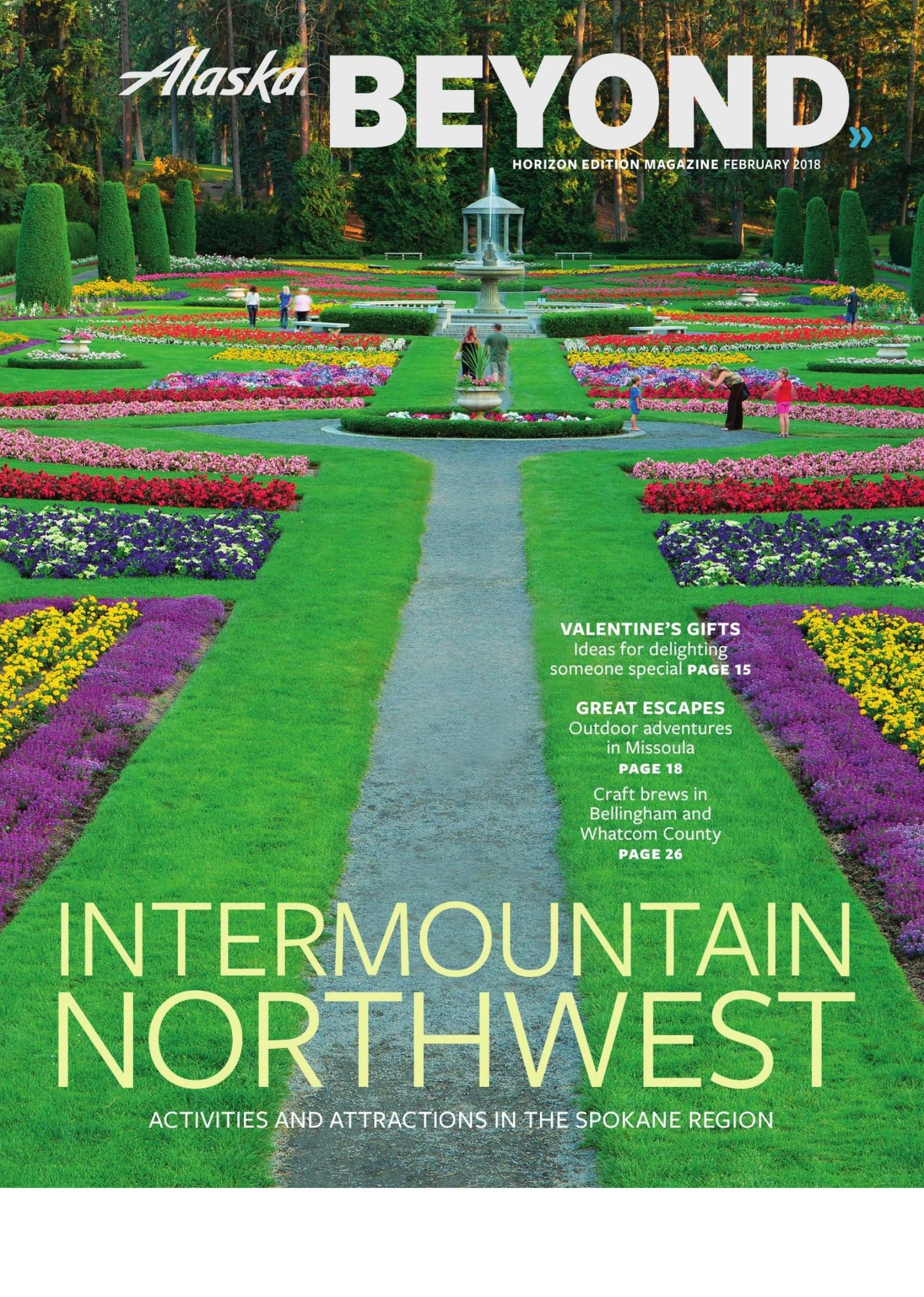


Alaska

BEYOND

HORIZON EDITION MAGAZINE FEBRUARY 2018



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Volume 29, No. 2

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ON THE COVER: Duncan Garden at Manito Park is one of the Spokane area's beautiful green spaces.

Photo by Prisma by Dukas Presseagentur GmbH / Alamy Stock Photo

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WELCOME»

THE HEART IN TEAMWORK

» **California native Annabel Chang** joined Alaska Airlines in May of last year, and what a difference she and her team have made in the Bay Area community. Here, Annabel shares a bit about how Alaska Airlines is joining up with San Francisco superstar Kevin Durant to inspire some really great kids. —Brad Tilden

Over the holidays, I had the honor of joining Kevin Durant on a trip to visit Larkin Street Youth Services and Oakland Elizabeth House, both nonprofits in the San Francisco Bay Area. The young men and women there were overcome with joy and emotion to see the 6-foot-9-inch basketball star walk in the door! For these youths, many of whom have endured homelessness and even the challenges of hunger and violence, it was an extraordinary moment to meet a real-life hero. One of the young men, with tears in his eyes, shared with me that it was the happiest day of his life.

For all of us at Alaska Airlines, Kevin Durant truly embodies teamwork and commitment to excellence. Kevin went above and beyond in giving his time to these young people. Along with Alaska Airlines, the Kevin Durant Charity Foundation made financial and in-kind contributions to the young men and women of these organizations and their families. But even more important, Kevin's high-fives, hugs and kind words left these kids walking on clouds.

Teamwork is at the heart of everything we



NOAH GRAHAM/NBAE VIA GETTY IMAGES

» **Kevin Durant brings smiles to the faces of children at Oakland Elizabeth House.**

do at Alaska Airlines. From the moment you book a flight to the time you arrive at your destination, thousands of our employees work as a

team to make sure that you and your loved ones have a remarkable experience. During our 85-year history, we've also been committed to the local communities where we fly. Over the last year, we have been deepening our community efforts in the Bay Area—giving back to the causes that are close to the hearts of our Bay Area guests.

As a native Californian myself, I'm excited to share how Alaska Airlines is quickly becoming an even more caring member of the Bay Area community. Over the last year alone, we've sponsored elementary school students from San Jose on their first trip to Yosemite with NatureBridge, and we've supported public high school students from San Francisco in learning

healthy cooking skills with the American Heart Association. We're also working with Circle the Schools on a first-ever learning trip to the airport for Spanish-language immersion students in San Francisco.

We're driven by a commitment to being the best in class, and we love doing it as a team. As with Kevin's visits, we believe it's these hands-on opportunities for youths that will have a lasting impact in our communities.

Kevin Durant is recognized as a leader and a team player on the court. He was named the Most Valuable Player for the NBA Finals last year. But Kevin is not just a basketball superstar. He's an MVP for young people, as well, and Alaska Airlines is so proud to partner with him through our community programs in the Bay Area.

Thanks for flying with us today.

—Annabel Chang



Brad Tilden,
Chief Executive
Officer



Annabel Chang,
Vice President,
Bay Area



“I learned how to make my health a priority again.”

Photos: Arlene Chambers



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10 WEEKS TO YOUR BEST YOU!

Working full time, in addition to being a wife and mother of two children, I spend most of my time juggling work and family life. My health and fitness have always been important to me, although I struggled to make them a consistent priority. My Best 10 helped me take everything I knew and put it all together into practice. My goal was to get fit, increase my strength, and change my body composition.

The program was truly excellent. My trainer, Sol, was (and still is) incredible. He took my workouts seriously and customized a program specifically for me. We set goals together and celebrated each milestone. Sol also encouraged me to push myself with strength training. I've lifted weights in the past and felt that unless I spent long hours in the gym, I wouldn't see results. I stand corrected.

My registered dietitian, Shelly, was also amazing. She built upon my passion for cooking and helped me create a nutrition plan that took advantage of that strength. Together we were able to customize the program to fit my needs and lifestyle, and minimize the need to create different meals for my family.

There was also the beauty and pampering part of the program, which turned out to be a fun experience!

Would I recommend the program to other women? Absolutely! Although I was curious about it, I wouldn't have signed up for My Best 10 if it hadn't been for my husband. He encouraged me to focus on myself and knew that I'd be committed once I made the investment. The support of my family, my trainer, my dietitian and my overall commitment to the program contributed to my success by reducing my stress and creating a better balanced life.

I enjoy running, and biking with my family, as well as focusing on my career. I have a huge passion for cooking, especially tasty, healthy food. My Best 10 helped make my health a priority again, a result that I and my family benefit from. Turns out that you can juggle it all!

IN THE KNOW»

WHAT'S NEW: HORIZON AIR WELCOMES CEO/PRESIDENT AND COO

» **Two familiar faces** recently took on leadership roles at Alaska Air Group with the January announcement of Gary Beck as Horizon Air's new president and chief executive officer, and Constance von Muehlen as Horizon's new chief operating officer.

Beck was vice president of flight operations at Alaska Airlines from 2008 to June 2015. In that role, he oversaw 1,600 pilots in Alaska, California and Washington, and was responsible for ensuring a safe, reliable and compliant flight operation. He introduced the airline's Greener Skies initiative that reduced fuel use, fuel costs and flight times. He also ushered in technological changes such as iPads for pilots and a paperless flight deck.

"Gary earned the trust of his team and built a strong culture, implemented sound operational processes and invested wisely in technology, all to make Alaska's Flight Operations department one of the best in the world," says Brad Tilden, chairman and CEO of Alaska Air Group.

After retiring from Alaska, Beck continued to serve as the airline's delegate on a subcommittee of the NextGen Advisory Committee and testified before the U.S. Senate on the airline's behalf. Since May 2016, he has led a joint Alaska Airlines/Virgin America team that worked toward unifying the airlines under a single operating certificate.

Beck has a certificate in negotiations from Harvard Law School and an executive management certificate from UCLA's Anderson School of Management. He

studied aerospace engineering at Central Texas College and business administration at Northern Illinois University. He is a qualified pilot on multiple aircraft, with more than 15,000 total flight hours.

Constance von Muehlen is a former U.S. Army Black Hawk helicopter pilot and a seven-year veteran of Alaska Airlines' Maintenance and Engineering division, where she was most recently a managing director. Before that, she served as director of engine maintenance. During the last year, she led the integration of Virgin America's and Alaska's maintenance operations.

Prior to Alaska, von Muehlen spent 20 years in aviation-maintenance leadership at Pratt & Whitney Canada and at Air Canada. She received her initial leadership training as a captain in U.S. Army Aviation. She also has a bachelor's degree from Johns Hopkins University, a certificate in Executive Leadership Training from the Darden School of Business at the University of Virginia, and is a Six Sigma-certified black belt and master black belt in process improvement. She is finishing an executive MBA at the University of Washington.

"Constance is an extremely strong leader," says Tilden. "Her safety acumen, professionalism and focus on results is proven, but in addition to that, she is a people person, known for building strong teams and inspiring others.

"There are a lot of great things happening at Horizon Air, including the introduction of new E175 jets, a new pilot training and career-development program, and very good operational performance in the last few months," Tilden says. "The addition of Gary and Constance will do nothing but strengthen Horizon in the years ahead."



Gary Beck,
*Horizon Air's president
and chief executive officer.*



Constance von Muehlen,
*Horizon Air's chief
operating officer.*



FLIGHTS FROM EVERETT COMING LATE 2018

» **Alaska Airlines will begin** service from a new terminal at Paine Field Airport near Everett, Washington, with 13 daily departures to eight cities in late 2018.

The service, which is subject to government approvals, will make air travel easier for flyers living north of Seattle, especially in North King County and Snohomish County. New routes will connect Everett

to Las Vegas, Los Angeles, Orange County, Phoenix, Portland, San Diego, San Francisco and San Jose.

"For travelers north of Seattle, this news means less time in traffic on Interstate 5 and more time enjoying your vacation or making the most of your business trip," says CEO Brad Tilden. Learn more at blog.alaskaair.com.



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THE REGION»

PORTLAND, OR

ALL THAT JAZZ

» **Two-time Grammy Award winner** Lisa Fischer, shown at right, is one of the headliners at the **PDX Jazz Festival**, Feb. 15–25 in Portland. Fischer and her band, Grand Baton, are known for their unique mix of progressive rock, psychedelic soul, jazz, and African, Middle Eastern and Caribbean rhythms. Fischer is also famous for her vocal stylings in notable songs such as The Rolling Stones' *Gimme Shelter*.

The PDX Jazz Festival showcases the vibrant and lively continuing history of jazz, at venues around Portland. For instance, Ravi Coltrane, who is the son of jazz innovator John Coltrane, is performing a tribute to the late Geri Allen alongside Grammy Award winners Esperanza Spalding and Terri Lyne Carrington. Other live performances include Oregon Music Hall of Fame inductee Bobby Torres and Grammy Award winner Luciana Souza. These artists represent just some of the diverse range of jazz to be heard at the PDX Jazz Festival, from Torres' Latin fusion to Souza's Brazilian roots that influence her vocal jazz performances. With more than 100 events, the PDX Jazz Festival offers something for newcomers and avid fans of jazz alike.

Take, for example, "Not Exactly Jazz," Feb. 16 at the White Eagle Saloon, a program of local artists who draw inspiration from jazz in their more

modern and experimental styles. The lineup will include Euge Organ Trio, a Portland-based band that plays groove-oriented soul jazz.

As part of the festival's educational programs, students in Portland schools create posters inspired by jazz album covers. The winning poster is displayed during the opening night of the PDX Jazz Festival. The poster competition supports the festival's efforts to inspire future generations of jazz artists.

For more information, visit pdxjazz.com. —*Bayley McComb*

» **Enjoy a performance by Grammy Award winner Lisa Fischer during the PDX Jazz Festival.**



BEND, OR

RESPLENDENT RESERVE

» **Now open** to the public, the **Riley Ranch Nature Reserve** in Bend features 184 acres of rugged landscape that showcase the natural wildlife of Central Oregon.

The new reserve, about 5 miles north of downtown Bend, gives visitors the opportunity to explore

the beauty of the area's geology, including 35 acres of canyon floor along the Deschutes River, and rimrock flats and cliffs that provide unique views of the Cascade Range. The property's 5.5 miles of trails are ideal for hikers and runners. For instance, one loop,

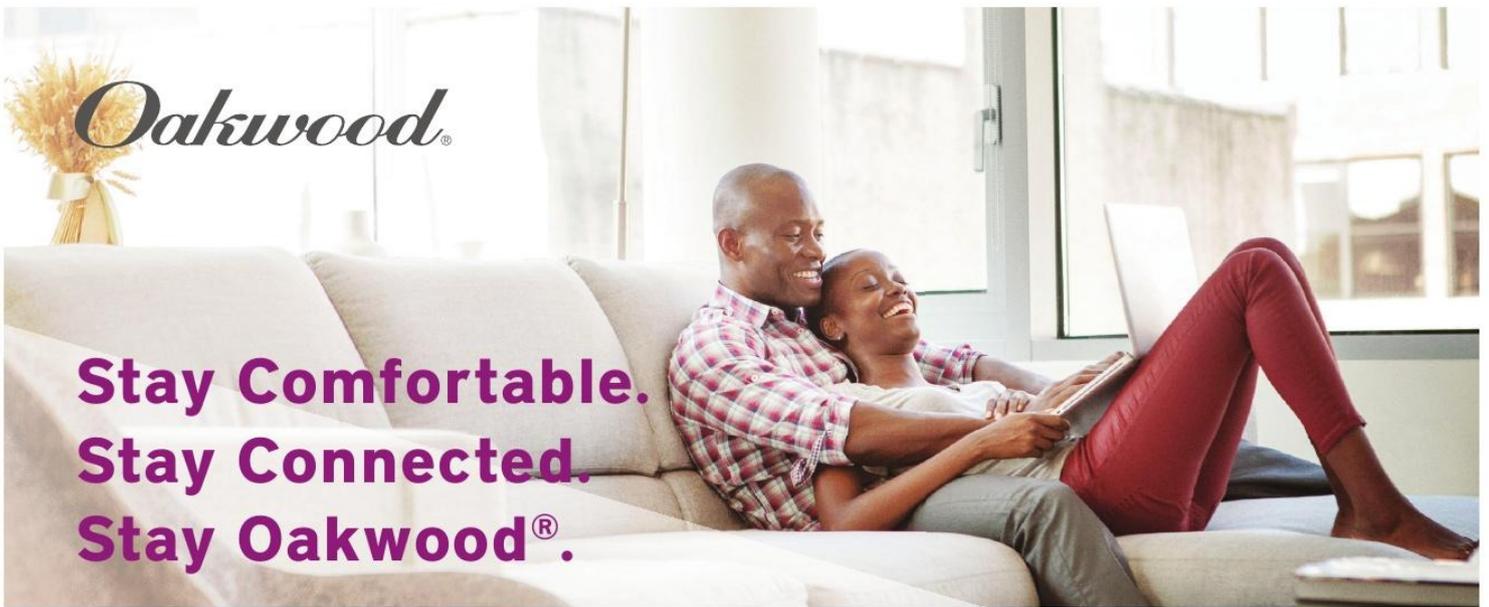
Robin's Run, travels to the edge of the canyon rim, where it connects to a scenic Canyon Loop.

In winter, the reserve's Juniper Flats and Sage Flats are well-suited for Nordic skiing and snowshoeing on designated trails. Ski and snowshoe rentals are available at shops around Bend, such as Pine Mountain Sports.

Visitors to the area can also observe local wildlife, which includes red-tailed hawks, great horned owls, Northern Pacific tree frogs, porcupines, black-tailed jackrabbits, mule deer and Rocky Mountain elk.

For more information, visit bendparksandrec.org/parks/riley-ranch-nature-reserve. —*Madeline Sargent*





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SANDPOINT, ID

WINTER WONDERLAND

» Bundle up for an exuberant celebration featuring live music, parades, karaoke events, ski activities and a fireworks show during the Sandpoint Winter Carnival, Feb. 16–25, in Sandpoint, Idaho, about 75 miles northeast of Spokane.

The carnival hosts a variety of festive events. For instance, during the Parade of Lights, Feb. 16, numerous businesses and organizations celebrate the night with snow-shovel brigades, zany floats and marching groups.

The K9 Keg Pull, Feb. 25 at the Granary, includes a popular family- and dog-friendly competition that pairs up dogs of all sizes as they pull empty kegs and beer cans through

a snowpacked course. This downtown event also features a Neighborhood Coffee Tasting at Evans Brothers Coffee, which offers samples of locally roasted coffee and hot chocolate for kids.

Nearby, Schweitzer Mountain Resort hosts a variety of festival activities, such as a guided 3-mile snowshoe hike, kids crafts, campfires, and nighttime live music at the Taps Lounge. Schweitzer also presents a Let it Glow Torchlight Parade and Fireworks Show, Feb. 18, a children’s parade in which kids carry glow sticks while skiing down the mountain, followed by a colorful fireworks show. For more information, visit sandpoint-wintercarnival.com. —*Chhavi Mehra*

SEATTLE, WA

DINO DAYS

» Dig into the fascinating world of dinosaurs during **Dino Days**, March 3–4 at Seattle’s Burke Museum. Hundreds of fossils that are usually stored in the museum’s archives will be available for visitors to see. The fossils range from flowers and plants to sea creatures and dinosaurs.

Visitors can participate in Q&A sessions with Burke paleontologists and search for fossils in a prefilled standing dig pit, with the potential to make their own discoveries. They can also enjoy the museum’s exhibit “Testing, Testing 1-2-3: Work in Progress,” which showcases the behind-the-scenes preparation of a 66 million-year-old, 3,000-pound *Tyrannosaurus rex* skull for scientific study. It’s the 15th *T. rex* skull to have been discovered in the world. The exhibit also includes delicate artifacts and specimens, such as the spine of a *Thescelo-*



saurus—a bipedal ornithopod that ranged in height from about 8 to 13 feet—discovered in Montana.

The museum will also host face painting, dino-themed arts and crafts, and a “fossil challenge,” which takes kids on a gallerywide hunt for facts and fossils. Attendees can also get their picture taken at a dinosaur-themed booth that offers dynamic dinosaur costumes, complete with tail add-ons. Dino Days is presented in partnership with the Northwest Paleontological Association. For more information, visit burkemuseum.org. —*Madeline Sargent*



■ View more than 100 migrating bird species during the **Winter Wings Festival**, Feb. 15–18 in Klamath Falls, OR, about 80 miles east of Medford. The Klamath Basin is home to one of the largest concentrations of wintering bald eagles in the Lower 48 states, with approximately 500 to 700 visiting each year. The eagles can be spotted alongside rare species such as the white-headed woodpecker (winterwingsfest.org).

■ Enjoy intimate special menu options and tastings at a variety of restaurants and wineries during **February Is for Foodies**, throughout the month in Walla Walla, WA (wallawalla.org). In addition, visitors and locals in Portland, OR, can savor a taste of the Walla Walla Valley via the **Walla Walla Wines** event, Feb. 26, in which about 40 wineries will pour samples (wallawallawine.com).



■ Visitors can meet Northern Sonoma, CA–area winemakers and sample wines from barrels, offered by more than 100 wineries during the **Annual Barrel Tasting**, March 2–4 and 9–11, along the Northern Sonoma Wine Road (wineroad.com).

■ Gwyneth Paltrow will be honored with a Vision Award during the **Sun Valley Film Festival**, March 14–18 in Sun Valley, ID. The festival also features Coffee Talks with top industry experts, a Screenwriters Lab, and curated features and short films (sunvalleyfilmfestival.org).

FROM TOP, SCHWEITZER MOUNTAIN RESORT; LORA SHINN



Currin Covered Bridge. Photo by Patrice Raplee.



TRAVEL THROUGH HISTORY IN THE COVERED BRIDGE CAPITAL OF THE WEST

Six historic covered bridges are clustered in the twice-designated All-America City of Cottage Grove, just 20 minutes south of Eugene, Oregon's second-largest metro area.

These romantic landmarks were initially built along routes commonly used to transport timber. The bridges' walls and roofs not only kept supporting struts protected from the elements, the structures also kept skittish horses from viewing moving waters as they crossed. As transportation options evolved, many bridges fell into disuse and disrepair, but the Cottage Grove community rallied to preserve them.

Today, it is still possible to drive your car or ride your bike through several of them. In fact, the route between all six bridges has been designated The Covered Bridges Scenic Bikeway, one of Oregon's first official bikeways in the state's Scenic Bikeways program.

Start the bikeway with a stop at the tallest bridge on the tour, the Chambers Railroad

Covered Bridge. Here, an extensive interpretive display offers a rich historic overview of the bridges.

The bikeway travels through the town's historic Main Street where more than 18 murals dot buildings along the sidewalks. Look for the large depiction of Buster Keaton's "The General." Producers chose this location to create the acclaimed silent film in the 1920s because of the railroad, which has since been converted to the Row River Trail as part of the national Rails to Trails program.

Link up with the Row River Trail once you leave the Main Street area. This route guides cyclists out of town and into the countryside to discover more covered bridges.

Ride the 17-mile paved trail near Mosby Covered Bridge and Currin Covered Bridge before reaching Dorena Lake. End near Row River Park where you can loop back on the road to complete the bikeway. Keep your eyes and ears open for a few excellent birding vantage points along the way.



Didn't bring a bike? Rent one at Bicycle Way of Life in Eugene or Rainy Peak Bicycles in Cottage Grove.

Don't ride? You can drive it – there is also a signed driving loop!

Join the world's largest toga party on August 18, 2018, when Cottage Grove celebrates the 40th anniversary of the filming of *Animal House*! The movie's famous parade scene was filmed right here on Main Street.

Pair an afternoon journey to nearby wineries with the Pinot Bingo wine exploration game.

For maps and information to plan your trip or for directions to the Eugene, Cascades & Coast Visitor Center, go to EugeneCascadesCoast.org/Plan or call 541.484.5307.



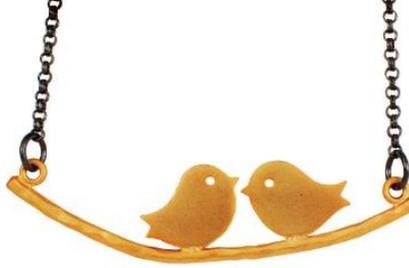
FOR YOUR VALENTINE

These gift options from around the West are designed to delight your special someone.

■ Chocolate is a quintessential Valentine's gift, and notable Northwest chocolatiers include Seattle-based **Fran's Chocolates**, which has wonderful options such as a pink foil-wrapped buttery caramel heart covered with a dark-chocolate shell, and a heart-shaped keepsake box (above) filled with chocolate truffles and caramels (frans.com). **Chukar Cherries**, which has a location at Seattle's Pike Place Market and in the Washington wine-country town of Prosser, offers the lovely Cherry Heart Box filled with chocolate-covered dried cherries or, new this year, the Chocolate Pecan Heart Box (right), with milk- and dark-chocolate pecans. Chukar also has gift options such as the Be Mine and Happy Valentine's Day gift baskets, Fudgy Cherry Cake, Northwest Sour-Cherry Pie and a set of 4 cherry bowls (chukar.com).



Moonstruck Chocolate Co., based in Portland, offers a Classic Heart Collection for Valentine's Day, featuring artisanal truffles and caramels. Also available are items such as Love Bug Truffles, Red Sea Salt Toffee Heart Truffles and playful Sour Cherry Lips Truffles (right)—especially fun and impressive if you gift the 20-piece box (moonstruckchocolate.com).



» THE REGION

■ Gift boxes such as Fisherman's Feast (including wild albacore tuna), NW Foodie, All Day Brunch and Sparkling Spa, along with many other gift items, such as a delicate Harlow Gold Love Birds Necklace (above) and an Oregon Sunstone Heart Pendant, are available from Portland-based **Made in Oregon** (madeinoregon.com).



■ The handcrafted Heat-Wave hot-stone massage tool (above) by **Synergy Stone**, at Seattle's Pike Place Market, makes it easy to soothe your valentine's tired back muscles. Massage items for the neck, shoulders and feet, along with massage sets, are also available (synergystone.com).

■ Feed your love with delicious bite-size brownies, cheesecakes (such as at right), crumb cakes and pound cakes, in a variety of flavors, including red velvet, from the new **Love Bites by Carnie** bakery and cafe in the greater Portland area. Company co-founders include singer Carnie Wilson, daughter of the Beach Boys' Brian Wilson, and her longtime friend and local businesswoman Tiffany Miller (lovebitesbycarnie.com).



■ Enjoy pillow talk with soft, long-lasting, hypo-allergenic foam pillows (below) from **Tuft & Needle**, which opened a Seattle store last year, in addition to its Phoenix-area locations. Also available are foam



mattresses—with heat-wicking graphite, and cooling gel, and a 10-year warranty—and sheets made with 100 percent cotton that was grown in the U.S. Southwest (tuftandneedle.com).

■ Gifts such as the Premium Steak Box (below), Taster Box, BBQ Box and Beef Box of the Month, from **Yellowstone Grassfed Beef** in



Bozeman, MT, are available for romantic dinners this month and throughout the year. The company notes that its beef is 100 percent grass-fed and grass-finished, and free of antibiotics and growth hormones (yellowstonegrassfedbeef.com).

■ Best-selling author Melissa Hill wrote in *A Gift from Tiffany's*: “Bread—like real love—took time, cultivation, strong loving hands and patience.” Celebrate your love with a loaf of sourdough-based Chocolate & Cranberry Levain (above)—featuring semisweet chocolate morsels, sweetened dried cranberries, freshly ground espresso beans and rich cocoa—from **Zeppole Baking Co.** in Boise, ID, which is owned by



» THE REGION

the Alpers family. Also available are Cranberry Scottish Shortbread (based on bakery co-owner Alison Alpers’ family recipe from Scotland), Strawberry Walnut Bread and Zeppole’s popular Banana Bread. You can choose a box with more than one variety for your loved one (zeppolebakery.com).

WINE-GIFT OPTIONS:

- Washington (washingtonwine.org).
- Oregon (oregonwine.org).
- Idaho (idahowines.org).
- Sonoma County (sonomacounty.com/wineries).
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OUTDOOR ADVENTURES IN MISSOULA

Snowshoeing and more in Western Montana

By Jean Arthur

» **I am snowshoeing with my family** near Montana's Chief Joseph Pass, and the silence is so profound that we can almost hear each other's hearts beat.

My husband, Lynn, and I, and our two adult kids, are on a winter getaway in and around the city of Missoula, one of Western Montana's centers for outdoor activities and cultural attractions.

Earlier this morning, we arrived at the parking lot for the pass trailhead, 95 miles south of Missoula, at an elevation of more than 7,200 feet. My 27-year-old daughter, Gretchen, dashed from the truck, her snowshoes flicking up powder snow like a pony's tail flashing in the winter sun.

Snow dust hung in the windless moun-

tain air for a few seconds before disappearing. "Let's try the Broadway Trail," she said, excitedly examining the trailhead sign that marked 25 kilometers (about 13 miles) of trails within the Beaverhead-Deerlodge National Forest that are directly accessed from the pass.

Local outfitters have rented us all the equipment we needed for enjoying the snow. The Trail Head store in Missoula carries a wide selection of winter gear, including snowshoes, and Missoula's Open Road Bicycles also rents winter equipment, as well as bikes for cycling the area's country roads.

People and their pets lingered in the parking area, resting on tailgates after

GREAT ESCAPE»



» From left: A snowshoer photographs the view from Lolo Pass, on the Montana-Idaho border. Missoula's quaint downtown offers craft breweries, music venues and a variety of restaurants. A fly-fisher casts for rainbow trout in the spring along the Clark Fork River near Missoula.

adventures on multiuse trails where dogs are welcome. We even saw a dogsled team and musher headed toward the Gibbons Pass Road.

At the trailhead, I picked up a Chief Joseph Pass trails map, courtesy of the Bitterroot Cross-Country Ski Club, and dropped a donation into the deposit box. Now, we snowshoe along the Broadway Trail and see cross-country skiers kicking and gliding on the Sunny Meadow Loop, one of the trails where dogs are restricted.

As we snowshoe through the white terrain, I muse over the descriptive names that were given to nearby towns and the history that surrounds us. Native tribes and Lewis and Clark's Corps of Discovery have left their marks on this landscape.

To the south are two towns colorfully named Cobalt and Salmon. To the east lies the ranching community of Wisdom, which derives its name from a nearby

river Lewis and Clark named Wisdom River (now known as Wise River).

The pass we are hiking on recognizes the Chief Joseph-led Nez Percé peoples, who in August of 1877 fled the U.S. Army in this area, camping near Wisdom, where the Battle of the Big Hole took place. The Big Hole National Battlefield, about 20 miles east of the pass, has three self-guided snowshoe trails that wend among the area's willows and battle sites—a fascinating historical experience.

A short distance to the northwest, straddling the border between Montana and Idaho, are Lost Trail Powder Mountain and its namesake Lost Trail Pass, which the Corps of Discovery crossed on their way west in 1805. Today, the mountain is home to the Lost Trail Ski Area, with alpine ski trails and chairlifts traversing its slopes. To the north is the Bitterroot Valley, bejeweled by the Sapphire Mountains to the east and the Selway-Bitterroot Wilderness to the west. The Bitterroot River runs through the valley, whose name is also that of the state's official flower, the bitterroot.

As we continue on our journey, I find myself snowshoe-jogging behind my kids on the tree-brimmed trail. I give up trying to catch the kids, who are heading north

on Broadway Trail, until turning onto the connecting "CD Trail," or Continental Divide Trail. "See you at the warming hut!" I yell as I wave, but I see only their powder-dust trail floating above the path.

"They won't be too far ahead," my husband says, patting his daypack. "I have the hot chocolate and the lunches."

With posted maps to guide us, we take a different route on the connected trails to the warming hut. About 6 inches of soft snow sparkles on Whoopee and Herringbone trails. Wooden benches provide timely rest spots and refreshing meadow views on some of the trails. Ravens investigate our trek and seem to cluck-click their approval. A Clark's nutcracker hops onto our bench when we leave, and black-capped chickadees flit between young lodgepole pines.

We connect with the kids at the Gordon Reese Warming Hut, our picnic spot, where other families and a pack of Boy Scouts are also lunching. A wood stove heats the two-story log lodge. Youngsters play a board game on an indoor table. Outside, the deck faces the sun, and the Scouts face off in a snowman-building competition. Our lunch, from Missoula's Good Food Store deli, has sandwiches, salads and fruit. From Missoula's Kornu-

topia, we had gourmet popcorn—made with butter toffee and dark chocolate.

After snowshoeing, we return to the DoubleTree by Hilton Hotel Missoula-Edgewater, located on the banks of the Clark Fork River, and warm up in the hot tub before indulging in hot toddies at the hotel bar. Rejuvenated, we walk around downtown Missoula, a city of 72,000 people that is also home to the University of Montana. With spring around the corner, the lengthening days make it easy to get outdoors, and still have time to enjoy the city's art galleries, local music scene and restaurants.

Missoula is a hub for fly-fishing on the area's many waterways, including the Clark Fork River, which weaves through the city and goes by our hotel. The day before our snowy excursion, we tossed a few blue-wing olive flies into the Clark



» The untitled ceramic piece above was created by Peter and Henry Meloy and is part of the Montana Museum of Art & Culture's exhibit "Decades: Ceramics from the Permanent Collection."

Fork in search of rainbow trout. The city is also a starting point for hundreds of hiking trails in the area.

Missoula is known for year-round cycling, summer concerts and a perpetual line at the Big Dipper Ice Cream shop. The patchouli-oil scents float from Rockin' Rudy's, "The Original Hipster Department Store," where shoppers find timeworn vinyl records and new T-shirts with the slogan "Missoula. A Place. Sort of."

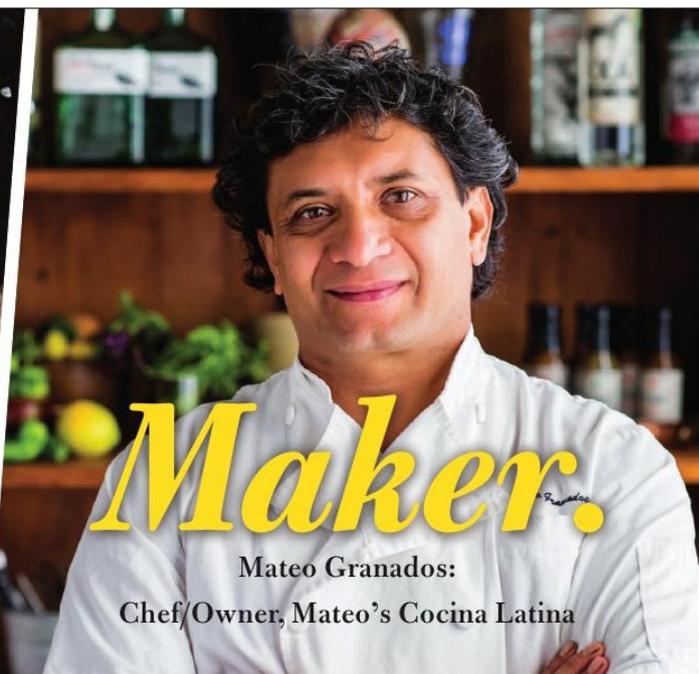
The city is also home to the Missoula Art Museum, which features modern works from Western and Montana-based artists. On the University of Montana campus, you'll find the impressive Montana Museum of Art & Culture, with its exhibit "Decades: Ceramics from the Permanent Collection," which is on display through May 26.

We hear the beat of live music thump-

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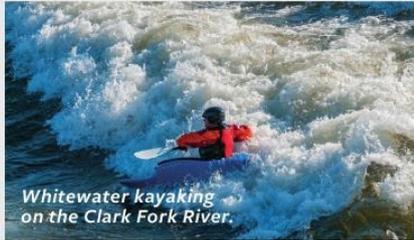
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OTHER AREA ACTIVITIES



Whitewater kayaking on the Clark Fork River.

Big Sky Documentary Film Festival: The event (Feb. 16–25) is one of the West’s premier documentary festivals, offering about 150 nonfiction films at local theaters. (bigskyfilmfest.org).

Dunrovin Guest Ranch: Located 10 miles south of Missoula, the ranch offers guided horseback expeditions and trail rides on ranchland and in the Bitterroot Valley (dunrovinranchmontana.com).

KettleHouse Brewing Company: One of 10 breweries and ciderhouses in and around Missoula, KettleHouse serves more than a dozen artisanal brews at two taphouses and at a new outdoor amphitheater music venue (kettlehouse.com).

Lewis and Clark Trail Adventures: The guide service leads area excursions, including whitewater rafting and canoe trips on the Clark Fork River (trailadventures.com).

The Missoula Insectarium: With more than a dozen aquariums and terrariums, this insect zoo is home to many creepy crawlies, including tarantulas, butterflies and an Atlas beetle, one of the strongest critters by size on Earth (missoulabutterflyhouse.org).

The Montana Birding and Nature Trail: The nonprofit group offers information and helpful birding tips for the greater Missoula area (montanabirdingtrail.org).

Montana Natural History Center: The Missoula museum features exhibits on the plants, animals and varied ecosystems found in this area of Montana. See a fossil exhibit that includes a life-size replica of a *Tyrannosaurus rex* skull and learn about the large glacial lake that repeatedly flooded the region, scouring the landscape from Western Montana to the Pacific. (montananaturalist.org).

Radius Gallery: A contemporary art gallery displaying a variety of works by various local artists. The current exhibit, through Feb. 24, is “Shape/Shift,” featuring new works by three well-known local artists: painter Pamela Caughey, ceramist Beth Lo and studio potter Sean O’Connell (radiusgallery.com).



Mountain bluebird.

LEFT: STEPHEN SAKS PHOTOGRAPHY / ALAMY STOCK PHOTO; SHUTTERSTOCK.COM



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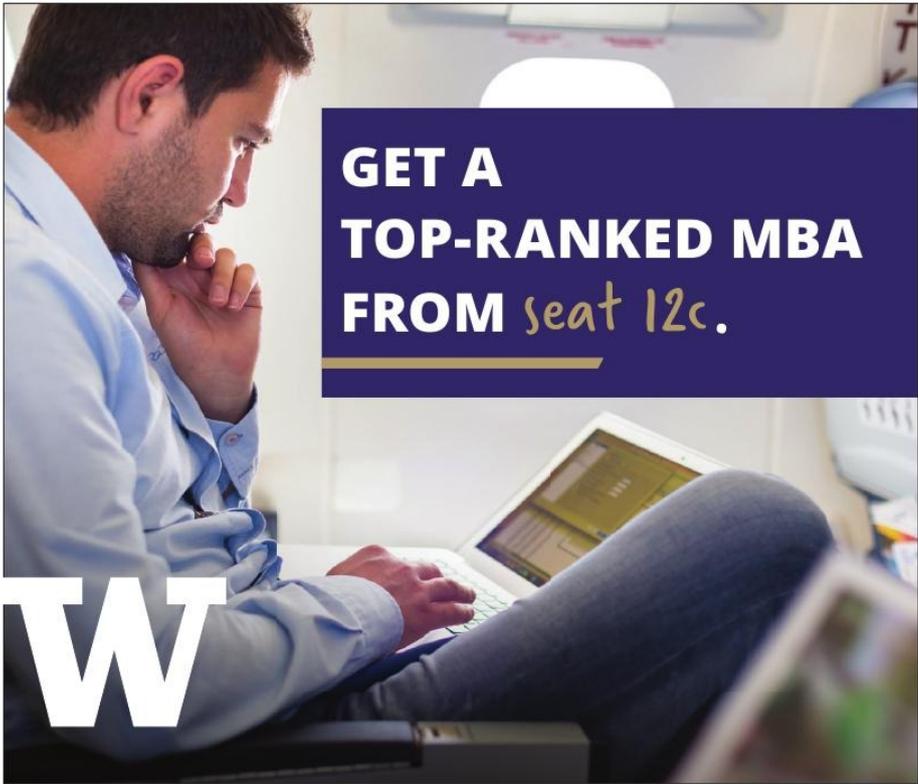
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» GREAT ESCAPE MISSOULA

ing from various venues, such as the Top Hat Lounge and the 97-year-old Wilma theater, where we meet friends for a meal at the bistro Scotty's Table on the theater's river level. We discuss our day in the snow, and our friends suggest their favorite snowshoe routes: Pattee Canyon Recreation Area, the Lolo Peak area and Marshall Mountain. The options inspire us to visit more snowshoe trails.

The next morning, with a hint of spring in the air, Lynn and I drive the 3 miles up Pattee Canyon. We see wild turkeys and white-tailed deer as we head toward the Crazy Canyon parking lot. Friendly snowshoers greet us and suggest routes, while their equally friendly dogs offer a warm welcome.

The Missoula Ranger District of the Lolo National Forest, located southwest of Missoula, manages the 5,900-acre recreation area, which includes 27 miles of trails that are vehicle-restricted. Some trails are for cross-country skiers only; however, our path through Crazy Canyon is open to snowshoers and dog walkers. A free map at the trailhead leads us past ponderosa pines, hemlocks, tamaracks and a few groups of tag-playing chipmunks.

Snowshoeing toward Mount Sentinel, we climb a path that periodically crosses a one-lane back road where we see a group of fat-tire cyclists. As we continue climbing, the sun breaks through the clouds, illuminating nearby University Mountain, at an elevation of 5,806 feet. We seem to hover above the Missoula Valley, which is still under a cloudy brume.

The city of Missoula also boasts an excellent snowshoe trail system, with a variety of routes in and near the city. One of our favorites is the

A REAL SCHICK SHADEL STORY:

*My brother found freedom from addiction**Based on a true story*

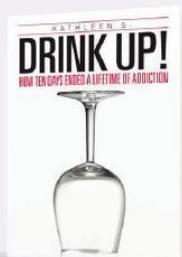
The downward spiral came faster than I would have ever imagined. And given that it was my older brother, at the wheel of a life on a collision course with disaster, I was sure there wasn't much I could do. I was always reduced to the role of "little brother." He had been living with me for five days but it felt like six months. I was having a hard time asking him to leave. He spent most of this time passed out on a leather chair in front of the television — not a pretty picture for a husband and father.

So, I had to sit him down and explain to him what his alcoholism was costing him: his wife, his family and his friends. I told him he was no longer welcome in my home. This was not an easy thing for me to tell my childhood idol — he was someone I had looked up to my entire life.

A friend of mine suggested I have him contact Schick Shadel Hospital. I knew about their reputation for helping people overcome addiction during 10 days of inpatient treatment. Rather than depending on a patient's willpower alone, Schick Shadel's approach involves medical detox, counterconditioning, one-on-one counseling, education sessions and a comprehensive after-care program in his community.

Counterconditioning helped my brother break the cycle of addiction by eliminating his cravings — to the point that he literally lost interest in alcohol. The treatment includes behavior modification that changes how the patient thinks about their addictive substance. By treating the addiction at both the physiological and psychological levels, Schick Shadel gives their patients the ability to spend their time and energy on rebuilding their lives. The program is designed to help patients reroute the neuropathways to medically conquer the physical dependency — followed by counseling to help heal any emotional damage that may be an underlying cause of the addiction.

Fortunately, my brother listened and checked in the day before Thanksgiving. As I spoke to him throughout his stay, I began to notice a change in his attitude and physical well-being.



Read *Drink Up!* written by a former patient about her journey to sobriety. Kathleen S. had tried just about everything to quit drinking. Nothing worked. A binge drinker who felt she was already living on borrowed time (two of her brothers died of addiction-related causes in their 40s), her life and health were rapidly breaking down. Then one day she heard a radio advertisement for a treatment program that promised to take away her cravings.

To get a free copy sent to you, send us an email request at SchickShadelinfo@uhsinc.com

If you need help or have a friend or loved one that has an addiction problem, **please call us today at 800-CRAVING.**

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He sounds better.

DAY SIX: He's making real progress. It's working! He is beginning to self-assess and reevaluate his life. He is eager to complete his treatment and fix his broken relationships.

DAY TEN: I picked up my brother today. His cravings are gone due to the unique and powerful medical model Schick Shadel uses. He was touched by the care and support he received during his stay. He described the highly skilled nursing staff and counselors who made a difference and helped him to see the world as a responsible, sober adult.

Thank you Schick Shadel Hospital for your professionalism, compassion and kindness. My brother can now live alcohol-free. I feel blessed to have had such a wonderful place available for my brother to receive treatment. In the past 80 years, Schick Shadel has treated more than 65,000 men and women with substance use disorders. I'm proud to be able to count my brother as one of them.

— As told by the grateful brother of a former patient.

...he was someone I had looked up to my entire life.

A first-of-its-kind imaging study was conducted by Schick Shadel Hospital and the University of Washington. In the study, scans showed reduced craving-related brain activity after chemical-aversion therapy. Functional MRI scans taken before and after treatment showed significant changes in the brain among 13 subjects. 69 percent of the participating patients reported still being sober 12 months after treatment. Read the full study online at [Frontiers in Behavioral Neuroscience: The Neurobiological Mechanism of Chemical Aversion Therapy for Alcohol Use Disorder: An fMRI Study](http://Frontiers.in Behavioral Neuroscience: The Neurobiological Mechanism of Chemical Aversion Therapy for Alcohol Use Disorder: An fMRI Study).

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easy riverside Kim Williams Trail, a 2.5-mile route that runs on the renovated bed of a former Milwaukee Railroad line. The route passes through Hellgate Canyon and along the Clark Fork River in the city.

The Missoula Parks and Recreation Department offers guided snowshoe events that are open to the public, including trips to local hot springs, or into the Sapphire Mountains.

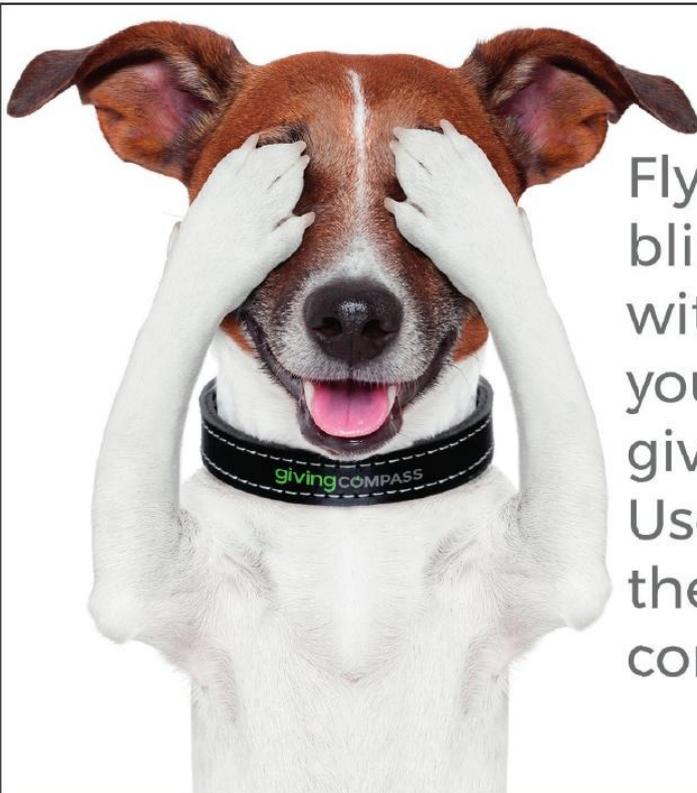
"Every Monday, we offer the Missoula Movers program where anyone can join in at 9 A.M. for \$5 to snowshoe through Missoula's conservation lands, parks and trails," says Meg Whicher, recreation specialist for the city. "After snowshoeing, we all go for coffee and good company."

The department also organizes private guiding trips, often for families or corporate groups. "We take private groups that hire us to snowshoe in places such as Marshall Mountain, and we can provide the snowshoes and the transportation," Whicher says. "Families like to snowshoe to a shelter where we have a roaring fire and hot chocolate. It's really fun."

There is something enchanting about this city where people can snowshoe in and around town. Mix in plenty of fly-fishing and cultural attractions and you've got the perfect location for a winter getaway. ■

Jean Arthur writes from Bozeman, Montana.

For more information on Missoula and Western Montana recreation, visit destinationmissoula.org. Alaska Airlines (alaskaair.com) flies daily to Missoula, a gateway to many outstanding outdoor activities.



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WHAT'S BREWING IN WHATCOM COUNTY

Enjoying beers in Bellingham and beyond

By Lauren Kramer

» **I'm smitten** the moment I walk into Aslan Brewing Company's brewpub in downtown Bellingham, in northwestern Washington. The taproom is glowing with warm light, and spirited conversations are taking place over tall glasses of golden-hued beer. Aslan is buzzing with ambience, and with its 18-foot-high ceilings, floor-to-ceiling windows and plants draping the walls, the brewpub feels distinctly Bellingham: well-grounded, highly social, connected to nature and unpretentious. I take a seat next to Boe Trosset, one of the

four owners, and try a sip of the Batch 15 IPA he places before me. With just one taste of this deliciously hazy, juicy, citrusy, hop-forward IPA made with USDA-approved organic ingredients, it's clear why the taproom is buzzing on this Sunday night.

Trosset and his brother Frank started brewing beer at home in 2010, when they were working construction jobs. They met Jack Lamb and Pat Haynes a year later. Frank Trosset and Jack Lamb developed a plan to switch careers and open a brewery,

and eventually, the four men became partners as co-owners.

"My brother and I realized we were much more passionate about brewing beer than about building houses," says Boe Trosset. Lamb turned down a tech job to become a partner.

In early 2014, Aslan Brewing Company (named for the common Turkish word for *lion*) opened on North Forest Street with 10 beers on tap. Later that year the company released Batch 15—a beer that quickly attracted attention at various statewide and national beer competitions, garnering multiple awards and becoming a favorite in Bellingham and beyond.

By October 2015, the partners were distributing cans of beer to stores in Seattle, and after that, success came fast. "We ran out of beer!" says Boe Trosset,



» GREAT ESCAPE
BELLINGHAM & WHATCOM COUNTY



» *Guests enjoy food and beers at Aslan Brewing Company, opposite. Wander Brewing hosts events, top left, and makes an award-winning stout, left. Kulshan Brewing Company patrons, top right, appreciate the work of its brewers, two of which are shown at right, with a collaborator (far right).*



OPPOSITE PAGE: KATHRYN MORAN; THIS PAGE, TOP LEFT: RAELEE MARIE PHOTOGRAPHY; BOTTOM LEFT: DAMIAN VINES PHOTOGRAPHY; RIGHT: COURTNEY KULSHAN BREWING COMPANY (2)

his voice still tinged with surprise. “We just couldn’t make it fast enough to keep up with demand, even while we were running our brewhouse 22 hours a day.”

Expansion was inevitable, but the partners were careful to maintain their boutique approach to craft beer rather than choose the route of mass production. The culmination of this approach is Aslan Depot Barrels & Blending, a second location in Bellingham. The new venue, scheduled to open this month, will highlight specialty brews and barrel-aged projects made by Aslan, and high-quality craft beer, wine and cider from other suppliers.

Meanwhile, the parking area at Aslan’s flagship facility is often full, and the brewery is a favorite in Bellingham, where the craft-beer scene has grown in leaps and bounds.

In the last five years, the craft-brewing industry in Whatcom County has expanded from two breweries to 14, the majority situated in Bellingham. The city has more breweries per capita than Seattle and Portland, and these companies are crafting exceptional beer. In 2017 alone, six Bellingham breweries garnered a total of 26 medals at major beer competitions—and others received acclaim from craft-beer publications. Aslan’s Batch 15 won a Double Gold (the highest ranking) in *Sip Northwest* magazine’s 2017 Best of the Northwest awards. The brewery also won bronze medals at the 2017 Washington Beer Awards for its Classic Light Lager and American Stout.

Awards such as these are strong evidence that the Whatcom County beer scene has come of age. But to truly experi-

ence that scene, it’s not enough to buy the brew from afar. You’ll want to sit yourself down in the area’s cool barrooms, experience their warm, community-focused atmospheres, chat with the brewers responsible for the careful brewcraft, and familiarize yourself with the sublime taproom selections they nurture. Happy visitors like me are planning or organizing weekend getaways that focus on exploring the offerings of this area’s growing craft-beer industry.

Another honoree at the 2017 Washington Beer Awards was Bellingham’s Wander Brewing, which went home with gold in the Wood & Barrel Aged Beers category, and in the Irish Stouts category. Owned by husband-and-wife team Chad and Colleen Kuehl, Wander opened within

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days of Aslan, in 2014. The Kuehls had traveled the world before embarking on their business journey of running a brewery, and Wander Brewing, the name they chose for their company, references their global adventures, as well as their brewing style.

“Walk into our taproom, and you’re not just going to see a blonde ale, a pale, a stout, an amber,” says Chad. “You’re going to see Belgian styles, a smoky *rauchbier*, a fruited kettle sour or a barrel-aged saison, as well as IPAs and a double IPA.”

Located in an old shipbuilding warehouse built in the 1920s, Wander’s taproom features 33-foot-high ceilings, garage-style doors that open to flood the space with light, and wooden picnic-style tables that foster a casual atmosphere.

Chad presents me with a flight of beer that features the Correspondent Foreign Extra Stout, which recently won a gold at the prestigious Great American Beer Festival. It’s a flavorful, hoppy beer with rich British malts and coffee tones.

My favorite sample, however, is the Millie Fruited Sour, named for Chad’s grandmother. This beer has the lower alcohol content and acidic tang common to many sours, and is sweetened by different fruit varieties at different times, such as the blood orange flavoring that I tried on my visit.

“We lean on the success of our year-round beers so that we can take risks on other craft beers that make us creatively happy,” Chad says. “Our biggest focus isn’t on making money or growing as large as possible—it’s on offering a variety of well-crafted beer styles. For us, growing means strengthening our relationships with our community and employees, and constantly improving upon our quality.”

The medals Wander has earned over the last three years hang prominently on the wall, and they’re a good motivator, Chad admits. “When you’re coming in to brew at 5 A.M., and you’re tired, those

MORE WHATCOM COUNTY ACTIVITIES



■ **Culture:** The Spark Museum of Electrical Invention provides interactive experiences for visitors to explore how technology has evolved (sparkmuseum.org). Love art? Check out the Whatcom Museum’s Lightcatcher Building, which hosts exhibits year-round, as well as a Family Interactive Gallery (whatcommuseum.org). For performing arts, the historic Mount Baker Theatre (mountbakertheatre.com) is home to the Whatcom Symphony Orchestra and nationally touring groups, while The Upfront Theatre (theupfront.com) is a go-to in Bellingham for improv comedy.



■ **North Cascades National Park:** Celebrating its 50th anniversary this year, this park is known for its rugged mountain scenery, alpine lakes and glaciers, and wildlife that includes grizzly bears, gray wolves and hundreds of species of birds (nps.gov/noca).

■ **Outdoor Adventures:** If you love hiking, biking, skiing and water sports, head to the Recreation Northwest Expo, February 24, at the Bellingham Cruise Terminal to learn about outdoor recreation in Whatcom County and beyond. This event is open to the public. Another resource: *Urban Trails Bellingham*, a recent release by Western Washington author and prolific hiker Craig Romano (Mountaineers Books, June 2017).



■ **Semiahmoo Spit:** A 1.25-mile strip of land between Semiahmoo Bay and Drayton Harbor, the spit is a flocking point for a great variety of birds and a beloved destination for avid bird-watchers (bellingham.org/activities/bird-watching).



■ **Western Washington University’s Public Sculpture Collection:** This assemblage consists of about 35 outdoor and indoor sculptures, and includes a recently acquired collection of work by Northwest artists (west-erngallery.wvu.edu).

■ **Wine-Tasting:** At its Bellingham tasting room, Masquerade Wine Company (masqueradewines.com) offers its award-winning red, white and sparkling wines (12 total) made with grapes from Pacific Northwest vineyards. At the same location, Masquerade also runs Illuminati Brewing Company, which features 11 different small-batch beers.

—L.K.

medals are validation that we're making beer that people think is exceptional," he says. "But really, the aha! moment for me is when I leave the brewery at the end of the day and see people drinking beer I spent a couple of weeks crafting—grain I milled, hops I selected and a recipe I worked on. That's kind of cool."

In the months before David Vitt opened Kulshan Brewing Company in Bellingham's Sunnyland neighborhood in 2012, some people advised him not to do so. The city already had two breweries at that time, they reasoned, suggesting that the market was already saturated. Vitt felt differently. He had been brewing craft beer in Olympia for six years and didn't feel his hometown of Bellingham had reached craft-beer maturity.

"I knew there was room for another

MORE BELLINGHAM-AREA BREWERS



■ **Boundary Bay Brewery & Bistro:** Opened in 1995, Boundary Bay has garnered an extensive list of awards for its housemade brews, served at its Bellingham location in an atmosphere of energy, artistry and community (bbay-brewery.com).



■ **Chuckanut Brewery:** Respected nationally for its European-style ales and lagers, Chuckanut, which opened in 2008, is one of Bellingham's oldest brewers. It was named the Large Brewery of the Year at the 2017 Washington Beer Awards (chuckanutbreweryandkitchen.com).



■ **Melvin Brewing Bellingham:** Wyoming-based Melvin Brewing recently chose Bellingham as the location for its West Coast expansion and was named the 2017 Brewery Group and Brewery Group Brewer of the Year at the Great American Beer Festival (melvinbrewing.com). —L.K.

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BELLINGHAM & WHATCOM COUNTY

brewery in town, and we had a different take on beer: true-to-style, well-balanced, clean beer,” he says. “We offered an updated approach to beer styles for American-style beer.”

He started out with the Bastard Kat, Kulshan’s flagship IPA, with a light pine, citrus and orange-zest taste, as well as a pale ale, a brown porter and a Russian imperial stout. The taproom was packed from day one. “We were instantly overrun with people, running out of beer and unable to keep up,” Vitt recalls. “The reception was overwhelming.”

Craft brewers are often modest folk, and Vitt had never imagined his brewery would be so successful. He has since adapted. In May 2015 he opened a second location in town for larger-production beers made for wholesale distribution. By next year, Kulshan (*Kulshan* or *Koma*

Kulshan is a Native American name for nearby Mount Baker) will be canning 16 varieties and bottling 17 others.

Vitt also helped start Bellingham Beer Week in 2012, an annual event that celebrates everything craft beer related and is scheduled for April 20–28 in 2018. Visitors can learn more about Bellingham Beer Week and also see a map of the 20-plus locations of the Bellingham Tap Trail at taptrail.com. (The tap trail organization runs the beer week, as well.) You can also pick up a Bellingham Tap Trail Passport at 30 participating locations across Whatcom County.

Today, Kulshan Brewing Company has expanded to distribute beer outside Whatcom County, in the Puget Sound-area cities of Tacoma, Olympia and Seattle. And David Vitt has set his sights on Eastern Washington and Alaska.

He offers me a glass of the Bastard Kat IPA, and he opens his favorite beer, a German-style pilsner with a soft, sweet malt flavor and a light, herbal tone. We drink to the success of his brewery and to the area’s beer scene, in general.

“I didn’t know what to expect when I opened Kulshan,” Vitt says, “but we’re way further along than I could ever have imagined.” ■

Lauren Kramer writes about the Pacific Northwest from British Columbia. For more information on Bellingham and Whatcom County recreation, visit bellingham.org.

Alaska Airlines (alaskaair.com) flies daily to the cities of Bellingham and Seattle, WA, and Vancouver, BC, all gateways to Whatcom County.

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PALATE- PLEASING FOODS

ARTISANS PROVIDE A TASTE OF THE
INTERMOUNTAIN NORTHWEST

BY ADRIANA JANOVICH



Shaun Thompson Duffy can tell just by looking. But, to be sure, he puts his nose to the top of the open Mason jar and takes a whiff before offering me some pro tips for my sourdough starter: Discard more of the mixture each day, to encourage continued activity and growth while keeping the overall amount manageable; feed less, by reducing the quantity of flour and water being added; try adding rye flour; and use warmer water as well as a smaller jar.

I was a brand-new bread baker, eager and enthusiastic, but utterly inexperienced. The sourdough starter I'd obtained from an acquaintance was producing rounds that were heavy—more bricklike than breadlike—and that were not displaying any signature sourdough holes. I was doing something wrong, but I didn't know what. So I went to see Thompson Duffy, who is known as a "Bread Jedi" when it comes to starter and pretty much everything else having to do with the staff of life.

Thompson Duffy—who produces beautiful, holey sourdough loaves with lovely crusts—is the owner of **Culture Breads**, which he launched in 2015. His breads are available at Rocket Market in Spokane, and this month he is scheduled to also open his own bread shop and cafe in Spokane's hip South Perry neighborhood, just south of downtown.

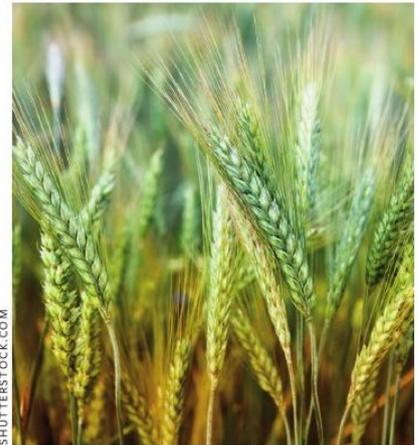
Thompson Duffy uses heritage grains, all produced within about 100 miles of Spokane, in one of the country's major grain-growing regions. He relies on varieties of wheat, barley and oats that often date back centuries and that have not been altered or hybridized for higher yields or for other characteristics that would enhance mass-production success.

He says he doesn't know of any other retail bakery in the United States that is incorporating all four of his bread-making pillars: using only locally grown grains, milling them in-house, using mostly natural leavening, and baking in a wood-fired oven. "It's a very Old World way of doing things," he says. "It's looking to the past."

Thompson Duffy worked in numerous well-regarded kitchens—including at various hotels—in cities such as Houston, Austin, Chicago, Las Vegas and Portland before settling in Spokane five years ago when his wife Holly's job as an environmental-protection specialist brought the couple here. The popularity of his bread at Rocket Market, and via a



ADRIANA JANOVICH



SHUTTERSTOCK.COM

Above: "Bread Jedi" Shaun Thompson Duffy with his daughter Willa. He uses local heritage grains for his breads, some of which are displayed here in a recycled wine box. Opposite: Brush Creek Creamery makes award-winning cheese with milk from local Jersey cows. Owner Rebecch Salmeri is shown crafting Mountain Maple Brie.





PETER ROISE (3)



bread-subscription service he started, prompted him to create his own shop, which will sell about a half-dozen bread varieties made daily, as well as special rotating breads and freshly milled flours.

Customers will also be able to regularly find *dinkelbrot*, made with spelt and mesquite flours, and *vollkornbrot*, made with rye flour and rye malt. Also rotating through will be breads such as Thompson Duffy's oat loaf, which features fermented oats and coriander, along with a rustic loaf, a farmhouse loaf, and challah (on Fridays) made with emmer.

The shop will also offer a small selection of sweets, including croissants and seasonal pies. And Thompson Duffy is adamant about continuing to purchase local grains. "We're going to sustain ourselves by supporting local farmers," he says.

Culture Breads is one of a growing number of artisanal-food producers contributing to the Spokane region's up-and-coming culinary scene. Many skilled entrepreneurs are setting up shop in the Intermountain Northwest, where they are able to source many of their ingredients from nearby ranches and farms.

"Our growing culinary scene is focused on using grains locally cultivated, and meats bred and fed on area farms," notes Cheryl Kilday, president and CEO of Visit Spokane, adding that the city is a large metropolis between the Cascade Range and the Rocky Mountains, and has been described as the "capital of the Intermountain Northwest."

"It's not just about quantity—it's about quality and the art of the creation," she says. "Vivid imaginations and a willingness to push boundaries in our culinary scene have opened the door to gastronomical delights. The opportunities to explore artistry in food are endless, and the beauty of the Intermountain Northwest is the amount of farmland that provides local chefs, bakers, cheesemakers, beverage makers and others with the most exquisite ingredients from Eastern Washington and North Idaho."



Mandolyn Hume, above, pedals her cold cart to local farmers markets to sell her Fannie's Ice Pops confections.

Mandala Chai Company beverages, such as the one shown below right, are made in small batches, in original, spicy and sometimes seasonal flavors.

CHEESE TO PLEASE

One of the region's thriving artisanal cheesemakers is **Brush Creek Creamery** (brushcreekcreamery.com), which has been crafting cheese since 2010, and in 2016 opened a retail shop in Deary, about 25 miles east of Moscow, Idaho. Guests can watch cheesemakers at work through an observation window, and then purchase cheese to savor later, or to enjoy onsite with an item from The Pie Safe Bakery & Kitchen, which shares space with the creamery, and makes soup, sandwiches, pizza, croissants, cinnamon rolls and other baked treats.

All of Brush Creek's cheese products are made with milk from local Jersey cows. Several of the cheeses are nationally recognized, such as the Mountain Maple Brie, a first-place winner in the American Cheese Society's 2017

and 2016 competitions. The brie is wrapped in mountain maple bark from Idaho, which lends a smokiness (and which should be removed before consumption), and the brie is topped with a grape leaf from Colter's Creek Vineyards and Winery in nearby Juliaetta.

Each new wheel of Orchard Blue, a 2016 first-place winner, is dipped in Brush Creek Creamery's own apple cider for three days, and then aged for two to three months. It has a tangy blue cheese flavor. Look also for marinated labneh, marinated feta, aged cheddar and Montasio, a creamy Italian-inspired cheese that takes on a marvelous

caramelized flavor after a year of aging.

NATURALLY REFRESHING

At **Fannie's Ice Pops** (fanniesicepops.com), frozen confections come in a dozen rotating flavors, and are vegan, gluten-free and made in small batches, often with organic and locally sourced ingredients.

It's always difficult for me to choose just one flavor. Good thing proprietor Mandolyn Hume gives a discount for buying two at a time at local farmers markets. When temperatures soar into the 90s in Spokane, I keep an eye out for her vintage-inspired bicycle, with its attached cold cart, at the Kendall Yards Night Market. Year-round, her ice pops can be found in Spokane stores such as Rocket Market and the new My Fresh Basket, and seasonally at the Main Market Co-op. She also does catering.

When Hume visits farmers markets with her cart, she often brings along her 8-year-old twins, a boy and a girl. They are the reason Hume began making ice pops five years ago, back when the twins were just 3. She says it seemed like an ice cream truck would pass by their home "72 times a day" during the summer. The twins begged for frozen treats when they heard the music from the truck, and the kids most often asked for items made with red and blue dyes, artificial flavors, high-fructose

corn syrup and refined sugar. Hume wanted a more healthful option. "I thought we could make something ourselves at home," she says. Shortly after that, the idea for Fannie's Ice Pops was born.

Named for Hume's great-grandmother Fannie, who had a small farmstead in Oregon's Willamette Valley, Fannie's Ice Pops focuses on recipes with three to six ingredients, all of them natural. Hume—a former special-education teacher who has long had an interest in nutrition—makes her own infused syrups using organic sugar cane, and she uses those syrups sparingly, while often adding a splash of fresh lemon juice for brightness and depth of flavor. Hume also doesn't use dairy. If a recipe requires creaminess, she uses coconut milk.

She sources as many ingredients as she can—such as fruit and fresh herbs—from the farmers markets where she sells her ice pops, and she also obtains fruit at U-pick farms in the Green Bluff agricultural area northeast of Spokane.

Flavors include strawberry, strawberry-rhubarb, chocolate-avocado, raspberry-basil, cold-brew coffee, lemonade-rosemary, lemonade-lavender, roasted peach and vanilla, and strawberry-watermelon-mint. But the combination that seems to surprise customers most—and sells really well—is Hume's signature cucumber-apple-mint-lime ice pop. It's my favorite, too.



URBAN ROSE STOCK PHOTOGRAPHY



TEARRIFIC BEVERAGE

Founded by former barista Aleczondra Evans, **Mandala Chai Company** (mandalachaicompany.com) beverages are made in small batches and come in two flavors: original and spicy. Evans found most brands on the market to be too sweet or not spicy enough, so with the encouragement of the owner of the coffee shop where she used to work, she began experimenting with making her own chai in February 2015.

It took dozens of test batches to create the highly concentrated versions she sells today, which feature organic spices that she hand grinds. The original flavor focuses on cardamom, honey and vanilla bean. The spicy version owes its pep to cayenne, with other ingredients such as allspice, star anise, cardamom, clove, black pepper, fresh ginger and fresh orange. Both flavors come in reusable glass jars in 16 or 32 ounces and are also available by the gallon.

Evans started bringing her product to the Kendall Yards Night Market last summer, and she sold out every week. Sometimes she creates special seasonal flavors, incorporating locally or regionally sourced hazelnut, huckleberry and lavender, for her farmers market offerings. Rocket Market and My Fresh Basket, as well as several coffee shops in and around Spokane, also carry her chai, in the original and spicy flavors.

She and her two business partners are working to grow distribution and keep up with demand. "Making quality chai is a careful process," she says. "It's handcrafted. It's authentic. It's taught me about patience. You have to be patient. But it's better that way." **INW**

Adriana Janovich writes for The Spokesman-Review in Spokane. For more information on business and recreation in the Spokane region, see greaterspokane.org and visitspokane.com.

Alaska Airlines (alaskaair.com) flies daily to Spokane, gateway to the Intermountain Northwest.

ADRIANA JANOVICH (3)

MORE INTERMOUNTAIN NORTHWEST ARTISANAL-FOOD PRODUCERS

BOOEY'S GOURMET: Casey Boeey III launched his line of sauces in 2013 and now has three flavors on the market—Original Pepper Sauce, Sweet Jamaican Jerk Sauce and Smokehouse BBQ Sauce—with more recipes in the works. He also makes rubs using coffee from the local Roast House company (booeysgourmet.com).

BRAIN FREEZE CREAMERY: This ice cream maker is known for flavors such as Anvil Chunk and Anvil Crunch, using local Anvil espresso, as well as the Inland Earl Grey flavor, made with locally blended loose-leaf tea from Winterwoods Tea Company, and the Palouse Crunch flavor, with red lentils from the Palouse agricultural region, which includes parts of Eastern Washington and northern Idaho (brainfreezecreamery.com).

FLORA YOGURT: Yogurt-maker Karyna Hamilton specializes in heirloom yogurts made without any stabilizers or additives, including sugar. She uses milk from the Pure Eire Dairy in Othello, Washington. She also offers workshops (facebook.com/floraayogurtcompany).

HENDERSON DIP: The Original Tomato and Onion flavor is based on a family recipe dating to the 1950s. Today, Spicy Chipotle and Classic Caesar round out a trio of offerings, with many of the spices sourced from the Northwest (hendersondip.com).

HIEROPHANT MEADERY: Husband-and-wife herbalists Jeremy and Michelle Kyncl (right) started their award-winning meadery in 2013, specializing in traditional, off-dry (slightly sweet) and infused honey wines in flavors such as rose-cardamom, hopped mead and chamomile. Their meads are made with honey from the Northwest and California. Their signature Chrysopoeia is light and sweet, but not too sweet (hierophantmeadery.com).



MIFLAOUR: Husband and wife Maximus and Ella Piskun launched their online bakery in 2017, using fruit from Spokane's Green Bluff area in their scones, pies, tarts and other treats. They're particularly known for their French macarons, including their London Fog flavor (miflavour.com).

RIO SEASONING: The three spice blends—original, chicken and hot—at this family business are made in small batches and include local ingredients such as celery, cilantro, onions and carrots (rioseasoning.com).

SANTÉ RESTAURANT & CHARCUTERIE: This downtown restaurant features a charcuterie case full of items such as housemade sausage, pâté and cured meats. Many of the meats are sourced locally (santespokane.com).

SPICEOLOGIST: This popular spice company features rubs such as Black Magic, Cowboy Crust, Greek Freak and Tandoori Glory (spiceologist.com).



WINTERWOODS TEA COMPANY: Tirza Wibel launched this loose-leaf, small-batch, hand-blended tea company in 2014. Look for creative combinations, with many ingredients and names that pay homage to local and regional landmarks, such as GreenBluff Green, Pacific Coast Lavender and Mount Hood Hops (winterwoodsteacompany.com).

—A.J.



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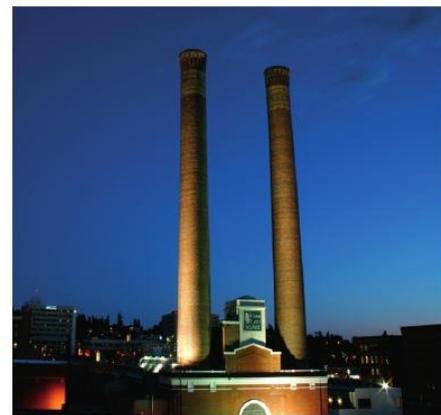
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RECREATION EXPLORATION

THINGS TO SEE AND DO, FROM WINE-TASTING
TO DAY TRIPS | BY ADRIANA JANOVICH



From my spot at the window of Maryhill Winery's new Spokane Tasting Room, the view of the Spokane River and downtown Spokane is phenomenal. The twin stacks of the historic Steam Plant—built in 1916 and now home to a restaurant and shops—rise in the distance, along with the double steeples of the Cathedral of Our Lady of Lourdes and the turret of the 1891 *Spokesman-Review* newspaper building.

Located on a bluff above the Spokane River, the 5,000-square-foot tasting room opened in November, and the wine choices are just as impressive as the wall of windows showcasing the sweeping view. From classic reds and whites to the Proprietor's Reserve and Vineyard Series wines, there are about 60 options, including award winners such as the ruby Barbera 2014 Proprietor's Reserve, with notes of blueberry, plum and cherry, which won a "Best of" award in the Other Red Varietals category of the 2017 NorthWest Wine Summit competition.

Washington state ranks second in the

country for premium-wine production, and Maryhill (maryhillwinery.com) is one of the state's largest wineries, producing some 80,000 cases annually. Owners Craig and Vicki Leuthold founded Maryhill in 1999, and in 2001 they debuted their first vintage and opened their flagship tasting room overlooking the Columbia River outside of Goldendale. The couple has a home in Spokane, where they've lived on and off for more than 30 years, and they say that opening a tasting room in the city feels like a "homecoming."

Maryhill's tasting room is one of several new tasting rooms that have opened in Spokane within the past year. Offerings at the boutique Tempus Cellars (tempuscellars.com) range from a crisp, dry Riesling, inspired by Rieslings from Germany's Mosel region, to Cabernet Sauvignon made with the fruit of 46-year-old vines. At Helix by Reiningier (helixwine.com), look for SoRhô, a southern Rhône blend of Cinsault, Mourvèdre and Grenache. On the southeastern edge of town, in the Glenrose

neighborhood, the founders of Winescape Winery, husband and wife Phillip and Patricia Butterfield—who are also researchers at Washington State University's new Elson S. Floyd College of Medicine in Spokane—craft wine such as Harvest Moon Gewürztraminer, with hints of honeydew, and Red Mountain Syrah, with notes of ripe red fruit (winescapewine.com).

For travelers flying into Spokane on Alaska Airlines, there's an added perk: Wineries throughout the Cork District, which includes multiple wineries in downtown Spokane, waive

Clockwise from top left: The Spokane River is an appealing aspect of the Spokane area. The esteemed Maryhill Winery has opened a popular tasting room in Spokane. The stacks of the 1916 Steam Plant are city icons that can be viewed from the new tasting room.



**the
inw**

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Spokane creative
by nature



Left: An image titled *Embarking - Kutenai* (1910) will be part of the “Edward S. Curtis: The Grand Idea” exhibit opening June 16 at the Northwest Museum of Arts & Culture. Center: The Art Deco Martin Woldson Theater at The Fox is home to the Spokane Symphony, which is performing *Star Wars* music this month.

tasting fees for people who show their Alaska Airlines boarding passes within 48 hours of arrival in Spokane; for details, go to visitspokane.com/cork-district/winepass.

Fans of craft beer can explore the Inland Northwest Ale Trail (inlandnwailetrail.com), which includes more than 40 breweries in Eastern Washington and North Idaho.

Consider starting at the new, small-batch, father-son-owned Whistle Punk Brewing (whistlepunkbrewing.com), in downtown Spokane. The brewery has 14 taps of rotating beers, including the Coast to Coast IPA, done in the New England style, with a softer mouthfeel than traditional IPAs and just a hint of West Coast hoppiness. Also intriguing is the Espresso Milk Stout, with milk sugar and locally roasted coffee, and aged with bourbon-soaked vanilla beans. In addition to excellent wine and beer touring and tasting, the Intermountain Northwest boasts outstanding cultural and outdoor activities. Below are a few of the many options.

ARTS & CULTURE

Built in 1911, the Craftsman-style Bing Crosby House on the northern edge of the Gonzaga University campus was where the crooner spent the bulk of his boyhood years. The first floor of the house (researchguides.gonzaga.edu/bingcrosbyhouse) is open for viewing, and in addition to the original oak floors, a leaded glass window and lovely French doors, it's full



of Crosby memorabilia. The singer attended Gonzaga University, which owns the house. More than 200 items are on display, including the Oscar he won for *Going My Way* (1944); gold and platinum records; photographs of family members, and of Bing as a young boy and as an entertainer; and trophies, awards and newsclippings. Exhibits are changed intermittently.

Other Spokane-area universities also have cultural attractions open to the public. For instance, at Whitworth University (whitworth.edu/Calendar/Master/Index.aspx), the 10th-annual Leonard A. Oakland Film Festival, March 2–4, will showcase an award-winning foreign-language film, along with a comedy-drama, and a documentary by a Whitworth alum.

In Spokane's historic Browne's Addition neighborhood, the Northwest Museum of Arts & Culture (northwestmuseum.org) hosts rotating exhibits such as “Titanic: The Artifact Exhibition,” here through May 20, which fea-

tures items recovered from the ship's wreckage. Coming up June 16–September 23: More than 75 works from photographer Edward S. Curtis' quest to document Native American culture in the late 1800s and early 1900s.

Dozens of big-name performers take the stage at Northern Quest Resort & Casino (northernquest.com) each year, with The Pointer Sisters scheduled for February 11 and Queensrÿche on March 1. At another venue, the Knitting Factory (sp.knittingfactory.com) in downtown Spokane, the Young Dubliners are set to perform March 2. For indie shows in Spokane, The Bartlett (thebartlettspokane.com) is a popular site. The Wind and The Wave singing duo is scheduled to perform on February 14. The INB Performing Arts Center (inbpac.com) attracts national shows, such as “A Night with Janis Joplin,” celebrating the late rock singer and some of her most electrifying songs, February 14, as well as “National Geographic Live!” on February 21, featuring photographer and filmmaker Bertie Gregory and his up-close wildlife images.

The beautifully restored Art Deco Martin Woldson Theater at The Fox (foxtheaterspokane.org) is home to the Spokane Symphony (spokanesymphony.org). On February 17, the symphony presents “The Music of Star Wars: The Symphony Awakens.” The nearby Bing Crosby Theater (bingcrosbytheater.com) welcomes singer-songwriter Beth Hart on February 5 and the Tom Petty tribute show “Petty Fever” on February 17.

The Panida Theater (panida.org), which opened in Sandpoint, Idaho, in 1927 as a vaudeville and movie-theater house, presents everything from films to musicals to ballets.



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Pictured above:
Matt Iris (left),
Mechanical Engineer, Avista
Sean Hurley (center),
Maintenance Supervisor, Cenex Zip Trip
Ann Carey (right),
Regional Account Executive, Avista

FUEL STOP CONVENIENCE STORES HAVE BECOME A NECESSITY

for today's time-starved consumers, providing quick one-stop shopping for gasoline, grab & go foods, and sodas for the road trip. Among this region's leaders is Cenex Zip Trip, with 70 stores across Washington, Idaho, Montana, Wyoming, North Dakota, South Dakota and Minnesota. Headquartered in Spokane, Washington, the chain is a subsidiary of CHS Inc., a leading global agribusiness owned by farmers, ranchers and cooperatives across the United States. CHS Inc. is the Minnesota-based company which owns and operates the Cenex energy brand.

Zip Trip provides exceptional customer service and products. Their associates take pride in what they do and consistently follow through on the company's brand promise. Zip Trip focuses on setting itself apart by providing great service and offering customers the convenience items they want most, such as fresh grab & go sandwiches and salads and high-quality coffees. Nonetheless, competition in their markets is growing.

To improve its brand positioning, the chain has been updating the interior of their stores. They have also continually strived to cut operating costs, energy use being one of the biggest. That's why Zip Trip partners with Avista for ways to make their stores more energy efficient.

"Avista comes to us regularly with ideas and recommendations of how we can save energy," said Zip Trip maintenance manager Sean Hurley. "And their rebates have enabled us to make these improvements in a cost-effective manner."

Since 2011, Avista has provided Zip Trip with more than \$280,000 in energy efficiency rebates through its Energy Smart Grocer Program and other incentive programs.

"Their upgrades have so far resulted in Zip Trip saving more than 1.9 million kilowatt hours of electricity and over \$150,000 in energy costs," said Avista regional account executive Ann Carey.

About five years ago, Avista began by helping Zip Trip complete a project to upgrade cooler fan motors in its refrigerated beverage and sandwich cases. Old evaporator motors were replaced with electronically commutated motors (ECMs) that feature blades made of lightweight plastic vs. metal. In addition to running on less energy, ECMs last longer and emit less heat, which helps maintain cool temperatures.

Zip Trip also received rebates to replace cooler-door gaskets for a tighter seal and add anti-sweat heat controls in the doors to prevent condensation of the glass and door frames. The changes not only save energy, they put less strain on the refrigeration compressors.

About a year after completing refrigeration upgrades, Zip Trip took advantage of Avista's energy efficiency rebates to change out the interior lighting at area stores and their main office. They swapped T-12 bulbs for T-8s, cutting energy consumption by more than 198,000 kilowatt hours.

The energy-cost savings were so remarkable that when Avista again approached Zip Trip four years later,

offering new rebates on the most recent advances in LED technology, Zip Trip was more than willing to do a second upgrade. It was estimated that the new LED lights would cut Zip Trip's energy use by nearly 600,000 kilowatt hours, qualifying for over \$50,000 in rebates.

"Avista's rebate program offset much of the cost for newer LED technology," said Hurley. "It was a simple decision to redo our lighting right away."

In this second phase, Zip Trip also updated the lights inside their refrigerator cases with brighter, low-heat LEDs. According to Hurley, the LEDs make the cases look new, even without updating the case shelves or doors.

"All of our stores now have a cleaner, brighter look inside as well as outside," said Hurley. "That not only gets customers to stop for gas, it's more inviting for them to come inside. That's a good thing, as industry statistics say only 35% of convenience store customers venture inside."

The brighter lighting over the gas pump islands is also good for security, according to Hurley. The lighting helps people feel safer while pumping gas at night. It also helps the clerks keep tabs on the pumps, as Zip Trip is one of very few fuel stops that do not require customers to prepay for gasoline.

The LEDs will save on maintenance, too, because they last longer. "We were always getting service orders for individual canopy lights being out," Hurley added, "we were changing bulbs on a weekly basis. Customers were also inconvenienced, because while swapping out the lights, we had to turn off the pumps for added safety. We have not had any of these issues at the sites that have been upgraded with the new LED canopy fixtures."

Zip Trip also installed new LED lighting inside their warehouse and its accompanying parking lot. Avista helped pay for these upgrades, as well as for motion sensors that automatically turn off lights whenever work areas become unoccupied.

Since completing the entire project, Zip Trip has seen their sales volume increase. The company is so pleased



Installing LED lighting made store coolers appear completely new.

with the overall changes that they plan to make the same updates at other Zip Trip locations, even those outside Avista's service territory.

For more information on Avista's energy efficiency programs for commercial and industrial customers, visit myavista.com/bizrebates or email accountexecs@avistacorp.com.

AVISTA

OUTDOOR ACTIVITIES

Spokane's many parks and green spaces include the downtown Huntington Park (avistalegacy.com/home/in-the-community/huntington-parkcity-hall-plaza), which was redeveloped in 2014 by locally based power company Avista Corp. to provide a close-up look at the Spokane River and its roaring waterfalls.

Nearby is Spokane's landmark 100-acre Riverfront Park (spokaneriverfrontpark.com), site of the 1974 World's Fair, where the new outdoor Skate Ribbon is open through March 4. The ice-skating attraction—16 feet wide and 650 feet long—debuted in early December and includes slight inclines and declines, as well as a 3,500-square-foot pond-shaped area. The ice ribbon is part of a \$64 million redevelopment of the park, which is being completed in stages. The new building for the 1909 Loeff Carrousel is expected to be completed sometime this

spring, which is also when the SkyRide is slated to reopen for rides across the river in enclosed cabins.

The Centennial Trail, a paved recreational pathway stretching nearly 40 miles from Nine Mile Falls to the Washington-Idaho border, runs through Riverfront Park and is open during the redevelopment. The trail also goes through Riverside State Park (parks.state.wa.us/573/riverside), which is known for its snowshoeing and cross-country skiing, as well.

Manito Park (my.spokanecity.org/parks), another popular attraction, has five beautiful gardens, such as Duncan Garden, a European Renaissance-style garden with manicured green areas and extensive flower displays.

Mount Spokane State Park (parks.state.wa.us/549/Mount-Spokane), in the Selkirk Mountains, about 25 miles northeast of Spokane, is home to the Mt. Spokane Ski & Snowboard Park (mtspokane.com) and features alpine and Nordic skiing, plus tubing and snowshoeing. Other ski and winter-fun areas in the Intermountain Northwest include 49° North, Lookout Pass ski area, Silver Mountain and Schweitzer Mountain, which also hosts some of the events for the Sandpoint Winter Carnival (sandpointwintercarnival.com), a North



The new outdoor Skate Ribbon at Riverfront Park.

JAMES RICHMAN PHOTOGRAPHY

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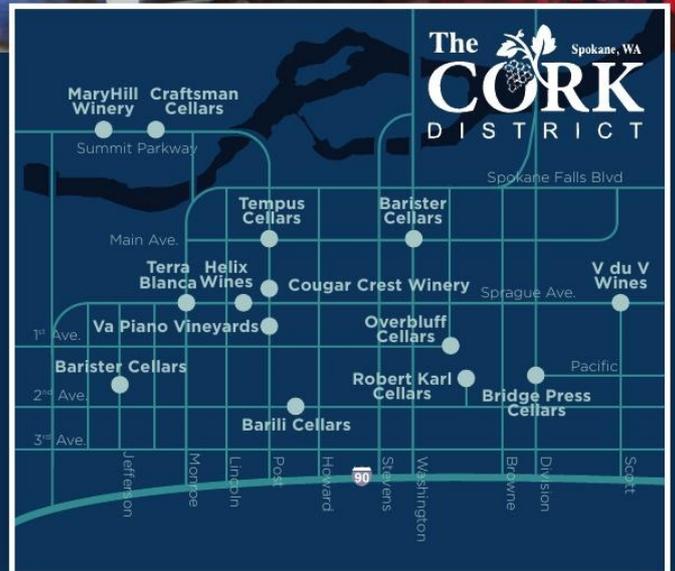
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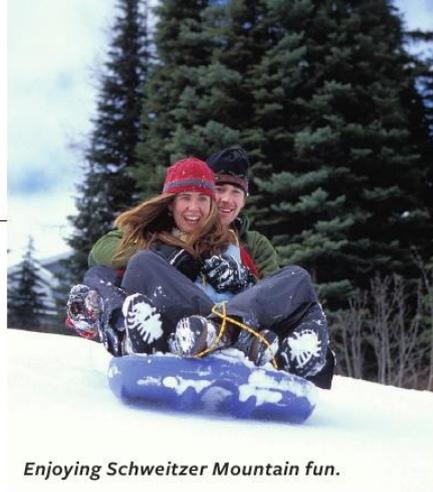
INTERMOUNTAIN
NW

Idaho institution since 1973. The carnival will take place February 16 to 25 this year.

The picturesque Trail of the Coeur d'Alenes (parksandrecreation.idaho.gov/parks/trail-coeur-d-alenes), a paved pathway that stretches for 72 miles between Mullan and Plummer, Idaho, is popular for Nordic skiing and snowshoeing in winter, and cycling in the summer.

Tubbs Hill (cdaid.org/763/departments/parks/all-parks/tubbs-hill) in Coeur d'Alene, Idaho, offers 120 acres of gentle incline for snowshoeing or hiking, with a view of Lake Coeur d'Alene.

The golf season can start as early as March in the Spokane region, where the 30-plus courses provide something for every skill level. City courses include the 6,559-yard Creek at Qualchan course, the 6,130-yard Downriver course, and the 6,255-yard Indian Canyon course, built on a canyon



Enjoying Schweitzer Mountain fun.

wall (for information on all three courses, see my.spokane.org/golf).

The Kalispel Golf and Country Club (kalispelgolf.com), formerly the Spokane Country Club, opens in mid-April. Since the course was purchased in late 2015 by the Kalispel Tribe of Indians (kalispeltribe.com), nonmembers have been allowed to use the historically private golf course for public play during specific limited hours. After your round, head to the country club's 1898 Public House restaurant for the signature lobster mac and cheese, complete with a lobster claw for garnish.

North Idaho is known for award-winning courses such as The Coeur d'Alene Resort Golf Course (cdaresort.com), with its immaculate fairways and famous 14th-hole floating green, and the Circling Raven Golf Club, a wetlands/woodlands course that is part of the Coeur d'Alene Casino Resort Hotel (cdacasino.com).

DAY TRIPS

Athol, about 20 miles north of Coeur d'Alene, is home to the Silverwood Theme Park and Boulder Beach waterpark (silverwoodtheme-park.com). The theme park, with plenty of thrill rides, opens in early May, while the waterpark opens in the first half of June.

Grand Coulee Dam (usbr.gov/pn/grandcoulee), about 85 miles from Spokane, has a visitor center with seasonal guided tours, hands-on exhibits and interesting information about the dam, whose construction was begun in 1933, and also about hydroelectric power in the U.S.

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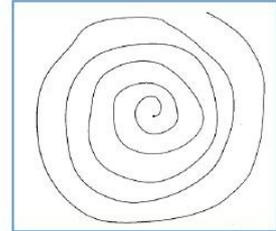
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Puzzle on page 58.



INTERMOUNTAIN NW



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A spectacular view of the Palouse area from Steptoe Butte.

Pullman, about 75 miles south of Spokane, offers activities such as a stroll around the scenic Washington State University campus (wsu.edu), and a visit to the WSU Creamery to try the signature Cougar Gold sharp white cheddar cheese and enjoy an ice cream cone at the creamery's Ferdinand's Ice Cream Shoppe. You can burn off creamy calories with a round of golf in the rolling hills of the 7,308-yard Palouse Ridge Golf Club on campus.

Steptoe Butte, a Washington state park located about 55 miles south of Spokane, preserves a 3,612-foot butte (parks.state.wa.us/592/Steptoe-Butte), popular for picnicking and photography. A narrow road winds its way to the top of the butte for spectacular views of the Palouse agricultural area.

Turnbull National Wildlife Refuge (fws.gov/refuge/Turnbull), about 20 miles southwest of Spokane, includes wetlands, ponderosa pine forests, grasslands and riparian habitat for wildlife viewing, environmental education and plenty of photo opportunities. **INW**

Adriana Janovich writes from Spokane. For more about Intermountain Northwest recreation, see visitspokane.com.

Alaska Airlines (alaskaair.com) flies daily to Spokane, gateway to the Intermountain Northwest, including North Idaho.

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EQUIPPED FOR TRAVEL

Items designed to enhance your trip

By Chaney Kwak

» On one memorable four-day adventure, I carried a backpack and nothing else. How? I wore versatile clothes and carried gear that minimized clutter. Over the years, I've learned to streamline my travel by reducing what I carry—and in the process, I've realized that certain items help expedite packing, minimize luggage and ease travel. Here are a dozen travel items that range from everyday to aspirational—all with the goal of enhancing the way we travel.

■ Keep your cords, pill cases and other items organized in the **Rugged Suede Pouch**, made with materials sourced in North America. Befitting a company that began in 1897 by clothing those headed to the Klondike gold fields, Seattle-based **Filson** made sure these accessories are weatherproofed (\$100; filson.com).

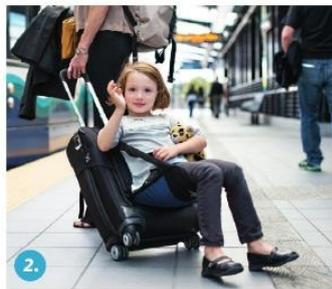
■ Made in Seattle, **Lugabug** turns your existing luggage into an impromptu stroller. The slim accessory turns into a children's seat that attaches onto luggage. Complete with a lap strap designed to fit securely, the Lugabug is made to ease a kid's tired feet while letting you navigate quickly through the airport (ages 2 and older, up to 60 pounds; \$59.99; lugabug.com).

■ The **Insulated Reflect bottle** from the Chico, California, company **Klean Kanteen** helps keep your beverage cool for up to 20 hours. Made with three simple materials—bamboo, stainless steel and silicone—the bottle helps cut down on use of disposable cups and bottles (\$40.95; kleankanteen.com).

■ With flexible origami-inspired dividers and a weatherproof nylon shell, the **Everyday Backpack**, by San Francisco's **Peak Design**, helps carry your DSLR safely. The bag was made with photographers in mind—but with a design this chic, you might want to carry it even without a camera (\$259.95–\$289.95; peakdesign.com).



1.



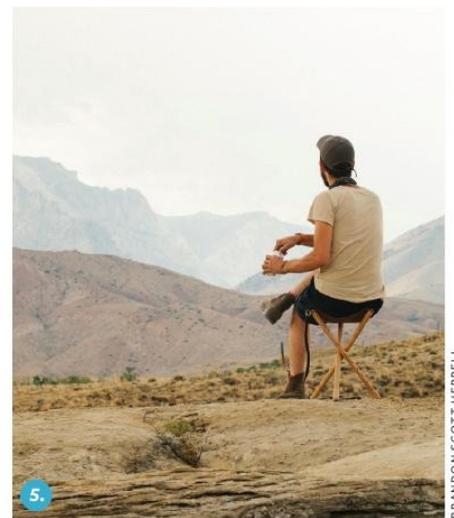
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3.



5.

BRANDON SCOTT HERRELL



6.

» 1. **Filson Rugged Suede Pouch**. 2. **Lugabug child seat**. 3. **Klean Kanteen Insulated Reflect bottle**. 4. **Peak Design Everyday Backpack**. 5. **Wood & Faulk Classic Camp Stool**. 6. **Oru foldable kayak and transporting box**.





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» GEAR



■ The brainchild of a Santa Cruz, California, entrepreneur who was frustrated that he and his girlfriend had to watch movies on separate devices on long trips, the **loveBuds** dual earbuds (above), by **HH Creativity, LLC**, with one audio jack make it easier than ever for two travelers to watch the same film onboard without disturbing others. Thanks to individual controls, you won't fuss over the volume, either (\$29.99; mylovebuds.com).

■ For those who've ever dropped their phone (which is to say, all of us), Silicon Valley-based **Element Case** makes sturdy cases inspired by racing cars. The company's **Roll Case case** (right) includes a "cage" designed to protect the phone's casing and screen. A molded polycarbonate button and durable corners provide additional stability (\$49.95; elementcase.com).



■ A purveyor of waxed canvas bags and leather goods made in the U.S., the Portland, Oregon, company **Wood & Faulk** makes it easy to enjoy the view or the campfire with the **Classic Camp Stool** (pictured on p. 53), made with oiled-ash hardwood and bridle leather, and secured with brass hardware. The tripod design makes the seat instantly foldable, while a leather strap makes it easy to carry, and the attractive design might look good on your deck as well as beside your tent in a national park. And though it can hold 200 pounds, the chair weighs only 2.5 pounds (\$185; woodandfaulk.com).

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■ Missoula, Montana's **Sun Mountain** caters to athletic adventurers by simplifying travel with sports equipment. The company's **Skiglider** (left) uses a built-in leg system that supports the weight of the bag and its ski-related contents as you roll through the airport—so you can save your energy for the slopes (\$299; sunmountain.com).

■ **Eagle Creek's Pack-It Specter Tech Structured Cubes** (below) might be one of the best ways to stay organized while traveling. Made with stain-resistant, translucent fabrics, these compartments keep your stuff stored efficiently, with a folding board that fights wrinkles and a zipper to compress volume (\$29.95; eaglecreek.com).



■ Headlamps come in handy whether hiking to catch a sunrise or biking home on your evening commute. The **FL75R** (left) from Portland, Oregon-based **Coast** has a large illumination range and a weatherproof, drop-resistant casing. With adjustable angles and brightness, you can go easily from a sidewalk to an open field. And powering up is a breeze, thanks to the headlamp's batteries that are rechargeable via USB (\$105; coastportland.com).

■ **Oru Kayak** offers **foldable kayaks** (pictured on p. 53) that weigh as little as 25 pounds. The San Francisco-based company has an ambitious goal of making it easier to connect with nature. Each kayak folds into a compact carrying box, which is easily transportable. Spontaneously paddling out has never been so effortless (\$1,299–\$2,499; orukayak.com).

Chaney Kwak writes from San Francisco.

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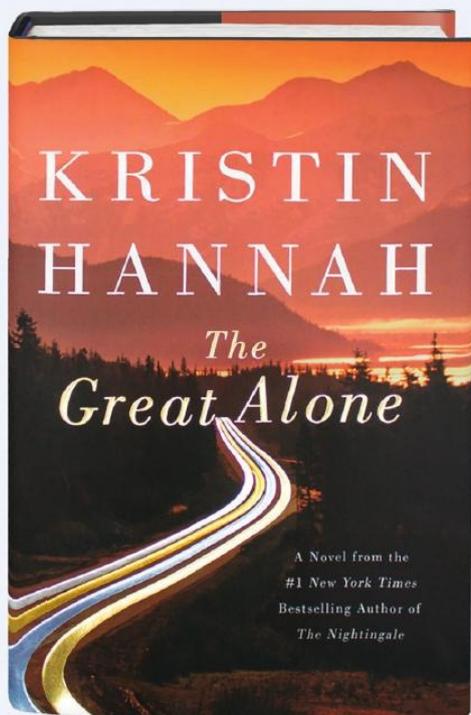
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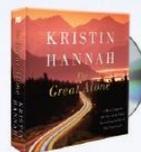
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ACROSS

- 1 Arcola in "Happy Days"
- 5 Acapulco coin
- 9 More prudent
- 14 Steal
- 19 Can. province
- 20 Constant
- 21 Dwelling
- 22 Whittles
- 23 The best, slangily
- 25 Outdoor sale venues
- 27 Lofty pad
- 28 Function
- 30 Mortgage holder
- 31 Affront
- 34 Edible roots
- 35 Admit to
- 36 Photo
- 39 Innocent
- 41 A DeLuise
- 42 African people
- 43 Soreness
- 45 Seoul native
- 47 Sheep shelter
- 48 Body of water
- 52 Medicinal trees
- 54 Fright
- 55 Narrow opening
- 56 ___ Galahad
- 57 Diagram
- 58 Play division
- 59 Creditor evaders
- 63 Competitor
- 65 Sycophant
- 66 Boulevard
- 67 Scale
- 68 Sudden increase
- 69 Plateau's kin
- 70 Containing NaCl
- 73 Head cavity
- 74 Driving authorizer
- 78 English game group
- 80 "___ the season..."

1	2	3	4		5	6	7	8		9	10	11	12	13		14	15	16	17	18	
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121								122					123					124			

- 81 Javelin
- 82 Motive
- 83 Guns an engine
- 84 Meat mixture
- 85 Refrigerant
- 86 Disallows
- 88 Surface a road
- 89 Deep ravine
- 91 Elihu ___
- 92 Elicit
- 94 Seville sun
- 95 "Duke of ___"
- 97 Morning mist
- 98 Attack
- 101 Slender candle
- 103 Denounce
- 105 Isolated hills
- 106 Ocean voyages
- 108 Seriously injures
- 112 Baldwin/Davis comedy
- 114 Tobey Maguire role
- 117 Jane Eyre's pupil
- 118 Tailor

- 119 O'Hara home
- 120 Minty "pet" plant
- 121 Passover meal
- 122 Consecrate
- 123 Originate
- 124 ___ Kong (seaport)

DOWN

- 1 Rum-soaked cake
- 2 Sailor's direction
- 3 Canal
- 4 Caravan stop
- 5 Farm enclosure
- 6 Cain's mother
- 7 Dribble
- 8 First symptoms
- 9 Orangy condiment
- 10 Flowering
- 11 Frequent attendees
- 12 Mild cheese
- 13 Sleep-stage letters
- 14 Dash
- 15 Alert
- 16 Cara or Dunne

- 17 "For ___ Sake"
- 18 Sibillant sounds
- 24 Iodine source
- 26 Solitary
- 29 Plane tracker
- 32 Diving bird
- 33 Blasphemous
- 35 Snide
- 36 Jungle knife
- 37 Frosting users
- 38 Miserly
- 40 Standing
- 42 Hatch or trap start
- 44 Charlatan
- 46 Chew
- 47 "Bonnie and ___"
- 49 1975 Wimbledon champ
- 50 Soaring toy
- 51 Hitherto
- 53 Diminished
- 55 Ore products
- 59 Public discussion
- 60 Infinitesimal amt. of time

- 61 Pronoun
- 62 Wheat storehouse
- 64 Suit to ___
- 65 Albacores
- 68 Strainer
- 69 Listen incorrectly
- 70 Strikebreaker
- 71 Opera feature
- 72 Describe
- 73 McQueen of "Bullitt"
- 74 Cotton fabric
- 75 Golf great Sam ___
- 76 French school
- 77 Modernize
- 79 Region
- 80 Greek cross
- 84 Gaps
- 87 Mariners' city
- 88 Heartbeat
- 89 Duplicating machines
- 90 Epoch
- 93 Burr or Hamilton, once
- 94 Gravies
- 96 Citrus fruit

- 98 Reverent titles
- 99 Brushed leather
- 100 Knight's charger
- 101 Banal
- 102 Takes a load off
- 104 Durable wood
- 106 Select
- 107 Disagreement
- 109 View-giving abbr.
- 110 Primary
- 111 Glitch
- 113 Elbow poke
- 115 Bitter resentment
- 116 River structure

Solution on page 50.

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Flyer guide

Your overview of the Alaska experience.

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 - Travel the world with our airline partners
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- Seagram's Tonic

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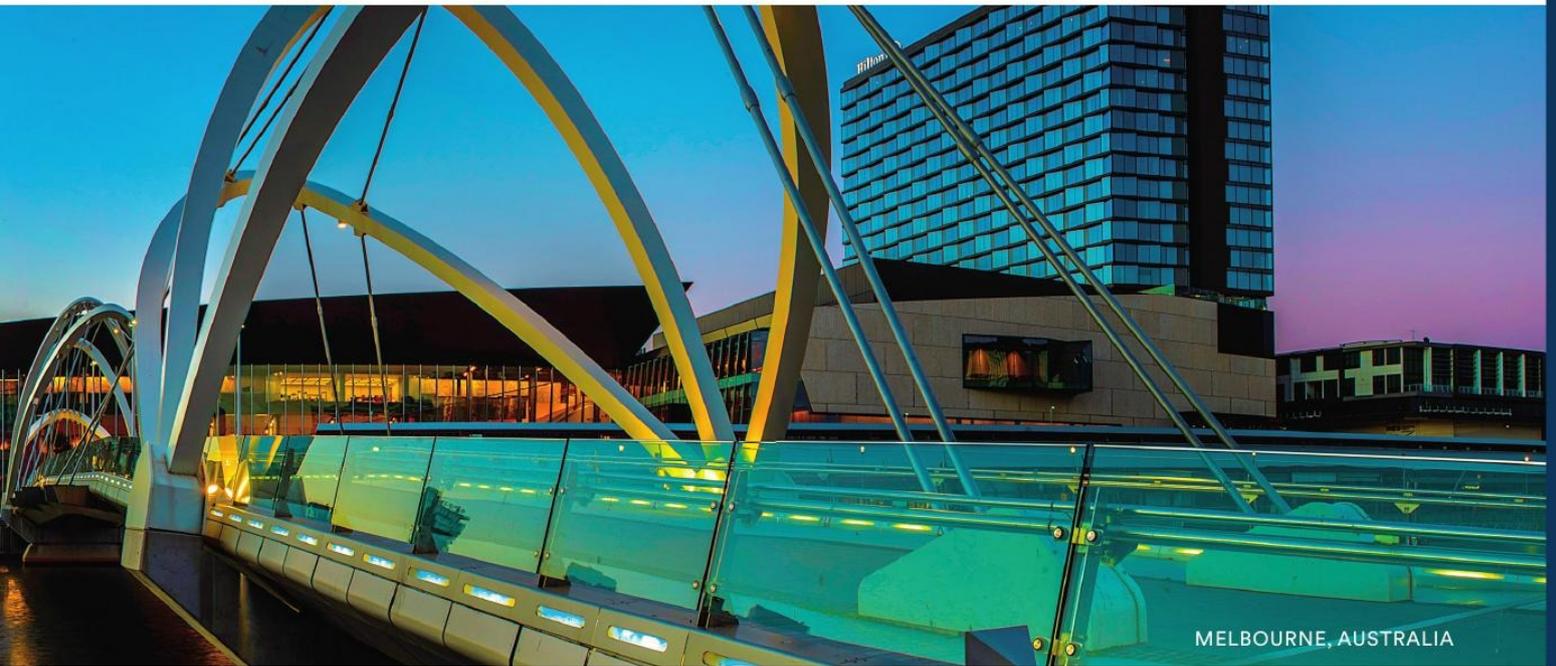
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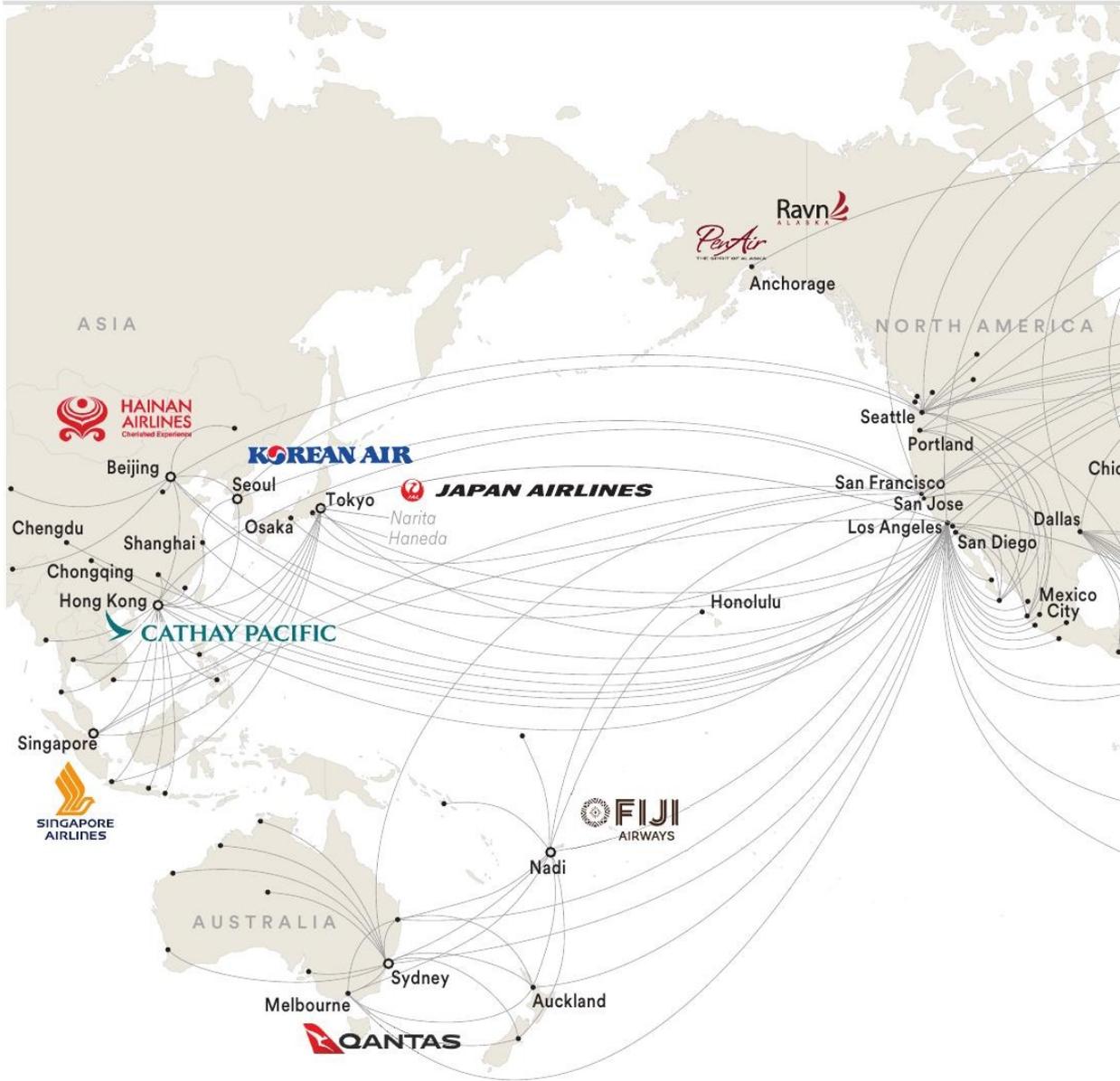
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LEGEND

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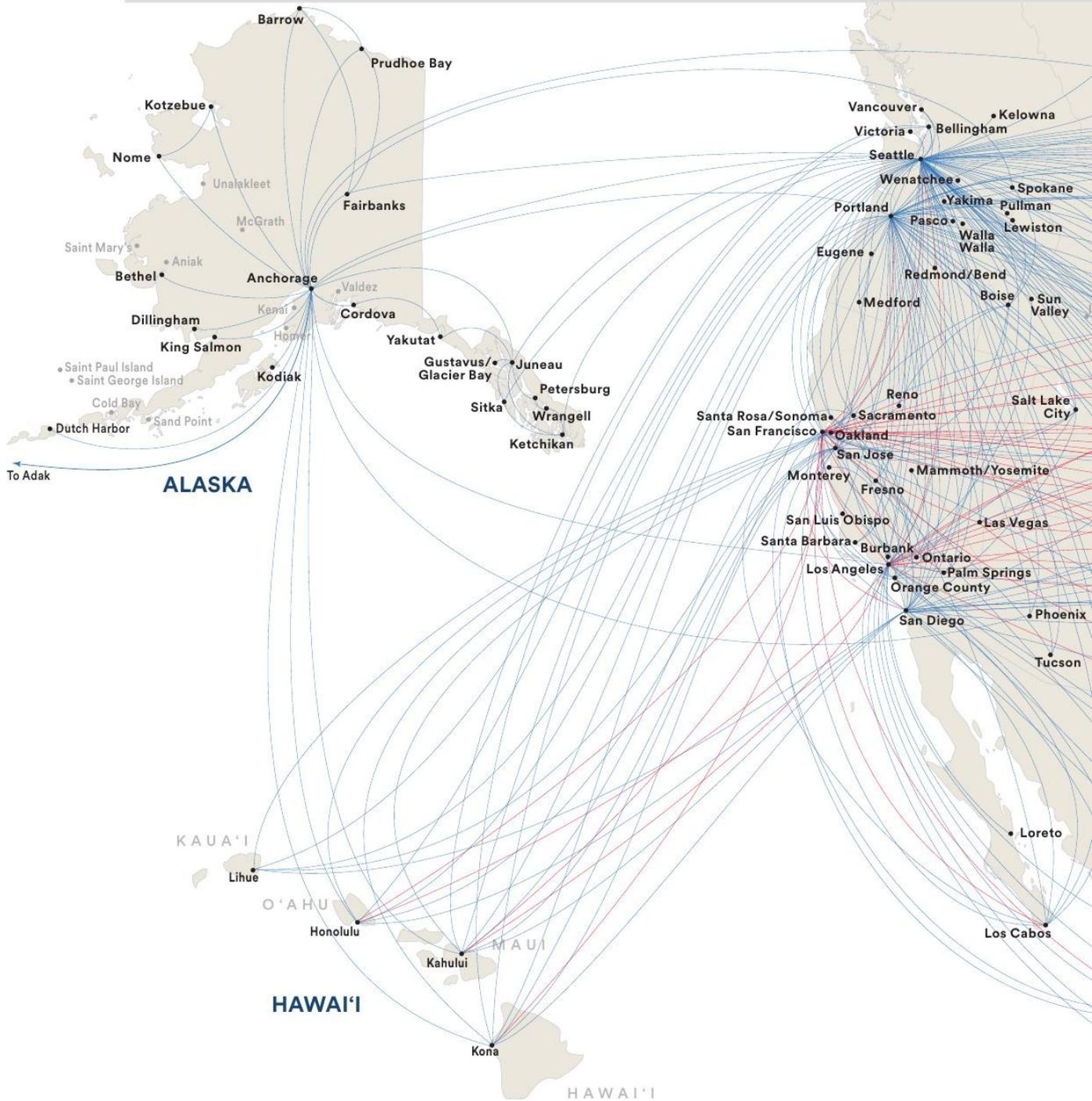
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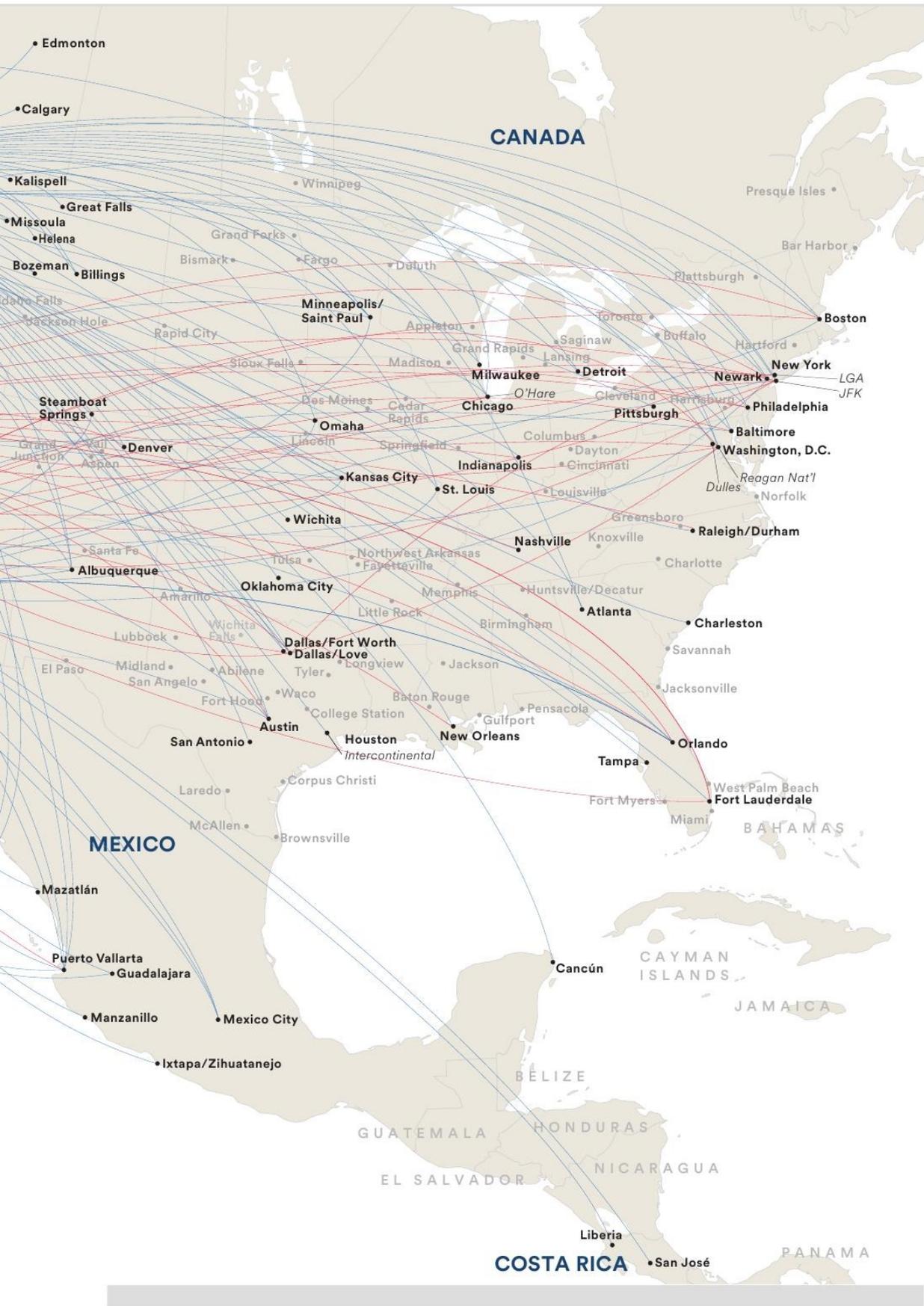


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- Destinations
- Partner destinations
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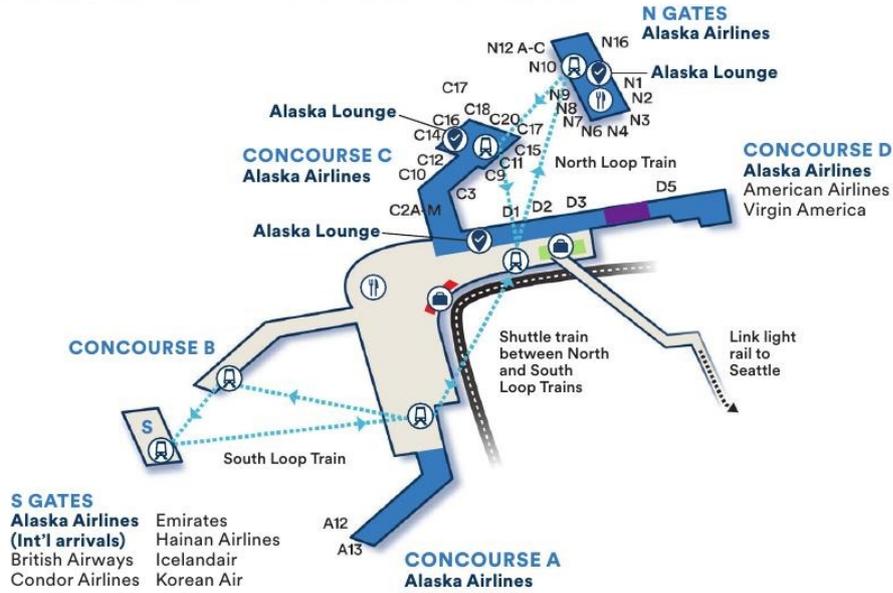
Some routes shown operate seasonally.

Airport terminal maps

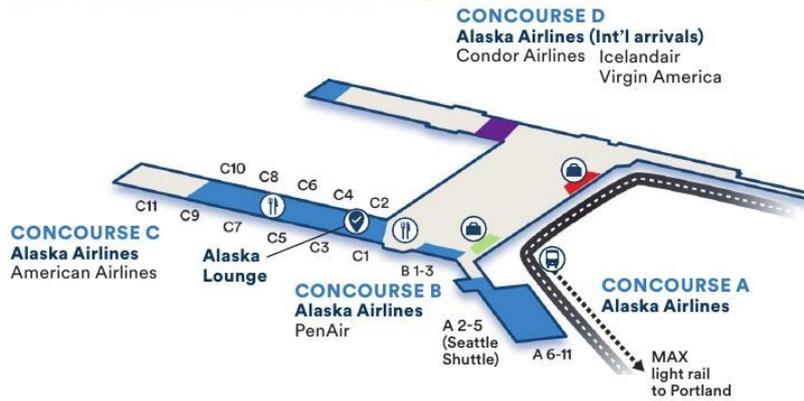
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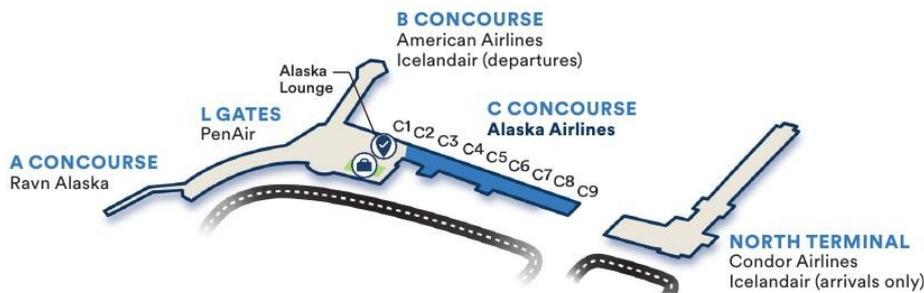
- Legend:**
- Lounge
 - Dining Options
 - Alaska Airlines check-in
 - Virgin America check-in
 - Public transportation
 - Airport transportation
 - Underground walkway

LAX Los Angeles International Airport

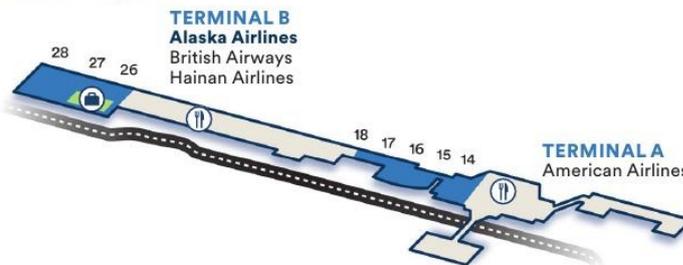


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ANC Anchorage International Airport



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FINDING FAITH

One pup gives her owner a lot to chew on

By Susan G. Hauser

» **My dog, Matilda,** leads the way, the white tip on her wagging tail flashing into view like a lighthouse beacon. At the end of the leash, I'm observing reactions from the people we pass on our numerous daily walks. By now I'm used to neighbors stopping to marvel at her beauty and begging to pet her or to offer her a treat.

Matilda—who is, according to everyone's best guess, a cattle dog-Akita mix—was not always the queen of the neighborhood. When I adopted her from a shelter four years ago, she was barely a year old, scrawny and skittish. Her white-tipped tail was invariably tucked between her legs. Her enormous ears lay flat against her head. When I took her to the dog park, her first move was always to flop onto her back in total surrender.

Even worse, she suffered terribly from separation anxiety. If I left her at home alone, she would always try desperately to escape. Three times I had to replace the front door casing after she chewed through the wood. When all else failed, she just howled—or so the neighbors told me.

I began to regret breaking the vow of dog abstinence I'd made after the death of Daphne, my beloved canine companion of 15 years. But I was unable to resist Matilda the moment I saw her photo on the Oregon Humane Society's online gallery of adoptable dogs. When I texted the photo to my adult daughter, my fate was sealed. Within seconds of viewing that face—those eyes, those massive ears like sails on a schooner—my daughter called to say, "Get in your car right now, and go get that dog before someone else does!" Less than an hour later, I was ready to take home a dog named Faith.

Faith was Matilda's original name, but I promptly changed it. As the damages mounted from Matilda's frantic claws and teeth, I came to view her old name as a cruel taunt. But it was not long before I saw it as a sort of prophecy.

Instead of tearing my hair with frustration, I began to put extra effort into turning this rambunctious beast into a calm companion.

I took her to obedience classes (where her favorite part was the treats). I gave her lots of love (and treats). Whenever I left the house, I offered a treat while gently easing her into the idea of a brief separation. It was working. Matilda learned that I always made good on my promise to return, and she reciprocated by leaving our home intact.

One day I forgot to perform the reassuring routine before departing. When I returned, the doorframe was chomped into smithereens for the third—and last—time.

But by then I had come to see my situation in a different light. After all, I had much to celebrate: I had learned new skills of carpentry and painting. Also by then, I had acquired a whole new set of friends whom I had met on strolls through the neighborhood and visits to the dog park—people I wouldn't have otherwise met, but whose BYOD (bring your own dog) parties I came to thoroughly enjoy. Furthermore, I'm now as healthy as, well, a dog, from walking at least 5 miles a day.

My gains from dog ownership far exceed whatever Matilda has destroyed. And Matilda hasn't turned out too badly herself. These days, when we go to the dog park, she struts in proudly, ear and tail tips stretched to the sky, with an air of jaunty confidence that seems to say, "All hail, me!"



What accounts for the miracle of Matilda? I confess I always had an inkling that her potential to be a precious pet could someday be realized. But I certainly had my doubts, especially when she was chewing down the house around us.

If I had just paid attention to her original name, I perhaps would have grasped the lesson that applies to so many frustrating situations in life that first present themselves as daunting challenges. That lesson? Don't give up; the best is yet to come.

All I needed was a little faith.

Susan G. Hauser can be found at the end of Matilda's leash somewhere in Portland.



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