



*Alaska*  
**Beyond**

Magazine  
September  
2016

Horizon Edition

## Vacation Variety

in Reno/Tahoe

**GRIDIRON GOALS:** Northwest Pac-12 teams expect winning seasons, *p.* 24. **DYNAMIC DOWNTOWN:** New attractions in Spokane, *p.* 45. **LAKE & LAND:** Views, brews and more in North Idaho, *p.* 61. **SISTERS ACT:** Children's theater, *p.* 88.

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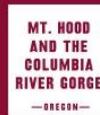
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Brad Tilden,  
Chief Executive  
Officer

## Helping kids win

I'd like to share the story of a little girl. This little girl was born in Cuba. When she was only 3 years old, her family was forced to flee to the U.S., giving up everything—including her father's career as an education

leader. Her mom and dad took jobs in a Miami shoe factory. From a humble, new beginning far from home, her parents put education for their children above all else.

This little girl's story isn't that different from those of many working-class families in our country today. And it is very close to home for families living in many of the cities in which Alaska flies, especially here on the West Coast.

Our kids' opportunities and future lives are directly related to how much education they receive and how good that education is. Health, wellness, happiness, standard of living and much more all directly correlate with education. We often hear the word *inequity* applied to social issues, and to education, in particular. What does that really mean? I think, simply put, that when one person doesn't receive the same quality of education as another, there is inequality, and that inequity often continues throughout their entire life. If we really want to do something to help the next generation get off on the right foot, we need to come together and make our schools as good as they can possibly be.

At Alaska, we're getting involved and trying to make a difference. But this is a big challenge, and if we're going to move the needle, it's going to take us all.

Businesses, particularly those in the growing technology field, depend on our schools to give us future employees. The need for students with a good grasp of STEM (science, technology, engineering and math) is particularly important, yet not all schools are equal in offering the curriculum needed to meet that demand or, even more basic, to keep kids in school.

In the states of Alaska and Washington, about one of every four kids fails to graduate from high

school. In California, that number is only slightly better. In Oregon, it's worse. And these figures are far more dismal for some demographic groups. What's more, studies show that between 50 and 70 percent of all future job openings will require some postsecondary education, yet only about one-third of Washington's students are obtaining a postsecondary degree or credential. The bottom

line is that today's system is not serving a lot of our kids the way it should.

We'll all be better off, and kids will be way better off, if we fix this situation. Education leads to vibrant economies, where lots of folks benefit and, in turn, invest in their communities. So we have a vested interest in making the system better. Admittedly, these are investments that do have a long payback period, but the returns are massive, and if

we fix our system, the changes will benefit us for many years.

Many organizations have come to the table to help. There are business organizations, education-advocacy groups, private foundations, parent-teacher organizations and private citizens, all trying to make a difference. As co-chair of the Mayor's Education Task Force in Seattle, I am seeing firsthand the passion of parents and educators working together, and it gives me a lot of hope.

The fact is that when we work together to focus on education, it makes a difference for our kids. It made a big difference in the life of that little girl I told you about. You may have heard of her. Her name is Ana Mari Cauce, and she was recently named president of the University of Washington.

To read more about President Cauce, go to [alaskaairlinesmagazine.com](http://alaskaairlinesmagazine.com), and turn to the story on pg. 72. Thanks for joining with us to support education, and thanks for flying Alaska. —Brad Tilden



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# Alaska. Beyond

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

Dr. Thomas Kang

Dr. Brian McKay

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



Whether spending my time as content manager for Allrecipes or indulging in my hobby of competitive outdoor cooking, most of my time is dominated by thinking about or cooking food—competition BBQ, steak, Dutch oven, chili, and chuck wagon. Although I love what I do, my life was in conflict. I desired a fit and healthy lifestyle, but was continually distracted by my food-focused life. Plus, it didn't leave much time for exercise. I felt my life was out of balance and heading in the wrong direction.

I was aware of the My Best 10 program, but thought it was mainly for glamour and not relevant to me. However, after a friend who successfully completed the 20/20 LifeStyles

program suggested that I take a closer look at My Best 10 as a more holistic approach to my life, I was intrigued. The rest is history.

My goal was to create a sustainable and healthy lifestyle that still allowed me to be me. In particular, this meant competition BBQ and all the food adventures that accompany it.

What I liked about the scope of the program was that it covered a lot of areas that I wouldn't have normally considered. My Best 10 wasn't just a service that was offered to you. Rather, it was an adventure and learning experience that was tailored to me. It wasn't just a goal to be achieved in 10 weeks. It was also a lesson in how to stay that way for the rest of your life.

I think what contributed to my success was that I went in 100 percent. I cleared my calendar and did everything asked of me and more. I gained an understanding of the reasons behind why, not just following along with the program. And this wasn't just with developing a healthy lifestyle. I also learned about the makeup and body care aspects too.

One of the unexpected benefits—I hadn't fully appreciate how good it would feel to drop clothing sizes and buy new clothes!

At the end of the 10 weeks I didn't go “cold turkey.” I kept in touch and made sure I had the support and systems in place to keep things going. This has contributed to my ongoing success.

If you're considering the My Best 10 program too, here's my advice: Don't try to be someone else. Find out how the program can help you to be an improved you.



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news & notes



▲ More than 1,000 handblown glass pumpkins and gourds will be displayed at **Northwest Glass Pumpkin Patches**, traveling to nine Washington locations, Sept. 3–Oct. 29. Sites include Bellevue, Woodinville, Issaquah, Gig Harbor and Tacoma ([northwest-glasspumpkins.com](http://northwest-glasspumpkins.com)).

■ Kids can climb aboard the **Hayflower**, a hay-stack replica of the *Mayflower*; play colonial games such as hoop rolling; and find their way through a pilgrim-themed corn maze at **Colonial Harvest Days**, Oct. 1–31, in **Pleasant Hill, OR**, in the Eugene area ([northernlights-christmastreefarm.com](http://northernlights-christmastreefarm.com)).

▼ Independent documentaries featuring innovators will be

■ Prepare your favorite costume for **Magic City Monster Con**, a sci-fi/fantasy/horror convention, Oct. 7–9, in **Billings, MT**. Magic City will include magic performances and celebrity panels ([magiccitymonstercon.yolasite.com](http://magiccitymonstercon.yolasite.com)).



JAKE HOLT PHOTOGRAPHY

screened during **“Doctor,”** Sept. 30–Nov. 3, at Pickford Film Center in **Bellingham, WA** ([pickfordfilmcenter.org](http://pickfordfilmcenter.org)).



SEATTLE, WA  
A ball at the ballet

PHOTO © MARIE LAURE BRANE. COURTESY OF LES BALLETS DE MONTE CARLO



An emotionally deeper version of the Cinderella story will be staged in the Northwest premiere of **Cendrillon**, Feb. 3–12, during **Pacific Northwest Ballet’s 2016–17 season**. Choreographed by Jean-Christophe Maillot, the artistic director of Les Ballets de Monte Carlo, to the popular score by Russian composer Sergei Prokofiev, the ballet provides a greater sense of how Cinderella is affected by the loss of her mother. Reflections on loss and life are paired with witty numbers that provide commentary on societal superficiality.

Cinderella will go to the ball barefoot, with gold-glitter-adorned feet, in the PNB version. The prince will later find her based on his memory of her feet.

The 2016–17 PNB season will open with **“Tricolore,”** Sept. 23–Oct. 2, described as a “French feast” that includes *Appassionata*, first performed earlier this year by the Paris Opera Ballet. “Tricolore” will be followed by **“Brief Fling,”** whose numbers include Twyla Tharp’s energetic ballet of the same name; holiday-favorite *The Nutcracker*; a **“Director’s Choice”** lineup, including *Her Door to the Sky* by New

York choreographer Jessica Lang; *Hansel & Gretel*, featuring Pacific Northwest Ballet School students; **“Ballet on Broadway,”** including *West Side Story Suite*; and **“Pictures at an Exhibition,”** with a ballet, set to Modest Mussorgsky’s piano suite of that name, showcasing dancers as priceless masterpieces. Contact: 206-441-2424; [pnb.org](http://pnb.org). —M. Dill

BOZEMAN, MT

Soaring over Montana

Each October, 2,000 to 3,500 birds of prey migrate through Montana on the way south for the winter—some species traveling all the way from Alaska to Patagonia. Last year, migrating raptors included 1,138 golden eagles, the largest-known species of raptor in the Rockies. The **Bridger Raptor Festival**, Oct. 7–9 at the Bridger Bowl Ski Area, less than 20 miles north of Bozeman, celebrates and promotes awareness of raptor migrations in the Northern Rockies.



PEREGRINE FALCON. SHUTTERSTOCK.COM

Visitors can take self-guided hikes on a 2-mile marked trail to Bridger Ridge, where HawkWatch International counts birds in migration. Sightings typically include **up to 17 species**, such as bald eagles and peregrine falcons, in addition to golden eagles.

Festival events also include live wildlife shows and a speech by Marco Restani, conservation director of the Montana Audubon Society and president of the Montana Raptor Conservation Center board. In addition, kids can learn to create bird-box shelters for kestrels to nest in.

Contact: 406-586-1518; [bridgerraptorfest.org](http://bridgerraptorfest.org). —Meagan Wehe

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- 5 CASCADE MOUNTAINS** - Meet in the mountains for a view of nature rising around you as you hike upward towards the sky.
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- 8 SOUTH WILLAMETTE VALLEY WINE COUNTRY** - Tour our wine country in a fun, interactive way by playing Pinot Bingo!
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HAILEY-KETCHUM-SUN VALLEY, ID

## Counting sheep



TIM TOWER / IDAHO STOCK IMAGES

Watch 1,500 sheep stride down Ketchum's Main Street, alongside sheep wagons dating back to the 1940s, during the **Trailing of the Sheep Festival**, Oct. 5-9, marking the sheep's migration to winter pastures.

Festivalgoers can also learn to prepare and cook lamb under the direction of noted local chef Jim Roberts. In addition, Roberts will cook a four-course farm-to-table dinner that visitors can enjoy

sheep-shearing demonstrations, spinning and weaving demonstrations, and performances by the Oinkari Basque Dancers and the Boise Highlanders.

Other activities include the **National Point Qualifying Sheepdog Trials** and a Shepherd's Ball featuring Austin, Texas-based trio Hot Club of Cowtown. Contact: 208-720-0585; [trailingofthesheep.org](http://trailingofthesheep.org). —Jaime Archer

while hearing from local sheep ranchers and festival founders Diane and John Peavey.

Downtown Ketchum restaurants will provide free tastings prior to the **Sheep Tales Gathering**, in which third-generation sheep ranchers will tell their families' stories and discuss the future of ranching.

The festival will also offer more than 20 workshops, from traditional Japanese shibori dyeing to felted-soap classes, and a **Sheep Folklife Fair** will feature kid-friendly crafts,

MONTEREY, CA

Enjoy performances by more than 500 jazz musicians—including 10-time Grammy award winner **Wayne Shorter** (above), and **Cécile McLorin Salvant**, who won first prize in the 2010 Thelonious Monk International Jazz Competition—at the **Monterey Jazz Festival**, Sept. 16-18. The weekend will also include panels and exhibitions ([montereyjazzfestival.org](http://montereyjazzfestival.org)).



CRAIG LOVELL

RICHLAND, WA

The first TEDx to come to the Tri-Cities area, **TEDxRichland**, Sept. 17, will include nearly a dozen speaker-led seminars, such as "In Defense of Darkness," about preserving the night sky from light pollution, and "Silicon Valley Jobs in Tri-Cities" ([tedxrichland.com](http://tedxrichland.com)).

TACOMA, WA

Showcasing 16 famous glass artists, such as **Alfredo Barbini** and **Dale Chihuly**, the exhibit "**Into the Deep**" at the Museum of Glass in Tacoma evokes the underwater realm with more than 55 pieces that explore the properties of underwater



movements, textures and shapes, Sept. 24, 2016-September 2017 ([museumofglass.org](http://museumofglass.org)).

ST. HELENS, OR

**Kimberly J. Brown**, known as **Marnie Piper** in the Disney movie *Halloweentown*, will perform the pumpkin-lighting ceremony on Oct. 8, and be on-site Oct. 9, during the **Spirit of Halloweentown** festival, Oct. 1-31 in St. Helens, about 30 miles north of Portland ([discovercolumbiacounty.com](http://discovercolumbiacounty.com)).

SONOMA, CA

## Rockin' in wine country

An all-star lineup of classic rockers, including John Fogerty and the Steve Miller Band, will play Oct. 7-9 during the **Sonoma Music Festival** in the town of Sonoma, CA.

Also performing will



be country star Toby Keith and pop soul singer Lyndsey Elm, who was a contestant on *The Voice* last year.

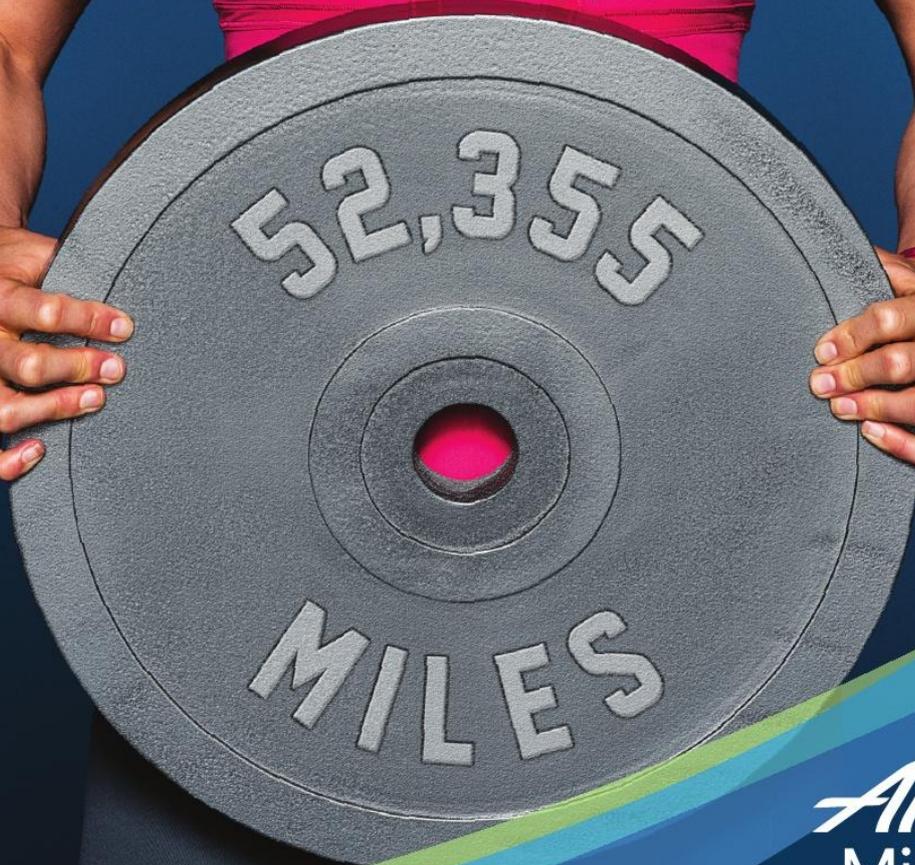
The festival, celebrating its 30th anniversary, is organized by Bruce Cohn, former manager of The Doobie Brothers. Attendees can listen to tunes and enjoy items from the festival's on-site food stands, which will feature local wines and dishes prepared by area restaurants.

Festivalgoers can also visit some of **Sonoma County's more than 425 wineries**; take bike and canoe tours; and see wildlife at Safari West. Contact: 707-938-4060; [sonomamusicfestival.com](http://sonomamusicfestival.com) and [sonomacounty.com](http://sonomacounty.com). —Tyler Hillis

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MAMMOTH LAKES, CA

## Fall palette

**A**utumn paints the Mammoth Lakes/Eastern Sierra region yellow, orange and red as aspens, cottonwoods and willows change colors from mid-September to mid-October, contrasting with granite canyons, indigo lakes and azure skies.

The “**Outside on the Eastside**” celebration—led by Mammoth Lakes Recreation, a local nonprofit, in partnership with Mammoth Lakes

Tourism and other public and private entities—spotlights autumn recreation amid this gorgeous fall color.

Enjoy events such as **Birding & Hiking in the Antelope Valley**, Sept. 10–11; the **Eastern Sierra Kite Festival**, Sept. 17–18; **Oktoberfest**, at The Village at Mammoth, Sept. 23–25; **June Lake Autumn Beer Festival**, Oct. 1; and **Morrison’s Bonus Fishing Derby at Convict Lake**, Oct. 28–30.

Contact: 888-466-2666; [visitmammoth.com/fall-colors](http://visitmammoth.com/fall-colors). —*M. Dill*

### Where to color

Great spots for admiring fall color include the **Mammoth Lakes Basin**, with numerous tree-rimmed lakes that are accessible via scenic hikes or bike rides (rentals are available from outfitters such as Mountain Center in The Village).

You can also visit the Mammoth Lakes Basin on a guided driving tour with Mammoth All Weather Shuttle, or take the

company’s **June Lake Loop** tour to see more of autumn’s glory. Another option is the self-drive **Mammoth Scenic Loop**.

Go fishing for fall color—and trout—at sites such as **Convict Lake**, **Hot Creek** and the **Lower Owens River**. Guided excursions are available from companies such as The Troutfitter. Or enjoy the results of autumn’s paintbrush during a round at the nine-hole **Snowcreek Golf Course**,

which is typically open until mid-October.

Other top sites include **Lee Vining Canyon**, **McGee Creek Canyon**, and **Rock Creek Canyon**, where the 9-mile road is considered one of the best-loved autumn drives in California.

Contacts: [visitmammoth.com/trip-ideas/fall-colors-mammoth-lakes](http://visitmammoth.com/trip-ideas/fall-colors-mammoth-lakes) and [monocounty.org/fall-colors](http://monocounty.org/fall-colors). —*M.D.*

FOLIAGE AT CONVICT LAKE, TOP, AND SILVER LAKE, LEFT, MAMMOTH LAKES TOURISM / JOSH WRAY (X2)

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# Embracing Education

By Steve Wilhelm



COURTESY: LUKE DUECY



**THE SEATTLE METROPOLITAN CHAMBER OF COMMERCE** is this year throwing its weight behind one of the city's biggest challenges: making sure its people are prepared to land the new jobs that are driving Seattle's fast-growing economy.

Education matters more than ever, due to the unique economic era the region has entered. New-

economy endeavors from Amazon to outer space are generating thousands of high-paying technology-laden jobs in the Seattle area, but too many of the region's residents aren't prepared to win those jobs.

In many cases, locals hardly realize there are potential careers that may be just blocks from their homes, behind the walls

of technology companies.

The impact? Companies are pulling in workers from outside the region; locals are getting priced out of the housing market; and the Northwest's largest city is in danger of becoming a stranger to itself.

"These are terrific jobs, and we're not doing a good job of connecting people who grow up here with these jobs," says Maud Daudon, president and CEO of the Seattle Metro Chamber.

## WORLD-CITIES BENCHMARK

The chamber's education initiatives are part of an overarching effort known as the Seattle Global Cities Initiative, which the chamber launched in collaboration with the Brookings Institution and JPMorgan Chase. The initiative's work is quantifying those areas in which participating cities, such as Seattle, need to improve in order to become world-class cities.

That process, started in 2013, points to education as a key focus for Seattle.

"To maintain ongoing competitiveness, it is critical that Seattle have an educated and appropriately skilled workforce," according to the 2013 report. That report placed Seattle fifth in global competitiveness among nine comparable global cities, including Stockholm, Singapore, San Francisco and Hamburg.

The state's three largest private-sector employers are currently Boeing, with nearly 76,000 employees; Microsoft, with about 43,000;

Microsoft CEO Satya Nadella invests an "Hour of Code" with students at Rainier View Elementary School in Seattle.



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and Amazon, with nearly 25,000. All three companies see their growth based in people with highly honed technological skills, who can help their employers compete globally. Today, these companies draw employees from around the world.

Daudon says the Global Cities Initiative makes it clear just how important education is to Seattle's success.

"As you look at the way great cities function these days, they have to be able to attract amazing talent, whether that's talent they grow themselves or talent that comes from other parts of the world," she says. "You need to be sure you have a great system, providing a fabulous pipeline of talent for our companies."

Reflecting the city's demographics, Seattle Public Schools is educating a diverse student population. Of the district's nearly 54,000 students, 25 percent come from non-English-speaking backgrounds; more than half are not white; and 39 percent are from lower-income households.

School leaders are particularly focusing on helping African-American and Latino students reach their potential. Only 64 percent of African-American and 58 percent of Latino students receive high school diplomas each year, compared to 85 percent of white students, according to data from Seattle Public Schools.

One of the key things leaders can do is help young people see their possibilities, especially when their parents may not have had doors opened to them, Daudon says. "For

a lot of kids in school, if you have a parent in a middle- or low-income job, you have no role models for what's out there. We're trying to get these young people to see, "There is a pathway, and you can do this!"

**THE CHAMBER STEPS UP**

The Global Cities Initiative clarified for chamber leaders how Seattle

compares to other cities according to 50 detailed metrics, and where the city needs to make improvements.

"We basically pivoted in 2013 based on this data, and ever since then, we have been wholeheartedly focused on what we do to support all of those things," Daudon says.

Overall, there has been improvement. In June the unemployment rate for the Seattle-Bellevue-Everett area was 4.6 percent, below the national average, and Daudon notes that the region needs to be proactive

to sustain that strength.

"Now it's time to make investments," she says, "so we can continue to grow sustainably, as opposed to having a big boom and then losing it all."

While the Seattle Metro Chamber for years has supported business-community improvement efforts that have included transpor-



COURTESY: SEATTLE METRO CHAMBER



Seattle Metropolitan Chamber President and CEO Maud Daudon.

"We think about long-term success for the region as succeeding economically, but also creating a high quality of life and not leaving people behind."

tation infrastructure as well as education, leaders now are adding an extra focus on education, Daudon says.

For one thing, the heavy lifting on transportation is either accomplished, or to a large degree shifted to voters.

The state legislature in 2015 passed a \$16 billion transportation bill, and this fall Sound Transit is putting before voters a \$54 billion transit package.

A second reason for the cham-

ber's pivot toward education is the pressing need seen by the chamber's leadership, including Brad Tilden, CEO of Alaska Airlines, who in September assumes the role of chairman of the Seattle Metro Chamber's volunteer board of directors. When Daudon last year met with Tilden about chairing the chamber, he said education would be his top priority.

"He's totally engaged in making these kids' lives better," Daudon says. "I think he's going to get a lot of business peers excited about investing a lot more time and money into education initiatives."

Susan Enfield, superintendent of Highline Public Schools, located just south of Seattle, says Tilden's interest in underserved youth has

"We are continuously working on improving ourselves," Daudon says, "to be the greatest midsized city on the face of the planet."

been obvious in his volunteer work in the Highline district, where he attended school. Tilden personally visits classrooms at Sylvester Middle School, for instance, to advise young people on their career possibilities.

"He has a real, deep-seated passion, I believe, to make sure our schools work for all kids," Enfield says. "He drives this passion to see how he and Alaska Airlines can partner with other school systems to make sure kids have a quality education."

#### LOCAL, REGIONAL AND STATEWIDE ADVOCACY

The chamber is working to improve education in multiple spheres: Seattle Public Schools, the wider Puget Sound region, and across Washington state.

"We think of ourselves as a regional chamber," Daudon says. "We think about long-term success for the region as succeeding economically, but also creating a high quality of life and not leaving people behind. That really connects to the education mission."

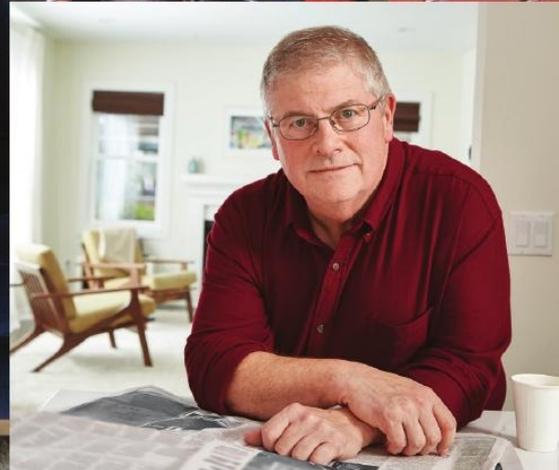
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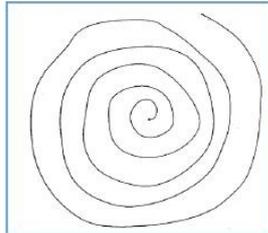
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On the local level, Daudon and Tilden both serve on Seattle Mayor Ed Murray's Education Summit Advisory Group. In February, the advisory group launched a series of meetings and forums, hearing from community, state and regional government leaders, and education experts, on improving Seattle schools and meeting the needs of students.

At the state level, Daudon is chairing the Washington Student Achievement Council, which was created by the state legislature in 2012 to propose "improvements and innovations to address the state's evolving educational needs."

This led to the mayor's April 30 Education Summit. This was an initiative of the mayor, with support from the chamber, to help the school district better prepare students for the new job-market realities.

The next step will be for the advisory group to release a set of specific recommendations, probably in October or November, says Brent Jones, chief strategy and partnerships officer for Seattle Public Schools.

"They're trying to get very focused on what's going to work," Jones says of the city effort. "They're making investments in Seattle Public Schools and in the city to support students."

Jones adds that while the chamber has traditionally served as a liaison between the business community and educators, engagement of business leaders is strengthening the connection.

“We would like to have a stronger pipeline to go into the Microsofts, Amazons and Expedias of the world,” Jones says. “The next step would be actualizing that pipeline.”

Jones adds that he’s been impressed by the chamber’s engagement, noting a willingness to bring “corporate expertise in a relevant and appropriate way that will help the city be as effective as possible.”

In a wider education-boosting effort, the chamber last year launched the Seattle Region Partnership, a coalition of business, government, philanthropic and university leaders to increase locals’ access to what they’re calling “middle-income” jobs in the region.

That group is led by six co-chairs, two of them from the private sector.

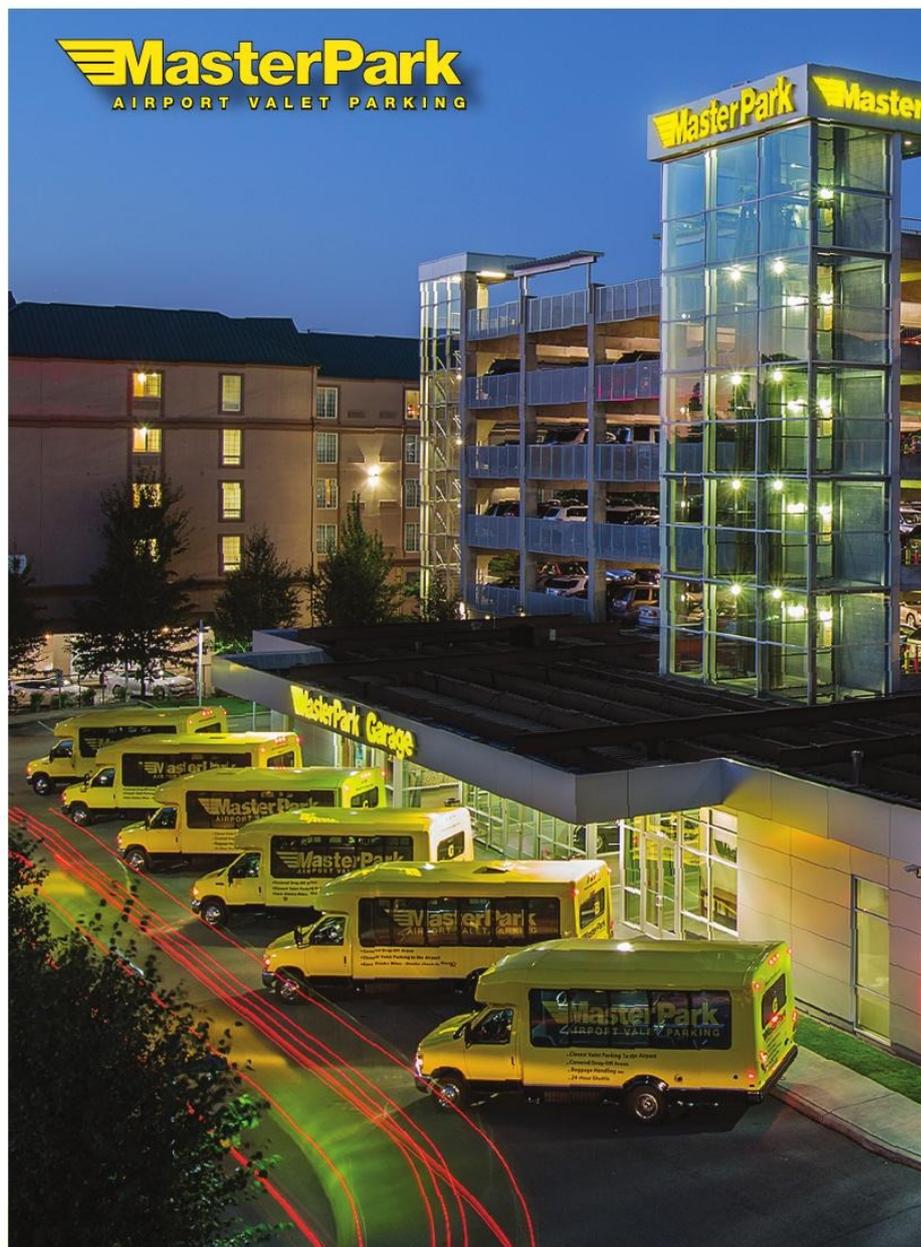
While the original partnership timetable was for two years, the group is now looking further out, Daudon says. One early win inspired by this work was Swedish Medical Center’s Career and Education Fair, on July 28.

At the state level, Daudon is chairing the Washington Student Achievement Council, which was created by the state legislature in 2012 to propose “improvements and innovations to address the state’s evolving educational needs.”

She says all of these efforts are tied to the chamber’s larger goal of lifting Seattle in the ranks of global cities.

“We are continuously working on improving ourselves,” Daudon says, “to be the greatest mid-sized city on the face of the planet.” ■

*Steve Wilhelm is a Seattle-based writer.*



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SCOBEL WILLIAMS

## BY CRAIG HILL

Left to right: Oregon  
linebacker Johnny  
Ragin III; Oregon  
State quarterback  
Darell Garretson;  
Washington quarter-  
back Jake Browning;  
Washington State  
quarterback Luke Falk.

**CHRIS PETERSEN IS ENTERING HIS THIRD SEASON AS THE UNIVERSITY OF WASHINGTON FOOTBALL COACH, BUT HE'S BEEN CLOSELY OBSERVING THE PACIFIC-12 CONFERENCE SINCE 1995, WHEN OREGON HIRED HIM AS AN ASSISTANT COACH.**

"This is the best the Pac-12 has been since I started paying attention to it," he says. "Our conference is so competitive. If you don't show up playing your best, you are going to get beat. And sometimes even if you play your best, you are going to get beat. From top to bottom this is the best conference in the country."

In the five seasons since the conference expanded, all but one team (Colorado) has posted at least one winning season and a bowl-game victory. But for all the talent, just two schools have won all the Pac-12 titles since the expansion: Oregon (2011, 2014) and Stanford (2012, 2013 and 2015).

"Those are great programs with a lot of continuity," Petersen says. "They have the same culture

# ON

## NORTHWEST PAC-12 TEAMS EXPECT TO HAVE WINNING SEASONS



# GOALS >>>

and philosophy every year, and that means a lot.”

This season, the road to the title might again travel through Palo Alto and Eugene. The Cardinal and the Ducks both appeared in most preseason top-25 rankings. Stanford was the highest-rated Pac-12 team on most lists, usually just in or out of the top 10.

But both teams are breaking in new quarterbacks in 2016 as other strong programs nip at their heels. The UW also appears on many top-25 lists, often ranked higher than the Ducks, and sometimes listed first in the North.

Meanwhile, Washington State was ranked No. 25 by *Sports Illustrated* and No. 19 by Fox Sports in post-spring polls, and the Pac-12 South has the talent to

produce its first post-expansion conference champ. A January ranking based on a variety of sources, compiled by the website *sbnation.com*, put USC at No. 19 and UCLA at No. 24. ESPN’s preseason Power Index ranked USC ninth and UCLA 12th.

“Every game is tough,” says WSU redshirt junior quarterback Luke Falk. “On any given Saturday, anything can happen.”

Even Oregon State, which failed to win a Pac-12 game last season, isn’t afraid to set big goals. Thanks to the experience gained last year, the Beavers can have a winning season, says senior offensive lineman Sean Harlow. “I didn’t feel like there was anybody who physically beat us last season,” he says. “I



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think we beat ourselves more than anything.”

Oregon coach Mark Helfrich says admiring the Pac-12’s depth for too long isn’t a good idea. “You just have to stay focused on yourself,” he says. “If you worry about what’s coming, you get distracted.”

The Northwest corner of the Pac-12 is daunting in 2016. Here’s a closer look:

**OREGON**

**LAST SEASON:** 9-4; 7-2 Pac-12. Lost the Alamo Bowl to TCU, 47-41.

**COACH:** Mark Helfrich, fourth year (33-8 Oregon; 33-8 career).

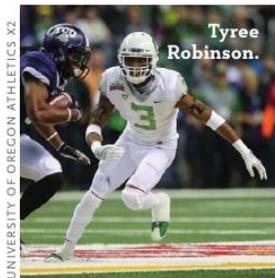
**OUTLOOK:** The topic of last season’s Alamo Bowl is handled with care in Eugene. The Ducks led 31-0 at halftime against Texas Christian University. And lost 47-41 in triple overtime. Perhaps the outcome would have been different if quarterback Vernon Adams hadn’t been injured in the second quarter, but the game was a distressing season finale.



Henry Mondeaux.

“There is a fine line between using it to stoke your preparation for this season and letting it be a boulder you’re dragging around,” Helfrich says.

The game was a microcosm of the Ducks’ season. In 2015, the Ducks had the Pac-12’s top offense (43 points and 538.2 yards per game) and worst defense (allowing 37.5 points and 485.3 yards per game).



Tyree Robinson.

UNIVERSITY OF OREGON ATHLETICS X2

Enter new defensive coordinator Brady Hoke, the former Michigan coach with a reputation for building strong defenses.

“His track record is to make an immediate and drastic impact,” Helfrich says. “The mentality of the defense has already changed a lot. He makes sure players know he cares about them, and then he can be that much more demanding.”

The Ducks are looking at senior linebacker Johnny Ragin III (6-3, 225), junior Henry Mondeaux (6-5, 280), and redshirt junior defensive back Tyree Robinson (6-4, 205) to lead the defense this season.

On offense, the Ducks want to keep their high-octane performance rolling. Helfrich didn’t name a

starting quarterback over the summer as he decided between freshman Terry Wilson Jr. (6-3, 195), fifth-year graduate transfer Dakota Prukop (6-2, 195) from Montana State, and redshirt freshman Travis Jonsen (6-3, 194). “He [Wilson] is probably the purest passer with the cleanest mechanics,” Helfrich says. “Dakota has experience at the college level but is coming from a different system. ... Travis Jonsen had a good spring practice.”

The team’s star is junior running back Royce Freeman (5-11, 230). Last season, Freeman earned second-team All-America honors while rushing for a school-record 1,836 yards. He had 19 touchdowns for the second consecutive season.

“The biggest thing for him in his progression as a superstar is to be a leader,” Helfrich says. “He is such a great person, a good student and an unbelievable football player. But he’s a soft-spoken guy. He definitely has the credibility both on and off the field [to command respect as a leader].”

**OREGON STATE**

**LAST SEASON:** 2-10; 0-9 Pac-12.

**COACH:** Gary Andersen, second year (2-10 OSU; 51-48 career).

**OUTLOOK:** Last season, Oregon State’s 115-man roster included 54 freshmen and redshirt freshmen. Toss in a new coaching staff teaching a new system, and everybody might as well have been a rookie.

The inexperience proved to be too much to overcome, but it came with a silver lining. “That first year is really where you get your experience,” says Sean Harlow, the senior offensive lineman.

“It’s tough, but they [young players] will be a lot better this year.”

Harlow (6-4, 310) broke his right ankle last season and was relegated to watching spring drills as the all-conference candidate continued to rehabilitate. He liked what he saw.

“The young guys have matured a lot,” Harlow says. “They’ve caught up and are getting bigger, stronger and faster, and really understanding the offensive and defensive schemes. We’re coming together as a team.

“I’ve been trying to lead ever since I was a freshman,” he says. “Obviously it takes time to earn that respect, but I think I have that now, having been voted captain. Now I’m trying to be more of a vocal leader as well as just showing what I can do on and off the field.”



Sean Harlow.

KARL MAASDAM



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Harlow was part of an offensive line that allowed the second-fewest sacks (19) in the Pac-12 last season. This year's line will protect a new but experienced quarterback, junior Darell Garretson (6-0, 196). Garretson transferred from Utah State, where in two seasons he played in 13 games and threw for 2,586 yards, 18 touchdowns and 10 interceptions. "He's looked really good in practice," Harlow says.

Garretson inherits a dynamic target in senior receiver Victor Bolden Jr. (5-9, 183). Last season Bolden caught 46 passes for 461 yards and three touchdowns. He also returned a kickoff and punt for touchdowns and earned all-Pac-12 honorable mention honors.

On defense, junior defensive lineman Baker Pritchard (6-3, 272), junior linebacker Titus Failauga (6-3, 249), sophomore linebacker Jonathan Willis (6-1, 228) and sophomore cornerback Dwayne Williams (5-9, 180) strike teammates as rising stars capable of improving a unit that allowed 37 points per game last season.

The experience gained last season can go a long way this season, Harlow says. He hopes it means the second winning season of his OSU career. When he was a freshman in 2013, OSU went 7-6 and won the Hawaii Bowl. He wants something even better this season.

"I wouldn't call 2013 a successful year," Harlow says. "To be an elite team you have to win something like 10 games. That's what I want to get to."

## WASHINGTON

**LAST SEASON:** 7-6; 4-5 Pac-12. Won the Heart of Dallas Bowl over Southern Miss, 44-31.

**COACH:** Chris Petersen, third year (15-12 UW; 107-24 career).

**OUTLOOK:** If there's one thing that's surprised Petersen most in his time at UW, it's "how long it takes to get over feeling new," he says.

Entering his third season, that feeling is finally gone, replaced with the feeling the Huskies are the type of team he was hired to build: a talented squad capable of winning the Pac-12 title. "Everybody really understands the plan," Petersen says. "We expected to feel like this, but it's taken longer than we thought."

Last season, the Huskies boasted the best defense in the Pac-12. They allowed 18.8 points and 351.8 yards per game. But with a freshman quarterback finding his way, that stellar defense sometimes wasn't enough.

With two games to play, UW was 4-6 and on the cusp of a losing season. Half those losses were decided by one score or less. The Huskies responded

## Also Notable

For **Boise State University** and the **University of Idaho**, the highest level of college football—the Football Bowl Subdivision—has been filled with challenges and rewards since both teams moved up to the FBS in 1996.

Boise State has finished half of those 20 seasons ranked in the top 25, has played in 16 bowl games (winning 11) and has established itself as one of the nation's most successful programs.

This season, the Broncos return their quarterback, sophomore Brett Rypien (6-2, 200), who has Boise State fans hopeful of winning the Mountain West Conference for the third time in six years and threatening for a spot in a major bowl.

In 2015, the Broncos were 9-4 overall, and 5-3 and tied for second in the Mountain West Mountain Division. They won the Poinsettia Bowl, 55-7, over Northern Illinois, and Rypien was named offense MVP. The first-team all-MWC pick

and conference freshman of the year threw for 3,353 yards, 20 touchdowns and eight interceptions last season.

The Broncos must replace three players selected in the first three rounds of the



Brett Rypien.

NFL draft, but experts don't expect this to slow them down.

An early August ranking by *Sports Illustrated* listed Boise State No. 25 in the nation.

The FBS hasn't been as kind to the Vandals. Winners of six Big Sky Conference titles in



Matt Linehan.

the 14 years before moving to the FBS, the Vandals have had just four winning seasons since '96, although they won the 1998 and 2009 Humanitarian bowls. In April, Idaho

made history by announcing it would be the first university to drop down to the Football Championship Subdivision.

The move back to the FCS' Big Sky, where the university's other sports play, is planned for 2018.

"The Big Sky allows us to renew traditional rivalries and offers our athletes the opportunity to excel," UI president Chuck Staben said in

the statement announcing the move.

Until the move, the Vandals will finish their FBS era in the Sun Belt Conference with the hope of going out on a positive note.

The Vandals were 4-8 last season and finished tied for fifth in the Sun Belt, with a 3-5

conference record. Idaho loses running back Elijahaa Penny, but returns its star quarterback. Junior Matt Linehan (6-3, 214) threw for nearly 3,000 yards last

season. He had 17 touchdowns and nine interceptions.

In the spring, sports website *sbnation.com* declared the Vandals a threat to make a bowl game. —C.H.



Myles Gaskin.

by winning their final two games, then beating Southern Miss in the Heart of Dallas Bowl.

“Later in the season we started to get in a groove,” Petersen says. “A lot of teams wouldn’t have, considering what we had gone through. A lot of teams would have felt like we coulda, shoulda won. As hard as

these kids worked and didn’t get results, they could have quit and pointed fingers. But there was none of that. They kept grinding.”

They expect to keep winning this season.

Sophomore quarterback Jake Browning (6-2, 205) is emerging as a star. His 2,955 passing yards last season were the fifth-most in school history. He threw 16 touchdowns and 10 interceptions. He threw just one interception in his final three games. “There is so much more certainty and exactness in his game than

last season,” Petersen says. “He knows where to go with the ball. He’s throwing the ball with more accuracy and more anticipation.”

Another young star is sophomore tailback Myles Gaskin (5-10, 193). Last season, Gaskin set freshman school records with 1,302 rushing yards and 14 touchdowns on his way to freshman All-America honors. “His strength is that he’s hard to tackle,” Petersen says. “You think you have him corralled, and he gets out of it.”

Petersen says the offense is capable of “special things” this season, but the team’s strength remains its defense. The Huskies, who tied for second in the Pac-12, with 15 interceptions, return all-conference defensive backs in juniors Budda Baker (5-10, 184) and Sidney Jones (6-0, 180). In 2015, Jones had four interceptions, returning one for a touchdown. Baker picked off two passes. He was named a second-team pre-season All-American by *Sporting News*.

With linebacker Travis Feeney gone to the NFL (drafted by Pittsburgh in the sixth round), there are large shoes to fill. The tall order likely goes to senior Joe Mathis (6-2, 256). Mathis played in 11

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games last season and forced two fumbles.

“We lost good players, but we have a lot of guys coming back who have experience,” Petersen says. “We have good experience under our belt, and that gives us a chance to get better.”

**WASHINGTON STATE**

**LAST SEASON:** 9-4; 6-3 Pac-12. Won the Sun Bowl over Miami, 20-14.

**COACH:** Mike Leach, fifth year (21-29 WSU; 105-72 career).

**OUTLOOK:** A 12th-consecutive nonwinning season seemed inevitable one game into the 2015 season. The Cougars not only lost their season opener at home, they lost a game they were heavily favored to win against Portland State.

“We just looked around and knew we were a good team,” says quarterback Luke Falk. “We just needed to go show it every Saturday. We put our heads down, ignored the noise and went to work.”

That work yielded a turnaround that came within a play of winning the Pac-12 North. And the noise

turned from criticism to cheers.

When WSU capped the season with a win over Miami in the Sun Bowl, the Cougars were treated as heroes. It was their first bowl win since the 2003 Holiday Bowl.

“Everywhere we went, people were saying congratulations,” Falk says. “The support you get in Pullman is awesome.”

As rewarding as last season was, Falk couldn’t help but think about what could have been. Six points was the difference in a loss to California. And a concussion kept Falk from playing in the Apple Cup.

Most painful was a 30-28 loss to Stanford. On the game’s final play, the Cougars missed a field goal that proved to be the difference between first and third place in the Pac-12 North.

The missed kick wasn’t the only costly play in the



ROBERT HUBNER

Washington State players celebrate their Sun Bowl win last season.

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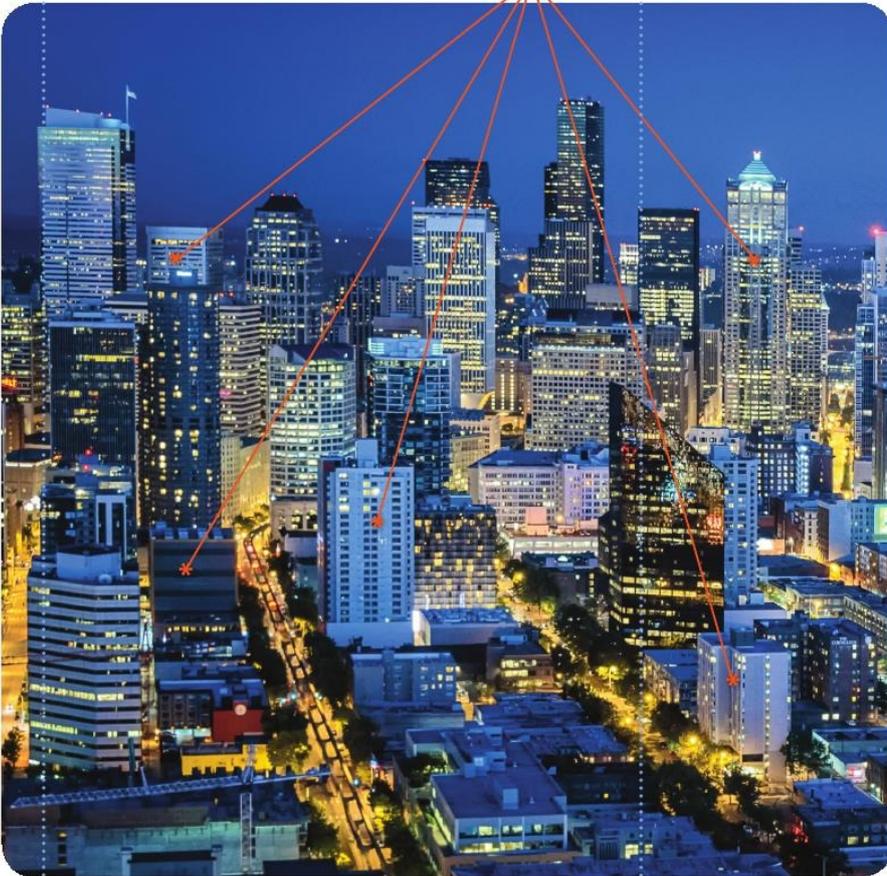
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final eight minutes, though. Falk threw an interception, and WSU failed on a 2-point conversion.

"You think: A few plays here or there, and maybe things go different," Falk says. "But a few plays went our way, too."

The 6-foot-4, 216-pound junior says that falling just short of a title was an important building block. "It's a reminder that every play counts toward going to that championship."

Entering their fifth season under coach Mike Leach, the Cougars are precisely where they hoped.

**"We have our eyes on something a little bigger this year."**

Last season, WSU led the nation in passing, with 389.5 yards per game. Falk led the nation in yards-per-game passing, with 380.5 yards, and was fifth in overall passing yards, with 4,566. He tied for fourth in the country in touchdown passes, with 38.

"Last season was a good starting point," Falk says. "We have our eyes on something a little bigger this year."

With the return of junior linebacker Peyton Pelluer (6-0, 235), senior safety Shalom Luani (6-0, 205) and sophomore defensive end Hercules Mata'afa (6-2, 255), Falk says, "the defense is an improved unit."

The Cougars also return senior receiver Gabe Marks (6-0, 190). Marks earned all-Pac-12 honors after catching 104 passes for 1,192 yards and 15 touchdowns last season. This summer, *Sporting News* named him a second-team preseason All-American. He pondered leaving early for the NFL.

"I had a feeling he'd come back," Falk says. "He's a competitive guy, and he knows how close we were last year." ■

*Craig Hill writes for The News Tribune in Tacoma.*

## Big Sky Conference

In the 53-year history of the Big Sky Conference, a Northwest team has won at least a share of the title 47 times. Not last season, however. In 2015, Southern Utah won its first Big Sky football title. This year, five Northwest teams aim to bring the trophy back to the region. Here's a closer look.

**Eastern Washington (6-5; 5-3 Big Sky):** The conference-title contenders return senior receiver Cooper Kupp, winner of last year's Walter Payton Award, the FCS version of the Heisman Trophy. The Eagles won the national title in 2010; North Dakota State has won every year since. The teams clash in Fargo on Sept. 10.



COURTESY EASTERN WASHINGTON ATHLETICS

**Idaho State (2-9; 1-7 Big Sky):** Several key players graduated after last season, but senior receiver K.W. Williams is back after earning honorable mention all-conference standing in 2015. He has caught 17 touchdowns over the past two seasons.

**Montana (8-5; 6-2 Big Sky):** The Grizzlies finished last season ranked

14th in the nation and should be a force again with the return of quarterback Brady Gustafson and running back John Nguyen, both seniors.

**Montana State (5-6; 3-5 Big Sky):** Star quarterback Dakota Prukop transferred to Oregon, but all-conference junior receiver Mitchell Herbert and senior running back Chad Newell return to lead the Bobcats.

**Portland State (9-3; 6-2 Big Sky):** Senior quarterback Alex Kuresa returns to help the Vikings with their goal to top a 2015 season that saw them upset Washington State and finish the season ranked No. 10 in the nation. —C.H.



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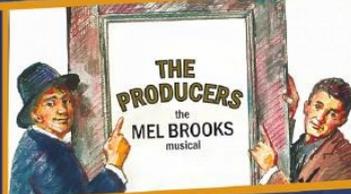


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**Left and below:** The Nevada Museum of Art, with a memorable creased-zinc facade, displays intriguing modern art, and its Chez Louie restaurant also has a fun modern vibe.

**My spouse, preteen and I** stand transfixed in front of a lobby wall at the **Nevada Museum of Art** in Reno. From afar the image on the wall looks like a kaleidoscope of tan, brown and black, but when we get up close we notice something peculiar. It is actually a single, repeating photograph. “What is that, Mom?” Kaiden asks as he, Steven and I all tilt our heads sideways, trying to figure out the image.

Suddenly, the photo starts to reveal itself. I see roads, buildings and mountains. It was clearly taken somewhere in the Nevada desert. We read the description: **Wallsprawl #4** (*Las Vegas, Next to Nellis Air Force Base*) by Andrea Zittel. The avant-garde image, on display through December, is a repeating aerial photograph of the base and the surrounding landscape.

“Wow, Mom, she turned the desert into art!” 11-year-old Kaiden says.

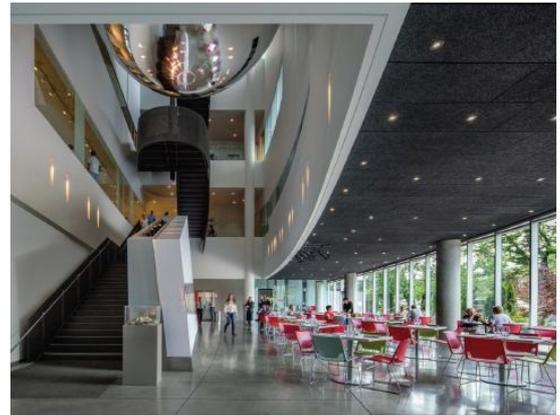
Much the same could be said of Reno, whose appeal not only includes gaming and nightlife but also a thriving arts community, a growing brewery scene, proximity to the natural beauty of deserts and mountains, and

plentiful recreation. In a single day, you can admire modern art, taste a craft brew in a hip Reno neighborhood, and hike, kayak or ski in alpine splendor. This makes the Reno/Lake Tahoe area the perfect getaway for people looking for variety as they recharge and rejuvenate.

## Culture in the city

The Nevada Museum of Art, focusing on modern and contemporary works, is part of the **Truckee River Arts District**, which also comprises art galleries; numerous pieces of public art, such as wind-powered kinetic sculptures by David Boyer; automobile and historical museums; theaters; restaurants; a wine bar; and performance venues for the **Reno Philharmonic** and **Sierra Nevada MasterWorks Chorale**.

The artful design of the four-level, 70,000-square-foot Nevada Museum of Art building, by architect Will Bruder, was inspired by northwestern Nevada’s Black Rock Desert, and the building’s facade is made of rippling black zinc that evokes the desert’s lava beds and dark mountains.



Kaiden, Steven and I climb the floating staircase to the second floor and pause to take in the giant silver ball hanging from the ceiling. The 14-foot-diameter Mylar balloon, titled **Orbital Reflector**, was created by New York artist Trevor Paglen, who in partnership with the museum is planning to launch a similar balloon into orbit as an artistic gesture.

The museum’s featured exhibit, **“Tilting the Basin: Contemporary Art of Nevada,”** on view through Oct. 23, showcases pieces by more than 30 artists living and working in the state.

These artists include Reno-based Katie Lewis, who has exhibited across the country and is known for fascinat-

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**Clockwise:** The Reno Riverwalk in the Truckee River Arts District; the Fleischmann Planetarium; Great Basin Brewing Co.'s Ichthyosaur IPA, honoring the Nevada state fossil; an installation by Ai Weiwei at the Nevada Museum of Art.

ing installations that use simple materials such as thread, sewing pins and graphite. Another featured artist is Las Vegas David Ryan, who has exhibited his colorful abstract, multi-layered paintings in cities such as Paris, Seoul and New York.



COURTESY NEVADA MUSEUM OF ART/CLIX EUROPE

Through Oct. 23, the museum is also displaying the installation **Circle of Animals/Zodiac Heads: Gold** by famed Chinese artist Ai Weiwei. The 12 approximately 2-foot-tall, 100-pound heads, ranging from dog to dragon, were inspired by sculptures originally used as water-spouting

fountain clocks at an imperial retreat near Beijing in the 18th and 19th centuries.

Our family concludes our explorations at the **outdoor sculpture garden**—where our favorite is Deborah Butterfield's full-scale horse made out of sticks and branches cast in bronze—and then we take a break with cookies and cold drinks on the patio of the museum's restaurant, **Chez Louie**. The modern restaurant, with fun red and green chairs in a high-ceilinged space, offers everything from French and Slovenian wine to smoked-salmon crepes, to a mushroom, Brie and vegetable-filled Baguette Napoleon. Musicians play during Sunday brunches.

We decide to relax some more by catching a movie at the **University of Nevada, Reno's Fleischmann Planetarium**, just a couple miles north of the art museum. The planetarium was built in 1963 and is now on the National Register of Historic Places.

We sit back in the tilted seats and gaze at the concave ceiling as we're transported to other planets. The planetarium offers several different "star shows" daily, including **Ultimate Universe**, a tour of galaxies and our solar system, and **Dynamic Earth**, narrated by Liam Neeson, in which viewers "ride along on swirling ocean and wind currents, dive into the heart of a hurricane, come face-to-face with sharks and whales, and fly into roiling volcanoes."



COURTESY FLEISCHMANN PLANETARIUM

## Craft-beer boom & grain-to-glass distillery

We drop Kaiden off at his grandparents' house before heading out on a husband-and-wife date to our favorite brewery, the award-winning **Great Basin Brewing Co.** In 1993, after Great Basin Brewing owner Tom Young successfully lobbied for a change in state law, his operation became the first brewery/brewpub to open in Nevada since Prohibition. Great Basin first set up its taps in Sparks, about 4 miles east of Reno, with the Reno location opening in 2010.

We take a seat at the Reno pub, in front of a mural of pioneers crossing the Great Basin desert with large barrels of Great Basin Brewery beer strapped to their wagons.

Great Basin Brewing typically has 14 beers on tap, most of which change with the season, so picking just one can be difficult. Steven really enjoys Great Basin's fruit beers, such as **Belgian Black Cherry**, which he appreciates for its use of real fruit. "You can really taste the cherries," he says.

I opt for a tasting flight, which comes with my choice of six beers. My selections include the brewery's flagship **Ichthyosaur IPA**, aka "Icky." The IPA is named after the state's official fossil, and "**Gimme an Icky**" bumper stickers touting the beer are



COURTESY GREAT BASIN BREWING

displayed on cars all around Reno.

You can see a 50-foot-long replica of an ichthyosaur—an air-breathing marine reptile that swam in a central Nevada ocean about 225 million years ago—at the **Terry Lee Wells Nevada Discovery Museum**, about 5 miles from the brewery. And you can see actual ichthyosaur fossils—the largest concentration in North America—in the **Fossil House at Berlin-Ichthyosaur State Park**, about 160 miles east, near Gabbs. The park also preserves an 1860s mining ghost town, and mine tours are available.

The mellow Icky IPA is accented by Cascade hops. “The gentle hoppiness is why Icky sells so well—it’s really drinkable for people who don’t like IPAs,” our waiter, Bobby, tells us.

Thanks to the success of Great Basin Brewing Co., the Reno/Tahoe area is now home to 28 breweries. They range from the small-batch **Brewer’s Cabinet** in trendy MidTown

Reno to the hip **Brasserie Saint James**, known for its Old World–style award-winning ales and lagers. One of the newest additions to Reno’s burgeoning brewery scene is **The Depot Craft Brewery and Distillery**. Opened on New Year’s Eve 2014, in the century-old former headquarters of the Nevada-California-Oregon Railway, The Depot became Nevada’s first brewery/distillery and makes its own whiskey as well as its own beers, with names such as The Ranch Hand.

A great way to sample many of the city’s microbrews is to attend events such as **Reno Craft Beer Week** each May and the **Reno Beer Crawl** the fourth Saturday of each month.

For an especially interesting experience, visit **Frey Ranch Estate Distillery** in Fallon, about 70 miles east of Reno. When Frey Ranch received its license in 2006, it became Nevada’s first legal distillery since Prohibition, and it even grows the grains it uses to

produce its award-winning vodka and gin. (It began distilling whiskey in 2014 and is aging it in oak casks for at least four years.) Frey Ranch’s gin was a double-gold winner in the 2016 San Francisco World Spirits Competition. The ranch offers grain-to-glass tastings, along with tours, every Saturday from noon to 4 P.M.

## Stars and stalactites

From Fallon, travel east on Highway 50 for about 325 miles to reach **Great Basin National Park**. Great Basin is celebrating its 30th birthday as well as the National Park Service’s 100th anniversary. The park is located in one of the last remaining dark-sky regions of the contiguous United States, and has a new research-class observatory. Images from the observatory telescope will be displayed at the park’s **Astronomy Festival**, Sept. 29–Oct. 1, which will have many tele-



Stars above Stella Lake in Great Basin National Park, which this year was designated an International Dark Sky Park.

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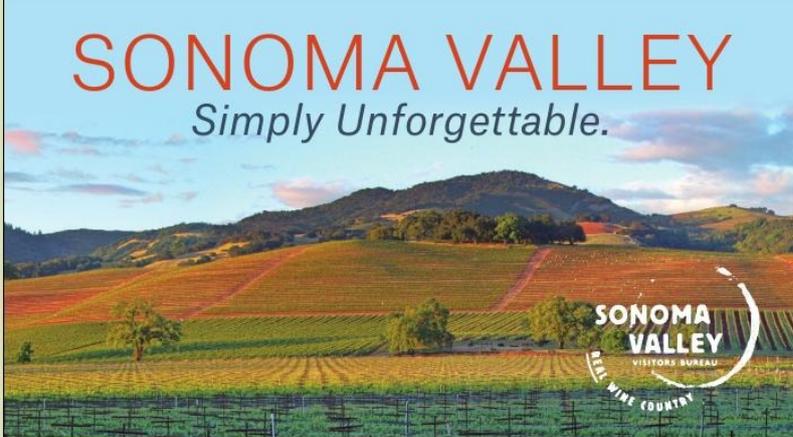


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scopes for visitors to use, as well.

The park is also known for the **Lehman Caves** at the base of 13,063-foot Wheeler Peak. The limestone-and-marble cave (a single cavern despite its name), which extends for a quarter mile, is filled with stalactites, stalagmites and other geologic formations. Guided tours of the cave and its ornately named rooms, such as the

Gothic Palace and Inscription Room, are offered year-round. Great Basin National Park is also home to one of the world's longest-living tree species, the **bristlecone pine**,

which has been known to live for around 5,000 years. The bristlecone is one of Nevada's two official state trees; the other is the single-leaf piñon.

### Skiing Tahoe

Reno is also the gateway to beautiful Lake Tahoe. Most winter mornings, I take a few hours to ski at one of the two mountains closest to where I live:

#### Alpine Meadows and Squaw Valley.

Since 2011, the two ski resorts have been owned by the same company, and one ticket or season pass gets me access to both resorts.

I love Squaw for its sheer size and varied runs. With 29 chairlifts, including an aerial tram and funitel, and 3,600 acres of terrain, it's one of the largest ski areas in Tahoe. On one of my best days last season, my friend Susan and I took the new Siberia Express high-speed six-pack chair. From a little below the 8,900-foot Squaw Peak summit, we could see sparkling blue Lake Tahoe and other parts of the Sierra Nevada range.

We skied down intermediate Siberia Run's soft powder, making big S turns and shouting with joy as we went. Next we hopped on the Headwall Express so that we could run

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The Stataline Lookout Trail provides outstanding views of Lake Tahoe.



the black-diamond North Bowl. The snow was so deep, it felt like I was floating.

Alpine Meadows, with 2,400 acres and 13 lifts, also offers amazing terrain and breathtaking views.

My go-to here is Wolverine, a steep run with wide-open turns, or the black-diamond Waterfall chute.

When Steven and I are skiing with our three kids—the youngest is 5—we enjoy runs such as the blue-rated Dance Floor.

Of course, the choices are practically endless when it comes to skiing in the Lake Tahoe area: **Approximately a dozen ski resorts**—from Nevada's Mt. Rose in the north to California's Kirkwood in the south—together provide around 25,000 skiable acres and something for every skill level.

## Golfing Tahoe

Our Squaw Valley home turf also has Steven's favorite Tahoe golf course, the Robert Trent Jones Jr. championship **Links at Squaw Creek**. The course sits in an alpine meadow with majestic views of the ski area and its six peaks.

The North Tahoe area also includes the two breathtaking **Incline Village Golf Courses**: the Robert Trent Jones Sr.—designed, 7,106-yard Championship Course, and the Robert Trent Jones Jr.—designed, 3,527-yard Mountain Course.

In South Tahoe, one of the most notable golf options is the highly rated 7,529-yard **Edgewood Tahoe** along the lake's south shore. Designed by George Fazio, it hosts the annual American Century Championship in July, with pro athletes and actors alike enjoying the stunning vistas and pine-bordered greens.

Great Escapes  
RENO • TAHOE



MARK MCCLAUGHLIN/MICMACMEDIA.COM

## Hiking Tahoe

I am not much of a golfer, so before the snow arrives and after it melts, my preferred activity is hiking. This past spring, I decided to try the **Stateline Lookout Trail** from the town of Crystal Bay near the California/Nevada border in North Tahoe.

With my German shepherd, Coco, on leash as required, I ascended a paved forest-access road, and after just a half-mile, we reached the lookout area. From around 7,000 feet, the 360-degree view of the lake and peaks was jaw-dropping.

From the main lookout site, Coco and I followed an interpretive loop trail with plaques such as the one reporting an 1870s debate over the location of the California/Nevada border—which is only a few feet from where I am standing.

But the star attraction of the Stateline Lookout Trail is the lake. Its waters, ranging from sapphire to turquoise, stretch out before me like an immense ocean encircled by mountains. Coco sits beside me, her tail wagging.

“I agree, Coco,” I tell her as I pat her head. “There is no better place to be.” ■

*Melissa Siig lives in the Reno/Tahoe area.*

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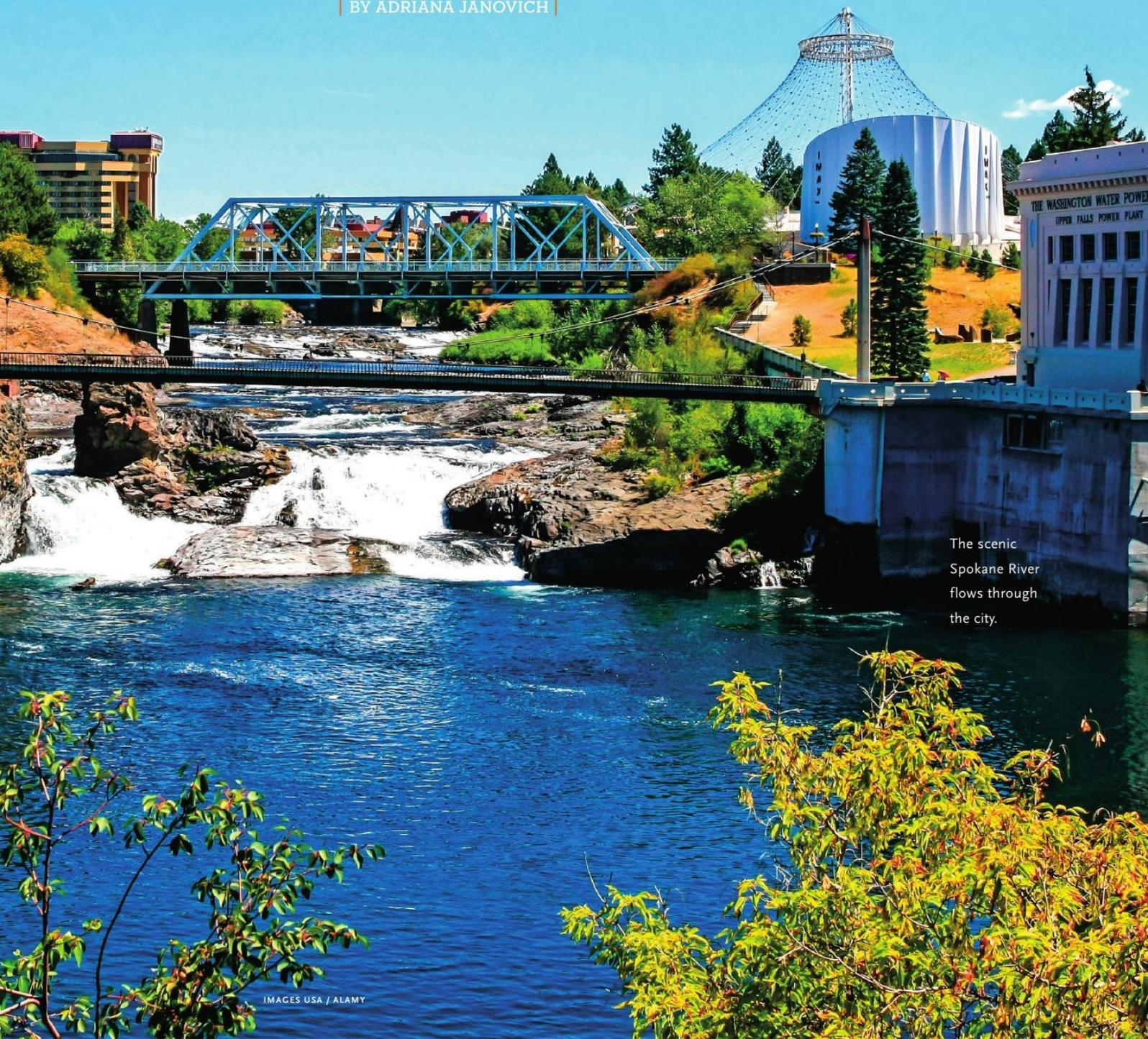
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**Above left:** The SkyRide at Riverfront Park. **Above:** The vibrant Kendall Yards neighborhood. **Left:** Iron Goat Brewing co-owners Greg Brandt (left) and Paul Edminster.

**Thursday is trivia night** at Iron Goat Brewing Co., which in April moved into a gray-brick building that now combines hip with history. Built in 1921 as an automotive school, and submitted for listing on the National Register of Historic Places, the building has an airy, light-and-bright industrial feel—with two roll-up doors, and exposed beams and ductwork—that has made it a top spot to gather for craft beer and conversation.

Owners Greg Brandt and Paul Edminster—who launched Iron Goat with their wives, Heather Brandt and Sheila Evans, four years ago—also refashioned original doors into tables and restored the terrazzo floor.

Iron Goat has 26 taps, so one of my favorite local microbrews is almost always available. The honey-

colored Head Butt IPA is citrusy on the nose, hoppy on the palate and dry on the finish. On a recent trivia night (Quick: Who painted *Self-Portrait with Thorn Necklace and Hummingbird* and *The Wounded Table*?), I paired the IPA with a spicy, thin-crust banh mi pizza featuring pulled pork, pickled vegetables, serrano peppers, cilantro, green chile sauce and Sriracha. Also on the menu are potato-beer cheese soup, charcuterie, and a host of specialty barrel-aged and sour beers.

Trivia competitions take place on Thursday nights year-round, and your team can arrive as a ready-made group, or you can spontaneously join forces with congenial strangers once you arrive. Prizes are even awarded, such as 20 percent off your bill. Our team didn't win, even though the

• **Iron Goat Brewing Co.** is named for the metal goat sculpture crafted by a local nun, Sister Paula Turnbull, for the



HOLLY PICKETT / THE SPOKESMAN-REVIEW

1974 World's Fair in Spokane, to encourage responsible paper-trash disposal at the Riverfront Park fair site. When visitors approached the sculpture, they heard a recorded voice ask for garbage, and when they pressed a button, a suction device pulled the litter into the goat's mouth. The goat is still in the park, using suction to collect paper refuse, although its voice has been turned off.

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YOUNG KWAK / THE INLANDER



DAN BELLE / THE SPOKESMAN-REVIEW



JESSE TINSLEY / THE SPOKESMAN-REVIEW

**Top left:** Chad White is the chef/owner of the Zona Blanca ceviche bar in the new Steel Barrel Taproom. **Above:** South Perry Pizza is a popular spot in the South Perry District. **Left:** River City Brewing is part of the Inland Northwest Ale Trail.

Frida Kahlo question was the only one we missed in the name-that-artist category. We blew it at the end, wagering too many points on a basketball question.

Iron Goat is one of the stops on the **Inland Northwest Ale Trail**, created in 2013 and now showcasing more than 40 one-of-a-kind breweries. The ale trail is among the trending attractions that have made Spokane an increasingly popular great escape destination. From sampling pours at new drink venues to strolling the **Centennial Trail** through urban **Riverfront Park**, there are plenty of ways to take a fun break from everyday demands.

## Beer, wine, restaurants

Inland Northwest Ale Trail sites also include downtown's **River City Brewing taproom**, opened in 2014, where bike rims encircle round wooden tabletops, and taps feature beers such

as the gently malty River City Red and the dark, rich VB Stout, which has notes of vanilla, bourbon, chocolate and espresso.

**Orlison Brewing Co.**, which opened a taproom downtown last year, specializes in ales and in lagers, such as the light Havanüther—get it? And the new **Steel Barrel Taproom** opened in June in the 1909 red-brick Luminaria Building. Steel Barrel, co-owned by the owners of the **Young Buck** and **Little Spokane** breweries, whose production facilities are in the building, serves brewery-to-table beers.

The new **Zona Blanca** ceviche bar in the taproom is owned by celebrity chef Chad White, a Spokane native who recently moved back after establishing himself in the San Diego food scene and appearing as a contestant on Bravo TV's *Top Chef*.

Excellent wine also can be savored downtown. **Spokane's Cork District**, designated in 2014, features about

two dozen wineries and tasting rooms, many of which lie within the city's urban core. For those flying into Spokane on Alaska Airlines, there's an added perk: Wineries throughout the Cork District waive tasting fees for visitors who show their Alaska Airlines boarding pass within 48 hours of arrival in Spokane; for details, see [visitspokane.com/cork-district/winepass](http://visitspokane.com/cork-district/winepass).

One of my prized wine-tasting spots is **Barrister Winery**, started by two lawyers and known for its well-balanced reds, such as the smoky yet silky Rough Justice blend of Merlot, Syrah, Cabernet Franc and Cabernet Sauvignon from grapes grown in Eastern Washington's renowned Columbia Valley.

Barrister has two downtown locations, both open daily. The tasting room on North Washington Street is in the Liberty Building, also home to the local-favorite **Auntie's Bookstore**.

COURTESY DURKIN'S LIQUOR BAR



Barrister Winery's other location, on West Railroad Avenue, includes the production facility. It gets particularly busy during the city's **First Friday** festivities, which spotlight local artists, galleries, retailers, wineries and restaurants on the first Friday of most months.

Another popular wine venue, **Nodland Cellars**, which opened a downtown location in the Chronicle Building in February, is part jazz club, part tasting room. Owner and winemaker Tim Nodland, a lawyer by

day and fusion rock-jazz musician by night, can often be found jamming on his guitar as well as serving the red and white wines he crafts. In fact, he chose his new downtown location in part for its proximity to concert and theater venues, three of which—**The Knitting Factory**, the **Martin Woldson Theater at The Fox** and **The Bing Theater**—are on the same block.

Nodland's wines include a Cabernet-Merlot blend called Frassy (a combination of the words fresh and sassy) and Bad Attitude, a blend of Merlot, Carménère, Cabernet Sauvignon, Cabernet Franc, Petit Verdot and Malbec.

**Durkin's Liquor Bar**, which opened in 2014, offers craft cocktails and one of the best burgers in town. I'm partial to the Double, with housemade bacon, dill mayo, shaved pickle and a fried egg.

For fine French-bistro dining, I like



YOUNG KWAK / THE INLANDER

**Santé Restaurant and Charcuterie**. Selections change seasonally, but expect starters such as gnocchi with white truffle oil, and entrees such as Washington halibut with cherry butter.

**Churchill's Steakhouse** provides an elegant experience spotlighting USDA Prime beef, and also quality

Left: A gourmet burger at Durkin's Liquor Bar. Above: Tasting at Nodland Cellars.



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**Anthony's at Spokane Falls** pairs fresh fish from its own seafood company with gorgeous views of the Upper Falls and the Spokane River. The restaurant's land-based dishes are also flavorful.

## To market, to market

**Thursday Market** in the South Perry District southeast of downtown has become one of Spokane's most popular farmers markets, in one of the city's hippest neighborhoods. May through October, from 3 P.M. to 7 P.M. each Thursday, the market features about 50 farmers and vendors in the parking lot of **The Shop cafe**, where customers can sit on mismatched benches and chairs, and enjoy sandwiches and \$3 pints while people-watching. Two roll-up doors open onto the cafe's patio, where during summer Saturday nights, The Shop

## Cultural Calendar

**Bonnie Raitt**, Sept. 14, and **The Head and the Heart**, Oct. 10; INB Performing Arts Center (inbpac.com).

**Mary Chapin Carpenter**, Sept. 19, and **Ottmar Liebert**, Oct. 11; The Bing Theater (bingcrosbytheater.com).

**"Lost Egypt"** exhibit, Sept. 30–Jan. 6, with artifacts on loan from the Brooklyn Museum and The Academy of Natural Sciences; Northwest Museum of Arts & Culture (northwestmuseum.org).

**Spokane Symphony** 2016–17 season, with concerts such as



**"SuperPops 1: Blockbuster Broadway,"** Oct. 1; Martin Woldson Theater at The Fox. Also, nationally touring acts such as **Indigo Girls**, Oct. 15; (foxtheaterspokane.com).

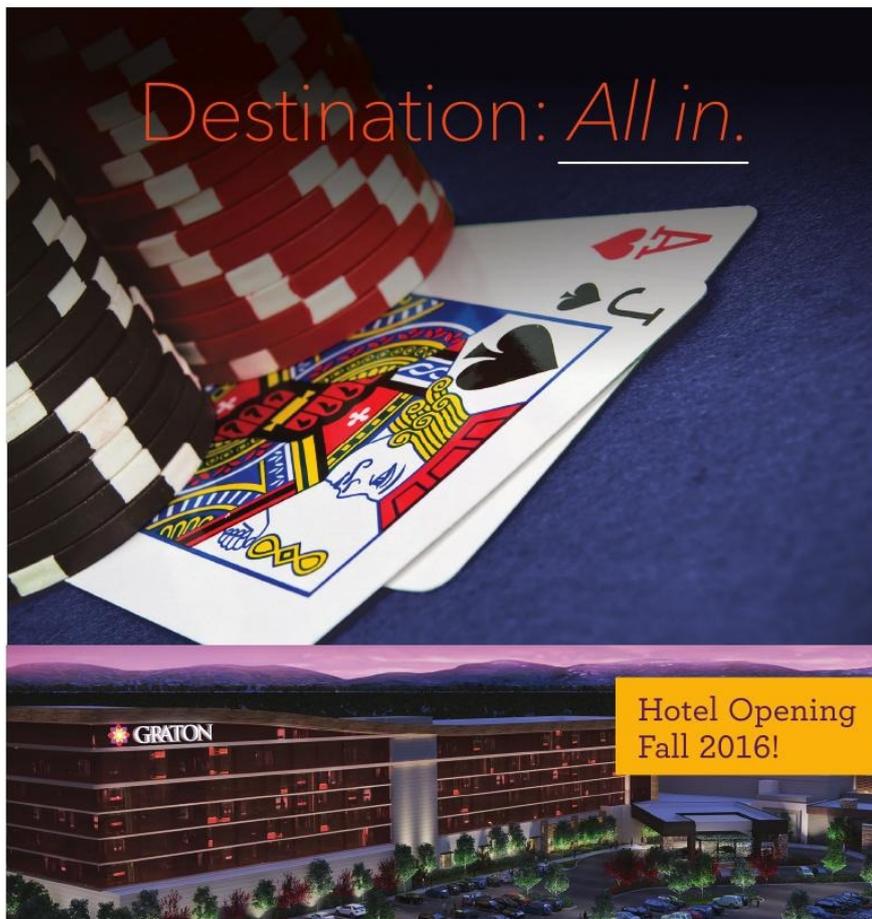
**Tanya Tucker**, Oct. 16;

**"Jethro Tull: Written and Performed by Ian Anderson,"** Oct. 29, and **Olivia Newton-John**, Nov. 13; Northern Quest Resort & Casino (northernquest.com).

**Ben Folds**, Oct. 29; The Knitting Factory (sp.knittingfactory.com).

**Paper Bird + The Ballroom Thieves**, Nov. 15, and periodic poetry slams and open-mic nights showcasing local talent; The Bartlett (thebartlettspokane.com). —A.J.

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## Great Escapes INLAND NW • SPOKANE

shows outdoor movies on the wall of the neighboring **Casper Fry** restaurant, known for its smoky, Southern-inspired fare. Other popular nearby businesses include **Perry Street Brewing** and **South Perry Pizza**. Basically, there's a celebration on South Perry Street every Thursday during harvest season.

On a recent trip to the market, I ran into five friends, bought a leg of grass-fed lamb from **Ramstead Ranch**, and stocked up on dinosaur kale, rainbow chard and spring salad mix from **CasaCano Farms**.

The market was so busy, **Veraci Pizza** almost ran out of cheese at its wood-fired oven cart, and there was quite a line for ice cream at the new **Sweet Annie's Artisan Creamery** cart, which debuted in June. **Sweet Annie's Bee's Knees** ice cream, made with local honey and homemade honeycomb candy, is a top-seller.

I also like to visit the **Night Market at Kendall Yards**. The market is located just



TYLER TOMS/AND / THE SPOKESMAN-REVIEW

northwest of downtown in Kendall Yards, a mixed-use development with homes, apartments, restaurants, boutique shops and offices overlooking the Spokane River. The farmers market features musicians, food trucks and about 40 vendors.

The market runs from 4 to 8 P.M. Wednesdays from mid-May to mid-October, and nearby bars and restaurants, such as **Nectar Wine & Beer**, **Wandering Table** and **Central Food**, attract a lot of diners.

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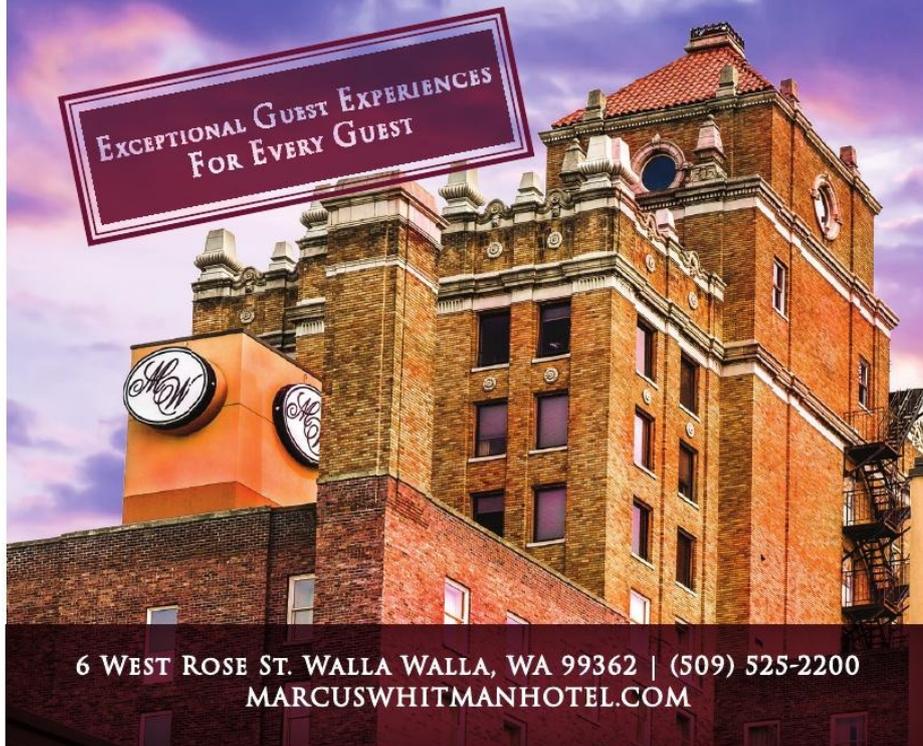


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**Riverfront Park** also hosts the six-week **Washington State Chinese Lantern Festival**, featuring colorful lanterns as well as acrobats and other performers. More than 35 big displays will light up the park each night from Sept. 16 through Oct. 30.



COURTESY WASHINGTON STATE CHINESE LANTERN FESTIVAL

always head to the **Centennial Trail**, a paved pathway that runs 37.5 miles along the Spokane River and connects to the 24-mile North Idaho Centennial Trail.

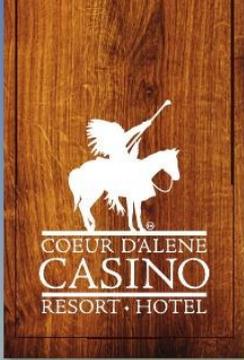
In downtown Spokane, the Centennial Trail passes through 100-acre **Riverfront Park**, with access to the Upper and Lower Spokane Falls, the SkyRide Over the Falls, and the 1909 Loeffl Carrousel. The 15-minute SkyRide travels above the Spokane River, offering spectacular views of the urban falls from enclosed cabins that hold up to six people.

I also take visitors to **Mount Spokane State Park**, just 35 miles from downtown Spokane, which has about 100 miles of hiking trails and 90 miles of biking trails. In the winter, the park offers cross-country skiing, snowshoeing and snowmobiling.

**Mt. Spokane Ski & Snowboard Park** in the state park offers downhill skiing and a children's tubing hill. It's one of the five ski resorts within two hours of Spokane.

Back in the lowlands, golf courses—there are more than 30 in the Spokane region—may open as early as March and remain open well into the fall. The City of Spokane's hilly, 6,255-yard **Indian Canyon Golf Course**, designed by H. Chandler Egan and widely considered one of the country's top public courses, expects to be open until October 31 this year.

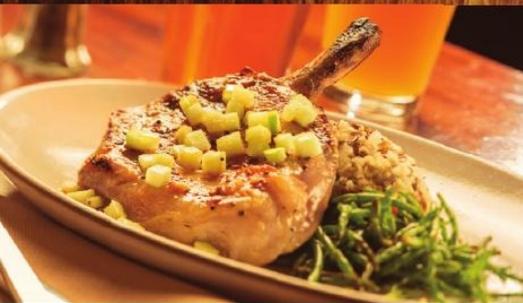
Through October 15, the semi-private **Kalispel Golf and Country Club** is open to the public for the first time. The previously



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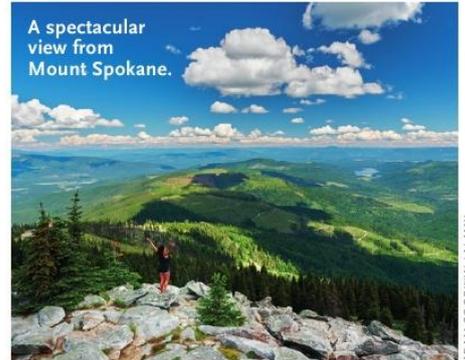
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A spectacular view from Mount Spokane.

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private club was purchased in December by the Kalispel Tribe of Indians, which also owns the Spokane area's highly regarded **Northern Quest Resort & Casino**.

The beautiful par-72 course—located along the Little Spokane River, and boasting 54 bunkers and a history that dates to 1898—has long been lauded for its impeccable conditions. Visit [kalispelgolf.com](http://kalispelgolf.com) for more information about public tee times, available on a limited basis, or book tee times through the Golfer's Getaway Package at Northern Quest.

The club's new **1898 Public House**, open to golfers and nongolfers alike, features Northwest wines, as well as regional craft beer on tap from Washington breweries such as Iron Goat and River City.

Reimagined American staples on the menu include lobster mac-and-cheese, while signature dishes include the Indian Taco, with bison chili and lime crème fraîche served on fry bread.

You might find me at the Public House on a sunny weekend afternoon, watching golfers play under ponderosa pines as I savor River City Brewing's floral yet earthy Riverkeeper IPA. ■

*Inland Northwest expert Adriana Janovich writes for The Spokesman-Review.*

Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) provides daily service to Spokane, gateway to the Inland Northwest. For more information on Spokane, see [visitspokane.com](http://visitspokane.com).

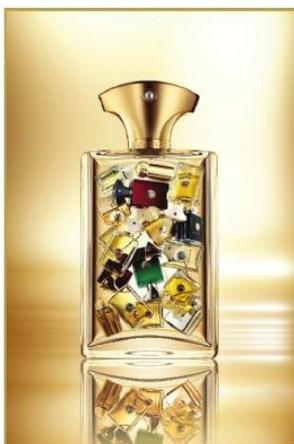
A large scenic photograph of Lake Chelan, showing the deep blue water of the lake winding through a valley between dark, forested mountains. The sky is a clear, bright blue.

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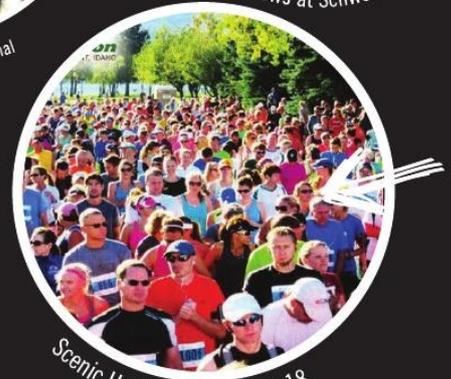
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# LAKE & LAND

Views, brews and more on a North Idaho getaway | BY ADRIANA JANOVICH |

## The soothing sound of waves

gently lapping a crescent of beach prompts me to pause in my 2-mile nature hike around **Tubbs Hill**. Innumerable evergreens—tall, thin, reaching for the clouds—border **Lake Coeur d'Alene** east and west of the spot where I'm standing on the southeastern shore of the 160-acre hilly peninsula, while mountains in the distance look as blue as the water before my feet.

Edged by foliage such as ponderosa pines, kinnikinnick, oceanspray and thimbleberry, the packed-dirt trail around the hill can be easily accessed from Third Street in downtown Coeur

d'Alene, making Tubbs (named for German immigrant Tony Tubbs, who came to this area in 1882), a convenient way to enjoy nature.

This afternoon, the picturesque pathway is dotted with runners employing earbuds, walkers carrying to-go cups of espresso, and a teenage girl in flip-flops. The peninsula also attracts vacationers from around the world who come to North Idaho to experience its spectacular lakes, award-winning golf courses, outstanding bicycle trails and extensive ski terrain, along with excellent dining options in towns such as Coeur d'Alene and Sandpoint—both



BOB THOMAS

acclaimed bases from which to explore the region.

## Coeur d'Alene

The 17-story tower of **The Coeur d'Alene Resort** overlooks Tubbs Hill to the southeast and **Coeur d'Alene City Park and Beach** to the west. In summer, the city beach is a flurry of

**Top:** Stand-up paddleboarding on Lake Coeur d'Alene.  
**Above:** A view of the lake from Tubbs Hill.



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COURTESY CIRCLING RAVEN GOLF CLUB

paddleboarders, swimmers and picnickers. In autumn, it's a perfect place to enjoy a quiet waterfront stroll and watch the sunset.

The resort's famous golf course, with its **signature 14th-hole floating green**, is typically open mid-April to mid-October, weather permitting, while the resort's **spa**, one of the best in the country, provides pampering year-round. A friend always makes sure to book the invigorating Natural Elements Shower, with 19 showerheads creating a water massage.

Daily **scenic cruises** depart from the resort dock from the end of April through October 30. And Sundays through October, the six-hour **St. Joe River Cruise**, with lunch included, goes the full length of the lake to the St. Joe River, one of the highest-elevation navigable rivers in the world.

From the day after Thanksgiving to early January, nightly cruises take visitors on "**The Journey to the North Pole**," with a close-up look along the way of the **Holiday Light Show**, whose 250-plus floating displays range from reindeer to toy soldiers, and feature a total of more than 1.5 million lights. The light show was cited when *USA*

*Today* included The Coeur d'Alene Resort on a December 2015 list of "10 Best: Hotels that go all-out for the holidays."

Visitors also brighten their getaways with gourmet dining at the resort's seventh-floor **Beverly's restaurant**, known for its lake-view windows and its extensive wine cellar.

For a more casual, yet also iconic, Coeur d'Alene experience, stop by **Hudson's Hamburgers**, which has been in business for more than a century and serves up no-frills burgers with ketchup, spicy ketchup or mustard. These beloved "Huddy Burgers," as they're affectionately called, can also come with onions, cheese and pickles if you ask. But don't expect lettuce, tomatoes, french fries or milkshakes at this fifth-generation, family-owned eatery, although you can get pop, tea, milk and pie. Burgers are hand-formed and thrown on the grill right in front of customers, some of whom have been coming here for decades.

Also downtown, **Crafted Tap House** is a relatively new burger-and-beer



ADRIANA JANOVICH / THE SPOKESMAN-REVIEW

gastropub, opened in 2014, with a chic-industrial vibe, and handhelds that are stuffed with elevated ingredients such as avocados, arugula, candied walnuts, blue cheese, triple-cream Brie and tomato jam.

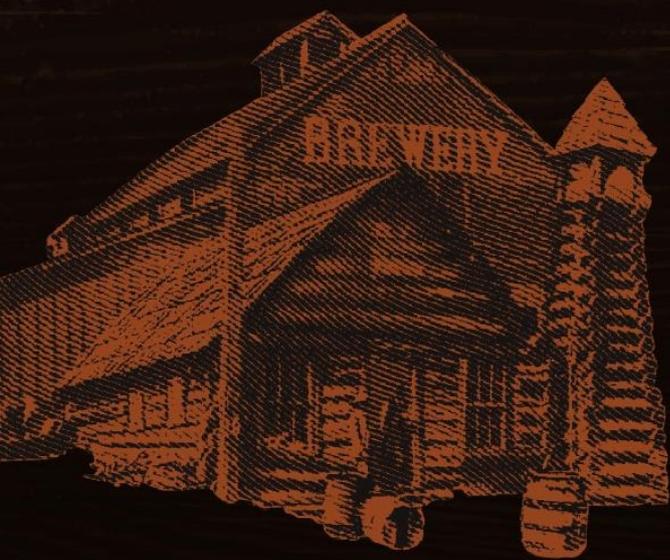
Popular for sushi is **Syringa Japanese Cafe & Sushi Bar**, which offers poke, teriyaki, yakisoba, tempura and an assortment of nigiri and maki sushi.

First-class spirits are on the drink menu at **Bardenay**, a distillery and restaurant overlooking the pond at Riverstone Park, northwest of downtown. Bardenay crafts its own vodka, gin and rum. The food menu includes Snake River Farms wagyu beef tacos; turkey and quinoa burgers; cider-brined pork chops; satays; cheese boards; sandwiches; and salads.

**Above left:** The Crafted Tap House gastropub.  
**Above right:** The award-winning Circling Raven Golf Club.  
**Left:** One of the 80-plus teas at Gaiwan Tea House.



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Left: Mountain biking in the Sandpoint area. Below left: The MickDuff's Brewing Co. Beer Hall and Brewery Tasting Room, located about two blocks from the company's pub. Below right: Handcrafted ice cream at Panhandle Cone & Coffee.

At the tranquil **Gaiwan Tea House**, located in a renovated Craftsman-style home, owners Matt and Snowy Kaufmann want customers to disconnect, be fully present in the moment and maybe even meet new friends while sipping some of the nearly 85 loose-leaf, mostly organic, teas.

I often choose the matcha sweetened with milk, or the London Fog, with Earl Grey tea, steamed milk and vanilla syrup, or the Lavender Fog with Earl Grey and lavender.

Rides such as Panic Plunge, Spin-Cycle, the Tremors Roller Coaster and the Corkscrew coaster thrill visitors at **Silverwood Theme Park and Boulder Beach Water Park**, about 15 miles north of Coeur d'Alene. The theme park is open weekends in September, and also on select evenings in October for **Scarywood**, featuring five haunted attractions and seven scare zones.

In Worley, Idaho, about 25 miles south of downtown CDA, the dynamic **Coeur d'Alene Casino Resort Hotel** offers gaming, live entertainment, numerous restaurants and spa treatments, and the top-rated **Circling Raven Golf Club**, situated on rolling hills, woodlands and wetlands, which remains open into October, weather permitting.

Bicycling enthusiasts from across the globe pedal the paved **Trail of the**



COURTESY MICKDUFF'S BREWING CO.

**Coeur d'Alenes**, more than 70 miles of old railroad right-of-way stretching from Plummer, Idaho, to almost the Montana border. The approximately 15-mile portion from Plummer to Harrison is a section one of my colleagues, Rich Landers, recommends for its wildlife and autumn colors. Rich is the longtime "Outdoors" editor for *The Spokesman-Review* and wrote the book *100 Hikes in the Inland Northwest*. The trail is "a really, really spectacular ride—easy for everybody," he says, and "you might see a white-tailed deer."

## Sandpoint

The first time I visited Sandpoint, nine years ago, I came for a friend's wedding in a backyard overlooking **Lake Pend Oreille**. The night before, we pushed wooden tables together at



THE INLANDER

**MickDuff's Brewing Co.'s** pub downtown and toasted the couple with handcrafted beer. MickDuff's selections range from the award-winning, full-bodied Strom Hammer IPA to the mildly hoppy and bitter Lake Paddler Pale Ale, "named after Lake Pend Oreille's lake monster." Alleged sightings of the Pend Oreille Paddler apparently date to the 1940s.

I've been coming back to Sandpoint ever since that wedding visit—not only for the Strom Hammer IPA, but also for swimming and sunbathing at **Sandpoint City Beach**; buttermilk-huckleberry ice cream at **Panhandle Cone & Coffee**; and gourmet brews at **Evans Brothers Coffee**.

This year, Evans Brothers received a prestigious Good Food Award, given by the California-based nonprofit Good Food Foundation, which honors sustainable-craft-food producers around the country.

Another must-stop for me is the

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bustling **Farmers' Market at Sandpoint**, which takes place Wednesday afternoons and Saturday mornings in Farmin Park, from early May through mid-October.

For wine-tasting and satisfying food—and live music on Fridays—there's **Pend d'Oreille Winery** and its onsite restaurant. Founded in 1995, the winery offers an array of varietals—from Chardonnay and Pinot Gris to Syrah, Merlot, Cabernet Sauvignon and Cabernet Franc. For beer



COURTESY PEND D'OREILLE WINERY

drinkers, there are eight rotating taps.

The food menu includes cheese and charcuterie boards, wild-caught salmon with pea risotto and caper butter sauce, and a bison burger with arugula and housemade ketchup.

Also worth trying are the "loaded fries" (fingerling potatoes topped with three cheeses, fresh garlic and basil) and the "Martian Heads" (fried Brussels sprouts with goat cheese and a balsamic reduction).

**Small House Winery**, founded in 2013, specializes in small-batch, handcrafted wines. The tasting room is open Saturdays, and also by appointment. Expect a red blend, and a changing menu of other wines, such as a Malbec, a Chardonnay and a Sémillon dessert wine.

**At Schweitzer Mountain Resort**—one of three North Idaho mountain resorts that collectively provide more than 5,000 acres of skiing—the winter season buzzes with

The O'Lox Board at Pend d'Oreille Winery's onsite restaurant.

Puzzle on page 74.



PUZZLE © 2016 PENNY PRESS, INC.

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skiers, snowboarders and other winter recreationists, but autumn is appealing, too. Schweitzer offers more than 20 miles of trails—perfect for bird-watching, wildlife viewing, photography and enjoying the change of season, which is marked by sunny but crisp mornings and the bright-gold needles of the deciduous tamarack trees. Start at the resort's village and head out to Picnic Point for its magnificent vistas of the lake and Selkirk Mountains.

Rich Landers, the outdoors expert, adds that in addition to phenomenal hiking at Schweitzer, there are numerous great trails in other parts of the Sandpoint area.

One of his favorites is the 3.7-mile (each way) **Gold Hill Trail**, which offers superb views of Sandpoint and Lake Pend Oreille, and—with a trail-top elevation of 3,400 feet—will get your heart pumping.

Hikers usually start at the trailhead about 8 miles out of town, while many bicyclists opt to add more miles by taking back roads to the trailhead. Starting in Sandpoint itself, they create a 28-mile loop that includes the Pedestrian Long Bridge.

Hiking the Gold Hill Trail is “easy enough for anybody to do, but hard enough to not feel any guilt about

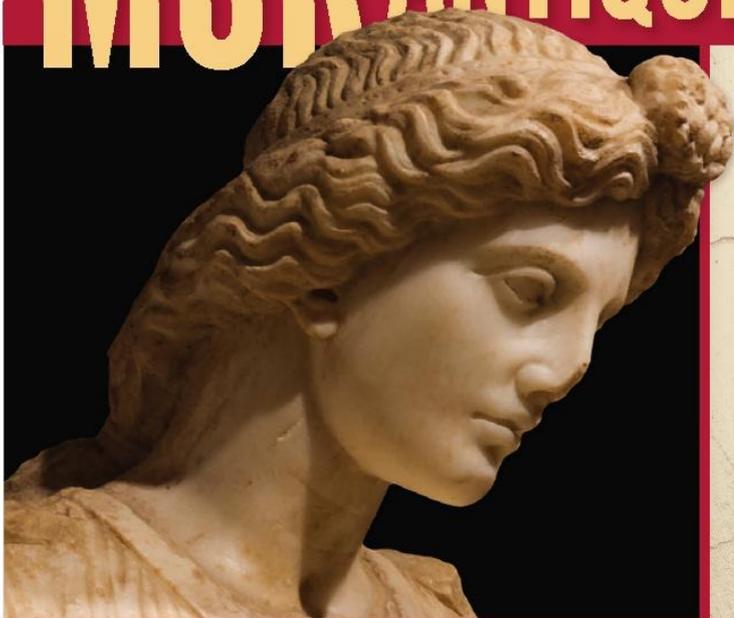
having a good meal and a couple of beers afterward,” Rich says. “It’s a really good workout.”

For those post-workout beers he mentions, I’d opt for **Laughing Dog Brewing** in Ponderay—a lakeside town just 3 miles north of Sandpoint—for the award-winning Laughing Dog IPA or the Huckleberry Cream Ale. And then I might just return to Sandpoint’s Panhandle Cone & Coffee for one more scoop of that buttermilk-huckleberry ice cream. ■

*Adriana Janovich writes for The Spokesman-Review.*

*For more information, go to [coeurdalene.org](http://coeurdalene.org), [visitsandpoint.com](http://visitsandpoint.com), [visitnorthidaho.com](http://visitnorthidaho.com), [visitspokane.com](http://visitspokane.com) and [visitidaho.org](http://visitidaho.org).*

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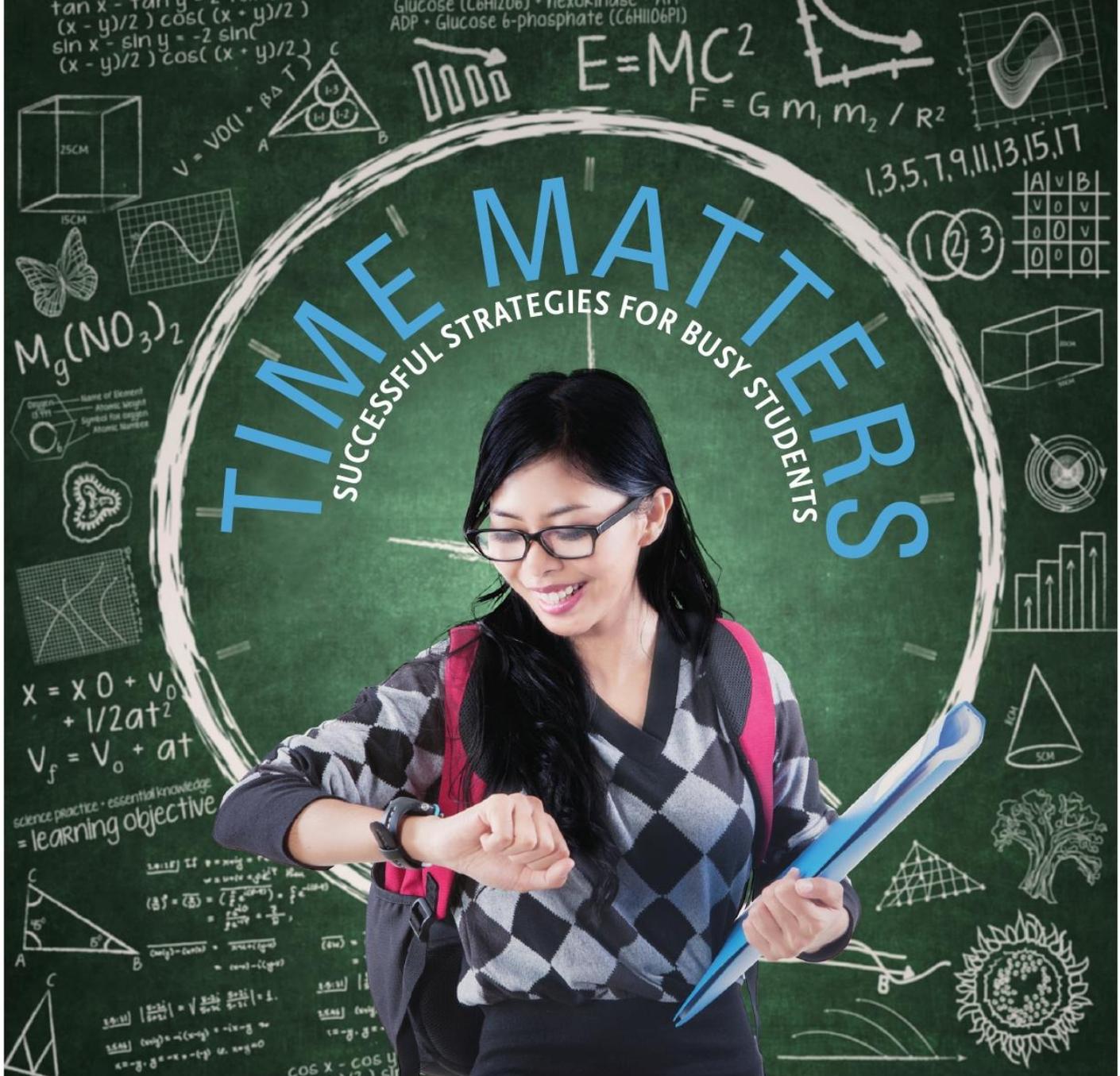
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BY MICHELLE  
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**Jeremy Burke** knows all too well about prioritizing competing responsibilities. He and his wife have experienced four major life events in the last two years: They got married, their son was born, they bought a house and Burke started law school at Gonzaga University.

He was also a drill sergeant in the Army Reserves during his first year of law school, is currently the editor in chief of the university's *Journal of International Law*, and works as a law clerk for the U.S. Attorney's office, all while striving to maintain his position among the top 10 in his class. How does he do it, and what can we glean from his juggling feats?

"Success and time management are about a bunch of microdecisions, not one or two main ones," says Burke. He maps out his day, doing a lot of planning in advance with both written and mental checklists.

He also sets aside specific times for checking his email. For example, he'll respond to anything urgent while he's having his morning coffee, so that he can give his full attention to school before checking his email again in the afternoon.

His first year in school, he decided to treat it like a job. He started the habit of arriving at school by 8:30 A.M., studying and completing work until taking a lunch break, and then staying on campus until at least 4 P.M. every day.

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Experts recommend using a digital or paper calendar, planning out as many details as possible and checking your schedule regularly—for example while enjoying a morning coffee.

manage all his competing demands.

Another strategy he uses is to stay tightly focused. When he is at school, his mind does not stray to his job and vice versa.

“While I’m at one, it’s as though the other doesn’t exist,” he says.

## AUDIT YOUR TIME

That ability to focus and block out distractions is an important skill, according to Paul Moulton, a professor of music and associate dean of faculty at the College of Idaho.

About five years ago, he started to notice a new challenge facing students—especially those using mobile devices, such as smartphones and tablets.

“Everything is portable, and everything has the potential to be distracting,” Moulton says.

“Something I’ve observed with my students is that they think they are very busy, but they are not. When you start to drill down, they are on Facebook or other social media, but often not doing anything very substantive. The illusion of busyness keeps them from being productive.”

One of the first steps he has struggling students take is to audit their time for a day, which for some can result in illuminating moments of self-discovery. Being self-aware is the first step in getting a better handle on your time, Moulton says.

Tips for curbing outside distractions include going to a quiet location, such as studying at the library

ro. They think, ‘Oh, I can sleep in; it’s not as bad as work used to be,’” Burke says.

By avoiding that mistake and treating school like a job that first year, he created the good habits that allowed him to

instead of at the apartment or house where you live.

Another idea is to work for 50 minutes, then take a 10-minute break to go for a walk or check a device. Some students even leave their device elsewhere, for example at home or in a locker.

Using some kind of calendar to plan your time is essential, he notes. He says it’s important to include time to eat, play and socialize.

Students should also plan to set aside two to three hours of study or reading time for every hour spent in class, he says.

“Freshmen who are coming from a high school where they used to do most of the work in class may not realize this. The workload can really snowball in the first semester,” Moulton says.

## LEARN TO SAY NO

Anna Nordstrom is in the Evening MBA program at the Foster School of Business at the University of Washington, graduating in 2017. She is the mother of two—a 4-year-old son, and a one-and-a-half-year-old daughter who was born three weeks into her program. She participates in a number of student organizations and is also doing a part-time internship.

Nordstrom says prioritizing is extremely helpful in balancing her busy life. “For me, it’s making sure I do the most important things for that day. There are some things I really want to do, but they’re not as important,” she explains.

She’s learned to give herself the grace to not participate in certain activities or projects, she notes.

“I can say, ‘This is just not going to happen today, and that’s OK.’ Know your limitations and be OK with that,” she says.

For example, in 2015 her MBA team participated in a universitywide business-plan competition and won the Best Marketplace Prize.

The next year, Nordstrom entered a different competition—the UW Health Innovation Challenge—and her team won an honorable mention. She could have gone on with the idea from this second competition to enter the next business-plan competition, but she decided not to.

“It would have been cool to do it again, but it would have taken a lot of time and effort. The cost was too high,” Nordstrom says. “You have to keep in mind what this choice is costing you—by doing this, what

**“Success and time management are about ... microdecisions, not one or two main ones.”**

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are you missing out on?”

She adds that the No. 1 key to managing the competing demands in her life is her paper calendar.

“My classmates laugh at my piece of paper. They say I should go digital—I have a smartphone and can have reminders. For me, it works to see my week in writing. It’s just important to find that system that works for you to keep track of all the pieces,” Nordstrom says.

### LIMIT DISTRACTIONS

Robyn Adams, associate director of student life and leadership at San Diego State University, agrees that a calendar or planner is important.

This mother of 5-year-old twins has worked with many students to improve their planning skills, and she especially recommends the week-at-a-glance paper planners that allow space for all times of the day.

“Take a couple hours each semester to write everything down at the beginning of the semester, and subsequently take time to update the schedule,” Adams says.

Start with classes, commuting time, work time and studying. Include time for sleeping, eating, getting ready, and time for yourself, she says, then move to important dates such as birthdays, scholarship application deadlines and course deadlines. If a paper is due in December, work backward in the calendar and set aside time to work on it weeks earlier.

She has students experiment to find out how much sleep they need and when they study the best. “I tell them to play with it, to try different amounts of sleep and different times to study,” she explains. This allows students to most effectively sched-

**“Turn off notifications on your phone. I have students who gravitate toward social media. Put those apps in a folder on the last page of your phone.”**



## TIME MATTERS

ule sleep and study sessions.

“Reduce time wasters,” she says. “Students in a dorm or in fraternity or sorority life may stay up all hours hanging out. Allow yourself a little bit of that, but not all night. Set limits for yourself.”

### MAKE DETAILED PLANS

Keri Lobdell is a retention specialist at Washington State University Tri-Cities’ Trio Student Support Services, a federal grant program for first-generation, low-income or disabled students. She recommends including specific details when using a planner.

“Make sure you’re putting in there study time and what specifically you’re studying or going to work on during that time,” Lobdell says.

Instead of just having the due date for your paper, break it up into smaller pieces that all go on the calendar. “Also allow for personal time,” she says.

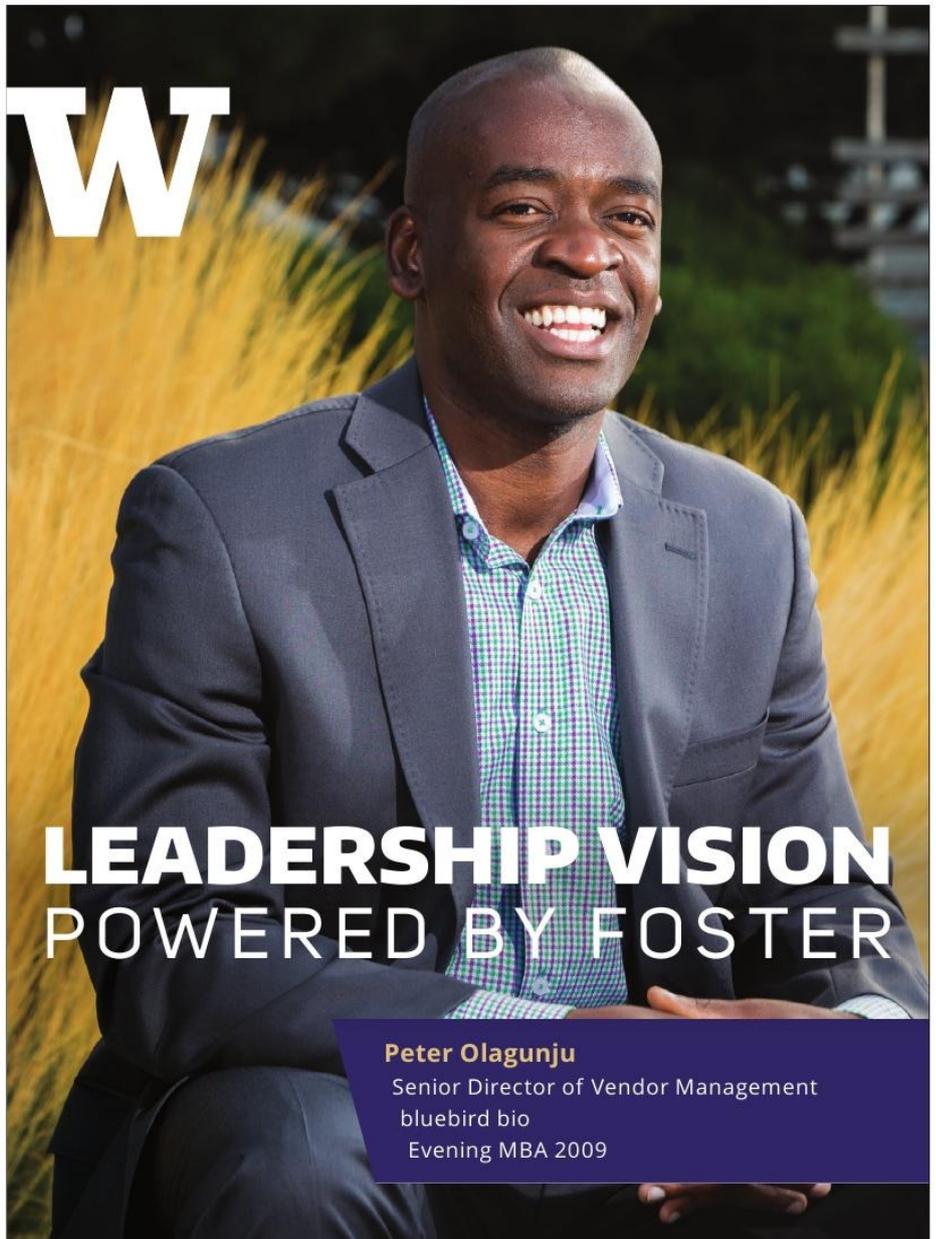
Take advantage of every chunk of time you have, she says. You can look over notes in a 10- or 15-minute block of time.

“I know there were times [during the pursuit of my own degree] when I was watching my kids play sports, when a game wouldn’t start on time. I’d take things with me, so I could be studying while they were warming up, during half time, or while they were changing and packing up. You can take advantage of all the little chunks of time that you have.”

Know yourself to make the most of your time, Lobdell says. “If you do your best work at night, then try to schedule for then the harder things or things that you don’t want to do.”

Like the other experts, she advises getting rid of distractions. “Turn off notifications on your phone. I have students who gravitate toward social media. Put those apps in a folder on the last page of your phone.”

One of Lobdell’s students changed her



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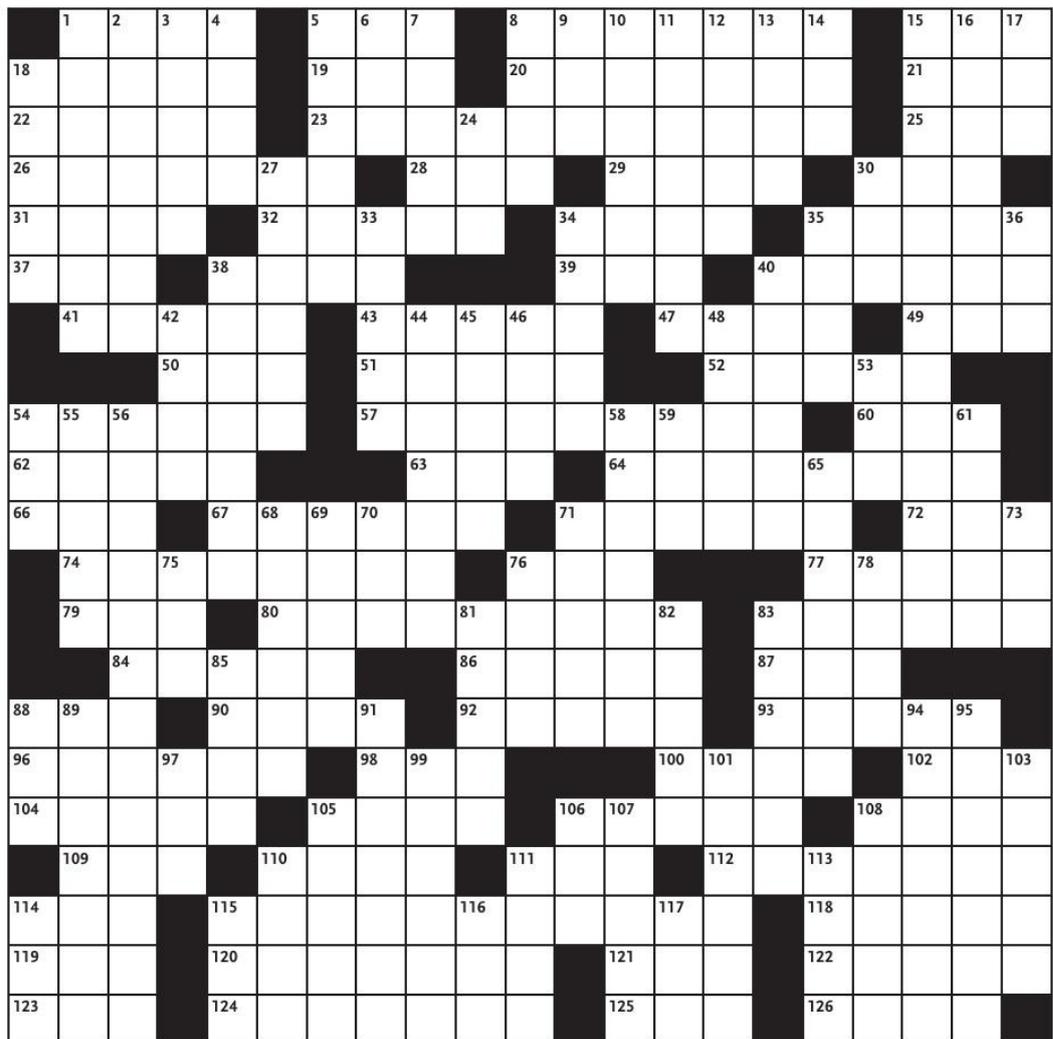
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## CHILD'S PLAY

### ACROSS

- 1 Stuff
- 5 Spread for drying
- 8 Knead
- 15 Farm female
- 18 Fragrant resin
- 19 "Chances \_\_\_\_"
- 20 Large lizards
- 21 16th prez
- 22 Design transfer
- 23 Pediatricians
- 25 Nonetheless
- 26 Telescope pioneer
- 28 Mai \_\_\_\_
- 29 Ribs
- 30 Show piece
- 31 Walton girl
- 32 Put down
- 34 Present
- 35 Flivver
- 37 Nearby star
- 38 Engine noise
- 39 Exultant work
- 40 Rifle cleaner
- 41 \_\_\_\_ dish
- 43 Moroccan metropolis
- 47 Encourage
- 49 Lyrical before
- 50 Determined
- 51 American chameleon
- 52 Savory jelly
- 54 Religious term of office
- 57 Tot transports
- 60 Civic center
- 62 Diving bird
- 63 Diminutive
- 64 Relief
- 66 Give-go link
- 67 Daddy quacker
- 71 Uncommon thing
- 72 Wine cask
- 74 Sewer, at times
- 76 Food is often tossed in it
- 77 Northern European
- 79 Avian Aussie
- 80 Nanny's tote
- 83 Sound investment?
- 84 Insulting
- 86 Master
- 87 It may be glossed over
- 88 Pipe type
- 90 "Dirty rat," e.g.
- 92 Uncertain
- 93 Pair of fours
- 96 Dishevel
- 98 Choose
- 100 Tabloids
- 102 Dundee denial
- 104 Mea \_\_\_\_
- 105 Gin fruit
- 106 Iraqi city
- 108 Get moving
- 109 Crafty
- 110 Horseshoe spike
- 111 UFO crew
- 112 Munching
- 114 Langley org.
- 115 Tub toy



- 118 "Me too!"
- 119 Woven network
- 120 Positioned
- 121 Little squirt, maybe
- 122 Opening
- 123 Stab
- 124 Inadmissible statement
- 125 Menlo Park monogram
- 126 Want

### DOWN

- 1 Solve
- 2 Lean back
- 3 With force
- 4 Grinder
- 5 Small drum
- 6 Age of note
- 7 They're outstanding
- 8 Fashion length
- 9 Earlier
- 10 Used a straw
- 11 Spoofs
- 12 Positive pole
- 13 Long-jawed fish

- 14 Serpentine curve
- 15 Tyke's drop-off site
- 16 Felon's aide
- 17 Convened
- 18 Nips
- 24 Derisive exclamation
- 27 Thespians' union
- 30 Escort's offer
- 33 Tapestry
- 34 Suite spot
- 35 Find fault
- 36 Dutch commune
- 38 Antedate
- 40 Light brown
- 42 Bygone leader
- 44 Belgian port
- 45 Wearies
- 46 Common emollient
- 48 Persian dialect
- 53 "\_\_\_\_ Got Sixpence"
- 54 Brest friend
- 55 Mesa's kin
- 56 Bedtime air
- 58 Plumbing problem
- 59 Audio receiver

- 61 Practice piece
- 65 Swamis
- 68 Interweave
- 69 "Au revoir"
- 70 New Zealand parrot
- 71 Dressing gowns
- 73 Keanu role
- 75 Make tracks
- 76 Legal paper
- 78 Had a bawl
- 81 Bring up?
- 82 First and third, e.g.
- 83 Motto
- 85 Cuba, por ejemplo
- 88 Series end
- 89 More awful
- 91 4 x 4 feature
- 94 Qualify
- 95 Contaminated
- 97 Mole
- 99 Slammers
- 101 Diamond pattern
- 103 Plant disease
- 105 Haifa native
- 106 AC measure

- 107 Wide tie
- 108 Reprobate
- 110 Preserve
- 111 Rafter's peril
- 113 Court score
- 114 100 lbs.
- 115 Stadium shout
- 116 Peggy or Stephen
- 117 Rio maker

Solution on page 66.



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phone so that when she opened it, her calendar was the first thing to pop up. Instead of seeing the latest text or email, she could see what she was actually supposed to be doing.

## COMMUNICATE WELL

University of Oregon Executive MBA student Megan McKinnon is also the vice president and CFO of King Estate, a winery just southwest of Eugene, Oregon. She and her husband have two sons, who are 6 and 11 years old.

Since school can be stressful enough, decreasing other stress is helpful, says McKinnon, who graduated in June.

With the understanding that it was only for a short time, she dropped some of her hobbies, such as pleasure reading and planting a garden, and she hired a house-cleaner.

She enjoys sending cards to loved ones, so before the start of the 2015 fall semester she prepared by getting birthday cards for all her nieces and nephews for the entire year, putting money in them, and addressing and stamping the envelopes so they were

**“The most important time-management tip is that you’ve got to be doing a job that you love. If you don’t love your work, you’re wasting your time.”**



ready to mail.

She also set aside Sunday as her time to plan meals and map out the schedule for the week.

“It’s easy to think I’m never going to get everything done, but when I write it all down and find time for it in my calendar, it really calms me,” she says.

McKinnon adds that she didn’t realize how much support she would need from others to make it through her program.

“I’ve always been pretty independent,” she says. “It’s hard to ask for help or even to say no. If I had known how much work it would be on my husband’s part to get me through, I would have talked about that more with him.”

Co-workers and other executives at the winery also stepped up to be more flexible and fill in for her when she was traveling to Portland for school, she notes.

“It was easy for people at work to assume that I’m preoccupied with school, so communication was important,” she says, which included keeping everyone up to date on her schedule and what work projects she was tackling.

## MAINTAIN PERSPECTIVE

It’s also important to keep perspective to prevent burnout, advises Bill Sayres, assistant dean of Foundations at the University of Washington Medical School Spokane.

Successful medical school students take care to maintain a life balance, Sayres says. “They keep an eye on the future, the career they want to have, their family and their community.”

They plan time to exercise and connect with each other. They collaborate in their studies and recognize the value in doing things inside and outside of school that broaden their lives and give them the energy they need, he says.

“The most important time-management tip,” Sayres says, “is that you’ve got to be doing a job that you love. If you don’t love your work, you’re wasting your time.”

He and other experts recommend that you focus, relax and enjoy this endeavor that you’ve set out to accomplish. ■

*Michelle W. Martin writes in Seattle.*

# Flyer guide

Your overview of the Alaska experience.

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- A2 Beverages**
  - Regional wines and microbrews
  - Our fleet
  - Feedback
- A3 Your safety and comfort**
  - Discover Alaska Airlines
- A4 Alaska Airlines Mileage Plan**
  - Welcome to a world of rewards
- A6 Global Partners**
  - Travel the world with our 17 airline partners
- A8 Where we fly**
  - 100+ destinations and counting
- A10 Airport terminal maps**



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Diet Coke  
Sprite  
Sprite Zero  
Seagram's Ginger Ale  
Seagram's Seltzer  
Seagram's Tonic



#### Other

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Orange Juice  
Cranberry Juice  
Apple Juice  
Bloody Mary Mix

#### Coffee

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### LIQUOR



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Sun Liquor Gin  
Sun Liquor Rum  
Crater Lake Hazelnut  
Espresso Vodka

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Crown Royal

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- Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

## WHILE IN THE AIR

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

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- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

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LONDON, ENGLAND



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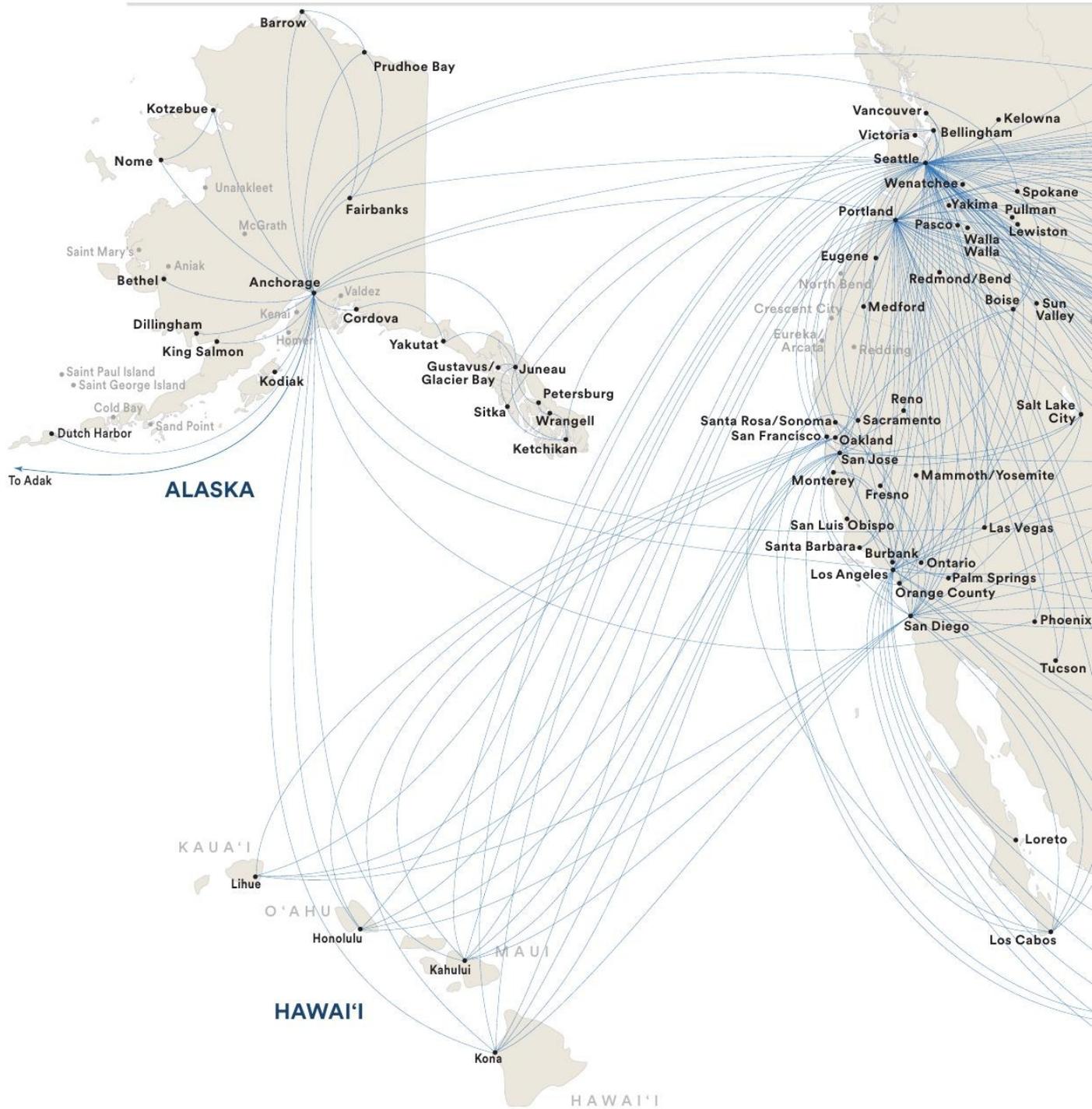
**Beijing, China**  
Hainan Airlines



**Dubai, UAE**  
Emirates

# Where we fly

## 100+ destinations and counting.

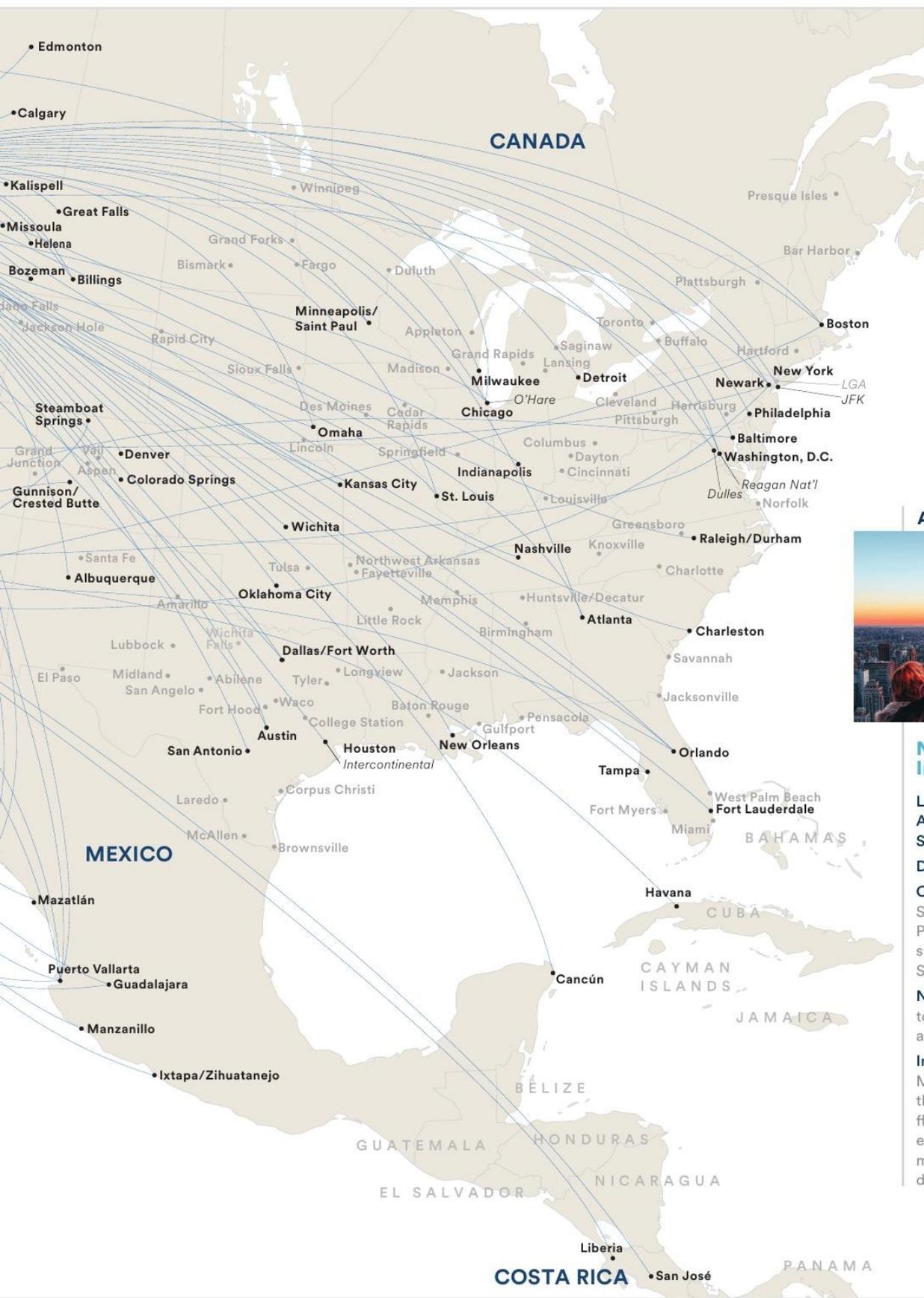


### UPCOMING NEW SERVICE

Route	Service Begins
Portland, OR—Newark, NJ	November 10
Bellingham, WA—Kona, HI	November 12 <sup>†</sup>
San Diego, CA—Newark, NJ	November 21
San Diego, CA—Steamboat Springs, CO	December 17 <sup>†</sup>
Los Angeles, CA—Havana, Cuba	Late 2016 <sup>*</sup>

<sup>†</sup>Seasonal service through Spring 2017.

<sup>\*</sup>Pending final government approval.



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

Some routes shown operate seasonally.

### Airport of the Month



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**Location:** Newark, NJ  
**Airport code:** EWR  
**Served since:** 2002

**Daily flights:** 2

**Cities served:** 1  
 Seattle.

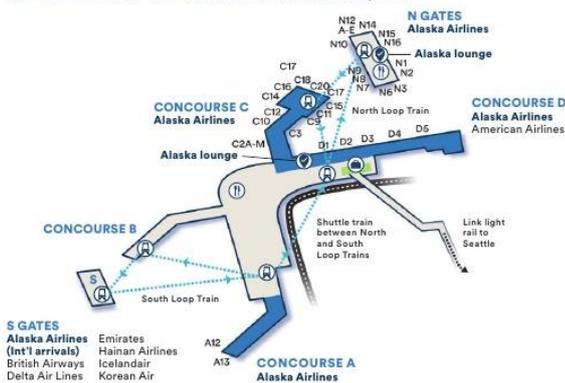
Portland and San Diego starting Nov. 2016; and San Jose, Mar. 2017.

**Notable:** Just 30 minutes to Manhattan via AirTrain and NJ Transit.

**Insider info:** Starting next May, Alaska will offer a third daily Seattle–Newark flight—a red-eye departure east-bound and a new, mid-morning westbound departure.

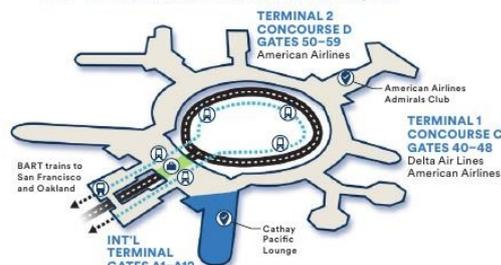
# Airport terminal maps

## SEA Seattle/Tacoma International Airport



A quick guide to help you make easier connections.

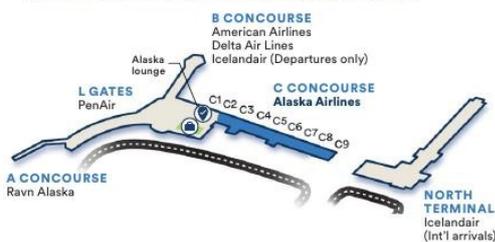
## SFO San Francisco International Airport



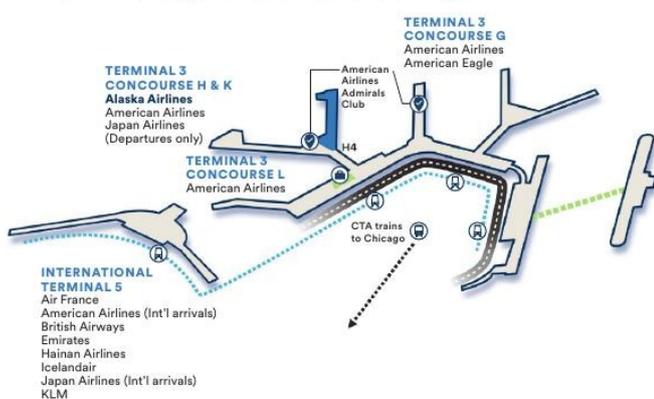
## LAX Los Angeles International Airport



## ANC Anchorage International Airport



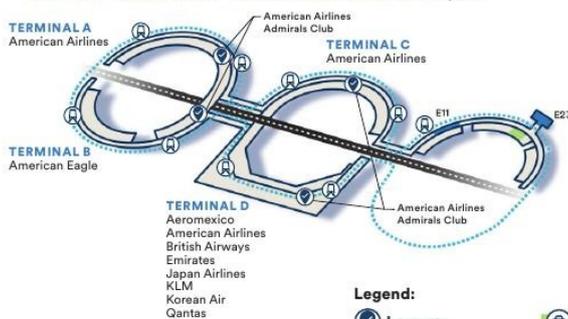
## ORD Chicago O'Hare International Airport



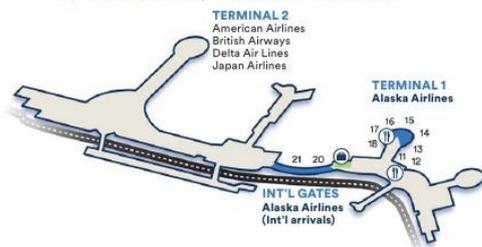
## PDX Portland International Airport



## DFW Dallas/Fort Worth International Airport



## SAN San Diego International Airport



### Legend:

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

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# Sisters Act

*Siblings' experience dramatizes the value of children's theater* | BY KIM COOPER FINDLING

My daughter sat at the edge of her seat, mesmerized by what was unfolding before her. We were watching a live performance of *Annie*, presented by the local children's theater, and Libby was so transfixed by the action on stage, I could tell what she was feeling:

I want in on this.

For me, that was the joyful moment of witnessing my child discover her passion. Libby was 8 years old the day we saw *Annie*; she is now 11 and has acted in eight plays with the children's theater group. Her little sister, Maris, caught the acting bug, too, and has been in four plays. From *The Hobbit* to *The Little Mermaid*, from *James and the Giant Peach* to *Tarzan*, we've all been on this journey together.

The first play Libby participated in was *Alice in Wonderland*. She landed a role as the Three of Diamonds, and we were off and running in our education about dramatic art. My third-grader had four days a week of rehearsals to attend, lines to memorize, and songs and choreography to learn. I was involved, too, creating the first spark of falling in love with theater myself. The children's theater is a grassroots effort. Parents are invited to participate in all the aspects of putting on a show.

At first I was utterly out of my element. I could barely sew on a button, let alone design costumes. I wouldn't trust me to run the stage lights. Carpentry for set design? Forget about it. But I could usher. I could sell concessions. I could volunteer backstage. I could help my daughters run lines, and run them again. In this way, I was allowed a window into the world of theater, which I quickly learned is a magical place of imagination, playfulness and community.

A group is assembled. They assume roles. They bond over weeks of words and movement. They become a little family. Lines are memorized. Dances are choreographed. Scenes come together. Fanciful costumes turn the actors into characters. Sets build from a blank slate to a beautiful microcosm on stage.

At some point during that first production, I became astonished at the effort poured into something that, by design, would never last. We were in a small town in Oregon, not on Broadway. Each show would be on stage for about a week, at most. But no one was holding back. Everyone was all-in on the whole wonderful enterprise.

Then opening night came, *Alice* bloomed on stage, and everything made sense. The energy backstage could have powered the lights in the theater all by itself. The audience members, filling the auditorium with their own enthusiasm, completed the show. Suddenly, it wasn't just make-believe. It was real. My eyes brimmed with tears. And I was only the usher.

Each show seems to race to its conclusion faster than Tarzan swings to another tree. Mounting a production is intense and exhilarating and exhausting. Sometimes there is crying, but more often, there is laughing. Most of all there is love: love for each other, love for the thing we have created together, and love for sharing it with the world.

Theater is about the anticipated and the ephemeral. An astounding creation is crafted bit by bit, seemingly from nowhere. It is revealed in a brief flash of awesomeness. And then it is entirely disassembled. The scripts are returned to the shelf; the costumes are stored away. At the end of each show, a vacuum enters our lives in the place where the play was. But the show becomes a

piece of our past, a keepsake to tuck into our memory treasure chests.

Each daughter also has a physical theater-related memento box. They safeguard items such as a whelk shell from the set of *Lord of the Flies* and a felt banana from *Tarzan*. We have the purple heels Maris wore as the young kangaroo in *Seussical the Musical*, and a hilarious photo of Libby wearing a judge's wig to play Yertle the Turtle. We tuck these things carefully away, let ourselves be mopey for a time, and then move on. For at the conclusion of each play, the directors remind the children: "Don't cry that it's over. Smile that it happened."

There are so many things I have come to love about the theater, but perhaps my favorite is that its impermanence reminds us of the power of paying attention to beauty, no matter how fleeting. However brief a show's existence, there is great worth in the creation and life of the production. The point is to throw oneself headlong into life's positive moments—to realize that whether we're ushering people into a wonderful world of make-believe or we're singing with fellow female orphans about hope for tomorrow, every good experience changes and enhances our lives.

*Kim Cooper Findling and her girls are gearing up for Elf Jr. at Beat Children's Theatre.*



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