

HUMAN

Species extinction is accelerating to a rate tens or hundreds of times faster than in any other time in human history - **YOU** are to blame, and lose



- MOVIES: LONG SHOT
- BOOKS: FROM SCRATCH: A MEMOIR OF LOVE, SICILY, AND FINDING HOME BY TEMBI LOCKE
- MUSIC: HURTS 2B HUMAN BY PINK
- FOOD: BREAKFAST IN STYLE AT MANDARIN ORIENTAL

DRIVE IN

Lindsey Bahr, AP Film Writer

‘LONG SHOT,’ A COMEDY WITH A BIG HEART AND SMARTS

Charlize Theron and Seth Rogen make a sparkling comedic duo in the unconventional romantic comedy “Long Shot,” about a sleek politician and a schlubby journalist that is more than its superficial premise.

The film from director Jonathan Levine, which does its fair share of over-the-top gross-out humor and jarringly violent physical gags that in real life would have left Rogen’s character Fred Flarsky hospitalized or dead, is, even in spite of those overdone R-rated tropes, full of surprising heart, wit and insight about relationships, compromise and (gasp) even politics.

Rogen’s Fred is a suffer-no-fools politics reporter for a Brooklyn newspaper who is introduced trying to infiltrate a white nationalist group for a story. Spoiler, it’s not as successful as “BlacKkKlansman,” but it is funny. He’s idealistic but angry, with a permanent chip on his shoulder, against Republicans, people who make concessions, the wealthy and so on. When he finds out that his paper is being purchased by the massive media conglomerate Wembley Media (a thinly veiled Fox

stand-in with a Murdoch-like leader played by Andy Serkis), he quits on principle, rejecting even his boss’ offer to fire him so that, at the very least, he can collect unemployment.

This puts him on a track to enter the orbit of Secretary of State Charlotte Field (Charlize Theron), a superstar who gets as much attention for her good looks as anything else, working under a popular but doltish President (Bob Odenkirk) who was best known for playing the President in a television drama for six seasons. Fred’s more successful friend Lance (an excellent O’Shea Jackson Jr. in yet another standout supporting comedic performance) convinces him to attend a fancy party with the promise of seeing Boyz II Men, and it’s there that he catches eyes with Charlotte.

The two knew each other from childhood. Charlotte used to babysit Fred, who was three years her junior and harbored a big crush on his more glamorous elder. Charlotte, who recently decided to consider a presidential bid of her own, is charmed by this blast from the past, a nostalgic respite from the glossy and surface existence she currently



Seth Rogen (left) and Charlize Theron in a scene from “Long Shot”

projects and a reminder of her dormant idealism.

So she hires him to punch-up her speeches with jokes that she hopes might improve her likability in the polls, upending his life as they travel around the world trying to get international leaders to sign on for her environmental initiative. They get close along the way, challenging and helping one another get out of their respective ideological ruts. He wants her to only do good. She wants him to understand that compromise

and concessions are necessary in politics. Although this is an undeniably modern story, it is also a kind of homage to classic Hollywood romances, pitting two career-driven leads against each other.

Charlotte in particular is delightfully well-drawn, likely a testament to having both a male and female screenwriter involved, Dan Sterling (“The Interview”) and Liz Hannah (“The Post”). Her public persona is disarmingly polished, with always-perfect hair, makeup

and clothes — expensive-looking but not ostentatious. But a peek behind the curtain reveals all the methods she employs to hide her imperfect humanness (like needing sleep, food and exercise). The film has a lot of fun playing with the ridiculous double standards of being a woman in politics, with a silly Fox News parody that’s often on in the background. And Theron herself gets to cut loose in a refreshing way, showing her brilliant comedic timing and aptitude for throwing a per-

fectly cutting barb. It’s not a perfect film, it lags at times and at over two hours it is far too long, but Theron and Rogen have a natural chemistry that makes spending a couple hours with them, even in the dullish moments, a joy.

“Long Shot,” a Lionsgate release, is rated R by the Motion Picture Association of America for “strong sexual content, language throughout and some drug use.” Running time: 125 minutes. ★★☆☆

BOOK IT

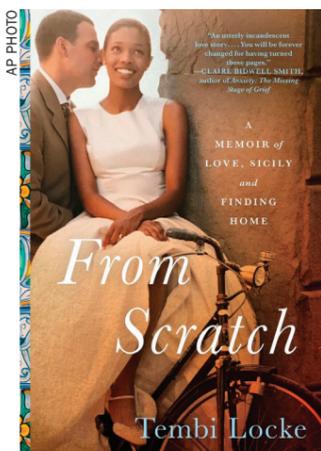
TEMBI LOCKE’S ‘FROM SCRATCH’ IS A GORGEOUS READ

Not interested in yet another memoir of moving to Italy, discovering great food and falling crazy in love with the man of your dreams? Me neither. But don’t let that stop you from picking up “From Scratch: A Memoir of Love, Sicily, and Finding Home” by Tembi Locke.

Yes, the literary debut from the Houston-born actress is the no-longer-unique combination of travelogue, recipe book and love story. And, yes, it’s primarily set in Sicily. But “From Scratch” manages to elevate itself with a few key additional elements.

First, Locke is a black American actress forging a career in Hollywood. She meets Saro, a Sicilian chef, when she’s 20. Their interracial, intercultural relationship is shocking enough that his parents boycott the wedding. Then Saro is diagnosed with a rare cancer and dies early in the narrative.

Readers observe Locke attempting to work through her paralyzing grief while caring for a young daughter, Zoela, and providing them with a stable home in Los Angeles. They spend summers in Sicily where Zoela thrives and Locke



“From Scratch: A Memoir of Love, Sicily, and Finding Home” (Simon & Schuster), by Tembi Locke

gets to know her late husband’s family.

The writing in “From Scratch” is sublime. Locke allows her readers to revel in the sensory experiences of Sicily. She offers a peek into her deeply satisfying relationship with her daughter, her husband and their family.

When she compares cheese-making to grief, describing how both need “time, labor and attention,” she of-

fers a new perspective on an age-old emotion. Even her description of the classic Los Angeles fog feels fresh: “A haze always hung over the city, separating the lives we led from the open sky.”

Because of her obvious writing skills, readers get lost in her prose, which leads to some confusion and unanswered questions. For example, the book glosses over Saro’s cancer diagnosis, lengthy treatments and Locke’s 10 years as his caregiver. And while readers understand that they were each other’s great love, we’re not sure how or why that became true.

Her characters, too, are presented in broad strokes and feel two-dimensional. Zoela as a typical kid is whiny and impatient at times, but she’s also smart, kind and wise beyond her years. Saro is handsome, supportive, understanding and great in the bedroom as well as the kitchen. And Locke herself, despite sharing stories of her love, family and grief, keeps a safe distance.

Despite its flaws, “From Scratch,” which ends, as this sort of book does, with a collection of recipes, is a gorgeous read.

Kim Curtis, AP

TTUNES

‘HURTS 2B HUMAN’ OFFERS A PREDICTABLE PINK

Right out of the gate on her new album, Pink gives you just the song you expect from the punk superstar: a pop ballad oozing with confidence and giving her signature “f-off” vibe. Her background vocalists sound like a posse as she sings out, “Don’t hustle me/Don’t f--- with me.”

“Hurts 2B Human” sounds largely like Pink’s typical aesthetic, a mostly pop with a punk attitude and a few sentimental piano ballads sprinkled in. Just like her 2017 album “Beautiful Trauma,” Pink dabbles in a myriad of styles, but this time recruits the help of more collaborators. Khalid, Cash Cash, Wrabel and even Chris Stapleton make appearances.

The album lands clearly in the pop camp. First single “Walk Me Home” is catchy with all the right ear worm ingredients, but this same formulaic pop tendency hurts her on other songs. Her energy and booming vocals may draw listeners in, but the album falls short with some tracks lacking originality.

“My Attic” sounds like a tune that’s been



Pink, “Hurts 2B Human” (RCA)

done before: a Fergie-style “Big Girls Don’t Cry” using a thinly veiled metaphor of an attic to describe the things she keeps hidden. “I keep hiding the keys in all these places even I can’t find/Hoping one day you’ll find them all ‘cause I wanna let you see inside my attic.”

This isn’t to say all Pink’s sentimental tracks are kitschy. “90 Days” incorporates a James Blake/Imogen Heap production style with a balanced blend of Wrabel and Pink’s vocals over distorted layers to create a strong track.

It’s also one of the songs that sounds radio-ready, along with the title track, proving that Pink still has what it takes to stay relevant. The breadth of her collaborations are also commendable: the R&B style of Khalid and the country roots of Stapleton may not seem cohesive, but both sound equally at home on the record. Overall, “Hurts 2B Human” is predictably Pink, a to both its benefit and detriment.

Ragan Clark, AP

NEWS OF THE WORLD

Seth Borenstein, AP Science Writer



People are putting nature in more trouble now than at any other time in human history, with extinction looming over 1 million species of plants and animals, scientists said this week.

But it's not too late to fix the problem, according to the United Nations' first comprehensive report on biodiversity.

"We have reconfigured dramatically life on the planet," report co-chairman Eduardo Brondizio of Indiana University said at a press conference.

Species loss is accelerating to a rate tens or hundreds of times faster than in the past, the report said. More than half a million species on land "have insufficient habitat for long-term survival" and are likely to go extinct, many within decades, unless their habitats are restored. The oceans are not any better off.

"Humanity unwittingly is attempting to throttle the living planet and humanity's own future," said George Mason University biologist Thomas Lovejoy, who has been called the godfather of biodiversity for his research. He was not part of the report.

"The biological diversity of this planet has been really hammered, and this is really our last chance to address all of that," Lovejoy said.

Conservation scientists convened in Paris to issue the report, which exceeded 1,000 pages. The Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) included more than 450 researchers who used 15,000 scientific and government reports. The report's summary had to be approved by representatives of all 109 nations.

Some nations hit harder by the losses, like small island countries, wanted more in the report. Others, such as the United States, were cautious in the language they sought, but they agreed "we're in trouble," said Rebecca Shaw, chief scientist for the World Wildlife Fund, who observed the final negotiations.

"This is the strongest call we've

UN REPORT Humans accelerating extinction of species

seen for reversing the trends on the loss of nature," Shaw said.

The findings are not just about saving plants and animals, but about preserving a world that's becoming harder for humans to live in, said Robert Watson, a former top NASA and British scientist who headed the report.

"We are indeed threatening the potential food security, water security, human health and social fabric" of humanity, Watson told The Associated Press.

It's also an economic and security issue as countries fight over scarcer resources. Watson said the poor in less developed countries bear the greatest burden.

The report's 39-page summary highlighted five ways people are reducing biodiversity:

• Turning forests, grasslands and other areas into farms, cities and other developments. The habitat loss leaves plants and animals homeless. About three-quarters of Earth's land, two-thirds of its oceans and 85% of crucial wetlands have been severely altered or lost, making it harder for species to survive, the report said.

• Overfishing the world's oceans. A third of the world's fish stocks are overfished.

• Permitting climate change from the burning of fossil fuels to make it too hot, wet or dry for some species to survive. Almost half of the world's land mammals, not including bats, and nearly a quarter of the birds have already had their habitats hit hard by global warming.

• Polluting land and water. Every year, 300 to 400 million tons of heavy metals, solvents and toxic sludge are dumped into the world's waters.

• Allowing invasive species to crowd out native plants and animals. The number of invasive alien species per country has risen 70% since 1970, with one species of bacteria threatening nearly 400 amphibian species.

"The key to remember is, it's not a terminal diagnosis," said report co-author Andrew Purvis of the Natural History Museum in London.

Fighting climate change and saving species are equally important, the report said, and working on both environmental problems should go hand in hand. Both problems exacerbate each other because a warmer world means fewer species, and a less biodiverse world means fewer trees and plants to remove heat-trapping carbon dioxide from the air, Lovejoy said.

The world's coral reefs are a perfect example of where climate change and species loss intersect. If the world warms another 0.9 degrees (0.5 degrees Celsius), which other reports say is likely, coral reefs will probably dwindle by 70% to 90%, the report said. At 1.8 degrees (1 degree Celsius), the report said, 99% of the world's coral will be in trouble.

"Business as usual is a disaster," Watson said.

At least 680 species with backbones have already gone extinct since 1600. The report

said 559 domesticated breeds of mammals used for food have disappeared. More than 40% of the world's amphibian species, more than one-third of the marine mammals and nearly one-third of sharks and fish are threatened with extinction.

The report relies heavily on research by the International Union for the Conservation of Nature, or IUCN, which is composed of biologists who maintain a list of threatened species.

The IUCN calculated in March that 27,159 species are threatened, endangered or extinct in the wild out of nearly 100,000 species biologists examined in depth. That includes 1,223 mammal species, 1,492 bird species and 2,341 fish species. Nearly half the threatened species are plants.

Scientists have only examined a small fraction of the estimated 8 million species on Earth.

The report comes up with 1 million species in trouble by extrapolating the IUCN's 25% threatened rate to the rest of the world's species and using a lower rate for the estimated 5.5 million species of insects, Watson said.

Outside scientists, such as Lovejoy and others, said that's a reasonable assessment.

The report gives only a generic "within decades" time frame for species loss because it is dependent on many variables, including taking the problem seriously, which can reduce the severity of the projections, Watson said.

"We're in the middle of the sixth great extinction crisis, but it's hap-

pening in slow motion," said Conservation International and University of California Santa Barbara ecologist Lee Hannah, who was not part of the report.

Five times in the past, Earth has undergone mass extinctions where much of life on Earth blinked out, like the one that killed the dinosaurs. Watson said the report was careful not to call what's going on now as a sixth big die-off because current levels don't come close to the 75% level in past mass extinctions.

The report goes beyond species. Of the 18 measured ways nature helps humans, the report said 14 are declining, with food and energy production noticeable exceptions. The report found downward trends in nature's ability to provide clean air and water, good soil and other essentials.

Habitat loss is one of the biggest threats, and it's happening worldwide, Watson said. The report projects 15.5 million miles (25 million kilometers) of new roads will be paved over nature between now and 2050, most in the developing world.

Many of the worst effects can be prevented by changing the way we grow food, produce energy, deal with climate change and dispose of waste, the report said. That involves concerted action by governments, companies and people.

Individuals can help with simple changes to the way they eat and use energy, said the co-chairman of the report, ecological scientist Josef Settele of the Helmholtz Center for Environmental Research in Germany. That doesn't mean becoming a vegetarian or vegan, but balancing meat, vegetables and fruit, and walking and biking more, Watson said.

"We can actually feed all the coming billions of people without destroying another inch of nature," Lovejoy said. Much of that can be done by eliminating food waste and being more efficient, he said.

FOOD & BEVERAGE

Candice Choi, AP Food & Health Writer

MEATSPLAINER: HOW NEW PLANT-BASED BURGERS COMPARE TO BEEF

If you want to skip meat, a new era of options is here. Beyond Meat and Impossible Foods are among the companies racing to tap into the massive U.S. market of meat eaters by more closely mimicking the taste of beef than vegetarian patties of the past. Others are working to grow meat in labs. So are the plant-based patties better for you or for the planet? Here's what you might want to know before taking a bite:

ARE THEY HEALTHIER?

As with many questions about diet, it depends. For better or worse, patties from Beyond Meat and Impossible Foods can be nutritionally similar to beef. Beyond Meat's 4-ounce patty is listed at 270 calories, while Impossible Foods' is listed at 240 calories. Ground beef's nutritional profile can range, but a similarly sized patty with 80% lean meat has around 290 calories.

Protein content is about the same, while other nutrients vary. Some may like that the plant-based patties have fiber, but dislike that they're higher in sodium.

For overall diet, what matters more might be how the patties are served, whether it's at Burger King, White Castle or elsewhere.

At Umami Burger in New York, for example, a burger with two Impossible patties, cheese and fixings tops 1,000 calories. Few would call it healthy, especially if served with fries and a soda.

"People are going to be fooling themselves into thinking these are not just better, but healthy," said Yoni Freedhoff, an obesity expert at the University of Ottawa. People also may not realize the saturated fat content can be similar to beef burgers, he said.

WHAT'S IN THEM?

Beyond Meat's ingredients include pea protein and canola oil. Impossible Food's patties have

AP PHOTO



soy protein and coconut oil. Impossible says its patties have a flavor and hue similar to beef partly because of soy leghemoglobin, a protein the company makes by genetically modifying yeast.

The meat industry, meanwhile, is appealing to people who prefer simpler ingredient lists. "A beef patty is one natural ingredient: beef," says the North American Meat Institute, which represents meat makers.

HOW DO THEY TASTE?

Taste is subjective, but reviews generally say Beyond Meat and Impossible burgers taste similar to meat.

Christian Acosta, who

works in New York, said he's had the Impossible burger several times and can't tell the difference.

"It tastes exactly like meat," he said, while waiting in line to get the burger for lunch.

Unlike with a steak, any discrepancies in taste between beef and the plant-based burgers may be masked by buns, cheese and toppings. Both Beyond Meat and Impossible Foods have also updated their recipes, and may keep doing so to get even more like meat.

HOW MUCH DO THEY COST?

The idea is to eventually make Beyond and Impossible burgers cost

the same or less than beef. For now, expect to pay more.

At a Whole Foods in New York, two Beyond Meat patties cost \$5.99, roughly double the price of two ground beef patties. Impossible burgers aren't yet available in grocery stores. But at a Bareburger restaurant in New York, it's an extra \$3 for either of the plant-based patties.

ARE THEY BETTER FOR THE EARTH?

Experts say reducing overall red meat consumption would be better for the planet. Beef is considered taxing on the environment because of the resources it takes to grow crops to feed cows. Cows also produce the greenhouse gas methane, mostly through burps.

Christopher Field, who is at the Stanford Woods Institute for the Environment and who knows the founder of Impossible Foods, noted people don't have to give up meat entirely to make a

difference, and that pork and chicken have much smaller environmental footprints than beef.

WHAT'S NEXT?

On the horizon is meat grown in labs by culturing animal cells, but it will be some time before people can get a taste. Right now, the solutions used to help cells grow are expensive and limited since they're mainly made for medical therapy purposes, said Bruce Friedrich, executive director of the Good Food Institute, which advocates for meat alternatives.

Still, regulators have taken notice and the meat industry is watching and mobilizing to "protect beef nomenclature." Already, Beyond Meat's debut as a public company may be confirming the meat industry's concerns. Years ago, a beef group had listed Beyond Meat as an issue to watch, according to public records obtained by the Associated Press.

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
11:30 - 14:30 / 17:30 - 23:30



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

巴黎人
— BRASSERIE —
法式餐廳

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: 18:00 - 22:30



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
11am - 1am
T: 8802 2388
Level 1, MGM MACAU

TASTE OF EDESIA

Irene Sam, MDT

BREAKFAST IN STYLE

For most of us, we do not think of breakfast as the most important meal of the day. Some even skip it because time is limited in the morning. However, if one has the luxury of taking it easy for a day and heads to Mandarin Oriental, Macau's Lobby Lounge, he or she will realize that breakfast can actually turn into a feast. Lobby Lounge is already well-known to have one of the best laksas and chicken satays in town, but the excitement does not stop there. During breakfast, they also serve Singaporean and Malaysian delicacies. Roti Paratha- an Indian influence, crispy and flaky flatbread that is found in Southeastern countries- is served with vegetable and beans in a curry sauce. The healthy choice provides a good source of protein and carbohydrate to start the day. For something less healthy but more sumptuously delicious, the Singapore Style Pandan Kaya Butter Bun offers an insane amount of butter hidden between the bread. The sweet and fatty flavors are mixed together to create a combination that will surely wake up an individual who is into soft and creamy textures, but it is

definitely not recommended to those who has a family history of cardiovascular or diabetic issues. Individuals who prefer a breakfast that helps to fight ageing will be delighted at the sight of Berries Power, an antioxidant power meal that includes fruits such as strawberries, blueberries, raspberries and most importantly, açai. Açai is considered a superfood as it has an abundance of anthocyanins, an antioxidant that promotes good cholesterol level.

PLAYFUL AFTERNOON TEA

Whenever you are eating, have you ever imagined that plates are not needed and a table can turn into a playful canvas where food is displayed beautifully and freely? At Mandarin Oriental, Macau's Vida Rica Bar, the Painter Afternoon Tea Set allows the chef to put sauces, macarons, cakes and all sorts of delicious bites right on the table, creating an experience that tantalises the senses and transcends our understanding of what an afternoon tea should be. Despite of all the excitement, the experience is not messy at all as all elements are set securely on the table and one enjoys them all with silverware.



南苑
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



FW RIO GRILL & SEAFOOD MARKET
Tel: (853) 8799 6338
Email: riogrill_and_seafoodmarket@fishermanswharf.com.mo
Location: Cape Town, Macau Fisherman's Wharf

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

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
THAI RESTAURANT

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

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

THE BAR AT THE COUNTDOWN
Level 1, The Countdown 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

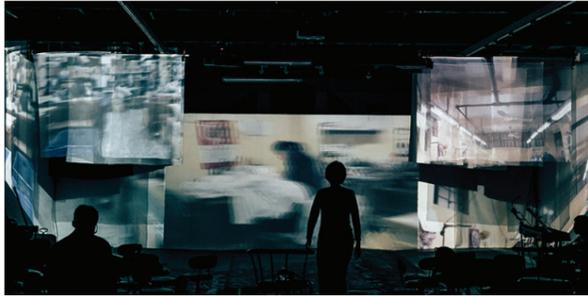


D2
Macau Fisherman's Wharf
Edf. New Orleans III
Macao

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

WHAT'S ON



TODAY (MAY 10)
FAM: READY TO WEAR

In the 1970s and 1980s, the garment industry was one of the backbones of Macau's economy. Big and small garment factories spread across the city, attracting a large number of labourers – mainly female. By mid-to-late 1980s, the garment industry began to decline and was replaced by the gaming industry, which became the economic pillar of Macau. This performance, in the form of a documentary theatre, threads together the everyday stories of the garment workers and their labouring lives, and explores the life and the city of today through the memory of this generation. The Artistry of Wind Box Community Development Association is committed to art promotion targeting different social groups. Through the concept "everyone is an artist", the association aims to increase cultural participation by different social groups, establish a platform and build bridges to integrate art into society.

TIME: 8pm (May 10 & 11)
3pm (May 12)
VENUE: Ox Warehouse
ADMISSION: MOP180
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo/fam
TICKETING SERVICE: (853) 2855 5555
www.macauticket.com



FEAST OF THE DRUNKEN DRAGON

The Feast of the Drunken Dragon is a unique folk festival, celebrated by fishmongers and fishing folk in Macau: it was inscribed respectively in the Macau Intangible Cultural Heritage List and the National Intangible Cultural Heritage List. The centrepiece of the celebrations is The Drunken Dragon and Lion Dance Parade, which starts at Senado Square. The parade is one of Macau's most distinctive cultural traditions, featuring men performing the Drunken Dragon dance while consuming wine and carrying a wooden dragon head and tail. Other highlights of the festival include evening folk performances at Kuan Tai Temple, and the distribution of "longevity rice".

EVENING FOLK PERFORMANCES
TIME: 8pm (May 10 & 11)
VENUE: Kuan Tai Temple
THE DRUNKEN DRAGON AND LION DANCE PARADE
TIME: 9am (May 12)
VENUE: Senado Square - starting point
DISTRIBUTION OF "LONGEVITY RICE"
TIME: May 12
VENUE: 9am (Red Market & Iao Hon Market)
2pm (Kuan Tai Temple)

ADMISSION: Free
ORGANIZER: Macau Fresh Fish Commercial Association
ENQUIRIES: (853) 6653 1633



TOMORROW (MAY 11)
FAM: GOODBYE, LITTLE PRINCE

The Little Prince is worried that his rose on planet B612 might be eaten by the sheep, and together with the Pilot, he tries to find ways to protect it. The two visit various planets and meet different people. After this long journey, the Little Prince understands that "the truly important things are the ones that are invisible". Adapted from the famous novel Little Prince by French writer Antoine de Saint-Exupéry, Goodbye, Little Prince is an immersive theatre with live music. The Old Court Building will be transformed into a small universe where the Little Prince will lead audiences on his journey to different planets to find ways to protect his precious rose. Come and join this magical adventure!

TIME: 2pm, 5pm, 8pm (May 11 & 12)
VENUE: Old Court Building, 2nd floor (no elevator)
ADMISSION: MOP160
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo/fam
TICKETING SERVICE: (853) 2855 5555
www.macauticket.com



SUNDAY (MAY 12)
FAM: RAIN – ANNE TERESA DE KEERSMAEKER AND ROSAS (BELGIUM)

Rain, set to Steve Reich's Music for 18 Musicians (1976), is one of the most mesmerising choreographies created by the Belgian choreographer Anne Teresa De Keersmaeker. Heralded as one of the pioneers in the contemporary dance world, De Keersmaeker returns to two of her great loves in this seminal work: pure dance and minimalistic music. Driven by the pulsating tones by Steve Reich, nine dancers travel across the stage with agility, performing infinite variations of physical freedom and geometrical precision with breathtaking lightness. The mathematical figures, the sustained repetition, the geometric occupation of the space, the art of continuous variation – everything that gradually became the choreographer's signature is pushed to the extreme in Rain.

TIME: 8pm
VENUE: Macau Cultural Centre Grand Auditorium
ADMISSION: MOP120, MOP180, MOP250, MOP300
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo/fam
TICKETING SERVICE: (853) 2855 5555
www.macauticket.com



MONDAY (MAY 13)
FERRARI UNDER THE SKIN

There's a treat in town for all petrolheads, with 10 Ferraris - said to be rare examples of the marque - on show in Asia for the first time, at City of Dreams. The exhibition explores brand-founder Enzo Ferrari's personality; the design and manufacturing process for the cars that have borne his name; the famous clientele and professional drivers that have used them; and the future of the luxury car line. In tracing the development of the marque - from the very first Ferrari, to a Formula One car driven by Michael Schumacher during one of his championship-winning seasons, on to the most powerful hybrid-engine model - the exhibition showcases memorabilia such as original hand-drawn sketches, models and engines. The exhibition is also supported by archive film and recorded interviews.

TIME: 11am-8pm
UNTIL: June 16, 2019
VENUE: City of Dreams
ADMISSION: MOP80
ORGANIZERS: City of Dreams; London Design Museum; Museo Ferrari Maranello
ENQUIRIES: (853) 8868 6688
www.cityofdreamsmacau.com



TUESDAY (MAY 14)
MASTERPIECES FROM THE COLLECTION OF THE NATIONAL ART MUSEUM OF CHINA

2019 marks the 70th anniversary of the founding of the People's Republic of China, the 20th anniversary of Macau's return to the motherland, the 30th anniversary of the Macau Arts Festival and the 20th anniversary of the establishment of the Macau Museum of Art. On this special occasion, Macau Museum of Art and the National Art Museum of China (NAMOC) co-organise this exhibition, featuring nearly 90 works from the collection of NAMOC by famed modern artists, like Qi Baishi, Fu Baoshi, Ye Qianyu and Li Keran. It aims to fully present the development of Chinese fine art during the past 100 years, giving the public a feast for the eyes while providing an opportunity for modern Chinese art researchers to conduct in-depth studies.

TIME: 10am-7pm (No admittance after 6:30pm, closed on Mondays)
UNTIL: July 28, 2019
VENUE: Macau Museum of Art
ADMISSION: Free
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo/fam



WEDNESDAY (MAY 15)
PHOTO-SCRIPTS

After a long career as a lawyer, Macau-based João Miguel Barros has only recently begun to exhibit his work as a photographer. Last year alone he won two international awards. After a six-month run at Portugal's Museu Coleção Berardo, João Miguel Barros is now bringing his "Photo-Scripts" exhibition to town. The showcase features 14 images that tell short stories, ranging from landscapes to portraits, all independent from each other, but which can be read like a book.

TIME: 10am-7pm (closed on Mondays)
UNTIL: June 2, 2019
VENUE: Macau Contemporary Art Center - Navy Yard No.1
ADMISSION: Free
ENQUIRIES: (853) 8988 4000
ORGANIZER: Cultural Affairs Bureau
www.icm.gov.mo



THURSDAY (MAY 16)
ITALIAN RENAISSANCE DRAWINGS FROM THE
BRITISH MUSEUM

The exhibition Italian Renaissance Drawings from the British Museum comprises 52 drawings by 42 different masters, dating from 1470 to 1580, and representing artists working across the Italian peninsula, including Mantegna, Leonardo da Vinci, Michelangelo, Titian, Raphael, and Rosso Fiorentino, among others. Divided into 6 sessions, namely The Human Figure, Movement, Light, Costume and Drapery, The Natural World, and Storytelling, the exhibition explores some of the themes that characterise Renaissance art, starting from the core study of the human form, to explore how artists brought life and dynamism to their compositions through the study of movement, light and shade, and costume.

TIME: 10am-7pm (No admittance after 6:30pm, closed on Mondays)
UNTIL: June 30, 2019
VENUE: Macau Museum of Art
ADMISSION: Free
ORGANIZER: Cultural Affairs Bureau
ENQUIRIES: (853) 2836 6866
www.icm.gov.mo/fam

Sands WEEKEND



SANDS LOVES MACAO

Until 6 June
Sands Resorts Macao

In celebration of Sands Macao's 15th anniversary, simply present your Macao ID or Blue Card and be rewarded with extraordinary privileges crafted exclusively for you and your family. Show your card at selected Sands Resorts Macao outlets to receive 20% off dining, 30% off Cotai Water Jet, 30% off spa, buy-one-get-one free Eiffel Tower, 30% off Qube, and more. Free 3-hour parking at The Venetian Macao, The Parisian Macao and Sands Cotai Central. Come and celebrate with us!

SandsResortsMacao.com/SandsLovesMacao



CELEBRATE LE GOURMAY AT LA CHINE

Until 31 May
Level 6, Eiffel Tower, The Parisian Macao

A Chinese restaurant incorporating intriguing French elements, La Chine is offering diners exquisite freshly shucked Geay oysters, priced at MOP48* a piece or MOP248* for 6 pieces, from Marennes-Oléron, paired with Domaine Vacheron Sancerre Sauvignon Blanc 2017, starting at just MOP108* per glass.

Reservations: +853 8111 9210 or lachine.reservation@sands.com.mo

*Subject to 10% service charge



SAVOUR AL FRESCO DINING AT THE PARISIAN GOURMET FESTIVAL

Until 9 June
Level 7, Eiffel Tower, The Parisian Macao

Join us in celebration of France with friends and family at The Parisian Gourmet Festival, where you can enjoy French food, wine and live entertainment in a vibrant, al fresco atmosphere and more – all on Level 7 of the Eiffel Tower at The Parisian Macao.

Times: 4pm-10pm (Wednesday, Thursday & Sunday)
4pm-12 midnight (Friday & Saturday)

Price: Admission Free
SandsResortsMacao.com/Parisian-gourmet



SHOP, SAIL AND SAVE UP TO 50% ON COTAI WATER JET TICKETS

Shoppers who spend MOP250 or above in a single transaction in any shop at Sands Shoppes can enjoy discounted Cotai Water Jet full fare adult ticket, both Cotai Class and Cotai First, on the same day as the date of the transaction. Spend MOP250-499 for a 15% discount on Cotai Class and 30% discount for Cotai First; spend MOP500-999 for a 30% discount on both classes and MOP1,000 or above for a 50% discount on Cotai Class and Cotai First.

Further details: www.cotaiwaterjet.com/ferry-promotion/2019-retail-new.html



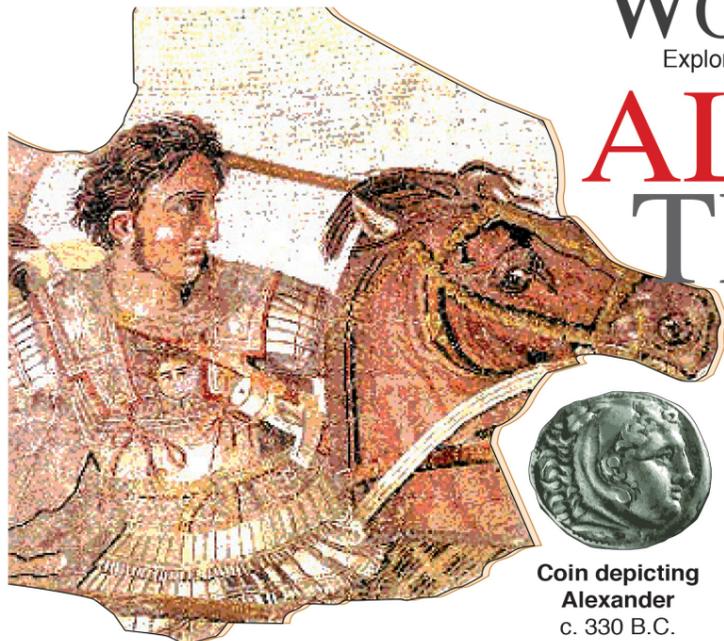
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Sands
RESORTS MACAO



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

ALEXANDER THE GREAT



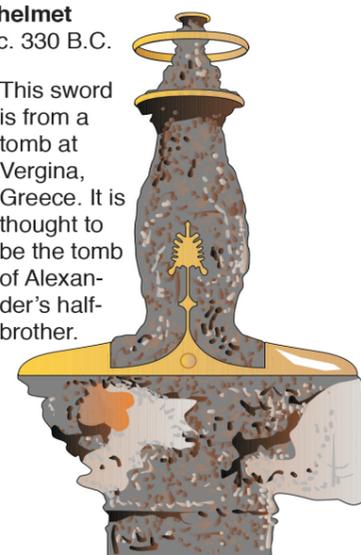
Coin depicting Alexander
c. 330 B.C.

Alexander the Great is considered one of the best generals of all time. As king of Macedonia, he conquered and created an empire that extended from Greece to India.



Macedonian helmet
c. 330 B.C.

This sword is from a tomb at Vergina, Greece. It is thought to be the tomb of Alexander's half-brother.



Artifacts at Vergina

Discovered at modern-day Vergina in 1976, the ancient city of Aegae was the first capital of Macedonia. It was here that Alexander's father Phillip II was assassinated and where Alexander was crowned king. Excavation of the site has revealed a large royal palace and the burial sites of many kings, including the tomb of Phillip II, which was undisturbed.

King Philip II

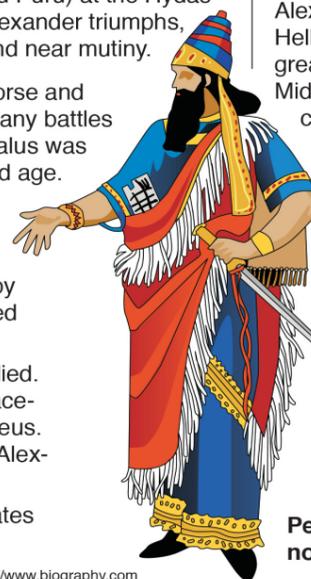
Did you know?

Alexander became king of Macedonia at age 20. Alexander was never defeated in battle. Alexander set the stage for the Hellenistic Age, a time of trade and great interaction among Greek, Middle Eastern and Indian cultures.

Alexander had a reputation as a big drinker, and some theorize that alcoholism contributed to his death.

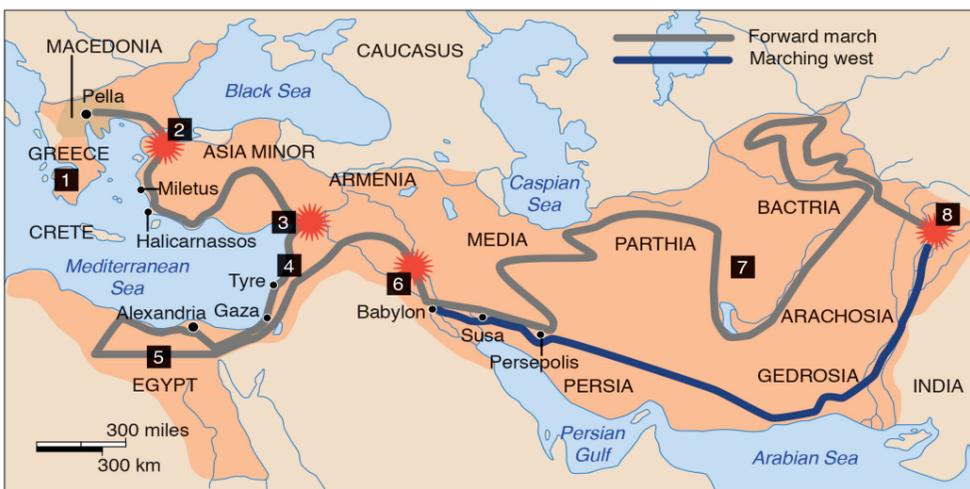
Alexander the Great's military tactics and strategies are still studied in military academies today.

Alexander named more than 70 cities after himself—and one after his horse.



Persian nobleman

Major events and battles of the Macedonian Empire



- 1 Chaeronea:** Leading his father's army, Alexander gains control of Greece in 338 B.C.
- 2 Granicus:** Alexander's first key battle in his plan to conquer Persia takes place in 334 B.C., at the Granicus River, where his cavalry defeats a Persian army.
- 3 Issus:** In 333 B.C., Alexander defeats his Persian enemy Darius III, but he does not capture the king.
- 4 Tyre:** Alexander's army capture key port cities. He builds a 1/2-mile (800 m) causeway to the island of Tyre and uses giant siege machines to terrorize the inhabitants. After seven months of fighting, the Tyrians surrender in 332 B.C.
- 5 Egypt:** When Alexander arrives in Egypt, he is greeted as a hero and crowned Pharaoh because he freed Egypt from the Persians. Alexander founds the city of Alexandria in 331 B.C.
- 6 Gaugamela:** Alexander battles his old enemy King Darius III at Gaugamela and Arbela. The Persian's larger army is forced to retreat into Media. This battle marks the end of more than 200 years of Persian rule in Asia. In 330 B.C., Alexander captures Babylon and the city of Susa. When he reaches Persepolis, he sacks the city, setting the palaces on fire and taking loads of gold and silver.
- 7 Central Asia and the Indus:** King Darius III dies (killed by his own nobles) in 330 B.C., and Alexander becomes King of Persia. On reaching the Indus Valley, Alexander's men refuse to go any farther. In 325 B.C., Alexander divides his troops; some sail west, and others make the long trek to Babylon on foot.
- 8 Hydaspes:** In 326 B.C., Alexander reaches the Indus Valley (now Pakistan). He fights King Porus (also called Puru) at the Hydaspes (Jhelum) River. Alexander triumphs, but his army is tired and near mutiny.

Bucephalus

According to legend, as a young boy, Alexander tamed a wild horse and named it Bucephalus. Alexander is said to have ridden him in many battles and across his empire into India. Some stories say that Bucephalus was killed in Alexander's last battle; others claim the horse died of old age.

In the end

In the spring of 323 B.C., Alexander became ill with a fever, the cause of which is debated. Weakened by fever, exhaustion and earlier wounds, Alexander died on June 11, 323 B.C., at the age of 32.

Alexander's wife Roxanne was pregnant when he died. She gave birth to Alexander IV, who jointly ruled Macedonia with Alexander's half-brother Philip III Arrhidaeus. Philip III was murdered in 317 B.C., and the young Alexander was killed a few years later.

The empire fell apart and separated into various states ruled by several of Alexander's generals.

Mosaic detail, Alexander at the Battle of Issus c. 200 B.C.

A prince is born

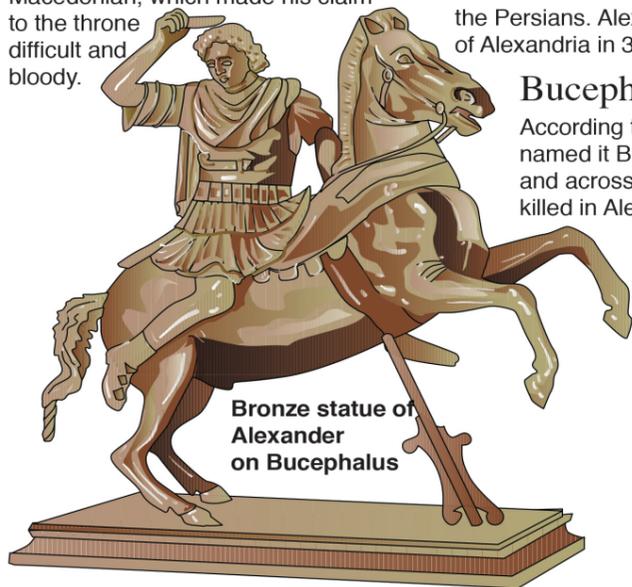
Alexander has inspired many stories, and it can be difficult to separate truth from fiction. Alexander III was born in 356 B.C. in Pella, the capital of ancient Macedonia, to King Philip II and Olympias, princess of Epirus.

Early days

Alexander's mother said that the Greek hero Achilles was her son's ancestor, and his father, King Philip II, claimed to be a descendant of Hercules, son of the god Zeus. Apparently, being related to such legendary figures had a strong influence on Alexander because he became a hero and legend in his own right.

The ancient Greeks believed that a good education included developing the skills of both the body and the mind. Alexander had the great advantage of being tutored by the famous philosopher and scholar Aristotle. Alexander was also trained in sports and warfare. At the age of 16, Alexander was thought to be mature enough to be regent of Macedonia while his father was attacking Byzantium.

Alexander was only half-Macedonian, which made his claim to the throne difficult and bloody.



Bronze statue of Alexander on Bucephalus

SOURCES: World Book Encyclopedia, World Book Inc.; <https://www.history.com>; <https://www.ancient.eu>; <https://www.historyhit.com>; <http://www.historyofmacedonia.org>; <https://www.biography.com>

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