



times Extra

weekend Guide

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WELCOME TO NEW VEGAS

Call it yoga à la Vegas, and picture dolphins, helicopters, red rocks and ritzy high-rises; call it diversification... **X3**



- MOVIES: WAKEFIELD
- BOOKS: ITS ALWAYS THE HUSBAND BY MICHELE CAMPBELL
- MUSIC: GUMBO BY PJ MORTON
- WINE: SPARKLING WORLD
- DIGITAL LIFE: PANTSUIT NATION

DRIVE IN

Mark Kennedy, AP Entertainment Writer

BRYAN CRANSTON SHINES IN MOODY, ESCAPIST 'WAKEFIELD'

Have you ever fantasized about one day walking away from your well-ordered life? Just ditching work and the humdrum routine of life? You have? Then, before you go, you need to see the curiously brilliant film "Wakefield."

Bryan Cranston stars as Howard Wakefield, a successful, upper class suburbanite with a wife and kids who, on an otherwise ordinary day, doesn't come home from work. He effectively drops out of life. No, "Wakefield" isn't a story

about running away. Our hero actually chooses to stay very close to his family — he hides in his home's unheated garage attic and scrounges for food in Dumpsters. He spends the next several months quietly spying on the life he has removed himself from.

"I ask you: What is so sacrosanct about a marriage and a family that you should have to live in it day after day, however unrealized that life may be?" he asks. "Who hasn't had the impulse to just put that life on hold for

a moment?"

"Wakefield" is directed by Robin Swicord from her adaptation of E.L. Doctorow's short story. Her film is a moody meditation on modern living and surveillance, true to the original 10,000-word tale but also beautifully cinematic.

It taps into a deep vein of American angst at social conformity, explored before by everyone from Henry David Thoreau to "American Beauty." It arrives at a time when there's a surge in interest in a more natural life far from the crowds — so-called "cabin porn." But the suburban cabin Wakefield finds himself leads to a brutal, unromantic life.

Forever peering down into the main house's windows, Wakefield must endure freezing New York winters and its blistering summer days. His hair and beard become unkempt. He grows self-reliant — embracing the anti-consumerism of "Fight Club" or "Into the Wild" — and becomes, basically, a hermit.

"I no longer seem to require those things that only days ago were so indispensable," he says. "Unshackled, I'll become the Howard Wakefield I was meant to be." Cranston is simply remarka-



Jennifer Garner (left) and Bryan Cranston in a scene from "Wakefield"

ble in the role, a tricky one since his character has precious little dialogue with anyone else. Yet the actor shows everything here — arrogance, sorrow, anger, love, fear. It may bring to mind another superb performance from a man who found himself in exile — Tom Hanks in "Cast Away."

Wakefield's wife is played with delicate sadness by a terrific Jennifer Garner, who somehow is able to convey ranges of emotion mutely from behind a glass window. Aaron Zigman's score has colors that are both playful and haunting.

How Wakefield begins this new life is frighteningly accidental. After a fight with

his wife, his train has mechanical trouble one night and he comes home very late to find a raccoon sniffing around. He chases the beast into the garage attic and decides to stay the night, unwilling to reawaken the spat with his wife. Soon enough, he has become a raccoon himself — sneaking around in the dark for food. Cranston narrates what he assumes people are saying in his absence, imagines the way various encounters could go, flashes back to key domestic moments and even enjoys watching his loved ones struggle with tasks he used to complete. He befriends two other outcasts — two children with mental challenges.

He comes to understand that he was not the nicest of men in his previous life.

"I never left my family. I left myself," he says.

The irony for Wakefield is that the longer he postpones his re-entry, the better he feels but the worse his inevitable return will become. The ending of the film — like the short story — may not answer all your questions, but that's not a reason to run away, is it?

"Wakefield," a Mockingbird Pictures production, is rated R by the Motion Picture Association of America "for some sexual material and language." Running time: 109 minutes. ★★★★★



Jennifer Garner plays Wakefield's wife

BOOK IT

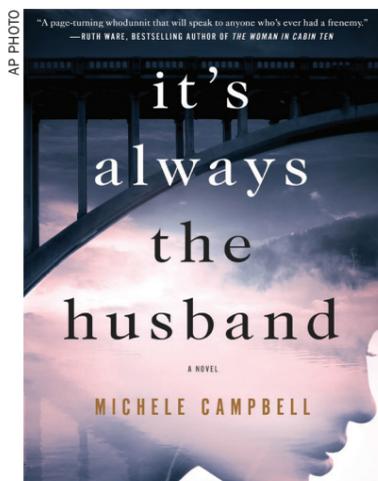
'IT'S ALWAYS THE HUSBAND' IS RIVETING NOVEL

Relationships — whether marriage or friendship — have the power to enrich lives or destroy them. Some relationships do both as Michele Campbell shows in her riveting novel "It's Always the Husband."

Campbell, a former federal prosecutor who has written several novels under different names, expertly explores the line between love and hate and the effect of toxic relationships. While the mystery elements blanket the story, "It's Always the Husband" spins on the friendship of three very different women and the calm and chaos surrounding them.

Scholarship student Aubrey Miller, ambitious local girl Jenny Vega and wealthy New Yorker Kate Eastman meet on their first day at New Hampshire's Carlisle College. The three are suite-mates and are soon known as the Whipple Triplets after the dorm where they live. But the nickname isn't always a term of endearment. The emotionally fragile Aubrey struggles with her background, her grades and her inability to fit in. She hero-worships Kate, a spoiled rich girl with drug and anger issues. Only Jenny seems to rise above, though she is constantly being drawn into her roommates' drama. At the end of their first year, a tragedy occurs that binds them together and divides them. "It's Always the Husband" alternates between the women's college days and 22 years later, when each has a drastically different economic situation and place in society.

The novel opens with the murder of one of the women 22 years after their college days. Campbell keeps the murdered women's identity secret



"It's Always the Husband" (St. Martin's Press) by Michele Campbell

for nearly half the story — a device that works well to amp the tension. Although readers will probably guess which of the friends met an untimely end, the unveiling is still a surprise, amplified by the shocking motive.

Campbell keeps the tension high as she exposes her very flawed characters, each of whom is realistically explored. As most of the characters must realize, sometimes the only way to save yourself is to sever a toxic relationship, no matter how painful.

Oline H. Cogdill, AP

tTUNES

MAROON 5's PJ MORTON THRIVES ON NEW SOLO ALBUM



PJ Morton, "Gumbo" (Morton Records)

PJ Morton may be the keyboardist for pop-rock band Maroon 5, but he returns to his New Orleans musical roots on his new solo album.

Morton, who joined Adam Levine and friends in 2012, meshes an easy-flowing sound of contemporary soul with gospel elements on "Gumbo." It's a musical approach that works for Morton, whose father is Bishop Paul Morton, a Stellar Award winner and Grammy-nominated gospel artist.

Morton's fourth offering is a short listen, lasting less than 30 minutes. But in nine tracks, he takes advantage of every last second, speaking on various topics, from love to religion.

On "Claustrophobic," Morton sings and raps about being musically stifled after someone suggested they wanted to tinker with his sound because he wasn't

"mainstream enough." With horns blaring, he answers with the follow-up track "Sticking to My Guns." Morton questions some people's religious stance on "Religion," singing: "But you blame God when it's all your fault/Where's the love that your God spoke of?" He also sings about recapturing the first love-struck moment of initially meeting a potential mate on "First Began," the first track on the album.

The rest of the tracks are just as enjoyable as Morton continues to raise his musical talents to another level.

Jonathan Landrum Jr., AP

NEWS OF THE WORLD

Regina Garcia Cano, AP, Las Vegas



The Vegas Namaste: Yoga on a Ferris wheel, near dolphins

Surrounded by imposing Las Vegas hotel-casinos in the foreground and desert mountains in the background, the group breathed deeply and loudly as an instructor guided them through their poses: upward dog, downward dog, lord of the dance.

The participants, though, weren't the only ones shifting positions in this mirrorless space with Instagram-enviable views. The three women and a man were inside a cabin of the world's tallest Ferris wheel, stretching and holding poses as the marquees of The Mirage, Linq, Harrah's and Caesars Palace appeared and faded from sight. This gambling oasis isn't known for mind-steadying experiences. But as the city broadens the range of interests and wallets it appeals to, companies have carefully selected an array of unique, picture-perfect sites where visitors and locals can say "Namaste." Call it yoga a la Vegas, and picture dolphins, helicopters, red rocks and ritzy high-rises. "High plank, low plank, up dog, down dog," Raffi Yozgadlian said

as he guided the group at the High Roller observation wheel through a series of yogi calisthenics at about 550 feet above ground.

The instructions stopped three-quarters into the class, and out came the cellphones. It was time for a few photos of handstands and other poses with the Bellagio, Cosmopolitan and an Eiffel Tower replica in the background. "I was like, whoa. You have the Strip and you can take that in, or you have the mountains and you can take that in," said Carly Benson, a Las Vegas resident whose tripod headstand photo is now on Instagram. "I was a little concerned about how my balance was going to be, and surprisingly, being able to zone in the landscape, I had better balance there than I sometimes do on the ground."

Visitors and locals in need of their downward dog also can take classes surrounded by an outdoor installation of neon signs in the summer; by request, poolside at the MGM Grand; or on the grassy fields of a recrea-

tion area just outside the city in the shade of Red Rock Canyon National Conservation Area.

For those who prefer the indoors, the studio with floor-to-ceiling glass windows on the eighth floor of the opulent Mandarin Oriental hotel offers views of the Las Vegas Strip.

The unorthodox settings fit with a nationwide trend of yoga instruction moving out of the studio and into parks, breweries, museums and other locations. Some classes incorporate goats and butterflies.

Caesars Entertainment, which owns the High Roller, thought the Ferris wheel would be a good place for a fitness class and decided yoga was the perfect fit. Each cabin fits up to 40 people standing and in benches.

"It's a one-hour class, so it's a fulfilling practice, and whether you are a yoga enthusiast or first-timer or someone who just wants to have that amazing Instagram yoga moment here in Vegas, it presents a unique experience," said Lindsay Sanna, Caesars' senior director of marketing. The class is \$75 per person.

At the Mirage, yogis of all skill levels can sign up for an hour-long class in the underwater viewing area of the dolphin tanks at Siegfried and Roy's Secret Garden and Dolphin Habitat. On a recent Friday morning, a group began the experience by taking a few breaths while sitting on their mats facing bottlenose dolphins through glass windows.

"Of course, you can pop your eyes open if you want to see the dolphins," Janet Ziter told the class, which included devoted and beginner yoga practitioners. Dolphins swam next to three windows while soothing music played.

This class, too, incorporated a mini-photo shoot. And so a guest held the crow pose — hands planted on the floor, shins resting on the back of his upper arms and feet lifted up — for a few seconds until a dolphin swam behind him and a friend snapped a photo.

Instructors with the yoga-focused company Silent Savasana teach the classes at the High Roller and also lead what's

perhaps Las Vegas' most luxurious of yoga experiences: a helicopter ride from the airport to a nearby state park and a class atop bright red Aztec sandstone outcrops.

The class in a remote area of the 63-square-mile (163-square-kilometer) Valley of Fire State Park allows participants to take in a breathtaking view of bright blue skies and sandstones while flowing from pose to pose.

The exact location of the 75-minute, six-person class depends on the day's wind conditions. The experience concludes with a flight over the Las Vegas Strip. Some may be priced out of the USD3,499 experience, which includes champagne. But Maverick Helicopters, which for years has offered trips to other destinations in the U.S. Southwest, says at least six groups have participated this year.

Shandelle Troy practices yoga regularly and recently celebrated her birthday by taking the class. Outfitted with typical black yoga pants and a teal tank top, she assumed a spot close to the helicopter and a few meters from the instructor.

"Yoga is so spiritual, so being out there in nature makes it so much better," the resident of Henderson, Nevada, said between sips of bubbly.

WORLD OF BACCHUS

David Rouault



TERRAS DO DEMO TÁVORA-VEROSA DOC MÉTODO CLÁSSICO MALVASIA FINA 2015

Portuguese sparkling wine presented in a traditional and elegant bottle, using the traditional method and made 100 percent from the Portuguese indigenous white grape Malvasia Fina - i.e. Blanc de Blancs, when it's made from 100 percent white grapes, or Blanc de Noirs if only composed of red grapes. This is a simple and very affordable wine (about three times cheaper than a Champagne), easy drinking, well balanced yet with enough complexity for not being boring. Nice bouquet of jasmine, white peach and pear, it is a medium body wine with delicate bubbles, smooth attack on red apples, aromas of nutmeg, chalkiness, hot bun and good lasting on lime peel and minerals.

Wines available in some local supermarkets and for the Champagne at www.wine118.com.



PIERRE PAILLARD CHAMPAGNE BRUT ROSÉ BOUZY GRAND CRU NV

While most of the big Champagne houses will make rosé by adding red wine (and charge 30-40 percent more for that but shh...), boutique vineyards like this one tends to use the saignée method - getting the colour from the maceration of red grape. This wine is what you could expect from a Champagne Rosé: vivid and cheerful pink colour, nose of red fruits and blossom, very refine mousse (almost four years on lees) and aromas of strawberry and raspberry with a very good lingering and fresh finish. Easy drinking, cheerful and with great complexity, a perfect wine for many occasions.

Sparkling World

Sparkling wine has this charm that it can please as much new drinkers as wine connoisseurs. It's probably the most cheerful of the wines and some could almost see it as therapy.

One can't talk about sparkling wines without mentioning the king of sparkling: Champagne. Plus this month, celebrating the silver jubilee of Le French May, the chosen region of the GourMay (www.frenchgourmay.com) is this illustrious region.

A quite common mistake that makes the Champenois winkled (to say the least) is people presenting any sparkling as "Champagne". Another thing we still hear from time to time, especially in this part of the world, is any type of brandy being designated as "Cognac". That would be the same as calling any red wine "Bordeaux". While Champagne is a region, Cognac a city and Bordeaux a region and a city, all situated in France, obviously the product has to come from these delimited places to be labelled as such.

There are numerous techniques to make sparkling but here are three of the most common. The most praised is the Champagne method - designated as "Traditional Method" around the world, as the Champagne region is rather pugnacious to protect its name - and is considered the best technique to make quality sparkling. This technique is quite complex, long

and labour-intensive, hence more costly. One part of the process of the traditional method that gives the champagne its distinctive taste is the second fermentation happening in the bottle by adding yeast and sugar. After the yeast "eats" the sugar and transforms it into alcohol and CO2 it dies and creates a deposit called "lees". The wine then stays "on lees" ("sur lie") for few months (e.g. minimum 12 for Champagne) to several years which will give the wine more refined bubbles, more complexity and this "yeasty", "buttery", "toasty" and with ageing "nutty" aromas. The most prominent appellations using the "traditional method" beside Champagne are Crémants of Alsace, Bourgogne and Loire in France, Cava in Spain, Franciacorta in Italy and some sparkling (Sekt) in Germany.

A second technique quite commonly used is the Charmat method where the second fermentation is done in a closed tank. The taste can be quite similar to the traditional method but with less complexity and the bubbles won't be as refined. This technique is very common in the production of the Italian Asti and Prosecco Spumanti. The last and very least technique is simply to carbonate a still wine like any soda. This is of low quality with untactful and quickly disappearing bubbles and if I mention it, it is just so you know that you had better run in the other direction if anyone proposes you a glass.

David Rouault is a professional classical musician, part time wine consultant and full time wine lover, holding WSET Level 3, Certified Specialist of Wine and Introductory Sommelier diplomas. www.dionysos.com.mo

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
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

DIGITAL LIFE

Jocelyn Noveck, AP

SOCIAL MEDIA

'PANTSUIT' MOM SEEKS TO TAP ENERGY OF FACEBOOK GROUP

It began with a simple text message conversation, the morning after the third presidential debate in October, and a whimsical idea. How about wearing a pantsuit to the polls, Libby Chamberlain suggested to a friend, to show support for Hillary Clinton?

Chamberlain, now 33, hardly intended to spark a social movement — or a social media movement. Mother to two small children, she had just gone back to work and was juggling two part-time jobs at local high schools near her home in Brooklin, Maine, a town of about 700 people, where her husband builds boats.

"This truly came out of nowhere," Chamberlain says of the Facebook group that grew out of her idea, Pantsuit Nation, which candidate Clinton even referenced in her concession speech, thanking supporters "even in secret, private Facebook sites" who kept the faith. "I have no background in this sort of thing," Chamberlain adds, "and my internet is the slowest thing ever." Slow internet or not, the invite-only group now has just under 4 million members — and now there's a book, too. "Pantsuit Nation," edited by Chamberlain and released this month, seeks to harness the energy of the days surrounding the 2016 election, focusing on about 250 of the stories posted on Facebook by (mostly) women across the country. Why go back in time? Isn't the election over? To one young woman whose post is featured in the book, the point is now to use these stories to continue to spread a message. Or various messages. "We have this amazing energy," says Cristina Lopez, 28, of Phoenix, "from before the election, when we were saying, 'This is why I am voting,' to now, where we're saying, 'We didn't end up where we thought we would, so how can we get to where we need to be?'"

AP PHOTO



Libby Chamberlain, author of "Pantsuit Nation"

The book's genesis wasn't without controversy. When the deal was announced in December, some expressed their dismay online, even accusing Chamberlain of selling out, or fearing she'd use people's stories without their permission. Chamberlain acknowledges there was confusion, and that she should

have been clearer right away that she would only use posts when given express permission. She's also explained in detail on her blog that proceeds will go, after necessary costs and after paying contributors a set fee, to the nonprofit Pantsuit Nation Foundation — where she hopes to be able to hire a small staff to keep the group going and working toward "creating platforms for these stories to be shared beyond Facebook, beyond a book." Chamberlain says she reached out by private Facebook message to over 700 contributors of both written posts and photos, aiming for entries that had resonated with the community. She got negative feedback from only one of those people, she says; most wanted to learn more (and some stayed silent, whether they saw her query or not.) Some posts featured in the book express hope about the election, or fear. Others are detailed personal anecdotes. Hanadi Chehabeddine, a Lebanese-born Muslim woman in Minneapolis, wrote before the election of sitting in a hair salon and hearing a hairdresser and her client discussing Muslims, engaging in stereotypes, and her subsequent, unsuccessful effort to have an informative conversation with the duo.

"I posted on Pantsuit Nation because I felt the need to share my emotional state," says Chehabeddine, 40. "For a Muslim, it was very intense and nerve-wracking to go through the election period and not know what was coming our way." At one point, she had mused to her daughter about leaving the country if Donald Trump were elected. But the reaction she got to her post, she says, "was pivotal to my life." "The attention it got made me feel like there is something I have to share regardless of what is going on politically," she says, adding that her experience has bolstered her desire to serve as an activist for her community. Likewise, for Lopez, an immigrant from Mexico, the support she felt was crucial. She wrote her own post soon after participating in early voting. In it, she declared she had become a citizen in time "to vote for Hillary Clinton and help make history as a woman, as an immigrant, and as a Latina." Afterward, she says, she went "through the various stages — grief, denial." But she said she was also emboldened by the positive response to her post, particularly the person who wrote, "The American dream is alive in this young woman." She's now trying to figure out in what role she can best contribute to immigration reform.

Talamiaka Brice, of Ridgeland, Mississippi, says she was happy to be able to find other like-minded people in her own red state, via Pantsuit Nation. She's also struck up online friendships with people from as far as Bulgaria and Switzerland, she says, who were moved by her postelection post, in which she spoke of fearing for her young son as he grows up to be a black man in America. Brice, 36, says she was most of all thrilled that her words had made an impact. "My grandfather couldn't read or write," she notes, "so to now be in this platform, where something I wrote a couple of generations afterward could affect so many people, it's been very humbling." Not everyone finds the group still relevant, or thinks the book is a good idea. Some reviews have suggested it's time to look forward, not back — or to look back in a different way. "There's certainly value in sharing uplifting stories ...," wrote Daily Beast senior editor Erin Gloria Ryan in December, "and in working to cheer up the dejected. But, despite the season, now isn't the time to turn from Clinton's mistakes to Chicken Soup for the Soul; it's the time for some serious come-to-Jesus reflection."

AP PHOTO



PANTSUIT NATION

edited by Libby Chamberlain



"Pantsuit Nation" book cover

WHAT'S ON



TODAY (MAY 19)

THE NETHER - DIRKS THEATRE ARTS ASSOCIATION

People's online and offline interactions have become part of their daily lives. The boundary that separates reality and virtuality seems to be there? And it seems not to be there? This story is set in the near future. A virtual realm named "Hideaway" that exists within the "Nether" is getting more and more popular with people. With its extremely immersive sensory stimulation and emotion experience, the number of users keeps on growing until a young detective from the "real realm" begins to investigate crimes in the Hideaway, immediately triggering a series of interrogation and a battle that goes deep into the darkest corners of imagination.

TIME: 8pm
 DATE: May 19-20, 2017
 ADMISSION: MOP150, MOP200
 VENUE: Macau Cultural Centre
 ORGANIZER: Cultural Affairs Bureau
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/fam
 TICKETING: (853) 2855 5555
www.macauticket.com



MISS REVOLUTIONARY IDOL BERSERKER - TOCO NIKAIKO (JAPAN)

Welcome to the frenetic world of Miss Revolutionary Idol Berserker! It is like mainlining a mash-up of a high school musical, an extreme Japanese TV reality show, a cheesy pop video and an out-take from Les Misérables. This hybrid performance seems to embed any and every idea into an artistic blender. In this crazy show you won't believe what's going on onstage, but at that exact moment there is no escape.

TIME: 8pm
 DATE: May 19-20, 2017
 ADMISSION: MOP120, MOP180, MOP250
 VENUE: Macau Cultural Centre
 ORGANIZER: Cultural Affairs Bureau
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/fam
 TICKETING: (853) 2855 5555
www.macauticket.com



TOMORROW (MAY 20)

STORMY LUCK - DÓCI PAPIAÇAM DI MACAU DRAMA GROUP

Bernardo has always had little luck – misfortune stalks him around the corner and happens to him in the most unbelievable ways. On the day of our story, he thinks it is a godsend when he finds out he has won the Hong Kong lottery. But obviously, such luck isn't for Bernardo! Due to a violent typhoon threatening both regions, he cannot head to Hong Kong to claim his prize, and the ticket he holds becomes a treasure sought by all.

TIME: 8pm
 DATE: May 19-20, 2017
 ADMISSION: MOP120, MOP180, MOP250
 VENUE: Macau Cultural Centre
 ORGANIZER: Cultural Affairs Bureau
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/fam
 TICKETING: (853) 2855 5555
www.macauticket.com



SUNDAY (MAY 21)

THE BUTTERFLY LOVERS - CHU CHAN WA AND MACAO CANTONESE OPERA ACTORS

The Butterfly Lovers is a popular classical Chinese opera. Liang Shanbo and Zhu Yingtai have been classmates for three years and have developed a strong friendship. When Liang Shanbo knows that Zhu Yingtai is actually a woman, he intends to propose marriage to the Zhu family. However, Zhu Yingtai has already been betrothed to someone else. From knowing each other and falling in love to turning into butterflies, their experience has been eulogised through the ages. In the opera, "Farewell at the Pavilion", "Meeting at the Pavilion" and "Shanbo's Death" are deeply rooted in people's minds. All these years, The Butterfly Lovers has been adapted into different forms of art, remaining popular in spite of repeated performances and touching the hearts of countless Chinese and foreign audiences.

TIME: 7:30pm
 DATE: May 20-21, 2017
 ADMISSION: MOP120, MOP150
 VENUE: Cinema Alegria
 ORGANIZER: Cultural Affairs Bureau
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/fam
 TICKETING: (853) 2855 5555
www.macauticket.com



MONDAY (MAY 22)

"EXHIBITION OF MEMBERS' ARTWORKS OF YU UN CHINESE CALLIGRAPHERS AND PAINTERS ASSOCIATION OF MACAO"

This exhibition features 152 pieces (sets) of Chinese traditional paintings, calligraphies and seal carvings in different genres. The artworks are dedicated and vivid, presenting the strong and stereoscopic effect of paintings in traditional Chinese ink.

TIME: 9am-7pm
 UNTIL: June 25, 2017
 ADMISSION: Free
 VENUE: Chun Chou Tong Pavilion of Lou Lim Ioc Garden
 ORGANIZERS: Cultural Affairs Bureau & Yu Un Chinese Calligraphers and Painters Association of Macao
 ENQUIRIES: (853) 8399 6699
<http://www.icm.gov.mo/en>



TUESDAY (MAY 23)

LADY ANGUO - NATIONAL PEKING OPERA COMPANY (MAINLAND CHINA)

In 1127 during the Jin-Song Wars, Emperor Gaozong of the Song dynasty faces the enemy from the north with great fear as his rule declines. The Jin army is waiting for the right opportunity to attack, while the defectors and bandits within the territory of Song continue to weaken the power of the court. With enemies at the door from outside and within, heroine Liang Hongyu stands up to quell Song's internal turmoil by leaving her young son behind and travelling hundreds of miles overnight to join her husband General Han Shizhong. Meanwhile, the Jin troops storm in and the Song army is seriously outnumbered. Liang Hongyu comes up with a clever tactic and leads a victorious battle against the enemy.

TIME: 8pm
 ADMISSION: MOP100, MOP200, MOP280
 VENUE: Macau Cultural Centre Grand Auditorium
 ORGANIZER: Cultural Affairs Bureau
 ENQUIRIES: (853) 8399 6699
www.icm.gov.mo/fam
 TICKETING: (853) 2855 5555
www.macauticket.com



WEDNESDAY (MAY 24)
THE ART OF ZHANG DAQIAN

Outstanding modern Chinese artist Zhang Daqian was equally good at poetry, calligraphy and painting. During his early years, he lived in mainland China and travelled to many different places. During his midlife, he wandered overseas and finally settled in Taipei in his later years. Zhang was talented and free-spirited. His art was exquisite and he had a noble and refined demeanour. This exhibition is an aggregation of the Sichuan Museum's collection of Zhang Daqian's masterpieces during his early and prime years, including his replicas of the murals when he was in Dunhuang and his landscape paintings, portraits, line drawings, letters and used seals before and after going to Dunhuang.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays, open on public holidays)
UNTIL: August 5, 2017
VENUE: Macao Museum of Art, Av. Xian Xing Hai, NAPE
ADMISSION: Free
ENQUIRIES: (853) 8791 9814
ORGANIZER: Macao Museum of Art
www.mam.gov.mo



THURSDAY (MAY 25)
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: Macao Museum of Art, Av. Xian Xing Hai, s/n, NAPE
ADMISSION: Free
ENQUIRIES: (853) 8791 9814
www.mam.gov.mo
ORGANIZER: Macao Museum of Art

Sands WEEKEND



THRILLER LIVE

28 April – 3 September
The Parisian Theatre

Back in Macao by popular demand, THRILLER LIVE, which features Michael Jackson's timeless songs and signature dance moves, has been seen by more than four million people in over 30 countries. THRILLER LIVE is a 90-minute, high-energy explosion of pop, rock, soul and disco that takes the audience on a magical audio-visual journey through Michael Jackson's astonishing 45-year musical legacy.

Tickets: From MOP 180, call reservations +853 2882 8818
Times: 8pm (Tuesday-Friday); 2pm and 8pm (Saturday); 2pm and 6pm (Sunday).
No shows on Monday.
cotaiticketing.com



MONKEY KING - CHINA SHOW

8pm, Daily (Except Thursday)
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.

Tickets: From MOP 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



PARISIAN SHOPPING DELIGHT

10am to 11pm, Daily, Until 30 June

Sands Shoppes offers the most extensive range of luxury duty-free shopping experiences in Macao. Simply spend at Shoppes at Venetian, Shoppes at Four Seasons, Shoppes at Cotai Central and Shoppes at Parisian to earn up to MOP2,000 worth of Shopping Vouchers to be used in Shoppes at Parisian participating shops. Every shop in Shoppes at Parisian tells a story, discover the newest brands now and shop the Parisian way with your earned vouchers!

Spending	Earn Parisian Shopping Vouchers
MOP8,000	MOP200
MOP15,000	MOP400
MOP30,000	MOP1,000
MOP60,000	MOP2,000

Please refer to the Terms & Conditions for further details.



澳門金沙度假區
Sands
RESORTS MACAO



What is it?

Air is a mix of invisible gases, mostly nitrogen and oxygen. Although dust, ice and water vapor are found in air, scientists do not consider them to be part of air.

Nitrogen makes up most of the air mixture.

Oxygen is the second-largest component of air. Animals use oxygen to convert food into energy. Without oxygen, nothing would burn.

Carbon dioxide is one part carbon and two parts oxygen. When we breathe, we exhale carbon dioxide. Plants then use it to make food. Carbon dioxide also helps keep heat close to the Earth.

Neon, argon, xenon and krypton are **inert gases** that make up a very small part of air. Air also contains small traces of **helium** and **hydrogen**.

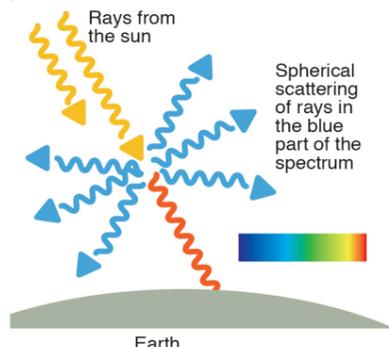
Large amounts of **water vapor** can be found in air. When water from the Earth's oceans, lakes and rivers evaporates, it turns into water vapor. Water vapor forms into clouds and makes rain and snow. The amount of moisture in the air is called **humidity**.

Tiny particles of dust can also be found in the air. Pollution, from the burning of chemicals and fossil fuels, is also released into our air.

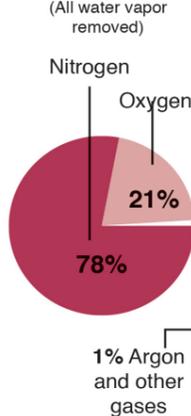
Why is the sky blue?

Sunlight passing through the atmosphere is subject to a phenomenon called **Rayleigh scattering**. Blue and violet wavelengths of light bounce off atoms of nitrogen in the atmosphere and give the appearance of a blue sky. How deep the blue is depends on the amount of water vapor and dust in the air.

Not all planets have blue skies. The sky of Mars is a reddish pink due to red dust.



Composition of dry air (All water vapor removed)



WORLD OF WONDER

Exploring the realms of history, science, nature and technology

By Laurie Triefeldt

AIR

Did you know? The term meteorology comes from the study of meteors, which, until the age of rockets and balloons, was the only way to study the very high atmosphere.

You can't see air, but it is all around you. Without air, the Earth would be like the moon – without water, plants, animals, wind or clouds. There would be no sound, because air carries sound. The blanket of gases surrounding the Earth is called the atmosphere. The atmosphere helps control the temperature on Earth, protects it from meteors and blocks the sun's harmful ultraviolet rays.

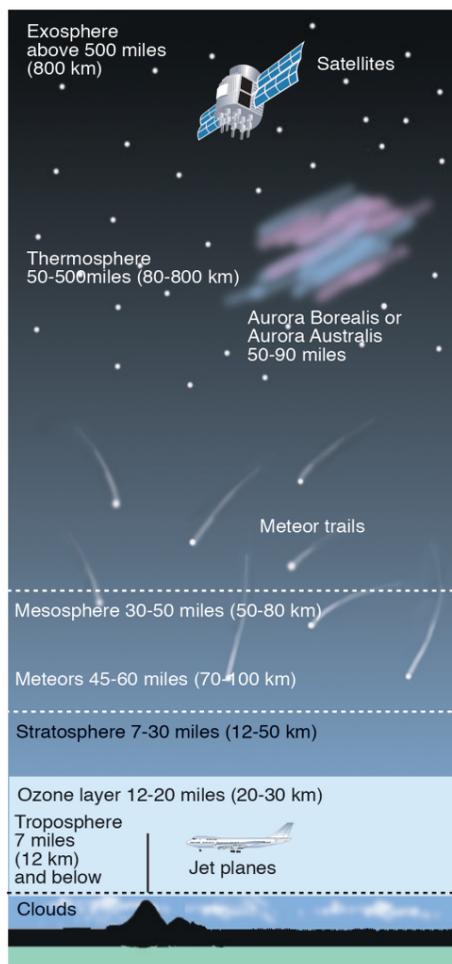


Diagram is not drawn to scale.

The atmosphere

The Earth's atmosphere is divided into layers: the troposphere, the stratosphere, the mesosphere, the thermosphere and the exosphere.

Gravity keeps our atmosphere from floating off into space. Gravity also makes the air thicker (denser) near the Earth's surface.

The **troposphere** is important because it contains most of the oxygen we need to breathe. It is also where clouds and weather patterns form. Above the troposphere, the air is too thin to breathe.

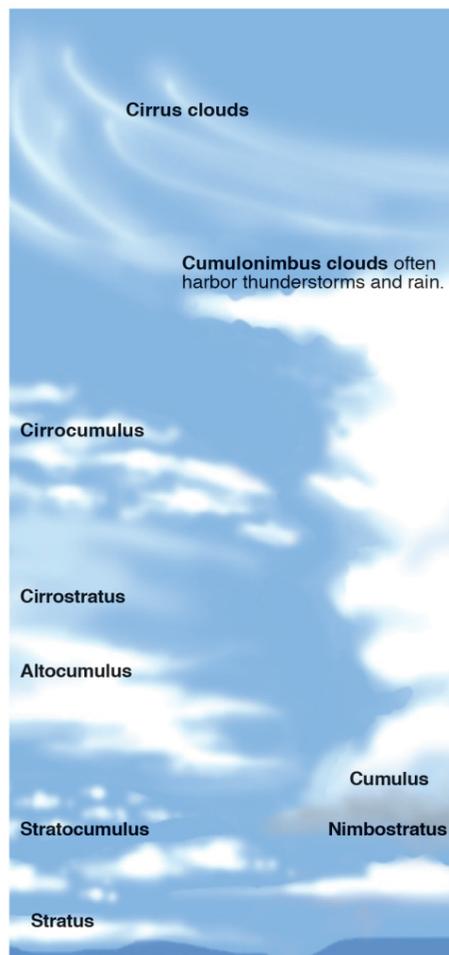
The **ozone layer** is found in the lower stratosphere, where it protects the Earth from ultraviolet rays. Jet planes often take advantage of strong winds (jet streams) found in the stratosphere.

Meteors, sometimes called falling or shooting stars (even though they are not stars), usually burn up in the **mesosphere**.

Clouds

Clouds are formed when water vapor cools and condenses at a temperature called the **dew point**. When moist air rises and is cooled below the dew point, it turns into water droplets or ice crystals that cling to tiny dust particles in the air. Fog is really just a very low cloud. There are many kinds of clouds and combinations of clouds.

Some common cloud examples:



Cirrus clouds, sometimes called "mare's tails," are feathery in shape and made of super-small ice crystals found at high altitudes.

Cumulus clouds are white and fluffy, usually seen in the summer. They make for fun cloud-watching because they change shape so quickly.

Stratus clouds are low and can blanket the sky, creating dark and overcast days. They often bring rain or snow.

Air pressure

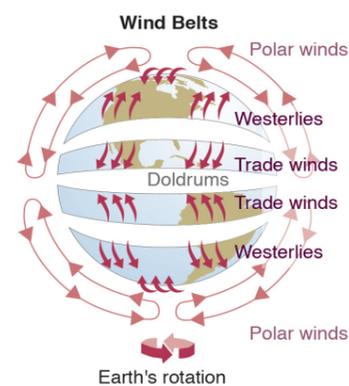
The air around us pushes with a great deal of pressure. You do not feel the pressure because the air inside your body is pushing back with the same amount of force. Air pressure changes at different altitudes (heights). Air pressure can also be used as a power source. By **compressing** or squeezing air, we can increase its weight and energy. Compressed air is used in pumps to put air in tires and in many tools like paint sprayers, air hammers and sandblasters. Compressed air is also used by deep-sea divers to breathe underwater.

Air is everywhere

Air fills every nook and cranny around us. A glass or bottle is never empty because it is full of air. Air is even present in water. Fish use their gills to breathe the dissolved air found in water.

Wind

Winds are created by the energy of the sun and the rotation of the Earth. The sun heats the air, causing it to rise and change pressure. The air cools and descends, only to be reheated again. This movement of air is called **convection**. Strong and regular currents of air are called **wind belts**.



Westerlies, trade winds and polar easterlies are wind belts. Bands of fast-moving winds found in the lower stratosphere are called **jet streams**.

Air pollution

The **greenhouse effect** is a naturally occurring phenomenon that helps keep the Earth warm. Scientists are concerned that the burning of fossil fuels may be causing too much heat to be trapped in the Earth's atmosphere, leading to global warming.

The ozone layer protects the Earth from harmful UV rays. The ozone layer has developed holes over the Antarctic and the Arctic.

Acid rain is a combination of sulfur dioxide and nitrogen oxides from factories and power stations. It falls to Earth as rain or snow, polluting lakes and streams.

SOURCES: World Book Encyclopedia, World Book Inc.; <https://www.epa.gov>; <https://airnow.gov>; www.kidsbuilder.com;