



*North Dakota*

# THE TRAIL BIKERS

For mountain bikers, North Dakota's Maah Daah Hey Trail is such a treasure that people come from all over to experience it



- MOVIES: WIND RIVER.
- BOOKS: AFTER ON: A NOVEL OF SILICON VALLEY BY ROB REID
- MUSIC: RE-COVERED BY DAN WILSON
- WINE: THE STANDARD-BEARERS OF WÜRTTEMBERG III
- KITCHENWISE: CHEESE SANDWICH SOUFFLE

**DRIVE IN**

Jake Coyle, AP Film Writer

**IN 'WIND RIVER' GRIEF BLANKETS A WYOMING RESERVATION**

For Taylor Sheridan, the West is still alive with frontier tragedies and genre thrills, even if hopelessness has moved in and blanketed the land. "Wind River" makes it a kind of trilogy for Sheridan, the writer behind the West Texas neo-Western "Hell or High Water" and the Mexican border drug crime drama "Sicario." In "Wind River," he shifts to a Wyoming Native American reservation and behind the camera, but the atmosphere is still rich and familiar: big open spaces with misery all around. Whereas the Oscar-nominated "Hell or High Water" had a bri-

ght, comic punch, "Wind River" is more in the heavily somber register of "Sicario." When one father who has lost a daughter consoles another, he advises him to confront the heartache head-on: "Take the pain." It's something of a mission statement for Sheridan, whose neo-Westerns are filled with deeply burdened men making painful sacrifices. Sheridan's latest (his second time directing following the little-seen 2011 horror film "Vile") is set around the Wind River Reservation in a wintery Wyoming where, as one character says, "snow and silence are the only things

that haven't been taken." The reservation, shrouded in violence, drugs and poverty, is an ominous place where American flags wave upside down.

It's there that Corey Lambert (Jeremy Renner) discovers a freshly frozen body five miles into the mountains. He is a Fish & Wildlife agent who spends most of his time defending livestock by shooting predators with a rifle. Mountain lions nabbing cattle is what brought him, by snow mobile, to the remote crime site. The body, an 18-year-old Native American girl named Natalie (Kelsey Asbille) is barefoot, despite the snow and the cold, and she's been raped. Her lungs, Lambert guesses, eventually froze and burst as she fled from miles away.

The investigation, though, is for the FBI. The agency is so thin in rural Wyoming that it dispatches an agent from Las Vegas: Jane Banner (Elizabeth Olsen) who lacks even a good enough winter coat. But Banner quickly shows her strengths and intelligently conscripts Lambert, an experienced tracker, to aid her. "This isn't the land of backup," she's told. "This is the land of you're on your own."

The dead girl is revealed to be the daughter of a close friend of Lambert's (Gil Birmingham), Birmingham, whose too-brief performance is one of noble weariness, is one of many Na-



Jeremy Renner (left) and Gil Birmingham in a scene from "Wind River"

tive Americans who populate the cast and lend "Wind River" both excellent acting and ethnic authenticity — even if its leads, and thus the story's point-of-view, are white. When the police visit the family's home, they find a broken household. An opened door reveals the guilt-ridden mother bloodily slashing at her wrists. The door, bizarrely, is simply closed.

Though Sheridan's control of the tale is, up until now, fairly total — particularly for an inexperienced filmmaker — the sense that he is overplaying his hand (and wallowing a little too enthusiastically in a sea of grief) begins to set in. He keeps opening doors and closing them too abruptly. The detective work continues, at first angling toward nearby

drug-dealing tribesmen. But Lambert's past (he is the father, now divorced, who also lost a teen daughter) is where the film gradually centers its emotions, and Renner, up for the challenge, gives one of his finer performances.

But instead of plumbing deeper into the lives of those on the reservation, the gripping, solidly built "Wind River" begins to go wayward in its tracks. The over-the-top showdown finale comes largely out of the blue after clues lead Banner to a nearby oil digging crew. "Wind River" turns into a revenge tale where we only meet those worthy of vengeance just as their time is up. And, as in "Sicario," women characters like Banner are welcomed into Sheridan's film, but are steadily

edged out.

Still, no one will confuse "Wind River" for anything slipshod. Its densely colorful dialogue and powerful sense of place make Sheridan a singular talent, with, hopefully, more directing in front him. Those are qualities to which the late Sam Shepard — a less artfully composed chronicler of men in shadows of western myths — may well have tipped his hat. He certainly would have been a welcome presence in Sheridan country.

"Wind River," a Weinstein Co. release, is rated R by the Motion Picture Association of America for "strong violence, a rape, disturbing images and language." Running time: 111 minutes. ★★★★★



Elizabeth Olsen (left) and Graham Greene in a scene from "Wind River"

**BOOK IT**

**ROB REID'S 'AFTER ON' IS INTRIGUING STORY**

Author Rob Reid examines the world of social networking and how intrusive it can become in our daily lives in his latest sci-fi endeavor, "After On." A network called Phluttr seems harmless at first and appears to be nothing more than a rival to Facebook. Download the app on a smartphone or tablet and after clicking "accept" by not reading the agreement first, the system starts secretly invading your life. Soon it offers coupons for favorite foods or restaurants and then becomes a gossip by intruding on other users' accounts and providing private information of friends and enemies. Nothing is safe, and everyone's life becomes nothing more than data to manipulate to the member's advantage. That same material can easily be used against you as well.

Reid asks a bold question by postulating a world where privacy no longer seems to exist. How would people react to a social network where the system itself has developed sentience? What would it use and do to survive? What could it access to obtain information?

The author writes in a humorous and sarcastic style while unveiling a terrifying and frightening scenario that seems all too real. With so much information online and everyone locked into their phones, tablets and smart TVs, it would be easy for computer systems that perform tasks that normally require human intelligence to dig into the personal lives of



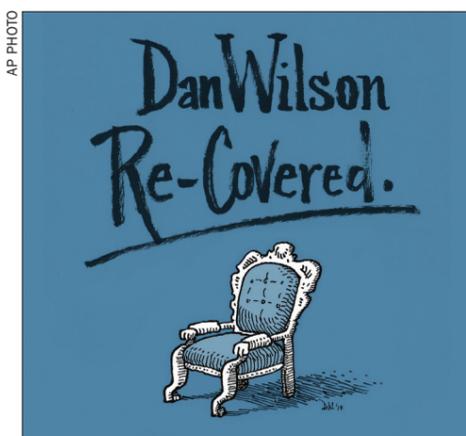
"After On: a Novel of Silicon Valley" (Del Rey) by Rob Reid

everyone — and use that data for possibly nefarious purposes. The way the story unfolds is intriguing, but at almost 550 pages and no chapter breaks, the reading might be a bit daunting for some. Those who make it to the end win a prize, which only adds to the cleverness of this tale.

Jeff Ayers, AP

**TTUNES**

**DAN WILSON REVISITS HIS HITS FOR ADELE, JOHN LEGEND**



Dan Wilson, "Re-Covered" (Big Deal Media)

Dan Wilson helped write that tune? And that one, too? If you still read album credits or liner notes, you may find Wilson's name attached to some of your favorites songs.

Formerly of Trip Shakespeare and Semisonic, the Minnesota-born Wilson has collaborated with an impressive array of musicians. On "Re-Covered," he performs his songs made famous by a dozen artists including Adele, John Legend, the Dixie Chicks, Chris Stapleton and Taylor Swift.

Adele's "Someone Like You" and the Dixie Chicks' "Not Ready To Make Nice," both Grammy winners, as well as LeAnn Rimes' "Borrowed," came with very personal stories.

For Adele, it was the end of a relationship, while the Dixie Chicks sang

about the controversy after Natalie Maines' critical comments of President George W. Bush in 2003. Rimes bared her feelings about her real-life affair with future husband Eddie Cibrian.

Wilson proves his empathy, especially on "Someone Like You" with backing from The Kronos Quartet, his versions conserve the originals' intimacy with time healing some of the wounds.

Other highlights include "All Will Be Well" (The Gabe Dixon Band), "Landing" (brother and former bandmate Matt Wilson) and "Home" (Dierks Bentley).

Leaving the oldest song for last — the only one here Wilson wrote alone — the album ends with Semisonic's "Closing Time," its gentleness making it easier to see how it was meant to be about a baby's birth.

Recorded mostly in a weeklong session co-helmed by Ryan Adams producer Mike Viola and backed by musicians like Elvis Costello drummer Pete Thomas, "Re-Covered" has sufficient flourishes to avoid sounding like a collection of demos and straightforward arrangements that let the songwriting stand on its own plentiful merits.

Pablo Gorondi, AP

## TRAVELOG

Carey J. Williams, AP

# Legendary biking on North Dakota's Maah Daah Hey trail

I drove with friends more than 1,600 km to ride 160-plus km of the single-track trail, which is no wider than a bike. And we weren't the only non-Dakotans traveling long distances to do it. We met folks from Philadelphia, Minneapolis, Denver, Montana and Wyoming.

The MDH is located where the Great Plains meet the Badlands. To use North Dakota's state slogan, it's legendary. It connects the northern and southern units of Theodore Roosevelt National Park in the western part of the state.

With elevation changes of over 3,000 meters, only the fiercest of athletes complete the trail in one day, usually for the annual MDH 100 race (this year, tomorrow, Aug. 5). We opted for a multi-day, self-supported trip. That's the essence of bikepacking — or backpacking by bike.

Within the first hour of leaving the northern trailhead, we knew we'd be tested by the rugged landscape. The unrelenting climbs, sheer cliffs along the exposed layers of the Badlands, switchback descents and grassy plateaus with panoramic views were going to be our repeating scenery for three days.

After a two-hour opening night ride due to a late start, it took us three full days of 10 to 12 hours on the bikes to complete the trail. A fourth day would have made it a more relaxing experience with various side trips to the China Wall, Ice Caves and Roosevelt's Elkhorn Ranch.

Bikepackers carry the same gear as

backpackers with the addition of tools and spare bicycle parts. Ideally, the gear (including a multi-tool, chain breaker, spare tubes, tire levers, patch kit, chain lube and pump) should be distributed equally around the bike because riding single-track trails demands your attention and balance.

When the narrow track zigzags, the bike needs to follow as riders become one with the trail. The ideal bike would be a hardtail (with or without suspension) mountain bike with 27.5 or 29-inch wheels and bags for the frame, fork, handlebar and seat post. But we're proof you don't need top-of-the-line gear to complete the trail. Two of our three riders used panniers, meaning saddlebags on racks over rear tires, though they did face more mechanical issues on 15-year-old bikes than the gearhead of the group. Plus the width of the bikes with panniers tended to disrupt the tall western wheatgrass and dense brush along the trail, leading to stops for tick checks and broken bike parts.

Resting points were key to a successful trip, especially between the hottest times of day, 2 p.m. to 4 p.m. The cooler, north-facing slopes and pockets of wooded draws were natural

pit stops — usually in a grove of leafy cottonwood trees.

The drier, south-facing buttes lent themselves to purple coneflowers, prairie roses, bright yellow blooming prickly pear cactus and the easily-recognizable yucca plant with its tall stalks. The wildflowers provided a contrast to the browns and greens dominating the landscape.

One note of caution for this season: The area is experiencing a drought. A wildfire recently closed part of the MDH trail along with two campgrounds, but at the end of July, all sections were open.

We each carried a total of 4 to 6 liters of water in daypacks, frame cages and luggage bags. Each campsite (CCC, Bennett, Magpie, Elkhorn, Wannagan, Buffalo Gap, Sully Creek), located at least 29 km apart, had hand-pumped drinking water.

There are also water-cache sites that can be stocked before the trip by driving on dirt roads. The campsites can be accessed on those roads, making it possible for exhausted riders to catch a ride back to town or for sag wagons — support vehicles — to greet pampered riders at the end of the day with a cold beverage.

Finding the campsites was a breeze with wooden fence posts placed on the trail within sight of each one.

Roosevelt first came to the area to hunt buffalo but later returned to work as a rancher while working

through grief for his late mother and wife, who died the same day in 1884. "The farther one gets into the wilderness," he said, "the greater is the attraction of its lonely freedom."

## IF YOU GO...

## MAAH DAAH HEY TRAIL

[www.fs.fed.us/visit/destination/maah-daah-hey-trail](http://www.fs.fed.us/visit/destination/maah-daah-hey-trail)

**GETTING THERE:** The town of Medora is the jumping-off point for the Maah Daah Hey trail and Theodore Roosevelt National Park. The CCC campground, the northernmost part of the MDH, is located about 113 km north of town along Highway 85.

**FIRE AND WATER:** Trail conditions, including wildfires or closures: [www.ndtourism.com/articles/maah-daah-hey-trail](http://www.ndtourism.com/articles/maah-daah-hey-trail). To check the flow of the main river crossing, the Little Missouri River, and several smaller creeks: [waterdata.usgs.gov/nd/nwis/rt](http://waterdata.usgs.gov/nd/nwis/rt)

**OFF THE BIKE:** The Medora Musical, a Western-style musical show, runs all summer at the Burning Hills Amphitheatre. The Bully Pulpit golf course, just outside Medora, was named one of America's top 100 public courses by Golf Digest in 2013.

**TIPS:** Visitors with bikes — even walking or carrying them — are not permitted on Theodore Roosevelt Park's non-motorized trails. There are alternative routes around the park's north and south sections.

AP PHOTO



**WORLD OF BACCHUS**

Jacky I.F. Cheong



**HEID TROLLINGER "PUR" ROSÉ TROCKEN 2015**

From vines grown on keuper marl, winemaking process completely free of oak influence. Radiant ruby with amaranth-vermillion reflex, the refreshing nose offers raspberry, redcurrant and rose petal. Sustained by neat acidity, delicate tannins and palpable minerality, the lively palate delivers strawberry, morello cherry and light smoke. Medium-bodied at a healthy 11.5 percent, the berry-laden entry carries onto a juicy mid-palate, leading to a fresh finish. This is Württemberg's very own sundowner.



**RAINER SCHNAITMANN TROLLINGER ALTE REBEN TROCKEN 2015**

From 40-year-old vines grown on gypsum keuper, vinification in large old barrels. Bright ruby with crimson-pink reflex, the fragrant nose presents blackberry, cassis and wood smoke. Supported by perky acidity, amiable tannins and underlying minerality, the refined palate supplies blueberry, redcurrant and geranium. Medium-bodied at 12.5 percent, the fruity entry continues through an active mid-palate, leading to a tangy finish. An outstanding modern reinterpretation of an old-time classic.



**HEID FELLBACHER LÄMMLER SPÄTBURGUNDER TROCKEN VDP GROSSES GEWÄCHS 2013**

From low-yielding vines (27hl/ha) grown on the marl-rich part of Fellbacher Lämmle, the preeminent Große Lage vineyard in Fellbach, extended maceration (more than 4 weeks) followed by 20 months in barriques (50 percent new). Rich gamet with carmine-camelian rim, the aromatic nose provides mulberry, clove, forest mushroom and violet. Braced by abundant acidity, ripe tannins and rich minerality, the multi-layered palate furnishes damson, nutmeg, sous bois and carnation. Full-bodied at 13.5 percent, the sturdy entry persists through a dense mid-palate, leading to a protracted finish. Requires at least 5 more years of cellaring.



**RAINER SCHNAITMANN FELLBACHER LÄMMLER SPÄTBURGUNDER TROCKEN VDP GROSSES GEWÄCHS 2013**

From low-yielding vines (25hl/ha) grown on the siliceous limestone-rich part of Fellbacher Lämmle, extended maceration followed by maturation in 300l casks. Rich garnet with carmine-ruby rim, the scented nose reveals cassis, cranberry, rosemary and iris. Underpinned by generous acidity, velvety tannins and clean minerality, the chiselled palate purveys blackberry, morello cherry, thyme and hyacinth. Medium-full bodied at 13 percent, the intricate entry evolves into a melodious mid-palate, leading to a lingering finish. Requires at least 5 more years of cellaring.

**The Standard-Bearers of Württemberg III**

(Continued from "The Standard-Bearers of Württemberg II" on 7 July 2017)

By the 2nd half of the 20th century, Baden-Württemberg has developed into one of the Four Motors of Europe alongside Rhône-Alpes, Lombardia and Catalonia, and Württemberg has become the home of various world-beating enterprises e.g. Bosch, Daimler, Mercedes-Benz, Porsche as well as numerous Mittelstände (highly specialised SMEs, usually family-owned). But this is a rather modern feat: until the mid-19th century, malnutrition and even starvation were still a threat in Württemberg, which remained generally poor until the mid-20th century. To survive, the people of Württemberg were faced with a stark choice – either innovate, or emigrate. Württemberg's psyche may well be encapsulated by the proverbial Swabian housewife (Schwäbische Hausfrau), a fictional character whose international debut came in 2008, when Chancellor Angela Merkel helpfully suggested during a speech in Stuttgart that failing American banks – particularly Lehmann Brothers, which collapsed that year – should have consulted the unassuming yet sagacious housewife on money matters. Frugal, industrious and non-nonsense, the Swabian housewife is known for being secretly rich (hälinge reich), the antipode of la Belle Époque flâneur and boulevardier. Württemberg remains a well-kept secret on the vinous map. Certain ramifications of the "Trollinger-Republik" (literally: Trollinger Republic) era persist, in that many consumers still equate Württemberg wine to tart, pale,

light-bodied and easy-drinking quaffers, a misbelief as far away from truth as the myth that all German wines are sweet whites. Otherwise known as Schiava in Italy or Vernatsch in Austria, Trollinger is as maligned as Carignan (a.k.a. Cariñena in Spain), although it is a heritage variety dating back to the 13th century. Stuttgart is the only major city in Germany with vineyards within its urban territory. Situated merely 10km to its east, the largely residential town of Fellbach is home to three VDP estates. For centuries, the families of Markus Heid and Rainer Schnaitmann have been growing vines and making wines, whether in mixed farms, via cooperatives or as wine estates. Both organic, Weingut Heid and Weingut Rainer Schnaitmann became VDP members rather late on, in 2013 and 2006 respectively; they represent not only the development trajectory of Württemberg wine, but also its spirit of no frills and no gimmicks, as heralded by their minimalist wine labels.

To be continued...

The wines were tasted at Weingut Heid (W: www.weingut-heid.de; E: info@weingut-heid.de) and Weingut Rainer Schnaitmann (W: www.weingut-schnaitmann.de; E: info@weingut-schnaitmann.de) respectively, during a press trip organised by Mrs Diana Maisenhoelder (diana.maisenhoelder@vdp-wuerttemberg.de) and Mr Dietmar Maisenhoelder (dietmar.maisenhoelder@vdp-wuerttemberg.de) of VDP Württemberg (www.vdp-wuerttemberg.de).

Jacky I. F. Cheong is a legal professional and columnist. Having spent his formative years in Britain, France and Germany, he regularly comments on wine, fine arts, classical music and opera.

**RESTAURANTS**

**CANTONESE**



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



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

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



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

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

**SHANGHAI**

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

**FRENCH**

**寶雅座  
AUX BEAUX ARTS**

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

**GLOBAL**

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

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

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

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



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



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



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



**SQUARE EIGHT**  
24 hours  
T: 8802 2389  
Level 1, MGM MACAU

**ITALIAN**

**LA GONDOLA**  
Mon - Sunday  
11:00am - 11:00pm  
Praia de Cheoc Van, Coloane,  
next to swimming pool  
T: 2888 0156



**PORTOFINO**  
Casino Level1, Shop 1039,  
The Venetian Macao  
TEL: +853 8118 9950



**AFRIKANA**  
Sun to Thu: 04:00pm - 01:00am,  
Fri, Sat and Eves of Public Holidays:  
06:00pm - 03:00am  
Location : AfriKana, Macau Fisherman's  
Wharf  
Telephone Number : (853) 8299 3678

**JAPANESE**

**SHINJI BY KANESAKA**  
Level 1, Crown Towers  
Lunch 12:00 - 15:00  
Dinner 18:00 - 23:00  
Closed on  
Tuesday (Lunch and Dinner)  
Wednesday (Lunch)

**ASIAN PACIFIC**

**ASIA KITCHEN**  
Level 2, SOHO at City of Dreams  
Opening Hours  
11:00 - 23:00

**GOLDEN PAVILION**  
Level 1, Casino at City of Dreams  
Opening Hours  
24 Hours



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

**PORTUGUESE**

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

**FERNANDO'S**  
9 Praia de Hac Sa, Coloane  
T: 2888 2264  
12:00 - 21:30

**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 LOUNGE**  
Altrira Macau,  
Avenida de Kwong Tung, 38/F Taipa  
Sun-Thu: 13:00 - 02:00  
Fri, Sat and Eve of public holiday:  
15:00 - 03:00

**R BAR**  
Level 1, Hard Rock Hotel  
Opening Hours  
Sun to Thu:  
11:00 - 23:00  
Fri & Sat:  
11:00 - 24:00

**THE ST. REGIS BAR**  
Level One, The St. Regis Macao  
Cuisine: Light Fare  
Atmosphere: Multi-Concept Bar  
Setting: Refined, Inviting  
Serving Style: Bar Menu  
Dress Code: Casual  
Hours: 12:00 PM - 1:00 AM; Afternoon Tea:  
2:00PM - 5:30 PM  
Phone: +853 8113 3700  
Email: stregisbar.macao@stregis.com



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

**VIDA RICA BAR**  
2/F, Avenida Dr. Sun Yat Sen, NAPE  
T: 8805 8928  
Monday to Thursday: 12:00 - 00:00  
Friday: 12:00 - 01:00  
Saturday: 14:00 - 01:00  
Sunday: 14:00 - 00:00

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

## KITCHENWISE

Sara Moulton, via AP



## CHEESE SANDWICH SOUFFLE IS EASY WEEKNIGHT MEAL

One time many years ago, I was riffling through my grandmother Ruth's box of handwritten recipe cards when I pulled up short at the sight of the title of this recipe for Cheese Sandwich Souffle. Souffle? Fancy! But reading the details, I quickly understood that this item was nothing more or less than the wedding of a ham-and-cheese sandwich and some French toast. But that didn't make it a souffle. It required no separating of eggs, nor any beating of egg whites. Once I actually made the recipe, however, the title didn't seem like such a stretch. Fresh out of the oven, these sandwiches have puffed

up in a very souffle-ish way. Similarly, they boast the moistness and airiness of a souffle. But what I especially loved about the recipe was how ridiculously easy it is to prepare, making it the ideal candidate for a weeknight meal. (Huh? A sandwich for supper? Yes. Eggs for supper? Indeed.) Preparing this dish is so simple, you ought to consider inviting your kids to help. But whether or not the kids lend a hand, this sandwich will be even more attractive once the schoolyear — and the hectic dinnertime grind — kicks in. Just know that you'll have to plan ahead a bit; the sandwiches need to soak in the egg/milk mixture for a

full hour before you pop them into the oven. This recipe can be customized in all sorts of ways. You can swap out the ham for smoked turkey, prosciutto or your meat of choice. You can lose the Gruyere in favor of provolone, cheddar, mozzarella, or your favorite cheese. Vegetarians in the family? Say goodbye to the meat and hello to a hearty vegetable like grilled eggplant or sauteed Portobello mushrooms. Want to make a slimmer version? Use low-fat cheese and non-fat milk. However you roll, all you'll need to flesh out the meal is a side salad or vegetable. These sandwiches are plenty hearty.

## HOW TO COOK IT

## START TO FINISH

2 hours (15 minutes active)  
Servings: 4

## BUTTER FOR BUTTERING THE BAKING PAN

8 slices homemade-style white or whole-wheat bread, crusts removed  
1/4 pound thinly sliced cheese (Gruyere, cheddar, provolone, mozzarella, et cetera)  
2 ounces thinly sliced boiled ham, prosciutto or smoked turkey  
3 large eggs  
1/4 teaspoon table salt  
2 cups whole milk

In a lightly buttered 8-inch-square baking dish, arrange 4 slices of the bread flat on the bottom, trimming the slices if necessary to fit snugly in one layer. Cover each slice with one-fourth of the cheese and one-fourth of the meat and top each one with another slice of bread to form a sandwich. In a bowl beat the eggs lightly with the salt, add the milk and beat until combined well. Pour the mixture over the sandwiches, cover and chill 1 hour. Preheat the oven to 350 F. Bake the sandwiches on the middle shelf of the oven uncovered until they are browned around the edges and just set in the center, about 40 to 45 minutes. Transfer a baked sandwich to each of 4 plates and serve right away.

**NUTRITIONAL INFORMATION:** 454 calories; 205 calories from fat; 23 g fat (11 g saturated; 0 g trans fats); 223 mg cholesterol; 1,113 mg sodium; 36 g carbohydrates; 2 g fiber; 9 g sugar; 26 g protein.

**WHAT'S ON**



**TODAY (AUG 4)**

**ABSTRACT PAINTINGS FROM THE MAM COLLECTION**

This exhibition features 30 art pieces representative of the abstract collection including installations with rich painting qualities. The painting media and techniques used include ink wash, mixed techniques, oil paints and acrylic. The variety of art forms has fully resembled the laborious navigation of abstract art languages explored by Macau artists since the 1980s, whose art pieces feature open-minded artistic characteristics of the Sino-Western cultural integration in Macau. The collection fully expresses the exploration of abstract paintings in Macau.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)  
 UNTIL: September 17, 2017  
 VENUE: Macau Art Museum  
 ADMISSION: Free  
 ORGANIZER: Cultural Affairs Bureau  
 ENQUIRIES: (853) 8791 9814  
[www.mam.gov.mo](http://www.mam.gov.mo)



**MACAO ILLUSTRATED - EXHIBITION OF CITY PLANS AND ARCHITECTURAL DRAWINGS FROM THE MACAO ARCHIVES' COLLECTION**

This exhibition presents a selection of about 60 city plans and architectural drawings which will be organized by category to enable visitors to trace the history of Macau's evolvement and gain a concrete understanding of the city's development and changes from the late 19th century to the middle of the 20th century. In addition, the plans and drawings show the characteristics of buildings in Macau and reflect the design languages of different architectural designers. The exhibition explores the fusion of Eastern and Western architectural elements.

TIME: 10am-6pm (Closed on Mondays)  
 UNTIL: December 3, 2017  
 VENUE: The Macau Archives  
 ADMISSION: Free  
 ORGANIZER: Cultural Affairs Bureau  
 ENQUIRIES: (853) 2859 2919  
[www.archives.gov.mo](http://www.archives.gov.mo)



**TOMORROW (AUG 5)**

**MY HANDS MOULD MY THOUGHTS – SCULPTURAL WORKS BY WU HIN LONG**

In 2003, a group of graduates from the School of Arts of Macao Polytechnic Institute founded the Macau Sculpture Association, which is dedicated towards pushing forward the city's sculpture arts development. Amongst this group was Wu Hin Long and he studied 3D modelling. His research focus was 'Application of Ceramic Coil Building Techniques in Sculpture Creation'. Wu has applied modern thinking of sculpture production infused with carving techniques and ceramic modelling, which demonstrates his eternal passion in his art pursuits. He developed new firing methods based on his previous ceramic making experiences and created three themed artwork series, namely 'Coral Series', 'Stone Series' and 'Sweater Series'. The 'Coral Series' was selected for the 2nd China Contemporary Ceramic Art Exhibition, while the 'Sweater Series' was chosen as one of the ten best works in the Macau Annual Visual Arts Exhibition 2016. Wu Hin Long's creations are closely linked to Macau, with focused elements from neighbourhood rapport to his internal world.

TIME: 11am-7pm (Closed on Mondays and public holidays)  
 UNTIL: August 27, 2017  
 VENUE: Macau Art Garden  
 ADMISSION: Free  
 ORGANIZER: Art for All Society  
 ENQUIRIES: (853) 2836 6064  
[www.afamacau.com](http://www.afamacau.com)



**SUN (AUG 6)**

**RESTLESS NATURE BY TONG CHONG**

This exhibition presents the artist's latest body of work focused on wooden sculpture. It presents a culmination of a three year study on the subject of sculpting with plywood. In this series, each piece took at least four to six months to finish due to gluing procedures whilst the sculpting itself is a process which requires physical and psychological stamina that cannot be taken lightly. Tong Chong studied painting in the Fuzhou Arts and Crafts School and modern art in the Visual Arts Institute Macau. He graduated from the Macao Polytechnic Institute in 2006. To date, Tong has participated in over 100 international group exhibitions and 8 solo exhibitions. His art pieces have been exhibited in many countries including Spain, Portugal and the United States.

TIME: 12pm-8pm  
 UNTIL: September 6, 2017  
 VENUE: Taipa Village Art Space, Rua dos Clerigos No 10, Taipa  
 ADMISSION: Free  
 ORGANIZER: Taipa Village Cultural Association  
 ENQUIRIES: (853) 2857 6118  
[www.taipavillagemacau.com](http://www.taipavillagemacau.com)



**MON (AUG 7)**

**NEW ART PEOPLE PROJECT 2017: BOUNDLESS 4**

This exhibition features artwork by four artists, namely Nelson Joel Jorge Madeira, Sou Chon Kit, Fan Keng In and Lee Man. The four ventured into the world of oil painting on the ever unknown path of life. The four started the exploration of oil painting under the guidance of artist Cai Guo Jie and incorporated painting as part of their life. In retrospect, it was a meaningful journey from the beginners' exploration to the more matured and peculiar styles. In the paintings, visitors can view the painters' observation of life and surroundings, their free imaginations, as well as scenes full of colours and sounds, peculiar creatures, fiery flames or circling rainbows – the expressions deep from their heart and the attempts of connecting with the world and unlocking more possibilities.

TIME: 12pm-7pm (Closed on Tuesdays)  
 UNTIL: August 13, 2017  
 VENUE: 2F Gallery of Ox Warehouse  
 ADMISSION: Free  
 ORGANIZER: Ox Warehouse  
 ENQUIRIES: (853) 2853 0026  
[www.oxwarehouse.blogspot.com](http://www.oxwarehouse.blogspot.com)



**TUES (AUG 8)**

**MACAU ARTS WINDOW 2017 - HUNDRED SPECIES - WORKS OF PEGGY CHAN**

Using her favorite medium "cyanotype," an old photographic technique relying on exposure to sunlight, Peggy Chan creates artworks exploring the threesome relationship among individuals, the city and nature, showing the resulting magical inter-transformations. Through paradoxical collages bearing her indirect, perceptual observations and by recording everyday eco-phenomena, she tries to discover whether or not the rules governing the relationship between species and the environment would go through weird changes. Peggy Chan received a fine arts degree from the Royal Melbourne Institute of Technology University. Her artworks include paintings, photographs, videos and installations. She has exhibited in Macau, Paris, Korea, India and Beijing.

TIME: 10am-7pm  
 UNTIL: August 13, 2017  
 VENUE: Macau Art Museum  
 ADMISSION: Free  
 ENQUIRIES: (853) 8791 9814  
 ORGANIZER: Macau Art Museum  
[www.mam.gov.mo](http://www.mam.gov.mo)



### WED (AUG 9)

#### IN SEARCH OF THOSE JOURNEYS - A RETROSPECTIVE EXHIBITION OF THE FERRY TRANSPORT BETWEEN MACAU AND THE ISLANDS

This exhibition unveils a number of collections for the first time, such as the original documents “Stock Booklet of Un Fat Ferry between Macau and Coloane” and “Lease Contract of Motorboat” of the ferry operation company, as well as other items related to the ferry vessels, including photographs, ferry tickets, newspapers and commemorative publications, among others. In the exhibition, interactive electronic screens are also available to introduce “The Evolution of Macau’s Topography”, which covers the territory’s coastlines and vessel routes from different eras. Meanwhile, video excerpts of interviews with several old residents are screened to share their stories in taking ferry vessels, revealing the unique rustic simplicity of this small city. In addition, visitors can enjoy a 3D virtual ferry ride based on the ferry model “Kuong Kong”. Through various forms of exhibits such as precious documents, images, and interview videos, the exhibition shows social changes that occurred in Macau, making available a replenishment for future studies on maritime traffic. Allow visitors to experience Macau’s life in the old days, the exhibition also intends to educate the public on good family and neighbourhood relations.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)  
UNTIL: October 5, 2017  
VENUE: Nostalgic House of Taipa Houses  
ADMISSION: Free  
ORGANIZER: Cultural Affairs Bureau  
ENQUIRIES: 8988 4000  
www.icm.gov.mo



### THURS (AUG 10)

#### CERAMICS AND SEALS OF 108 HEROES OF SHUI HU LEGEND FROM THE MAM COLLECTION

This collection debuts 108 ceramic figurines and 194 seals with a theme of a classical Chinese novel - Shui Hu Legend. The ceramic pieces are by Liu Ousheng, a master of ceramic figurines who incorporated the freehand brushwork skills from Chinese painting into the creation of ceramic figurines from the early 1980s. The seal carvings are by Lin Jin and his apprentices, Huang Kuanghua, Cho Sai Keung and Ho Pan. The collection was donated by Lei Loi Tak, General Director of the Soka Gakkai International of Macau in 2000.

TIME: 10am-7pm (Last admission at 6:30pm, closed on Mondays)  
UNTIL: November 19, 2017  
VENUE: Macau Art Museum  
ADMISSION: Free  
ORGANIZER: Cultural Affairs Bureau  
ENQUIRIES: (853) 8791 9814  
www.mam.gov.mo

# Sands WEEKEND



## ONE: KINGS AND CONQUERORS

5 August (Saturday) 6:30pm  
Cotai Arena

Asia’s biggest Fight Night returns to Macao with ONE: KINGS AND CONQUERORS. Headlining the blockbuster card is a thrilling title bout between the most dominant champion in promotional history, ONE Bantamweight World Champion Bibiano Fernandes and top contender Andrew Leone. Get ready for another night of the world’s most exciting martial arts action at the Cotai Arena! Please note entrance is restricted to those aged 13 and above.

Tickets: From MOP140

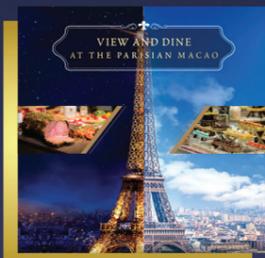


## THRILLER LIVE

Until 3 September  
The Parisian Theatre

Back in Macao by popular demand, THRILLER LIVE, which features Michael Jackson’s timeless songs and signature dance moves, has been seen by more than four million people in over 30 countries. THRILLER LIVE is a 90-minute, high-energy explosion of pop, rock, soul and disco that takes the audience on a magical audio-visual journey through Michael Jackson’s astonishing 45-year musical legacy.

Tickets: From MOP180, call reservations +853 2882 8818  
Times: 8pm (Tuesday-Friday); 2pm and 8pm (Saturday); 2pm and 6pm (Sunday).  
No shows on Monday.  
cotaiticketing.com



## VIEW AND DINE

Until 30 September, savour exotic flavours at The Parisian Macao and enjoy the spectacular views from the Eiffel Tower. Tickets include admission to Eiffel Tower 37th Floor and a meal at selected restaurants.

Lunch Set  
MOP248\* per adult | MOP168\* per child

Enjoy Lunch at Le Buffet or Set Lunch at Brasserie or Lotus Palace for one person, plus Eiffel Tower ticket for one.

Dinner Buffet  
MOP398\* per adult | MOP248\* per child

Enjoy Dinner at Le Buffet for one person, plus Eiffel Tower ticket for one.

Book Now  
Le Buffet +853 8111 9250  
Brasserie +853 8111 9200  
Lotus Palace +853 8111 9260

\*Subject to 10% service charge



## PARISIAN SHOPPING DELIGHT

10am to 11pm, Daily, Until 20 August

Sands Shoppes offers the most extensive range of luxury duty-free shopping experiences in Macao. Simply spend at Shoppes at Venetian, Shoppes at Four Seasons, Shoppes at Cotai Central and Shoppes at Parisian to earn up to MOP2,000 worth of Shopping Vouchers to be used in Shoppes at Parisian participating shops. Every shop in Shoppes at Parisian tells a story, discover the newest brands now and shop the Parisian way with your earned vouchers!

| Spending  | Earn Parisian Shopping Vouchers |
|-----------|---------------------------------|
| MOP8,000  | MOP200                          |
| MOP15,000 | MOP400                          |
| MOP30,000 | MOP1,000                        |
| MOP60,000 | MOP2,000                        |

Please refer to the Terms & Conditions for further details.



澳門金沙度假區

Sands  
RESORTS MACAO



# WORLD OF WONDER

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

# URUGUAY



When it was first adopted in 1828, the flag of Uruguay had 17 stripes, but it was reduced to nine in 1830. The sun emblem found on the flag and coat of arms is the **Sun of May** — a symbol of freedom and independence. The laurel and olive surrounding the coat of arms represent honor and peace.



This small nation is sometimes called the Switzerland of South America because of its stable democracy and social benefits. Visitors can enjoy golden beaches, tango dancing, exciting fútbol games, hiking and perhaps visit the interior for some horseback riding at a historic estancia.



The unofficial national flower is the flower of the **ceibo tree**, also known as cocksbur coral or bucaré.

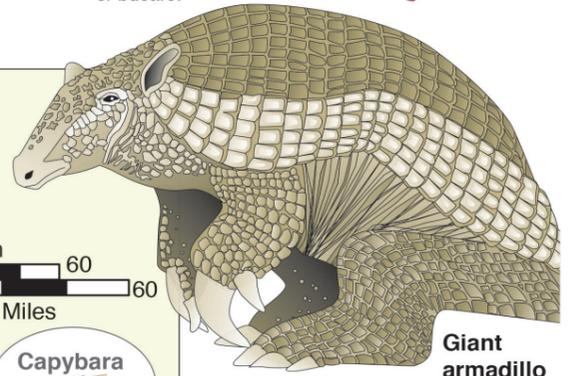
## In a word

The country's official name is the "República Oriental del Uruguay" which means "Eastern Republic of Uruguay." The country is named for the **Uruguay River**, which means "river of the painted birds" in the Guarani language.

## Way back when

People have been living in what is now Uruguay for about 10,000 years. Several small, seminomadic tribes made this land their home long before the arrival of the Spaniard **Juan Díaz de Solís** and his crew in 1516. Portugal claimed Uruguay in 1680. In 1726, the Spanish took control and founded Montevideo; its natural harbor was valuable as a military stronghold. In 1811, the people of Uruguay rebelled against Spanish rule, and Uruguay became independent in 1828. Civil war followed, and fighting between the Blanco (White) and Colorado (Red) parties lasted until the mid-1800s. The two sides became the country's conservative and liberal political parties.

Today, Uruguay is ranked first in the region for democracy, peace, lack of corruption, freedom of press, quality of life, prosperity and security.



**Giant armadillo**

Giant armadillos are generally solitary animals. They are nocturnal and spend the day in burrows. These armadillos have 80 to 100 teeth, more than any other mammal.

## Did you know?

More than half of Uruguay's people make their homes in the Montevideo metro area. In Uruguay, cows outnumber people 4 to 1. In 2009, Uruguay became the first country in the world to provide every schoolchild with a free laptop and Wi-Fi access. Uruguay is the only country in Latin America that lies entirely outside the tropics. Uruguay has renamed many of its traditionally Catholic holidays. Christmas, for example, is called Family Day, and Holy Week is called Tourism Week.

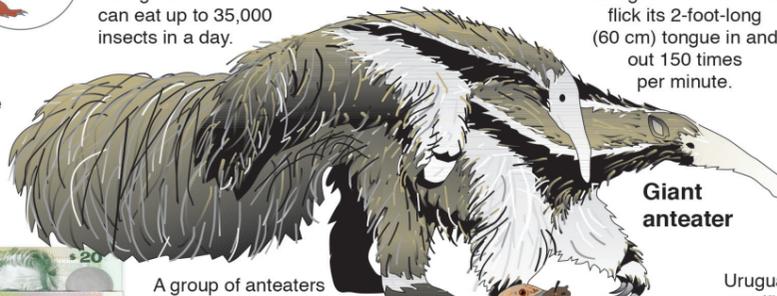
## Just the facts

|                          |   |
|--------------------------|---|
| <b>Total area</b>        | 68,037 sq. mi. (176,215 sq. km)   |
| <b>Population</b>        | 3,427,000   |
| <b>Capital city</b>      | Montevideo  |
| <b>Currency</b>          | Uruguayan peso  |
| <b>Official language</b> | Spanish   |
| <b>Highest elevation</b> | Cerro Catedral 1,685 feet (514 m)   |
| <b>Lowest elevation</b>  | Sea level   |
| <b>Agriculture</b>       | Cattle, milk, rice, wheat, soybeans, grapes, wool, indigenous chicken meat, sheep and sunflower seeds |
| <b>Industries</b>        | Electrical machinery, transportation equipment, petroleum products, textiles and chemicals            |
| <b>Natural resources</b> | Arable land, hydropower, minor minerals and fisheries   |



**Agouti**

About the size of a rabbit or guinea pig, **Azara's agoutis** are sometimes called **jungle gardeners** because they like to bury seeds.



**Giant anteater**

One giant anteater can eat up to 35,000 insects in a day.

The giant anteater can flick its 2-foot-long (60 cm) tongue in and out 150 times per minute.



In 2003, coins replaced banknotes for the denominations of 5 and 10 Uruguayan pesos.

A group of anteaters is called a **parade**, but generally these animals are solitary, except during breeding season.

Also known as the **red ovenbird**, the rufous hornero is abundant and often seen in savannas and pastures across eastern South America. These birds are famous for their elaborate oven-shaped mud nests built in trees and on fence posts.

The rufous hornero eats insects and insect larvae.



Uruguay's unofficial national animal is a bird, the **rufous hornero**.



## What's for dinner

Uruguayan cuisine is primarily Spanish. Red meat is very popular. **Asado** (barbecue) is a typical Uruguayan dish that consists of grilled beef and other meats, often cooked on an open fire, and sometimes served with salad. **Empanadas** (meat or cheese pies) are portable, inexpensive and delicious. **Gramajo** is a dish made of fried potatoes, eggs and ham. **Dulce de leche** is a kind of caramel found in many desserts.

SOURCES: World Book Encyclopedia, World Book Inc.; <http://kids.nationalgeographic.com>; [www.infoplease.com](http://www.infoplease.com); CIA World Factbook; <http://www.arkive.org>