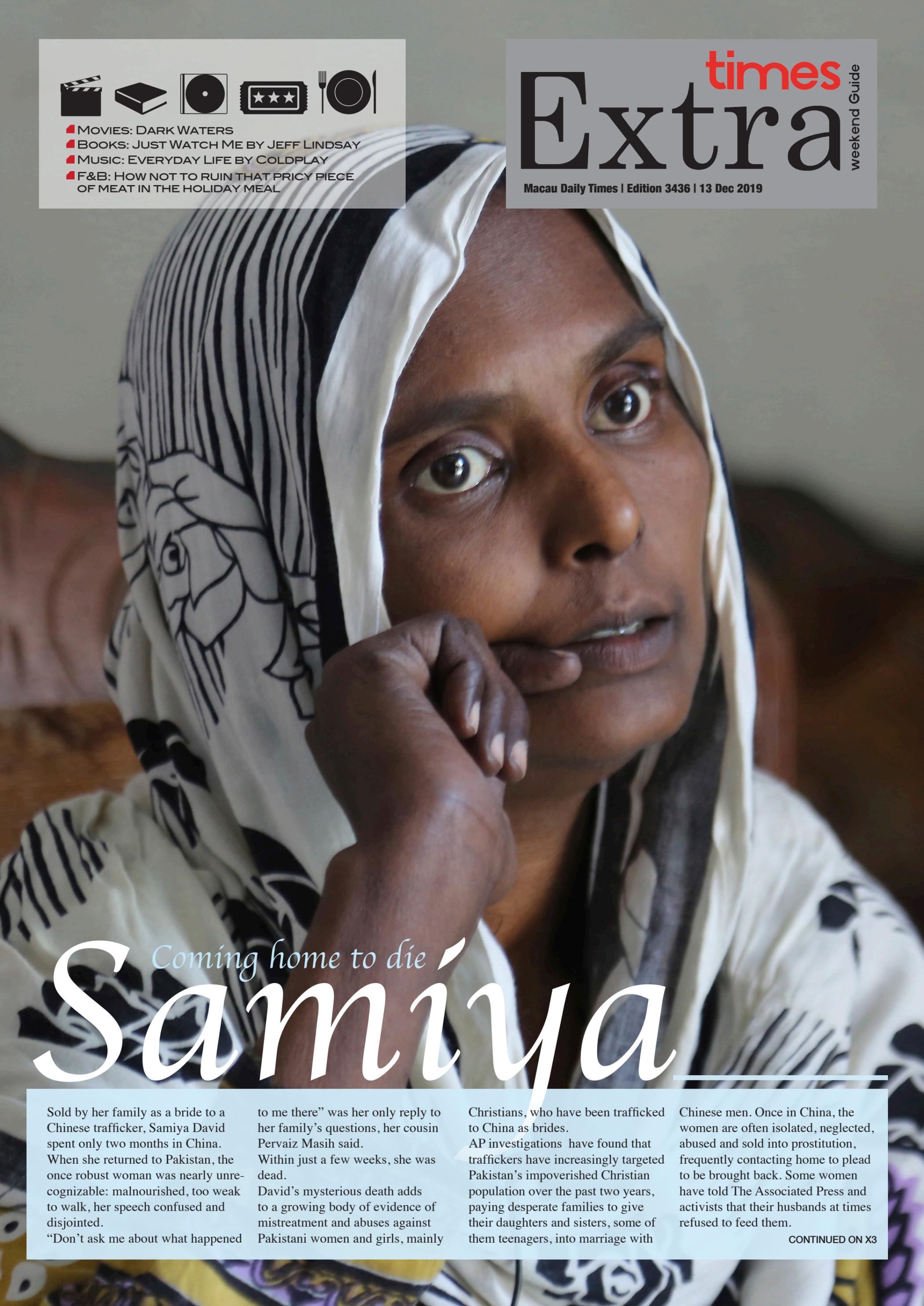




- MOVIES: DARK WATERS
- BOOKS: JUST WATCH ME BY JEFF LINDSAY
- MUSIC: EVERYDAY LIFE BY COLDPLAY
- F&B: HOW NOT TO RUIN THAT PRICY PIECE OF MEAT IN THE HOLIDAY MEAL



*Coming home to die*  
**Samiya**

Sold by her family as a bride to a Chinese trafficker, Samiya David spent only two months in China. When she returned to Pakistan, the once robust woman was nearly unrecognizable: malnourished, too weak to walk, her speech confused and disjointed. “Don’t ask me about what happened

to me there” was her only reply to her family’s questions, her cousin Pervaiz Masih said. Within just a few weeks, she was dead. David’s mysterious death adds to a growing body of evidence of mistreatment and abuses against Pakistani women and girls, mainly

Christians, who have been trafficked to China as brides. AP investigations have found that traffickers have increasingly targeted Pakistan’s impoverished Christian population over the past two years, paying desperate families to give their daughters and sisters, some of them teenagers, into marriage with

Chinese men. Once in China, the women are often isolated, neglected, abused and sold into prostitution, frequently contacting home to plead to be brought back. Some women have told The Associated Press and activists that their husbands at times refused to feed them.

CONTINUED ON X3

**DRIVE IN**

Jake Coyle, AP Film Writer

**‘DARK WATERS’  
PLUNGES INTO  
‘FOREVER CHEMICALS’**

Todd Haynes’ “Dark Waters,” about the prolonged (and ongoing) legal fight to uncover the environmental damage of cancer-inducing “forever chemicals” and hold their corporate makers accountable, is a sober and ominous docudrama. On its surface, it’s an unspectacular one. Its lead character, a corporate defense attorney played by Mark Ruffalo, is no Erin Brockovich. The movie, itself, is gray and murky like the toxic West Virginia waters that provide the film’s first gloomy sense of trouble. But just the same, “Dark Waters” will in its modest, steadfast way make your blood boil. And that will do. Rob Bilott (Ruffalo) is a West Virginia native and Cincinnati attorney for a large law firm, Taft Stettinius & Hollister, with a specialty in defending chemical companies. Just after he’s made a partner, a West Virginia farmer named Wilbur Tennant (Bill Camp) turns up in his office barking about his dead cattle and the DuPont plant next door. He dumps a box of VHS tapes at Bilott’s feet. It’s only the mention of Bilott’s grandmother that gives him pause. Bilott’s colleague Tom Terp

(Tim Robbins) overhears the encounter but assures Bilott discretion. “You can be from West Virginia, Rob. I won’t tell anyone.” Bilott is accustomed to representing the corporate side of such disputes, but he’s moved by Tennant’s case. He has warm memories of visiting the farms in the area as a child and milking cows. And Tennant, gruff and furious, is hard to ignore. Nearly all his 200 cows have suffered enlarged organs and other deformities. A field of his is littered with graves like a battlefield. A nearby creek runs from a DuPont landfill. Bilott takes the case over the concerns of his colleagues. Terp tells him to “surgical”: get in, get out. The firm would prefer to have DuPont as a client, not a foe. Bilott is himself friendly with DuPont lawyers, too. At first, he’s just trying to do a favor for a family friend. But the scope of the case grows exponentially. Bilott, whose story was chronicled in an engrossing and detailed 2016 New York Times story by Nathaniel Rich, goes from a 1999 lawsuit on behalf of Tennant to a 2001 class action involving several West Virginia communities. Through methodical research and investigation, he traces the



Mark Ruffalo as Robert Bilott in a scene from “Dark Waters”

pollution affecting Tennant’s fame to DuPont’s use of PFOA, or perfluorooctanoic acid. The substance, which DuPont began using in 1951 by purchasing it from 3M, is used in Teflon for things like non-stick frying pans and for firefighting foam. It was created during the Manhattan Project but by now, it’s in all of us. Virtually every human and animal has traces of it in their system, whether it came through tap water or an umbilical cord. It’s called a “forever chemical” because it never breaks down, and can build up in the blood and organs. DuPont dumped thousands of pounds of PFOA in the Ohio River. Other companies, along with the Defense Department, have con-

tributed to their spread. But DuPont was at the vanguard of their usage (with a reported annual profit of \$1 billion for PFOA-related products) and had been studying its worrisome effects on its own workers for decades — long before the Environmental Protection Agency knew of its risks. “Dark Waters,” made relatively quickly by Hollywood standards, is the backstory on a legal drama that’s still unfolding, with ongoing debate in Congress and at the EPA on setting a national drinking-water limit. Critics, including the makers of “Dark Waters,” believe it’s taking much too long. It’s perhaps a familiar script: good cause, inspiration movie.

“Dark Waters” distinguishes itself, however, in intricately following the story of a toxic substance, from a West Virginia backwater to ubiquity. It’s not the kind of film typical of Haynes, whose artful dramas (“Carol,” “Far From Heaven”) usually dig less into headlines than the fluidity of identity and the tragedies of societal convention. But those qualities are also what make Haynes a natural fit for “Dark Waters.” Where Haynes excels is in teasing out the personal and professional connections that mingle throughout. When Bilott grows aggressive in the investigation into DuPont, he’s breaking with decorum. He’s part of the old-boy network that works to pro-

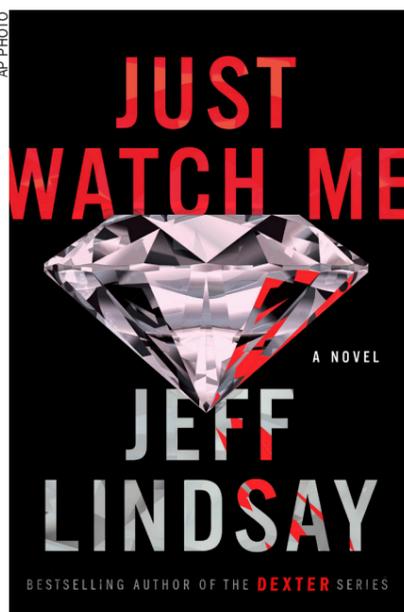
tect companies like DuPont. In “Dark Waters,” arguments happen at fancy attorney banquets, and boardroom decisions alter innocent human lives. It can seem like there are too many corporate exposes. While they could use some new angles and perhaps fewer lawyer protagonists, I suspect that’s not the problem. “Dark Waters” plays like a “Chernobyl” for America. Unfortunately, we probably need a lot more of these.

“Dark Waters,” a Focus Features release, is rated PG-13 by the Motion Picture Association of America for thematic content, some disturbing images and strong language. Running time: 126 minutes. ★★★★★

**BOOK IT**

**JEFF LINDSAY HAS ENTERTAINING NEW THRILLER**

Riley Wolfe gets his kicks executing spectacular robberies that no one else would even contemplate. His victims are always the super-rich, whom he despises as “smug, do-nothing, self-loving leeches.” This anti-hero makes his debut in “Just Watch Me,” a supremely entertaining new thriller by Jeff Lindsay that promises to be the first of a series. The plot combines the intricacies of caper movies such as “The Thomas Crown Affair” and “To Catch a Thief” with the creepy sensibility of the hit TV show “Dexter.” The latter is no surprise since the show was inspired by Lindsay’s eight novels featuring Dexter Morgan, a serial killer who preyed only upon other serial killers. Unlike Dexter, Wolfe takes no pleasure in murder, but he displays no qualms about dispassionately dispatching anyone



“Just Watch Me,” Dutton, by Jeff Lindsay

who gets in his way. The opening of the story finds Wolfe taking no satisfaction from his spectacular heist of a 12-ton sculpture, swiped in broad daylight at its dedication ceremony. For him, the specta-

cular has become ordinary, and it bores him. He craves a caper that is “beyond impossible, something ridiculous, unthinkable.” He finds it when the government in Tehran, hoping to thaw its relations with the United States, lends the Iranian crown jewels to a New York City museum. There, the multi-billion-dollar treasure is guarded by the latest in high-tech security systems and by both American-trained mercenaries and a “trigger-happy” contingent of Iranian Revolutionary Guards. Meanwhile, Wolfe is being tracked by Frank Delgado, a clever FBI agent who has been after him for years, always a step or two behind. Now, the agent has decided that the only way to catch Wolfe is to uncover his weakness — one that must have its roots in Wolfe’s upbringing. The writing is tight and vivid, the characters are convincingly portrayed and the action is non-stop.

Bruce DeSilva, AP

**TTUNES**

**COLDPLAY DO A 180-DEGREE TURN FROM ARENA POP-ROCK**



Coldplay, “Everyday Life” (Parlophone/Atlantic)

At the end of a year that saw musicians like Niall Horan and Ed Sheeran gingerly dip their toes into other languages, Coldplay have responded: Hold my European beer. Their new album, “Everyday Life,” is so utterly embracing of the world that it has words spoken or sung in Arabic, Spanish, Zulu and Igbo, and even a French verse sung by lead singer Chris Martin. It’s a fluid and experimental 53-minute double album, divided into two halves, Sunrise and Sunset. If on 2015’s “A Head Full of Dreams,” the band sampled the likes of Barack Obama and a Rumi poem, now they’re doubling down. “Everyday Life” is bursting with idiosyncratic references, ranging from the film “E.T. the Extra-Terrestrial” to a Bob Dylan lyric, a novel by Khaled Hosseini, audio of a bullying traffic stop by a cop in Philadelphia, an elegy to Africa, samples from Nigerian composer Harcourt Whyte and jazz legend Alice Coltrane, the South African activist song “Jikelele” and an exuberant tune about Syrian refugees (“Orphans,” which features a credit for Martin’s teenage son, Moses). “Orphans” is really the only traditional-sounding Coldplay song. The others are often subdued, instrumental or undercooked. “I haven’t finished this one yet” say the liner notes on the stripped-down and fragmentary “WOTW/POTP.” It’s an astonishing, unsafe step from a band who could have just kept giving us “Something Like This.” There are ambient sounds and snippets from films, including the documentaries “Everything Is Incredible” and “Fela Kuti: Music is the Weapon.” The band even seems to reference themselves (“Boom bo-boom boom” from “X Marks the Spot.”) Sometimes it feels less than an album and more like a multimedia project. Fans will find that, sonically, the band has stepped off the dance floor. The new music is less bombastic and more intimate. “Old Friends” is a mournful ode to loss, while “Daddy” is sung from the heartbreaking perspective of an abandoned child. “Daddy are you OK?/Look dad we got the same hair.” There’s even spots of gospel and funk-jazz.

Mark Kennedy, AP

## NEWS OF THE WORLD

Kathy Gannon, AP

# Sold to China as a bride, she came home on brink of death

CONTINUED FROM FRONT PAGE

A list attained by the AP documented 629 Pakistani girls and women sold to China as brides in 2018 and up to early 2019. The list was compiled by Pakistani investigators working to break up the trafficking networks. But officials close to the investigation and activists working to rescue the women say that government officials, fearful of hurting Pakistan's lucrative ties to Beijing, have stifled the investigations.

"These poor people have given their daughters for money, and (in China) they do whatever they want to do with them. No one is there to see what happens to the girls," said Samiya's cousin, Masih. "This is the height of cruelty. We are poor people."

David's death, at the age of 37, shows the extremes of the cruelties trafficked women face. Other women have described being cut off without support, abused physically and mentally. Previously, the AP spoke to seven girls who were raped repeatedly when forced into prostitution. Activists say they have received reports of at least one trafficked bride killed in China but have been unable to confirm.

David now lies buried in an unmarked grave in a small Christian graveyard overgrown with weeds near her ancestral village of Mazaikewale in Pakistan's eastern Punjab province.

Before her marriage, she lived in a cramped two-room house with her brother Saber and her widowed mother in Francisabad Colony, a congested Christian neighborhood of small cement and brick houses in a warren of narrow streets in the Punjab city of Gujranwala. Christians are among the poorest in Pakistan, a mostly Muslim nation of 220 million people. At the urging of a local pastor, her brother took money from brokers to force her into marriage with a Chinese man. The pastor has since been arrested on suspicion of working with traffickers. A few months after their marriage in late 2018, David and her husband left to China. "When she left for China she was healthy. She looked good and strong," said Masih.

Her husband was from a relatively poor, rural part of eastern Shandong province that has long struggled with lawlessness. The conservative culture in such areas strongly favors male offspring, which under China's strict population control policies meant that a great deal of little girls were never born, hence the demand for trafficked foreign wives. Overall, China has about 34 million more men than women.

After two months, her brother got a phone call telling him to pick his sister up at the airport in Lahore. He found David in a wheelchair, too weak to walk.



Pervez Masih (above, right), cousin of Samiya David, visits her grave in Mazaikewale, Pakistan, and (top right) Samia Yousaf, a survivor of human trafficking

The AP met David in late April. Living again in the house in Francisabad Colony, she showed her wedding photos, taken six months earlier. In one, she was dressed in a white gown, smiling, looking robust, with long, flowing black hair.

David barely resembled the woman in the picture. Her cheeks were sunken, complexion sallow, her tiny frame emaciated and frail. She seemed confused, her speech incoherent. When asked about her wedding or time in China, she lost focus — her words wandering — and at one point suddenly stood to make tea, mumbling about the sugar. She paced, repeating, "I am ok. I am ok." When asked why she looked so different in the wedding photos, she stared vacantly into space, finally saying, "There is nothing wrong with me."

"She has the evil eye," said her brother, who was present at the interview.

She died a few days later, on May 1. Dr. Meet Khan Tareen treated Samiya on her one visit to his clinic in Lahore. "She was very malnourished and very weak," with anemia and jaundice, he said in an interview. Preliminary tests suggested several possible

ailments, including organ failure, and he said he told her brother she needed to be hospitalized. "She was so malnourished . . . a very, very, very low weight," he said.

Her death certificate listed cause of death as "natural." Her brother has refused to talk to the police about his sister. When contacted by the AP in November, he said there was no autopsy and that he had lost her marriage documents, copies of her husband's passport and the pictures David had showed the AP.

David's cousin said the family is hiding the truth because they sold her as a bride. "They have taken money. That is why they are hiding everything," said Masih, who is a member of the town's Union Council, which registers marriages and deaths.

Breaking a family's silence is difficult, said a senior government official familiar with the investigations into the sale of brides. "They might sell their daughters, and even if they discover that the marriage was bad or she is suffering, they would rather ignore it than lose face in front of friends and family," he said on condition of anonymity be-

cause he is not authorized to speak to the media.

The trafficking networks are operated by Pakistani and Chinese brokers who cruise Christian areas willing to sell daughters and sisters. They are known to pay off pastors, particularly at small, evangelical churches, to encourage their flock to do so.

Christian activist Salim Iqbal, who was among the first to sound the alarm last November about bride trafficking, is in touch with a number of Pakistani women in China via groups on the messaging app We Chat. He said one girl recently told him her husband doesn't give her food or medicine.

Another woman, Samia Yousaf, who was 24 when she was forced into marriage, told the AP of the abuses she suffered in China.

She and her husband went there after she became pregnant. When she arrived, nothing was as her husband had promised. He wasn't well off. They lived in one room on the edge of a field, infested with spiders.

She gave birth by cesarean section. Her husband's sister refused to let her hold her son after the birth and controlled when and for how long

she could see the child during her six days in the hospital. "I started screaming at her one time when she took my baby," Yousaf recalled.

Her husband refused to let her breastfeed her son until doctors implored him to allow her to, she said. Unable to walk without assistance, the doctors asked her husband to take her for a walk and he repeatedly let her fall, refusing to help her back up.

After she left the hospital, abuses continued. Her husband denied her food. "He was cruel. I thought he wanted to kill me," she said.

Three weeks later, authorities threatened her with jail because her visa had expired. Her husband had kept her passport. Frightened and unwell, she pleaded with him to let her and her son go home to Pakistan.

But he refused to let her take the baby. She discovered her name was not on her son's registration, only her husband's.

The last time she saw her son was in September 2017, just before her return.

"Every day I think of my baby," said Yousaf, who works as a nanny in Lahore. "I wonder what he looks like. My heart is always sad."

## HOW NOT TO RUIN THAT PRICY PIECE OF MEAT IN THE HOLIDAY MEAL

Nothing says “celebration” like a ridiculously expensive piece of meat. Well, that’s not really true, but this is the time of year for splurging, in dollars and eating.

And with apologies to all the vegetarians out there, few things are as impressive an anchor to a festive meal than an extravagant cut of meat. But boy, those prices can get up there, especially now that many consumers are trying to eat more responsibly by buying meat that is grass-fed, pasture-raised and ethically handled. A recent jaunt around some markets in New York City revealed 100% grass-fed, local beef Chateaubriand roast for \$59.99 per pound; pasture-raised, local Frenched rack of lamb for \$39.99 per pound; and, on the website of a price club, an A5 Kobe beef sirloin roast sells for \$2,000 for an 8-pound piece of meat.

Even if you’re buying a more traditionally produced piece of meat, you still might be paying \$29.99 per pound for a filet mignon beef roast or \$18 per pound for a standing rib roast.

So, you do NOT want to mess this up.

It can be nerve-wracking cooking a piece of meat on which you spent a small fortune.

Some tips from the experts:



### RESTAURANTS

#### CANTONESE



**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  
11:30 - 14:30 / 17:30 - 23:30



**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

**巴黎人**  
— BRASSERIE —  
法式餐廳

**BRASSERIE**  
Level 3, The Parisian Macao  
Monday - Sunday:  
11:00am - 11:00pm  
Tel: +853 8111 9200

#### GLOBAL

**CAFÉ BELA VISTA**  
Grand Lapa, Macau  
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: 18:00 - 22:30



**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

**COPA STEAKHOUSE**  
3/F, Sands Macao Hotel  
OPENING HOURS:  
Cocktails: 4:30 pm - 12:00 am  
Dinner: 5:30 pm - 11:00 pm  
Tel: +853 8983 8222



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



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



**NORTH BY SQUARE EIGHT**  
11am - 1am  
T: 8802 2388  
Level 1, MGM MACAU

## THE COOKING METHOD

For expensive, large cuts of meat, roasting is usually the answer. The dry heat method caramelizes the exterior and allows for even cooking throughout.

"We use classic roasting techniques, i.e. no sous vide or other New Age methods," says Michael Lomonaco, who knows his way around pricey cuts of meat as chef and partner of Porter House Bar and Grill in New York.

Don't complicate things during the holidays, he adds; he opts for a timeless prime rib. Fat is your friend when it comes to splurgey cuts of meat. That's why Antimo DiMeo, executive chef of Bardea Food and Drink in Wilmington, Delaware, also likes prime rib for the holidays.

"It provides a lot of great fat marbling that responds well to slow roasting," he says. Lomonaco suggests placing the roast fat side up so the fat bastes the meat as it cooks. Pick a cut with a generous amount of fat, and ask your butcher to help you pick the choicest one.

That way the outside won't cook too quickly while the inside is still losing its chill.

## COOKING TEMPERATURE

Some people sear the meat first, some cook it slow and steady, some switch from high to low heat during roasting. Find a recipe from a reliable source and follow it precisely. And make sure the oven is fully preheated before you put the meat in.

Two important points: First, use a meat thermometer. It's really the only way to make sure you're removing your meat from the oven at exactly the right moment.

Insert the internal thermometer into the meat's thickest point, making sure it's not touching any bone. There are a variety of internal thermometers available, from ones you can check remotely to instant-read versions. Second, allow for carryover cooking. Almost all foods continue to cook after they have been removed from direct heat, and the internal temperature will continue to rise. If you want your roast, whether beef or lamb, to be rare or medium rare, which would be an internal temperature of 125 to 130 degrees F, then take it out of the oven when the internal temperature reaches 120 degrees F. This is also true for other cuts such as steaks and rack of lamb.

Lomonaco like to roast his prime rib at 350 degrees F. DiMeo sears his first in a very hot (500 degrees

F) oven to give it a nicely browned crust, and then lowers the heat to 350 and cooks it low and slow for 2 to 3 hours (depending on size), basting often to keep it moist and tender. Both chefs pull the meat from the oven when its internal temperature reaches 120 degrees F.

## LET THE MEAT REST BEFORE CUTTING

There are two reasons to let the meat sit after cooking. First, for carryover cooking. Second, because the fibers of the protein change while the meat is cooking, and need to relax post-cooking in order to reabsorb the juices. If you've ever cut open a leg of lamb or a steak to see perfectly rosy meat and lovely juices, only to have the meat turn tough and grayer a bit later, that's because you cut into it too early. The juices ran out of the meat onto the cutting board. So be patient. For a prime rib, for example, Lomonaco says it's crucial to let it rest for 30 minutes before carving. Smaller cuts of meat don't need to sit as long — maybe 10 minutes for a 1 1/2-inch-thick steak. Legs of lamb should also sit for 20 to 30 minutes.

So, while paying for the holiday table's meat might make you gasp, you should breathe easily when serving it up, perfectly cooked, to admiring family and friends.

AP PHOTO



## SOME RECIPES FOR THOSE SHOWY CUTS OF MEAT

- Standing Rib Roast/Prime Rib
- Lemon-Garlic Semi-Boneless Leg of Lamb
- Orange Thyme Rack of Lamb Chops
- Filet Mignon with Roasted Brussels Sprouts and Lemon-Herb Mayo
- Marinated Petit Filets



南苑  
SOUTH  
by SQUARE EIGHT

**SOUTH BY SQUARE EIGHT**  
24hrs  
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



**FW RIO GRILL & SEAFOOD MARKET**  
Tel: (853) 8799 6338  
Email: riogrill\_and\_seafoodmarket@fishermanswharf.com.mo  
Location: Cape Town, Macau Fisherman's Wharf

## 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



**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**  
THAI RESTAURANT

**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**

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

**THE BAR AT THE COUNTDOWN**  
Level 1, The Countdown Hotel  
Opening Hours  
Sun to Thu:  
11:00 - 23:00  
Fri & Sat:  
11:00 - 24:00

## THE ST. REGIS BAR

Level One, The St. Regis Macao  
Cuisine: Light Fare  
Atmosphere: Multi-Concept Bar  
Setting: Refined, Inviting  
Serving Style: Bar Menu  
Dress Code: Casual  
Hours: 12:00 PM - 1:00 AM;  
Afternoon Tea: 2:00PM - 5:30 PM  
Phone: +853 8113 3700  
Email: stregisbar.macao@stregis.com



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

**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

**WHAT'S ON**

**TODAY  
(DEC 13)**  
WINTER  
WONDERLAND

Sands Resorts Macau is welcoming the Christmas festive season with a wide range of activities, including a 14.6-metre-tall Christmas tree and a Christmas train featuring Santa and his grotto welcoming visitors at the Venetian Macau's lagoon area.



Imagines paying tribute to the 20th anniversary of the establishment of the Macau Special Administrative Region are being projected onto the resort's 3,995-square-metre façade. Guests can also send Christmas greetings from a 'Venice Post' display next to the lagoon. Meanwhile at Parisian Macau, the centrepiece is an inverted 15.2-metre-tall Christmas tree at the rotunda lobby, along with the 3D light and sound show called La Magie De Noël, projecting festive images on the ceiling.

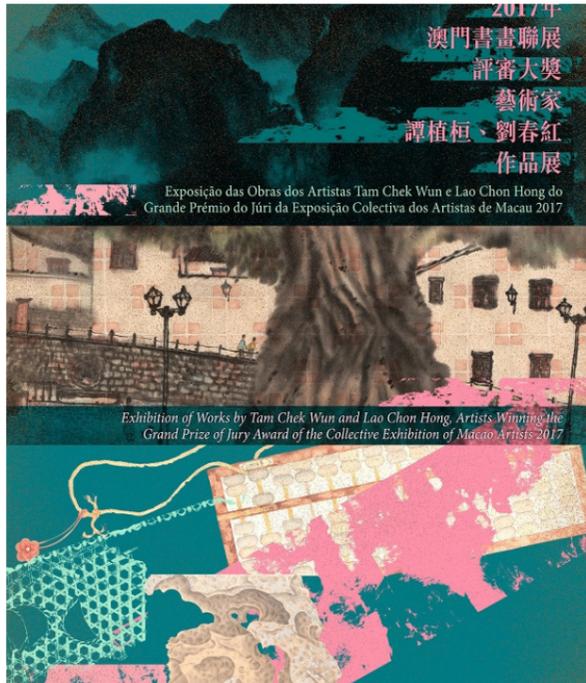
**EIFFEL TOWER'S GRAND ILLUMINATION SHOW CHRISTMAS EDITION**  
TIME: 6:15pm to 12am  
VENUE: Parisian Macau

**ANIMATED SHOW**  
TIME: Every 30 minutes, from 6:30pm to 10:30pm  
Venue: Façade of Venetian Macau  
Until: January 2, 2020  
Admission: Free  
Organizer: Sands Resorts Macau  
Enquiries: (853) 8118 3640  
Email: inquiries@venetian.com.mo  
sandsresortsmacao.com



**RETURN OF AROMAS – WINTER FLOWER SHOW 2019**  
The tulip is the star of this year's Winter Flower Exhibition, which is themed "Return of Aromas". During the exhibition period, an abundance of tulips is being displayed in Macau's main parks and gardens. The main location, near the Taipa Houses, will also host a floral art exhibition, competitions, workshops, lectures and cultural performances.

**EXHIBITION**  
TIME: 7pm to 10pm  
UNTIL: January 5, 2020  
**WORKSHOPS**  
TIME: 2:30pm to 5:30pm (Dec 14, 15, 20, 21, 22, 24 and 25)  
ADMISSION: Registration on-site  
**CULTURAL AND RECREATIONAL PERFORMANCES**  
TIME: 3pm to 5:30pm (Dec 14, 15, 20, 21, 22, 24, 25 and 28)  
ADMISSION: Registration on-site  
VENUE: Avenida da Praia, near the Taipa Houses  
ADMISSION: Free admission to all events  
ORGANIZER: Municipal Affairs Bureau  
ENQUIRIES: (853) 2833 7676  
EMAIL: depn@iam.gov.mo  
NATURE.IAM.GOV.MO



**TOMORROW (DEC 14)**  
EXHIBITION OF WORKS BY TAM CHEK WUN AND LAO CHON HONG, ARTISTS WINNING THE GRAND PRIZE OF THE JURY AWARD OF THE COLLECTIVE EXHIBITION OF MACAU ARTISTS 2017  
The exhibition features a total of 36 pieces (sets) of paintings, including the artists' winning works in 2017 and their new creations in 2019. In the 18 pieces (sets) by Tam Chek Wun, the artist unfolds the imposing presence of precipitous mountains with his consummate command of ink, while depicting the relaxing ambience of Macau as a small city. The other 18 pieces (sets) by Lao Chon Hong, inspired by the hexagrams from the Book of Changes, ingeniously invite viewers to contemplate life and its meaning.  
TIME: 10am to 7pm (Closed on MONDAYS)  
UNTIL: March 1, 2020  
VENUE: Exhibitions Gallery and the NOSTALGIC House of the Taipa Houses  
ADMISSION: Free  
ORGANISERS: Cultural Affairs Bureau  
KONG SENG TICKETING SERVICE: 8988 4000  
www.gov.mo



**SUNDAY (DEC 15)**  
ROOSTER, TIGER, SHEEP BY SNAKE  
MGM Cotai has a new Artist Residence concept by inviting young photographer Cai Wen-You to hold her debut exhibition "Rooster, Tiger, Sheep by Snake," a reference to the Chinese zodiac. Her 176 photos, taken between 2006 and 2018 – and spanning subjects drawn from more than 30 countries and regions – unveil the artist's life as well as the emotional and cultural connection between generations. There is also a "Special Special Pop-up Store", allowing visitors and residents to interact with Wen-You's art.  
TIME: 11am-8pm  
UNTIL: February 9, 2019  
VENUE: Shop 100 and 107, Emerald LOBBY, MGM Cotai  
ADMISSION: Free  
ORGANIZER: MGM China  
ENQUIRIES: (853) 8806 8888  
EMAIL: hotelenquiry@mgm.mo  
WWW.MGM.MO



**MONDAY (DEC 16)**  
MOVE! INTO THE WILDLIFE

«MOVE! into the wildlife» takes a unique approach, inviting you to get to know the lives, become one of them, and get a personal grasp of the stories behind them. There are total five designed area for you to experience the exhibition: «Small Garden», «Wonder Jungle», «Survival Ocean», «Miracle Savanna» and «Gear Center», you can «becoming» different creatures, emulating their traits and skills and seeing the world through their eyes in different designed area.

Let's experience life as a creature, you will find out how fun it can be to live together with other living creatures on the earth.

TIME: 12pm to 8pm  
UNTIL: February 9, 2020  
VENUE: 2/F, Broadway Macau  
ADMISSION: MOP120  
ORGANISERS: China Travel Service (Macau) LTD  
KONG SENG TICKETING SERVICE: 2855 5555  
WWW.MACAUTICKET.COM



**TUESDAY (DEC 17)**  
ALL-MACAU MIDDLE SCHOOL STUDENTS' 3D ART CREATION COMPETITION EXHIBITION 2019

The 15th edition of the All-Macau Middle School Students' 3D Art Creation Competition, organized by the Macau Sculpture Association, received 103 group entries. The association says the overall high level of this year's works reflects the great interest of local art students in 3D art, and local schools' effective promotion of it. The seven works best-received by the judges are now on display at local art venue 10 Fantasia.

TIME: 11am to 6pm (Closed on Mondays)  
UNTIL: December 29, 2019  
VENUE: Room B02, 2/F, 10 Fantasia, Calçada de Igreja de S. Lazaro 10  
ADMISSION: Free  
ORGANISER: Macau Sculpture Association  
ENQUIRIES: (853) 2835 4582  
FACEBOOK: cipa.slcd



**WEDNESDAY (DEC 18)**  
XIAN XINGHAI MEMORIAL MUSEUM

A total of 36 pieces/ sets of the Xina's manuscripts and belongings from the collection of the Library of Chinese National Academy of Arts will be showcased in the Xian Xinghai Memorial Museum for three months, ranging from his identity document, manuscripts, violin, diary, letters, fountain pen and a concert suit jacket. Highlights of the exhibition include Xian Xinghai's French identity document which indicated his birthplace and parents' names; two authentic manuscripts of the Yellow River Cantata: one written in Yan'an in 1939 and the other revised in Moscow in 1941; the violin he used in his performances; and his compositional notes between 1940 and 1945. Through displaying the exhibits, the Memorial Museum hopes to deepen the public's understanding of the musician's life. And 20 pieces from the collection of the Memorial Museum about Xian Xinghai will also be displayed in the Museum.

TIME: 10am to 6pm daily (Closed on Tuesdays)  
VENUE: No. 151-153, Rua de Francisco Xavier Pereira  
ADMISSION: Free  
ORGANISER: Cultural Affairs Bureau  
ENQUIRIES: (853) 2845 0062  
WWW.ICM.GOV.MO



**THURSDAY (DEC 19)**  
THE LONG JOURNEY: THE FORBIDDEN CITY AND MARITIME SILK ROAD

After a collaboration spanning two decades, the Macau Museum of Art and the Palace Museum in Beijing are putting together their largest-ever joint exhibition – The Long Journey: The Forbidden City and Maritime Silk Road. The showcase divides the Museum's 4th-floor gallery into three sections: Crossing the Oceans; Bringing Western Influence to the East; and Eclecticism. The exhibition features nearly 160 cultural relics from the collection of the Palace Museum, including porcelains, scientific instruments, timepieces, daily-use items, enamelled pieces, calligraphic works, and paintings and textiles related to the Maritime Silk Road. The 2nd-floor gallery hosts "A Panorama of Rivers and Mountains 3.0," described as a digital interactive interpretation of one of the top-10 Chinese paintings as measured by popular opinion.

TIME: 10am-7pm (no admittance after 6:30pm, closed on Mondays)  
UNTIL: March 15, 2020  
VENUE: Macau Museum of Art  
ADMISSION: Free admission  
ORGANIZERS: Cultural Affairs Bureau; MACAU Museum of Art; Palace Museum  
ENQUIRIES: (853) 8791 9814  
WWW.MAM.GOV.MO

# Sands WEEKEND



**MIND HACKER IN MACAO**

8pm, 14 December 2019 - 12 January 2020  
The Parisian Theatre, The Parisian Macao

Tonny Jan, the greatest mentalist in Asia, has successfully challenged and manipulated many highly respected personalities on TV shows. He uses psychology, micro-emotions and hypnosis, even looking at a volunteer's breath, pulse and eye movements. Or does he simply read your mind? Don't miss the "Mind Hacker in Macao", to teach you how to be invincible in psychological confrontation! The audience will also have a chance to come on stage and compete with Tonny Jan, challenge for millions of gold prizes!

Tickets: From MOP280  
Dark Dates: 16 - 18, 23 & 30 December 2019 | 6 - 10 January 2020  
Reservations: +853 2882 8818 or cotaiticketing.com

\*Show is for those 6 years and above.



**A CELEBRATION OF PORTUGUESE FARE WITH MICHELIN STAR CHEF AT CHIADO**

17 December - 21 December 2019  
Shop 2206, Level 2, Sands Cotai Central

Celebrity Chef Henrique Sá Pessoa invites you to Chiado for an exquisite six-course degustation menu from his 2-star Michelin restaurant in Lisbon, Portugal. Make a reservation today for a dining experience unlike any others.

Price: From MOP688\* per person  
Reservations: +853 8113 8988 or chiado.reservation@sands.com.mo

\*Subject to 10% service charge.



**TALES OF AWADH AT THE GOLDEN PEACOCK**

Until 20 December 2019  
Shop 1037, Level 1, The Venetian Macao

Our Michelin-starred Indian restaurant The Golden Peacock has introduced a special menu based on the cuisine from the city of Lucknow. Strongly influenced by the cooking styles of the Middle East and Central Asia, Lucknow became a famous culinary centre during the Mughal Dynasty. Tales of Awadh celebrates this powerfully aromatic cuisine with a range of slow-cooked curries, kebabs and spice infused classical dishes from the city.

Time: 6pm - 11pm  
Reservations: +853 8118 9696 or goldenpeacock.reservation@sands.com.mo

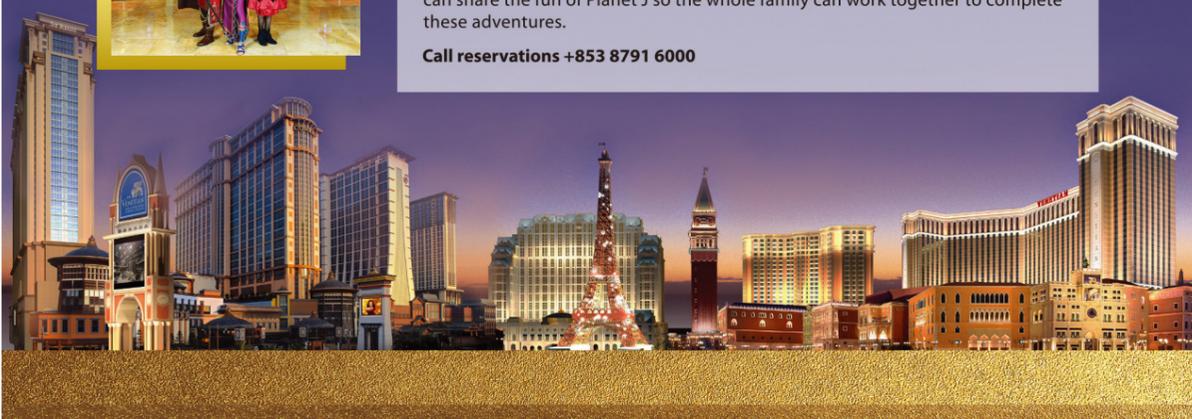


**PLANET J - A UNIVERSE APART**

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.

Call reservations +853 8791 6000



澳門金沙度假區  
**Sands**  
RESORTS MACAO



# World of Wonder

EXPLORING THE REALMS OF HISTORY, SCIENCE, NATURE AND TECHNOLOGY



By Laurie Triefeldt

Cookies are a holiday tradition for many people. Just the smell of them baking in the oven can revive fond memories of celebrations past. Making cookies is a fun activity that often brings families together. They make great gifts, they're perfect for when holiday visitors call, and you can even decorate with them! So have some fun measuring, mixing, decorating and, of course, eating these homemade, tasty treats.

## Sugar cookies

These cookies are traditionally cut into holiday shapes with cookie cutters and decorated with icing and sugar sprinkles. Because there is raw egg in this recipe, you should not eat the dough before it is cooked. This recipe makes 4 dozen cookies.

### Ingredients

- 2 1/2 cups flour
- 1 cup white sugar
- 2 eggs
- 1/2 cup (1 stick) salted butter, softened
- 1 1/2 teaspoons baking powder
- 1 teaspoon vanilla extract

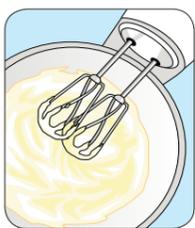
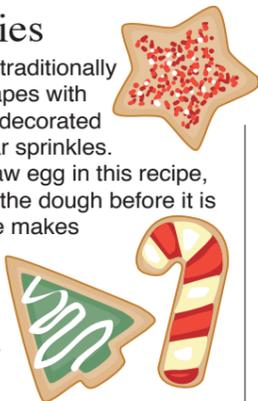
### Directions

In a large bowl, beat butter, sugar, vanilla and eggs with electric mixer on medium speed, until light and fluffy. Slowly stir in flour until blended.

Divide the dough into four sections. Cover and refrigerate dough for 2 to 4 hours.

When ready to bake, heat oven to 375°. Roll one section at a time to about 1/8 inch thick on a lightly floured surface. (Keep remaining dough refrigerated until ready to roll.)

Cut the rolled dough with assorted holiday cookie cutters. Place about 1 inch apart on nonstick or parchment-covered cookie sheet. Bake 7 to 10 minutes or until light brown. Immediately remove from cookie sheet to wire rack. Cool completely. Decorate!



## Royal icing

Royal icing is perfect for decorating sugar cookies and gingerbread men. It dries to a smooth, hard finish and takes color well. You can buy ready-made icing or follow the recipe below.

### Ingredients

- 1 box confectioners' sugar (1 pound)
- 5 tablespoons meringue powder or 2 large egg whites
- 1/2 cup water • food coloring (optional)

### Directions

In a large bowl, combine sugar and meringue powder or egg whites.

Add the water and beat with an electric mixer on medium speed for about 6 minutes. The icing is done when it is smooth and can hold a stiff peak on the surface for several seconds. Mix in more sugar for a thicker consistency.

Add a drop or two of food coloring if you wish.

The icing dries quickly, so keep it covered in plastic when not in use.

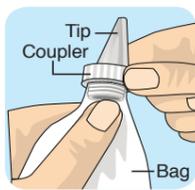
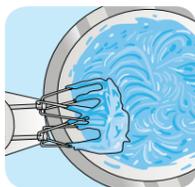
### Icing tips

You will need decorating bags, a coupler and icing tips. Fill the bag about halfway full with icing.

Fold and twist the bag closed. Squeeze the icing down into the bag, releasing any air.

To apply icing, gently squeeze the back end of bag with your palm and direct the tip with fingers. It gets easier with practice.

NOTE: Some people like to twist an elastic band on the end of the decorating bag to help keep the icing in.



## Gingerbread man

Various cookie-cutter shapes can be used to make this recipe for 18 to 24 cookies.

### Ingredients

- 3/4 cup packed dark brown sugar
- 1 stick soft butter • 1/2 teaspoon salt
- 2 large eggs • 1/4 cup molasses
- 3 3/4 cups all-purpose flour
- 2 teaspoons ground ginger
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg

### Directions

Combine sugar and butter, then blend with an electric mixer on low speed. Add eggs and molasses. Mix well.

In a second bowl, sift flour and stir in the ginger, baking soda, cinnamon, nutmeg and salt.

Gradually combine the dry flour mix to the butter mixture.

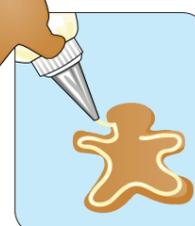
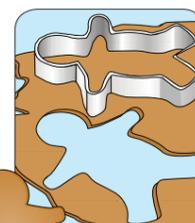
Wrap the dough in plastic wrap and refrigerate for about 1 hour.

Preheat the oven to 350°.

Allow the dough to soften at room temperature. Take about 1/2 cup of dough at a time and roll onto a floured surface to about 1/8 inch thick.

Cut gingerbread with cookie cutters. You can re-roll the scraps. Place cookies onto cookie sheets lined with parchment paper, about 1 inch apart.

Bake for 7 to 10 minutes, until just beginning to brown at the edges. Place on wire rack to cool before decorating.



## Cranberry Crisps

These nonbake, crispy rice treats are super easy to make, and you can add your own ingredients for that extra-special touch. This recipe makes about 48 small bars.

### Ingredients

- 1/4 cup butter or margarine
- 5 cups tiny marshmallows
- 1/4 teaspoon ground nutmeg or cinnamon
- 6 cups crispy rice cereal
- 1 cup white baking pieces (white chocolate chips)
- 1/4 cup dried cranberries
- 1/2 cup chopped pecans or walnuts (optional)

### Directions

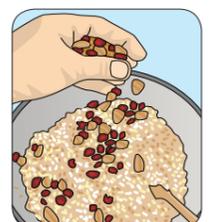
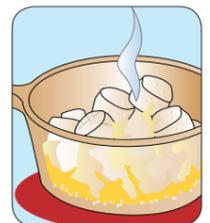
Lightly grease a 13-by-9-inch pan.

Slowly melt butter in large saucepan over low heat. Add marshmallows and nutmeg. Stir until melted and well-blended.

Remove from heat and add cereal, cranberries, white baking pieces and nuts, if desired. Stir until combined.

Scoop mixture into pan. Top with additional nuts, if desired. Use waxed paper or a spatula to press mixture flat.

Let stand for 1 hour, then cut into 2-by-2-inch squares.



SOURCES: World Book Encyclopedia, World Book Inc.; www.myrecipes.com; http://allrecipes.com; www.foodnetwork.com; Christmas Cookies, Better Homes and Gardens Special Interest Publications; www.wilton.com