

Alaska

August 2015 TM

Beyond

ALASKA AIRLINES MAGAZINE
HORIZON EDITION

WINE
COUNTRY

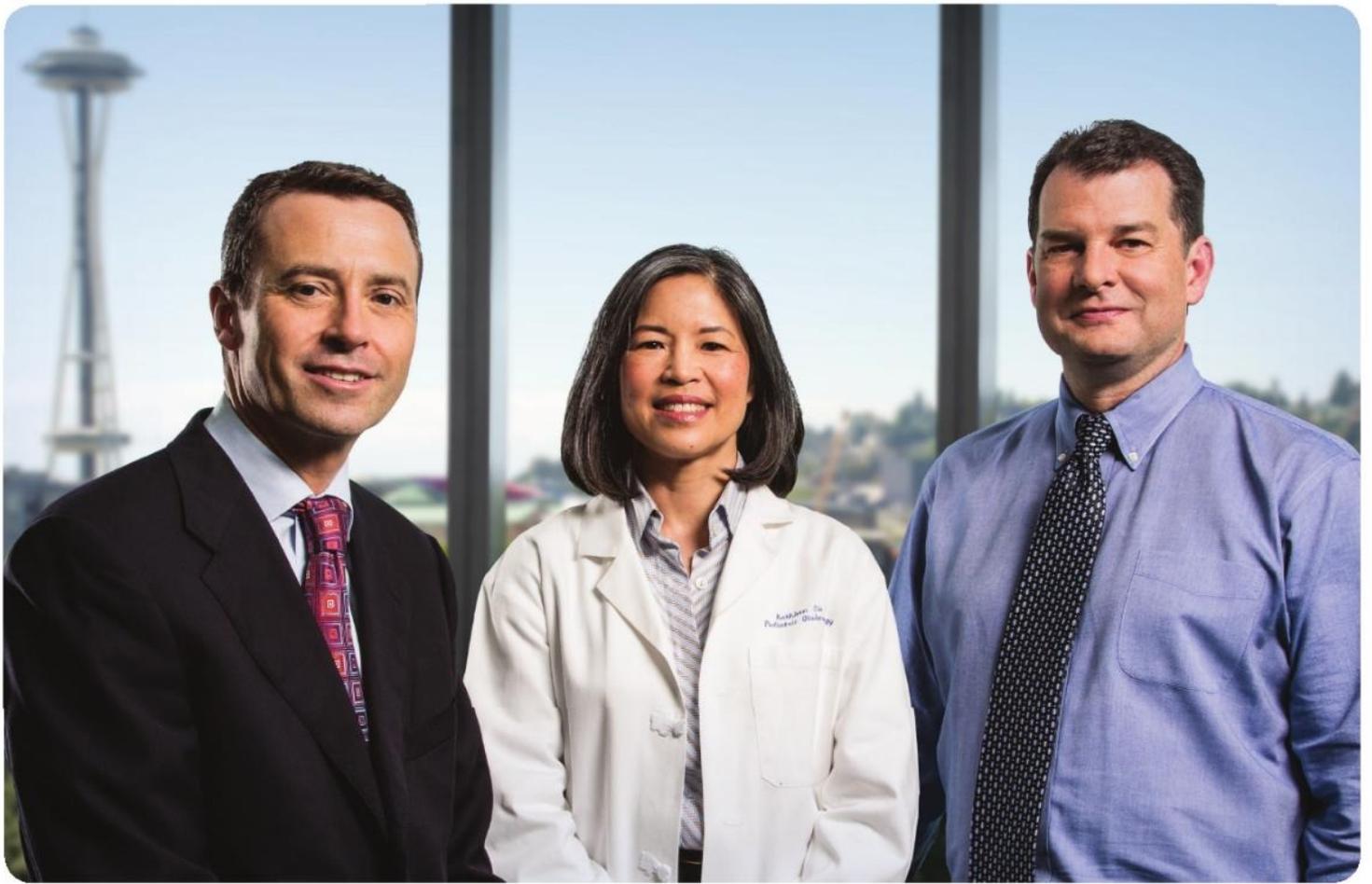
TRAVEL
APPAREL

+
CITIZEN
SCIENCE

DESTINATION

OREGON





Their craniofacial patients come from as far away as Dubai. Fortunately, you have a shorter trip.

Seattle Children's Craniofacial Center is considered one of the best in the country—specializing in complex conditions such as craniosynostosis, craniofacial microsomia, cleft lip and cleft palate. Doctors Richard Hopper, Kathleen Sie and Michael Cunningham are part of a team of experts in 19 specialties ranging from reconstructive surgery to orthodontics to prenatal counseling. The center is also a global leader in craniofacial research. It's not surprising that families from all over the world turn to Seattle Children's to care for their infants, children and young adults. Learn more at seattlechildrens.org/craniofacial.



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

Hope. Care. Cure.[™]



“I work hard. My card works harder.”



Some cards work harder than others, and with the Alaska Airlines Visa Signature® consumer card, you've got one of the hardest-working cards out there. A free checked bag, an annual companion fare and even three miles per \$1 on Alaska Airlines purchases. After all, your card should work as hard as you.

Apply at myalaskacard.com or see an Alaska employee.

- ✓ **Free Bag**
- ✓ **Annual Companion Fare**
- ✓ **Triple Miles** on Alaska Purchases

The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® and Classic accounts. Card type is determined by creditworthiness.

For information about the rates, fees, other costs and benefits of this credit card, visit website above or speak to an Alaska employee and refer to disclosures accompanying application. Bonus Miles Offer is 25,000 miles for approved Visa Signature accounts; 5,000 miles for approved Platinum Plus® accounts or 3,000 miles for approved Classic accounts. **Companion Fare benefit:** Alaska Airlines Visa Signature cardholders will receive an annual round-trip coach Companion Fare on Alaska Airlines when traveling with another passenger on a paid published coach airfare on the same itinerary, booked at the same time. Bonus Miles and Companion Fare certificate code will be credited to your Alaska Airlines Mileage Plan™ account approximately 2–3 weeks after approval. Companion Fare passenger is responsible for all applicable taxes, fees, surcharges. **First Checked Bag Free benefit:** Alaska Airlines Visa Signature® consumer credit card holders and up to six (6) companions traveling on the same reservation will receive the first checked bag free. Cardholder must be an Alaska Airlines Mileage Plan™ member and the mileage plan number must be in the reservation at the time of check-in. Baggage restrictions apply. See alaskaair.com/bagrules for complete baggage rules. Payment with the Alaska Airlines Visa Signature® credit card is not required to qualify for the First Checked Bag Free benefit.

The Visa Signature card benefits described herein are subject to certain restrictions, limitations and exclusions. **Platinum Plus® and Classic consumer accounts and Visa Signature® business accounts are not eligible for these benefits.** © 2015 Bank of America Corporation.



A FULL SEASON OF SUMMER FUN!

SIX-PACK ABS NOT REQUIRED.

PEPSI OUTDOOR SUMMER CONCERTS

VEGAS-STYLE GAMING

MASSELOW'S STEAKHOUSE

AWARD-WINNING LA RIVE SPA

THE REGION'S ONLY PREMIUM CIGAR BAR

SUMMER SPORTS ON OUR EPIC 30' X 10' HDTV



NORTHERN **QUEST**
RESORT & CASINO

NORTHERNQUEST.COM 877.871.6772 SPOKANE, WA

Volume 26, No. 8

Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Andrus Dill**

Associate Editors **Jeff Bond, Ben Raker**

Contributing Editor **Eric Lucas**

Editorial Interns **Teagan Fast, Olivia Moon, Aliza Vaccher, Alexa Voss, Erin Wong**

Contributors **Jean Arthur, Susan Goracke, John Gottberg, Jim Gullo, Susan G. Hauser, Sally James, Adriana Janovich, John Kelly, Jim Moore**

Coordinator for Horizon Air **Susan Peterson**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Associate Art Director **Whitney L. Little**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Kimberly Knapman**

SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121;
206-441-5871; email sales@paradigmcom.com;
fax 206-448-6939

Advertising Director: **Kenneth J. Krass, ext. 11**

Western Washington/Eastern Washington/
Florida/Canada: **Becca Conversano, ext. 21**

Western Washington/Illinois/Kansas/Missouri:
Stephany Angelacos, ext. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan:
Clay M. Schurman, ext. 33

California/Arizona/Nevada/New Mexico/Texas:
Yael Kallin, ext. 27

Alaska: **Duane Epton, 3705 Arctic Blvd., #452, Anchorage, AK 99503; 907-561-2450, fax 907-344-7262**

East Coast/Mexico: **Kenneth J. Krass, ext. 11**

Hawai'i: **Debbie Anderson, 808-739-2200, fax 808-739-2201**



www.alaskaairlinesmagazine.com/horizonedition

Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2015 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Airlines | Horizon Edition, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



PLEASE REUSE
AND RECYCLE



COURTESY: EAGLEFICCO

Travel apparel, page 52.

FEATURES

16 LAUDED LATITUDES
New World viticulturists benefit from outstanding terroirs.

25 DESTINATION: OREGON
Fun things to see and do in Portland, the Willamette Valley, Central Oregon and Southern Oregon, plus dog-friendly activities for pooches and people.

52 TRAVEL APPAREL
What to wear for function and fashion.

60 CITIZEN SCIENCE
Everyday people contribute to research that benefits their communities and the world.



COURTESY: ERATH WINERY

Outstanding vineyards, exceptional wines, page 16.

Cover: A kayaker enjoys a beautiful day on Trillium Lake, with a view of Mount Hood in the Cascade Range. Photo by Danita Delimont Stock.

DEPARTMENTS

5 UP FRONT
A message from Chief Executive Officer Brad Tilden.

7 THE REGION

- Agritourism Opportunities.
- 'Tahoe: A Visual History.'
- Sci-fi Spectacular.
- News & Notes.
- Shakespeare under the Stars.
- Going Bananas.
- Talked About.
- Rainier Mountain Festival.

66 CROSSWORD

69 WELCOME ABOARD
Flight information, Mileage Plan frequent-flier program, vacation packages, route maps and more.

76 AIR TIME
A school scrimmage leads to a fond football memory.

"I work hard. My card works harder."



Some cards work harder than others, and with the Alaska Airlines Visa Signature® consumer card, you've got one of the hardest-working cards out there. A free checked bag, an annual companion fare and even three miles per \$1 on Alaska Airlines purchases. After all, your card should work as hard as you.

Apply at myalaskacard.com or see an Alaska employee.

- ✓ **Free Bag**
- ✓ **Annual Companion Fare**
- ✓ **Triple Miles** on Alaska Purchases

The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® and Classic accounts. Card type is determined by creditworthiness.

For information about the rates, fees, other costs and benefits of this credit card, visit website above or speak to an Alaska employee and refer to disclosures accompanying application. Bonus Miles Offer is 25,000 miles for approved Visa Signature accounts; 5,000 miles for approved Platinum Plus® accounts or 3,000 miles for approved Classic accounts. **Companion Fare benefit:** Alaska Airlines Visa Signature cardholders will receive an annual round-trip coach Companion Fare on Alaska Airlines when traveling with another passenger on a paid published coach airfare on the same itinerary, booked at the same time. Bonus Miles and Companion Fare certificate code will be credited to your Alaska Airlines Mileage Plan™ account approximately 2–3 weeks after approval. Companion Fare passenger is responsible for all applicable taxes, fees, surcharges. **First Checked Bag Free benefit:** Alaska Airlines Visa Signature® consumer credit card holders and up to six (6) companions traveling on the same reservation will receive the first checked bag free. Cardholder must be an Alaska Airlines Mileage Plan™ member and the mileage plan number must be in the reservation at the time of check-in. Baggage restrictions apply. See alaskaair.com/bagrules for complete baggage rules. Payment with the Alaska Airlines Visa Signature® credit card is not required to qualify for the First Checked Bag Free benefit.

The Visa Signature card benefits described herein are subject to certain restrictions, limitations and exclusions. **Platinum Plus® and Classic consumer accounts and Visa Signature® business accounts are not eligible for these benefits.** © 2015 Bank of America Corporation.



Brad Tilden, Chief Executive Officer

Maestro of the Skies

It's a sunny day in Seattle. But the weather in Barrow, Deadhorse, Kodiak and Kotzebue is marginal and slipping below minimums. Elsewhere, three airplanes are out of service: Two are in Orange County, and the part to fix one of them just happens to be in Honolulu; the third, in Seattle, is taking up valuable gate space, and the crew is tight on duty time.

Add to that forecasted thunderstorms in the Midwest, which require an aircraft swap so we can carry more fuel for potential air-traffic reroutes, and it's no surprise that the man in charge hasn't even had his morning oatmeal or first cup of coffee. Welcome to the world of Bob "Bonjo" Bonjukian.



Bob "Bonjo" Bonjukian.

Bonjo (say it out loud a few times and you'll get used to it) is one of seven Directors of System Operations for Alaska. He leads the team that works in our version of NASA's mission control. Dispatchers, crew schedulers, maintenance controllers, planners, weight-and-balance experts, customer service personnel and the like all work in this facility. We have a great operation that has yielded five No. 1 on-time performance awards, but even so, every day there are challenges. And that's when Bonjo and this team really go to work managing all available resources (pilots, flight attendants, aircraft and gates) and juggling conflicting requirements (related to weather, maintenance, crew rest, airport curfews and so forth) to keep our skies running smoothly. It's really a thing of beauty as he and the team challenge one another, review out-of-the-box options and get creative, all with one mission in mind: to ensure the safest, most customer-friendly solution possible.

Bonjo, whose career path includes stops as a commercial pilot, a dispatcher and a mechanic, takes it all in stride. With 33 years

under his belt at Alaska, he's seen a lot. The lows—flying into Russia, where securing landing rights was a roll of the dice. And the highs—witnessing the success of our new service to Hawai'i and becoming the airline leader in customer service, on-time performance and innovation.

Bonjo just retired and will get more time to pursue his other loves—making wine and playing in a family band with his wife, Jo Anne (a former Alaska employee), and their two sons, Scott and

Bobby. But not before being named a Legend of Customer Service—the highest honor that any employee at Alaska Airlines can receive. He is among 13 employees recently celebrated for their incredible devotion to our airline and customers. In the last 25 years, only 262 people have been named Legends—less than 1 percent of the people who have flown the aircraft and/or walked the halls of Alaska. This year's class of Legends includes flight attendants, pilots, customer service agents, a ramp service agent, a lead maintenance technician, a couple of management folks and Bonjo.

Frequently, someone will ask me what Alaska does to get our people to deliver such great service to our passengers. I'm afraid to say that there aren't any management-led programs or initiatives we can point to. We simply have a strong culture. A culture of putting other people first, and that culture is held together by our Legends, including this year's class. As Bonjo puts it: "It's just about putting yourself in the position of the customer. If you do that, you'll know what to do."

Well said, Bonjo. Congratulations to you and your 12 peers for being the best of the best at Alaska Airlines, and thank you for keeping our bar for service high.

Bonjo



Go Further

YOUR LOCAL FORD STORE

Summer Sales Event



ESCAPE



FUSION



FOCUS

0% FOR **72**
APR FINANCING MONTHS

Plus \$750 Ford Credit Bonus Cash
With No Payments Until Fall

Now for a limited time during the Summer Sales Event you can save big on a new Ford. No matter your choice, you can get an incredible deal on the perfect Ford for you.

DON'T MISS OUT! HURRY IN TO YOUR LOCAL FORD STORE TODAY!

YOUR LOCAL FORD STORE | COMPAREFORD.COM

Available on 2015 Focus, Fusion, and Escape. \$750 Ford Credit Bonus Cash requires Ford Credit financing. Not all buyers will qualify for Ford Credit financing. 0% APR financing for 72 months at \$13.89 per month per \$1,000 financed regardless of down payment. Customer can defer payments up to 90 days. Customer must make actual payments. For finance rates other than 0%, finance charges will continue to accrue. Not available on Focus Electric. Residency restrictions apply. For all offers, take new retail delivery from dealer stock by 9/30/15. See dealer for qualifications and complete details.

AROUND THE REGION

Agritourism opportunities

The Northwest and California have many fun ways to experience and learn about local agriculture, and summer and fall are great seasons for visits. Below are a few ideas.

Seattle, WA: Founded in 1907, **Pike Place Market** is a top Washington attraction, with a vast array of local seasonal produce, and preserves, at farm tables, plus vendors who offer Northwest fish and meats. Special events include culinary tours, cooking classes and a food-culture series (pikeplacemarket.org).

Pullman, WA: Tour the 30-acre, certified-organic **Eggert Family Organic Farm**, operated by Washington State University's Department of Crop and Soil Sciences. The farm has more than 80 varieties of vegetables, fruits, herbs, grains and flowers, and hosts seasonal events such as the fall harvest celebration the first Saturday in October (css.wsu.edu/organicfarm).

Portland, OR: About 10 miles northwest of Portland, bridge-accessed **Sauvie Island** is half wildlife refuge/half farming country, with farmstands, U-pick farms and an ornamental-plant nursery (sauvieisland.org).

Jacksonville, OR: From late April to late October each year, the nonprofit **Sanctuary One** at Double Oak Farm, in the Medford area, offers tours that

explain how the farm works and that provide a chance to meet rescued farm animals, such as horses, donkeys, cows, alpacas, llamas, sheep, goats, pigs, rabbits, chickens, ducks, geese, dogs and cats (sanctuaryone.org).

Boise, ID: At **Willows Edge Farm**, about 10 miles southwest of Boise, take a tour to learn about cows, chickens, sheep and horses, particularly the interesting Fjord breed—thought to be one of the world's oldest horse breeds, and known for its hardiness and gentle disposition (willowsedgefarm.com).

Bozeman, MT: Montana is famous for its cowboy culture, and family-owned **G Bar M Ranch**, about 30 miles northeast of Bozeman, is an authentic 3,000-acre working ranch, where guests can help with day-to-day activities such as riding horses to move cattle on the scenic property (gbarm.com).

Sonoma County, CA: Many agricultural ventures—from dairies and apiaries to rose gardens—welcome visitors in this fertile county. For a free **Map & Guide**, along with a searchable database and information on special events, see farmtrails.org.



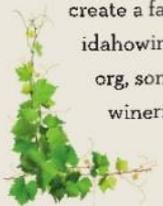
ALL PHOTOS: SHUTTERSTOCK.COM

Wine touring and tasting

is one of the most popular agritourism experiences. Visit the following websites for info to help you



create a fantastic itinerary: idahowines.org, oregonwine.org, sonomacounty.com/wineries, washingtonwine.org, and winebc.com.



For more agritourism experiences, ranging from farm-to-fork dinners to special events, go to experiencewa.com, traveloregon.com, visitidaho.org, visitmt.com, visitcalifornia.com, hellobc.com and travelalberta.us.

"My Best 10 changed my life almost immediately."

Photo: Ariene Chambers Photography



DARCI LOST 14 LBS & 10 YEARS IN 10 WEEKS

Be your best.
Feel strong & vibrant.
Awaken ageless beauty.

Step into our time machine and roll back the years with our step-by-step rejuvenation program. Together with our experts, you will look and feel your best in just 10 weeks.

MY Best 10 Get started today!
Call 1.877.497.6210

Dr. Dedomenico, renowned cardiovascular surgeon, utilizes his collective experience, expertise, and research in a vast number of fields to guide the expert care in the My Best 10 program.



before

While My Best 10 had always sounded appealing, I was under the impression that it was for women who wanted to lose weight. Then, when I hit my mid-40s, feeling a bit lost and without a goal, I realized that my time to embrace and live my best life could be dwindling.

I had no expectations to see any drastic physical changes. After all, I've always been active and athletic. I played college sports and enjoy working out. I was prepared to learn some new workouts specific to my goals, get in better shape and pick up a few new recipes.

My Best 10 turned out to be so much more. And it changed my life for the better almost immediately.

Being a working woman, wife and mother often left me with little time for myself. Our lives are so busy with school, jobs and sports that our family feels lucky to have any precious, relaxing moments together. We especially love to travel and ski. By design, My Best 10 required me to spend 10 weeks focused on just me! Giving myself permission to embrace this time was a new way of operating. After those 10 weeks, I had learned many different ways to stay organized, prioritize my health and make being my best self important enough to make time for it.

My personal trainer was excellent. His passion for his job, professionalism, willingness and ability to listen are second to none. The workouts he created were challenging, directly targeted at my goals and so much fun that I didn't even realize how much my body was changing for the better. I knew I was with the right trainer when we played basketball for our second workout. Perfect!

My biggest surprise was how much energy I had by following the program. I feel like an entirely different person. I'm thrilled to have shared so many aspects of this positive experience with my family. As a result, we've all grown together.

Here are a few tips I learned along the way. Drink tons of water and get lots of sleep. Track your food intake. It will allow you to recognize and change any unhealthy behaviors. This is especially true when you think that you've developed good habits. Keep tracking. It will ensure you go that extra mile

I joined My Best 10 because I wanted to combine my lifestyle, health and fitness and put myself in a place I don't think I've ever been. I had never operated at my optimum level in all aspects of life and this seemed to be the perfect opportunity to begin to explore how to live my best life.

My Best 10 turned out to be everything I desired and more. More than anything, I wanted my family to live a long, happy, healthy life together. My Best 10 taught me what it means to put it all together and how to share this reality with my family.

mybest10.com

1.877.497.6210

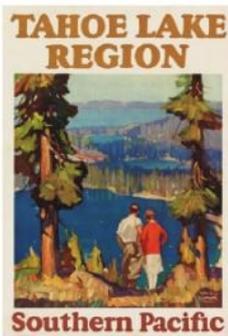
4455 148th Avenue NE, Bellevue, WA

RENO/TAHOE

A visual history



Paintings by famous artists such as Albert Bierstadt, a journal kept by John Muir, a rare book detailing John C. Fremont's explorations, maps by 19th century cartographer Charles Preuss, and the largest collection of Native Washoe baskets ever publicly assembled are highlights of "**Tahoe: A Visual History**," at the Nevada Museum of Art in Reno, Aug. 22-Jan. 10. (Bierstadt's oil painting *Emerald Bay, Lake Tahoe*, circa 1871, is shown above.)



A comprehensive look at more than 200 years of Lake Tahoe regional history, the exhibition includes more than 400 items, showcasing 175 painters, photographers, architects, weavers and sculptors whose works relate to Lake Tahoe and other parts of the Sierra Nevada region.

Works by Ansel Adams, Maynard Dixon, Lorenzo Latimer, Edwin Deakin, Thomas Hill, John Ross Key, Carleton Watkins and Frank Lloyd Wright are featured alongside contemporary pieces, including **three newly commis-**

sioned sculptures by Maya Lin that address annual precipitation in the Tahoe Watershed.

Special events such as talks and film showings are being held in conjunction with the exhibit. Contact: 775-329-3333; nevadaart.org. —Aliza Vaccher



COURTESY MORA ICED CREAMERY

▲ **Mora Iced Creamery**, known for its artisan ice cream, has opened a **new production facility** in Poulsbo, west of Seattle. The facility increases capacity from 60 liters to 600 liters per hour to meet growing consumer and franchise demand (moraicecream.com).

Admire 400-plus cut-flower arrangements, Aug. 29-31 and Sept. 5-7, during the **2015 Dahlia Festival** in Canby, about 25 miles from Portland. The festival will



SHUTTERSTOCK.COM

include demonstrations, live music, face painting and food booths (dahlias.com/annualdahlia-

festival.aspx). In addition, the fifth-annual **Canby Dahlia Run** (10K and half marathon) will be Aug. 29 (canbydahliarun.org).

The **Spirit of Boise Balloon Classic** will be Sept. 2-6, with approximately 50 balloons expected to be on view during morning launches and a night glow. Tethered rides and a limited number of non-tethered rides will be available (spiritofboise.com).



▲ More than 50 teams—from the western U.S. and Canada—will compete in the **Montana Dragon Boat Festival**, Sept. 12-13, on Flathead Lake, 15 miles south of Kalispell (montanadragonboat.com).

SPOKANE, WA

Sci-fi spectacular

Award-winning sci-fi writer David Gerrold—whose TV credits include *Star Trek* episodes, and who has written more than 50 books—will be one of the guest-of-honor speakers at the 73rd **World Science Fiction Convention** in Spokane, WA, Aug. 19-23. Other acclaimed guest-of-honor speakers include Vonda N. McIntyre and Brad Foster. This year's event, titled "Sasquan" in honor of the Northwest's Sasquatch legend, and also featuring



Native imagery to evoke the Northwest, will include panels, workshops, performances, an art show, a children's program, an international film festival, a costume competition, and the popular **Stroll with the Stars**, expected to include more than 20 celebrities, such as Brad Foster, Tom Smith and Leslie Turek.

In addition, the World Science Fiction Society's prestigious **Hugo Awards** are announced annually at the World Science Fiction Convention, which is held in a different location each year. Contact: sasquan.org. —Erin Wong

ALBERT BIERSTADT, EMERALD BAY, LAKE TAHOE, PRIVATE COLLECTION; MAURICE LOGAN, TAHOE LAKE REGION, 1927, POSTER, COURTESY CA HISTORY ROOM, CA STATE LIBRARY, SACRAMENTO

BRAD FOSTER

I Thought I Was on Top of the World

By Pat O'Day

My career had been spent in radio and rock and roll. I ran the top radio station in Seattle when I also started a large rock-and-roll concert company.

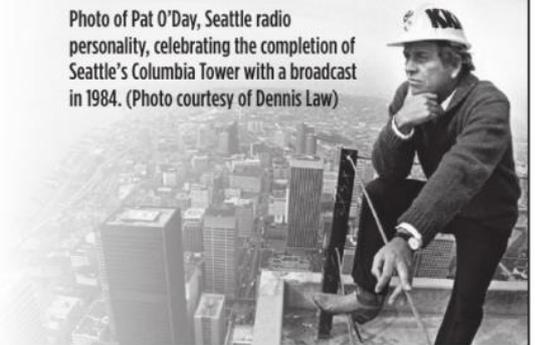
I'd been drinking to excess for years. I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where they demanded that I get treatment. Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed.

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They know they should quit, and they want to, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Shadel said, "We must be doing something wrong!"

He joined with Dr. Walter Voeghtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." And they did! Their stunning achievement created a medical treatment that is proven to be very successful.* Two powerful but painless medical innovations are combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)



Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

SCHICK SHADEL
HOSPITAL

* Based on results of a verified, independent survey of former Seattle patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.

Schick Shadel Hospital is at schickshadel.com
OR 1-800-CRAVING (1-800-272-8464).

Which person could have a problem with drugs or alcohol?



Any of them!

Addicts are not just strangers on the street. They are the people standing next to you – sons, daughters, husbands, wives, friends, co-workers and neighbors.

If you know a life that is being shattered by addiction, Schick Shadel Hospital can help, with an exclusive therapy 80 years in the making.

With the #1 success rate in the nation for alcoholism,* our 10-day inpatient program treats addiction to drugs and alcohol as a medical problem and detox is comfortable so patients can focus on treatment.

We also provide education, personal counseling, family counseling, sober support and a solid-foundation to begin a new, balanced life of hope, happiness and sobriety.

65,000 former patients can't be wrong.
Just Ten Days to a New A Life!
Call us today. 1-855-999-1116

SCHICK SHADEL
HOSPITAL

Seattle, WA • www.schickshadel.com

* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.
** Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

Why are so many people flying to Seattle to see these dentists?

Dr. Thomas Kang

Dr. Brian McKay

Advanced
Cosmetic
& Laser
Dentistry

1-877-346-0600

Transformations happen every day at Advanced Cosmetic & Laser Dentistry in Seattle. People from all over are talking about the breakthrough methods that promise the smile of your life.

There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.*

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office.* Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair

to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our **NEVER PAY AGAIN** policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.*

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.*

6 REASONS TO HAVE US BE YOUR DENTIST

- Experience Counts – We've Successfully Completed Thousands Of Cases
- Teeth By Tonight Dental Implants - Replace Missing Teeth
- Advanced Sedation Options – Complete Your Treatment In One Visit
- No Hidden Fees – Everything Included
- Never Pay Again Policy
- Saturday Appointments Available

*Terms and conditions apply.



Rich



Denise



www.acld.com - there is a difference!

HOTEL

Z



NOW there for you in
the heart of San Diego.

Visit us at **HOTELZSD.COM**

BOISE, ID
■■■■■■■■■■

Shakespeare under the stars



THE SECRET GARDEN. DMI PHOTOGRAPHY. COURTESY IDAHO SHAKESPEARE FESTIVAL

The **Idaho Shakespeare Festival's** open-air amphitheater, located in a nature reserve, with views of the night sky, may be a particularly appropriate venue in which to enjoy **The Secret Garden**, a musical based on the book by Frances Hodgson Burnett, featuring nature and magic.

The Secret Garden will be presented through Aug. 30. Also being staged are **Dial "M" for Murder**, through Aug. 2; **King Lear**, Aug. 7-27; and **The Fantasticks**, Sept. 4-27.

The Idaho Shakespeare Festival, founded in 1977, attracts theatergoers from around the world, and boasts an acting company for the 2015 season that includes Los Angeles actress Robyn Cohen, who has appeared in numerous plays, films, TV shows and commercials.

Contact: 208-336-9221; idahoshakespeare.org. —Aliza Vaccher

SACRAMENTO, CA
■■■■■■■■■■

Going bananas

Taste more than 30 items made with bananas—including banana-mango salsa, and banana-and-sausage kebabs—during the **Sacramento Banana Festival**, Aug. 8-9.

COURTESY SACRAMENTO BANANA FESTIVAL



A celebration of the diverse cultures for which the banana is an important food, the festival is supported by partner organizations ranging from Samoa Silasila to the Instituto Mazatlán Bellas Artes de Sacramento folkdancers, to the Brazilian Center for Cultural Exchange of Sacramento.

The event is also expected to include a **chefs edible-banana-centerpiece competition**, with a circus theme; **banana pie-eating contests**; **banana carnival games**; a **5K walk/run**; and **community line dancing and salsa dancing**. In addition, there will be live performances by groups such the Gregangelo & Velocity Circus Troupe.

Contact: 916-320-9573; sacbananafestival.com.

—Teagan Fast

DUCK AMUCK (1993). COURTESY OF THE CHUCK JONES CENTER FOR CREATIVITY. LOONEY TUNES CHARACTERS © & TM WARNER BROS.; ELK. SHUTTERSTOCK.COM

SEATTLE, WA
■■■■■■■■■■

The **EMP Museum**, at Seattle Center, is celebrating its 15th anniversary of "dedication to the ideas and risk-taking that fuel popular culture."

Exhibits include **"What's Up, Doc? The Animation Art of Chuck Jones,"** through Jan. 17 (empmuseum.org).

YELLOWSTONE NATIONAL PARK

Following an approximately 1.5-year renovation, the historic **1909 Albright Visitor Center**, in the northwestern part of Yellowstone National Park, celebrated its grand reopening last month. The center, formerly U.S. Army housing quarters, offers many interactive exhibits (nps.gov/yell/planyourvisit/mammothvc.htm).



VARIOUS STATES

Native American tribes in 13 states, including Alaska, Arizona, California and Washington, have received 2015 **Tribal Wildlife Grants** for fish- and wildlife-conservation projects. For instance, The Puyallup Tribe of Indians is focusing on South Rainier elk herd habitat enhancement and population monitoring (fws.gov/native-american/grants.html).





YOUR COMPANY IS IN GOOD COMPANY

BECU is Washington's leading not-for-profit credit union. So when you're a business member, you know we are always putting the interests of your business first, whatever your banking need. From opening new accounts to exploring your loan options or real estate finance, our team will take the time to understand your unique business needs and offer solutions to meet them. Give us a call or make an appointment online to meet with one of our business experts today. We're looking forward to working with you.

becu.org/commercial-loans | 206-812-5140

Commercial Loans and Lines | Business Accounts | Merchant Services

All Washington State Residents Are Eligible To Join.

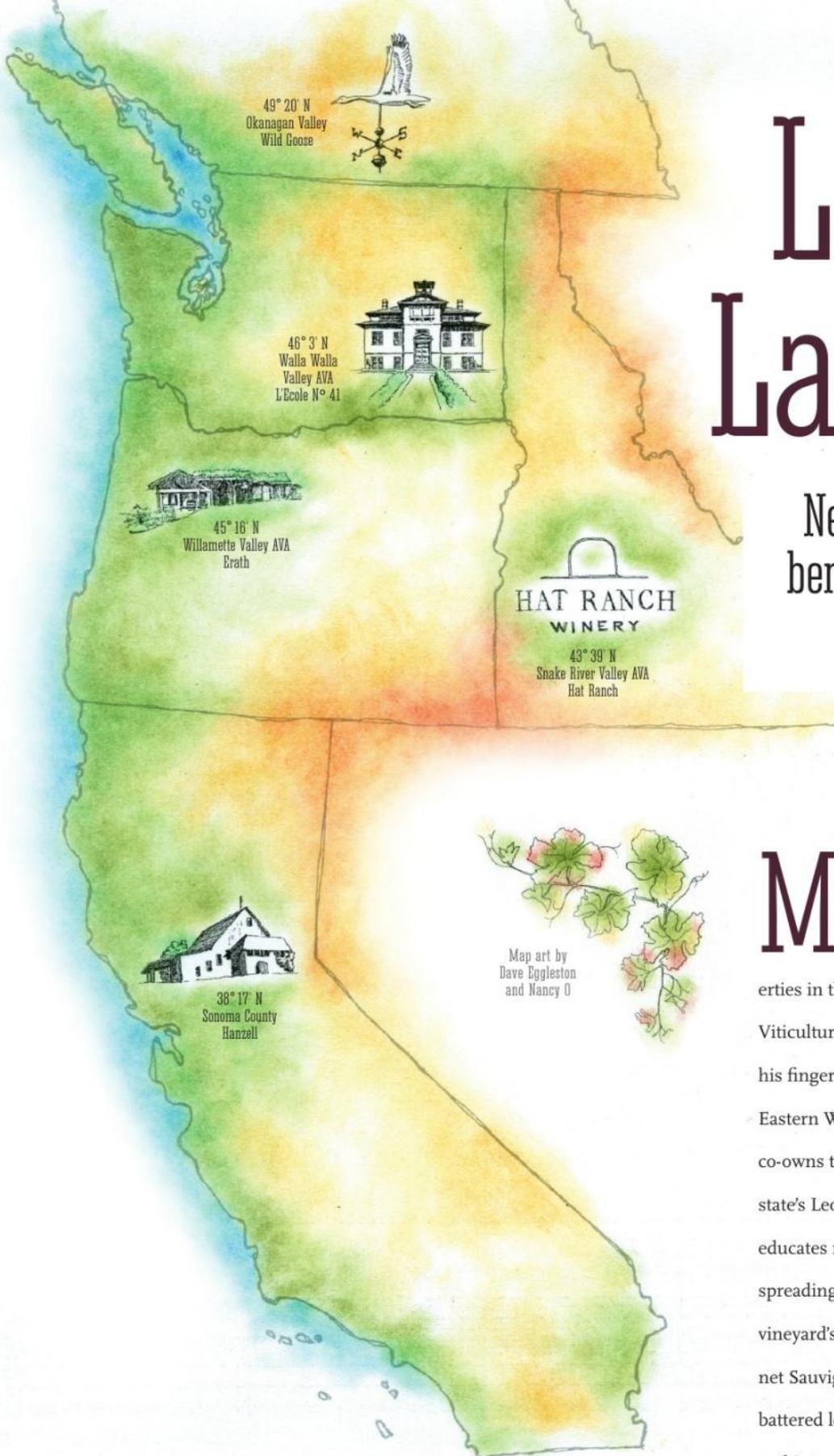
Federally insured by the NCUA. Must establish and maintain membership with \$5 minimum member share savings balance.

*more than
just money®*

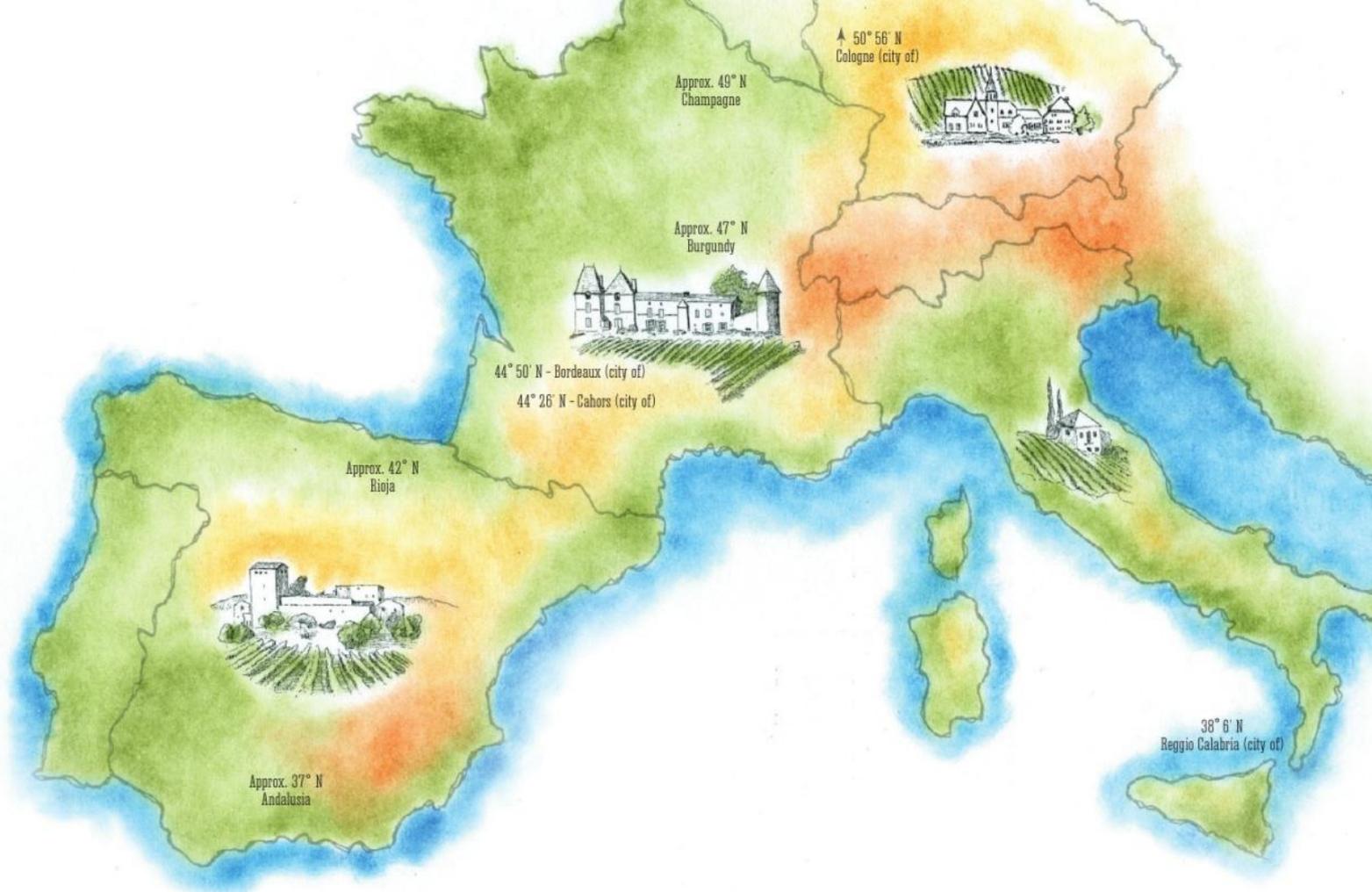
BECU

Lauded Latitudes

New World viticulturists benefit from outstanding terroirs *By Adriana Janovich*



Marty Clubb reaches for a handful of earth on a sunny slope of Seven Hills Vineyard, one of the most esteemed grape-growing properties in the Northwest's Walla Walla Valley American Viticultural Area (AVA). ■ As fine topsoil slips through his fingers, the co-owner and managing winemaker of Eastern Washington's **L'Ecole N° 41** winery, which co-owns the vineyard with partners at Washington state's Leonetti Cellar and Pepper Bridge Winery, educates me on this land's geology and climate. The spreading roots in the 900-foot to 1,100-foot-elevation vineyard's patchwork of twisting vines—mostly Cabernet Sauvignon and Merlot—reach through wind-battered loess, containing silt deposited by glaciers, and into underground, mineral-rich fractured basalt. The location also provides excellent sun exposure, airflow and drainage for the upward-growing vines.



A half-mile away, at elevations of 1,300 to 1,450 feet on the same ridge, we visit L'Ecole-owned Ferguson Vineyard, where roots break into the basalt just 2 to 3 feet down in places, and the cooler temperatures, paired with good air circulation, mean the grapes take longer to ripen, resulting in richer flavor.

As we end our tour with tastings of crisp, dry white blends and red blends that range from fruity to earthy, Clubb notes that the hillside's exceptional soil and the basalt that formed from cooling lava about 15 million years ago lend a sort of intriguing, rich, "flinty" aspect to the flavor profile of the wines, adding to their complexity while not overwhelming the robust fruit tones.

The bold 2012 Estate Ferguson red blend, with 61 percent Cabernet, is "where you begin to take on the most extensive mineral notes, a dense iron minerality. You get a depth of flavor," says Clubb, whose winery is located in Lowden, Washington, about 15 miles west of Walla Walla. The winery was named L'Ecole N° 41 in honor of the 1870 log-cabin schoolhouse that was built along the shore of the Walla Walla River in what was then a French Canadian settlement, and was subsequently listed as part of School District 41. The schoolhouse was rebuilt in 1915 at its current location, where it charms winery visitors. Clubb swirls, sips and says: "The soil and the climate make the wine."

The Walla Walla Valley AVA straddles the south-east Washington/northeast Oregon border, approximately along the 46th parallel north, which also runs about midway between the renowned Old World wine regions of Bordeaux (about 44° 50' N) and Burgundy (about 47° N) in France. The Walla Walla Valley AVA's latitude and array of additional significant characteristics allow L'Ecole N° 41 and other wineries in the acclaimed northwestern U.S. region to produce some of the world's best Bordeaux-style red blends, comprising grapes such as Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec and Petit Verdot, as is traditionally done in France.

Many New World vineyards are planted at latitudes that are similar to those of famed Old World wine regions. And New World vineyards may enjoy soils, climates

Map: Wine regions often span several latitudes. The European latitudes approximated above indicate their similarity to North American regions. The latitudes on the left page reflect the city where each winery is located.



COURTESY, L'ECOLE N° 41

Renowned L'Ecole N° 41.

LIVE LIFE A WHOLE LOT

**BRIGHTER,
BOLDER,
BETTER.**

THE HEART OF
WASHINGTON
WINE COUNTRY®

Sign up for our weekly
events newsletter
at www.VisitTRI-CITIES.com

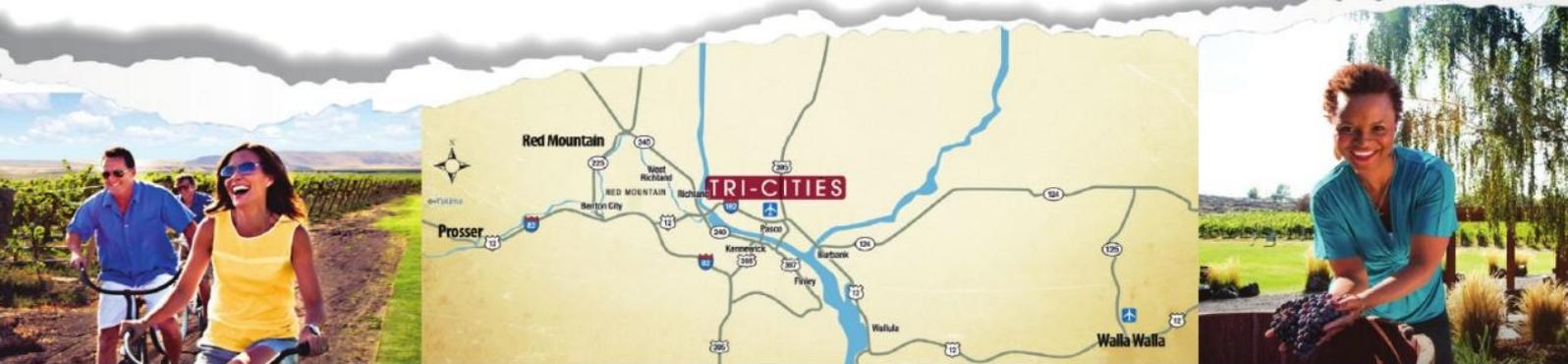
START YOUR WEEKEND WITH AN EXCLAMATION POINT!

For a BRIGHTER, BOLDER, BETTER get-away than you've ever experienced in Washington's Wine Country, visit Tri-Cities! Savor your experience at more than 200 wineries within an hour's drive, enjoy a variety of restaurants, and revel in the brilliant colors of our world. We don't do anything halfway. Visit Tri-Cities and add an exclamation point to your life's biography.

To learn more, visit www.VisitTRI-CITIES.com.



Kennewick • Pasco • Richland



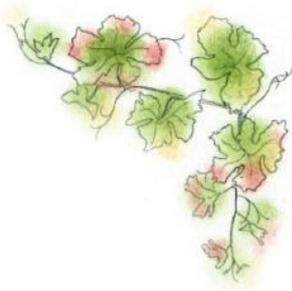
Fly Alaska Airlines from the Tri-Cities and check your first case of wine free! TasteAndTote.com



COURTESY HANZELL VINEYARDS

Above: Hanzell Vineyards, in Sonoma County, is home to some of the United States' oldest Chardonnay and Pinot Noir vineyards.

Below: Erath Winery, in the Willamette Valley AVA, has added the exceptional Willakia Vineyard.



and other factors that can create even better growing conditions than in Europe. For example, the angle of the sun in Eastern Washington is similar to what the great wine regions of northern Europe experience, because the areas share similar latitudes, but arid Eastern Washington, including the Walla Walla Valley, typically has drier weather in the spring and fall, reducing the chance of destructive fungal diseases, explains the Washington State Wine Commission.

Climate is an aspect of terroir—a French term that describes myriad environmental influences intrinsic to a particular place, such as elevation, drainage, terrain, sunlight, heat retention and rainfall. Winemaking states such as Washington have a variety of terroirs that are advantageous to winemakers.

For instance, compared to Bordeaux, Burgundy and other top Old World wine regions, particularly in northern Europe, Eastern Washington is warmer, says Andy Perdue, a Richland, Washington-based wine writer and judge. And California's Sonoma County and Napa Valley have a Mediterranean climate ideal for grape growing, plus numerous diverse soils and microclimates, allowing more than 60 varieties of grapes to be grown, according to Sonoma County Tourism.

"The New World also has the benefit of hundreds of years of winemaking that took place in the Old World," Perdue says. "We took the accumulated knowledge that was gained through generations of winemakers in France and Italy and Spain and Ger-

many, and transplanted it here on the West Coast."

Most New World wineries are delighted to tell visitors about the terroirs that influence the flavor and quality of the wines. Below are just a few examples of New World regions and wineries at lauded latitudes. Combined, these regions represent more than 150,000 acres of vineyards and some 1,600 wineries, giving you a lot of options for touring-and-tasting explorations.

Sonoma County

This California region, boasting 17 AVAs, has a large and diverse selection of varieties, including world-class Chardonnay and Cabernet Sauvignon. The county's latitude—around 38° 30' N—compares with wine regions such as Andalusia (around 37° N) in Spain and Reggio Calabria (around 39° N) in southern Italy, and its climate is ideal for growing grapes, with sunny, warm, dry summer days and cool nights.

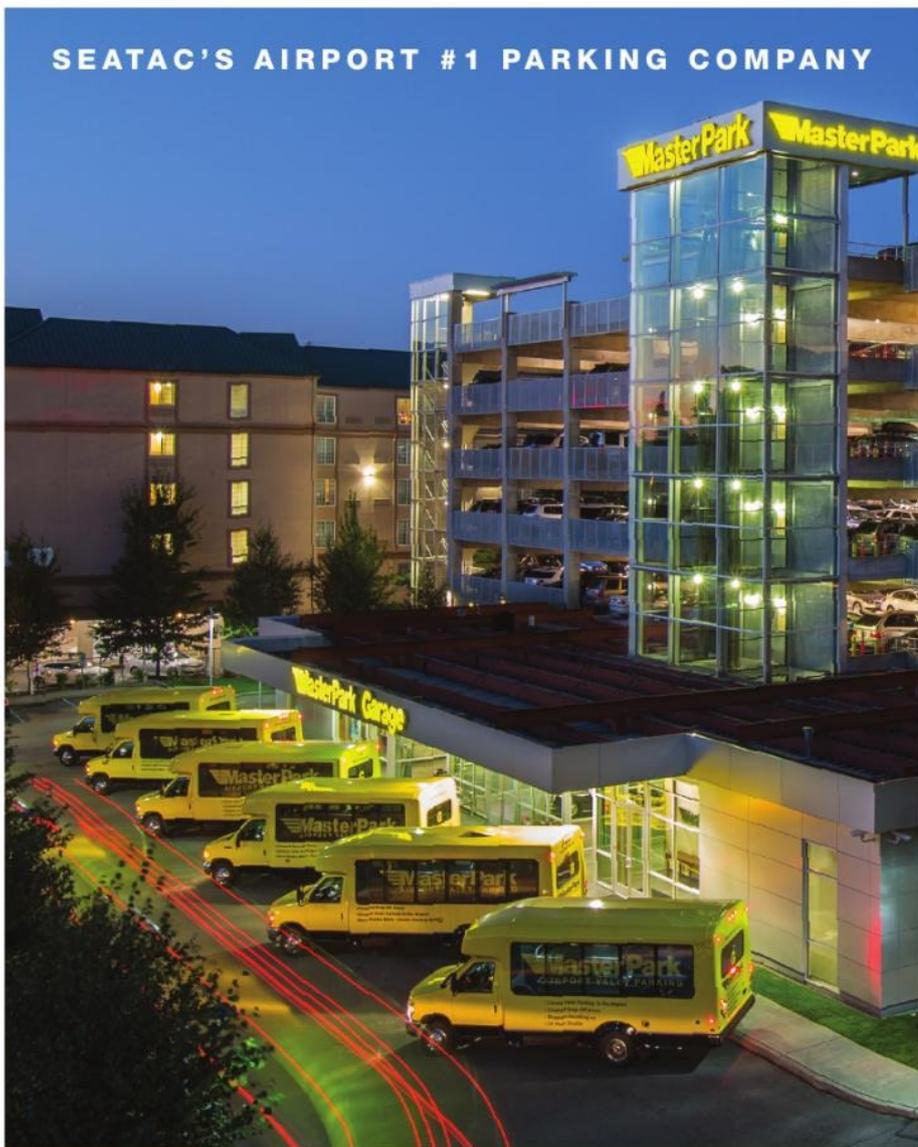
Family-owned **Hanzell Vineyards**, established in 1957, and located near the town of Sonoma, is home to some of the country's oldest Pinot Noir and Chardonnay vines. Hanzell winemaker Michael McNeill says he focuses on producing age-worthy wines, best served some five to 20 years after bottling. "They can be enjoyed in their youth, but they're really meant to benefit from patience—they are wines that will reward," he says. "Letting wines mature is a very Old World philosophy. I think it can be a bit hard to find these days. It definitely serves a niche."

Grapes grow in well-drained volcanic soils, with large amounts of clay, on the slopes of the Mayacamas Range, at elevations of 500 feet to 2,700 feet, and at a latitude of about 38° N. A few favorites from the fruits of McNeill's labors are the earthy Hanzell Vineyards 2012 Pinot Noir, with clean, mineral qualities and aromas of anise, sandalwood and forest, and the Hanzell 2013 "Sebella" Chardonnay. "It's a real fresh, vibrant style of Chardonnay," McNeill says. "I sometimes



COURTESY ERATH WINERY

SEATAC'S AIRPORT #1 PARKING COMPANY



MasterPark's Fall Special! Starts September 1st!

Take advantage of this very special Fall Offer from **MasterPark**. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. *For more information masterparking.com*

MasterPark
AIRPORT VALET PARKING

Valid Only at all MasterPark Valet Parking Locations.

Offer not valid Nov. 25-29. Must present this coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

20 %*
OFF

* 20% Off With Saturday Night Stay, 10% Off Without Saturday Night Stay.



Coupon Valid September 1 thru December 20, 2015

Code # 2150

describe it as Chablis with sunshine.”

Santa Rosa is the most convenient air gateway to Sonoma County AVAs and also to the 16 AVAs within the Napa Valley AVA to the east, and to the 10 AVAs in Mendocino County, to the north.

Willamette Valley AVA

Oregon's largest AVA—celebrating 50 years of wine-grape growing—produces some of the world's best Pinot Noir. The AVA's climate is both a benefit and a peril. The valley, which sits some 30 miles east of the Pacific Ocean, has a cooler and rainier climate than many wine regions, so growers must use techniques such as planting on south- and west-facing slopes for greater sun exposure, so that the grapes ripen faster before extensive fall rains. But as long as cool doesn't become cold, the climate helps bring out the best in Pinot Noir grapes, says Perdue, the wine writer and judge. "A hot climate will easily ripen Pinot Noir but will not necessarily help it to become interesting to drink. It's when Pinot Noir is on the edge of viticultural viability that it can create something magical."

The Willamette Valley AVA lies at a latitude of about 44° to 45° 30' N, similar to the latitude between Bordeaux and Burgundy. The Oregon Wine Board website explains that the state's early wine pioneers understood the "northerly latitude meant grapes would get extra growing-season sunlight for long, even ripening" during the summer, and the "crisp, cool nights would help grapes retain their freshening acidity."

Another attribute of Willamette Valley terroir is a variety of excellent soils, such as the iron-rich, red-hued, deep, good-draining volcanic soil named Jory soil after the Jory pioneer family who settled in Western Oregon. The Willamette Valley's Dundee Hills subappellation is particularly well-known for its Jory soil, and is home to one of the valley's oldest wineries, **Erath Winery**, founded in 1967 and purchased by Ste. Michelle Wine Estates in 2006.

Erath's notable wines include the 2013 Oregon Pinot Noir, which is fresh and juicy, yet also zesty, with flavors such as red plum, cranberry and pie cherry, with a lingering hint of sweetness.



FINE WINE. FARM-*to*-TABLE CUISINE. PATIO LIVING.

This is how *business* gets done at The Heathman Hotel Kirkland.

TO BOOK YOUR NEXT
ONE-OF-A-KIND MEETING OR EVENT

please call 425-284-5800 or visit heathmankirkland.com/meetings

THE  HEATHMAN HOTEL
KIRKLAND, WASHINGTON

Visit heathmankirkland.com - 220 Kirkland Avenue, Downtown Kirkland, Washington



COURTESY HAT RANCH WINERY

Above: Hat Ranch Winery and Vineyard's 2012 Tempranillo pairs well with bolder meat dishes and aged Spanish cheeses. Right: Wild Goose Vineyards and Winery in the Okanagan Valley crafts notable white and red wines.

Last year, Ste. Michelle Wine Estates purchased Willakia Vineyard, in the Eola-Amity Hills subappellation, for Erath. Willakia has shallow, good-draining, yellow-hued marine-sediment soil and basalt-based volcanic soil, leading to Willakia-based Pinot Noirs that are complex and rich, while Chardonnays from the vineyard often show a particularly good balance of subtle flavors.

Snake River Valley AVA

Idaho's up-and-coming Snake River Valley is growing its reputation as a producer of varieties ranging from Cabernet Sauvignon to Malbec. The climate is similar to Eastern Washington's, but the elevation and latitude compare "to those in the high mountain deserts of the famed Rioja region in Spain," according to the Idaho Wine Commission website.

The Snake River Valley region runs from about 43° N to about 44° N, with most vineyard elevations from 2,100 to 2,700 feet. Rioja is at about 42° N, with an elevation of about 1,150 to about 2,300 feet.

Hat Ranch Winery and Vineyard—located amid the well-drained volcanic soils in the rolling hills of the Sunnyslope area—is one of the newer wineries in the young Snake River Valley AVA, which was

designated in 2007. The boutique winery, founded in 2011 by husband and wife Tim and Helen Harless, is about 35 miles west of Boise, in the town of Caldwell.

"Everybody's always kind of looking for that new region, that next place," Tim Harless says. "The Snake River Valley is it. Here, you're going to talk with wine-makers and owners directly. There is a feeling of discovering a new place in the world of wine."

Tempranillo and Malbec are among the emerging varieties. "If you draw a line [from southwestern Idaho] to northern Spain and southern France, they're growing these same grapes," Harless says, noting that the Snake River Valley and southern France wine regions lie along similar parallels. For instance, the renowned Malbec-producing region of Cahors, France, at about 44° N, is similar to Caldwell, at about 43° N, he says. Harless describes the Hat Ranch Malbec as "heavy on fruit rather than heavy on the tannins," while the Hat Ranch Tempranillo offers leathery spice notes with a hint of tobacco.

Okanagan Valley

This picturesque region rises along a string of sun-drenched lakes between 49° N and 50°-plus N in south-central British Columbia, with Kelowna as the region's

Visit California Wine Country



"BEST RESORT & SPA—
BOHEMIAN"

SONOMA WINE COUNTRY

Historic Landmark offers 2 Pools, Spa, Tennis, Health Club, Poolside Dining, Award Winning Sunday Champagne Brunch, Lounge Entertainment, Pet Friendly, Free Parking, New Yoga & Cycle Studios, Montgomery Village Shopping, Newly Remodeled Rooms & Suites from \$139 Weekday \$199 Weekends.

RESERVATIONS:

(800) 848-8300

2777 Fourth Street
Santa Rosa, CA 95405

Reserve online at
FlamingoResort.com
for Hot Date Rates



HEAVEN CONDENSED

WINE ROAD

Northern Sonoma County, CA

190 wineries and 50 lodgings
within a 30 mile radius.



visit wineroad.com

1-800-723-6336

/WineRoad

WineRoad
there's an app
for that!





COURTESY WILD GOOSE VINEYARDS AND WINERY

air gateway. As one of the northernmost wine regions in the world—similar in latitude to vineyards in German wine regions such as those near Cologne (50° 56' N) and to northern France regions such as

Champagne (whose northern end exceeds 49° N)—the Okanagan Valley enjoys about 2,000 hours of sunlight per year. Because it lies in a rain shadow, it receives an average of only 10 to 12 inches of annual rainfall, and grapes grow on hill-sides, which are warmer than the valley floor.

With its spectacular lake views, sunshine, mountains and wine grapes, “the Okanagan is an amazing region,” Perdue says. “In the northern part of the region, the focus is often on white wine, especially Riesling—absolutely world-class Riesling. In the southern part, the focus is on robust reds.”

Wines from **Wild Goose Vineyards and Winery**, which is celebrating its 25th anniversary this year, are

examples of the area’s exceptional wines. Owned and run by two brothers—Roland and Hagen Kruger—in Okanagan Falls, Wild Goose has three vineyards covering approximately 30 acres, with clay and loam soils.

Longtime favorite white varietals include the off-dry Wild Goose 2013 Stoney Slope Riesling, made from the fruit of vines the owners’ father planted more than 30 years ago, and characterized by an intense Granny Smith apple aroma and light residual sweetness.

Wild Goose has also been expanding into red-wine production, in part because of climate change creating long, hot summers followed by long, warm falls. Those conditions work well for the Merlot, Cabernet Sauvignon and Petit Verdot grapes in Wild Goose’s luscious, full-bodied Red Horizon wine, which is aged between 12 and 14 months in American and French oak.

As I finish my visit to L’Ecole N° 41 in the Walla Walla Valley AVA, Marty Clubb tells me how one of the world’s best Bordeaux blends was born. The **2011 Estate Ferguson**—57 percent Cabernet Sauvignon, 32 percent Merlot, 11 percent Cabernet Franc—won a top honor, the **International Trophy for Best in Show Red Bordeaux Varietals over £15**, at the prestigious Decanter World Wine Awards last year. It was the only

Wine Flies Free

Visit alaskaair.com/wine to learn more about how wines you purchase in Eastern Washington; Sonoma County, California; and Oregon can travel with you free of charge on Alaska Airlines flights when your Alaska Airlines Mileage Plan number is on your reservation. Some wineries also waive tasting fees for visitors showing a qualifying Alaska Airlines boarding pass.




Best Days Happen Here.



DOWNLOAD OUR FREE EMOJI APP TODAY!
ON APP STORE AND GOOGLE PLAY

BROUGHT TO YOU BY CALIFORNIA'S FINEST CASINO.

FROM BAY TO PLAY IN 43 MINUTES. **ROHNERT PARK @ 101 EXIT 484**

288 GOLF COURSE DRIVE WEST ROHNERT PARK, CA P 707.588.7100





GRATONRESORTCASINO.COM



GRATON

RESORT & CASINO™

PLAY WITHIN YOUR LIMITS. IF YOU THINK YOU HAVE A GAMBLING PROBLEM, CALL 1-800-GAMBLER FOR HELP. ROHNERT PARK, CA. © 2015 GRATON RESORT & CASINO



PICK THE TRAILS.



We live a life of abundant choices. Underneath sunny skies we take to the mountains and rivers to live, work and play. We invite you to choose this place; to visit, to explore, to stay.

WENATCHEE.ORG



L'Ecole's international-award-winning wine, the 2011 Estate Ferguson.



American wine to win an International Trophy. The competition organizers said of L'Ecole's entry, "Our experts were impressed by the 'dense fruit, balanced palate and deliciously chalky finish,' which set it apart."

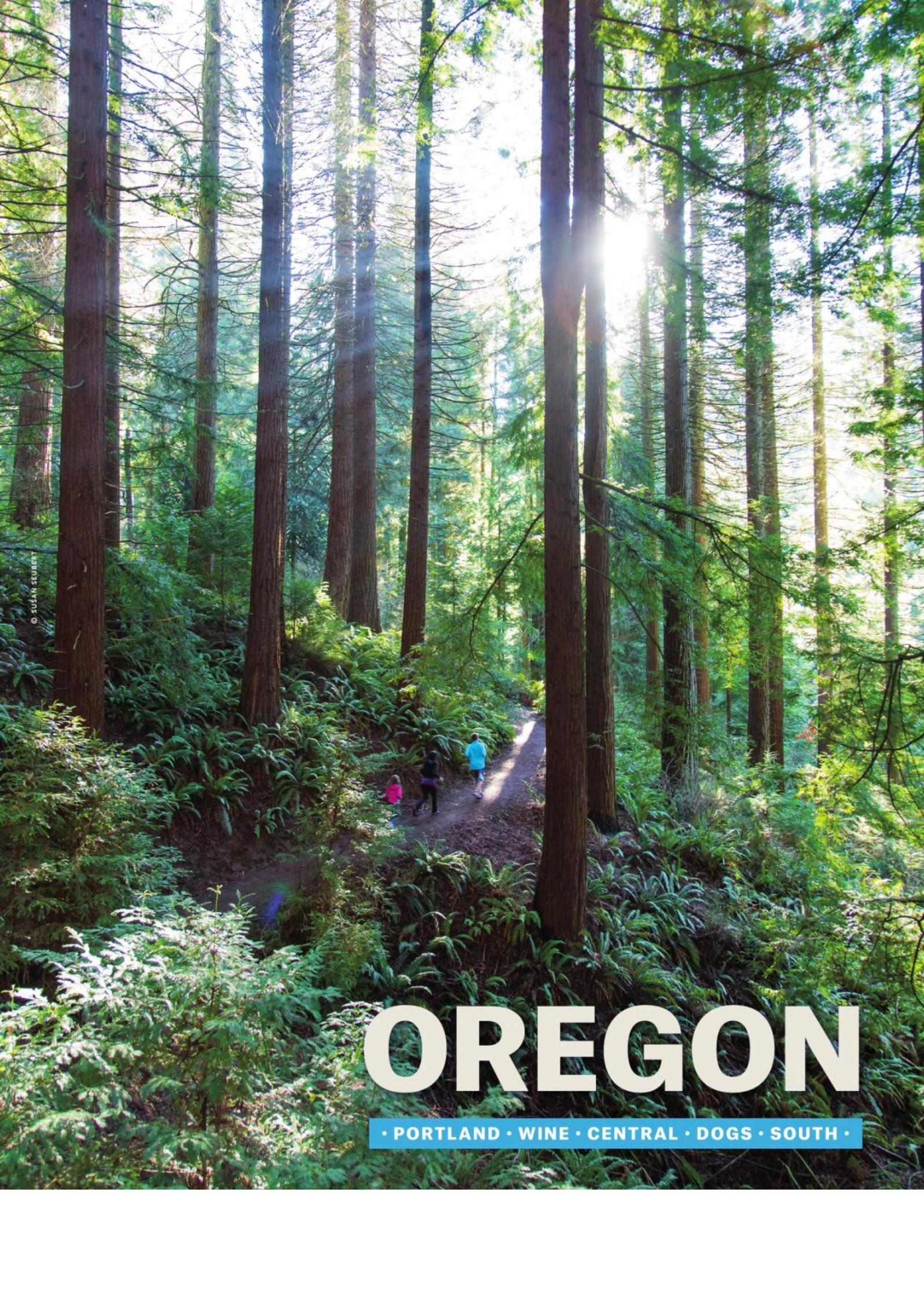
"The Decanter Awards are like the World Cup of wine," says Clubb. "I was stunned. For Walla Walla to have this trophy, for Washington state to have this trophy, is a big statement on the quality of wines we're making here. It really puts us on the world wine map."

Perdue compares the win to 1976's Judgment of Paris, when in blind tastings, leading French experts favored California wines over French competitors. Within four days of L'Ecole's 2014 triumph, the winery had sold out of the award-winning 2011 vintage, says Clubb, who doesn't expect the 2012 vintage to last long either.

It was released with a slightly different makeup in April, during a dinner to celebrate the 100th birthday of the 1915 school building that houses the winery. Chunks of basalt served as centerpieces, a tribute to the terroir. ■

Adriana Janovich lives in the Spokane area.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides regular service to Walla Walla, WA (wallawallawine.com); Santa Rosa, CA (sonomacounty.com); Portland, OR (willamettewines.com); Boise, ID (idahowines.org); and Kelowna, BC (winebc.com), all gateways to exceptional wine touring and tasting.



© SUSAN SEURENT

OREGON

• PORTLAND • WINE • CENTRAL • DOGS • SOUTH •



The PDX Experience

Quintessential attractions of the Rose City

BY JIM MOORE

I'm

surrounded by a sea of energy.

Around me,

people are jumping and shouting passionately; a fog of thick green smoke fills the air; flags and signs are being waved with joy; and a guy with a chain saw is cutting wood nearby.

A rock concert in a lumberyard? Nope. The Portland Timbers just scored a goal.

Major League Soccer players from around the world will tell you there's nothing in North America like the atmosphere at a **Portland Timbers match** at the team's specially renovated, cozy,

soccer-specific home stadium, Providence Park. The impressively organized fans of the Timbers Army bring giant, handmade banners. Many wear Timbers jerseys emblazoned with the Alaska Airlines logo, reflecting Alaska's sponsorship of the team. Fans chant and sing for the entire match. And they go into a frenzy when their boys score—at which point the team mascot, Timber Joey, carves a slice off a thick log to celebrate.

It's a quintessential Portland scene. And it's difficult to fully describe. After the match, it



Portland Timbers fans are among soccer's most passionate. Mascot Timber Joey (inset) sees a slab of wood for every home goal.

strikes me that much of Portland is like this Timbers scene: You can hear about it; you can read about it; but you have to be there to get the true flavor.

Let's say you get the chance to visit the City of Roses. What places and activities will provide you with that authentic Portland experience? What are the elements of the city that are essential to see? That's a tough call, but I've distilled the Portland experience into some fundamental categories.

Take me to the river

Portland exists because of rivers—the confluence of the Columbia and the Willamette has made the city a transporta-

tion hub for more than 150 years, and 11 bridges connect opposite banks within the city.

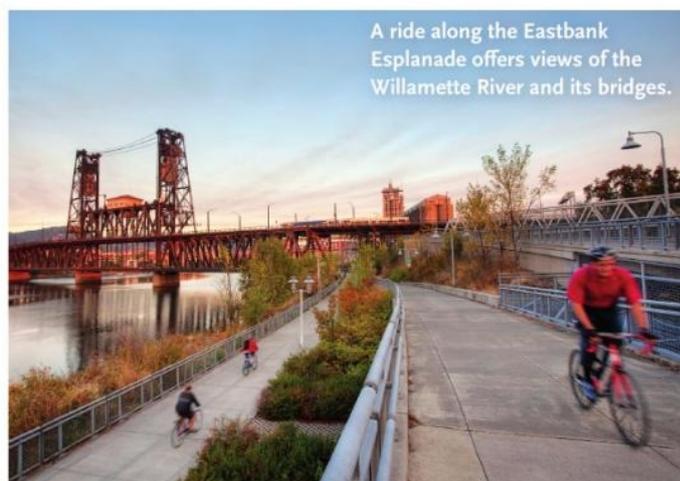
You can cross all of the bridges by bike, in quick succession, with about 18,000 other riders, during the **Providence Bridge Pedal** (taking place August 9 in 2015). This year's event marks the first public access to **Tilikum Crossing**, an architecturally graceful span that was recently built for light rail, buses, streetcars, bikes and pedestrians only. The bridge, which is the first major one built since 1973 in a city sometimes called "Bridgetown," is sched-

uled to open permanently on September 12.

You can also get up-close river views by biking or walking the loop of the **Eastbank Esplanade** urban trail, which includes sections that float on the river like docks. You might see sleek rowing sculls skimming along the Willamette, or dragon boats training for the annual **Portland Dragon Boat Festival** (September 12–13), held on a distinctive downtown river racecourse.

Getting around town

In the City of Roses, your mode of transportation is a key part of



A ride along the Eastbank Esplanade offers views of the Willamette River and its bridges.

A Brit Footballer's New Home

Attending a Timbers match is a classic PDX experience. And Portland's reputation as a great place to visit is confirmed by one of its long-term visitors: Timbers defender and 2014 Major League Soccer All-Star **Liam Ridgewell**.

Ridgewell, a London native, came to Portland last year after 11 seasons in the English Premier League. He made a strong impact on the Timbers in 2014, starting every match he played.



Correspondingly, Portland had a strong impact on him.

"When I first visited, I knew it was an unbelievable place," Ridgewell recalls. "People are very friendly. They've welcomed me with open arms."

Since his arrival, Ridgewell has been enjoying his new home. He lives in the Portland suburb of Lake Oswego, and enjoys this area, in particular.

"Being out on the lake is a

fantastic thing to do here," he says.

Like most newcomers to the Rose City, he's still exploring much of the area. It can be a little overwhelming trying to narrow down his PDX to-do list, but as Ridgewell says, "I'm just trying to get out and about" as much as possible, to soak up all the flavors and highlights of the city.

Of course, he gets to be an integral part of some local highlights—Timbers home matches. Especially when his team wins, and the celebrations begin. —J.M.



Oregonians love our elephants, and we have created a fabulous new home for our famous herd! Baby Lily and her family are moving in to spacious new digs, designed with state-of-the-art features that allow elephants to be elephants.

Come see for yourself. **THIS IS HUGE!**



*5 minutes west of Downtown Portland.
Ride MAX for \$1.50 off admission.*



the experience. Portlanders take getting around very seriously, and our mass-transit network is emulated internationally.

This network includes the **MAX Light Rail system**, which conveniently takes people just about anywhere in the city (including the front door of the airport). You can also ride the **Portland Streetcar** when you're downtown, or in the urban oasis of the **Pearl District** (known for art galleries and restaurants) or the revitalized eastside **Lloyd District** (which houses Lloyd Center, the state's largest mall; the Oregon Convention Center; and Moda Center, home of many concerts and Portland Trail Blazers NBA games).

Another option is to walk—Portland rates highly for walkability. And you'll likely ride a bike some—maybe to explore the network of **neighborhood greenways**—low-traffic streets set up to move bicyclists and pedestrians through Portland's treasured neighborhoods.

Parks and recreation

A city's parks can be seen as a reflection of its priorities, and Portland has created a world-class system of green spaces.



Portlanders are proud of their brunches, such as this stew with egg from Tasty n Sons. The Handmade Bike & Beer Festival (right) caters to two of the city's other passions.



Forest Park is one of the biggest urban forests in the nation, with more than 5,000 acres and 80-plus miles of trails and unpaved roads. Take a jaunt along 11.2-mile-long Leif Erikson Drive; it's closed to vehicle traffic and feels like a path through a secluded forest.

From there, you can visit one or both of the Rose City's rose gardens—the **International Rose Test Garden** (dedicated in 1924) in Washington Park, on a hill overlooking downtown, or the

Peninsula Park Rose Garden (completed in 1913) in North Portland, home of the Madame Caroline Testout hybrid tea rose variety that lined 200 miles of Portland's streets for the 1905 Lewis and Clark Centennial and gave the city its nickname.

Then take in one or all of this trio: the Zen-influenced **Portland Japanese Garden** in Washington Park, the peaceful haven of the **Lan Su Chinese Garden** in the Old Town area and the lush **Crystal Springs Rhododendron**



Portland is renowned for its public parks and green spaces, which include the expansive Forest Park (left) and the impressive International Rose Test Garden, in Washington Park (above).

Garden in southeast Portland's Eastmoreland neighborhood.

To enjoy other outdoor attractions, take a day trip from the city to the iconic Oregon landmark **Mount Hood**. For recreation with great views close to the mountain, try the boating, swimming and fishing at **Trillium Lake**. Or venture farther upslope to the famous **Timberline Lodge**.

Culture: weird & wonderful

The city's self-proclaimed motto is "Keep Portland weird." Of course, weirdness exists on a continuum, with local attractions falling somewhere along that spectrum, each reflecting a facet of Portland's culture.

Let's start with beer. **Dozens of microbreweries** call Portland home, and that means you can hardly turn around in summer and fall without happening upon a brew fest. On tap this month is the **North American Organic Brewers Festival** (August 13–16)



FOREST PARK: JUSTIN BAILE / TANDEMSTOCK.COM; HANDMADE BIKE, TIM LABARGE

A Great
**FALL GOLF
GETAWAY**

GOLF ♦ LODGING ♦ DINING ♦ SPA ♦ RECREATION

With 36 holes of championship golf set at the foot of the majestic Cascade Range, Black Butte Ranch offers the best of what makes Central Oregon a world premier golf destination. Enjoy unparalleled views, abundant amenities, outdoor recreation and an authentic Oregon experience.

Black Butte Ranch
THERE IS A PLACE

✈ Direct flights arriving at Redmond (RDM) daily, only 25 miles from the Ranch.

855-766-2479 • BlackButteRanch.com • 7 miles west of Sisters OR

Oregon's Premier Jet Boat Tour

**JERRY'S
ROGUE
JETS**

800-451-3645 • RogueJets.com

Tours Daily May 1st thru October 15th!

Southern Oregon Coast in Gold Beach on Hwy. 101

sanctuaryone
PEOPLE, ANIMALS & THE EARTH: BETTER TOGETHER

Care to Visit?

sanctuaryone.org

The Original
USA Care Farm,
Located in
Southern Oregon

Learn. Care.
Grow. Visit.

at Overlook Park north of downtown—an event that blends Portland's passions for beers and sustainability. Another event that combines Portland passions is the **Handmade Bike & Beer Festival** (October 3-4). Bike shows and beer tastings exist side by side, complemented by live music.

For a full-scale celebration of food and drink, don't miss **Feast Portland**—four days of gustatory delights spread across the city (September 17-20). Highlights include the Oregon Bounty Grand Tastings, sponsored by Alaska Airlines, on Friday and Saturday nights, and the Brunch Village, on Sunday, sponsored by the Alaska Airlines Visa Signature card.

For other classic weekend attractions, immerse yourself in one of Portland's **Sunday Parkways** events. On one Sunday a month in the summer, the city restricts a loop route of streets, connected by parks, to nonmotorized traffic—each time in a different part of the city.

Portland is also full of distinctive art experiences. You might participate in **First Thursday**, a gallery walk on the city's west side, on the first Thursday evening of each month. Or, for a less structured counterpoint, there's **Last Thursday**, an outdoor evening of arts, crafts and people-watching on Northeast Alberta Street.

Portland has its share of traditional visitor attractions with local flavor. The **Oregon Zoo** is home to one of the most successful elephant-breeding programs in North America. This fall you'll be able to visit an impressive new **Elephant Lands exhibit**, which will include one of the biggest indoor elephant habitats in the world. The **Oregon Museum of Science and Industry** (OMSI) offers a planetarium and hands-on exhibits that will bring you to the intersection of science and fun. And stately **Pittock Mansion**, built in 1914, stands on a promontory above the city, offering insights into Portlanders' lives in the early 20th century.

Portland is revered as a place where local arts thrive. Local film celebrations include the **Oregon Independent Film Festival** (September 14-30). Don't miss the



Time-Based Art Festival, which fills theaters, temporary galleries and spaces all over the city with exhibits, installations, performances and workshops for 10 days this year (September 10–20).

Starting the day off right

It's practically local law that any conversation about Portland must include food. On your visit, you can surely eat well at lunch and dinner. (Don't forget dessert.) Among many stellar options, consider the imaginative Italian cuisine of **Ava Gene's**; the locally sourced gourmet Chinese food at **Seres Restaurant and Xiao Chi Bar**; and the energetic combo of food, entertainment and culture at the **Doug Fir Lounge**.

But I want to focus on another Portland phenomenon: breakfast. At certain restaurants, people think nothing of waiting an hour for a table, standing on the sidewalk, sipping complimentary coffee while they hold their places in the queue. The breakfast scene is a piece of TV's *Portlandia* you can experience while you're here. (And see the season 2 finale, "Brunch Village.")

I suggest doing brunch or breakfast each day you're here. Sample the creative dishes at **Tasty n Sons**; indulge in a Reggie Deluxe (fried chicken, bacon, cheese, egg and gravy between biscuits) at **Pine State Biscuits**; and have both brisket and bacon at **Podnah's Pit**.

After a few days of immersing yourself in classic Rose City activities, you'll be a pro at getting around. You'll have dipped a toe into the culture, wandered through picturesque parks, and enjoyed great food and drink. At that point, you'll have a good feel for the Portland experience.

Hey, you might even be ready for a Timbers match. ■

Jim Moore is a Portland-based travel writer.

For more information about visiting the Portland area, go to travelportland.com. Alaska Airlines serves Portland daily. Get more information and book tickets at alaskaair.com, or call 800-ALASKAAIR.

CREATIVITY IN COMMERCIAL REAL ESTATE.
It's our thing.



“Compass Commercial provided creative solutions to help resolve the unique challenges of our growing business.”

Maggie Hubbell, *President COO, Agency Revolution*

Learn more about how we provide expert commercial real estate solutions for our clients in Central Oregon:
www.compasscommercial.com/solutions

COMPASS Commercial
REAL ESTATE SERVICES

541.383.2444
www.compasscommercial.com
Bend, Oregon

Sales & Leasing | Asset & Property Management | Construction Services

PURE PORTLAND.

Serving
Breakfast
Lunch
Dinner
Late Night
Shows in the Lounge

Doug Fir
RESTAURANT · BAR
LOUNGE

dougfirlounge.com



Bountiful Wine Country

Oregon's Willamette Valley is an oenophile's delight

BY JIM GULLO



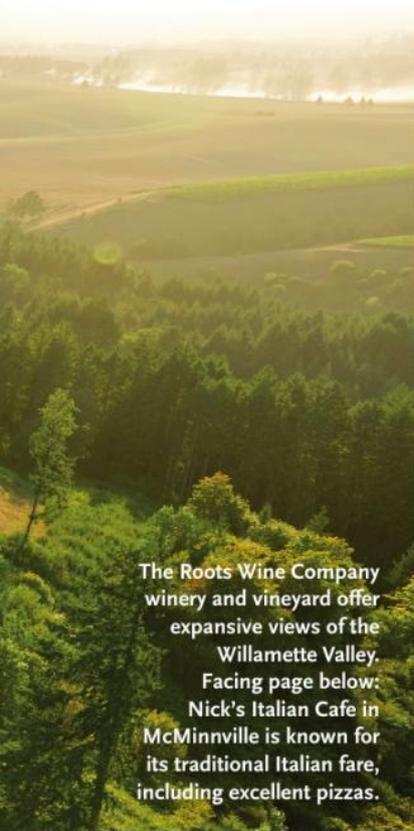
Sitting on the patio of **Sokol Blosser Winery's** elegant new tasting room, I'm enjoying a glass of Evolution white wine—a veritable cornucopia of nine grape varietals blended nicely into a fruity, crisp vintage.

The tasting room, located in the town of Dayton, southwest of Portland, is an impressive mix of glass, stone and polished wood and offers expansive views of the local landscape. As I sip my wine, I marvel at how aspects of the geological history of the Willamette Valley are spreading out before me, starting with the great Mount Hood looming in the distance. Then, there are the rich farmlands below the mighty volcano that were created by the ice age floods that swept through

this area thousands of years ago.

Another example of more recent history can be found to the west of the tasting room where I sit. Just past a series of solar panels and behind a copse of trees is where winemaker David Lett planted Willamette Valley's first Pinot Noir vines and America's first Pinot Gris vines 50 years ago. Lett and his wife, Diana, went on to found **The Eyrie Vineyards** and to help create a wine and tourism industry that continues to grow.

This year, Willamette winemakers are celebrating the semi-centennial of the valley's first planting of Pinot Noir vines. Visitors can also benefit from the **Oregon Wines Fly Free** program on Alaska Airlines, where Alaska Airlines Mileage Plan



The Roots Wine Company winery and vineyard offer expansive views of the Willamette Valley. Facing page below: Nick's Italian Cafe in McMinnville is known for its traditional Italian fare, including excellent pizzas.

members can check as much as one case of wine free of charge (through the spring of 2017), and also receive complimentary tastings at more than 300 Oregon wineries (go to oregon-winesflyfree.org for details).

For me, the celebration of Oregon wines began about eight years ago when I visited the Willamette Valley for the first time. I found that Lett's Pinot Noir gamble had been more successful than anyone could have imagined. The land and the people enchanted me, and I moved my family here a year later.

The valley is still much as I saw it when I first arrived. Long, trellised vineyard rows gracefully stripe the slopes of the Dundee and Chehalem mountains. Cattle, horses and sheep graze on the flatlands of the valley floor, and nearby orchards grow hazelnuts and fruits such



Siblings Alison and Alex Sokol Blosser are the second generation to run the Sokol Blosser Winery.

as cherries, strawberries and marionberries, a local favorite, that are sold to visitors or at regional farmers markets.

The local wineries still produce world-class Pinot Noir, Pinot Gris and Chardonnay wines, and towns such as McMinnville, Carlton and Newberg offer charming centers of commerce and civic life, supporting restaurants such as the legendary **Nick's Italian Cafe** on McMinnville's Third Street. Nick's is such a treasure that the James Beard Foundation, a nonprofit that celebrates and nurtures America's culinary heritage, gave the establishment an America's Classic award in 2014.

While the bucolic atmosphere remains, the growth in the local wine industry during the past eight years has been truly impressive. There are nearly twice as many wineries in the Willamette Valley as when I first arrived (440 are currently

Wine Happenings

➔ **August 13:** The annual Linfield College Orchestra Benefit will be held at the Youngberg Hill winery and inn, and will feature music, food and wine, in McMinnville (youngberghill.com).

• **August 28–30:** Bounty of Yamhill County, a three-day celebration of local food and wine, will have activities at various locations (bountyofyamhillcounty.com).

• **September 19–20:** The 25th Annual Oregon Grape Stomp Championships & Harvest Celebration is scheduled for Willamette Valley Vineyards in Turner (www.wvv.com). —J.G.



Winemaker Jason Bull walks between vineyard rows at David Hill Winery.

CLOCKWISE FROM TOP LEFT: ANDREA JOHNSON; COURTESY: ROOTS WINE COMPANY; LEAH WASH; COURTESY: SOKOL BLOSSER WINERY; COURTESY OF THE WASHINGTON COUNTY VISITORS ASSOCIATION; OPPOSITE BOTTOM LEFT: AMAREN COLOSI



WIN A WEEKEND IN OREGON WINE COUNTRY

COME TO OREGON AND ENJOY complimentary tastings at any of the 300 Oregon Wines Fly Free participating wineries. And be sure to stock up when you do – you can check a case of Oregon wine for free on your return Alaska Airlines flight.†

Want to fly for free, too? Head to **OregonWinesFlyFree.org** between 8/1/15 and 10/10/15 and enter for a chance to win* a trip for two to the Willamette Valley – Oregon Wine Country.



OREGON
WINE



COMING TO FEAST PORTLAND, SEPTEMBER 17-20? CHECK OUT FEASTPORTLAND.COM AND VISIT US AT SMOKED! AND THE OREGON BOUNTY GRAND TASTING.

†Tasting fees waived at participating wineries with proof of Alaska Airlines Mileage Plan™ membership and your Alaska Airlines in-bound boarding pass. Free checked case applies to Alaska Airlines domestic departures from Eugene, Medford, Portland, Redmond and Walla Walla, WA. For full program details including participating wineries, visit oregonwinesflyfree.org.
*Must be 21 years or older to enter sweepstakes. Enter between 8/1/15 and 10/10/15. For official rules and entry, visit oregonwinesflyfree.org.

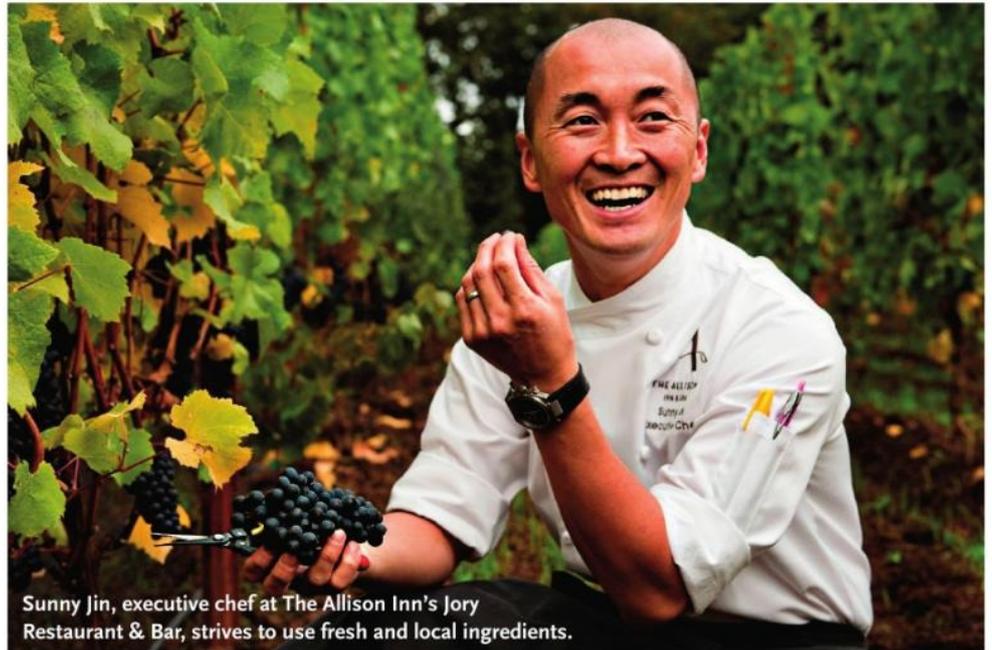
Wine tasting near the Rose City

Some of the oldest wineries in Oregon, many in gorgeous settings, can be found in Washington County, just southwest of Portland. The scenic county is also known for its many outdoor activities, from biking trails and hiking areas to rivers that offer excellent fishing and quality kayaking. The following are a few of the excellent wine-tasting options in the area.

David Hill Vineyards & Winery, Forest Grove. With some of the oldest vineyards in the area, the winery has a refurbished tasting room and beautiful grounds (davidhillwinery.com).

Montinore Estate, Forest Grove. Boasting a lovely estate just south of Forest Grove, Montinore Estate is a biodynamic powerhouse that produces fine wines, including the little-known variety Müller-Thurgau (montinore.com).

Ponzi Vineyards, in both Sherwood and Beaverton. A pioneering winery, Ponzi has two tasting rooms: a modern and elegant space in Sherwood and the original, homey estate tasting room in the town of Beaverton (ponzi-wines.com). —J.G.



Sunny Jin, executive chef at The Allison Inn's Jory Restaurant & Bar, strives to use fresh and local ingredients.

listed by the Willamette Valley Wineries Association). The expanding industry has spurred the development of restaurants, hotels and food businesses, such as Stefan Czarnecki's **Black Tie Tours**, which conducts wine excursions from the award-winning **Allison Inn & Spa**. The luxury hotel, with its 85 distinctive rooms, is known for an on-site spa, an exceptional Oregon art collection and the Jory Restaurant & Bar.

Czarnecki also finds time to forage for mushrooms and Oregon truffles for the **Joel Palmer House**, his family's fine-dining restaurant in Dayton, which is located in a historic residence and revered for its classical preparations of locally sourced ingredients.

The 150-mile-long Willamette Valley—which is divided by the Willamette River—stretches from Eugene in the south to Portland in the north and is home to not only a wine

industry and an agricultural center, but also three universities: **Oregon State University** in Corvallis, the **University of Oregon** in Eugene and **Western Oregon University** in Monmouth.

In addition, there is the popular **Evergreen Aviation & Space Museum** complex and **Wings & Waves Waterpark** in McMinnville. The museum contains Howard Hughes' enormous Spruce Goose airplane, among many other air and space exhibits. The aviation theme is

continued at the waterpark, where twisting waterslides originate in an actual 747 jetliner located on the roof of the park building.

Fine wine continues to be the Willamette Valley's greatest draw, however, and its largest success story. The ambiance of Oregon wineries and the quality of their wines draw visitors from around the world to facilities that range from grand operations, such as **King Estate Winery**, which is located on the southern edge of the



Visitors enjoy wine at Argyle's original tasting room. A new tasting facility opens this month.

valley, to small startups, such as **Roots Wine Company**, in the hills outside Yamhill.

King Estate is Oregon's largest single producer, with a cha-teaulike headquarters in the rolling hills located southwest of Eugene. The winery's property of more than 1,000 acres includes vineyards, as well as vegetable and lavender gardens, and an award-winning restaurant.

By contrast, the Roots Wine Company is a small operation that is run by Chris and Hilary Berg. It boasts a new tasting room, which offers snacks provided by Chris' mother, Dian.

Wine facilities are being built throughout the valley, with a new tasting room scheduled to open this month at **Argyle** in Dundee. New tasting rooms

recently opened at **Brittan Vineyards** in McMinnville, and at the **Soléna Estate**, outside of Carlton. Under construction is a new tasting facility at **Lady Hill Winery**, near Newberg.

On the lodging scene, 19 charming, nostalgic trailers in Dayton make up the **Vintages Trailer Resort**. My family and I spent a night camping in a wonderful 1951 M-System Special Deluxe trailer that was all curved metal and polished wood.

Each trailer unit is outfitted with dishes, silverware and, of course, wineglasses. It couldn't have been more perfect if Donna Reed had shown up at the door with a plate of cookies.

The months of August and September may well be the best time of year to visit the Willa-

mette Valley. Thanks to a mild winter, a hot summer and early growth in the vineyards, the wine country is expected to begin wine production earlier than usual this year, with harvest projected for mid-September.

If you go, try to save some wine and marionberries for the locals, will you? And enjoy our little slice of Oregon heaven. ■

Jim Gullo writes from the heart of Oregon wine country on food, wine and travel.

Alaska Airlines offers daily service to Portland and Eugene, gateways to Oregon wine country. To book tickets, visit alaskaair.com or call 800-ALASKAAIR. For information on visiting wine country, go to willamettewines.com.

GO WINE TASTING!

Oregon's Willamette Valley is known for its world class Pinot Noir. The valley is home to more than 200 wineries and tasting rooms. Request a copy of our touring map and guide at willamettewines.com.



Stay Northwest. Stay at Holiday Inn Hotels and Stay YOU™.

WASHINGTON

- **BELLINGHAM**
(360) 671-4800
- **BOTHELL**
(425) 483-8100
- **BURLINGTON**
(360) 755-7338
- **EVERETT**
(425) 609-4000
- **LACEY**
(360) 491-7985
- **LYNNWOOD**
(425) 672-1234
- **PASCO-TRICITIES**
(509) 543-7000
- **PUYALLUP-TACOMA**
(253) 848-4900
- ▲ **SEATTLE**
(206) 728-8123
- **SEATTLE CITY CENTER**
(206) 441-7222
- **SEATTLE SHORELINE**
(206) 365-7777
- **SEATTLE-SEATAC INTL AIRPORT**
(206) 824-3200
- **SEQUIM**
(360) 681-8756
- ▲ **SPOKANE**
(509) 838-1170
- **TACOMA**
(253) 272-2434
- **VANCOUVER**
(360) 253-0500
- **VANCOUVER-SALMON CREEK**
(360) 576-1040
- **WALLA WALLA**
(509) 525-6200

OREGON

- **ALBANY**
(541) 928-8820
- **ASTORIA**
(503) 325-6222
- **GLADSTONE**
(503) 722-7777
- **MEDFORD**
(541) 732-1400
- **ONTARIO**
(541) 889-7100
- **PORTLAND SOUTH LAKE OSWEGO**
(503) 620-2980
- **PORTLAND HILLSBORO**
(503) 844-9696
- **REDMOND EAGLE CREST**
(541) 923-2453
- **SEASIDE**
(503) 717-8000

- ▲ Holiday Inn® Location
- Holiday Inn Express® Location
- Holiday Inn Resort® Location



Save at these Holiday Inn® and Holiday Inn Express® hotels.

You can always find a fun and affordable stay wherever you're headed in Oregon or Washington. At Holiday Inn, you'll find restaurants where Kids Always Eat Free*, while Holiday Inn Express features the Free Hot Express Start® breakfast bar. Plus, you'll always enjoy free high-speed Internet and IHG® Rewards Club** at all of our hotels. Book the Northwest Advertising rate and put some money back in your pocket to spend on souvenirs, attractions and the things that matter most on your vacation.

Visit WWW.GREATNWHOTELS.COM or call 1-800-HOLIDAY (1-800-465-4329) and ask for the Northwest Advertising rate. Like us on facebook at greatnwhotels.



*Kids Eat Free is available for kids 12 and under, see website for full details.
 **For complete IHG Rewards Club terms & conditions visit ihgrewardsclub.com or call 800-315-2605.
 ©2015 InterContinental® Hotel Group. All rights reserved. Most hotels are independently owned and/or operated.



A guided raft trip through the Big Eddy rapids offers whitewater thrills just outside downtown Bend.

Outdoor Adventures

Central Oregon abounds with recreational activities

BY JOHN GOTTBORG

When my Australian friend paid me a visit in Bend, I did what any red-blooded, outdoors-loving Central Oregonian would do. I took him white-water rafting.

Jack Derwin is a well-known blues musician in Sydney. Much of his country is as dry as his sense of humor—and he doesn't live in an area known for wild rivers. The idea of being thrust into a torrent of water, with only some inflated rubber and a carbon-fiber paddle standing between him and a dousing, gave Jack the willies.

Sun Country Tours, a respected Bend outfitter, took us

for a half-day trip **rafting the Deschutes River**. Expert kayakers may be challenged on this stream—which follows the Cascade Range north from its Central Oregon headwaters, through Bend, and for 250 miles to the Columbia River—but there's also plenty of free-flowing flat water between its major rapids. Two miles of calm downstream travel, on a raft with a half-dozen others, left my friend feeling like a veteran.

Then, when the river made a sweeping turn to the right, our guide steered us to the bank.

"Before we tackle the next section," he said, "I think we

should scout the Big Eddy.”

I could almost hear Jack’s heart in his throat as we stood on the shore and cast our eyes upon the rapids. The river had forced a passage through ancient volcanic rocks, and the waters churned below.

“My gawd, mate,” said Jack. “I don’t think I can do that.”

And yet, five minutes later, my friend sat just in front of me in the rubber raft, his face white, but his paddle in battle position. In reality, Big Eddy is a Class III+ rapids section at its roughest—manageable with an experienced outfitter—but Jack’s respect for the river was understandable.

Our guide shouted orders—“Right side, hard forward!”—as we passed by the point of no return. The current carried us through one long rapid, then a shorter but steeper rapid, and finally into a trough that led us out of the hazard.

Immediately afterward, Jack turned and stared at me, his eyes wide.

“Let’s do it again, mate!” he exclaimed. “Do it *again!*”

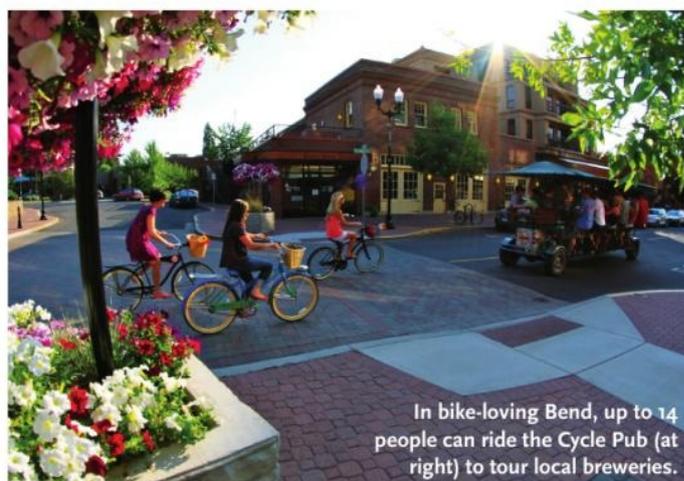
AS ONE OF THE MARQUEE recreation areas of the state, Bend and its Central Oregon surroundings offer four seasons of thrills to visitors and residents alike. Adventurers go **rafting, rock climbing and mountain biking**.

Not all activities are of the highly adrenaline-pumping variety, either. **Fly-fishing, golfing** and other calmer pursuits are available. Families pursue gentle explorations such as **hiking Cascade trails or pedaling paved bike paths**. Winter-sport enthusiasts **ski at Mount Bachelor** or set **moonlit snowshoeing tracks** through piney forests.

After their activities, recreationists of all types return to the Bend area to enjoy its many options for rest, relaxation and refreshment.

Beer, boards and big water

Bend is part of a small set of U.S. cities that offer a distinctive blend of fine food, good music and craft beers. With **27 independent breweries** and a population of about 85,000, the greater Bend area boasts more brewer-



In bike-loving Bend, up to 14 people can ride the Cycle Pub (at right) to tour local breweries.

ies per capita than any other United States community of its size.

“Beer has changed the whole visiting demographic,” says Sun Country Tours founder Dennis Oliphant. He indicates that the prevalence of brews has helped draw younger visitors, who also enjoy varied outdoor activities: “When I started the company in 1978, Bend was all golf and family. Now, every millennial with a board, a bike or a fly rod is here.”

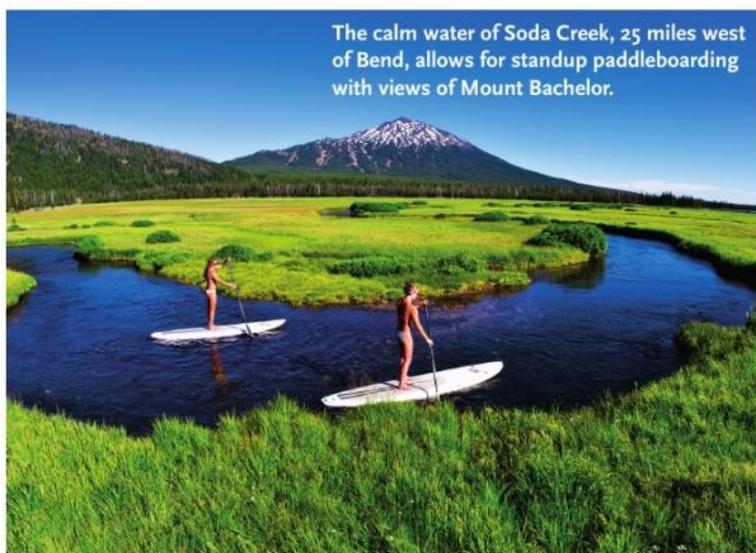
Fortunately, the town’s geography supports many nearby activities for the young and young at heart.

Bend has the Cascade Range to the west, juniper and sage lands to the east. For long stretches, the line between mountains and high desert is roughly drawn by the Deschutes, which also cuts a swath through town. Water sports are huge—**rafting, kayaking, canoeing and inner tubing**. And more and more, there’s **standup paddleboarding (SUP)**.

On any given afternoon, you can stand on the footbridge that crosses the Deschutes in the heart of the Old Mill District and watch paddlers of all kinds. The number of SUPers is growing, and it will be further boosted by a **new whitewater park** scheduled for completion in 2016. Last summer, Sun Country gave hundreds of lessons and recorded 4,500 SUP rentals, Oliphant says. That compared favorably with the 23,000 rafters his company took through the Big Eddy.

Serious recreation

Many Deschutes paddlers pass the **Les Schwab Amphitheater**, which hosts an **acclaimed outdoor concert series** that, in 2015, has brought Sheryl Crow, Willie Nelson, Death Cab for Cutie, Phish and others to Bend. August and September performers include Michael Franti & Spearhead (August 23), Weird Al Yankovic (September 4) and Ben Harper & the Innocent Criminals (September 6). The venue is also hosting the **Bend Brewfest** (August 13–16), with more than 170 beers from 60 breweries, and ciders from 10 cideries. In



The calm water of Soda Creek, 25 miles west of Bend, allows for standup paddleboarding with views of Mount Bachelor.



other beer news, **The Little Woody Barrel-Aged Beer, Cider & Whiskey Festival** will take place next to Bend's Deschutes Historical Museum (September 4-5), and the **2015 Bend Oktoberfest** will take place downtown (September 18-19).

Bend's interests in beers and bikes converge in the **Cycle Pub**, a distinctive 14-person vehicle that has riders earn their brews with pedal power (the company's driver steers). On one of its tour options, the Cycle Pub stops along the **Bend Ale Trail**, a set of 16 (and counting) breweries and beer-filling stations.

For some Bend residents, bicycling is a means of commuting to work in well-marked bike lanes. Road racers also train and

race here, especially during July's five-day **Cascade Cycling Classic**, a professional race of three decades' standing. For off-roaders, Bend is a center for mountain biking, with a network of **277 miles of well-maintained single track** near town. And **Mount Bachelor's lift-served bike park** offers downhill mountain-biking runs.

For family-friendly biking, visitors enjoy **Sunriver Resort's 40+ miles of paved trails**. Sunriver is one of the top resorts in the state. It's also a **leading golf destination**: The main Sunriver courses—**Crosswater, Meadows and Woodlands**—draw visitors from all over the nation.

Another exceptional resort destination—famous for golf as

Bend Restaurants

Here is a sampling of dining options in the area:

- **Beside the Deschutes:** The **Pine Tavern Restaurant & Bar**, Bend's oldest restaurant, was established in 1936. The city's largest restaurant, **Greg's Grill**, is in the Old Mill District, across the river from the Les Schwab Amphitheater. In the same area, **Anthony's at the Old Mill District** is renowned for its river views, seafood and more.

- **In downtown Bend:** The restaurant **5 Fusion** has an Asian-fusion kitchen headed by chef Joe Kim, a James Beard Award nominee, while **Joolz** specializes in regional twists on Lebanese cuisine. The revered brewpub **Deschutes Brewery & Public House** offers gourmet comfort food.

- **On Bend's upscale west side:** **Ariana Restaurant** is a top choice for romantic, white-tablecloth dining. **Trattoria Sbandati** offers authentic Italian cuisine from an owner-chef who is a native of Florence, Italy. **Bistro 28**, at the Athletic Club of Bend, is new, from the owners of longtime downtown favorite **Zydeco**. —J.G.



JAMES JAGGARD / VISIT BEND

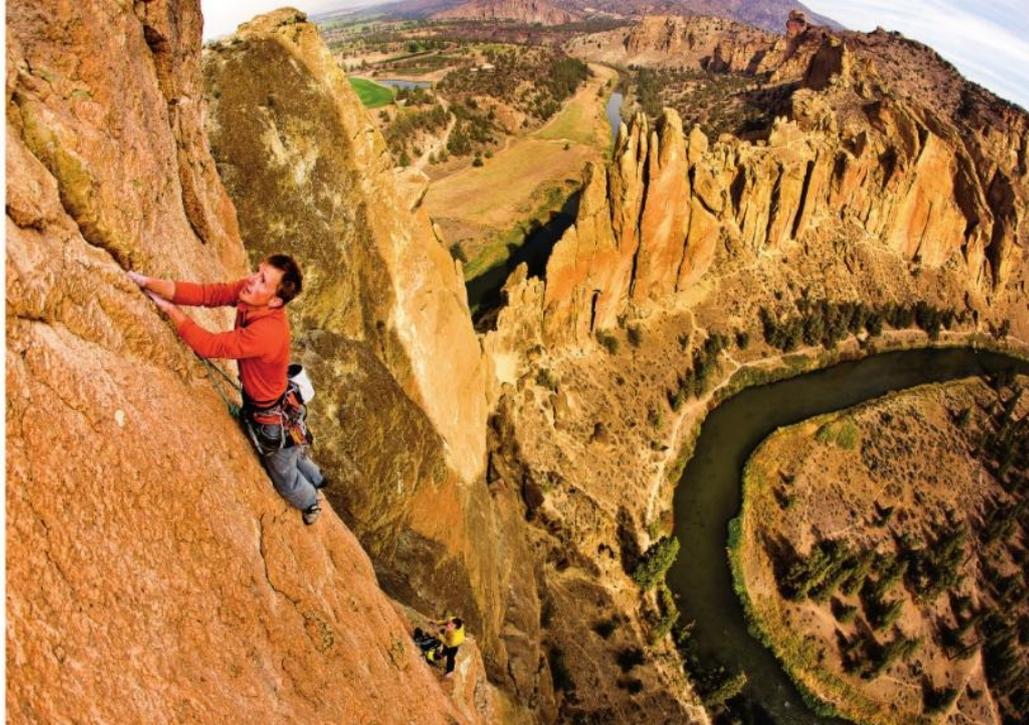


Fresh Northwest Seafood With a Great View of the Deschutes River!

Join us at Anthony's at the Old Mill District for a truly Northwest dining experience featuring the freshest seafood from our own seafood company, Washington beef, fresh "in season" produce from local farms complemented by Northwest wines & microbrews. Serving lunch and dinner daily with a view.



For reservations call: (541) 389-8998 • 475 SW Powerhouse Drive • Bend, OR 97702 • www.anthonys.com



Smith Rock State Park (left) is one of the world's classic rock-climbing areas. Visitors to Tetherow resort can try out a GolfBoard (above) to travel between holes on the resort's exceptional golf course. Sunriver Resort (below) has miles of trails for riding horses, and paved paths for bikes.

well as outdoor recreation, spas, fine dining and more—is **Black Butte Ranch**, located about 32 miles northwest of Bend. Black Butte recently opened its new Lakeside area, which offers a new bistro—perfect to enjoy after golf on the ranch's award-winning courses—and, for owners and registered guests, a new fitness facility, swimming pool and 24-person hot tub.

Overall, **more than two dozen golf courses** are within a half hour's drive of Bend. One of Bend's most innovative golf resorts is **Tetherow**, whose links were built by Scottish designer David McLay Kidd. Tetherow hosted big-wave surfer Laird Hamilton's 2013 introduction of his **GolfBoard** to the Northwest. This device is like an electric skateboard steered by shifting your weight. SolBoard Inc., maker of the GolfBoard, has established its headquarters in Bend.

Mountain highs

And then there are mountains. The **Pacific Crest Trail**, recently featured in the movie *Wild* (based on the book by Cheryl Strayed), extends through the

Three Sisters Wilderness south of McKenzie Pass, 40 miles northwest of Bend. The PCT is the highlight of a region with many great trails for hikers and backpackers.

Smith Rock State Park satisfies outdoor enthusiasts who are more vertically inclined. Located 30 miles north of Bend, this venue is one of the best places for sport climbing in the United States. More than 1,800 routes engage rock climbers as they ascend cliffs that tower more than 500 feet above the river.

When there's snow in the mountains, there's fabulous skiing. Before Bend became a destination for other activities, it was a winter-sports town. **Mt. Bachelor ski resort** opened in 1958 (as Bachelor Butte), with a simple lift and rope tows. Today the 9,068-foot dormant volcano has 3,683 acres of skiable terrain. Mount Bachelor is also a hub for other activities, including **cross-country skiing, snowshoeing and dog sledding.**

JACK DERWIN DIDN'T MAKE IT to Mount Bachelor during his visit. But he took the whitewater experience—and the city of

Bend—to heart. When he returned to Australia, he penned a song called *Big Eddy*. It appears on his "Bend It" CD, currently being remastered as "Bent."

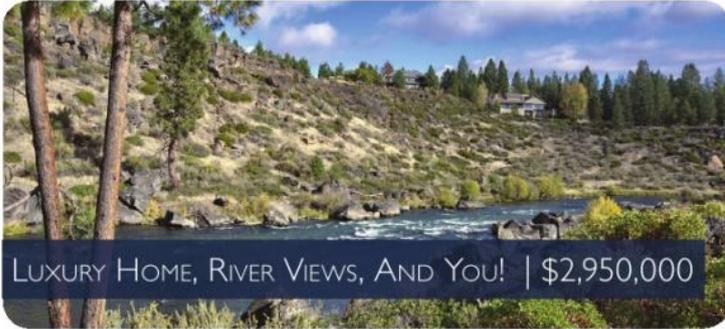
He was just another visitor who was deeply inspired by his adventures in Central Oregon.

John Gottberg has lived in Bend since 2004.

For more information about visiting Central Oregon, go to visitcentraloregon.com. Alaska Airlines serves Redmond/Bend daily. Get more information and book tickets at alaskaair.com, or call 800-ALASKAAIR.



TOP TO BOTTOM: BEN MOON; MATTHEW LASALA, COURTESY: TETHEROW; COURTESY: SUNRIVER RESORT



LUXURY HOME, RIVER VIEWS, AND YOU! | \$2,950,000

Picture yourself relaxing on the covered paver patio, soaking up the river views, while your favorite songs play in the background, and the smell of BBQ tickles your taste buds. Just a routine day at this exquisite luxury home located a stones-throw from the Deschutes River in Bend, OR.

Ken Renner, Principal Broker 541.280.5352
ken.renner@sothebysrealty.com



SERENE AND PRIVATE ESTATE | \$2,500,000

This estate in Washougal has it all. Perfect for both family and entertaining. 6 Bedroom, 3.5 Bath luxury home features 3 fire places and stunning 2600 sqft game room. Private and secluded back yard with stunning view and outdoor living space. Have it all: location, acreage, style.

Oksana Tsarenko, Broker 360.609.3465
ostsarenko@msn.com



PATTERSON RANCH, SISTERS OR | \$9,900,000

Majestic Cascade Mtn.Views. 345 acres w/339 ac Pole Creek irrigation water rights-one of the strongest water rights in Central OR. Beautiful Single Level Home 3704sf 3 bed, 3.5 bath, private golf course, 4 ponds, 2 additional homes, 2 barns w/53 stalls, offices, shop, adjoins Public Land.

Pam Mayo-Phillips, Principal Broker 541.480.1513
pammayophilips@gmail.com



DESCHUTES RIVERFRONT HOME | \$1,500,000

Private Deschutes Riverfront Home on 25 acres with stunning Cascade Mountain & River Views. 3276 sf Home: 4 bed, 2.5 bath, open floor plan with custom finishes throughout. Approx. 2100 ft of easily accessible riverbank for fishing & river activities.www.deschutesriverhome-centraloregon.com

Brook Havens, Principal Brokers 541.923.1376
brookmhavens@gmail.com



PRONGHORN MASTERPIECE | \$1,790,000

This builder's showcase in this premier golf resort commands full Cascade Mtn. views & includes \$115,000 membership. Master on main w/ 2 addl. suites. Impressive rec room boasts jacuzzi, full bath w/steam shower, bar. Gourmet kitchen leads to 2000 SF patio w/ fire pit, Wolfe BBQ, & more!

Laura Blosssey, Broker 949.887.4377
laura.blosssey@sothebysrealty.com



LUXURY LIVING IN SUNRIVER | \$697,500

Beautiful and serene Sunriver estate close to recreation. Remodeled and updated with upgrades and custom features. All you could need with a gourmet kitchen, over-size garage, 2 family rooms & 2 master suites that are great for entertaining! Text LADD19 to 88000 for instant information!

Brian Ladd, The Ladd Group, Principal Broker
541.633.4569 brian@bendpropertysource.com



Experience
The
Extraordinary
Exposure

Local
Regional
National
International



SHOWCASE HOME ON 16TH FAIRWAY | \$697,750

The spacious Summit plan is now complete and available at PointsWest. Featuring 4 luxurious suites and vaulted great room overlooking majestic ponds and expansive fairway views of Widge Creek Golf Course. Tastefully finished w/rich woods, granite, stone fireplace, designer tile and more!

Jordan Grandlund, Principal Broker 541.420.1559
JordanGrandlund@gmail.com



NW BEND ESTATE | \$1,949,000

Incredible 5546 SF home w/huge Cascade views, over 15 irrigated acres, & just 5 minutes from downtown Bend. Additional 3408sf 5 bay RV garage & 1460sf apartment. Borders Tumalo State Park & features swimmable bass stocked pond and remote irrigation. Amenities list available upon request.

Stephanie Ruiz, Broker 541.948.5196
stephaniewilsonruiz@yahoo.com



GORGEOUS LANE KNOLLS CUSTOM HOME | \$1,000,000

Private custom home, 2.5 acres, beautiful mountain views. Gourmet kitchen, great room and dining are an entertainers delight. Main floor den, full bath and bedroom. Three more bedrooms and bonus upstairs. Great outdoor living, 3 car and plenty of storage.

Natalie Vandeborn, Broker 541.508.9581
nvandeborn@gmail.com



ESTATE ON 10+ GATED ACRES | \$1,395,000

Amazing Cascade Mountain views from traditional home on 10+ gated acres. Mostly main level living; lower level with entertainment room, full bar, theater, 1,000 bottle wine room & large flex space. Attached guest quarters w/private entrance, beautiful landscaping w/water features & 4+ car garage.

Deb Tebbs, CEO/Owner/Broker 541.419.4553
debtebbsgroup@bendluxuryhomes.com



THE ATRIUM AT THE OLD MILL PRICED FROM \$550K

The Atrium at The Old Mill is a new condominium property situated on Bluff Drive above the Old Mill Shops. Nine luxury condominiums will be built with ground breaking this spring, completion in early 2016. Cascade Mountain views! Contemporary, elegant. Reservations are being accepted now!

Robin Yeakel, Broker 541.408.0406
robin.yeakel@sothebysrealty.com



NORTHWEST CRAFTSMAN MEETS CONTEMPORARY DESIGN

Located in an established Westside neighborhood this NW Craftsman Design features many contemporary elements. Beautiful hardwoods, custom lighting, hand selected tile backsplash in the kitchen adds visual interest. The art studio is impressive and worth the discovery.

Shelly Swanson, Broker 541.408.0086
shelly@bendnet.com



Portland | 503.420.8600

Lake Oswego | 503.420.8600

Vancouver | 360.419.5600

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED. 

Oregon Goes to the Dogs

BY SUSAN G. HAUSER

JAN SONNENMAIER / AURORA PHOTOS



OREGON HUMANE SOCIETY

Dogs are lucky to have many accessible options in Portland, including (top) appreciating art at a gallery and (above) participating in the annual **Doggie Dash** that raises money for the Oregon Humane Society.

Visitors to Oregon may be surprised to learn that the state animal is not the dog, but the beaver. Blame the pioneers, who made their pick back when beavers were ubiquitous—much like today's dogs. Beavers won fame, but they did not become favored pets. Dogs are a different story. For them, we roll out the red carpet.

Some dogs are urban sophisticates. My dog, Matilda, for example, has enjoyed the finer features of many of **Portland's 33 off-leash dog parks**. After a romp at The Fields Park in the Pearl District, we can stroll to the nearby **Sniff Cafe**, where Matilda plays for free during happy hour at the adjoining doggy day care while I sip wine and watch her through the large window.

Matilda's social calendar includes various canine confabs, such as May's **Doggie Dash** along Portland's beautiful riverfront, and Lucky Lab Brew Pub's annual charity dog wash **Dogtoberfest** (September 27), where humans sip suds and dogs get sudsed up. And we wouldn't dream of missing our own neighborhood's annual **Multnomah Days Parade** (August 15), which always leads off with a

panting pack of pooches dragging their owners along the route.

Matilda leaves **rock climbing and river rafting** to more adventurous dogs in Central Oregon. Yes, pups in Bend do those sports and more. There's even a local business, Ruffwear, that outfits any conceivable canine escapade, including **kayaking** (with doggy life jackets) and **mountain biking** (with backpacks and/or booties for dogs running behind a bike).

In Eugene, dogs are worth their weight in gold, or at least in culinary truffles. Home of



JUSTIN BAILIE / AURORA



RUFFWEAR / BEN MOON



ERIK SCHULTZ



OREGON TRUFFLE FESTIVAL / ANDREA JOHNSON

January's annual **Oregon Truffle Festival**, Eugene hosted the inaugural **Joriad North American Truffle Dog Championship** this year. The winner, a yellow Lab named Gucci, sniffed out 38 of the precious underground delicacies over the course of one hour. That would be worth a lot of dog biscuits! The festival also includes a unique **truffle dog training** seminar. (Any dog with a working nose can do it—even Matilda!)

Matilda is not averse to “ruffing” it if that entails a trip to the beach, where—in most places in Oregon—dogs can

run free along the shore so long as they remain responsive to commands and within sight. **Pet-friendly coastal accommodations** include yurts and cabins at state campgrounds, as well as



MERRIWETHER FALK

hotels such as Cannon Beach's Surfsand Resort, where, on October 17, Matilda might just win big at the **18th Annual Dog Show on the Beach**.

Matilda may sound pedigreed, but she's not. She's just glad to live in Oregon, where even a mutt can be a queen.

Susan G. Hauser, shown at left with Matilda, writes from Portland.

Dog-friendly activities in Oregon include (clockwise from left) frolicking on the beach in Manzanita, hiking (with gear made by Bend-based company Ruffwear), truffle-hunting in Eugene and getting clean at the Dogtoberfest charity dog wash, in Portland.



A fly fisherman casts into the waters of the North Umpqua River, near Roseburg.

Picturesque Paradise

Southern Oregon offers a variety of exciting attractions

BY SUSAN GORACKE

From our clifftop vantage point a short distance above the **Rogue River**, the only sounds we hear are the wind blowing through the river valley, the burble of the river and the chirping of nearby birds. My daughter Sarah and I have just covered the first 8 miles of the 40-mile-long lower **Rogue River Trail**, which follows the river's route along steep canyon walls in this rugged stretch of southwestern Oregon. Occasionally, the trail departs from the river to follow side canyons and traverse cool creeks that flow through various fern-covered and shady glens.

Soon we will meet my husband, Mark, and other daughter, Monica, who are piloting a raft full of our gear down the river. They will ferry us across the river to **Black Bar Lodge**—our first night's destination and one of three lodges we will stay at on this four-day combination rafting and hiking trip.

Built in 1934, Black Bar Lodge offers 16 private cabins in addition to two guestrooms inside the lodge, where a massive stone fireplace adds rustic ambiance.

Since our supplies are coming via water taxi, Sarah and I can maintain a fast pace, carrying only small daypacks. We enjoy camping and backpacking, but we thought we'd add a touch of luxury on this trip and stay in lodges along our route,

which means hot showers, soft beds and two delicious meals each day. Anyone can plan such a trip, or you can leave it to commercial outfitters such as **Rogue Wilderness Adventures** or **Morrison's Rogue River Lodge**, which both offer raft-supported hiking trips through the area.

As we gaze at the river, sparkling silver-blue in the warm June sunshine, we chuckle as a mother merganser leads her line of bobbling ducklings upriver through a protected eddy. Downstream, an osprey circles above the water, then suddenly dives into the river and emerges grasping a fish in its strong talons. But the hawk apparently has miscalculated the size and power of its meal.

After struggling several times to rise more than a few feet off the water, the osprey finally releases the wriggling fish and flies off to its nest in a

nearby tree snag to await more accommodating prey.

Plentiful wildlife, challenging whitewater, awe-inspiring scenery and a colorful history make this section of the **Rogue National Wild and Scenic River** a magical place.

At **Whisky Creek**, about 3 miles from the **Grave Creek** boat ramp, you'll find an abandoned miner's cabin, which dates back to the 1880s. The structure offers a glimpse into the rugged life of the people who lived along the river after gold was discovered in the mid-19th century. Inside the cabin are a few pieces of furniture and other items—all that remain from when the cabin was last inhabited in 1973. Today, **Whisky Creek Cabin** is on the National Register of Historic Places. It is the oldest-known mining cabin that is still standing in the lower Rogue River canyon and is open to the public to tour.



Rogue River rapids are perfect for white-water rafting.

At **Battle Bar**, about 13 miles downriver from the cabin, you can still find evidence of the Rogue River Wars of 1855–56, fought between the U.S. Cavalry and the Takelma Tribe.

The Rogue has also lured the famous along with the many unknown miners who toiled here. Movie star Clark Gable came to fly-fish the river's waters, as did Ginger Rogers; and Western author Zane Grey spent several sum-

Cave Exploring

➔ **The Oregon Caves National Monument & Preserve**, located about 20 miles east of Cave Junction, offers amazing tours of underground caves found deep inside the Siskiyou Mountains. Rainwater dripping through the rock from the forest floor above has sculpted the marble in the caves into unusual shapes and created what has come to be known as "The Marble Halls of Oregon." After a cave tour, enjoy lunch at the historic **Chateau at the Oregon Caves**.

For a truly unique night's sleep, try staying at the **Out'n'About Treehouse Treesort** found in Cave Junction. The 36-acre resort offers "four-star" treehouse accommodations, some with their own bathrooms. The resort also offers ziplining and horseback riding. —S.G.



Cyclists will enjoy riding the 33-mile Rim Drive that circles Crater Lake, North America's deepest lake.

CLOCKWISE FROM FACING PAGE: LOREN IRVING / WWW.ACEPHOTOSTOCK.COM; JUSTIN BAILIE / TANDEMSTOCK.COM; TOM DEMPSEY / PHOTOSEEK.COM



There's More
Than One
Great Oregon
Wine Region

VisitRoseburg.com/FineWine

ROSEBURG, OREGON, HEART OF THE

land of Umpqua

FOR A FREE VISITORS GUIDE TO OUR LAND CALL 800-440-9584 OR VISIT OUR WEBSITE.



The musical comedy *Head Over Heels* is being performed this season at the Oregon Shakespeare Festival in Ashland.

TOP: JOHN TUFTS AS PHILANAX AND BONNIE MILLIGAN AS PAMELA. PHOTO BY JENNY GRAHAM / OSF. BOTTOM: BARBARA TRICARICO. COURTESY: WILDLIFEIMAGES.ORG

mers living along the river’s banks at Winkle Bar. The wooden cabin he built in the 1920s still stands on the original site.

Today, the Rogue River and surrounding wilderness areas are among the many gems that help make Southern Oregon an outdoor-recreation paradise. The following are a few ideas to help you explore Southern Oregon’s bountiful natural beauty and cultural treasures.

Bicycle around Crater Lake

From July through September is the ideal time to ride the Rim Drive, a 33-mile route around Crater Lake, North America’s deepest lake.

The ride is challenging in sections, but offers breathtaking scenery of the deep-blue lake that is surrounded by evergreen forests and, for part of the year, snowy peaks.

A good place to start your ride is at the Steel Visitors Center. From there, the 3-mile climb to the Rim Drive gets your heart pumping.

Once you begin to cycle Rim Drive, you will be either climb-

ing or descending, with elevations ranging from about 6,450 feet to about 7,700 feet. If you’d rather not share the road with vehicles, ride this route on September 19 or 26, when the park has scheduled “vehicle-free days” on a 24-mile stretch of East Rim Drive.

Medford and Ashland

For those who prefer to bike in a more urban setting, Medford, located about 60 miles southwest of Crater Lake, is a good starting point for the scenic Bear Creek Greenway. This fairly flat, paved 20-mile trail links such towns as Central Point, Medford and Ashland.

A fun daytime excursion is to cycle the 13.5 miles from Medford to Ashland’s Lithia Park, where you can walk through the shady, green oasis or stroll along the quaint downtown streets and eat lunch outdoors at one of the town restaurants along picturesque Lithia Creek.

You can also enjoy a beer and delicious fare at bicycle-friendly Standing Stone Brewing Company.

Jetboats, coffee and bears—oh my!

Since 2003, most summers in Grants Pass have included BearFest, a collection of life-size fiberglass bears decorated by local artists and displayed on downtown sidewalks as a way to encourage tourism and shopping. This year, about 20 of the fanciful bruins are on display through Labor Day.

After viewing the fiberglass variety, travel to Wildlife Images to see real bears and other animals. An exciting attraction for the whole family, Wildlife Images is a rehabilitation and education center located about 10 miles west of Grants Pass. It offers family-friendly guided tours of the facility, which houses rescued black bears, two massive grizzlies and other wild animals that could not be released into their natural habitats.

Back in town, you can grab a latte at Dutch Bros.’ flagship coffeehouse, the first of almost 250 locations throughout seven western states.

A popular daytrip is a jetboat excursion on the Rogue River.

Outfitters offer trips near Grants Pass—including tours through Hellgate Canyon, where Meryl Streep and Kevin Bacon filmed *The River Wild* in 1994.

Jerry’s Rogue Jets, located at the mouth of the Rogue River in Gold Beach, offers various tours, including the 104-mile roundtrip Wilderness Whitewater excursion. You will explore the “wild” section of the Rogue, which is only accessible for people hiking into the area, or those on jetboats and rafts. —S.G.



Beauty, a red-tailed hawk, is one of the birds at Wildlife Images.



Live-theater enthusiasts will want to spend a few days in Ashland, home to the Tony Award-winning **Oregon Shakespeare Festival** and the **Oregon Cabaret Theater**, as well as numerous art galleries, hotels and dining establishments.

Visit local wineries

There are more than **75 wineries** to be explored in the **Rogue** and **Applegate valleys**, a large area that stretches about 42 miles from Ashland northwest to Grants Pass.

This region also includes some of Oregon's oldest vineyards and a wine-growing history that dates back to the 1840s. **EdenVale**, located a few miles south of Medford at **Eden Valley**

Orchards, is one of many award-winning wineries that pair wine tastings with food and with music concerts. The winery also runs **Enoteca Wine Tasting & Bistro**, located in downtown Ashland.

Explore the Umpqua River

Roseburg, located about 90 miles northwest of Medford along the **South Umpqua River**, is the gateway to the 25 or so wineries that dot the nearby rolling countryside, including **Abacela Winery**, with its Vine & Wine Center offering panoramic views of the nearby hills.

The winery is known for producing wines from the Tempranillo grape, a Spanish red wine grape, and a dry white

wine from the Albariño grape.

Travel about 20 miles north-east of Roseburg to Swiftwater Park, the beginning of the 79-mile-long **North Umpqua Trail**. The route travels east along the Umpqua River's banks as it passes through the **Umpqua National Forest** and numerous locations where you can enter or exit the path as it rises from about 800 feet above sea level at **Swiftwater** to 5,630 feet at **Digit Point**. The trail and river provide a natural playground for hikers, mountain bikers, horseback riders and fly-fishing devotees.

For an upscale experience, book a room at the cozy **Steamboat Inn**. Nestled among towering firs along the river almost 40 miles east of Roseburg, the

inn offers fine dining, an extensive wine list and a multicourse late-evening dinner. Steamboat also offers a well-stocked fly shop with everything you need to catch a feisty steelhead.

Whether you are an outdoor adventurer, a lover of fine wines and excellent theater, or all of the above, Southern Oregon offers a variety of attractions for you to discover. ■

Susan Goracke writes from Portland, Oregon.

Alaska Airlines (alaskaair.com; 800-ALASKAAIR) flies daily to Medford, gateway to Southern Oregon recreation. For more information on Southern Oregon, you can visit southernoregon.org.

PACIFIC NORTHWEST WINES

"We Just Found What We Think Is The Greatest Aerator Of All Time" 

Aeration made beautiful
TRIBELLA



Now Available







Select wine merchants

★★★★★
"Amazing destination winery"
—Wine Country International



OPEN DAILY

Complimentary tasting to Alaska Airlines passengers!



PONZI
VINEYARDS

SHERWOOD, OREGON
PONZIWINES.COM

PACIFIC NORTHWEST WINERY OF THE YEAR

WINE PRESS NORTHWEST, 2015



"Superb WINEMAKING, stunning LOCATION, national reach and LEADERSHIP" are just a few reasons why **Maryhill Winery** is regarded as the region's leading winery."

Learn more about Washington state's **MARYHILL WINERY** and its award-winning wine portfolio, live music on the terrace line-up and events at **MARYHILLWINERY.COM**





For fun on two wheels, the 50-mile **Tualatin Valley Scenic Bikeway** is the perfect way to travel through pristine farm country and forests, or enjoy a leisurely family ride along the car-free **Banks-Vernonia State Trail**.

Discover the many tastes and flavors of award-winning Oregon wine, with more than 30 wineries--and dozens of wine varietals--waiting to be explored. Beer lovers will enjoy craft beer at our taprooms and brewpubs. For a change of pace, tour a saké brewery and sample a flight of **Saké One's** craft beverages at the first American owned-and-operated saké brewery in the world.

Of course, no trip to Oregon is complete without tax-free shopping. Spend an hour or two exploring the area's shopping malls--such as **Washington Square** and **Bridgeport Village**--boutiques, antique shops and retail centers, or pick up a one-of-a-kind souvenir at a winery gift shop.

This is just a quick sampling of the many adventures that are waiting here in the Tualatin Valley. Visit us at tualatinvalley.org, call us at 800-537-3149 or email us at info@wcva.org, and start planning your getaway today.

ESCAPE THE ORDINARY and discover the unexpected in the Tualatin Valley, the heart of Oregon's Washington County. This is a magical destination, where urban sensibilities meet rural landscapes, and your wine glass is always full.

Located just minutes from downtown Portland and situated in the northern Willamette Valley wine region, the Tualatin Valley is the perfect destination for a weekend getaway. The valley beckons with a diverse selection of attractions and activities, picturesque landscapes, exciting events, and memorable food and wine experiences.

Celebrate the summer harvest season in the Tualatin Valley along the **Vineyard & Valley Scenic Tour Route**. This 60-mile driving tour highlights rural Washington County's agricultural bounty. Check out **Baggenstos Farm**, **Smith Berry Barn**, or **Hoffman Farms** for a late-summer treat.

A Getaway to the

Tualatin Valley

is Time Well Spent



Aloha • Banks • Beaverton • Cornelius • Forest Grove • Gaston
Helvetia • Hillsboro • King City • North Plains • Scholls
Sherwood • Tigard • Tualatin • Wilsonville

Travel Apparel



What to wear for function & fashion

by Shelley Reand

The challenge: How to pack for widely varying conditions, whether your Hawai'i vacation ranges from midday snorkeling at one of Maui's sunny beaches to a chilly sunrise atop the island's Haleakalā volcano, or you're taking a South American cruise that sails from balmy Buenos Aires to blustery Cape Horn.

The solution: Versatile clothing that can be layered and serves multiple functions.

That's what I discovered for a trip to South Africa during the country's winter season, when safari wildlife-viewing conditions are optimal. Terrain in my itinerary ranged from urban sidewalks to bush trails. Precipitation could fluctuate from less than an inch a month at the safari park to around 4 inches a month in Cape Town, where rain might be seen on about half the winter days. And afternoon temperatures at our safari base, MalaMala Main Camp, could shoot up to 80 degrees Fahrenheit,

but the evening and early-morning wildlife-viewing excursions would be "really cold," noted invaluable pre-departure-planning materials from Premier Tours President Julian Harrison, who once worked for South African Tourism, and co-authored *Fodor's African Safari* guidebook.

Researching the best clothing options soon led me to items such as the women's 15.7-ounce **Suburbanizer Jacket** from vaunted **Portland, Oregon**-based **Columbia Sportswear**.

Fashionable and durable, the jacket boasted water-resistant fabric, an adjustable storm hood, zippered hand pockets, and anti-wrinkle technology that would allow me to smush the jacket up in my suitcase, then smooth the fabric with my hand for presentable wearing.

Since the Suburbanizer was packable, I could board my aircraft while wearing a fabulous coat I would use as my top layer—the **Storm Logic Jacket** from **ExOfficio**, a Seattle-head-

Left: ExOfficio's BugsAway line includes men's Sandfly and women's Damselfly insect-repelling jackets and pants. Below: Columbia Sportswear's stylish, lightweight Flash Forward Windbreakers are water-resistant, with hoods and adjustable hems.





The View is Breathtaking
The Cost Isn't.



Retire in Stylish Affordability.

When considering a retirement move, consider The Summit—Rockwood Retirement's newest addition, an 11-story luxury apartment tower offering breathtaking views, an urban village environment and world-class amenities to maintain the lifestyle you enjoy. Opening in spring 2016, The Summit is Spokane's premier retirement destination.

Call today and secure your place at The Summit!



Rockwood
RETIREMENT COMMUNITIES

 rockwoodretirement.org

800-727-6650 | 509-536-6850

quartered company known for its innovative travel clothing. (I got the men's version of the Storm Logic for a more generous fit to accommodate layers, and because the men's was available in meadow green; women's colors include teal blue, black, dark purple and dark green.) The fashionable Storm Logic—also very packable, if you prefer—has the added advantages of eight internal pockets; water-, stain- and wind-resistance; and a **built-in stuff sack that transforms the coat into a travel neck pillow** for flights.

During warm days, I could depend on **ExOfficio's** comfortable, lightweight **Airhart Shirt**, with 50+ Ultraviolet Protection Factor (UPF) to shield against the sun's ultraviolet radiation. The long-sleeve Airhart, with two button pockets and a side zip pocket, is also moisture-wicking, quick-drying and stylish enough for a casual dinner. I would alternate it with **ExOfficio's** insect-repelling, 30+ UPF, venting **BugsAway Breez'r** and **Columbia's** stain-repelling, 30 UPF, venting **Cascades Explorer shirt**.

Breathable, lightweight **ExOfficio BugsAway Damsel Fly Pants** offered 30+ UPF, insect repellency, a comfy drawstring waist, and roll-up snaps to convert into capris.

I completed my ensemble with **Targhee II hiking shoes** (12.6 ounces each) from **Portland-based Keen Footwear**, for breathable waterproofing, warmth, cushioning, stability and comfort. A removable footbed molded to my foot's shape. Other customers

have given the shoes top reviews for everything from walking on European cobblestones to doing housework.

For my packable alternate pair, I chose **Columbia's marvelous new Megavent shoes** for land, boat and water. The Megavent is quick-drying and cushioning, with airflow and water-draining ports, and a good-traction outsole. And the weight is just 8.8 ounces a shoe.

My husband went with **Keen's Brixen Low slip-ons**, and he opted for **ExOfficio's TriFlex Hybrid Shirt**: quick-drying, antimicrobial and moisture-wicking, with 30+ UPF, and a hidden zippered pocket. It also has Sol Cool technology designed to cool skin temperature by 5 degrees when the fabric comes in contact with moisture. He decided to alternate the TriFlex with **ExOfficio's Minimo** short sleeve—just 5 ounces—which is ventilating, fast-drying and moisture-wicking, with 50+ UPF, and it even packs into its zipper pocket.

For his coat, he favored **Columbia's Loch Lomond Jacket**, which was waterproof, breathable and reflective, with a storm hood, and easy-access front pockets compatible with carrying a backpack. It was also light enough, about a pound, to fold up and carry in a backpack.

Savvy travelers know that having



the right apparel can make a huge difference in the enjoyment of your trip. Below are some more ideas for function and fashion from clothing designers in the western U.S.

Adventure-Ready

REI Adventures Pants for men are quick-drying, abrasion-resistant, and built for comfort and range of motion. They also have features such as three zip pockets, plus an interior coin pocket. Pair them with the men's fast-drying, 50+ UPF **REI Adventures Long-Sleeve Shirt**.

For male and female travelers, the noted Seattle outdoor-gear company

Above: The lightweight, moisture-wicking **Airhart Shirt** from **ExOfficio** provides 50+ UPF. Left, top: **Columbia Sportswear's** versatile **Megavent** shoe is made for land and water use. Left, bottom: **Keen Footwear's UnEEK** sandal is designed for comfort and traction.



Churchill's
STEAKHOUSE

WORTH THE SIDE TRIP

NO MATTER YOUR DESTINATION.
A SPOKANE ORIGINAL SINCE 2007



165 South Post Street, Spokane • 509.474.9888 • churchillssteakhouse.com

recommends the lightweight, fast-drying, multipocket, 50+ UPF, water-repelling **REI Sahara Convertible Pants**, whose No-Sit Zips let you easily transform them into shorts. And the **women's Northway Versa Skirt**, with a halter-tie-dress option and reversible fabric, is made of organic cotton and hemp, and has 50+ UPF. A zip pocket is hidden in the waistband (rei.com).

Golf Polos

Crafted in limited-edition quantities of 100 each, "at the intersection of comfort and style," **Alial Fital dress polos** feature a woven dress-shirt collar and a soft, luxuri-



Alial Fital crafts limited-edition clothing such as luxurious polos.

ous knit base fabric. The Seattle-area company sponsors pros Bo Van Pelt and Jim Renner. New this year is the moisture-wicking, UV-protectant **2015 Saturday Masters Polo series**. Other series range from **Pop Art** and **Tour Elite** to **The Classics** and **Avant Garde**. Sizes up to 3X are available. Alial Fital—founded by 2006 NFL Europe Offensive MVP quarterback Gibran Hamdan, and named for his parents' names, spelled backward—also designs items such as pants, zip-ups and ball caps (alialfital.com).

A Shoe-in on the Links?

In addition to an impressive line of shirts, pants and outerwear, **adidas Golf**, based in Carlsbad, California, has a new "revolutionary golf shoe," the **Asym Energy Boost**, for



National LENTIL Festival

PULLMAN'S ORIGINAL
FOOD + BREW FEST
AUGUST 21-22, 2015
PRESENTED BY PULLMAN CHAMBER OF COMMERCE, CITY OF PULLMAN • WASHINGTON STATE UNIVERSITY

BEER + WINE GARDEN

CHECK OUT THE COOKING DEMO STAGE



FREE LIVE ENTERTAINMENT ACROSS FOUR STAGES

FEATURING THE LEGENDARY LENTIL COOK OFF



www.lentilfest.com • 800.365.6948



men, designed to handle the different needs of the front and back foot during a game of golf. The right and left shoes are asymmetrical, with a different sole for each (they are available in right-handed- and left-handed-golfer versions).

The shoes feature full-length “boost foam” for cushioning and energy return (the foam also stars in **adipower Boost** shoes, available for men and women); a soft, breathable, microfiber leather upper with ClimaProof protection to block rain while providing ventilation; a front-foot energy sling that adds support to maximize power throughout the swing; an external heel counter to provide additional lateral stability and support; and strategically placed “grip-more” traction to provide improved

stability, grip and performance.

New items **for women** include the **ClimaLite Essentials 50+ UPF Long Sleeve Polo**; **ClimaProof Tour Soft-shell Rain Jacket**, with zip pockets, and articulated elbows to fit your swing; and **matching pants**, with four-way stretch fabric and adjustable leg openings (adidasgolf.com).

Unique by Any Spelling

Choose from tons of colors—such as Green Glow and Gingerbread/Bronze Mist—in **Keen Footwear’s** aptly named **Uneek** line of hybrid sandals for men and women. Designed for comfort and versatility at the beach or by the campfire, on the trail or exploring cities, the Uneek—based on two cords and a sole—molds to your foot, and is also designed to provide traction. The Keen website states: “You might say ‘huh?’ when you see ‘em, but you’ll say ‘ahhh!’ when you try ‘em on.”

Keen also has introduced the new women’s **City of Palms Sandal**, with a full-grain leather upper and a burnished leather footbed for added comfort, and the men’s **Timmons Low Lace Canvas**, which pairs well with jeans or khakis (keenfootwear.com).

Light and Easy

The ExOfficio FlyQ Lite Vest for women or men weighs about a pound and has an 11-compartment Travel Pocket System, making it easy to carry items through airport security and on day excursions. The vest also has 50+ UPF; gadget-friendly pockets with clear panels that are compatible with touchscreens; a microfleece-lined glasses pocket; two front hand-warming pockets; and two angled chest pockets to secure quick-reach essentials. **ExOfficio’s FlyQ Lite jacket**, around a pound, as well, for women or men, offers all the same features, plus water and stain resistance.

Also lightweight from ExOfficio is the women’s **BugsAway Lumen**



Hoody—breathable mesh with InsectShield—that has thumb loops so you can cover more of your hands. It’s popular outdoors when the sun goes down. And, of course, ExOfficio is renowned for its active-fit, antimicrobial, breathable, moisture-wicking, super-fast-drying **Give-N-Go Sport Mesh Underwear**, for men and women.

New items for fall/winter include the **ExOfficio Round Trip Convertible Jacket** for men and the **ExOfficio Ometti Trench** for women. The Round Trip Convertible has 10 interior and two exterior pockets, 50+ UPF, water-repelling technology, and zip-off sleeves to go from jacket to vest. The water-repelling Ometti Trench is stylish enough to be paired with a dress for an evening out, yet also perfect for a day hike in chilly weather. The trench has four interior and two exterior pockets, and a roll-up fitted hood.

Clockwise from top left: REI’s Northway Versa Skirt can transform into a halter-tie dress. The Fabiano Stretch Seersucker Coat from Robert Talbott features subtle stretchability for comfort. Adidas Golf has introduced the intriguing Asym Energy Boost, with a different sole for each foot.



TAYLORMADE GOLF CO., INC.



INSPIRING LEADERSHIP

Performance poet Douglas "Sage" Houston is using hip-hop, dance, and painting to develop new tools for **teaching underserved urban youth.** The doctoral student and change agent is striving to help kids turn dreams into bright futures.

125 YEARS, AND COUNTING.

WSU 125
EST 1890

wsu.edu/125

Another item of interest this fall is the men's **Ometto Blazer**, a sophisticated soft-shell jacket that can go from airplane to dinner, and has six pockets and water repellency (exofficio.com).

Wonderful Windbreakers

For fashionable lightweight wind protection for men or women, consider the **Flashback Windbreaker** or the **Flash Forward Windbreaker**, from **Columbia**. Both are also water-resistant, weigh less than half a pound, and fold up small for great packability. The Flashback comes in an array of retro colors, while Flash Forward colors are future-looking. When the windbreaker is not in use during day excursions, tuck it away in Columbia's **Trail Pursuit 30L Backpack**, which is water- and stain-repellant and hydration-compatible, and has a padded laptop sleeve, integrated rainfly, dual water-bottle pockets and trekking-pole attachments.

New fall releases will include the Columbia **Titanium Heatzone 1000 Turbodown Hooded Jacket** for skiing comfort and performance; it comes in men's and women's versions (columbia.com).

Blazing the Way

Over the last half-century, Monterey County, California-based **Robert Talbott** has developed a reputation for classic style and impeccable clothing, evidenced by apparel such as the men's soft, lightweight **Carmel Sport Coat** and the men's soft, lightweight **Fabiano Stretch Seersucker Coat** with a sateen, woven-cotton stretch fabric for travel comfort. The multiple jacket pockets include two interior button-close pockets designed for travel security. Women enjoy the appearance, comfort and stretchability of the **Gianna blazer**, which is made in Italy (roberttalbott.com).

For the Slopes and Beyond

The men's or women's **Stingray Jacket** from North Vancouver, British Columbia-headquartered **Arc'teryx** is a waterproof, lightly insulated, breathable, roomy 3L Gore-Tex hardshell with a helmet-compatible hood designed for visibility and one-handed adjustability. A laminated

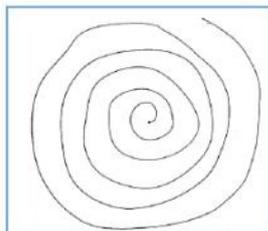
Does Your Hand Shake When You...

Drink a glass of water? Write a note? Dial a phone number?

If so, you may have a condition known as essential tremor. Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.
1-206-320-7187 www.swedish.org/essentialtremor
Seattle, Washington, USA



SWEDISH
Extraordinary care. Extraordinary caring.™



JULIAN KENCHENTEN / ARC'TERYX

ing and biking. For instance, the new **A2B Commuter Hardshell Jacket** for male and female urban cyclers has breathable weather protection, a tuck-away hood that fits under a bike helmet, and good freedom of movement.

Coming this fall will be the **Interstate jacket** for men—an urban lifestyle jacket that is handsome, waterproof, lightweight and packable, with a smooth feel (arcteryx.com). ■

Shelley Reand lives in Seattle.

Enjoy your new travel apparel on trips to destinations such as Hawai'i, Mexico and Costa Rica via Alaska Airlines, which begins Costa Rica service on Oct. 31 (alaskaair.com; 800-ALASKAAIR), and to destinations such as South Africa, South America, Fiji, Europe, UAE, Australia and Asia via Alaska Airlines Mileage Plan partners, including new partner Hainan Airlines (alaskaair.com; 800-654-5669).

Arc'teryx's waterproof, wind-resistant, breathable A2B Commuter Hardshell Jacket is a great choice for bicycling.

powder skirt with gripper elastic seals out the snow, while pit zips with watertight zippers allow rapid ventilation. The Stingray also has two large, easily accessible hand pockets, while a small pocket on the lower sleeve holds a map, lip balm or sunglasses. Inside

the jacket, a large mesh pocket accommodates a hat, gloves or goggles, and a laminated zip pocket holds your wallet, cash or keys.

While famous for its snow wear, Arc'teryx also offers apparel for activities such as hiking, running, climb-

SNOWCREEK RESORT

The Next Generation of Mammoth
www.SnowcreekResort.com

Real Estate Sales (877) 766-9275 Vacation Rentals (800) 544-6007

Luxurious townhomes, golf course, health club & spa.
 Daily flights to Mammoth/Yosemite Airport

NOW SELLING CREEKHOUSE
www.CreekHouseAtSnowcreek.com

f t

CITIZEN

Besides being known for their bright colors and celestial

shape, sea stars are considered keystone species.

They help to maintain the biodiversity of ocean habitats

through predation of mollusks such as mussels.

Seattle-area resident Laura James spends many hours each year piloting an underwater-exploration robot beneath Puget Sound waves to count sea stars, many of which are experiencing “sea star wasting syndrome.” The syndrome,

which has caused enormous die-offs from Alaska to Mexico, may start with a deflated appearance, unnatural twisting and small lesions, and rapidly progress to loss of arms, softening of tissue and death, explains the University of California, Santa Cruz, whose marine scientists are part of a consortium of research groups working to gather data on the Asteroidea (a name derived from the Greek word for “starlike”).



Counts of adult stars and juvenile stars in various locations along the West Coast can help researchers better understand the epidemic, which scientists hypothesize might

be caused by a virus that is suddenly flourishing, perhaps due to a complex interaction of various factors that may differ from region to region.

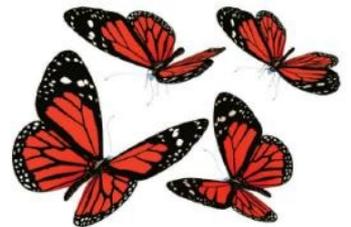
James, who makes a living as a commercial videographer, and who dives into the water herself as well as using a robot to capture video of sea stars, sends her data to UC Santa Cruz (seastarwasting.org), which compiles it with the reports of other West Coast volunteers, and research scientists.

She believes that encouraging science literacy is good for the world, and she loves to converse with bystanders as she uses her underwater robot—a compact, remotely operated vehicle known as the OpenROV v2.7, which weighs less than 6 pounds, can dive to at least 75 meters and sends live video to a laptop via a long tether wire. “I deliberately set up on the beach where people can see me and ask me questions,” James says. “I love showing them the underwater world with the ROV.”

Citizen science mobilizes “more eyes on the beach, more boots on the ground,” James says. The videographer is one of the thousands of volunteers around the world—some hiking mountains or deserts, others sitting at computers—who collect information that researchers use to analyze everything from migrating butterflies to house microbes.

MONITORING MONARCHS

Keith Graves, who lives near Tucson, Arizona, is a retired U.S. Forest Service district ranger who observes monarch butterflies and attaches tiny identification tags (small adhesive stickers) to



SCIENCE

EVERYDAY PEOPLE CONTRIBUTE TO RESEARCH THAT BENEFITS THEIR COMMUNITIES AND THE WORLD | BY SALLY JAMES

their hindwings. He recently tagged almost 200 monarchs near Lake Havasu. "It does not hurt the butterfly," Graves emphasizes.

The migration of North American monarchs is an epic north-south journey of up to 3,000 miles. Many monarchs spend the summer as far north as northern Canada and winter in the southern United States or Mexico.

Tags help researchers with the nonprofit Southwest Monarch Study learn new details about the migrations and about monarch numbers, which are facing serious declines, according to a 2015 U.S. Forest Service report, "Conservation and Management of Monarch Butterflies: A Strategic Framework." Habitat loss is among the threats to the monarchs, notes the report, which cites a White House memorandum stating that there is "imminent risk of failed migration."

The Southwest Monarch Study is a member of the Monarch Joint Venture partnership of public and private entities that coordinate efforts to protect the monarch migration across the Lower 48 states. In addition to tagging butterflies for tracking, Southwest Monarch Study activities include monitoring the amount of native milkweed available to monarchs for food and laying eggs, supporting the North American Monarch Conservation Plan, and educating the public about the beautiful pollinators.

SURVEYING THE MICROSCOPIC LANDSCAPE

Retired software engineer Malcolm Colton, who lives in California's Sonoma County wine country, collects information from his house for researchers studying the microscopic landscapes of our homes. The information is designed to help scientists learn more about how microbes such as bacteria in our houses influence our health, and this research may one day lead to strategies for preventing illness.

Colton hung up a device that collects information about temperature and humidity at his home, and also swabs his home to collect microbe samples. The data is sent to a project called The Wild Life of Our Homes (homes.yourwildlife.org), which is working to map home-related microbes in all 50 states. The project, now in year three, was so intriguing, more than 1,000 citizen scientists signed up after learning about it via social media. New participants are not being sought, but there will most certainly be other upcoming opportunities to help study the biodiversity of our everyday lives, the project website notes.

"A number of adverse health symptoms or diseases (itchy eyes, headaches, asthma, allergies, and auto-immune disorders, to name a few) may be linked to changes in the microbial species with which we live," explains the website.



**EXCEPTIONAL GUEST EXPERIENCES
FOR EVERY GUEST**
Named "Hotel of the Year"
by the Washington State Wine Commission

MARCUS WHITMAN HOTEL & CONFERENCE CENTER
6 West Rose St. Walla Walla, WA 99362 | (509) 525-2200
MARCUSWHITMANHOTEL.COM

AYA
PACIFIC NORTHWEST EYEWEAR
GET SOMETHING FABULOUS
SPECIAL BUNDLE
BEVY OF BLUE

10% Off coupon
BEVY10

VISIT US AT WWW.CLAUDIAALAN.COM

Coffees Worth Searching For®

Visit us downtown,
and at fine retailers

Seattle • Portland
Alaska • Boise

Caffé D'arte
ITALIA COFFEE ROASTERS

caffedarte.com

"Perhaps, as a consequence of 'modern' living, we've lost some beneficially protective species or improved the conditions for the survival of pathogens. After all, we now spend less time 'dirty' outside, and many of us live in homes with central air, sealed windows and surfaces scrubbed clean, at every opportunity, with antimicrobial wipes."

MAKING A DIFFERENCE

Each citizen scientist is helping professional scientists wrestle data from a wider and/or more complex network, because a crowd of volunteers is doing some of the work. Chandra Clarke, who wrote the book *Be the Change: Saving the World with Citizen Science*, and blogs about citizen science for the magazine *Popular Science*, says citizen-science momentum is growing, in part



PHOTO OF CHANDRA CLARKE,
COURTESY OF HER

thanks to consumer technologies such as cellphone apps that allow people to photograph and upload data to scientists in seconds. "There was an untapped reservoir of enthusiasm," she says.

Many citizen scientists say they are entertained and enchanted by participating in science projects, and it is rewarding to contribute to an increasing body of knowledge that can make a difference in the world. "You can do public good—add to scientific knowledge, monitor changes in the environment, promote better social policy," wrote veteran science author Sherman Apt Russell. She wrote this in her 2014 book, *Diary of a Citizen Scientist*, published by Oregon State University Press. ■

Sally James is a Seattle-based science writer.

CITIZEN SCIENCE IN GLACIER NATIONAL PARK | BY JEAN ARTHUR

A SHRILL CHIRP interrupts the rustle of quaking aspens under the northwestern Montana sun. A pika is nearby. My 24-year-old daughter, Gretchen, and I stop to document the sound as part of the **High Country Citizen Science Pika Survey in Glacier National Park**.

Volunteers hike into the park's vast back-country to pre-established study plots, which are located via GPS. Today we're walking 2.5 miles along Oldman Lake Trail in the Two Medicine Valley on the park's east side. Our mission is to contribute to data about the numbers and distribution of pikas—7- to 8-inch-long, short-eared mammals that look like guinea pigs but are actually related to rabbits and hares—in the park. Pika populations have been declining outside the park, perhaps because of climate change, and invasive plant and insect species, and the Pika Survey will help to create a baseline for studying and conserving in-park populations.

"We want to understand how pika occupancy changes over time in different areas," says Elizabeth Flesch, High Country Citizen Science coordinator for Glacier's **Crown of the Continent Research Learning Center**. Flesch and other re-

searchers train volunteers to find study sites across the park in order to document animals such as pikas, mountain goats, bighorn sheep and common loons.

Gretchen and I have learned to think like researchers by scrutinizing every inch of the study area, documenting each detail. We also strive to think like pikas, seeking jumbles of bowling ball-size boulders amid tufts of grass, which hide the animals from predators while at the same time providing the pikas with good vantages from which to watch for threats.

"There he is!" whispers Gretchen shortly after we hear the chirp. The herbivore skitters over lichen-flecked rocks. "He has grass and flowers in his mouth! So cute."

These high-altitude-dwelling mammals are nonhibernating, and all summer they collect "haypiles"—comprising plant stalks, leaves and blossoms—stashing them between and under wind-protected boulders for winter sustenance.

We locate several small older haypiles as the pika continues to gather forbs, grasses, wildflowers and sedges. Haypiles as large as 50 pounds have been found in the park. We →

ADDITIONAL CITIZEN-SCIENCE PROJECTS

There are hundreds, perhaps thousands, of different citizen-science projects. A few examples:

◆ Listen for orcas in the Salish Sea in Washington state and British Columbia, and email the information or log it into a collaborative spreadsheet, to contribute to research by the **Sea-Sound project of The Whale Museum**, on Washington's San Juan Island, which is monitoring the habitat of Southern Resident orcas (whalemuseum.org/pages/seasound-remote-sensing-network).



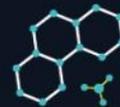
- ◆ Play computer games designed to help scientists solve puzzles such as **how human proteins fold** themselves. The information may help researchers design drugs to fight diseases (fold.it).
- ◆ Use your smartphone, which has a magnetometer, to help map the magnetic field of the earth, via an app called **CrowdMag**, which is part of a project led by NOAA's National Centers for Environmental Information in Boulder, Colorado (ngdc.noaa.gov/geomag/crowdmag.shtml).
- ◆ Observe magpies in Idaho, and share data related to characteristics such as sense of

smell, memory and social structure, for **Idaho Nature Probe**, a program administered through a partnership between the Environmental Surveillance, Education, and Research Program (run by Gonzales-Stoller Surveillance LLC), the Idaho Fish and Game Department and the Wildlife Conservation Society (www.natureprobe.com).

For more project ideas, visit websites such as **scistarter.com**, **citizensciencecenter.com** and **zooniverse.org**. —S.J.



$$E=MC^2$$



HARRINGTON
Sculpture

REPRESENTED BY
PLANETBRONZE.COM

Get the Muck OUT!

Marble size AquaClear™ Pellets clear your lake or pond bottom.

Beneficial microorganisms. Restore balance in natural and man made surface waters. Increase water clarity. Improve water quality. Eliminate black organic muck.

A **10 lb. bag** treats 0.5 to 1.0 acres
\$88.00

A **50 lb. bag** treats 2.5 to 5.0 acres
\$339.00

Apply weekly for 4 weeks, then monthly to maintain. No water use restrictions!

FREE SHIPPING!

800-328-9350

KillLakeWeeds.com

Order online today, or request free information.

Our 60th year

AQUACIDE CO.
PO Box 10748, Dept. 81EX
White Bear Lake, MN 55110-0748

estimate that the ones we're seeing today may be three-quarters of a pound.

Technicians will compile data gathered in Glacier National Park with documentation from other national parks for the National Park Service Inventory and Monitoring Program. Volunteers are monitoring pika populations in Glacier, Yellowstone, Grand Teton, Crater Lake, Great Sand Dunes, Lassen Volcanic and Rocky Mountain national parks as well as in Lava Beds National Monument, and Craters of the Moon National Monument and Preserve.

In 2012, Glacier National Park researchers chose and visited 47 park pika survey sites to gather information; 38 of those sites were occupied. In 2013, the first citizen scientists found 31 of 43 survey sites occupied. In 2014, 28 out of 45 survey sites were occupied. Because pikas and moun-



tain goats reside in the high country, where cold temperatures persist nearly year-round, they are harbingers of climate-change impact. Their physiological sensitivity to warm temperatures and early snowmelt means the alpine creatures may need to climb higher to survive when temperatures rise at lower elevations.

Citizen scientists are continuing their monitoring in 2015 to obtain another year of baseline data that will help scientists evaluate trends in pika occupancy and create the best conservation plan. That means Gretchen and I will continue to hike in the park this summer, listening for one of Glacier's intriguing mini-mammals. For more information, visit crownsience.org/getinvolved/citizen-science and nps.gov/glac/naturescience/ccrlc-citizen-science.htm. ■

Jean Arthur lives in Bozeman, Montana.

seres
RESTAURANT & XIAO CHI BAR

Chinese Cuisine Featuring Northwest Fresh Ingredients

Pearl District, Portland
Since 2002

Bring in your in-bound Alaska Airlines boarding pass for a complimentary cocktail or appetizer.

971-222-7327
seresrestaurant.com
1105 NW Lovejoy St, Portland, OR

BBIC

BELLADONNA BREAST IMAGING CENTER

Call for your appointment today

(425) 974-1044 • WWW.BBIC.COM
BELLEVUE WASHINGTON

Puzzle on page 66.

C	H	E	F	E	S	S	E	A	L	U	M	P	A	M	P	A		
L	U	L	U	N	O	E	L	D	I	N	A	R	A	D	I	E	U	
U	N	B	R	I	D	L	E	D	V	O	L	T	A	T	O	N	A	L
E	T	A	N	E	A	P	M	I	N	E	T	H	A	T	B	I	R	D
A	F	A	R	B	E	S	E	T	B	E	E							
F	O	S	T	E	R	H	O	L	E	S	S	T	U	D	S	E	E	
I	N	T	E	R	T	A	R	T	S	T	A	R	T	G	E	M	S	
G	A	R	S	T	I	T	O	R	U	E	S	I	C	E	S			
H	I	E	S	P	E	N	D	A	B	U	C	K	A	G	R	E	E	
T	R	E	S	P	A	S	S	R	I	L	E	Y	Q	U	E	R	N	
T	A	R	R	Y	A	D	O	C	R	U	E	T						
P	A	S	T	A	C	A	M	E	O	P	H	E	A	S	A	N	T	
A	V	E	R	Y	W	A	R	A	D	M	I	R	A	L	R	O	Y	
B	O	N	A	P	O	N	E	R	O	S	Y	D	I	R	K			
L	I	S	P	R	O	O	S	T	K	A	N	E	P	R	A	T	E	
O	D	E	R	O	L	E	W	A	I	T	E	C	L	O	T	H	S	
S	I	S	G	E	S	T	E	D	R	I	P							
T	H	U	N	D	E	R	G	U	L	C	H	R	O	A	N	M	E	T
O	A	R	E	D	A	L	I	V	E	F	U	N	N	Y	C	I	D	E
S	I	S	A	L	W	I	D	E	N	E	B	O	N	U	R	G	E	
S	L	A	K	E	B	E	S	T	E	E	R	Y	B	E	Y	S		

SCIENCE FESTIVALS FOR EVERYONE

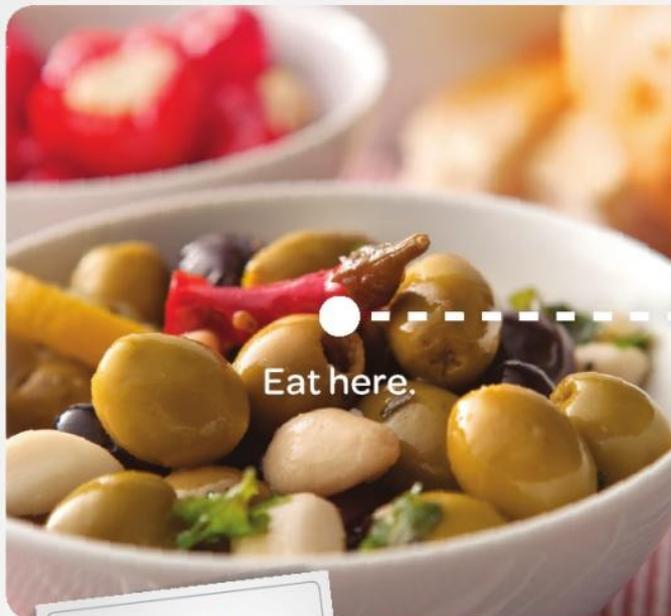
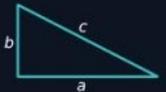
San Diego scientist and entrepreneur Larry Bock helped create one of the largest science festivals in the United States—the **USA Science and Engineering Festival** (usasciencefestival.org)—which was first held in 2010 and takes place every other year in Washington, D.C. The 2016 festival will be April 16–17. “We call it the Super Bowl of STEM,” Bock jokes. STEM stands for science, technology, engineering and math.

Bock, who has a biochemistry degree and an MBA, has created and sold several mostly biotechnology companies. But he has never forgotten his favorite biology teacher from high school, and he believes celebrating science helps spur students to pursue careers as scientists. “We get what we celebrate,” he says. **“A nation gets what it celebrates, and if we celebrate people like reality-TV stars instead of scientists, tech entrepreneurs and mathematicians, then future generations of Americans will suffer for it.”**

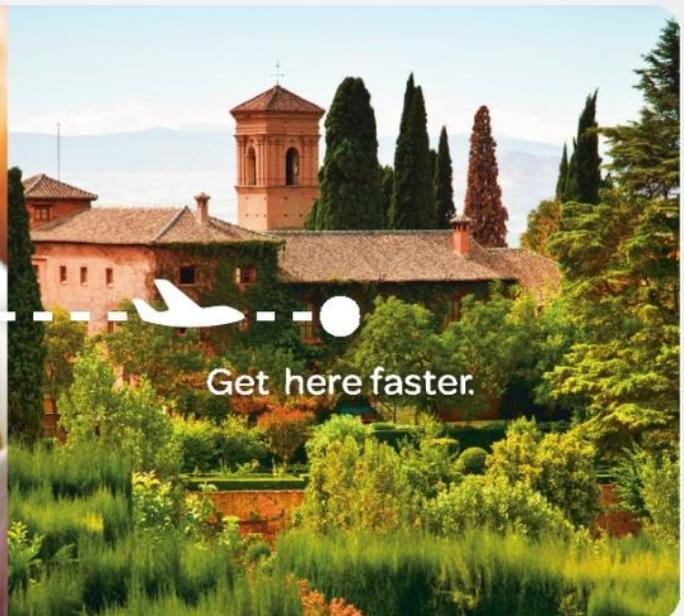
Part of the appeal of science festivals, says Bock, whose event draws about 350,000 people—children and adults—is that attendees get

to rub shoulders with scientists who are doing demonstrations. In many cases, attendees even participate in experiments, getting their hands wet or sandy or salty or dirty, and the scientists tell Bock that they love sharing what they do. The festival features “science celebrities, explorers, astronauts, athletes, authors, and experts in fields like robotics, genomics, medicine, advanced manufacturing and even 3D printing.” In addition to hands-on activities (more than 3,000 in 2014), the festival includes a symposium, a book fair, contests and live stage performances.

Another giant festival is the New York City-based **World Science Festival** (worldsciencefestival.com), which was founded in 2008 by famous physicist **Brian Greene** and Emmy-winning journalist **Tracy Day**. The New York festival—2016 dates to be announced (with a sister festival in Brisbane, March 9–13, 2016)—includes demonstrations, lectures, and performances, such as dance, music and theater. In addition, videos and free classes can be viewed year-round on the festival website. —S.J.



Eat here.



Get here faster.

**MERCHANT
MILES**
SEA-TAC

Earn more miles dining at Sea-Tac.

With Merchant Miles, you add miles to your existing mileage plan when you eat, shop and park at Sea-Tac Airport. Sign up for free at seatacshops.com.

POWERED BY



KENTUCKY DERBY WINNERS

ACROSS

- 1 Gourmet cook
- 5 To be, to Cato
- 9 Grad
- 13 Argentine plain
- 18 Humdinger
- 19 Mr. Coward
- 20 Iraqi coin
- 22 French farewell
- 23 1990 winner
- 25 African river
- 26 Melodic
- 27 Airport abbr.
- 28 Tide type
- 29 2009 winner
- 31 Yonder
- 32 Under siege
- 33 Spelling competition
- 34 Jodie _____
- 37 Golf targets
- 38 Poker variety
- 40 Witness
- 43 Entomb
- 44 Tangy
- 45 Begin
- 47 Rubies and diamonds, e.g.
- 48 Long-jawed fish
- 49 Puente or Jackson
- 50 Regrets
- 51 Frozen treats
- 52 Rush
- 53 1985 winner
- 57 Think alike
- 58 Intrude
- 61 Coach Pat _____
- 62 Grain mill
- 63 Linger
- 64 Hubbub
- 65 Dressing holder
- 67 Italian staple
- 69 Carved brooch
- 71 Ruffed grouse, in the south
- 74 _____ Fisher Hall
- 75 1937 winner
- 77 Cowboy Rogers
- 78 _____ fide
- 79 Corn bread
- 80 Bright
- 81 Actor Bogarde
- 82 Speech problem
- 83 Hen's seat
- 85 "Citizen _____"
- 86 Chatter
- 87 Keats work
- 88 Stage part
- 89 "The Waltons" actor
- 91 Fabrics
- 92 Bro's sib
- 93 "Beau _____"
- 94 Faucet leak
- 95 1995 winner
- 100 Gray-spotted sorrel
- 101 Greeted
- 104 Paddled
- 105 Animated
- 106 2003 winner

1	2	3	4		5	6	7	8		9	10	11	12		13	14	15	16	17				
18					19					20			21		22								
23				24						25					26								
27				28					29						30								
			31						32					33									
34	35	36							37					38	39				40	41	42		
43									44					45	46				47				
48									49					50					51				
52									53					54	55	56				57			
58									59	60					61					62			
			63						64						65	66							
67	68								69	70					71					72	73		
74									75						76					77			
78									79						80					81			
82									83						84	85				86			
87									88						89	90				91			
			92						93						94								
95	96	97								98	99					100					101	102	103
104										105						106					107		
108										109						110					111		
112										113						114					115		

- 108 Rope fiber
- 109 Enlarge
- 110 Poet's black
- 111 Prod
- 112 Quench
- 113 Top-rated
- 114 Weird
- 115 Muslim rulers

DOWN

- 1 Inking
- 2 Search
- 3 Exile island
- 4 Bear hair
- 5 Make beloved
- 6 Type of energy
- 7 Ooze
- 8 Olden times
- 9 Counsel
- 10 Elsa, e.g.
- 11 Not rented
- 12 TV's Lauer
- 13 Stroked
- 14 Clay brick
- 15 Type of van

- 16 Bartlett or Bosc
- 17 "_____ Lang Syne"
- 21 Campus cheer
- 24 Deduce
- 29 Thaw
- 30 Touches
- 31 Sweetsop
- 32 Chemical element
- 34 Argue
- 35 Radio sign
- 36 2007 winner
- 37 Detests
- 38 Pert
- 39 Journey
- 40 1973 winner
- 41 Islamic prince
- 42 City in Germany
- 44 Unsteady
- 46 Authentic
- 47 Lively dances
- 49 Romanov ruler
- 54 Tragedy
- 55 Helped
- 56 Blossom
- 57 Greenish blue

- 59 Persian ruler, once
- 60 Beseech
- 65 Pursue
- 66 Put faith (on)
- 67 Artist Picasso
- 68 Shun
- 69 Dugout
- 70 Son of Zeus
- 71 Inclined
- 72 Up, on a map
- 73 Toddlers
- 75 Sweater material
- 76 Cross
- 79 Ordinary language
- 81 Plunge
- 84 Dozen units
- 85 Kin's partner
- 86 Roman naturalist
- 88 Mind teaser
- 90 Climb
- 91 Crevice
- 92 Move stealthily
- 93 Tour leader
- 94 Benefactor
- 95 Throw

- 96 Hard rain
- 97 Celestial Bear
- 98 Crude
- 99 Smug
- 100 Hick
- 101 Mud
- 102 Anxious
- 103 Golf gadgets
- 106 Rate
- 107 Chicago pro

Solution on page 64.



Puzzle © 2015 Penny Press, Inc.
www.PennyDellPuzzles.com



EXCLUSIVE
OFFER
FOR YOU



RECEIVE
\$10 IN FREE PLAY!
IN THE MONTH OF AUGUST

Code: **AA10FAUG15** | VALID: August 1, 2015 – August 31, 2015

Must present your airline ticket stub (paper or electronic) to the
Players Club for your Free Play offer.*

*Limit one offer per guest. Must be or become a Players Club member to participate. Membership is free! Must have flown between August 1, 2015 through August 31, 2015 to receive offer. Offer expires August 31, 2015. Free Play may not be available on all machines. For Free Play limitations, rules and details see Players Club. Promotions are subject to change without notice. Management reserves all rights.



IT'S ALL ABOUT YOU



2402 Auburn Way South, Auburn WA 98002
800-804-4944 | muckleshootcasino.com

20 minutes from SEA-TAC International Airport
I-5 South to WA 18 East • Auburn Way Enumclaw Exit

ACCOMMODATIONS

Black Butte Ranch

www.blackbutteranch.com

Flamingo Resort and Conference Center

www.flamingoresort.com

Heathman Hotel

www.heathmankirkland.com

Holiday Inn/Holiday Inn Express of Washington & Oregon

www.greatnwhotels.com

Marcus Whitman Hotel & Conference Center

www.marcuswhitmanhotel.com

Pineapple Hospitality

www.staypineapple.com

Snowcreek Resort

www.snowcreekresort.com

CASINOS

Graton Resort & Casino

www.gratonresortcasino.com

Muckleshoot Casino

www.muckleshootcasino.com

Northern Quest Resort & Casino

www.northernquest.com

RESTAURANTS

Anthony's Homeport Restaurants

www.anthonys.com

Churchill's Steakhouse

www.churchillssteakhouse.com

Doug Fir Lounge

www.dougfirlounge.com

Seres Restaurant & Xiao Chi Bar

www.seresrestaurant.com

TRANSPORTATION

Dave Smith Motors

www.davesmith.com

Your Local Ford Store

www.compareford.com

FINANCIAL SERVICES

Alaska Airlines Visa Signature Card

www.myalaskacard.com

BECU

www.becu.org

Laird Norton Wealth Management

www.lairdnortonwm.com

REAL ESTATE

Cascade Sotheby's

www.cascadesothebysrealty.com

Compass Commercial Real Estate

www.compasscommercial.com

RETIREMENT COMMUNITIES

Rockwood Retirement Communities

www.rockwoodretirement.org

EDUCATION

Washington State University

www.wsu.edu

HEALTH & BEAUTY

20|20 Lifestyles

www.2020lifestyles.com

Advanced Cosmetic & Laser Dentistry

www.acl.com

Schick Shadel Hospital

www.schickshadel.com

Seattle Children's Hospital

www.seattlechildrens.org/craniofacial

Swedish Radiosurgery Center—Essential Tremor

www.swedish.org/essentialtremor

TRAVEL IDEAS

MasterPark

www.masterparking.com

Port of Seattle—Sea-Tac International Airport

www.portseattle.org

Pullman Chamber of Commerce

www.pullmanchamber.com

Tri-Cities Visitor & Convention Bureau

www.visittri-cities.com

Visit Roseburg Land of Umpqua

www.visitroseburg.com/finewine

Washington County, Oregon

www.tualatinvalley.org

Wenatchee Valley Chamber

www.wenatchee.org

THINGS TO SEE & DO

Jerry's Rogue River Jets

www.roguejets.com

Oregon Zoo

www.oregonzoo.org

WINE & WINERIES

Maryhill Winery

www.maryhillwinery.com

Oregon's Wine Country

www.oregonwinesflyfree.org

Ponzi Vineyards

www.ponziwines.com

Willamette Valley Wineries

www.willamettewines.com

Wine Road Northern Sonoma County

www.wineroad.com

SHOPPING

Caffe D'arte

www.caffedarte.com

Claudia Alan, Inc.

www.claudiaalanstore.com

FOR THE HOME

Planet Bronze

www.planetbronze.com

GIFT IDEAS

TRiBella

www.tribellawine.com

GOOD IDEAS

Aquacide

www.killlakeweeds.com

Sanctuary One at Double Oak

www.sanctuaryone.org

Read our digital edition at www.alaskaairlinesmagazine.com/horizedition

DISCOVER ALASKA AIRLINES FEATURES & AMENITIES

We know why you travel. It's not just to get somewhere. It's to learn, to explore and experience new things. It's to see the world from a fresh perspective. Not just to pass time, but to live life fully. We feel the same way. That's why we put time and attention into dozens of different aspects of your flight. Throughout this section, and your flight, you'll experience things we've designed to make your trip better, richer and easier.



TABLE OF CONTENTS

A2 Onboard Amenities
A3 For Your Safety
A3 alaskaair.com
A3 Mileage Plan™

A4–A6 Route Maps
A7 Customs and Immigration Forms
A7 Airport Gate Location Maps

ONBOARD AMENITIES

SNACKS & BEVERAGES Available for purchase on select flights

The card in your seatback pocket displays all of our food and beverage options. Purchases require a credit or debit card.



Featuring healthy items from local Pacific Northwest companies, our snack packs are both delicious and free of trans fats, high fructose corn syrup and MSG.

- Liquor \$7 USD**
 Sun Liquor Vodka
 Sun Liquor Gin
 Sun Liquor Rum
 Crater Lake Hazelnut Espresso Vodka
 The Glenlivet
 Crown Royal



FEATURED REGIONAL WINES & MICROBREWS

You are welcome to enjoy a glass of Northwest wine or microbrew at no additional charge on select flights. Please refer to the card in your seatback pocket for more information.

Individuals must be 21 years of age or older to consume alcoholic beverages. Only alcohol served by our flight attendants may be consumed on board. Some limitations are placed on the service of alcohol. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

COMPLIMENTARY BEVERAGES

Hot Beverages:

- Proudly serving Starbucks®
 Pike Place® Roast
 Tazo® Awake® Black tea
 Tazo® Sweet Orange Hot Herbal Tea (caffeine-free)



Juices:

- Orange Juice
 Apple Juice
 Cranberry Juice

Sodas & Mixers:

- Coca-Cola Classic
 Coke Zero
 Diet Coke
 Sprite
 Sprite Zero
 Seagram's Ginger Ale,
 Seltzer & Tonic
 Sparkling Water
 Bloody Mary Mix
 Bottled Water



Beverage brands may vary, and service levels will vary depending on length of flight, time of day, and air turbulence. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

HORIZON'S FLEET

Our 76-seat Bombardier Q400 is among the quietest and most environmentally friendly commercial aircraft in the skies today. It burns 30-40 percent less fuel and produces 30-40 percent lower emissions than similar-capacity jet aircraft. It also burns less fuel per passenger than an average car. Outside, the neighborhood-friendly Q400 is 10 decibels quieter than a similar-size jet. Inside, thanks to its sophisticated Active Noise and Vibration Suppression system, it's also as quiet as the interior of a jet.

comfortably
Q400greener



A NEW WAY TO GIVE FEEDBACK

Visit alaskalistsens.com at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistsens.com from any device to take a fast, two-minute survey—even inflight, where access to alaskalistsens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistsens.com.

FOR YOUR SAFETY

Please take a moment to review the following information to ensure that everyone on board the plane has a safe and comfortable trip

PLEASE TAKE YOUR SEAT

Buckle Up. Please fasten your seat belt whenever the seat belt sign is illuminated. We ask that you keep your seat belt fastened throughout the flight whenever you are seated in case of undetectable clear-air turbulence.

Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.

All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.

Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

USING YOUR DEVICES

Flight attendants will advise of any portable electronic device restrictions on the ground or in the air. Please observe our portable electronic device policies:

Allowed on the Ground and in the Air



- › Laptops (must be stowed for taxi/takeoff/landing)
- › Tablets/smartphones (Airplane Mode after door closure)
- › Wireless mouse/keyboard
- › e-readers
- › Media/CD/DVD player
- › Noise-cancelling headphones
- › Cell phones (prior to door closure only)

Not Allowed During Flight



- › Voice calls of any kind, including VoIP
- › Devices with cell service enabled
- › AM/FM radios or TVs
- › Personal air purifiers
- › Remote-control toys
- › Electronic cigarettes

IT'S THE LAW

Interference with crew members' (including flight attendants') duties is a violation of federal law. Under the law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties.

Smoking is not permitted on any Horizon Air flight.

Child-restraint devices must bear the FAA approval sticker.

Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

Horizon Air prohibits the use of items that do not meet Federal Aviation Regulations or Company regulations, including the use of seat-belt extensions not provided by Horizon Air.

UPON LANDING

Please remain seated until the plane comes to a complete stop and the seat belt sign has been turned off.

Use caution when opening an overhead bin, as items may have shifted during flight.

DISCOVER ALASKA AIRLINES

ALASKAAIR.COM

The easy way to plan, book and purchase your trip. Find the lowest fares on Alaska Airlines—guaranteed—plus vacation packages, online specials and more. Purchase and change reservations and then check in and print your boarding passes from your home or office. Also available in Spanish at alaskaair.com/espanol.

MILEAGE PLAN

Alaska's award-winning Mileage Plan™ offers great benefits and flexibility. Award travel starts at 7,500 miles (one way). Earn and redeem miles on Alaska Airlines and our numerous airline partners. Earn additional miles with our wide variety of car, hotel, dining, financial and telecom partners.

ONBOARD RECYCLING

Please join our effort to reduce our environmental footprint by separating recyclable paper, cardboard, plastic, glass and aluminum, and passing these items to flight attendants for recycling in participating locations. Thank you.



ALASKA AIRLINES VISA® CARD

With the Alaska Airlines Visa® Signature card, you can earn one Bonus Mile for every dollar you spend. Plus, each year you will receive a coach Companion Fare from \$121 (\$99 base fare plus taxes and fees from \$22 depending on your Alaska Airlines flight itinerary), redeemable anywhere Alaska Airlines flies.

WHERE WE FLY

Alaska Airlines is proud to serve more than 100 destinations throughout the United States, Canada, Mexico and Central America. On routes that require a connection to one of our partners, we strive to make your journey as easy as possible by taking care of your bag transfer and providing assistance at any stage of your journey.

U.S. MILEAGE

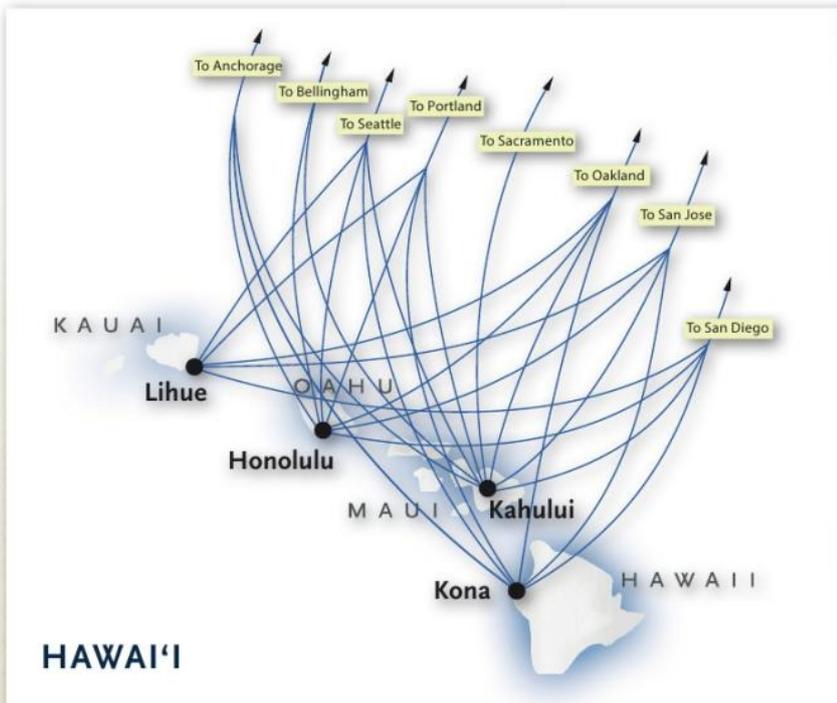
Between	Mileage
Seattle &	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	678
Washington, D.C.	2,306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

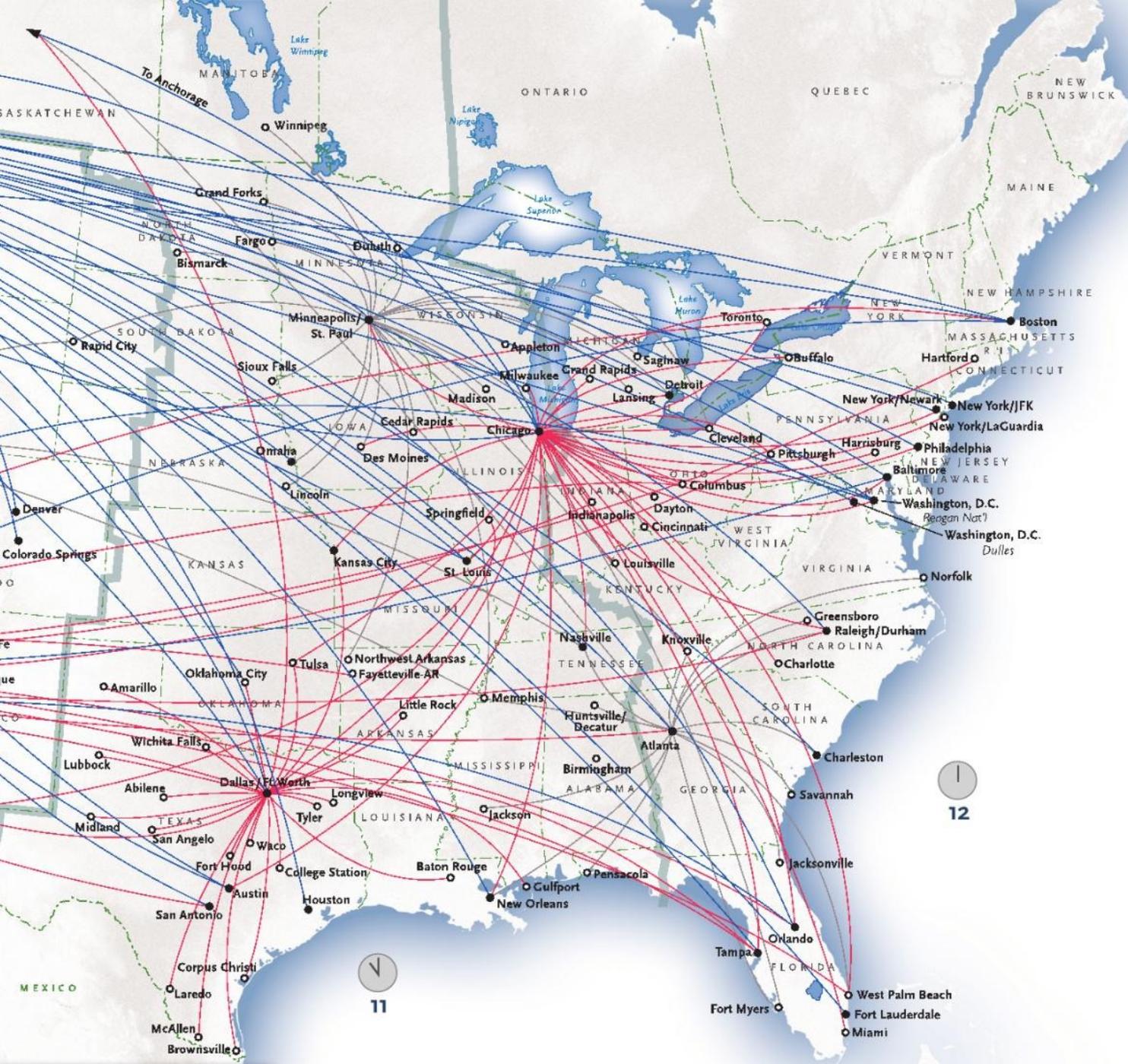
LEGEND

-  *Alaska*
-  American Airlines
-  DELTA

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.





UPCOMING NEW SERVICE

Route	Service Begins
Boise–Spokane	Aug. 24, 2015
LAX–Baltimore	Sep. 9, 2015
Seattle–New York/JFK	Sept. 16, 2015
Seattle–Nashville	Sept. 23, 2015
Seattle–Raleigh/Durham	Oct. 1, 2015
Orange County–Los Cabos	Oct. 8, 2015
Orange County–Puerto Vallarta	Oct. 9, 2015
LAX–San Jose, Costa Rica	Oct. 31, 2015
LAX–Liberia, Costa Rica	Nov. 1, 2015
Boise–Reno	Nov. 5, 2015
Eugene–San Jose	Nov. 5, 2015
LAX–Monterey, CA	Nov. 5, 2015
Portland–Austin	Nov. 5, 2015
LAX–Gunnison, CO	Nov. 16, 2015

ALASKA



ALASKA MILEAGE

Between	Mileage
Anchorage &	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
Fairbanks &	
Barrow	503
Seattle	1533
Chicago	2785
Between	Mileage
Juneau &	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
Between	Mileage
Ketchikan &	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

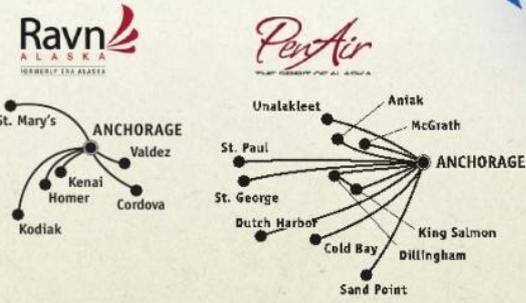
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

Some routes shown operate seasonally.
 † Dutch Harbor-Anchorage service operated by PenAir.

AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



CUSTOMS AND IMMIGRATION

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6 — If not using a passport, leave these lines blank
- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"



DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6 — Si no tiene pasaporte, deje esta sección en blanco
- Línea 9 — Use "AS" para Alaska Airlines
- Firme en la "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6 — No es necesario declarar sus medicamentos de uso personal

FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

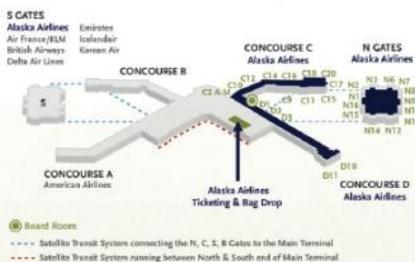
Helpful tips

- One form per person or one per family with same address
- Section 6 — It is not necessary to declare medicine for your personal use



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



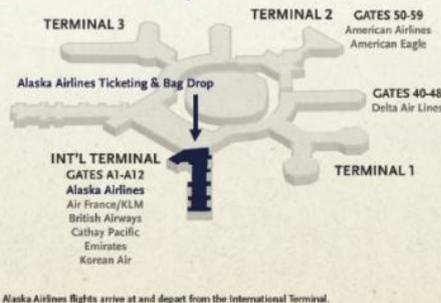
Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



And the Last Shall Be First

A school scrimmage leads to a fond football memory | BY JOHN KELLY

Steve was the athlete of our class. Not just talented in one sport but adept at anything that used a ball, glove, club or racquet, or involved running, jumping and any other kind of movement.

He and I met in the fifth grade when he moved to my hometown of Cottage Grove, near Eugene, Oregon. He was towheaded, with black-framed glasses, blue eyes and an easy grace to the way he walked. He exuded confidence without doing anything at all.

Recess in grade school almost always meant football, and it was a game I had loved from the time I could walk. I played in the backyard with friends and followed Roger Staubach, Bob Lilly and their stoic coach, Tom Landry, from the time I started watching football at age 7. I dreamed of being Drew Pearson or Lance Alworth, streaking down the sidelines as I hurtled under a perfect spiral that fell from the sky and into my hands with only the end zone under my feet.

So rain or shine, dry field or mud bog, my classmates and I lined up along the cyclone-wire fence of the elementary school, and two captains (usually a jock named Bobby and a rotating favorite) would choose teams. Because I was small for my age, I usually got picked last, and the ball was never thrown to me, even though I had good hands and was pretty quick and played catch with Dad almost every weekend. But I still loved playing the game for the 15 to 20 minutes we had at recess.

When Steve arrived at school, it was apparent right from the first scrimmage that he was light-years ahead of the rest of us in ability. He was average size, but he seemed to be able to anticipate plays—who was open, when to run, when to hand off, when to fake. And his fakes always worked. They were subtle. And very effective. He was kind of like Gale Sayers or Deion Sanders playing against the Little Rascals.

After just a few days, he was designated a recess-game captain. We lined up along the fence, and Steve and Bobby chose sides. I stood a little apart from the group, trying to be patient for the end of the selection so at least I could get out there and run on the field.

Bobby immediately chose Richard, a scrappy and wiry run-

ner. I knew the others who would be sure to follow according to the old familiar pattern.

“John.” I looked up and saw Steve looking directly at me. He must have registered my surprise, because he smiled a little. I couldn’t believe it but didn’t wait around to see if it was a mistake. I dashed over and stood next to him. Bobby glanced over to see if we knew something he didn’t.

As Bobby turned back to pick his next one, Steve leaned over to me. “I saw you catch the other day. We’re going to run a streak, and I’ll hit you.” I didn’t know what to say. But my face lit up, and I nodded.

Both teams separated on the field, and Bobby’s team kicked off to us first. Steve got it, juked away from one guy, danced up the sidelines and was two-handed for the down. We huddled up. Steve opened his palm and traced routes with his finger.

“OK, I’m gonna fake a pitch to Lyle, and then Todd, you do a quick out to the sideline. John’s going long on the left side.”

We lined up, and one of the star defenders looked across at me. Steve took the hike on three; they rushed hard; and I took off. Steve rolled right, and it looked like he was going to dump it to Todd. But

I started to cut inside and then streaked down the sideline, gaining a few seconds on my opponent.

Steve had his eye on me the whole time and unloaded a bomb. The ball arced so high, I wasn’t sure if it would ever come down. All I knew was to pump my legs hard and keep trying to run under it. After I’d covered half the playground, the ball started coming down. I didn’t even have to break stride. Just extended my arms, and the ball came to rest as if it lived there. I kept running for all I was worth, and we scored the touchdown.

I looked back, and Steve had his arms raised high, and our team whooped and hollered. I ran back to high-fives and claps on the back. As we got ready to kick it off, I sucked in air, and Steve came my way, smiling, before he punted the ball.

“That’s exactly how it’s supposed to go.” He laughed. I laughed, too. And a friendship was born.

John Kelly still thinks of those long-ago recesses whenever football season rolls around.



KELLOGG, ID
DAVE SMITH
 HASSLE FREE BUYING.

DaveSmith.com
800-635-8000
 210 N. Division, Kellogg ID



2014 Jeep Wrangler Unlimited Rubicon 4x4 **SlingShot** EDITION

DAVE SMITH MOTORS
ONLINE

Shop Online 24 hours a day at DaveSmith.com
 Choose your dream vehicle from your computer, tablet or smartphone.



World's Largest Chrysler Jeep Ram Dealer



New 2015 Chevrolet Silverado 2500 Crew Cab LTZ

DAVE SMITH MOTORS
ONLINE

Shop Online 24 hours a day at DaveSmiths.com

Northwest's Largest GM Dealer since 1994

Choose your dream vehicle from your computer, tablet or smartphone.

Why Pay More Anywhere Else?



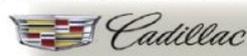
KELLOGG, ID
DAVE SMITH
 HASSLE FREE BUYING.
 210 N. Division, Kellogg ID

DaveSmiths.com **800-635-8000**
 Warning: This ad may save you moneySM

We have a Huge Selection of New Cadillacs

KELLOGG, ID
DAVE SMITH
 HASSLE FREE BUYING.

DaveSmiths.com
800-635-8000



New 2015 Cadillac SRX Premium Collection

*The definition of hassle free buying is the customer's choice to buy without the hassle of negotiating.

personal fulfillment.

Is what we offer. Understanding what motivates you and what your goals are. Why you've achieved what you've achieved. What you want next. Caring about what fulfills you, and stewarding your financial assets accordingly.

That is the Laird Norton way.

Call us at 800.426.5105 or go to: lairdnortonwm.com

Independent and privately owned since 1967.



lairdnorton

WEALTH MANAGEMENT

Laird Norton Wealth Management is proud to support parks and open spaces through



PIANOS *in the* PARKS

Summer 2015 throughout Seattle and King County



www.pianosintheparks.com