

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 2015



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

Whitefish in Winter
Montana's Mountain Bliss

Good Sports
Enabling Young Athletes

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Huiting Wealth Management Group of Wells Fargo Advisors Financial Network



QUARTERLY UPDATE

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Dear Clients and Friends,

Happy holidays! Wendy and I wish all of you a happy, healthy and prosperous new year! We are pleased to introduce the newest member of our team, BreAnna Laurie, Receptionist and Executive Assistant. A Colorado native, BreAnna grew up in Pine, where she met and married her soul mate John, who is recently "retired" from the Marines after completing a tour in Afghanistan. BreAnna brings with her over ten years of work experience in client service and most recently worked with Wells Fargo Bank for four years. In her "spare time," she loves to write, act, garden, and refinish classic furniture!

Winter marks a point in time when the equity markets continue to grind their way up to new highs, yet if you spent much time listening to the news on TV you might come away with a different impression. There has been no lack of geopolitical news these last few months and the mainstream media outlets have embraced 24/7 coverage "for your benefit": Israel and Hamas/Palestinian conflict, ISIS, Boko Haram attacks and kidnappings in Nigeria, Ebola outbreaks in Western Africa, conflict between Ukraine and Russia, shooting down of Malaysian Airlines flight MH17, Michael Brown (Ferguson, Missouri) case, midterm elections, Executive Order "immigration reform," China slowdown, emerging recession in Europe, the list goes on and on. Recently, these geopolitical events have been accompanied by the complexities of a rapid drop in the price of oil. But how many of you have heard of "Uber," a relatively new "App" for your smart phone which is now being valued at over \$40 billion – larger than Kimberly Clark, Target, John Deere, or Twitter. If you are able to extricate yourself from the mainstream media, there are many exciting developments occurring, from science and medicine to manufacturing and energy.

Wells Fargo Advisors has recently released their "2015 Economic and Market Outlook," please be sure to take a moment to read this important annual update which reflects expectation for moderate growth to continue next year (we have either sent you a link by email and/or enclosed this report with this quarter's magazine). This Outlook should be noted in conjunction with Wells Fargo Capital Management's Chief Investment Strategist, Jim Paulson's recent reminder that when the Fed begins to raise rates, PE ratios (Price to Earnings ratios) historically have contracted and stock market re-pricing is likely to occur, albeit in this case, hopefully not lasting long, as Wells Fargo Advisors forecasts S&P earnings to continue to increase, possibly partially offsetting the impact on the stock market of the Fed's likely move.

This issue's featured book, "Vanity Fair 100 Years," will bring back some delightful memories for a few of you! Complimenting this book, we are featuring a more engaging trip through our nation's colorful 20th century and Vanity Fair's early history, "Bohemians, Bootleggers, Flappers and Swells: The Best of Early Vanity Fair," by William Thackeray. We have a limited number of copies available for our clients - please call BreAnna, 303-670-4964, to receive your complimentary copy while supplies last (note, Wells Fargo Advisors Financial Network does not endorse or recommend this publication or movie).

Sincerely,

Randolph Huiting, CFA, CFP®
President

Huiting Wealth Management Group
Wells Fargo Advisors Financial Network

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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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Whether you prefer a beach or a mountain-side, we have a winter destination for you. Travel Extra: Highclere Castle, UK (page 6)



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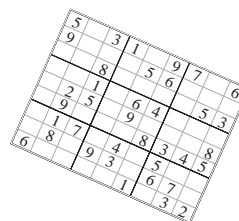
Her performance art competition launched a children's charity.

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Great things came in small packages this season—new high-tech wearables and other curious things.

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Three Great Winter Getaways off the Beaten Path

by Tom Kerr

For a different brand of winter wonderland experience, why not head out to a destination that has a residential population of less than 10,000 people? Getting off the crowded grid can have its own unique rewards as a welcome reprieve away from the bustle, grind, and nonstop digital connectivity that tends to stress so many Americans out. That's especially true when you visit a town that is famous for its natural beauty and scenery, splendid hospitality, and outdoor recreational opportunities. Here is three of America's favorite, albeit lesser-known and less traveled, winter hideaways.

Crested Butte, Colorado

Crested Butte, which began as a coal mining outpost in the



Slate River, Colorado

1800s, is now known by those who keep it a closely guarded vacation secret as "the last great Colorado ski town." There you will find a village with a year-round population of only 1,500 people. But the wife of James Cameron, director of the award-winning

movie *Avatar*, owns a cabin there, so you may find yourself rubbing elbows with Hollywood celebrities who are trying to stay incognito.



Crested Butte Main Street

Although Crested Butte is the designated wildflower capital of Colorado and home to the Mountain Bike Hall of Fame, the wintertime main attractions are skiing and snowboarding, including some of the best backcountry skiing in Colorado.

Crested Butte Mountain rises more than two miles above sea level, and there is a ski area of approximately 1,000 acres served by 14 lifts.

The longest run is more than two and a half miles, and the snow is so spectacular that Crested Butte has hosted both the X Games and the U.S. Extreme Skiing Championships. In town there is also an ice skating rink and many miles of well-maintained cross-country ski trails. Visit them online for a full calendar of events (<http://www.skicb.com/things-to-do/events-calendar>).

Mount Hood, Oregon

Another great skiing and snowboarding destination is Mount Hood (population 4,800), which at more than 11,000 feet is the highest mountain in Oregon. There are half a dozen ski areas on Mount Hood, covering nearly 5,000 acres. The Forest Service maintains 10 snowmobile trails, too, for those who want to do some backwoods sightseeing.



Timberline Lodge

Timberline Lodge, built in the 1930s, is an ideal place to seek cozy shelter and tasty refreshment while enjoying the downhill and cross-country skiing on the mountain. A National Historic Landmark, it offers 70 luxuriously appointed rooms with



Wind Surfing at Hood River on the Columbia

an authentic vintage rustic feel, plus fine dining and a spacious resort ambience.

If you get cabin fever and want to enjoy the excitement of one of America's most lively and progressive cities, Portland is conveniently located only 50 miles away. Making that side trip into the urban center even more interesting and worthwhile is the fact that Portland is accessible year-round



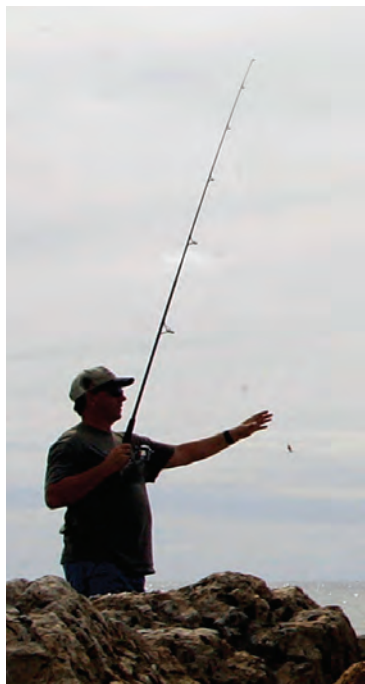
Carved Newell Post at Timberline Lodge



Downtown Portland

Sanibel Island, Florida

For those who prefer summer climes to wintertime, Sanibel Island offers that escape, with 10 miles of white sand beaches along the warm and sunny Gulf of Mexico, just a short drive from Fort Myers. You can also fly into Miami – where you may want to linger for a wild night or two – and then drive westward across the exotic Everglades, a 2.5-hour scenic journey.



The sunsets are spectacular and there is plenty of golfing, boating, and fishing. The available amenities are luxurious, the seafood restaurants are fantastic, and you'll soon discover your own favorite Sanibel Island coffee shop. There are thousands of species of seabirds to watch, there is a picture-postcard perfect lighthouse on the island, and Sanibel even has its own seashell museum. But the main attraction in this beachfront town of about 6,500 year-round resi-

dents, other than combing the beach for shells to take home as souvenirs, is serenity and relaxation. The preferred mode of transportation is the bicycle, so most visitors either bring their own or rent one upon arrival. Hotels may also offer free bikes for guests.

Be sure to visit Sanibel's Darling National Wildlife Refuge,



Sea Birds at Darling Wildlife Refuge

which actually occupies more than 75% of the entire island. There are guided tours, including some that move by kayak or pontoon boat through the mangroves. In addition to the hundreds of different species of birds that live on Sanibel, you may also be excited to spot a manatee, a sea otter, a horseshoe crab, or a flying mullet (www.sanibelisland.com). »



Doral Golf Club, Miami, Florida



Sanibel Beachfront

Step into the World of Downton Abbey

by Caroline O'Connell

The fifth season of *Downton Abbey* begins airing in January, and many of us are preparing tea and scones to get into the British spirit. You can take that a step further by planning a trip to the UK to walk in the same places and see the same sights depicted in the glamorous bygone era of the series. It's part history lesson, part beautiful surroundings, and part adventure and discovery.

VISITING HIGHCLERE

Downton creator, Julian Fellowes, had Highclere Castle in mind when he created the fictional *Downton*, and Highclere is the major filming location. If you're a fan of the show, it is thrilling to experience it firsthand. We allowed a half-day, and you'll want that much time to explore the castle and enjoy the gardens. In each State Room (Library, Drawing, Music, Smoking, Dining Room and the Saloon in the heart of the house) guides explain the artwork and answer questions about *Downton* scenes filmed there. The upstairs bedrooms have large windows facing the estate's vast parkland. You can see "follies" in the distance, rolling hills, and 250-year-old cedar trees. The "downstairs" kitchen scenes in *Downton* are filmed on a sound stage in London. When you complete the Highclere tour, you go downstairs to exit and pass what was the servants' quarters many years ago.

Highclere is only open 60 to 70 days a year – two weeks over Easter, the May UK Bank holidays, and two months in the summer (Sunday to Thursday). Tickets sell out fast when they become available on the official site, www.HighclereCastle.co.uk. There is another option: If you join the UK's Historic Houses Association (www.hha.org.uk, 72£ for two people, about \$115, which includes



Highclere Castle, photo: Ginny Davis

LONDON TOP PICKS

Recommended places in London that were popular in the *Downton*-era (series: 1912-1924) and remain so today.

Royal Horseguards Hotel's luxurious details and ideal location have been a draw for aristocrats in the past century and pamper travelers today. It is within walking distance of the theatre district, Buckingham Palace, and my other Top Picks.

National Gallery in Trafalgar Square is one of the major museums in the world. Founded in the 1800s, it houses paintings from the mid-13th century to 1900. Admission is free.

Criterion Restaurant opened in Piccadilly Circus in 1874. The mirrored walls and neo-Byzantine ornate interior creates a stylish setting for lunch or afternoon tea. No wonder it was used as the location for a scene when Lady Edith Crawley dines with her beau Michael Gregson. Bonus: If you book afternoon tea through Open Table, you're offered a complimentary glass of champagne.



Royal Horseguard, photo: Andrea Levine

shipping to the US via Royal Post), the membership card grants you entrance to Highclere at no cost, and you don't need to make a reservation. So if Highclere tickets are sold out, you could go on one of the days when it's open to guests and use your HHA card for entrance. You must order the HHA card in enough time for it to arrive before you depart for the UK. Note: Highclere is a "working" home (the Earl of Carnarvon's family still lives and works there), so some of the upstairs rooms are a bit rundown and not as regal as what you would find at larger estates like Chatsworth House.

GUIDED TOURS

If you're not up to the adventure of driving "on the other side of the road," two tour operators that will take you to Highclere Castle and other *Downton Abbey* filming locations:

Premium Tours, www.premiومتours.co.uk, click on Downton Abbey.

British Heritage Tour, www.bhctours.co.uk, click on Highclere Castle.

WHERE TO STAY

After spending hours researching Highclere Castle-neighborhood hotels, I chose the Royal Oak Yattendon. It's hard to find, even with GPS, so I'd call it a hidden gem. Known as "the quintessential country inn" it's reminiscent of places where *Downton's* characters might have stayed. Royal Oak is in a park-like setting, adjacent the estate of Lord Iliffe. The rooms are charming, and the adjoining pub has very good, locally-sourced food prepared by a chef brought in from London (www.royaloakyattendon.co.uk). For other options, visit www.highclerecastle.co.uk. ●

Vanity Fair 100 Years

by Caroline O'Connell

VANITY FAIR 100 YEARS: *From the Jazz Age to Our Age* is part art book, part history lesson, and part social commentary. It spans 100 years, starting with the magazine's inception in 1913. "Vanity Fair was a magazine poised to document what would come to be thought of as the Modern Age (in the arts, most notably in its coverage of new trends in fine art, dance, theater, and music—and of a new medium, the motion picture)..." Twenty-two years later, during the Great Depression, the magazine stopped publication.

It was "reawakened" in 1983. The section on how Condé Nast recruited talent and put the new magazine together is fascinating, a great lesson in how magazines are created. For the past thirty years, *Vanity Fair* has offered a peek into the glamorous world of movie stars, politicians, artists, writers, and athletes. Graydon Carter, the current editor of *Vanity Fair*, put this book together. It includes a photo montage of his famous Oscar night parties, famous celebrity photos by Annie Leibovitz, and lots of other stunning visuals. In the middle section, there is an insert (on tissue paper) titled *Wisdom and Whimsy*, with excerpts from articles by year. Two of my favorites:

1931

"For several years it has been increasingly likely that radio-television - the transmission of a moving picture by a sending station - will be realized, and that in a very short time all telephone subscribers will be able not only to hear but see the person with whom they are conversing at a distance by the aid of a wireless apparatus which will, perhaps, be called the telephotophone."

André Maurois, *Speculations on the Future*, July 1931

2011

"Everyone who works in Hollywood has two personalities: their real one and the one assigned to them by rumor. The rumor about David Fincher—whose credits include *Zodiac* and *Seven*—is that he's gruff, harsh, and difficult to work with. The truth about David is that he's warm, honest, and an exceptionally generous collaborator. He's fine with the rumor."

Aaron Sorkin, *V.F. Portrait: David Fincher*, December 2011

Vanity Fair 100 Years is a nice gift for friends of all ages and is heavy enough to qualify as a work of art on its own, weighing in at eight pounds. For older folks, it's a great walk back in time, and for the younger set it's a glimpse at what life was like before the Internet and smart phones became part of daily life. ●

A brooding 1930s Katherine Hepburn, photo: Cecil Beaton
Vanity Fair Cover June, 1914, art: Ethel Plummer



THE GOOD SPORTS ORGANIZATION:



Enabling kids to enjoy athletics, despite economic challenges.

by Tom Kerr

There are young people all over America who want to join the team, suit up for the game, and have fun playing sports – which can enrich lives on so many healthy levels.

But tens of thousands of them are benched because of economic disadvantages. Youth sports programs have faced severe budget cuts in recent years, for example, and oftentimes the burden of paying for basic equipment or uniforms falls on the shoulders of parents already struggling against multigenerational poverty. Unfortunately, that keeps many kids from joining in the fun that other children in the United States take for granted and participate in all year-round.

The nonprofit organization Good Sports, however, steps to the plate for these youngsters and their teams. By partnering with sporting goods manufacturers, Good Sports is able to provide equipment, apparel, and footwear to schools and similar organizations in need. Since its launch in 2003, the

501(c)3 organization, headquartered in Quincy, Massachusetts, has distributed more than \$9,000,000 in equipment to more than 670,000 young athletes between the ages of five and 18. The outreach across the USA and Canada has an especially profound impact on the lives of children living in poverty-stricken urban communities. In those neighborhoods only 20% of kids participate in sports leagues, versus 60% in suburban areas.

By enabling children to have the resources needed to take part in sports and fitness activities, Good Sports does much more than just make sure that kids can run around and play. That's because sport league participation is one of the most effective weapons against serious





problems such as childhood obesity, dropping out of school, or engaging in unhealthy behaviors that can thwart the potential of a child and limit their future success and positive contributions to society at large.

Studies show that in addition to the obvious benefits of regular activity, kids who participate in sports enjoy better nutritional awareness and improved self-esteem. What's more, these kids are 57% less likely to drop out of school, 49% less likely to take drugs, and 37% less likely to become teen parents.

Good Sports also distinguishes itself as a genuine good sport when it comes to financial stewardship. The charity watchdog agency Charity Navigator (charitynavigator.org) awarded Good Sports with a 97.12 overall score out of a possible 100, and gave it a full 100 when evaluating it on the merits of accountability and transparency. In fact, among all other organizations tracked by Charity Navigator whose stated purpose is to offer support for sports and athletics, Good Sports ranks at the very top of the



list. Supporters of the charity and its initiatives include leading sports industry organizations such as New Balance, Reebok, Wilson Sporting Goods, the Boston Red Sox Foundation, the Philadelphia Eagles, and the Wes Welker Foundation. To learn more about the group or to donate, please visit GoodSports.org, the organization's official website. ●



Whitefish in Winter

Andrew Penner



Downtown Whitefish

At around noon – after the south-facing, sun-drenched slopes had taken a few too many direct rays – the easy-to-ski quasi-corn snow of the mid-morning started turning into slush. One by one the layers were peeled off; by two o'clock we were lathered in sunscreen and skiing in t-shirts. Given the forecast high of 60 degrees, this was not all that surprising. And, this being Whitefish – one of the more laid-back mountain towns in the west – skiing alongside long-haired freaky people in cut-off jeans, pajamas, and bikinis was also completely expected.

Situated at the north end of the Flathead Valley in Northern Montana, the hip and happening town of Whitefish has long been a popular get-away for snow-sport aficionados. An all-season town with plenty of activities – including the world-class Whitefish Mountain Resort, the incredible natural beauty of Glacier National Park, and a compelling food and drink scene – Whitefish and area has something to offer nearly every type of traveler. And it all comes packaged with a rustic, down-home mountain vibe that's easy to latch on to and appreciate.

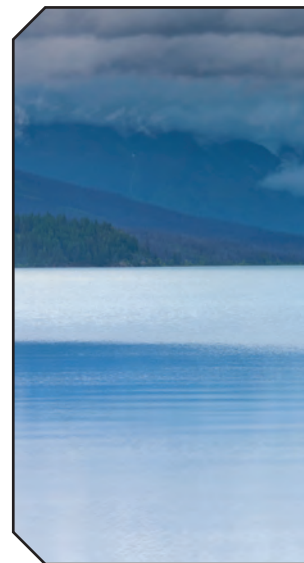
After locating and checking into our private vacation rental (we rented a cozy lakeside cabin through Five Star Rentals, www.fivestarrentals.com), we bolted into town to get our bearings. It didn't take long for our family to realize that Whitefish was our kind of place. Our three boys – Nelson, 10, Aemon, 10, and Nicholas, 6 – were just fine with the ice cream shops, the pizza stands, and the souvenir stores. My wife, Dawn, was more than happy to peruse the funky furniture stores and gift shops. As for me, well, places like the Montana Coffee Traders and The Great Northern Brewing Company were establishments I felt right at home in.

And, in a nutshell, that's the essence of Whitefish: it's a place where the everyman can kick back, relax, recreate, and spill his beer on his shirt with no one batting an eye. Far removed from the glitz and glamour of cosmopolitan ski towns like Aspen, Whistler, and St. Moritz, Whitefish is anything but pretentious. And, apparently, there's something to that. The place is growing. The downtown core is alive and well. The locals don't want to leave. And the tourists keep coming.

While summer – thanks in large part to the nearby wonders of Glacier National Park – is certainly peak season, experiencing Whitefish in the shoulder season and in winter affords a totally different type of holiday. Around town, spring is actually known as “the secret season.”

“The year-round population of Whitefish is about 8,000,” says Brian Schott, who works for the local Tourism Commission. “However, in the summer months over 400,000 people come through here. It's busy. Visiting in winter and early spring allows tourists to hang with the locals and experience the essence of what this place is about. It doesn't take long and you realize why people love it here.”

On a busy day you will share one acre with just one other person. And that is a special thing.



The showpiece attraction in the area is, undoubtedly, the Whitefish Mountain Resort. Located a mere ten minutes from downtown Whitefish, the merits of this mountain are plenty.

For starters, the “Big Mountain” – as it is often referred to – receives 300 inches of snow every winter. The mountain is a magnet, a meeting place, of moist

Pacific air colliding with cold Canadian air. The result is powder perfection for skiers.

And the mountain itself is a thing of beauty. With over 3,000 skiable acres – including the brand new Flower Point Triple Chair this coming year, which will open up an additional 200 acres of expert tree skiing on the legendary North Side – the mountain is massive. On a busy day you will share one acre with just one other person. And that's a special thing.

The “good ol’ days” vibe here also transcends to the pricing philosophy. This is, unquestionably, one of the best ski values in North America. The walk-up-to-the-window lift ticket price is just \$71 (\$65 if you buy multiple days). If you want to stay on the mountain for a few days you can't beat the “Eat, Ski, Sleep, Repeat” package. It's \$84 per person per night and includes skiing,



lodging at the Hibernation House, and breakfast every morning. Looking for a cheap beer after skiing? Not a problem. The Great Northern Bar in town often has buck-a-beer specials. Great food specials – you won't be disappointed with a \$2 slice of pie at Jersey Boys Pizza – are everywhere.

After spending a memorable day on the slopes at Whitefish Mountain – it was costume day so, yes, everyone from Jesus to

While the outdoor activities in the area – especially the skiing at the Whitefish Mountain Resort – typically take center stage, the town of Whitefish is a feature attraction itself. With its eclectic shops and western-themed storefronts, it's enjoyable just to stroll around and window shop. Of course, when the craft beer at The Great Northern Company and the coffee at the Montana Coffee Trad-

ers is as good as it is, it's hard not to get lured in! Something Whitefish, in general, is pretty good at doing these days.

The Whitefish Mountain Resort is also a great place to visit in summer. Besides hiking and biking trails, an adrenaline-pumping zip-lining adventure, and its popular alpine luge run, the resort also has a brand new Aerial Adventure Park. It's a thrilling ropes and ladders course that's suspended high in the trees near the base lodge. For more information on the spring and summer activities at the resort visit www.skiwhitefish.com.

Boats at Lake McDonald



Marilyn Manson turned up for a few runs – we drove to Glacier National Park to check out the sights. The main southwest entrance to the park is located approximately half an hour from Whitefish. Although the infamous Going-to-the-Sun Road, one of the most remarkable engineering feats of the early 1900s, was still closed (the road, which cuts through the park via Logan Pass, typically opens in late June), some of the trails, including the family-friendly Trail of the Cedars boardwalk and the short hike to McDonald Falls, were accessible.

The park, which has long been known as a hiker's paradise, boasts over 700 miles of scenic trails. Sauntering along the shore of Lake McDonald and hiking along the boardwalk through the massive cedar trees were the highlights of our quick one-day tour. Unquestionably, visiting the park outside of summer is a quiet and peaceful endeavor that's decidedly different than when thousands of tourists flock to this popular park every day.



If You Go

For more information on planning your Whitefish trip, visit www.explorewhitefish.com. You can also visit www.glaciermt.com for information on the many attractions and things to see and do in Glacier Country. •

Andrew Penner is a freelance writer and photographer based in Calgary, Alberta.



Sweetheart's Apple Tea Ring

Tea Ring Batter

- 1 cup peeled, chopped, raw apples
- 2 cups sugar
- 3 eggs
- 1-1/4 cups salad oil
- 1/4 cup fresh orange juice
- 1 teaspoon vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup shredded coconut
- 1 cup chopped pecans

Preheat the oven to 325 degrees.

Prepare the Pan

Lightly grease a 10-inch tube pan with shortening.

Prepare the Batter

Peel, core and chop the apples to make one cup and set aside. In a large mixing bowl, beat together the sugar, eggs, salad oil, orange juice, and vanilla. Sift together the flour, baking soda, salt, and cinnamon and fold them into the wet mixture, just enough to blend. Add chopped apples, pecans, and shredded coconut and carefully fold them in.



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

To Bake

Carefully pour into the prepared pan and bake in the fully preheated oven for 50-60 minutes or until the tea bread is slightly firm to the touch. •

Sudoku

Answer on page 19

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



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

The Wintertime Blues:

Do you suffer from an undiagnosed disorder that's aggravated in the colder months?

by Katie West

Shorter days characterized by overcast skies and temperatures that keep people huddled-up indoors tend to take their toll on people who may soon feel dispirited and blue. But sometimes that experience of winter doldrums goes deeper.

Seasonal affective disorder, or SAD, is a pattern of depressive episodes that occur with changes in seasons, and SAD is even mentioned in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) – which is the most authoritative diagnostic manual for professional psychologists.

SAD is often treated in an easy and noninvasive way that involves getting regular exposure to the light we are normally exposed to on sunny days. This is accomplished with special lights that mimic outdoor light, which anyone can buy and sit in front of for 30 minutes or more each day. Researchers believe that the light causes a chemical response that helps lift the mood and ease the symptoms of SAD. The best SAD lights filter out as much UV light as possible, since too much exposure to UV rays can be harmful to your eyes or skin. Talk to your health care professional before exploring light box options, and have your doctor prescribe the most effective way for you to use light therapy.

If you suffer in winter in a different way, it may be due to the lesser-known but much more common condition of Raynaud's phenomenon. The syndrome affects nearly 30 million people

in the USA, and the telltale sign of Raynaud's is an extremely heightened sensitivity to cold temperatures. Since cold triggers a physiological response in the body similar to stress, Raynaud's can also be aggravated when a person is just feeling emotionally stressed-out.

Raynaud's phenomenon is not just shivering in the cold, which is a typical healthy response. Raynaud's is also not a type of frostbite. The Mayo Clinic explains that a Raynaud's diagnosis is determined by the frequency, severity, and duration of symptoms including cold fingers and toes, a sequence of color changes in the skin in response to cold or emotional stress, and to numbness or a prickly pain upon warming up or being relieved of stress.

Some prescriptions for Raynaud's include simple changes, like wearing thicker and warmer gloves. Others involve steps to restore or improve blood circulation. But Raynaud's can also be related to an undiagnosed underlying disease. So anyone who suspects they may be experiencing the phenomenon is advised to talk to their physician about it to ensure appropriate diagnosis and treatment.

As many as one in 10 Americans suffer from Raynaud's, but only about 20 percent seek treatment. So if you suspect that Raynaud's may be the source of your discomfort let your doctor know. It could lead to a significant improvement in your quality of life and overall wellness, not just during the winter but all year 'round. ●

WINE SCIENCE TECHNOLOGY AND INNOVATION

by Tom Kerr

As the year drew to a close, the world toasted to the midway point of the second decade of the new millennium. It is fitting to note some of the wine industry innovations that have emerged during the beverage's 8,000 year history.

In the late 1600s, for instance, a Benedictine monk by the name of Dom Pérignon came up with the idea of pressing red grapes as soon as they were picked, in order to collect the white juice used to make Champagne. While his name is synonymous with top-shelf bubbly, he did not actually invent Champagne. But he did provide key innovations that led to its successful development.



Etching of Dom Pérignon



erate so much unanticipated pressure that bottles would burst in dramatic fashion.

Many workers were injured, some severely or even lethally, by the dangerous explosions that sent big shards of razor-sharp glass flying everywhere. To make the wine process safer, Dom Pérignon introduced the idea of not only using much stronger corks but also securing them with twine to the necks of the bottles. That crude technique eventually evolved into the wire mesh cages used on Champagne bottles today.

MODERN WINE INDUSTRY INNOVATIONS

Had Dom Pérignon lived in the 21st century he most certainly would have been honored at the Wine Business Innovation Summit in Munich, Germany. During the annual gathering, awards are given for groundbreaking inventions related to the wine industry.

The top prize in 2014 went to the creator of the "Smart Wine Glass." The glass, which was especially designed for wine-tasting events, has a computer chip embedded in it that identifies its owner with their contact information. As you participate in the event you scan the glass across data sensors placed on tables or attached to bottles, and those sensors capture your email address or other contact information. Later the vendors or wineries who hosted the event can use that scanned data to learn which wines you tasted and send you more information about each one.



Some wineries are also packaging wines in pop-top cans these days. That is thanks to the advent of special linings built into the cans to protect the flavor of the wine so it does not pick up a metallic taste. The first USA producer to offer canned wines was movie director Francis Ford Coppola. The advan-



CHAMPAGNE'S SURPRISINGLY VIOLENT DEBUT

The way that Champagne was discovered was somewhat accidental. Barrels of wine that were left unopened were susceptible to a second stage of fermentation when temperatures warmed again in the springtime. The yeast inside would wake up from its dormancy, producing carbon dioxide – the same agent that is used to add fizzy carbonation to seltzers and soft drinks. With no way to escape, the bubbles gave rise to a sparkling variety of wine.

But the evolution of Champagne was no simple or easy matter, and some wine cellar workers made the ultimate sacrifice to bring it to fruition. That's because the bottle glass used in those days was relatively thin, and wine production was somewhat haphazard – with the emphasis on "hazard." Oftentimes the fermentation would gen-



Grape Harvest

tage of these wines is that they put a convenient single-serving size into a durably portable package. (Rumors have it that some misbehaving moviegoers use them to smuggle vino into theatres to watch Coppola's films.)

Meanwhile, researchers at Penn State are converting the parts of the grape left over after pressing into biofuel. The result is fuel to operate machinery and vehicles, and the water used in the process is returned to grape fields in the form of irrigation. While this technology is experimental, it does show promise if engineers can find a way to affordably and effectively convert grape skins into high-octane ethanol.

AWARD-WINNING LABELS

A company named Labeltronix has manufactured a synthetic material that looks and costs about the same as a traditional paper wine bottle label, except that it is waterproof. That solves the annoyance of labels that deteriorate or develop bubbles when condensation gathers on the outside of the bottle. Having a waterproof label also ensures that the label on your Champagne will not slip off or fade while in the ice bucket.

Of more immediate concern to many Americans, however, is which label marks the best sparkling wine. In the fall, trophies were handed out at the inaugural Champagne & Sparkling Wine World Championships, and the international competition winners included Louis Roederer Cristal Rosé (2002), Hattingley Valley Rosé (2011), Dom Pérignon Oenothèque Brut (1996), and Nino Franco Valdobbiadene Primo Franco Processo (2013). Since many of those also rank among the most expensive bottles of bubbly on the planet, another option is the World Champion Greatest Value Sparkling Wine, Freixenet Cuvée de Prestige Trepat (2012).

TWO CLEVER SERVING TIPS

Since you want to serve Champagne or sparkling wine cold, keep an ice bucket handy. When you are in a rush, fill the bucket halfway up with warm-not cold-water, then briskly stir in a cup and a half

of table salt until the salt melts. (While that may sound irrational, this trick works because saltwater has a lower freezing temperature than plain water and gets cold extremely fast.) Fill the rest of the container with ice and insert the bottle; it should be deliciously cold within 10-15 minutes. To accelerate the process even more, add cheap vodka or rubbing alcohol to the water, since alcohol also freezes quickly. Just be sure you toss out that ice and don't let anyone use it to make drinks.

Popping the cork starts any festivity off with an exclamation, and the first bottle should be opened with a definitive loud bang. But ideally, sparkling wine should have its cork removed slowly and gently by holding it tight and working it gradually back and forth. You'll hear a hiss, not a pop. While that can sound anticlimactic, the celebratory wine will retain more of its flavor and bubbly character. ●



Artist Ksenya Simonova: With 8 minutes in a sandbox she inspired an entire world.

by Tom Kerr

In 2009, 24-year-old Ukrainian artist Ksenya Simonova entered a televised talent show in her home country. She passed the audition and went on to compete successfully in the “Ukraine’s Got Talent” competition, making it into the final rounds.

After her semifinal performance, a viewer thanked her and said, “I called my mom to tell her about you, and I haven’t talked to her for a year!” That prompted Simonova to say, “If one single person who didn’t call their mom was inspired to do so because of my performance, then I am more than a winner – even if I do not get the prize.”

More than 12 million people tuned in to witness the final round, and most were initially perplexed and astonished to see Simonova draw intricate scenes by sprinkling sand onto a large, shallow, lighted box about the size of a card table. The constantly changing images she created were projected onto a gigantic screen behind her on stage, so that the audience in the auditorium where the show was filmed could watch the ever-changing work in progress.

Sand Animation Performance Art

By pouring sand with her hands, “painting” into it with her fingertips, and then erasing it with her palms while morphing into the next scenic and impromptu drawing, Simonova created a kind of silent movie or cartoon. The story she told was of the poignant history of Ukraine, and how love survived and conquered despite years of internal conflict, war, and tragedy. Scene after scene was drawn in rapid, flowing

succession as the young woman labored over the “canvas” of her illuminated table. She let her imagination guide her fingers and her incredibly fluid compositions as she improvised intricate art in a series of sand animation images, right before everyone’s eyes.

By the end of the eight-minute performance, many of the judges were visibly and uncontrollably weeping – moved

by a bittersweet range of emotions that culminated in a cathartic, uplifting, and spontaneous wave of profound joy. Simonova received a riotous standing ovation and a cash prize of approximately \$100,000. With the money she purchased a modest house, helped some friends and neighbors in need, and launched a charity for children.

As she later explained to reporters, “I only entered because there was a child I know who needed an



operation, and I wanted to help. I did not mean to make the whole country cry.” Simonova admitted that she herself was moved to tears, but choked them back with great effort so that they would not fall into the sand and get it wet, which would have turned her palette into mud and prevented her from finishing her visual storytelling exhibition.

The young woman became an overnight international sensation. But as it turns out, that was just the beginning of a worldwide journey that enabled Simonova to create hundreds of art exhibitions, support multiple philanthropic projects, and touch the lives of people from nations all around the globe.

From Childhood Visions to a Realized Dream

Born in 1985 in Evpatoriya, a village on Ukraine's Crimean peninsula, Simonova was always enchanted by visual art. "Since I was three," she explains, "I would see amazing pictures in my dreams, with people and mysterious magic trails in the snow and a strange pink light in the sky. It was so beautiful, and when I awoke I would draw those dreams in the air with my finger." As a young child Simonova believed that it was possible for others to see the pictures she drew in thin air, and these make-believe images were a great source of fun for her.

In her 20s she took formal art classes, attending two colleges at the same time while holding down a job at a magazine as a graphic artist. In 2007 she and her husband launched their own magazine, but in 2008 the global financial crisis left them struggling to make ends meet while raising an infant son. He encouraged Simonova to devote herself to her artwork and develop her sand painting technique, a process that she initially found terribly frustrating.

"I immediately realized that it was very difficult to master the use of sand instead of pencils and paints," Simonova recalls.

She experimented with beach sand, but found it too gritty. Then she tried river sand, but it was too thick and heavy. For weeks she struggled to find a medium that would cooperate, and eventually her husband discovered a special volcanic sand that was being sold over the Internet by a group of geologists in Spain. Simonova sampled it and loved how it flowed and drifted, but the rare sand was prohibitively expensive. That's when her husband decided to sell all of his printing equipment in order to purchase about 10 pounds of it.

Simonova started drawing with volcanic sand in their small rented bungalow, training herself during the night for three consecutive months. During the day



she worked or cared for her baby, and at night she would stay awake and work on her sand animation art – sometimes from 10 p.m. until 4 a.m. But as she retrained herself to work with moving sand instead of pencils and paints, the artistic vision began to develop and emerge until the shy artist gained enough confidence and courage to audition for "Ukraine's Got Talent."

Since her fateful television debut, Simonova has performed in London's Royal Albert Hall as well as with the Royal Philharmonic Orchestra for the Queen of Denmark. A special prize was awarded to her at an international film festival in Brazil. She was an honored guest of the King of Morocco and the Kingdom of Thailand. She has created more than 50 "sand films" dedicated to critically ill children and adults, composed charity films for a pediatric surgery center, and actively supports an orphanage near her home.

Meanwhile, she has written and illustrated a book and her performances have been viewed on YouTube by more than 37 million people. Her constant artistic theme and message is one of peace, goodwill, and solidarity between nations and people.

You can watch Simonova's inspirational sand art performances and see other examples of her creativity by visiting her official website (<http://simonova.tv/en/>) which she calls "Simonova TV." •

High-Tech Gifts Dominated the Holiday Season

If last year's holiday season taught us anything, it's that the most popular gifts these days are of the high-tech variety. Even in the market for children's toys, the top 35 percent of the current best sellers are digital games and smart phone apps. But there are also lots of cool and desirable items to be had that you can actually hold in your hand in a 3-dimensional fashion, versus only via a touch pad or in some parallel cyberspace universe. The 2014 winners were not just the old-fashioned variety, either; many can be described as somewhere between "mildly futuristic" and "wildly innovative," and almost all of them are fascinating to learn about.

Three of the most intriguing are:

Inflatable Solar-Powered Lantern

Let's start with one of the most legendary old-school stores in America: L.L. Bean. Sure, the Maine retailer still has more flannel shirts than you can shake a stick at and you can order the same model of hunting boots your great-grandfather wore. But for about 20 bucks you can also have an inflatable lantern that is powered by a built-in solar panel. The portable light inflates like a miniature beach raft from the size of a thick post card to approximately the size of a baby pillow.

The lithium-polymer battery charges completely after being left to soak up rays for seven or eight hours. After that, it will light up your life for 16 hours straight. Weighing only 2.9 ounces, you can deploy it for up to 30 lumens of soft lighting. Oh, yeah, it is also waterproof up to one meter – just in case you need to fish around underwater for something you lost.



Wearable Hands-Free Camera

Since some of your friends may find it hard to believe you own an inflatable solar lantern, you may also need a wearable hands-free camera to take pictures of it in action. The \$49 "Me Cam" is so small and discreet that it almost looks like an oversized button.

Despite the fact that it weighs just one ounce and measures approximately two inches in diameter, the shutterbug gadget can take snapshots or record video clips, even in low light. Most users just clip it to their cap, coat, or shirt and they are ready to document whatever crosses their paths.

Wi-Fi Cufflinks

With a wearable camera you are definitely going to find it hard to resist constantly uploading your pictures and videos to the Internet. That's not a problem, though, even if you left your computer at home and just wore your tuxedo to the party.

All you need is a pair of Wi-Fi enabled cufflinks from Brookstone, which can be an essential part of your winter wardrobe for about \$225. These handsome accessories set up automatically as an Internet router or a wireless LAN adapter, depending upon what kinds of connections are in the vicinity, plus they have two gigabytes of storage capacity. Most importantly, they come in a polished silver tone design that looks sharp and can be engraved. •



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

FUN FACTS ABOUT MOUNT EVEREST

Mount Everest has claimed the lives of at least 200 people, including 16 local guides, or Sherpas, killed by an avalanche in April of 2014. But despite that dark history – and to celebrate and honor those for whom Everest is a final resting place – here are some fun facts about the world’s most famous peak.

- In 1852 the mathematician and surveyor Radanath Sikdar first identified Everest as the world’s highest peak. Using trigonometry he calculated its height at 29,029 feet, or five and a half miles above sea level.
- In 1999, however, measurements showed that Everest had mysteriously grown by about six feet. Experts believe that geological forces actually push the mountain a few millimeters higher every year.
- The first people to ascend to the summit were Edmund Hillary and Tenzing Norgay, who accomplished their historic feat on May 29, 1953.
- To date, approximately 4,000 people have tried to climb to the summit of Mount Everest. But less than 700 have made it all the way to the top and back with bragging rights.
- Kushang Sherpa is the only person who has climbed Everest from three different sides. Appa Sherpa, nicknamed “Super Sherpa,” has climbed Everest 21 times. From 1990 until his retirement in 2012, Appa climbed Everest every year except 1996 and 2001, scaling the summit twice in 1992.
- Appa Sherpa is also listed in the Guinness Book of World Records for conducting the largest cleaning campaign on the summit in history. In 2008, volunteers organized by Appa Sherpa carried more than 15 tons of garbage down the mountain during an expedition dubbed “Eco Everest.”
- Since that time the government of Nepal has made it mandatory for tourists who ascend Everest to leave behind a deposit of \$4,000. A climber has to haul more than 15 pounds of waste back off the mountain in order to have their deposit refunded.
- The longest period of time that anyone has been able to survive atop Mount Everest without supplemental oxygen was 21.5 hours. That happened in 1999 when Babu Chiri Sherpa, a legendary guide who scaled Everest 10 times, accomplished the feat.
- In 2001, at age 64, Dr. Sherman Bull became the oldest person to climb Everest. But his record has since been broken, first in 2010 by a Nepalese man who was 76 years old and then in 2012 by Tamae Watanabe, age 73. Watanabe holds the record for the oldest woman to ever scale Mount Everest.

The mountain is named for a former Surveyor General of India who served within the British government in the early 1800s. But Sir George Everest never actually climbed the mountain and was opposed to naming it Everest, because he said that the name was impossible to pronounce in the local dialect. Indeed, the Nepalese prefer to call the mountain Sagarmatha, which means “Goddess of the Sky.” Three different countries – Tibet, Nepal, and India – are visible from the summit. •

Answer to puzzle on Page 12

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



“Be the change you want to see in the World.” Mahatma Gandhi
Of the 6.5 million children in Zambia, more than 1 million of them are orphaned.

Hickey Family, Denver, Colorado
“The first time I went to Zambia and met my orphan children I prayed for them and continue to do so, but what I didn’t realize was just how much they were praying for me, too.” *Clifford Hickey*

“Denson is a 13-year-old Zambian boy who lives in the Buseko Market compound of Lusaka, Zambia. He sleeps on a dirt floor in a house made of plastic where he lives with his older sister, her husband and their 3-year old child. He eats one meal a day and wore the same clothes every day to camp. I quickly learned that Denson, like every vulnerable and orphaned child that Family Legacy Missions serves, endures unbelievable, mind-boggling circumstances – experiences with which I could not draw any parallels. But still, in an attempt to build deeper relationships with my group of boys during that first summer, I shared with them some of my spiritual journey, as well as some personal struggles and prayer requests. I mentioned to them that my sister was undergoing treatment for her early stage breast cancer that had been diagnosed a few weeks prior to my arrival in Zambia. While serious, my issues seemed so trivial and insignificant in comparison to the death and sickness my boys were witnessing and the battles they were fighting daily.”

“Fast forward a year later and I am back at Camp LIFE with eight of the same 10 boys I had the prior summer. On the second day of camp as I was walking to the playground with my boys, Denson grabbed my hand and asked, in perfect English, “Uncle Clifford, how is your sister doing?” I was a little taken aback and asked, “What did you say?” He repeated, “Your sister, the one you said had cancer, how is she doing?” With tears in my eyes I choked out the words to tell Denson she was doing well, really really well.” At that point I realized that Denson, and probably all of my boys think about me and pray for me every day because there may not be anyone else who loves them and cares about their hurts, hopes and futures.”

“I know that right outside our back door there are plenty of people in need and an abundance of opportunities to serve, but Family Legacy Missions was called specifically to serve the orphans of Zambia;

and my family, for whatever divine reason, was called to serve with them. What we didn’t realize was that Camp LIFE is, and will likely always be, the single most impactful experience of our lives. What we thought would be a one week mission trip, has become a lifetime ministry for my entire family. Returning to Camp LIFE the second summer, it became less about what we could learn from the experience and more about how we could have a better impact on our Zambian orphans. My family now has a shared experience that puts the Lord and the Zambian orphan in the center of our daily lives. We now have a common mission – to be advocates for our 60+ orphans, our Zambian family and continue to pray for them and love them in the best way we know how.” “I truly believe that the next 50 years we will see the orphans of today transform the country by becoming the leaders of Zambia. With their leadership, each generation to follow will become stronger, better educated, healthier and more faithful followers of Jesus.” *Contributed by Clifford Hickey*

Zambia is located in sub-Saharan Africa. It is a landlocked country slightly larger than the state of Texas. There are 13.8 million people in Zambia and half of them are under the age of 16. This huge number is due to the high death rate from extreme poverty and HIV/AIDS. The average life expectancy for a Zambian child at the time of their birth is 52 years old – compared to 78 in the US. 46% of Zambia’s population are children ages 14 or younger. Conditions for these children are nearly impossible. With extremely high unemployment rates, between 64-69% of the population of Zambia must live on less than \$1.25 a day.

Family Legacy has been called to work exclusively with the country of Zambia and specifically with the orphaned and vulnerable children who live there. If you are interested in learning more about Camp LIFE and the Family Legacy Missions International, or in sponsoring a Zambian child, please visit: www.familylegacy.com. The Huiting Wealth Management Group is a proud sponsor of Diana, a 13 year old child, one of the 10 Zambian children mentored by Kathleen Hickey.



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