COMPLIANCE OFFICER:

- Please begin review of the general interest/lifestyle articles contained within this issue, scheduled for mailing. The content here is the actual content that will be published for the upcoming quarter.

- Representatives are given space on the front as shown here. Inside on page 2 would be their “quarterly client update” letter. The back is also customized with the representative’s contact information. Reps must write their own client update letters. We do not offer ghost-written content.

- This cover shows a sample representative for review for conceptual purposes only.

- A representative from your broker/dealer would be inserted in place of the sample advisor shown here.

- Your representative’s cover and client letter will be provided shortly. Prior to each new quarter, the advisor(s) will submit editorial content for review.

Contains NO FINANCIAL ADVICE or GHOST-WRITTEN CONTENT—100% general interest/lifestyle content only.

Every cover reads: “Brought to you by...(insert name)” or “Compliments of...”

Disclosures:
Member firm names will be prominently identified after each representative’s quarterly update letter on page 2.

On page 1, 2 and back cover:
“This publication is sent to you...(representative’s name or company name is inserted here).”
A lifestyle publication created to uplift and inspire

It’s Always Summer
When Visiting Florida

Trail Blazing
3 of North America’s Best Golf Trails

This publication is sent to you compliments of Anderson Financial Group
Dear Client,

As you know fall is a perfect time for financial housekeeping. It’s important to take a close look at what’s happening so that potential investment and/or tax savings opportunities are not overlooked.

Below are a few questions to jumpstart your thinking:

- Is it possible to increase your monthly retirement or college savings contributions?
- Does it make sense to make a lump sum investment before the end of the year?
- Would it be wise to refinance or invest in a rental or vacation property?
- Does your business need any equipment upgrades?
- Is your business protected by key man and/or business overhead expense insurance?
- Have your life and disability policies kept pace with lifestyle and income changes this year?
- Do you need to execute some gifting strategies prior to year-end?

We are now scheduling financial reviews. Please contact us to discuss these and other questions, designed to optimize your financial outcomes.

Remember, financial wellness requires constant attention and dedication. As your trusted financial advisor, we welcome the opportunity to guide your decisions every step of the way.

Sincerely,

Paul Anderson
Anderson Financial Group

P.S. If you’re not yet a client, it’s no problem. Schedule a financial review to explore your financial possibilities!
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TATEL-MADE™ Magazine
If only theme parks come to mind when you think of Florida, you’ll be surprised to learn the state has a lot more to offer travelers. Florida has the mildest winters in the US, so you can easily pack your shorts and bathing suit even when visiting in cooler months, for a bonus week or two of summer.

**DAYTONA BEACH**

Daytona Beach is appealing because of its oceanfront location, but it also boasts the beautiful Halifax River. The historic part of Beach Street that runs along the riverfront is full of locally owned shops and dining establishments. You’ll find every type of cuisine in Daytona Beach, giving your vacation an international feel. The Riverfront also has much of the city’s entertainment options, including movie theaters and the Halifax Historical Museum. Housed in the former Merchant’s Bank Building, the museum has exhibits and artifacts from the greater Daytona Beach area. Learn about historical topics like Victorian houses, pioneer life, World War II, and the Civil War in Florida.
You can find more culture at the Museum of Arts and Sciences, a collection of museums and galleries in Daytona Beach, encompassing the Cuban Museum, the Root Family Museum (which houses one of the largest Coca-Cola collections in the world), and the Bouchelle Center for Decorative Arts. Or, if traditional museums aren’t your thing, tour the Angell & Phelps Chocolate Factory, specialists in old-fashioned confections since 1925. See how they make their chocolate candy on a free tour, which includes free samples along the way.

A rental car may not be necessary to get around town, though it can help. If you really want to travel like a local, jump on the bus (VoTran). It stops at most popular attractions and a one-day pass is fairly inexpensive. Not flying in or out of Daytona Beach International Airport? Use the Daytona Orlando Transit Services daily shuttle to reach Orlando International Airport.

All your favorite chain hotels are found in Daytona, even right along the beach, but with all the budget attractions, consider a more personalized stay in a boutique hotel. The Art Deco Streamline Hotel, opened in 1940, was once a haven for celebrities and gangsters. It’s the place where NASCAR and stock car racing was born. Many visitors have said that a stay at the Streamline was the favorite part of their vacation (streamlinehotel.com).

EGLIN
Whether you want a cozy couple’s getaway or a family vacation, Eglin and the surrounding area is a great little vacation spot, with accommodations to suit everyone’s likes and budget. Most travelers to Eglin stay nearby in Fort Walton Beach, though the benefit of being near Eglin AFB is the selection of budget accommodations.

Have a fun learning experience with the family at the Emerald Coast Science Center. Explore the world around you through hands-on exhibits, interactive demonstrations, experiments, and an animal room. For time with ocean animals, get up close and personal at the Gulfarium. This aquarium is full of animals from the Gulf area, like loggerhead turtles, otters, and sea lions. Swim with stingrays, encounter dolphins and seals, gather around the touch tank, and feed several different animals here. If you can’t get enough of the wildlife, the Gulf Breeze Zoo is just a short drive from Fort Walton Beach and is set among botanical gardens. One of the top exhibits in the zoo is Gorilla Island, where the primates thrive in a natural habitat. The zoo’s farm has a petting zoo and educates visitors about how newborn animals are cared for.

If you prefer being in the water and want to engage in watersports, Eglin is the perfect destination. Whether it’s paddleboarding, parasailing, or scuba diving, you can rent equipment for water activities or pay to go on a group outing. This is also your chance to fish along Navarre Beach Fishing Pier, the longest pier in the Gulf of Mexico.

With Eglin AFB so close, it’s no surprise you’ll find a military museum there. The Air Force Armament Museum exhibits aviation warfare armament from the last hundred years. This is a great way to view military history with an amazing collection of objects, like a WWII-era B-17 bomber.

Archeological enthusiasts will want to visit Fort Walton Mound and the Indian Temple Mound Museum. This historic site was said to have been built around 800 CE. It was used as a ceremonial and political center, as well as a burial ground for society’s elite. The museum is home to pre-Columbian artifacts found on the site and nearby locations that have historical significance.
Hotels in the Eglin area expect a lot of family travelers, and their locations and amenities reflect that. From easy beach access to free breakfast, your travel party can easily go straight from your room to dining to the sand. Or feel right at home by renting a condo or beach villa with Destin West Vacations. Not only are they oceanfront, they have full kitchens, seven swimming pools, and a lazy river (destinwest.com).

**TAMPA**

You name it, you can find it in Tampa, including all the animal encounters you could want. Between Tampa Bay and Hillsborough Bay are some of the world’s top-rated beaches. You might even see a dolphin or a manatee. But if you don’t have the patience to wait for the ocean creatures to come to you, pay a visit to the Clearwater Marine Aquarium and make a bunch of new ocean friends, including Winter the dolphin, who lost her tail and learned to swim with a prosthetic one, inspiring the movie *Dolphin Tale*.

The largest accredited big cat rescue facility in the world is located in Tampa. When cats are abused, mistreated, or not able to be properly cared for, Big Cat Rescue takes them in and gives them a new lease on life. Large felines live out their lives in natural habitats, where they will get the attention they need and deserve, while also being spokescats for visitors who would like to know more about how they can get involved. For other animals, visit the Lowry Park Zoo, 56 jam-packed acres of animal activity, education, and interactive experiences. Voted #1 in the US by *Parents* magazine, get up close to critters in a variety of attractions: Giraffe Feeding, White Rhino Feeding, Lorikeet Landing, Wallaroo Station, and Stingray Bay. Little ones and parents alike will enjoy this exceptional animal haven.

Across the bay is St. Petersburg, a colorful waterfront city, home to Tropicana Field and the Tampa Bay Rays. The culture lover may want to check out the Salvador Dali Museum and take a docent tour to learn more about the life and works of the artist. The building alone is worth the drive, with a spiral staircase that’s a piece of art in itself. Take the time to wander the garden outside and take your picture with the giant Dali mustache.

An hour drive north of Tampa takes you to the funky little town of Spring Hill. While not known for much, right at the edge of town you’ll see big signs for “Live Mermaids.” People drive from all over to see the Weeki Wachee mermaid show, which runs throughout the day and features women in mermaid tails doing tricks in a large tank that you can watch in an underwater theater. Inside the state park you’ll find Buccaneer Bay, a beach and small waterpark (so bring your swimsuit), plus an animal education show and a river boat tour where you may glimpse gators, manatees, kayakers, and eagles, among other things.

After a day packed full of fun, you want to go back to a room that makes you feel pampered and relaxed. Though you can find hotels in all price ranges, why not splurge on a room at the upscale Epicurean Hotel where they have created a foodie and wine paradise? The modern hotel features only 137 rooms, gourmet cooking classes, a rooftop terrace, and a food-inspired spa menu (epicureanhotel.com).

No matter where you find yourself in Florida, there is something for everyone in your travel party. If you rent a car and hit the road, you may find so much to see and do that you never return. ■
"I can’t explain my actions,” he said. “I had no plans when I left, I wasn’t thinking of anything. I just did it.” “He” is Christopher Knight, a so-called hermit who lived in the woods of Maine for 27 years with almost no human interaction. Knight is the main focus of Michael Finkel’s new book *The Stranger in the Woods: The Extraordinary Story of the Last True Hermit*, published in March 2017.

On a seemingly normal day in 1986, 20-year-old Knight drove his 1985 Subaru Brat into the woods of Maine, left his keys on the dash, and abandoned it. Carrying only a tent and a backpack—no compass and no map—Knight trekked through the forest looking for the perfect place to get lost. And he did. Nestled between some elephant rocks in the thick Maine “Jarsey” Knight made his home. The Jarsey is “the densest, most disorienting, pathless, boulder-choked forest that is too difficult even for deer to walk through,” says Finkel. He had no food and took to breaking into cabins around a nearby pond for his necessities: non-perishables, jeans, propane, a coat, and a mattress whenever his got moldy.

Knight’s story may never have been told but for finally getting caught. On April 4, 2013, Sergeant Terry Hughes was awakened by his wife. Hughes’ motion detector, located at the Pine Tree Camp in Rome, Maine, caught Knight in the act, alerting Hughes of his presence. For decades, someone had been breaking into the camp kitchen to steal food, coffee, and whatever they could get their hands on. According to legend, a hermit had been stealing from the camp and neighboring cabins for years, but had never been seen. Hughes set out to change that. Hughes caught Knight, with a duffel full of food, and arrested him.

Finkel begins most chapters with a question about Knight’s behaviors, and answers his question with facts from psychological studies, quoting famous works, and the opinions of medical professionals. He also compares Knight’s behaviors with the great hermits of history: Charles Darwin, Thomas Edison, Emily Brontë, and Vincent Van Gogh. Finkel examines authors who succumbed to nature, like Thoreau, and asks Knight about their work. Finkel writes, “Knight said that publishing a book, packaging one’s thoughts into a commodity is not something that a true hermit would do.” Knight never wrote a word while he was in the woods, or left a footprint. Finkel writes, “His commitment to isolation was absolute.”

*The Stranger in the Woods: The Extraordinary Story of the Last True Hermit* is full of honesty and adventure, and is a wonderful read. Whether you’re planning a trip to Maine, or want to explore the mind of the last true hermit, *The Stranger in the Woods* will have you longing for simpler times.
Evidence of metropolitan Washington’s current economic boom is easy to find, from the new luxury apartment buildings popping up across the city, to upscale restaurants with month-long waits for reservations, to a median household income that leads the nation. But prosperity has not reached all of the area’s residents. According to the USDA, one in seven Washingtonians struggles with hunger, and nearly five percent fall into the category of ‘very low food security.’

In 1989, Robert Egger sought a new way to tackle the underlying causes of hunger in the nation’s capital when he founded DC Central Kitchen. With a mission to use food as a tool to strengthen bodies, empower minds, and build communities, DC Central Kitchen is one of a growing number of nonprofit organizations that not only provide needed services, but also put people on a pathway out of poverty.

At the core of the organization is a rigorous and comprehensive 14-week culinary arts training program for jobless adults, including individuals who have been homeless, incarcerated, or have battled addiction. Donor funding allows the program to be tuition-free for participants, who also receive career readiness training, real-world internships, and ongoing support in accessing social services for at least a year after graduation. Graduates find jobs across the region’s food-related businesses, from restaurants and cafes, to catering companies, and school and hospital cafeterias. DC Central Kitchen also puts its money where its mouth is, hiring many of the program’s alumni into its own multiple social ventures; in fact, nearly half of the current staff are graduates.

DC Central Kitchen was also established on the principle that waste (be it of food, minds, or dollars) is wrong. So the other cornerstone of its strategy is finding ways to reduce the estimated 60 million tons of produce that goes uneaten in the United States every year. Serving as the region’s community kitchen, the organization uses donated and recovered food to prepare 5,000 healthy meals each day for homeless shelters, after school programs, clinics, and other nonprofits across the region. Restaurants, catering companies, grocery stores, and farmers markets all serve as partner organizations in this work.

Supporting the nonprofit’s dedicated and skilled staff are its volunteers—nearly 15,000 every year—who work in the kitchen helping to prepare healthy food for the community. On any given day you can find volunteers chopping vegetables alongside team members who once resided in homeless shelters that receive meals from DC Central Kitchen. According to Erica Teti-Zilinskas, director of communications and marketing, this scenario helps break down stereotypes and opens up real conversations about what it means to be part of a community.

The team at DC Central Kitchen has never stopped innovating in the quest to meet its mission. In 2011 the Healthy Corners program began bringing produce and healthy snacks into neighborhood markets as a way to break up food deserts in parts of the city without easy access to grocery stores. Since its inception, the program has more than doubled in size, and has inspired the publication of a free guidebook, Turning the Corner: the Inside Guide to Fighting Food Deserts, created to help other nonprofits across the country that are doing similar work.
The Campus Kitchens Project has helped to bring DC Central Kitchen’s model to scale nationally by working with high school and college student volunteers to turn unused food from their dining halls—in addition to grocery stores, restaurants, and farmers markets—into meals for their communities. The project has also sparked a host of other activities that take a holistic approach to fighting hunger and poverty, including policy discussions, community garden initiatives, and nutrition education events.

Does the program work? The numbers say yes. Every day DC Central Kitchen saves approximately 3,000 pounds of food, mostly produce, from being wasted. They also help their agency and nonprofit partners save over $3 million in food costs that can now be funneled into other programs and services for the community. Furthermore, ninety percent of the culinary training graduates find employment after graduation. Graduates with a past criminal record are 90 percent less likely to re-offend than the national average. And on a personal level, the organization has dramatically transformed the lives of hundreds of individuals who participate in its programs, often taking people out of crisis and giving them stability, along with a sense of pride and accomplishment.

The work has also been recognized with numerous awards and accolades. The winner of the University of Maryland’s Social Innovation Challenge and the prestigious Golden Carrot Award for improving the healthfulness of school lunches, DC Central Kitchen has also received the Washington Business Journal’s Green Business Award for Innovation and the DC Chamber of Commerce’s Community Impact Award. Two team members have also been winners of the White House Champion of Change Awards.

When asked in an interview with the PBS News Hour why the DC Central Kitchen model works, CEO Mike Curtain credited a strong belief in the power of human potential, stating, “We meet people where they are. We’re really not here to judge what people have done, or where they’ve been, or the decisions they’ve made. We’re here to talk about the future and to take what people have innately and give that a little context and say this is what you can do. If you work hard, if you commit yourself, if you dedicate yourself to this, you can be successful.”

This somewhat rare combination of empathy, innovation, and discipline has made DC Central Kitchen one of the region’s most recognized and trusted social profit institutions. To get involved or learn more, visit dccentralkitchen.org.
Stretchy pants. Luggage with wheels. Touch screens. Some inventions fall into the “no brainer” category. For golf aficionados (and marketing professionals of golf-rich destinations), the idea of The Golf Trail was also an “aha!” moment. After all, what golfer wouldn’t want to grab their sticks, hop in a car, and follow a flagstick-filled trail where beauty and birdies abound? Indeed, for golf nuts, the golf trail might be the greatest thing since sliced bread.

The problem, if there is one, is deciding where to go. In North America alone there are dozens of golf trails that summon swingers. (The Robert Trent Jones Golf Trail in Alabama, now 25 years old, was the first.) From Oregon to Orlando, Vancouver Island to PEI, there’s a golf trail for every highway-happy hacker. And, not surprisingly, there is plenty of variety when it comes to the golf trails one can blaze. They come in all shapes and sizes. Some are short and sweet and require little travel between courses. Some are spread out and require lengthy drives between the birdie bingeing. Some take days. Some take weeks. But all are about the journey: the quest to experience new courses, new land, new culture. Throw in good friends – and good swings! – and you’ve got a potent memory-making adventure.

Naturally, choosing hotels, restaurants, and non-golf attractions is also an integral component of the experience. Yes, tackling a golf trail is much more than just the golf! And typically, the booking incentives created by the marketing minds behind these trails makes it pretty appealing for golfers to jump on in for the whole enchilada. But naturally, custom fitting your “trail” to fit your needs is par for the course.

As a golf professional, golf writer, and golf photographer, I’ve been fortunate to travel down many golf-rich roads. These are a few of the best golf trails I’ve blazed.
The Vancouver Island Golf Trail

Stretching from Victoria to Campbell River, the Vancouver Island Golf Trail epitomizes what a golf trail should be. In other words, the courses and resorts are terrific, the logistics make sense, and the trail incorporates awesome add-on adventures and interesting things to do along the way.

After acclimatizing to Victoria’s beautiful weather and seaside charms (hanging around the Inner Harbour is a must!), start your island journey at Bear Mountain. With two spectacular Nicklaus-designed courses that are open year-round, the quality of the golf here cannot be beat. While the original Mountain Course at Bear Mountain is tough-as-nails, the newer Valley Course which features wider fairways and dramatic downhill shots, is my personal favorite.

Perhaps the greatest virtue of this trail is its four distinct sections. It’s ideal for people who only have time to explore one or two areas and want to save more for later. For example, in the North Island – an area ripe for exploration and easily accessible from the Comox Valley Airport – you can plan an awesome weekend by playing rounds at Storey Creek and Crown Isle and, perhaps, throwing in some salmon fishing at legendary Painter’s Lodge.

Unquestionably, beauty is in the eye of the beholder, but Storey Creek in Campbell River, which is routed through towering trees on the edge of town, is definitely a highlight. And Crown Isle, conveniently located just minutes from the airport, never disappoints.

The Cabot Trail

The flag – cut perilously close to the edge of the cliff, a jaw-dropping six stories above the swirling sea – flickers in the breeze. The three guys in my group are looking at me. It’s my turn to hit. But I’m frozen. Speechless. Flabbergasted might be the word. Never before have I seen such an incredible golf hole. I’m on the soaring cliffside 16th at Cabot Cliffs on the wave-battered shores of Cape Breton. And what’s sinking in is the fact I’m playing the best course I’ve ever laid eyes on.

True, Nova Scotia’s revered Cabot Trail, a 298 kilometer highway that rims Cape Breton, isn’t “officially” a golf trail. But with the heavenly two-course feast of Cabot Links – as well as Cape Breton Highlands, a Stanley Thompson-designed treasure that has been lauded for decades – it certainly is to me. And the fast-growing, links-loving fan base that has experienced golf on Cape Breton wouldn’t disagree.

To complete your Cape Breton crusade, you can also tack on Bell Bay Golf Club in Baddeck (a Thompson McBroom design that often flies under the radar) and The Lakes Golf Club at Ben Eoin near Sydney. For your side games, explore pretty fishing villages along the trail, stuff yourself with local seafood, and visit Canadian National Historic sites like the Fortress of Louisburg and the Alexander Graham Bell Museum in Baddeck. And, of course, enjoy one of the most scenic drives in the world in the Cabot Trail.

Niagara Golf Trail

Anchored by one of greatest natural wonders in the world, the Niagara Falls region is one of Canada’s flagship tourism destinations: everyone should visit these falls at least once in their lifetime! But instead of shooting over the falls in a barrel (apparently it doesn’t work that well), you’ll want to do some shooting on the nearby golf courses. Fortunately, the Niagara Falls Golf Trail boasts eight terrific courses that are every bit as thrilling as the Hornblower boat tour at the base of the falls (but not quite as thrilling as the barrel tour).

Anchoring the trail are courses such as Grand Niagara Golf Club, a 7,425-yard Rees Jones design that borders the Welland River; Whirlpool Golf Course, a parkland classic designed by the great Stanley Thompson; and Legends on the Niagara, a gorgeous facility just minutes from the falls that boasts impressive layouts by Doug Carrick and Thomas McBroom.

With enough post-round playtime options – including wineries, amusement parks, and the quaint, Victorian charms of Niagara-on-the-Lake – the Niagara Golf Trail has all the hallmarks of a classic Canadian golf getaway.

Happy trails.

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

**Tea Bread Batter**
2 cups packed, coarsely grated zucchini  
3 eggs  
1 cup oil  
2 teaspoons vanilla  
3 cups all-purpose flour  
1 ¾ cups sugar  
1 tablespoon baking soda  
¼ teaspoon baking powder  
¼ teaspoon salt  
1 teaspoon cinnamon  
½ cup walnuts or pecans (optional)

**To Prepare the Pan**
Lightly grease two 9x5-inch bread pans with shortening.

**To Prepare the Batter**
Wash and coarsely grate the zucchini. In a large bowl, mix together the zucchini, eggs, oil, and vanilla. Sift together the flour, sugar, baking soda, baking powder, salt, and cinnamon. Lightly mix the dry ingredients with the wet. Do not overmix. Pour the batter into the prepared pans. Score the loaves by running a spatula that has been dipped in oil lengthwise through the center of the loaf. Sprinkle with the chopped nuts.

**To Bake**
Bake in a fully preheated 350-degree oven for approximately one hour, or until a toothpick inserted in the center comes out clean, or the center feels firm to the touch. Cool slightly before removing from the pan. Unmold onto a cooling rack and cool before slicing.

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**Sudoku**

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

Answer on page 19

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Recipe courtesy of Karol Redfern Hamper
Forty years ago, scientists introduced the world to endorphins, our own little pleasure makers. These molecules act on the brain and are released by several activities, including laughter, sex, and exercise. Back in the 1970s, “runner’s high” became yet another motivation in the long list of reasons to engage in physical activity. But more recently, researchers have discovered that exercise influences the brain in even more profound ways. Movement impacts the brain at the cellular level, actually changing its structure and helping it grow. In doing so, physical activity supports the aging brain and helps protect against debilitating diseases.

As we grow older, our brains go through natural changes: brain size shrinks, its cells decay and die off, connections between neurons decrease, and blood flow and oxygen to the area decline. As a result, some loss of function is normal. But with increasing age, our bodies often don’t react well to everyday stress and illness, and cellular damage in the brain accumulates more rapidly. This can lead to dementia, Parkinson’s, or Alzheimer’s disease.

Scientists once thought we were born with a finite number of brain cells: when they died, they were gone, along with the functions they performed. It was believed that nothing could be done to reverse this process. But researchers now know we’re capable of rebuilding our brains through a process called neuroplasticity. The brain is actually capable of re-wiring its circuits, bringing back the ability to adapt to new circumstances and develop new skills.

This is where exercise comes in, potentially one of the most promising lifestyle interventions for the prevention of several brain maladies. In fact, people who exercise regularly have about half the risk of developing Alzheimer’s disease and dementia compared to those who are more sedentary.

It turns out that physical activity, especially aerobic or cardiovascular exercise that involves large muscles and causes us to breathe deeply, promotes the production of special proteins called brain-derived neurotropic factors, or BDNF. These chemicals stimulate new connections between brain cells, generate new blood vessels, and produce new brain cells. By ushering in neuroplasticity, BDNF has been likened to “Miracle Grow for our brains” by John T. Ratey, M.D., in his book, Spark: The Revolutionary New Science of Exercise and the Brain. BDNF is present in the hippocampus, the area of the brain related to memory and learning. With exercise, BDNF protects new cells in this region from stress and cell death. Cognitive function and mood improve, and the brain can thrive.

While all exercise increases the synthesis of BDNF, the “secret sauce” seems to be combining aerobic exercise with complex activities. Some examples might include throwing a ball back and forth while walking or reciting the alphabet backwards while using the elliptical machine. The key is to keep your brain challenged. Even changing up your workout or trying new routines will help. Be consistent with your physical activity, pay attention to what you’re doing, and make it different or scary once in a while. Your brain will thank you for years to come!
Past the beaches and rock bluffs of Normandy, France, and across its low mountains comprised of rich, green hills and curving valleys, a traveler finds the mellow meadows and manner estates of the Pays d'Auge region. Cutting through Pays d'Auge, a posted Cider Route makes its way to the Dupont family estate, which continues their long tradition of making hard cider and Calvados, an apple brandy.

The family's 74-acre orchard with 6,000 apple trees boasts 13 different varieties of apples, which the family blends in numerous ways to create specific, desired flavors. "The varieties that we grow were carefully selected for cider and Calvados production," says estate director Jérôme Dupont. In 1887, Jérôme's great-grandfather, Jules Dupont, began raising cattle and producing cider and Calvados as a tenant farmer on the estate. After 29 years of hard work, Jules had saved enough to buy the property. Today, cider and Calvados are 95 percent of the family's farm production.

Jérôme says that for decades the cider market was saturated with a mediocre product because producers used concentrate and artificial flavors to make cider, but that isn't the case anymore. Jérôme is excited to see a revival of real craft ciders made with 100 percent locally grown apples. "And this is happening all over the world, including North America and Scandinavia," Jérôme says. "Producers are creating ciders that are full of character and authenticity."

In the New England town of Somerville, Massachusetts, Bantam Cider founders Dana Masterpolo and Michelle da Silva began making cider in their kitchen with apples from five farms in Western Massachusetts. At that time, the market only knew a few large, mass produced brands. "We saw an opportunity to introduce the market to unique and thoughtfully made craft ciders," Masterpolo says. "For Bantam, a quality cider is one that is made from real ingredients, with nuance and complexity, that people enjoy drinking. It's as simple as that."

Hard cider is a fermented apple beverage with varying percentages of alcohol content and has a record dating back to 55 BCE when the Julius Caesar-led Romans sailed to the British Isles and came across the cider, which was being guzzled by the citizenry of Kent, England. Ancient records show that Caesar immediately embraced the golden liquid, and production of it began to expand quickly through the Roman Empire and all of Europe.

From the 13th to 17th centuries, drinking cider in heavily populated areas of Europe like London was safer than drinking the contaminated water there, and today, England is the largest producer of cider in the world. Historians do not know how long the Kent citizens had produced cider before 55 BCE, or how long hard cider's availability goes back in general history. However, they have found evidence that apple trees were present along the Nile River as early as 1300 BCE, and since ancient Egyptians were familiar with fermentation and brewed beer, there is speculation they may have made hard cider on some level.

Back in modern New England, the industrial-style taproom at Bantam Cider caters to new drinkers,
Tall says that a quality cider begins with quality apples, and apples high in tannins are especially important. Tannin is a collective term used to define non-volatile chemical compounds found in many fruits, which provide body to fermented beverages. There are more than a dozen found in apples and include complicated science-class monikers. "Other considerations include mouth feel, usually a level of carbonation," she says, a "degree of sweetness, which is a personal taste, but a balanced cider wouldn't be too sweet, and [has] some complexity in the taste."

There is an abundance of cider makers in the Pacific Northwest with more entering the field all the time, according to Tall, including several family-owned, orchard-based cider manufacturers, making classic products. Tall says our country was raised on cider: The New World's first immigrants planted cider apple trees and made hard cider to drink both as an alcoholic beverage, and to mix with water to make it potable, she says.

At the turn of the 18th century, more than 300,000 gallons of cider were produced in New England each year. Massachusetts citizens were consuming 35 gallons of cider a year. As settlers moved west, they brought along their passion for cider, which was manifested by the folk hero Johnny Appleseed, who traveled ahead of settlers moving west, creating cider apple tree nurseries in the Great Lakes regions. A rich history, local ingredients, and hand-crafted small batches have renewed cider's popularity, making this oldie a fun, complex adventure for a new generation. Cheers!
A GIFT FROM BRADY

Brady is a seven-year-old boy who lives in Wausau, Wisconsin. He was very upset to hear that one of the local law enforcement officers was killed in the line of duty. Brady explained to his mother that if he was sad the officers must be feeling much worse.

This youngster didn’t just empathize; he did something to cheer up the men and women in blue. Brady went and carefully chose the possession that he valued and loved the most. His mother then sent the package to the police station. The police opened it to find it contained Brady’s Nintendo Wii, a selection of his favorite games, and a note from his mother explaining the reason for, and nature of, the gift. The police described it as an act of compassion and generosity that sets an example for all.

In fact, the police reciprocated: Brady was invited to the station to play Wii games with the officers and at the end of the session he was astonished and delighted to be given a brand-new XBOX 360.

Unfortunately, much of the news one sees, hears, or reads is negative these days. It’s tough to stay positive in the face of this and remember there are billions of good people in the world and many life-affirming events and actions.

Sometimes it takes the act of a young child to remind one that qualities like empathy, unity, generosity, and compassion are still alive and well.

by Sue Bellis
HADEN’S ART FOR MAX

Some children have an immense amount to deal with. Take ten-year-old Haden as an example. This courageous boy does battle with autism and bipolar disorder every day of his young life. But that hasn’t made him focus on himself.

Haden has a seven-year-old brother named Max who suffers from a genetic disorder called neurofibromatosis. This condition causes a range of terrible symptoms and Max also underwent unsuccessful brain surgery at the end of 2016. Big brother Haden began to accompany his sibling to medical appointments and realized how brave Max was. He decided that he wanted to be able to give things to Max and do things for him. The problem was that he needed money to do so. Haden’s mother offered to pay him to do chores like mowing the lawn but Haden had another idea: he would use his artistic skills to raise money.

The family’s front lawn became the location of Haden’s stand which advertised drawings for $1 each. His mother put out a plea on Facebook and young Haden had 30 commissions in as many minutes. To date this enterprise has raised in excess of $1000. The money is used for treats, outings, and toys to help Max through his treatment and dark times.

The added beauty of this story is that Haden has benefited too. Children with autism deal with self-esteem problems and all the commissions boost his confidence. In fact, he gets so much from helping others that he now volunteers with several organizations including Meals on Wheels and Locks of Love.

TEAM UNITY IN NEW JERSEY

The fifth grade Catholic Youth Organization basketball team from St. John the Apostle’s were suddenly told they would have to forfeit the rest of the season. The reason for this ruling was that their team is co-ed.

Given that the team had spent the last four years competing with two female team members, the ruling was a bolt out of the blue and pretty stunning for the team, coach, and parents. A parent suggested it should be the coach’s decision but the coach, Rob Martel, is a smart man. He allowed the ten-year-old team members to decide.

The vote was unanimous: the team would forfeit the season rather than play without their female teammates. At this age, their decision was probably not about gender equality but it was without doubt a praise-worthy act of unity that shows these kids have an abundance of a sense of fair play, loyalty, and team spirit.

BLAKE’S GIVEAWAY

Six-year-old Blake from Hudson, Florida, was cleaning his room one day when he realized just how many toys he had. After a talk with his mother this youngster was horrified to learn that some kids have no toys at all.

Blake’s solution was to set up not a lemonade stand but a toy stand outside his home. And he sold nothing; he gave away toys and books to anybody who had need of them. Blake made a sign advertising what he was doing and his mother broadened the marketing effort by adding a notice to a local garage sale website.

When he discovered the young parents of a toddler were specifically looking for books, Blake headed inside to find more. After four hours at his toy stand this caring boy gave the remaining toys to his kindergarten teacher who will use them as rewards for good behavior.

INSPIRING MESSAGES

These four youngsters — and there are so many others — all demonstrate wonderful, admirable qualities. Their stories remind one that:

- Empathy should — whenever possible — be supported by action.
- Kindness and generosity are their own reward.
- Doing the right thing may come at a price but it usually pays off handsomely.
- There are always countless others worse off than oneself.
- Helping others and giving of oneself is healing.

These extraordinary children remind us of the many admirable traits and actions that human beings are capable of; they motivate us to continuously improve ourselves and the world. They also remind us that change begins with one action and no act — or person — is too small to achieve great things.
Much has been proclaimed about the need for more STEM “programs” in our schools. The logic is simple: the wave of future economic prosperity lies in a workforce that is well-versed in rising job markets like science, technology, engineering and math. Thus, there has been an increased investment in STEM initiatives in schools.

While these initiatives are a wonderful start into the exploration of these four areas of study, the critical process of creativity and innovation is missing. Students in STEM programs may have more experiential learning opportunities, but they are limited to only science, technology, engineering, and math. Our economy requires so much more than an understanding of these areas—it requires application, creation, and ingenuity. STEM alone does not foster these essential nutrients.

STEAM is a way to take the benefits of STEM and complete the package by integrating these principles in and through the arts. STEAM takes STEM to the next level: it allows students to connect their learning in these critical areas together with arts practices, elements, design principles, and standards to provide the whole pallet of learning at their disposal. STEAM removes limitations and replaces them with wonder, critique, inquiry, and innovation.

The pathway to STEAM is exciting, but can be dangerous without an understanding of what STEAM truly means in both its intention and its implementation. Like its STEM predecessor, STEAM can stop short of its best manifestation without several core components:

• STEAM is an integrated approach to learning which requires an intentional connection between standards, assessments, and lesson design/implementation.

• True STEAM experiences involve two or more standards from Science, Technology, Engineering, Math, and the Arts to be taught AND assessed in and through each other.

• Inquiry, collaboration, and an emphasis on process-based learning are at the heart of the STEAM approach.

• Utilizing and leveraging the integrity of the arts themselves is essential to an authentic STEAM initiative.

This approach to learning is certainly not an easy task, but the benefits to students and the entire school community are tremendous. Students and teachers engaged in STEAM make more real-life connections so that school is not a place where you go to learn but instead becomes the entire experience of learning itself. The end result is students who take thoughtful risks, engage in experiential learning, persist in problem-solving, embrace collaboration, and work through the creative process: They are the educators, leaders, and learners of the 21st century! We are always learning, always growing, always experimenting. School doesn’t have to be a place, but rather a frame of mind that uses the arts as a lever to explosive growth, social-emotional connections, and the foundation for the innovators of tomorrow…today!
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FUN FACTS:

NATIONAL PARKS

Our nation’s treasures are found everywhere: From soaring mountaintops to parched valleys, America has some of the most stunning views in the world. With over 400 properties managed by the National Park Service, it would take a lifetime to visit them all. Whether you choose to visit an incredible, rocky desert scene or enjoy a sublime waterscape, do get out and go.

• National parks have scenic, inspirational, educational, and recreational value while national monuments are protected for historical, cultural, and/or scientific reasons; both are managed by the National Park Service.

• In 1904, the parks recorded 120,690 visits; in 2016, visits increased to 330,971,689.

• The highest point within the parks is Mount McKinley in Denali National Park at 20,302 feet. The lowest point is in Badwater Basin in Death Valley National Park at 282 feet below sea level.

• You can stand at the lowest elevation and view the highest in the lower 48 (Mount Whitney at 14,505 feet).

• Wrangell-St. Elias National Park & Preserve is the largest area at 13.2 million acres. Thaddeus Kosciuszko National Memorial is the smallest location at .02 acres.

• The most visited national park is Great Smoky Mountains National Park, with 10,712,674 visits annually, nearly double the visits to the next most visited location. At the other end of the spectrum, Gates of the Arctic National Park only logged 12,669 visits in 2014.

• The General Sherman Tree at Sequoia & Kings Canyon National Park is the world’s largest tree, measured by volume. It is 275 feet tall and over 36 feet in diameter at the base.

• Ribbon Falls in Yosemite National Park is nine times taller than Niagara Falls.

• The mercury has hit 134 degrees at Death Valley National Park, one of the hottest temperatures ever recorded on earth.

• The Grand Canyon of Grand Canyon National Park is one of the Seven Natural Wonders of the World.

• The deepest lake in the US is at Crater Lake National Park: 1,943 feet (.71 miles!) down. Nearly as deep is the country’s deepest cave, found at Carlsbad Caverns National Park, bottoming out at 1,593 feet.

• Yellowstone National Park is the oldest park, established on March 1, 1872. The youngest is Pinnacles National Park, established January 10, 2013.

• The National Park Service’s birthday is August 25, 1916.

• Entrance fees are waived on MLK Jr. Day, Presidents’ Day, weekends of National Park Week, National Park Service Birthday, National Public Lands Day, and Veterans Day weekend.

For more information or to plan your getaway, visit nps.gov.
Statistics based on 2015 information unless otherwise stated.

Answer to puzzle on Page 12