



Rio ceremony has much to live up to

With the prestigious Olympic ceremony just hours away now in Rio de Janeiro, the Times takes a look at some of the previous ceremonies that have made the record books. From chanting disciples of Confucius and an extravagant fireworks display to a “parachuting” Queen Elizabeth II and a jetpack “Rocket Man”, opening ceremonies are habitually an impressive feat. While organizers have warned that the Rio ceremony will not match the grandeur of some in the past, it promises to be “very emotional,” touching on themes of environmental sustainability. **X3**



- MOVIES: LITTLE MEN
- BOOKS: AMERICAN HEIRESS BY JEFFREY
- MUSIC: CLASSIC! LIVE AT NEWPORT BY JOE LOVANO QUARTET
- WINE: THE LITTLE UNSUNG HERO
- FOOD & DRINK: HAPPIER MEAL? MCDONALD'S NIXING SOME UNPALATABLE INGREDIENTS

DRIVE IN

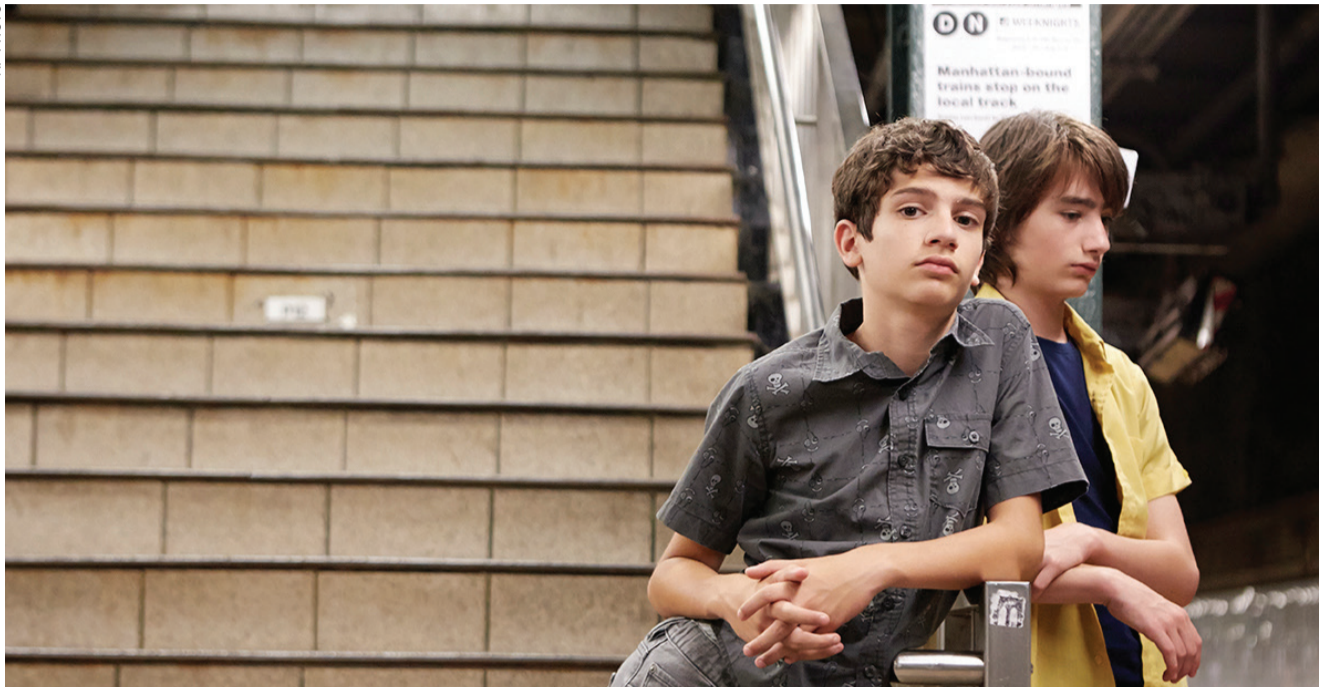
Lindsey Bahr, AP, Film Writer

A POIGNANT TALE OF EVERYDAY DRAMA IN 'LITTLE MEN'

When a generous patriarch dies, the lives of two families are altered in Ira Sachs' beautifully poignant slice of life drama "Little Men." In the film, Brian Jardine (Greg Kinnear), a struggling actor, his wife, Kathy (Jennifer Ehle), a psychotherapist and the breadwinner of the family, and their 13-year-old son Jake (Theo Taplitz) uproot their Manhattan lives and move into Brian's late father's home in Brooklyn. On the ground floor of the residence is a tiny store that sells handmade dresses. The owner, a Chilean woman, Leonor Calvelli (Paulina Garcia) also has a young son, Tony (Michael Barbieri), who Jake quickly befriends. Jake is an old soul with an artist's eye and sensitivity. Tony is a charismatic neighborhood kid with a thick Brooklyn accent and acting ambitions. They're both angling to get into the same art school too. Their friendship is pure, immediate and quite charming — these two kids are some

true talents. But there's an unspoken tension lingering below the surface in Leonor's interactions with the Jardines. She knows what's coming even if the audience can't quite see it yet. They live side-by-side in relative peace for a time, and then the conversation happens: Brian tells Leonor that she needs to sign a new lease and pay more rent. Leonor had been shielded from the changing tides of the neighborhood under the charity and protection of Brian's father. They were friends, and he liked the "glamour" of having the shop there, she explains. But Brian is not his father and he and his sister are thinking practically about the space. What do they owe this woman, after all? And hasn't she gotten by for longer than she would have under any other circumstance? But even at a discount, Leonor can't afford the new rent. Leonor lashes out in her reserved, but piercing way, telling Brian that she was more

AP PHOTO



This image released by Magnolia Pictures shows Michael Barbieri (left) and Theo Taplitz in a scene from, "Little Men"

his father's family than he was. She was there the day he died. She was there every day. Brian responds appropriately — that that's a ridiculous thing to say. Both are right, and both are wrong, but the die has been cast and there is no turning back from this. Alone, it's a good story, but it's the very different-on-paper little men at the center, Jake and Tony, who give it that extra weight of tragedy, as they watch their parents un-

ravel with greed and pride and vow to stop speaking to them until they work it out. It's not about gentrification, Kathy tries to tell Leonor. They aren't the ruthless rich, colonizing a new neighborhood. Brian doesn't make any money and hasn't in a while and they need the rent money from the store, she says. Again, it's partially true and partially not. You get the sense that the Jardines would be

OK. The stakes for the Calvellis are so much higher. But you also can't necessarily fault the Jardines for wanting to claim the full value of what is now rightfully theirs. The adult actors are all excellent — Kinnear especially — delivering elegant lines from Sachs and his longtime co-writer Mauricio Zacharias ("Love is Strange," "Keep the Lights On") with a lived-in realism. "Little Men" unfolds like a

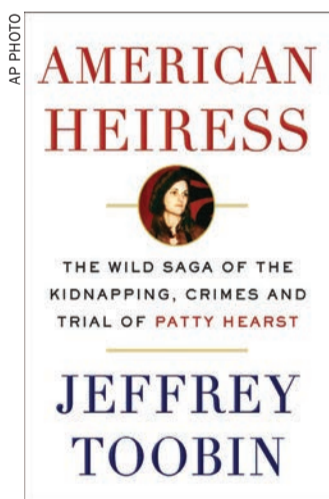
play in a taut 85 minutes. Its smallness makes it grand and moving. These are the things, these little moments, decisions and consequences that most human lives are made of, after all.

"Little Men," a Magnolia Pictures release, is rated PG by the Motion Picture Association of America for "thematic elements, smoking and some language." Running time: 85 minutes. ★★★★★

BOOK IT

JEFFREY TOOBIN REVISITS PATTY HEARST SAGA

Earlier this year the well-known legal analyst Jeffrey Toobin won even wider attention for the FX series based on his 1996 best-seller about the O.J. Simpson trial, "The Run of His Life." This summer he has a terrific new book out about another lurid crime story with its own toxic mix of race, class, celebrity and sex. In "American Heiress," Toobin recounts in riveting detail the astonishing transformations of Patricia Hearst, granddaughter of publishing titan William Randolph Hearst. He begins with her 1974 kidnapping by a small band of kooky, dangerous radicals called the Symbionese Liberation Army and proceeds to briskly narrate what happened next to the then 19-year-old college student: her decision to join her captors under the nom de guerre "Tania"; the nearly 18 months she spent on the lam; and her trial, conviction and eventual pardon on bank robbery charges. The book ends with a brief look at what became of the principals in the bizarre, often horrifying saga in the decades since photos of the



This image released by Doubleday shows "American Heiress: The Wild Saga of the Kidnapping, Crimes and Trial of Patty Hearst," by Jeffrey Toobin

machine gun-toting heiress made the front page of newspapers. Hearst, who married her bodyguard, Bernard Shaw, after prison, is now a 62-year-old widow, grandmother and sometime socialite in suburban Connecticut. She made headlines again last year when her shih tzu won first prize in the toy dog category at the Westminster Kennel Club

dog show. Since her sensational story has been told many times before, including by Hearst herself in her 1981 memoir, "Every Secret Thing," why tell it again? Two reasons come to mind: the changed mood in this country about terrorism after 9/11 and the national debate about income inequality. For even though Hearst briefly embraced the SLA's power-to-the-people slogans, in the end she remained true to her class, getting off lightly — she served less than two years — because of her family's wealth and connections. "Notwithstanding a surreal detour in the 1970s, Patricia led the life for which she was destined," Toobin astutely notes. If anyone still wonders whether she was brainwashed in captivity, as her superstar defense lawyer F. Lee Bailey claimed during her trial, Toobin, as he did in the O.J. case, makes his own position perfectly clear. "Patricia Hearst was a woman who, through no fault of her own, fell in with bad people but then did bad things." Ann Levin, AP

TTUNES

JOE LOVANO 2005 LIVE SET SPOTLIGHTS HANK JONES



This CD cover image released by Blue Note records shows, "Classic! Live At Newport," by Joe Lovano Quartet

two quick turns before handing off to Jones, who delivers a soulful, swinging solo. The pianist is at his best on the Lovano ballad "I'm All for You," digging deep into the dictionary of jazz and even offering a nod to Debussy. The bandleader seems inspired by his senior sideman. At times Lovano deploys a broad tone, like a painter trying to cover the entire canvas with one stroke, and elsewhere pushes his sax to the brink with squeaks, squawks and squeals. He really lets 'er rip on the finale, the boisterous "Six and Four," and Jones easily matches the pace, like the thoroughbred he was. Audience noise is rarely a distraction, and the crowd's appreciative reaction reaffirms the remarkable staying power of Jones, who died in 2010. Following his solo on "Don't Ever Leave Me," one especially enthusiastic fan shouts "Ah-woooo!" — which pretty well describes Jones' contribution to the album.

With this summer's Newport Jazz Festival about to begin, Joe Lovano has pulled from the vaults his 2005 performance there with a quartet that included the late pianist Hank Jones, then 87. The six-tune set features material drawn from the studio albums Lovano recorded with Jones in 2004-05. Bassist George Mraz and drummer Lewis Nash complete the quartet, and everyone is in fine form, including Jones, who makes each note count and never sounds like he's coasting. Phased retirement wasn't part of the plan. "Classic!" opens with the Lovano composition "Big Ben," and he takes

Steven Wine, AP

NEWS OF THE WORLD

Leanne Italie, AP

Five memorable moments from Olympic opening ceremonies

It's almost game time in Rio, but first there's the pageantry of the Olympic opening ceremony. Always splashy affairs, the parade of athletes this time around will take place Friday night [Saturday, Macau time] at Maracana Stadium with a country-by-country show of fashion, along with speeches, flag-raising and the lighting of the Olympic cauldron.

For now, enjoy these moments from opening ceremonies of Olympics past:

LONDON 2012

First there was the green of the English countryside, then along came the queen.

Queen Elizabeth II "parachuted" into the stadium with James Bond, the one that's Daniel Craig. Craig played himself after a fictional trip from Buckingham Palace to the stadium in a helicopter. The queen and 007 did not actually take flight, FYI.

More slapstick ensued when "Mr. Bean" actor Rowan Atkinson banged out a single note on an electric keyboard as he helped



Fireworks illuminate the sky over the Olympic Stadium during Opening Ceremonies at the 2012 Summer Olympics in London

the London Symphony Orchestra perform the theme from "Chariots of Fire," complete with a dream sequence that had him running on the beach with the athletes in the Olympic-themed movie's famous opening scene.

Oh, and who lit the cauldron? Not David Beckham. He bowed out after failing to make the soccer squad.

BEIJING 2008

Dazzling doesn't begin to cover it. First, more than 2,000 drummers played the Fou, a traditional Chinese instrument. They were followed by 10,000 highly rehearsed performers after giant Olympic rings sprang from the floor of the stadium. In all, there were more than 18,000 performers.

There were fireworks, and more fi-

reworks, and still more fireworks, including some that were computer simulated. Lots of openers have fireworks, but they were invented in China some 2,000 years ago, so there's that.

Everything from the silk road to chanting disciples of Confucius was represented in this ceremony. OK, that was more than one moment, but it was a BIG opening ceremony.

SYDNEY 2000

Well, the Man from Snowy River scared the bejesus out of his horse with the crack of a whip to open this opening ceremony, followed by a little girl who conked out in the middle of the stadium to introduce a dream sequence featuring huge jellyfish and other sea life. But the best part was the last torchbearer, who waded into water and seemingly lit a soggy, spaceship-like cauldron on fire as she stood in the center. It was then airlifted up and up on a set of tracks amid waterfalls and fireworks.

Did I mention there were people on horses? Lots of them, including some who galloped into circles to form the Olympic rings.

LOS ANGELES 1984

A dude arrived by jet pack. Enough said. The Jetsons generation had been patient.

MOSCOW 1980

This was the year of the U.S.-led Olympic boycott, reducing the number of participating countries to 80.

It was also the year of the stackable human. Pyramids of gymnasts and dancers constructed towers, including one with participants all in white surrounded by a circle of other participants on the ground in pink.

Another human construction came in yellow, with mad respect for the performers in the middle who had to lean out and hang upside down as the shape of the bodies fanned out.

A "children's show" featured legions of other humans dressed as brown bears dancing and prancing before even more legions of humans in white shorts danced and pranced on white-headed hobbyhorses.

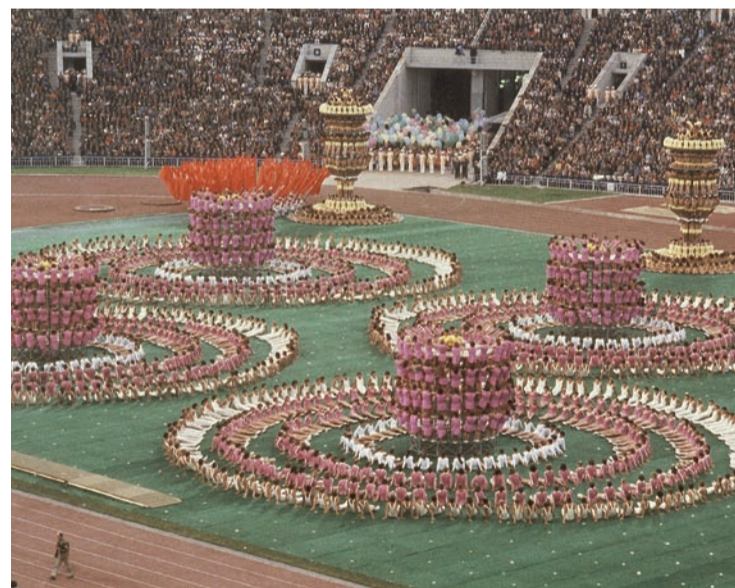
It wasn't real, kids, but you might want to NOT look at it on YouTube.



Dancers perform during the opening ceremony for the 2008 Olympics in Beijing



Bill Suiter "Rocket Man" soars with the help of a jet pack during the welcoming of nations at the Opening ceremonies of the 1984 Summer Olympics in the Los Angeles Memorial Coliseum



Spiraling human pyramids occupy the field of the Lenin Stadium Saturday during opening ceremonies of the Summer Olympics in Moscow in 1980

Executive producer: Rio opening ceremony full of heart

Don't expect the opening ceremony at the Rio Olympics to match the grandeur of some in the past. But do look for plenty of smiles, scenic depictions of the rainforest and a celebration of the country's ethnic diversity. Marco Balich, the Italian executive producer, would not disclose finer details ahead of the ceremony,

but offered broad strokes on how the host country's heritage will be honored. "This is not the most grand show," he said earlier this week from Rio, though he wouldn't disclose how much money he had to spend. "This is not an opulent show compared to London or compared to Beijing, but it will be a very emotional ceremony,

full of heart and very graceful." Balich is an experienced Olympic hand. He created, directed and produced the opening for the Torino Winter Games and served as executive producer of the closing ceremony in Sochi and the Paralympics there in 2014.

In all, 4,800 performers and volunteers will be

involved in the show built on three basic "pillars" touching on sustainability, particularly re-forestation, "smile" and the idea of "gambiarra," the quirky Brazilian art of improvising repairs using whatever parts are available. "Smile is the approach the Brazilians have toward life," Balich said. "Brazil is not a grand nation.

They're saying in this ceremony, we are who we are, with a lot of social problems, a lot of crises in the political system etcetera."

"The message is Brazil has the last garden in the world, which is the Amazon, and we need to protect that garden," added Balich. "This is a message of hope for the future. This

is not a message of 'oh the world is going to terminate because of global warming.'"

Other strong elements will include a celebration of Brazil's ethnic diversity and its rich music, from bossa nova to "hippy-ho-ppy," as they say in Portuguese, Balich said. And, of course, there will be a touch of Carnival. He's using some of the same costumes around Rio who design for Carnival. MDT/AP

WORLD OF BACCHUS

Jacky I.F. Cheong



TRENEL VIEUX MARC DE BOURGOGNE

Luminous stil de grain with rich jasmine reflex, the potent nose offers pomelo peel, rosemary, tobacco leaf and burnt sugar. With a lively mouthfeel, the intense palate delivers oat porridge, thyme, cardamom and smoke. Medium-bodied at 45%, the lean entry continues through a piquant mid-palate, leading to a long finish.



TRENEL TRÈS VIEUX MARC DE BOURGOGNE

Brilliant jonquil with light sunglow reflex, the fragrant nose presents bitter orange, apricot, cinnamon, roasted barley and crushed leaf. With a supple mouthfeel, the concentrated palate supplies tangerine peel, green pear, sage, hay and rye bread. Medium-bodied at 45%, the fragrant entry continues through a spicy mid-palate, leading to a lingering finish.

The Little Unsung Hero

For as long as there has been wine, there has been pomace. Grape pomace refers to the skins, pulp, seeds and stems etc. after pressing the fruits. The (re-)using of grape pomace, the natural by-product of winemaking, seems to be motivated by economy and environmental preservation in modern times. For large parts of human history, however, pomace was an important source of nutrition. Prior to the Industrial Revolution, there was little, if any, food security or water safety to speak of. In addition to providing calories, wine was a safe beverage and commodity which can be preserved for a while. Grape pomace is highly versatile and can be made into fertiliser, fodder, grape seed oil, pomace brandy or pomace wine. Pomace wine is made by adding water to grape pomace, soaking and re-pressing to extract the remaining flavour and sugar for another round of fermentation. Ancient Greeks and Romans used to make pomace wine for labourers and slaves. Back then, wine was consumed diluted; drinking undiluted wine was seen as barbaric in the Roman society. The tradition of pomace wine survives until now, such as French piquette and Italian acqua pazza. Pomace brandy is made by first making pomace wine, and then dis-

tilling it into spirits. Thanks to its high alcohol content, it keeps well and is particularly useful as a commodity, if not consumed by the producer or locally. The days of hardship may be long gone for many winemakers, but the agricultural mentality, or virtue, of thriftiness remains – anything that can be used, is. This practice can be observed across Europe, with winemakers turning grape pomace into a variety of spirits, whether with or without herbs, including raki (Balkans), zivania (Cyprus), marc (France), tresterland (Austria and Germany), tsipouro (Greece), grappa (Italy), aguardente bagaceira (Portugal) and orujo (Spain). France probably has as many varieties of marc as it does crémant, e.g. marc d'Alsace, marc de Bordeaux and marc de Bourgogne, some of the most famous examples even used pomace from Château Lafite Rothschild and Domaine de la Romanée-Conti. In general, pomace of red varieties is more alcoholic and tannic than that of white varieties. Since pomace brandy remains a relatively inexpensive product and is not marketed by multinational luxury brands as are Cognac, it tends to be frank and candid, often without ageing and usually without additives. Apart from sipping neat, pomace brandy is great as a deglazing liquid, thanks to its less protruding flavours.

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

RESTAURANTS

CANTONESE



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



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

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



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

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

SHANGHAI

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

FRENCH

寶雅座
AUX BEAUX ARTS

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

GLOBAL

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

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

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



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



MORTON'S OF CHICAGO
The Venetian(r) Macao-Resort-Hotel
Talpa, 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

WESTERN

FOGO SAMBA
Shop 2412 (ST. Mark's Square)
The Venetian Macao
TEL: +853 2882 8499

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 Talpa
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



BELLINI LOUNGE
Casino Level 1, Shop 1041,
The Venetian Macao
CONTACT US:
Tel: +853 8118 9940
Daily: 16:00 - 04:00



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 & DRINK

Candice Choi, AP



In this Oct. 10, 2015 file photo, the sun sets behind a McDonald's in Ebensburg, Pa.

HAPPIER MEAL? McDONALD'S NIXING SOME UNPALATABLE INGREDIENTS

McDonald's, which is trying to shake its image for serving processed junk food, said this week that it's eliminating some unpalatable ingredients from its most popular menu items.

That includes making Chicken McNuggets and other items without artificial preservatives, and removing high-fructose corn syrup from its burger buns. McDonald's did not immediately respond when asked about which specific preservatives are being removed.

The changes come as the world's biggest burger chain fights to win back customers after three straight years of declining guest counts at its established U.S. locations. Major restaurant chains are scrambling to step up the image of their food as they face more competition from smaller rivals

promising wholesome alternatives. "Why go to the position of trying to defend them, if the consumer is saying, I prefer not to have that particular ingredient in my food?" said Mike Andres, president of McDonald's U.S., during an event at the company's headquarters in Oak Brook, Illinois, about its "food journey."

How meaningful the changes are to customers remains to be seen.

Michael Jacobson, executive director for the Center for Science in the Public Interest, said the moves by McDonald's don't seem to address the big-picture problem with restaurant food — the overabundance of calories.

For instance, he said swapping out high-fructose for sugar doesn't make burger buns any healthier.

In the past year and a half, McDonald's has also switched to butter from margarine for its Egg McMuffins and added kale and spinach to its salads. Its rivals have made changes as well.

Dunkin' Donuts, for instance, has promised to put more egg in its egg patty. Currently, the patty looks like a fried egg but is a composite of ingredients including egg whites, water, egg yolks and modified corn starch.

As part of its own push to remove artificial ingredients, Taco Bell has said it would switch to actual black pepper rather than "black pepper flavor."

That's even as it continues trying to lure new diners with indulgent concoctions and neon-colored drinks. Subway has introduced a "roastisserie chicken" and "carved turkey" that have more texture and look more

natural than its regular chicken strips and turkey. It's offering both versions to avoid alienating fans who might not want any changes.

But convincing people it serves wholesome food is particularly important for McDonald's, which has long courted families with its Happy Meals.

The company's sales in its flagship U.S. market have showed improvement, helped by the fanfare over the introduction of an all-day breakfast menu in October. In the most recent quarter, though, McDonald's said sales edged up just 1.8 percent at established locations. That signaled that any excitement from all-day Egg McMuffins could already be losing steam.

McDonald's had signaled that tweaks to its menu were in store, telling

investors during a presentation in late 2014 that it was evaluating its cooking procedures and ingredients as part of its push to fix its struggling businesses.

"We need to think about our ingredient labels as being much smaller," Andres said at the time.

The company also said this week that it has completed, ahead-of-schedule, its commitment to phase out chicken raised with antibiotics important to human medicine.

Reporters at a media event on Monday posted images of new items like "breakfast bowls" the company is testing. And a McDonald's chef demonstrated making Egg McMuffins with freshly cracked eggs — a point the company has been trying to emphasize in advertising to convey the message that it serves real food.



An order of McDonald's Chicken McNuggets



A McDonald's McGriddle sandwich

WHAT'S ON



TODAY (AUG 5)

THE EXHIBITION OF "CAFFEINE"
— WORK BY JOÃO JORGE MAGALHÃES

"Taste a cup of coffee. Visualize João Jorge Magalhães landscapes. Art can be so approachable." Living in Macau since the age of four and facing the over development in Macau, he feels very sad and helpless. The nostalgic fragments of an "old Macau" continue to inspire to his artwork. His artwork is visually attractive. While experiencing his work, covered up by a sense of joy, hints of the problems faced by society may reveal themselves, leading its viewer to self-reflect upon their own lives. Otherwise, João Jorge Magalhães' installation – Tsunami Two uses over 500 spoons. The message he is hoping to convey is that of the disparity between the rich and poor and the reminder to value the food that the earth provides for us. Members of the public are invited to collect spoons from this installation in exchange for a charitable donation. Fifty percent of the installation's income donate to Oxfam, supporting the "Oxfam and Development (General Funding)" and "Oxfam in Africa" projects.

TIME: 11am-9pm
UNTIL: September 30, 2016
ADMISSION: Free
VENUE: TOM N TOMS' COFFEE, Avenida do Conselheiro Ferreira de Almeida 20 – B, Regent Court Res-do-chao A)
ENQUIRIES: (853) 2856 0160



TOMORROW (AUG 6)

SPOT – THEATER TERRA (THE NETHERLANDS)

One day, cute dog Spot took Helen, the blue hippo, to visit his father at the farm. When they got there, the two friends found out that all animals were gone! Now, they will need all the help they can get from toddlers and parents to solve this mystery and bring the animals back!

Dutch company Theatre Terra is bringing us Spot, an endearing family musical that will hit the stage with an enchanting display of life-size puppets, colourful sets and loveable characters. Based on Eric Hill's worldwide popular children's book series Spot the Dog, this highly appealing introduction to the performing arts is set to the sound of lively songs, simple dialogues and Dutch clog dancing. Founded in 1977, the company has grown to become one of the best Dutch theatrical groups, devoted to creating performances for both kids and grownups, bringing to life pieces where the visual image has greater impact than the spoken word.

TIME: 3pm & 7:30pm (August 6-7)
VENUE: Macau Cultural Centre, Avenida Xian Xing Hai s/n, Nape
ADMISSION: MOP180
ORGANIZER: Macau Cultural Centre
ENQUIRIES: (853) 2870 0699
<http://www.ccm.gov.mo>
TICKETING ENQUIRIES: (853) 2855 5555
<http://www.macauticket.com>

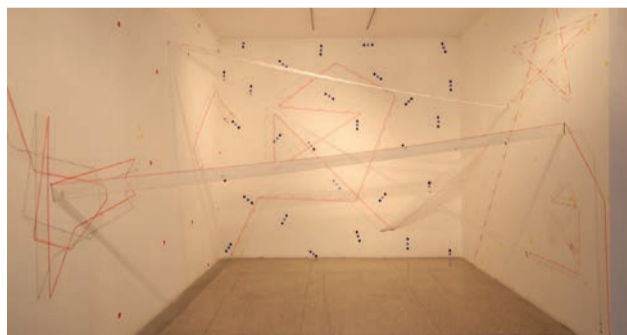


SUNDAY (AUG 7)

AUGUSTE BORGET: A PAINTER-TRAVELLER
ON THE SOUTH CHINA COAST

This exhibition showcases nearly 30 works representative of the abstract collection including installations with rich painting qualities. The painting media and techniques used include ink wash, mixed techniques, mixed media, ready-mades, oil paints, acrylic paints, etc.; The artists have conducted outstanding experimentation and exploration on the integrated techniques of abstract paintings and mixed materials with successful achievements. The works display strong personal styles through subjective abstract composition of shapes and colours, or independent thinking with symbolic meaning regarding ready-mades. The variety of art forms has fully resembled the laborious navigation of abstract art languages explored by Macau artists since the 1980s, whose works feature immense open-minded artistic characteristics of the Sino-Western cultural integration in Macau.

TIME: 10am-7pm
(no admission after 6:30 pm, closed on Mondays)
UNTIL: December 31, 2016
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>



MONDAY (AUG 8)

EXHIBITION "PLUS & REPLUS 3"
— WORKS BY NOËL DOLLA

The exhibition showcase 32 works by French artist Noël Dolla, part of the associated Project of the Le French May Arts Festival. Noël Dolla is the youngest member of the Supports/Surfaces group. In the early 1960s, he participated in the process that led the new phase of the avant-garde art movement. Breaking with the traditional form of the picture, his works were then made of mundane materials, discarding the usual materials and structures and using abstract painting to represent his reflexions and studies on the essence of painting. This exhibition features Noël Dolla's works over 40 years

of his creative career. His works from 1960s to the present feature a unique and diverse style, which inspires the audience to reflect. The exhibition also comprises photographs of a wide array of works exhibited by Noël Dolla around the world, thereby hoping to introduce to the public the painter's diversity of works and creative ideals as well as share the vitality and creative thinking of this French artist.

TIME: 10am-7pm
UNTIL: October 9, 2015
VENUE: Tap Seac Gallery, Avenida do Conselheiro Ferreira de Almeida, 95
ADMISSION: Free
ENQUIRIES: (853) 8399 6699
ORGANIZER: Cultural Affairs Bureau
<http://www.macauart.net/TS>



TUESDAY (AUG 9)

IAO HIN GALLERY

Having built a reputation over the years for 'edgy' work, it was quite natural for this particular exhibition 'Secret de Boudoir' by Macau-born Hong Wai to find its way to this particular gallery. An award-winning Chinese ink painter based in Paris, Hong is currently pursuing her doctoral degree in the arts in 'The City of Light'. She journeys with ink to a new frontier - that of the mysterious feminine - despite the technique being confined to the masculine universe for centuries. Her works are showcased worldwide, in exhibitions, art fairs and international publications.

TIME: 11am-7pm (opened on public holidays)
UNTIL: August 31, 2016
VENUE: Iao Hin Gallery, Rua da Tercena 39A
ADMISSION: Free
ENQUIRES: (853) 2892 1908
FACEBOOK: Hong Wai Art
ORGANIZER: Iao Hin Gallery



WEDNESDAY (AUG 10)

FACES OF A CITY: 2 GENERATIONS, 4 ARTISTS
IN MAM COLLECTION

This exhibition features about 50 works from Lei Lok Tin and Ou Ping, senior photographers active in the mid and late 20th century, as well as young photographers Wong Chon Kit and Rusty Fox.

TIME: 10am-7pm
(no admission after 6:30 pm, closed on Mondays)
UNTIL: October 23, 2016
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>



THURSDAY (AUG 11)
FAIRYLAND

Fairyland recounts the tale of a painter taking a short trip with his wife and daughter, which take them through a big forest inhabited by little elves. Daughter Haru helps them protect their precious habitat against property developers

TIME: 8pm (August 11-14) & 3pm (August 13-14)
ADMISSION: MOP130
ENQUIRIES: (853) 6309 0906 /6686 6060
FACEBOOK: bigmouse.KDG
ORGANIZER: Big Mouse Kids Drama Group



THE ENCHANTING RED BOAT

Entering its Golden Age in the early 20th Century when vocal techniques, performances and repertoires reached new heights, in tandem with the emergence of famous Cantonese Opera maestros, the pervading influence of Cantonese Opera led to it being inscribed on the Tentative List of Macau SAR Intangible Cultural Heritage and the National Intangible Cultural Heritage List in 2006, as well as the Representative List of the Intangible Cultural Heritage of Humanity in 2009. Contemplate the beauty of this traditional art through the nostalgia of the genre, the development of Macau Cantonese Opera, Opera Maestros' lives and skills, and other features in this fascinating exhibition - The Enchanting Red Boat - An Episode of the Cantonese Opera Culture.

TIME: 10am-6pm (no admission after 5:30 pm), closed on Mondays (open on public holidays, free to public on 15th of every month)
UNTIL: October 9, 2016
ADMISSION: MOP15
VENUE: Praceta do Museu de Macau 112
ENQUIRIES: (853) 2835 7911
<http://www.macaumuseum.gov.mo>

Sands WEEKEND



A-LIN SONAR WORLD TOUR 2016 IN MACAO
7:45pm, 6 August (Saturday)
Cotai Arena

A-Lin released her debut album in 2006, and her powerful vocals immediately made her one of the most skilful singers to come out of Taiwan and also earned her the title of "A Born Diva" in the Mando-pop industry. In 2014, A-Lin reached a new pinnacle of her music career when she participated in the Chinese hit reality TV show I Am A Singer. A-Lin Sonar World Tour has taken her to numerous cities around China and North America and now comes to Macao.

Tickets: From MOP/HKD280, call reservations +853 2882 8818
cotaiticketing.com



SHREK THE MUSICAL - THE BROADWAY SMASH-HIT SHOW
22 July - 7 August
The Venetian Theatre

SHREK The Musical, the smash-hit show from New York's Broadway, brings the hilarious story of everyone's favourite ogre to life on stage. During its Broadway run, SHREK The Musical played over 500 performances, garnered eight 2009 Tony Award nominations. Now the hit stage version is coming to Macao this summer. One show daily on Tuesday to Friday, two shows daily on Saturday and Sunday.

Tickets: From MOP/HKD180, call reservations +853 2882 8818
cotaiticketing.com



ONE CHAMPIONSHIP - HEROES OF THE WORLD
7pm, 13 August (Saturday)
Cotai Arena

This exciting multi-bout event is headlined by a thrilling showdown for the Interim One Flyweight World Championship between former ONE champion Adriano Moraes and elite wrestler Andrew Leone in a battle of top-ranked ground specialists. The battle between Adriano Moraes and Andrew Leone is sure to be a rough battle, which promises to leave a mark on MMA fans around the globe of a night they will never forget.

Tickets: From MOP/HKD180
Note: Admission will be granted only to persons aged 13 and above.



SHOP YOUR WAY TO A HOTEL STAY

Sands Shoppes, with over 800 luxury duty-free shops after the opening of Shoppes at Parisian, is your ultimate shopping destination in Macao. Shop at Shoppes at Parisian, Shoppes at Venetian and Shoppes at Cotai Central (except dining outlets) to earn hotel offers, including exclusive hotel and dining offers at The Parisian Macao, opening in mid of September.

Shop & Stay Voucher redemption date and time : Until 16 October 2016
Monday - Sunday 10:00am - 11:00pm
Redemption Locations : Information Counters throughout Sands Shoppes
Please refer to the Terms & Conditions for further details.



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 Triefeldt

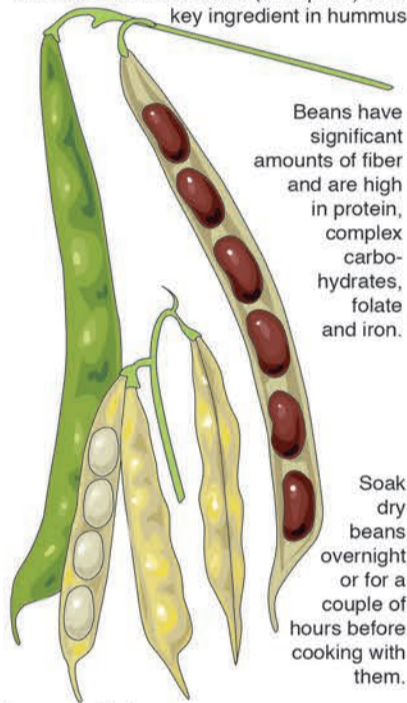
LEGUMES



The legume plant family Fabaceae (also known as Leguminosae) includes about 18,000 species of legumes, including many varieties of beans, peas, peanuts, lupines, alfalfa and clover. These versatile, nutritious vegetables were cultivated by early humans and are still a vital and important crop today.

BEANS

Black beans are a staple of Latin American cuisine. Garbanzo beans (chickpeas) are a key ingredient in hummus.



Beans have significant amounts of fiber and are high in protein, complex carbohydrates, folate and iron.

Soak dry beans overnight or for a couple of hours before cooking with them.

Some history

Research indicates that the people of **Mexico** and **Peru** were cultivating bean crops as far back as 7000 B.C. Many **Native Americans** grew beans along with maize (corn) and squash (**the three sisters**). The cornstalks served as a support for the beans.

Planting facts

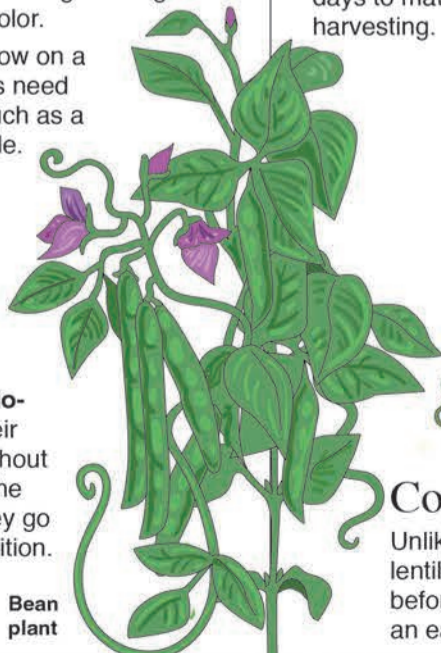
Beans are a summer crop that need warm temperatures. After planting, it typically takes 55 to 60 days for the beans to mature enough to be harvested. As the bean pods mature, they dry out and turn yellow, while the beans inside change from green to their mature color.

Because they grow on a vine, bean plants need extra support, such as a bean cage or pole.

Factoids

Vanilla is made from the pod of a flowering orchid. It is not a legume.

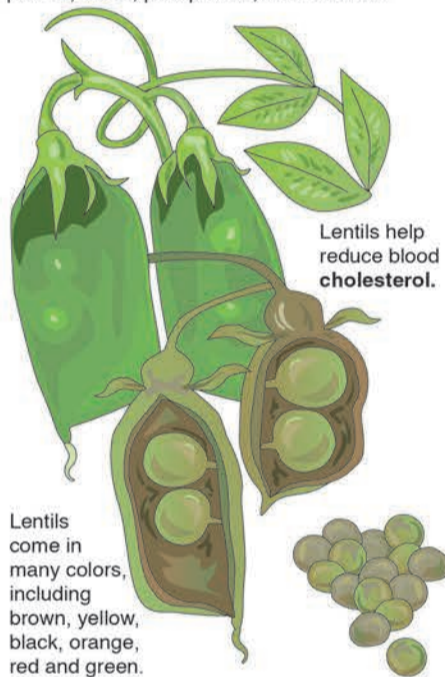
Beans are a **helio-tropic** plant. Their leaves tilt throughout the day to face the sun. At night, they go into a folded position.



Bean plant

LENTILS

Lentils are nutritionally low in fat and high in protein, folate, phosphorus, fiber and iron.



Lentils help reduce blood cholesterol.

Lentils come in many colors, including brown, yellow, black, orange, red and green.

Looking back

One of the first domesticated crops, lentils probably originated in **Central Asia**. They have been grown in the **Middle East** for about 8,000 years. Chickpeas, lentils and fava beans have been found in 4,000-year-old **Egyptian** tombs.

Growing them

The lentil grows in pods containing one or two lentil seeds. Lentils are a **cool-season legume** and can be planted in early spring. The seeds germinate in about 10 days and need 80 to 110 days to mature before harvesting.



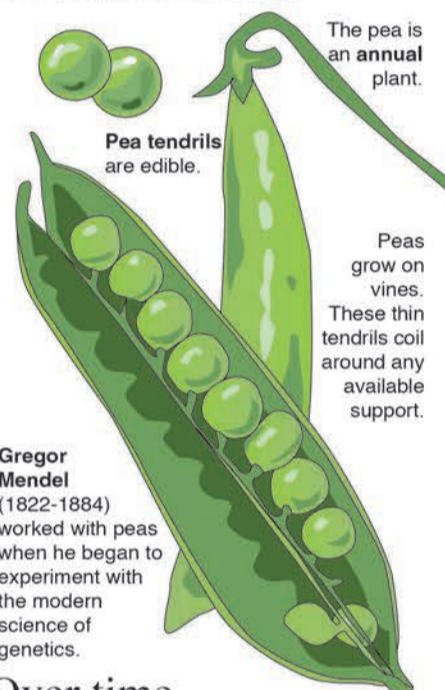
Lentil plant

Cooking them

Unlike most other beans, lentils don't need to be soaked before cooking. Lentil soup is an easy, fast and hearty meal.

PEAS

Snow peas and snap peas have edible pods, but most pea species have inedible pods that should be removed before eating.



The pea is an annual plant.

Pea tendrils are edible.

Peas grow on vines. These thin tendrils coil around any available support.

Gregor Mendel (1822-1884) worked with peas when he began to experiment with the modern science of genetics.

Over time

Peas are thought to have originated in the **Himalayan** plains of **north-west India**. The oldest pea ever discovered was found in **Thailand** and is about 3,000 years old. The ancient Romans grew more than 37 varieties of peas, but they also collected and ate wild peas. In Elizabethan times, peas were an expensive delicacy grown in **Holland**.

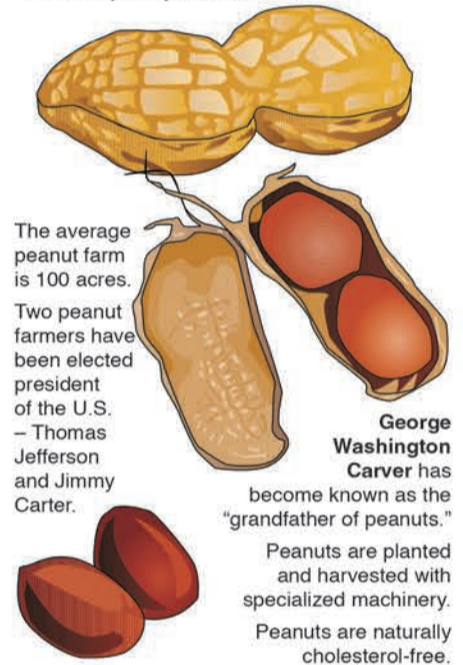
Pea plant

On the vine

Peas are a cool-season crop, grown in many parts of the world. They do not do well in very hot regions. Pea plants grow up to 6 feet (1.8m) tall or higher and are ready for harvesting about 60 to 70 days after planting in early spring. They can be grown in raised beds as small bushes or as vines on trellises or wire.

PEANUTS

It takes about 540 peanuts to make a 12-ounce jar of **peanut butter**.



The average peanut farm is 100 acres.

Two peanut farmers have been elected president of the U.S. — **Thomas Jefferson** and **Jimmy Carter**.

George Washington Carver has become known as the "grandfather of peanuts."

Peanuts are planted and harvested with specialized machinery.

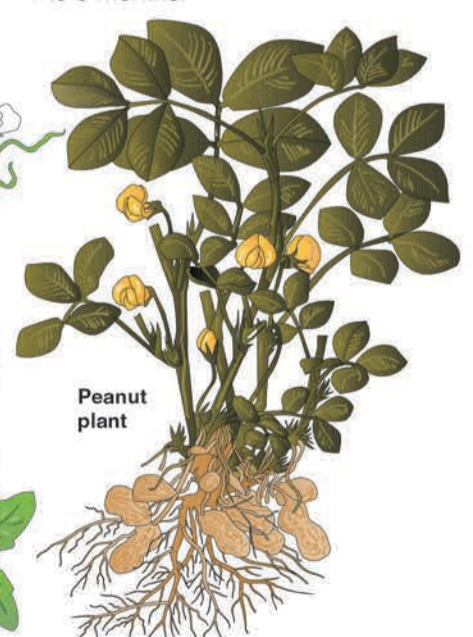
Peanuts are naturally cholesterol-free.

Misunderstood

Although "nut" is in their name, peanuts (also called **groundnuts**) are legumes, not nuts. The peanut plant is thought to have originated in **South America**. Today, the top three producers of peanuts are China, India and the U.S.

Subterranean seeds

Peanuts grow **underground**. From planting to harvesting, the growing cycle of a peanut takes 4 to 5 months.



Peanut plant

SOURCES: World Book Encyclopedia, World Book Inc.; <http://www.nourishinteractive.com>; www.mayoclinic.org; <http://www.newworldencyclopedia.org>; <http://archaeology.about.com>; <http://nationalpeanutboard.org>

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