



times Extra

weekend Guide

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Organizers of the Oscars are hoping for an audience bounce after last year's tumble. That will pretty much depend on a movie that honors Hollywood, romance and 'language!', as well as host Jimmy Kimmel's Trump anecdotes 📺X3



It's the Oscars! already

IN L.A. LAND

DRIVE IN

Jake Coyle, AP Film Writer

IN 'GET OUT,' THE TWO-FACED HORRORS OF RACISM

Fifty years after Sidney Poitier upended the latent racial prejudices of his white date's liberal family in "Guess Who's Coming to Dinner," writer-director Jordan Peele has crafted a similar confrontation with altogether more combustible results in "Get Out."

"Do they know I'm black?" Chris (Daniel Kaluuya) asks his white girlfriend Rose (Allison Williams) as they get ready to leave their city apartment for a weekend at her parents' rural estate. "No," she replies. "Should they?"

"It seems like something you

might want to mention," he sighs. "I don't want to get chased off the lawn with a shotgun."

It's a joke but it's also foreshadowing — and just a hint of the frights to come. In Peele's directorial debut, the former "Key and Peele" star has — as he often did on that satirical sketch series — turned inside out even supposedly progressive assumptions about race. But Peele has largely left comedy behind in a more chilling portrait of the racism that lurks beneath smiling white faces and defensive, paper-thin protestations like, "But I voted for Oba-

ma!" and "Isn't Tiger Woods amazing?"

Those are the kinds of things that Rose's father, Dean (an excellent Bradley Whitford), says as he and his wife, Missy (Catherine Keener), heartily welcomes his daughter's boyfriend. "How long has this thang been going on?" Dean asks with forced emphasis on "thang."

But the warm welcome is only skin deep. A deeply bizarre atmosphere takes hold at the house, where all the hired help is black. They are a spooky, robotic bunch, with dead eyes and zombie-like demeanors that would have stood out even in "The Stepford Wives." Something clearly is off, though Peele takes his time letting the mystery thicken.

"Get Out," produced by Jason Blum's low-budget horror studio Blumhouse Productions, is serious, even sober in its horror. But its archness has moments of creepy levity. When Chris is given a tour of the house, Dean points out the sealed door to the basement. "Black mold," he says. Things get even stranger when Chris meets some of the family friends, who all appear oddly frozen in time somehow. Some ogle him with lust, feeling his biceps. The most paranoid (and funny) character in the movie is Chris' friend, Rod (a terrific Lil Rel Howery), a TSA agent who — dubious from the start —



Daniel Kaluuya in a scene from "Get Out"

grows increasingly concerned with every update from Chris. Eventually, the truth comes out, things turn bloody and, as you'd expect, we get a look at that basement.

It's long been a lamentable joke that in horror films — never the most inclusive of genres — the black dude is always the first to go. In this way, "Get Out"

is radical and refreshing in its perspective. The movie is entirely from Chris's point of view; his fears are ours.

Peele originally conceived his long-planned film as an Obama-era horror, one that revealed the hidden racism that the country had supposedly overcome. "Get Out" instead comes out at a time where few still hold any belief in

a post-racial America. The dark forces unleashed in "Get Out" came out of hiding long ago.

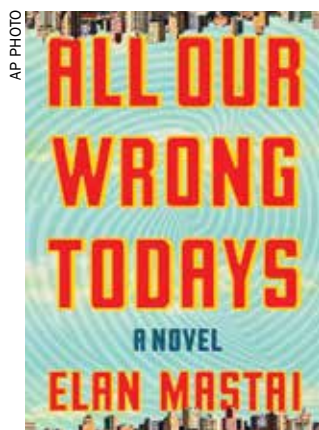
"Get Out," a Universal Pictures release, is rated R by the Motion Picture Association of America for "violence, bloody images, and language including sexual references." Running time: 103 minutes. ★★★★★

BOOK IT

WHAT IF THIS IS A DYSTOPIAN SOCIETY WE LIVE IN?

What if the world we know today is actually a dystopian society? Could the reason we don't live like the Jetsons be attributed to one person's mistake that altered the evolution of technology? Elan Mastai explores this possibility in his novel, "All Our Wrong Todays."

It's 2016 and life is full of handy gadgets that help you sleep, eat, drink and travel. The Earth is pollution-free, crime-free and poverty-free. There's an algorithm to find solutions for most problems, which helps society continue to move forward at a rapid pace. Thanks to an incredible invention in 1965, the world as we know it never existed. Tom Barren is a normal guy who works for his genius father in a research lab. After his mother dies and the love of his life breaks his heart, Tom bursts into the lab one night and tests his father's time machine. He chooses to travel back to that fateful day in 1965 when history changed forever. Not only does he want to be the first man



"All Our Wrong Todays" (Dutton) by Elan Mastai

to time travel, he also wants to be part of something spectacular. Instead, he inadvertently alters time and space, thereby creating a new 2016. Our 2016.

In the beginning, Tom is overcome with emotion that he's stranded in a wasteland version of his home. Close friends were never born. Inventions were never pioneered. Technology seems to have stalled. Just as he begins

to panic, Tom's mother enters the picture. A woman who has been dead for years. His sweet father follows, along with a sister he never had in his world.

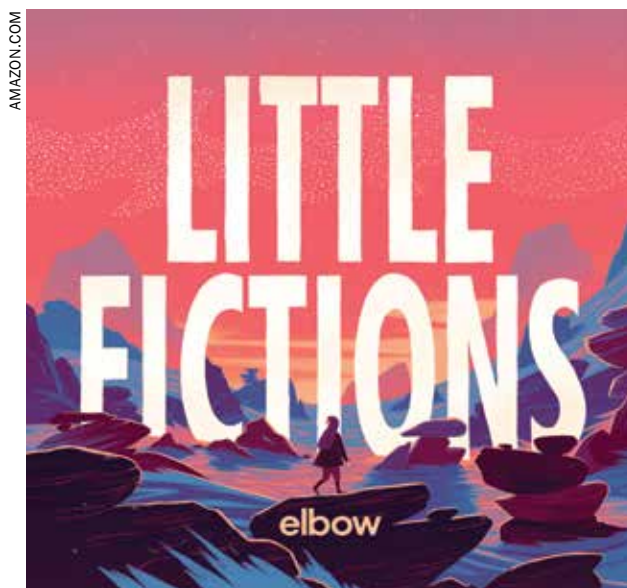
Tom learns he is a world-renowned architect. He has a loving relationship with his family. He seeks out the girl who broke his heart and immediately falls in love with this slightly alternated version. Suddenly, this 2016 doesn't seem like such a bad place. Should he fix what he did to history? Or should he stay in this world, knowing he would always battle his secret truth?

"All Our Wrong Todays" is an incredibly creative work. It's as if Mastai time traveled and took copious notes of what a future utopian world would be. The science is as engaging as the romance. Mastai has mastered the art of endearing himself to an audience through both knowledge and entertainment. It's definitely out of this world — or an alternate universe.

Lincee Ray, AP

TTUNES

ELBOW LOSES A MEMBER AND BECOME MORE ACCESSIBLE



Elbow, "Little Fictions" (Concord Records)

ted in some airy, electronic beats at the heart of many songs. It's the closest you can be to dancing to an Elbow record.

The change means the band members have finally gotten out of their own way, allowing their blend of dreamy, romantic craftsmanship to go wherever it wants to, without judgment. "What does it prove if you die for a tune/Don't you know it's all disco," Garvey triumphantly sings in one song.

Among the standout songs are the gorgeously layered "Magnificent (She Says)," the hypnotic "Firebrand & Angel" and the sparse, needy masterpiece "Gentle Storm." Sure, there are some overindulgent, bombastic tunes. But Elbow seems rejuvenated. Might other bands find creative freedom by jettisoning a bandmate? Why do bassists across the country suddenly look so nervous?

Mark Kennedy, AP

NEWS OF THE WORLD

Lynn Elber, AP Television Writer



Crew workers roll out the red carpet for the 89th Academy Awards in front of the Dolby Theatre



Scenic artist Rick Roberts of Local 800 primps Oscar statues near the Dolby Theatre

Oscars look to 'La La Land,' host Kimmel for ratings boost

If the Oscars had doubled down on nominating films with actors named Ryan, the ceremony's chances for a ratings bounce might be as likely as host Jimmy Kimmel's Trump jokes. Saluting a blockbuster like Ryan Reynolds' "Deadpool" is the surest way to lure viewers. But there's optimism afoot that the Ryan Gosling-Emma Stone charmer "La La Land," combined with pop-star performances and Kimmel's agile wit, will make Sunday's ceremony on ABC (Mon, 9am, Macau time) a winner. "The fact that 'La La Land' is a musical, it's a feel-good movie, it's a romantic movie, it does bode well for the ratings this year," said Paul Dergarabedian, senior analyst with media research firm comScore. The modern reimagining of a classic Hollywood musical received a record-tying 14 nominations, including for best picture, its stars and writer-director Damien Chazelle. "La La Land" has dominated other awards, including the Golden Globes and Screen Actors Guild. Among the eight other competitors are "Moonlight," "Manchester by the Sea" and "Fences." Missing in action despite an unfilled 10th slot: superhero romp "Deadpool." That means the ceremony, which last year posted its smallest audience in eight years

(34 million), can't ride the movie's USD363 million box-office coattails to ratings glory. The comparable North American take for "La La Land," \$134 million and counting, is far from shabby. The same goes for the top-grossing nominee, "Hidden Figures," which has surpassed \$144 million, according to comScore. And there will be no shortage of high-wattage star power in the three-hour ceremony. The nominees include heavyweights Denzel Washington ("Fences") and Meryl Streep ("Florence Foster Jenkins"), with presenters ranging from newcomers (Felicity Jones, Riz Ahmed) to veterans (Samuel L. Jackson, Shirley Maclaine). The tunes are courtesy of top-tier musicians performing nominated songs, including John Legend ("Audition" and "City of Stars" from "La La Land") and Justin Timberlake ("Can't Stop the Feeling" from "Trolls"). With Washington among several African-American nominees, the "OscarsSoWhite" protests that marked last year's event — and gave host Chris Rock ample comedy fodder — are absent. Instead, as with other recent awards shows, President Donald Trump could be a prime target of Kimmel's quips and those seeking to vent.

The president "absolutely" will be mentioned during the show, Kimmel said, but how much depends on the news of the day. The comedian downplayed the possibility of backlash from Trump supporters. "I think smart people know funny is funny," Kimmel said. "Everybody, for some reason, has decided that they have to pick a side, and I think people would be a lot happier if, when they heard a joke, they enjoyed the joke and didn't attach some kind of rooting interest to it." But scattered and competing calls have already arisen for a boycott of the telecast or the ceremony itself, from those fed up with Hollywood's activism and industry insiders seeking to make a statement about Trump's policies. Whatever the evening's tone, an inescapable truth is that bigger movie grosses mean better Oscar ratings: "Titanic," which brought in more than \$600 million domestically, holds the record with 55 million viewers in 1998. The ceremony also boasted audience favorite Billy Crystal as host. "Selfishly, we'd love to have 'Rogue One' nominated for best picture, or 'Jungle Book' nominated for best picture," ceremony producer Michael De Luca said. He waxed nostalgically about years past, in which

popular hits including 1975's "Jaws" and 1977's "Star Wars" were contenders. "We're a little envious of that that era because it means more eyes on the telecast. [...] But you play the hand you're dealt," he said. In the cynical view of one Oscar watcher, that hand reflects the increasingly entrenched attitude of movie academy members about which films are worthy of honors. "The individual [Oscar] voters aren't thinking of the ratings. They're simply invested in being snobs," said Tom O'Neil, editor of the awards-prediction website GoldDerby.com. "In recent years, they're embracing art-house films and message movies, specifically indie films. They automatically perceive that as art." Even the expansion of the best-picture category to 10 potential nominees, which followed the snubbing of 2008's critically acclaimed blockbuster "The Dark Knight," has largely failed to dent voter resistance to box-office champs.

"Titanic" filmmaker James Cameron put it bluntly in an interview last month. The movie academy considers its "patrician duty to tell the great unwashed what they should be watching, not rewarding what viewers pay

to see, Cameron told The Daily Beast. "And as long as the academy sees that as their duty, don't expect high ratings. Expect a good show, and do that duty, but don't whine about your ratings." Yet ABC, De Luca and fellow producer Jennifer Todd remain upbeat. "This is our Super Bowl," said Marla Provencio, ABC Entertainment's executive vice president for marketing. The ceremony is traditionally the network's most-watched program and television's top-rated non-sports event. Advertisers remain game despite a 7 percent decline in viewers last year, with ads going at about the same rate as 2016's \$2.15 million per 30-second spot and for up to \$2.5 million, according to Advertising Age. (TV's undisputed blockbuster, the Super Bowl, reportedly brought up to \$5.5 million for 30-second ads on Fox this year.) De Luca and Todd say the TV audience is their top priority, ahead of the celebrities packing the Dolby Theatre on Hollywood Boulevard. "There are 3,000 people in the room and there's hundreds of millions of people around the world, so we want to make sure that it's a great televised show," Todd said. The key to that is to invoke film's power to create a shared experience for moviegoers and remind them they're "not alone in the universe," De Luca said. "That's how we think we will connect with the concerns of average people who just want to go to the movies and be transported for a couple hours."

WORLD OF BACCHUS

Jacky I.F. Cheong



VON RACKNITZ NIEDERHÄUSER KLAMM RIESLING TROCKEN 2013

Luminous citrine with bright sunshine reflex, the fragrant nose offers grapefruit, greengage, crushed shells, mint and jasmine. With vivacious acidity and saline minerality, the focused palate delivers pomelo, starfruit, rock salt, verbena and lemon blossom. Medium-full bodied at 12.5 percent, the arresting entry continues through an expressive mid-palate, leading to a pure finish.



VON RACKNITZ OBERHÄUSER KIESELBERG RIESLING TROCKEN 2012

Radiant citrine with light golden reflex, the adorable nose presents lime peel, green apple, guava, wet stone and lily. With bounteous acidity and stern minerality, the melodious palate supplies lemon peel, pomelo, pineapple, crushed rock and garden herbs. Medium-bodied at 12.5 percent, the clear entry persist through a chiselled mid-palate, leading to a lingering finish.

The Monastic Heritage

Speaking of monastic influence on viticulture and winemaking, Burgundy is probably the most obvious example, but it is not the only one. Germany's historic wine regions have their fair share of monastic heritage, often punctuated by aristocratic traditions. Weingut von Racknitz of the Nahe region is one prime example. More than sensual delights, wine is also an intellectual quest.

Centred around the historic ruins of Kloster Disibodenberg, the estate's viticultural and winemaking history can be traced back to Roman times, when the first vines were planted. In the 5th century, St Patrick introduced Christianity to a new frontier never before reached, that is Ireland. Less than 200 years later, in the 7th century, the Irish monk and hermit St Disibod embarked on his missionary journey to modern day France and Germany. At the confluence of Nahe and Glan near Odernheim in modern day Rheinland-Pfalz, Germany, he settled and established a base for preaching.

Following his death, St Disibod's tomb became a pilgrimage site, and a monastery named after him – Kloster Disibodenberg – was built. In the 12th century, the pre-eminent medieval polymath and Benedictine abbess St Hildegard of Bingen lived there for almost 40 years, during which she complete many of her most important buildings. From the mid-13th to mid-16th centuries, Kloster Disibodenberg as a Cistercian abbey was affiliated with its mother abbey Kloster Eberbach, still one

of the leading wine estates of the Rheingau region, whose mother abbey was Abbaye de Clairvaux in central-northeastern France, whose mother abbey, in turn, was Abbaye de Cîteaux, the spiritual home of the Cistercian Order.

Successive wars from the 15th to 17th centuries left Kloster Disibodenberg in ruins, but viticulture and winemaking persisted. In 1753, the estate was acquired by the baronial family of von Racknitz, whose roots can be traced back to the 12th-century Steiermark (Styria) of southern Austria. Over the centuries, numerous members of the von Racknitz family had served at the courts of various southern German states, including Austria and Bavaria.

Now at the helm of Kloster Disibodenberg, Luise Freifrau von Racknitz-Adams – Freifrau is the Germanic equivalent of Baroness – has dedicated herself since 2003 to restoring the former glory of this historic estate. Adjoining but by no means overshadowed by its illustrious neighbours, Kloster Disibodenberg boasts six premium vineyards, mostly planted with 40+ year old vines, including Niederhäuser Hermannshöhle, Niederhäuser Klamm, Oberhäuser Kieselberg, Odenheimer Kloster Disibodenberg, Schloßböckelheimer Königsfels and Traiser Rotenfels.

To discover the historic legacy of Nahe wines, contact Mr Martin Palmer; W: www.finegermanwines.hk; E: martin@finegermanwines.hk

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

賣雅座
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



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
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

Colleen Barry & Maria Grazia Murru, Rome



STICKER SHOCK FOR OLIVE OIL BUYERS AFTER BAD ITALIAN HARVEST

From specialty shops in Rome to supermarkets around the world, lovers of Italian olive oil are in for some sticker shock this year, with prices due to jump by as much as 20 percent. The combination of bad weather and pests hit the harvest in Southern Europe, most of all in Italy, where production is halved from last fall. That’s pushing up Italian wholesale prices by 64 percent as of mid-February compared with a year earlier, which translates to shelf price increases of 15 to 20 percent in Italy. In other countries, the ultimate price increases will depend on several factors — such as how much retailers take on the costs themselves and the change in currency values. The U.S., for example, is likely to see a more modest rise in price as a stronger dollar keeps a lid on the cost of imports. Italy’s harvest was especially hard hit by the combination of early rains that knocked buds off the trees and the threat of an olive fly that forced an early harvest, further cutting yields. Wholesale prices of olive oil from Spain, the world’s largest producers, are up a more modest 10 percent, with yields similar to last year’s. Vincenzo Iacovissi, the owner of the Sapor d’Olio olive oil shop in Rome, says sales have dropped, though he’s tried to ease the shock for customers by explaining why prices have gone up.

“When there are increases of 15 to 20 percent there is some impact on sales. However, explaining the reasons for this increase has in part helped to make up for this,” Iacovissi said. Italians collectively consume about 35 percent of the world’s olive oil, leading Spain at 30 percent, and that affinity makes them pretty resilient as consumers. Flaminia Leoni, a 50-year-old mother of four, buys 80 to 100 liters of olive oil a year for her family and says that at most she will consider substituting lower quality olive oil for extra virgin for cooking — but not on the table, where olive oil is a staple giving accent to pasta, meats, salads and vegetables. “I buy it more or less always at the same price, in truth, maybe a euro more. But I haven’t found this enormous growth in price,” she said. Cedric Casanova, the owner of an Italian grocery in Paris, said he was hoping to get 30,000 liters of olive oil delivered, but received just 8,000 liters. He will have to rely on leftover stock from last year to help make up for the remaining difference — and absorb some of the price increase himself. “I’m working with a standard price, by trying to assume the cost myself,” he said. With global stocks down just 14 percent, no one is predicting general olive oil shortages, even with a 75 percent

increase in consumption of olive oil over the last 25 years as demand pushed into non-traditional markets. The market for olive oil in the period has grown by two-fold in the United States, seven-fold in Britain and 14 fold in Japan, according to Italy’s Coldiretti farm lobby, even if continental Europe remains by far the largest market. Italian olive oil is more vulnerable than that of other major producers to climate shifts and pests due to its varied topography, from hills in the north to larger groves in the south. This also lends great variety to Italian olive oil, where unique flavors are derived from a combination of the terrain, topography and the more than 400 olive varieties, according to Nicola Di Noia, an olive oil expert for the Coldiretti farm lobby. “We have hundreds of different varieties of olives that are more difficult to defend compared with Spain or northern Africa, where there are big groves that are easier to manage,” Di Noia said. He said the challenge is educating consumers about why they pay for quality. “We need to learn to choose oils with awareness. Extra-virgin is the juice of a fruit. The primary material from which it derives is very important. Therefore, oil should be tasted and smelled,” he said.

COOKING ON DEADLINE BY KATIE WORKMAN

THYME AND YUKON GOLD POTATO GRATIN

I have a recipe for a potato gratin in my last cookbook, “Dinner Solved!”, that I firmly stand by. Here is another that I firmly stand by. And I plan to come up with more such recipes to firmly stand by because I am committed to reminding all of us why gratins are one of the best things that could ever happen to a potato, ever. This is a rich gratin, made with all cream, no milk or even half and half. I’m not apologizing, just explaining. In general, I like my indulgent dishes flat-out indulgent, and my healthier food in the form of broiled fish, or salads. And I don’t have a problem with the two sharing a plate. This gratin, for instance, would be lovely next to a piece of roasted salmon with a peppery green salad alongside them. If you have a mandolin and the inclination to use it, please do, and you will get lovely, paper-thin slices for a sultry and elegantly stratified gratin. If not, use the slicing blade in your food processor or a sharp knife; the slices will likely not be as thin, but that’s A-OK.

THE RECIPE

Start to finish: 1 hour 30 minutes, serves 10 to 12

- 2 1/2 cups heavy whipping cream
- 2 tablespoons unsalted butter
- 1 teaspoon minced garlic
- 3 pounds medium Yukon Gold potatoes
- 1 1/2 cups shredded Gruyere cheese
- 2 tablespoons minced fresh thyme
- 1 teaspoon coarse or kosher salt
- 1/2 teaspoon freshly ground black pepper

How to cook it:

Preheat the oven to 400 F. Butter a 9-by-13-inch baking dish. Combine the cream, butter and garlic in a medium saucepan and bring to barely a simmer over medium high heat. Remove from the heat. While the mixture is heating, peel the potatoes and slice them very thinly. Combine the cheese, thyme, salt and pepper in a small bowl. Spread out half of the potatoes in the prepared baking dish. Sprinkle with half of the cheese mixture. Repeat with the remaining potatoes, and then the remaining cheese mixture. Pour the cream mixture over the potatoes, and press down on the potatoes to make sure they are mostly submerged in the liquid. Bake on a lower rack in the oven for about 60 to 65 minutes, until the top is golden brown, and the potatoes have absorbed most of the cream and are very tender; a knife should slide in easily. Let stand for 10 to 15 minutes before serving.

Nutrition information per serving:

486 calories; 349 calories from fat; 39 g fat (18 g saturated; 1 g trans fats); 88 mg cholesterol; 932 mg sodium; 28 g carbohydrate; 6 g fiber; 1 g sugar; 7 g protein.

Katie Workman has written two cookbooks focused on easy, family-friendly cooking, “Dinner Solved!” and “The Mom 100 Cookbook.”



WHAT'S ON



TODAY (FEB 24) THE CLEAN HOUSE

Lane, a doctor in her early fifties, hires a Brazilian woman named Matilde who doesn't like cleaning the house to be her live-in maid. Distracted from her work, Matilde is always trying to think of the perfect joke. Soon, Matilde meets Lane's sister Virginia who is a neat-freak. To make her days satisfying, Virginia agrees the deal that she will be the one to clean the house in the afternoons without telling Lane. Lane becomes enraged when she learns the fact. At the same time, Lane's husband, Charles is having an affair with one of his breast cancer patients, Ana. How will this love triangle between Lane, Charles and Anna end? Can Matilde finally think up the perfect joke?

TIME: 8pm
DATE: February 24-16, 2017
ADMISSION: MOP140, MOP160
LANGUAGE: Cantonese
VENUE: Macau Cultural Centre, Av. Xian Xing Hai, s/n, NAPE
ORGANIZER: Dream Theater Association
TICKETING: (853) 2855 5555
www.macaoticket.com



TOMORROW (FEB 25) FLOWER VESSELS FROM THE PALACE MUSEUM

This exhibition is divided into three units with six themes, including (1) usages: "Offering Sacrifice with Fragrant Flowers" and "Leisure Time Enjoyment" in which vessels for planting in ceremonies such as Buddhist praying and ancestors worship are displayed; (2) styles: "Flower-Arrangement and Potted Landscapes" and "Appreciation of Antiquities Innovation", in which vessels of different textures for flower-arrangement and potted landscape, and relics used in Qing imperial palace are displayed; (3) tastes: "The Great Emperor Qianlong" and "The Elegant Empress Dowager Cixi", in which the calligraphies and paintings handwritten by Qianlong and Cixi, poems in praise of flower vessels made by imperial orders and flower vessels used in "Da Ya Zhai - Elegant Studio" and "Ti He Dian - Hall of State Harmony" are displayed.

TIME: 10am-7pm (No admission after 6:30 pm, closed on Mondays)

UNTIL: March 12, 2017
VENUE: Macau Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: MOP5 (Free on Sundays and public holidays)
ENQUIRIES: (853) 8791 9814
<http://www.mam.gov.mo>



SUNDAY (FEB 26) "FLOWER VESSELS" CHINESE MUSIC PERFORMANCE

The Macau Museum of Art has invited the Macau Chinese Orchestra to perform several Chinese classical songs at the exhibition venue of the "Flower Vessels", thereby transforming the exhibition hall into a concert hall and bringing the audience visual and audio enjoyment. At 3 p.m. on that day, thematic guided tours will be provided at the exhibition. Interested parties can enjoy the Chinese music performances after taking part in the guided tours of the exhibition.

TIME: 3pm-4pm (Thematic Guided Tours of the Exhibition), 4pm-4:45pm (Chinese Music Appreciation)
VENUE: 2/F, Macau Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: Free (Seating is limited and available on a first-come, first-served basis)
ORGANIZERS: Macau Chinese Orchestra & Macau Museum of Art
ENQUIRIES: (853) 8791 9814
www.mam.gov.mo



MUSIC IN MACAU MUSEUM OF ART

Music should be everywhere in life. The Macau Orchestra brings classical music out of the splendid concert hall, into the Macau Museum of Art, presenting to the public varied artistic ambience through selected classical pieces. Franz Danzi: Wind Quintet in A Major, Op. 68 No.1 and Ibert: Three short pieces will be included in the concert.

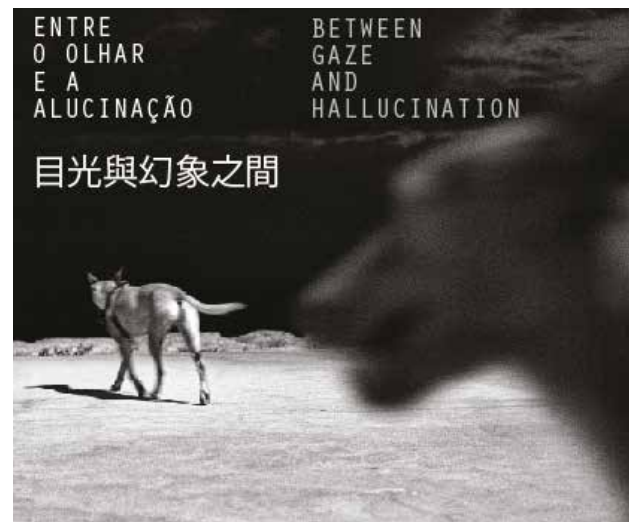
TIME: 3pm-3:45pm
VENUE: 2/F, Macau Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: Free
ORGANIZERS: Macau Orchestra & Macau Museum of Art
ENQUIRIES: (853) 8791 9814
www.mam.gov.mo



MONDAY (FEB 27) SOLO EXHIBITION BY HO SI MAN

The exhibition will showcase a total of 20 watercolour and acrylic works by Ho Si Man, including categories such as Macau scenery, travelling stories and inner feelings, which cover unrealistic, uncommon, twisted, parallel, tranquil and other themes. The works, specially created for this exhibition, show an abundant imagination and a variety of textures. Ho Si Man is a local female artist of the 1990's generation; she is currently studying bachelor degree in oil painting. Her artworks have been shown in Mainland China, Korea, France (Paris) and Hong Kong, among other places. She is an executive member of the Youth Committee of the Macau Artist Society and an officer of the Art Club of the International Women Artists Association-Macau.

TIME: 11am-10pm
UNTIL: March 26, 2017
VENUE: Lakeside Gallery, Anim'Arte Nam Van
ORGANIZER: Cultural Affairs Bureau
ENQUIRES: (853) 2836 6866
www.icm.gov.mo



TUESDAY (FEB 28) BETWEEN GAZE AND HALLUCINATION BY JOAO MIGUEL BARROS

The exhibition showcases over 70 works from Joao Miguel Barros. It is a collection of simple clips, some incidental, snapped in the real world and consciously reproduced in black and white, sometimes charged. They avoid the distraction of colour and the pressure of any form of modernness, encapsulated in our need to focus on the essential in the gaze. "Between Gaze and Hallucination" is the result of an exercise in fixing the fragments that lie within the reach of all; fragments that are left open to interpretation; fragments that are interwoven, with the detachment that is the assumed privilege of the free.

TIME: 2pm-7pm (Closed on Sundays)
DATE: February 24-March 25, 2017
VENUE: Creative Macau, G Floor, Macau Cultural Centre, Av. Xian Xing Hai, s/n, NAPE
ORGANIZER: Creative Macau
ADMISSION: Free
ENQUIRES: (853) 2875 3282
www.creativemacau.org.mo



WEDNESDAY (MAR 1)

LONDON SYMPHONY ORCHESTRA

The London Symphony Orchestra has built, for over a century, a worldwide reputation of refinement both in live concerts and recordings. This March, Principal Guest Conductor Daniel Harding will lead the orchestra to delight us with Sibelius' enigmatic Seventh Symphony and Rachmaninov's passionate Second Symphony. A rare treat for music lovers! Founded in 1904, the LSO has always attracted excellent musical interpreters from all over the world. From an enviable roster of the best soloists and maestros, one can highlight the names of its forthcoming Music Director Sir Simon Rattle and Conductor Emeritus André Previn. Ranked amongst the top four orchestras in the planet by Gramophone Magazine, the LSO has also a longstanding relationship with some of the world's top-notch musicians, including widely acclaimed stars such as Daniel Barenboim, Martha Argerich and Anne-Sophie Mutter and Plácido Domingo, amongst many others.

TIME: 8pm

ADMISSION: MOP280, MOP480, MOP680, MOP880

VENUE: ART, Macau Cultural Centre, Av. Xian Xing

Hai, s/n, NAPE

ORGANIZER: Macau Cultural Centre

ENQUIRIES: (853) 2870 0699

www.ccm.gov.mo

TICKETING: (853) 2855 5555

www.macauticket.com



THURSDAY (MAR 2)

SAILING FOR DREAMS - WORKS BY KWOK WOON

Navy Yard No.1 near A-Ma Temple - a former Government Dockyard used for shipbuilding and overhaul in the past - now serves as a venue for exhibitions and performing arts, with the first exhibition 'Sailing for Dreams - Works by Kwok Woon' displaying late Macau artist Kwok Woon's paintings. One of the founding members of the Círculo dos Amigos da Cultura de Macau, Kwok actively promoted the art of Macau throughout his life for which he was highly respected.

TIME: 10am-7pm (Closed on Mondays)

UNTIL: April 23, 2017

VENUE: Navy Yard No.1, Rua de S. Tiago da Barra

ADMISSION: Free

ORGANIZER: Cultural Affairs Bureau

ENQUIRIES: (853) 8988 4000

www.icm.gov.mo

Sands WEEKEND

THREE PHANTOMS

8pm(Tuesday to Friday), 2pm/8pm(Saturday), 2pm /6pm(Sunday)
28 February-26 March
The Parisian Theatre

Musical theatre fans are in for a real treat as Three-Phantoms features songs from huge productions such as Les Misérables, Miss Saigon, Mamma Mia!, Cats, The Phantom of the Opera, We Will Rock You, Chess and Wicked, performed by three seasoned and charismatic performers. This incredible show is performed by three men who have played the male lead in Andrew Lloyd Webber's genre-defining musical, The Phantom of the Opera. With thousands of performances as the Phantom to their names, as well as appearances in many other West End and Broadway shows, Kieran Brown (USA), David Shannon (Ireland) and Earl Carpenter (UK) will deliver a spectacular evening of music.

Tickets: From MOP/HKD 180, 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. Players of all ages can share the fun of Planet J so the whole family can work together to complete these adventures.

Call reservations +853 8791 6000

SHOP YOUR WAY TO A PARISIAN STAY

Now until 19 March 2017

Shoppes at Parisian has more than 170 luxury and lifestyle boutiques. Here you can stroll along boulevards named after many of the French capital's famous shopping districts, such as the Champs Elysee, to enjoy a unique shopping experience. Shop at Shoppes at Parisian now to earn exclusive hotel stay, dining and massage offers at The Parisian Macao, allowing you to become part of Paris!

SPEND	PARISIAN OFFER
MOP100,000	Two nights in a Suite + an exclusive dinner for two at The Parisian Macao
MOP50,000	One night in a Suite + 30-minutes back massage for two at The Parisian Macao
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

澳門金沙度假區

Sands RESORTS

COTAI STRIP MACAO

WORLD OF WONDER

Exploring the realms of history, science, nature and technology

By Laurie Trisfeldt

LUNGS

Breathing tends to be automatic and usually happens without much thought.

Most mammals and other vertebrates (animals with spines) have two lungs. The lungs' primary function is to take oxygen from the air and move it through the bloodstream. The lungs also remove carbon dioxide, which is expelled when breathing out.



Detail of trachea (windpipe) and hairlike cilia

In a word

The word "lung" originates from 13th-century European languages. It means "light," which refers to the weight of the organ compared to its size.

The study of lung diseases is known as **pulmonology**.

Respiratory system

The respiratory system is made up of the **trachea**, the **lungs** and the **diaphragm** (DYE-a-fram).

When we inhale, air moves down the trachea, or windpipe. The trachea is lined with hairlike structures called **cilia** (SILL-ee-uh) that move mucus and dirt out of the lungs. The air then moves through a series of tubular branches in the lungs called **bronchi** and through smaller branches called **bronchioles**.

The diaphragm is a large, dome-shaped muscle that contracts and flattens out when breathing, causing the lungs to expand and pull air in. Rib muscles also lift the ribs up and outward to give the lungs more space.

Did you know?

The lung is one of the largest organs in the human body.

There are about 1,500 miles (2,400 km) of airways in the lungs.

In the human body, the left lung is slightly smaller than the right, allowing room for the heart.

When resting, the average adult breathes around 12 to 20 times a minute.

An average person breathes in around 2,900 gallons (11,000 liters) of air every day.

Lungs are filled with over 300 million tiny air bags called **alveoli** (al-VEE-oh-lye). The alveoli move oxygen into the blood stream and pull out carbon dioxide, which is exhaled in our breath.

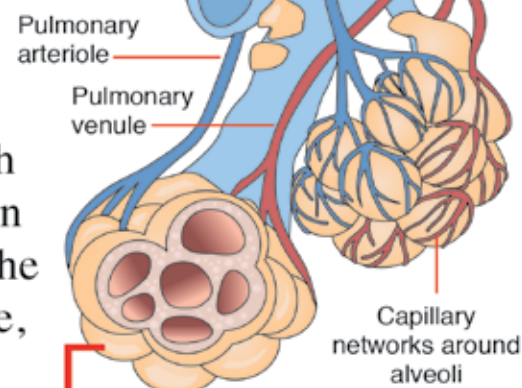
The lung is the only human organ that is capable of floating on water!

The two lungs of an adult human weigh approximately 2.9 pounds (1.3 kg).

The lungs are a pair of spongy, air-filled organs. Air moves into the lungs through tubular branches called **bronchi**. The bronchi split into smaller and smaller branches (**bronchioles**), eventually becoming too small to see without a microscope.

The bronchioles end in bunches of microscopic air sacs called **alveoli**. In the alveoli, oxygen from the air is absorbed into the blood. Carbon dioxide, a waste product of breathing, travels from the blood to the alveoli, where it can be exhaled.

Bronchioles detail



Let's talk about it

Lungs also help people talk. Above the **trachea** (windpipe) is the **larynx** (pronounced LAIR-inks), also known as the voice box. When we exhale, air moves through the trachea and larynx and across the **vocal cords**, which vibrate and make a sound. The amount of air being expelled determines how loud the sound will be and how long the sound will last.

Trouble breathing

Breathing is difficult when the lungs are not working well. Sometimes the body suffers because it is not getting enough oxygen to all the cells in its tissues.

Illnesses like **bronchitis** (bron-KITE-us) and **pneumonia** (new-MOW-nee-a) make it hard for air to get into the alveoli.

Asthma is a common disease that can be triggered by a cold, allergies, stress or hard exercise. When this happens, airways get tighter and mucus develops, making it difficult to breathe. Medication in an inhaler pump is often used to help people suffering from asthma.

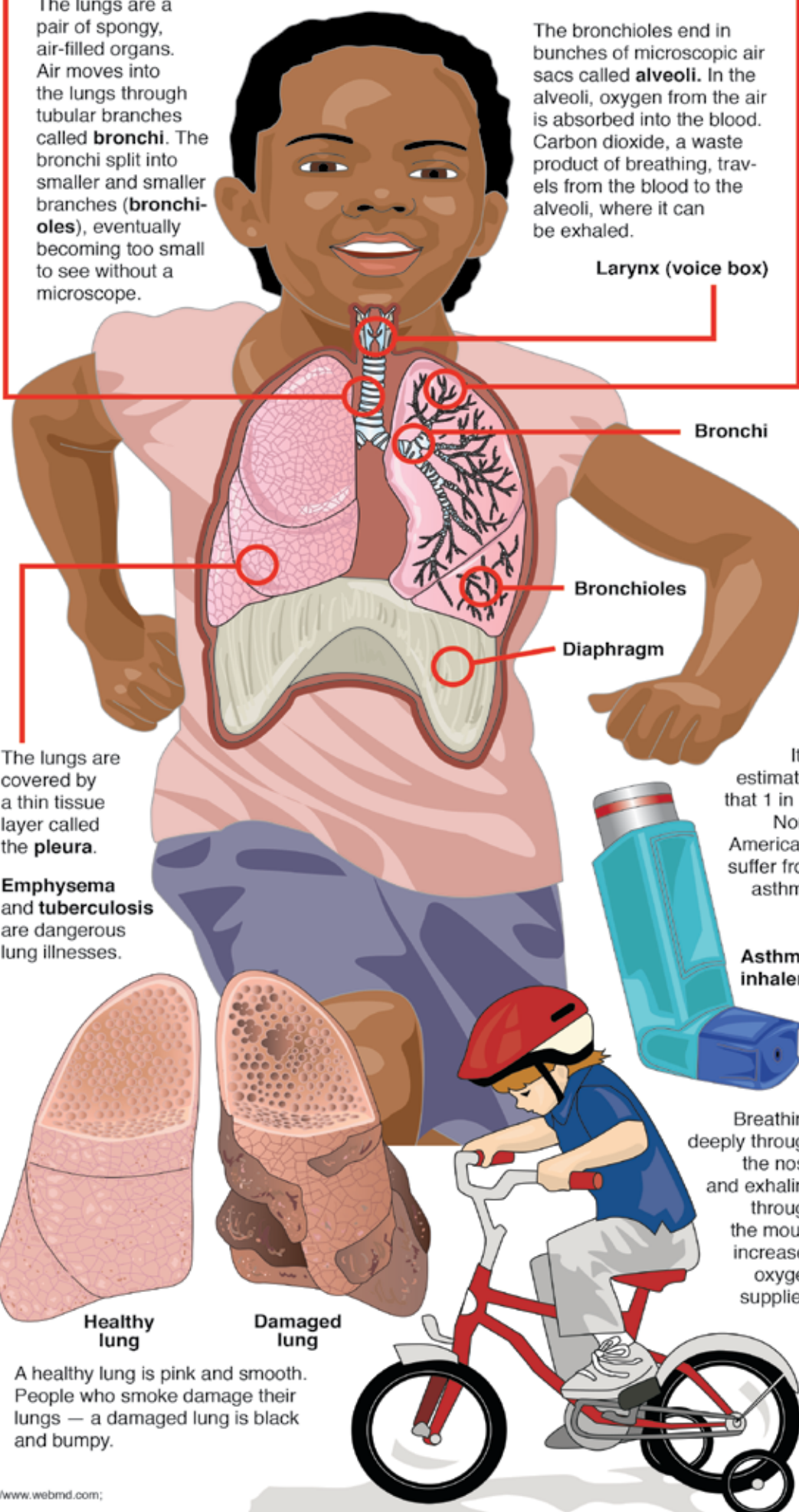
Love your lungs

Your lungs are vital organs that need to be in good working condition in order to breathe and keep you alive.

Smoking tobacco or other substances is very bad for the lungs. Smoking damages the **cilia**, making it difficult to keep dirt and other substances out of the lungs. It can cause the walls of the delicate alveoli to break down, disrupting the exchange of gases. Smoking also damages the cells of the lungs, allowing cancer cells to grow. Smoking is responsible for more than 80 percent of lung cancer deaths.

Breathing dirty air (pollution) and exposure to chemical fumes can also damage the lungs. When working in areas that might have airborne toxins, always wear a protective mask.

Exercise is good for all parts of your body, but it is especially good for your lungs and heart. Vigorous workouts, like biking, running or swimming, make your lungs work hard and increase lung capacity, making them strong and healthy.



Larynx (voice box)

Bronchi

Bronchioles

Diaphragm

The lungs are covered by a thin tissue layer called the **pleura**.

Emphysema and **tuberculosis** are dangerous lung illnesses.

Healthy lung

Damaged lung

A healthy lung is pink and smooth. People who smoke damage their lungs — a damaged lung is black and bumpy.

It is estimated that 1 in 12 North Americans suffer from asthma.

Asthma inhaler

Breathing deeply through the nose and exhaling through the mouth increases oxygen supplies.

SOURCES: World Book Encyclopedia, World Book Inc.; <http://www.webmd.com>; <https://kidshealth.org>; <http://www.kidsdiscover.com>

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