



- MOVIES: DESTROYER
- BOOKS: "SEDUCTION: SEX, LIES, AND STARDOM IN HOWARD HUGHES'S HOLLYWOOD" BY KARINA LONGWORTH
- MUSIC: OTHER PEOPLE'S STUFF BY JOHN MELLENCAMP
- WINE: THE RHODANIEN ANALOGUE
- FOOD: WHAT THE LATEST DIETING STUDIES TELL US

# times Extra

weekend Guide

Macau Daily Times | Edition 3202 | 04 Jan 2019



*Seen from high above*

News of 2018 as seen from  
satellite imagery puts our  
troubles in perspective



## DRIVE IN

Jake Coyle, AP Film Writer

## NICOLE KIDMAN AS A HARDENED LA COP IN 'DESTROYER'

A different Nicole Kidman stares out at us under the harsh Los Angeles sun of the neo-noir "Destroyer."

The actress who famously donned a prosthetic nose for "The Hours" has here gone to greater and grittier lengths of transformation. Her eyes are sunken. Her skin is hardened. Her stare is provocatively hollow. She looks dead inside — nearly so on the outside, too.

Such metamorphoses have long been standbys of Oscar seasons both past (Charlize Theron in "Monster") and present (Christian Bale in "Vice"). "Nearly" unrecognizable is the goal, not actually disappearing. The point isn't to forget who you're watching, it's to impress upon you the masterful changeability of the actor beneath all the makeup and wig.

Karyn Kusama's "Destroyer" presses a little too much, in both Kidman's showily chameleonic performance and in the relentlessly grim and fragmented tale of a hardboiled L.A. detective haunted by a trauma from her past. But while "Destroyer" can be overwrought and mechanical, it's an often gripping, well-crafted crime dra-

ma with distinction of its own in the genre, an almost always male-dominated one.

We meet Det. Erin Bell (Kidman) as she stumbles to a crime scene, cowering at the morning sun. The other detectives, familiar with her hard-drinking apathy, don't take her seriously. Looking over the dead body, she sees a dyed \$100 bill that triggers a memory, one that for Bell never receded into the past, anyway. She knows who did it, she says in a hoarse, rasping voice. Silas is back, she later tells a confidant.

Taking up what seems to be her first case in years, Bell embarks on a quest for the Silas in question, a ruthless gang leader (Toby Kebbell) whom Bell became close to 16 years earlier in an undercover operation with her partner-turned-boyfriend Chris (a first-rate Sebastian Stan). The job ended tragically, we can tell, but the full story will only be pieced together throughout "Destroyer," which toggles between the two timelines.

The schematic frame of "Destroyer," penned by Phil Hay and Matt Manfredi, is equal parts frustrating and illumina-

AP PHOTO



Nicole Kidman portrays Detective Erin Bell in "Destroyer"

ting. The flashbacks, in which Kidman appears more resplendently herself, gradually explain how Bell came to be such an empty shell of a woman, estranged from her teenage daughter Shelby (Jade Pettyjohn). In a series of encounters across a sunbaked and sinister Los Angeles, she draws ominously closer to both Silas and her past.

It's been a while since we've had a Los Angeles on screen

like this one. Gone is the rainbow-colored playground of "La La Land," back is the underbelly Michael Mann so memorably trafficked in. For noir-heads like myself, that feels good. Kusama ("The Invitation") has a muscular grip on the locale and the material, including a handful of riveting set pieces.

Those scenes and others gain something by being staged from the perspective of the

film's antihero protagonist. Bell is an unapologetically corrupt detective who thinks little of tampering with evidence or, to secure a desperately needed tip, sinking much lower. Her pursuit of Silas isn't motivated by justice but by vengeance and soul-destroying guilt.

Kidman's performance may be overcooked but it's rigorous and tough. Along with her supporting performance in "Aquaman," Kidman is kicking

some butt, and it's thrilling to see her stretch in new bad-ass directions. Her Los Angeles detective in "Destroyer" makes for an intriguing if overly bleak descendant of the Philip Marlowes who came before her.

**"Destroyer," an Annapurna Pictures release, is rated R for language throughout, violence, some sexual content and brief drug use. Running time: 123 minutes. ★★★☆**

## BOOK IT

## IN 'SEDUCTION,' HOWARD HUGHES' HOLLYWOOD NO HAVEN FOR WOMEN

Hollywood history for the #MeToo movement, Karina Longworth's "Seduction" is an astute and entertaining takedown of the movie industry, the press and the multimillionaire turned wannabe filmmaker Howard Hughes. Hardly anyone emerges from the pages of "Seduction" unblemished by selfishness and greed once they are touched by the movie business and its promise of wealth, power and fame.

If that promise was kept, it was mainly for the benefit of men even though, as Longworth writes, women were integral to the rise of the movies. Her book recounts what happened to some of the many, many women who fell into the orbit of Hughes, for better and often for worse.

Howard Hughes is remembered today, more than four decades after his death, as a weirdly eccentric, incredibly wealthy man living in seclusion in the penthouse of a Las Vegas hotel. Or as

the oddball character Leonardo DiCaprio played in 2004's "The Aviator." But for many years, mainly in the 1930s and 1940s, the press presented Hughes as a handsome if shy heir to an oil industry fortune, a creative maverick behind the camera, or an innovative and daring aviator — at times all three. The mental illness that appeared to gain on him as the years went by was hidden or downplayed as quirkiness.

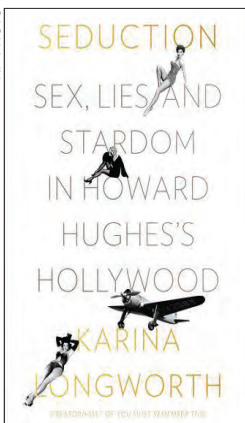
The better story for readers and listeners in those years of economic depression and war was how practically every beautiful young actress was on Hughes' arm at one time or another. That was certainly the image he sought to convey — and the public ate it up with the help of his publicists and a lazy, compliant and sometimes paid-off news media. In his day Hughes didn't have to point and shout "fake news!" because he was too busy manufacturing it.

The women seduced by Hughes apparently bought

the ballyhoo. After all, the only two movies he directed, "Hell's Angels" and "The Outlaw," were troubled productions, scorned by many critics and challenged to return their over-the-top costs even with good ticket sales. Most of the two dozen others that he had a hand in producing also showed poor judgment and oversight. Exceptions like 1932's gangster classic "Scarface" are outweighed by numerous embarrassments on the order of "The Conqueror" (1956), which famously miscast John Wayne as a young Genghis Khan.

As Longworth makes clear, Hughes and so many other men in filmmaking used their clout to seduce women who wanted to make movies, too. Untold numbers of actresses were sold the idea that they, too, could become stars, an unrealistic expectation fostered by the press as well as the movie industry. Hughes, who sought to control every aspect of his life, habitually put young actresses

AP PHOTO



**"Seduction: Sex, Lies, and Stardom in Howard Hughes's Hollywood" (Custom House) by Karina Longworth**

ses under personal contract with the promise of a shot at stardom.

Soon enough, the women discovered there might not be more to a Hughes contract than a paycheck. Some never even met him.

The mind games and sex games that permeated Hughes' movie career help make "Seduction" an engaging read.

**Douglass K. Daniel, AP**

## tTUNES

## MELLENCAMP PUTS FEARLESS TOUCH ON AMERICAN CLASSICS

In his youth John Mellencamp was known to be cocky. That brashness carried him to the big stage, where he became a stadium-scale rocker with an adventurous spirit.

He mostly fell short of the stature attained by contemporaries named Bruce Springsteen and Tom Petty, but he sometimes took bigger risks.

Mellencamp's fearlessness is well-represented on his latest album, "Other People's Stuff," a collection of cover songs, some of them American classics, from four decades of work.

There's a version of "Keep Your Eyes on the Prize," the old civil rights anthem, which Mellencamp introduced at a White House event in 2010. Mellencamp's gentle interpretation may surprise those not expecting such soulful notes out of a white man from the heartland.

There's also a slowed-down take on "Wreck of the Old '97," the iconic train song, and a Merle Travis song called "Dark as a Dungeon" that Mellencamp originally performed for a documentary about coal mining. Mellencamp's earthy, cigarette-shaped growl conveys working-class honesty on both.

There are cuts that would fit in

AP PHOTO



**John Mellencamp, "Other People's Stuff" (Republic Records)**

neatly on "The Lonesome Jubilee," Mellencamp's finest album, with accordion and fiddle enhancing the hard-charging vibe. And there are hints throughout, in the range of songwriters he's embraced — from Jimmie Rodgers to Robert Johnson to Stevie Wonder — that Mellencamp's brashness sometimes takes him where others won't go. That's an essential truth about Mellencamp's career that this collection reinforces with gusto — that even when the songs are not his own, the man takes chances.

**Scott Stroud, AP**



NEWS OF THE WORLD

Associated Press

# Memorable news satellite photos of 2018

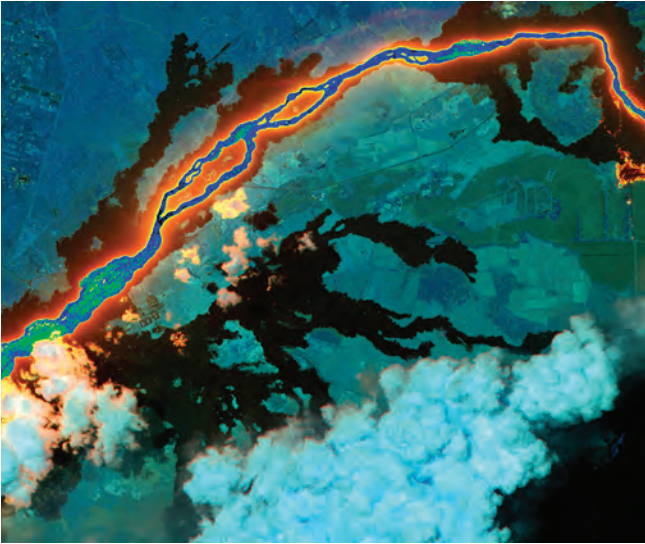
From Russian war games to lava flows on Hawaii to raging fires in California, images gathered from high above Earth by satellites in 2018 delivered a unique perspective on humanity, geopolitics and the forces of nature that have upended lives and landscape. Here's a look at eight of the most striking news images captured by satellite imagery company DigitalGlobe — and photos made by Associated Press photographers who were on the ground:



**BACK TO DANANG**  
In a message to China, the American aircraft carrier USS Carl Vinson docked at Danang bay in Vietnam on March 5. In the first visit to a Vietnamese port by a US Navy aircraft carrier since the Vietnam War, the Vinson and its crew of more than 6,000 sent a signal from the two countries to China, which has stepped up its challenges to U.S. supremacy in the region. From space, the message was clear in the dozens of fighter jets on deck.



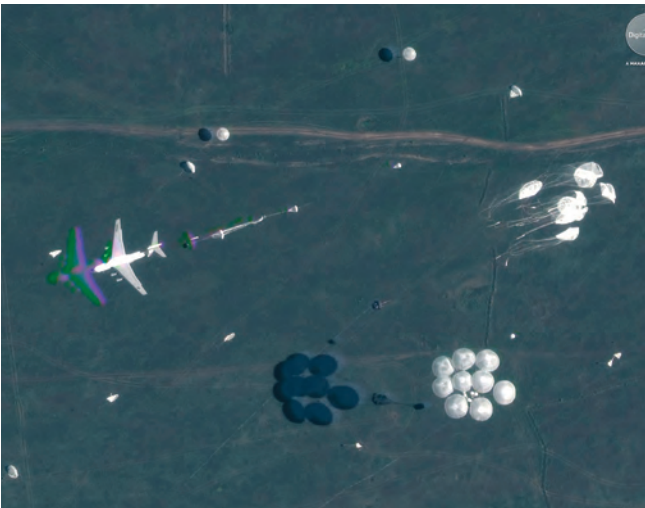
**MARCH FOR OUR LIVES**  
When survivors of the school shooting in Parkland, Florida, called for action, hundreds of thousands marched in cities across America on March 24. The “March for Our Lives” rallies demonstrated a new level of activism for the majority of Americans who want stricter gun control laws. The satellites showed the scale of the activism in the biggest of the demonstrations at the nation’s capital.



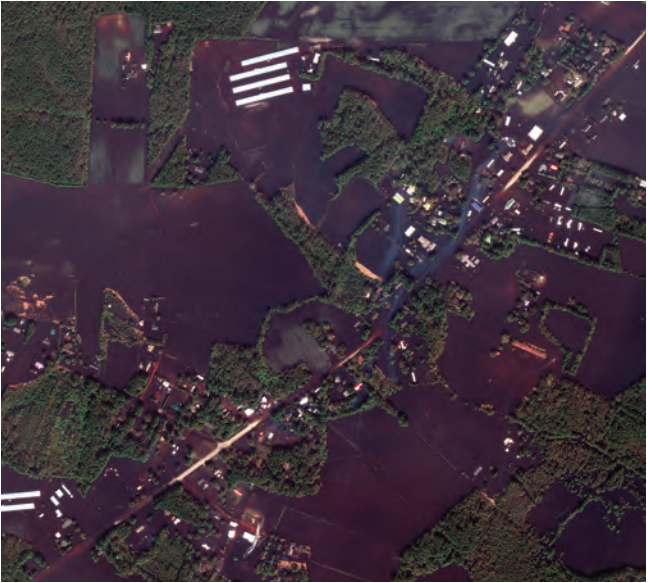
**LAVA AND ASH**  
The eruption of Kilauea on the Big Island of Hawaii on May 3 wrecked more than 700 homes while captivating the world with its destructive force. Using infrared technology, a satellite captured the range of heat from a river of lava in vivid colors on May 13. At a safe distance from the eruption, life — even golf — went on in Hawaii.



**KERALA UNDER WATER**  
Storms in August battered the southern Indian state of Kerala. The flooding killed hundreds and left hundreds of thousands homeless. A satellite image on Aug. 22 revealed how the landscape had been turned into a temporary lake, while AP journalists on the ground captured the human toll, including a man in a canoe with his dog rowing past a tree from which a bicycle hung above the flood waters.



**RUSSIAN SHOW OF MIGHT**  
In September, Russia put on its biggest show of force since the height of the Cold War. Russian officials said the military exercises in Siberia and the Far East, involved 300,000 Russian troops, 1,000 aircraft and 36,000 tanks. But for Western analysts the biggest message was the participation of Chinese troops in joint military exercises. DigitalGlobe satellites captured some of the drama as parachutes dropped military equipment on Sept. 15.



**NORTH CAROLINA DROWNING**  
In mid-September, Hurricane Florence dumped over 30 inches (0.76 meters) of rain in parts of eastern North Carolina. More than a dozen people were killed in the storm and floods. The view from space reveals the inundation.



**A CITY SWATH, LIQUIFIED**  
A massive earthquake wiped out whole neighborhoods of the Indonesian city of Palau on Sept. 28 when 430 hectares (1.7 square miles) of land were liquefied into deadly mudslides. It was clear from above how vast the destruction was and from the ground how complete.



**PARADISE IN FLAMES**  
The deadliest U.S. wildfire in a century sparked off in Northern California in November killing dozens and causing billions of dollars of damage. The satellites showed the complete destruction of the town of Paradise, CA, where 27,000 people had lived. An AP photo at ground-level showed the toll of the destruction.



## WORLD OF BACCHUS

Jacky I.F. Cheong, MDT



### TAHBILK NAGAMBIE LAKE MARSANNE 2011

Translucent citrine with shimmering golden reflex, the refreshing nose offers lime peel, lemon, starfruit and fresh herbs. Braced by bright acidity and clean minerality, the lively palate delivers pomelo peel, grapefruit, guava and crushed seashell. Medium-bodied at 11.5%, the high-spirited entry continues through a tangy mid-palate, leading to a herbal finish.

## The Rhodanien Analogue

Even if bestowed with singular character and outstanding quality, many grape varieties nonetheless remain at the regional level rather than becoming international varieties; not that becoming one is the ultimate goal of any variety, as the ubiquity and halo effect that come along with the status do sometimes carry unintended consequences, notably backlashes such as the ABC (anything but Chardonnay) movement.

Country after country, and indeed region after region, regional varieties tend to share some if not all of the following similarities. First, their character and quality are beyond question. Second, they tend to be low-yielding and/or tricky to handle and/or susceptible to disease and fungus. Third, they tend to be demanding when it comes to climate and terroir, requiring the best plots in a given region, hence ending up in David vs Goliath battles, e.g. Aligoté vs Chardonnay in Bourgogne and Elbling vs Riesling in Mosel.

Purportedly named after its eponymous birthplace, Marsanne is an archetypally characterful regional variety. Its spiritual home is indubitably northern Rhône, whose stellar appellations such Crozes-Hermitage, Hermitage, Saint-Joseph and Saint-Péray make good use of Marsanne in sparkling, white, red and sweet wine, whether as single-varietals or in blends.

The eagle-eyed would notice that these are precisely the spiritual homes of the mighty

Syrah. Indeed, Marsanne does require the best sites, which are more often than not occupied by Syrah in northern Rhône. Despite its inherent vigour, Marsanne is prone to diseases and no means easy to handle: if the weather is too cool, grapes fail to ripen fully; too warm, body overpowers any flavour. Having said that, with newfound fashion and at the cost of its closely related Roussanne – which is more aromatic yet more difficult to handle – Marsanne has spread to southern Savoie, Rhône, Languedoc-Roussillon and even Switzerland, as well as various English-speaking countries in the New World. If not as single-varietals, Marsanne often appears as blends with Viognier, Roussanne Grenache Blanc and Chardonnay. Marsanne's relationship with Roussanne as well as the duo's status is uncannily similar to Rotgipfler and Zierfandler of Thermenregion, Austria. Situated at the southeastern tip of the island continent, Victoria may not be the biggest wine-producing area of Australia, but it certainly is home to many of its most elegant wines. Of all its regions and sub-regions, Nagambie Lakes stands out as the doppelgänger of northern Rhône. Whereas the first Marsanne vines were planted here in the 1860s, coincidentally during the Victorian era, Tahbilk's Marsanne vineyards date back to the 1920s. M. Chapoutier and E. Guigal remain the most renowned producers of Marsanne, but Tahbilk is arguably kind in the southern hemisphere.

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

## RESTAURANTS

### CANTONESE



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

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



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

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

### SHANGHAI

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

### FRENCH



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

### 巴黎人 — BRASSERIE — 法式餐厅

**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: 5:30 - 11:00



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



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

## ABA BAR

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

**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 - 10:30pm  
T: 8802 2372  
Grande Praça, MGM MACAU



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



**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**  
Grand Lapa, Macau  
956-1110 Avenida da Amizade, The Resort  
T: 8793 4818  
12:00 - 14:30 / 18:30 - 22:30  
(Close on Mondays)

## BARS & PUBS



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

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

**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**  
Macao 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



## FOOD &amp; BEVERAGE

Candice Choi, AP Food &amp; Health Writer

## LOW CARB? LOW FAT? WHAT THE LATEST DIETING STUDIES TELL US

Bacon and black coffee for breakfast, or oatmeal and bananas?

If you're planning to try to lose weight in 2019, you're sure to find a fierce debate online and among friends and family about how best to do it. It seems like everyone has an opinion, and new fads emerge every year. Two major studies last year provided more fuel for a particularly polarizing topic — the role carbs play in making us fat. The studies gave scientists some clues, but, like other nutrition studies, they can't say which diet — if any — is best for everyone.

That's not going to satisfy people who want black-and-white answers, but nutrition research is extremely difficult and even the most respected studies come with big caveats. People are so different that it's all but impossible to conduct studies that show what really works over long periods of time. Before embarking on a weight loss plan for the new year, here's a look at some of what was learned last year.

## FEWER CARBS, FEWER POUNDS?

It's no longer called the Atkins Diet, but the low-carb school of dieting has been enjoying a comeback. The idea is that the refined carbohydrates in foods like white bread are quickly converted into sugar in our bodies, leading to energy swings and hunger. By cutting carbs, the claim is that weight loss will be easier because your body will instead burn fat for fuel while feeling less hungry. A recent study seems to offer more support for low-carb proponents. But, like many studies, it tried to understand just one sliver of how the body works. The study, co-led by an author of books promoting low-carb diets, looked at whether varying carb levels might affect how the body uses energy. Among 164 participants, it found those on low-carb diets burned more total calories than

AP PHOTO



those on high-carb diets. The study did not say people lost more weight on a low-carb diet — and didn't try to measure that. Meals and snacks were tightly controlled and continually adjusted so everyone's weights stayed stable.

David Ludwig, a lead author of the paper and researcher at Boston Children's Hospital, said it suggests limiting carbs could make it easier for people to keep weight off once they've lost it. He said the approach might work best for those with diabetes or pre-diabetes. Ludwig noted the study wasn't intended to test long-term health effects or real-world scenarios where people make their own food. The findings also need to be replicated to be validated, he said. Caroline Apovian of Boston University's School of Medicine said the findings are interesting fodder for the scientific community, but that they shouldn't be taken as advice for the average person looking to lose weight.

## DO I AVOID FAT TO BE SKINNY?

For years people were advised to curb fats, which

are found in foods including meat, nuts, eggs, butter and oil. Cutting fat was seen as a way to control weight, since a gram of fat has twice as many calories than the same amount of carbs or protein.

Many say the advice had the opposite effect by inadvertently giving us license to gobble up fat-free cookies, cakes and other foods that were instead full of the refined carbs and sugars now blamed for our wider waistlines. Nutrition experts gradually moved away from blanket recommendations to limit fats for weight loss. Fats are necessary for absorbing important nutrients and can help us feel full. That doesn't mean you have to subsist on steak drizzled in butter to be healthy. Bruce Y. Lee, a professor of international health at Johns Hopkins, said the lessons learned from the anti-fat fad should be applied to the anti-carb fad: don't oversimplify advice. "There's a constant look for an easy way out," Lee said.

## SO WHICH IS BETTER?

Another big study this past year found low-carb diets and low-fat diets were

about equally as effective for weight loss. Results varied by individual, but after a year, people in both groups shed an average of 12 to 13 pounds. The author noted the findings don't contradict Ludwig's low-carb study. Instead, they suggest there may be some flexibility in the ways we can lose weight. Participants in both groups were encouraged to focus on minimally processed foods like produce and meat prepared at home. Everyone was advised to limit added sugar and refined flour. "If you got that foundation right, for many, that would be an enormous change," said Christopher Gardner of Stanford University and one of the study's authors. Limiting processed foods could improve most diets by cutting down overall calories, while still leaving wiggle room for people's preferences. That's important, because for a diet to be effective, a person has to be able to stick to it. A breakfast of fruit and oatmeal may be filling for one person, but leave another hungry soon after. Gardner notes the study had its limitations, too.

Participants' diets weren't controlled. People were instead instructed on how to achieve eating a low-carb or low-fat in regular meetings with dietitians, which may have provided a support network most dieters don't have.

## SO, WHAT WORKS?

In the short term you can probably lose weight by eating only raw foods, or going vegan, or cutting out gluten, or following another diet plan that catches your eye. But what will work for you over the long term is a different question. Zhaoping Li, director of clinical nutrition division at the University of California, Los Angeles, says there is no single set of guidelines that help everyone lose weight and keep it off. It's why diets often fail — they don't factor into account the many factors that drive us to eat what we do. To help people lose weight, Li examines her patients' eating and physical activity routines to identify improvements people will be able to live with. "What sticks is what matters," Li said.



**WHAT'S ON**



**TODAY (JAN 4)**  
ONCE IN A JUNGLE

Once in a Jungle is a drama performance inspired by the fables of Greek storyteller Aesop. The piece is presented in the physical theatre tradition, telling the story of a little mouse trying to navigate its way through a jungle full of danger. The show is suitable for all ages, and features acrobatics, stilt walking, aerial silk work – artists performing aerial acrobatics while hanging from a length of fabric – and puppetry. The play is performed by Black Sand Theatre and promoted by Clube dos Amigos do Riquexó. It lasts for approximately 45 minutes, without intermission.

TIME: 7pm (January 4)  
11:30am & 3pm (January 5)  
VENUE: Small Auditorium, Macau Cultural Centre  
ADMISSION: MOP100  
ORGANIZERS: Black Sand Theatre, Clube dos Amigos do Riquexó  
ENQUIRIES: (853) 6650 7204  
WWW.MASANIMATION.ORG  
TICKETING SERVICE: (853) 2855 5555  
WWW.MACAUTICKET.COM



**TOMORROW (JAN 5)**  
KELVIN KWAN FOCUS CONCERT 2019 LIVE IN MACAU

Hong Kong singer Kelvin Kwan brings his dance moves and ballads to Macau. The Cantopop star began his career in 2006 with the debut album “if...Kelvin Kwan”, featuring the duet “Shouting Pack” with Alan Tam, which won “Best Newcomer” accolades at four major music award shows. Kelvin held his first solo concert at Hong Kong’s Star Hall in 2013, and he brought his “Breakout Concert” to Macau in 2015, his first appearance in the city. The singer is back to town on the heels of his 2017 release “The Kiss of Death”. The music video for the song has been seen over 1.8 million times.

TIME: 8pm  
VENUE: Broadway Theatre, Broadway Macau  
ADMISSION: From MOP180, MOP380, MOP680, MOP1080  
TICKETING: BROADWAYMACAU.COM.MO  
ORGANIZER: Wanxing International Entertainment Culture Ltd.  
ENQUIRIES: (853) 8883 3338  
TICKETING SERVICE: (853) 2855 5555  
WWW.MACAUTICKET.COM



STROLLING IN THE GARDEN, LISTENING TO MUSIC

The “Strolling in the Garden, Listening to Music” series, held on weekends, takes the Macau Chinese Orchestra to several of the city’s most culturally-apposite sites, from the Macau Tea Culture House, located beside the Lou Lim Ioc Garden, and the nearby Chun Chao Tong Pavilion to the Mandarin’s House. This month’s edition of the event series visits the Jao Tsung-I Academy.

TIME: 3pm & 4:30pm  
VENUE: Jao Tsung-I Academy  
ADMISSION: Free  
ORGANIZER: Macau Chinese Orchestra  
ENQUIRIES: (853) 8399 6699  
WWW.ICM.GOV.MO/OCHM



**SUNDAY (JAN 6)**  
EXIM 2018 - MACAU EXPERIMENTAL VIDEO FESTIVAL

EXiM has since 2011 held a range of screenings, live projections and multimedia (electronic music, sound and moving image) performances, presented by practitioners from Portugal, South Korea, Mainland China, Hong Kong, Macau and the Taiwan region. Genres of EXiM work have included 16mm experimental films, video art and experimental animation. This year, for the first time, works are being shown in an exhibition format, with a focus on Macau experimental film and video creations. Among the invitees are local artists that have previously shown work in EXiM events.

TIME: 12pm-7pm (closed on Mondays)  
UNTIL: January 13, 2019  
VENUE: Post-Ox Warehouse Experimental Site, Rua do Volong no.15  
ADMISSION: Free admission  
ORGANIZER: Ox Warehouse  
ENQUIRIES: (853) 2853 0026  
EXIMACAU.BLOGSPOT.COM



**MONDAY (JAN 7)**  
MOTIONS OF BRUSH AND INK – CALLIGRAPHY EXHIBITION OF HO LAI SIM AND HER STUDENTS

The Institute for Tourism Studies’ Tourism and Hotel School has been offering, since 2017, short-term, elementary-level calligraphy courses led by local artist Ho Lai Sim. They enable students to learn how to use a Chinese calligraphy brush and to understand the basic concepts of this art form, as well as its origins and development. The exhibition Motions of Brush and Ink features a total of 30 calligraphy artworks by Ms Ho and her students, including some in regular script, clerical script, running script and cursive script.

TIME: 9am-10pm  
UNTIL: January 31, 2019  
VENUE: Team Building, IFT Main Campus, Mong-Ha Hill  
ADMISSION: Free  
ENQUIRIES: (853) 2856 1252  
ORGANIZER: Institute for Tourism Studies  
WWW.IFT.EDU.MO



**TUESDAY (JAN 8)**  
SPARKLING GARDEN - GUAN HUAI BIN WORKS

Guan Huai Bin is a contemporary Chinese artist known for his installation and multimedia art. His work includes combining multimedia output in a variety of environmental settings to express his concern and attitude towards the status quo in China. Sparkling Garden, Guan’s first-ever solo exhibition in Macau, features a total of 16 pieces and sets, divided into two sections of seven installations and nine video works. The displayed work includes “Flame Garden”, which took five years to complete, and involves a display stand and a metal box fashioned from copper, containing a piece of glass brick.

TIME: 10am-7pm (no admittance after 6:30pm; closed on Mondays)  
VENUE: Macau Museum of Art  
UNTIL: February 24, 2019  
ADMISSION: Free  
ORGANIZER: Macau Museum of Art  
ENQUIRIES: (853) 8791 9814  
WWW.MAM.GOV.MO



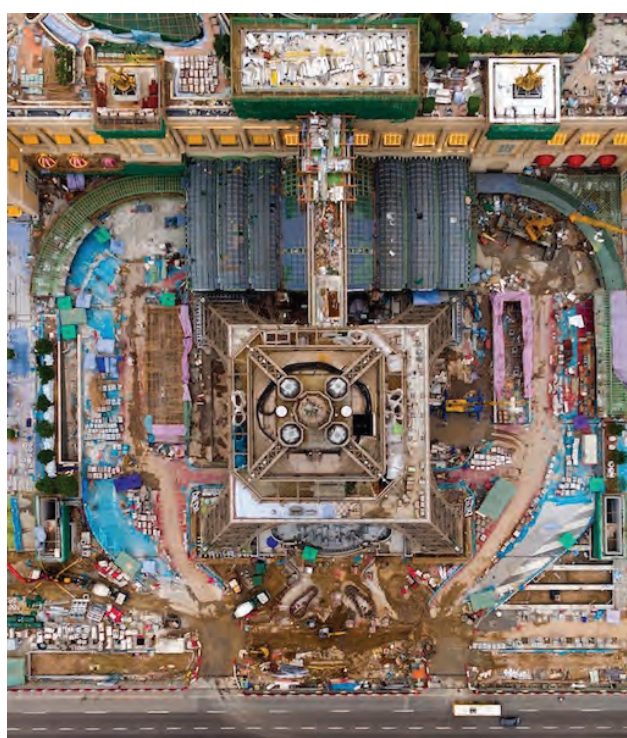


## WEDNESDAY (JAN 9)

### COMMUNITY INVOLVEMENT WITH MUSIC

The Macau Chinese Orchestra is using music to bond with the community, at the same time promoting and popularizing traditional Chinese music. This month the orchestra performs a free concert at an unusual location, the terrace garden of the city's public Conde de S. Januário Hospital.

TIME: 4pm  
VENUE: Terrace Garden, Conde de S. Januário Hospital  
ADMISSION: Free  
ORGANIZER: Macau Chinese Orchestra  
ENQUIRIES: (853) 8399 6699  
WWW.ICM.GOV.MO/OCHM



## THURSDAY (JAN 10)

### SURFACE REVEALED - DRONE PHOTOGRAPHY BY CHAN HIN LO

Macau freelance photographer Chan Hin lo is presenting his first solo exhibition at Taipa Village Art Space. He renders a very unique view of the city by utilising drone photography, a relatively new and emerging art form, which reveals to the naked eye what architects and urban planners envision on computer or on paper. These aerial shots are intentionally composed to capture orthographic projections - i.e., two-dimensional images of three-dimensional objects - in terms of images of the earth's surface. In doing so, the visual compositions offer a new take on an otherwise familiar urban setting.

TIME: 12pm-8pm (closed on Tuesdays)  
UNTIL: February 28, 2019  
VENUE: Taipa Village Art Space  
ADMISSION: Free  
ENQUIRIES: (853) 2857 6118  
ORGANIZER: Taipa Village Cultural Association  
TAIPAVILLAGEMACAU.ORG.MO

# Sands WEEKEND



## ICE RINK FUN

Until 6 January 2019  
Level 7, Eiffel Tower at The Parisian Macao

Skate with your family and friends on the outdoor ice rink and indulge in special winter delicacies at The Eiffel Tower.

Opening Hours: 4pm-10pm daily  
Ticket Price: MOP50



## LA PARISIENNE CABARET FRANÇAIS

From Now Until 3 February, 2019  
The Parisian Theatre, The Parisian Macao

La Parisienne Cabaret Français blends illusion, dance, acrobatics and comedy in true Parisian style to delight viewers of all ages. The show uses state of the art audio and visual technology to take viewers on an immersive tour of Paris via the Eiffel Tower, Arc De Triomphe and Notre Dame Cathedral before heading to Macao. An international cast of 38 death-defying stunt performers, illusionists, world champion skaters and dancers will take the audience on an amazing 65-minute journey.

Time: Tuesday - Saturday shows at 8pm  
Sunday show at 5pm  
No shows on Monday  
Tickets: From MOP188, call reservations +853 2882 8818  
cotaiticketing.com



## GREEN CUISINE

Daily

In collaboration with Green Monday, 14 of Sands Resorts Macao's restaurants are providing an array of innovative, nutritious and delicious vegan dishes, utilising the most advanced plant-based products available on the market. Participating restaurants include Portofino, Canton, The Golden Peacock, North, Dynasty 8, La Chine, Lotus Palace, Brasserie, Golden Court and Copa Steakhouse. Guests can also taste the vegan version of Macao's famous pork chop bun - the Sands Omnipork Pork Chop Bun at Imperial House, Tastes, Market Bistro and 888 Food Court.

SandsResortsMacao.com/dining



## THOMAS & THE LITTLE BIG CLUB ALL STARS

Until 28 February 2019  
Urumqi Ballroom, Level 4, Sands Cotai Central

Make your way to Sands' Cotai Central to catch the colorful new world of Thomas & The Little Big Club ALL STARS at Sands Resorts Macao. Featuring Thomas the Tank Engine, our favourite purple dino Barney, the much loved Angelina Ballerina and her mouseling friend Alice, Bob The Builder, Fireman Sam, and brave young Mike The Knight. Celebrate a world of imagination and the wonder of childhood.

Adult: MOP 100\* / Child#: MOP 80\*  
Tel: +853 2882 8818  
You can approach Cotai Ticketing Box Office with operation hours between 10am - 10pm daily

\* Subject to 10% service charge. Terms and Conditions apply.  
# Child admission prices apply to children 3-12 years of age only



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RESORTS MACAO

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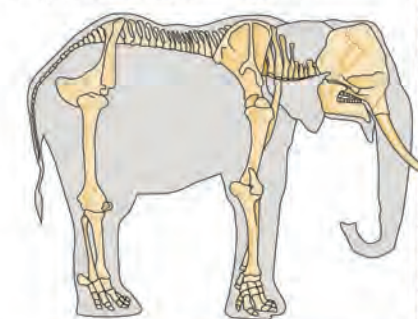
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## African elephant

The African elephant is the largest animal living on land. Of these, the biggest is the bush elephant (*Loxodonta africana*), which is found south of the Sahara. Forest elephants (*Loxodonta cyclotis*) are found in central and western Africa. An adult bush elephant can reach 11 feet tall (3.4 m) and weigh up to 14,000 pounds (6,350 kg). These animals have four or five toes on their front feet and three toes on their back feet. Both males and females have tusks. A wild population of millions has dropped to about 415,000.



■ African bush elephant  
■ African forest elephant

The toe bones of an elephant sit on a soft pad of fat that serves as a shock absorber and allows the animal to move surprisingly quietly for its size. The sole of the foot has thick skin with deep cracks and grooves for traction.



## On the move

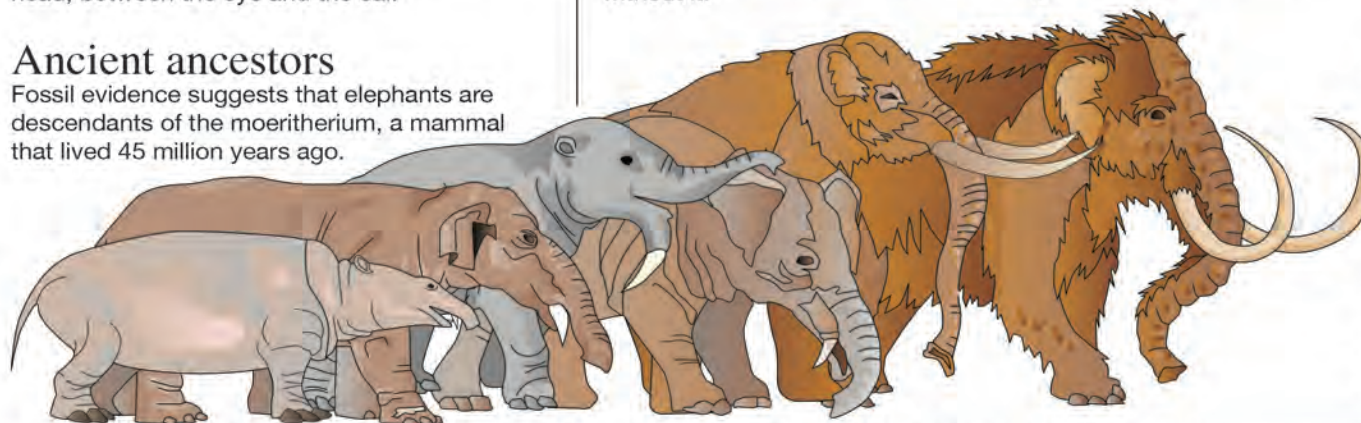
Elephants walk at about 3 to 6 miles (5 to 10 km) an hour, but can double that speed when on a march. When frightened, they reach speeds up to 25 miles (40 km) an hour.

## Musth

For several weeks in a year, adult male elephants experience **musth** (pronounced *must*). High levels of the hormone testosterone cause unpredictable and aggressive behavior. During musth, the elephant oozes a thick, smelly, black fluid from a gland on the side of its head, between the eye and the ear.

## Ancient ancestors

Fossil evidence suggests that elephants are descendants of the moeritherium, a mammal that lived 45 million years ago.



Moeritherium Palaeomastodon Deinotherium Trilophodon Mastodon Woolly mammoth

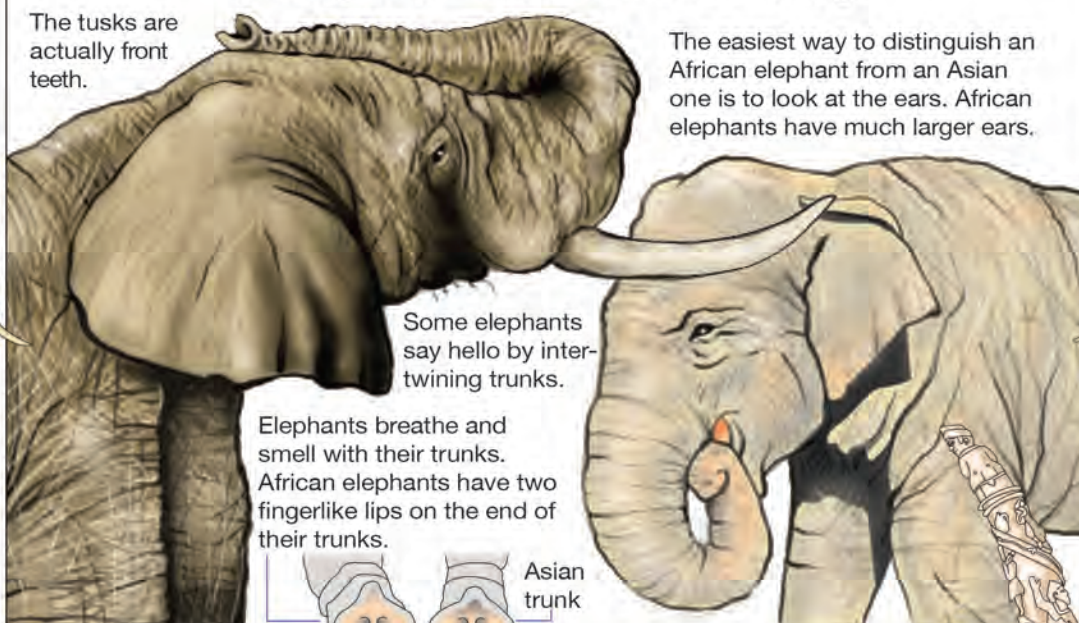
# World of Wonder

EXPLORING THE REALMS OF HISTORY, SCIENCE, NATURE AND TECHNOLOGY

# ELEPHANTS

The largest and heaviest land mammal in the world, the elephant is both smart and strong.

The tusks are actually front teeth.



The easiest way to distinguish an African elephant from an Asian one is to look at the ears. African elephants have much larger ears.

Some elephants say hello by intertwining trunks.

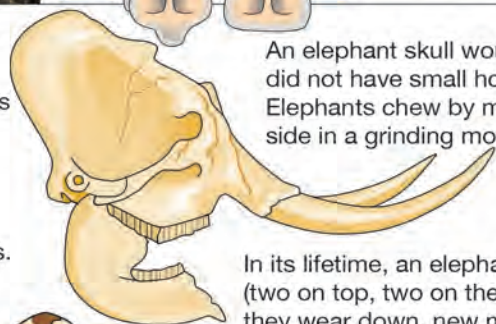
Elephants breathe and smell with their trunks. African elephants have two fingerlike lips on the end of their trunks.

Asian trunk

## Did you know?

An elephant's heart is five times larger than a human heart. Its trunk has more than 100,000 muscles. Elephants can't jump.

An elephant skull would be very heavy if it did not have small holes or pockets of air. Elephants chew by moving the jaw from side to side in a grinding motion.



Elephants are often killed for their beautiful ivory tusks.

In its lifetime, an elephant has six sets of molars (two on top, two on the bottom). Over time, as they wear down, new molars move to the front.



Molar 5

Molar 6 is the last and largest molar; it appears around age 40.



Molar 2 appears at 18 months.

Molar 3



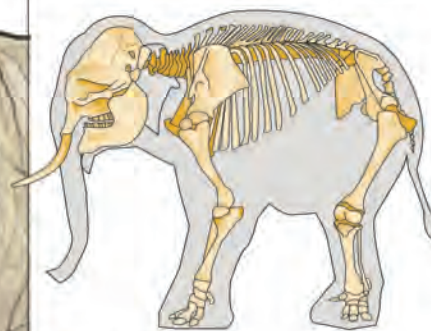
Molar 1

Molar 4 shows what an old, worn-down molar might look like.



## Asian elephant

The Asian or Indian elephant (*Elephas maximus*) is smaller than its African cousin. A bull stands 9 to 10 feet (2.7 to 3.2 m) tall and weighs up to 11,000 pounds (5,000 kg). The female is smaller than the male and has very small tusks, or none at all. An Asian elephant has five toes on its front feet and four toes on its back feet. The animal is listed as endangered, with wild populations estimated at 35,000 to 50,000. The Asian elephant has been domesticated by man and to this day is captured and trained to carry heavy loads.



■ Asian elephant



The ridges on the African elephant's molar are diamond-shaped, while the Asian elephant molar has sharp ridges.

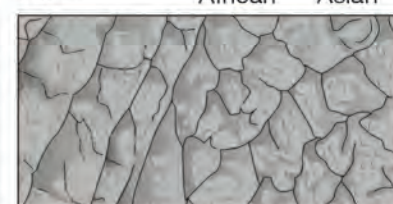


African Asian

## Family life

Elephants form tightknit family groups, or **herds**. A herd generally consists of 10 to 12 females and their offspring. The herd is led by a **matriarch** (the oldest and often the largest female), who decides when to eat, rest or migrate.

Young males are forced to leave the herd when they reach maturity (age 10 to 16). Adult males lead solitary lives or gather in small groups with other males. A lone male is called a **rogue**.



The skin of an elephant can be up to 1.5 inches (3 cm) thick. Elephants use touch as a form of communication, as their skin is not tough but soft and sensitive.

SOURCES: World Book Encyclopedia, World Book Inc.; The Life and Lore of the Elephant (Abrams); www.awf.org; Smithsonian National Zoological Park

## Sensitive souls

Elephants can cry, play and even laugh. They also grieve when a **calf** (baby elephant) is stillborn or a family member dies.

When a calf cries, the entire family responds with caresses and soft, reassuring sounds. Elephants will lift or support an injured herd member. They have been known to rescue family members from natural disasters and man-made traps.

Wild elephants can live to 60 or 70 years of age. If it avoids an early death from disease or hunting, it will die of old age in the form of starvation. An elephant's final set of molars wear down to nothing, and the animal can no longer eat.

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