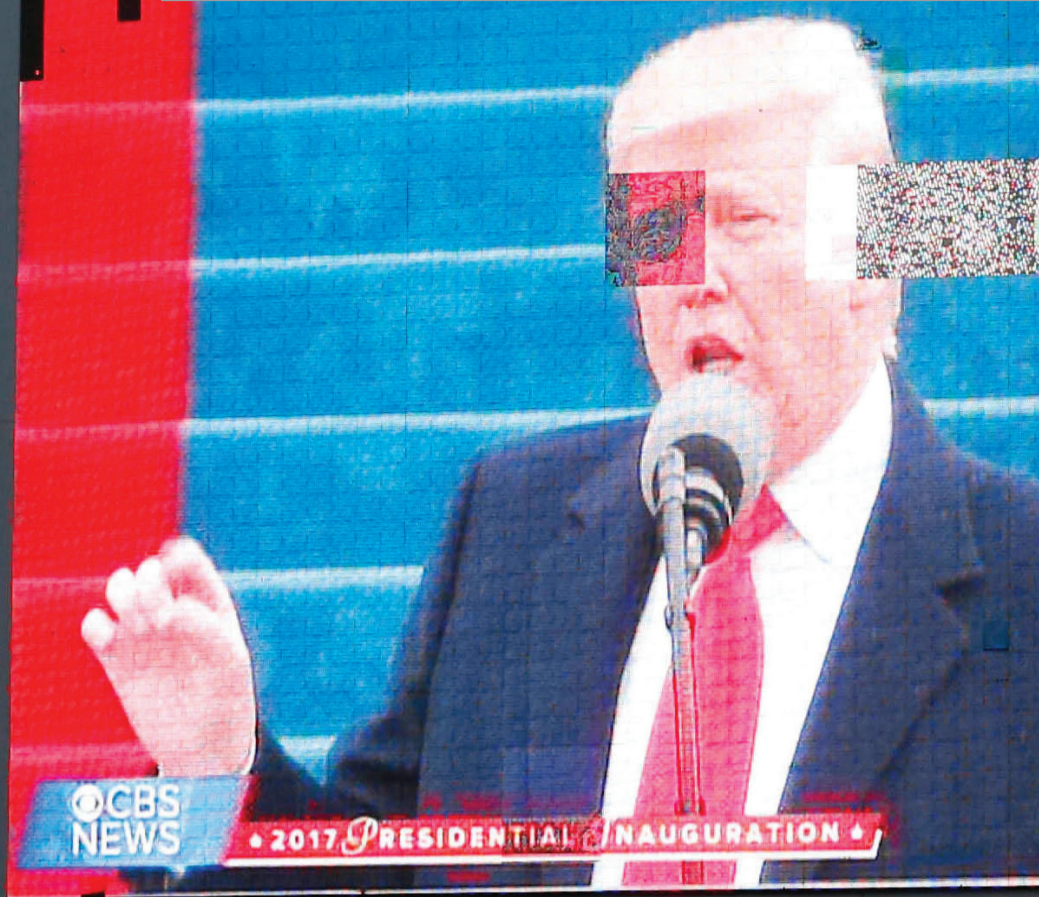




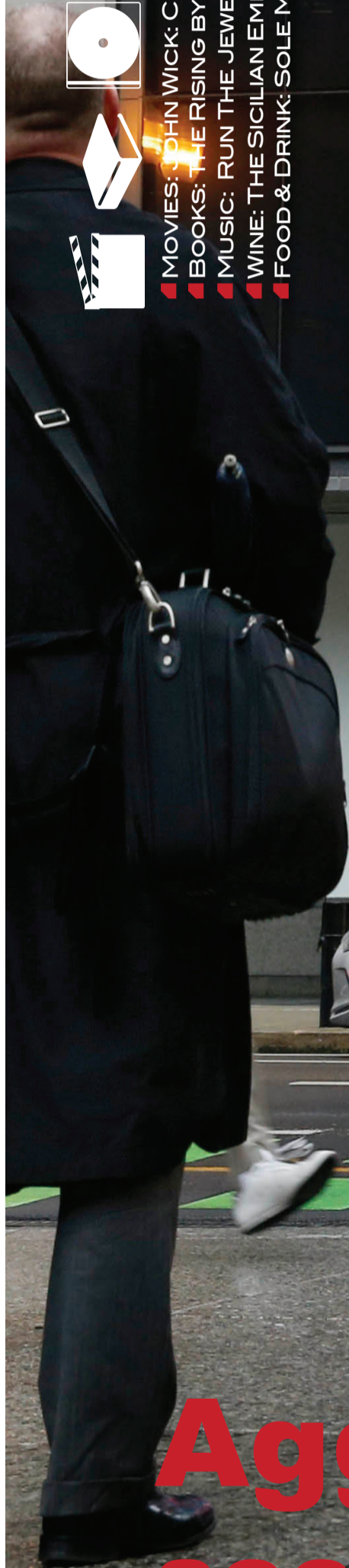
times Extra

weekend Guide

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- MOVIES: JOHN WICK: CHAPTER 2
- BOOKS: THE RISING BY HEATHER GRAHAM AND JON LAND
- MUSIC: RUN THE JEWELS 3 BY RUN JEWELS
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- FOOD & DRINK: SOLE MEUNIÈRE: IMPROVING ON PERFECTION



Someday, presidential counselor Kellyanne Conway's invocation of 'alternative facts' on NBC's Meet the Press may be cited as a galvanizing moment for journalism. Since Trump, media fact-checking has become ever more aggressive X3

Aggressively seeking the truth

DRIVE IN

Lindsey Bahr, AP

'JOHN WICK 2' IS AN EXTRAVAGANTLY VIOLENT GOOD TIME

Before you buy a ticket to see "John Wick: Chapter 2," the implausibly good "John Wick," you might want to ask yourself how much tolerance you have for gun shots to the head, because there are a lot of those in "John Wick: Chapter 2." More than you might think possible in a single movie. Is it gratuitous? Yes. Do all those people deserve to die? Probably not. But for our bearded boogeyman, who one character calls a priest and the devil in a single sentence, a shot to the head and one to the chest gets the job done quickly and efficiently. Why make things overly complicated?

The same goes for the movie, about the storied hitman who was driven out of retirement and back into the game after some mobsters stole his 1969 Mustang and killed his puppy. Stuntman-turned-director Chad Stahelski's sequel is straightforward, fast-paced and gets the job done entertainment-wise.

True to its name, "Chapter 2" literally picks up where the first left off. In a skull-crushingly loud sequence involving multiple men getting tossed off car hoods, John Wick (Keanu Reeves) retrieves his Mustang from the crooks holding it hostage (allowing for some knowingly extreme exposition

about just how scary this guy is). It's like a bonus "final scene" from the first film that gives closure to John's revenge mission and reminds us of his folk hero legend status. It also pushes reboot on the whole thing, allowing John to finally return to his modernist castle in the woods, bury his weapons once more in concrete, reminisce about his dead love and play with his dog (yep, there's a new one). But soon enough, Santino D'Antonio (Riccardo Scamarcio) is knocking at his door asking John to repay the debt he owes. In this elaborate criminal underworld, there are only two rules: No blood is to be spilled at The Continental (the hitman hotel), and "markers" must always be honored. Santino helped John get out of the game, and into his multimillion dollar home, and now he wants to cash in the favor.

This request leads John even further into the world of these dandy assassins as he goes to execute Santino's mission, and boy is it fun — especially the "getting ready" sequence where we get to see John being fitted for bespoke suits (Occasion? Social. Buttons? Two. Style? Tactical) and choosing his weapons from The Sommelier (Peter Serafinowicz). From there, it's really just action sequence after action sequence — from an Italian rave to a final showdown at a modern art exhibit. The visuals are always exciting and over the top, and creative



Keanu Reeves (left) and Laurence Fishburne in a scene from, "John Wick: Chapter 2"

in well-trod territory for the genre (like a subway platform), even if the plot gets a little repetitive in the third act.

The film is jam-packed with amazing cameos and supporting players, from Franco Nero as the manager of the Rome branch of The Continental and Common as a fellow assassin with a grudge, to Laurence Fishburne as the Bowery King. Ruby Rose is an amusing standout, too, as a sultry, mute bodyguard who communicates in sign language. There are

also some returning players, like Lance Reddick as the Continental's concierge and Ian McShane as the New York Continental manager as well as a handful of others.

And Reeves is in top form as the perpetually unruffled John Wick. It's a role that is tailor-made for his low-key intensity and one that will fit him for years to come.

Both "John Wick" films are sendups of the tasteless excess of B-action pics and all-out celebra-

tions of their vulgarity. "Chapter 2" is the best one could hope for in an action sequel, and it doesn't even have the "killed the puppy" gimmick on its side. The only real question is when we'll get the gift of a "Chapter 3."

"John Wick: Chapter 2," a Lionsgate release is rated R by the Motion Picture Association of America for "strong violence throughout, some language and brief nudity." Running time: 122 minutes. ★★★★★

AP PHOTO



Keanu Reeves in a scene from, "John Wick: Chapter 2"

BOOK IT

'THE RISING' BY HEATHER GRAHAM AND JON LAND

Best-selling authors Heather Graham and Jon Land team up to create "The Rising," an exciting and wonderful character-driven first book in an imaginative series.

Alex Chin is a football hero and homecoming king in his senior year at St. Ignatius High School. He's having a bit of trouble with math, so fellow student Samantha Dixon helps him out. She's working on a NASA internship, and her studies mean everything to her. Samantha will not acknowledge it, but she has a huge crush on Alex even though he doesn't acknowledge her beyond getting her help for his studies.

A football game changes everything. Alex is laid flat after a terrifying hit, strapped to a gurney and taken to the hospital. His life is changed forever. People close to him begin dying, and when Samantha runs to Alex's parents to tell them what's happening, she finds them dead, too. Now she's in the middle of things as well. The chase begins and it's difficult for them to trust anyone except each other. The main question they both ask: Why are they now targets?

The blending of writing styles works brilliantly with this story. Elements of romance, young adult angst, old-style



"The Rising" (Tor Books), by Heather Graham and Jon Land

science fiction and action propel this story to unexpected places. Though "The Rising" is being marketed as an adult novel, it will easily appeal to a teenage audience as well as to Graham and Land's fans.

Jeff Ayers, AP

TTUNES

RUN THE JEWELS PACKS A SMART PUNCH ON 'RTJ3'

AP PHOTO



"Run The Jewels 3" (Run the Jewels, Inc.)

There's a lot of fire behind Run The Jewels and their latest album, "Run The Jewels 3." They're longtime hip-hop practitioners on a current come-up, riding a crest of notoriety as much for their infectious, two-headed rap attack as for their outspoken political stance.

Run The Jewels is one-half Outkast protege and native ATLien (Atlanta) Killer Mike and one-half El-P, a seasoned Brooklyn hip-hop head. Together, they put forth a formidable combination of conscious-but-not-corny lyrics and urban street savvy.

On "Run The Jewels 3," their third studio album, the duo opens with "Down (feat. Joi)," a down-tempo number replete with vocal back-phrasing reminiscent of Killer Mike's ATL brethren from Outkast. It's a solid song, but a somewhat underwhelming first track.

The good stuff begins with "Call Ticketron," a breathless staccato assault chronicling RTJ's rise to prominence,

told through euphemism, street knowledge and gunplay imagery.

Also good is "Stay Gold," with its EDM-level bass reverb and spooky melody. It's a simultaneous shout-out to strong women and the tough path toward the top of the rap game. Killer Mike even takes time to name check the Atlanta Braves mid-'90s pitching rotation of John Smoltz, Tom Glavine and Greg Maddux.

It's a strong album, and it's easy to see where Run The Jewels are coming from lyrically in relation to their life path. Where they're going is less decided. There is a fleeting appetite for rap this culturally astute. Killer Mike spent as much time touting Bernie Sanders' candidacy as he did rapping in 2016. But rap needs "Run The Jewels 3" for balance, if nothing else.

Ron Harris, AP

NEWS OF THE WORLD

David Bauder, AP Television Writer

These days of alternative facts, phantom terrorist attacks and fake news are changing the way news organizations do their jobs.

Media outlets are more aggressively fact-checking political statements — a function often pushed into the background when campaigns end — finding innovative new formats and seeing keen interest among consumers. An administration that views the press as the opposition is reinvigorating it.

Someday, presidential counselor Kellyanne Conway's invocation of "alternative facts" on NBC's "Meet the Press" may be cited as a galvanizing moment for journalism.

"We're writing about a president who makes quite a number of misstatements," said Glenn Kessler, the Washington Post reporter whose regular fact checks award "Pinocchios" based on the magnitude and brazenness of false claims. "This has increased our workload and increased the level of interest in fact-checking."

The number of unique visitors to Kessler's web page in January was 50 percent higher than in October, its previous busiest month, and 15 times greater than in January 2013, he said.

The Associated Press routinely publishes AP Fact Checks on political discourse. Last week, the AP premiered an aggregation of disputed political statements under the headline, "A week's supply of baloney." A separate fact check on Conway's false claim of a Bowling Green "massacre" on Thursday was the most-read story on the APNews.com website Friday. Similarly, on Monday, readers spent more time with a story examining President Donald Trump's claim about the media underplaying incidents of terrorism than they did with any other news item that day.

"People are really paying close attention to the news and they want a tough-minded journalist to [...] give them an impartial report about whether a story is true, false or somewhere in between," said John Daniszewski, the AP's vice president for standards.

The New York Times also does regular fact-checking: It took a microscope Tuesday to Trump's claims about his immigration order and titled an earlier story: "White House pushes 'alternative facts.' Here are the real ones." An NPR team annotates claims made during speeches or debates. CNN succinctly corrects political misstatements through onscreen graphics.

After reporting President Donald Trump's claim about underreported terror attacks, anchor Scott Pelley said on the "CBS Evening News" on Monday that "it has been a busy day for presidential statements divorced from reality." It remains to be seen how much impact these efforts have on public opinion. If you don't believe sto-



Right? Will check...



Kellyanne Conway prior to a forum at Harvard University's Kennedy School of Government in Cambridge, Mass.

Media fact-checking more aggressive under Trump

ries in mainstream media anyway, are fact checks believable?

Duke University professor Bill Adair, who helped start the PolitiFact.com website, noted the growth of fact-checking during the fall campaign and, in a column printed on Election Day, challenged journalists to keep it up. Since then, "we've seen tremendous fact-checking by national news organizations in a period when they would not typically do it," he said.

Examining the truth of political statements is relatively new, first applied nationally to campaign ads in 1992, said Tom Rosenstiel, director of the American Press Institute. FactCheck.org, Snopes.com and PolitiFact, with its "pants on fire" designation for egregious lies, do it regularly.

"Given the traction this is getting,

I do not see this abating," Rosenstiel said. "To the contrary, I see people who do this work saying, 'How do we do this in a more complete way?'"

None of the ideas NPR tried clicked like its annotation feature, rolled out during last year's campaign. Up to two dozen journalists and producers worked on debate nights, for example, adding links to transcripts and allowing website visitors to judge the accuracy of statements.

The process is constantly being refined, said Beth Donovan, senior Washington editor. Others are following: Adair said Duke is experimenting with a "pop-up" feature that allows real-time fact-checking.

"This was always a key part of our job, but it's more central now," said Michael Oreskes, NPR's senior vice president for news and editorial director. "In the old days, we'd write

a story and somewhere in the story we might say, 'Oh, by the way, he said this but it isn't true.' Now [...] it is in a sense the story itself."

Kessler said the Washington Post is looking to add video to its fact-checking unit. The Times is looking into creating its own fact-checking unit, said Matt Purdy, deputy managing editor for news and investigations. Times ads for online subscriptions urge people to "give the truth."

The AP is involved in another aspect of fact-checking, working with Facebook to flag dubious stories shared on the popular social media platform.

Fact-checking isn't immune to persistent political efforts to undermine the authority of mainstream journalists, however. Knocking down Trump administration claims may even make

his supporters more determined. "What we think is debunking Donald Trump turns out to be supporting Donald Trump," media critic Michael Wolff said on CNN last weekend.

Don't forget: the presidential candidate judged to have the biggest problem with the truth won.

"Are we in a post fact-check world?" Rosenstiel wondered. "There's a difference between facts and knowledge. I can tell you your facts are wrong but not change your belief."

The very phrase "fact-checking" was considered too toxic when Dallas' WFAA-TV named its clever new "Verify" segment. In the periodic stories, reporter David Schechter takes viewers on fact-finding missions. For instance, a viewer who supported Trump's plan to build a wall along the Mexican border was taken to the border to see what it was like. Schechter discovered that challenging assumptions doesn't necessarily change views.

The polarization just makes the effort more important, journalists say. "We don't tell you how to vote," Oreskes said. "We give you the material to think about who to vote for."

WORLD OF BACCHUS

Jacky I.F. Cheong



CANICATTI AQUILAE GRILLO 2009

A single-varietal Grillo, aged for three months in steel tanks, followed by two months in bottles. Bright lemon-yellow with light golden reflex, the pure nose offers lemon, grapefruit, mint tisane and macchia. With vibrant acidity and clear mineality, the intense palate delivers bergamot, pomelo, fresh herbs and flint. Medium-full bodied at 13 percent, the invigorating entry carries onto a potent mid-palate, leading to a herbal finish



CANICATTI AQUILAE NERO D'AVOLA 2008

A single-varietal Nero d'Avola, aged briefly in French barriques, followed by three months in bottles. Dark garnet-rosewood with crimson-carmine rim, the fragrant nose presents black cherry, dried plum, black pepper, caffè mocha and geranium. With generous acidity and meaty tannins, the potent palate supplies dried raspberry, prune, liquorice, tobacco and charcoal. Full-bodied at 14 percent, the energetic entry continues through a robust mid-palate, leading to an assertive finish.



CANICATTI AYNAT NERO D'AVOLA 2007

A single-varietal Nero d'Avola, aged for 12 months in French barriques, followed by 12 months in bottles. Reddish black with carmine-rosewood rim, the impenetrable nose reveals dried cherry, prune, eucalyptus, Christmas spice and sandalwood. With abundant acidity and chevy tannins, the monumental palate furnishes brandy-soaked cherry, damson, allspice, black coffee and cedarwood. Full-bodied at 14.5 percent, the imposing entry persists through a complex mid-palate, leading to a redolent finish.

The Sicilian Emblem

Nero d'Avola has for years been, by some distance, the single most important and widely planted red variety from the island of Sicily. Nero d'Avola literally means "black of Avola", referring to the town of Avola in the southern Sicilian province of Syracuse. Less commonly, it also goes by the name Calabrese, referring to the region of Calabria, situated at the "toe cap" of the Italian mainland. Before the eventual rise and dominance of Rome, both Sicily and Calabria used to be Greek colonies, indeed part of Magna Graecia. Sicily is amongst the southernmost of European viticulture and winemaking, along with Cyprus, Crete (Greece) and Jerez (Spain). The exact origin of Nero d'Avola remains unclear, or unestablished, but there seems to be nothing that modern DNA tests cannot find out. The Nero d'Avola vine is naturally vigorous, producing grapes with good acidity, high tannins, high sugar level and hence potentially high alcohol level. In extreme cases, potential alcohol level could reach an astonishing 17.5 percent. But in practice, no dry wine can reach that alcohol level, as yeasts invariably become inhibited and gradually die passing the 15.5 percent or 16 percent mark, leaving behind unfermented sugar, i.e. residual sugar. Nero

d'Avola's potentially excessive sugar and alcohol level, however, can be moderated by the altitude of vineyards. Thanks to these inherent characteristics, Nero d'Avola used to be blended with anaemic wines from the Italian mainland during the Middle Ages, very much in the same way as Malbec wines from Cahors were used to bolster Bordeaux's pale clarettes during the same period. It is tempting to draw parallels between Malbec and Nero d'Avola, not least because both are excellent varieties for rosé. For much for the 20th century, Nero d'Avola was mainly used in blends. The good ol' 70s, when general aesthetics and public tastes seemingly reached the lowest point in human history, with atrocious fashion, lurid exploitation films and carefree hippies etc, were the "golden age" of plonk, i.e. mass-produced rosés and semi-sweet wines etc. Nero d'Avola did not escape unscathed from the misguided "Zeitgeist" – and sincere apologies to the German philosopher Georg Hegel, who coined this term – but both its history and future are prouder than that. At the turn of the 21st century, well-made and ageworthy single-varietal Nero d'Avola wine began to appear, ushering in a new dawn for this time-old variety.

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

RESTAURANTS

CANTONESE



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



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

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



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

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

SHANGHAI

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

FRENCH

**寶雅座
AUX BEAUX ARTS**

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

GLOBAL

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

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

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

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



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

ABA BAR

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



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



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



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

ITALIAN

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



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



AFRIKANA
Monday to Sunday
6:00pm - 3:00am
Location : AfriKana, Macau Fisherman's Wharf
Telephone Number : (853) 8299 3678

JAPANESE

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

ASIAN PACIFIC

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

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



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

PORTUGUESE

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

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

THAI

**NAAM
THAI RESTAURANT**

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

BARS & PUBS



38 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 & BEVERAGE

Sara Moulton, AP

AP PHOTO



SOLE MEUNIERE: IMPROVING ON PERFECTION

Julia Child was able to remember the single most decisive moment in her life with photographic clarity. It was her first bite of her first meal in France, a fish dish called Sole Meuniere. That first forkful, she wrote, was “a morsel of perfection,” and it set her on the path to become the Julia we’d come to know and love.

Though it is indeed a classic of French cuisine, Sole Meuniere — a filet of fish dipped in flour, then sauteed in butter — isn’t terribly complicated. But it’s one of those dishes that really benefits from attention to detail. And in the interest of improving on “perfection,” I’ve added a few

new details.

Let’s start with the fish. Julia was served Dover sole. Thick, firm and delicious, Dover sole is widely available in Europe, but not in the United States. In fact, much of the “sole” sold on these shores isn’t sole at all but a kind of flounder [...] and much of that is endangered due to overfishing and should be avoided. So opt for Pacific flounder or Pacific sole or just reach for any firm-fleshed white fish that is not endangered. (Visit seafoodwatch.org)

Still, most white fish, even Dover sole, is a tad bland. Accordingly, Sole Meuniere is always finished with a little pick-me-up of lemon

and salt. This recipe starts with acid and salt in the form of a salty buttermilk brine, which deeply pre-seasons the fish.

Typically, sole meuniere calls for all-purpose flour, but if you can find “instantized” flour, aka Wondra, grab it. The fish is crispier when it’s coated with Wondra. Two important final notes: Wait until the pan is almost smoking before adding the fish, and don’t flour the fish until the last minute, which will prevent it from becoming gummy.

Given that we’ve added capers and lemon slices to this version, it’s more properly called Sole Grenobloise than Sole Meuniere. Whatever, it’s delish.

SOLE MEUNIERE IMPROVING ON PERFECTION

START TO FINISH: 30 minutes plus 1 to 3 hours marinating time

Servings: 4

1 cup buttermilk

1 teaspoon kosher salt

1 1/4 to 1 1/2 pounds firm white fish fillets

1 small lemon

3 to 4 tablespoons vegetable oil

1/2 cup instantized flour

3 tablespoons unsalted butter, cut into several pieces

1 tablespoon drained capers

Chopped fresh parsley for garnish

HOW TO COOK IT

In a re-sealable plastic bag combine the buttermilk and salt and stir with a small whisk or fork until the salt is dissolved. Add the fish fillets, making sure they are coated with the buttermilk, seal the bag and place it in the refrigerator. Let the fish marinate for at least 1 hour and preferably 3 hours.

While the fish is marinating, cut off the top and the bottom of the lemon. Place it on the cutting board cut-side down. Starting at the top, following the curve of the lemon, cut off the rind and the pith. Working over a small bowl to catch any juice, cut between the membranes to separate the lemon into segments. Reserve both the segments and the juice.

In a large nonstick skillet heat half the oil over medium-high heat.

Remove half the fish from the buttermilk, letting the excess drip off, and dip it in the flour, coating it on all sides and shaking off the excess. Add it to the pan and cook it until golden on both sides and just cooked through, about 3 minutes total. Transfer the fish to a platter and cover it loosely with foil. Repeat the procedure with the remaining oil and fish. Discard any oil left in the pan.

Add the butter, the capers and a hefty pinch of salt to the skillet and cook over medium heat, swirling the butter, until it is golden. Add the lemon segments and cook, 2 to 3 minutes. Pour the sauce over the fish, sprinkle with the parsley and eat right away.

NUTRITION INFORMATION PER SERVING: 382 calories; 195 calories from fat; 22 g fat (7 g saturated; 0 g trans fats); 126 mg cholesterol; 651 mg sodium; 10 g carbohydrate; 0 g fiber; 2 g sugar; 35 g protein.

STUDY FINDS NEW BACTERIAL STRAIN CAN CONTAMINATE SHELLFISH

Scientists studying oysters along the Atlantic Coast have discovered a critical clue to understanding why more seafood lovers are getting sick from eating shellfish. Researchers at the University of New Hampshire have found a new strain of the bacteria *Vibrio parahaemolyticus*, the world’s leading culprit of contamination in shellfish that, when eaten, causes diarrhea, vomiting and abdominal pain. In rare cases, people have died from contracting lethal septicemia.

Cheryl Whistler and her colleagues discovered the new strain ST631 and detailed their findings in the *Journal of Clinical Microbiology*. Previously only one strain of the bacteria was blamed for this type of food poisoning, which Whistler said is on the rise in New England and already is responsible for an estimated 45,000 cases in the U.S. each

year.

Whistler said the new strain is endemic to the region but it is unclear how it evolved to become so dangerous. It has similar virulent genes to ST36, the strain long blamed for infections and which is believed to have come from the Pacific Northwest.

“It wasn’t understood that there was a strain that lived in the Atlantic already that was causing increasing infections,” said Whistler, the director of the university’s Northeast Center for *Vibrio* Disease and Ecology. “We knew people were starting to get sick more frequently by unknown strains. It wasn’t clear if every person was getting sick by a different strain. Are there a hundred different strains making people sick or just a couple making people sick?”

She partnered with the federal Food and Drug Administration and public health and with

shellfish management agencies in five states on the study to discover the new strain.

“We were surprised to learn that it was so widespread,” she said, adding that ST631 can thrive in a range of water temperatures from Florida to Prince Edward Island and the Gulf of Maine, suggesting a link to climate change.

The findings build on earlier studies showing the role climate change is playing in the spread of pathogens like *Vibrio parahaemolyticus*. An August report in the *Proceedings of the National Academy of Sciences* found that warming waters are linked to waterborne food poisoning, especially from eating raw oysters.

“There is a lot of evidence that there is changing climate and an expanding pathogen population because of that,” Whistler said.

Rita Colwell at the University of Maryland did not participate

in the UNH research but led the study published in the *Proceedings of the National Academy of Sciences*, and praised Whistler’s work. She said the UNH study contributes to a growing body of evidence that global warming has “a measurable human effect.”

“They have done a very nice job doing sequencing of the DNA and getting the DNA fingerprints so to speak,” Colwell said. “The important aspect of it is they have good evidence that the strain that is circulating in the U.S. is in fact different from strains that are circulating globally ... They have also been able to track infections with it.”

Public health officials are hoping the discovery of ST631 will give agencies along the Atlantic Coast and in Canada the data they need to develop tools to reduce the risk of food poisoning from the pathogen.



WHAT'S ON



TODAY (FEB 10)

OPEN BOX 2017 - PHYSICAL COMEDY "IDIOT"

Using the basics of clowning to construct an absurd perspective, director/scriptwriter Joyce Chan will take us on a journey to a world of stupidity and misunderstanding. Red noses and masks aside, it all starts when one day a young otaku (Japanese for nerd) decides to reply an ad calling for male escorts. The action revolves around a multiplicity of funny gags during the interview and application process that takes the unlikely candidate to fly to Japan where he meets the mama-san in charge of recruitment. Willing to expose weaknesses and share awkwardness, the performers step on stage stripped of common sense, yet determined to reveal beauty and happiness through sheer, joyful nonsense.

TIME: 8pm
 DATE: February 10-11, 2017
 VENUE: Macau Cultural Centre, Avenida Xian Xing Hai s/n, Nape
 ADMISSION: MOP120
 ENQUIRIES: (853) 2870 0699
www.ccm.gov.mo
 TICKETING ENQUIRIES: (853) 2855 5555
www.macauticket.com



TOMORROW (FEB 11)

CABARET - A COMEDIC MUSICAL

Mother/daughter-in-law conflicts, faded passions... Blue Blue Sky Arts Association explores these issues of married life in the form of the comedic musical Cabaret (Cantonese, only for audiences aged 18 and above) via the talents of Macau and Hong Kong performers performing together. Enjoy a drink whilst watching the performance!

TIME: 3:30pm & 8pm
 DATE: February 11-12, 2017
 VENUE: Black Box Theatre, Old Court Building, No. 459, Ave. da Praia Grande
 ADMISSION: MOP220 (including a cup of drink)
 ORGANIZER: Blue Blue Sky Arts Association
 TICKETING: (853) 2855 5555
www.macauticket.com



CLUB CUBIC PRESENTS MERK & KREMONT

Merk & Kremont (Italy) had their first release back in 2012 and have been consistently releasing tracks with support from the likes of Fedde Le Grand, DANNIC & Paris & Simo. The duo show no sign of slowing down and have worked with some of the biggest labels about including Spinnin' Records, Protocol Recordings, DOORN Records & Musical Freedom.

TIME: 10pm-6am (next day)
 VENUE: Club Cubic at City of Dreams Macau, Estrada do Istmo, Cotai
 TICKET: MOP250
 Organizer: Club Cubic at City of Dreams Macau
 ENQUIRIES: (853) 6638 4999
 FACEBOOK: Club Cubic



SUNDAY (FEB 12)

ENTER PLEASE - WORKS BY CATHLEEN LAU

Everyday we exist and live in certain place - working, playing, thinking, studying, eating, drinking, resting and sleeping. A person's existence depends much on his family and also nature. Support of nature seems to be a kind of natural and invisible support; the evolution of organisms until, gradually emerged. It is nature which gives birth to human beings. Men build up their homes by which babies and youngsters are being protected and human beings are furnishing. As developments go on, how important is 'family' to human existence? And how should families be organized? In this exhibition features five works which include the Tree Vine, Building, Patio, Insider and Bricks. The artworks are placed like a route of Chinese traditional garden. First it comes up with the tree vine combined by mortise and tenon, reminding there are deep relation between Man and Nature, they are depending on each other. Then audience will walk through a narrow bed frame that symbolizes the flattened living space in Hong Kong. Precipitation under the light projection is somewhat like swimming in deep water. Finally, where we will be looking for is a comfortable shelter. We are thinking of "our home".

TIME: 12pm-7pm (Closed on Tuesdays)

UNTIL: April 26, 2017
 VENUE: Ox Warehouse, Intersection of Av. do Coronel Mesquita and Av. do Almirante Lacerda
 ADMISSION: Free
 ORGANIZER: Ox Warehouse
 ENQUIRIES: (853) 2853 0026
oxwarehouse.blogspot.com



MONDAY (FEB 13)

TROPICALIA CLUB - EXHIBITION BY ALEXANDRE MARREIROS

This exhibition features the works of an artist awarded an honorable mention by Portuguese Contemporary Illustration and has had six of his photographs selected by the jury of the international Nikon Photo Contest.

TIME: 2pm-7pm (Closed on Sundays)
 UNTIL: February 18, 2017
 VENUE: Creative Macau, G Floor, Macau Cultural Centre, Av. Xian Xing Hai, s/n, NAPE
 Admission: Free
 ORGANIZER: Center for Creative Industries
 ENQUIRIES: (853) 2875 3282
www.creativemacau.org.mo



TUESDAY (FEB 14)

VALENTINE'S DAY CONCERT

Sun Peng is a young conductor, winner of the '1st Hong Kong International Conducting Competition for Chinese Music' and of the Prize for Best Interpretation of Works from Hong Kong. He is on the faculty of the Shenyang Conservatory of Music and is Principal Conductor of the Conservatory's Youth Chinese Orchestra. Concurrently, he is Guest Assistant Conductor of the Hong Kong Chinese Orchestra and Artistic Director and Principal Conductor of the Chinese Orchestra of the Shanxi Song and Dance Troupe.

TIME: 8pm
 VENUE: Dom Pedro V Theatre Lobby
 ADMISSION: MOP40
 ORGANIZER: Macau Chinese Orchestra
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/ochm



WEDNESDAY (FEB 15)
AD LIB - KONSTANTIN BESSMERTNY

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

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)
UNTIL: May 28, 2017
VENUE: Macau Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: Free
ORGANIZER: Macau Museum of Art
ENQUIRIES: (853) 8791 9814
www.mam.gov.mo



THURSDAY (FEB 16)
LUI CHUN KWONG - THE DISTANT LINE

A dogged advocate of innovation, Hong Kong artist Lui Chun Kwong experimented tirelessly in the 1990s before finally achieving his desired abstract Landscape series. Despite all these self-transmutations, Lui's works never fail to inspire exhibition-goers and give them food for thought. His paintings - featuring long, slender lines flowing across the tableau - evoke a sense of poised beauty and tranquility. In this exhibition, visitors can enjoy 31 specially selected paintings calculated to challenge, provoke and engage.

TIME: 10am-9pm (Open on public holidays)
UNTIL: February 26, 2017
VENUE: The Tap Siac Gallery, Av. do Conselheiro Ferreira de Almeida, no.95
ADMISSION: Free
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 8988 4000
www.icm.gov.mo

Sands WEEKEND



SAM HUI BACK IN TIME CONCERT MACAO

8pm Saturday, 11 February
Cotai Arena

Fans of legendary Hong Kong singer Sam Hui are guaranteed a nostalgic evening of musical memories. As a highly-respected Cantopop legend in Hong Kong, he is also a songwriter and film actor and is credited with popularising Cantopop by the use of Cantonese jargon and slang in his lyrics to depict various current issues in society, as well as recounting love stories. His aspirational message comes through in his shows and his songs are hugely influential and over the years has encouraged dozens more Cantopop performers to go on to have successful careers of their own.

Tickets: From MOP/HKD 280, call reservations +853 2882 8818
cotaiticketing.com

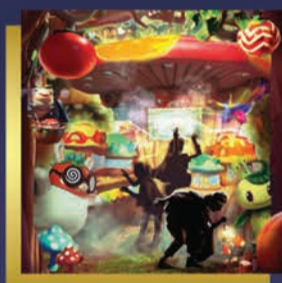


MONKEY KING

From 9 February
Sands Cotai Theatre, Sands Cotai Central

Monkey King is a spectacular stage show based on the famous Ming Dynasty novel "Journey to the West", considered one of the four great novels of Chinese literature. The Monkey King breaks new ground in interpreting this classic tale to appeal to a modern audience, featuring dance, skilful acrobatics, drama, martial arts, magic and other great Chinese elements. The show also features the most advanced 3D effects, LED screen projections, video mapping and full surround sound together with creative lighting effects, choreography, music and spectacular colourful costumes.

Tickets: From MOP/HKD 420, call reservations +853 2882 8818
30% off for Macao ID holders on presentation of their card. Offer runs until 28 February.
cotaiticketing.com



PLANET J A UNIVERSE APART

Daily
Planet J, Shop 3009 Level 3, Shoppes at Cotai Central

Step into a universe of live interactive quests and adventures at Planet J, a live action role playing theme park. Within its 10,000 square feet facility, Planet J houses eight distinct gaming zones containing more than 200 games.

Call reservations +853 8791 6000



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MOP20,000	One night in a Deluxe Room at The Parisian Macao
MOP8,000	A dinner buffet for two at Le Buffet

*Terms and conditions apply.



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WORLD OF WONDER

Exploring the realms of history, science, nature and technology

By Laurie Triefeldt



Lovebirds are small parrots from Africa.

VALENTINE'S DAY



The first valentine

There are many theories on how Valentine's Day began. The holiday may go back to ancient Roman times, when a festival called **Lupercalia** was held on February 15. Lupercalia was a fertility celebration honoring **Juno**, the Roman goddess of women and marriage. During the festival, women wrote love notes called **billets** and put them in a large jar or urn. Each man would select a note and pursue the woman whose name was on it.

Another theory is that Valentine's Day began with one or more early Christian saints. According to one legend, the Roman Emperor Claudius II (A.D. 200s) forbade all marriages, believing that single men made better soldiers. But a priest named Valentine broke the law and married many couples in secret. Another story tells of an early Christian named Valentine who befriended children. When he was imprisoned by the Romans for his faith, Valentine's little friends gave him notes and cards through his jail window. This may explain the tradition of exchanging cards on Valentine's Day. Most of the Christian stories agree that Valentine was killed by the Romans on February 14 around A.D. 269.

There is also an old English myth claiming that February 14th is the day the birds of spring choose their mates.

Romantic customs

The tradition of sending cards and poems on Valentine's Day may date back to England in 1415, when the French Duke of Orleans was captured and imprisoned during wartime. It is said that he sent his wife a love poem from the Tower of London on February 14.

In the Middle Ages, some men gave their valentine gifts, and others would wear their valentine's name on their sleeve, which is probably where the saying "wearing his heart on his sleeve" originated.

The idea of sending love poems and notes became popular in the 18th and 19th centuries. People made their own valentines with verses copied from books sold especially for this purpose. People didn't begin to buy premade valentines until the mid-1800s.



I'm a little Valentine,
Red and white.
With ribbons and lace,
I'm a beautiful sight.
I can say "I love you"
On Valentines Day.
Just put me in an envelope,
And give me away.

(This rhyme may be sung to the tune of "I'm a Little Teapot.")



Germany, c.1900

Around the world

Today, Valentine's Day is celebrated in many countries. In the United States and Canada, children decorate their schools and homes with paper hearts. They make and exchange cards with family and friends. Some schools have classroom parties where valentines are given to the teachers and students. Dances are sometimes held for older students.

Gifts of candy in heart-shaped boxes, flowers and romantic cards are exchanged between husbands and wives or sweethearts. Many couples go out for a special romantic dinner.

In England, children sing valentine songs and exchange gifts of candy, fruit or money. In Italy, a great feast is held on Valentine's Day, and people often get engaged. China baskets filled with valentine goodies are hot sellers in shops.

In Denmark, pressed white flowers called snowdrops are given to friends and lovers. An unsigned humorous valentine letter called a **gaekkebreve** (joking letter) is popular. If the woman guesses the name of the man who sent it, he is supposed to give her an Easter egg at Easter.

Germans and Austrians share the American tradition of giving roses and chocolates to wives and sweethearts.

In Spain, it is traditional for the wife to give a gift to her husband. The husband gives flowers.

Flowers

The language of flowers was developed in the 1600s in Constantinople and Persia. Flowers are symbolic of love blooming and waning. The red rose is very popular and was said to be the favorite flower of Venus, the goddess of love. Red is symbolic of strong emotions; yellow, of jealousy. Other flowers also have symbolic meanings. The forget-me-not represents true love. The periwinkle is used to express early friendship (blue) and happy memories (white). How you combined a bouquet could say quite a lot.



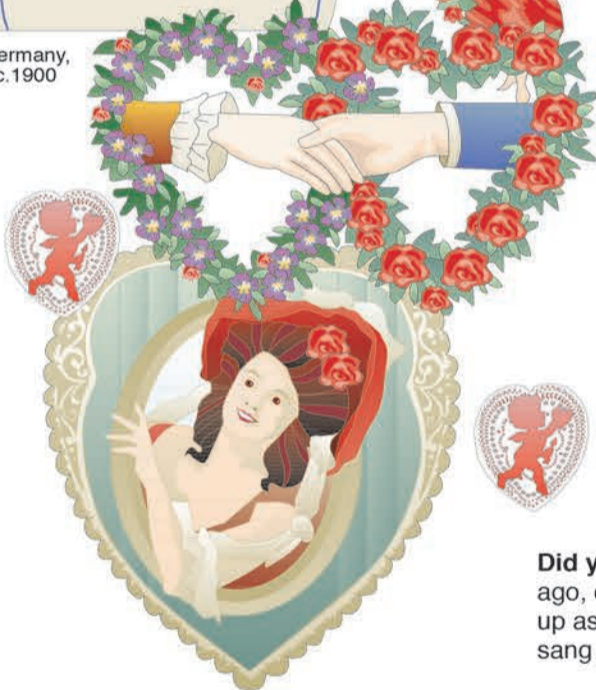
Germany, c.1900



U.S., 1930s-40s



1930s



U.S., c.1910

Did you know? Hundreds of years ago, children in England dressed up as adults on Valentine's Day and sang songs door to door.

Making valentines

Early valentines were handmade, painted with watercolors and ink on colored paper. Many of these techniques are still fun to use today.

Pinprick valentines: You can poke holes in paper with a pin to create the look of lace.

Cutout valentines: Cut out heart shapes. By folding paper over many times and cutting out small bits, you can make a lace design to glue on.

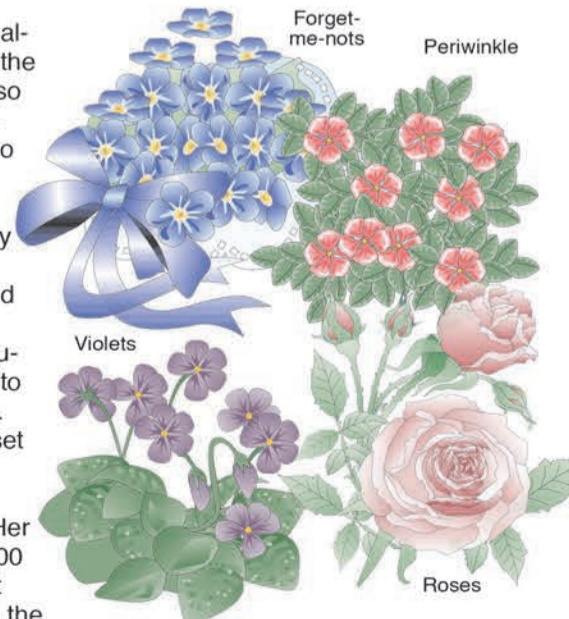
Acrostic valentines: Make a poem in which the first letters of the lines spell out the name of your valentine.

Rebus valentines: Write your valentine using small pictures instead of some words. (For example, an eye instead of I.)

Shell valentines: Lonely sailors of the Victorian era made valentine boxes decorated with hearts and flower designs made of sea shells. You could use pasta shells on paper or cardboard.

Commercial cards

People began to make and sell valentines on a commercial level in the mid-1800s. During this time, it also became affordable to mail valentines. (Previously, postage was so expensive that cards were almost always hand-delivered.) The British artist Kate Greenaway was famous for her valentines decorated with lovely children and gardens. In the 1830s, Esther A. Howland of Worcester, Massachusetts, became the first American to make mass-produced valentines. She hired a staff of women and set up an assembly line: One group glued on flowers, others added lace, and some painted leaves. Her sales amounted to about \$130,000 annually. Today, there are almost 2,000 greeting card publishers in the United States.



SOURCES: World Book Encyclopedia, World Book Inc.; Encyclopedia Americana, Grolier Inc.; Romantic Valentines, Dan & Pauline Campanelli