

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

Winter 2016



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



**Three Unique Gulf Coast  
Wintertime Getaways**

**Sips of Wine History**



# QUARTERLY UPDATE

Tailor-Made™  
Magazine

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Dear Clients and Friends,

Ushering in 2016, we reflect both on the prior year's markets and world events, while looking forward to a new year of opportunities and challenges. It's a time to assess where we've been and where we are going, not only from a geopolitical and economic perspective, but also from a personal standpoint. Every year seems to be filled with significant challenges which seem nearly insurmountable. However, often overlooked are the many inspiring achievements and opportunities experienced throughout the year – these events don't seem to garner much publicity or headlines and often their stories need to be proactively sought out. We feel it is important to have a solid grasp of history to help keep the immediate and future challenges and opportunities in perspective.

Already this year, the opening week of the stock market was the worst on record for the DJIA, and equally difficult for the S&P 500 and NASDAQ markets. Numerous geopolitical events ranging from the Chinese economy continuing to slow, N. Korea proclaiming to have tested a hydrogen bomb, and the upcoming divisive presidential election, have all increasingly dominated the headlines this year.

To help provide perspective on this year's domestic and global economic front, Wells Fargo Investment Institute (WFII), has published their "2016 Outlook – Navigating Risk in a Year of Change." We've included a complimentary copy with this quarter's magazine – note the inside cover provides a summary of where we ended 2014, where the markets were November 23, 2015, and where WFII projects them to be for year-end 2016. We encourage you to take a moment to familiarize yourself with their comments.

In keeping with the thought of the importance of historical perspective, this quarter we've chosen a book from one of our favorite authors, Bill Bryson. His compelling book, "A Short History of Nearly Everything," written in 2003, provides a rousing journey through history summarizing moments both great and curious in the history of science. Not only does he remind us of many great moments from our past, but inspires us to look forward to the many areas we have yet to fully explore. We have a limited number of copies available for our clients - please call Francesca at 303-670-4964, 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

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Wells Fargo Advisors Financial Network

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Randolph Huiting is the author of the letter written on this page. Other articles and content contained within this publication are provided by and published through Tailor-Made™ Magazine.



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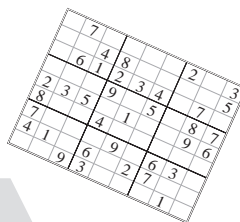


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**THREE UNIQUE  
GULF COAST  
WINTERTIME  
GETAWAYS**

“Wintertime getaway” is a catch phrase travel companies love to use to sell vacation destinations when there’s snow on the ground at home. The way they throw it around could mean anything from crowded golf courses and delayed tee-off times at a San Diego resort to a shopping excursion in the Big Apple to a family package at a chain hotel on the Vegas strip.

But what if you want to really get away-away? Leave behind the hustle and bustle and genuinely experience not just a change in the weather but a change in lifestyle? Instead of flying off to South America, renting a car, and driving into the jungle, stay closer to home and head to the Gulf Coast, where there’s no need to carry a passport or exchange dollars for pesos. Follow the seagulls and make a beeline for these quieter, more removed enclaves by the water.



*Cayo Costa State Park*



*Pine Island waterway home*



*Cabin Trail at  
Cayo Costa State Park*

**PINE ISLAND AND  
CAYO COSTA, FLORIDA**

A handful of lucky vacationers each year discover the hidden gem a half-hour west of Fort Myers, secluded Pine Island ([pineislandfl.com](http://pineislandfl.com)), home to the Pine Island Aquatic Preserve. The scene is quintessentially laid-back, the kind of place where you might see a local artist capturing the lush beauty of the mangroves and acres of palm trees in paint. Quaint accommodations include small, historic hotels; the seafood is worth writing home about; and if you like to kayak, swim, or birdwatch you’ll feel right at home.

Nearby Cayo Costa ([floridastateparks.org/park/Cayo-Costa](http://floridastateparks.org/park/Cayo-Costa)), with its nine miles of pristine beaches, pine forests, and mangrove swamps, is another secluded treasure on Florida’s Gulf Coast. Those seeking their own slice of paradise will find it as peaceful and quiet as the driftwood that gently washes ashore. The 2,400-acre barrier island



park is only accessible by water taxi or ferry, and while en route you may enjoy a manatee or dolphin sighting. There are primitive cabins for rent or you can pitch a tent – with snorkeling, nature trails, saltwater fishing, and off-road bicycling at your doorstep.

## MUSCLE SHOALS, ALABAMA

While not everyone has heard of Muscle Shoals, they have most definitely *heard* Muscle Shoals – one of the greatest music capitals of the world. In the 1960s, hometown boy Rick Hall opened Fame Recording Studio and was soon turning out hits by Aretha Franklin, with Duane Allman of the Allman Brothers Band playing lead guitar. Allman convinced Wilson Pickett to record the Beatles song “Hey Jude” with a soulful rhythm and blues feel, and soon the little southern town



Today the studio that Keith Richards calls “rock n’ roll heaven” is listed in the Alabama Register of Landmarks and Heritage. Muscle Shoals is also home to the W.C. Handy Museum, which houses one of the most extensive collections of blues music and memorabilia, including instruments. Jerry Phillips, whose father Sam recorded Elvis Presley, hosts live music shows about once a month at the Marriott Conference Center ([marriott.com/hotels/travel/mslmc-marriott-shoals-hotel-and-spa](http://marriott.com/hotels/travel/mslmc-marriott-shoals-hotel-and-spa)) which is a fantastic place to enjoy a winter vacation with the family.

In addition to great restaurants on the premises, there is an indoor swimming pool, whirlpool, and sauna. Nearby you can golf, enjoy incredible sport fishing and recreational boating, or tour a historic Indian Mound. Top off your trip with a visit to the quirky coon dog cemetery: final resting place for many award-winning hunting dogs with interesting epitaphs on their tombstones.



## PADRE ISLAND, TEXAS

Padre Island is the longest barrier island in the world. Padre is especially famous for the white sandy beaches on the south end of the 113-mile long and 2-mile wide island, which is a luxurious resort property. The central section of the island is a wildlife preserve, the Padre Island National Seashore.

Annually, more than a million visitors migrate to Padre Island, and many come to see the birds and sea turtles make their own migratory journey.



*W.C. Handy Museum*

was on the international map. Legendary artists such as Paul Anka, Otis Redding, Etta James, Tina Turner, the Rolling Stones, Paul Simon, and Elton John all recorded there to capture the unique sound and flavor of Muscle Shoals and Fame Recording Studio.







More than 300 species of birds fly into South

Padre each year, and Sea Turtle, Inc. – a nonprofit devoted to rescuing and protecting sea turtles – was recently ranked one of the top 15 attractions for kids in the United States. South Padre Island has palm-shaded beaches and numerous opportunities for activities that range from dolphin watching and horseback riding to cruising the bay in a pirate-themed ship with real swashbucklers. Perhaps dining on a 50-foot catamaran while enjoying a spectacular sunset is more your speed, or just kick back and relax while sky-gazing during the annual kite festival in February. There are also miles of hiking and biking paths, a birding center and museum, lots of nearby golf courses, and fishing excursions if you run out of things to do.

The La Copa Inn Beachfront Hotel on South Padre Island ([lacobaresort.com](http://lacobaresort.com)) is pet-friendly and right across from the Queen Isabella Causeway near Schlitterbahn Beach Resort and Water Park. At Isla Grand Beach Resort ([islagrand.com](http://islagrand.com)) there are two-bedroom condos available with full-sized kitchens and views of the Gulf, or reserve a cabana room with a Sleep Number bed located in a two-story building right on the beach. Schlitterbahn Beach Resort and Waterpark ([schlitterbahn.com/south-padre-island/resort](http://schlitterbahn.com/south-padre-island/resort)) features a genuine circa 1950s merry-go-round, and much of the furniture and wall paneling in




the resort is reclaimed loblolly pine, recycled from the 2011 wildfires in Bastrop, Texas. The resort also offers “Winter Texans” – those who fly south to escape the frigid northern wintertime – a selection of activities including everything from weekly dinner entertainment to Texas Hold

‘em poker nights to water aerobics classes in a heated swimming pool. ●



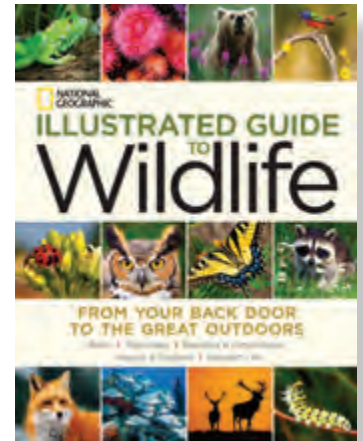




# National Geographic Illustrated Guide to Wildlife

by Caroline O'Connell

A valuable reference when you start planning family vacations this spring and summer is the *ILLUSTRATED GUIDE TO WILDLIFE - From Your Back Door to the Great Outdoors* (National Geographic Books). It covers animal species large and small found in the continental United States and Canada. Each listing is half a page and includes a beautiful color photo, detailed description, and explanation of the creature's habitat and region. The guide is organized into five chapters by category:



## Mammals—The Summit of Diversity

“Mammals inhabit a wide range of shapes and sizes, from a 170-ton whale to a bat the size of a bumblebee.” This chapter varies from small mammals found in your backyard and local parks to large animals in the wild (mountain lions, polar bears, caribou, and bison, among others). Interestingly, there is only one species of raccoon; by contrast there are eighteen different types of squirrels. The Key Facts box for each mammal explains Habitat (such as forests, meadows, or urban areas), Range (what part of the country), Food (like grasses, nuts, bark, or insects), and includes a graphic of its paw print.



## An Invitation to Birding

“Most of us will spot no more than a fraction of the almost 10,000 bird species, but the species visiting your own backyard represent a good beginning.” Common birds (like sparrows, pigeons, and hummingbirds) are covered, as are larger and more exotic birds (including hawks, falcons, barn owls, and pelicans). A chart lists the official bird in each state, such as Washington (American Goldfinch), Oregon (Western Meadowlark), and Illinois (Northern Cardinal). The Key Facts box includes Size, Description, Voice (song/call), Habitat, and Food. There is also a Range Map showing breeding range, year-round range, winter range, and migration range.

## Reptiles & Amphibians—The Water-Land Connection

“Reptiles and amphibians represent widely distributed groups of vertebrates that show many vestiges of their ancient lineages.” An inset box about *Reptiles & Amphibians: Basic Parts* has illustrations depicting differences between crocodiles, lizards and frogs, and whether or not snakes are venomous (important to know).

## Aquatic Life—A Watery World of Wildlife

“Animals in water live in all kinds of temperatures, minerals, and depths. Brook Trout tend toward chilly, fast-moving freshwater streams. Manatees prefer slow-moving warm water. Herring live their entire lives in the sea. Salmon hatch in fresh water, move to salt water, and then when they are ready to spawn, return to the freshwater stream of their origin.” The Key Facts box includes a description and details the Range, Diet, and Name Origin.

## Insects & Spiders—The Little Animals That Rule the Earth

“Insects, spiders, and their kin are absolutely essential for a healthy environment for our own well-being. They pollinate crops, control pests and weeds, provide food for wildlife, recycle nutrients, and produce valuable products such as dyes, silk, honey, and wax.” Sections at the beginning include *Where to Look* to find insects (flower beds, under decaying leaves, and next to outdoor lights at night) and *Activities* to enhance knowledge and enjoyment (like *Conduct a Survey* of insects near your home and *Record Your Observations* in a journal).

*The Illustrated Guide to Wildlife* encompasses five field guides in one book and is a great resource to learning more about the small animals, birds, and insects in your neighborhood as well as the larger species you will find in national parks and at seashores. It is also thoroughly indexed (at the beginning of each chapter and the end of the book) for easy reference. ●



# CROWD-SOURCED

## PHILANTHROPY 101

by Tom Kerr

**T**his year more organizations than ever before will take advantage of the convenience and proven effectiveness of online crowd-sourcing to fundraise. *Forbes* magazine estimates that approximately \$5 billion in capital is raised each year via this method, and about one-third of that goes directly to charitable organizations.

The basic idea of online crowd-sourcing is that appeals for money can be made to the public through an internet-based social network. For example, the National Air and Space Museum launched a Kickstarter campaign in 2015 to raise \$500,000 to help conserve the spacesuit that astronaut Neil Armstrong wore on the moon. *Reading Rainbow*, a PBS TV children's series that has won 20 Emmy Awards, raised

almost \$5.5 million on Kickstarter to fund continued production of the series.

CauseVox and Kimbia are crowd-sourcing platforms tailored specifically to the needs of charities and not-for-profit organizations. Kimbia helped raise \$17 million online in just one day to help deserving nonprofits all



**“CLICK” TO CONTRIBUTE**



over the United States. In that way, crowd-funding is like a digital media version of the old-fashioned barn raising, a way for communities to come together and lend a helping hand to those in need. But crowd-funding online also presents opportunities for scammers to perpetrate fraud, which prompted the Attorney General of Michigan to issue a warning to consumers to know their charities before donating to crowd-sourced campaigns.



An understanding of how it all works, and what the best practices of charities using crowd sourcing methods are, can be a real asset for those who are considering a financial show of support. Most experts agree there are specific characteristics to look for in a crowd-sourced fundraiser in order to ensure that donations actually support a charitable mission.

- The mission of the project should be clearly articulated and information about the organization - including its legal nonprofit status and use of donated funds - should be completely transparent and easily accessible.
- When fees are involved, for instance money paid to crowd-sourcing websites in exchange for hosting the fundraiser, they should be fully disclosed.

- If the project meets its goal, donors should be given updates - at least on a monthly basis, if not more frequently - that explain how the money is being used.
- When incentives or freebies are offered to donors, the value of those items is typically deducted from the amount of money donated for tax purposes. Charities have an obligation to explain this to donors, so that contributors understand exactly how much of their support is tax-deductible.



The National Association of State Charity Officials (NASCO) is an association of state offices charged with oversight of charitable organizations and

charitable solicitation in the United States. The association published a free guide for both charities and donors, which offers excellent tips and advice regarding fundraising through web-based platforms. The report can be viewed or downloaded at the official NASCO website ([www.nasconet.org/wp-content/uploads/2013/12/Internet-and-Social-Media-Solicitations-Wise-Giving-Tips.pdf](http://www.nasconet.org/wp-content/uploads/2013/12/Internet-and-Social-Media-Solicitations-Wise-Giving-Tips.pdf)). •





# Swingin' in Seattle

by Andrew Penner



Due to a serious case of the nerves, I didn't dare take out the driver. (It's a notoriously bad club for me.) After my playing partner – a local club pro hoping to qualify for a spot in the U.S. Open – cranked one down the middle, I was up to bat. I've been nervous before, but nothing quite like this. I addressed the ball, clenched my teeth, and jerked the club back. Not surprisingly, given the extreme tension, the clubface closed hard and I pulled the ball dead left into the knee-high fescue. My round

Thankfully, my experience at Chamber's Bay, in spite of the early-round shakes, wound up being one of the most memorable rounds of golf I've had in years. In fact, my entire Seattle swingfest was one to savor.

Seattle sneaks under the radar when it comes to notable golf destinations in the United States. The recent U.S. Open at Chamber's Bay was one of only two majors that have been contested in the area. The other notable was the 1998 PGA Championship held at the ultra-private Sahalee Country Club in the nearby suburb of Sammamish, which was won by Vijay Singh. But those majors aside, there are not many bucket-list courses on the forefront in Seattle. The Pacific Northwest city, which hugs the shores of scenic Puget Sound, is known more for its culture, history, architecture, and markets. The coffee – Starbucks' original store is here at the legendary Pike Place Market – some might say, is more noteworthy than the golf.

Of course, when you dig a little deeper – and sip your lovely latte a little longer – you'll soon realize that Seattle is rich with rewarding and inspiring places to play. Municipal courses such as Jefferson Park and West Seattle boast classic parkland courses (for a paltry \$40 green fee) with gorgeous views and quality holes designed by masters of golden-age golf course architecture. Although they are municipal courses (managed by Premier Golf), make no mistake, these are historic courses with plenty of character.

If you're willing to drive a bit (thanks to easy access to I-5, getting out of downtown Seattle is a piece of cake), numerous eye-popping courses enter the equation. Courses such as Kayak Point (Stanwood), Gold Mountain (Bremerton), and White Horse (Kingston) are all exceptional and can be fairly easily played if you are staying in the downtown area and have transportation. Gold Mountain and White Horse require short ferries, which adds extra interest to the journey (check with the courses, as free shuttle services are also available). Salish Cliffs, located 70 minutes south of Seattle near Olympia, requires a bit of effort to get to, but it's worth every minute. The course, designed by Gene Bates, features bold shaping and bunkering, dramatic elevation



Seattle's farmers market founded in 1993 is a foodie's paradise – golfers welcome.

at Chamber's Bay – the host course of the 2015 U.S. Open won by Jordan Spieth – was off to a shaky start.

Indeed, golf and intimidation go hand in hand. But when you're playing a U.S. Open venue – and one of the toughest public courses on the planet – the fear factor goes through the roof. At least, it did with me.



changes, pristine bentgrass fairways and greens, and some of the best views you'll encounter on a golf course.

Without a doubt, the downtown area of Seattle makes for the best, if not the most memorable, home base. Hotels such as The Four Seasons or the boutique-style Hotel Monaco are conveniently situated in the thick of things and are recommended options. For nearly everyone who visits the city, the "heart of the action" is Pike Place Market. This is the mother of all farmer's markets and Pike Place should not be missed on a trip to the city. However, as much as Pike Place is a market where fresh produce, seafood (the fish tossing exhibition that takes place every day at the Pike Place Fish Market is a must-see), and scores of food items are available, it's also a multi-block urban area of culture, cafes, indoor shops, gum walls (look it up), and historic buildings all webbed together by rough, cobblestone streets near the waterfront. Sound a little European? It is. Sound like a place you could stroll around for hours? It is. In fact, it's the kind of place that would take numerous visits to discover all the nooks and crannies, shops and surprises, that are found there.

Although Pike Place is the star attraction, there are many other historic areas and ultra-cool neighborhoods to explore. Fremont, Capitol Hill, Ballard, University, Seattle Center (home to the Space Needle), Queen Anne, Union Square, and Pioneer Square all have plenty of character and charms of their own. For example, Bill Speidel's Underground Tour at Pioneer Square is a fascinating walk through the buried underbelly of Seattle.

After visiting the iconic sights of this fascinating city for a couple of days, I was itching to hear the sound of a golf ball meeting metal. Two enjoyable rounds at West Seattle and Salish Cliffs got the juices flowing and were appetizers for the main course: Chamber's Bay.

Sculpted over rolling, sandy, wind-blasted terrain on the shores of

Puget Sound, Chamber's Bay is a walking-only, Old World experience that's reminiscent of the true links of Scotland. Designed by Robert Trent Jones II, the course is long (over 7,500 yards from the back tees), punishing, and peppered with deep, unkempt bunkers and frustrating slopes. In short, your grandma wouldn't like it and higher handicaps should think twice. They didn't host a U.S. Open here because it's soft, short, and easy; they did it because it's a phenomenal test of skill,



Par 4 tenth at Chamber's Bay.

stamina, and strategy. And it could make grown men fall to their knees (see Jason Day).

On the perfect spring day I played it, just weeks before the U.S. Open, the place was buzzing with anticipation. Access was limited, so I was extremely pleased to get a starting time (green fees are steep, \$275 for non-residents) for my maiden voyage on a U.S. Open venue.

Although we didn't play the course anywhere near the U.S. Open tees, the punishing rough and the wild slopes proved more than adequate in terms of demolishing any egotistical inclinations I had. But I didn't really have any.

What I did have was an amazing experience playing on hallowed major tournament ground. My score, approximately 10 shots higher than a "normal" day, was to be expected. What wasn't expected was my newfound realization of just how great a golf destination Seattle is. ●



Salish Cliffs' 18th hole.

Photo: Brian Oar

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





### Ingredients

- 3/4 cup dried, red sour or Royal Ann cherries
- Boiling water to cover
- 2 cups unbleached all-purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1-1/4 cups heavy cream
- 2 tablespoons orange or lemon zest
- 1-1/2 tablespoons melted butter

# Cherry Cream Scones



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

## To Prepare the Dough

In a small bowl, cover the cherries with boiling water to plump for 5 minutes. Drain and pat dry on paper towels. In a large bowl whisk together the flour, sugar, baking powder, and salt. Measure the cream into a small bowl, stir in the drained cherries and the orange or lemon zest. Pour this mixture into the flour mixture and stir until the dough starts to mass in the center of the bowl. On a lightly floured board, knead the dough a few times to help distribute the cherries.

## To Pan and Bake

Preheat the oven to 425 degrees. Lightly grease a sheet pan or line it with parchment paper. Pat the dough into a 10-inch circle and place it onto the prepared pan. Brush the dough with the melted butter and score into 12 wedges. Bake the scones in the fully preheated oven for 12 minutes, or until lightly browned and the center is firm to the touch. Let cool slightly before separating. •



# Sudoku

Answer on page 19

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



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



# TRACK YOUR RESOLUTIONS

by Lisa Teresi Harris, MS, RD, ACE-CPT

Watch for them in the coming weeks: discarded resolutions littering the landscape like last year's holiday decorations! Sure, we begin each January determined to stay fit and lose weight, but almost half of us admit defeat within six months. Fortunately, you can boost your chances of keeping those New Year's resolutions with that cool new device gracing your wrist: the activity tracker.

## THE FITNESS WEARABLES MOVEMENT

Fitness trackers are sweeping the country, and, "it's not a fad," claims Fabio Comana, director of continuing education at the National Academy of Sports Medicine. "69%+ of US adults track some health indicator, 61% of devices are fitness/activity trackers," and he predicts this multi-million dollar industry will grow exponentially in the coming years.

An activity tracker can help you stay on top of your fitness through:

- Awareness: "Any intention to shape behavior begins with awareness, and that is probably the best use of these devices," states Comana. People are unaware of their activity levels, so while the accuracy of these products is not perfect, monitoring movement throughout the day provides a baseline from which to plan.
- Motivation: People are 30% - 40% more active when using fitness wearables. Some systems help with built-in reminders (Garmin), while others encourage healthy behaviors (Jawbone).
- Goal setting: Most activity trackers provide a pre-set goal (e.g., 10,000 steps per day) and others will "suggest" a starting point.
- Competition: Have fun, get social! Connect with friends for online challenges.
- Third party apps: Trackers link to calorie-counting and peer support apps (MyFitnessPal, Loselt!), GPS-engaged exercise apps (Endomondo, MapMyRun/Ride, Runkeeper, Strava), online workouts (Wello) and more!

## HOW THE BRANDS STACK UP

Here are three popular brands, least to most expensive, and their features (note: all of these trackers monitor steps, distance, calories, and sleep):

- Fitbit Models: Fitbit Zip, One, Flex, Charge, Charge HR, Surge  
Additional features: Floors of stairs, active minutes, heart rate (HR and Surge), water-resistant.  
Other: Surge has text and phone notifications; GPS tracking for

biking, running and cross-training workouts; Aria smart scale app records body weight, BMI, and body fat.

- Garmin Models: Garmin Vivofit, Vivofit 2, Vivosmart, Vivoactive

Additional features: Goal-setting, Move Bar (reminder to move every hour), heart rate compatible (user must wear a heart rate monitor), waterproof (Vivofit, Vivosmart, Vivoactive), Vivosmart and Vivoactive receive text/email/phone notifications.

Other: Vivoactive has a GPS and built-in running, golfing, cycling, and swimming apps.

- Jawbone Models: Jawbone Upmove, Up2, Up3, Up24

Additional features: Food logging includes a bar code reading scanner, heart rate (Up3 and Up4), water-resistant.

Other: UP Coffee app tracks caffeine intake and sleep; Up24 makes American Express payments.



## THE BATTLE HEATS UP

While tracking technology is developing rapidly, many consumers still prefer the convenience of a computer, albeit a tiny one on the wrist. Leading the way, the Apple Watch combines the features of an activity wearable with those of a smart phone: calls (not notifications), a digital touch screen, Siri, and thousands of apps. Comana predicts, "The smart watch will outsell the wrist band [fitness tracker] by 2017, but other devices are already in development that integrate into our clothing, glasses, etc." Stay tuned! •

# Sips of Wine History

by Tom Kerr

Nicolas Toumier - Réunion de Buveurs  
(Meeting of Drinkers), ca 1619.

Some remarkable achievements in the history of winemaking can be attributed to happy accidents. For example, one shipping company cut down on the weight of wine casks by removing much of the water, planning to add it back once the ship reached its destination; but during the voyage, the wine turned into a thin, syrupy concoction we now know and enjoy as brandy. Another serendipitous event transpired when monk Dom Perignon bottled his wines too late in the fall, and they failed to properly ferment. As the weather warmed, secondary fermentation occurred – causing many of the bottles to explode into a springtime mess, spraying bits of glass and the world’s first bubbly wine all over his cellar.

The earliest wines, as well, were 100 percent unintentional. Humans many thousands of years ago ate overripe fruits and found that although the taste was rotten, the effect was euphoric. Animals like elephants, monkeys, and tree shrews still get drunk on palm fruits and other naturally-occurring hooch, but most human wine lovers have moved on to more refined varietals.

## Archaeological Evidence

Archaeologists have a difficult time nailing down the origins of winemaking with precision, because most of the hard evidence isn’t quite hard enough. Grape skins, stems, stalks, and seeds can be tough and chewy, but are no match for the ravages of centuries. What researchers can still find, though, are the tools and accessories – like bits of pottery stained by fermented beverages found in Central China. When whole, the vessels were used to make what is believed to be the oldest wine in the world, approximately 9,000 years old; the pots once contained a fermented drink made from rice, honey, hawthorn fruit, and wild grapes.

What was the process employed by those early vintners? Most likely they made a rice kernel mash that was then boiled with fruit into a kind of wet stew. Some historians hypothesize they did not mash with their bare feet as some folks do today, but rather with their teeth, masticating the mixture and spitting it back into the pot to ferment.

Another archeologist found wine residue from acidic grapes in the mountains of Iran, formerly Persia, that date back more than 7,000 years. In the writings of the Roman botanist Pliny the Elder, it is explained that sap from the tree called terebinth can be used as a wine preservative. The same kind of resin was present in those ancient Persian pots. That’s significant because the intentional use of preservatives accelerated the popularity of wine as it began to successfully travel greater distances.



Persian pottery vessel—early 1st millennium B.C.

## Grape Cultivation

Another groundbreaking innovation was the purposeful cultivation of grapes, giving winemakers options beyond the small and bitter varieties found growing in the wild. Around the same time that agriculture began to take root and replace hunter-gatherer societies in ancient Mesopotamia, grape cultivation also occurred in the Middle East. Evidence of managed fermentation of grapes 6,000



Funeral banquet relief late 4th century B.C.—The large vessel holds wine; on the table are an incense burner, cakes, and fruits. Banquet relief illustrates both the domestic setting and the traditions of the funerary meal.

years ago has been found scribbled on the walls of Egyptian tombs, where pharaohs were buried along with bottled wines to drink in the afterlife.

Domestication dramatically evolved with the advent of self-pollinating flowers, since random cross-pollination can introduce unwanted traits into the grapes. That’s why there are specific regions



– and even more specific hillsides – where the best grapes can be grown on old plots of land. The vintners have worked that land for generations, studiously weeding out the poor quality grapes while cultivating those with the most desirable characteristics.

The timeline of domestication can also be mapped, in part, by discoveries of plants – or parts of plants – where they would not naturally occur. Non-native European grapes, for example, that are related to wild ancestor plants found closer to Asia, were probably imported in order to domesticate them for wine production. And it worked both ways: European grapes traveled with merchants along the Silk Road and wound up in China, where they, in turn, enhanced and expanded the wine-making possibilities for wine enthusiasts in that part of the world.

### Wine's Greco-Roman Period

The Armenians built grape-crushing facilities as far back as 4,000 years ago, at the apex of Roman rule. The empire was profiting from wine exports throughout Europe, and there were wine bars on almost every corner in Rome.

Western civilization as we know it – including the wine – owes much to the Greeks and Romans. Plato enjoyed his Grecian reds, writing in hyperbolic terms – maybe after a few too many glasses – that “nothing more excellent nor more valuable than wine was ever granted mankind by God.” The Roman poet Ovid praised wine for encouraging merriment and lifting the spirits. But he added that too much of the good thing could dampen passion. As he put it, “Wine prepares the heart for love unless you take too much.”

Homer said that Bacchus, the Greek god of wine, “opens the gate of the heart” and observed that wine was a reliable beverage for making “serious people smile.” Meanwhile Horace, the



Statue of Dionysus–Bacchus, Greek God of Wine.

great Roman philosopher, joked that water drinkers weren't very good writers and poets. When Rome fell, the demand for vino did not, and monasteries all over Europe continued perfecting their wines through the Renaissance.



Centuries old drawing of a wine truck traveling the Silk Road.

### Wine Spreads Across Europe and to America

By the 1700s, France and its Bordeaux region led wine production, and regional varieties – each with their own distinct characteristics – began to emerge and become an established phenomenon within the wine industry.

As curious as it may sound, Ohio was America's original wine country, as wine came across the Atlantic with settlers in the 1800s. Those homesteaders and adventurers moved west with the gold rush, and before long California dominated the landscape in terms of wine production.



Old Montmartre vineyard—many Paris homeowners have personal vineyards.

Then a disease destroyed many of Europe's oldest and most prized vines, a catastrophic event in wine's history. Seeking a way to rebuild, wineries cooperated by grafting European varieties to hardier and more disease-resistant American vines. Ever since then, the bottling of wine has been a global enterprise, with each country and vineyard competing to both support and outdo the other – to the delight of wine lovers everywhere. ●

# FROM INSPIRATION

## Extraordinary Inventions for Everyday Life

by Tom Kerr

Everyone needs a bit of added inspiration from time to time, and sometimes the Muse of inspiration may be right in the palm of your hand. Many of the ordinary products we use around the home on a daily basis are the result of a rather remarkable invention. Just knowing and appreciating the curious origins of these innovative items can be inspirational – and entertaining.

### Replacing the Hand-Carved Clothespin

During the last half of the 19th century, dozens

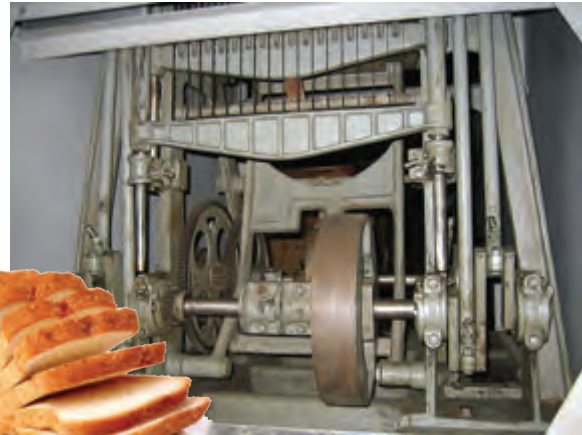
of inventors competed to create a handy, inexpensive gadget that would secure laundry on a clothesline and keep it from blowing away in a gust of wind. At that time people were already pinning their clothes to the line, but they used small pieces of notched wood they carved themselves, at home,



with pocketknives. David Smith of Vermont vastly improved on that technology when he added a spring-loaded hinge. Then in 1887 another Vermont inventor, Solon Moore, devised a coiled spring, made from a single piece of wire, enabling him to build the simple but effective clothespin design that still endures today.

### The Best Thing Since Sliced Bread

Otto Rohwedder, an inventor from Iowa, built a contraption that sliced an entire loaf of bread all at once. Initially, he suggested holding the loaf together with pins that would have to be removed to access a single



*Rohwedder's original slicer*

slice. Next he decided that pinning the loaf and wrapping it entirely in wax paper was the way to go. He stumbled along trying to sell his slicer, but was unsuccessful. Then in 1928 a bakery in Missouri purchased

it. A photograph of the resultant “Kleen Maid Sliced Bread” made the front page of the local newspaper, and the accompanying article compared it to the convenience of ground coffee and sliced bacon. The idea caught on, and within two years Wonder Bread was distributing pre-sliced loaves throughout the United States.

### Modern Modular Toys

The iconic Lego got its start in a woodworker’s shop in Denmark back in the early 1900s. The shop’s proprietor, Ole Kirk Kristiansen, needed miniature versions of his wooden products to display for marketing purposes, so he began carving tiny models of items like ladders and ironing boards. That led to toy making, and he called his little enterprise Lego, a name derived from the Danish word *lege*, meaning to play.



In 1947, Kristiansen acquired a plastic injection molding machine. With it he produced his first modular toys, starting his product line with a truck that children could disassemble and put back together. Soon he was producing little plastic bricks, and the innovative Lego



# TO PATENT PENDING

## *As Easy as Sliced Bread*

was born. The version currently in production, a plastic brick with small interlocking tubes, was conceived in the late 1950s. Lego is still a family-owned business, passed down through the generations to the current owner, Kjeld Kirk Kristiansen, whose grandfather was Ole Kirk Kristiansen.



*An early, 1961 commercial "RadaRange." A "Radar Range" for domestic kitchens (right) was introduced in 1967.*

### Just Nuke It

Percy Spencer had a hard life. His parents died when he was child and he never finished grammar school, leaving after 5th grade to work in a



factory. But by reading books, taking lots of odd jobs, and engaging in plenty of trial and error, Spencer gained a valuable education. Not only did he teach himself trigonometry, calcu-

lus, chemistry, physics, and metallurgy, he also rose to prominence as one of the greatest scientists in the world. Spencer worked on a team at M.I.T. to develop radar during WWII, and while standing in front of a radar machine in the laboratory, the candy bar in his pocket melted.

He began to experiment and finally managed to use a magnetron machine to make popcorn – the world's first microwave popcorn. Eventually, he combined a metal box and a gadget that produced a highly-charged electromagnetic field as his original microwave prototype. By the end of 1945 the company he worked for applied for a patent on the first microwave cooker, dubbed the "RadarRange," and the oven was marketed to commercial businesses. But – it cost \$5,000 and was taller and heavier than a full-sized refrigerator! Not until 1967 were countertop versions available, with a price tag of just under \$500.

### A Most Notable Invention

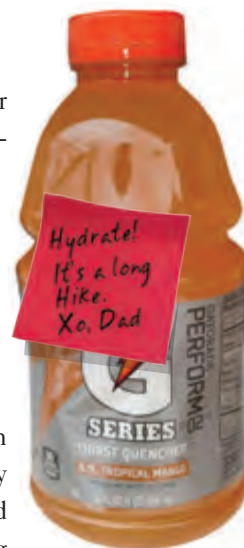
Art Fry was singing in his church choir when he became annoyed by the place markers in his hymnal

falling out. An engineer working with adhesives for the 3M Company, he began attaching the strips of paper with low-tack adhesive that his colleagues used at work. Soon a team formed within his department and they collaborated on an adhesive coating that could be applied to paper to make it stick in a nonpermanent fashion.

One member of the group was Spencer Silver, who holds the patent for the kind of low-tack adhesive used in Post-it notes. The decision-makers at 3M tabled the sticky note idea for a few years, however, because they didn't think it was commercially viable. Then in 1977, the company agreed to do a pilot marketing campaign, which was a flop. But a year later they gave away hundreds of free "Press n' Peel" notepads to offices. Ninety percent of those who received the free samples reordered, and the Post-it note quickly evolved into one of the most popular inventions in office supply history.

### Keeping Gators Hydrated

Football practice in the summer months can be strenuous, even life-threatening, because players are vulnerable to dangerous dehydration. That's particularly true in hot and humid Central Florida, home of the University of Florida in Gainesville's Gators. In 1965, because so many of his players were being sidelined with heat-related illnesses, the coach consulted with team physicians. They came up with a beverage that would keep the players healthy by providing sufficient fluids and electrolytes.



They named their carbohydrate-electrolyte concoction "Gatorade." A year later the football team made it to the Orange Bowl for the first time in school history. 2015 marked the 50th anniversary of Gatorade, which has grown to a \$3.3 billion product. The University of Florida still receives royalties from sales of the beverage, generating about \$12 million each year that it reinvests in its academic and athletic programs. •

# SubTropolis: Kansas City's Subterranean Warehouse Space

Cloud computing is so totally future-tech that most computer users still don't know exactly what it means or how it works. Where, exactly, are those clouds anyway, and how high up are they situated? Just outside Kansas City, Missouri, cloud storage is about 15 stories beneath the surface of the earth. Way down there, inside manmade caves excavated from limestone bluffs that are 270 million years old, 10 percent of greater Kansas City's industrial sector exists – including a major cloud computing company.

### The Kansas City Underground Scene

Welcome to SubTropolis. No, it's not Batman's basement, it's the world's largest underground storage facility. Created in the 1960s,



Expanding underground business opportunities.

just a 10-minute drive from the center of downtown Kansas City, SubTropolis is a subterranean business village. There are more than eight miles of wide, paved roads, and over two miles of railroad track running through it. 1,600 people descend into SubTropolis to go to work each day, and there are 1,600 parking spaces – underground – to accommodate them. Almost six million square feet of leasable space is down there, served by more than 500 loading docks. The ceilings are 16 feet high, supported by 10,000 solid limestone pillars that are six times stronger than concrete.

The gargantuan SubTropolis is so expansive that it makes the Bat-cave look like a walk-in closet. More than 50 companies occupy the space, including tech firms, start-ups, and government enterprises. The United States Postal Service utilizes half a million square feet for the storage of hundreds of millions of postage



One of the many roadways that snake through this economic underground.



SubTropolis entrances.

stamps. The agency selected the naturally climate-controlled storage site because, as any consumer who lives in a humid climate knows, postage stamps exposed to high humidity tend to gum-up into a useless wad of stuck adhesive. That's never a problem at SubTropolis, because the low-humidity climate never changes, year-in and year-out.

### Mid-60s and Clear, Year-Round

In SubTropolis the weather is always clear and in the mid-60s. That holds true whether it's scorching hot or freezing cold outside – even if it's raining cats and dogs or threatening the kind of tornado that swept Dorothy away to the Land of Oz until she observed, "We aren't in Kansas anymore."

Even Dorothy's original film reel of the *Wizard of Oz* is archived within the secure, climate-consistent environment of SubTropolis, along with other precious movie classics like *Gone with the Wind*. Indeed, you won't be in Kansas anymore either once you drive down the sloping ramp and enter SubTropolis. For one thing, it's a designated Foreign Trade Zone, so occupants can save significant amounts of money by legally deferring or avoiding duties on imports. For another, renting space there is like being on a different real estate planet, as the average rate per square foot is approximately 50 percent cheaper than the cost for comparable space above ground. As a bonus, the ideal weather eliminates the necessity of heating and air conditioning, saving companies around 80 percent on their energy costs. •







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

## Fun Facts about the Winter Olympics



The Winter Olympics are scheduled for February 2018, in Pyeongchang, South Korea, and the International Olympic Committee (IOC) approved four new events for the 2018 Winter Olympics, including Big Air in snowboarding. “Big Air” means that snowboarders will fly into the air from a large take-off ramp and perform flips and spins before landing. Other new features include a mass start in speed skating, mixed doubles in curling, and a team skiing event. Here are some other interesting facts about the Winter Olympics:

- The first Winter Olympics event was held in France in 1924 and boasted a total of 16 nations, 258 athletes, 16 events, and half a dozen different categories of sports.
- The last Winter Olympics, held in 2014, included 88 countries represented by 2,781 athletes in 98 events and seven sports.
- 25,000 volunteers helped put on the 2014 event, which was covered by more than 10,000 members of the media including about 3,000 on-site writers and photographers.
- The Winter Olympics debuted in the United States in 1932 at Lake Placid, New York. The Governor of New York who gave the opening speech was Franklin D. Roosevelt, who would go on to become President of the United States the following year. Lake Placid was also the site where, in 1980, artificial snow was first used in a Winter Olympics competition.
- When the Winter Olympics first came to America, the town of Lake Placid had a population of less than 4,000 people – and a tiny budget for putting on the international event during the Great Depression. Godfrey Dewey, President of the Winter Olympics Organizing Committee, donated land that belonged to his family in order to facilitate the building of a bobsleigh track.
- By contrast, when Russia hosted the 2014 Winter Olympics, the cost was approximately \$50 billion. When China hosts the 2022 Winter Olympics, the cost for building the Olympic Park infrastructure alone will likely exceed \$50 billion. That doesn’t include the additional \$20-\$30 billion price tag for hosting the event.
- The first Winter Olympics emblem appeared in 1936. The design was a circle containing the Olympic rings, beneath the Zugspitze mountain, with a ski track leading up to it. 1936 was also the first year that the Olympic flame burned in the city during the Games and when Alpine skiing was added to the program.
- The first year there was an official Winter Olympics mascot was 1976; it was a snowman. In 2014 the role was shared by a hare, a polar bear, and a leopard. The 2014 Games was also the first year the official emblem included a web address.



Answer to puzzle on Page 12

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

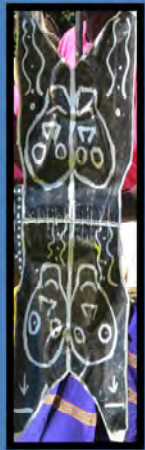
• Only one person in the history of the Olympics, American Eddie Eagan, has ever won gold medals at both the Winter (luge) and Summer (boxing) Olympic Games.

• The relatively small nation of Norway has won 329 Winter Olympics medals, including 118 gold ones, far more than any other country.

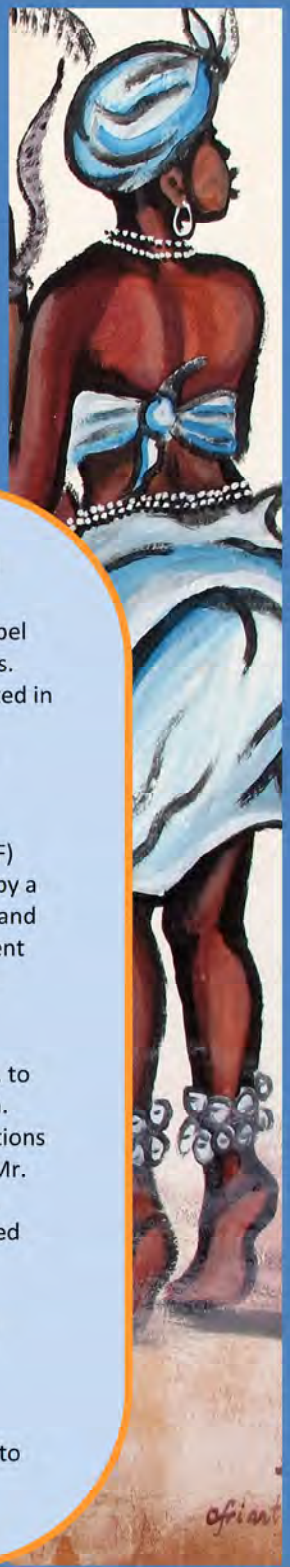
• The 1980 U.S. Olympic hockey gold medal awarded to “Miracle on Ice” player Iron Ranger Mark Pavelich was auctioned in 2014 for nearly \$263,000.







*"How wonderful it is  
that nobody need wait a  
single moment before  
starting to improve  
the world."  
Anne Frank*



This fall, I traveled to post-conflict Northern Uganda to learn about the local social, political, and economic inequities women experience in their daily lives. The region has recently overcome a horrific civil insurgency that left many alone and helpless. The Lord's Resistance Army (LRA), a rebel group, held an uprising against the current government in order to liberate their fellow Ugandans. However, the Acholi tribal people of Northern Uganda became divided and ethnically discriminated in the process. Many of the women were abducted, raped, and made wives to the LRA soldiers. However, the women who returned home have been ostracized by their own families and local communities.

This is where the Volunteer Action Network (VacNet) and Women's Global Empowerment (WGEF) come into play. VacNet is a community-level nonprofit based in Gulu, Uganda that was founded by a small group of Ugandan citizens. The nonprofit aims to empower women through micro-finance and social programs, such as literacy, leadership, and health initiatives. Women's Global Empowerment Fund began a partnership with VacNet in 2007, where WGEF provides support, networking, and training for women in Northern Uganda associated with VacNet.

During late September, I traveled with the founder and Executive Director of WGEF, Karen Sugar, to learn about the courageous, determined, and powerful women of post-conflict Northern Uganda. The trip was an educational experience and I was sponsored by both WGEF and several organizations at Colgate University. I spent most of my time engaging with the clients and founder of VacNet, Mr. Bukenya Muusa, and learned about the importance and sustainability of community-level NGOs. Other times, I joined the VacNet team during their days in the field with clients, where we traveled into the local villages and met with clients to view their impact first hand. I also attended a community dinner with local families, as well as attended the annual Drama Festival named, "Creating a voice for women." This year, the theme was gender equity in civic participation with plays, songs, and dances, that revolved around the idea that women are an agent of change in society, which emphasized female participation in voting and district governments.

Overall, my short journey was a powerful and inspirational learning experience, encouraging me to similarly act as a catalyst for empowering change for disadvantaged women.

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