, Sanders was in Iowa tossing some pitches in a campaign-sponsored softball game and taking his turn at bat. Warren spent the week hopscotching from South Carolina to Iowa to Minnesota to California, an itinerary that might weary someone half her age, while Biden went from Massachusetts to Iowa.



Too old for president? Health and fitness a better question

Biden had a brush with death in 1988, requiring surgery to repair two brain aneurysms — weak bulges in arteries, one of them leaking. Medical records released in 2008 during Biden's vice presidential campaign showed he'd made a full recovery with no trouble since.

Dr. Kevin O'Connor, who has treated Biden since he served as vice president, said in a statement provided by the campaign that Biden is "in excellent physical condition" and "more than capable of handling the rigors of the campaign."

The stress of the Oval Office doesn't shorten presidents' lives, Olshansky reported in a 2011 study. Curious at the attention paid to Obama's graying hair, Olshansky found that 23 of 34 presidents who had died of natural causes lived beyond the average life expectancy of men the same age when they were inaugurated. What about the 2020 candidates? Olshansky used life insurance statistics to calculate average life expectancies of U.S. citizens of the same gender and age at inauguration as each candidate.

Not surprisingly, 37-year-old Pete Buttigieg, the youngest of the candidate crop, should have the most years ahead of him.

But by Olshansky's calculations, the 70-somethings also would have great odds of surviving in office. Based on the average for their age, that's a 76.8% chance for San-

ders; 79.2% for Biden; 84.8% for Trump and, reflecting that women tend to outlive men, a 91.8% chance for Warren.

And the candidates' survival odds likely are even higher, Olshansky said, because people who are wealthy, well-educated and have good health care tend to live longer than average. (In addition to the campaign's four higher-polling senior citizens, the president's longshot GOP primary challenger Bill Weld is 74.)

Of course, that's assuming no candidate has a worrisome illness that hasn't come to light. Presidents of all ages have proved pretty adept at hiding frailty. Woodrow Wilson had a secret stroke. Franklin D. Roosevelt's doctors concealed his heart disease and shockingly high blood pressure. Only years after his assassination did the public learn how the seemingly vibrant John F. Kennedy struggled with chronic pain and a list of health problems.

When it comes to brain health, even normal aging can bring a slowing of certain functions such as retrieving memories. Trump has targeted Biden's career-long penchant for verbal gaffes, such as when Biden recently compared "poor kids" with "white kids." Trump later questioned whether Biden is "mentally fit to be president," an ironic dig given the president's own slips and lack of verbal finesse.

Stumbling in speeches, especially

given how politicians' every word is scrutinized, isn't surprising, Olshansky said: "Mistakes happen whether you're 35 or 75."

It's true that advancing age is a risk for Alzheimer's, which affects about 3% of people ages 65 to 74 and 17% of those 75 to 84. But Olshansky is watching for a president's ability to think and reason clearly and focus on the big picture, something that can improve with age-infused experience.

TTrump did request a memory test at his first White House physical, and his doctor said he aced it. But Newman cautioned that "anybody running for president is not going to do badly" on that simple test. It takes specialists hours to perform the more complex testing required to detect subtle problems, tests that must be repeated to spot any decline.

It's not clear how much health information candidates of any age will release this time around. But doctor reports and medical records are a snapshot, not a crystal ball.

McCain released more than a thousand pages in 2008, seeking to ease concern about previous bouts of melanoma. He died a year ago of a brain tumor those records couldn't predict, although Olshansky notes that McCain would have survived two terms had he been elected. Back in 1992, Paul Tsongas unsuccessfully campaigned

for the Democratic nomination as a cancer survivor, with some doctors vouching that he was cured, only to have his lymphoma return shortly after the election.

And Bill Clinton appeared fairly robust as president yet needed open-heart surgery at age 58 after leaving office, admitting he'd quit taking his cholesterol medication. A June poll by The Associated Press-NORC Center for Public Affairs Research suggests age is a factor for some voters. About one-third of Democratic voters said they would be more excited to vote for a candidate if that person is younger, and about one-quarter would be less excited to vote for one who is older.

One of those voters, retiree Ken Carpenter, bikes 10 miles most days to maintain his health. But the 77-year-old Carpenter said in a recent interview that he's ruled out his contemporaries in the Democratic primary, deeming Biden and Sanders simply too old to handle the demands of the presidency.

"I know that eventually the aging process, something kicks in and you start losing it," Carpenter said on the sidelines of the Iowa State Fair. "That could happen to Joe in six months. Or to Bernie."

Biden himself gave a one-word response in Iowa when asked by a reporter if he would consider making a pledge to serve just one term if it alleviated concerns about his age: "No."

F&B

Candice Choi, AP Food & Health Writer

Red, yellow, green. It's a system for conveying the healthfulness of foods, and at the center of a debate about how to approach weight loss for children.

This month, the company formerly known as Weight Watchers provoked a backlash when it introduced a food tracking app for children as young as 8. The app uses a well-known traffic-light system to classify foods, giving children a weekly limit of 42 "reds," which include steak, peanut butter and chips.

Obesity is a growing public health issue that nobody is sure how to fix, and around one in five children in the U.S. is considered obese, up from one in seven in 2000. Childhood obesity often leads

to adult obesity, and to higher risk for conditions including heart disease, cancer and diabetes.

Getting kids to eat well and exercise is crucial, but figuring out how to do that effectively is extremely difficult — and sensitive. For some, the app was a reminder of bad childhood experiences around weight and shame, in public and at home.

"I don't think we appreciate the bias and stigma that families struggling with weight face," said Dr. Stephanie Walsh, medical director of Children's Healthcare of Atlanta. That can make it even more stressful for parents worried about their children's health, she said.

There is no easy answer for achieving a healthy weight,

regardless of age. But when it comes to addressing the topic with children, pediatricians and dietitians say there are best practices to consider.

TALKING IT OUT

Parents may feel a conversation is not necessary, particularly with younger children, and that they can alter behavior by making lifestyle changes. But experts say a talk can be constructive, especially if the changes are going to be noticeable.

The key is to approach the subject with kindness and caring, and avoid blaming any of the child's behaviors. Children should also understand that any changes would be intended to make them feel better, and not about how they look.

As uncomfortable

AS WITH ADULTS, NO EASY WAY TO ADDRESS

AP PHOTO



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LESS WEIGHT WITH CHILDREN



as addressing the issue may seem, failure to do so may make a child feel worse if they're being teased at school or feeling bad about themselves. "In some ways, just to get it out there may be sort of a relief," said Tommy Tomlinson, an author who recounted his lifelong struggle with weight in "The Elephant in the Room."

MAKING CHANGES

Any adjustments to meals and activities should involve the entire family, so children don't feel singled out. This is tied to the belief that the most powerful way to help a child change their behavior is by setting an example. Framing changes in a positive light is also key, Walsh said, whether

that's suggesting new recipes to try together or asking about activities they might be interested in. "Keep things upbeat," she said. Then there is the matter of giving guidance on foods. Parents might not like the idea of directing children to a dieting company's app, especially since it gives older children the option to "upgrade" to a coaching service that costs \$69 a month.

The company that now calls itself WW says the app is based on Stanford Children's Health's Weight Control Program, but views vary on the traffic-light system.

Dr. Sarah Hampl, a pediatrician specializing in weight management at Children's Mercy Hospital in Kansas City, Missouri,

said it can be an easy way to understand a complicated topic. Experts say the system can help adults eat better as well. But Kaitlin Reid, a registered dietitian at UCLA, said it's a way of classifying foods as good and bad, which should be avoided. Seeing any foods as bad might result in feeling guilty whenever eating them.

WHAT TO AVOID

When Tomlinson was 11 or 12, he was taken to a doctor who gave him diet pills. Few health professionals would do that today, and there's broad agreement on other mistakes to avoid.

Using the word "diet," for example, could imply there's something wrong with the child, and that the changes are

short-term. Trying to scare children by warning them about potential medical problems isn't helpful either. And if parents are making broader lifestyle changes, they shouldn't feel the need to intervene or scold every time a child reaches for a sweet. "Guilt and blame are not good motivators for change," said Stephen Pont, associate professor of pediatrics at the University of Texas Dell Medical School. By the same token, experts say parents should avoid making negative comments about their own bodies. Regardless of whether parents see noticeable changes right away, Pont said, there are long-term benefits of instilling healthier habits in children.



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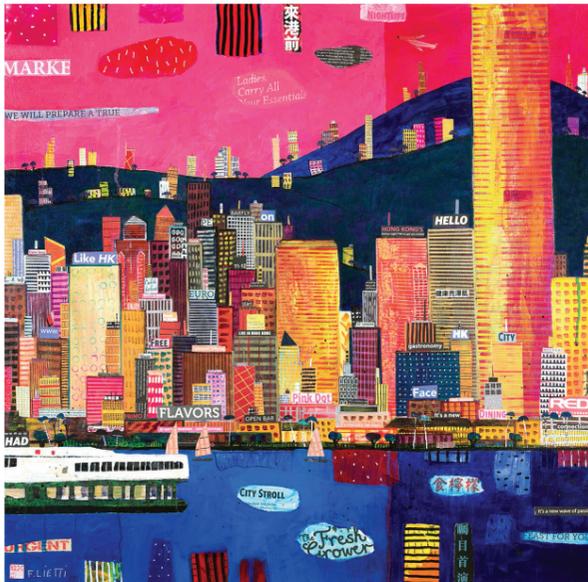


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WHAT'S ON



TODAY (SEPT 6)
COLOURS OF ASIA

Francesco captures the colours and delights of other Asian destinations. The lush greens of Vietnam and Bali, the golden sunsets of Rajasthan, the deep blue seascapes of the Philippines, these are just some of the many places he has visited and experienced. The artist gives us rare glimpses, merging reality with a magical world.

TIME: 10am to 7pm (Closed on Monday; No admittance after 18:30)
UNTIL: September 22, 2019
VENUE: Taipa Houses - Exhibition Gallery
ADMISSION: Free
ORGANIZER: Consulate General of Italy in Hong Kong Italian Cultural Institute
ENQUIRIES: (853) 2836 6866
www.artmacao.mo



TOMORROW (SEPT 7)
EXHIBITION OF NEW WORKS IN MAM COLLECTION – KO LAI CHIT

Ko Lai Chit moved to Macau at an early age. His father Gao Jianfu was one of the founders of the Guangdong-focused artistic movement known as the Lingnan School. Ko followed in his father's footsteps via calligraphy works and paintings ranging in subject matter from birds, to flowers, landscapes and portraits. Prior to Ko's death in 2018, his daughter donated seven of his calligraphy works and 13 of his paintings to the Macau Museum of Art. Now his pieces are part of a special exhibition zone showcasing newly-collected artworks.

TIME: 10am to 7pm (No admittance after 6:30pm; Closed on Mondays)
UNTIL: November 10, 2019
VENUE: Macau Museum of Art
ADMISSION: Free
ENQUIRIES: (853) 8791 9814
ORGANIZER: Macau Museum of Art
www.mam.gov.mo



CLUB CUBIC PRESENTS DYRO

Dutch DJ and producer Dyro has performed at top international electronic music festivals such as Electric Zoo, Barbarella and Future Music Festival, having also headlined at iconic clubs such as Ministry of Sound London and Space Ibiza. In addition to collaborating with Tiesto on the single "Paradise" and with Hardwell on "Never Say Goodbye", he has also released official remixes for tracks such as "Right Now" by Rihanna and Nicky Romero's "Iron". Catch him this month as he makes his debut in Macao at Club Cubic.

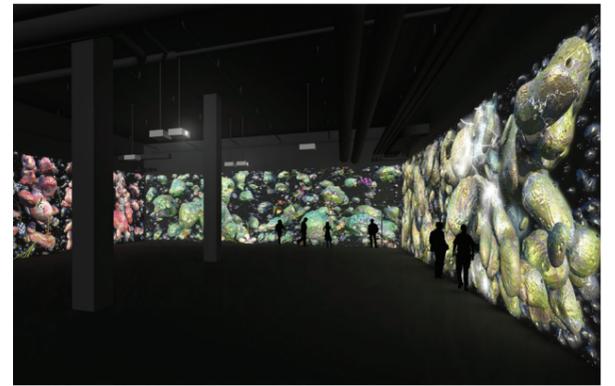
TIME: 10pm
VENUE: Club Cubic, City of Dreams Macau
ADMISSION: MOP250
ORGANIZER: Club Cubic
ENQUIRIES: (853) 6638 4999
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SUNDAY (SEPT 8)
ONENESS: CALLIGRAPHY BY PROFESSOR JAO TSUNG-I

Professor Jao Tsung-i (1917 – 2018) is an internationally-renowned sinologist who excelled in academia, painting and calligraphy, as well as literature, with outstanding achievements and contributions in all of them. Professor Jao's calligraphy gives a glimpse of his dignity as a cultivated scholar and a master calligrapher. His profound knowledge in Chinese palaeography enabled him to expertly write oracle bone script, bronze script, bamboo and wood scripts, silk script, as well as take creative liberties with seal script, clerical script, cursive script, running script and regular script, being able to keep exploring and innovating. To showcase Professor Jao's calligraphic achievements and to promote Chinese traditional culture, with the help of the Macau Museum of Art, we have selected 15 sets of calligraphic works by Professor Jao, now presenting the exhibition Oneness: Calligraphy by Professor Jao Tsung-I. It's a wonderful occasion for the public to fully appreciate his calligraphy and feel the complex beauty and profundity of Chinese characters.

TIME: 10am-6pm (Last admission at 17:30. Closed on Mondays)
UNTIL: September 30, 2019
VENUE: Jao Tsung-I Academy, Avenida do Conselheiro Ferreira de Almeida, No. 95 C-D, Macau
ADMISSION: Free
ORGANIZER: Academia Jao Tsung-I
ENQUIRIES: (853) 2852 2523
www.ajti.gov.mo



MONDAY (SEPT 9)
WYNN - GARDEN OF EARTHLY DELIGHTS

"Wynn - Garden of Earthly Delights" features an extraordinary selection of modern and contemporary art pieces from the world's most renowned artists. Through their artwork, they share their rich, cultural diversities. Wynn embraces the world of art and is proud to present the works of these artists for the first time in Macau: Herb Alpert, Robert Indiana, MAD Architects, Refik Anadol, Jennifer Steinkamp, Sam Francis and Edoardo Tresoldi. "Wynn - Garden of Earthly Delights" takes you on a journey of contemporary art into a world of innovation and creativity through various media forms such as paintings, installations, digital or interactive art pieces.

TIME: All day
UNTIL: October 6, 2019
VENUE: Wynn Macau & Wynn Palace
ADMISSION: Free
ORGANIZER: Wynn Macau, Limited
ENQUIRIES: (853) 2836 6866
www.artmacao.mo



TUESDAY (SEPT 10)
QUIETNESS AND CLARITY: WORKS OF CHEN ZHIFU FROM THE COLLECTION OF THE NANJING MUSEUM

The Macau Museum of Art (MAM) under the Cultural Affairs Bureau of the Macau Special Administrative Region Government has been committed to promoting Chinese culture and art. Since its inception, MAM has collaborated with museums and cultural organizations in mainland China to present large-scale painting and calligraphy exhibitions, achieving fruitful results. In order to further strengthen the cooperations and exchanges of cultural institutions of Macau and Nanjing, MAM, co-organizing with the Nanjing Museum, presents Quietness and Clarity: Works of Chen Zhifo from the Collection of the Nanjing Museum, an exhibition featuring the works, sketches, fenben (preparatory drawings), inspirational materials and tools of the 20th-century Chinese gongbi (meticulous) bird-and-flower painter Chen Zhifo. The aim is to introduce his art through a more comprehensive perspective, in order to enhance the public's understanding of Chinese gongbi paintings of birds and flowers, and the unique artistic spirit of the artist.

TIME: 10am-7pm (No admittance after 6:30pm; Closed on Mondays)
UNTIL: November 17, 2019
VENUE: Macau Museum of Art
ADMISSION: Free
ORGANIZER: Macau Museum of Art
ENQUIRIES: (853) 8791 9814
www.mam.gov.mo



WEDNESDAY (SEPT 11)

WHAT ARE YOU THINKING – PICTURE BOOK BY UN CHI WAI

Taipa Village Cultural Association is hosting the first-ever solo exhibition of Macau artist Un Chi Wai. "What Are You Thinking" features the illustrations for an original storybook that was published specially for this exhibition project. The storyboard of this children's book has deliberately an open ending, allowing for the reader's own interpretation and imagination. It makes for entertaining reading among parents and other grown-ups as well as children. In addition to the publication, a selected number of the images from the picture book are being sold as limited-edition fine prints.

TIME: 12pm-8pm

UNTIL: September 30, 2019

VENUE: Taipa Village Art Space, 10 Rua dos Clérigos

ADMISSION: Free

ORGANIZER: Taipa Village Cultural Association

ENQUIRIES: (853) 2857 6118

taipavillagemacau.org.mo



THURSDAY (SEPT 12)

REMINISCENCES OF THE SILK ROAD - EXHIBITION OF CULTURAL RELICS OF THE WESTERN XIA DYNASTY

Macau Museum in collaboration with the Ninxia Hui Autonomous Region Museum, jointly organize a special exhibition "Reminiscences of the Silk Road - Exhibition of Cultural Relics of the Western Xia Dynasty". This thematic exhibition of the Western Xia relics primarily showcases the archaeological finds about the Western Xia. A fine selection of 150 pieces (sets) of relic, some rare items make their first appearances outside the Ninxia Hui Autonomous Region.

TIME: 10am-6pm (No admittance after 17:30.

Closed on Monday)

UNTIL: October 6, 2019

VENUE: Macau Museum

ADMISSION: MOP15 (Free admission for Macau residents)

ENQUIRIES: (853) 2836 6866

www.artmacao.mo

Sands WEEKEND



ALL THAT'S GOLD DOES GLITTER – AN EXHIBITION OF GLAMOROUS CERAMICS

Until 9 October

The Venetian Macao; The Parisian Macao; Four Seasons Hotel Macao; Sands Macao and The Macao Museum of Art

This Art Macao exhibition runs at multiple Sands China properties until 9 October and features over 90 ceramic masterpieces curated by internationally renowned artist Caroline Cheng from outstanding contemporary ceramic artists from 13 different countries and regions. It is the largest and highest-level ceramic art exhibition in the Greater Bay Area in 2019.



SAVOUR THE AUTHENTIC TYPHOON SHELTER CUISINE AT CANTON

Until 13 October

Shop 1018, Level 1, The Venetian Macao

Relive the culture of "Typhoon Shelter" cuisine at Canton. Dine on classic seafood dishes made famous from the days when fishermen used to turn their boats into 'restaurants' at typhoon shelters and serve fresh, delicious seafood. Enjoy crispy, spicy Sri Lankan king crab stir-fried with garlic and chilli; Stir-fried sea prawn and Chinese kale in X.O. sauce and more.

Time: Lunch: 11am - 3pm | Dinner: 6pm - 10pm | Saturday Dinner: 6pm - 11pm

Price: From MOP178*

Reservations: +853 8118 9930 or canton.reservation@sands.com.mo

*Subject to 10% service charge.



PLANET J - A UNIVERSE APART

Daily

Shop 3009, Level 3, Shoppes at Cotai Central

Step into a universe of live interactive quests and adventures at Planet J, a live action role playing theme park. Within its 10,000 square feet facility, Planet J houses eight distinct gaming zones containing more than 200 games. Players of all ages can share the fun of Planet J so the whole family can work together to complete these adventures.

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World of Wonder

EXPLORING THE REALMS OF HISTORY, SCIENCE, NATURE AND TECHNOLOGY

The basics

Agate is a type of rock called **quartz**. It is a fine-grained and brightly colored variety of micro-crystalline quartz called **chalcedony**. Agates are typically banded, while ordinary chalcedony is not.

Whereabouts...

Agates are found in many kinds of rock throughout the world, but they are usually associated with ancient volcanic rock.

As a semiprecious silica, agate is often used in jewelry and carving. Examples of carved agates have been found at many ancient sites. An archaeological recovery at Knossos on Crete reveals that agate was common during the Bronze Age in the Minoan culture.

Today, most agate comes from deposits in **Uruguay** and **Brazil**. Germany has been a major center for cutting and polishing agate for hundreds of years. In the United States, Oregon, Washington, Idaho and Montana are the chief sources of these gemstones.

In a word

Agate was named by Theophrastus, a Greek naturalist and philosopher who discovered it along the Achatas River in Sicily around 300 B.C.

Agate formation

Agate was typically formed about 10 million years ago in hollow cavities of volcanic rock called **vesicles**.

Agate began when gas bubbles trapped in cooling lava became filled with water that contained alkali, silica and other minerals.

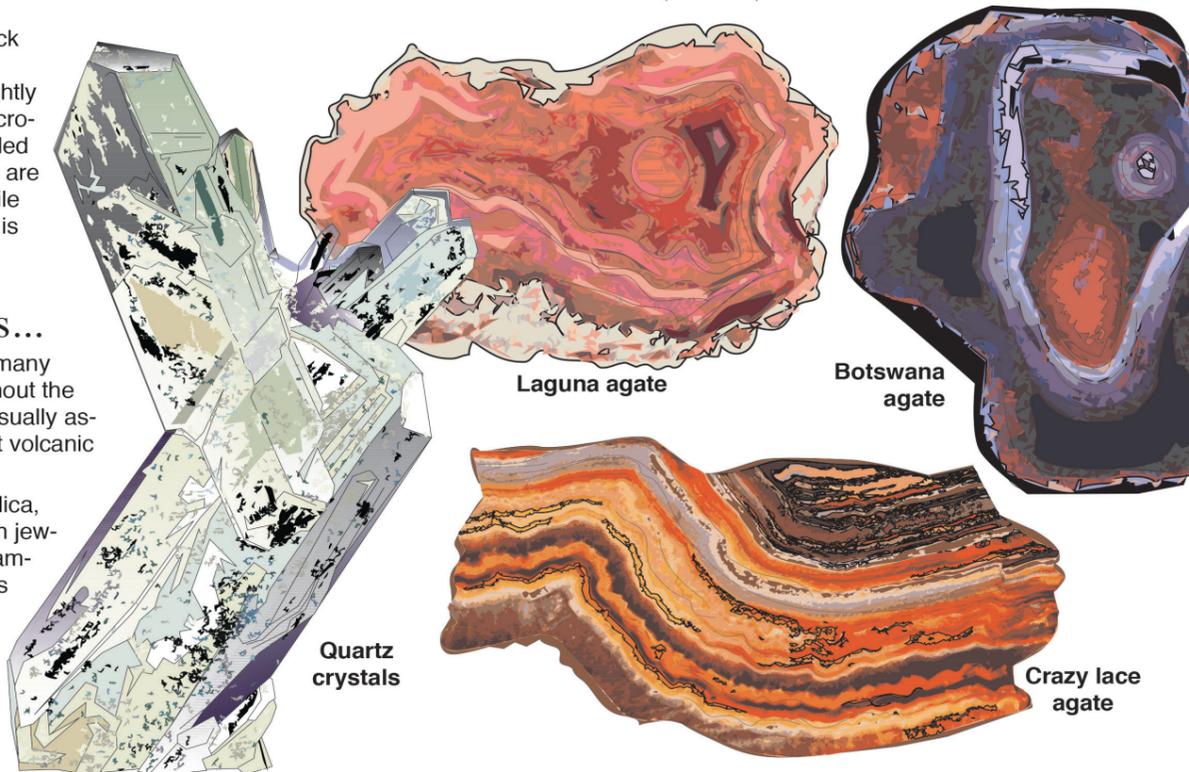
Over time, the silica-concentrated water thickened into a gel, and the silica molecules formed tiny micro-crystals that attached to the sides of the vesicle.

The alkali reacted with the iron in the surrounding lava, and bands of iron hydroxide were formed in the gel. As the silica gel dried and crystallized, it left bands of chalcedony with layers of crystalline quartz.

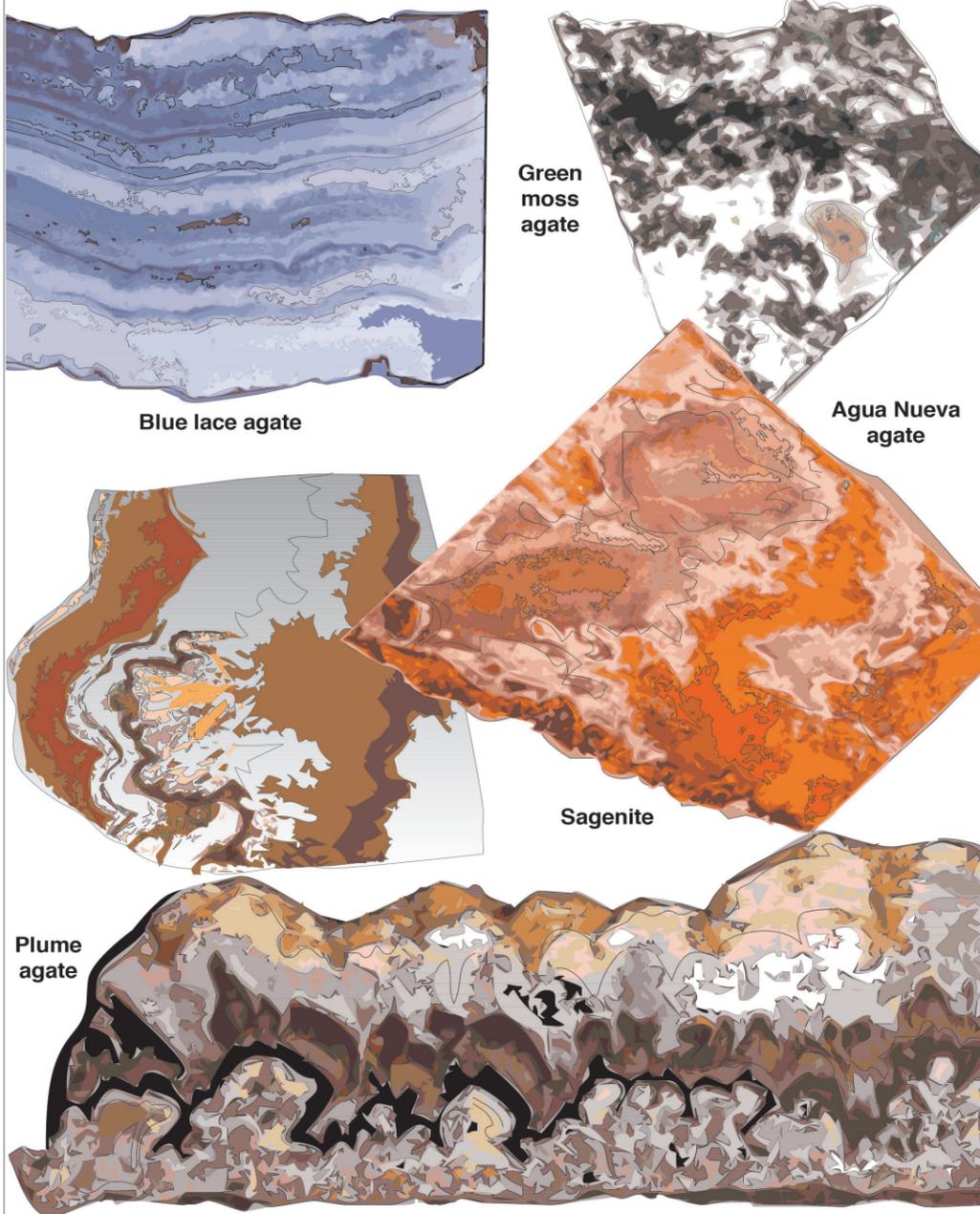
This pattern was repeated until the entire vesicle was filled in, or until all the silica-rich solution was used up. (This is why some agates are hollow.) The outer surface of an agate is usually pitted and rough, but when cut in a cross-section, agates reveal striking forms and colors.

Large cavities may form an agate of tremendous size. Some amethyst-lined Brazilian geodes weigh many tons.

SOURCES: World Book Encyclopedia, World Book Inc.; www.agateswithinclusions.com; www.agatelady.com;



AGATES



Composition

Agates have the same composition and physical properties as quartz. Composed of silicon dioxide (SiO₂), agate is rated 7.0 on the **Mohs hardness scale**. A diamond has a rating of 10.

Uses for agate

Agate is a relatively inexpensive stone that has many uses. It is often used to make **beads** and **jewelry**, and the hardness and ability of agate to resist acids make it an ideal material for **mortars and pestles** (for crushing and mixing chemicals). For centuries, agate has been used to make leather burnishing tools.

Bookends and **paperweights** made from cut and polished agate are another way to use these beautiful stones.

Collecting agate **bowls** was popular with European royalty during the Renaissance, and many museums in Europe have beautiful examples.

Some people believe that agates have magical properties. Symbolic of kindness and hope, agates have been used as charms against evil spirits. White agate has been used to treat insomnia.

Types of agates

Agates formed by materials deposited in layers are called **banded**, ribband or striped agates. Fortification agates have bands that are arranged in angular patterns.

Dendritic agates exhibit mosslike or treelike patterns formed by iron oxides. Green, gold, red, black or other colors or combinations can be embedded in translucent chalcedony, forming filaments that suggest plant growth. These fernlike patterns are created by the presence of manganese and iron oxides.

One type of Mexican agate shows only a single eye and is named **Cyclops agate**.

Sagenitic agate has radial growths of mineral, crystal and detritus such as sand, ash or mud that form chunks in the rock.

Sometimes, agate will fill a cavity left by decomposing plant material such as a tree limb or root. These agates are called **limb cast agates**. Coral, petrified wood and other organic remains can also become agatized. Agatized coral is often referred to as **Petoskey stone**.

Greek agate is a name given to any pale, white or tan stone from around Sicily dating to about 300 B.C. Greek agate was used for making jewelry and beads.

Brazilian agate is found as large geodes and layered nodules of brown interlayered with white and gray. Quartz forms within these nodules. Brazilian agate is often dyed for ornamental purposes.

Other agates include Lake Superior, Botswana, Ellensburg blue, blue lace, carnelian, plume, tube, fire, and crazy lace (also called rodeo agate and Rosetta Stone).

At a bookstore near you: Two full-color World of Wonder compilations: "Plants & Animals" and "People & Places." For more information, please visit QuillDriverBooks.com. or call 800-605-7176