

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

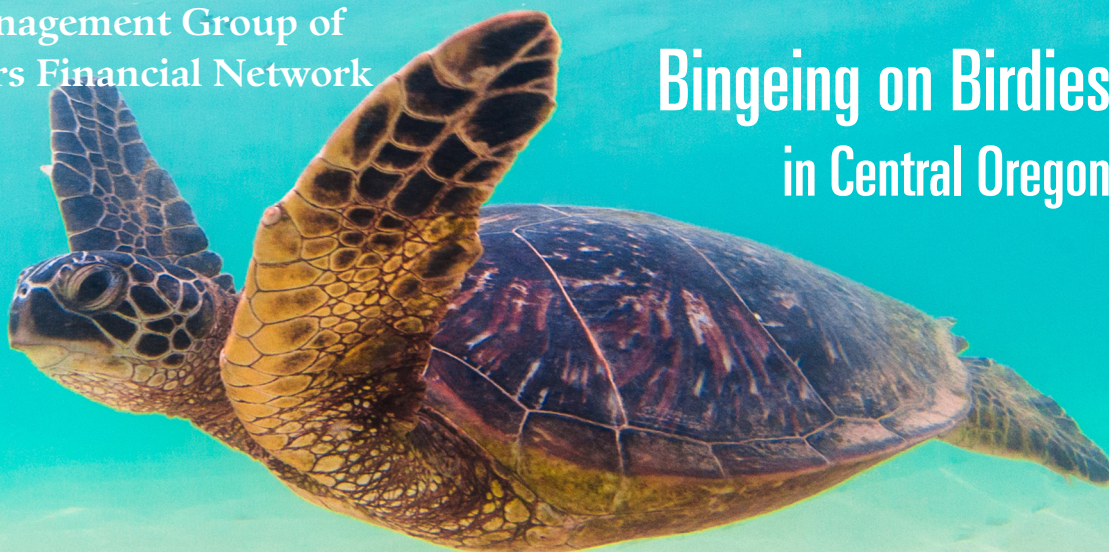
Spring 2017



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

Kauai
A Hawaiian Vacation
for all Budgets

Bingeing on Birdies
in Central Oregon



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Huiting Wealth Management Group of Wells Fargo Advisors Financial Network



QUARTERLY UPDATE

Tailor-Made™
Magazine

COMPLIMENTS OF
Huiting Wealth Management Group of
Wells Fargo Advisors Financial Network

Dear Clients and Friends,

Spring in the mountains is off to a wonderful start, with the mountains having received some of the best snow for skiing in years and our mountain community of Evergreen basking in blue skies and 60 degree days!

On the economic side we continue to wait for clarity on the new Administration's agenda, with expectations running high in the market for stimulative economic policies – reform of corporate and personal income taxes, reduced government and regulation, and reform of the healthcare system and immigration policies. On March 15th, Wells Fargo Investment Institute released their updated 2017 year-end targets forecast, which we emailed to everyone – please let us know if you would like an additional copy. Within this update, WFII kept their targets for the US equity markets and the US Treasury 10 year bond unchanged – and we note the markets are presently over these targets providing a cautious overtone for the summer.

Our featured book this quarter is from one of my favorite chefs and TV personalities, Anthony Bourdain. "Appetites: A Cookbook," is Bourdain's first cookbook in more than ten years, boils down forty-plus years of professional cooking and globe-trotting to a tight repertoire of his personal favorites. We have a limited number of copies available for our clients - please call Wendy at 303-670-4904, to receive your complimentary copy while supplies last (note, Wells Fargo Advisors Financial Network does not endorse or recommend this publication).

Sincerely,

Randolph Huiting, CFA, CFP®
President

Huiting Wealth Management Group
Wells Fargo Advisors Financial Network

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Travel

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Golf, gardens, and getaways to suit every traveler's wallet and where the beaches are free for all.



Health



Photo: U.S. Navy
Aaron Ansarov

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Stay in shape with shorter workouts: Go all in for high-intensity interval training.

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Celebrity chef Anthony Bourdain is out with a new cookbook. Foodies everywhere just got Bourdain's tried-n-true recipes and earthy advisories.



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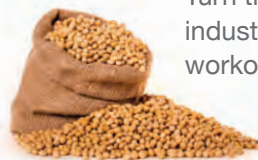
Philanthropy goes to the dogs! Senior dogs are looking for loving families, and thanks to Susie's Senior Dogs they're finding them.



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Turn the recipe over to the fitness industry and you get living, breathing workout outfits.



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The Central Oregon Golf Trail is ranked among the top 25 U.S. golf destinations. But spring in Bend isn't just for golf; you can also fish the Deschutes River or ski Mt. Bachelor.



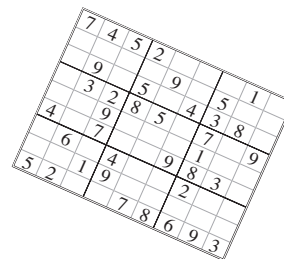
Food

12 Pineapple Orange Tea Bread

This tasty spring time treat will send you to the tropics... just close your eyes and take a bite.



Sudoku Puzzle p.12



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Kauai: A Hawaiian Vacation for all Budgets

by Shereen Rayle

The island of Kauai is full of lush tropical plants and is a must-visit destination for any nature lover. No matter how much time you have or what you want to spend, you can find something to interest everyone in your travel party. Spring is the perfect time to grab the family for an exotic getaway as rates drop beginning in late March and stay low through mid-July.

Chances are, if you are headed to Kauai, you'll be staying in the popular towns of Po'ipu, Princeville, or Kapa'a. You also have the option to stay in Koloa, which is a fast growing tourist destination and full of history. There are incredible things to do all over the island of Kauai, so you will want to rent a car if you plan to do any sightseeing outside of your destination city. Whatever your budget, you'll be able to explore unique landscapes and take in stunning vistas.

Budget

Explore Waimea Canyon – Pack your hiking boots and sunscreen and drive to the west side of the island to explore Waimea Canyon State Park. Mark Twain dubbed this 10-



Waimea Canyon, The Grand Canyon of the Pacific



Aerial Po'ipu Beach Park Kauai

mile long ravine the “Grand Canyon of the Pacific.” The lava flows have created an array of colors, making it even more enticing for visitors. If you aren't a hiker, but still want to drive out to the park, remember to bring a jacket for your stops at scenic viewpoints along the way. It's free to visit the canyon, though cabins are available if you would like to spend the night, starting as low as \$79 (www.kokeelodge.com).

See the coast – Take a drive along the coast of Kauai and experience a variety of beaches. It's a great way to see the different landscapes and catch some rays by relaxing on the sand. Make it an even more affordable trip by bringing along a picnic lunch.

Kukuioolono Golf Course – Just five miles from Koloa, you will find a budget-friendly 9-hole course with meager greens fees of \$9 for unlimited play. A forgiving course in a lovely setting, the owners aim to make golf affordable and fun for all. This is not where you go to practice difficult shots; there are no tee times and every hole is a par 3. At the clubhouse you can rent clubs and carts and buy feed for the wild chickens you'll meet during your game.

Moderate

Limahuli Garden and Preserve – Want to see plants you can't see anywhere else? Take a drive to the north shore of Kauai and explore 17 acres of flora including kava, taro (grown in lava terraces), breadfruit, paper mulberry, koki'o ke'oke'o (a variety of hibiscus), and turmeric. Limahuli, also known as Bali Ha'i, was the filming location for the 1958 movie *South Pacific*. Admission rates are just \$25 per person and kids 17 and under are free. Guided tours are available by reservation for \$40 per person.

Kilohana Plantation Estate – For one-stop Hawaiian culture and fun, drive just 20 minutes northeast from Koloa to the town of Lihue. Here you'll find Kilohana Plantation where you can tour a Hawaiian plantation mansion and grounds for no fee, take a train ride around the plantation for \$19 per person, have a gourmet meal, and even go shopping. The plantation has a little something for everyone and, if hiking sounds like a great idea to you, you can take a different train ride that includes a hike through the rainforest, a picnic lunch, and a walk through the orchard for a higher price. Gaylord Restaurant is highly recommended, as is the free rum tasting of Koloa Rum. The luau is not to be missed, especially if you have never experienced one before. It's the only Hawaiian luau performed in-the-round, giving you a stellar view from any seat.

Kukui'ula Village – Just a short drive from Koloa is the unique shopping center of Po'ipu. It offers a combination of boutique and chain shops where you can buy truly Hawaiian goods and foods. Enjoy a collection of cafés and restaurants



Kilohana Plantation Estate

as well as the Living Foods market, a gourmet farmers' market, where you'll be greeted by mouth-watering aromas and live music. This is a great place to buy souvenirs to take back to friends and family.

Allerton Garden – Lawa'i Valley, once a haven for Hawaii's Queen Emma, is an 80-acre botanical garden that consists of lush outdoor "rooms," pools, fountains, statues, and miniature waterfalls. The valley can only be accessed through the Allerton Garden tour and is not to be missed. Once there, you can walk across the street to view the famous Spouting Horn blowhole. The tour will run you \$60 per adult and \$30 per child 8-12 years old. If you haven't rented a car, you can take the tram from Prince Kuhio Park's visitor center.

Looking for a quiet, friendly place to stay? Hotel Coral Reef in Kapa'a gives you all the perks of being oceanside with no resort fees and amazing extras like free bicycle rentals, daily breakfast, and Wi-Fi, plus it puts you close to fantastic restaurants and shopping. All this and more for just \$140 per night in the spring season (hotelcoralreefresort.com).



Allerton House designed by John Borie



18th Hole at the Po'ipu Bay Resort Golf Course

Splurge

Kauai Lagoons Golf Club – Are you a golfing family? If so, you can take advantage of the great family-friendly Jack Nicklaus-designed Marriott club. Bring your camera to take photos of all your fun, including the gorgeous views surrounding the Waikahe course. The Tuesday Scramble is an affordable option for groups and includes club rental and balls. Soon you'll be able to stay at a lovely and luxurious boutique hotel on the property.

Po'ipu Bay Resort Golf Course – If you're just looking for an easily accessible course in town, then this Koloa course will fit the bill. Regular rates are \$259, but guests of the Grand Hyatt Kauai get a rate of just \$195. If you are willing to play in the afternoon, you can pay as little as \$155 for your greens fee. The course is award-winning and challenging. Rated one of the best golf courses in Hawaii, it has hosted the PGA and gives golfers amazing views of the ocean.

Take to the air – You may have heard that helicopter tours are expensive and not worth your time, but in Kauai, it's definitely worth the splurge. Eighty percent of the island cannot be accessed by land, so you'll get to see remote areas that you definitely won't see from the ground. Some reputable companies offering 50-minute flights are Blue Hawaiian Helicopters, Island Helicopters (which offers a 90-minute flight option), and Mauna Loa Helicopters. Rates depend on the company and tour you choose.

Go on a Hollywood tour – Many movies were filmed in Hawaii and some of your favorites were shot on location in Kauai. Take a day trip around the island to destinations that were used for *South Pacific*, *Jurassic Park*, *Blue Hawaii*, *Raiders of the Lost Ark* and more. This seven- to eight-hour tour can be booked through www.roberts-hawaii.com for \$114 per person.

The ultimate retreat for your Kauai getaway, The Palmwood is a bed and breakfast that offers a five-acre secluded haven on the North Shore, reminiscent of the mountain country inns of Japan. The location is perfect for getting to everything you plan to do on the island, but is away from the crowds you'll find in the more touristy areas. At \$330 per night, it's definitely

on the high side, but the carefully decorated rooms, location, amenities, and locally sourced foods make it worth the price (thepalmwood.com).

Whether you're looking to kick back and relax or explore as much of Kauai as possible, the island has something for everyone and for every budget. ●



Helicopter tours offer dramatic coastline views.



Palmwood Bed & Breakfast and prawn-mango salad served in their dining room.

The Food Movement has a New Craving

by Kerry Madden

New York resident and chef, iconoclast Anthony Bourdain, has gained celebrity through CNN's award-winning series *Parts Unknown* and his food- and restaurant-themed books. Now comes another to put on your shelf: *Appetites: A Cookbook* will soon be peppered with ingredient bits, smears, and dog-eared corners. Most likely, foodies snapped up Bourdain's latest submission upon its October release and have already prepared many of the tried and true offerings served beneath its covers.

No shortcuts allowed! Bourdain's recipes are those he perfected after frequently serving them to family and friends over the years and they "have been informed by repetition and—often painful—experience." Throughout the book, his well-honed techniques are often accompanied with an aptly placed expletive to alert the cook of an "informed" preparation point.

The book has 15 specific categories, such as: Soups; Pastas; Fish and Seafood; and, perhaps most important, Stocks, Sauces, and Dressings. (Several dishes call for sauces, etc. Bourdain emphasizes how important it is they be "real," made fresh for the recipes that call for them.) Each entry begins with a short essay that usually includes historical context and his take on its unique qualities, followed by detailed preparation instructions. The opposing pages are graced with one of photographer Bobby Fisher's perfectly composed and lighted images.

The imagery is not what most of us expect: a perfectly plated example of a completed preparation. No. They are expressed as a kind of controlled chaos—a prep site constructed of ingredients, pans, and prep surfaces that may have been used to create the dish are in harmonious contrast to the recipe's orderly black and white lines of type. There is an honest dichotomy expressed by juxtaposition of the clear instructions advising the sequential order of ingredients with the necessary cooking times and the site of a culinary triumph.



Food is an international art, and we are the beneficiary of Bourdain's travels to the Far East with recipes from Vietnam (Banh Mi and Do Chua Salad with Herbs, Scallions, Sprouts, and Egg), Korea (Budae Jjigae, an army stew), and China (Ma Po Tripe and Pork, a spicy-hot dish from the Szechuan Province). More familiar "western" recipes bring us familiar fare from Italy like Lasagna Bolognese and Sunday Gravy with Sausage and Rigatoni, plus from-scratch pasta instructions. Then there are the advisory guides for "Hamburger Rules" and a full Thanksgiving dinner. Turkey Day is a three-day guide to a full menu and advised reading for any novice undertaking this one-day, three-hour food fest.

All of us savor great food and *Appetites: A Cookbook* is sure to please your friends and family, as much as it does Bourdain's. ●

You Ol' Dog, You



Photo: C Powers

Murphy, 10, at his second home with his new best friend, Boo.

by Lisa Brown

Puppies. Cute and cuddly bundles of fun. We love them! But those puppies grow into dogs that sometimes find themselves without a home and are often overlooked by those searching for a furry companion at their local shelter or pet adoption center. Typically, a dog is considered a “senior” by the age of seven, though this varies by breed. If we use the traditional “dog years” formula, that means we humans would be considered over-the-hill in our 40s. Not likely! Just like us, older dogs have plenty of pep left in those paws and a lot of love to give.

Adopting an older dog has distinct advantages. Many come from homes where they have been socialized but had to be given up for various reasons. Elderly adult companions pass away, families move but can't take their beloved pet, a member of the



family develops an allergy. They are very often house broken, have passed through the destructive puppy chewing phase, and can enjoy chilling out as much as they love a good romp.

Sadly, older dogs in shelters tend to languish as younger pups get picked first. This means they are often the last to be adopted and the first to be euthanized. However, adoption fees for older dogs tend to be lower than for young dogs and puppies, which means adopting a senior pet can be more affordable, in addition to immensely satisfying. Because they have often mellowed with age, they can be excellent companions for senior humans who are looking for a pet to suit their quieter lifestyles. Less rambunctious than their youthful counterparts, senior dogs are awesome guides for kids learning how to be responsible pet caregivers. Many older dogs even have experience living with other animals and have no trouble finding their place in the pack. As with all adoptions, breed characteristics, temperament, size, and demeanor should be considered before taking a dog home. Spending one-on-one

time with the dog and introducing it to family members and other pets in a controlled environment is advised in all pet adoptions.

In recent years, dedicated animal advocates have carved out a niche for senior dogs by creating organizations that specialize in the adoption of these still-vibrant and devoted canine friends. They work on keeping dogs from being euthanized by removing them from “kill shelters” and placing them in foster care or with shelters equipped to house them until they can be adopted. They help pet-seekers determine what type of dog will suit their living and working situations. They will share any special needs a dog may have

Adopting a senior pet can be more affordable, as well as immensely satisfying.



Photo: Screen Grab (www.susieseniordogs.com)

and help prepare the dog (and its person-to-be) for a smooth transition. Their goal is to make a good and lasting match.

One such organization is Susie's Senior Dogs (www.susieseniordogs.com), a non-profit organization working to boost senior dog adoption by increasing visibility for older homeless dogs. Susie—a tiny, wild-haired bundle of inspiration—became an internet sensation when “Humans of New York” photographer Brandon Stanton posted a photo of the 11-year-old senior pooch back in 2011. Today, Susie has more than 500,000 Facebook followers and is a favorite on Instagram where you can find photos of pets from all over the country looking for new, forever families (www.instagram.com/susieseniordogs). She even has a book—“Susie's Senior Dogs”—authored by

Brandon Stanton's wife, and Susie's Senior Dogs founder, Erin Stanton.



While Susie has since passed away, her legacy lives on in the featured stories from the more than 500 successful senior dog adoptions facilitated by Susie's Senior Dogs. To honor Susie, all proceeds from the book go to the care and rescue of

homeless senior dogs. Charitable donations, book sales, and dog fashions also support the mission of Susie's Senior Dogs.

Right now, somewhere, a wise and loving senior dog—maybe one as charming as Susie—is waiting for you to appreciate all that it still has left to give. Soon you'll find that you needed that sweet pooch as much as it needed you! ●

Bingeing on Birdies in Bend

by Andrew Penner

Let's just say, for fun, you had a month to burn playing golf. And you had to play a different course every day for those 30 days. Not a bad proposition, right? But where would you go? After all, not many golf destinations can claim that many courses in close proximity. (Let alone great courses!) But there is one destination that does: The Central Oregon Golf Trail.

Anchored by some of the best courses in North America, the Central Oregon Golf Trail is a heavy-hitter when it comes to ideal places for a prolonged golf getaway. Located approximately three hours southeast of Portland in a high-desert region loaded with outdoor recreation opportunities, Bend (the largest city in Central Oregon) and the surrounding area has quickly become one of the top golf destinations in North America. In fact, *Golf Digest* recently voted the Trail one of the Top 25 Golf Destinations in the World.

Obviously, that's heady praise. But ask anyone who has been there (or lives there!) and they'll tell you it's well deserved. Three courses—the Nicklaus course at Pronghorn, Tetherow, and Crosswater at Sunriver Resort—are ranked in *Golf Digest's* Top 100 Public Courses in the United States. And the supporting cast—which includes courses designed by some of the top golf course architects in the world—would be strong enough to get starring roles in many other renowned destinations.



The par-3 8th on the Fazio Course at Pronghorn is the signature hole at Pronghorn.

Photo: Andrew Penner

True, for many golf aficionados, any talk of an Oregon golf junket typically centers around Bandon Dunes. And granted, Bandon, located on the southern Oregon coast, is a links golf stronghold, a bucket list destination if there ever was one. With 81 holes (soon to be more) that slip and slide through striking, wind-blasted duneland, there really isn't a better golf destination on the planet for links lovers.

But while Bandon is a bastion of the old-world, walking-only game (it's located approximately five hours from Bend), the Central Oregon Golf Trail affords a more diversified experience. After all, golfing down a "trail" is all about the journey, the variety, and playing at multiple resorts that showcase multiple golf genres. Plus there is the benefit of touring through a beautiful landscape rich with local culture and attractions; things like one-off brewpubs (Bend is renowned for its craft beer scene), historic downtown areas, and exciting after-golf activities.

For example, fly-fishing on the Deschutes River is world-renowned and downhill skiing at nearby Mount Bachelor is legendary. Famous for its dry snow, Mount Bachelor is the largest ski resort in Oregon (by far) and sixth largest in the United States. The skiing typically starts in mid-November and ends in May, making for one of the longest ski seasons in North America. So, yes, golfing and skiing on the same day occurs regularly in Bend.

Unfortunately, on my recent trip down the Central Oregon Golf Trail, I didn't have a month to "burn" on the beautiful courses in and around Bend. I had less than a week, actually. But, like many golf writers venturing to a golf-rich place, I made the most of it. (Think 36.)

As I cruised down Highway 26 and entered the Bend area, the vast expanse of this beautiful swath of high desert unfolded. Massive ranches, orchards, and tidy vineyards sprawled over the rolling, juniper-peppered hills. Ponderosa pine, quaking aspen, and giant black cottonwoods clung to the riverbanks and higher slopes, and the stunning, snow-draped Cascade mountains loomed to the west. And the golf, well, it fit the terrain like a well-worn glove. A favorite of mine was Brasada Ranch. Designed by Oregon golf legend Peter Jacobson and his partner Jim Hardy, Brasada Ranch is a private and luxurious enclave (only members and guests of the resort can play) and features a thrilling track that tumbles and rolls through the high desert. The views here are phenomenal and it's obvious that Jacobson and Hardy scouted the best possible route here as they utilized the natural flow of the terrain to the utmost. The finishing run, which is highlighted by a driveable par-4 (the 15th) and a par-5 stunner (the 18th) that blasts through a natural ravine, is exquisite.

Pronghorn, a 36-hole fortress that is often touted as the trump card in these parts, is also a must-stop when traveling the Trail. Boasting tough-as-nails courses by Jack Nicklaus and Tom Fazio, the golf at Pronghorn is also serene and secluded. The terrain, while not overly dramatic in terms of elevation change, is the ideal canvas for championship-caliber golf. Thanks to ancient lava rock, massive caves, and sandy soil coated with pine, juniper, and sage, the stage is certainly compelling.

On the twisty, one-way-in road to reach Pronghorn, it doesn't seem possible that a world-class golf facility could be close at hand. However,



The par-4 10th at Tetherow is a drivable par-4.

Photo: Andrew Penner

as soon as you pass through the gates (the Fazio course is considered private, but both courses are accessible for guests staying at Pronghorn) it's obvious you've discovered a luxurious "home." Thanks to the course-side accommodation, the exquisite dining, and the inspired golf holes (the par-3 8th on the Fazio course, which is carved into a volcanic depression lined with caves, is awesome), Pronghorn will leave an indelible impression.

Impressions are also quick to form at Tetherow, a diabolical David McLay Kidd design on the west side of Bend. While the course is exceptionally difficult, Kidd's creative work—the links-inspired sculpting is jaw-dropping—must be applauded. Although your score is likely going to be five to ten shots higher than normal at Tetherow, playing through the wild contours and fescue-lined fairways affords an exceptional golf experience.

Unquestionably, one of the benefits of the Central Oregon Golf Trail is the close proximity of the courses. The distance from the most northerly course (Crooked River Ranch) to the most southerly (Quail Run in La Pine) is just over 60 miles. It allows for plenty of exploration and adventures after a round. One suggestion? Visit a few of the many craft breweries that Bend is famous for. Located in the heart of downtown, the Deschutes Brewery, which began in 1988, makes for a great starting point.

If outdoor adventure (and golf) is your thing, a visit to Sunriver Resort should be on your radar. Located 15 miles south of Bend, Sunriver is a massive residential and resort community that's home to four impressive golf courses, a central village/retail area, and a wide variety of recreation options. For example, after golf you can go for a bike ride (over 40 miles of paved pathways), play tennis (27 courts), or go for a paddle down the river (the marina is a hub in summer).

But without a doubt, golf is the star of the show at Sunriver. While every course at Sunriver is worthy of a round, Crosswater is the cream of the crop. The course, which parades through wetlands and along the syrupy-smooth Deschutes River, is as pristine and peaceful as golf gets.

In fact, "pristine" and "peaceful" would accurately describe many of the great courses along the Central Oregon Golf Trail. From the heavenly high-

mountain courses at Black Butte Ranch in Sisters to the dramatic desert links at Tetherow, there is incredible variety and certainly no shortage of exceptional courses along the Central Oregon Golf Trail. With over 300 sunny days per year, you can also expect excellent weather. Just another reason why you'll need the full 30 days on your birdie binge in Bend.

For more information on the Central Oregon Golf Trail visit www.centraloregongolftrail.com. ●



Brasada Ranch 18th hole.

Photo: Andrew Penner



Andrew Penner is a freelance writer and photographer based in Calgary, Alberta. You can reach him at andpenner@shaw.ca or visit his website, www.andrewpenner.com.

Pineapple Orange Tea Bread



Tea Bread Batter

Yield: 1 large or 2 small loaves

- 1 can (20 ounces) crushed pineapple
- 2½ cups all-purpose flour
- ¾ cup wheat germ
- ¾ cup sugar
- 1 teaspoon salt

- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ⅓ cup butter
- 1 egg
- 1 tablespoon freshly grated orange peel
- 1 teaspoon vanilla

Preheat the oven to 350 degrees.

To Prepare the Pans

Lightly grease a 9-inch by 5-inch loaf pan or two small loaf pans with shortening.

To Prepare the Batter

In a small pan, slowly melt the butter.

In a large bowl, mix together the flour, wheat germ, sugar, salt, baking powder and baking soda.

In another bowl, mix together the melted butter, pineapple and its juice, egg, freshly grated orange peel, and vanilla.

Mix the wet and dry ingredients together only enough to moisten. Pour the batter into the prepared pans. Score the batter by running a spatula that has been dipped in oil, lengthwise through the center of the loaf.

To Bake

Bake the cake in the fully preheated oven for one hour or more, depending on the size of the pans used, or until the loaves are firm to the touch. Cool slightly before removing from the pans. Cool on a wire rack before slicing. ●

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

Sudoku

Answer on page 19

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



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

HIIT The Road!

by Lisa Harris

Lose weight, strengthen your heart, and control diabetes in only 20 minutes a day! With summer just around the corner, we're all looking for a quick way to get in shape, and these claims are appealing. But are they too good to be true? The magic formula is revealed here; your results will speak for themselves.

Dump Your #1 Excuse

One of the most common reasons people have for not exercising is lack of time. High-intensity interval training (HIIT) may be the answer. It's a super-efficient way to get in shape, a physical activity technique that combines short bouts of nearly all-out effort with periods of recovery. A complete HIIT session takes only 15-20 minutes and produces as much (or more) benefit as a 60-minute moderate-intensity walk. So no more excuses!

Benefits

There are several reasons to include HIIT in your exercise program. It adds variety to your exercise routine; it can be used by trained athletes as well as beginners; but the best motivation is that HIIT allows you to work smarter, not harder, and reap a bucketful of results in a short amount of time. Bonus: It can be used with many exercise modalities (walking, bicycling, swimming), making it easy to incorporate into your current routine.

According to the American College of Sports Medicine, health benefits of HIIT include:

- improved aerobic and anaerobic fitness
- better blood pressure
- improved cardiovascular health
- improved insulin sensitivity (muscles more readily use glucose for energy)
 - better cholesterol profiles
 - less abdominal and subcutaneous fat
 - more muscle mass



How it Works

One of the benefits of HIIT is that it burns more calories per session compared to the same time spent on moderate-intensity exercise. This is partly due to the EPOC effect. EPOC is excess post-exercise oxygen consumption, a process generally lasting about two hours after exercise ceases. During this time, the body uses more energy and oxygen to return to its normal metabolic rate. With the high-intensity of HIIT, EPOC can last up to six hours, burning 15% more calories and fat.

HIIT creates a significant amount of stress on the muscles, resulting in elevated levels of hormones that increase muscle size. The system trains the body to better tolerate and recover from high-intensity physical activity, and allows it to optimally use and store blood sugar, reducing the risk of diabetes.

Getting Started, Being Safe

Before starting a HIIT program, be sure to be medically cleared. Then try this beginner's version:

- Warm up with 3-5 minutes of comfortable walking.
- Begin your interval: walk as quickly as possible for 15 seconds; then slow way down for a minute. (If you think of exercise intensity on a scale of 1-10, with 10 being the most effort you could possibly exert, the "quick" session here should be at least an 8.) —Repeat five times.
- Cool down with 3-5 minutes of slow walking.

Experiment to determine what works best for your fitness level and goals. You can increase the amount of time you spend in the "high-intensity" mode, or increase to 8-10 repetitions. But always include a rest period that is at least the same amount of time as the high-intensity portion. Because of the vigorous nature of HIIT, it's important to limit these sessions to twice a week and allow at least 48 hours in between.

With time being your most precious resource, and fitness being your goal, this is the season to give HIIT a try! ●

French Terroir — DIGGING THE DIRT — Classifications

by Kerry Madden



At every wine tasting, especially those comparing “old world” wine to “new world” wines, the inevitable question of terroir arises. “Terroir” is a French term that literally translated means: earth, or soil. That being said, there is no such thing as a literal translation of anything French. In a larger context, wine tasters try to define terroir as the specificity of place, which has come to include not only the soil in a region, but also the climate, the weather, the aspect of the vineyards, and anything else that can possibly differentiate one piece of land from another.

The French first presented the concept *gout de terroir* or a “taste of place” in a wine. They believe terroir is what separates one region from another, and ultimately, one wine from another. As each region is different in terms of climate, soils, topography, slope, elevation, exposure, and sunlight, each should have its own grape varieties and wine styles defined by law.

The French wine classification system delimits regions, regulates varieties, wine styles, and alcohol content and organizes French wines in a hierarchical fashion. The official goal is to define a relationship between terroir or place of origin and relative quality. Practically speaking, however, as a buyer, it is wise to look for a producer with a good reputation as well as the classification on the label.

WHAT TO LOOK FOR

Unlike the United States and other New World countries (South Africa, Australia, New Zealand, South America, Canada), French wines are organized not according to varietal (Cabernet Sauvignon, Chardonnay, Merlot, and so forth) but by geography and producer. Here are some fundamentals to think about when looking at French wine labels:

- Most French wines are named after places (registered and defined under law).
- The French wine system is hierarchical; some wines and places rank higher than others.

- In general, the smaller and more specific the place, the higher the rank.
- Rank does not necessarily indicate quality.
- Rank is always stated on the label, usually in small letters underneath the name of the wine.

There are four possible ranks of French wine by law. Look for the following phrases on the label of any French wine:

- Appellation Contrôlée, short for Appellation d’Origine Contrôlée, (AOC or AC) was introduced in the 1930’s, and is the highest ranking. This system designates geographic names, and it also controls which grapes can be planted where. The name of the place where the wine is from will usually appear between the “A” and the “C” such as Appellation Bordeaux Contrôlée.
- Vin Délimité de Qualité Supérieure (VDQS) wines are from a specific area of superior quality. The words usually appear on the label just below the name. This is a small category, and is gradually being phased out.
- Vin de Pays means “country wine,” and on the label the phrase is followed by the place where the grapes were grown. This place is generally much larger than those of wines with higher ranks.
- Vin de Table is “table wine,” indicating an ordinary French wine with no reference to geography, variety, or vintage on the label.

**Note: The American counterpart to the French AOC system is the American Viticultural Area (AVA); in Italy it is Denominazione di Origine Controllata (DOC) and the higher-quality Denominazione di Origine Controllata e Garantita (DOCG); in Spain it is Denominación de Origen (DO). AOC wines can be further classified on a regional basis, such as the Classified Growths of Bordeaux and the Premier and Grand Crus of Burgundy.*

WHAT'S IN A CRU?

The terminology of French wine classification is not completely straightforward and tends to vary from region to region. A key word to always look for, however, is *cru*. In use since the days of Ancient Rome, it is a French term for a vineyard or a “growth,” usually one of high quality. A *cru* that has been classified is called a *cru classé* or *classed growth*. The terms *Premier* (first) or *Grand* can also have a very specific meaning in certain regions such as Alsace and Burgundy.

BORDEAUX

Attempts to classify wines in France have been made since the 14th century and these entered a new era when Bordeaux, on the west coast of France, produced a classification that divided the best vineyards into five levels of growth quality with the highest level going to five famous vineyards in the communes of Pauillac, Margaux, and Pessac. These were also the most expensive wines produced. At the time, rankings based upon price were considered the most accurate indication of quality. The Official Classification also ranked the properties of the Médoc and one of Graves, Haut-Brion, which was too important to ignore.

Bordeaux classifications were originally established in 1855 and, over the years, have been amended to include the remainder of the red wines of Graves as well as the whites and St. Emilion. Two rankings are included: *Premier Grand Cru Classé* and *Grand Cru Classé*. The only important Bordeaux district châteaux never to have been classified are Pomerol and Pétrus, both considered first growth quality.

BURGUNDY

Regional grapes for dry red wines are made from Pinot noir and white wines are made from Chardonnay grapes. In Burgundy, the best wines from the best plots of land are classified as:

- Grand Crus — Corton-Charlemagne and Chamberton
- Premier Crus — Puligny-Montrachet and Chassagne-Montrachet

ALSACE

The Alsace Grand Cru appellation was created in 1983, and signifies a wine from a single vineyard site in a single vintage from one of the four permitted varieties: Riesling, Muscat, Gewürztraminer, or Pinot gris. Some of the top *négociants* have Grand Cru vineyard sites, but use the name by which they have historically sold their wine, as in F.E. Trimbach's Clos Sainte Hune Riesling, which comes from the Grand Cru Rosacker site.

CHAMPAGNE

The primary grapes used in the production of Champagne are black Pinot noir and Pinot Meunier, and the white Chardonnay. Champagne appellation law only allows grapes grown according to appellation rules in specifically designated plots within the appellation to be used in the production of Champagne. The use of the designation “Champagne” is limited to only the wines of this French terroir.

Champagne is the only major French region to have just one appellation; however, its 301 vineyards are classified into 17 Grand Crus and 38 Premier Crus.

BEAUJOLAIS

The top villages in Beaujolais are called *cru*, as in *Cru Beaujolais*. The region is comprised of 12 appellations and includes 10 ranked Beaujolais *Cru*, the most familiar of which are Brouilly, Côte de Brouilly, Moulin à Vent, and Beaujolais Villages.

The prominent wine grape of the region is Gamay, used to make all Beaujolais wines with the exception of white Beaujolais, or Beaujolais blanc, which is made of Chardonnay grapes. Ordinary vineyards can produce simple “Beaujolais,” while higher-ranked villages label their wines “Beaujolais-Villages.” Top producing châteaux include Diochon, Chateau des Jacques (Jadot), Jean-Paul Brun, and Domaine de Vissoux (Chermette).

Over hundreds of years, France has marketed its country as the benchmark for great wines. Their reputation cannot be denied, but markets shift. Today, international awards are routinely bestowed upon meritorious wines throughout the “new” world that now includes all the Americas, Australia, New Zealand, and South Africa. These growing regions are in heavy competition for the ever-expanding market and should not be ignored. Venture on, wine lovers. ●



A once dying town finds new life in the Northern Cascade Mountains

by Lisa Brown

Icicle Ridge, Leavenworth
Photo: by CC 2.0

What to do with a fading logging town in the Cascade Mountains of Washington? Why, turn it into a Bavarian village, of course! That was the thinking of two industrious Seattle business men in the early 1960s. Ted Price and Bob Rodgers had a vision for transforming Leavenworth, Washington, into a tourist destination unlike anything in the Northwest. Ted and Bob – mission accomplished!

But Leavenworth had a rich history long before it became a theme town born from a near ghost town. Nestled in the heart of the Cascades between Seattle and Spokane, the area was originally populated by the Yakama, Chinook, and Wenatchi tribes, who hunted the bountiful mountain terrain for deer and elk. They also fished for salmon in the pristine Icicle Creek.

With towering peaks and plentiful lands, the area eventually attracted settlers eager to make their fortunes in gold, timber, and furs. By the early 1890s, the railroad had arrived and Leavenworth was alive with commerce and bustling with families tied to the timber trade. Officially incorporated in 1906, the quaint community wrapped in mountainous splendor thrived until the Great Northern Railroad relocated its headquarters from Leavenworth to Wenatchee, Washington, in 1920. For the next several decades, the town slowly faded until Price and Rodgers joined up with Project LIFE (Leavenworth Improvement for Everyone) to define a brighter future for Leavenworth.

By 1950, the area's remaining attractions were its natural attributes that brought in hunters, fishermen, and Nordic skiers for ski jumping on "Bakke Hill." Established and designed in the late 1920s by Norwegian Magnus Bakke, the jump—once the largest in the country—hosted ski jumping competitions; its first in 1929, followed by four U.S. national championships. The Nordic venue influenced Project LIFE's Bavarian theme.

Ted Price's term of military service in Germany and a Danish-themed town in Solvang, California, added spark to the idea for Leavenworth's unique transformation. Surrounding alpine hills were said to equal those in German Bavaria, so it seemed only natural to use these attributes as the inspiration for Leavenworth's reimagining. With the Chikamin Hotel remodeled in the Bavarian style and renamed the Edelweiss—after the state flower of Bavaria—a new day dawned for this



Leavenworth skiers (1954), Wenatchee National Forest Historic Photo



mountain town. Before long, the entire downtown was renovated to look like a Bavarian village come to life. To attract visitors, community leaders planned festivals and created signature events that today make Leavenworth a popular destination for visitors from around the world.

A dusty logging town no more, you have to plan ahead and book your lodging early if you want to enjoy the popular Autumn Leaf Festival, Maifest, or Oktoberfest. The annual Christmas Lighting Festival has earned many accolades, and Leavenworth has even been named Ultimate Holiday Town USA by *A & E*. But Leavenworth didn't stop there. The town offers a host of attractions year-round and also appeals to outdoor enthusiasts, foodies, art-lovers, and aficionados of



Danish-themed Solvang, CA

Photo: Spencer Cross by cc 2.0

all things German. Sausage and kraut, nutcrackers (found at the Nutcracker Museum), folk music, beer (and wine because this is the Pacific Northwest, after all!), Nordic skiing, birding, biking, and shops galore will keep young and old alike entertained for a fun-filled afternoon or a delightful weeklong getaway.

Leavenworth is easily accessible from the west coast via US Highway 2, and the drive through the Cascades has been voted as one of the most scenic drives in the United States. The sun shines much of the year, and snow is almost guaranteed in the heart of the winter months. Winter, spring, summer, or fall, Leavenworth is a sweet Bavarian treat of a destination. A full calendar of activities, as well as guides for accommodations, dining, and shopping can be found at www.leavenworth.org. ●



Early 20th century Leavenworth Main Street façades—a true 'dirt road,' wild west town.

The 1960s redo into a Bavarian-themed downtown turned this near ghost town into a vibrant village with a thriving business district and theme-inspired seasonal attractions. Tourists from throughout the world visit year round, providing much of the revenue that originally saved Leavenworth from the brink of financial devastation.

SECOND SKIN

MODERN RESEARCH DRAWS UPON A CENTURIES-OLD JAPANESE RECIPE TO DEVELOP HIGH TECH GYM WEAR

Pores are present in skin to let substances out (oil and perspiration) when heat is generated and the body needs to regulate its temperature back to normal. Conversely, pores contract when it's cold to keep body heat from escaping. Our skin also constantly regenerates a bacteria (microbiome)-to-cell ratio that is anywhere from 3:1 to 10:1.

So researchers took the idea of pores to the lab with the goal to develop a “second skin” that has a microbiome-to-cell ratio of 100:0. Incorporating living bacteria onto a synthetic fabric results in a material that responds similarly to the body’s naturally occurring pore system for the person wearing it.

The biohybrid fabric is comprised of billions of a single-cell organism, printed onto a synthetic fabric that incorporates tiers of tiny, tightly spaced, trapezoid-shaped flaps throughout the fabric. The opening is secured to the fabric on one of the four sides; the remaining three sides remain open. When the cells detect an increase in the wearer’s body temperature, the bacteria sense it, immediately expanding and changing shape. The closed flaps curl open and allow

moisture to wick away and cool the body. Once sufficient cool down occurs, the bacteria cells contract and close, uncurling the flaps to preserve body temperature.

To develop their biohybrid, researchers revisited the kitchen of a samurai warrior who, some 500 years ago, wrapped his steamed soy beans in straw and abandoned his meal prep in answer to a call to battle. When he returned days later, he discovered the straw had fermented the soybeans, yielding a strain of bacteria, *Bacillus subtilis natto*. Natto’s pungent taste still appeals in modern Japan and is considered a delicacy. Curious foodies can view a seven-minute cooking demonstration on YouTube.

The bacteria’s lattice-like structure and thin cell walls rapidly detect and absorb moisture, making it a perfect material for the athletic shoe and garment industry to incorporate in shoe and clothing design. Although not yet available on the market, a full-body prototype has been developed—envision something similar to a wet suit. You might soon have a ‘cool’ new wardrobe of gym clothes that workout as hard as you do. ●



FUN FACTS: Air Force One



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



Consolidated C-87 Liberator express named "Guess Where II" which was the first true presidential plane.

The President of the United States must be ready to travel anywhere in the world on a moment's notice and have access to a variety of transportation options—including flying aboard Air Force One. Although 'Air Force One' can describe any Air Force aircraft carrying the President, it is now standard practice to use the term to refer to specific planes equipped to transport the Commander-in-Chief.

- ★ Franklin Roosevelt was the first president to fly while in office. In 1943, Roosevelt traveled on a Pan Am transoceanic Clipper from Miami to Casablanca for a meeting with Winston Churchill. That transoceanic flight took three days. FDR was listed on the passenger manifest as Mr. Jones.
- ★ Following Roosevelt's flight to Casablanca, Army Air Corps brass came up with the idea of customizing a plane for presidential travel. The first choice was a C-87A Liberator Express nicknamed "Guess Where II." Roosevelt never flew on the second plane, a customized Douglas C-54C/DC4 nicknamed the "Sacred Cow." It did serve President Truman.
- ★ Air Force One is maintained and operated by the Presidential Airlift Group, part of the White House Military Office. The Airlift Group was founded one year after FDR's initial flight as the Presidential Pilot Office at the President's direction. For the next 15 years, various propeller-driven aircraft served the President, until 1959 when President Eisenhower flew to Europe aboard the first Boeing-built aircraft, a VC-137A, 707 Stratoliner.
- ★ In 1962, President John F. Kennedy became the first President to fly in a jet specifically built for presidential use—a modified Boeing 707. Over the years, several other jet aircraft have been used, with the first of the current aircraft being delivered in 1990.
- ★ Technically, 'Air Force One' describes any Air Force aircraft carrying the President—but since the middle of the 20th century, it has been standard practice to refer to only specific planes equipped to transport the Commander-in-Chief. Today, this name refers to one of two highly customized Boeing 747-200B series aircraft, which carry unique tail codes and an Air Force designation of VC-25A.
- ★ These two nearly identical 'flying bunkers' are almost as tall as a six story building; as long as a city block; have a 195-foot wingspan; an average cost per flying hour of \$200,000; fully armored windows; and plane bodies engineered to withstand a nuclear blast. Defensively, they're outfitted with electronic counter measures to jam enemy radar and can eject flares to throw heat-seeking missiles off course. But the most interesting parts of these planes—their advanced avionics and defenses—are classified.
- ★ Capable of refueling midair, Air Force One has unlimited range and can carry the President wherever he needs to travel. The onboard electronics are hardened to protect against an electromagnetic pulse, and is equipped with advanced secure communications equipment, allowing the aircraft to function as a mobile command center in the event of an attack on the United States.
- ★ Inside, the President and his travel companions enjoy 4,000 square feet of floor space on three levels, including an extensive suite for the President that features a large office, lavatory, and conference room. Air Force One includes a medical suite that can function as an operating room, and a doctor is permanently on board. At any time, the plane's two food preparation galleys can feed 76 passengers.



The Douglas VC-54C "Sacred Cow" built for FDR, on display at the National Museum of the United States Air Force.

- ★ Crew members are carefully screened by military personnel. Even the galley staff must operate under a high level of security. When buying food, they shop stores undercover and select markets randomly to protect the President from a poison attack.
- ★ Several cargo planes typically fly ahead of Air Force One to provide the President with services and supplies that may be needed in remote locations.

Answer to puzzle on Page 12

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



Writing his own itinerary for life, our good friend David, an accomplished artist who runs his own non-profit, Mobile Mural Labs (in Los Angeles, CA), is a world class mountain climber. David recently traveled with his climbing buddy to scale alpine style, Domo Blanco and Raphael Juarez, in Patagonia. Traveling during Patagonia's summer (November - February) provides the best opportunities which are still unpredictable within one of the most unstable weather regions in the world due to its proximity to Antarctica and the Sea of Magellan. Despite this, their main objective, Cerro Torre, remained elusive due to very cold and wet conditions.

For those of you more familiar with Canada, David recently put up a significant first ascent on the west face of the North Howser Tower in the Bugaboo mountains, in eight days! On his bucket list is the "Eternal Flame" route on Trango Tower and "Baffin Island" route on Mount Asgard. His favorite climb ever, "Chiaro di Luna" on St. Exupery in Patagonia, which brought together elements of great movement, perfect rock, and long incredible position in the Fitz Roy Massif, for an amazing 22 hour camp-to-camp climb.

"Be happy for this moment. This moment is your life." Omar Khayyam

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