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AP PHOTO



Taiwan A hospital fire yesterday in southern Taiwan killed nine people as Typhoon Krathon battered the island. The fire occurred in Pingtung County, and the victims died from smoke inhalation. Soldiers helped evacuate patients amid heavy rains as authorities investigate the fire's cause.

AP PHOTO



Vietnam Hanoi condemned China after its law enforcement personnel allegedly assaulted Vietnamese fishermen near the disputed Parcel Islands. The assault injured several fishermen, prompting Vietnam to demand an investigation and respect for its sovereignty in the South China Sea.

AP PHOTO



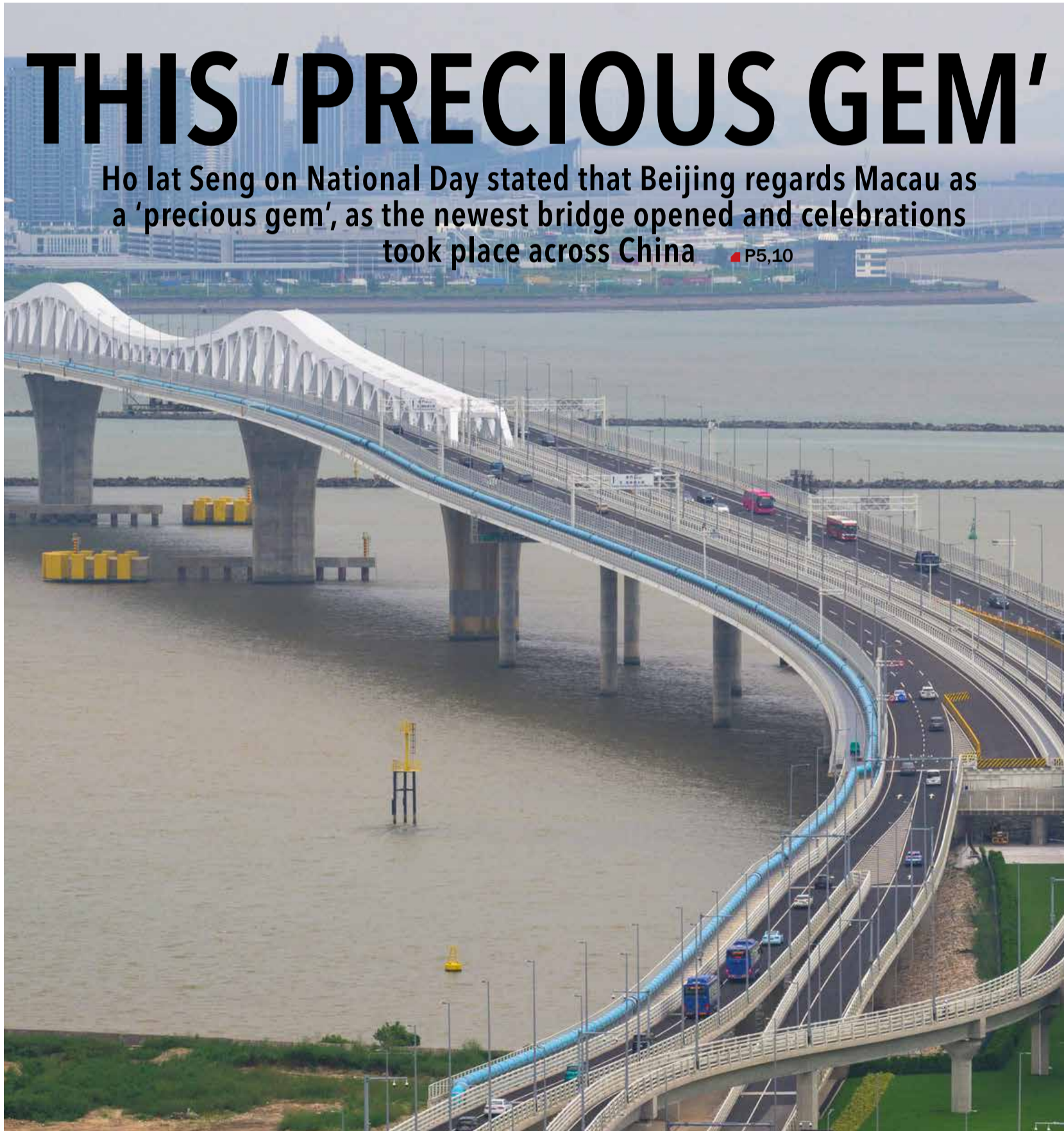
US-China Five Chinese nationals have been charged with covering up a visit to a military site in Michigan in 2023. They are accused of conspiring to delete photos and lying to investigators about their activities near Camp Grayling, where they were confronted by National Guard personnel.

AP PHOTO



Japan Newly elected Prime Minister Shigeru Ishiba received yesterday a "forward-looking" message from Chinese President Xi Jinping, calling for peaceful coexistence. Both nations hope to stabilize relations amid long-standing territorial disputes, though Japan remains concerned about China's military actions.

More on backpage



THIS 'PRECIOUS GEM'

Ho lat Seng on National Day stated that Beijing regards Macau as a 'precious gem', as the newest bridge opened and celebrations took place across China

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GAMING INVESTORS SHOULD DOUBLE DOWN ON GAMING STOCKS: ANALYSTS

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CE ELECTION SAM HOU FAI CONNECTS WITH THE COMMUNITY IN WALKABOUT AROUND TOWN

P5

CTM'S CONCESSION SEES ANOTHER YEAR OF EXTENSION

The government has extended its public telecommunications service concession with Companhia de Telecomunicações de Macau S.A.R.L. (CTM) for another year, from Oct. 1, 2024, to Sept. 30, 2025. The announcement was made in a filing by CTM's parent company, CITIC Telecom International Holdings Limited, to the Hong Kong stock exchange. The extension aims to support CTM's development and service to Macau society. Since 1999, CTM has held exclusive rights to operate telecommunications systems in Macau. Although CTM's monopoly ended in 2011, it still manages local telecom assets under this concession, which was initially set to conclude in 2021.

SUSPECTED FALSE RAPE ACCUSATION LEADS TO INVESTIGATION

A 51-year-old mainland woman is suspected of falsely accusing a mainland man of rape. On Sept. 30, police received a report from public security about the alleged incident at a Cotai hotel room. Investigations revealed that the two individuals knew each other and had traveled to Macau together, sharing a hotel room. They were intimate on the day of the incident and the woman was not intoxicated. The man admitted to suggesting they spend the night together and borrowed MOP2,000 for expenses. After she demanded more money and gifts, he reported the crime, leading the police to suspect a financial dispute and false accusation.

GOV'T INCREASES AIRPORT EXPANSION LAND

In response to the airport expansion, the Macau SAR government has revised the airport land grant contract, increasing the total area to 3.25 million square meters. Originally, the Macau International Airport Co. Ltd. was granted a lease for 1.78 million square meters. Following the directives of the Secretary for Transport and Public Works, the contract adjustments include returning a 47-square-meter plot to public property and two plots totaling 15,000 square meters to national waters. Additionally, 26 reclamation plots covering 1.49 million square meters have been approved. The land lease has been extended for 10 years, expiring Dec. 13, 2035.

GOLDEN WEEK

MACAU SEES RECORD TOURIST ARRIVALS, SURPASSING PRE-PANDEMIC NUMBERS

LYNZY VALLES

MACAU has reached record highs in tourist arrivals during its Golden Week, with nearly 174,234 visitors recorded yesterday—the highest daily count for the National Day holiday according to official statistics.

Oct. 2, the second day of the holiday, saw the city welcome 166,100 inbound tourists. This marks a 20% increase from the previous day and surpasses the 162,100 visitors recorded on Oct. 5, 2019. This figure stands as the highest daily visitor total for the National Day holiday in official records.

Cheng Wai Tong, deputy director of the Macao Government Tourism Office (MGTO), has announced that the agency anticipates average daily visitor arrivals during the Golden Week holiday to



exceed 130,000, setting a new record for the National Day holiday.

Cheng's remarks followed the release of official statistics for the second day of the week-long holiday period.

This figure marks the se-

cond highest of the year, just shy of the 166,500 arrivals on Aug. 24.

This year, visitor numbers to Macau have already exceeded those recorded in 2019 during the same timeframe.

Cheng noted in an inter-

view that the initial days of the holiday have performed better than anticipated, suggesting that total visitor numbers for the week are likely to reach unprecedented levels.

"The hotel occupancy rate for the first two days was 94.6%, and we expect daily visitor arrivals to remain above 130,000," he stated. "The recovery of Macau's tourism industry has been robust, and we believe this positive trend will continue throughout the National Day holiday."

Government data shows that the top three single-day attendance records for past National Day holidays were all set in 2019: 162,100 Oct. 5; 161,600 Oct. 3; and 159,300 Oct. 2.

Macau welcomed over 3.65 million visitors in August, establishing a "new monthly record."

DR. ERWIN NEHER

MUST scholar honored with China's Friendship Award

A scholar from the Macau University of Science and Technology (MUST) was awarded the Friendship Award, the People's Republic of China's highest honor for "foreign experts who have made outstanding contributions to the country's economic and social progress."

Dr. Erwin Neher, a German biophysicist and Nobel Prize laureate, is the director of the Biophysics and Innovative Medicines Laboratory at MUST.

He is the first recipient from Macau and Hong Kong to receive the honor at the Great Hall of the People.



Dr. Neher has made significant contributions to biomedical science, earning an Honorary Doctor of Science from

MUST in 2016. Under his leadership, the Nobel Prize Laboratory promotes the application of technological advan-

cements in traditional Chinese medicine, supported by the Science and Technology Development Fund.

His team has achieved breakthroughs in clinical studies, ion channels, brain neuroscience, cancer research, and inflammatory diseases, with two members ranked among the top 2% of global scientists.

Beyond research, Dr. Neher is dedicated to science education, engaging with local secondary schools to inspire the next generation. He is also forging partnerships for research commercialization, notably with a Shandong seahorse breeding company and a Beijing reishi mushroom cultivation firm.

Dr. Neher's appointment as director of the Shenzhen Neher Neuroplasticity Laboratory in 2019 has further enhanced brain science research in the Greater Bay Area, according to a statement from the MUST.

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CENTALINE

Real estate market shows recovery signs in Q3

NADIA SHAW

THE real estate market appears cautiously optimistic, showing signs of recovery in the third quarter of 2024, according to recent reports from Centaline Macau.

During a press conference yesterday, industry experts discussed the current state of both residential and commercial properties in the region.

Stanley Poon, managing director at Centaline Macau, attributed the rebound in residential transactions to the government's decision to lift market restrictions in mid-April. The third quarter recorded 1,028 residential sales, marking a remarkable 90% increase compared to the first quarter. However, this surge is tempered by high-interest rates that have limited the effectiveness of these stimulus measures.

The realtor revealed that sales figures for July and August



showed, respectively, 356 and 200 transactions, with September expected to mirror August's performance at around 200 sales. Overall, the estimated transaction volume for Q3 stands at approximately 760 units, reflecting a 27% decline year-on-year.

Price adjustments have also been noted, primarily due to

discounts on new developments. The average price per square meter for residential properties is projected to be around MOP83,000, representing a 10% decrease from Q2.

Despite these challenges, optimism is beginning to return as such positive news emerges toward the end of Q3 and into Q4.

High-end developments like Tiffany House in Macau's ZAPE area have seen significant interest, generating over MOP30 billion in transactions shortly after launching new units. Additionally, Poon noted, "banks are actively supporting the market by offering favorable mortgage plans following recent interest rate cuts from the Federal Reserve."

In contrast, the commercial real estate sector faces more significant challenges. Roy Ho, senior director, provided insights into this segment, noting that only ten office transactions occurred in Q3—a staggering 75% drop from Q2. In the NAPE area, prices have fallen below MOP4,000 per square meter, down 30% from last year.

While overall vacancy rates showed slight improvements in some areas—ZAPE recorded a vacancy rate of 12.8%, while NAPE reported 12.4%—the factory building segment struggled with only six transactions recorded for Q3—a decline of 70%. Average prices dropped to MOP2,400 per square meter.

Despite these declines, Ho expressed optimism regarding a potential recovery in demand for commercial properties as interest rates decrease. He highlighted that areas near new government buildings could attract more buyers seeking quality industrial

spaces. "Looking ahead to Q4, there is anticipation for increased leasing activity and sales volume as buyers begin to re-enter the market amid favorable pricing conditions," Ho stated. "However, high inventory levels due to previous investor withdrawals indicate that recovery may take time."

Centaline's experts also noted that the depreciation of the Renminbi has led to an appreciation of the pataca (MOP) and other currencies, enhancing tourists' purchasing power in Macau. Ho noted that this increase is expected to positively impact local businesses.

Looking ahead to Q4, Centaline anticipates a resurgence in large-scale property transactions as major property owners seek to adjust their asset-liability ratios before year-end. This marks a potential turning point for a market that has faced significant challenges throughout much of 2024.

While the residential market shows signs of recovery and increased buyer confidence, the commercial sector continues to navigate hurdles as it seeks stability amidst fluctuating demand and pricing pressures. "Stakeholders remain hopeful that concerted efforts will lead to a healthier and more stable real estate market in the coming months," said Poon.

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GAMING

SEPTEMBER GGR HITS YEARLY LOW

NADIA SHAW

CASINOS faced a significant downturn in September, with gross gaming revenue (GGR) dropping 12.7% from the previous month to MOP17.25 million (approx. US\$2.16 million). This figure represents the lowest monthly total recorded for the year, according to the Gaming Inspection and Coordination Bureau (DICJ). The decline follows August's revenue of MOP19.75 million (\$2.47 million).

Despite this monthly setback, GGR showed a year-on-year increase of 15.5% compared to September 2023, when revenues were MOP14.94 million.

The reporting remained lower than the previous month because September, marked by children returning to school and the potential for typhoons and heavy rains, is traditionally a slow period for Macau.

Analysts attribute the recent decline primarily to disruptions caused by Typhoon Yagi, which impacted tourism and non-gaming services in



early September. This storm coincided with a traditionally slower month for gaming revenue, as many visitors postponed their trips until the National Day holidays began on Oct. 1.

Although the accumulated gross revenue for 2024 stands at MOP169.36 million, reflecting a robust 31.3% increase over the previous year.

Overall, the first nine months of 2024 have been promi-

sing, with GGR reaching MOP 169.36 million—a notable increase compared to last year. Citigroup reports that high-stakes players, often referred to as “whales,” have been wagering more than in previous

years, hinting at a potential market rebound.

JP Morgan analysts noted that while September's results were disappointing, they were not as dire as initially feared, indicating that expectations had been tempered.

Looking forward, Vitaly Umansky from Seaport Research Partners expressed optimism for October, predicting a strong performance during Golden Week with expected GGR of MOP 21.5 million (US\$2.68 million), representing a 10.3% increase year-on-year.

Meanwhile, China's recent stimulus package, featuring interest rate cuts and relaxed home buying restrictions, may not yield immediate benefits for Macau's revenue. However, Umansky suggests that it could bolster the mainland's economy in the medium term, ultimately leading to a quicker recovery for Macau.

In a notable market turnaround, shares of gaming operators have surged an average of 23.7% over the past week.

This sharp increase comes on the heels of China's announcement of its most comprehensive stimulus package since the beginning of the pandemic, according to a recent report from CBRE analysts.

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GAMING

CBRE: Investors should 'double down' on gaming stocks

VICTORIA CHAN

DESPITE a recent rally in Macau gaming stocks, research house CBRE Equity is recommending investors increase their holdings, saying valuations remain low.

In a move that could signal a resurgence in gaming industry, CBRE Equity Research is encouraging investors to “double down” on Macau gaming equities, despite a 23.7% average rally in share prices over the past week.

The sudden surge comes on the heels of a series of stimulus measures announced by the Chinese government, which CBRE's John DeCree has described as China's most aggressive since the pandemic.

According to DeCree, the stimulus measures, which include cutting short-term interest rates, reducing the amount of cash banks must hold, and increasing listed SOE share buybacks, have acted as a “green light” for investors in Macau. He noted that even with the recent rally, Macau

gaming equities have underperformed the S&P500 over the past year, and their valuations and forward estimates remain “undemanding,” suggesting more upside potential.

“Even after last week's rally, the average one-year forward EV/EBITDA multiple for Macau gaming equities is 9.2x, a two-turn discount to the group's 2019 average of 11.2x,” DeCree said. “Consensus estimates in aggregate imply 7.3% revenue growth for Macau in 2025, which could prove to be overly conservative if stimulus measures are successful.”

CBRE's top pick for Macau is Las Vegas Sands, which has the largest hotel room inventory and retail footprint in the region and is therefore best positioned to capitalize on increased demand and visitation. Wynn Resorts is also highlighted as presenting good value. However, DeCree added that the new stimulus measures should “unlock technical and fundamental value across the entire Macau gaming group.”

NATIONAL DAY RECAP

Ho Iat Seng: China regards Macau as a 'precious gem'

LYNZY VALLES &
VICTORIA CHAN

MACAUI held a series of events to celebrate National Day, including a flag-raising ceremony, a government reception, the opening of the fourth sea-crossing bridge, and a fireworks show on Tuesday.

The flag-raising ceremony was held early in the morning at the Golden Lotus Square. Chief Executive Ho Iat Seng said that the country has always regarded Macau as a "precious gem" and has consistently provided it with strong support, maintaining the city's prosperity and stability and maximising its opportunities for development.

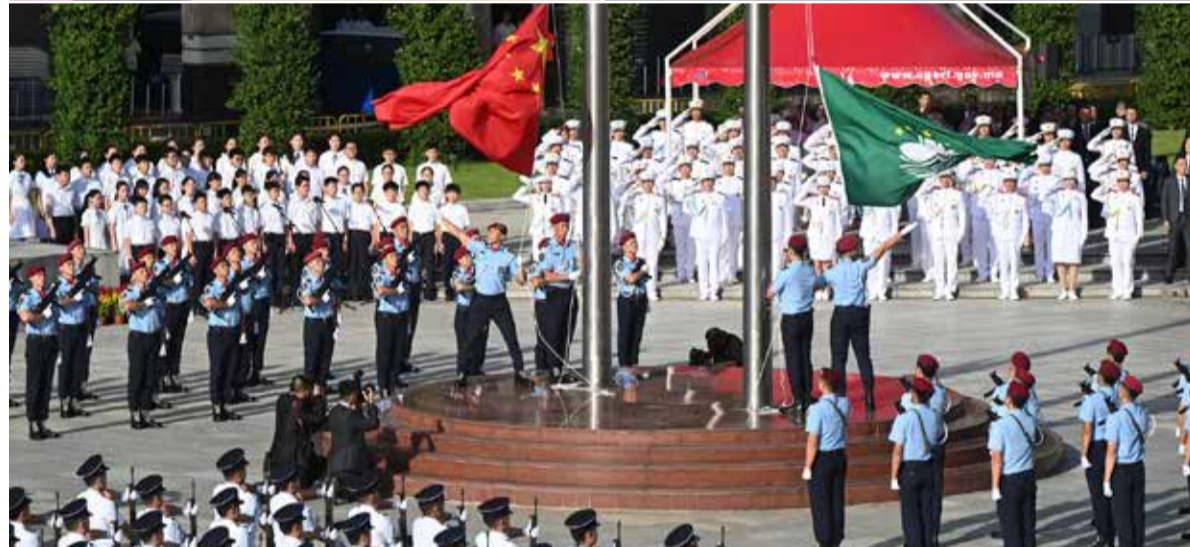
Ho made the remarks during a reception at the China-Portuguese-speaking Countries Commercial and Trade Service Platform Complex, which celebrated the 75th anniversary of the founding of the People's Republic of China.

The event was attended by approximately 1,300 guests.

Ho also mentioned that the government has firmly adopted a comprehensive approach to national security, paving the way for enhanced protection of the nation.

It has completed amendments to the Law on Safeguarding National Security and related legislative initiatives, thereby continuously "refining the organizational structure and enforcement mechanisms for maintaining national security."

The Chief Executive noted



that, over the past five years, the SAR government has steadfastly implemented the 'One country, two systems' principle whilst simultaneously preserving China's centralised jurisdiction over the city, as well as the mainland's sovereignty, security, and developmental interests.

Meanwhile, the city's economic landscape is displaying encouraging trends, according to Ho.

In the first half of this year, the territory's gross domestic pro-

duct (GDP) reached MOP204.3 billion, a significant milestone. The figure marks the first time since before the pandemic that Macau's GDP has exceeded MOP200 billion.

During the pandemic, the government used MOP160 billion from its financial reserves to address annual fiscal budget deficits.

As a result of these efforts, fiscal reserves have now climbed to approximately MOP602.7 billion, reflecting an increase of

MOP33.4 billion compared to the same period in 2019.

The overall unemployment rate has also seen a positive shift, dropping to 1.7% between June and August, with local resident unemployment at 2.3% — the lowest levels recorded since 2019.

Macau's fourth sea-crossing bridge, the Macau Bridge, officially opened to traffic on Tuesday, connecting the Macau Peninsula to Taipa.

At the inauguration cere-

mony, Ho said that the bridge would further support the city's efforts in becoming a world center of tourism and leisure, and that it would help to continuously improve the well-being of the Macau residents, promoting appropriate economic diversification within the city.

The new bridge, Macau's first eight-lane divided bridge, is approximately 3.1km long.

The water-spanning section is about 2.9km long and features two spans, each 280 meters across ship navigation channels.

The new bridge's main structure runs from Macau, on the eastern side of Zone A, across the Outer Harbor channel towards the Macau Channel, and lands on the Taipa side at New Urban Area E1. The infrastructure also includes a viaduct for connection to the future Taipa Grand Hill Tunnel.

Construction of the Macau Bridge commenced in March 2020.

The CE emphasized the bridge as a desired project to enhance the well-being of Macau's population and promote the city's sustainable development. He expressed gratitude to the mainland's Central Government for its support and assistance in the development of Macau, recalling the visit earlier this year by the director of the Hong Kong and Macau Affairs Office of the State Council, Xia Baolong.

The government is committed to improving infrastructure and urban development for an "ideal living and working environment," Ho stressed.

In the evening, Chinese and Italian companies staged a fireworks show as part of the 32nd Macau International Fireworks Display Contest.

The contest's organizer, 10 teams from across the world are scheduled to present 10 shows of fireworks from Sept. 14 to Oct. 6.

Sam Hou Fai connects with community in first walkabout as presumptive CE

NADIA SHAW

SAM Hou Fai, the sole chief executive candidate (CE) of Macau, embarked on his inaugural community walk yesterday in the Northern District, engaging with local residents and small-business owners in an area grappling with economic challenges.

During his visit, the 62-year-old former judge—who is the only can-

didate in the upcoming election to succeed incumbent leader Ho Iat Seng—stopped by the Iao Hon Estate and a nearby park and market complex. He shared lunch with local youths, emphasizing his commitment to understanding the community's needs.

"My aim in visiting the Northern District, which is the most densely populated area in Macau, is to experience the so-



cial environment there," Sam stated to the press. He highlighted the im-

portance of redevelopment plans for Iao Hon Estate, urging planners

to consider transportation, environmental factors, and support services comprehensively.

Residents expressed optimism about Sam's leadership but also voiced concerns regarding local living conditions. "I hope he will be more concerned about us, the residents, and especially elderly residents," said a market vendor. "Our living subsidies should be improved."

Sam noted a critical lack of recreational facilities and significant traffic congestion in the area. "There's not enough recreational

space overall for people to move around," he remarked. "This has to be considered when planning the layout of the district for the future."

As he prepares for his expected appointment as CE on Oct. 13 by Macau's 400-member Election Committee, Sam's outreach efforts aim to inform better policy planning that addresses everyday challenges faced by residents. His proactive approach may signal a new era of governance focused on community engagement and development.



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Celebration of
the 25th Anniversary
of the Macao Special
Administrative Region



Celebration of the 25th Anniversary of the Establishment of the Macao SAR

第十一屆

獅王爭霸



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Gold prices hit new high

VICTORIA CHAN

GOLD prices in Macau have soared to a new record high, reaching over MOP30,000 per tael earlier this week, as global bullion prices continue their upward trajectory, according to Lei Koi Ian, the president of the Macau Goldsmiths Guild.

Spot gold prices rose more than 1% globally earlier this week, driven by a combination of geopolitical tensions, US interest rate cuts, and other macroeconomic factors, Lei explained. He anticipates that prices will keep climbing amid the ongoing uncertainties.

While some buyers stated that the new high prices were still manageable given the current economic conditions, others noted a significant gap from the pandemic lows of nearly two years ago, when gold cost around MOP20,000 per tael. As one resident remarked in a TDM report, "For working families, it's become too expensive."



This shift in pricing has also led to a change in consumer behavior, with Lei observing a trend toward lighter jewelry choices that fit the same budget.

Customers are now prioritizing design over weight, opting for pieces that suit their constrained

spending power.

The surge in gold prices has also prompted some existing owners to cash in on their investments. Lei noted, "As there are many people who have previously invested in gold, they may try to sell and make a profit." Additionally, some speculators are attempt-

ing to capitalize on the price trend.

Despite the challenges, Lei assured that there were "still buying and selling activities" in Macau's gold market, though the "proportion of gold sales has increased" compared to periods of lower prices.

CRIME

Aggravated theft suspects arrested at HZMB border

VICTORIA CHAN

IN a suspected case of aggravated theft, two individuals were arrested at the Hong Kong-Zhuhai-Macau Bridge port Tuesday, according to a report from the Judiciary Police (PJ) yesterday. The robbery occurred Sept. 19 in a high-rise residential unit in the Areia Preta district, where an owner reported a missing sum of MOP32,000.

The first suspect is a 35-year-old wine merchant, while the second is a 36-year-old unemployed individual. Both hail from the mainland.

The incident took place after 6 p.m. Sept. 19, before the owner returned to his residence at approximately 2 a.m. the following day.

Upon returning, the



owner noticed the lock to the high-rise unit's door was loose but, ultimately, still intact. This observation was not seriously considered as cause for concern until the next morning, when the missing cash was discovered. The owner then reported the theft to the authorities.

After a thorough investigation, police identified four suspects who had entered the building and taken items from the owner's unit. The group met outside the building and left the premises on Sept. 20. Police found that the four suspects had visited a total of 10 different buildings on Avenida de Al-

meida Ribeiro, R. de Ponte e Horta, and R. da Praia do Manduco, but had failed to succeed in their theft attempts until they broke into the high-rise residential unit in Areia Preta and stole from the property.

They have refused to cooperate with the ongoing investigation.

ADVERTORIAL

GREAT TIMES

International Lion Dance Championship 2024 and Extension Activities Bring Lingnan Lion Dance Culture Alive in Barra

With the return of the "11th International Lion Dance Championship 2024 - MGM Cup", the Barra District is set to come alive this October. Beyond the riveting battles featuring over 20 lion dance troupes, visitors will be amused by a series of extension activities including workshops and performances that promise to immerse the public in the fascinating Lingnan lion dance culture.



From today to Oct 6, the Barra District will be filled with vibrant energies of street spectacle. "The Journey of Big Head Buddha" performance blending the big-head Buddha figure from traditional Southern lion dances with stilt walking acts. Skilled performers will interact with the audience and lead them on a journey through the Barra District, starting from the Barra Square in front of A-Ma Temple, all the way to the Open Area of Navy Yard No. 2.



At Navy Yard No. 2, art enthusiasts and families can unleash their creativity by enrolling in lion dance themed workshops. Create your unique pair of martial arts shoes at the "Ultimate Kung Fu Shoes DIY Workshop" and decorate the traditional musical instrument for lion dances with your favorite colors and patterns at the "Lion Dance Drum Painting Workshop". For event details, please visit mgm.mo.

DESIGN IN MENTAL HEALTH: BUILDING ENVIRONMEN

ANALYSIS
BY LEANDA LEE, MDT

MENTAL health reports have been a recurring theme in the press over recent months: There has been a rise in suicides among young people in Hong Kong (SCMP), and Macau's 2023 suicide rate is much higher than the global average (MDT). As a further indicator, Internet Gaming Disorder affects 14% of the gaming population in China and 12% in both Hong Kong and Macau (recently reported in the Asian Journal of Psychiatry). A problem common to all areas is that mental health professionals are in short supply and demand on the rise. Mind HK estimates that 1 in 7 Hongkongers will experience a mental health disorder during their life and only one quarter will seek professional help for it.

In battling mental health crises, local organisations and governments are working on awareness campaigns to reverse the traditional stigma and to encourage individuals to seek help and for families to offer support rather than hide behind any sense of shame. China Daily reported on Shanghai Mental Health Center producing special mooncakes to raise awareness about mental health over this last holiday.

A number of influential studies are available to advise on what individuals can do to live and age healthily. In association with National Geographic and with funding from the National

XINHUA



President Xi Jinping and other leaders have group photos taken with the recipients of national medals and national honorary titles of the People's Republic of China in Beijing, on Sept. 29,

Institute on Aging, Dan Buettner and a team of demographers studied census data and identified five areas where people are living longer known as the Blue Zones.

The major finding was that longevity occurred in these areas because the environment fostered a lifestyle of longevity. It did not take effort or will-power to live a healthy or happy life. Regular activity was nudged by gardening and walking, kneading bread, and using hand tools. Their positive outlook on life minimized stress through prayer, ancestor veneration, napping, and even happy hours with friends. Centenarians could articulate their sense of purpose: other studies have replicated the importance of purpose with a Canadian study

indicating people with a sense of purpose had a 15 percent lower risk of dying. The US National Institute of Aging found people with a sense of purpose were living up to 7 years longer. Reflective of this power of purpose a number of 80- and 90-year old citizens were awarded national medals and honorary titles by Xi Jinping last week in recognition of their contributions to improving the lives of others (and one would say vice versa).

Of critical importance in the Blue Zones is connection. Family came first and multi-generational living was common. This averted loneliness. We have evidence that loneliness can reduce longevity by about 8 years, supporting the UK's decision to have a Minister

for Loneliness! Social circles are also helpful to maintain healthy habits as we tend to be similar to the five closest people around us. The author John Steinbeck articulated this age-old knowledge for which science has now provided evidence: "A sad soul can kill you quicker, far quicker, than a germ."

Another body of knowledge offers a recipe for human success. Robert Waldinger and Marc Schulz' book The Good Life reports on findings from the 86-year Harvard Study of Adult Development. The research has followed 268 Harvard-educated men since 1938. A second cohort of 456 disadvantaged inner-city youths, who grew up in Boston neighborhoods in the early 1940s,

has been included. There is now a Generation 2 study of 1,500 of their offspring.

Echoing the findings from The Blue Zones, the Harvard research found that those who reported being lonelier were more likely to experience mental health problems, to engage in risky physical health behaviours, and to use more negative strategies to cope with stress.

This impressive body of research recommends we modify our typical pursuits of money, achievement and status. Rather than main aspirations, they can be used as resources to help us achieve purpose. Money can allow us to acquire important things we need for well-being like good food, healthcare, secu-

TRAVELOG
BY GRACE YU, MDT

A EUROPEAN ESCAPE

Discover Huawei's European Town in Dongguan

THE urban charm of Europe, now just a stone's throw away from the bustling metropolises of the Greater Bay Area. I've discovered a slice of European whimsy in Dongguan city, the Huawei Ox Horn Campus, where the architectural grandeur of the old world meets the technological prowess of the new.

Imagine this: I'm strolling through the Oxford-like neighbourhood, with its grey slate roofs and grand reading halls. Then, after a 20-minute walk, I find myself in the Parisian sector, where ornate buildings and wide boulevards make for a truly Left Bank experience. It's a moment when I forget I'm in the leafy Songshan Lake area of Dongguan, not Oxford or Paris.

But it's not just the architecture that captivates me.

This is Huawei, after all. The tech giant has created a living, breathing smart area. I hop on the electric trams that connect the various districts, and there's a fleet of red vintage trains that add to the charm.

Now, let's add a dash of history. the Huawei Ox Horn Campus is more than just a pretty face; it's a reflection of the company's global aspirations.

Designed to be a hub for innovation with a focus on research and development, the campus draws inspiration from some of Europe's most beautiful and historically significant locations. Completed in 2019 at a cost of \$1.5 billion, the campus is a 300-plus acre garden on

GRACE YU/MDT



Songshan Lake in the city of Dongguan, divided into 12 uniquely designed, European-inspired zones where

more than 20,000 Huawei employees can work, play and relax.

Whether you're an em-

ployee looking for a break from coding, or a visitor looking for a unique spot for your next selfie, Huawei's Ox

Horn Town has got you covered. The man-made lake is the perfect backdrop for a midday meditation session, and the faux European castles are sure to spark some serious creativity.

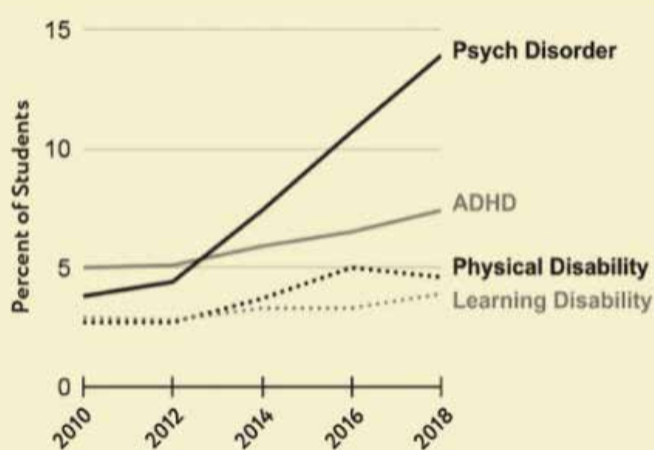
Speaking of food, it's best to manage your expectations. While the architecture may transport you to Europe, the cuisine may not be as authentic. I visited on a weekend and some restaurants were closed. Therefore the food adventure can be a hit or miss.

So, if you're in the neighborhood and have a Huawei contact (they're a bit secretive about who gets in), grab a tour: it's a trip through Europe, minus the airfare and jet lag.

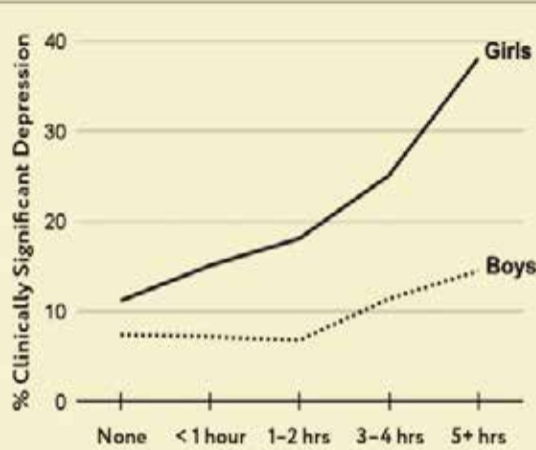
Don't forget your camera, though; the campus is a photographer's dream, with its picturesque landscapes and architecture.

ITS THAT SUPPORT WELL-BEING AND LONGEVITY

Self-Reported Disabilities, College Freshmen



Depression by Level of Social Media Use, U.K.



re housing; achievement leads us to goals that give us purpose, and status gives us the social respect that can be used to effect positive change for our community as exemplified by China's national awardees.

Both the above studies and broader science says good relationships keep us happier, healthier and help us live longer. The AIA Healthier Together Survey reports different ways that this is achieved. In China, asking people about their feelings to maintain quality relationships through meaningful conversations and in Hong Kong being physically active and having a hobby are important for feeling engaged in life.

Given this knowledge of the power of relationships and lifes-

style to prevent mental and physiological illness, it is validating to note that the 2016 Healthy China 2030 Blueprint includes a focus on prevention as part of the core principle of scientific development. Much of that knowledge is already embedded in traditional ways of living and in community wisdom.

When health outcomes start to place a burden on the health system as we are beginning to see across the GBA, much wellness potential can be achieved by encouraging communities to have confidence in using existing wisdom. Institutional frameworks then help people reach a long health span by building economic and other support infrastructure to ensure healthy lifes-

style choices become the default mode. It is not so much that people do not know, but that good choices are often not available, less convenient, not as socially desirable or are less affordable.

From healthy aging to the young, greater awareness is now available about the rise in mental health issues caused by social media use among adolescents. Hong Kong child and adolescent psychiatric patients have increased by 50% from 2011/12 to 2015/16 which accords with other global data.

Over-protected in the real world and under-protected in the virtual world, children are what is known as anti-fragile. They need to be tested and stressed to become resilient social

beings and to develop cognitive capacities through face-to-face social interaction. Smart phone technologies have become experience-blockers at the same time we have cocooned our children. A slew of books and documentaries have been published discussing the "great rewiring" such as *The Anxious Generation* (Jonathan Haidt), *Stolen Focus* (Johann Hari), and the upcoming Channel 4 documentary currently being produced in the UK, *Swiped: The School That Banned Smartphones*. Produced by Bold Print Studios, it will document a 3-week experiment with a group of 13-year-olds who will be giving up all of their modern technology. The University of York and the producers will be meticulously

monitoring the effects on their health, such as sleep, Heart Rate Variability, brain function, reaction times, and memory.

In this context, the 2021 Ministry of Education's banning of phones in mainland schools and Instagram's teen account setting are logical protective responses to the mental health concerns, cognitive impairment, loneliness (paradoxically) and social disfunction we have been observing the last decade and now scientifically verified. The criticism of Meta is that they did not go far enough and the burden still sits with the parents to control social media behaviour. Johann Hari recommends the community bands together in like-minded groups to support the parents who might otherwise fall to pressure to acquiesce to harmful levels of social media use.

We know that much can be done individually and in community to improve mental health and physical outcomes. However, critical to this is environmental conduciveness. When governments and leaders talk about policy direction, a useful question to ask is whether the economic system, which those policies influence, is an effective incentive system for businesses, governments and individuals to support communities: for there is nothing more important than healthy individuals, thriving communities and the maintenance and regeneration of a flourishing living planet.

*Contributing editor, scholar

Mainland investors' trend to allocate assets globally on rise

ON THE AGENDA

CHINESE investors are increasingly seeking to diversify their assets globally, attracting attention from policymakers and financial service providers. An HSBC survey found that 52% of mainland Chinese investors plan to increase their overseas investments, reflecting a rising trend in global asset allocation, the China Daily reported from Shanghai.

Freeman Tsang, head of intermediaries at Pictet Asset Management Asia (excluding Japan), confirmed this, noting surging demand for overseas investments. The Qualified Domestic Institutional Investors (QDII) and Qualified Domestic Limited Partners (QDLP) programs, which connect Chinese investors to global markets, have seen growing activity. China's lowered interest rates, with deposit rates slightly above 1%, have prompted investors to seek higher yields elsewhere,



Pedestrians walk past a cross-border financial advertising board in Hong Kong

driving cross-border wealth management and Mutual Recognition of Funds (MRF) activity.

The Cross-boundary Wealth Management Connect (WMC) Scheme in the Greater Bay Area, launched in 2021, has also expanded. In February, the threshold for retail investors was lowered, investment

products were broadened, and the investment ceiling was raised. By July 2023, capital flows through the WMC reached 83.5 billion yuan, a fourfold increase since February. The number of new individual investors surged 9.16-fold in one month, further highlighting the growing interest.

International banks have responded swiftly. HSBC offers over 100 funds under the southbound leg of the connect program, allowing mainland investors to access global markets. Standard Chartered and DBS have introduced hundreds of products, catering to this demand. Tsang emphasized

that the regulator wouldn't expand these programs without strong market demand.

The MRF, launched in 2015, allows Hong Kong-domiciled funds to be available to mainland investors and vice versa. Current regulations cap cross-border investment at 50%, but the China Securities Regulatory Commission proposed raising this limit to 80%. Though the revised regulations are pending, international institutions like Pictet are already positioning themselves for growth. With a local partner, Tianhong Asset Management, Pictet has tripled its sub-distributors in three months and plans to introduce more Hong Kong-domiciled products.

Pictet has strengthened its Hong Kong team and is set to launch an Asian US dollar bond fund, aiming to capitalize on the MRF's potential.

As global investment opportunities expand, financial service providers are gearing up to meet the growing demand from Chinese mainland investors. **MDT/CHINA DAILY**

China marks 75 years of Communist Party rule as economic challenges, security threats linger

CHINA is marking the 75th year of Communist Party rule as economic challenges and security threats linger over the massive state.

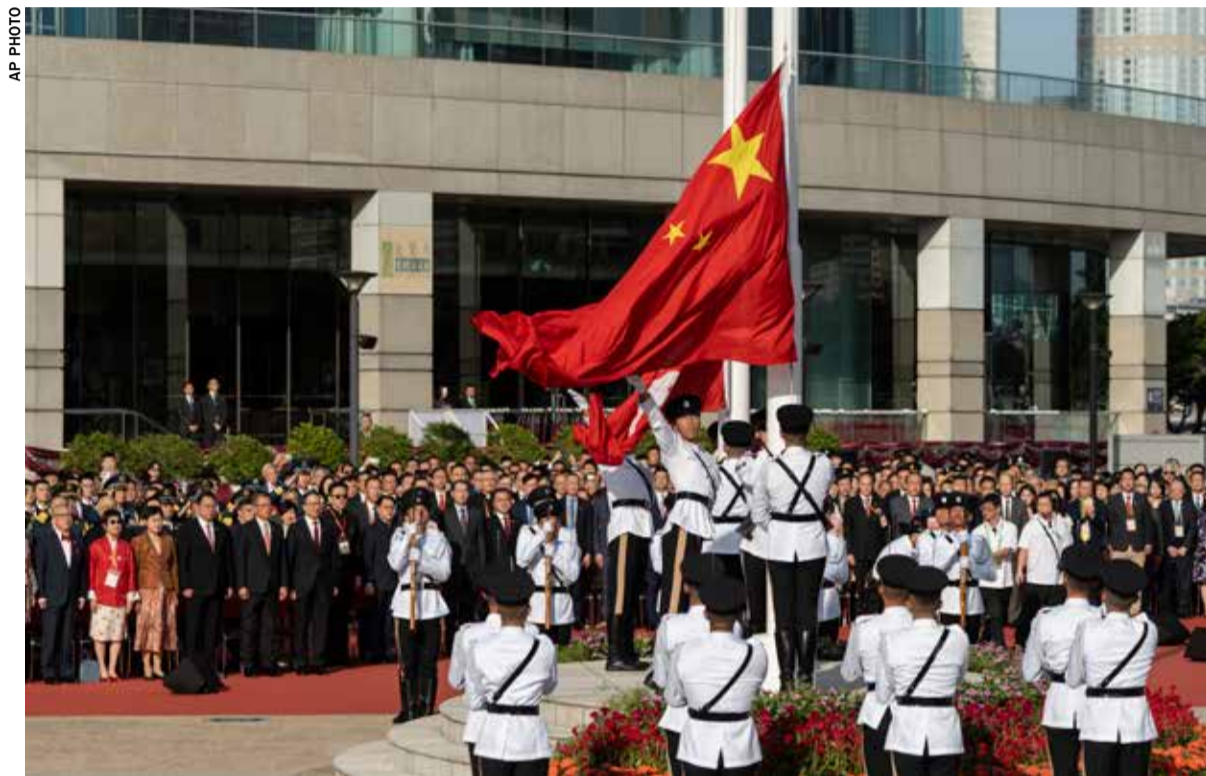
No festivities have been announced for the 75th anniversary, save for a flag-raising ceremony at Tiananmen Square, with an honor guard marching from the entrance of the sprawling palace that in past centuries was the home of Chinese emperors.

The entirely state-controlled media ran constant reports on China's economic progress and social stability, with no mention of challenges ranging from a declining birth rate to the disruption in supply chains that has harmed the largely export-driven economy.

Commemorations were also held in the former British colony of Hong Kong and Portugal's former territory of Macau, both of which returned to Chinese sovereignty in the late 1990s in a key indication of Beijing's determination to overcome what it has called a "Century of Humiliation."

In recent decades, China has mounted military parades and displays of the country's economic might only at the turn of decades, such as for the 60th and 70th anniversaries.

The world's second largest economy has struggled to regain momentum after the CO-



A police guard of honor rises China and Hong Kong flags during a flag raising ceremony for the celebration of the 75th National Day of the PRC, in Hong Kong

VID-19 pandemic.

A prolonged property slump led to a spillover effect on other parts of the economy, from construction to sales of home appliances. Last week, China announced a slew of measures to boost the economy, including lower interest rates and smaller down payment requirements for mortgages.

Party leader and head of state Xi Jinping has largely avoided overseas travel since the pandemic, while continuing with his purges at home of top officials considered in-

sufficiently loyal or being suspected of corruption or personal indiscretions.

"The road ahead will not be smooth, there will definitely be difficulties and obstacles, and we may encounter major tests such as high winds and rough seas, or even stormy waves" Xi warned during a banquet on the eve of the anniversary.

"We must be vigilant in times of peace, plan ahead, and rely closely on the entire Party, the entire army, and people of all ethnic groups across the country" he said, "no difficul-

ties can stop the Chinese people from moving forward."

The anniversary also comes as China is facing growing frictions with neighbors including Japan, South Korea and the Philippines over territorial claims and their close relationships with Beijing's chief rival, the United States.

The Communists under Mao Zedong seized power in 1949 amid a civil war with the Nationalists, also known as the KMT, led by Chiang Kai-shek, who shifted their political, economic and military power to the now self-gover-

ning island of Taiwan.

Beijing continues to insist Taiwan must be annexed under Communist Party rule, by force if necessary, while the U.S. has provided arms to ensure its defense.

China, meanwhile, has involved itself in disputes over its claims to most of the South China Sea and uninhabited islands held by Japan, the Philippines, Vietnam and other neighboring nations.

China's military buildup and its recent launch of a nuclear capable ballistic missile into the Pacific Ocean have raised concerns about a possible conflict.

At home, Xi has made himself effectively leader for life by ending term limits and extending his power over key government and party bodies. China allows no competitive elections and the party retains near total control over the media that informs its 1.4 billion people.

Russian President Vladimir Putin congratulated Xi on the anniversary and the subsequent establishment of bilateral diplomatic ties, noting that Russia was the first country to recognize the People's Republic of China 75 years ago, according to the official Xinhua news agency.

Xi reaffirmed their close ties, saying China would continue to expand "all-round pragmatic cooperation" between the two nations. **MDT/AP**

DIPLOMACY

US bans new types of goods from China

THE Department of Homeland Security announced yesterday [Macau time] that it would ban the import of goods from a Chinese steel manufacturer and a Chinese maker of artificial sweetener, accusing both of being involved in the use of forced labor from China's far-west region of Xinjiang.

The action broadens the scope of the U.S. effort to counter products from entering the country that the government says

are tied to human rights abuses.

The additions to the entity list under the Uyghur Forced Labor Prevention Act marks the first time a China-based steel company or aspartame sweetener business have been targeted by U.S. law enforcement, DHS said.

"Today's actions reaffirm our commitment to eliminating forced labor from U.S. supply chains and upholding our values of human rights for all,"

said Robert Silvers, undersecretary of Homeland Security for policy. "No sector is off-limits. We will continue to identify entities across industries and hold accountable those who seek to profit from exploitation and abuse."

The federal law that President Joe Biden signed at the end of 2021 followed allegations of human rights abuses by Beijing against members of the ethnic Uyghur group and other Muslim



minorities in Xinjiang. The Chinese government has refuted the claims as lies and defended its practice and policy in Xinjiang as fighting terror and ensuring stability.

Enforcement of the law initially targeted solar products, tomatoes, cotton and apparel, but over the last several months, the U.S. government has identified new sectors for enforcement, including aluminum and seafood.

"That's just a reflection of the fact that sadly, forced labor continues to taint all too many supply chains," Silvers told a trade group in June when marking the two-year anniversary of the creation of the entity list. "So our enforcement net has actually been quite wide from an industry-sector perspective."

He said the law "chan-

ged the dynamic in terms of putting the onus on importers to know their own supply chains" and that its enforcement had showed that the U.S. could "do the right thing" without halting normal trade.

Since June 2022, the entity list has grown to a total of 75 companies accused of using forced labor in Xinjiang or sourcing materials tied to that forced labor, Homeland Security said.

Baowu Group Xinjiang Bayi Iron and Steel Co. Ltd and Changzhou Guanghui Food Ingredients Co. Ltd. were the Chinese companies newly added to the list. **MDT/AP**

THAILAND

Small town of Lan Sak mourns 23 killed in a school bus fire

JINTAMAS SAKSORNCHAI,
LAN SAK

A small town in central Thailand prepared for a somber mass funeral yesterday for the 23 children and teachers who died in a horrific bus fire while on a school trip.

Some residents and monks waited past midnight at Wat Khao Phraya Sangkharam, the Buddhist temple in Lan Sak town in Uthai Thani province, to receive the bodies of the dead returned from Bangkok. Also arriving back were relatives of the dead who went to the Thai capital to help identify the severely burned victims.

The school the children attended is on the temple grounds, a common location for schools in much of rural Thailand.

In the school's assembly hall, florists came early to build a large display of white flowers in front of a line of coffins with portraits of the dead. An elderly woman wept in front of a photo of a 14-year-old



Victims' relatives carry portraits of the victims of a bus fire in a procession at Wat Khao Phraya Sangkharam School Lan Sak, Uthai Thani province, yesterday

boy before limping away, tears streaming down her face and hands tightly clutching a black plastic bag. Relatives put food, snacks and beverages as offerings on top of the coffins — an act of respect symbolically sending nourishment and blessings to those who died.

The afternoon funeral was to

be attended by the head of Thailand's Privy Council as a representative of the royal family. King Maha Vajiralongkorn has declared a royal cremation ceremony will be held for the victims next week.

Six teachers and 39 elementary and junior high school students were on the bus that caught fire Tuesday on a highway in subur-

ban Bangkok. It spread so quickly, only 22 were able to escape.

On social media, parents have expressed nervousness about sending children on school field trips as well as deep outrage about potential safety lapses.

Police were investigating whether the fire was caused by negligence and filed several initial

charges against the driver, including reckless driving and failing to stop to help others.

Police have not determined the cause but say the driver told them a front tire malfunctioned and the vehicle then scraped a concrete highway barrier. The sparks from the friction might have set off highly flammable gas canisters on the bus, police said.

The bus had 11 gas canisters inside, but a permit to install only six. Many Thai vehicles use compressed natural gas for fuel.

The bus company owner had told public broadcaster ThaiPBS the gas cylinders had passed safety standards.

Thailand's Department of Land Transport was implementing urgent inspections of all natural gas-fueled buses. The department also will upgrade its safety guidelines to require crisis management training for drivers and safety inspection when such vehicles are to be commissioned by schools, said Seksom Akraphand, the agency's deputy director-general. MDT/AP

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大律師 ASSOCIATES:

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羅善齡 Zelina Rodrigues
馬潔冰 Maria João Marques
陶義德 António Isóo de Azeredo
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JURISTS AND LAWYERS
QUALIFIED IN OTHER JURISDICTIONS:
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羅成軒 José J. Rodrigues
楊詩婷 Si Teng leong

法律專家 JURISTS:

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C&C RECEIVED THE 1ST SILVER
"DEIGNAN AWARD"
FOR RESPONSIBLE ENTREPRENEURSHIP
IN MACAU (2023)



AP PHOTO



A passerby checks the water depth of a flooded road, Saturday, last weekend in Morganton, N.C.

USA | CLIMATE CHANGE

Shock of deadly floods is a reminder of Appalachia's risk from violent storms

MICHAEL PHILLIS &
BRITTANY PETERSON,
HENDERSONVILLE (N.C.)

HURRICANE Helene dumped trillions of gallons of water hundreds of miles inland, devastating communities nestled in mountains far from the threat of storm surge or sea level rise. But that distance can conceal a history of flooding in a region where water races into populated towns tucked into steep valleys.

"We almost always associate flood risk with hurricanes and coastal storm surge in Florida, Louisiana and Texas," said Jeremy Porter, head of climate implication research at First Street, a company that analyzes climate risk. "We don't think of western North Carolina and the Appalachian mountains as an area that has significant flood risk."

More than 160 people have died across six Southeastern states. The flood waters carved up roads, knocked out cell service and pushed debris and mud into towns.

Parts of the Blue Ridge Mountains where fall colors are

just starting to peek through were hit especially hard. In tourist-friendly Asheville, officials warned that it might take weeks to restore drinking water. Brownish orange mud stands out on river banks, a reminder of how high rivers swelled.

Hurricanes moving inland with heavy rainstorms have created disaster before. In 2004, for example, four people were killed in western North Carolina from a debris flow caused by as much of a foot (30.5 centimeters) of rain that fell from Hurricane Ivan.

It's difficult to quickly determine the exact role climate change played in specific disasters like Hurricane Helene although one quick analysis by researchers at Lawrence Berkeley National Laboratory found it likely increased rainfall totals in some areas.

Scientists say global warming is helping some big hurricanes become wetter.

Plus, a warmer atmosphere can hold more water, fueling intense rainstorms, although mountainous Appalachian terrain complicates the interaction between weather events and climate change, according to Jim

Smith, a hydrologist at Princeton University.

Dave Marshall, executive pastor at First Baptist Church in Hendersonville, North Carolina, said he was "totally shocked" by the storm's destruction that overwhelmed local services. On Tuesday he was overseeing a busy donation center that offered essentials such as propane and food, remarking that he had expected some rain and maybe a day or two without power.

"Nobody was prepared," Marshall said. "We are shocked and devastated. Everybody knows a friend or family member that has lost a loved one."

Porter, the climate risk researcher, said the Federal Emergency Management Agency's flood maps used to determine the riskiest areas where certain homeowners are required to purchase flood insurance have their limitations. He said the maps consider a specific range of flooding and underestimate flood risk in some areas — and that the problem is especially pronounced in parts of Appalachia.

"It's happening more and more often that we're seeing these heavy precipitation events occur, exactly the type of

events that this region is susceptible to," Porter said, adding that flood zones on FEMA maps aren't capturing these changing conditions.

FEMA recently updated how it prices flood insurance to factor in more types of flooding to accurately base cost on flood risk. The agency says flood maps are not meant to predict what areas will flood. Instead, they help define the riskiest areas for planning and insurance needs, FEMA said.

"Flooding events do not follow lines on a map. Where it can rain, it can flood," said Daniel Llargues, a FEMA spokesperson.

Before Helene, federal forecasters told residents in western North Carolina flooding from the hurricane could be "one of the most significant weather events to happen" since 1916. That year, a pair of hurricanes within a week killed at least 80 people, and the community of Altapass received more than 20 inches of rain (50.8 centimeters) in a 24-hour span.

"This is not a big surprise," said Smith. "But what happened in Helene happened in 1916." MDT/AP

this day in history

1965 IMMIGRANTS FEEL AT HOME WITH BBC



The British Broadcasting Corporation has announced plans to introduce a new service for Asian immigrants starting next week.

The programmes will go out every Sunday on radio on the BBC's Home Service and on television on BBC1.

Titled 'Making Yourself at Home', the programmes will offer informal language lessons in everyday English and music from Indian and Pakistani films.

David Gretton, organiser and producer of the series says the English lessons will provide an opportunity for people who have recently moved to Britain from India and Pakistan to cope with everyday situations.

He said: "They teach the words and phrases needed...and convey a reassurance that these situations are not too difficult to be faced".

Guests on the programme will discuss carrying out essential domestic routines such as taking children to school or finding their way on the bus.

According to Mr Gretton the target audience is approximately 250,000 listeners and viewers, with emphasis placed on serving recently-arrived wives and school-age children joining their Asian fathers and husbands.

"Our task here is to answer questions, and to sweeten the jaw-breaking complexities of housing or nationality with a little traditional song and dance," Mr Gretton said.

Contributors will speak in a combination of Hindu, Urdu and English.

The radio programme will be broadcast at 0810 hours on Sunday mornings and last for half-an-hour. The television programme will be shown at 0900 and last 15 minutes. The TV version will be repeated on Wednesdays at 1225 hours.

Courtesy BBC News

IN CONTEXT

The 'immigrant service' was introduced under the BBC governorship of Hugh Greene, who was responding to calls for broadcasters to consider serving a growing immigrant population.

Maurice Foley, a junior government minister with special responsibility for immigrants said in the first programme's introduction: "I hope you will find them entertaining and useful...so that you can settle happily amongst us."

He went on: "In the world of today we all need to know a great deal more about each other. This is one small contribution towards showing you something of ourselves and the society in which you live."

In 1967 Rainbow City became the first drama series to give a leading role to a black actor.

MACAU'S LEADING NEWSPAPER

YOUR STARS

ARIES
Mar. 21-Apr. 19
Recount your blessings. A partnership flowers with loving care. Your creative collaboration produces great results, despite breakdowns. Have faith and support each other.

TAURUS
Apr. 20-May. 20
Nurture your health and fitness to recharge passion. Balance exercise, good food and rest. Grow physical capacities and energy with steady practice. Follow expert advice.

GEMINI
May. 21-Jun. 21
Romance could take you by surprise. Talk about dreams with someone dreamy. Discuss plans and opportunities. Invent wild possibilities together.

CANCER
Jun. 22-Jul. 22
You're especially persuasive, which comes in handy. Discuss domestic improvements before making them. Offer something delicious to worker bees. Listen to all views.

LEO
Jul. 23-Aug. 22
Create a work of art. Craft words into a story or paint your ideas in tints and textures. Edit and distill for simple elegance. Discover new commonalities.

VIRGO
Aug. 23-Sep. 22
Your touch is golden. Maintain positive cash flow. Discuss possibilities. Make agreements, deals and bargains. Sign on the dotted line. Discover unexpected rewards.

LIBRA
Sep. 23-Oct. 22
Leadership comes naturally. Listen to your team. Discuss what's needed. Coordinate and keep track. Put order to chaos. Luck follows your own commitment.

SCORPIO
Oct. 23-Nov. 21
A wealth of options and possibilities deserve time and careful review. Rest, reconsider and recharge. Find a private spot to think and make plans.

SAGITTARIUS
Nov. 22-Dec. 21
You and your crew are on the same wavelength. Hold meetings. Establish and clarify roles and responsibilities. Ask for what you want. Follow your heart.

CAPRICORN
Dec. 22-Jan. 19
Let yourself get inspired. Talk about dreams and desires. Others encourage and offer insights. Use your communication skills to advance professionally.

AQUARIUS
Jan. 20-Feb. 18
Explore a fascinating subject. Intellect and intuition are in sync. Writing and research comes easier now. Finish homework before going out to play.

PISCES
Feb. 19-Mar. 20
Share your dreams with your partner. Discuss financial priorities and passions. Write down what you invent. Craft budgets to realize what you imagined.

The Born Loser by Chip Sansom



SUDOKU

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

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

WEATHER

	MIN	MAX	CONDITION
CHINA			
Beijing	8	21	fine
Changchun	8	22	fine
Chengdu	14	26	fine
Chongqing	17	20	overcast
Fuzhou	19	23	rain
Guangzhou	18	28	fine
Guiyang	11	22	cloudy
Haikou	22	29	cloudy
Hangzhou	15	22	cloudy
Harbin	8	20	fine
Hefei	10	23	fine
Nanjing	13	23	cloudy
Shanghai	17	24	overcast
Taipei	23	27	rain
Wuhan	13	25	fine
Hong Kong	24	30	overcast
WORLD			
Moscow	9	14	rain
Frankfurt	6	14	cloudy
Paris	6	16	overcast
London	8	17	cloudy
New York	17	23	overcast

CROSSWORDS

ACROSS 1- Window piece; 5- Fishing vessel, perhaps; 9- Tolkien baddies; 13- Milan's La ...; 15- Fencing blade; 16- Fastidious; 17- Units; 18- Personal quirks; 19- Poet ... St. Vincent Millay; 20- Bro's sibling; 21- Fill completely; 23- Killer; 25- Staffer; 26- Staggered; 27- Part of a gun; 30- Suffix with fail; 31- Future oak; 32- Not a direct hit; 37- Hamlet, for one; 38- Eat away at; 40- Draft classification; 41- Estimator; 43- Kitten; 44- ... standstill; 45- Brother of Electra; 47- Breadwinner; 50- Choir attire; 51- Walk with long steps; 52- Gyro meat; 53- Sound at a spa; 56- Buckeye State; 57- Run into; 59- Cow catcher; 61- ... we forget; 62- Bacchanalian cry; 63- Happy; 64- Mined materials; 65- Bears' lairs; 66- Slaughter of baseball;

DOWN 1- Pitchfork-shaped letters; 2- Broadway opener; 3- Scottish refusals; 4- Freddie Krueger roamed ... Street in the movies; 5- Superior; 6- Mayberry kid; 7- Former nuclear agcy; 8- Mosaic pieces; 9- Ryan or Tatum; 10- Color anew; 11- Worked with wicker; 12- Hollywood headliner; 14- Give, as homework; 22- Fruity quaff; 24- Suggestive look; 25- Go along; 26- Regretted; 27- And here it is!; 28- Some DVD players; 29- They're charged; 32- And not; 33- Small rodent; 34- Part of MIT; 35- Zaire's Mobutu ... Seko; 36- Puts into words; 38- Highly regarded; 39- Stadium din; 42- Hourglass filler; 43- Small stone; 45- Gives a speech; 46- CD follower; 47- Old anesthetic; 48- Come up; 49- Mob scenes; 51- Han ... was a "Star Wars" character; 52- Boxer Spinks; 53- Strong ... ox; 54- Apropos of; 55- Weed whackers; 58- Woman created from the rib of Adam; 60- Pub drink;

Tuesday's solution

T	I	M	E	R	M	A	L	I	B	A	A				
A	D	I	E	U	A	D	I	M	T	S	P	S			
O	L	A	R	E	N	A	N	A	O	A	T	S			
S	E	M	I	A	I	R	C	R	E	W					
S	I	E	S	T	A	I	N	A	S	E	C				
P	A	T	T	I	G	O	M	O	R	A	P				
P	A	T	T	I	C	A	B	D	I	E	D				
A	L	T	E	R	E	C	T	E	D	E	E				
P	A	R	T	E	M	U	T	E	A	S	T				
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MACAU'S LEADING NEWSPAPER

DRIVE IN

HELEN MIRREN TELLS A STORY OF EVIL AND HOPE DURING WWII IN 'WHITE BIRD'

LINDSEY BAHR,
MDT/AP FILM WRITER

IT'S never a bad time for stories celebrating acts of kindness, but the current news cycle makes it ever so more appreciated. In the new film "White Bird," in theaters Friday, the act is quite significant: A family in Nazi-occupied France shelters a young Jewish girl, whose friends and family have all been taken away.

From German director Marc Forster ("Finding Neverland," "The Kite Runner") "White Bird" is a handsome adaptation of R.J. Palacio's graphic novel aimed at young adults. This, too, is perfectly suited to that audience — a story within a story with all the drama of war and young romance wrapped up in it. Let's just not overplay the idea that it's part of some shared cinematic kindness universe with the Julia Roberts and Owen Wilson film "Wonder," also based on Palacio's work.

It's framed as something a grandmother is telling her grandson, who seems to be going down the wrong path. Helen Mirren is



AP PHOTO

Helen Mirren (left) and Bryce Gheisar in a scene from "White Bird: A Wonder Story" (Lionsgate)

said Grandmère, or Sara Blum, a famous artist who opens up to young Julian (Bryce Gheisar) one evening over dinner about what she went through during the war. For being a neglected rich kid who is prone to getting kicked out of fancy private schools, Julian's immediate, earnest interest in what his Grandmère has to say is perhaps the most unbelievable part of this story, which includes some deus ex machina

wolves. It's a way in, I suppose, and Mirren makes for a lovely narrator.

Ariella Glaser plays young Sara Blum, who leads a nice life in her small French town with educated, professional parents Max (Ishai Golan) and Rose (Olivia Ross). She barely notices the changing tides as the war ramps up, more concerned with her friends and the cute boy in school. The story takes care to note that she barely noticed the clas-

mate that would end up saving her life: Julien (Orlando Schwerdt), who walks with a crutch and whose father works in the sewers. Not, in other words, a popular kid. In an awkward moment, the audience, and Julien, realize that she doesn't even know his name.

But when the Nazis come to round up the Jewish students in the school, he's there to help get her to his family's property. Gillian Ander-

son plays Julien's mother, Vivienne, a grounding presence but very much a side character until a devastating sequence late in the film.

The young actors are very good and well-cast in their journey to friendship and then first love. They get to know one another and spend time dreaming up a world in which they're not confined to a barn, their imaginations brought to life through dreamy projected images.

This is a very finely made movie that seemed to have just gotten caught in a sort of release limbo that's only partially related to the strikes.

It's a little by-the-book — exactly, perhaps, what you might expect from elevated historical fiction aimed at young adults. Being a good-hearted, straightforward film that might even have you shedding a few tears is no crime against cinema.

"White Bird," a Lionsgate release in theaters Friday, is rated PG-13 by the Motion Picture Association for "thematic material, some strong violence and language." Running time: 120 minutes. ★★★☆☆

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tTUNES

'The Best of Bubl ' is an overdue dive into his electrifying work

FOR Michael Bubl  aficionados, "The Best of Bubl " is a gift — a celebration of the Canadian singer's best work, with a couple previously unreleased songs thrown in.

Bubl  rose to fame in the early '00s for his capacity to take staple songs from the worlds of jazz, blues and the Great American Songbook and make them his own, through his angelic and controlled vocal tone. He was quickly celebrated, too, for his original hits, many of which are present on this album: "Home," "Haven't Met You Yet" and "Everything."

But this greatest hits collection does more than rehash the past. "The Best of Bubl " welcomes in the new through two unreleased songs, illustrating his range and elastic approach to genre.

"Don't Blame It On Me" brings out the cheery side of Bubl . Beneath his voice are lively horns that fill a room, handclaps and acoustic guitars, a dance that makes it absolutely impossible to hear without smiling.

While "Quiz s, Quiz s, Quiz s," a cover of a Cuban classic written by Osvaldo Farr s and made famous by Bobby Cap , allows Bubl  to show off in Spanish.

Those songs placed next to his best-known material makes "The Best of Bubl " the perfect present for his diehard followers, and an accelerated crash course for any newcomers wanting to familiarize themselves with his particular talents.

"The Best of Bubl " is a beautiful and nostalgic journey, one best consumed while sipping a dirty martini in an art nouveau bar, channeling a past time. His bossa nova takes the listener on a journey.

The only thing missing for this release — the only thing that could make it a truly in-depth visitation of his career — would be the inclusion of some of his Christmas songs. After all, he's the King of Christmas — a role second only to Mariah Carey. But holiday feelings aside, "The Best of Bubl " is one to place under the tree, a delightful catalogue representing a modern classic voice. MARTINA INCHINGOLO, MDT/AP



"The Best of Bubl " by Michael Bubl  (Reprise Records)

TIPS AND TWO RECIPES

Cutting back on meat doesn't have to mean going without protein

ALBERT STUMM, MDT/AP
LIFESTYLE WRITER

WHEN Jennifer Anastasiou decided to go vegetarian after learning about the environmental impact of livestock, she worried at first about her protein intake.

"It was kind of hard because when you eat meat your entire life, you don't even have to think that way," said Anastasiou, who grew up eating plenty of meat in her Irish-Catholic family in Philadelphia.

Now, she relies heavily on foods that dietitians recommend for those cutting down on meat: high-protein legumes like lentils, chickpeas and beans, vegetable-based protein shakes and other sources.

Many people consider eating less meat, be it for health, environmental or animal-welfare reasons. (Livestock accounts for nearly half of agricultural emissions fueling climate change.) But they sometimes hesitate because they are concerned about how they would replace all that lost protein.

The USDA has a calculator to determine daily nutrient recommendations, but those values represent the minimum amount you need to maintain healthy functioning, said Jenna Braddock, a dietitian in St. Augustine, Florida. She said research suggests 1.2 to 2 grams per kilogram of weight, depending on your goals.

A good way to reach your goal is what she called protein stacking: adding a small amount of nuts, whole-grain bread or legumes to meals you already are eating.

"It's going to be hard to get all of that protein from one single plant-based source, whether because of either the quantity of food that you'd have to eat or the calories that it would end up being," said Braddock, co-author of "The High-Protein Vegan Cookbook for Athletes."



Jenna Braddock, co-author of "The High-Protein Vegan Cookbook for Athletes: 70 Whole-Foods Recipes to Fuel Your Body," poses in her kitchen in St. Augustine, Florida

She recommended making a batch of lentils on the weekend — half a cup has 9 grams — to stuff into tacos, add to salads or just eat on their own. Frozen edamame are an easy go-to, and tempeh, an Indonesian fermented soy product, has 18 grams "in a pretty manageable serving size," Braddock said.

Hemp hearts have a chewy texture, high fiber and about 3 grams of pro-

tein per tablespoon. One of her favorite snacks is yogurt with hemp hearts, fresh fruit and a drizzle of peanut butter.

Peanuts get forgotten when people talk about healthy nuts, Braddock said, but she highlights them because they're more affordable and still have 8 grams of protein per 1/4 cup. Seeds like pumpkin, sunflower and chia also generally are cheap and high in protein.

As is quinoa, which seems like a grain but is actually a seed.

For people who might not like the texture of beans or tofu, Braddock recommended blending them into a creamy soup or making dips out of them. Or ask around to find the restaurant that makes the best version of tofu, for example, so you start with a positive experience you'll be more likely to repeat at home.

"Make your entry point as delicious and as easy as possible," she said. "When it comes to eating more vegetarian or vegan, it's not just a switch you turn on. It's a journey you take that you will grow in skills, ability, knowledge and competency in the kitchen."

Try these two recipes from "The High-Protein Vegan Cookbook for Athletes," by Jenna Braddock and Ivy Stark.

TOASTED PUMPKIN SEED DIP

Serves 4
Time: 30 minutes
Ingredients
1 cup hulled pepitas (pumpkin seeds)
3 plum tomatoes
1 small red onion, finely chopped
4 cloves garlic, roasted
1/4 cup finely chopped cilantro
1/2 habanero chile, stemmed, seeded and finely chopped (optional)
1 tablespoon chipotle chile en adobo, finely minced
Juice of 1 lime
Juice of 1/2 orange
1 teaspoon ground cinnamon

How to Cook

Place the pepitas in a large skillet over medium-low heat. When the first one pops, stir constantly until all have popped from flat to round, about 5 minutes. Blend in a food processor to a smooth paste, scraping down the sides a few times. Place the tomatoes on a baking sheet under the broiler and roast until blackened and very soft, flipping halfway through, about 6 minutes per side. Cool and finely chop. In a medium bowl, combine the seed paste, tomatoes, onion, garlic, cilantro, chipotle and habanero. Stir in lime juice, orange juice and cinnamon. Taste and season with sea salt. Serve with warm corn tortillas or crisp vegetables like baby carrots, cucumber slices, radishes and sliced fennel.

QUINOA PILAF WITH ASPARAGUS

Serves: 4
Time: 40 minutes
Ingredients
2 cups red quinoa
4 1/2 cups water
1/2 teaspoon salt
1 bunch thin asparagus, roughly chopped
2 tablespoons extra-virgin olive oil
1 teaspoon ground cumin
Juice and zest of 1 lemon
1/2 cup pine nuts, lightly toasted
1 small red onion, finely chopped
1/2 small bunch fresh basil, chopped
2 sprigs fresh thyme, chopped

How to Cook

Place the quinoa in a large strainer. Rinse under cold running water until the water runs clear. Transfer quinoa to large saucepan; add the water and salt. Bring to boil. Reduce heat to medium-low, cover and simmer until water is absorbed and quinoa is tender, about 20 minutes. Transfer quinoa to large bowl, add asparagus and let sit covered for 5 minutes, fluff with fork. Stir in oil, cumin, and lemon juice and zest. Season with salt and pepper. Add pine nuts, red onion, basil, and thyme to the warm quinoa just before serving. The quinoa will hold well covered in the fridge for five days, just add the garnishes when you are ready to reheat and serve.

OPINION

China Daily
 Editorial, China Daily

US ON A HIDING TO NOTHING TRYING TO USE HUMAN RIGHTS LIES TO OSTRACIZE CHINA

Spreading lies about the human rights situation in the Xinjiang Uyghur autonomous region has long been a tactic employed by the United States to smear China's image and interfere in its internal affairs with the aim of destabilizing the country.

This effort has intensified over the past several years with the US and its allies pointing a finger at China, accusing it of committing what they claim are crimes against humanity, citing fabricated stories about "arbitrary and discriminatory detention" of Uyghur people. These accusations have not a shred of truth to them, and they are being increasingly rejected in the international arena, as many countries are voicing their firm opposition to Washington politicizing and weaponizing human rights.

That more than 100 countries voiced their support for China on Tuesday, refuting criticism of its human rights record by the US and a small group of other nations, during the ongoing 57th session of the United Nations Human Rights Council in Geneva, speaks volumes of the extent of failure of the US-led smear campaign against China.

Cuba, in a joint statement on behalf of around 80 cross-regional countries at the session, stressed that "respect for sovereignty, independence and territorial integrity of states and noninterference in internal affairs of sovereign states represent basic norms governing international relations". "We oppose the politicization of human rights and double standards," it said. Other countries that voiced their support for China include Uganda, representing the Non-Aligned Movement; Venezuela, speaking for the Group of Friends in Defense of the UN Charter; and Gambia, representing the African Group.

The support that China has received is mainly due to the progress it has made in human rights protection. Xinjiang, for example, now enjoys social stability, economic growth, solidarity among all ethnic groups and harmony among various religious beliefs. The legitimate rights and interests of all ethnic groups in Xinjiang are fully protected, and what China has achieved in advancing human rights is there for all unbiased people to see.

Yet some China hawks in Washington have chosen to turn a blind eye to these realities, and have been consistently attacking and smearing China's governance of Xinjiang and other minority ethnic groups-inhabited areas under the pretext of human rights. Democrats and Republicans are reportedly stepping up pressure on the Joe Biden administration to strengthen its stand on what they claim is "China's oppression" of the Uyghur people.

The US government passed the "Uyghur Forced Labor Prevention Act" in 2021, which imposed sanctions on China on the false pretext of human rights violations.

If the US is so concerned about the human rights of Muslims, why does it continuously provoke or support wars in the Middle East, which have caused numerous innocent Muslim casualties? Why does it turn a blind eye to the historical injustices faced by the Arab people and not support Palestine in becoming a full member of the United Nations? These questions, as raised by Foreign Minister Wang Yi [last week] in New York, are revealing when it comes to the real purpose of Washington perpetually beating the human rights drum.

The support China has received on the issue shows the US is flogging a dead horse. Washington should stop politicizing a cause that calls for mutual respect, mutual assistance and cooperation of countries. [Abridged]

UK WILL GIVE SOVEREIGNTY OF CHAGOS ISLANDS TO MAURITIUS

The UK has announced it is giving up sovereignty of a remote but strategically important cluster of islands in the Indian Ocean after more than half a century, BBC reported.

The deal – reached after years of negotiations - will see the UK hand over the Chagos Islands to Mauritius in a historic move.

This includes the tropical atoll of Diego Garcia, used by the US government as a military base for its navy ships and long-range bomber aircraft.

The announcement, made in a joint statement by the British and Mauritian Prime Ministers yesterday, ends decades of often fractious negotiations between the two countries over the islands.

According to the BBC, the US-UK base will remain on Diego Garcia – a key factor enabling the deal to go forward at a time of growing geopolitical rivalries in the region between Western countries, India, and China.

The deal is still subject to finalization of a treaty but both sides have vowed to complete this as quickly as possible.

"Following two years of negotiation, this is a seminal moment in our relationship and a demonstration of our enduring commitment to the peaceful resolution of disputes and the rule of law," the statement from UK Prime Minister Keir Starmer and Mauritius Prime Minister Pravind Jugnauth read, as quoted by the British broadcaster.

THE BUZZ



AP PHOTO

**FIERCE WINDS AND TORRENTIAL RAIN
 TYPHOON KRATHON
 MAKES LANDFALL IN
 TAIWAN**

**SIMINA MISTREANU,
 KAOHSIUNG**

TYPHOON Krathon made landfall yesterday in Taiwan's major port city of Kaohsiung, bringing torrential rains and fierce winds to the island's south. Trees were brought down by high winds and roads were flooded, prompting the closure of schools and businesses.

Krathon made landfall in the industrial Siao-gang district of Kaohsiung around 12:40 p.m., the Central Weather Administration said. It packed maximum sustained winds of 126 kph (78 mph) with gusts of 162 kph (101 mph).

The typhoon was forecast to move slowly north and weaken into a tropical depression by Friday before it reaches the capital, Taipei. It was expected to then head across the Taiwan Strait toward the Chinese coast. Winds were strong in Taipei, but there was little rain.

Kaohsiung earlier urged its residents to take cover from potentially disastrous winds and rain, which tore down storefronts and flooded car parks but caused no reported loss of life.

The slow-moving typhoon, which approached Taiwan at a speed of about 4 kph (2.5 mph), doused eastern and southern

parts of the island over the past five days, forcing thousands to evacuate from mountainous or low-lying areas. Two days of closures are believed to have taken a significant toll on the island's high-tech economy that relies heavily on foreign trade.

Gusts and heavy rains pelted empty streets in Kaohsiung, while life in Taipei, 350 kilometers (215 miles) to the north, was only slightly disrupted.

Many residents woke up yesterday to mobile phone alerts urging them to take shelter from the potentially dangerous winds. The weather administration posted a Facebook message warning Kaohsiung and Pingtung county residents not to go outside when the eye of the storm passes above their area and the weather calms briefly, because the winds would pick up again afterward.

Weather-related events attributed to Krathon injured at least 123 people around the island, according to Taiwan's fire department. Two people died — one after driving into fallen rocks on the road in the southeastern Taitung county, and the other while trimming tree branches in the city of Hualien. Two others remained missing.

A fire at a hospital in Pingtung County killed at least nine people early yesterday. The deaths were attributed to smoke and the cause was under investigation. It was not immediately clear whether the blaze was related to the typhoon.

Thousands were evacuated from areas vulnerable to mudslides and landslides. Almost 40,000 troops were on standby to help with rescue efforts.

Mountainous areas in the island's south have received up to 169 centimeters (5.5 feet) of rain over the past five days.

China's weather agency said some eastern and southern parts of Taiwan are set to receive extremely heavy rains of up to 40 centimeters (1.3 feet) over the next 24 hours.

Typhoons rarely hit Taiwan's west coast, affecting instead the mountainous eastern side of the island.

Kaohsiung officials, in urging residents to be vigilant about the weather, recalled the destruction brought by Typhoon Thelma, which in 1977 badly damaged the city and caused 37 deaths.

Earlier in the week, Typhoon Krathon lashed northern Philippine islands, killing four people and displacing at least 5,000, officials said. **MDT/AP**

United States Liz Cheney, one of Donald Trump's fiercest Republican antagonists, will join Democrat Kamala Harris at a campaign event in Wisconsin today [Macau time] aimed at reaching out to moderate voters and rattling the former president. Cheney was the top Republican on the House committee that investigated the Jan. 6, 2021, insurrection.



United States Cybersecurity chief Jen Easterly (pictured) reassured voters that foreign adversaries cannot alter the 2024 election results. She emphasized strengthened election security infrastructure and encouraged patience as votes are counted, warning against potential disinformation campaigns.



Italy African swine fever outbreaks in northern Italy have led to the slaughter of 120,000 pigs, threatening the country's pork industry, including its prized prosciutto. Farmers face restrictions as the government intensifies measures to control the epidemic.



Vatican City Pope Francis's reform debate on women's roles in the Catholic Church moved away from ordination and focused on expanding leadership positions for women. Advocates for women's ordination staged protests during the synod, urging more significant change within the Church.

Netherlands The Dutch government blamed a foreign "state actor" for hacking into a police network, exposing contact details of all police officers. Authorities are investigating the breach, which has raised concerns about the safety of officers amid increasing cyber threats from countries like China and Russia.