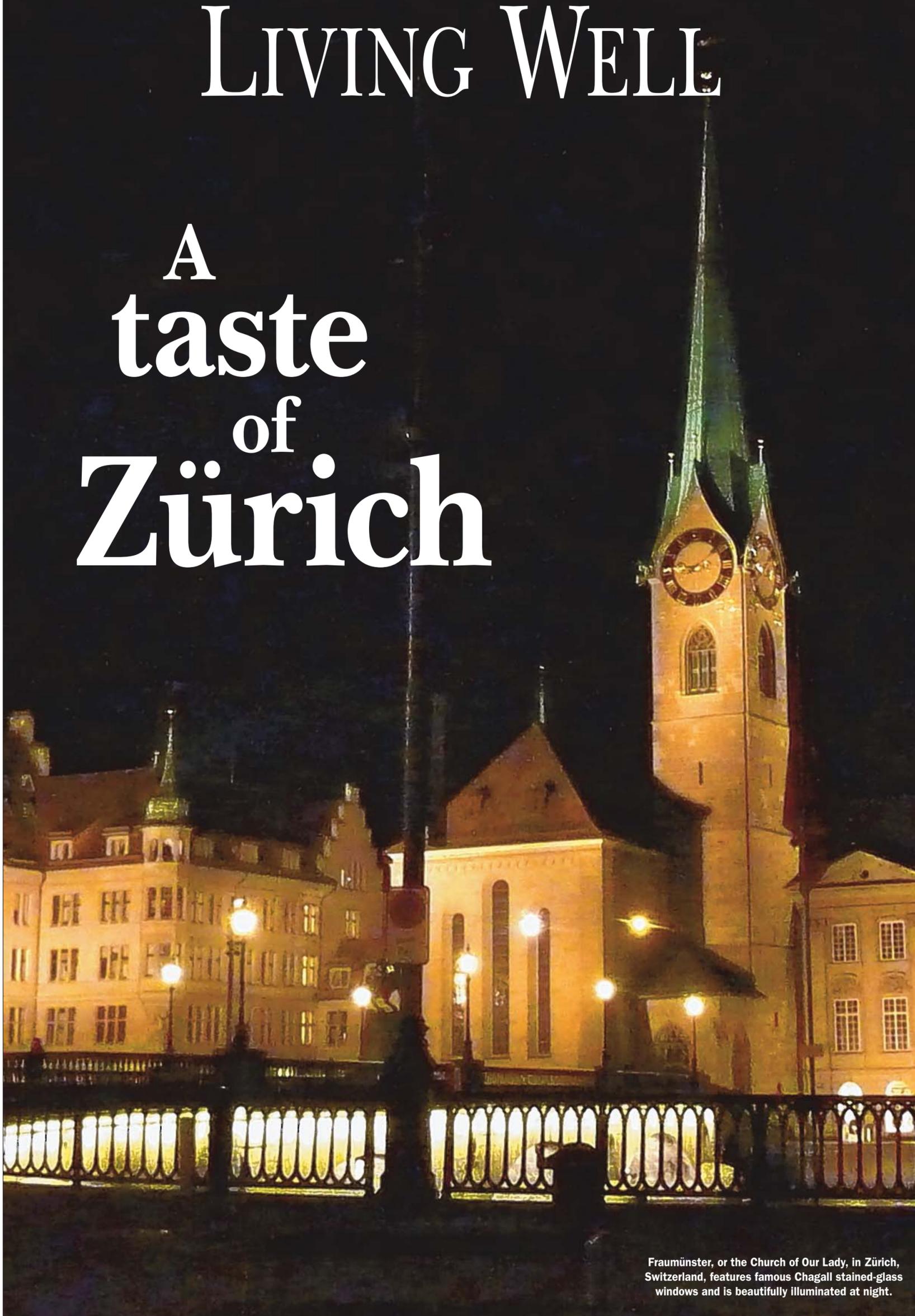


LIVING WELL

A taste of Zürich



Fraumünster, or the Church of Our Lady, in Zürich, Switzerland, features famous Chagall stained-glass windows and is beautifully illuminated at night.

Beauty of Swiss city discovered in history, landmarks and — of course — the food

STORY BY LINDA FASTESON | PHOTOS BY ROGER FASTESON | FOR THE SUN CHRONICLE

We wanted to discover the essence of Zürich and found it one morsel at a time. We began, like most tourists, along the winding lanes of the historic Old Town, Altstadt. We enjoyed what is known in Zürich as Lädelen and browsed the shops in chic and elegant retail districts. And we rode the tram to a former industrial area to check out the new hotspots.

Our search for places to dine gave us a taste of how Zürich grew from a Roman settlement to what it is today. Our dining experiences were windows into the city's past, present, and future — a microcosm of Swiss culture.

From traditional Swiss classics in the Old Town's medieval guild halls to innovative international cuisine and nightlife in converted factories of the hip West End, there are seemingly limitless ways to feast on Swiss history while enjoying a good meal.

SEE EXPLORE, PAGE E4 ►



Why isn't there more humanity in health care?
Columnist Gretchen Robinson

E2

Drop a line back to the Victorian Era with a unique antique
Antique or Junque

E4



Despite all of his complaints, Dad is still a dad
Columnist Bonnie Ryvicker

E2

EXPLORE: Getting a taste for Zürich through history and food

FROM PAGE E1

Zürich, in the middle of Switzerland and Europe, is easily accessible. You'll want to stay longer, but with 10-minute train rides departing several times an hour between Zürich's airport and its central station, even a visit between flights might be possible.

Switzerland, one of the wealthiest countries in the world, has 96 Michelin-starred restaurants — among the most Michelin stars per capita in Europe. Zürich, its largest city and center of arts and culture, has more than 40 restaurants with Gault Millau points for food quality.

There are two Michelin two-star restaurants — Mesa, with Chef Marcus G. Linder, and The Restaurant in the Dolder Grand Hotel, with Chef Heiko Nieder. These should be experienced at least once.

Switzerland's high standards create not only some of the world's finest experiences, but also ensure quality and cleanliness at all levels. There are approximately 1,500 restaurants in Zürich. Options and prices are as diverse as the city.

With some insight on where to save and when to splurge you can get the most from your experience and stay within your vacation budget. We researched our trip and asked locals for insider tips and budget-stretchers. Here's what we found.

Breakfast buffets are generally included in Swiss hotel rates and usually consist of breads like braided zopf or croissants known as gipfeli, served with butter, jams and honey. Sliced meats, fruits, cheeses, eggs, yogurts and birchermüesli — a mix of oat flakes, grated apple, ground hazelnuts and yogurt — round out a meal so hearty you might skip lunch.

Enjoy local and regional products with fresh produce, Italian salami and alpine cheeses from Zürich's morning fruit and vegetable markets. Just choose a scenic spot, perhaps along the waterfront quays, on a boat on the lake, or at Zürich's mountain, Üetliberg, and enjoy your budget-stretching feast.

Experience pricier places for less

Lunch costs less than dinner, and specials are common. Drink in a five-star ambience for less during happy hour at the Savoy Hotel Baur en Ville or enjoy a jazz band at the bar of the Hotel Widder, which is in connected medieval houses originally owned by the Guild of Butchers.

There's good reason the Swiss eat an average of 12 pounds of chocolate a year — its quality. Savoring it Zürich-style in one of the grand cafes with coffee and perhaps an elegant pastry or lunch is a decadent experience that won't break the bank.

The most famous sweet spot is Confiserie Sprüngli's café.



Photos by ROGER FASTESON / FOR THE SUN CHRONICLE

Zürich from the river

Zürich, Switzerland's largest city and center of arts and culture, is on the northern shore of Lake Zürich where it meets the Limmat River. In this photo, the Grossmünster, the twin-towered landmark at right is the birthplace of the Swiss-German Reformation, and at left, is the tower of the Fraumünster.

Whether for truffles, pastries, or a quick lunch, it's THE place to stop for a break from shopping or sightseeing. Its signature light, airy macaroon, Luxemburgerli, was developed by a young pastry chef, named for his country, and perfected at Sprüngli. Tables one flight up overlook Paradeplatz and major Swiss banks.

Zürich is on the northern shore of Lake Zürich where it meets the Limmat River. Locations are often given as left (west) or right (east) of the river. Meals in and around the Old Town, Altstadt, come with a side of history.

Century-old Odeon, Limmatquai 2, is an internationally renowned coffee house and favorite of writers and political leaders. Refugees came here a century ago to eat, read international papers and find someone who spoke their language.

It was an important meeting place during World War I and World War II. Dine and speculate on conversations when regulars like Lenin, James Joyce, Einstein, Trotsky, and Mussolini ate here. Across the way is Café Terrasse, frequented by the same crowd, and said to be where the term Dada originated.

Nearby classic brasserie Kronenhalle, Rämistrasse 4, is a glamorous place to see-and-be-seen. Perennially frequented by artists, it's also popular with bankers, writers, and celebrities. The art — including original paintings by Miró and Picas-

so — is a reminder of times when the owner was paid in paintings by struggling artists. It's classic cuisine — schnitzels and such, priced for the ambience.

Over a century old and with over 100 homemade specialties, family-owned Hilti, Sihlstrasse 28, near the main train station, is the oldest vegetarian restaurant in Europe. The Sunday brunch buffet with live music is bountiful. Tours of the kitchen and cooking classes in English are offered.

Swiss wine production began when the Romans brought grapevines. The elegant Zunfthaus zur Meisen, across from Fraumünster, was the guild house of wine dealers and innkeepers. It now houses the porcelain collection of the Swiss National Museum.

Many of Zürich's fourteen preserved guild houses (Zunfthaus) are now fine restaurants. A top choice is Zunfthaus zur Waag, built in 1315, house of the guilds of linen weavers and wool weavers, united in 1440, and hatters. Meals are served in a Biedermeier-style dining room with splendid stained glass windows overlooking Münsterhof Square.

Swiss Chuchi, in the Hotel Adler, is a favorite for fondue, raclette or crispy rösti. In summer there's open air dining on the Hirschenplatz.

Until the end of 19th century houses had names, not addresses. Zur Reblaub (at the Sign of the Grape Arbor) built in 1260, is one of the oldest in the Old Town.

PHOTO SLIDESHOW View more photos from the Fastesons' trip to Zurich at thesunchronicle.com/photogallery

The 17th century owner sold wine made from rooftop vines. The Goethe-Stübli is where Goethe is said to have slept in 1779 when visiting the minister of St. Peter's Church. This vicarage at Glockengasse 7 became an inn (1800) and since 1919 has been owned by the Kaiser family, who serve simple and elegant three-to seven-course meals.

The multicultural Niederdorf area has a full range of inexpensive and moderately priced ethnic restaurants and take-out eateries. Favorites include Lebanese food and coffee and a belly dancer at Restaurant Cèdre, Mediterranean-style fish at Mère Catherine and Northern Italian food at Bindella.

The West End

With the age of industrialization, textile and chemical dye production became mechanized, and by the 19th century machines were the dominant industry. The evolution of industrialization is best seen in Zürich's West End.

Former factory buildings have been converted to apartments, offices, startup companies, museums, galleries, craft shops, boutiques, and trendy restaurants and bars.

Older men play pétanque and



Tasty stuff

Top: Many of Zürich's 14 preserved guild houses, or Zunfthaus, are now fine restaurants. Classics like Zürcher Kalbsgeschnetzeltes mit Butterrösti, sliced veal Zürich style with buttered grated potatoes, are served at Zunfthaus zur Waag. **Center:** The most famous sweet spot is Confiserie Sprüngli's original traditional bakery, pastry shop and café. **Bottom:** Chocolates Merkur & Läderach, on Bahnhofstrasse, are among the many chocolate shops in Zürich.

young mothers watch their children play in the largest green space in the city. This dynamic area is evolving into a hip, up-and-coming place to live, work, meet, dine, and be entertained. After midnight, it's a nightlife and party hotspot.

The train still passes over the 1894 stone bridge and iM Viadukt now houses over 50 shops in its archways. Our favorite — Zürich's first covered food market — has a vast selection of local produce, breads, sausages, cheeses, artisanal food products and wine.

Much of what is of interest in Zürich is within walking distance of the historic center.

However, to venture out or sit back and enjoy the ride, a Zürich Card is a great convenience.

Available online, at the airport or train station and hotels, it includes transportation on Zürich's trams, buses, trains, boats and cableways, including the train from the airport, and admission to Zürich's museums.

SEEKONK'S LINDA FASTESON can be reached for travel tips and comments at rolidakr@comcast.net.

Brief

North residents can get reflective house numbers

NORTH ATTLEBORO — The North Attleboro Triad is now taking orders for reflective house numbers that are easy for police, fire and emergency personnel to read when it is dark. The house numbers are free for North Attleboro residents who are at least 60 years old. They also can be purchased for \$10 by residents under 60.

To order a house number, call Julia Wheatley or Ann Marie Letourneau at the North Attleboro Senior Center at 508-699-0131. The senior center is open Mondays through Thursdays from 8 a.m. to 3 p.m. and Fridays from 8 a.m. to noon.

— **AMY DeMELIA, Sun Chronicle Staff**

TI Retirees, OLQM seniors plan trips, meetings

Texas Instruments' Attleboro Retirees Club and Friends are planning the following trips, which are open to the public. For more information or reservations, call Toni Denkel at 508-222-8254.

► April 18 — Foxwoods trip, cost \$22 and includes transportation, 1 free buffet (or \$15 food coupon) plus \$15 Keno coupon. Bus leaves at 8 a.m., returns 5 p.m.

► May 17 — New York Statue of Liberty and Ellis Island, cost \$68 (due Apr. 6). Trip includes transportation, ferry fare. Bus leaves at 7 a.m., returns 10 p.m.

► July 2 — Boston Tall Ships, cost

\$87 (due May 25). Trip includes transportation, harbor cruise, lunch at Gloucester House, time to shop in Rockport.

► Sept. 10-13, 2012 — Finger Lakes Wine Country, cost \$649/double due July 25. Trip includes transportation, three nights, six meals, tour of Sonnenberg Gardens, lake cruise, Corning Glass Museum, wine tour and Mark Twain's study tour.

► Oct. 18 — Salem Witch Tour, cost \$60 (due Sept. 7). Trip includes transportation, tour of the House of the Seven Gables and Salem Witch Museum and time to experience "Haunted Hap-

penings" around Salem. Bus leaves at 8 a.m., returns 4 p.m.

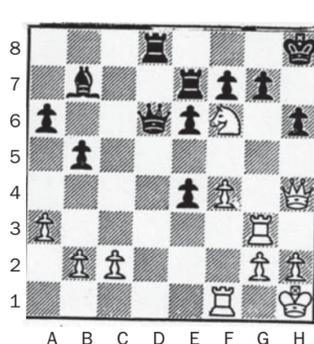
Our Lady Queen of Martyrs

The seniors from Our Lady Queen of Martyrs Parish of Seekonk will meet at noon on the first Tuesday of each month at the parish center, 365 Central Ave., Seekonk. For further information on events, contact Claire at 508-226-7163.

► At the April 3 meeting, soup and sandwiches will be served and a penny social will be held. Members are asked to bring in small items to be raffled off.

Chess puzzler

White mates in 3



Answer:
1. Qg5 Rg8
2. Qxh6+ gxh6
3. Rxg8++

THE WEEKLY PUZZLER

is provided to The Sun Chronicle by Paul Grady of Attleboro, who taught chess in the Attleboro school system and provides an opportunity for residents to play at the Attleboro Public Library. Questions? He can be reached at pegrady36@verizon.net.

THE ATTLEBORO AREA CHESS CLUB meets on Thursdays from 6 to 8 p.m. at the Attleboro Public Library.



PAUL GRADY

Card stands harken back to Victorian era

BY ANNE McCOLLAM
CREATORS NEWS SERVICE

Q: This antique stand was given to my mother in 1959 by her 92-year-old friend. The ornate stand is silver and holds a frosted glass dish. The overall height is approximately 9 inches and both pieces are in very good condition.

I have no idea what it was used for. I hope you can help to identify it, as well as its vintage and value.

A: You have a silver plated Victorian card stand used for holding visitors' calling cards. Ladies would leave their personal cards at homes to welcome newcomers or to leave a message. The ornate stands were often scrolled and were usually triple or quadruple plated. Cupids and birds usually adorned the frames. Your stand was made in the late

Antique or junque



SUBMITTED

Victorian card stand made in late 1800s.

1800s and would probably be worth \$225 to \$325.

Q: What can you tell me about a glass milk bottle I recently

found in a building that is being remodeled in Connecticut? It is pint size, clear glass with the following words on the side "It's McGough's Country Fresh Milk."

A: Glass milk bottles are collectible. I found no information on McGough's Dairy. Most pint size bottles from just about any dairy have a value of \$5 to \$15. Collectors that find bottles from the World War II era with war slogans on the glass are even more collectible.

They are in the \$125 to \$150 range.

ADDRESS YOUR QUESTIONS to Anne McCollam, P. O. Box 247, Notre Dame, IN 46556. Items of a general interest will be answered in this column. Due to the volume of inquiries, she cannot answer individual letters.