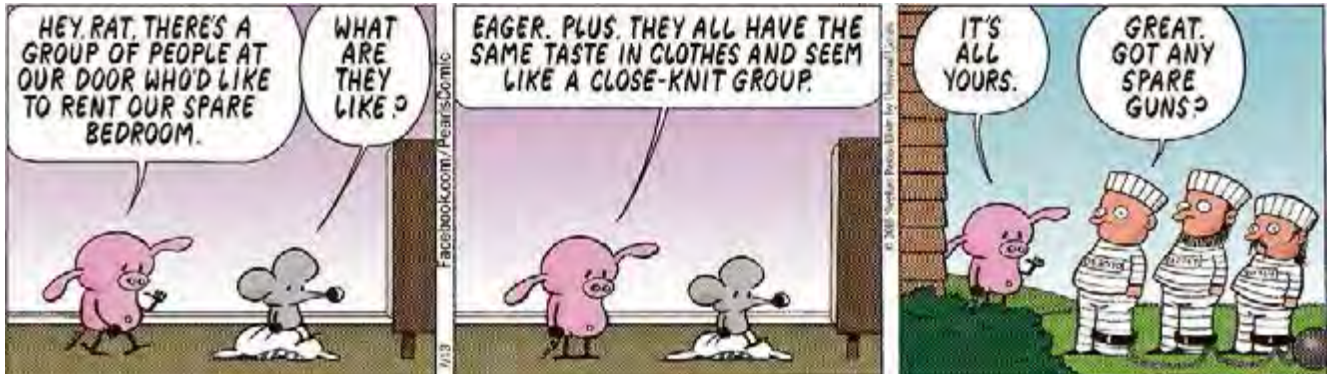


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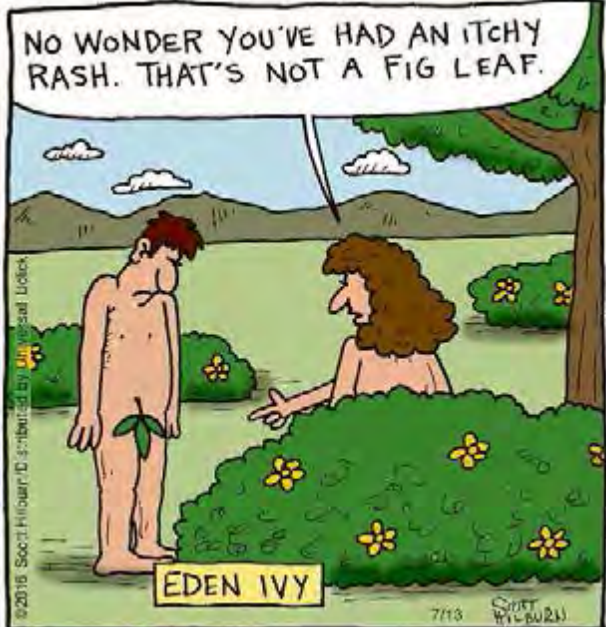
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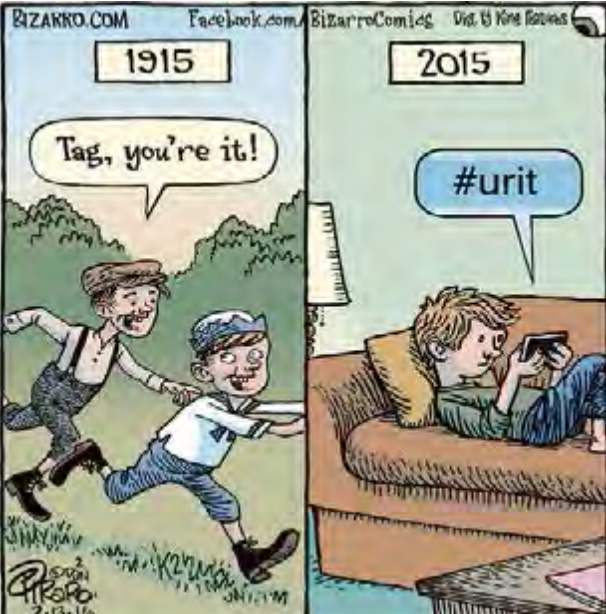
CLASSIC PEANUTS



THE ARGYLE SWEATER



BIZARRO



H1

FROM PAGE 1C

KITCHEN

millet and amaranth. Known for its nutritional qualities, quinoa contains all nine essential amino acids, meaning it's a complete protein. Other key benefits: 1 cup cooked quinoa contains 8 grams protein and 5 grams fiber.

Cooking tiny, disc-shaped quinoa is, for the most part, easy. Once cooked, quinoa becomes soft and the flavor somewhat nutty. But before cooking quinoa, it's recommended that you rinse it first under cool water. Place the quinoa in a fine mesh strainer and rinse with cool water. Rinsing rid's quinoa of the saponin, which is bitter, that coats the seed.

You can also toast the quinoa before cooking. Doing so will enhance or intensify quinoa's nutty flavor. To toast, rinse the quinoa first in a few changes of water. Add it wet to a dry skillet and toast, while stirring, until it begins to turn golden.

But there are other schools of thought on rinsing and toasting quinoa. According to the makers of I Heart Keen-wah snacks, most quinoa is sold prerin'sed. So, on their website www.iheartkennwah.com, they recommend toasting and then rinsing, saying that quinoa "won't roast as well if it is soggy and not fully dried."

Although quinoa cooks quickly, it still retains a little crunch. To tell if it's done, look for the slight white crescent-shape to appear.

To cook 1 cup of quinoa to serve as a side dish, place it in 2 cups of water and bring to a boil. Reduce the heat to low, cover and cook until the liquid is



SUSAN SELASKY TNS

Quinoa Tabbouleh. Known for its nutritional qualities, quinoa contains all nine essential amino acids.

Quinoa Tabbouleh

Yield: Serves 8 as a side dish

From "Fit Fuel: A Chef's Guide to Eating Well, Getting Fit and Living Your Best Life" by Robert Irvine, (Irvine Products, \$29.99). Tested by Susan Selasky for the Free Press Test Kitchen.

- 1 pound raw quinoa
- 1 1/2 quarts water
- 1/2 cup lemon juice
- 1/4 cup olive oil
- 3/4 cup grapeseed oil
- 2 cups diced tomatoes
- 1/2 cup finely chopped mint
- 3/4 cup chopped curly parsley

- 1 bunch green onions, washed, ends removed, sliced thin
- Sea salt and freshly ground black pepper to taste
- Pita or lavash bread, optional

Place the quinoa in a fine mesh strainer and rinse with cold water. Place the quinoa in a medium saucepan and add the water. Bring to just a boil, then reduce heat to low. Cover and continue to cook for 10-12 minutes, or a few minutes longer for softer textured quinoa.

Meanwhile, make the vinaigrette. In a glass measuring cup, whisk together the lemon juice, olive oil and grapeseed oil; set aside.

Once cooked, transfer quinoa to a large bowl and add the tomatoes, mint, parsley and green onion. Pour the vinaigrette over the salad, and toss to coat. Season with salt and pepper and, if desired, serve with pita or lavash bread.

absorbed and the seeds are tender, about 15 minutes.

Like many grains, quinoa is a great addition to summer salads or mixed with some of summer's bounty and served as a side dish. You can use quinoa as the main ingredient in a salad or add it to potato salad or a mixed greens salad. When using quinoa in salads, I find a vinaigrette works

better than a creamy dressing. The tiny seeds tend to get lost in creamy dressing-based salads.

After a holiday weekend of potato and pasta salads, this quinoa tabbouleh hit the spot. The dressing is citrus-based, and the salad has all the typical additions of traditional tabbouleh. Serve it as a side salad or with pita or lavash bread.



VICTORIA PESCE ELLIOTT For the Miami Herald

Use a cast-iron skillet to sear the meatballs, then finish cooking them in tomato sauce.

RECIPES

How a mother's meatball recipe moved readers

Victoria Pesce Elliott's essay tribute to her late mother's meatballs named Association of Food Journalists finalist

Pesce Elliott shared her mother's recipe in the Miami Herald

She has been a Miami Herald food critic since 2000

MIAMI HERALD STAFF

When her father called because her mother couldn't remember the recipe for meatballs she had been making her whole life, Victoria Pesce Elliott knew something was wrong.

"Mom is sick," Pesce Elliott wrote. "This is Dad's way of telling me he is scared. That he has known for a long time but could not say. She has the same thing that took Grandma," Pesce Elliott wrote.

That November 2015 article — and the meatball recipe she shared with Miami Herald readers to immortalize her late mother, Eleanor — was selected a finalist for Best Food Essay by the Association of Food Journalists. Winners will be announced at the annual awards ceremony in Seattle on Sept. 21.

Pesce Elliott, a freelance restaurant critic for the

Miami Herald since 2000, sits on the Restaurant Review Committee of the James Beard Foundation, which administers the annual awards for chefs and restaurants around the country. She shared her story a month after Eleanor Pesce died in September 2015.

Eleanor Pesce ran a mini real estate empire, developing property from Hialeah to Hollywood, including the site of the original Sedano's supermarket on East 41st Street in Hialeah. But on the same dining room table where she conducted her business dealings, she set forth banquets for her family, including the meatballs that were part of her legacy. Pesce Elliott shared it with the Herald's readers.

"There will be no more meatballs. Not hers, anyway," Pesce Elliott wrote. "No matter how many times I make them, they cannot be as good as hers."

Read Pesce Elliott's full story at MiamiHerald.com.



Eleanor Pesce.

Mom's Meatballs

Recipe by Eleanor Pesce

- 1 pound ground beef
- 1/2 pound ground veal
- 1/2 pound ground pork
- 5 cloves minced garlic
- 1 1/2 cups freshly grated parmesan cheese
- 1/4 bunch Italian flat-leaf parsley (about 1/4 cup chopped)
- 2 large eggs
- 1/2 loaf (about 1 cup) day-old Italian bread
- 3/4 cup milk for soaking bread
- 1/2 cup seasoned Italian breadcrumbsSalt and pepper
- Bowl of clean water for dipping hands while forming meatballs
- Enough olive oil for frying (at least 1 cup)

If you have a butcher who will grind the meat for you, have him combine the beef, veal and pork in the grinder. If not, mix the meats together in a large bowl. Add the garlic, cheese and parsley. Beat the eggs and add them to the mix. Gently mix with your hands. Break the bread into bite-size pieces and let soak in the milk until soft. Add the softened bread and milk to the mix. Add breadcrumbs. Salt and pepper aggressively. With an ice cream scoop or a large spoon dunked in water, form meatballs dipping hands into the water each time so the meat is smooth and wet as you roll it.

Heat 1/2 cup of the olive oil in a large skillet, preferably a cast iron one. Fry one marble-size meatball to taste for seasoning. Add more cheese, salt or pepper as needed. Fry meatballs four or five at a time. Do not crowd the pan. Turn them gently so that all sides brown to a nice golden color. They will still be pink in the center. Do not overcook them. They will continue to cook in tomato sauce. Let them drain on layers of paper towels until they are ready to go for a swim in sauce.

Yield: About 18-24 meatballs

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On European trip, consider visiting islands in Denmark, Sweden or the Mediterranean

Stockholm offers spectacular island escapes

Mykonos and Santorini are classic Greek island stops, but don't overlook Hydra

BY RICK STEVES
www.ricksteves.com

There's nothing like an island break in the middle of your travels to really make you feel like you're on vacation. Some of my most vivid travel memories are recharging on an island, where time seems to slow down, and the only

thing on the agenda is finding the perfect perch for watching the sunset.

Denmark's Ærø Island is one of my favorite island getaways. This sleepy, 6-by-22-mile isle near the German border is a peaceful and homey place, where baskets of strawberries sit for sale on the honor system in front of farmhouses. I enjoy biking into the idyllic countryside, past farms

and windmills, struggling uphill to the island's 2,700-inch-high summit, then winding down past a fine 12th century church, a 6,000-year-old burial place, and a little brewery.

If I time it right, I arrive at the beach — just past the main town of Ærøskøbing — before the sun sets. Along the beach is a row of Monopoly-sized huts, each lovingly painted and carved, stained with generations of family fun, sunsets and memories of pickled herring on rye bread. I'll never forget picnicking with the mayor of Ærøskøbing here, watching happy children splash in the water as the late summer sun sank heavy and red into...whatever Danish sea was out

there. As the shrimp and wieners sizzled on the hibachi, the mayor strummed his guitar and taught us Danish sea chanties.

To Denmark's north, Stockholm offers more spectacular island escapes. Part of an archipelago, Stockholm is surrounded by both the sea and a large lake, with an amazing playground of islands stretching 80 miles from its center. Of the thousands of islands, more than a hundred are served by ferries.

One of the joys of a trip to Stockholm's Archipelago is to grab a perch on the breezy sundeck with Swedes as they enjoy their island wonderland. A popular destination

On Denmark's Ærø Island, a row of tiny huts — each different, but all stained with merry memories of locals enjoying themselves Danish-style — faces the sunset. Below, memorable seaside views, whitewashed homes scrambling up the hillside, well-worn harborside cafés perfect for lingering — and no cars — all combine to make Hydra an ideal Greek isle.

is Vaxholm, an hour away, with a well-preserved fortress just off its busy harborfront and a charming old town.

For an even more remote destination, ride a couple of hours past Vaxholm, to the island of

SEE PAGE 2



RICK STEVES

CHEAPO TRAVEL

Big Apple needn't take a big bite out of travel budget

New York City is an expensive but popular destination

Here are 12 ways to save money, but still have a great time

BY MARLA JO FISHER
The Orange County Register

You already know New York City is one of the world's most-expensive destinations, but most of us want to go there anyway, right?

If you're headed there, here are some tips on how to save:

Avoid tourist pass: I was suckered into spending hundreds on tourist passes offering free visits to lots of attractions, plus a ride on the double-decker tourist buses, when I took my teens to New York, but I quickly came to regret it. When you're on those buses, you are part of an obnoxious blight riding around the city with a microphone blaring out the attractions. We quickly abandoned the buses and just walked or took a taxi or subway. Later, I discovered that quite a few of the at-



SETH WENIG AP



METROPOLITAN MUSEUM OF ART AP

The Staten Island Ferry offers breathtaking views of both the Manhattan skyline and the Statue of Liberty. The free ferry runs 24 hours a day. At left, the painting collection at The Cloisters Museum includes 'The Annunciation Triptych, ca. 1425' by Robert Campin and Assistant.

tractions I thought I was saving on could be accessed either free or nearly free anyway. Read on, and then decide. If you do buy anyway, spend some time

shopping around because there are a lot of deals out there.

Take Staten Island Ferry: For a great postcard view of the Statue of Liberty, plus a

25-minute-long harbor tour with views of the Manhattan skyline, you can't do better than this free trip to Staten Island. Did I mention that it's free both ways? You've seen this ferry in countless movies

and TV shows. It runs 24 hours a day, seven days a week. It's most enjoyable when it's not crammed with commuters at rush hour. The Manhattan terminal is at 4 Whitehall St., New York. siferry.com.

See Metropolitan Museum: Did you know the Metropolitan Museum of Art does not have an admission fee? Instead, it's by donation. You can pay what you like, every day of the week. There's a big sign in front listing a "suggested donation" of \$25, but only the tourists pay that. The city subsidizes the museum, and as a result, visitors can pay as little as one cent to get in. You choose how much to give, when you get to the ticket booth, even one penny. If you have a dollar bill or a few in your hand when you get to the front, just hand it to the ticket-taker, you won't look like a cheapskate. Yeah, they might give you the stink eye, but only 11 percent of the Met's annual budget comes from visitor fees, so don't feel too badly. Don't believe me? CheapInTheCity.com

Natural History Museum, too: Same deal as the Met. They want you to pay the "suggested donation" of \$22 (ouch) but you can pay what you wish. Buy your tickets at any admissions desk in the museum. You can't buy tickets online with this deal, you must

SEE PAGE 2



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TRAVEL TROUBLESHOOTER

Hotwire says I was a ‘no-show,’ and my refund hasn’t shown up

Q: I have had a very tough time dealing with Hotwire to be reimbursed for a flight that was canceled due to bad weather, and I am hoping that you can help me. I was scheduled to fly round-trip from Denpasar, Bali, to New York earlier this year. The flight, operated by Garuda Indonesia and Qatar Airways, was purchased through Hotwire. When I arrived at the airport in Denpasar, I was told that I would not be able to take the flight because of the blizzard in New York.



BY CHRISTOPHER ELLIOTT

I asked to take the first flight – I had a layover in Qatar – but was told that since the second leg of my trip was canceled, I could not take any part of the trip. I left the airport and attempted to call Hotwire to reschedule my flight the

following day. I finally got through to Hotwire and was told that the only flight option for the next three days was a \$5,000 ticket through Paris. I declined to take this option and instead booked a one-way ticket to New York through Orbitz. When I arrived in the U.S., I called Hotwire a dozen times over a two-month period. Each time I called, I spoke to someone different and was given different information about a refund, whom I needed to speak to, and even which airline controlled the refund. I was told several

times that I was marked as a “no-show” for the flight. The last time I called, I was told that since I was marked down as a no-show, I’d have to prove that I wasn’t allowed to board the flight in Denpasar. I’m really lost as to what to do at this point. I’m very tired of calling and receiving different information and instructions. I did not take the return flight because I was told that since I was a “no-show,” the entire reservation was canceled. I would really like a full refund for this ticket.

– Rachel Abott, Baltimore
A: If your flight was canceled, you deserved a full refund — no questions asked. You say you were marked as a “no-show” on the outbound flight, but it’s difficult to say which airline had marked you as absent, and at what point in the journey it happened. When a customer no-shows, the entire fare is forfeited. That’s not just a Garuda or Qatar thing, it’s an industry-wide policy. When you miss a flight, you lose it all. It looks as if you spent way too much time on the phone with Hotwire. I note that you had a paper trail, which is good. I recommend relying on that documentation by escalating it to a supervisor at Hotwire — I publish the names and numbers of them on my consumer-advocacy site (<http://elliott.org/compa->

ny-contacts/hotwire/) — and letting that person worry about your missing refund. After all, Hotwire is your travel agency. Your circumstances were special. You were working with two airlines, a weather-related cancellation that may not have been recognized by all parties as a weather cancellation, and an online travel agency that seems ill-equipped to handle a complex itinerary and refund. Hotwire is great for simple, point-to-point domestic flights where you want to save money, but the more complex the itinerary, the more you need to consider a human travel agent. Hotwire agreed to refund the full \$950.

Christopher Elliott is the ombudsman for National Geographic Traveler magazine. Email him at chris@elliott.org.

FROM PAGE 1

ISLANDS

Svartsö, with 80 year-round residents. Renting a bike is a fine way to see the island. Within moments you’re out in the countryside, immersed in pastoral farm land and pristine nature. At the end, stop at the excellent restaurant. I requested the house specialty and was overwhelmed with the bounty of the Baltic. While northern Europe has plenty to offer, the Mediterranean is what most people envision for “island getaway.” But be warned: Mediterranean islands can be unpleasantly crowded and expensive in summer. Countless islands sit off Croatia’s Dalmatian Coast, stretching north from Dubrovnik. Two good destinations are Hvar and Korčula, both with rugged limestone

scenery, historic port towns, pebbly beaches and crystal-clear water. Hvar is glitzier, while Korčula is sleepier — more salt of the earth. In either place, enjoy strolling the back streets, try to listen to some klapa — Dalmatian folk music sung a cappella — and savor island life over a cup of bijela kava (white coffee). Touristy Mykonos and Santorini are classic Greek island stops. But my favorite is Hydra, less than two hours by ferry from Athens yet a world apart. One of the island’s greatest attractions is the absence of cars and motorbikes. Instead, donkeys do the heavy hauling today just as they have through the centuries. Hydra is one of the prettiest towns in Greece. Its superb harbor is surround-



Stockholm and the Archipelago.

ed by an amphitheater of rocky hills, covered in a maze of narrow, cobbled streets, flanked by white-washed homes. The clutter of red-tiled roofs looks like a sloppy pile of Triscuits tumbling up the hill away

from the harbor. The beauty of a Hydra day is that there is no need for an agenda. Your wake-up call is a chorus of tinny church bells, which sound like dinner triangles on a cowboy ranch. The bells also seem to call the barnyard awake: dogs, roosters, a million baby birds cry for breakfast, and old burros snort, clearing their sinuses. You can spend the day exploring the town and museums, hiking to nearby

villages and beaches, or circling the island by boat. But I do have one ritual: At day’s end I walk 15 minutes along the coastal path to the rustic village of Kaminia, with its pocket-sized harbor that shelters the community’s fishing boats. On the bluff just above is Kodylenia’s Taverna, where owner Dimitris takes his boat out early in the morning to buy the day’s best catch directly from the fishermen, before they come back to port. Here, with a glass of ouzo and some munchies, as the sun slowly sinks into the sea and boats become silhouettes, you can drink to the beauties of an island escape. Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

FROM PAGE 1

TRAVEL

buy in person. My teens loved this museum, across the street from Central Park. Amnh.org.
Guided stroll in Central Park: One of New York City’s great free attractions is Central Park, with scads of things to do. There’s a lake, boathouse, bridle path, Shakespeare garden, “castle” and more. I liked the John Lennon memorial at Strawberry Fields, on the west side near the Natural History Museum. The Central Park Conservancy offers free guided Thursday evening strolls July 7-Aug. 18. centralparknyc.org.
Free concerts and more: Get brochures and read oodles of information about things you want to know on the New York City Tourist Authority website at nycgo.com. There’s a list of free summer concerts, maps and guides, and lots more.
Tour Grand Central Terminal: This iconic landmark is indeed grand, and also free to visit. And you can take a free walking tour of the neighborhood every Friday at 12:30 p.m. that explores Midtown East sites such as the Whispering Gallery in Grand Central Terminal, the

Chrysler Building, Pershing Square and more. You don’t need tickets or reservations, just show up at the sculpture court at 120 Park Ave. Sponsored by the Grand Central Partnership. grandcentralpartnership-nyc.org.
Guggenheim for a penny: Saturday is “pay what you wish” night at the famed Solomon R. Guggenheim Museum of art, perhaps most noted for its remarkable architecture by Frank Lloyd Wright. From 5:45 to its 7:45 p.m. closing, pay as little as one cent to get in. (You can ignore the “suggested donation” of \$10.) The line starts forming at 5:15, and the last ticket is issued at 7:15. Regular daily admission is \$25. Visit guggenheim.org, and search under Plan Your Visit.
Get a free city tour: This is the coolest thing ever: Sign up at least three weeks in advance to get a free personal tour from a volunteer who lives in and loves New York City, through the Big Apple Greeters program. My friend gives these tours for fun. You’ll meet a real resident! You can request a neighborhood, or leave it up to them. No tipping

required, but they will request a donation to support the organization. bigapplegreeter.org.
9/11 memorial for free: This is a somber memorial, not an attraction. But note that the Lower Manhattan site of the destroyed World Trade Center is free to visit, open daily 7:30 a.m.-9 p.m. Now, the adjacent museum is not free. You’ll have to buy a ticket for that, except on Tuesday evenings when it’s free 5-8 p.m. (A limited number of free tickets can be reserved online in advance.) But the memorial site costs nothing. It includes the names of everyone who died in terrorist attacks Feb. 26, 1993, and Sept. 11, 2001, listed in bronze around a pair of memorial pools. There’s a 9/11 Memorial mobile app available. 911memorial.org.
Skip Times Square: OK, so you have to cruise through here just to gawk at the giant billboards, then get out fast. And don’t go when you’re hungry, there’s nothing but overpriced chain restaurants. This made my readers list of worst tourist traps in America. You’ll save a lot of money by avoiding it.
Visit The Cloisters: This is a hidden gem I discovered when a local took me there. Operated by the Metropolitan Museum, The Cloisters is a medieval-style building entirely devoted to medieval art, gardens and architecture, with sculptures, paintings, stained glass, illuminated manuscripts and more. If you want to feel like you’ve stepped back in time, go here. Your Met ticket gets you in free same-day here, or it’s the same “pay as you wish” policy as the main museum. It’s located in Fort Tryon Park. metmuseum.org/visit/met-cloisters.
Got a travel tip on how to save money? Send it to me. If I use it, I’ll give you credit. Contact Marla Jo Fisher: mfisher@ocregister.com



KATHY WILLENS AP

The famous opalescent clock is in the center of the main concourse in Grand Central Station terminal, one of its finest examples of Beaux Arts architecture in America.

IN THE SPOTLIGHT

Debi Mazar plots culinary future

BY NEKESA MUMBI MOODY
Associated Press

Debi Mazar and her brood spend at least a month in Tuscany each year, but if the *Younger* actress had her way, the region would be a far more permanent fixture in her life. “If I didn’t have children in American schools, I would leave tomorrow,” the New Yorker says. While the charms of the Italian region are obvious, it’s more personal for Mazar: It’s where she met her husband, chef Gabriele Corcos, the inspiration for the couple’s Brooklyn restaurant, Under the Tuscan Gun, and where they hope to open a culinary school and bed and breakfast. The couple’s dreams are an extension of the success they’ve had as a culinary couple: Their Cooking Channel show, *Extra Virgin*, in which the entire family played comedic supporting roles to whatever dish was the star for that episode, gave Mazar a new identity outside of her acting one. She hopes to expand that with a lifestyle brand, and more recently, she became a spokeswoman for cooking vinaigrette Soy Vay’s talking recipes on its website. But Mazar also remains committed to her acting career, noting it will always be her first love and career priority: Season three of the sitcom *Younger* debuts in September on TV Land. **Do you like to use a lot of tech stuff in the kitchen?** No, I don’t use any tech stuff in the kitchen. I know how to cook. But the difference is ... I like to use tech stuff every place else. I have one good knife that I love ... I have a cutting board. I like to use my hands a lot. I also like to use cookbooks. I like to get inspired. ... When I cook a recipe of Cuban Ropa Vieja, I feel like I’m going on vacation. **“Extra Virgin” ran for six years. What’s next for you and your husband in front of the camera?** We are in the middle of writing again, and we are about to go out and sell a new show. ... We’re also trying to open up a bed and break-



RICHARD SHOTWELL AP

fast in Italy and a cooking school. ... We have the property so we’re working on that, so we have a lot of irons in the fire. ... We’re nurturing and just growing everything from the ground up. It’s very much the natural progression of our brand. Nothing is forced, it’s what we believe and it’s what we live, and we’re trying to be true to what we like and want to share with people. **How will the new cooking show be different?** That I can’t tell you, because it’s not here yet, but it won’t be the same thing as before, and we’re still in the process of kind of figuring that out ourselves, but we have a couple of ideas. ... I created the format for the Cooking Channel; it had never been done before, a docu-show. It wasn’t reality, it was completely scripted, completely created in the sense that you weren’t seeing my personal business. You were seeing parts of my life, but there were no fights, no meltdowns; the food was the star, not me. **Did your daughters [Evelina, 14, and Giulia, 10] enjoy doing it?** They were young when they started. I think it was really natural. ... Giulia, she loves being on camera, the other one loves to be a food critic and taste. ... Whether or not they’re going to be included in my next round of food or entertainment remains to be seen.



TV chefs: Debi Mazar and Gabriele Corcos make spaghetti on ‘Extra Virgin’ on the Cooking Channel.



Sophie (Ruby Barnhill) befriends a big friendly giant (Mark Rylance) in ‘The BFG.’

WALT DISNEY

THE BFG (PG) ★★ ★★

Spielberg and Dahl go well together in ‘The BFG’

BY KATIE WALSH
Tribune News Service

It makes sense that the sensibilities of Steven Spielberg and Roald Dahl would someday collide, as they do in Spielberg’s adaptation of Dahl’s *The BFG*. Both artists often tell stories about misunderstood children finding connections with misunderstood, fantastical, alien creatures. They have a knack for drawing out the dark and maudlin aspects of childhood, the loneliness and isolation, as well as the capacity for wonder and amazement, the sheer possibility of anything and everything. That dreamy wonderment is the best part of the filmed *The BFG*, a slow haze that creeps over you unsuspected.

The film is a faithful translation of Dahl’s book, with the late screenwriter Melissa Mathison (*E.T. the Extra-Terrestrial*) ably bringing Dahl’s nonsensical language of the Big

Friendly Giant to cinematic life. Mark Rylance, who won an Oscar for his portrayal of a Soviet spy in Spielberg’s 2015 film *Bridge of Spies*, wonderfully inhabits the CGI character of the BFG, a gentle giant, the runt of his pack, who spends his time catching dreams and blowing them into bedrooms at night. His hillbilly British accent and creative, “squiggled” word combinations spin you up into Dahl’s inimitable style, honed by Mathison.

Opposite Rylance is the precocious Ruby Barnhill as Sophie, the orphan who spies him from her window at night, and whom he spirits away to Giant Country to keep his secret. The lonely, imaginative and smart Sophie finds an adventure in the BFG, a friend, a protector, and in Sophie, the BFG has something outside of his own curious existence to live for. Theirs is a specific kind of friendship, finite, contained from the outset. One does wish that it

wasn’t shot so much with the affectionate gaze of a traditional romance story though.

Sophie sparks a great “rumpeldumpus” in Giant Country. Her presence is quickly sniffed out by a rugby team of massive giants, with names like Fleshlumpeater and Bloodbottler, slumbering under sod blankets outside the BFG’s stone door, hungry for human beings. Under attack, she urges her new friend to stand up to the bullies, and even escorts him right to The Queen’s palace for a chat about giant-human diplomacy.

There’s a sweet magic in the film’s style, particularly in the twinkling aurora borealis firefly light of BFG’s dream workshop, where he collects and labels the dreams that he disperses. But there’s also a softness to the dramatic arc of the film, which doesn’t so much march forward as it wafts along, with rather low stakes and all-too-easy resolutions.

Movie Info

Cast: Mark Rylance, Ruby Barnhill, Penelope Wilton, Rebecca Hall, Rafe Spall, Bill Hader, Jemaine Clement.

Director: Steven Spielberg.

Screenwriter: Melissa Mathison. Based on the book by Roald Dahl.

A Walt Disney Studios release. Running time: 117 minutes. Action/peril, rude humor. Playing at area theaters.

There are a few physical comedy bits that go on too long, and explosive green fart humor that does happen to be native to the original text. The third act that departs Giant Country for Buckingham Palace is probably the funniest, but the fish-out-of-water routine goes for broad, easy laughs, and abruptly severs the sense of ethereal incredulity within the world of the giants.

The most effective moments of *The BFG* are the ones that hit home with wistful emotion, but surprise with the possibilities of magic in connections — those moments that Spielberg and Dahl have defined for a generation.



A24 FILMS

Paul Dano and Daniel Radcliffe are strange friends in ‘Swiss Army Man.’

SWISS ARMY MAN (R) ★★ ★★

A buddy comedy, with a twist

BY JEANETTE CATSOULIS
The New York Times

Weird and wonderful, disgusting and demented, *Swiss Army Man* is about how one man’s dead body nudges another man back to life. Impossible to categorize, this stunningly original mix of the macabre and the magical combines comedy, tragedy, fantasy and love story into an utterly singular package that’s beholden to no rules but its own.

As such, it demands complete surrender to a vision that veers from bewitching to irritating, sometimes within the same scene. Pay no attention to the frayed and porous plot; pull on a loose thread, and the spell will unravel. And we need that sorcery if we’re to inhabit the fractured mind of Hank (Paul Dano), a seemingly long-time castaway who’s about

to end his misery when a business-suited body washes up on the beach in front of him.

Gassy, soggy and glassy-eyed, the corpse (played by Daniel Radcliffe in what has to be the most uncomfortable role of his career) delights Hank, who names him Manny and resolves to care for him. What follows is a bizarre buddy movie as Hank hauls his flatulent friend across beach and through forest, and when Manny begins to talk, his innocently absurd questions about the workings of his body become a way for Hank to escape the pain in his head.

On paper, this can all sound unbearably precious. What makes it work, however, is a synchronicity of acting and music, photography and special effects, from which the directors, Daniel Kwan and Daniel Scheinert (known as Daniels), whip up an atmos-

Movie Info

Cast: Paul Dano, Daniel Radcliffe.

Writers-directors: Daniel Kwan, Daniel Scheinert.

An A24 Films release. Running time: 95 minutes. Vulgar language, nudity, adult themes. Playing at area theaters. Directors Daniel Kwan and Daniel Scheinert will participate in a Q&A via Skype at a screening this weekend at O Cinema Wynwood, 90 NW 29th St. For details, visit www.o-cinema.org or call 305-571-9970.

phere of effluvial enchantment. Some of their sequences sigh with romance, like Hank’s woodland re-creation of a city bus ride, using stray branches and random trash. Still others, as when Hank flies across the waves perched on Manny’s exuberantly farting torso, buzz with bonkers energy.

Dipping and soaring in tandem with the marvelously melancholic music of Manchester Orchestra’s Andy Hull and Robert McDowell, *Swiss Army Man* never seems sure where it’s going or when it will get there. Like the knife given a nod in the title, Manny’s floppy carcass is a multipurpose pose survival tool of therapist, water fountain, fire starter, Jet Ski and even compass. (“I think your penis is guiding us home,” Hank says, marveling at Manny’s twitching organ — a trick that the directors have used before in at least one music video.)

Contrivances like this can feel overdone. Yet as reality and illusion jostle for control of the frame, the movie shapes a tenderly empathetic portrait of a man whose loneliness runs so deep that even a friend who’s a stiff is better than no friend at all.

BY LUAINEE
The Associated Press

AS SEEN ON TV

Jay Leno likes stories more than cars

Since he left *The Tonight Show*, comedian Jay Leno has been gathering no moss. In fact, he’s been a rolling stone at 120 mph, piloting one of the unique cars in his collection. He admits to owning “about 135,” as well as 117 motorcycles, and is sharing that passion in *Jay Leno’s Garage*, airing 10 p.m. Wednesdays on CNBC.

Though he has everything from a 1941 fire engine to several Duesenbergs, it’s not so much the car that snags him. It’s the story.

“They are not all valuable cars,” he insists. “I’m a huge Corvair enthusiast. I love Corvairs. It’s the most European car ever made, and you can buy them for \$1,500. So it’s not like it’s all Lamborghinis and Ferraris. I don’t even own a Ferrari. It’s not that. It’s just interesting.”

The comedian remembers when a 93-year-old man phoned, insisting that the reluctant Leno look at his 1967 Chrysler Imperial. He lived on Sunset Boulevard, near the Beverly Hills Hotel. “So I go to his house, it’s a

long driveway. It’s like William Holden, like the movie [*Sunset Boulevard*]. And I pull in. And he’s 93, and he’s outside. And he’s got on a smoking jacket and an ascot. And he’s got with him a guy about 70 with white hair who is his mechanic, who’s serviced his car at his house every month since 1967.

“And it turns out he was a movie producer. And he made African-American films for African-American audiences. And he had, like, the black James Bond, the black Gene Autry. And he was married to a starlet, who was a starlet back in the ’40s. And, of course, I went into the house. And she won’t come out because she’s a starlet. So she’s in the bedroom. I’m talking to her through the wall. I mean, it’s hilarious.

“So then, I go, ‘Well, show me your ’67 Chrysler Imperial.’ So he opens the garage door, and it’s a brand-new ’67 Chrysler Imperial. And he said, ‘Jay, I was so afraid if I had an accident with this car, I wouldn’t be able to get parts.’ And he opens the other two garage doors, and he had bought every part — new bumpers, new fenders, new windshield, in case he

ever had an accident, he had all of these extra parts. But he never had an accident.

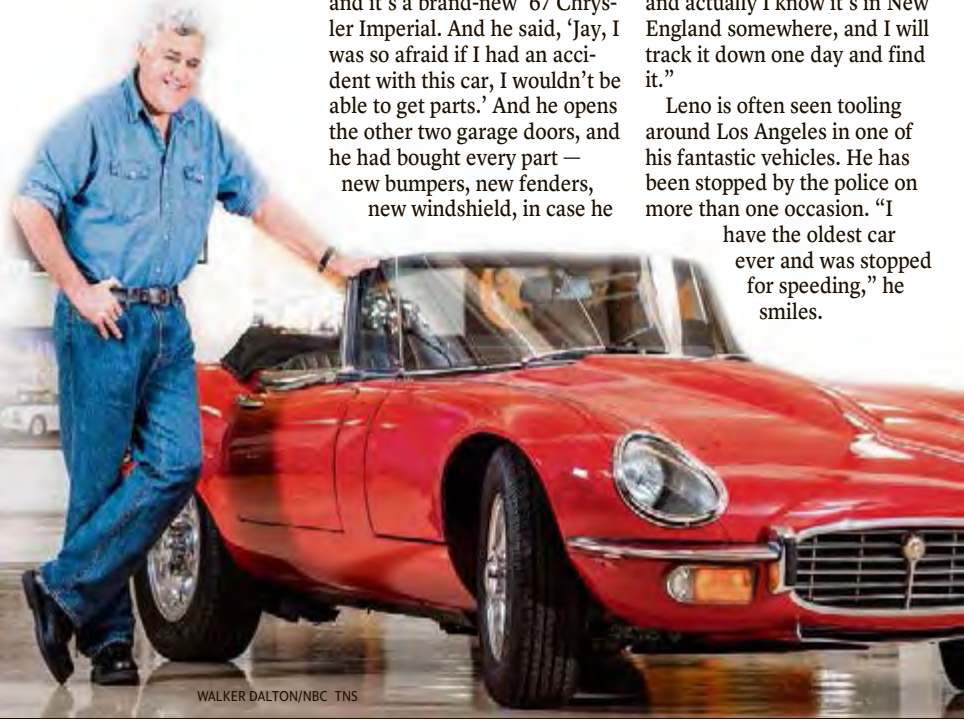
“Well, now I have to buy the car. I mean, it’s a great story, old-time movie producer, *Sunset Boulevard*. So I bought the car. So that’s another case where you buy the story more than you buy the car.”

Leno’s very first automobile was a 1934 Ford pickup that had to sit in the driveway because he was only 14, too young to drive. “I would have nightmares: ‘What if I can’t drive a stick?’ ‘What if I can’t learn?’ ‘This is going to be awful.’ I’d be up all night doing this, and I would just practice going back and forth in the driveway. I still have a crick in my neck from doing this all day.

“And my mom would go, ‘Why do you just keep backing up?’ And I couldn’t wait to get my license. But I sold that car, and actually I know it’s in New England somewhere, and I will track it down one day and find it.”

Leno is often seen tooling around Los Angeles in one of his fantastic vehicles. He has been stopped by the police on more than one occasion. “I

have the oldest car ever and was stopped for speeding,” he smiles.



WALKER DALTON/NBC TNS

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7-DAY MENU PLANNER

Sunday Shopping

Bacon and
Basil Pasta
Salad.

BY SUSAN NICHOLSON
Universal UClick

7-DAY MENU PLANNER 'Betty Crocker: The Big Book of Pasta'

SUNDAY (FAMILY)

Fire up the grill for your grilled chicken. Add this light and summery bacon and basil pasta salad (see recipe), a Boston lettuce salad and crusty rolls. Buy a chocolate layer cake for dessert. Plan ahead: Save enough pasta salad and cake for Monday.

MONDAY (BUDGET)

Celebrate Independence Day the all-American way with grilled burgers on whole-grain buns. Don't forget the sliced onions, lettuce, tomatoes, mayonnaise and mustard. On the side, leftover pasta salad is good. Watermelon and leftover cake are celebration desserts. Plan ahead: Save enough watermelon for Tuesday.

TUESDAY (MEATLESS)

We didn't miss meat at all with tandoori garbanzo and tomato stew (see

recipe) on the menu. Serve it with jasmine rice, cucumber spears and crusty bread. Slice some leftover WATERMELON for dessert. Plan ahead: Save enough stew for Wednesday.

WEDNESDAY (HEAT AND EAT)

Thin the leftover stew with unsalted chicken broth and make a delicious soup. Garnish it with reduced-fat sour cream. Add a spinach salad with hard-cooked egg wedges and pita bread. Try fresh blueberries for dessert.

THURSDAY (KIDS)

No kid will be able to resist beef and noodle skillet. In a large nonstick skillet, cook 1 pound lean ground beef on medium-high for 5 minutes or until no longer pink; drain. Stir in 2 cups uncooked medium no-yolk noodles, 1 cup frozen corn, 1/2 cup sliced green

onions, 1 cup water, 1/2 cup mild salsa and 2 (8-ounce) cans no-salt-added tomato sauce. Bring to boil. Reduce heat to low; cover and simmer 10 to 12 minutes or until noodles are desired doneness. Stir occasionally. Serve baby carrots with peanut butter and bread sticks. For dessert, the children can help prepare banana pudding (instant) using skim milk and sliced bananas.

FRIDAY (EXPRESS)

You'll have chicken fajitas on the table in no time. Heat 2 tablespoons canola oil in a large nonstick skillet on medium-high; add 3/4 cup chopped onion. Cook 3 minutes, stirring frequently. Add 2 medium green bell peppers cut into 1/2-inch pieces; stir frequently. Stir in 1 (10-ounce) package cooked mesquite or other refrigerated flavored chicken (such as Perdue or another

brand). Cook 2 minutes or until chicken is hot; stir frequently. Spoon about 1/2 cup chicken filling onto each of 8 (7- to 8-inch) warmed fat-free flour tortillas. Top with 1 tablespoon salsa and 1 tablespoon guacamole. Roll and serve immediately. Serve with canned reduced-sodium black beans. How about fresh strawberries with light whipped cream for dessert? Plan ahead: Buy enough strawberries for Saturday.

SATURDAY (EASY ENTERTAINING)

Your guests will enjoy grilled dijon lamb chops (see recipe). Serve with corn-on-the-cob and sliced tomatoes drizzled with olive oil and sprinkled with crumbled feta cheese and sliced fresh basil. Add whole-grain bread. An easy strawberry pie (frozen) topped with leftover fresh strawberries is worthy of any guest.

Tandoori Garbanzo And Tomato Stew

- | | |
|--|---|
| 1 tablespoon olive oil | 2 (15-ounce) cans reduced-sodium garbanzo beans, rinsed |
| 1 small onion, chopped | ½ cup finely chopped cilantro, plus more for garnish |
| 3 cloves garlic, minced | 1 tablespoon fresh lemon juice |
| 1 tablespoon finely chopped fresh gingerroot | Coarse salt and pepper to taste |
| 1 tablespoon garam masala or curry powder | ½ cup plain fat-free yogurt |
| 1 (28-ounce) can no-salt-added diced fire-roasted tomatoes, with juice | |

Heat oil in 2-quart saucepan on medium-high. Cook onion, garlic, gingerroot and garam masala (or curry) in oil about 2 minutes or until onions are light brown. Stir in tomatoes with juice. Bring to boil; reduce heat and simmer 5 minutes, stirring occasionally. Stir in garbanzo beans; bring to boil. Reduce heat and simmer 15 minutes longer, stirring occasionally and moistening with a little water if necessary. Stir in cilantro, lemon juice and salt and pepper to taste. Garnish with a dollop of yogurt and additional chopped cilantro, if desired.

Per serving: 215 calories, 10 grams protein, 3 grams fat (14 percent calories from fat), no saturated fat, 35 grams carbohydrate, no cholesterol, 165 milligrams sodium, 7 grams fiber.

Yield: makes 6 servings

Bacon And Basil Pasta Salad

- | | |
|---|--|
| 1 (16-ounce) package penne pasta | sliced (¼ cup) |
| 8 ounces bacon | ½ cup red wine vinegar |
| 1 pint grape tomatoes, halved | 1 tablespoon Dijon mustard |
| 2 bell peppers (red, orange or green or mixture), chopped | ½ cup olive oil |
| 4 medium green onions, | ½ cup chopped basil leaves |
| | 1 teaspoon coarse salt |
| | ½ teaspoon freshly ground black pepper |

Cook pasta according to directions; drain and rinse with cold water. Meanwhile, in a large nonstick skillet, cook bacon on medium 5 to 8 minutes; drain on paper towels and crumble. Refrigerate until serving time. In a large bowl, mix cooked pasta, tomatoes, bell peppers and onions. In small bowl, whisk together vinegar and mustard. Add oil; whisk until blended. Stir in basil, salt and pepper. Pour over pasta mixture; toss to combine. Cover; refrigerate 2 hours or until chilled. Just before serving, sprinkle bacon over salad and toss to combine.

Per serving: 269 calories, 8 grams protein, 13 grams fat (42 percent calories from fat), 2.2 grams saturated fat, 32 grams carbohydrate, 7 milligrams cholesterol, 300 milligrams sodium, 2 grams fiber.

Yield: makes 12 servings

Grilled Dijon Lamb Chops

- | | |
|--------------------------------------|--|
| 2 tablespoons extra-virgin olive oil | 1 tablespoon minced garlic |
| 2 ½ tablespoons Dijon mustard | 1 ½ teaspoons hot sauce |
| 2 tablespoons fresh lemon juice | ½ teaspoon paprika |
| 1 tablespoon Worcestershire sauce | Coarse salt to taste |
| | 4 lamb shoulder chops, 1 inch thick (about 2 pounds) |

In a medium bowl, combine oil, mustard, lemon juice, Worcestershire sauce, garlic, hot sauce, paprika and salt to taste; mix well. Add lamb; turn to coat. Cover and refrigerate 6 to 8 hours, turning occasionally. Grill over medium-high heat 5 to 6 minutes per side, 4 inches from heat, brushing with marinade. Discard any leftover marinade and serve.

Per serving: 234 calories, 29 grams protein, 12 grams fat (46 percent calories from fat), 3.8 grams saturated fat, 1 gram carbohydrate, 96 milligrams cholesterol, 232 milligrams sodium, no fiber.

Yield: makes 4 servings

INTERIOR DESIGN

Foyers introduce guests to your world, so don't be afraid to say something

Create a foyer-like space even if it's an illusion

Use a different paint color, carefully placed furniture, some potted plants or a room divider

You want to convey a sense that it's a separate room

BY PAUL HODGINS
The Orange County Register

First impressions are important. That wise old saying applies to your home, too. When you're redecorating, it's easy to overlook what's immediately inside the front door — especially in a part of the country where many of us enter the house through the garage, and only guests arrive through that more formal portal.

"The entrance sets the

tone of the home, and it reflects the owner's personality and taste as well," said Dora Brigham, founder of Dora Brigham Interiors in Costa Mesa, California. "You should take care to feature pieces of art and other things that tell guests who you are."

Brigham and other interior designers follow a few simple rules when considering how to decorate an entrance.

Create a foyer-like space even if it's an illusion. If

your home is small and doesn't have a well-defined foyer, use a different paint color, carefully placed furniture, some potted plants or a room divider to convey a sense that it's a separate room. A small rug or different flooring can help too. "Another nice touch [for a small foyer] is a very beautiful painting, something that has perspective to give the place a feeling of more depth," Brigham said. More space gives you more possibilities. "If you have a little bit of room in your foyer, display an antique or a console or a chest that is perhaps more dramatic than the other furniture in your home," Brigham said. "And above all, I recommend a mirror to reflect as much light as



FOTOLIA TNS

The entrance sets the tone of the home.

possible."

Of course, if you follow the Eastern philosophy of feng shui, you'll want to avoid a mirror in the entrance to your home — it's a big no-no if done correctly. Feng-shui.org advises, "Putting an attractive mirror at the entry way is a gracious way to welcome in the chi. Just make sure it is not placed directly across from the front door or it will send the chi (often

interpreted as money) right back out!"

Don't be afraid to take advantage of that vertical space with a long tapestry or a dramatic pendant light or chandelier. Brigham likes wall sconces and other striking effects of illumination that accentuate the vast expanse of wall. One of the most welcoming touches you can add to your foyer is a vase full of cut flowers or a bowl of

fresh fruit. It creates a welcome atmosphere and gives you a multitude of accent-color possibilities.

Brigham says you should take your time and enjoy the process of discovering just the right pieces.

"The fun is the research and the hunt — being able to find the thing that will make you feel, 'Yes, this belongs in my home. This represents me.' So take your time with that."

Cirque Éloize's 'Cirkopolis' is the big summer show for the Adrienne Arsht Center for the Performing Arts

Montreal-based circus troupe has a cast of 12 acrobats, contortionists, visual projection artists

Australia's Timothy Fyffe makes his 'Cirkopolis' debut with the Miami show, opening Friday

BY HOWARD COHEN
hcohen@miamiherald.com

Timothy Fyffe was like so many other kids on a hot summer day. One of the acrobatic stars of *Cirkopolis*, the Arsht Center for the Performing Arts' big summer show that opens its month-long run Friday, Fyffe remembers turning on the sprinklers in his backyard and pushing the nozzle under the trampoline at his family home in Melbourne, Australia. The spray, directed up and through the netting at his feet, felt so good in the blazing heat.

Dangerous? Sure. But irresistible — and good training for what was to come. "When I was about 8, my parents bought a trampoline, and I spent hours jumping around. Fell off a few times. My mom was worried and would have to find something to control my technique," Fyffe, 26, said on the phone while in rehearsal in Montreal.

“
[WE] FIND NEW
WAYS OF MOVING
ON STAGE.
Artistic director and
co-director Jeannot
Painchaud

Fyffe's family found a local circus school for him. At 15, his focus was almost entirely on training. Soon, he was studying the craft at the prestigious École nationale de cirque in Montreal. He realized he could make a living soaring, twisting and leaping on stages the world over as a member of Cirque Éloize, the Montreal-based circus troupe founded in 1993 that is presenting *Cirkopolis*. Cirque Éloize previously staged the urban hit *iD* at the Arsht in 2011 and 2015.

Cirkopolis, which has toured for four years, takes its inspiration visually and thematically from the movies of Fritz Lang (*Metropolis*), Terry Gilliam (*Brazil*), Art Deco architecture and 1950s noir. The presentation, utilizing video projections, unfolds on a cold, gray world — a modern office building in a nameless city. The room is populated by desk-bound worker drones who manage soul-crushing tasks day in and day out.

Fyffe, who will make his debut in *Cirkopolis* with the Miami shows, realizes how lucky he was to avoid that grind. The creative circus life offered by Cirque Éloize gave the agile athlete an out. "The idea of the story is a main character representing the modern-day worker and how constrained it's like in the 9-to-5 routine," he says. "As the show goes on, he expresses his desire to escape this."

His character and others find release through bursts of color via large projections. The contrast is meant to elate. Contortionists, hand-to-hand acrobats and jugglers leap from file cabinets, vault "coworkers"



Contortionists and acrobats populate the weird world of 'Cirkopolis.'

VALERIE REMISE Cirque Éloize

'CIRKOPOLIS'

brings taste of 'Brazil' and 'Metropolis' to Miami

into the air and seesaw around the room — activities that would get you fired in the average office, but on stage are designed to elicit audience appreciation. Amid all the movement, the cast of 12 finds itself on various contraptions like a large, rotating Cyr wheel, trapeze, ropes and straps, plus Chinese poles and teeterboards. To achieve the effect and action, *Cirkopolis* called on the talents of artistic director and co-director Jeannot Painchaud. The Montreal native got his start 30 years ago as a street performer. He worked for Cirque du Soleil in 1992 and a year later landed at Cirque

Éloize. One challenge he faced in the nonverbal, nonlinear storytelling of *Cirkopolis* was "to find the right balance between acrobatics and poetry, theatricality." Another challenge is that Cirque shows have played before millions and demand constant reinvention to keep the seats filled for every new tour. "It's a great pleasure, but also a great challenge trying to reinvent yourself every time," he says. "It's not always easy." But helping Painchaud are advancements in technology and the quality of training at schools like École nationale de cirque. The skill sets of performer

and technician have improved from 20 years ago, Painchaud says, making his job a bit more manageable. One new feat he's proud of offers a female contortionist who maneuvers from one end of the stage to the other without ever touching the floor. "I have the vision first and [co-director/choreographer Dave St-Pierre] completes the vision. [We] find new ways of moving on stage," Painchaud says. Rehearsals for shows like *Cirkopolis* can run 10 hours a day, six days a week, but the high-flying Fyffe says the work is fun anyway. "At times it can be tough, but for the most part it's really fantastic, like a family."

If You Go

What: Cirque Éloize's 'Cirkopolis.'

When: through July 31. Show times are 8 p.m. Wednesday-Saturday, 7 p.m. Sunday, with 2 p.m. Saturday-Sunday matinees.

Where: Ziff Ballet Opera House at the Adrienne Arsht Center for the Performing Arts, 1300 Biscayne Blvd., Miami.

Tickets: \$49, \$69, \$89.

Information: 305-949-6722 or www.arshtcenter.org

He's ready for his Miami adventure. "When I was young and would see a circus show there was that feeling of sitting on the edge of your seat," Fyffe says. "If I can create that sensation for someone else, and they can walk out of the theater and feel they have more energy, that's pretty rewarding."