

# Free- range parenting gets buzz

The concept of free-range parenting is to give kids the freedom to do things alone, which may make them happier and more resilient



- MOVIES: BORG VS. MCENROE
- BOOK: FAMILY & OTHER CATASTROPHES BY ALEXANDRA BOROWITZ
- MUSIC: SMALLS CHANGE BY DEREK SMALLS
- WINE: SWEET ART
- F&B: SANDS GOING ORGANIC DISHES

DRIVE IN

Mark Kennedy, AP Entertainment Writer

PLENTY TO LOVE IN FILM ABOUT BORG VERSUS McENROE

Let's begin this review of "Borg Vs. McEnroe" with a huge spoiler alert. The final score of the 1980 Wimbledon men's final between Bjorn Borg and John McEnroe, which takes up the climactic last third of the movie, was 1-6, 7-5, 6-3, 6-7, 8-6. It's not a secret, really. And, in the end, it doesn't really matter.

This fabulous, moody film isn't your typical jock flick where bitter rivals compete to a crowning, sweaty end. There isn't a real victor in "Borg Vs. McEnroe" and the points don't prove anything. It's less a tennis movie than a meditation on the personal costs of chasing excellence.

Borg and McEnroe, seeded 1-2 at the start of the tournament, played tense, taut tennis for almost four hours, creating one of Wimbledon's finest moments. The curly-haired youngster, chasing his first Wimbledon crown, was trying to prevent Borg from winning his fifth straight championship.

Shia LaBeouf plays McEnroe and Sverrir Gudnason plays Borg and they're both fantastic, nailing the tiny things like the way McEnroe twirled his racket or Borg's hunched stance. But this film also requires both actors to reveal deep pools of inner turmoil and they somehow manage it with just a glance or a quiet mo-

ment. Borg and McEnroe rarely interact at all.

The Wimbledon final was framed as a battle between opposites. Borg was the quiet, efficient Swede, while McEnroe was the brash, swearing Yank ("You cannot be serious!") he was prone to scream at umpires.) It was a match between the stiletto and the sledgehammer, the gentleman against the rebel, the Ice-Borg versus the Superbrat.

But Ronnie Sandahl's script and Janus Metz' direction take us behind the stereotypes to reveal portraits of two men who actually have much in common in their loneliness and yearning. They love to win so much it hurts. Before matches, they seem to be silently awaiting their own executions.

Single-mindedness gnaws at their souls, destroying friendships and tormenting them. "Nobody will remember that I won Wimbledon four times in a row. Just that I lost the fifth time," Borg says in anguish before the final. For his part, McEnroe lashes out at the puzzled press: "None of you understand it because none of you do it."

In its athletic duel between an agent of cool and a hothead, the film is a lot like "Rush" but only with fuzzy balls instead of race cars. In many ways, it's more like



Shia LaBeouf as John McEnroe (left) and Sverrir Gudnason as Bjorn Borg from the film "Borg vs McEnroe"

"I, Tonya," in its impressionistic darkness. "Borg Vs. McEnroe" says it is "inspired by true events" which gives it plenty of wriggle room when it comes to the truth. We learn that Borg was not always a controlled, cool customer. He was a firebrand like McEnroe but had the petulance trained out of him by a coach (a superb Stellan Skarsgard) who told him to put his rage and panic into every stroke. We learn that McEnroe idolized Borg, putting his poster on his wall and wear-

ring a headband in emulation of the older man.

On the road to the 1980 finals, the filmmakers gives us flashbacks to each man's childhood for insights. (The filmmakers get extra credit for casting Borg's real-life son as a young Borg, who we see spending hours methodically smashing balls against a garage door.)

It also shows how people in these two men's orbit — girlfriends, coaches and even fellow competitors — walk on eggshells arou-

nd them, fearful of setting them off. To be the best in the world takes everything and leaves you slightly unhinged. Someone tells McEnroe: "It's life and death for you. The others don't feel the same. They're not like you."

Once the final Wimbledon match has been won — we're not going to say who prevailed, we're not totally awful — the two men happen to share a private moment in a public place that is touching and cathartic.

At one point, the camera during

this exchange steps further away and we can no longer hear what these two champions are saying to each other. That's fitting somehow: Only they — and anyone else who has been in their tennis shoes — can really understand.

"Borg Vs. McEnroe," a Neon release, is rated R by the Motion Picture Association of America for "language throughout and some nudity." Running time: 107 minutes. ★★★★★

BOOK IT

WEDDING PLANS FAIL IN 'FAMILY & OTHER CATASTROPHES'

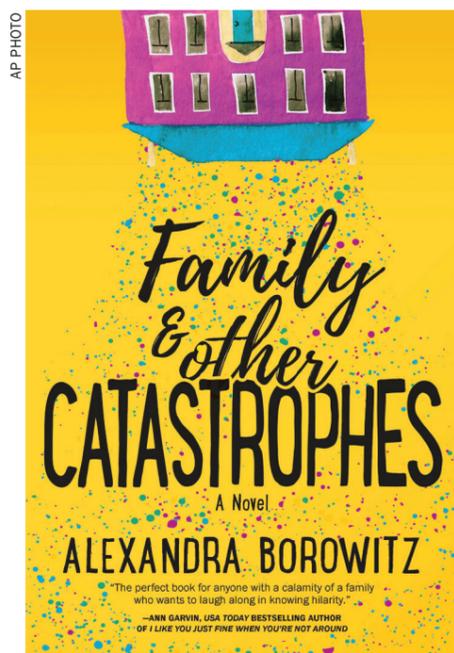
Emily knew her family was flawed, but she had no idea the dysfunction could reach such epic levels until she comes home for her wedding. In her debut novel, Alexandra Borowitz paints a quirky picture of what it means to "honor thy father and mother" in "Family & other Catastrophes."

Emily, who is neurotic, is engaged to a wonderfully normal man who, fingers crossed, will not ditch her at the altar because her family appears to be socially impaired. Her sister is a boisterous feminist who all but boycotts the traditional view of marriage. Her brother is recently divorced and is on the prowl. And her therapist mother decides that since all of her children are under one roof, she should facilitate a few family therapy sessions.

All Emily wants to do is get married to the man of her dreams, but it seems the universe is out to get her. She has to deal with a medical emergency, inappropriate feminist rants, strip-club hijinks, clashing families, a weird relative and deep-dark secrets that bubble to the surface, thanks to family therapy.

Emily's goal is to keep her cool and look good doing it. It's her wedding week and she will not go down without a fight. Bring on the crazy people.

Borowitz's humor falls into the raw and sometimes crude category in "Families & other Catastrophes." If something can go wrong, it does go wrong. Readers will definitely feel for Emily as she navigates each



"Family & other Catastrophes" (MIRA) by Alexandra Borowitz

and every setback, but for those hoping to see a resolution for all the catastrophes, don't hold your breath. There are too many strings to tie up to satisfy those who desire closure.

Lincee Ray, AP

TTUNES

ROCK'S NOT DEAD, NEITHER IS SPINAL TAP'S BASSIST



Derek Smalls, "Smalls Change (Meditations Upon Ageing)" (BMG)

re, followed by boogie beats, operatic female vocals, syrupy strings and hysterical solos. All that's missing is an umlaut.

Equally predictable is the subject matter, which ranges from Satan's hairline ("Hell Toupee") and MRIs ("MRI") to cell phones as a pain in the rear ("Butt Call," bringing the backside to the forefront as the Tap's "Big Bottom" once did).

An impressive supporting cast includes Donald Fagen, David Crosby, Richard Thompson, Steve Vai, Rick Wakeman and Dweezil Zappa. Alas, Smalls' explanation for how he recruited such a Hall of Fame lineup is too bawdy to be repeated on the internet, much less in print. The rock 'n' roll lifestyle has clearly taken a toll on Smalls' voice, and he sings like a character on "The Simpsons." A couple of tunes go on too long, a reminder it's a fine line between stupid and clever.

But criticisms aside, there's wit in nearly every couplet, and the album should play well with Smalls' demographic — septuagenarians who wear spandex.

Steven Wine, AP

## NEWS OF THE WORLD

Lindsay Whitehurst, AP, Salt Lake City



## Free-range parenting law eyed around US after Utah gets buzz

After Utah passed the country's first law legalizing so-called free-range parenting, groups in states from New York to Texas are pushing for similar steps to bolster the idea that supporters say is an antidote for anxiety-plagued parents and overscheduled kids.

Free-range parenting is the concept that giving kids the freedom to do things alone — like explore a playground or ride a bike to school — makes them healthier, happier and more resilient.

It surfaced nearly a decade ago, when Lenore Skenazy touched off a firestorm with a column about letting her then-9-year-old son ride the New York City subway alone. Since then, she's become a vocal advocate for free-range parenting.

Critics say letting kids strike out on their own can expose them to serious dangers, from criminals to cars. Parents have been investigated by child-welfare authorities in several high-profile cases, including a Maryland couple who allowed their 10- and 6-year-old children to walk home alone from a park in 2015.

But lawmakers and policy

groups in several states say the protective pendulum has swung too far, and it's time to send a message that parents who raise their children in a healthy environment can grant them more freedom.

Utah's new law specifies that it isn't neglectful to let well-cared-for children travel to school, explore a playground or stay in the car alone if they're mature enough to handle it.

Free-range parenting differs from the concept of latchkey kids, or those who take care of themselves after school, in that it generally emphasizes getting kids outside in the neighborhood as a way to develop independence, Boston-based clinical psychologist Bobbi Wegner said.

Fears about letting kids make their own way date at least in part to cases like Etan Patz, who was among the first missing children pictured on milk cartons after disappearing while he walked to his New York City bus stop alone in 1979.

Meanwhile, as education has become more essential in the workforce, parents are increasingly eager to give their kids

a leg up with lessons in everything from coding to cello.

"We sign our kids up for all these activities — tutoring, different things — to create this perfect resume from a very young age, but it's really at a detriment to the kid's mental health," Wegner said.

While giving kids independence with parent oversight helps, it's hard for adults to escape pressure to hover, she said.

"Parents need permission to do this," Wegner said. A self-avowed free-range parent, she said a police officer once knocked on her door and threatened to call child services after seeing her then-3-and-a-half-year-old son standing at the end of the driveway talking to neighborhood kids. She'd like to see Massachusetts follow Utah's lead.

In New York, Democratic state Assemblyman Phil Steck said he's gearing up to introduce a similar proposal.

"When I was a child, you let your dogs and your children out after breakfast and [...] they had to be home for dinner," he said. "I felt I gained a lot more from just playing on the street than my children did from being in organized sports

activities."

It's an idea that cuts across the ideological spectrum. Brandon Logan with the conservative Texas Public Policy Foundation is working with lawmakers for a bill next year.

"We expect adults to be independent, and we expect parents to raise their children to be independent, and you can't do that whenever children are being micromanaged," Logan said.

A conservative group is also pushing for a bill in Idaho, and an Arkansas lawmaker whose effort failed plans to bring it back again.

They're all taking a close look at Utah's law, which sailed through the Legislature and was signed by the governor of the majority-Mormon state known for big families and wide-open spaces. It doesn't specify how old kids should be to do things alone, which lawmakers say will allow authorities to weigh each case separately.

Discretion like that is important, said Stephen Hinshaw, a University of California, Berkeley psychology professor. Not every child is ready to

ride their bike alongside busy roads, and participating in things like music lessons can teach them important skills.

"Parents have to be smart about what is helping foster self-reliance and what is putting kids in a dangerous spot," he said.

Amy Coulter, a stay-at-home Utah mom of four girls and a boy, said she doesn't call herself a free-range parent. But she does avoid intervening with teachers on her older kids' grades and encourages her kids use their own money to buy things at the grocery store.

"I want them to know that they're capable," she said of her children, who range in age from 5 to 14.

In her Lehi neighborhood, kids often roam the block "snack-hopping" at different homes.

Recent Utah transplant Krista Whipple said she's liked the concept of free-range parenting for years, but it was tough to practice it in her old Los Angeles neighborhood when most kids stayed behind fences.

"I didn't want to raise my kids all cooped up, but it always made me think twice," said Whipple, a program manager at a St. George youth homeless shelter who has two boys and a girl who are 6, 4 and 3.

"Kids are not in constant danger, and it's OK to let them outside, and it's OK [...] to let them get lost," she said. "They'll find their way home."

**WORLD OF BACCHUS**

David Rouault

**Sweet Art**



**CHATEAU D'YQUEM 1996, AOC SAUTERNES**

To have a "Yquem" feels like more than just consuming wine as it is also history in a bottle. Making wine since the beginning of the XVII century, the estate was then acquired by the Lur-Saluces family in 1785, until the year of this vintage, 1996. Only "Chateau" being elected "Premier Cru Supérieur" in the famous 1855 Bordeaux classification, it has sustained its reputation since then. An exceptional terroir combined with a very tight selection - if you own a 1972, 1974, 1992 or 2012 bottle go straight to fill out a police report as these vintages were never produced for not being up to standard. Yquem has a very low yield, one glass is the equivalent of about one vine. Furthermore the extended ageing time, three and a half years in new oak barrels, make this exceptional wine able to last 100 years or more. After more than 20 years since harvest, and a half-bottle which ages faster, this wine developed a nice melted-gold-colour with a Thai-summer-sunset-orange-like reflection. Mostly Sémillon with up to 20 percent of Sauvignon Blanc to increase acidity, the nose is of dried apricot, date, honey and dried longan at first; opening up to honeysuckle, fern, walnut shell, pot-pourri, Japanese pear, crème brûlée, orange peel, tea leaf and vanilla. Full-bodied with a solid 14 percent of alcohol, yet the general impression is of freshness and elegance with a palate of salted caramel, candied mandarin, lime sorbet, peach juice and wolf-berry, developing to white pepper, sweet ginger, coconut bark and heather. Long and fresh finish, calling immediately for another sip.

Wine available at Banny Wines Cellar: 28788000

With sugar as Public Enemy No. 1, sweet white wines are becoming less and less popular in the world. Even less popular in China where white wines are not considered as "healthy" as red wines. Still, white wine consumption is on the rise in China. This is fortunate since they usually pair better with local cuisine than reds. Furthermore many people are new to grape wines, and white wines (especially sweet white wines) are a very good way to start, being the easiest to drink. There are a few ways of making quality sweet white wine, all using various processes to reduce the water content of the grape, increasing the concentration of sugar and flavours. The result is a much smaller quantity produced, which is reflected in the price. The most common method of production is by postponing the harvest time, so the grapes will start shrivelling or "raisining" on the vine. Hence the term on the label "Late Harvest", "Vendanges Tardives" or "Selection de Grains Nobles" (selection of noble berries). The harvest can be stretched up to an additional three or four months, depending on weather conditions and how much concentration the winemaker wishes to achieve. During that period the grapes might be affected by Botrytis Cinerea, also called "Noble Rot". This is a fungus that makes the berries rot on the vine, accelerating the evaporation of water and bringing more complexity, with distinctive aromas of honeysuckle and apricot. This "botrytisation" is mandatory in the

regions of Sauternes and Alsace, as well as in Germany for wines labelled as "Bereinauslese" (selected berries harvest) and "Trockenberenauslese" (selected dried-berries harvest). Germany is also famous for making the most reputable and expensive ice wine (Eiswein), as important a producer as Canada. The production of ice wine involves picking the frozen grapes while they are still on the vine, meaning harvest can be as late as January. Then they will be pressed and the crystals of frozen water removed, keeping only the concentrated juice. This is a risky and labour intensive procedure, and consequently the most expensive to make and buy. Some of the best grapes to make sweet white wines are Sémillon, Chenin Blanc and Riesling. Their natural high acidity balances the sweetness and thin skins make them easily affected by botrytis. In warmer areas, an old practice which is still mostly used in the French Alps, Northern Italy and Greece, is to dry the grapes after harvest. Traditionally the grapes were placed on a straw mat (vin de paille or passito), or nowadays more commonly hung in a room and left to dry, sometimes for up to three months. To illustrate this article and since I thought I should try it at least once in my life, I decided to break my piggy bank (still got only a half bottle though) and went for the most prestigious and famous sweet white wine of all.

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**



**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



**BRASSERIE**  
Level 3, The Parisian Macao  
Monday - Sunday:  
11:00am - 11:00pm  
Tel: +853 8111 9200

**GLOBAL**

**CAFÉ BELA VISTA**  
Grand Lapa, Macau  
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

**COPA STEAKHOUSE**  
3/F, Sands Macao Hotel  
OPENING HOURS:  
Cocktails: 4:30 pm - 12:00 am  
Dinner: 5:30 pm - 11:00 pm  
Tel: +853 8983 8222



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



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



**NORTH**  
by Square Eight  
**NORTH BY SQUARE EIGHT**  
11am - 1am  
T: 8802 2388  
Level 1, MGM MACAU



**SOUTH**  
by Square Eight  
**SOUTH BY SQUARE EIGHT**  
24hrs  
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**  
Sun to Thu: 04:00pm - 01:00am,  
Fri, Sat and Eves of Public Holidays:  
06:00pm - 03:00am  
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**



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

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

**FERNANDO'S**  
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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)

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**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

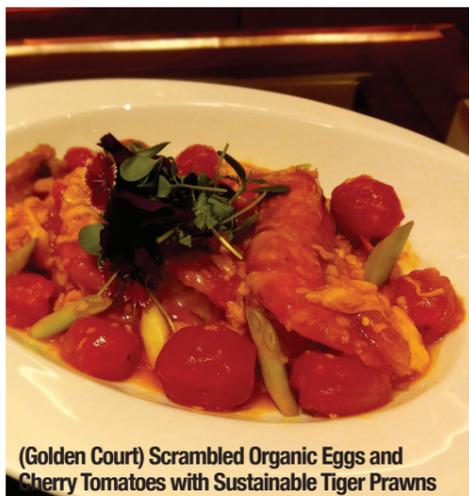
**VASCO**  
Grand Lapa, Macau  
956-1110 Avenida da Amizade, 2/F  
T: 8793 3831  
Monday to Thursday: 18:30 - 12:00  
Friday to Saturday: 18:00 - 02:00  
Sunday: 18:00 - 24:00

**FOOD & BEVERAGE**

Aimee Lee, MDT Contributor



(Golden Court) Ice Chilled Organic Kales with Wasabi Sauce



(Golden Court) Scrambled Organic Eggs and Cherry Tomatoes with Sustainable Tiger Prawns



(Golden Peacock) Australian Organic Honey, Coriander, Chervil, Yogurt Sponge, Quinoa, Chocolate



(Golden Peacock) Makai Tikili Kebab Organic Yellow Corn, Organic Waxy Corn, Organic Sweet Corn, Organic Potato, Organic Cilantro, Organic Purple Eggplant

**SANDS GOING ORGANIC**

In support of the Macao International Environmental Co-operation Forum & Exhibition (MIECF), Sands Dining Sensations launched an Organic Food Tasting event with the media at Conrad Macao to showcase a range of delicacies created with fresh and seasonal ingredients sourced from certified organic farms in mainland China. A ten-course meal was presented and created by five Sands Resorts Macao and Sands Macao signature restaurants – Golden Court, North, Lotus Palace, Dynasty 8 and the Golden Peacock – by their skilled chefs. “Healthy” and “Sustainable” are the main goals of this promotion at these restaurants until 30th June.

This brand-new concept is the beginning of promoting a healthy way of eating to customers by avoiding food containing chemicals such as pesticides, hormones, additives and antibiotics. “The vision is not only to make [this promotion] for three months [but it is] the beginning

of this. And I think as a Chef we have the duty to give the best products to our customers to gain their trust,” said Chef Emmanuel Souliere, Executive Chef at Sands Cotai Central. Sands Resorts Macau aims to bring its customers healthy meals where quality, taste and organic values are considered. The chefs visited organic farms in China where they inspected produce, tested soil samples, reviewed supply chain processes and inspected hygiene standards. Around 30 different organic vegetables will be sourced from the farms.

Switching to organic food is also an alternative practice toward sustainable development of the food system. For instance, one of the new dishes presented by Golden Court uses “sustainable” tiger prawns. “Certified sustainable prawns have set catch limits and undersized live prawns are returned to the sea which avoid particular species from extinction. In addition, the bottom trawling is banned to reduce damage to the seabed. Instead

creel fishing is used where baited pots are deployed, which has a lower impact on the seabed,” said Chef Alain Hui, Executive Chef of Sands Macao.

The challenge of using organic food is being constrained and sensitive to the natural growing conditions that can result in unstable supply to the restaurants. For the time being organic dishes can therefore only play a minor role on the menu. “[We] work very closely with the farmers so that they understand our volume [and] our need for them to prepare the ground [and also] to prepare the number of people to work for us to buy these products [in order] to sell [them],” said Chef Souliere. Sourcing from nearby organic farms in China is also one way to practice farm-to-table supply which reduces the carbon footprint.

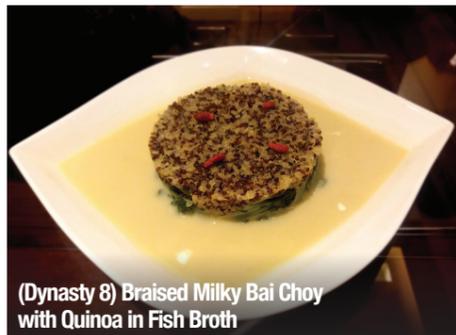
Another challenge of using organic ingredients is that they come at a higher cost compared to conventional ingredients. As Chef Alain mentioned “eating healthy costs more but pays off.”



(Lotus Palace) Deep-fried Organic Carrot and Bai Choy Wrapped in Bean Curd Skin served with Crepes and Condiments



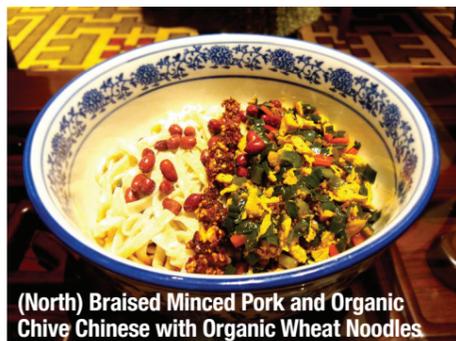
(Lotus Palace) Stir-fried Minced Pigeon with Organic Chinese Chive and Sakura Shrimp Sauce served with Lettuce



(Dynasty 8) Braised Milky Bai Choy with Quinoa in Fish Broth



(Dynasty 8) Braised Organic Baby Choy Sum with Crispy Dried Shrimp and Black Garlic



(North) Braised Minced Pork and Organic Chive Chinese with Organic Wheat Noodles



(North) Stir-Fried Organic Baby Shanghai Bai Choy with Wild Mushroom



Chef Emmanuel Souliere [center] and Chef Alain Hui [second from right] - among other Sands China chefs - made the presentation of the tasting session

**WHAT'S ON**



**TODAY (APR 13)**  
**"ENCHANTED TOUCH" – PLUCKED AND FINGERED STRINGS CONCERT**

Chinese traditional music for plucked-strings has a long history and a unique timbre. Such instruments are among the most distinguished vehicles for performance of Chinese music. This 60-minute concert, in the lobby of Dom Pedro V Theatre, presents contemporary ensemble pieces including an unlikely arrangement of the theme song of the Hollywood blockbuster "Pirates of the Caribbean", as well as works composed and arranged by musicians of the Macau Chinese Orchestra.

TIME: 8pm  
 VENUE: Lobby, Dom Pedro V Theatre  
 ADMISSION: MOP40  
 ORGANIZER: Macau Chinese Orchestra  
 ENQUIRIES: (853) 8399 6699  
[www.icm.gov.mo/ochm](http://www.icm.gov.mo/ochm)  
 TICKETING SERVICE: (853) 2855 5555  
[www.macauticket.com](http://www.macauticket.com)



**TOMORROW (APR 14)**  
**THE FUTURE OF CLASSICAL MUSIC**

Macau Orchestra has long cherished the development of local young musical talent. Every year, the orchestra collaborates on-campus with University of Macau students, as well as with young musicians just starting their music career, providing all of them a platform to showcase their talent and enhance their skills while also promoting artistic exchanges. The aim is to encourage young musicians to chase their dreams, and pursue a career in classical music. This 60-minute concert has an eclectic programme, from Giuseppe Verdi's overture to "La forza del destino", to "Nimrod" from "Enigma Variations" by Edward Elgar.

TIME: 8pm  
 VENUE: University Hall, University of Macau  
 ADMISSION: Free tickets distributed 60 minutes before the performance at the concert VENUE; maximum of two tickets per person  
 ORGANIZER: Macau Orchestra  
 ENQUIRIES: (853) 2853 0782  
[www.om-macau.org](http://www.om-macau.org)



**SUNDAY (APR 15)**  
**CHEONG HIP SANG PIANO RECITAL**

Macau-born piano virtuoso Cheong Hip Sang is temporarily back home for a 90-minute recital, some months after having won the prestigious 6th Macau (Global) Interschool Piano Competition, held in October 2017. That gave him the opportunity to join a three-year training programme in the Austrian capital, Vienna – a major world centre for classical music – as well as a spot on a world concert tour, with stops in countries including Singapore, Japan, Germany, Italy, etc.

TIME: 8pm  
 VENUE: Small Auditorium, Macau Cultural Centre  
 ADMISSION: MOP80, MOP100  
 ORGANIZER: Macau Youth Musician & Artist Association  
 ENQUIRIES: (853) 2855 5555  
[www.mymaa.org.mo](http://www.mymaa.org.mo)  
 TICKETING SERVICE: (853) 2855 5555  
[www.macauticket.com](http://www.macauticket.com)



**MONDAY (APR 16)**  
**PINACOTROCA - PAINTING AND ILLUSTRATION BY RODRIGO DE MATOS**

The latest exhibition by Rodrigo de Matos is made up of paintings that "are a kind of visual wordplay," says the Portuguese cartoonist. "These images are almost always literal interpretations of certain expressions, which end up in a certain degree of surrealism," he says. Rodrigo de Matos has been living in Macau since 2009 and this is his second solo exhibition here.

TIME: 2pm-7pm (closed on Sundays)  
 UNTIL: April 21, 2018  
 VENUE: G/F Macau Cultural Centre Building  
 ADMISSION: Free  
 ORGANIZER: Creative Macau - Center for Creative Industries  
 ENQUIRIES: (853) 2875 3282  
[www.creativemacau.org.mo](http://www.creativemacau.org.mo)



**TUESDAY (APR 17)**  
**WOMEN ARTISTS 1ST INTERNATIONAL BIENNIAL OF MACAU**

The initiative combines two parts. On the one hand, works by 101 active artists and with an international curriculum. Diverse sensibilities and approaches invite for the knowledge of the living art as it is made today by women from various geographic and cultural origins and belonging to several generations – almost 60 years separate the oldest and the youngest. On the other hand, around 40 works from the MAM, partially presenting the research work that the museum has developed on the contribution of pioneering women to Macau art history, organized by decade, from the 1970s to the present day, including large scale works of both their collection and invited artists. As a whole, the exhibition features works by 132 women artists expressing themselves in a wide spectrum of techniques. On display are works of painting, silkscreen, drawing, sculpture, installation and video, carried out in a period that extends from the 1970s until now and coming from 22 countries and regions.

TIME: 10am-7pm (last admission 6:30pm; closed on Mondays)  
 UNTIL: May 13, 2018  
 VENUE: Macau Museum of Art  
 ADMISSION: Free  
 ORGANIZER: Macau Museum of Art  
 ENQUIRIES: (853) 8791 9814  
[www.mam.gov.mo](http://www.mam.gov.mo)



**WEDNESDAY (APR 18)**  
**STRANGE MATTER**

"Strange Matter" features more than 40 interactive exhibits, introducing visitors to the world of materials science, including the special structures and physical properties of everyday items: things they might otherwise take for granted. The exhibition also covers the latest developments in materials science, and explains how the design and practical application of new materials can help make our lives safer and more convenient.

TIME: 10am-6pm (closed on Thursdays; open on public holidays)  
 UNTIL: October 14, 2018  
 VENUE: Gallery 2, Exhibition Center, Macau Science Center  
 ADMISSION: MOP25  
 ORGANIZER: Macau Science Center  
 ENQUIRIES: (853) 2888 0822  
[www.msc.org.mo](http://www.msc.org.mo)



**THURSDAY (APR 19)**  
"MY CHINESE ZODIAC" – EXHIBITION BY RAQUEL GRALHEIRO

The work of Portuguese artist Raquel Gralheiro has been featured in individual and collective exhibitions, namely in Europe and South America. Her paintings can be found in private collections in Portugal, Spain and Brazil. The exhibition at Albergue SCM features a total of 25 art pieces using acrylic paint and mixed media techniques.

TIME: 3pm-8pm (Mondays)  
12pm-8pm (Tuesdays to Sundays)

Until: May 13, 2018

VENUE: A2 Gallery, Albergue SCM

ADMISSION: Free

ORGANIZER: Albergue SCM

ENQUIRIES: (853) 2852 2550



THE EXHIBITION "SWISS STYLE NOW"

Swiss design played a pioneering role in the field of graphic design as early as the 1950s and the 1960s, with its singular style using innovative layouts and fonts, vivid colors and simple geometric lines, gradually becoming popular around the world. Nowadays, Swiss graphic design has developed rich and colorful manifestations in the spirit of continuous innovation by Swiss designers. Organized by three experienced Swiss curators, the exhibition "Swiss Style Now" is divided in two sections, "Classic" and "Contemporary", featuring 250 works from different generation. It covers graphic designs of posters and book covers, among others, which systematically illustrate the development and evolution of Swiss graphic design. In addition to the originality of the design, the material and craftsmanship of the work fully demonstrate the ingenuity of the designers. The curators hope to present the audience a new spectrum of contemporary Swiss graphic design through the exhibition.

TIME: 10am-9pm

UNTIL: June 17, 2018

VENUE: Tap Seac Gallery, located at No. 95, Avenida do Conselheiro Ferreira de Almeida

ADMISSION: Free

ORGANIZER: Cultural Affairs Bureau

ENQUIRIES: (853) 2836 6866

http://www.icm.gov.mo

# Sands WEEKEND



## LA PARISIENNE CABARET FRANCAIS

Until 17 June  
The Parisian Theatre, The Parisian Macao

La Parisienne Cabaret Francais blends illusion, dance, acrobatics and comedy in true Parisian style to delight viewers of all ages. The show uses state of the art audio and visual technology to take viewers on an immersive tour of Paris via the Eiffel Tower, Arc De Triomphe and Notre Dame Cathedral before heading to Macao. An international cast of 38 death-defying stunt performers, illusionists, world champion skaters and dancers will take the audience on an amazing 65-minute journey.

Time: Weekday shows at 8pm, no shows on Monday  
Saturday shows at 8pm  
Sunday shows at 5pm

Tickets: From MOP188, call reservations +853 2882 8818  
cotaiticketing.com

Not suitable for children under 13.



## ST PETERSBURG BALLET - SWAN LAKE

27-28 April, Friday-Saturday  
The Venetian Theatre, The Venetian Macao

St Petersburg Ballet Theatre comes to Macao from sold out seasons in London, Paris and Sydney. Telling the classic love story of Prince Siegfried and the Swan Princess Odette, torn apart by the villainous sorcerer Rothbart, the immortal and enchanting Swan Lake is without doubt the world's most famous ballet. With its spectacular and dramatic ballroom scene, sublime music and deeply moving story, Swan Lake was first performed in St Petersburg in 1895, and continues to be the ballet by which all others are measured.

Time: 27 April (Friday) 8pm, 28 April (Saturday) 3pm and 8pm

Tickets: From MOP388, call reservations +853 2882 8818  
cotaiticketing.com



## PURITY AS NATURE INTENDED

Until 30 June  
Sands Resorts Macao

Sands Resorts Macao has launched a selection of healthy and delicious menus using fresh seasonal produce sourced from organic farms as part of Sands Dining Sensations – Spring Organic Delights promotion. The organic menus are now available at 12 selected restaurants including Brasserie, North, Copa and more. Book now to savour the delicious flavour of fresh organic produce.

Sandsresortsmacao.com/dining



## CREATIVE DIM SUM AT LOTUS PALACE

Daily from 11:00am - 3:00pm  
Shop 3316, Level 3, The Parisian Macao

The Parisian Macao's signature restaurant Lotus Palace has launched an exciting new dim sum menu, featuring a range of innovative steamed and pan-fried delicacies, buns, rice sheet rolls and congee. New dishes incorporate unusual and prestige ingredients into dim sum classics. Utilising the freshest ingredients, with an innovative approach and creative presentation, Lotus Palace's new dim sum menu offers a delicious and rewarding experience that shouldn't be missed.

Reservations: +853 8111 9260 or lotuspalace.reservation@sands.com.mo



澳門金沙度假區

Sands  
RESORTS MACAO



# World of Wonder

EXPLORING THE REALMS OF HISTORY, SCIENCE, NATURE AND TECHNOLOGY

## What are they?

Plankton are organisms that include animals, plants, archaea and bacteria. Planktonic organisms drift in oceans, seas and freshwater lakes and ponds. They grow in surface water in geographic regions that are bright or during seasons with abundant light. These organisms are defined by how they fit into an ecological niche.

How many plankton are in a specific body of water varies horizontally, vertically and seasonally. The distribution of plankton is linked to factors such as nutrient concentrations, water quality, water temperature and the abundance of other plankton.

At depths where no light reaches, zooplankton and bacterioplankton consume organic material as it sinks from the sunlit surface waters above. The sinking material is called "marine snow," and there can be a large amount when spring blooms of algae die off.

Plankton provide food for large and small animals like fish and whales. Many species defined as plankton are microscopic, but plankton can include larger organisms such as jellyfish, immature fish and other animals.

## Planktology

Planktology is the scientific study of plankton, and a planktonic individual is referred to as a plankter. The word "plankton" is derived from the Greek word "planktos," which means errant or drifter. Plankton typically flow with ocean currents, although some can move independently. Certain species of plankton can swim vertically for many hundreds of feet. Most plankton are limited to a position in the water that is determined by currents.

## Plankton groups

**Phytoplankton** are plants and algae that live near the surface. This type of plankton requires sunlight to support photosynthesis. The important organisms in this group include diatoms, cyanobacteria, dinoflagellates and coccolithophores. They are producers.

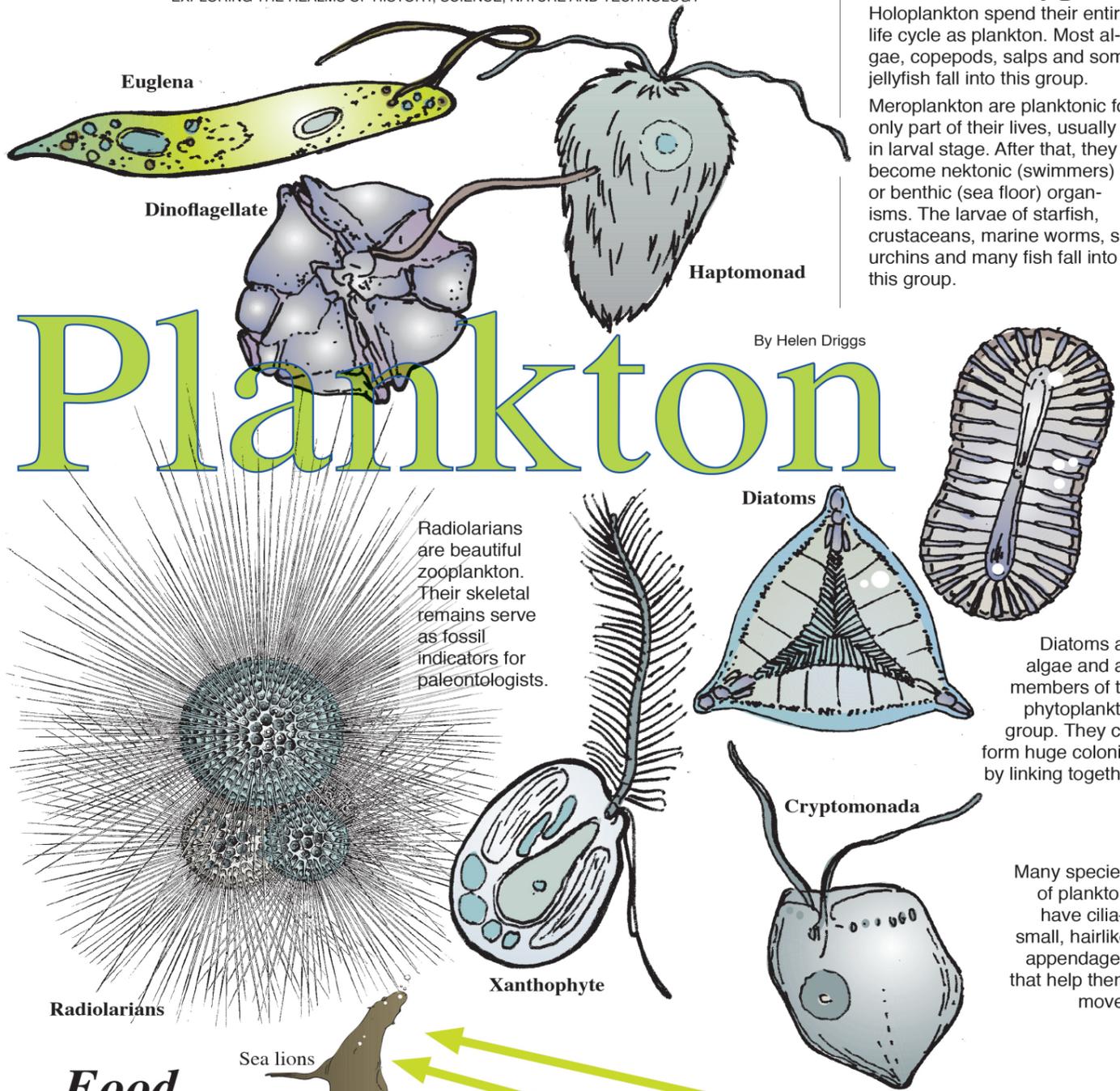
**Zooplankton** are small protozoans or metazoans like crustaceans and other animals. This group feeds on other kinds of plankton and protists. Eggs and the larvae of larger animals, such as fish, crustaceans and segmented worms, are included in this group. They are consumers.

**Bacterioplankton** are bacteria and archaea, and they are critical in breaking down organic material into minerals. They are recyclers. Many species of plankton can be classified into more than one plankton group.

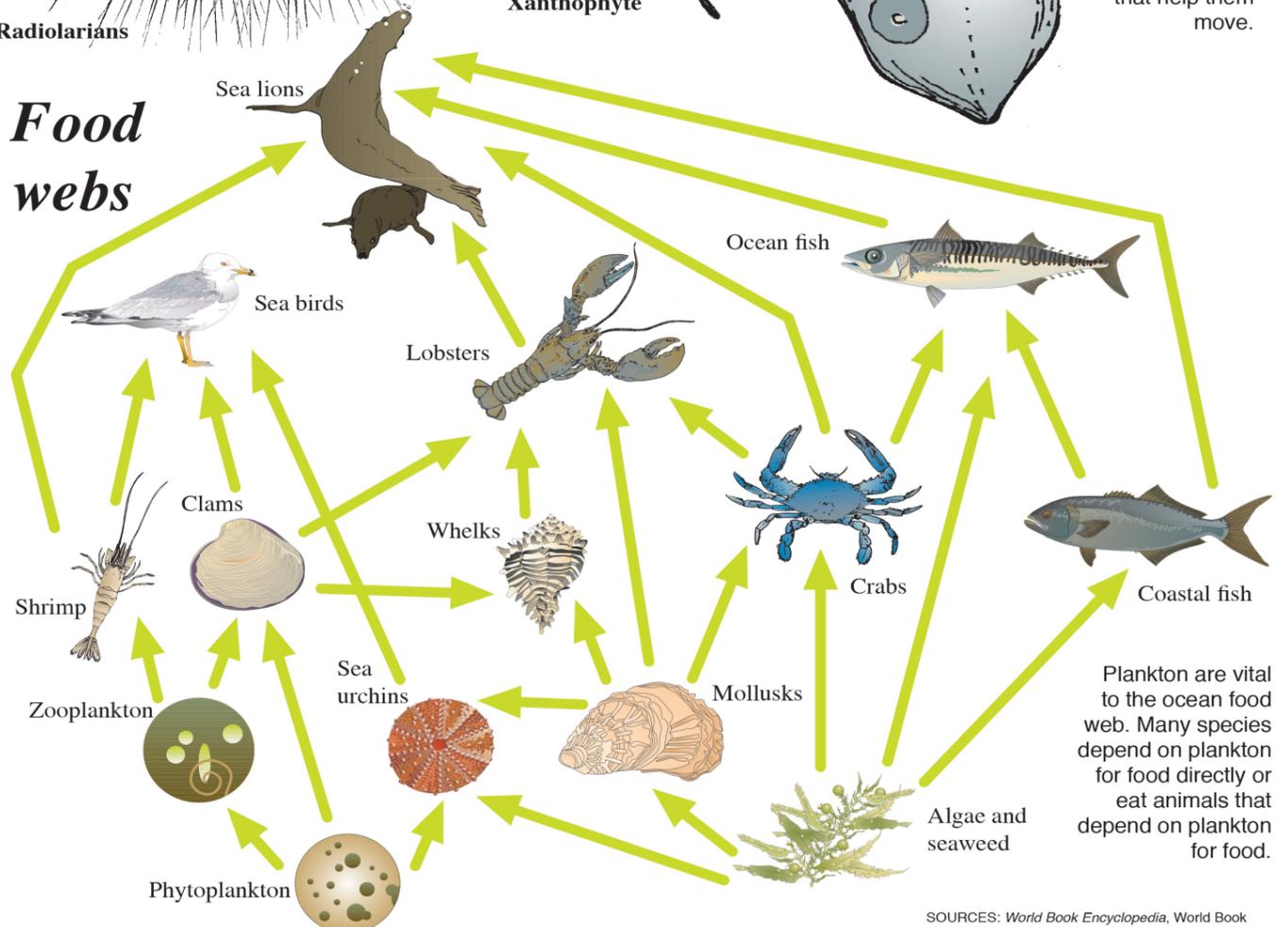
## Plankton types

Holoplankton spend their entire life cycle as plankton. Most algae, copepods, salps and some jellyfish fall into this group.

Meroplankton are planktonic for only part of their lives, usually in larval stage. After that, they become nektonic (swimmers) or benthic (sea floor) organisms. The larvae of starfish, crustaceans, marine worms, sea urchins and many fish fall into this group.



## Food webs



Plankton are vital to the ocean food web. Many species depend on plankton for food directly or eat animals that depend on plankton for food.

SOURCES: World Book Encyclopedia, World Book Inc.; www.childrenoftheearth.org

At a bookstore near you: Two full-color World of Wonder compilations: "Plants & Animals" and "People & Places." For more information, please visit [QuillDriverBooks.com](http://QuillDriverBooks.com) or call 800-605-7176