



times Extra

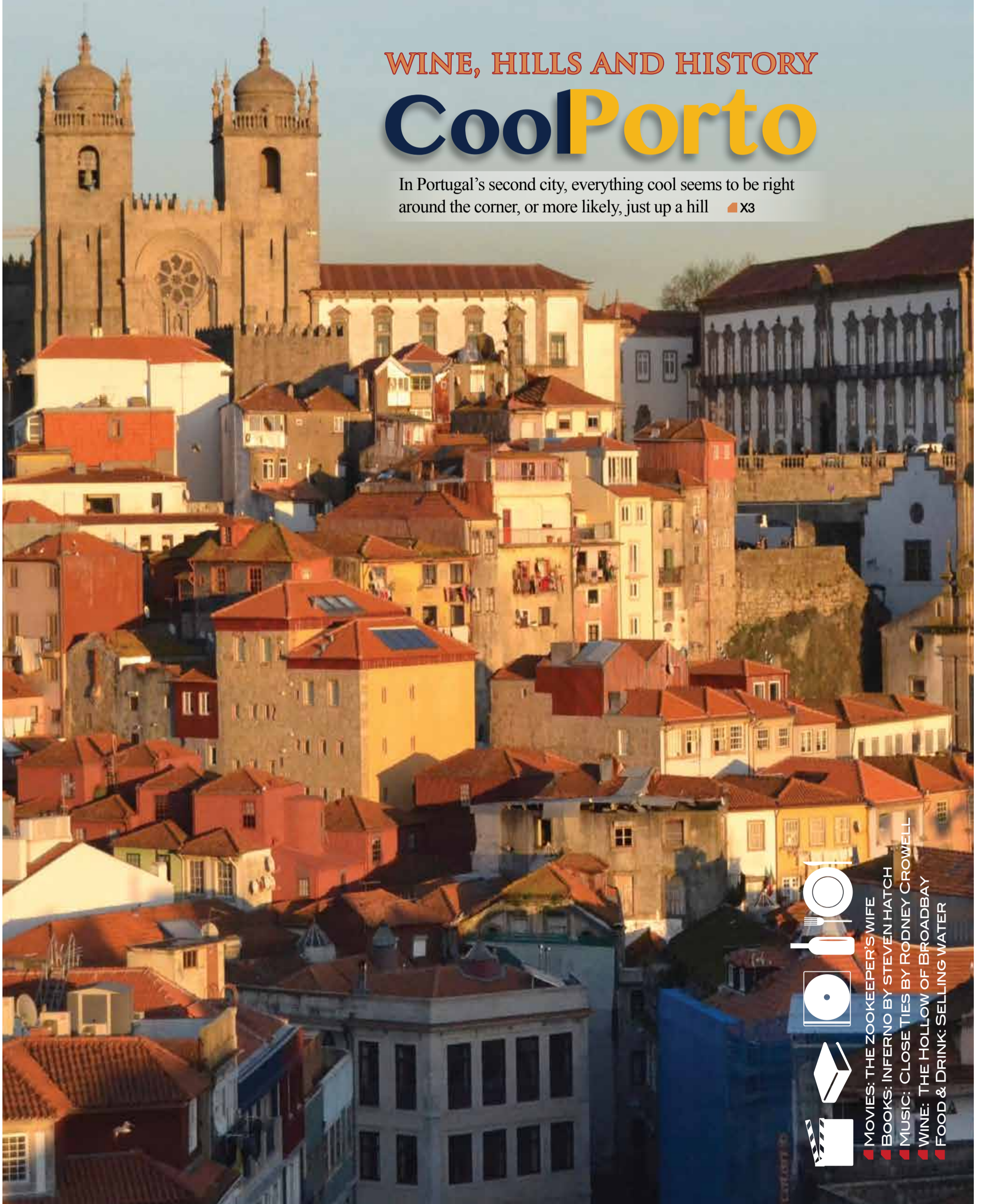
weekend Guide

Macau Daily Times | Edition 2775 | 31 Mar 2017

WINE, HILLS AND HISTORY

CoolPorto

In Portugal's second city, everything cool seems to be right around the corner, or more likely, just up a hill ■ x3



- MOVIES: THE ZOOKEEPER'S WIFE
- BOOKS: INFERNO BY STEVEN HATCH
- MUSIC: CLOSE TIES BY RODNEY CROWELL
- WINE: THE HOLLOW OF BROADBAY
- FOOD & DRINK: SELLING WATER

DRIVE IN

Lindsey Bahr, AP Film Writer

'THE ZOOKEEPER'S WIFE' TELLS A RIVETING TRUE STORY

In German-occupied Poland during the darkest days of World War II, a zookeeper and his wife managed to save the lives hundreds of Jewish people, many of whom were detained in the Warsaw Ghetto, by giving them shelter and refuge on the zoo grounds. This extraordinary true story is dramatized rather effectively in director Niki Caro's "The Zookeeper's Wife," based on the non-fiction book by the naturalist writer Diane Ackerman.

Caro, who directed "Whale Rider" and "McFarland, USA," imbues the production with a glossy sheen, which in the confines of trailers and advertisements might make this look dismissible. In mining the drama of WWII for cinematic stories, audiences have rightfully been trained to be suspicious of those that look too pretty. You're

certain that "The Zookeeper's Wife" is doomed to suffocating sentimentality, emotional blackmail and too-neat resolutions. But despite a romanticized beginning, in which our heroine Antonina (Jessica Chastain, affecting an accent that you'll get used to, I swear) seems to live the most picture perfect life that's ever existed (frolicking with the free-roaming zoo animals, sipping tea on her balcony and gazing lovingly at her doting husband and son), Caro keeps the action and emotion real and grounded throughout. She chooses silences and understatement over heightened stakes. This inherently dramatic and amazing story doesn't need dressing up — it just needs to be told. The stage-setting is a necessary evil, but used wisely enough to introduce the characters and set

up what will be an ongoing personal conflict that will serve as a sort of microcosm for the war — the friendship with a German zoologist, Lutz (Daniel Bruhl), that turns into an increasingly uneasy alliance when the war starts. Chastain's Antonina is ethereal, motherly and tenacious. She might be the zookeeper's wife, but she has just as much if not more of a command over the place as her milquetoast husband. In fact, she treats the animals in the zoo as she would her own child. When an elephant's baby is in distress and near death, Antonina rushes to their aid, calling each by name and telling the mother elephant that everything will be OK if she just gives her space to free the baby's airway. Don't worry, this isn't a Disney movie, there's no sign that the elephants are responding to the names, but there's a fundamental comfort between the human and animal that's undeniable. By the time the invasion starts and the zoo is bombed and destroyed, you feel the loss of something that was once just good and pure. It's distressing to watch the occupying soldiers shoot animals whether out of fear, wartime necessity or just plain evil and a reminder that humans are not the only ones who suffer in war. The animal metaphors can be a little on the nose, though, and the script makes Antonina over-explain her fondness for the creatures over humans ("you can see exactly what's in their hearts"). But the real power of the story is in what Antonina and her husband Jan (Johan Heldenbergh)

AP PHOTO



Johan Heldenbergh (left) and Jessica Chastain in a scene from "The Zookeeper's Wife"

AP PHOTO



Johan Heldenbergh

do for the persecuted Jews — risking their lives to stage elaborately planned extractions from the ghetto and provide refuge for those they saved in their own home. An already tense situation is made even more heightened when Lutz, now Hitler's chief zoologist, takes a special interest in their zoo (and Antonina). His constant presence threatens

to derail the entire operation and causes strife in Antonina's marriage when Jan's jealousy gets the best of him. It's a tawdry sideshow, but Chastain and Bruhl make it captivating. Look past the sepia and the dreary title, "The Zookeeper's Wife" is riveting both inspiring and comes as a welcome reminder in this time of uncertainty that even in the face of

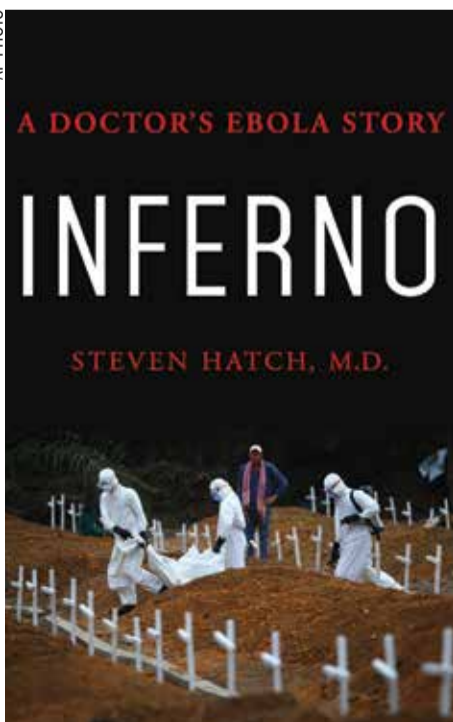
astounding evil, humanity and goodness can also rise to the occasion.

"The Zookeeper's Wife," a Focus Features release, is rated PG-13 by the Motion Picture Association of America for "thematic elements, disturbing images, violence, brief sexuality, nudity and smoking." Running time: 124 minutes. ★★★★★

BOOK IT

'INFERNO' BRINGS INSIGHT AND HUMANITY TO EBOLA OUTBREAK

AP PHOTO



"Inferno" (St. Martin's Press) by Steven Hatch

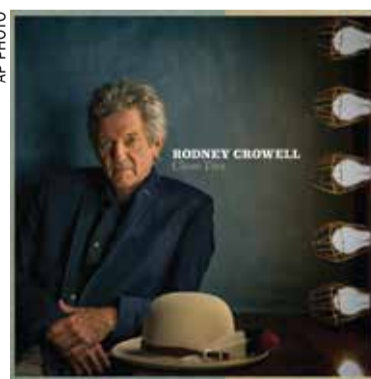
In 2014, Dr. Steven Hatch, assistant professor of medicine at the University of Massachusetts Medical School, flew into a Liberian airport in the midst of the largest Ebola outbreak in history, donned multiple layers of protective gear and stepped into an Ebola Treatment Unit (ETU). There, he served as a physician (and at times a nurse's aide, a surrogate parent and even a masseur) to the droves of patients arriving in makeshift ambulances. "Inferno" is Hatch's exploration of Ebola's origins and spread throughout Africa and beyond, coupled with his personal experience caring for those infected. The story opens in December 2013. A toddler plays beneath a tree in the African village of Meliandou, oblivious of the Angolan free-tailed bats that are thought to have passed on the virus that is residing above him, effectively making the child patient zero. From here Hatch takes readers back, explaining the science of Ebola along with the historical factors playing into Liberia's political

climate, which paved the way for an epidemic. Much of the book hones in on the day-to-day workings of the ETU, detailing the complexities of treating a deadly virus with such limited resources. From the inability to use a stethoscope due to the limitations of the protective gear to keeping patients warm after hospital blankets were stolen, every aspect of fighting the spread of the disease proved toilsome. Hatch packs a wealth of knowledge into the book, but also details the minutia of red tape associated with managing infectious diseases. With straightforward prose, his work goes beyond what most Americans watched on nightly news by examining the scientific, political, social and religious implications of the disease. Though the 2014 epidemic is behind us, "Inferno" serves as a poignant reminder of the widespread complications that accompany the onset, management and aftermath of plagues. Christina Ledbetter, AP

TTUNES

GUY CLARK TRIBUTE, MORE ON RODNEY CROWELL'S LATEST

AP PHOTO



Rodney Crowell, "Close Ties" (New West)

Rodney Crowell was headlining a music festival recently, speaking from the stage to a large, admiring audience, when he confessed with a chuckle that songwriter's block sometimes lasts a decade or more. At 66, Crowell knows music can be a humbling business, but he has plenty to brag about with "Close Ties." It's his first album in more than three years, which might seem like a decade to Crowell, but the set ranks among his best. His character studies are so sharply drawn they fit comfortably next to autobiographical material such as the closing "Nashville 1972," an amusing reminiscence of his early career. The centerpiece is "It Ain't Over Yet," a requiem for Crowell's close friend, the late songwriter Guy Clark. It's like sharing family secrets, and to underscore the point Crowell recruits for singing assistance Rosanne Cash, who appears on an album with her ex-husband for the first time in more than 20 years. John Paul White serves as a third lead vocalist, and Mickey Raphael's harp provides a fitting epitaph. Elsewhere the arrangements also match the creativity of the lyrics. "East Houston Blues" is the raw Texas kind. "Storm Warning" rocks thanks to a swirl of strings and Stuart Smith's guitar. "I Don't Care Anymore" has Crowell convincingly doing Texas rap on the last verse. From start to finish, there's no sign of songwriter's block. Steven Wine, AP

TRAVELOG

Albert Stumm, AP, Porto

Porto: Wine, hills and sunsets in Portugal's second city



Tasting room at the Croft port wine house in Vila Nova de Gaia

I was lost, looking for port wine caves dug into hills across the bridge from Porto. I trudged up a hill and rounded a blind corner, sidling against a stone wall to avoid tour buses flying toward me, when I stumbled on the highlight of my day: a nearly empty tasting room and private wine-cellar tour.

It was a reminder that in Portugal's second city, everything cool seems to be right around the corner, or more likely, just up a hill. Porto's historic core is set upon two hills, with the rejuvenated downtown between them spilling down to the Douro River. A pedestrian promenade lined with medieval merchant houses and cafe tables runs underneath the two-level Luis I Bridge, which joins the upper and lower sections of Porto and the city of Gaia. On one side is the twin-domed Porto Cathedral, on the

other is the circular Monastery of Serra do Pilar. When the sun sets, the colors of the white monuments, stone towers and terracotta roofs blend together, and the entire city glows orange. It's one of the world's most spectacular cityscapes.

Porto is small enough to walk past the highlights in half a day, but I spent nearly a week hoofing it around, taking in one stunning sunset after the next. Lookout points are labeled on tourist maps as miradouros. Each is unique, though none is a match for Praia da Luz, or beach of light. A historic trolley runs from the center to where the river flows into the ocean in the Foz do Douro neighborhood. A short walk north through a seaside park brings you the rocky beach, where I nursed a glass of vinho verde, Portugal's light, dry white wine, on a plush lounge chair. The sun

dipped into the Atlantic where medieval maps once depicted fire-breathing sea serpents.

Fortunately, there's more to Porto than postcard-worthy pictures, with more to come. The thwack of hammers echoing off the tiled facades on nearly every street heralds a tourist boom. Already, the downtown around Avenida dos Aliados, which was seedy as recently as five years ago, has new life.

Concept stores run by collectives of crafters have opened along Rua do Almada. Workshop Popup combines four stores into one for cork handbags, locally designed clothes and handmade souvenirs actually worth buying. It also offers private cooking lessons for a bargain at a show kitchen in the back. For nightlife, the string of bars and restaurants around Rua da Galeria de Paris has a range of choices, from sophisticated to

rowdy. The bars get busy almost every night of the week but often not until 11 p.m. or later.

One of Porto's best-known sites is Livraria Lello, a bookshop in a grand neo-Gothic 1906 building on Rua das Carmelitas that features a massive curved staircase, elaborate painted plaster ceiling and a stained-glass skylight bearing the Latin phrase "Decos in Labore" (dignity in work). There's a fee to enter (tickets are 5.5

euros online), but the fee entitles you to a discount on purchases.

I waited until the end of my trip to dive into port wines, those supple, fortified dessert wines the city is known for. After dinner at a friend's apartment, my hosts, an architect and an owner of a design studio, pulled out a white port made by Taylor that's typically served chilled as an aperitif. They recommended visiting Taylor's tasting room, one of the biggest, and Croft, the oldest. They also urged me to stay away from the expensive, flashy options along the riverfront.

It was while searching for Croft the next day that I stumbled on Churchill's, which isn't listed on most maps of the port circuit. Their wine was rich and full, and slightly less sweet than others. A guide led me through the "cave," a warehouse dug into the granite hill with a steady temperature in the 60s F (15-21 C). Hundreds of oak barrels were stacked four high, aging port for up to 40 years. Turns out the British commercialized a product the Portuguese had been making for centuries, which explains the Anglophile names.

At Croft, founded in 1588, the charming tasting room with tables and stools made from wine barrels led into an impressive cellar with stone arches and casks the size of small houses. Taylor was the most commercial of the three, but the 10-euro entry fee includes a three-wine sample and self-guided audio tour, so it's a good choice for a novice with time for only one stop.

Sufficiently buzzed, I asked a clerk to recommend somewhere for a quick bite before rushing off to the airport. The five-star Yeatman Hotel hit the mark with a cheese plate, a glass of dry Douro Valley red and an expansive patio overlooking the city. It was just around the corner, and just in time for sunset.

IF YOU GO...

PORTO, PORTUGAL: Located three hours by train from Lisbon. Stay near the Clerigos Tower in the Vitoria neighborhood, the center of nightlife and only a 15-minute walk from the higher-priced tourist spots near the river. Also, try francesinha, a Porto

specialty that's like a meatier croque monsieur. Cafe Santiago near the Coliseu music venue serves up a gut-buster drenched in a tangy beer sauce, and locals like the francesinha at Cufra on Avenida da Boavista.

visitporto.travel



The waterfront Ribeira district along the Douro River



Praia da Luz, or Beach of Light

WORLD OF BACCHUS

Jacky I.F. Cheong



LAPHROAIG 10 YEARS OLD

Radiant golden with gleaming jonquil reflex, the inimitable nose offers green pear, hay bale, brine, chloride and bonfire. With a cleansing mouthfeel, the signature palate delivers salted mango, cardamom, sea spray, iodine and dry peat. Medium-full bodied at 40 percent, the medicinal entry continues through an untamed mid-palate, leading to a smoky finish.

LAPHROAIG 10 YEARS OLD (ORIGINAL CASK STRENGTH)

Rich golden with bright sunshine reflex, the robust nose furnishes salted plum, galangal, sour cream, wood ash and turpentine. With a muscular mouthfeel, the virile palate provides rowan, allspice, granary toast, sea salt and coal. Full-bodied at 55.7 percent, the full-on palate evolves into a multilayered mid-palate, leading to an indelible finish.



LAPHROAIG 15 YEARS OLD

Shimmering amber with saturated golden reflex, the multifarious nose presents blood orange, spearmint, Lapsang Souchong, farmyard and cigar ash. With a supple mouthfeel, the variegated palate supplies salted lemon, peppercorns, seaweed, smoked meat and charcoal. Medium-full bodied at 43 percent, the composed entry persists through a substantial mid-palate, leading to a lingering finish.

The Hollow of Broadbay

In the ever-expanding universe of alcoholic beverage, Ileach single malt is no doubt one of the most peculiar and instantly recognisable, on a par with Tokaji Eszencia, vin jaune du Jura, Madeira and Eiswein. Yet, Ileach single malt is by far the most polarising of all, surpassing even Greek Retsina. Followers swear by it, detractors swear at it. The southwestmost island of the Hebrides, an archipelago off the west coast of Scotland, Islay covers just over 600 sqkm, and yet it is a Scotch single malt region unto itself. Famous – or infamous – for its peaty and smoky single malts, Islay is home to eight operating distilleries. A fossil fuel composed of decayed organic matters, peat is a major energy source in northern Europe. Found in abundance in Scotland, peat is widely used in the malting process of whisky production. Ileach peat has a significantly higher moss and seaweed content than peat from elsewhere, hence the distinctive flavours it imparts to the whisky. Not all Ileach single malts are peated. The so-called “peat monsters” are largely confined to the southern tip of the island, namely – from east to west – Ardbeg, Lagavulin, Laphroaig and Port Ellen (closed in 1983). Further north, Bowmore, Caol Ila and Bunnahabhain produce less peaty, fruitier and even unpeated single malts. Built in ca. 1810, Laphroaig was officially founded in 1815 and licensed in 1826. The name Laphroaig is of Gaelic etymology, literally meaning “the hollow of broadbay”.

Laphroaig possesses its own malting floor facilities as well as peat bogs on the Glenmachrie Peat Moss, known for its unusually high moss content. Its water source comes from the Kilbride Dam, known for its soft yet peaty water. Since 1994, Laphroaig is the only whisky in the world to carry the Royal Warrant of the Prince of Wales, whose favourite whisky is purportedly Laphroaig 15 Years Old. Ardbeg, Lagavulin and Laphroaig interpret peatiness in their own idiosyncratic ways, same as Pinot Noir and Riesling express themselves differently, depending on the terroirs. In a broad stroke, Ardbeg’s peat is pristinely crystal-clear, Lagavulin’s as rich and complex as tea, and Laphroaig’s unmistakably herbal and medicinal. Indeed, during the Prohibition era (1920-1933), Laphroaig was imported into the US as “medicinal spirit” – it would appear that the customs officer in charge was not a Scotch connoisseur... Laphroaig is owned by Beam Suntory, the US subsidiary of Suntory Holdings, which own a total of seven Scotch brands. Merely 10 percent of Laphroaig’s annual output is sold as single malt (majority official bottling, minority independent bottling), the rest sold for blending.

The following Laphroaig whiskies were tasted – and are available – at Bar Azul of Four Seasons Hotel Macao, Cotai Strip, in the presence of Principal Sommelier Mr Kaleb Paw. E: kaleb.paw@fourseasons.com; T: +853 2881 8888

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



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

Candice Choi, AP Food Industry Writer



SELLING WATER: COKE, PEPSI LOOK TO MAKE WATER RAIN MONEY

Bottled water is starting to seem more like soda, and sometimes taste like it, too. As bottled water surges in popularity, Coke, Pepsi and other companies are using celebrity endorsements, stylish packaging and fancy filtration processes like “reverse osmosis” to sell people on expanding variations of what comes out of the tap. They’re also adding flourishes like bubbles, flavors or sweeteners that can blur the lines between what is water and what is soda. For this year’s Super Bowl, PepsiCo even ran an ad for its new Lifewtr, promoting the drink

in a spotlight typically reserved for sodas. Also running their first Super Bowl ads were Fiji and Bai Brands, which sell “enhanced waters” made with fruit juice and stevia sweetener. Michael Simon, Bai’s chief marketing officer, says its drinks “give people that healthy profile they’re looking for, but now they no longer have to sacrifice on taste with the neutrality of water.” Bottled water has been gaining ground for years, and overtook soda as the No. 1 drink in the U.S. by sales volume last year, industry tracker Beverage Marketing Corp. said. Some of the fizzy,

sweetened drinks are considered water by the companies or industry trackers in some cases, as the distinctions between them lose meaning. Companies aren’t as interested in the big, economy packs of plain bottled water that have been fueling the growth, says Ali Dibaj, a Bernstein analyst who covers the industry, since those are less profitable than sodas and are a “horrible business to be in.” So Coke and Pepsi are focusing on pricier options that compete with brands like Evian and Perrier. And they’re introducing fizzy and fruity varieties to get a better

foothold in increasingly crowded marketplace where options like LaCroix and others are gaining popularity. Showing just how blurry the lines are getting, PepsiCo launched a drink last week that it describes as “sorta juice, sorta soda, sorta sparkling water.” Such options can capture people looking to cut back on sodas or juices, and may get people who might buy lower-priced waters to upgrade.

“You can get up the ladder in terms of water and get out of the categories that don’t drive a lot of value,” Coca-Cola’s incoming CEO James Quincey said in September. Quincey cites Smartwater, which has enjoyed sales growth in North America, as a way for Coke to profitably expand its water business. The brand is billed as “vapor distilled” and features actress Jennifer Aniston in its ads. He also said that in the crowded Chinese market, Coke is upgrading people to a water brand it markets as “socially responsible” with a different blend of minerals, which costs twice as much. Exactly what makes water seem like it’s worth the extra money varies, but image is key. PepsiCo had toyed with names like “Qua” and “Om” before settling on Lifewtr. The company points to the artwork featured on its bottles, and the “reverse osmosis” filtration the water undergoes, with electrolytes added for taste. “This is where consumers are heading,” said Todd Kaplan, vice president of marketing at PepsiCo, about lower-calorie drinks like Lifewtr. Both Lifewtr and Smartwater, which account for a small portion of the overall packaged water market, are made with municipi-

pal water and were selling for USD2.79 for a 1-liter bottle at a 7-Eleven in New York City. The convenience store chain’s private label brand was selling for \$1.50 for the same size bottle.

The challenge for Coke and Pepsi is people like Andrew Allen. The New York City resident said he is trying to drink more water, but isn’t loyal to a particular brand and buys whatever he can get a deal on.

“I just wanted to stop drinking soda — just give it up,” Allen said.

Julie McKnight, who also lives in New York City, said the distinctions made by some bottled waters are not worth the extra price. “It doesn’t seem any different,” she said. Mostly, McKnight said uses reusable bottles that she fills with filtered tap water.

To help address people’s concerns about the environment as well as paying for a variation of what they could get from the faucet, companies like Nestle have been “light weighting” the packaging to use less plastic and keep prices down.

In addition to the still, unflavored versions, Coke’s Dasani and Pepsi’s Aquafina have been rolling out sparkling and flavored extensions. Such options are making it trickier to define drinks that may be fizzy and sweet, yet marketed as water. Beverage Digest, another industry tracker, counts flavored sparkling varieties in its water category, as well as Sparkling Ice, which is made with artificial sweeteners.

“Someone could argue with a straight face that maybe those belong with [sodas],” executive editor Duane Stanford noted. But, he said, people drink Sparkling Ice with the “mindset” that it is water.

COD FISHING CATCHES PLUMMET IN WATERS OFF NEW ENGLAND



The cod isn’t so sacred in New England anymore.

The fish-and-chips staple was once a critical piece of New England’s fishing industry, but catch is plummeting to all-time lows in the region. The decline of the fishery has made the U.S. reliant on foreign cod, and cod fish filets and steaks purchased in American supermarkets and restaurants are now typically caught by Norway, Russia or Iceland in the north Atlantic. In Maine, which is home to the country’s second-largest Atlantic cod fishery, the dwindling catch has many wondering if cod fishing is a thing of the past.

“It’s going to be more and more difficult for people to make this work,” said Maggie

Raymond, executive director of the Associated Fisheries of Maine.

State records say 2016 was historically bad for cod fishing in Maine. Fishermen brought less than 77,110 kilograms of the fish to land in the state last year. The haul was below the previous record low of about 113,398 kilograms a year earlier. Maine’s record year for cod was 1991, when fishermen brought more than 9.5 million kilograms of the bottom dweller to the docks, according to records that date to 1950.

The Sacred Cod is the nickname of a wood carving of the fish that hangs in the Massachusetts State House. That state remains the center of the nation’s Atlantic cod fishery, but the business is in jeopardy there, too. Catch fell from nearly 45.3 million kilograms in 1980 to less than 1.36 million kilograms in 2015.

The catch of cod in Maine, and elsewhere in New England, has fallen in the face of increasingly meager quotas allowed by the federal government. The government’s catch limit in the Gulf of Maine has fallen from more than 8.2 million kilograms in 2011 to about a 453,592 kilograms last year. New Hampshire fishermen brought more than 90,718 kilograms of cod to land in 1997. That dropped to 20,276 kilograms in 2015. Rhode Island’s total dropped from 215,414 kilograms to 138,891 63,000 kilograms from 1997 to 2015.

The National Oceanic and Atmospheric Administration released an assessment of the Gulf of Maine cod stock in 2014 that said the spawning population was at its lowest point in the history of the study of the fish. Scientists have cited years of overfishing and inhospitable environmental conditions as possible reasons for the decline.

A new assessment is taking place this year, said Jamie Cournane, groundfish plan coordinator for the New England Fishery Management Council, which regulates fisheries under NOAA.

Cod are considered groundfish, which are fish that live near the ocean bottom. Several types of groundfish, including haddock, sole and halibut, have high economic value. The low quotas for cod are problematic for New England fishermen because they must also stop fishing for other valuable species once they reach their cod limit.

U.S. fishermen primarily fish for cod in the Gulf of Maine and Georges Bank, which are major fishing areas off of New England. Georges Bank has also seen steep cod quota cuts in recent years.

“We did not see any positive news for recruitment, which led to those reductions that industry is facing right now,” Cournane said. **AP**

WHAT'S ON

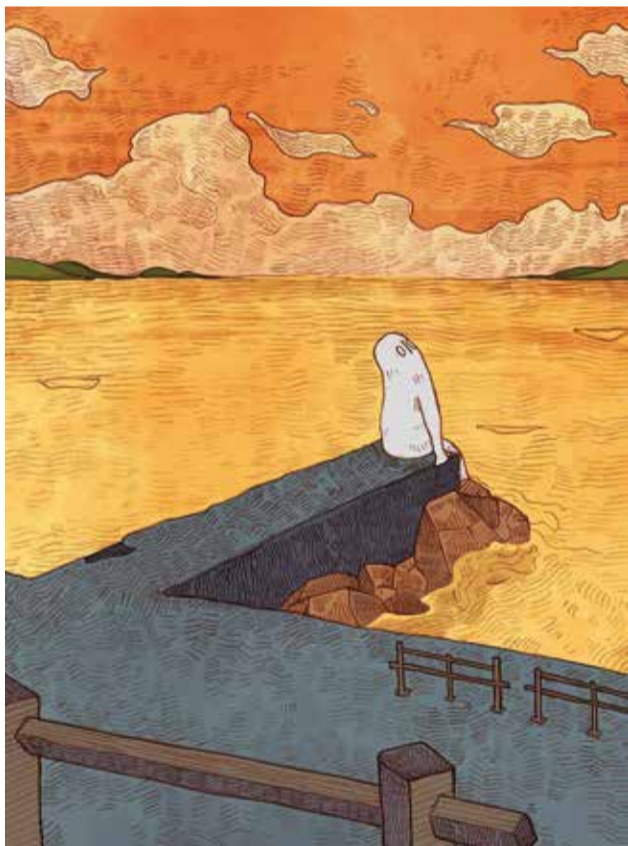


TODAY (MAR 31)

“CHINA AT THE FINGERTIPS III” – CHINESE BOWED STRINGS CONCERT

Chen Jun was born in Changsu, Jiangsu Province. He studied erhu under the guidance of his father Chen Yaoxing and is known as the “taichiqin hero”. Chen Jun is the heir of the erhu techniques of the Chen’s family. He is also the founder of the brand “Xiankedao”(Erhu Road) and is currently one of the greatest erhu performers in China, as well as a National Class One Performer and the Vice President of the Erhu Committee of the China Musicians Association.

TIME: 8pm
ADMISSION: MOP60, MOP80
VENUE: Dom Pedro V Theatre
ORGANIZER: Macau Chinese Orchestra
TICKETING: (853) 2855 5555
www.macauticket.com



MACAOU ARTS WINDOW 2017: UNTITLED TRAVEL – WORKS OF LIN GE

This exhibition features a total of 30 illustration works, mainly themed around a few places in Macau that are about to disappear or have already disappeared. According to Lin Ge, there are certain landscapes that we would not like to forget and that, even if we thought we would forget them, they would eventually spring to our minds at unexpected moments. The author hopes to record the transformations of the city through his works, in which unforgettable landscapes can allow the public to trigger off their memories while appreciating the works.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)
UNTIL: May 14, 2017
VENUE: Macau Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: Free
ENQUIRIES: (853) 8791 9814
ORGANIZER: Macau Museum of Art
www.mam.gov.mo



TOMORROW (APR 1)

DEPARTURES

The two-act play is the final stage of Twin Cities, a cultural exchange project which took our artists to conceive a brand new play with the Shanghai Dramatic Arts Centre (SDAC), one of China’s most prestigious theatrical institutions. Guided by the centre’s artistic team, the first story was penned by local scriptwriter Miki To and is staged by Shanghai director Xu Zi Dong, leading four of the performers. The second act features a story written by SDAC’s well-known playwright Zhao Lian, brought to life by local director Philip Chan and performed by two solid Shanghai actors. Let us discover the exciting result of a venture bringing together a group of creative and performing minds. A gaze beyond walls for a mutual exploration of the cities and their secrets, unveiling the emotions within.

TIME: 8pm
DATE: April 1-2, 2017
ADMISSION: MOP120
LANGUAGE: Cantonese, Mandarin
ORGANIZER: Macau Cultural Centre
Enquiries: (853) 2825 2899
www.ccm.gov.mo
TICKETING: (853) 2855 5555
www.macauticket.com



SUNDAY (APR 2)

DANCE ART 2017 - REGINA DANCE GROUP

“Dance Action” is a series of outstanding performances by Regina Dance Group since 2005. Each year, a different theme is chosen while the well renowned are the years 2010, “Daddy Long Legs”, 2011 “Sweet and Sour Grand Family”, 2012 “Belonged ~ Prelude” and “Dance Action 2015” the theme of Cosplay. “Dance Action 2017” reflects enthusiasm and hard work by all dedicated teachers and students. Over 200 young performers of 5 years old and above, transforming into fairies, sewing seeds of peace and friendship to earth and harvesting fruits of happiness and share with everybody.

TIME: 3:30pm
ADMISSION: MOP120
LANGUAGE: Cantonese
ORGANIZER: Associação de Dançarinos Regina
TICKETING: (853) 2855 5555
www.macauticket.com



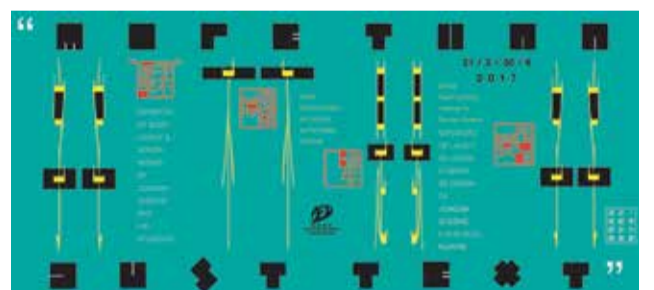
MONDAY (APR 3)

“PUZZLE CITY X COMER - DOUBLE SOLO EXHIBITION BY BUNNY LAI AND JULIA LAM”

The artworks in the exhibition “Puzzle City” by Bunny Lai mainly explore the social features of the times and express the awareness of social changes. The “puzzle” represents the characteristics of old buildings in Macau, bringing out urban architecture as one of the characteristics of the city; while buildings constructed in different period of time reflect the distinctive features of the city at that time. Local artist Bunny Lai obtained a degree in visual arts at the Macau Polytechnic Institute. She has participated in various exhibitions, including the “Macau Annual Visual Arts Exhibition”, the “Collective Exhibition of Macau Artists” and the “56th Venice Art Biennale” in Italy. She won the “3rd Orient Foundation Art Award”, and her works have been collected by the Orient Foundation. Her first solo exhibition was held in Lisbon, Portugal, in 2015.

The exhibition “Comer” by Julia Lam is themed on Macanese cuisine. This year she was invited by the Yun Yi Arts and Cultural Communication Association to draw illustrations for Cecilia Jorge’s upcoming book, Colors in the Pot. The illustrations will be showcased in this exhibition. Lam hopes the audience can take rest at mealtime amid the busy daily life and enjoy the unique flavours of Macau’s abundant food ingredients. Lam is a graduate of the Academy of Art and Design at the Tsinghua University. She loves sketching as well as watercolour and oil painting, and she uses her brush to record the changes of a city. She is also keen on art education for children. She has published a series of watercolour postcards “Festive Macau”, and her paintings have been collected by the Macau Museum of Art and some private collectors. Her works have also been exhibited in many places.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)
UNTIL: April 6, 2107
VENUE: Lakeside Gallery – S2 Room, Anim’ Arte Nam Van
ADMISSION: Free
Organizer: Cultural Affairs Bureau and Macau Artist Society
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo



TUESDAY (APR 4)

MORE THAN JUST TEXT” EXHIBITION OF BOOK LAYOUT & DESIGN WORKS BY JOAQUIM CHEONG AND HIS STUDENTS

This exhibition displays 56 works by instructor Joaquim Cheong and his students. The displayed works have flexibly applied the design theories and concepts taught in the courses, using the dots, lines, planes, text and shapes in graphic design and adopting the techniques of size, weight, rhythm, contrast, balance and gradation to demonstrate the visual effects of layout and poster design, thereby fully displaying the creative thinking of the students.

TIME: 10am-7pm (Closed on Mondays)
UNTIL: June 30, 2017
VENUE: Team Building of Institute for Tourism Studies, Colina de Mong-Ha Macao, China
ADMISSION: Free
ENQUIRIES: (853) 2856 1252
ORGANIZER: Institute for Tourism Studies
www.ift.edu.mo



WEDNESDAY (APR 5)

SAILING FOR DREAMS - WORKS BY KWOK WOON

Navy Yard No.1 near A-Ma Temple - a former Government Dockyard once used for shipbuilding and overhaul - 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 regarded.

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

UNTIL: April 23, 2017

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

ADMISSION: Free

ENQUIRIES: (853) 8988 4000

ORGANIZER: Cultural Affairs Bureau

www.icm.gov.mo



THURSDAY (APR 6)

AD LIB - KONSTANTIN BESSMERTNY

This exhibition presents 34 of renowned Russian artist Konstantin Bessmertny's recent paintings, sculptures, installations and videos, 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

ENQUIRIES: (853) 8791 9814

www.mam.gov.mo

Organizer: Macau Museum of Art

Sands WEEKEND



BACK IN TIME CONCERT

8pm, 1 April (Saturday)
Cotai Arena

Iconic Taiwanese musical rockers Power Station; pop-rock band F.I.R. and contemporary artist Yoga Lin, whose careers span three generations will take part in the Back in Time Concert. Appearing for one night only, Back in Time Concert will offer Taiwanese blasts from the past as well as the best of the new.

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



MONKEY KING

Daily
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
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



LA CHINE

Daily 11:00am - Midnight
Level 6, Eiffel Tower, The Parisian Macao

Situated within the Eiffel Tower, La Chine offers a vibrant and chic dining experience, with an amazing view of the Cotai Strip. The menu deftly combines regional Chinese favourites with French joie de vivre to create imaginative dishes that will leave you craving another bite or two. French service standards, with Chinese-cuisine, executed with a flourish that is unique in Macao.

Reservations: +853 8111 9210



澳門金沙度假區
Sands
RESORTS MACAO



SUNDAY, APRIL 9, 2017

WORLD OF WONDER

Exploring the realms of history, science, nature and technology
By Laurie Triefeldt

EGGS

Almost all animals make eggs in order to reproduce. Mammals usually keep the egg inside the mother's body until the young are ready to be born. But many creatures, like birds, most reptiles, insects and fish lay their eggs. This page focuses mostly on the eggs that birds lay.

Kinds of eggs

The egg examples below are shown at actual size. Some people have made an art of carving large eggs that have very thick shells, such as the ostrich, emu and goose egg.

The **ostrich egg** can weigh more than 3 pounds (1.2 kg) and is the largest of eggs laid today. Dinosaur eggs were even bigger.

A **goose egg** can vary a great deal in size. This one is about 4 inches (10 cm) long.

The **hummingbird** egg is the smallest of bird eggs and weighs about 622 mg.

Common snipe egg

Silk moth egg

Frog eggs are laid in water.

Sunfish egg

Human egg

Spotted flycatcher egg

An **alligator egg** is white, but may be coated in bits of debris from the nest.

Robin egg

The **snapping turtle egg** is more round than oval and is laid in a nest dug into the ground.

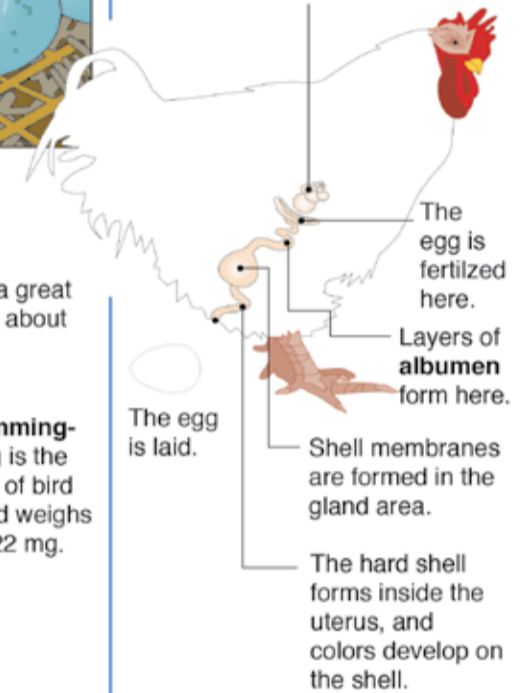
Herring gull egg

Emu egg

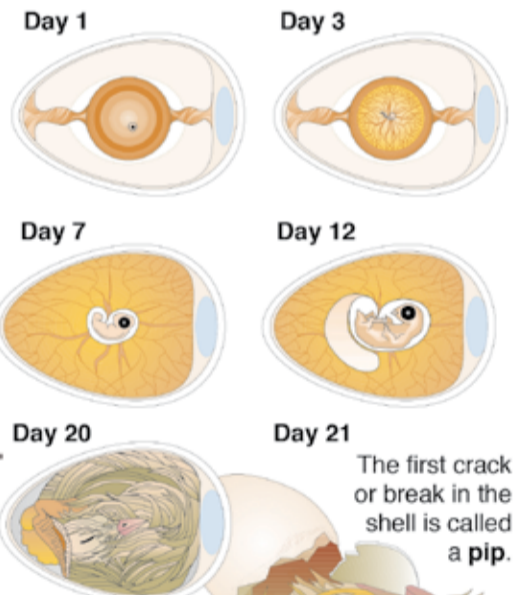
Chicken egg development

An egg begins as a cell called an **ovum**. Yolk particles form around the ovum until the yolk is the size of a fully formed egg. The yolk travels through a long tube called the **oviduct**. On its way, layers of **albumen** (protein nutrients) form, followed by shell membranes. The final shell is formed in the **uterus**. It takes 24 to 25 hours for the yolk to move through the oviduct and turn into an egg ready to be laid.

The egg cell, or **ovum**, is released into the **oviduct**.



A newly laid egg must be kept warm (incubated) if it is going to grow into a chicken. If the egg gets too cold, the chick embryo will die.



The basics

All eggs start as tiny cells that, if fertilized, will grow into baby animals. When birds, snakes, turtles and insects mate, the eggs are fertilized inside the female. But most toads, frogs, fish and mollusks fertilize their eggs outside the mother. Eggs come in many sizes, shapes and colors. Some have hard shells, while others have soft shells. Birds lay just a few eggs each year, while an oyster can produce more than 500 million eggs in a year.

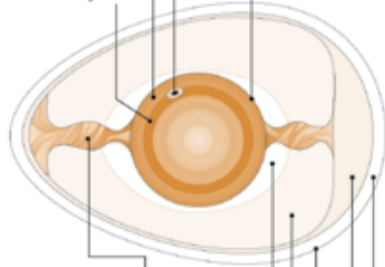
Anatomy 101

The **germ** or **nucleus** is the part of an egg that becomes an animal. The rest of the egg serves as food and protection.

Parts of a chicken egg

Yolk

Vitelline membrane
Germ
White yolk
Yellow yolk



Egg white

Chalaza
Thin albumen
Thick albumen

Shell membranes

Shell
Air space
Inner shell membrane

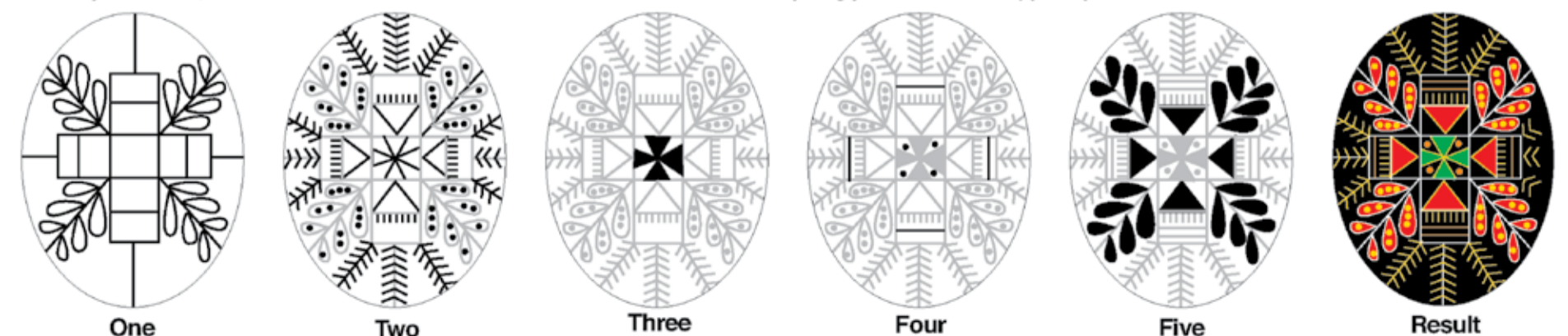


Peacock nest and eggs

SOURCES: World Book Encyclopedia, World Book Inc.; Encyclopedia Americana, Grolier Inc. Egg, Dorling Kindersley; The Amazing Egg, Robert M. McClung

Pysanky, the Ukrainian art of easter egg decorating

This diagram shows five stages of a traditional pysanky design. Each step of the design is written with hot wax and dipped into a deep-colored dye. To finish, the wax is melted off in an oven. Kits are available that have everything you need to make pysanky.



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