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Beyond

Magazine
December
2016

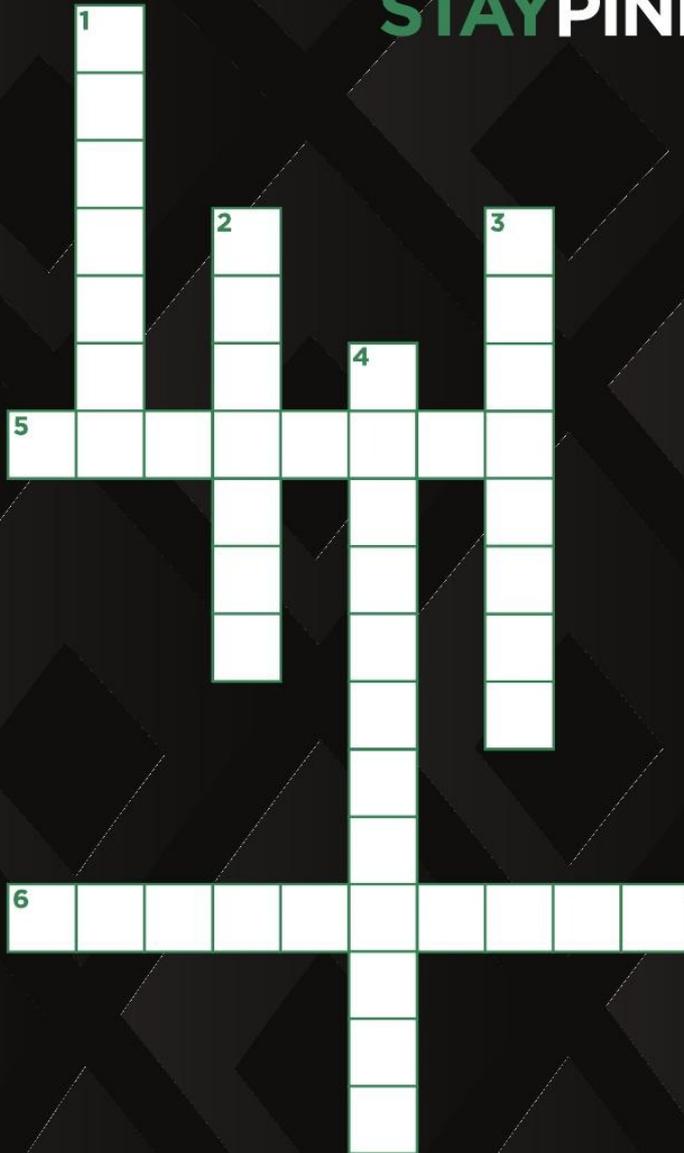
Horizon Edition

Great Northwest Getaways

INVENTOR KIDS: Teens use ingenuity to solve problems, *p. 16.*
CHARITABLE DONATIONS: Tips for successful giving, *p. 26.*
WINTER FITNESS: Staying in shape in the holiday season, *p. 66.*

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DOWN

- 1. The Windy City and location of our newest addition to the Staypineapple Family
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Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Dill**

Associate Editors **Jeff Bond, Ben Raker, Andrew Waite**

Assistant Editor **Lara Douglass**

Editorial Interns **Kaitlynn Mann, Margo Vansynghel, Jeevika Verma, Jessyca Yoppolo**

Contributors **M. Sharon Baker, Candace Dempsey, Kim Cooper Findling, Sally James, Alan Kesselheim, Lauren Kramer, Buddy Levy, Deston Nokes**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Design & Production Specialist **Ellen Ordóñez**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Brittany Martin**

SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121;
206-441-5871; email sales@paradigmcg.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**

Hawaii: **Debbie Anderson, 808-739-2200,
fax 808-739-2201**



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Cover: Backpackers enjoy a trek along the Oregon coast, one of the many spectacular recreation sites in the Great Northwest. Photo by Justin Bailie / Tandemstock.com.

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Spirit of Alaska

A packed plane

This month I've asked Brandon Pedersen, our chief financial officer, who also serves on the board of Northwest Harvest, to tell you how we're packing planes to feed the hungry in our communities. —*Brad Tilden*

In grade school, I proudly carried my Speed Racer lunchbox stocked with good, healthy food (except maybe that occasional bologna sandwich on white bread). I took it for granted. Today, I know that not every kid can count on a daily lunch from home. That's why I'm proud to tell you how employees at Alaska Airlines and Horizon Air are embracing this season of giving through our annual "Pack the Plane" food drive.

We don't actually pack one of our airplanes, because at this time of year we need every airplane we can get to take you to meetings, on vacation, or to visit friends and family. But an airplane packed with food is a great measure of how much money and food our employees raise.



Alaska Airlines employees expect to collect enough food and cash donations to pack at least 15 planes.

Last year, Alaska and Horizon employees collected nearly 6,000 pounds of food and \$73,500 in donations—the equivalent of 14 airplanes' worth. And the ways they do it are as different as the communities we serve, from traditional bake sales to a football-throwing contest last year created by our Anchorage cargo team.

This year, our goal is to fill 15 (or more) airplanes, because the need is greater than ever. In a time when acrimonious disagreement seems to be the norm, fighting hunger is something we can all agree on. More than 40 million Americans (including 13 million kids) live in "food insecure" households,

where families aren't sure where the next meal is coming from or are forced to choose between food and other necessities.

Food banks that feed people from Hawai'i to the East Coast, and from California to the state of Alaska, will benefit from Pack the Plane. In Seattle, one big beneficiary of our efforts is Northwest Harvest. Alaska Airlines has been a longtime supporter of Northwest Harvest, and I'm proud to serve on its board of directors.

Northwest Harvest operates a food bank in downtown Seattle that serves a very diverse population. The food bank's volunteers distribute food to the hungry, and they sort many of the donations that are collected through local food drives (yes, even those canned water chestnuts that you tucked in with your donation last year).

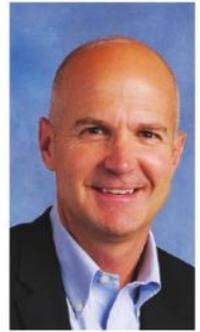
But its larger role is to support more than 350 smaller, independent food banks and school meal programs throughout the state of Washington, with a focus on nutritious fruits and vegetables. Northwest Harvest is marking its 50th anniversary, and it has grown in that time to be a very important part of the hunger-relief effort in the state. In fact, last year, Northwest Harvest distributed more than 34 million pounds of food—that's a lot of packed planes!

At Alaska and Horizon, we're proud of the community connections that we build, and I'm often inspired by the dedication of our people to important community organizations throughout our growing network. I encourage you all to embrace the spirit of generosity that the season brings and support your favorite cause, whatever that might be.

Thanks for flying with us today. We really appreciate your business, and wish you and your family the happiest of holidays. —*Brandon Pedersen*



Brad Tilden,
Chief Executive
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"I'm most happy that many of the practices I learned during the program seem to be sticking months later."



Photo: Arlene Chambers Photography



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I've always been active. I would jog on a daily basis, take gymnastics, work with a personal trainer and exercise on a semi-regular basis. But after having my daughter, taking on more responsibility at work, and with all the other things that go on in life, there never seemed to be enough time. Exercise dropped to the bottom of my priority list. When I could no longer fit into my clothes, it became a daily reminder of how out of shape I'd become. And even when I tried to exercise, I knew there was something missing because I couldn't seem to get back to my original size.

I'd never been on a diet so I wasn't sure how to begin one. I not only wanted to learn how to eat right, but I wanted to continue good habits as I got older. So when I learned that there was a program specifically for women who needed a pick-me-up and it included beauty, nutrition and mentoring, I knew it was for me.

The workouts were exactly what I had expected. I was fortunate to have my sessions split between two trainers. Each offered a different approach. One was more structured, while the other designed workouts which were more creative and challenged my body in different ways.

My dietitian was amazing! She answered every question I had and continuously offered suggestions and tips on managing cravings and how to handle various scenarios. This felt like a key piece to my overall success.

I'm most happy that many of the practices I learned during the program seem to be sticking months later. Having had to coordinate schedules with my husband to do the program allowed me to successfully integrate exercise (for him and myself) back into my schedule. It also showed me that I can make time to exercise while maintaining my regular lifestyle. Also, sticking to an easily sustainable eating regimen has worked wonders.

One of the best parts of the program was the pampering. Having an executive locker with a robe, slippers, great spa products, surprise gifts and more was a pleasurable, guilty indulgence. Many times I'd relax with a cup of tea after working out. It felt like a daily spa session.

I lost about 20 pounds and gained two percent muscle mass. I fit into my clothes – but now I have toned arms, which I've never had in my life. The makeover and photo session was the icing on the cake! When I saw myself in the photos, I was amazed. Who knew?

mybest10.com

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AROUND THE WEST

Film fun

Festivals offer entertaining screenings

Film aficionados have many great film festivals they can attend this winter, with themes appealing to a variety of interests, from comedies to music, from feature films to documentaries.

The **Nordic Lights Film Festival**, Jan. 12-16 in **Seattle**, will begin with the film *Reverse* (titled *Bakk* in Icelandic), a comedy in which two friends drive around Iceland in reverse. The festival, hosted by the Nordic Heritage Museum, in partnership with the Seattle International Film Festival, showcases movies from Denmark, Finland, Iceland, Norway and Sweden. For the first time, the Nordic Lights Film Festival will include films from the Faroe Islands, with attendance by award-winning Faroese filmmakers Sakaris Stóra, Heiðrik á Heygum and Andrias Høgeniwho (nordicmuseum.org; siff.net).

For younger viewers, the **Children's Film Festival Seattle**, Jan. 26-Feb. 11, will showcase more than 160 international films intended for ages 2-14, including simple-themed animated films for younger viewers, as well as documentaries and narratives for older youths, such as the German film *Nelly's Adventure*, which chronicles a young girl's family vacation in Romania (childrensfilmmfestivalseattle.org). The festival's films represent 50 countries of origin and will subsequently tour 15 to 20 U.S. cities.

Sonoma County's Windsor Independent Film Festival, Jan. 13-14, will focus on up-and-coming local filmmakers, many of whom will be on-site for Q&A sessions with viewers (windsorfest.com). In **Missoula, MT**, the **Big Sky Documentary Film Festival**, Feb. 17-26, will present around 150 nonfiction films. The festival will also present DocShop, a five-day filmmaker's forum with workshops that this year will focus on the process of conceptualizing, funding, producing and distributing short films. And for more musically inclined filmgoers, **Portland's Reel Music Festival**, Jan. 13-Feb. 5, will be dedicated to music in film, including genres from jazz to blues to rock (nwfilm.org/festivals/reel-music-festival).

—Lara Douglass



Top to bottom: The hit Icelandic comedy *Reverse* will play during the Nordic Lights Film Festival in Seattle. *Nelly's Adventure* will be shown at the Children's Film Festival Seattle. The Windsor Independent Film Festival in Sonoma County will feature a range of projects by local filmmakers.



TOP: REVERSE; POSTER DESIGN BY OMAR ORN HANSSON; CENTER: COURTESY NELLY'S ADVENTURE; BOTTOM: COURTESY WINDSOR INDEPENDENT FILM FESTIVAL



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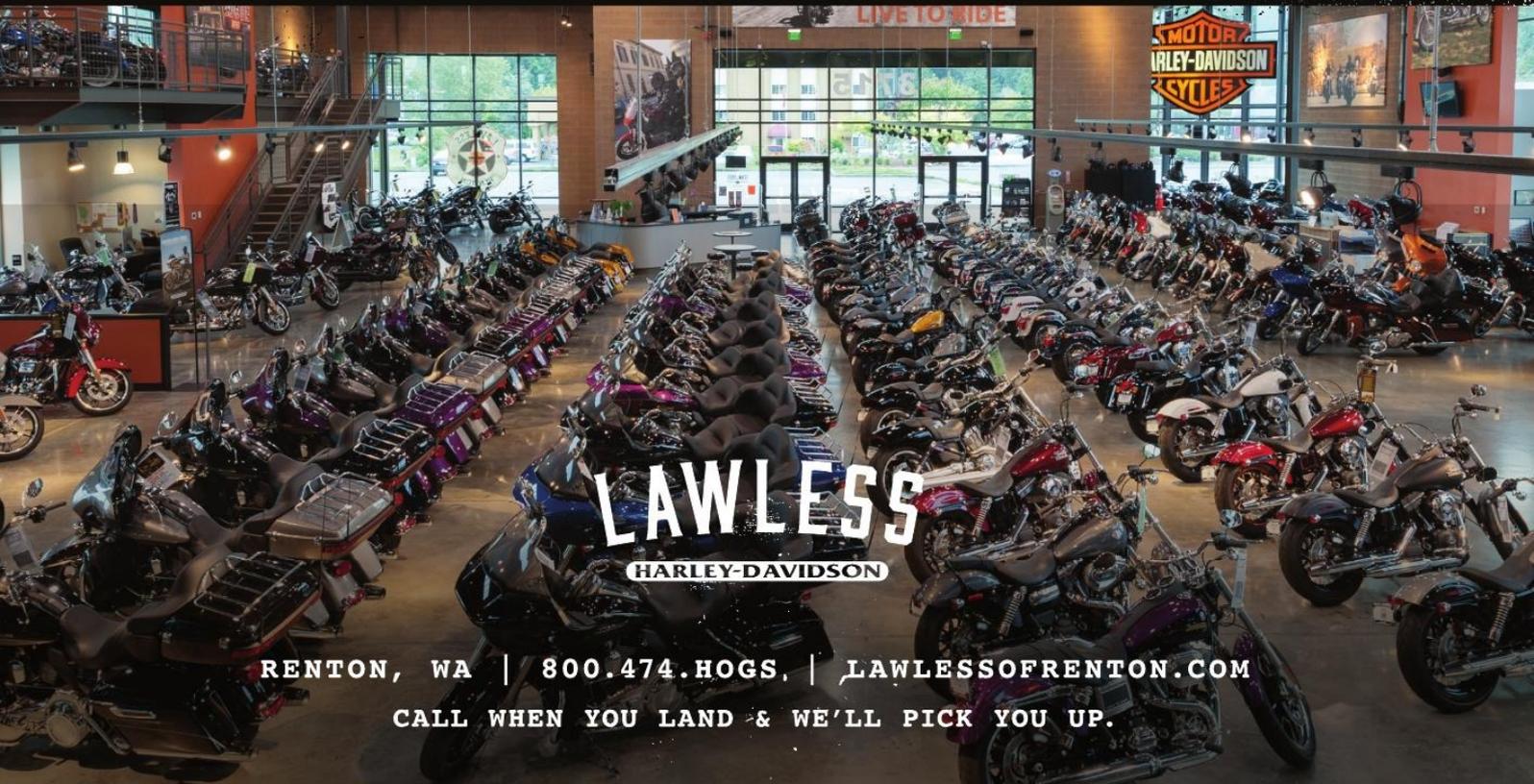
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MONTEREY, CA

Whale tales



On Old Fisherman's Wharf (shown at left), visitors will be able to enjoy live music, including pieces composed by Carmel Valley, CA-based musician Nick Fetta that incorporate whale songs, and interactive displays from about 30 exhibi-

View migrating gray whales and other marine life during **Whalefest Monterey**, Jan. 28-29. The festival celebrates the species' migration through Monterey Bay, the self-proclaimed "Whale Watching Capital of the World."

The gray whales are among the **15 species of whales**, including humpback and minke, that frequent the bay in January. Dolphins, seals and sea otters also may be spotted. Several whale-watching boat tours will be available at a discounted rate during the fest.

tors. Learn how to turn plastics into fuel, or climb inside Humphrey the Humpback Whale, a 60-foot-long whale model.

Inside the Museum of Monterey, visitors can learn how to protect marine animals by attending a festival symposium that features documentaries and lectures by experts in the fields of sustainability and marine life, such as Jeremy Goldbogen of Stanford University's Hopkins Marine Station.

Contact: 831-238-0777; montereywharf.com.

—Kaitlynn Mann

KETCHUM-SUN VALLEY, ID

Cross-country ski event



Visitors to Sun Valley, also known as "Nordic Town USA," can participate in one of the country's premier Nordic ski races during the **Sun Valley Nordic Festival**, Feb. 2-5. Registered racers will also have the opportunity to enjoy four free days of Nordic skiing.

The festival will include an opening ceremony, sprints, an expo, and the main event, the **Boulder Mountain Tour**, Feb. 4. Skiers will start at Galena Lodge and race 34 km down the Harriman Trail. A Half-Boulder Mountain Tour is offered for those who prefer to race 15 km. For both distances, the terrain is gently rolling and suitable for varying abilities and ages, with previous participants ranging from 9 to 90 years of age. Celebrate the race later that evening at a lively awards ceremony.

Contact for information and registration: nordictownusa.com; bouldermountaintour.com.

—Jeevika Varma

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COURTESY ARGOSY CRUISES

SEATTLE, WA

Enjoy a night sail on a Seattle-area waterway while listening to singers performing holiday music during the **Argosy Cruises Christmas Ship Festival**, on various dates through Dec. 23. A different local choir will be on board each night, and nightly routes also will vary, with stops to broadcast performances to people on shore at sites such as public docks and parks. Alaska Airlines is a sponsor of the

Argosy Cruises Christmas Ship Festival (argosycruises.com).

SONOMA VALLEY, CA

Wineries participating in the **Sonoma Valley Winery Gingerbread Contest** are showcasing their unique gingerbread creations in their tasting rooms, with visitors casting ballots for the best houses through Dec. 31. This year has the theme "In Sonoma Valley, the Roots Run Deep—with a Holiday Twist" (sonomavalleywine.com).

EDMONTON, AB

Deep Freeze: A Byzantine Winter Festival kicks off the Russian "Old New Year" Jan. 14-15 with an artisan village,



deep-freezer races (in which deep freezers are repurposed as winter sleds), an ice slide, and an art gallery highlighting local Ukrainian, French Canadian and Indigenous artists (deepfreeze fest.ca).

SEATTLE, WA

Theo Chocolate, celebrating its **10-year anniversary** this year, offers daily guided tours and tastings in its Fremont-neighborhood factory (theo-chocolate.com).



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MENDOCINO COUNTY, CA

Toasting land and sea

RIVER AT RIGHT AND FESTIVAL BELOW LEFT: BRENDAN MCGUIGAN; CRABCAKES BELOW RIGHT: J. PERLMAN/R. LUTJCE



Pair West Coast Dungeness crab with local wines and microbrews during Mendocino County's **Crab, Wine & Beer Festival**, Jan. 20-29 in the coastal city of Fort Bragg. The county is home to numerous professional fishermen, more than 90 wineries and four breweries. Fort Bragg was founded as a military post and lumber center in the 1850s.

The festival, shown above, will also include a crab-cake cookoff; art displays; and discounts on bike rentals or on canoe rentals to explore the Big River estuary, shown at top. Train excursions on seven miles of the 1885-built Redwood Route along a creek and through a redwood-forested canyon also are available.

Mendocino County is north of Sonoma County, whose city of Santa Rosa is a convenient air gateway. It's about 120 miles from Santa Rosa to Fort Bragg. For more information on the January festival: 866-466-3636; visitmendocino.com. —M. Dill

Also in Mendocino County

Here are just a few of the many recreation options:

- ▶ **Outdoor activities** such as hiking, biking, horseback riding, golfing, watersports, fishing and whale watching, with landscapes that include dramatic coastline, rugged cliffs, scenic rivers and redwood forests.
- ▶ **Boutique shops,** outstanding restaurants and appealing lodgings, from resorts to forest cabins.
- ▶ **Unique attractions** such as **Glass Beach**, with its ocean-polished glass; the



Clockwise: The 1908, 115-foot-tall Point Arena Lighthouse; a navigable section of the 55-mile Big River; sea glass at Glass Beach.



City of Ten Thousand Buddhas; the World Famous Gravity House; and the Chandelier Drive-Thru Tree.

▶ **Upcoming events:** Festival of Lights, varying dates through Dec. 18; Mushroom ID Workshops at Mendocino

Coast Botanical Gardens, Dec. 10 and 17; Point Arena Lighthouse Full Moon Tour, Dec. 13; and Hopland Research & Extension Center hikes, with themes such as meeting newborn lambs, Jan. 14. For more information: visitmendocino.com.

PADDLERS: RICK HEMMINGS; OTHERS COURTESY VISIT MENDOCINO COUNTY (2)



Alex Howard, 16, of Boise, Idaho, was the North American winner of Google Science Fair’s 2016 Community Impact Award—one of just five winners from around the world. He invented an ingenious filter that uses empty seashells to remove lead from drinking water. **Shubham Banerjee**, 15, invented a better way to print braille for visually impaired people. After building a prototype with his Lego robotics kit at his Santa Clara, California, home, he’s been developing a sophisticated version with a computer chip. **Brooke Martin**, 16, developed a device for videochatting with your dog after her own new pet seemed sad whenever the family was away from their Spokane, Washington, home.

These and other inventive teens are an exciting resource for solving world problems, says David Coronado, a program officer focused on U.S. and international K-12 education efforts at the Lemelson Foundation, a Portland, Oregon-based nonprofit dedicated to promoting and supporting invention across the age spectrum. “Society needs inventors of all types,” he says, and young inventors may be among those who wrestle with society’s thorniest challenges.

Thousands of young inventors are at work around the country, Coronado says, adding that while some people may picture introverted loners tinkering away by themselves, a more accurate view is one of well-rounded, curious teens who have an idea and begin to work on it without any fancy technology.

The Lemelson Foundation bills itself as the world’s only

foundation dedicated to a mission of encouraging invention itself. Inspiring young people is an important part of achieving that mission, notes the foundation’s website: “In this age where kids dream of growing up to become rock stars or athletes, it’s even more important than ever to inspire the next generation to become inventors, problem solvers, scientists and engineers. These are the youth who will help develop solutions that will improve lives, establish new and exciting products and companies, and provide leadership and prosperity for further generations.”

The organization sponsors programming such as PBS’ *NewsHour* and NPR’s *Joe’s Big Idea*. The foundation also supports the nonprofit Society for Science & the Public’s Broadcom MASTERS (Math, Applied Science, Technology and Engineering for Rising Stars) program, a



PHOTO BY ALEX HOWARD



COURTESY PURINA

Left: Shubham Banerjee is working on a lower-cost braille printer. Top: Alex Howard is developing a filter for removing lead in drinking water. Above: Brooke Martin invented an iCPooch system that lets people videochat with their dogs; the system is already available for purchase.



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national competition for sixth- to eighth-graders, and supports the society's *Science News for Students*, which tells stories of inventors.

In addition, the foundation helps to fund university-focused efforts such as the nonprofit organization VentureWell's programs that cultivate student invention. And the foundation helps to fund the Lemelson-MIT program at the Massachusetts Institute of Technology, which provides awards to collegiate and mid-career inventors, and encourages and recognizes young people via programs such as InvenTeams. Lemelson-MIT InvenTeam grants allow high school students and educators to pursue projects with an emphasis on technological solutions for real-world problems.

For instance, since last year, a

high school team in Houston has been developing a semi-autonomous robot and a long-lasting asphalt patch to repair roadway cracks and potholes.

This year a high school team in McMinnville, Oregon, completed the design for a fold-up, portable, raised platform that can provide a level base for a medium-size tent, thus improving temporary shelter in a natural-disaster situation.

A 2015 high school team from New York City created a prototype for a semi-autonomous cleaning device to pick up debris from subway tracks in order to prevent train delays and fires.

Encouraging young people to identify and work to solve problems in their lives and local communities is key to creating inventors who can solve big problems later, Coronado says.

Filtering Water

Alex Howard was concerned about a real-world problem in Flint, Michigan. Many homes in Flint have drinking water contaminated by lead leaching out of old water pipes, and other parts of the United States have lead issues, too.

"Due to the recent events in Flint, Michigan, I was inspired to find a way to cheaply and easily purify lead-contaminated water," he wrote in his project submission to the Google Science Fair. "I saw a video explaining how to make carbon-coated sand, which claimed it could do the job. However, it needed an acid bath in order to be made." Using an acid bath can be dangerous to humans if the acid comes into contact with skin, and acid baths also can potentially be harmful to the environ-



PHOTOS BY ALEX HOWARD (2)

Alex Howard's filter is designed to use seashells, which darken, as shown above, during his production process, to economically filter lead from water. Google Science Fair is assigning him a mentor to help him further develop the filter.

Encouraging Invention

Teen inventors Alex Howard, Shubham Banerjee and Brooke Martin all plan to go to college, but none of them sees studies alone as the path to new inventions. The book *Inventology*, published early this year, probes how people dream up ideas, and indicates that ideas frequently come from happy accidents—things that occur in people's lives that prompt them to think about the need for something new, different or better. Ideas also often come from people who are not experts, because the nonexperts think more freely, says book author Pagan Kennedy.

Even ideas, however, take hard work. "You have to observe, imagine, fantasize, forage, and experiment just to cobble together the idea, never mind the prototype," Kennedy writes.

David Coronado, a Lemelson Foundation program officer focused on promoting

equal access to invention-related education, coursework and extracurricular learning for K-12 students, believes that supporting entrepreneurs is part of the invention process.

He likes to talk in terms of "invention education." Young people "need hard math and science knowledge to make an invention real, but they also need to have the skills and empathy to identify a problem they want to solve, the creativity to solve it, and entrepreneurial thinking to take it to market," he says.

He speaks of creating an invention "ecosystem" that provides inspirational examples of real inventors as well as education to young people of all backgrounds, in the United States and in developing countries. He's a fan of a PBS effort called "Design Squad" (pbskids.org/designsquad), whose website provides dozens of design examples for children, along with videos showing real children at work on designs, and lesson

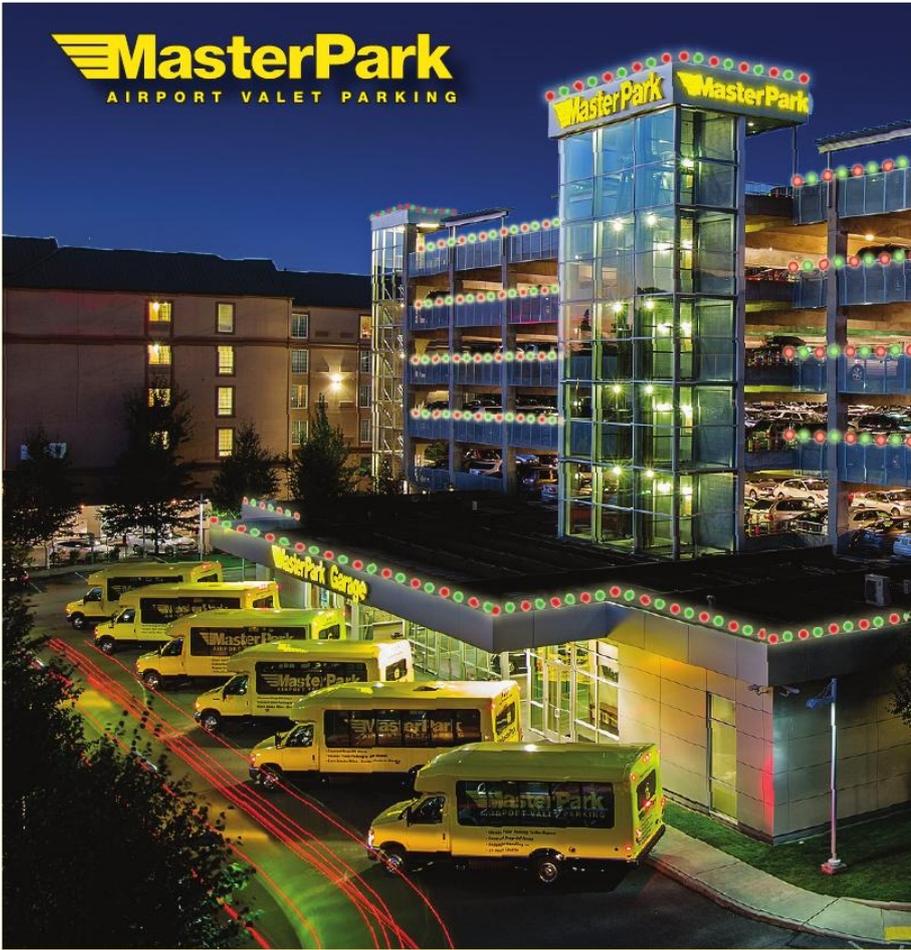
plans for adults who want to encourage invention.

So, if there is someone squirming with energy and curiosity next to you in the car or at the dinner table, someone who asks too many questions, someone who makes proud declarations such as, "I'm going to save the whales," don't automatically shut them down, Coronado says. Make a place in the house for exploring that idea, or find a community resource that helps your child with this. Your child might someday solve one of society's big problems.

One influential mother, Mariette DiChristina, editor in chief of *Scientific American* and chief judge for the Google Science Fair, gives this advice: "When my girls were small and wanted to know how something worked, I said, 'Let's find out.' Or you could find an after-school program or volunteer to help with a lab or school science project. Anything we parents do to support and encourage active inquiry is great." —S.J.



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ment, he indicated. "So, I searched for a simpler way to make a similar product."

He knew a little bit about the possibility of using shells such as oyster shells, a waste byproduct of the fishing industry, he says, which are made of calcium carbonate that will attach itself to a heavy metal such as lead and trap it. He used a process of heating the shells and adding sugar to further improve filtering ability.

He tested his method at Boise State University with the help of a university research scientist, and his rudimentary filter—a piece of PVC pipe containing layers of sand and shells, with a bicycle pump attached to the top of the filter to force water through—reduced lead levels from more than 72 parts per billion to less than 15 parts per billion, and in some cases to less than 1 part per billion. The EPA's minimum standard before corrective action needs to be taken for a public water system is 15 parts per billion, although it is believed that no lead levels are safe. Howard's filter achieved its notable results even though it used only 7.35 grams (about a quarter of an ounce) of shells, and it was effective for at least 30 days, but might last much longer.

Based on a CNN report Howard read, which tracked bottled-water usage for a specific Flint family of three that totaled 151 16.9-ounce bottles a day for tasks ranging from cooking and drinking to brushing teeth, washing hair and doing dishes, he calculated daily water use for a family of three at about 20 gallons. Various other sources show higher typical U.S. water use.

Using the stated effective life and replacement cost of a water-filtering cartridge for a popular home-faucet filtering system designed to remove lead, he estimated that a family of three using 20 gallons of water a day would spend more than \$1,000 a year on cartridges. He believes his version would be much cheaper.

In a blog congratulating the five Community Impact Award winners—one each in North America, Latin America, Africa/Middle East, Asia Pacific and Europe, selected based on the top project for fixing a difficult problem in each region—Andrea Cohan, Google Science Fair program lead, wrote: "[Alex Howard] showed that you can

avoid using traditional filters that require a dangerous and environmentally unsafe acid bath, and instead use simple products like sugar, water, a heating mechanism—and, surprisingly, seashells. Highly absorbent and cheap to create, Alex’s new filter lasts for at least 30 days, reducing both lead and iron levels. ...”

Google Science Fair will be assigning a mentor to work with Howard for a year to help him further develop his filter.

“There are still a lot of questions that need to be answered about this technology,” Howard wrote in his project submission. “However, I have faith that they can be answered quickly. ... Many day cares, schools, public buildings, and houses are at risk of lead-contaminated water. ... There’s a lot of people who need clean water. I truly think that this could be a solution.”

Printing Braille

Shubham Banerjee wanted to help people who use braille because they have visual prob-

lems. He was only 12 in 2013 when he heard that some braille printers cost \$2,000, and he set to work with his Lego robotics kit to make a roughly \$200 model that worked.

He and his family formed a company, Braigo Labs, and with Intel’s investment and help, development continues on a more sophisticated version of the printer, for which Braigo has not yet specified a price. Intel Capital’s 2014 investment in the Braigo printer project made Banerjee the youngest entrepreneur ever to receive venture-capital funding from Intel.

Meanwhile, in October Braigo debuted a mobile-phone application designed to “build a community which works for empowerment and welfare of the visually impaired.” The app provides image recognition-to-text capabilities and converts text to speech.

The list of awards and recognition for Banerjee’s printer project is extensive, and includes being honored at the 2014

White House Maker Faire; being named a next-generation STEM leader by *U.S. News & World Report* last year; and receiving an Invention Award from *Popular Science*, also last year. In September of this year, *Fortune* featured Banerjee in a piece titled “18 Under 18—Meet the Young Innovators Who Are Changing the World.”

But the honor he values most, he says, is his 2015 Innovation and Inspiration Award from the American Council of the Blind and Randolph-Sheppard Vendors of America, which is committed to improving economic opportunities for blind vendors and managers.

The award, presented at the American Council of the Blind’s annual conference, praises Banerjee “for his exceptional intellect, creativity and determination



COURTESY: INTEL

Shubham Banerjee has been recognized by the American Council of the Blind for his “exceptional intellect, creativity and determination to develop affordable braille technology.”

to develop affordable braille technology for people who are blind all around the world.”

Providing a Pooch Pal

Brooke Martin’s challenge related to the wag of a tail. A few years ago, her family rescued a shaggy golden retriever named Kayla from a shelter, and Kayla seemed heartbroken when nobody was home. Their new pet was among the many dogs worldwide that suffer from separation anxiety.

When Martin was assigned a middle school project that required her to think about a product and investigate what it took to be an entrepreneur, she invented a way to videochat with her dog 24/7 via a tablet or cell-phone, and even dispense a treat.

She began her entrepreneurial journey in September 2012, when she was 12. To kick-start her school assignment, she

Inventions by youngsters

Popsicle—Frank

Epperson invented this refreshing treat in 1905 when he was 11, according to popsicle.com/campaigns/popsicle-story/.



Rotary steam engine—George

Westinghouse patented it in 1865 when he was 19, according to ideafinder.com/history/inventors/westinghouse.htm.



Calculator—Blaise

Pascal invented a mechanical calculator starting in his late teens in the early

1640s. It was for his father, a tax collector, and could only add and subtract, according to [\[nica.com/technology/Pascaline\]\(http://nica.com/technology/Pascaline\).](http://britan-</p>
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The programming language Pascal was named for the inventive teen.

Alaska flag—A design by Benny

Benson from Chignik, Alaska, won a territorial-flag design contest in 1927, when he was 13, according to alaskahistoricalociety.org/discover-alaska/kids-page/benny-benson-an-alaska-kid-who-made-history. The official territorial flag became the state flag in 1959 when Alaska became a state.

—S.J.





PHOTO BY STEVE MERRYMAN

With iCPooch, a dog can see and hear its owner speaking from a remote site. The owner can even dispense a treat into the tray. The device is designed to help alleviate a pet's separation anxiety.

signed up for Startup Weekend Spokane, an event intended to help people hone their product-pitching skills.

Competing against around 55 adults, she won the most votes for her idea at the Friday night pitch contest that began the working weekend. Teams formed around the top ideas at the event, and at the end of the three-day weekend, her team won the honorable mention award.

This launched what her family calls "the school project that never ends." She and her dad built the first prototype in their garage, then worked on refining it with input from software engineers, product developers, scientists, fabrication companies and dog lovers. They also connected with patent attorneys and marketing experts.

She founded her company in 2013 and has sold about 3,000 of the \$149.99 devices since iCPooch went into production in July 2014. The device, which has its own internal computer and connects to a home Wi-Fi router, vertically displays the user's own tablet or cellphone. Place the tablet or phone in the unit, and use the iCPooch app to remotely see and talk to your canine companion, who can also see and hear you.

The iCPooch device can also be preloaded with dog treats that the app lets you dispense as desired into an accompanying tray. "Think of iCPooch as a Pez dispenser for pets," explains the iCPooch website. The app can control multiple tablets or phones placed in different parts of the house.

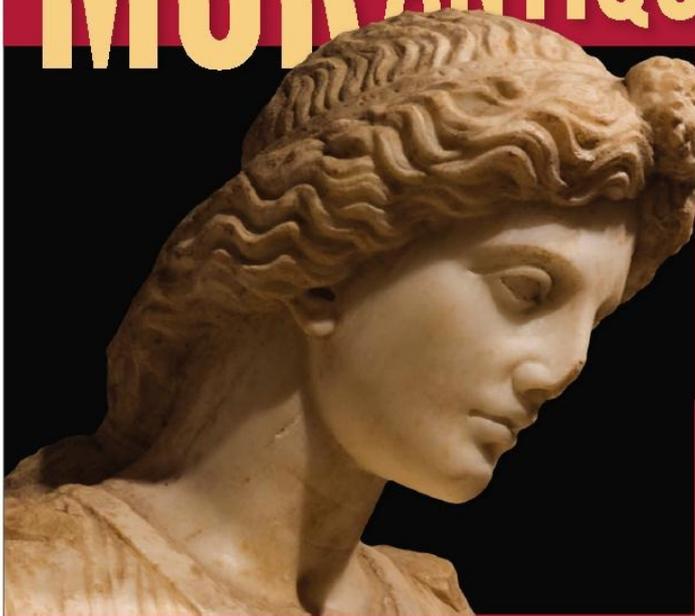
Martin has ideas for expand-

ing the chat device to allow 24/7 connection with elderly relatives who may have trouble navigating the buttons on a traditional digital device but would be encouraged and comforted by a loved one's video visit. iCLOvedOnes could also dispense the recipient's medications.

Martin wants to encourage fellow teens on the invention path. "One of my proudest moments was being asked to become part of St. Louis-based Independent Youth's Teen Network, a group of 20 young entrepreneurs from around the United States," she says. Last year, "we teamed up with Google to meet with and inspire teens across the country to pursue their own entrepreneurial passions and talents," she says. ■

Sally James writes from Seattle.

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Festival of Lights, Mendocino Coast Botanical Gardens | photo by Lynn Prunty

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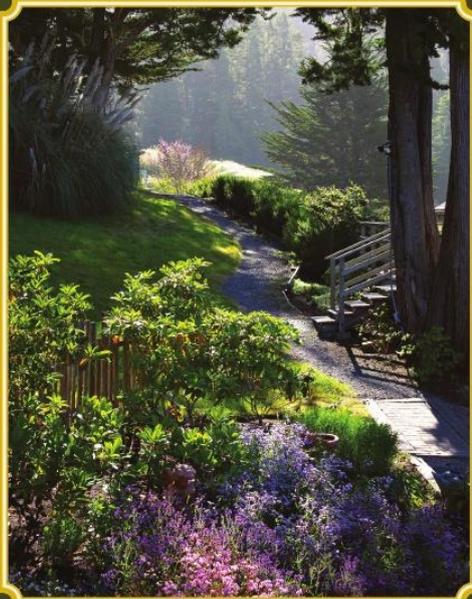


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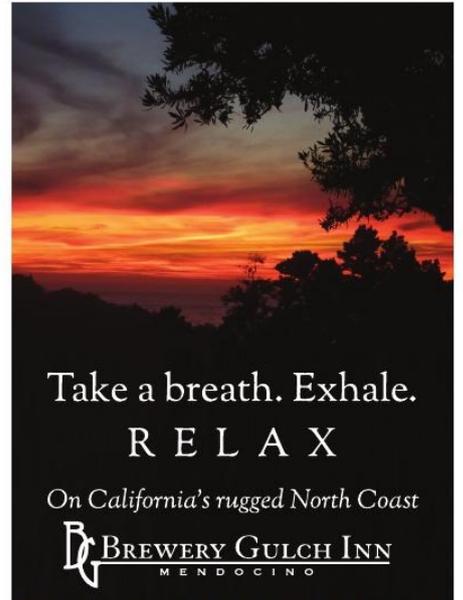
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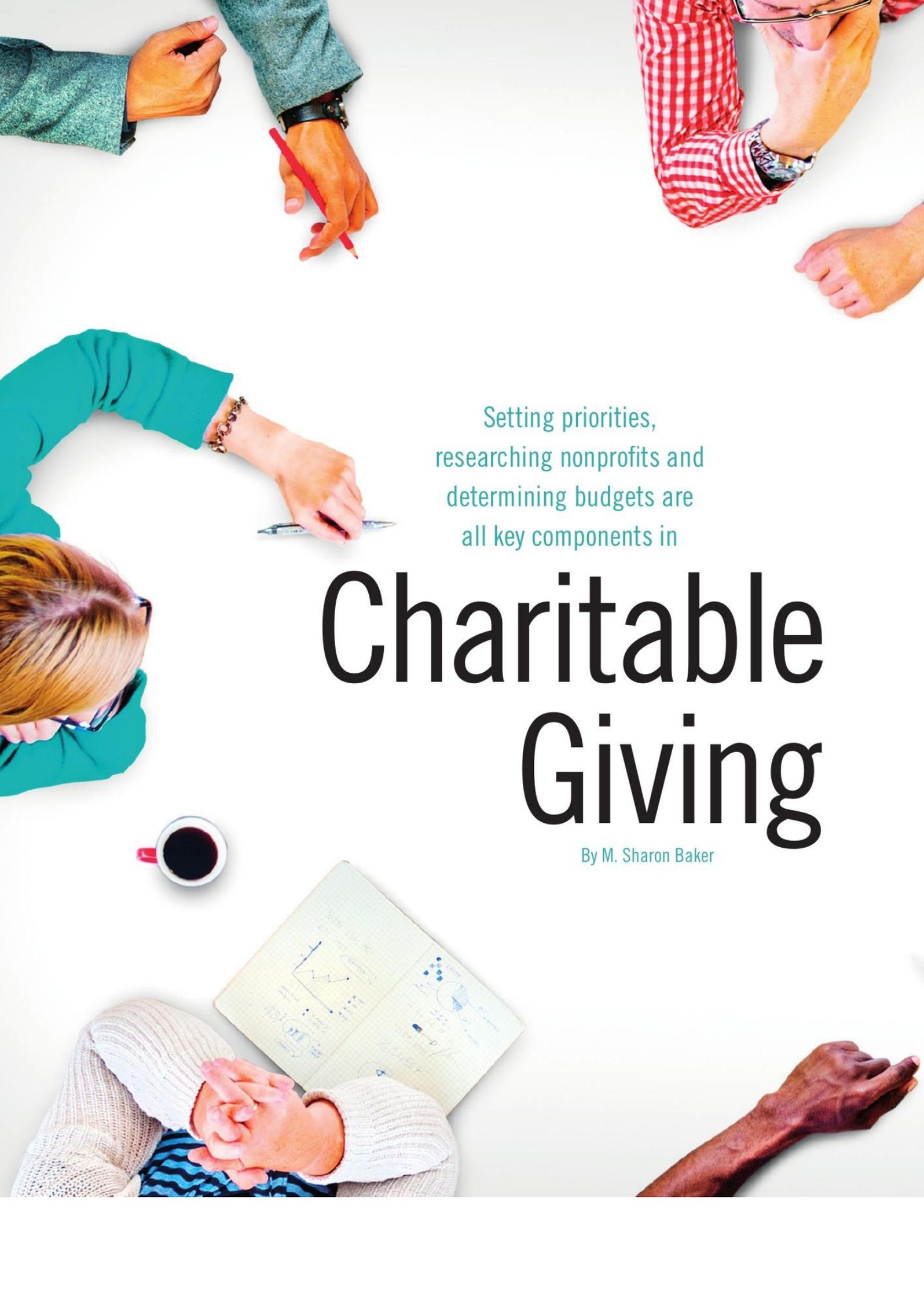
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Charitable Giving

By M. Sharon Baker



Americans are more generous than ever. We donated a record \$373 billion to charities last year, according to The Giving Institute's "Giving USA 2016: The Annual Report on Philanthropy for the Year 2015."

Some might assume that the bulk of American donations are given in large sums by wealthy foundations and corporations. But that's not the case. In fact, 71 percent of charitable giving in 2015 came from individuals, representing a \$9.8 billion annual increase in individual giving, according to the report. "If you did a person-on-the-street interview, I guarantee people would say foundations and corporations are the biggest donors," says Eileen Heisman, president and CEO of the National Philanthropic Trust, a public charity dedicated to providing philanthropic advice to donors. "Most people are surprised to learn the lion's share comes from individuals."

Seattle's Sarah Davis is a prime example of an individual donor. She's a 35-year-old independent marketing consultant who gives to charities close to her heart, schedules her giving and gives more when her business is doing well.

Davis typically donates between \$2,000

and \$5,000 annually to charities such as Summer Search's Seattle office, which aims to improve college access for low-income students, and San Francisco's Movement Foundation, which is focused on female body-image improvement.

"College education and women's and girls' body image are both causes that are important to me," Davis says. "I chose these charities because they are data driven in their research, which gives me confidence their tactics are producing tangible results."

Davis is also strategic about when she donates. "I limit my [giving] to once a year just to make it easier for me to navigate day-to-day financial decisions in the remaining months," she says.

December is when Davis gives. And she's not alone. Whether it's because people are filled with holiday spirit or motivated by the December 31 deadline to make tax-deductible gifts, about 40 percent of charitable giving occurs at the end of the year, according to Charity Navigator. During this season of philanthropy, here are some important factors in giving wisely.

Charity Selection

For Candace Johnson, a 62-year-old freelance book editor based in Portland,

Continued on page 61





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Advertising Director **Kenneth J. Krass, ext. 11**
Advertising Sales:
Stephany Angelacos, ext. 13
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COVER: Floating down the 60-mile Smith River, near the towns of Helena and Great Falls, Montana. **PHOTO:** Austin Cronnelly / Tandemstock.com.

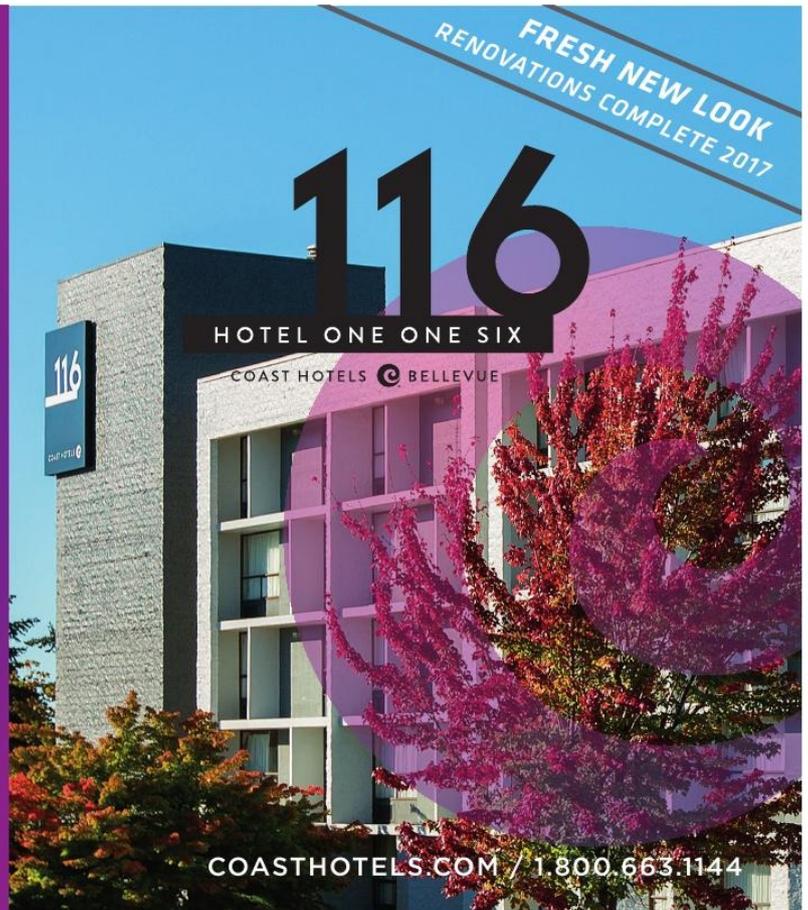


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EVERGREEN STATE EXPERIENCES

By Candace Dempsey

As we enjoy fresh oysters and scallops harvested from nearby waters and served with local wines, my husband, Mark, and I celebrate finding a wonderful winter escape at Semiahmoo Resort, Golf & Spa. Built on the site of a former salmon cannery, this seaside beauty is located on Semiahmoo Spit, near Blaine, Washington, just below the Canadian border.

The resort is a top year-round golf destination, and guests can roast marshmallows on the spit at night and stroll the grand wooden boardwalk to admire the lights of White Rock, British Columbia, just across Semiahmoo Bay, as seabirds swirl overhead.

Choosing the best place for a winter getaway in Washington state can be delightfully complicated. Mark and I love the wild Pacific Ocean beaches and lushly timbered Cascade and Olympic ranges. We're also partial to the sage deserts, deep river gorges

and rolling wheat fields on the drier east side near Spokane, where I grew up. Skiing, snowboarding, sledding and other winter sports are popular on both sides of the mountains. In spring and summer, we enjoy the region's rivers and lakes. We feel lucky to live in the Puget Sound area, not far from where some of America's most breathtaking natural beauty can be found in Mount Rainier National Park, the Olympic Peninsula, the San Juan Islands and the North Cascades.

Semiahmoo is only about 30 miles north of Bellingham. When we discovered that the resort's chef Bruno Feldeisen is from France, commutes from Canada and cooks with local seafood and organic produce from area farms, we knew we were at the right place. An old watchtower and several weathered cannery buildings make a striking background to the

Semiahmoo Resort, Golf & Spa offers an array of activities, including croquet on the resort's lawn, year-round golf, spa treatments, beachcombing and hiking.



Lake Quinault Lodge.



Kalaloch Lodge gazebo.



Shopping at The Bellevue Collection.



Spark Museum of Electrical Invention.

FACING, SEMIAHMOO RESORT; CLOCKWISE FROM TOP LEFT, ARAMARK; KALALOCH LODGE; SPARK MUSEUM OF ELECTRICAL INVENTION; MARK SILVERSTEIN

elegant 212-room resort, which offers deluxe rooms and suites, plus two restaurants and a marina, where we see blue herons perched on the rocks and seals basking on the logs. The two nearby golf courses also offer dining options.

I enjoy a luxurious hour-long “pumpkin seed” treatment in the spa. Later, Mark and I have a marvelous meal at the adjacent Pierside Kitchen, the resort’s formal dining room. We love the roast duck with tiny local vegetables, the oysters paired with white wine, and the halibut from Lummi Island. We sample Chef Feldeisen’s French-inspired desserts, including a wonderful lemon tart.

As part of the resort’s romance package, we find wine, chocolates and red rose petals on a buffet table in our room. Semiahmoo’s package also includes late checkout and a tasty breakfast buffet in the Pierside Kitchen.

Find more favorite Washington attractions and getaways in the sections that follow.

Candace Dempsey writes from Seattle.

Indoor Attractions

Coastal Storm Watching: The seaside town of Ocean Shores, located about 140 miles southwest of Seattle, is one of many great spots where storm watching is a popular pastime. Other terrific locations include Long Beach, Washington, to the south, and the community of La Push to the north, where you’ll find the Quileute Oceanside Resort. Also be sure to visit the coastal vacation community of Seabrook; the rustic Lake Quinault Lodge, located inland in the Olympic rain forest; and Kalaloch Lodge, a great hotel on the north-central Washington coast.

Retail Therapy: The Bellevue Collection in the heart of Bellevue, the state’s fifth-largest city, located just across Lake Washington from Seattle, offers hotels, a movie theater, more than 180 stores and an array of restaurants and bars.

Picturesque Bellingham: The seaside city and gateway to the North Cascade Range offers many urban attractions, such as the Whatcom Museum and the Fairhaven neighborhood, with its fun shops and restaurants. Another draw is

the unique Spark Museum of Electrical Invention, which shows the history of harnessing electricity. Don’t miss the giant MegaZapper Tesla coil show.

Touring Tri-Cities Wine Country: With more than 200 wineries within about 50 miles of this Eastern Washington location, the Tri-Cities offer visitors one of the state’s best collections of fine wines. A few of the area’s top stops include Richland’s Barnard Griffin Winery, J. Bookwalter Winery and Tagaris Winery. —C.D.

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Whale-watching in the San Juan Islands.



Wine tasting in Walla Walla.



Snowshoeing in Mount Rainier National Park.

Romantic Getaways

Wine lovers will find an outstanding mix of small-town charms and world-class wines when taking part in a **Walla Walla wine tour** in the state's southeastern corner. The city offers a picturesque Main Street, fine dining and great accommodations, as well as more than 150 wineries in the area, many with tasting rooms right in downtown. For lodging, consider the Cameo Heights Mansion, a romantic bed-and-breakfast; the Inn at Abeja, a luxurious "farmstead"; and the historic and elegant Marcus Whitman Hotel and Conference Center, in downtown Walla Walla.

Rustic Romance: On a bluff overlooking the Columbia River is where you'll find the Cave B Estate Winery and Resort, one of the more impressive romantic getaways in Washington. Located adjacent to the Gorge Amphitheater, the resort includes a spa, a restaurant and the Cave B Winery. You can choose from different luxury lodging options, including inn rooms, cavern rooms, large cottages and desert yurts. You can also enjoy hot stone massages and the Tendrils restaurant's multicourse meals.

Mountain Retreat: Sleeping Lady Mountain Resort, located near the town of Leavenworth, is a wonderful retreat for two. You can enjoy excellent dishes at the Kingfisher restaurant, get a spa massage, use the pool and sauna and book a sleigh ride. —C.D.

Outdoor Adventures

Visiting Mount Rainier: This mountain has enchanted the people of this region since it was first settled. Visiting Mount Rainier National Park in winter is a unique experience you'll never forget. For a no-hassle excursion, take Evergreen Escapes' luxury snowshoe and nature-walk trip. The company takes care of all the details, including transporting you to the mountain and supplying you with equipment, an expert naturalist guide and a lunch. Families also flock to the area for skiing, snowboarding and sledding. Lodging is available year-round at the National Park Inn. However, be sure to come back in the late spring or summer when mountain meadows will be full of flowers. That is also the time to visit Paradise Inn, one of the nation's great lodges, which is celebrating its centennial this year.

Embracing "Island Time": Ride a ferry from Anacortes to the San Juans, a group of majestic islands where time slows down and nature takes center stage. There are many places to stay and activities to enjoy, including hiking, kayaking and whale-watching, where you may also see eagles, porpoises, seals, sea lions and seabirds.

Spokane's Sports Paradise: Located near mountains and lakes and not far from the Idaho border, Spokane is a sports paradise year-round. In winter, you can visit Mt. Spokane Ski and Snowboard Park and 49 Degrees North Mountain Resort in nearby Chewelah. In the spring and summer, visitors like to fish, swim and boat. —C.D.

Family Fun

The charming Bavarian-style town of **Leavenworth**, in the Cascade foothills of Central Washington, about 25 miles northwest of Wenatchee, is great for kids. It is a winter wonderland where you can snowshoe, cross-country ski and go on a sleigh ride. Also, the Stevens Pass Ski Area is only 35 miles west along U.S. Highway 2. Leavenworth has a wide range of lodging options for families, plus plenty of restaurants—where bratwurst is usually on the menu. The popular Bavarian Ice Fest (January 14–15) offers snowmobile sled pulling, fireworks, snow sculptures and much more. Come back for excellent hiking, mountain climbing, rafting and wine-tasting in the spring and summer.

Touring Seattle: You can start a city tour at Seattle Center, home of the Space Needle, the Pacific Science Center, the Museum of Pop Culture and Chihuly Garden and Glass. Ride the Monorail downtown to see Pike Place Market. Walk down to the waterfront to visit the Seattle Aquarium and the Seattle Great Wheel.

Tacoma's Museum District: Washington's third-largest city, located about 30 miles south of Seattle, has a great

museum district with six venues, including the Museum of Glass, created with the help of glass artist and Tacoma native Dale Chihuly. Also check out the Children's Museum of Tacoma, Foss Waterway Seaport, LeMay—America's Car Museum, Tacoma Art Museum and Washington State History Museum.

Historic Vancouver: The southwest Washington city of Vancouver sits on the banks of the Columbia River and is home of the Fort Vancouver National

Historic Site, marking one of the first permanent settlements west of the Rocky Mountains. Kids can see a replica of the fort and take part in various hands-on activities. —C.D.

Alaska Airlines offers service to communities throughout Washington. For ticket information, call 800-ALASKAAIR, or visit alaskaair.com. Learn more about Washington at experiencewa.com.

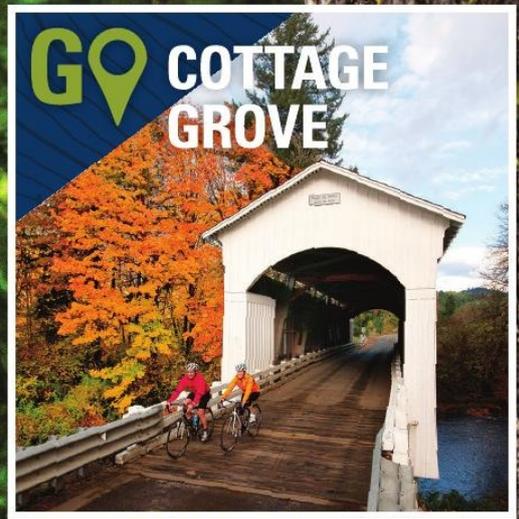


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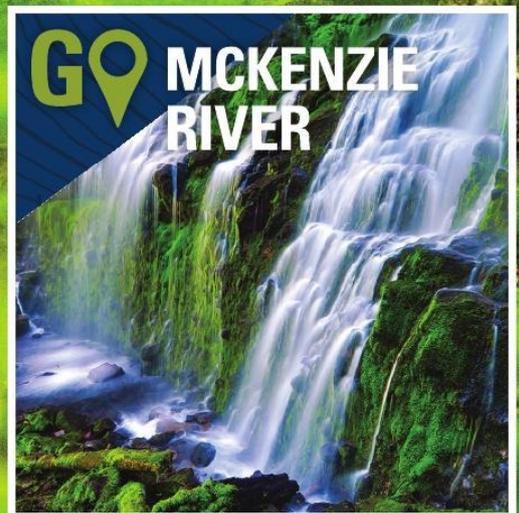
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Left: Timberline Lodge on Mount Hood is a classic Oregon destination known for its warm, welcoming interiors—and mascot Saint Bernards. **Above:** The lodge's exterior is especially picturesque with winter snow.

OREGON ESCAPES

By *Deston Nokes*

Heidi, the Saint Bernard that greets me at the front of the Timberline Lodge, almost perfectly embodies the alpine ethos of this historic hotel found 6,000 feet up the side of Mount Hood. All that's missing is a small brandy barrel hanging from her collar.

While I pat Heidi's head, the lodge manager tells me that Timberline has often had Saint Bernard mascots on staff, a tradition stretching back to when the structure was built in 1937. And Heidi does, indeed, have a little cask that she carries on special occasions.

Located about 65 miles southeast of Portland and about 115 miles north of Bend, the Timberline area is one of Oregon's quintessential getaway locations. The lodge has the charm and romance of a mountain chalet, and a wealth of history worthy of a museum. As I walk to my room, I am captivated by massive timber beams, colorful tile mosaics and carved-wood animal heads on the staircase. The lodge's decor is trimmed with rustic ironworks—from ram's head fireplace poker to ornate gates and railings—all maintained by a Timberline employee who serves as a blacksmith.

Sturdy and warm, the lodge was built to last by craftspeople during the Great Depression.

In winter, snow activities rule. What I love most is catching a chairlift right outside the door, skiing to my heart's content and then relaxing in the lodge's open, circular lobby with a hot chocolate. Others might opt for old-school hot buttered rum or a tequila-infused Huckleberry Beetnik house-specialty cocktail.

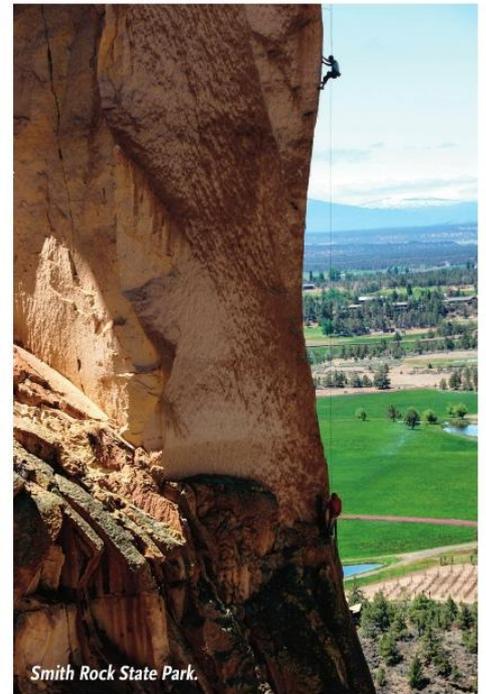
In addition to skiing and snowboarding, local activities include snowshoeing, bicycling (when the snow subsides in the spring), shopping, dining and melting s'mores in the lodge's Grand Fireplace.

The lodge's 70 rooms are on the cozy side, some with fireplaces and each with a television. Most guests choose to spend time in the public spaces where families, couples and solo travelers gather to share stories, read and marvel at the skiers and snowboarders cruising down the slopes.

For a side trip, many enjoy dining or shopping for sporting gear and apparel in Government Camp, the closest community, about 6 miles southwest. Timber-



Toketee Falls.



Smith Rock State Park.

line is also well-equipped to feed adventurers, with six restaurants on the property. Options range from fine dining in the Cascade Dining Room to beer and pizza at the Blue Ox Bar, accessed via a tiny stone archway tucked away downstairs. The lodge hosts live music, comedy shows and films. And speaking of film, the 1980 horror classic *The Shining* uses shots of Timberline's exterior, though the friendly vibe here otherwise couldn't be more different from that film's hotel.

A trip to Timberline is a classic Oregon excursion, especially in winter. Yet the state offers many additional chances to experience diverse adventures. In Portland, visitors can find fun by hiking in Forest Park or kayaking on the Willamette River. Or they can enjoy superb vintages in the Willamette Valley wine country. Other travelers head west to wander the upscale beachcomber's town of Cannon Beach or revel in the wide-open glory of the Columbia River Gorge. Put simply, there's something for everyone in Oregon.

Deston Nokes writes from the Portland area.

Outdoor Adventures

Take a photo safari along the North Umpqua **Highway of Waterfalls**, near the city of Roseburg, and immerse yourself in a wonderland of richly green forest with brilliant cascades splashing onto mossy boulders—an iconic Oregon scene.

This route is a National Scenic Byway with easy-to-moderate hiking paths to 10 falls spread throughout the Umpqua National Forest. The trails range in length from 100 feet to 1.5 miles, and most have restroom and picnic facilities. One of my favorites is Toketee Falls, which is framed by sheer volcanic basalt rock walls. Toketee means “pretty” or “graceful” in the Native Chinook language. Nearby is Watson Falls, Oregon's third tallest, at about 293 feet. During the spring, Watson Falls can really gush, so you might get damp from the spray. It's an easy, roughly half-mile hike from the trailhead.

Nearby, stop to quench your thirst at one of more than 25 Umpqua Valley wineries around Roseburg. The region grows more than 40 grape varieties.

Smith Rock State Park: This haven for climbers and hikers is 9 miles north of Redmond. Its towering spires offer some of the most famous climbs in the country. **Forest Park:** At more than 5,000 acres, this is one of the nation's largest urban for-

ests. It provides hiking, biking and horse-riding trails inside Portland city limits.

Bandon Dunes Golf Resort: Enjoy golf in the fresh ocean air of Oregon's southern coast, near the city of Bandon. It's an unforgettable experience. —D.N.



ADVENTURE AWAITS!

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Whether on land or water, on foot, wheels or rapids, you'll find a new adventure every time you visit. Roseburg offers plenty of choices for comfortable accommodations too, so stay and enjoy one of Oregon's treasures.

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Cannery Pier Hotel & Spa.

Indoor Attractions

Few experiences in Oregon are as serene as watching ships go by at the **Cannery Pier Hotel & Spa** in Astoria. Visitors sit by the window, warmed by the fire, and enjoy coffee and homemade cookies as they observe tugboats guiding ocean freighters into the mighty Columbia River. No matter what the season or weather, the hotel ranks as one of the most pleasant getaways on the Oregon Coast.

The hotel's barnlike, bright-red exterior is what first charmed my eye. The old fish-cannery structure juts far out over the water, perched on still-solid, century-old pilings. Inside, the accommodations are far from rustic: The decor is modern, bright, and decorated with glass, polished wood and hardwood floors. And each room's spacious clawfoot bathtub (or jet tub) has a river view.

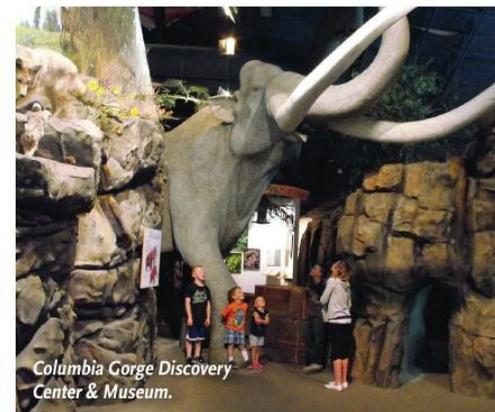
In the evenings, the hotel has wine and hors d'oeuvres, featuring fish and cheeses from nearby Josephson's Smokehouse. If you visit Josephson's, you can taste fish smoked on the premises, with varieties such as Hot Smoked Pepper Blend Salmon and Wine-Maple Smoked Salmon.

Astoria is the oldest American settlement west of the Rockies, and it's a town well worth experiencing. To help you get downtown, the hotel offers chauffeured car service to local restaurants in its 1945 Cadillac.

Oregon Historical Society: Through January 31, this impressive museum in Portland is celebrating the city's contribution to comic books in the exhibition "Comic City, USA," featuring 15 artists and their work.

Portland Art Museum: This downtown institution located near the Oregon Historical Society is starting 2017 with an exhibition of Auguste Rodin bronze sculptures.

Columbia Gorge Discovery Center & Museum: When you're driving along the gorge on either Interstate 84 or the Historic



Columbia Gorge Discovery Center & Museum.

Columbia River Highway, this site is a great place to pull over and learn about the incredible scenery you're enjoying. The center has exhibits about the Lewis and Clark expedition, the area's geological history and ice-age floods, and other topics. —D.N.

Romantic Getaways

It takes a lot to get me up before dawn, but the prospect of starting an Oregon wine country tour with a hot-air-balloon ride was enough to rouse me from my slumber.

The balloon lift-off site is just 25 miles southwest of Portland. Soon after arriving, my sweetheart and I were floating 1,500 feet above the beautiful Willamette Valley. During the hour-long ride in our spacious gondola, we enjoyed views of a patchwork of vineyards below and mountains in the distance. **Vista Balloon Adventures**, based in Newberg, offers daily flights from April Fool's Day through Halloween and is taking reservations for 2017.

Once on the ground, we enjoyed a hearty brunch and ventured off to tour a few of the hundreds of wineries in the Willamette Valley. In recent decades, Oregon wines have received national attention for their quality, particularly the Pinot Noirs. Visitors take tours, use designated drivers or, this being Oregon, ride bikes responsibly between tastings.

Alaska Airlines Mileage Plan members can enjoy complimentary tastings at 300 wineries, and may check a case of wine for free on Alaska flights from Eugene, Medford,



Oregon wine country hot-air-balloon tour.

JOSHUA MEADOR

Portland, Redmond/Bend, or Walla Walla, Washington. Visit oregonwine.org for more information.

For those who wish to overnight in the wine country, book well in advance for The Allison Inn & Spa in Newberg, or the Dundee Manor and Black Walnut in Dundee.

Cannon Beach: Beachcombing, souvenir shopping and dining at Sweet Basil restaurant provide pleasant preludes to snuggling up at an inn or against a beach log to gaze at majestic Haystack Rock.

C'est La Vie Inn: This Eugene jewel offers gorgeous gardens, sumptuous breakfasts and upscale comforts.



Cannon Beach.

Crater Lake Lodge: You and your loved one can rest and dine in comfort looking out over one of the world's deepest and most pristine lakes. The lodge is open seasonally starting in May, but Crater Lake National Park has year-round outdoor activities. —D.N.

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Family Fun

My kids and I have visited amusement parks from the Midwest to California, and we have determined that riding the Oregon Dunes provides all the thrills of the nation's biggest roller coasters.

With its north end located about 60 miles west of Eugene, the **Oregon Dunes National Recreation Area** is the largest expanse of coastal sand dunes in North America and offers an impressive vista of sand mountains with surrounding trees, lakes and streams.

The area has some of the most exhilarating all-terrain vehicle (ATV) riding in the nation. My rented ATV was automatic and powerful enough to haul me up some pretty imposing slopes. As a first-time driver, I was happy to learn that I didn't need a lot of experience to operate the machines safely.

This is definitely a family sport. Rentals for four hours are a little over \$200, with helmets provided. For those who don't wish to gun the throttle themselves, there are guided motorized tours of the dunes. You'll want to dress for the weather—which is often cold in the winter and spring.



CHEL BEESON / GETTY IMAGES

Oregon Dunes National Recreation Area.

Sunriver Resort: This high-desert oasis, about 16 miles south of Bend, is ideal for families to play and relax together. Swimming at the resort's pools, biking, golfing and horseback riding are popular area activities.

Lincoln City: Between October and May, visitors comb the beaches of this town to find 3,000 custom-made glass floats seeded along the coastline. In summer, the area is a famous destination for flying kites.

Crater Lake Zipline: A short drive from the city of Klamath Falls, this is Oregon's longest

zipline tour, with views of surrounding forest, Cascade mountains and Upper Klamath Lake. The series of nine zips, open April through November, is a thrill for family members ages 10 and up. —D.N.

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MONTANA TREASURES

By Alan Kesselheim

The Madison River Valley uncoils against low cliffs in the near distance. Beyond stand the Tobacco Root Mountains' woven peaks. Close in, rising away from me, are dramatic scarps of rock where, for thousands of years, Native Americans herded buffaloes.

I'm at Madison Buffalo Jump State Park, 30 miles west of Bozeman, where I love to find solitude and listen to the whispering ghosts of history.

Standing there in this quiet sweep of space in the Madison River Valley, I can imagine that I hear indigenous people in nearby teepees celebrating all that the buffaloes yield.

Although the introduction of horses ultimately led to natives abandoning this jump sometime after 1700, the limestone cliffs remain a monument to the region's early inhabitants. Interpretive displays in the park help visitors understand the dramatic events that occurred here for nearly 2,000 years.

There *is* something undeniably powerful about the

land. Maybe that sense is related to my knowledge of what has taken place at this jump, but it is also simply a compelling spot.

I walk up the broad, dry valley on the north side of the cliffs. I follow a trail leading through the grasslands, gradually steepening then climbing to where the herds of panicked buffaloes would have stampeded headlong toward their fates. The breezes blow there; the view broadens; and I take a trail along the cliffs, looking down, looking out—the panorama simmering with imagined scenes.

The confluence of the three forks of the Missouri River lies north of Buffalo Jump, and as you head into the town of Three Forks, it's worth the short detour to Missouri Headwaters State Park, which preserves the region's wildlife, vegetation and scenic beauty.

On Main Street in Three Forks, the Sacajawea Hotel offers an extensive wine list and tasty food, whether you're looking for an appetizer or a four-



Facing: Visitors to Madison Buffalo Jump State Park will find expansive views of the Madison River Valley. **Left:** The Sacajawea Hotel has hosted guests since 1910. **Above:** Missouri Headwaters State Park is a short trip from Three Forks.



Chico Hot Springs Resort & Day Spa.

course meal. At the hotel, enjoy the quiet elegance of everything from a small-town session of porch-sitting to a romantic night in one of the luxurious but unpretentious rooms. Tastefully remodeled in 2010, the Sacajawea has welcomed guests and provided a Big Sky haven from the rush of life since 1910.

In Three Forks, I realize that I've traveled from whispering landscape to historic luxury, all held in the grasp of the headwaters of the Missouri River—not bad for one Montana day.

But then the Treasure State offers a bounty of such days. Montana's full of jaw-dropping scenery and unprecedented wildlife, unexpected art and sumptuous food, kid-friendly culture and evocative history. From the Canadian border to Yellowstone, the nation's first national park, Montana brims with adventure, culture and romance.

Alan Kesselheim writes from Bozeman, Montana.

Romantic Getaways

Good Medicine Lodge in Whitefish serves up a scrumptious breakfast spread featuring egg scrambles and fresh fruit and provides guests luxurious rooms and suites. The B&B also offers guests a complimentary glass of wine and appetizer every evening, a hot tub, a movie room, and easy access to downtown Whitefish. Good Medicine Lodge is close to Glacier National Park, Whitefish Lake, Flathead Lake, local ski hills, the Canadian border and shopping.



Huntley Lodge: Guests will never need to leave the area for delicious food, great skiing, spa indulgence and rugged mountain scenery at this lodge located just steps from the chairlifts of Big Sky Resort.

Chico Hot Springs Resort & Day Spa: South of Livingston and on the way to Yellowstone National Park, the resort sits in aptly named Paradise Valley. The resort has five-star dining, live entertainment, quaint rooms and cabins, hot

springs pools and tubs, and activities from fly-fishing to horseback riding.

Triple Creek Ranch: Breathtaking scenery and private log cabins in the heart of the Bitterroot Mountains set the mood at this all-inclusive luxury resort. Guests can also enjoy gourmet cuisine and fine wines paired with an original collection of Western art as well as nearby adventures, such as horseback riding and relaxing river floats. —A.K.

Family Fun

Barely out of view of downtown Billings, in the shallow valley of Bitter Creek, **Pictograph Cave State Park** is both fascinating and beautiful. The sandstone caves in the park were used by prehistoric peoples for shelter, ceremonies and art. The caves are carved into a high cliff where trails wind through time. Much of the pictograph art is faded, but the landscape and setting are worth the visit, and it can be the first stop on a longer driving tour of historic sites near Billings.

The Museum of the Rockies:

Explore one of the world's largest dinosaur fossil collections, stargaze inside the Taylor Planetarium and learn about Rocky Mountain history from early exploration through World War II at this museum in Bozeman.

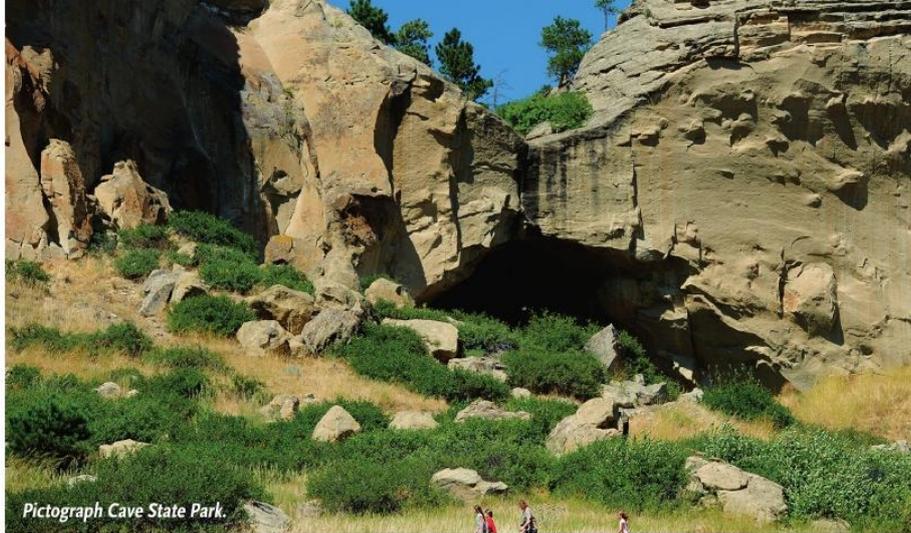
Fairmont Hot Springs Resort:

South of Helena and just west of Butte,

the resort provides seemingly endless family fun featuring a waterslide, hot springs pools and restaurants.

West Yellowstone Snowcoach

Tours: Experience a winter wonderland in Yellowstone National Park aboard a climate-controlled driving machine that takes visitors to sites including Old Faithful geyser. —A.K.



Pictograph Cave State Park.

LEFT TO RIGHT: MONTANA OFFICE OF TOURISM AND BUSINESS DEVELOPMENT (2); CONNIE RICCA / AGEFOTOSTOCK.COM

Outdoor Adventures

Every March, **Freezeout Lake**, in Central Montana, is a staging area for tens of thousands of migrating white geese, Canada geese and swans, along with dozens of other bird species. It's a remarkable birding area any time of year, but each spring it becomes a hub, drawing photographers and bird-watchers from far and wide. For the best viewing, visit at sunrise or twilight. The sight of thousands of brilliant white geese rising out of a grain field is unforgettable. Roads wind through the Freezeout Lake Wildlife Management Area to numerous access spots, and nearby Choteau and Augusta offer lodging, meals and shops.



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Freezeout Lake.



The Lewis & Clark Interpretive Center.

This House of Books: This newly opened co-op bookstore is nestled in Billings' downtown district and features local authors.

Flathead Lake Brewing Co.: The downtown Missoula pubhouse of this Big Fork-based brewery serves up hearty food and handcrafted beers.

The Lewis & Clark Interpretive Center: Above the Great Falls of the Missouri River, the center highlights the explorers' expedition. —A.K.

Alaska Airlines offers service to communities throughout Montana. For flight information, visit alaskaair.com or call 800-ALASKAAIR. Learn more about Montana at visitmt.com.

Nordic skiing in Bozeman: From the Bohart Ranch Cross Country Ski Center to a variety of in-town groomed trails, and the extensive network of trails in the Hyalite Canyon Recreation Area, Bozeman has become one of the renowned cross-country ski destinations in North America.

Whitefish Mountain Resort: This ski area has 3,000 acres, 105 marked trails, 2,353 feet of vertical slope, 300 inches of annual snowfall, five terrain parks and a cross course.

Biking in Yellowstone National Park: For a few weeks every April, Yellowstone opens its roads to bicyclists and restricts public vehicles. Weather depending, ride on park roads from West Yellowstone and enjoy the nation's first national park free of most vehicle traffic. —A.K.

Indoor Attractions

A variety of tours extol the amazing history of Butte, an hour south of Helena, but my favorite is the **Butte City Underground Tour**, a below-street-level glimpse of the city's bustling Prohibition-era past, punctuated by speakeasies, barbershops and dungeonlike jails. While in town, check out some other Butte tours of Copperbaron mansions and historic districts.

RICHLAND, WASHINGTON

Richland, one of the Tri-Cities (MSA Pop. 275,000), is home to more than 54,000 residents and is a hub for innovation, education, technology, and energy.

COST OF LIVING

Grocery items, housing, utilities, transportation, health care, and goods and services are more affordable in Richland compared to other cities with similar employers.

cost of living index

Richland: 101.5 Portland, OR: 125.7 Seattle: 154.3



VITAL STATISTICS

Population	54,248
Median Income	\$69,372
Educational Attainment	95.5%

EDUCATION

Richland has an outstanding public school system with significant local support.

13,000 students 1,500 employees
\$140,000,000 operating budget



- ▶ Home to Washington State University-Tri Cities, now a 4 year institution.
- ▶ Columbia Basin College, rapidly expanding in Downtown Richland.



Facts and Statistics Source: United States Census Bureau and City of Richland



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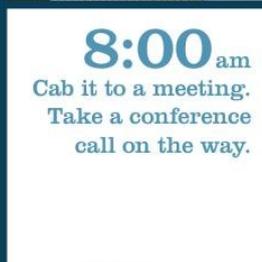
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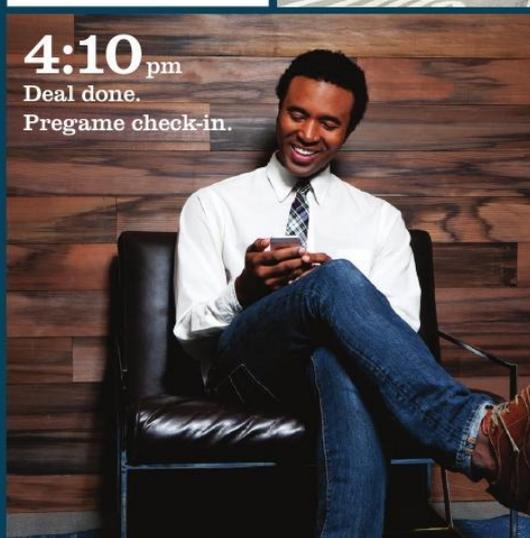
7:05 am

Post-workout
breakfast in
the room.



8:00 am

Cab it to a meeting.
Take a conference
call on the way.

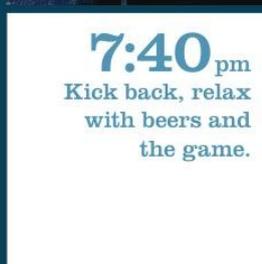


4:10 pm

Deal done.
Pregame check-in.

6:15 pm

Meet the team
for dinner.



7:40 pm

Kick back, relax
with beers and
the game.



IDEAL IDAHO

By Buddy Levy

Early morning sunlight glints off fresh powder crystals as our Bombardier Snowcat rumbles up Lake Fork Road in McCall, Idaho. It's late December, and an early winter storm has dumped nearly 2 feet of powder. My brother, Lance, a half-dozen of our long-time ski buddies and I are headed on a marked trail 12 miles into the backcountry—destination Payette Powder Guides' Lick Creek Yurts, which are a pair of Mongolian-style huts tucked into a hillside in Idaho's West Central Mountains.

We're there for the 33,000 acres of untracked snow. We'll make daylong forays to great skiable terrain, then spend late afternoons on the large deck, eating exotic cheeses and drinking regional vinos.

The snowcat transport takes only an hour and a half and allows us to bring our gear, coolers of great food and *après-ski* beverages, and provides more time and energy for hiking and skiing up and down the gorgeous glades, bowls, chutes and timber stands that define the area. The Lick Creek Yurts

offer panoramic views of the surrounding peaks, including the impressive Beaver Dam Peak, looming at about 9,000 feet high in the distance.

We pull in, unload, don daypacks and avalanche beacons, and then ascend the slopes, using synthetic "skins" on the bottoms of our skis for traction. From the yurt door, there is terrain for every level of skier or snowboarder within a 40-minute hike up to Skier's Saddle. From there, we float through perfect snow, cruising down the leisurely timbered glade called Girlfriends that ends in a swooping steep after an 800-vertical-foot run.

We take a short rest, drink some water, and hike



The Payette Powder Guides' Lick Creek Yurts provide skiers access to 33,000 acres of fresh snow in Idaho's West Central Mountains.



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up to ski multiple laps on the more northerly aspects called Surprise and North Corner.

By late afternoon, sunset sends salmon-colored light across the valley. We tromp the flat trail back to the hut, alone in our mountain thoughts, the hills around us windblown swirls of cornices shaped like breaking waves and dragon tails.

In the evenings, we eat well: One night it's Thai curry shrimp and sticky rice, the next night veal sausage (*bockwurst*) with fingerling potatoes and red cabbage. We relax in the steaming sauna, then roll in the snow to re-energize. We talk about the wolverine we saw, marveling at its speed over the powder, and laugh about the local red fox that slinked around, sneaking off with dropped chunks of cheese and crackers.

The last day is cloudless and electric blue, and we tour across the valley to an unnamed peak just north of Beaver Dam. We scamper up a narrow ridge shaped like a stegosaurus's back, then ski the quilts of snow on the bowls below. We savor sandwiches in a wind-sheltered depression, tour the west basin, and finally, exhausted yet smiling, we head back to the cozy Lick Creek Yurts, our home away from home in the middle of the mountains.

A yurt stay is just one example of a quintessential Idaho experience. The state's license plates may say "Famous Potatoes," but people who visit remember Idaho for its great getaways. With vast roadless wilderness, many ski resorts, towering peaks and romantic lodges, Idaho is one of the destinations for adventure, no matter what sort you're after.

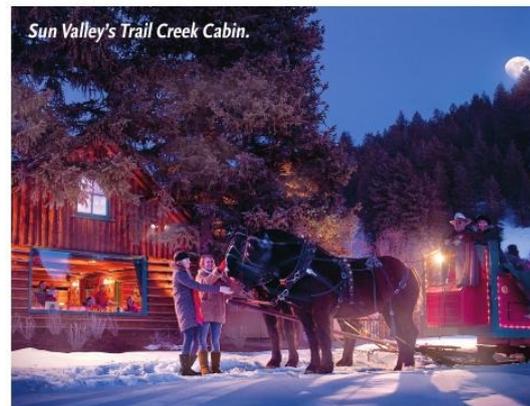
Idaho writer Buddy Levy is the co-author of the forthcoming book No Barriers: A Blind Man's Journey to Kayak the Grand Canyon.

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Schweitzer Mountain Resort.



Sun Valley's Trail Creek Cabin.

Outdoor Adventures

Schweitzer Mountain Resort is an adventure gem in Idaho's northern panhandle. Breathe in sublime views of Lake Pend Oreille and Sandpoint from the 6,400-foot summit of the ski mountain, then ski or snowboard the 2,900 acres of varied terrain, ranging from wide-open bowls and groomers on the Schweitzer Bowl to tight chutes and densely timbered runs (Schweitzer has more than 1,200 acres of tree skiing) on the Outback Bowl. Schweitzer boasts three terrain parks to accommodate various ability levels and offers twilight skiing as well as night tubing. The Nordic area comprises about 20 miles of well-maintained, variable terrain that can be enjoyed via cross-country skiing, snowshoeing and even fat-tire snowbiking.

Bogus Basin: Located less than 20 miles from the heart of Boise, Idaho's largest city, Bogus Basin is usually open mid-November through mid-April and offers lift-served skiing and riding, the Mountain Dew Terrain Park and a rentable Alpine Yurt that sleeps 12.

Jug Mountain Ranch: The ranch, in McCall, offers Nordic skiing and fat-tire bike trails and is near Gold Fork Hot Springs, where visitors can enjoy a rejuvenating soak. In the winter, the ranch's Clubhouse Restaurant is open on Friday and Saturday nights for dinner. —B.L.



Triple Play Family Fun Park.

Romantic Getaways

There are few things more romantic than a long weekend in the historic **Sun Valley Lodge**, with its new 20,000-square-foot destination spa, heated pools and walkable Austrian-inspired village. After a day of skiing Sun Valley's legendary Bald and Dollar mountains, unwind with a hot toddy and hear live jazz at the lodge's iconic Duchin Lounge. Take one night to ride the horse-drawn sleigh to Trail Creek Cabin, where a wondrous gourmet meal of local trout or free-range fillet awaits. Starting December 17, Alaska Airlines will add seasonal twice-weekly nonstop flights between Portland and Sun Valley, in addition to daily service from Seattle and Los Angeles.

The Coeur d'Alene Resort: For some early winter sparkle, head to The Coeur d'Alene Resort for the Holiday Light Show. From November 25, 2016, to January 2, 2017, 1.5 million lights shimmer and glint off the glassy lake surface. Then jump on the Journey to the North Pole lake cruise to see America's tallest floating Christmas tree towering over the lake.

Talus Rock Retreat: This resplendent six-bedroom luxury B&B is set amid 30 acres of wilderness just 1.5 miles from downtown Sandpoint. Each room or suite has its own themed decor, and some rooms include Jacuzzis and balconies with mountain views. —B.L.

Indoor Attractions

The Coeur d'Alene area is defined in part by its magnificent lake and world-renowned golf courses, but area visitors should check out the indoor fun, too, especially at the nearby **Triple Play Family Fun Park**. There are numerous attractions, including a 32-foot, three-level ropes course; a self-belay climbing wall with four levels of difficulty; a 3,600-square-foot, fog-filled laser-tag arena; bowling; indoor minigolf; and bumper cars. Also ride the waves and the slides at Raptor Reef, a 25,000-square-foot indoor water park that includes a 350-foot serpentine slide called The Constrictor, the park's newest and fastest slide.

Bodies in Motion: In Boise, check out Bodies in Motion, a multifaceted family-fitness center that includes a 10-element ropes course, a huge indoor play structure, a zipline, martial-arts instruction and an indoor *Ninja Warrior*-style obstacle course.

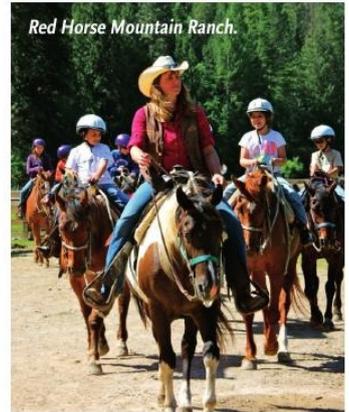
Manchester Ice & Event Centre: In downtown McCall, head to the centrally located ice and event center, where you can ice-skate (check the website for the ice schedule), go to a hockey game, watch a McCall "Starz on Ice!" show and even check out the McCall Curling Club.

—B.L.

CLOCKWISE FROM TOP LEFT: SCHWEITZER MOUNTAIN RESORT, IDAHO; KEVIN SYMS / SUN VALLEY RESORT; TRIPLE PLAY FAMILY FUN PARK

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Family Fun

About two hours from Boise, McCall is a terrific family destination with great skiing just 8 miles from town at **Brundage Mountain Resort**. The long season (typically late November through early May), 320 inches of snowfall, and nearly 2,000 acres of groomed runs and powdery glades make it great for families of varied abilities. Seventy percent of the terrain is novice and intermediate. The resort has a kids' center, day care facilities, maintained snowshoe trails, and guided snowmobile tours and rentals.

Red Horse Mountain Ranch: The kids' program at this dude ranch near Coeur d'Alene offers activities such as archery and horseback riding.

Pebble Creek Ski Area: The high desert of Pocatello and the Portneuf Valley provide light and dry snow at Pebble Creek Ski Area, with about 2,200 vertical feet served by three triple chairs. In Pocatello, visit the Community Recreation Center for swimming, wallyball, indoor rock climbing and racquetball. —B.L.

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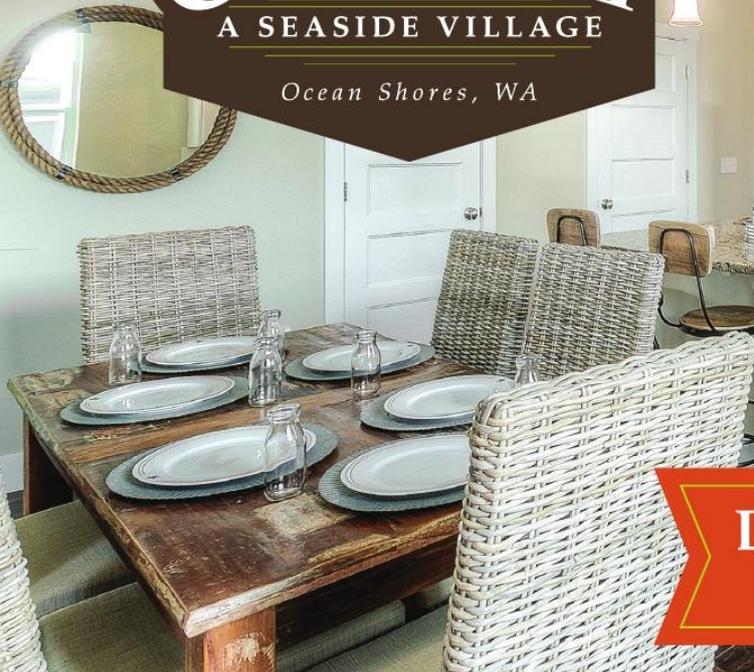
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SCENIC BRITISH COLUMBIA

By *Lauren Krametz*

Near the southern tip of Vancouver Island, the picturesque Sooke Harbour House sits just above the Whiffin Spit, a thin stretch of land that twists like a dog's tail out into the bay. The white clapboard house, with its commanding view of the shoreline, the Strait of Juan de Fuca and the Olympic Mountains rising in the distance, is one of my favorite romantic getaways in British Columbia.

Everything about this inn is a delight. The perimeter is trimmed with gardens growing edible flowers, and the cozy house fits perfectly into this quiet, bucolic setting where you can hear birds sing and the waves roil against the rocks below as the tide ebbs and flows. Visitors to the boutique hotel, located about 30 miles southwest of Victoria, enjoy the area's rugged coastal beauty and the inn's sophisticated luxury, where virtually no detail is overlooked.

The inn's owners are devoted art collectors, and the works they love line every wall of the house. Some items are drawn from their private collection, while others showcase the work of local artists. They are equally devoted to quality cuisine. Dinner is a sumptuous multicourse meal composed of local seafood, meats and vegetables, as well as flowers, herbs and produce grown on the property. These fresh ingredients are used to make exquisite dishes, such as Albacore and Tuna Ravioli and Confit Leg of Hope Farm Peking Duck. The menu varies weekly, based on the availability of local ingredients, and each meal can be paired with wine.

My husband and I enjoy exploring area galleries and visiting a nearby cidery. We book a beach tour with Diane Bernard, known as "The Seaweed Lady." Bernard runs SeaFlora Skincare, which produces

Left: Sooke Harbour House has sitting areas and walking paths for experiencing the charming setting.

Right: Visitors enjoy the natural beauty along the Sooke River, at Sooke Potholes Regional Park, Vancouver Island.

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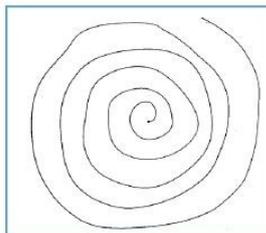
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organic seaweed-based beauty products made from local ingredients. The tour is only available to inn guests and takes us on a tour of a nearby beach, identifying its mineral-rich seaweed treasures. At night we settle into our room, with a huge fireplace, a tub for two and a view of the waves breaking on the shore.

Other great escapes, ranging from romantic getaways to family fun, abound in the Canadian Northwest.

Lauren Kramer writes from Vancouver, British Columbia.

Outdoor Adventures

Whistler Blackcomb: One of North America's finest year-round resorts, Whistler Blackcomb is located in the Coast Mountain Range, 75 miles north of Vancouver. In winter, the area offers world-class skiing and snow sports. Whistler village has restaurants, nightlife and shopping. You can take the Whistler Blackcomb Peak 2 Peak Gondola, an 11-minute journey with stunning views of forests, lakes and snow-covered mountain slopes. Then strap on your skis and hit the runs that give Whistler its stellar reputation.

The Residences at Spirit Ridge: The resort in British Columbia's dry central region sits a short distance from the border with Washington state, near Osoyoos Lake. The facility overlooks its own vineyard and offers spa treatments, golfing, swimming, horseback riding, wine-tasting and boating.

The Capilano Suspension Bridge Park: A thrilling North Vancouver park that features three adventures, including crossing the Capilano Suspension Bridge. The 450-foot-long span crosses the Capilano River at a height of 230 feet. There are also a series of bridges suspended between old-growth Douglas fir trees, and cantilevered bridges, stairs and platforms that follow a granite precipice. —L.K.



The Peak 2 Peak Gondola
at Whistler Blackcomb.



Sparkling Hill Resort Tea Room.

Indoor Attractions

The Okanagan, east of the Cascade Range, is known as British Columbia's wine country. It is also home to one of the most unique resort getaways in the region.

Sparkling Hill Resort is a European-style health-and-wellness-focused property owned by Gernot Langes-Swarovski, patriarch of the Swarovski jewelry, machinery and glass empire. So, naturally, the ultramodern facility includes more than 3.5 million glass crystals, which are found throughout the resort.

Located on a rocky outcropping above Okanagan Lake, about 30 miles north of Kelowna, Sparkling Hill is a place where you can relax and indulge yourself at the 40,000-square-foot KurSpa. Total body wellness is the focus here, with a staff that includes health-care providers to help you feel healthier and fitter. Between massages, exfoliations and sauna treatments, you can gather in the Tea Room to sip hot herbal teas while gazing at the expansive vista.

Galiano Oceanfront Inn & Spa: A short ferry ride from Vancouver brings you to this wonderful inn on Galiano Island, located across the Salish Sea from the mainland. Come for exquisite views of the sea, exceptional meals at

Atrevida Restaurant and special treatments at the Madrona del Mar Spa.

The Wickaninnish Inn: This favorite on Vancouver Island's western coast is known for cozy rooms with soaker bathtubs, private fireplaces and dramatic



The Wickaninnish Inn
Ancient Cedars Spa.

views. Relax at the Ancient Cedars Spa and indulge at The Pointe Restaurant, which offers fresh, local seafood and a decadent eggs Benedict. The inn is closed in January for maintenance but will reopen February 3. —L.K.



Kayaking off Quadra Island.

Family Fun

April Point Resort Marina & Spa: Located on Quadra Island, on the Vancouver Island side of Discovery Passage, this rustic and tranquil family getaway is about 150 miles northwest of Vancouver. Guests can choose hotel-style rooms or cabins. Once you've settled in, there's fishing excursions in the Northern Gulf; Zodiac boat tours, where you can see eagles, seals, sea lions and whales; kayak and bikes rentals; and area gift shops and restaurants. The resort will be closed till late spring. However, the marina will be open this winter.

Stanley Park: This urban park is steps from Vancouver's city center and is full of family activities. Kids will enjoy the Vancouver Aquarium, and on a hot day, there's an outdoor water park, horse-drawn tours and great beaches to explore. If your family are cyclists, rent a few bikes and take to the winding seawall, a flat, easy ride that delivers a perfect introduction to Vancouver's natural beauty. —L.K.



Rowena's Inn on the River.

Romantic Getaways

For an unusual romantic getaway, stay in a luxury tent house at **Rockwater Secret Cove Resort**. This tranquil spot on Halfmoon Bay along the coast of British Columbia delivers a tentlike experience without the discomfort of "roughing it." Think slate floors with radiant heat, Jacuzzi bathtubs, comfy king-size beds and an excellent restaurant.

Rowena's Inn on the River: About 60 miles east of Vancouver in Harrison Mills, you'll find a Victorian-style inn on 160 acres along the banks of the Harrison River. The beautiful setting is prime eagle-watching territory, and the inn offers high tea on Sunday afternoons. —L.K.

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IT'S ALL ABOUT YOU



Continued from page 27

personal connections form the backbone of her giving. For instance, she supports Habitat for Humanity because the organization chose her relative as the recipient of a home. Toys for Tots is important to Johnson because her father was a World War II and Korean War Marine Corps veteran, and Johnson's partner is a retired Marine.

In addition, Johnson's mother was a member of Delta Gamma, which is a Greek women's organization focused on philanthropy. She was also a vision therapist, "and she donated time and money to charities related to vision," Johnson says. "I decided to continue that tradition with my donations to Guide Dogs for the Blind, Braille Institute, Guiding Eyes for the Blind and macular degeneration research."

Understanding and prioritizing what's important is critical to successful giving, financial experts say. Before determining donation recipients, givers should take stock of their own interests and goals.

"We typically ask clients what their charitable intent is," says Jeanne Goussev, managing director of fiduciary services at Laird Norton Wealth Management, based in Seattle. "I ask them where that charitable intent came from, and about the causes they support and why, which helps us determine

how that might play out in their giving."

The initial conversation usually involves discussing where donors come from, their life experiences and things that have moved them. "There's usually a connection that struck them," Goussev says.

For donors with broad interests such as children, animals or the environment, advisers suggest volunteering at different nonprofits to help narrow the charity search. Sign up to deliver a meal, walk a dog or deliver groceries to seniors, says Sharon Gueck, financial planner and portfolio man-

ager at Becker Capital Management in Portland. "Volunteering is a good way to get started," she says, explaining that these kinds of experiences can help donors gain a more complete understanding of a charity's mission and operation.

Financial advisers also suggest that donors research nonprofits via tools such as Charity Navigator, GuideStar and Charity Watch. These and other online resources reveal how a charity spends its funds and how much goes to administration, programs and fundraising. Some sites rank charities on how well they achieve their goals.

If a charity isn't listed on these sites—smaller organizations often aren't—look for the charity's IRS Form 990, the reporting form that many federally tax-exempt organizations must file with the IRS each year.

Additionally, individuals can seek guidance from community-focused partners such as the Seattle Foundation or the Washington Women's Foundation to learn about local nonprofits doing important work in a particular region, says Kyle Kingshott, managing director and client manager at Cornerstone Advisors in Bellevue, Washington.

How Much to Give

What to give is a personal decision that varies widely. "You don't need to be wealthy to be charitable," says Gueck, whose clients give everything from \$500 to \$500,000-plus annually. "How much you give depends on your finances and cash flow needs."

Most people give a portion of their discretionary income, which could be a percentage or dollar amount. Advisers can help model

Another giving option

Increasingly, givers are considering **donor-advised funds**, which allow people looking to give \$5,000 or more a year the immediate income tax deduction that comes with charitable giving without having to hastily pick a specific charity. Thought of as a charitable-giving savings account, a donor-advised fund is a separate fund or account that is operated by a charity that is a 501(c)(3) organization, according to the IRS.

DAFs can be operated by community foundations, educational institutions, religious groups

and even nonprofit organizations set up by financial institutions, including Fidelity, Charles Schwab and Vanguard. DAFs sponsored by financial institutions oftentimes have much lower funding minimums than DAFs sponsored by other kinds of organizations. For instance, Fidelity allows customers to open a DAF with a minimum of \$5,000 as compared to some other community foundations' \$25,000 minimum.

For more information, consult a financial adviser and visit websites such as nptrust.org/what-is-a-donor-advised-fund and irs.gov/charities-non-profits/charitable-organizations/donor-advised-funds. —M.S.B.

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what that giving might look like long-term based on an individual's portfolio.

For donors who don't yet have a financial adviser, Kingshott at Cornerstone recommends using a budget tool such as the website Mint to identify where it might be possible to cut discretionary spending so that more can be allocated to charitable giving. "I personally use Mint to see where my money goes," he says. "It gives me a nice accounting of the categories where I spend my money and allows me to diagnose where I can free up some extra cash to donate to causes I believe in."

When determining a giving budget, remember to account for the unexpected, such as disaster relief, says Heisman of the National Philanthropic Trust.

Johnson, the Portland-based book editor, has grown her annual donations to \$2,500 per year or more depending on the strength of her business. "I started monthly donations because I felt I could always scrape together \$5 or \$10, but a larger amount wasn't doable when I was younger," she says.

When she forgot a favorite charity one year, she started rounding out her philanthropy with an end-of-the-year additional contribution. "That way, each charity I support receives several contributions a year as well as an end-of-year donation, and each receives approximately the same amount annually," she says.

Ways to Give

People are becoming more comfortable with giving over the internet. In 2015, online donations amounted to 7.1 percent of charitable giving, up from 6.7 percent in 2014, according to Blackbaud's "2015 Charitable Giving Report." The company, which develops software for and provides data and other services to nonprofits, tracked overall giving data for 5,379 nonprofits throughout 2014 and 2015.

Davis, the Seattle marketing consultant, says she makes online donations because it's convenient and fast. However, online giving may come at a cost, says Heisman of the National Philanthropic Trust.

"If you give through PayPal and other platforms, the nonprofits incur service



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costs," she says. "People forget that the charity isn't getting 100 percent of the donation but more like 96 or 95 percent."

Of course, cash isn't the only thing donors can give. Donors can also give stock, real estate, artwork and other assets. "Many people don't think about giving stock or, if they are making small gifts, they don't know they can give a portion of their securities," Gueck says. The benefit is that clients giving stock directly to a charity do not have to pay capital gains taxes, she adds.

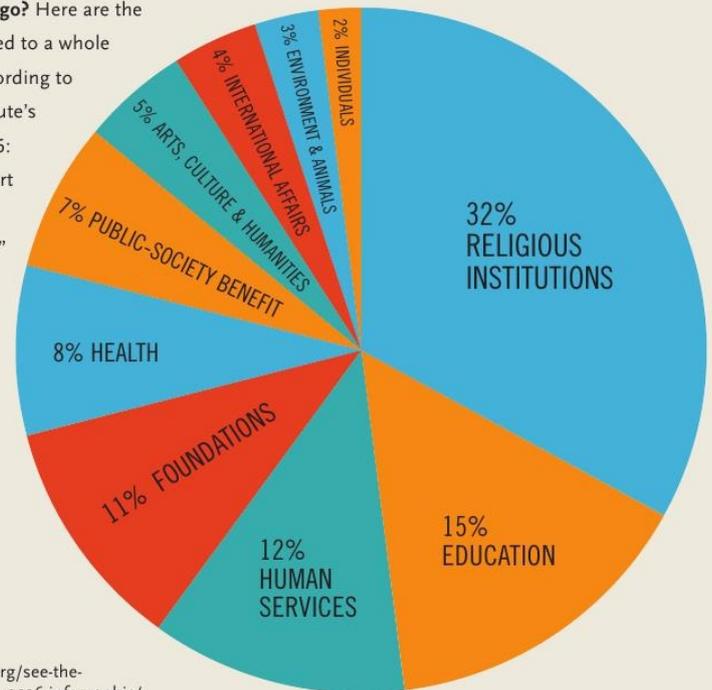
And sometimes the best gift is volunteering time or sharing talent, Heisman says. Donors can also check out a favorite charity's wish list for critical items that can be picked up on a shopping trip, she says.

No matter what the donation, charities are sure to appreciate the help, whether the gift comes now in the season of giving or during the next 11 months. ■

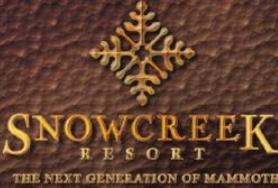
M. Sharon Baker writes from the Seattle area. Consult expert financial advisers about your specific situation.

Where the dollars go

Where did last year's record \$373 billion in charitable giving go? Here are the numbers (rounded to a whole percentage), according to The Giving Institute's "Giving USA 2016: The Annual Report on Philanthropy for the Year 2015."



Source: givingusa.org/see-the-numbers-giving-usa-2016-infographic/



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WINTER

A man and a woman are jogging through a snowy field. The woman is on the left, wearing a black long-sleeved top, black leggings, a colorful striped beanie, and pink and grey running shoes. The man is on the right, wearing a black jacket with red accents, black leggings, a black beanie, and brown and black running shoes. They are both smiling and looking towards the right. The background shows a line of trees under a bright, hazy sky.

GETTING AND
STAYING IN
SHAPE
DURING THE
HOLIDAY
SEASON

BY KIM COOPER FINDLING

FITNESS

WHEN MY CHILDREN WERE SMALL, I used to look forward to a winter snowstorm so that I could unearth the snow shovel and get to work. I knew that removing scoops of thick, heavy snow from our substantial driveway was one way that I could get some exercise during a season when it can be hard to get outside and move around, and during a time in my life when I was mostly at home with the kids.

Shoveling snow was a cardiovascular and strength-building exercise that I could do on my own property while still keeping an eye on my children. Furthermore, it needed to be done, so I couldn't avoid it. A good winter storm could provide me with solid, twice-a-day workouts.

It can be tough to maintain fitness during the shorter, colder days of winter. Throw in the bustle of the holidays, and the high availability of caloric treats that accompany them, and maintaining fitness can feel like an uphill battle. But it is entirely possible to maintain, and even gain, fitness during these challenging months. Experts point to several methods to attain fitness this holiday season, including prioritizing, planning and scheduling exercise; choosing activities that work for you; setting achievable goals when it comes to diet; and making helpful choices fun.

PRIORITIZE IT

Time-management expert Peter Turla, president of the National Management Institute, an organization that helps other companies develop more productive and positive workforces, says the first key to achieving any goal that is important to you, such as fitness, is to make it a priority.

Especially during the holidays, when we are busy and distracted, it's easy to lose sight of what is truly important to us, says Turla. "We tend to be near-sighted about priorities," he says, including prioritizing baking that extra batch of cookies or making one additional gift-shopping trip over our health goals.



Instead of getting lost in holiday details, Turla suggests taking some time to imagine how you would like to feel a year from now for the next holiday season. "Then, think about what needs to happen to get you there," he advises. If one of those things is exercise, emphasize that over the other tasks that present themselves.

Turla suggests making both a to-do and a not-to-do list. "Determine what is worth doing, and what should never have gotten on the list," he says. For example, "For most people, exercise is certainly higher on the list of what truly matters to you than dusting the knickknacks." Consider making your health goals a higher priority than cooking an especially elaborate holiday meal or creating extra home decorations, he says.

SCHEDULE IT

The next steps are planning and scheduling for fitness, Turla says. "A plan is what you're going to do, and a schedule is when," he says. "A plan can be on a piece of paper, but a schedule belongs on a calendar. Be very specific as to not only what you're going to do, but also, when you're going to do it."

Your fitness goals should be on your calendar alongside the holiday tasks and gatherings that are part of your schedule. "Many people who plan to exercise never do it because they don't schedule time for it," Turla says. "We tend to put off things that don't have a date or a schedule associated with them."

Joshua Fitchitt, senior director of Fitness Services at

PRO Sports Club in Bellevue, Washington, agrees. He also believes wholeheartedly in planning ahead for holiday fitness, and works with his clients to help them set specific goals.

“Sit down and plan out the holiday months on your calendar,” he says. “It’s a hectic time. Make a nutrition and exercise plan in advance.”

BE REALISTIC

Fitchitt also acknowledges that sticking to your regular fitness schedule during these busy months can be challenging. “Trying to attend your normal group classes is not always realistic during the holiday season,” he says. “But there are great alternatives to keep you on track.”

He advises creating reasonably short cardiovascular and strength-building exercise routines that can be



done anywhere, without any special equipment. Whether you are homebound because of weather or family, traveling for work or vacation, or just too busy

to fit in a longer workout, Fitchitt says, “you can always fit in 15 minutes.”

Establish 15- to 20-minute workouts that comprise multiple one-minute intervals, Fitchitt suggests, using your smartphone or a timer to mark each one-minute interval. For each 60-second period, do a different exercise—march in place, do jumping jacks, add in squats, lunges, situps and pushups. Repeat the intervals until you’ve hit your 15- to 20-minute total workout goal. “You can get a good sweat and get your heart rate up, expend some calories and say you did a workout today.”

Fitchitt is also a big fan of fitness bands. Many of these bands, such as the Fitbit, track heart rate stats and steps taken per day. Even if you don’t fit in a work-



Set and schedule specific fitness goals (left), and make healthy eating choices (right).

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out, you can see how much activity you've accomplished that day, which can be both informational and motivational. Maybe you'll notice a lighter-activity day and squeeze in a walk before the day ends.

"Even walking the mall during holiday shopping can burn some calories," Fitchitt adds.

EAT MINDFULLY

Planning is equally crucial when it comes to maintaining a healthy holiday diet. "Setting realistic plans and goals is hands down the most important thing I tell my clients," says Sarah Koszyk, a San Francisco-registered dietitian and pediatric and adult weight-management specialist. Just as you would plan and schedule exercise, set specific expectations for yourself when it comes to what you eat, both at home and at holiday gatherings, she says. "If you are going to a party, go in with intention. Plan to enjoy yourself, but with limitations."

In order to do this, Koszyk suggests creating mini-goals to meet throughout the evening. "Set yourself a goal of one plate of food, one dessert or a specific number of drinks to consume," she says. "Then stick to it."

A plan that isn't realistic, she says, is not eating all

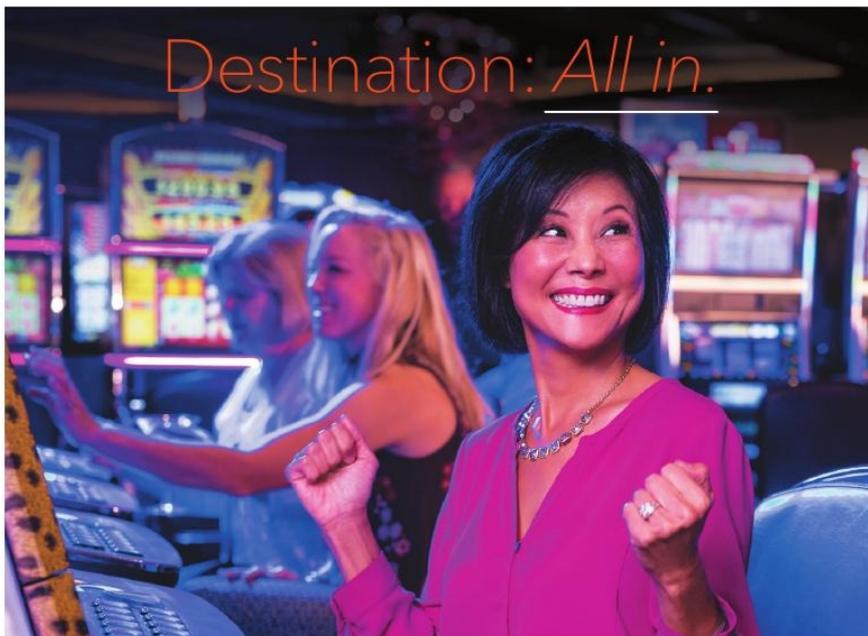
SAFETY FIRST

Holiday fitness also means avoiding injury so you can continue to enjoy all of the activities that you love and that keep you fit throughout the year. To avoid falls and injury from overreaching when decorating a tree or the inside or outside of your home, make sure to use the appropriate stool or ladder for the job, and ensure that it's placed on a firm, level surface.

Avoid wrapping gifts on the floor, as doing so places a great deal of stress on the back, neck and legs. Instead, use a table or countertop, says Joshua Fitchitt, senior director of Fitness Services at PRO Sports Club in Bellevue, Washington. Use proper lifting posture for carrying large gifts or boxes of decor. Consider using a cart or hand truck to move larger, heavier items. If you have oversize items to assemble, such as bikes or play sets, choose a safe, spacious area in which to do so, and, again, be mindful of not overdoing it while bending, lifting and reaching. —K.C.F.

day so that you can eat what you wish at a party. This tactic isn't healthy and is bound to fail. "Never go out hungry," she says. "Stay fueled. Eat a snack before you go out so that you aren't starving and can make conscious decisions about what you eat at the party."

Fitchitt also advises sticking with a plan to eat smaller, healthy meals throughout the day, and to stay hydrated. If you have a celebration to attend, he says, "eat a healthy meal before a party; keep the calories in



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check while you're there; and drink water between other kinds of drinks."

When it comes to cooking at home, Koszyk suggests a similar tactic of setting limits. Don't tell yourself you can't bake or enjoy treats. Instead, have a plan for moderation. "It's the holidays—sometimes your heart is set on baking cookies," she says. When they come out of the oven, "pull out one to three to set aside and give yourself permission to eat; then give the rest away." In this way, she says, you are content, but free of guilt. "You get to taste your handiwork, but you don't feel bad about doing it," she says.

MAKE IT FUN

Koszyk has a few tricks up her sleeve for having fun while being active. As a new mom and professional childhood weight-management coach, she knows how to get the whole family involved in a positive fitness experience.

"Have a dance party," she suggests. "Throw some music on and get everyone dancing around the house." It's exercise and a great holiday-time family memory rolled into one.

"Commercial break" is another activity Koszyk advocates. If the family is watching television, enact a rule that at each break in programming, everyone jumps up and engages in an activity.

"Jog in place or do wall pushups," she says. "For kids, have them run around the house imitating animals." This provides a nice, active way to break up those long holiday days spent football- and parade-watching.

If the weather allows, she says, take the family activity outside. Depending on where you live and what the weather is



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like, you can go ice-skating or sledding, hiking or biking.

Fitchitt suggests seeking out holiday fitness events such as a Jingle Bell Run. See how many family members you can recruit to join you.

"Make it a family affair," he says. "It's more fun and helps the whole family to stay active."

INCORPORATE A REWARD

Giving yourself a positive reward to work toward can make all the difference in maintaining holiday fitness, Fitchitt says.

"Research from the Cooper Institute suggests that people who attach rewards to their health-and-fitness goals are two times as likely to meet their goals."

He advises putting \$2 to \$5 in a rewards jar after each workout. At the end of a period of time during which you've stayed on track with your fitness goals, you can use the money for a reward.

"The financial rewards build the longer someone stays on track with their fitness and nutrition," he says.

One great choice for a workout-rewards goal, he says, is a warm-weather vacation. The rewards jar will keep you on track, and the thought of yourself on a warm beach in a sundress or shorts is motivational, positive and fun at the same time.

REMEMBER TO TAKE CARE OF YOURSELF, Turla says. "Don't leave your personal well-being out when you're planning things. Be sure to schedule time for relaxation and reflection, as well as fitness and exercise."

Also during this busy season, remember to keep perspective about what really matters.

"The holidays can be food-focused, but that isn't really what they are about," says Koszyk. "They are about family and friends. Enjoy the company around you and cherish the time that you have together." ■

Kim Cooper Findling writes from Bend, OR.



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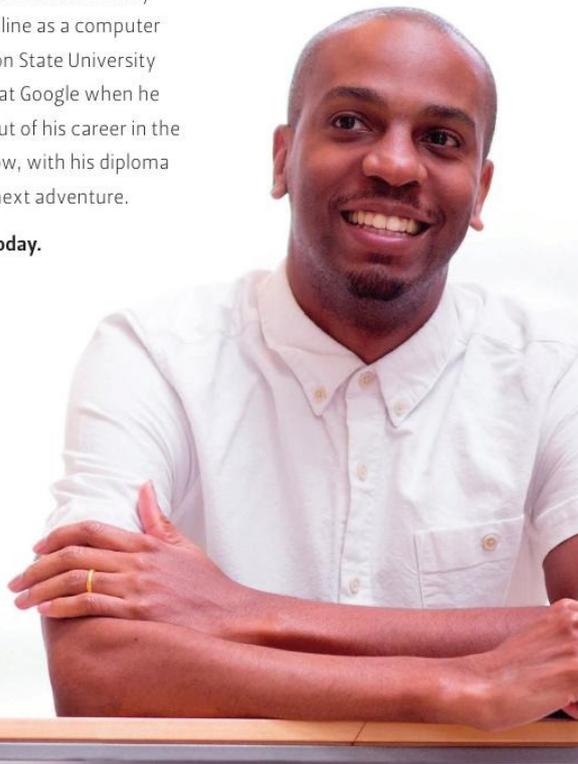
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Flyer guide

Your overview of the Alaska experience.

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- Cellphones (prior to door closure only)

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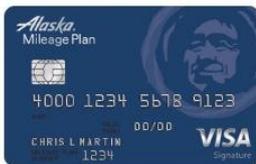
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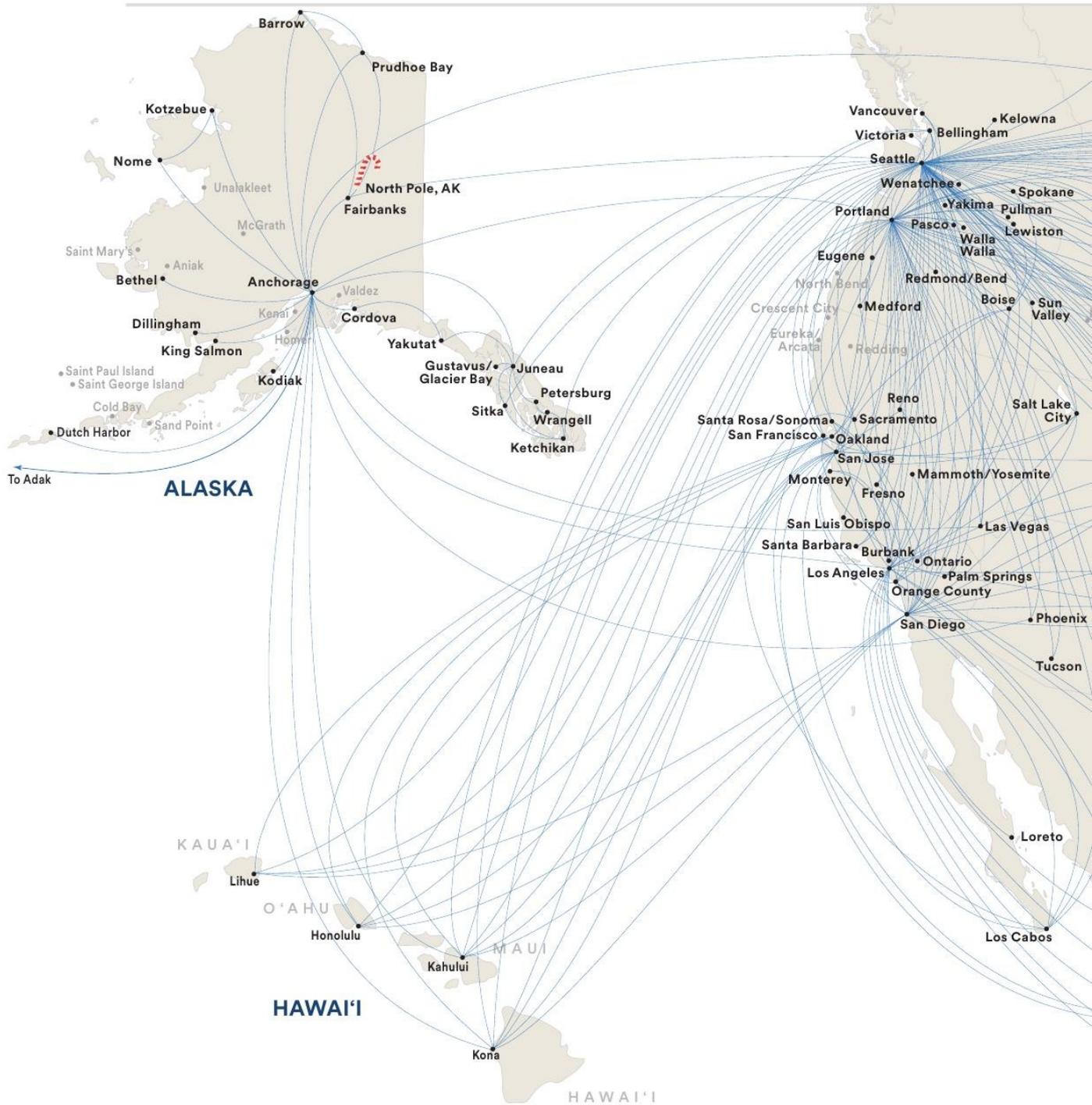
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Route	Service Begins
Los Angeles, CA—Havana, Cuba	January 5 ¹
San Jose, CA—Newark, NJ	March 12
San Diego, CA—Baltimore, MD	March 15
San Jose, CA—Burbank, CA	March 16
Portland, OR—Orlando, FL	March 16

¹Pending final government approval.



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

Some routes shown operate seasonally.

Airport of the Month



Chicago O'Hare International Airport

Location: Chicago, IL
Airport code: ORD
Served since: 2000

Daily flights: 5
Cities served: 3

Seattle, Portland and Anchorage.

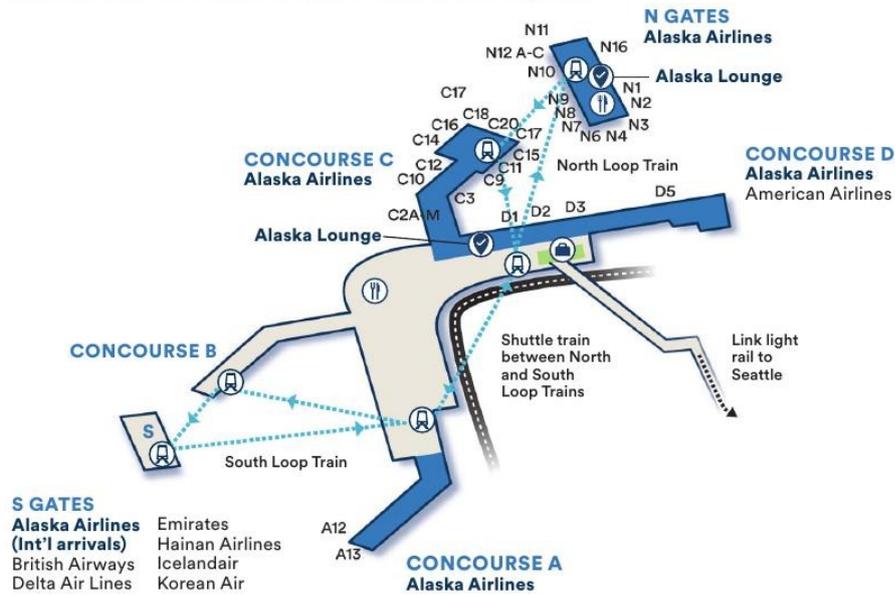
Note: In the first *Home Alone* movie, Kevin's family nearly misses their flight to Paris. They dash through O'Hare's iconic Terminal 3, arriving at the gate just in time, but they've forgotten something.

Holiday Tips: Set two alarms, arrive early and, please, make sure you have everyone before leaving home.

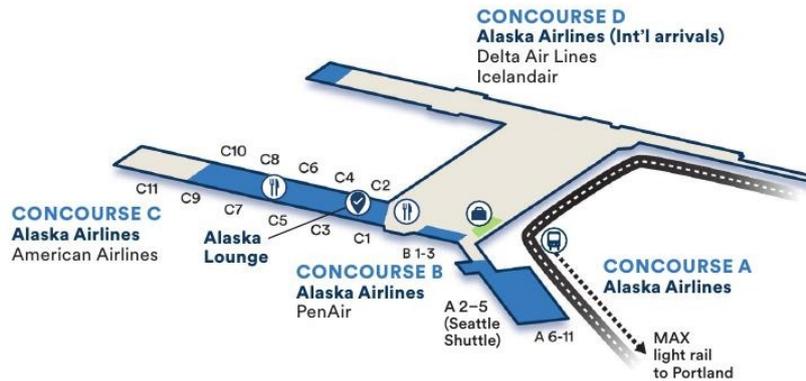
Airport terminal maps

SEA Seattle/Tacoma International Airport

Tip: Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

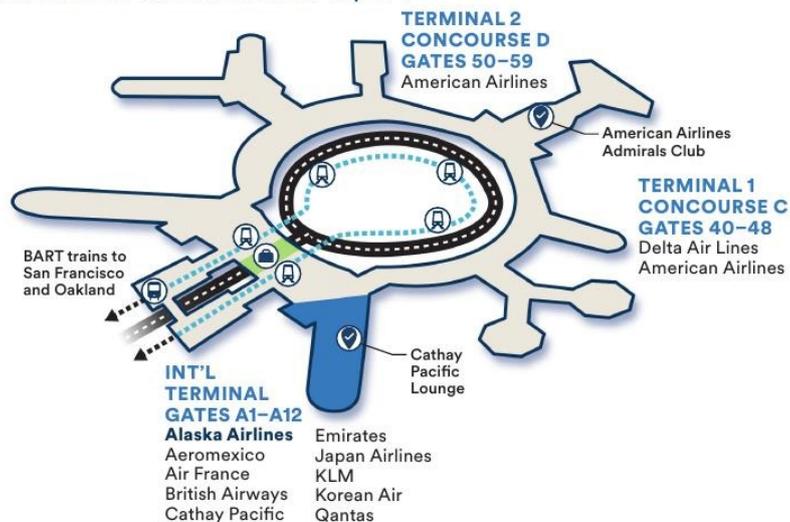


PDX Portland International Airport



SFO San Francisco International Airport

Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



Legend:

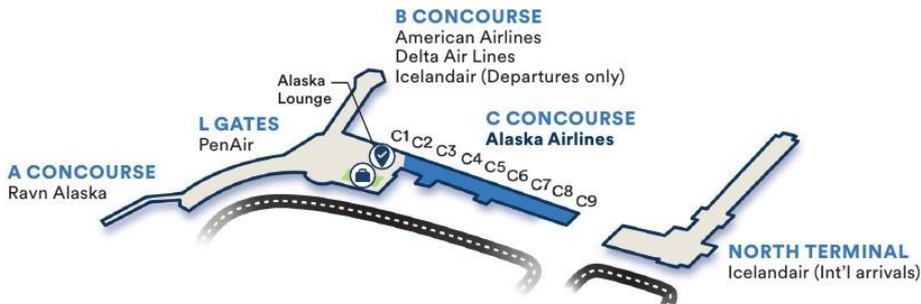
-  Lounge
-  Dining Options
-  Alaska Airlines ticketing & bag dropoff
-  Underground walkway
-  Public transportation
-  Airport transportation

LAX Los Angeles International Airport

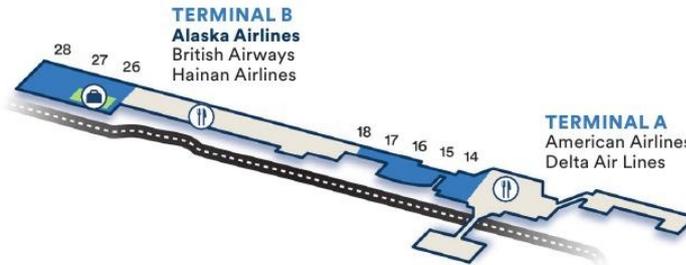


Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



GIVING ORDERS

ACROSS

- 1 Overtake
- 5 Savory jelly
- 10 Director George ____
- 15 Invade
- 19 Blue-pencil
- 20 Reduce drastically
- 21 Teheran native
- 22 Rafter's peril
- 23 Storm
- 24 Championship
- 25 Fairy-tale baddies
- 26 Crazy bird
- 27 "Jerry Maguire" directive
- 30 Passageway
- 31 Publicizes
- 32 Silver coin
- 33 Bargain event
- 35 Growls
- 38 Phone-service offer
- 44 Deck's contents
- 45 ____ system
- 48 Display
- 49 "____ My Children"
- 50 Beame and Vigoda
- 51 French premier Pierre ____
- 52 Celebrities
- 53 Rara ____
- 54 Youngster
- 55 Initiated
- 56 Highly seasoned
- 57 Bjorn Borg, e.g.
- 58 February plea
- 61 Sword section
- 62 Wilson, of "I Spy"
- 63 Lobe's locale
- 64 Tome
- 65 Norwegian salutation
- 67 Croupier's cry
- 73 Rowdy
- 74 Store worker
- 75 Designer Perry ____
- 76 Pick
- 78 Raison d'____
- 79 Brits' baby buggies
- 80 Plummets
- 81 Be bold
- 82 Skater Midori ____
- 83 Lady with a lyre
- 84 Eel
- 85 Tightwad
- 86 Elvis's croon
- 89 Rush
- 90 Duct
- 91 Mars
- 93 "____ Lisa"
- 94 Expect
- 97 Horace Greeley's dictate
- 103 Partition
- 104 Prize
- 106 Promotes
- 107 Judge's garb
- 108 Therefore
- 109 Lead or zinc
- 110 J.R.'s mother

1	2	3	4		5	6	7	8	9		10	11	12	13	14		15	16	17	18		
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108							109						110							111		
112							113						114							115		

- 111 Gardner of mysteries
- 112 Male deer
- 113 An Astaire
- 114 Coral ridges
- 115 Supplemented

DOWN

- 1 Tent stakes
- 2 Esau's wife
- 3 Fodder storage
- 4 Caretakers
- 5 Autumn blooms
- 6 Narrow openings
- 7 Bicycle route
- 8 Encircled with water
- 9 Type of engineer
- 10 A Barrymore
- 11 Spur on
- 12 Elwes or Grant
- 13 Scottish one
- 14 Bro's sibling
- 15 Comfort
- 16 Hooplas
- 17 Fan favorite
- 18 Force unit
- 28 Wire measures
- 29 General Bradley
- 30 "____ McBeal"
- 33 Regretful
- 34 Woeful sigh
- 35 Shoo!
- 36 Person of means
- 37 Rugged crest
- 39 Caesar's tongue
- 40 Slight indication
- 41 Ranted
- 42 Omit, as a vowel
- 43 Other than
- 45 Astronomer Carl ____
- 46 Oblong
- 47 Bowling alley
- 51 Even
- 52 Bell tower
- 53 Attentive
- 55 Private road
- 56 Pile
- 57 Mess makers
- 59 Antlered animal
- 60 Gets close to
- 61 Mr. Karloff

- 64 Intimidate
- 65 ____ voce
- 66 Russian ballet company
- 67 License or dinner
- 68 Tart fruit
- 69 Fifty-two weeks
- 70 Earthen jug
- 71 Browned bread
- 72 Buying frenzy
- 73 Sedaka or Diamond
- 74 Carton
- 77 Gull-like bird
- 79 Kind of school
- 80 Novelist C.S. ____
- 81 Differ
- 83 Exude
- 84 Simple
- 85 Aimee or Herbie
- 87 Concluding part
- 88 Linger
- 89 Residences
- 92 Fur wrap
- 93 Theme
- 94 Dazzles

- 95 Toad's feature
- 96 Pond organism
- 97 Corral entry
- 98 Given by mouth
- 99 Santa's time
- 100 "____ & Mindy"
- 101 Competent
- 102 Shortage
- 104 "I ____ Camera"
- 105 Day before Thur.

Solution on page 74.



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A Magic Gift

Special holiday wand works wonders | BY KIM COOPER FINDLING

When my daughter was 6, she put one thing and one thing only on her holiday wish list. “Dear Santa,” Libby wrote on a piece of pink stationery in her first-grade-best handwriting, “I want a magic wand for Christmas. One that is very beautiful and fits in my pocket.” Before she signed off, she added, “Please can I have one that *really works*?”

I was stymied. Even if Santa brought her a wand, what would happen if it didn’t work the way she wanted it to? “Is there anything else you want to add to the list?” I asked her.

“Nope,” she replied. “That’s it.” She sealed the letter and put it in the mail.

A week later, I took her to see the Santa at the mall, hoping a conversation with the big guy might reveal some other desired gift. But, no. “I want a magic wand, please,” she declared to Santa definitively. “One that fits in my pocket, is very beautiful and *really works*.”

As the holiday approached, I fretted more and more. Finally, on Christmas Eve, I decided that Santa would do the best he could. I crossed my fingers and tried not to stress too much about it. In the morning, Libby found a slim package wrapped in silvery paper by her stocking. Inside was a narrow wand, light pink in color and bedecked with a smattering of glittering rhinestones.

With it was a note: “Libby, I heard your request for a magic wand. I know that you wanted it to be a certain size for your pocket and to be extraordinarily beautiful, and to create real magic. Unfortunately, despite all of the magic I bring along for the ride every Christmas night, I am not able to pass it on to other people, even the children I love. I am giving you this wand anyway, with an important message: You are capable of making magic of your own.

“It might not be like the magic in the fairy movies or on TV, but every human is able to make magic from the love in their own heart. If you believe this, you can make magic every day—magic that is real and that matters. All you need to do is ask your heart what it’s trying to tell you. This wand should get you started. Love, Santa.”

As my daughter read the message, I thought I saw a tiny note of disappointment pass over her face. I held my breath. Then she leapt up, waved the wand in the air and said, “I am a fairy!”

With a flourish, she waved the magic wand over her little sister’s head. “Now you’re a fairy!” Four-year-old Maris threw her arms in the air, delighted. She buzzed around the room, smiling and “flying” with her arms extended.

Amazingly, the magic wand *really worked*. Libby made all sorts of magic with that thing. After all of the gifts had been unwrapped, Libby said to her sister, “Let’s go make our room into a fairy kingdom.” And it was so. At naptime, she waved the wand over her sister’s head and said, “Make Maris the Fairy sleepy.” Maris slept. At bedtime, Libby waved the wand over my head. “Make Mommy a fairy mommy who sings to me.” I sang her a lullaby until she fell asleep, the wand still clasped in her fingers.

The magic-fairy phase lasted for a couple of years, and Libby used her wand to create wonderful make-believe, and to spread love and goodness as “magic” to her friends and family. Eventually, fairies gave way to other pursuits, and the wand was tucked away.

Then, a few months ago, Libby, now 11, started middle school. My sweet first-grader had become a competent, bright sixth-grader. The first week of school, her art teacher asked the students to decorate a paper bag and collect items that represented themselves, to share with the class. As is the case these days, Libby

handled the task herself. She told me about it after the fact.

Libby stood before her peers and held up a wand. The wand looked tinier in her hand than five years before, and a few of the jewels had fallen off. No matter. “This is my magic wand,” she proclaimed to the class. “It reminds me that everyone has a little bit of magic inside themselves. All you need to do is listen to your heart, and you can make magic.”

When she told me this story, I gave her a huge hug, feeling amazed and proud. The wand and its accompanying message had produced magic that had endured over the years and been bravely extended to a middle school classroom.

But isn’t that the way magic works? It’s always available to treasure and to share, whenever we remember it. Love and goodwill and kindness and even benevolent make-believe are forever inside us, just waiting to be invited out. All we have to do is ask our heart what it is trying to tell us.

Kim Cooper Findling and her daughters make magic in Central Oregon.



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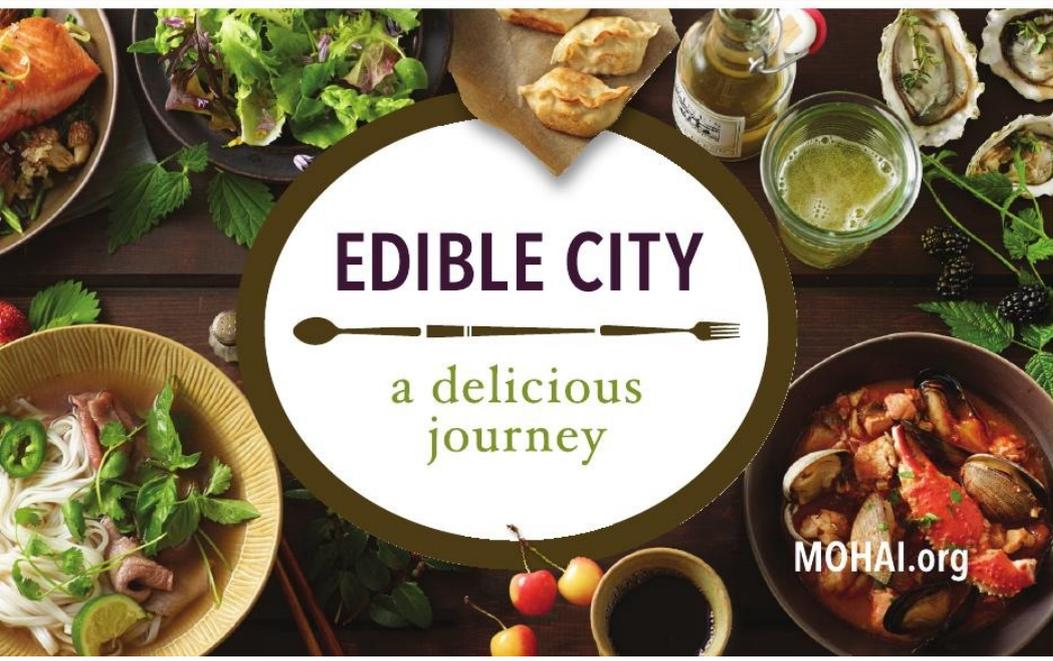


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