

GOLF | TRAVEL | FOOD | PHILANTHROPY | HEALTH | INSPIRATION

— d e s i g n i n g —
WEALTH

magazine

A lifestyle publication created to uplift and inspire

Fall 2014



Compliments of
Huiting Wealth Management Group of
Wells Fargo Advisors Financial Network

Thanksgiving Wine
Add a New Tradition
to Your Table

Leaf Season in the Historic
Shenandoah Valley



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QUARTERLY UPDATE

Tailor-Made™
Magazine

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Dear Clients and Friends,

Thank you to everyone who stopped by on summer solstice to join us in celebrating our first year anniversary with Wells Fargo Advisors Financial Network! Champagne flowed from our "6 liter" bottle of Perrier-Jouet, while the soft jazzy sounds of guitarist Steve Shurack filled the afternoon and evening.

Summer brought a flurry of activity here, as we made trips to both coasts visiting with clients and taking the opportunity to meet with portfolio managers and analysts, and to observe first-hand the state of the varied local economies. In line with Wells Fargo Advisor's expectations of long-term trends to continue, our strategic asset allocation models have remained mostly unchanged when compared to 2013. We concur that the recent low-inflation trend is likely to continue, while the 30 year downward trend in interest rates is near an end and interest rates are likely to move higher in years ahead from today's historic lows. With fixed income, we continue to favor callable high coupon premium bonds for their additional yield and partial protection against rising rates, while reducing intermediate and high yield debt ETFs which are exposed to greater risks due to their historically tight credit spreads and questionable market liquidity when rates begin to rise.

The last quarter has spawned a number of unresolved geopolitical crises, and we enter fall with contentious mid-term elections around the corner. These events have kept investors cautious, particularly as equity markets flirt daily with new highs and bonds unexpectedly have resumed their rally after last year's sell off. Despite these near term issues driving our tactical allocations and investments, we concur with Wells Fargo Advisor's expectation for the long-term upward trend in corporate profits to continue as competition within the U.S. economic system creates the incentive for businesses to grow in order to survive.

Turning to the book shelf, "Names, Numbers, and Network Solutions: The Monetization of the Internet," by J. Robert Beyster and Michael A. Daniels, recounts the gripping story of the commercialization of the Internet in the '90s and highlights the role of a then-small business by the name of Network Solutions that had the task of making these domain names available to the general public. It's a riveting read of near misses and hard-won successes, leading to a dramatically changed global commerce landscape. By the year 2000 this transformative firm grew to \$19.3 billion, having been valued just five years earlier at \$4.7 million. In addition to looking back in time, "Names, Numbers, and Network Solutions," offers a glimpse into the future challenges of Internet regulation, security, and privacy issues. We have a limited number of copies available for our clients - please call Wendy, 303-670-4904, to receive your complimentary copy while supplies last (note, Wells Fargo Advisors Financial Network does not endorse or recommend this publication or movie).

Sincerely,

Randolph Huiting, CFA, CFP®
President

Huiting Wealth Management Group
Wells Fargo Advisors Financial Network

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Travel

4 Leaf Season in Virginia's Historic Shenandoah Valley

Shenandoah Valley is not just steeped in natural wonders; it also boasts one of the richest destinations in the nation for views, history, and culture.

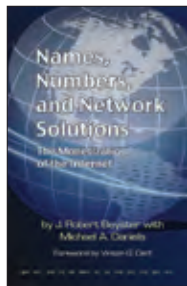


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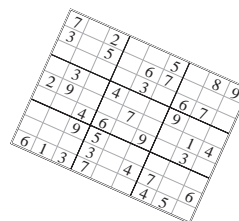
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Leaf Season in Virginia's Historic Shenandoah Valley



Nothing compares to a road trip through the mountains when the leaves on the trees are in their full glory, like open boxes of crayons as far as the eyes can see. There is also no better place to experience those stunning autumn vistas than in the gorgeous Shenandoah Valley, which stretches for 200 miles through the peacefully splendid Blue Ridge and Allegheny Mountains.

Take in the sights from above, drifting across the landscape in a hot air balloon (www.discoverfrontroyal.com/page.cfm/cat/47/Scenic-Airplane-&-Ballon-Rides), or pack a picnic lunch and venture into the hills on foot. There are countless trails that wind through the valley, up the mountainsides, along trout streams, by rolling pastures, and in view of cascading waterfalls. The Shenandoah region is not just steeped in natural wonders; it also boasts one of the richest destinations in the nation in terms of culture and heritage. So spend a long weekend in America's "Big Valley" for a chance to travel back in time.

The Frontier Culture Museum

Just outside the small town of Staunton, Virginia, is the uniquely interactive Frontier Culture Museum. To tell the story of how early immigrants lived and worked, the museum has reproduced or relocated genuine examples of tradition-



Staunton's Blackfriars Playhouse



al rural buildings from England, Germany, Ireland, West Africa, and the early American colonies. The exhibits are divided into two categories—the Old World and America. You'll have a chance to spend time with volunteers dressed in accurate period attire who recreate the lifestyle of pioneer settlers, using authentic tools and methods, right before your eyes. Shakespeare plays are also presented year-round at Staunton's Blackfriar's Playhouse.

Shenandoah National Park

Shenandoah National Park combines nature with history and early American culture. Built by members of the Civilian Conservation Corps during the Great Depression, the unusual park is only five miles wide, but stretches for approximately 70 miles. Shenandoah is also distinguished from other national parks because instead of being carved from wilderness, it is a tract of land where settlers actually lived for more than 100 years. Nearly 350 original structures are still maintained inside the park, which includes 500 miles of trails, 25 trout streams accessible for fishing, and diverse flora and fauna that can be seen on guided hikes led by knowledgeable naturalists.

An ideal way to visit the park is by cruising along Skyline Drive, a panoramic roadway that follows the crest of the Blue



Forest service cabin

Ridge Mountains from one end of the park to the other. The route also parallels the Appalachian Trail most of the way, making it a convenient drive for those who want to hike a portion of that legendary trail. The fall colors are spectacular from the appropriately named Skyline Drive during the day, and at night the stars are absolutely dazzling. According to Native American folklore, Shenandoah was the daughter of the celestial stars, and on a clear evening in the fall it is easy to see how this valley got its name.

Natural Bridge

Natural Bridge (www.naturalbridgeva.com) is registered as a National Historic Landmark, but the first people to discover the 215-foot high archway were the Monacan Indians, who referred to it as "The Bridge of God." Rumor has it that George Washington carved his name into the structure when he was a teenager, and at one time the entire site - including the bridge - was owned by Thomas Jefferson. After looking skyward at the bridge you can reverse direction and descend 34 stories down into the caverns of Natural Bridge, which are the deepest ones on the east coast.

The Natural Bridge site also covers 1,600 acres that house restaurants, an artisan's center, and a hotel. These days the place tends to be saturated with souvenir shops and crowded with tourists, but the inspiration and majestic beauty of Natural Bridge is still undeniable and well worth the trip. To ensure you get your money's worth, be sure to drive a mile north of Natural Bridge and feast your eyes on Foamhenge - a full-scale replica of Stonehenge that looks completely realistic, despite being constructed entirely from Styrofoam™. Admission is free.



Natural Bridge



Shenvin, one of 19 wineries on the Shenandoah Valley Wine Trail.

Take a Shenandoah Valley Wine Tour

Another great reason to meander through the Shenandoah Valley is to visit dozens of wineries and tasting rooms that have cropped up over the past 20 years (ShenandoahValleyWineTrail.com). The area is a leading wine producer in the eastern USA, with more than 30 Shenandoah Valley wineries that produce nearly every varietal, including Cabernet Franc, Cabernet Sauvignon, Chardonnay, Merlot, Norton, Petit Verdot, Riesling, Sauvignon Blanc, Seyval, Vidal Blanc, and Zinfandel.

If you're planning your trip for mid-October, stop by Winchester for the annual fall Apple Harvest Festival too, which features more than 20 different types of locally-grown apples plus fun and entertainment for the whole family (www.visitwinchesterva.com/events/details/1046-apple-harvest-festival).

Shenandoah Valley Eateries

When it's time to refuel, the Red Hen restaurant in Lexington (www.RedHenLex.com), specializes in



Red Hen Restaurant

gourmet farm-to-table dining, with a menu that changes daily. The establishment opened in 2008 but has already been featured in the *Washington Post*, *Southern Living*, and the *Wall Street Journal*. Another popular culinary destination is the Local Chop & Grill House in Harrisonburg (LocalChops.com). There you'll dine in the rustic ambience of the town's old City Produce Exchange building. Entrees include local trout, roast duck, and filet mignon; the dessert menu features crème brûlée, toffee pudding, dark chocolate fudge pie, and goat cheese-lemon cheesecake.

The Historic Homestead Resort

There are many national chain hotels and locally-owned B&Bs dotting the landscape of the Shenandoah Valley, but for a taste of rare indulgence try the Omni Hotel Resort (TheHomestead.com), located in Hot Springs, Virginia. The



Omni Homestead

luxury resort and spa tucked away in the Allegheny Mountains is a National Historic Landmark that has been open for business since 1766, before the American Revolution. Many heads of state – including 22 U.S. presidents – have stayed here to “take the waters” of the resort’s healing thermal springs, which are naturally heated and mineral-infused. The Omni also has two championship golf courses as well as fine dining and casual restaurants, making it a full-fledged Shenandoah Valley oasis in the woods. ●

NAMES, NUMBERS, AND NETWORK SOLUTIONS: The Monetization of the Internet

Caroline O'Connell

It's hard to believe that widespread Internet use has only been around for 20 years. The landscape of our lives has changed drastically as a result – the way we communicate, how we learn, our entertainment avenues, and the use of social media to effect political change. In the beginning, it was like the Wild West: a small group of pioneers dreamed up and implemented this technological breakthrough. By 1994, the first web browser had been introduced (making it easier for the layperson to navigate the web), and the U.S. government had awarded a contract to a small Virginia company, Network Solutions (NSI), to be the sole provider of Internet domain names (opening up the web for commercial use).

NAMES, NUMBERS, AND NETWORK SOLUTIONS: The Monetization of the Internet (by J. Robert Beyster with Michael A. Daniels) is a fascinating story that describes the earliest days of the Internet, highlights the roles of key players, and explains how the Internet structure was created. Network Solutions was ground zero when companies started to see the potential of the web, and the demand for domain names skyrocketed. There was no precedent; rules had to be made up as they went along. Here are three interesting excerpts:

Paul Mockapetris on his role in the creation of the Domain Name System

"I designed the technology to allow you to do domain names, but I didn't define which domain names we would use...There were all sorts of bad ideas about how to select domain names. So that, for example, there was one famous individual who said, 'In all domain names, the most important part should be a country code,' instead of having .com and so forth. So I said—well let's try both and see what works. So the only reason we have .com today is that finally people got tired of arguing with me about that and said, 'Well we'll try it, but no one will ever use it.' If they had known what was going to happen they would never have agreed!"

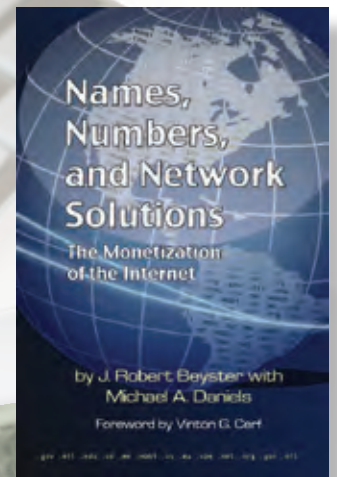
Mark Kusters on the Registry for the Internet

Mark Kusters was forced to run the entire InterNIC (domain name registration system) off a single, two-gigabyte hard drive, which has only about 0.2 percent of the space of the one-terabyte hard drives widely available today. This despite the fact that worldwide use of the Internet was quickly mushrooming, and NSI badly needed more computer storage space on which to house all the registry information. Eventually Kusters was able to scrounge up an additional two-gigabyte hard drive, but it was a bare disc with no housing or any other hardware to install it into the computer. Says Kusters, "There was no additional money to do anything, so I just placed that disc loosely into the machine and hoped and prayed that it wouldn't crash. It never did, and it was the registry for the Internet for years."

David Holtzman on Internet Security

Recalls David Holtzman, "We were inundated with crises pretty much two or three times a week. I can remember the data center flooding a few different times because of broken air-conditioner lines. We were the first organization to put any security at all onto any critical piece of the Internet other than the actual cables themselves. Part of the reason we did this was in response to all the crazy phone calls we were getting. We got death threats. We got bomb threats. We got people calling almost every day screaming, mostly because they were angry because they wanted a domain name and we wouldn't give it to them—typically because someone else had gotten it first. It was not uncommon to see a domain selling in the high six figures or even for a million dollars or more. And when you're talking that kind of money people take it pretty darn seriously."

Authors Robert Beyster and Michael Daniels had a front row seat and were instrumental in Network Solutions' growth. Dr. Beyster is the founder of SAIC (Science Applications International Corporation), and Mike Daniels was a key executive that recommended SAIC purchase NSI in 1995 for \$4.7 million. Five years later, SAIC sold Network Solutions to VeriSign for \$19.3 billion (with a B). ●



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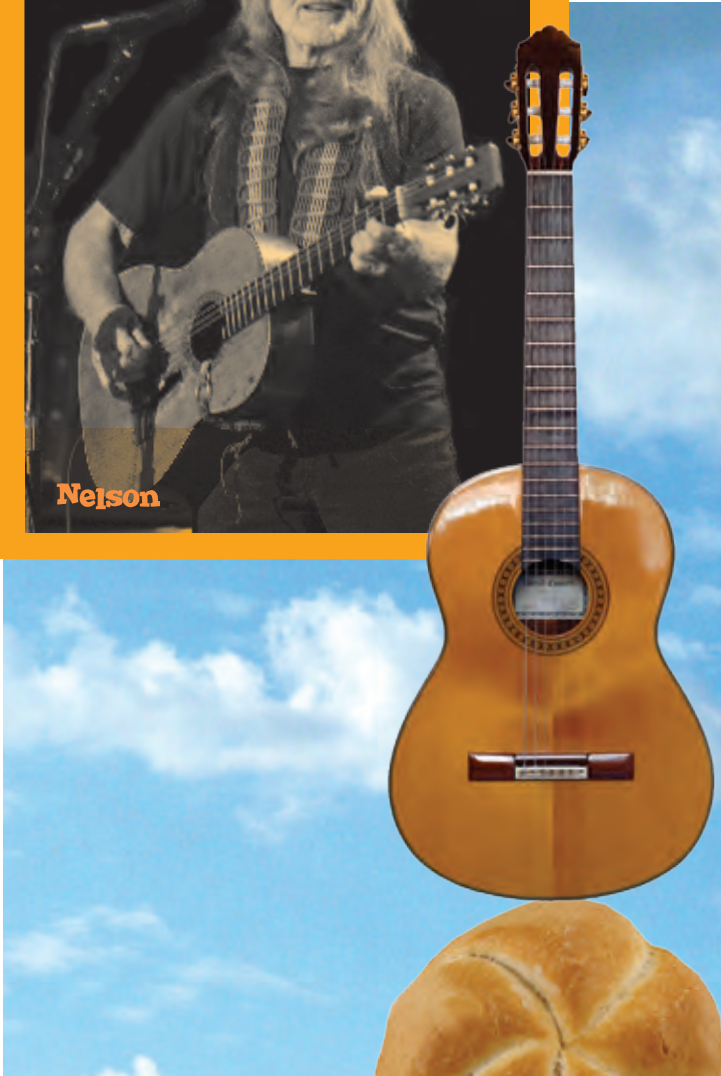
Farm Aid:

Still rocking and rolling after nearly 30 years

Back in 1985, music stars Willie Nelson, Neil Young, and John Mellencamp organized the first Farm Aid concert as a way to raise awareness about the accelerated loss of family farms. The event also raised funds to help keep struggling farm families on their land. The concert was a tremendous hit, and Farm Aid has been going strong ever since. In 2001, musician Dave Matthews also joined the team as a member of the Farm Aid Board of Directors.

Over the years, Farm Aid has raised more than \$45 million to promote a strong, resilient family farm system. One of the primary ways that the organization does that is by increasing the number of people who buy from family farms, so that farmers can sustainably support themselves. Farm Aid also runs educational campaigns all year round through channels such as television, radio, and social media. One example of that kind of initiative is the popular website Homegrown.org, an interactive meeting place where anyone can learn or enhance their farming or gardening skills free of charge. Farm Aid also proactively fosters relationships and partnerships between farmers and consumers to expand the availability of local and regional agricultural markets. For instance, the group has been instrumental in arranging for family farm food to make it into school cafeterias and neighborhood grocery stores.

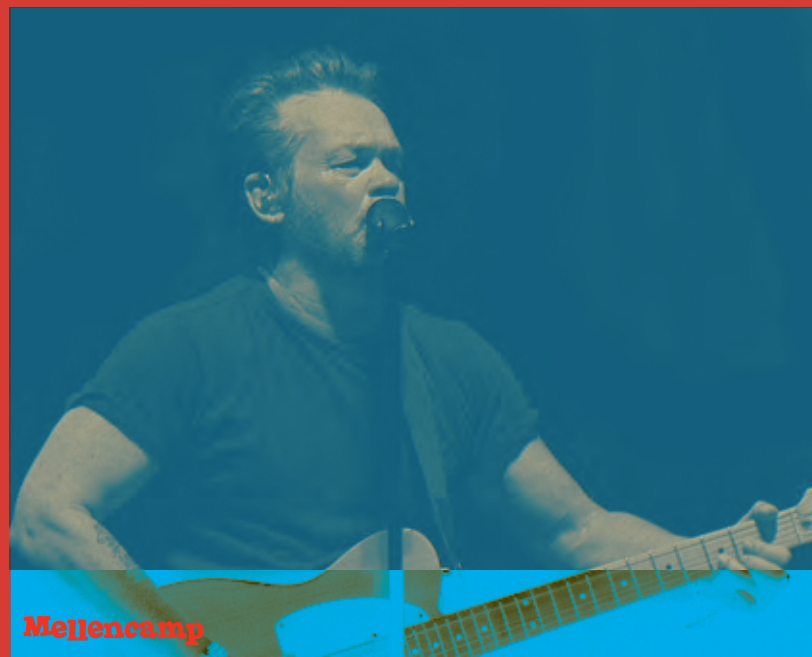
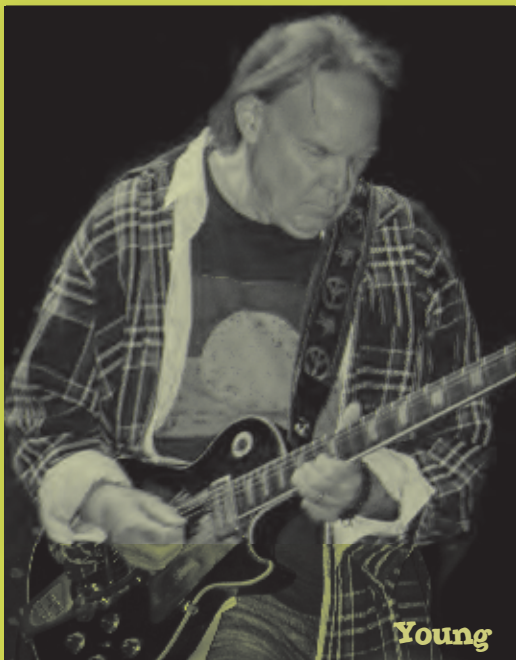
Farm Aid also operates a valuable crisis hotline that farm families can use to connect with critical support services in times of crisis, such



as in the wake of a drought, flood, or tornado. Similarly, Farm Aid's online Farmer Resource Network connects farmers to an extensive number of organizations across the country that help farmers find the resources they need to access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters.

The organization's website also offers information about Community Supported Agriculture (CSA) across the nation, with instant online search tools to help you locate small farms and farmers' markets in your neck of the woods. Use those resources to find and purchase fresh, healthy, affordable food directly from family farmers. Many of them will deliver seasonal produce and dairy products right to your doorstep on a weekly or monthly basis.

Those who would like to support Farm Aid can do so in a variety of ways and donors will be encouraged to know that Charity Watch gives Farm Aid an "A" rating. Charity Watch is a nationally prominent service that evaluates and rates charities based on stringent criteria in order to help potential donors make informed decisions. The letter grades for most charities are based on the percentage of donated funds that are spent on the charitable purpose and the percentage of money used to raise funds. Farm Aid consistently receives top marks with an "A" for excellence. To learn more, visit their official website at FarmAid.org where you can also find performer and ticket information for the next Farm Aid Benefit Concert. ●





Golf Is What The DR Ordered

Andrew Penner



The green on the par-3 5th on the Teeth of the Dog course at Casa de Campo.

Golf and the sea have always had a special relationship. The wind and the waves, the sand and the surf, just add to the allure of the game. It's always been that way. So no wonder then, that the world's great seaside golf destinations are revered. In the "old world," it's places like Scotland and Ireland that immediately come to mind. And in the "new world" – especially if you like your wind and waves on the warm side – one could easily say the crème de la crème is the Dominican Republic.

Of course, there are a lot of great seaside golf courses in the tropics. The Bahamas, Bermuda, Hawaii, even Puerto Rico and Costa Rica, are home to some stunning layouts that linger on the ledges above the azure blue. In fact, some of the best new courses that have been built in the past ten years are in the tropics. Specifically, in the Caribbean.

a recently opened freeway – it is now just 45 minutes from the Punta Cana International Airport – much of the challenge in getting there has been alleviated. Prior to this year it took over two hours on a slow, bumpy, two-lane road, a significant deterrent for some.

Casa de Campo is home to three Pete Dye-designed courses as well as the private La Romana Country Club, which is also a Pete Dye design that has some access for hotel guests. Perhaps a more fitting name for the place would be "Dyeville." One thing is certain, the resort (a gated town of a few thousand people) is consistently recognized as one of the greatest golf resorts in the world.

Opened in 1971, its star attraction is the revered Teeth of the Dog course, Pete Dye's seaside masterpiece. It's been ranked the number one course in the Caribbean for over 40 years. There are a total of seven holes that play directly along the wave-smashed shore. The drama is unforgettable.

The stretch of holes from the fifth to the eighth, which includes two gorgeous par-3s, is one of the world's great seaside runs. The 5th, a short par-3 with a postage stamp green kissing the water, is diabolic Dye at his best. There is little margin for error. It's a sublime golf hole that is in the same league as the 7th at Pebble Beach. Thankfully, after playing the 8th, the golfer can look forward to three more spectacular seaside holes from the 15th to the 17th. Another trifecta, of sorts, that seals the deal for "Teeth's" rightful recognition as one of the world's great courses.

Although "Teeth" is the clear standout at Casa de Campo, the Links Course and Dye Fore both afford rock-solid golf with that special Pete Dye flare. Dye Fore, which soars along the Chavon River is particularly spectacular and would easily be a top-draw if it wasn't overshadowed by Teeth of the Dog.

Speaking of top-draws, after golf – or, heaven-forbid, on a day *off* from golf – one can always take comfort on the out-of-this-world beaches in this region. The Punta Cana area, especially, is home to wide, idyllic, white-sand beaches that, to be honest, are way better than any bunker I've ever flailed around in.

And, on the topic of flailing, for the adventurous types who, say, want to try surfing, there are exceptional opportunities. Next door to the Roco Ki development, which is home to an awesome Nick Faldo course, is



The par-5 18th at Dye Fore at Casa de Campo.

Perhaps no other country boasts as many awesome courses that hug the ocean than the Dominican Republic. Of the 30 championship golf courses in the country, more than half of those generously serve up beautiful ocean views, and many of those feature holes directly on the ocean. Indeed, if the seaside golf genre melts your butter, then a golf junket to the DR should be on your radar.

The place to start? Unquestionably, Casa de Campo in La Romana (located in the far southeast corner of the country) is a must. Thanks to

one of the best beginner surfing beaches in the world. The baby-blue bay (the beach is called Macau) is home to a surf shop with local instructors (they may or may not speak English!) that will give you the lowdown. The best part? The rental boards are big, the water is warm, and the ocean bottom is all sand. It's absolutely perfect for beginners who tend to spend more time trying to figure out which way is up.

For beginners to the all-inclusive genre – or seasoned veterans, for that matter – it doesn't get much better than the Hard Rock Hotel & Casino in Punta Cana. The massive 1,700-room resort is the largest hotel in the Caribbean. With fifteen pools, nine restaurants, a casino, spa, and a shuttle to whisk you around, you'll definitely have your hands full soaking it all in. If you get confused with the sheer size of the place, I'd highly recommend you just take the two-minute shuttle to the Nicklaus-designed golf course that sits on the property.

Meandering through the Dominican jungle and incorporating a number of rugged rock quarries and lakes, the smooth-flowing route will test every part of your game...and then some. Although there are no



The beaches in Punta Cana are idyllic.

holes).

Whether it is surfing or swinging, sipping or sun-tanning, Punta Cana is, undoubtedly, one of the top vacation destinations in the Caribbean. I recently heard of one fellow who went down there without his clubs. However, when he saw a string of holes clinging to the edge of the sea he knew he had made a mistake. My advice? Don't make the same one!

Emerging Golf Destinations



The 6th hole at the Nicklaus-designed course at the Hard Rock Hotel & Casino at Punta Cana is cut through the jungle.

ocean views or significant elevation changes, the beautiful conditioning and the isolated nature of the holes still makes for a quality golf experience.

If you base your holiday out of the Hard Rock, there are many nearby golf courses to choose from. And, of course, a number of them are seaside stunners. Punta Espada, for example, is killer good. It's another Jack Nicklaus design that features eight seaside holes. And many of them hug the water so close you may be wishing for a neoprene golf shirt.

A couple other courses that come highly recommended in the Punta Cana area are La Cana (yet another Pete Dye design with four seaside holes) and Los Corales (a Tom Fazio layout with six oceanside

True, golf isn't booming like it was in the 90s. However, there are a few places where the game is in growth mode. Here are three to keep your eye on.

- ✚ Turkey – Still flying under the radar in North America, the southern Mediterranean Coast in Turkey is now home to more than 15 championship-caliber golf courses...and counting. www.golfturkey.com
- ✚ Puerto Rico – The 2010 opening of Royal Isabela, a wild links course that parades high atop cliffs on the north coast, put Puerto Rico on a golf-happy trajectory. More courses are in the works. www.royalisabela.com
- ✚ Danang, Vietnam – The south and central Vietnam coast is Asia's hottest new golf destination. And hot off the press is a Greg Norman links course, The Bluffs Ho Tram Strip Course, which could be the finest new course in all of Asia. www.golfcoastvietnam.com ●



Andrew Penner has written for *GOLF Magazine*, *Golf Canada*, *Travel Golf*, and many other leading golf publications.



Roco-Ki Cliffside Golf is a Nick Faldo course that also features plenty of seaside drama.



For more of Karol Redfern Hamper's recipes, preview her book, *A Romance with Baking*, available online at Amazon.com.

Gunky Carrot Cake

Cake Batter

- 3 cups all-purpose flour
- 1-1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 cups grated, raw carrots
- 1 can (8-1/2 oz.) crushed pineapple with juice
- 1 cup chopped walnuts
- 1 cup raisins
- 3/4 cup coconut
- 2 teaspoons vanilla
- 3 eggs

Icing

- 2 pounds cream cheese, softened
- 1 pound butter, fairly soft
- 2 (1 pound) boxes powdered sugar
- 1 tablespoon vanilla
- 1 cup chopped walnuts or pecans (optional)
- 1 cup raisins (optional)

To Bake

Bake the cake in the fully preheated 350-degree oven for 30 minutes to 1 hour, depending upon the size of the pans, until the center feels firm to the touch. Cool completely before frosting.

To Prepare the Icing

Cream together the cream cheese and the butter. Sift in the powdered sugar, one cup at a time and beat until smooth. Add the vanilla. Measure out about 1/3 of the frosting and set aside. Add the chopped walnuts and raisins to the other 2/3rds and mix only enough to blend. Frost the cooled cake between the two layers and around the outside and top with the frosting to which you have added the nuts and raisins. Use the remaining icing to pipe a pretty pattern around the top, reserving a small portion, if desired, for decorating the cake with carrots or a special greeting. ●

To Prepare the Pan

Place two 9- or 10-inch round pans, preferably with removable bottoms, on a sheet of parchment paper. Trace a circle around them and cut the circle to fit the pan. Lightly grease the sides.

To Prepare the Cake

Sift together the flour, baking soda, cinnamon, and salt. Beat together the oil, sugar, grated carrots, pineapple with juice, chopped walnuts, raisins, coconut, and vanilla and mix well. Add the dry ingredients to the wet, beating only enough to moisten. Add the eggs until well blended. Pour the batter into the prepared pans. Preheat oven to 350 degrees.



Sudoku

Answer on page 19

7		2			5		8	9
3		5		6	7			
				3		6	7	
	3		4			9		
2	9			7			1	4
		4	6		9		3	
		9	5					
			3		4	7		6
6	1	3	7			4	5	



Fill in the grid so that every row, every column, and every 3x3 box accommodates the digits 1-9 without repeating any.

Tips for a Healthier Home

by Katie West

While crisp-as-an-apple autumn weather is invigorating and inspires many people to spend more time outdoors, it also signals the beginning of colder weather. As soon as the first frost hits, people begin to transition inside where it is cozy and warm. Before that happens it is wise to take some deliberate steps to ensure that you have a healthier indoor home environment.

Plants are Nature's Air Filtration System

Plants add cheerful green energy and also humidify the air. Your local nursery can recommend appropriate, low-maintenance houseplants so that caring for them isn't rocket science, even if they are popular with astronauts. NASA scientists seeking a method of purifying and recycling the air inside space stations found that plants were capable of removing more than 300 airborne chemicals. Likewise, the German National Research Centre for Environment and Health discovered that houseplants are also effective at removing formaldehyde. That toxin is oftentimes found in construction materials such as particle board, and is one of the most common household pollutants. The enzymes in plants break down formaldehyde and other chemicals, converting them into harmless substances. Plus, as the chemicals pass through the plant into its root system and soil they are further detoxified.

Clean Those Filters

Any mechanical system that contains a filter has to be routinely maintained, because if you do not change the filters they can do more harm

than good. Unfortunately, the majority of people who have a filter-assisted water purification system just install it and forget about it. Once the filter becomes overworked it may no longer be effective. Worse still, it can continue to trap and concentrate pollutants in the water without actually purifying them. The same goes for filters on central heating and air conditioning units, which should be replaced every season. Otherwise, you will have more airborne dust and allergens to contend with and the system will not work as efficiently, raising your utility bills.

Two Important Tests

There are also two simple tests that every homeowner should perform to ensure their home is not affected by a stealthy and silent culprit harmful to their family's health. Radon gas and certain strains of household mold occur naturally but can cause severe illness. Radon is created organically by the breakdown of certain kinds of rocks and minerals that may be in the ground beneath your home. When the potentially cancer-causing gas is released, it floats upward, so if your home is built above a source of radon you could be at risk. Meanwhile, many strains of mold can trigger severe illness or even death, but they can be difficult to see or accurately identify. There are do-it-yourself test kits for both radon and mold available for about \$15 or \$20 at any home improvement store. Just follow the instructions. You'll have greater peace of mind and could potentially save your life, so add these two quick and easy chores to your autumn to-do list. ●

Traditional Thanksgiving Wines and Other Libations

by Tom Kerr

The Thanksgiving holiday dates back to November 1621, when the first American settlers from Europe sat down to break bread and commemorate the autumn harvest with members of the native Wampanoag tribe. Today, no other holiday exemplifies United States' tradition quite like Thanksgiving, the quintessential American celebration of hearth, home, family, friends, and food.

How did they solve that dilemma and organize that memorable potluck meal to conjure up a multicourse, mouth-watering feast? Thinking about that is a great way to find unique inspiration while planning what to serve for your own Thanksgiving Day gathering. According to research conducted by anthropologists and culinary historians, the first Thanksgiving may have consisted of entrees



The First Thanksgiving, Jean Leon Gerome Ferris, 1914, US Library of Commerce

This time of year, chefs across the nation dust off their grandmothers' cookbooks. Comfort foods that may be dismissed the rest of the year as not exotic or experimental enough – or just too rich in calories – are suddenly back in vogue. So are those earthy, ordinary ingredients like root vegetables that demand a back-to-the-basics approach to cooking. Thanksgiving feasts are the ultimate expression of what we now refer to as the “farm to table” philosophy. Our ancestors didn’t have the luxury of eating very many items that were out of season or not harvested nearby. Virtually everything they ate was locally sourced from their own gardens or from streams and woodlands within walking distance.

that did not even include turkey. Imagine that! The early settlers may have instead served venison or duck, for example, or fresh-caught fish, mussels, lobster, oysters, and clams.

Historically Authentic Thanksgiving Beverages

Continue down that path of curiosity and soon you may be puzzled and inquisitive enough to start asking an even more vexing question, “Is wine a traditional Thanksgiving drink?” You may be dismayed to learn that many experts believe that the first Thanksgiving meal was washed down with nothing stronger than spring



water. But don't despair, thinking that your guests will be disappointed if you remain true to historical context. There is also ample evidence that when the pilgrims stepped off the Mayflower they carried with them plenty of vino.

The hold of that seafaring vessel could accommodate nearly 200 oak casks of wine. More importantly, archival documents indicate that the Mayflower routinely sailed with wines from the Bordeaux and La Rochelle regions of France. Other items within the ship's inventory included hard cider and beer. By the mid-1600s, in fact, homemade cider was the most popular alcohol-based drink in the colonies. So feel free to serve plenty of red wine – which will pair well with those hearty traditional dishes – while also offering your guests a pleasing selection of micro-brewed ciders or old-school pilsners.

Excellent Thanksgiving Wines

A robust Italian red may be just the ticket for Thanksgiving, but sparkling wines and genuine French champagnes also deserve a place at the table – especially because they are so festive. Meanwhile, Pinot Noir and Chardonnay are probably the two most popular Thanksgiving wines. Since Thanksgiving is an exclusively American holiday, you may want to choose a domestic bottle from Oregon's fertile Willamette Valley, California's Anderson Valley, or something from the Santa Lucia Highlands of California. For a fantastic Chardonnay, though, you cannot go wrong with the French *Côtes du Jura* winery Jean-François Ganevat. They have been masterfully producing award-winning wines since 1650.

Pair Something Old with Something New

One easily adaptable wine that works well at Thanksgiving – while maintaining the old tradition of using a French varietal as the early colonists may have done – is Beaujolais. The fruity and flavorful red is released early in the season, and therefore is appropriately named Beaujolais Nouveau or "new" Beaujolais. Beaujolais Nouveau is a fun wine to introduce at Thanksgiving, and it is highly drinkable and versatile. Since it is compatible with lots of dishes,

it is a convenient wine to pair with a Thanksgiving menu that may include tastes that range from spicy and meaty to sweet and starchy. But the unveiling of authentic Beaujolais is regulated by the French wine industry, and the first cases do not go on sale until the beginning of November. So place an early order to ensure that yours arrives in time.

Raise a Toast to Diversity

Because Thanksgiving dishes run the gamut, many people become frustrated while trying to decide on the perfect wine to serve. Avoid that headache and potential pitfall by doing what most experienced chefs and sommeliers recommend; diversify your selection to offer more than one. There are plenty of reasonably priced wines on the market this time of year, so consider uncorking a Sauvignon Blanc, a Riesling, a Brut Rosé, or a bottle of the wonderful Pinot Gris from J. Vineyards in California.

Two great reds to consider for Thanksgiving are the Signorello Estate Cabernet Franc from Napa Valley and the Peter Mathis Grenache from Sonoma Valley. For those who are feeling rather adventurous, of course, there are always a few quirkier offerings such as wines made from cranberries, persimmons, or pumpkins. But invest most of your wine budget in bottles you'll definitely enjoy drinking later in the holiday season. That way you can stock up to offer an impressive variety of wines at Thanksgiving and then save whatever is left over for Christmas or New Year's.

Don't Overlook the Port

Port wines made their official debut in the mid 1600s, brought to market in the Douro River region of northern Portugal and then sold across Europe and exported by ship around the world. Because port does not spoil like other wines, that made it the drink of choice for long sea voyages in times of old. Were bottles of port aboard the Mayflower, and did the early settlers have enough discipline to resist drinking them up prior to the first Thanksgiving? We may never know, but one thing is certain: Port is an elegant wine for any special occasion, and it will pair beautifully with many of your Thanksgiving dishes, especially the desserts. ●

by Tom Kerr

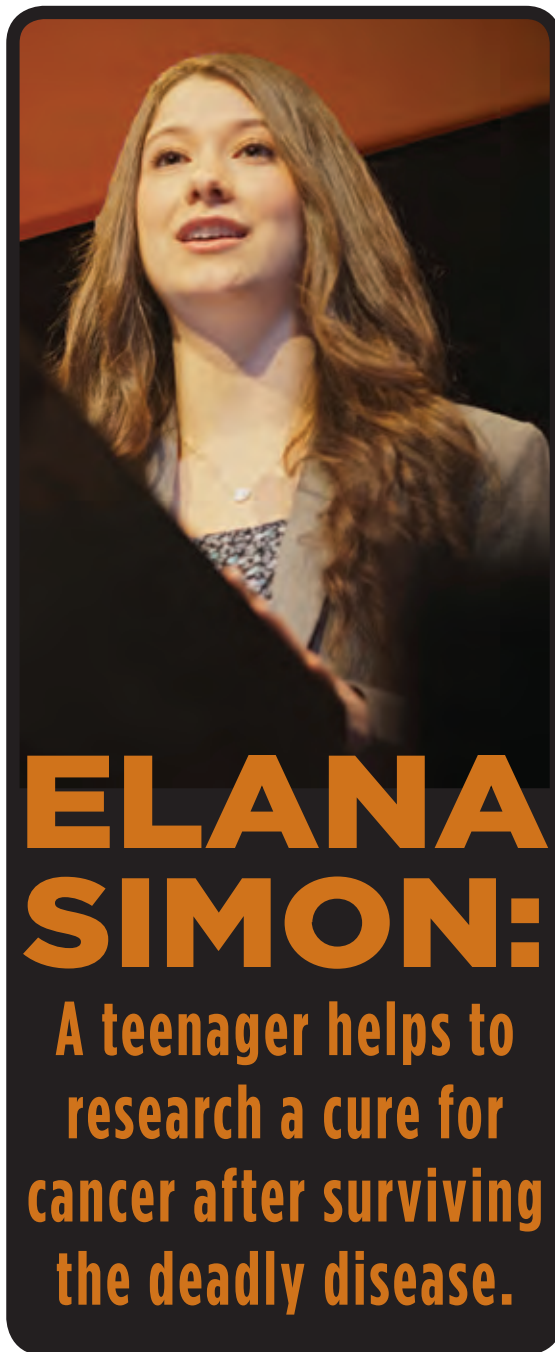
When Elana Simon was about 12 years old she began to experience strange, unexpected stomach pains. They persisted for months on end, but her doctors were stymied, unable to explain them or figure out what the problem could be.

At first they attributed the chronic symptoms to lactose intolerance, and they made some adjustments to her diet, but to no avail. When that diagnosis did not pan out they blamed her trouble on stress – something common with almost every young person on the tumultuous threshold of adolescence. The pain and discomfort did not go away, however, and after even more testing and brainstorming, they eventually concluded that it must be a case of appendicitis. Elana was admitted to the hospital in order to treat it. That was when the doctors discovered that she was instead suffering from something much more dangerous. Elana had fibrolamellar, which is a rare form of liver cancer that typically occurs in young adults with no previous history of liver disease.

An Answer that Led to More Questions

“It was kind of scary to be diagnosed with cancer at the age of 12,” Elana acknowledged in an interview. “But it was nice to finally know the explanation for all of these stomach pains that I had been having.”

There was no specific kind of chemotherapy for the type of cancer that Elana had, so surgeons operated and



ELANA SIMON:

A teenager helps to research a cure for cancer after surviving the deadly disease.

removed significant amounts of her liver. Fortunately, they were able to also remove the entire tumor, so that it was no longer a threat to her health and well being. In the wake of the experience, Elana was left with a provocative question: What was this mysterious disease that had almost taken her life? Prodded by curiosity she found herself viewing her high school science studies in a completely different way. Rather than simply approaching them as a means to an end (part of the mandatory curriculum she and her classmates had to conquer in order to earn a diploma) she began to see science as a way to find the personal, relevant answers she so eagerly sought.

“When I was first diagnosed I had no idea what cancer was,” Elana admits. “So I did a bunch of research online and I wrote this whole paper about how the immune system tries to fight off these tumor cells. That made me more interested in trying to study the disease itself.”

Teaming Up with Dad

Elana told her dad, who runs a cellular biophysics lab at Rockefeller University, she wanted to research her own cancer. For about a year, he had already been working with her surgeon, doing various studies in an attempt to categorize some of the basic cellular biology of his daughter’s tumor. So he was thrilled by the idea and offered his full support along with expert help from many of his colleagues.

Elana and her father both realized that they had a

unique opportunity to work on an important project together as genuine collaborators. In fact, although her dad was a career scientist, his background was not in cancer genomics or the study of DNA in cancerous cells. So even for a veteran researcher like himself, this new adventure was into foreign territory and a different academic and scientific direction.

Meanwhile, Elana was still just a typical teenager, and she affectionately recalls being a little bit hesitant to commit to hanging out with her dad all day. “I mean, what teenage girl wants to spend all her time working with their father?” she says with a smile. “But he has been very good about letting me have my space. It is really interesting to be able to go home and talk to your father about science.”

Inspiring Global Scientific Collaboration

Drawing upon her computer skills, Elana simultaneously began teaming up with other researchers around the world to compile data on the genetic mutations of the rare cancer.

“I never was really sure that we had something,” says Elana, “until we kept doing different tests.” Then eventually it dawned on her that what she was finding could be a potential driver of the cancer – making her work extremely valuable. Sure enough, the research she had started ultimately resulted in the discovery of a previously unknown recurring trait or distinctive mutation within the cancer cells. That breakthrough was profound enough to merit publication in early 2014 in the prestigious *Journal Science*, which is the world’s leading journal of original scientific research.

The research she had started ultimately resulted in the discovery of a previously unknown recurring trait or distinctive mutation within the cancer cells.

But Elana considers that major accolade just the beginning, and it has fueled her enthusiasm to continue along the path that she chose as a cancer survivor with a desire to give something back for the benefit of others.

Following Her Personal Passion

At the current time there is no centralized data base or registry that keeps tissue samples after fibrolameller surgery, for instance, so one of Elana’s immediate goals is to help establish one. She is being encouraged by the National Institutes of Health, whose scientists are advising her of innovative ways to spread the word to get other doctors and patients involved.

Elana was recently honored with a Young Champion in Cancer Research Award from the American Association for Cancer Research, in recognition of her work. Today, the 18-year-old receives lots of emails from parents, too, who tell her how grateful they are that her compelling story inspired their kids to become more inquisitive about science.

Right now she is looking forward to college, and has been accepted at Harvard University to study computer science.

But above all, Elana says, she is really happy to be able to share her story and to possibly help others stricken with the disease that so radically altered her life after almost cutting it short.

“This research is giving people in the fibrolameller community hope,” Elana observes, “and that is amazing!” ●



How E-Book Ink *and* Paper Works

Low-level electrical impulses glow in tiny pixels of light on a handheld screen but the activity mimics the appearance of a real book. The colors of the ink are realistic and engaging, and the visual quality of the paper is both soothing and elegant. When a page is turned the new paragraphs automatically appear in perfect alignment and can be read with ease and without conspicuous delay. Although we often take it for granted because it seems so simple and easy, the technology of e-books and e-readers is nothing short of extraordinary.

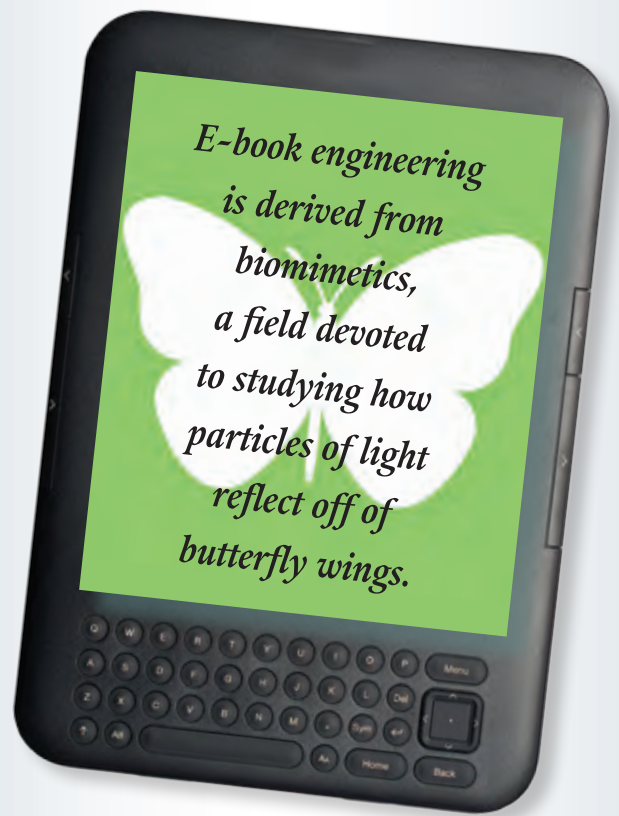
Revolutionary Innovations

One of the early pioneers in this technology was Xerox, creating the first electronic paper back in the 1970s. But it was not until decades later, as advances in battery power and storage improved, that it became possible to effectively display digital ink on electronic paper in a practical, mobile manner.

Today companies like E-Ink, Qualcomm, and Pixel Qi lead the way with paradigm-shifting innovations including those that made the first commercially viable e-reader, the Amazon Kindle, both possible and affordable. The future of e-books is equally mysterious. Qualcomm's research into e-book engineering is actually derived from biomimetics, a field devoted to studying how particles of light reflect off of the wings of butterflies to make them appear shiny and iridescent. Soon E-Ink hopes to introduce another pioneering development – foldable e-books.

How it Works

The whole process is accomplished by printing ink across super-thin sheets of film made from a special kind of plastic. After those are laminated to a circuit board they can be computer-manipulated to create patterns of different colored pixels. Tiny transistors store the electricity needed to power the shifting of colorful ink chips and capsules back and forth. That movement generates visual contrast so that you can, for instance, discriminate between black letters shown against a white background.



Each time you turn the page on an e-reader, the configuration of those colors automatically and instantly adjusts, so that what you see is a new arrangement of shapes representing another series of sentences and paragraphs.

A Library Made of Light

A barely noticeable blink occurs as that happens, but once a page of text is displayed on the screen the consumption of electrical power is minimal. That allows you to keep the image in front of you while using virtually no electricity, which is why most e-reader batteries will last for up to 8,000 page turns before they require a recharge.

According to Guinness, the longest novel ever written is *A La Recherche Du Temps Perdu* (In Search of Lost Time) by Marcel Proust, which is more than 4,200 pages long. On today's e-readers you could store and read that 70-volume series plus Tolstoy's *War and Peace*, and Mitchener's Pulitzer Prize-winning saga, *Tales of the South Pacific* – two other books that rank amongst the longest ever published – on a single battery charge. Best of all you would never have to lug those large tomes around because with e-book ink and digital paper it is possible to store approximately 6,000 books on a gadget that weighs about as much as a large paperback. ●

Our *Fun Facts* section educates you on various fascinating, enjoyable, but otherwise useless facts.

CHILLIN'

Fun Facts about Hybernation

Many animals enter hibernation during this time of year and don't emerge until springtime. So autumn is an ideal time to learn some intriguing facts about this rather mysterious process.

- Unlike deep sleep, hibernation is a condition of suspension of bodily functions and metabolism. A common myth is that animals don't wake up during hibernation, but actually many of them do awaken for brief periods of time.
- The heart rate during hibernation may slow to only five beats per minute. There are also animals that only breathe once every 20 minutes during hibernation.
- Medical researchers are attempting to understand how bears can survive through hibernation on very low amounts of oxygen, because the answer may help stroke victims who temporarily lose oxygen flow to the brain.
- Bears typically hibernate for as many as seven months – meaning that more than half of their lifetime is spent that way. Believe it or not, some animals have hibernation periods that are even longer than that.
- That period of inactivity can halt infections and accelerate healing of wounds bears may have, so that they frequently emerge from hibernation with almost no evidence of scarring.
- While in hibernation, a bear will burn up to 4,000 calories but remarkably will drink nothing and not release any waste. To prepare for that period of fasting, however, some bears pack on 20,000 calories a day.
- Only one known species of bird hibernates, the Common Poorwill, which is native to British Columbia and can be found as far south as Mexico.
- Wood frogs are a fascinating species that actually freeze like ice cubes for the duration of winter and then thaw out and resume normal activity when warm weather arrives.



Do humans hibernate? There are instances of people who exhibited the symptoms of hibernation during states of dangerously extreme hypothermia. For instance, a Swedish fellow lived in a state of hibernation for two months in temperatures of close to minus 30 degrees Fahrenheit. Similarly, a child lost in the frigid woods of Canada survived with no perceivable heartbeat for about two hours, thanks to a process akin to hibernation.

Perhaps the most compelling story is that of a young Swedish medical student, Anna Elisabeth Johansson Bågenholm, who was submerged for nearly an hour and a half beneath the ice in a frozen lake after a skiing accident. Her core body temperature dropped to below 57 degrees Fahrenheit, one of the lowest survived

temperatures on record. Her doctors said that her brain was so cold that the cells needed very little oxygen, and she eventually experienced an almost complete recovery with no permanent brain damage. A few months later she returned to work, and she is now enjoying a successful medical career. As a result of incidents like hers, emergency room doctors today will sometimes intentionally chill their patients into temporary hypothermia to simulate a form of human hibernation and combat the effects of brain injuries or other life-threatening conditions. •

Answer to puzzle on Page 12

7	6	2	1	4	5	3	8	9
3	8	5	9	6	7	2	4	1
9	4	1	2	3	8	6	7	5
8	3	7	4	5	1	9	6	2
2	9	6	8	7	3	5	1	4
1	5	4	6	2	9	8	3	7
4	7	9	5	8	6	1	2	3
5	2	8	3	1	4	7	9	6
6	1	3	7	9	2	4	5	8

“Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, and it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing.” Ernest Hemingway

Crush season, the culmination of the annual grape harvest which generally happens between August and October, depending on the grape varietal, summer's temperature and amount of water during the growing season, is one of the most active and beautiful times in wine country. This August I traveled to Healdsburg, California, with my oldest daughter Leah, which gave us the opportunity to explore the vineyards and local foods of Napa, Sonoma, Russian River Valley, and the Anderson Valley. Our trip slowly took form when Leah challenged me into celebrating her 23rd birthday by running a half marathon (Water to Wine Half Marathon – sign up early, it sells out quickly!), and what better place to do it than Sonoma!

Our base camp was the Hayden Street Inn, a convenient B&B which served a daily gourmet breakfast! Their central location, just a few blocks off the town square in Healdsburg allowed us to head out each day without too much driving, to visit a winery in the morning and one in the afternoon, and then end up for a final wine tasting and dinner in Healdsburg within walking distance to and from the B&B. At nearly all of the tastings, we made reservations in advance so we could enjoy barrel tastings, vineyard tours and/or food pairings with their wines. Our favorite places included:

- Williamson Wines, Winemaker's Icon Selection with food pairing, 134 Matheson Street, Healdsburg, 707-473-0193.
- Heibel Ranch Vineyard, estate wine and chaccutterie board pairing, Saint Helena, 707-968-9289.
- Portalupi Wines, Meet the winemaker! Estate wines & food pairing, 107 North Street, Healdsburg, 707-395-0906.
- Mayo Family Winery, chef prepares 5 course meal wine pairing, 9200 Sonoma Hwy, Kenwood, 707-833-5504.
- Gundlach-Bundschu Winery, book the “Pinz/Spinz” Vineyard tour in a Swiss Pinzgauer, enjoying historic vineyards and estate wines paired with local cheeses, 2000 Denmark St., Sonoma, 707-938-5277.
- Navarro Vineyards, vineyard tour (bring a picnic to enjoy at the vineyard!), 5601 Hwy 128, Philo, CA 707-895-3015.
- Baxter Vineyards, Pinot Noirs – unfiltered and unfined! 8660 Hwy 128, Philo, CA 707-895-3173.
- Foursight Wines, Pinot Noirs – unfiltered and unfined with special barrel tasting and vineyard tour!
14475 Hwy 128, Boonville, CA 707-895-2889

If time permits, you can also take a day trip from Healdsburg following the Russian River, stop at Moshin Vineyards, then your next stop for a walk through the beautiful but not very well known, Redwood Memorial Gardens. Continue along Hwy. 116 to Sonoma Coast State Park, where you can stretch your legs and take a hike among the wild flowers decorating the bluffs overlooking the ocean. Finish up with a drive along the coastal Highway 1 to Bodega Bay (Alfred Hitchcock's movie, “The Birds,” was filmed here), then back to Healdsburg via Sebastopol (Dutton-Goldfield vineyard pinot noirs, 707-823-3887), to enjoy dinner in Healdsburg at Café Lucia (best wood oven margherita pizza and a game of bocce ball), or the Chalkboard (delicious homemade pastas!).

“Great is the fortune of he who possesses a good bottle, a good book, a good friend.” Molière



Leah Huiting at Gundlach-Bundschu

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