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DIANE MAEHL PHOTOGRAPHY

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Cover: Visitors watch a scuba diver in the Kelp Forest—home to leopard sharks, wolf eels, sardines and other sea creatures—at the Monterey Bay Aquarium. Photo by Randy Wilder, © Monterey Bay Aquarium.

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Brad Tilden, Chief
Executive Officer

Moving Beyond

Do you remember your first flight? The sense of anticipation and adventure as you boarded the airplane, and the thrill of lifting off the runway and soaring into the sky? The excitement of leaving your everyday world behind and arriving someplace entirely new just hours later? For me that experience was 40-something years ago. But I remember it like it was yesterday.

For a lot of us at Alaska, that feeling is what got us into this business, and we want every trip you take with us to feel just like that first flight. We want to make air travel something you look forward to—something beyond getting from Point A to Point B. I hope you agree that Alaska has always had excellent service delivered by our fabulous employees. We're working to pair this great service with tangible products and services to make everything we do come together to create an incomparable experience.

We want to be the easiest airline to fly. Period. As you may know, we were the first U.S. airline to sell tickets over the Internet, and we were the first U.S. airline to let you check in from home and print boarding passes. We've been longtime leaders in offering ticketless travel with electronic check-in kiosks, self-bag-tagging, and the use of mobile apps to load boarding passes onto personal devices. These innovations are aimed at one simple thing: making your experience with us as easy as possible.

We know your time is valuable, so we've worked hard to have the best on-time performance of any major airline for four straight years now, according to Flightstats.com. We think it will be five when the 2014 figures come out. Quick and early boarding, and dual-door deplaning (which you'll see more of soon), get you on and off the airplane quickly. And if you're headed to baggage claim after you land, you won't have to wait for long. Alaska has a 20-minute bag guarantee that is still the only bag guarantee in the business.

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comfortable and relaxing, which I hope you'll take advantage of. Below are some tips for making the most of your trip with us:

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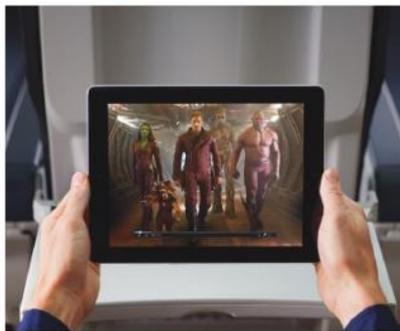
Eat and Drink Well: You also have access to high-quality, delicious meals, snacks and beverages, with availability depending on the route and flight length. Your options may include signature dishes from award-winning chef Tom Douglas; Beecher's and Tillamook cheeses; Seattle Chocolates truffles; Starbucks coffee; and a variety of local microbrews, handcrafted liquors and Washington wines (including Chateau Ste. Michelle wines in our first-class cabin). We want you to eat and drink as well on our airplanes as you do on a special night out.

Tune In: We have a brand-new inflight-entertainment system on our 737 fleet that allows you to watch a huge selection of hit movies and television shows right on your own tablet, laptop or smartphone. Right now, all premium movies and TV shows are free. Download the app and start watching! We're rolling out Microsoft-powered tablets for customers who need a device.

This new flight experience is called Alaska Beyond, and reflects our belief that your journey becomes part of the adventure. You'll notice that *Alaska Beyond* is the new name of this magazine, as well. I hope our articles will instill the spirit of discovery and introduce you to new places, food and people that inspire your senses and spark your next adventure.

From the moment you book your flight to your arrival at your destination, we want your trip to be easy, smooth and fun. That's how air travel should be, whether this is your first or your 101st flight. Thanks for flying with us today.

Brad



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SEATTLE, WA

Taste Washington

Savor outstanding food and wine from Evergreen State companies



Taste Washington (tastewashington.org)—one of the country's largest food-and-wine events, **featuring more than 225 Washington wineries and more than 65 Pacific Northwest restaurants**—will be March 26-29 this year. Activities include the Red & White Party at Aqua by El Gaucho; two days of Grand Tastings at the CenturyLink Field Event Center; and The

New Vintage music-and-wine party, plus seminars on wine and cider, at the Four Seasons Hotel Seattle. **Alaska Airlines is the welcoming sponsor of Taste Washington** and will also host a Chef's Stage at the event center. The Alaska Airlines Visa Signature Card is a Taste Washington premier sponsor.

Washington state wine by the numbers



2nd-largest premium-wine producer in the U.S.

850-plus wineries.

12.5 million cases annually.



350 wine-grape growers.

50,000-plus wine-grape acres.



13 American Viticultural Areas.

40-plus varieties.

51% white; 49% red.



Source: Washington State Wine Commission

ATTENDEES ENJOYING A PREVIOUS TASTE WASHINGTON. PHOTOS BY KRISTEN MARIE PHOTOGRAPHY



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AROUND CALIFORNIA

Music of the Nile

African performers share their cultures during North American tour



MATJAZ KACIČNIK

Thirteen musicians from seven Nile River countries will sing and play traditional instruments—such as the adungu arched harp from Uganda and an 11-string oud from Egypt—during The Nile Project’s North American tour this winter and spring.

Venues will include performing-arts centers at universities throughout California, such as California State, Long Beach, Feb. 5; UC San Diego, Feb. 7; UC Santa Barbara, Feb. 11; Folsom Lake College, Feb. 12; Sonoma State, Feb. 13; Stanford, Feb. 18; and UC Berkeley, Feb. 19. Tickets can be purchased by members of the general public.

The musicians are from Burundi, Egypt, Ethiopia, Kenya, Rwanda, Sudan and Uganda. Some will also play instruments such as the saxophone and bass guitar, and others are vocalists whose songs will represent 10 different languages.

The 4,000-plus-mile Nile River flows from Eastern Africa’s Lake Victoria and runs north to the Mediterranean. Egyptians used papyrus plants growing along the Nile to develop the first “paper” for writing.

Audience members are welcome to dance at their seats if they wish.

Reflecting the flow of the Nile River, there are no breaks between songs; rhythmic and instrumental improvisations provide bridges between the numbers.

The Nile Project was founded in 2011 by Egyptian ethnomusicologist Mina Girgis and Ethiopian-American singer Meklit Hadero.

For more information: nileproject.org and sroartists.com/artists/thenileproject. —Marie Larsen



COURTESY PORTLAND JAZZ FESTIVAL



▲ **Headliners at the Portland Jazz Festival Presented by Alaska Airlines**, Feb. 18–March 1, include Grammy-nominated vocalist Bebel Gilberto, above (portlandjazzfestival.org).

Internationally famous mezzo-soprano **Stephanie Blythe** is returning to Seattle to play Juno in Handel’s *Semele*, being performed by Seattle Opera, Feb. 21–March 7 (seattleopera.org).

▼ **The Lionel Hampton Jazz Festival** will feature top jazz musicians such as Dianne Reeves, below,



COURTESY DIANNE REEVES

Feb. 25–28, at the University of Idaho and other venues in Moscow, ID. Festival sponsors include Alaska Airlines (uidaho.edu/jazzfest).

Elevation Mammoth, the annual Gay Ski Week in Mammoth Lakes, CA, will be March 18–22 this year, with featured events such as “**a nighttime gondola ride to the highest-elevation party in North America.**” Elevation Mammoth sponsors include Alaska Airlines (mammothgayski.com).



▲ **The Treefort Music Fest**, March 25–29 in Boise, ID, sponsored in part by Alaska Airlines, will include musicians ranging from **TV On The Radio to Yacht**, along with comedy, yoga, performing arts and a film fest (treefortmusicfest.com).

FAIRBANKS, AK

Native arts

Dances related to Raven, often tied to creation, are expected to be among the performances at the 42nd Annual **Festival of Native Arts**, March 5–7, at the University of Alaska Fairbanks, which is organizing the event. Alutiiq, Athabaskan, Eyak, Haida, Iñupiaq, Sugpiaq, Tlingit, Tsimshian, Unangan, Yup’ik and Siberian Yupik cultures are slated



LIFE PHOTO BY TODD PARIS

to be represented via dance, music, poetry, artwork and Native crafts. Another highlight of the festival, which is open to the public and whose sponsors include Alaska Airlines, will be numbers in which performers invite audience members to dance with them on stage.

In addition, at **daytime workshops**, attendees can hear from **Native Alaska visual and performing artists**, learn about indigenous languages and discover some of the stories behind Native dance moves. Contact: 907-474-6864; fna.community.uaf.edu. —Marie Larsen

I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voegtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

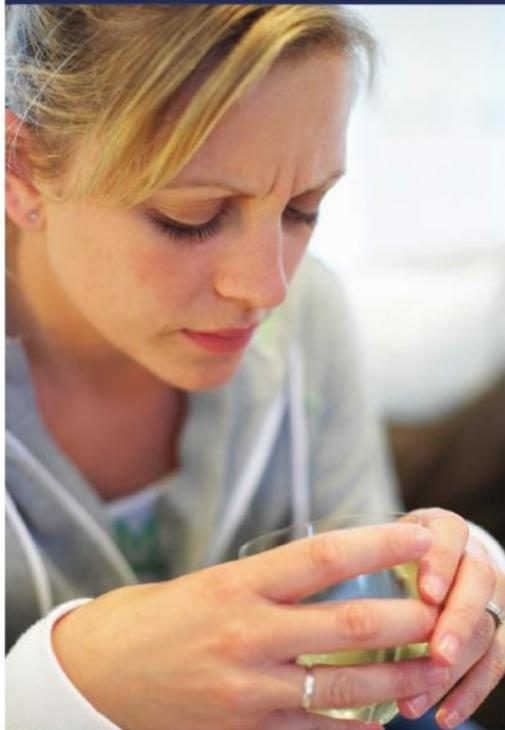
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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

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

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SEATTLE, WA

50th-anniversary season

ACT Theatre celebrates its golden anniversary with an intriguing lineup of plays



Laura Marie Duncan

Laura Griffith will play Maggie in *Cat on a Hot Tin Roof*.

A world premiere and past favorites will be on stage as ACT Theatre in Seattle celebrates its 50th anniversary. Since 1965, the theater has been dedicated to “producing contemporary work with promising playwrights and local performing artists.”

The 50th season includes *Jacques Brel Is Alive and Well and Living in Paris* (co-produced with The 5th Avenue Theatre), March 7-May 17; *Cat on a Hot Tin Roof* (performed during ACT’s inaugural season), April 17-May 17; the world pre-

miere of Yussef El Guindi’s *Threesome* (co-produced with Portland Center Stage), June 5-28; Tom Stoppard’s *Travesties*, Sept. 11-Oct. 11; and Anne Washburn’s comedy *Mr. Burns, a Post-Electric Play*, Oct. 16-Nov. 15. ACT is also presenting numerous other productions, plus readings of “great plays seldom seen on stage,” which are being showcased as part of ACT’s yearlong **Endangered Species Project** series. Contact: 206-292-7676; acttheatre.org. —Michele Andrus Dill

Kurt Beattie, who has produced 11 Mainstage world premieres since becoming ACT’s artistic director in 2003, will retire at the end of the 2015 season. He’ll be succeeded by award-winning Associate Artistic Director John Langs, who has directed works for theaters around the country.

WALLA WALLA, WA

“February is for Foodies,” a monthlong celebration in Walla Walla, WA, features numerous special events at wineries and restaurants, as well as cooking classes (wallawalla.org).

WEST YELLOWSTONE, MT

Spectators can see fast dog teams in action on short courses during the **West Yellowstone Special Sled Dog Races**, March 19-22, which are expected to draw 30 teams from throughout the West (wysleddograces.com).



SHUTTERSTOCK.COM

COEUR D’ALENE, ID

The **CDA Blues Festival**, previously recognized as “Best Blues Event” by the Inland Empire Blues Society, will showcase headliners such as Selwyn Birchwood, March 27-29 (cdaresort.com).



MISSOULA, MT

University of Montana geosciences professor **George Stanley has been named a fellow by the American Association for the Advancement of Science** as a result of his studies of fossil and existing reefs worldwide, including in Alaska, Montana and Mexico. Stanley’s research has led to a better understanding of reef evolution (umt.edu).

PORTLAND, OR

The **Audubon Society of Portland, founded in 1902, operates a Wildlife Care Center** that aids and releases injured birds, and researches how urban wildlife is affected by habitat changes and human interaction. The center, open to the public, is in the society’s **150-acre Nature Sanctuary** (audubonportland.org).



LAKE TAHOE, CA

Rhythm and brews



COURTESY WINTERWONDERGRASS FESTIVAL

Grammy-winning multi-instrumentalist Sam Bush, and Trampled By Turtles, which has appeared on the *Late Show with David Letterman*, will be among the bluegrass and acoustic musicians at **WinterWonderGrass Tahoe**, March 20-22.

Taking place at Squaw Valley | Alpine Meadows and nearby sites in the North Lake Tahoe area, the festival will include mainstage concerts; mountaintop concerts (weather permitting); and concerts in heated “beer tents,” with craft-brew samples from local and regional breweries. A Kids Zone will offer activities such as face-painting.

Attendees can purchase individual concert passes or a ski/concert combination pass (winterwondergrasstahoe.com).

Prior to WonderGrass, Squaw Valley will be a March 4-8 stop on the **FIS World Cup Ski and Snowboard Cross tour** (fis-ski.com).

—Leah LaCivita

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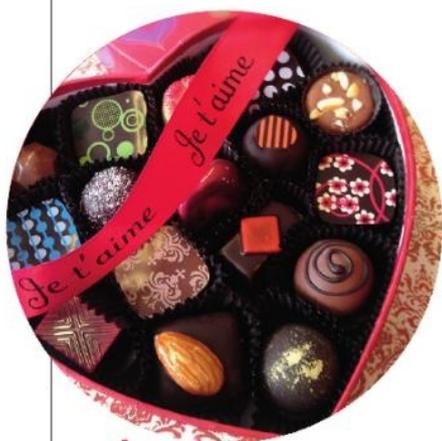
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Ideas to please your valentine



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4. Fun Moonstruck Chocolate Love Bugs, Valentine's collections and 12-piece Oregon Distillers Collection; Portland, OR; moonstruckchocolate.com. **5. Orchard Farm all-natural soaps, salves, balms and candles**, some featuring herbs grown on the farm; Moscow, ID; orchardfarmsoap.com. **6. Hot Cakes Molten Chocolate Cakery 4-pack** of delicious cakes, plus sauces such as dark chocolate and rye whiskey caramel; Seattle; getyourhotcakes.com. **7. Teadora spa-themed products**, from bath oil to body cream, including the new Rainforest Spa Love Ritual Trio, which features bonus

items through Feb. 28; Seattle area; teadorabeauty.com. **8. Customized, handcrafted necklaces, earrings and bracelets in platinum, silver, copper and gemstones; Panhandle Red**; Post Falls, ID; panhandlereid.com. **9. Write, doodle and email your love via Wacom's Bamboo Stylus Fineline for iPad**, the latest in the popular Bamboo line; Vancouver, WA; wacom.com. **10. Smoked Salmon Sampler gift basket**, including three types of salmon, along with reindeer salami, cheese and crackers, from 10th and M Seafoods, Anchorage, AK; 10thandmseafoods.com.

◀ **ALSO** Wine-gift options: Washington (washingtonwine.org), Oregon (oregonwine.org), Idaho (idahowines.org), Sonoma County (sonomacounty.com/wineries) and BC's Okanagan (winebc.com).



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Monterey Walkabouts

Carmel Beach is a popular place for a seaside stroll or to enjoy the surf (above right).

EXPLORING THIS SCENIC CALIFORNIA COUNTY

BY DAVID ARMSTRONG

Sunrise: my favorite time of day at Carmel Beach in Carmel-by-the-Sea, on California's ruggedly beautiful central coast. I've just walked downhill along Ocean Avenue to the beach,



where rolling waves are accompanied by the cries of gliding gulls. As the sun's rays chase the nighttime chill, a pink cloud floats overhead, and the waters of Carmel Bay begin to glisten.

I step onto the fine white sand of the municipally owned mile-long beach and amble toward the surf. A grinning dog, dripping water, sprints by, his owner jogging behind. A solitary walker, coffee in hand, strides across hard-packed sand at the water's edge. A young woman takes a photo of a friend with fingers splayed in the V sign, smiling. I take a deep breath of fresh salt air.

It's a great way to greet the day in one of North America's loveliest locales, the Monterey Peninsula. A seaside region that includes towns such as Carmel, Pebble Beach, Pacific Grove and the city of Monterey, the peninsula boasts some of the most spectacular coastal scenery anywhere. And in many cases, this scenery can be leisurely enjoyed by foot.

I am an inveterate walker. Walking is free, and it can be good exercise. Walking also affords an up-close-and-personal look at a destination, especially a place such as Monterey County, where there are numerous picturesque sites to explore via perambulations.

After my trek along the beach, I return to my lodgings, the friendly, boutique Hofsas House, for breakfast. Carrie Theis, the general manager and co-owner of the downtown inn—whose amenities include his-and-hers dry saunas and a swimming pool—recommends the cross-town walk

to Mission San Carlos Borromeo del Rio Carmelo, informally known as the Carmel Mission. As I choose from a selection of locally made pastries and fresh fruit during Hofsas House's complimentary continental repast, I learn that

Theis knows the Carmel area well. Her grandmother, Donna Hofsas, founded the inn, which was inspired by the family's Bavarian heritage, more than 65 years ago, and Theis is also a member of the Carmel City Council.

The Carmel Mission was founded in 1771 by Franciscan Father Junípero Serra (1713–1784), who used it as his headquarters for the California mission system. The lovingly restored Roman Catholic mission, the second Catholic mission in Alta California, was the heart of life on the peninsula for many years.

I stroll down a hilly and shady stretch of Junipero Avenue. Gnarly oaks and majestic Monterey pines share the street with cottages and homes landscaped with salvia, juniper and rosemary.

The walk—2.2 miles roundtrip—is an easy one, though tree roots push up the sidewalk in spots, and occasionally the sidewalk





PHOTOS COURTESY OF CARMELCALIFORNIA.COM (3)



Clockwise from top: The historic Carmel Mission is open to visitors. Downtown Carmel has many wine-tasting rooms. Hansel House is one of the charming storybook-style Comstock cottages in Carmel.

basilica, home to a Catholic parish; a cluster of five small history museums; and a Catholic elementary school. I start my exploration inside the catenary-ceilinged basilica, which has a stately altar, a 30-foot-tall reredos, and late-1700s paintings such as *Glory of Heaven* (depicting the afterlife), which Serra ordered from Mexico City.

Next I head to the spacious courtyard, a serene place, with trees, flowers and a fountain, that provides an exterior view of the sandstone church and its impressive bell tower, along with other parts of the

compound. One small restored adobe is now the Munrás Family Heritage Museum, which displays 19th century wood furniture, ranching tools and other items from the pioneering Munrás-Manzanelli family.

The Convento Museum includes rooms occupied by Father Serra, including his sleeping quarters, and a kitchen, a living room and a library.

To discover other sites in Carmel—parks, art galleries (Carmel was a well-known arts colony in the early 1900s), and shops such as Thinker Toys, where you can buy a kite to fly on the beach—the Carmel Chamber of Commerce suggests wandering around the low-key city. You'll come across some of the 21 remaining 1920s “storybook cottages” that architect Hugh Comstock designed in English-village style, and you might also find some of the nearly 40 courtyards and secret passageways created by Carmel’s original settlers.

I also recommend the Carmel Wine Passport, sold in hotels and at the visitor information center on San Carlos Street, which allows visitors to taste wine at their choice of nine of the 14 in-town tasting rooms—representing wineries ranging from Monterey County viticultural pioneer Scheid Vineyards to newcomer Blair Wines—that participate in the Carmel Wine Walk by-the-Sea. The walk reflects the county’s flourishing wine industry, which includes 175 vineyards producing 40-some varietals.



Cannery Row

My next walkabout features the lively town of Monterey, the peninsula's largest city. I start on Cannery Row, an approximately half-mile-long street and nearby blocks where sardine canneries once operated. The surviving heritage buildings are huge, clad in corrugated metal and weathered by the elements, and they have been converted to restaurants and shops, including A Taste of Monterey, which sells one of my favorite snacks: sea salt caramels handcrafted by locally headquartered Lula's Chocolates. Attractions also include hotels, spas, wine-tasting rooms, a cinema, a billiards cafe, a family-friendly mirror maze and Adventures by the Sea, where you can rent standup paddleboards, kayaks and bikes, or sign up for guided kayak or bike tours.

The Monterey Canning Co. sign on an overhead walkway at Cannery Row and Prescott is an iconic crossover to the 1916 cannery building, which houses tenants ranging from art galleries and gift shops to a palm-and-card reader and a Starbucks. I duck inside the coffee shop for an espresso and admire the high-ceilinged space.

Espresso in hand, I follow a public walkway alongside the modern InterContinental The Clement Monterey hotel to see an outdoor array of concrete tanks on chipped pavement. This is where esteemed marine biologist Ed Ricketts studied ocean life during the first

Additional attractions



Golf: Monterey County is a world-renowned golf capital, with many scenic options. Layouts such as Spyglass Hill Golf Course, Poppy Hills Golf Course (left) and Pebble Beach Golf Links are known as some of the top courses in the nation.



17-Mile Drive: This acclaimed scenic route is the only private toll road west of the Mississippi. Highlights include the 200- to 300-year-old Lone Cypress tree (left), which is located in Pebble Beach and is a Monterey Peninsula landmark. Monterey cypress trees are a species native only to this region.



Agritourism: A top agricultural region in the United States, Monterey County's Salinas Valley is nicknamed "Salad Bowl of the Nation," due to the amount of lettuce and other produce grown here. The total economic contribution of Monterey County agriculture is \$8.2 billion. Various farmers markets, produce stands and festivals offer opportunities to taste the bounty, while Ag Venture Tours provides guided farm visits, and the Farm Stand at Earthbound Farm has a cut-your-own herb garden, a chamomile-aromatherapy-walk labyrinth and a Kids' Garden.



The National Steinbeck Center: This 37,000-square-foot facility (left) is believed to be the largest devoted to a single American author. Pulitzer Prize-winner John Steinbeck was born in Salinas in 1902 and lived in Monterey County for much of his life.



Monterey State Historic Park: See historic sites such as the area where Spanish explorers landed in 1602, a whale-bone sidewalk, and historic buildings, including the Custom House (left), built in 1827.

Information courtesy of the Monterey County Convention & Visitors Bureau. Go to seemonterey.com for more information on these and other attractions and activities.

JOANN DOST/NORTHERN CALIFORNIA GOLF ASSOCIATION

NATIONAL STEINBECK CENTER

half of the 20th century. Ricketts, the model for “Doc” in John Steinbeck’s 1945 novel *Cannery Row*, lived, worked and threw music-and-conversation parties in the wood building near these original tanks. The city periodically offers guided tours of the lab building; visit monterey.org/museums for the tour schedule.

About a half block past the old lab, I visit the state-of-the-art Monterey Bay Aquarium, which opened in the 1980s at the site of the early 1900s Hovden Cannery. The aquarium, famous for its Seafood Watch sustainable-seafood recommendations, is dedicated to the study and protection of the world’s oceans. I adore looking through floor-to-ceiling windows at the swaying, vertical strands of the aquarium’s Kelp Forest, and also particularly like to watch the feeding of resident sea otters.

The many exhibits also include “Tentacles,” on display into 2016, where I view species of octopus, squid, cuttlefish and nautilus from various parts of the world; watch enjoyably kitschy clips of a giant octopus destroying the Golden Gate Bridge in the 1955 sci-fi flick *It Came from Beneath the Sea*; and learn how the real denizens of the deep live.

Cindy’s Waterfront restaurant at the aquarium is a notable Cannery Row dining spot, where I savor deli-



icious clam chowder and a nicely spiced Garden Enchilada with trumpet and cremini mushrooms, organic kale, and Monterey Jack cheese, and watch as fast-flying pelicans skim the waters of the bay.

Thus fortified, I take the approximately 1.2-mile walk northwest from the aquarium to Lovers Point via a macadam path that also accommodates cyclists, and winds along the hilltop overlooking the beach. The path is part of the 29-mile Monterey Bay Coastal Recreation Trail, which is mostly paved and runs

Former fish-canning buildings on Cannery Row in the town of Monterey now house shops and restaurants. Above right: Point Lobos State Natural Reserve offers views of scenic sites such as China Cove. Right: Visitors at the reserve get a good look at sea lions.

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bicycle and surrey rentals, and its beach is a popular swimming spot.

Point Lobos State Natural Reserve

The following day, I explore the Point Lobos State Natural Reserve, a few miles south of Carmel. The reserve, comprising about 1,325 land acres and about 775 ocean acres, is crossed by a network of hiking trails, and offers views of craggy cliffs, blue-gray ocean and green, long-armed Monterey cypresses.

I follow the Lace Lichen Trail (named for the lichen hanging from the trees), the Carmelo Meadow Trail and parts of the waterside Granite Point Trail. My 5-mile walk is visually stunning and largely untaxing as I pass through forests of pine and oak, hear industrious woodpeckers and spot perching cormorants.

Some routes in the park lead to overlooks for sites such as Headland Cove, where sea otters bob in the kelp and harbor seals might be hauled out on the rocks, and the Sea Lion Point area, from which sea lions might be visible on offshore formations. Guided walks, including Easy Access Adventures, are often available (www.parks.ca.gov/?page_id=571 and www.parks.ca.gov).



from the fields of Castroville, north of the town of Monterey, to Pacific Grove.

As I stroll to the City of Pacific Grove's Lovers Point Park and Beach, I'm treated to a marvelous view of Monterey Bay, with its waterside rocks, pocket beaches, sea otters, pelicans and gulls. Soon I reach the 4.4-acre emerald-green park, ending at the rocky Lovers Point promontory with an even more expansive vista—an ideal photo opportunity. The park also offers kayak,

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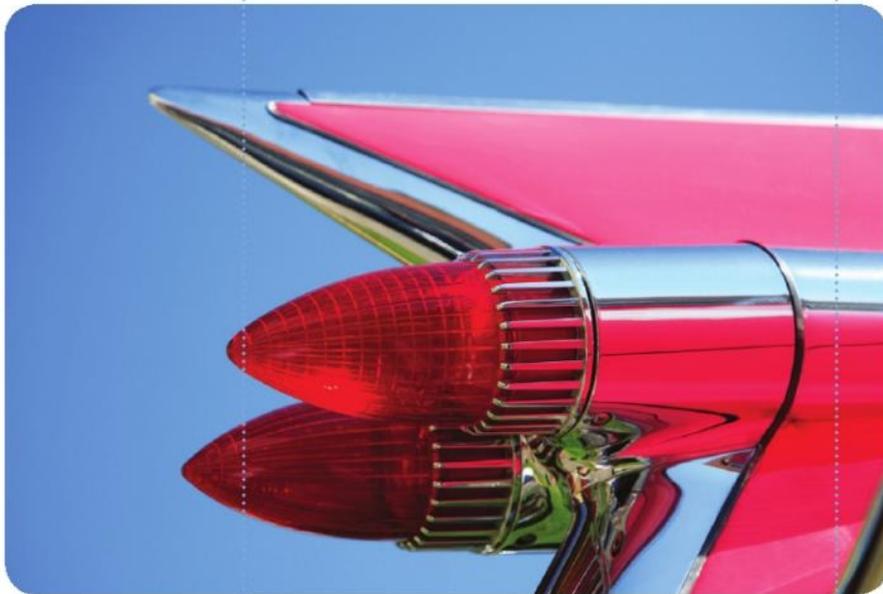
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pointlobos.org/calendar) in the reserve, which also has promising sites, such as the Sea Lion Point Trail and the Cypress Grove Trail north point extension, for views of migrating gray whales between December and April.

A trek in the reserve is a great nature-filled way to end a wonderful walkabout-focused visit to Monterey County. ■

David Armstrong lives near San Francisco.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides daily service to Monterey via San Diego. For more information on visiting Monterey County, go to seemonterey.com.

When you go

Lodging

Bernardus Lodge & Spa (Carmel Valley, 831-658-3400, bernarduslodge.com). European-style luxury, along with a 10-acre vineyard and intimate spa. The lodge is undergoing an extensive renovation and is expected to reopen in March.

Hofsas House (Carmel-by-the-Sea, 800-221-2548, hofsashouse.com). Welcoming 38-room hillside boutique downtown hotel.

Dining

Cindy's Waterfront (Cannery Row, 831-648-4870, montereybayaquarium.org). Excellent environmentally attuned full-service restaurant in the Monterey Bay Aquarium.

Grasings's (Carmel, 831-624-6562, grasings.com). California coastal cuisine, featuring fresh seafood, in a smart-casual atmosphere.

Jeninni Kitchen & Wine Bar (Pacific Grove, 831-920-2662, jeninni.com). Lively Pacific Grove restaurant showcasing sublimely spiced Mediterranean and Spanish fare. —D.A.

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Photos: Gerald Pope

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AT AGE 61 I'M JUST BEGINNING

I had been going to a naturopath and started HRT a few years ago. It worked for me, until my naturopath informed me that I'd been on HRT too long and my health risk was increasing with use. She set me up on an unsuccessful regimen to wean me off and I finally gave up.

A year later (after suffering night sweats from fear rather than hot flashes), I was informed that the new information on the medical scene indicated bio-identical hormones (unlike bio-similar) were perfectly safe and may even have many health benefits. She suggested I do some homework and make a decision for myself.

The Anti-Aging program had recently opened at PRO Sports Club. I had already been through the 20/10 weight loss program and respected the club's professional approach to health. I took some friends and went to the Anti-Aging introductory seminar. I wondered what the program might have to offer that my naturopath wasn't already providing. After some more research, I decided to work with Anti-Aging expert Dr. Joe Upton.

I was so glad that I chose the Anti-Aging program. Using a combination of natural herbs and bio-identical hormones tailored to my needs, I was soon on a healthy path.

But it didn't stop there. The Anti-Aging program included state-of-the-art testing of my cardiovascular system, bone density, the health of my skin, and much more. The results helped me make improvements in my exercise plan, skincare regimen, and select supplements most beneficial for my health. There is a synergy of good health that explodes with an approach like this.

While some of my friends are talking about winding down their lifestyle, at age 61, I feel like I'm just beginning. With a new career as an author and speaker (Define Your Life – Design Your Home), I have the energy and stamina to keep up with my dreams.

I'm a firm believer that excellent health makes everything in life more enjoyable. The Anti-Aging program at PRO Sports Club has been an excellent partner in my pursuit of healthy living.

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Cover: Rowing on the Spokane River, Spokane, Washington. Photo by **Young Kwak / The Inlander**.

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Spokane Essentials

TOP SITES IN THE LILAC CITY **By Cheryl-Anne Millsap**

When my husband changed jobs and we moved our family to Spokane in 1999, the shift was about more than a career change. Like many others who make their way to the Inland Northwest, we came here to experience a particular way of life—drawn by the location and landscape, by the tall ponderosa pines that grow on the hills and plains, by the rolling wheat fields and undulating terrain of the nearby Palouse, by the city's proximity to beautiful public lands. After more than a decade of living in the area, we still appreciate the city's attractions and the allure of the lands around it. Whether you're visiting the area for the first time or reconnecting with a place you love, there are many sights to see. The following are a few that speak to the essence of Spokane.



Riverfront Park

The park at the center of it all provides a good introduction to the modern history of the Lilac City. Riverfront Park straddles the Spokane River and forms a boundary between north and south neighborhoods. The park was the result of a monumental reclamation effort to create the city's site for Expo '74, and it has become a vital 100-acre urban green space. Pedestrian paths crisscross the river over footbridges. The area that surrounds the iconic Clock Tower—the only building remaining from a 1900s train station—has become a popular picnic spot and concert venue. Families flock to the historic Loeffl Carousel in summer and enjoy the Ice Palace skating rink in winter. Spokane was born around the river, the place where Native tribes gathered and fished. Today Riverfront Park sits at the heart of the thriving urban area that was, in 2014, named one of *USA Today's* "10 Best Riverfront Cities."



Spokane River Centennial Trail

This 37.5-mile paved track begins west of Spokane, in the town of Nine Mile Falls. It follows along the river through Spokane's downtown and, eventually, to the Washington/Idaho state line, where it meets the North Idaho Centennial Trail. The trail attracts everyone

from lunch-hour runners and walkers to daylong bicyclists, as well as a few cross-country skiers in winter. To me, a perfect day includes packing lunch, pedaling the Centennial trails to Coeur d'Alene, Idaho, lingering over a picnic at Lake Coeur d'Alene, and biking back to Spokane in the afternoon.

SPOKANE RIVER FALLS Spokane boasts a series of cascades that flow through Riverfront Park and continue to a lower gorge. Particularly in spring, when the river swells with snowmelt, this urban waterway is a spectacular attraction. One great way to take it in is to hop on one of **SkyRide Over the Falls'** lilac-colored gondolas that drop 200 feet into the gorge and provide exceptional views. SkyRide was named one of 12 "Incredible Gondola Rides Around the World" in 2013 by *Condé Nast Traveler*.



INB Performing Arts Center Along with Riverfront Park, another legacy of Expo '74 is the former Spokane Opera House, now known as the INB Performing Arts Center. The 2,700-seat hall overlooks the Spokane River and is the site of concerts and live performances by nationally and internationally known performers. The INB is also the site of Spokane's *Best of Broadway* series, which brings Broadway shows and other notable productions to the Inland Northwest each year.

The touring hit musical Mamma Mia! will be at the INB March 20-21.



MANITO PARK This is where I take friends and family when they visit. The 90-acre park, with its gardens, trails, ponds and playgrounds, was created in 1904. It quickly became a jewel of the city. Surrounded by wide

boulevards and historic homes, the park draws people of all ages. In summer, the rose garden perfumes the air and is the setting for weddings and family photos. Friends gather at Park Bench Cafe and enjoy live music.



Cork District

With Spokane's proximity to the premier vineyards of Eastern Washington, it's no surprise that the city has a robust wine industry. The Cork District includes 15 award-winning wineries and tasting rooms, most within walking distance of one another. Annual events include ValenWine (February), Spring Release (May) and Holiday Wine Weekend (November). One of my favorite places to unwind during summer is Barrister Winery's courtyard. Alaska Airlines passengers pay no tasting fees at Cork District venues (and several others in town) when they present, within 48 hours of arrival, their boarding pass with Spokane as the final destination.

TOP TO BOTTOM, YOUNG KWAK / THE INLANDER; BROADWAY.COM; DAN PELLE / THE SPOKESMAN-REVIEW



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River Park Square When the downtown mall, anchored by Nordstrom, was built in 1999, it changed the face of Main Avenue in Spokane. River Park Square is directly across from Riverfront Park and Spokane's landmark Art Deco city hall. Surrounded by urban lofts, restaurants and boutiques, the mall includes upscale shopping and dining, a 20-screen theater, an art gallery, and Mobius Children's Museum, a branch of Mobius Science Center for kids 8 years old and younger.

Finch Arboretum

The ubiquitous ponderosa pine may be the official tree of the city (as of April 2014), but there are many additional trees to be found in the area, especially at this park. Situated along Highway 90, between the airport and downtown, the Finch Arboretum encompasses 65 acres planted with more than 2,000 labeled trees and plants, and serves as an outdoor classroom that offers seasonal activities. It is an excellent place to wander and reflect.



Kendall Yards This contemporary multiuse development that opened in 2010 has brought new life to a former industrial site north of the Spokane River. With the number of single-family homes, apartments, condominiums, small businesses and restaurants growing each year, pedestrian-friendly Kendall Yards offers easy access to the Spokane River Centennial Trail and sweeping views of the city's skyline. My ideal Sunday morning is to order a cup of coffee from the walk-up window at chef Adam Hegsted's Yards Bruncheon to sip while I stroll from Kendall Yards to the spectacular river overlook at the Monroe Street Bridge. **S**

Travel writer and essayist Cheryl-Anne Millsap lives in Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about the Spokane area, contact Visit Spokane, 888-SPOKANE; visitspokane.com.



Spokefest.

More Spokane Highlights

SPORTY FESTIVALS

Spokane is celebrated for its outdoor recreation, and it hosts a number of large and distinctive sports events each year.

Bloomsday: Spokane's annual 12k (7.46-mile) run brings about 50,000 runners and walkers to downtown Spokane each May. (May 3, 2015; bloomsdayrun.org)

Hoopfest: Billed as the biggest 3-on-3 street basketball tournament in the world, Hoopfest features around 7,000 teams, 3,000 volunteers, 250,000 players and fans, and about 450 courts spanning 42 downtown city blocks. (June 27–28, 2015; spokanehoopfest.net)

Spokefest: The annual 21-mile bike ride event also has 9-mile and 50-mile options, and a short loop for families with children. (Sept. 13, 2015; spokefest.org)

HISTORICAL SPOKANE

Part of Spokane's downtown revitalization can be attributed to the restoration of landmark buildings and neighborhoods.

Landmarks: Iconic buildings include the 1914 Davenport Hotel, the 1915 Art Nouveau Bing Crosby Theater and the 1931 Art Deco Martin Woldson Theater at The Fox, home to the Spokane Symphony.



Hoopfest.

Neighborhoods: These range from the restored grand mansions of city founders in the Browne's Addition neighborhood to the small-town appeal of the Garland District, the funky vibe of the burgeoning South Perry District and the scrappy-hip legacy of the historic Hillyard District. —C.A.M.



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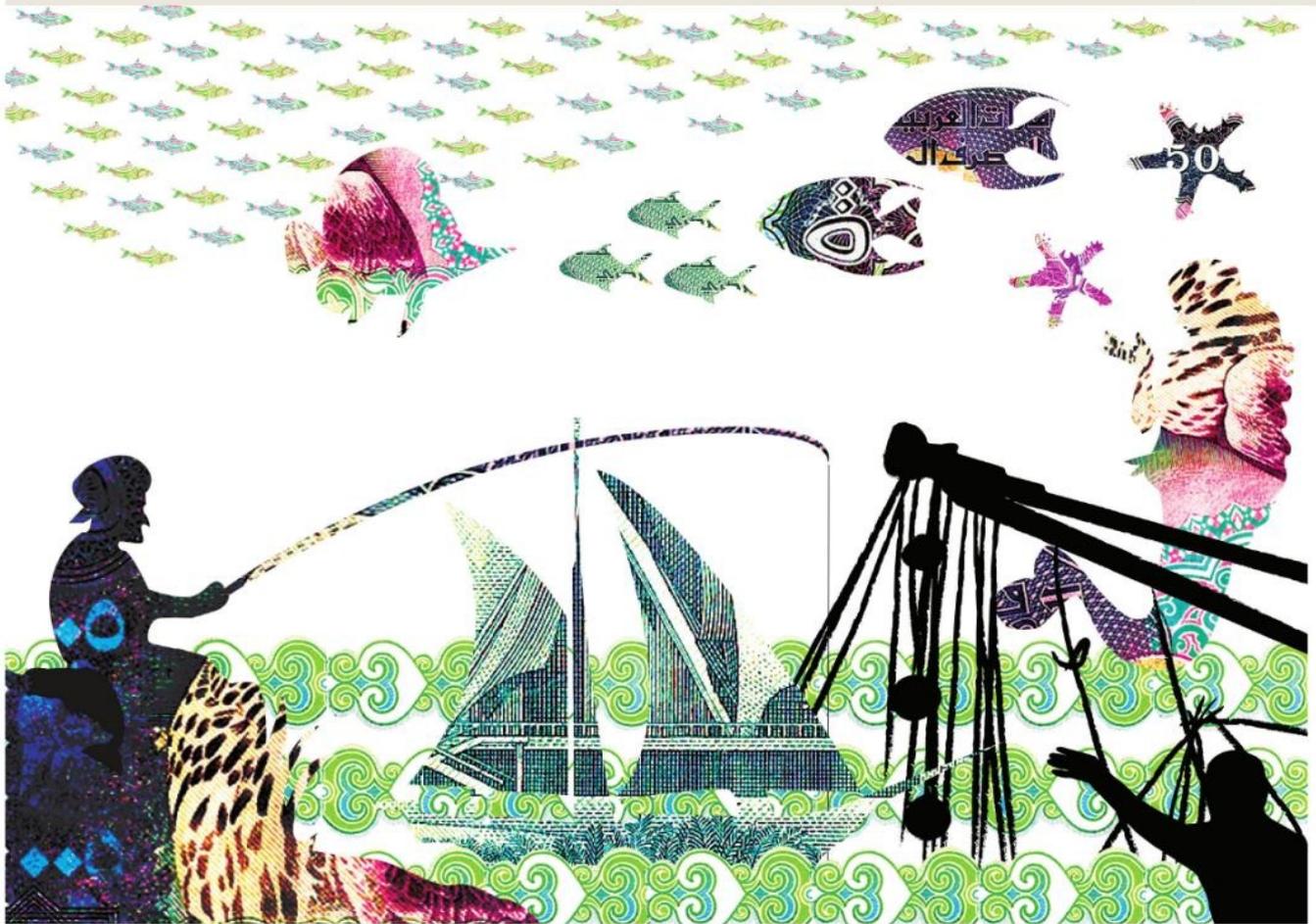
In Spokane, those “someday” adventures become “today” adventures. Taste the creations of James Beard-recognized chefs and award-winning craft breweries and wineries, along with locally (and globally) inspired cuisine. Seek outdoor adventure with seasonal sports, biking and hiking on Riverside State Park trails, moonlight snowshoeing at Mt. Spokane, and more. Find indoor adventure with shopping that ranges from national retailers to one-of-a-kind boutiques, as well as Broadway shows and other artistic pursuits. Start putting check marks next to those bucket list items now.

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Creative Attractions

ARTS AND CULTURE FLOURISH IN SPOKANE **By Linda Hagen Miller**

Recently I found myself twirling and laughing through my first-ever square dance. A half-hour before that, I was standing in a circle, holding hands with a bunch of strangers, all of us trying to mimic the dance steps of an energetic young Tibetan man wearing a pumpkin-colored tunic. And before that, I was tapping my toes to Celtic fiddle music. And yet, with more than 100 music and dance performances at the **Spokane Folk Festival** (spokanefolkfestival.org), I managed to take in only a fraction of the attractions.

The annual fall folk festival is representative of the overall arts-and-culture scene in the Spokane area—it offers a tremendous quantity and variety of options. With

more than 1,300 arts businesses employing almost 6,000 people, Spokane County is filled with opportunities. From multicultural events to book fests, museum exhibits, gallery shows and outdoor art walks, the area has many entertaining experiences for residents and for visitors.

On the literary front, Spokane and the Inland Northwest have recently produced and nurtured writers on their way to national prominence. The 2014 PEN/Robert W. Bingham Prize winner Shawn Vestal; *The New York Times* best-selling writer Jess Walter; and award-winning poet, writer and filmmaker Sherman Alexie all have close ties to Spokane and will be featured presenters at this year's

regional literary festival **Get Lit!** (April 20–26; getlitfestival.com).

Since 1998, this literary lollapalooza has brought thousands of readers, writers and poets together to celebrate the printed word. Forty-plus local and national authors will present at Get Lit!, including Vestal, Walter and Alexie, as well as notables such as Walter Kirn, author of *Up in the Air*, the novel that inspired the movie with George Clooney. Walter and Alexie will record an episode of their podcast, *A Tiny Sense of Accomplishment*, at the festival.

From April 18 through July 19, the Northwest Museum of Arts & Culture, in Spokane, will exhibit contemporary art from the Emirates, including Zeinab Al Hashemi's Pearl Tale (2010; above).

Discoveries Great and Small

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SHARE A PHOTO of something, big or small, that you discovered while exploring an Alaska Airlines destination. Whether you are an amateur or professional photographer, you may submit up to three images to *Alaska Airlines Magazine* and *Horizon Edition Magazine* for our 2015 Photo Contest. Entries may include natural scenics, urban landscapes, wildlife shots or human-interest photos. In addition to awarding prizes for the top three photographs, the magazines will publish the top 10 photos in our May 2015 issues. **Entries must be postmarked by February 15, 2015.**



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Chronicling the region's past and present, **Spokane-area museums** range from the venerable to the unusual. In Browne's Addition, a five-minute drive west of downtown, you'll find the revered **Northwest Museum of Arts & Culture**, aka "The MAC" (northwestmuseum.org), which documents regional history and people, and features rotating and traveling art exhibits. The touring exhibition "Past Forward: Contemporary Art from the Emirates," will be at The MAC April 18–July 19. The MAC will celebrate its 100th birthday in January 2016.



Top to bottom: Interactive exhibits at Mobius Science Center allow children to explore science in fun contexts; exhibits at the Spokane Valley Heritage Museum include historical photos from the region.

Next door, the historic **Campbell House** (northwestmuseum.org/exhibits/campbell-house) lets visitors tour a preserved Victorian mansion, complete with creaky floors, dark-paneled rooms and docents costumed in 19th century styles.

The **Spokane Valley Heritage Museum** (valleyheritagecenter.org), located about 12 miles east of downtown, is a 4,000-square-foot gem that brings to life the valley's agricultural history, Native American heritage and biographies of the region's best-known residents. For instance, visitors can learn about brothers

Luke and Chuck Williams, Spokane Valley natives who invented the lighted time-and-temperature signs now seen on office buildings and bank marquees. Visitors can also stand in a replica of a 1930s kitchen and listen to radio broadcasts from the era.

Kids rule at the **Mobius museums** (mobiusspokane.org). Located in the lower level of River Park Square (the city's premier downtown high-rise shopping hub), **Mobius Children's Museum**, for children up to age 8, encourages curiosity with dress-up clothes, miniature stores, the chance to pet reptiles and more. At **Mobius Science Center**, which is across the street (but expected to

move this year to another downtown location), older kids and family members delve into exhibits so fun that the youngsters might not even realize they're learning about subjects such as gravity, dinosaurs and biology.

Spokane's **First Friday** events (downtownspokane.org/first-friday.php), on the other hand, are for grown-ups. Art fans



Questions for Jess Walter

Writer Jess Walter is a little like Spokane, the town he calls home: approachable and unpretentious. Yet he has several prestigious awards to his credit: *Beautiful Ruins* (2012) was a No. 1 *New York Times* best-seller and *Esquire's* Book of the Year; *The Zero* (2006) was a finalist for the National Book Award and the PEN Center Literary Award. Despite the acclaim, Walter has stayed true to his roots in Spokane.

Q: Why do you live in Spokane?

A: Originally, I stayed in Spokane for family, but more and more I feel, as a writer, like this is the terrain I'm comfortable coming back to. And Spokane has become such a great, livable city. ... I'm inspired and defined by the place where I grew up, by the natural beauty and the lack of pretense. Spokane is thriving in a way that my friends and I used to wish for. Now my wife and I joke that there are too many great bands, too many literary events, too many restaurants opening. And why can't I find a parking place right in front of the place I want to go? It's a really great place to be 25 now—or 50, for that matter.

Q: What's your home office like?

A: My desk is an antique with bookshelves built into the side. I've turned the drawer over to hold a keyboard. We live in a 100-year-old house, and I work in an apartment above the carriage house. My view is pretty great—Mount Spokane and the Spokane River canyon beyond my house, which is like a wildlife freeway—deer and coyotes and turkeys and

Continued from page S11 Weirdly, the deer have become kind of aggressive. They took over my garden, and now they just stare at me when I walk past them on the way to my office, and one night, during rutting season, a buck protecting his doe sort of advanced on me. It was like being in an M. Night Shyamalan movie.

Q: What are you working on now?

A: Sherman Alexie and I do a podcast together (*A Tiny Sense of Accomplishment*), and we are doing live events this year in New Mexico, in Minneapolis and at Get Lit! in Spokane. I'm working on the next novel and, I suppose, the novel after that. I have a short story coming out in *McSweeney's* and am working on a couple of others. I don't really plan very well my "next" thing. I just write and hope for the best. —L.H.M.

Walter will speak at Clark College (Vancouver, WA, Feb. 11); Whitworth University (Spokane, Feb. 24, Mar. 31); and Get Lit! (Apr. 20–26).

peruse downtown galleries, restaurants and coffeehouses to view local art and listen to troubadours. With 40 to 50 rotating venues scattered throughout town, you have many options to choose from during this year-round event.

The coolness factor of the arts in Spokane is underlined by the city's **performing-arts scene**. Lending support to up-and-coming local artists, **Terrain** (terrainspokane.com) has grown in the last seven years from a loosely structured, itinerant, once-a-year event to an organization with plans this year (in fall) to open its own permanent brick-and-mortar venue for performing arts and visual arts, with an attached arts market.



HAMILTON STUDIO

The Martin Woldson Theater at The Fox provides an elegant venue for the Spokane Symphony.

You can enjoy Broadway blockbusters at the **INB Performing Arts Center** (inbpac.com); great concerts, comedy and more at **Northern Quest Resort & Casino** (northernquest.com); improvised comedy at **The Blue Door Theatre** (bluedoortheatre.com); professional plays at **The Modern Theater** (themoderntheater.org); community theater

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at the **Spokane Civic Theatre** (spokane-civictheatre.com); the Spokane Symphony at the **Martin Woldson Theater at The Fox** (martinwoldsontheater.com); cutting-edge music at **Knitting Factory Concert House-Spokane** (sp.knitting-factory.com); and rock, country and more at **Spokane Arena** (spokanearena.com).

I'm always excited to visit the **public art** downtown in Riverfront Park. Over the years, I have found most of the 20 sculptures spread across the park—part of the **Spokane Sculpture Walk** (a brochure is available at visitspokane.com/art). My favorites are *The Joy of Running Together* and *Garbage-Eating Goat*. The former is made up of 40 life-size steel silhouettes in jogging poses at the west edge of the park; the metal goat delights children near the antique 1909 Loeff Carrousel. (Place a scrap of paper beneath the craggy critter's mouth and push a button nearby to have the goat vacuum up the trash!)

To read Spokane/Coeur d'Alene Indian author Sherman Alexie's poem *The Place Where Ghosts of Salmon Jump* (1995), you can walk the granite spiral where it's carved in concrete overlooking Spokane Falls. The poem tells the legend of the falls' origin.

The *Rotary Riverfront Fountain*, another popular attraction, sprays gallons of water on giggling kids all summer.

Other nearby statues—of pioneers, a Vietnam veteran, and Spokane astronaut Michael P. Anderson—prompt additional contemplation about the city's history and its vivid arts-and-culture scene. **S**

Linda Hagen Miller writes and blogs about travel from Liberty Lake, near Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about arts and culture in the Spokane region, contact Visit Spokane, 888-SPOKANE; visitspokane.com.

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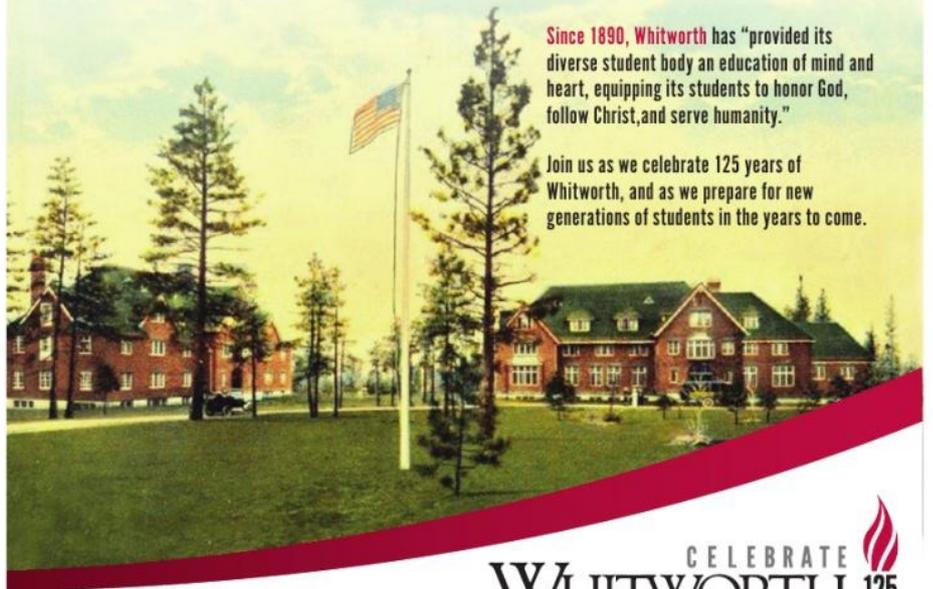


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GREAT SPOKANE DINING EXPERIENCES **By Adriana Janovich**

I'd visited Spokane's Santé Restaurant several times for lunch and cocktails since moving to town about a year ago. But my boyfriend and I had been saving dinner at the sophisticated yet unfussy bistro for a special occasion: my birthday. **When the food arrived**, we lingered over each morsel—from the amuse-bouche at the start of the meal to the chocolate crèmeux with basil ice cream at the end. Three courses and nearly as many hours later, we left happily satisfied, and I vowed not to wait another year before returning for dinner.



Santé Restaurant and Charcuterie focuses on fresh ingredients and makes many foods in-house.

The intimate downtown restaurant with French influences is at the forefront of Spokane's burgeoning culinary scene. Dining experiences in the Lilac City are plentiful and wide-ranging. The overall sophistication edges ever upward, and the options are varied—whether you seek a casual meal or a fine-dining experience.

"Visitors and locals want and expect high-level restaurants," says Cheryl Kilday, president and CEO of Visit Spokane, the not-for-profit corporation responsible for the city's destination marketing. "The growth in our culinary scene is not only good for the palate but great for business throughout the region."

Many of the newer establishments emphasize the use of locally grown and raised ingredients—from farm-fresh fruits and vegetables to herbs, honey and meats.

In the case of Santé, more formally known as **Santé Restaurant and Charcuterie** (santespokane.com; 509-315-4613), the emphasis is on fresh, local, sustainable ingredients and preparations.

"We don't have microwaves. There are no can openers in the house. Nothing comes out of a can, period," says chef Jeremy Hansen, who owns Santé with his wife, Kate. "Everything we put on a plate is made in-house—from our charcuterie and bacon to our soups, crackers, scones, biscuits, breads [and] ice cream."

Tucked inside a historical building and decorated in elegant beige and black, Santé is reminiscent of cafes in Paris. Large windows overlook sidewalk seating and let in an abundance of natural light.

There are fish, poultry and other mains on the menu, but specifics aren't listed, in order to allow for the best of whatever is in



Traditional Italian dishes with a contemporary twist are the specialty of Italia Trattoria.

season. On the night of my birthday, for example, braised elk neck took the place of beef. It was exquisitely prepared and plated, and I didn't have to wonder where it came from. The waiter volunteered that info before I had a chance to ask.

Transparency is important at Santé. So are the partnerships with local farms

listed on the menu. Almost all of the ingredients are produced locally, says Hansen, who is slated to cook for a week in March at the prestigious James Beard House in New York City—for the second time in two years.

Hansen is one of many people raising Spokane's food profile, and Santé is one of



Left to right: Central Food lives up to its name at its downtown view location; Anthony's at Spokane Falls offers river views and fine seafood.



True Brew Masters

It's no accident that Born & Raised IPA bears images of three Spokane landmarks on its label. The Monroe Street Bridge, Riverfront Park Clock Tower and SkyRide gondolas are symbols of the city in which **John Bryant and Mark Irvin** are proud to brew.

The pair partnered in 2012 to put the Lilac City on the map as a destination for craft-beer enthusiasts. They rebranded and expanded Northern Lights Brewing Co., which Spokane native Irvin had started in 1993.

Their **No-Li Brewhouse** (nolibrewhouse.com, 509-242-2739), the oldest operating brewery in Spokane, remains on the forefront of the thriving local craft-beer movement. Located on the banks of the Spokane River, No-Li is home to a new barrel-aging program, a popular small-batch beer fest, a gastropub and the federally registered Spokane Style of beer.

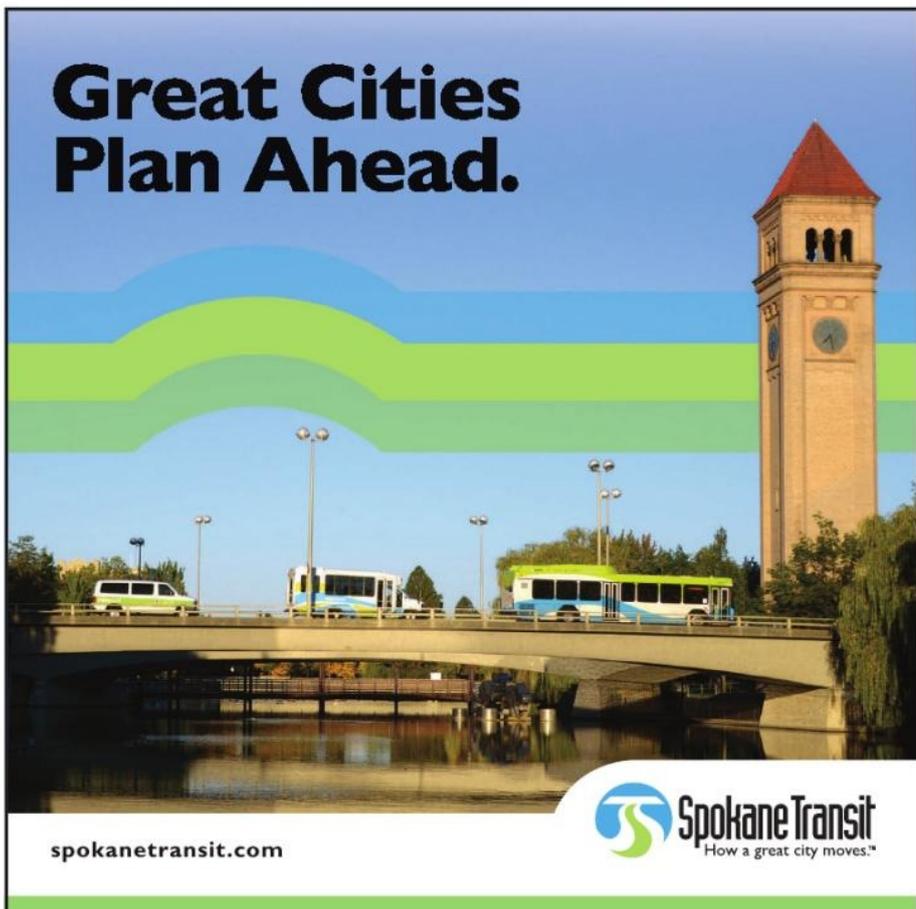
"It's really a unique thing," says Bryant of the registered style. "All the beer is made here by people who live in Spokane. And all the ingredients come from within a few hours of here."

For Bryant and Irvin, the authenticity of their craft, and their "fib-free ales," is no lie. —A.J.

No-Li Brewhouse is part of the Spokane area's **Inland Northwest Ale Trail** (inlandnwaletrail.com), which features 27 breweries—up from 16 last year. No-Li brews, along with more than 100 other beers, are also featured at Spokane's **Inland Northwest Craft Beer Festival** (late September; washingtonbeer.com/inlandnwcrafterfestival).

OPPOSITE PAGE, DIANE MAEHL PHOTOGRAPHY; THIS PAGE, CLOCKWISE FROM TOP LEFT, YOUNG KWAK / THE INLANDER (2); ANTHONY'S RESTAURANTS, SPOKANE; CENTRAL FOOD

Great Cities Plan Ahead.



the numerous excellent options for eating in Spokane.

“The great news for everyone—visitors, locals and food lovers—is that Santé’s standard for excellence is shared by so many other establishments,” says Kilday.

Following are a few more of the exciting food-and-drink choices in Spokane and its surroundings:

At **Central Food** (eatcentralfood.com; 509-315-8036), chef-owner David Blaine uses herbs and vegetables from the patio garden. He can’t source everything from there, so he buys potatoes from Olsen Farms in Colville, north of Spokane, and greens from CasaCano Farms on the city outskirts. Perched on a cliff overlooking the Spokane River, Blaine’s restaurant offers spectacular views, along with mains such as Idaho rainbow trout with sage pesto and roasted root vegetables.

In the heart of the historic Browne’s Addition neighborhood, **Italia Trattoria**



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More Great Dining

- **Anthony’s at Spokane Falls** (anthonysons.com; 509-328-9009): fresh seafood and produce from the Northwest; elegant dining and exceptional river views.

- **Churchill’s Steakhouse** (churchills-steakhouse.com; 509-474-9888): a taste of Chicago in Spokane; USDA Prime beef; fine cocktails, seafood, desserts.



Churchill’s Steakhouse
filet mignon.

- **The Cliff House Estate of Arbor Crest Wine Cellars** (arborcrest.com; 509-927-9463): stunning Spokane Valley views, wine-tastings, concerts.

- **Frank’s Diner** (franksdiners.com; 509-747-8798): Eat in a vintage railcar.

- **Mizuna** (mizuna.com; 509-747-2004): vegetarian options with organic produce.

- **Veraci** (veracipizza.com/Spokane; 509-389-0029): fire-roasted pizza, views.

(italiatrattoriaspokane.com; 509-459-6000) offers contemporary takes on classic Italian cuisine. Owners Beth Bowman and Anna Vogel worked for chef Tom Douglas—the renowned Seattle restaurateur who also partners with Alaska Airlines—before starting their own Eastern Washington establishment.

Chef Tony Brown likes to graze. He also gets bored with repetition. So at **Ruins** (facebook.com/ruins.spokane; 509-443-5606), which opened in August 2014 in an Art Deco diner, Brown offers small plates and changes the menu often.

The downtown, booth-lined **Durkin's Liquor Bar** (durkinsliquorbar.com; 509-863-9501) serves craft cocktails and small plates, such as roasted bone marrow and Brussels sprouts with bourbon, brown sugar and sriracha sauce. There are 20 beers on tap upstairs, plus four more at a separate bar downstairs.

Exposed brick walls and wrought iron give **Casper Fry** (casperfry.com; 509-535-0536) an old-time, industrial feel. The restaurant serves Southern-style comfort food year-round, and sources ingredients seasonally from the **Thursday Market in the South Perry District** (thursdaymarket.org; 509-720-8449), which runs May through October in the adjacent lot.

Tucked inside a renovated 1910 bungalow, **Clover** (cloverspokane.com; 509-487-2937) serves European-influenced Northwest fare. It was recognized in The People's Best New Bars 2013 contest by *Food & Wine* magazine.

On Spokane's South Hill, **Luna** (lunaspokane.com; 509-448-2383) offers charming courtyards for alfresco dining, an on-site vegetable garden, an extensive wine list, and light, French-inspired decor.

In the suburb of Airway Heights, at **Masselow's at Northern Quest Resort & Casino** (northernquest.com/resort/dining/masselows; 509-481-6020), operated by the Kalispel Tribe, the modern Pacific Northwest cuisine includes seared

stuffed quail and bison rib-eye steak. Sometimes, in spring, Chef Bob Rogers prepares house-made lilac-flavored ice cream.

With so many tempting dishes and fabulous restaurants available and arriving on the area's culinary map, I will have many to choose from on my next birthday. **S**

Adriana Janovich writes from Spokane about food, lifestyles and travel.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. For more information about dining in Spokane, contact Visit Spokane, 888-SPOKANE; visitspokane.com.

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A mill for a new century.

When Francis Luerssen III took over as facility technician at the Flour Mill, the 120-year-old brick building was something of a time capsule. Inside was a mishmash of machinery, old and new, cobbled together since renovations began to make it a retail space for multiple tenants about the time of the world's fair in 1974. Air conditioning units had been jammed in windows, and some were run all winter long. Machine timers were simply broken. Components of the HVAC system hadn't been touched in 30 years.

Luerssen found himself in the middle of it all, and he was prepared to take the aging facility into the 21st century—with some collaborative help from Avista. He had his work cut out for him. But as an ex-Navy man, he was used to getting things in shipshape condition.

Over time, he swapped out traditional lighting for LED and compact fluorescent bulbs, upgrading to T8 lamps and electronic ballasts in the

common areas. He mounted light sensors and timers outside and in the restrooms. Plus he installed insulation, included sealing walls penetrated by pipes with expanding foam and fastening weather stripping to all the entrances.

Luerssen's primary focus, however, was the aging HVAC system. He had to loosen valves and repair damper actuators that were stuck open or closed. He rebuilt steam traps,

Pictured above:
Francis Luerssen III
Facility technician
The Flour Mill
(Pictured with Avista Commercial / Industrial
Engineer Bryce Eschenbacher, on left.)

some of which appeared to be of original vintage. And he fixed all the machinery timers, many of which had motor controllers set to hand operation vs. auto or had start-stop pins missing from their timer wheels.



Improved traps no longer let steam escape.

When he correctly aligned all the belt-driven machinery, it paid off with a drop in load.

But the biggest energy improvement with the HVAC system came from incorporating an Alerton(R) direct digital control system (DDC). Installed by ATS Inland Northwest of Spokane, the DDC was a \$20,000 investment.

"[The DDC] really helped everything," Luerssen says. "It gives you a lot of control. It also lets me see a problem from a remote computer."

In place of handset thermostats, the building is now ruled by an always-thinking, always-monitoring digital brain. The DDC system governs when boilers, pumps and chillers turn on and off. Plus, it regulates hot water temperature between floors. This keeps the easily melted goods of the Chocolate Apothecary at a cool 70 degrees while shoppers in the Kitchen Engine enjoy a comfortable 73 degrees.

The amount of control the DDC allowed was extraordinary but Luerssen asked for more. He upgraded to control the hot water circulating pumps so they would turn off based on temperature, not boiler pressure. Now the DDC raises the boiler water temperature as it gets colder outside instead of running at full temperature all the time.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it."

Another encouraging aspect of the DDC upgrade is the lengthened lifespans of the building's machinery. Fans running 24 hours a day before are now on just half the time. And the boiler, which used to run nine hours a day in winter, runs just four and a half thanks to the DDC controlling the boiler's two separate fan coils.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it," he says.

Electrical upgrades have also made a difference, and much of it came down to simply changing light bulbs. 175-watt metal halides were changed out to 26-watt LEDs. LED lights were also installed in the parking lot.

"It's a better light quality, it's instantaneous and I'm never going



The Alerton® direct digital control system.

to have to mess with it again. Those have like 35,000 light-hours," says Luerssen. "The amount of energy they saved us is fantastic."

It's costly to upgrade a building. But for many of his upgrades, Luerssen was able to take advantage of rebates from Avista. And the added efficiency should make everything worthwhile.

Luerssen estimates the boiler upgrades alone will result in

significant savings. The Flour Mill's natural gas costs were reduced by 50 percent. Electrical costs were also cut by ten percent, while adding more load to the system. In the end, these savings can be passed on to tenants by the building's property manager, Kiemle and Hagood.

With help from Avista, Luerssen has transformed a leaky old building



The boiler upgrades alone will result in significant savings.

cobbled together over the years into a 21st-century facility — the envy of any building owner looking to save some money on energy bills. He says any company can do the same.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have seen increased productivity and safety and lowered maintenance costs. Avista thinks it's energy well spent.

(For more, visit avistautilities.com/bizrebates)

Walt Worthy.



DAN PELLE / THE SPOKESMAN-REVIEW

Leadership Perspectives

SPOKANE INDUSTRY LEADERS AND COMMUNITY ICONS SHARE THEIR THOUGHTS **By Michael Guilfoil**

Spokane is a city that looks back to its past with respect while looking forward to its future with optimism. Many of the citizens who applauded the restoration of the 1914 Davenport Hotel in the 2000s will soon celebrate the opening of the 17-story Davenport Grand Hotel, which will connect to a newly expanded convention center. Locals also take pride in the legacy of Expo '74 and approved funding to upgrade Riverfront Park, the World's Fair site. Preserving the past while preparing for the future requires entrepreneurs and visionaries working in concert. These pages profile some of the trailblazers who are reinventing Spokane even as they honor the city's traditions.

Walt Worthy

Walt Worthy, who rescued and rejuvenated Spokane's century-old Davenport Hotel, grew up on a Georgia farm "in the back end of beyond," as he likes to say. There were 17 students in his high school graduating class.

After attending Auburn University, Worthy enlisted in the U.S. Air Force. He arrived in Spokane in 1967.

While he was in the military, he also worked at fixing and reselling cars while his wife, Karen, taught first grade. He later launched a construction company specializing in commercial-property development; his playful "Walt Worthy Has Square Feet" banners became ubiquitous.

In 2000, the Worthys purchased the vacant Davenport Hotel—a longtime destination hotel known for its service and refinement—and restored its elegance.

Their latest project—the 716-room Davenport Grand Hotel near the Spokane Convention Center—is scheduled to open this summer.

Alaska Airlines Magazine: How has Spokane changed since you arrived almost five decades ago?

Worthy: The turning point was Expo '74. The World's Fair revitalized a former rail yard along the Spokane River, along with much of the central business district.

AAM: Why did you take on the formidable challenge of restoring and operating a landmark hotel?

Worthy: I was ready for something different, and saw renovating the Davenport as a once-in-a-lifetime opportunity.

AAM: What has surprised you most about this phase of your career?

Worthy: The phenomenal way the community got behind the project and has supported the hotel ever since.

AAM: What can guests anticipate at the new Davenport Grand across town?

Worthy: Much more space—it's a huge building—and a very different decor than our other properties.

AAM: What do you consider the community's strengths?

Worthy: The city's greatest and most under-utilized asset is the Spokane River. Development along the riverfront could contribute immensely to downtown Spokane's economy.

AAM: How do you relax?

Worthy: Strange as it may seem, I enjoy figuring out new projects. Another favorite pastime is visiting restaurants in search of new recipes to offer our guests.

Lisa Brown

Lisa Brown is chancellor of Washington State University's 1,500-student Spokane campus, which emphasizes health-sciences education and research. Among other recent developments, WSU is seeking to create the state's second fully accredited, publicly funded medical school, in Spokane.

Prior to joining WSU in 2013, Brown taught economics at Eastern Washington

University and organizational leadership at Gonzaga University.

She served two decades in the state legislature. In 2005, she became the first woman Democrat in state history to hold the position of Senate majority leader.

AAM: What brought you to Spokane?

Brown: I came here in the '80s to visit friends while finishing my doctorate in economics at the University of Colorado, and I never lived anywhere else. I recognized in Spokane some of the great traits of Boulder, particularly four-season outdoor recreation and an appreciation of the role higher education plays in economic development.

AAM: What is WSU Spokane?

Brown: We're a major component of the city's emerging University District. Our 50-acre campus—on a former rail yard just east of downtown—is home to the colleges of nursing, pharmacy and medical sciences.

The campus's local impact is significant. Since 1994, more than \$200 million has been invested in facilities and biomedical-

plan to train our students in team-based health care. The campus will become even more dynamic as WSU works to create Washington's second public medical school to address looming physician shortages in the state.

AAM: Besides WSU Spokane, how has the city evolved in recent years?

Brown: Spokane's current generation of leaders focuses more than before on emphasizing Spokane's inherent strengths rather than imitating some other place. ... They would rather stay here, start families and businesses, and define the future.

Neighborhoods like the Perry District, Browne's Addition and Kendall Yards have turned Spokane into a walkable, bikeable, affordable, culturally vibrant place to live.

AAM: Do you miss politics?

Brown: Being majority leader was a dream job, but so is being chancellor of WSU Spokane. I work in a stimulating environment with professors doing cutting-edge research and students who want to change the world.



Lisa Brown.

CORI MEDEIROS / WSU

research infrastructure. In the past 10 years we've received nearly \$142 million in health-sciences grants and contracts.

AAM: What's ahead for WSU Spokane?

Brown: We plan to build a health clinic that will house new medical residencies we are developing with community partners, and we

AAM: How do you relax?

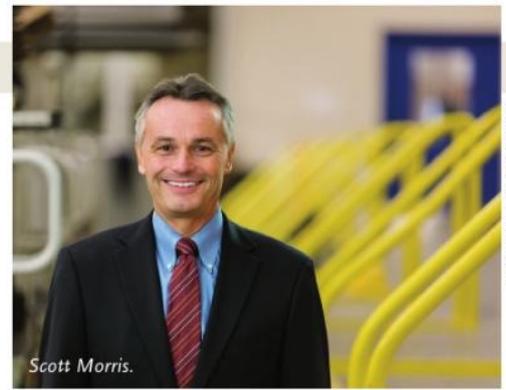
Brown: That's another great thing about our campus—a river runs through it! My boyfriend and I bike, hike and walk the dogs along the river. We regularly check out new restaurants and music venues—especially when my son, a local musician, is playing guitar somewhere.

Scott Morris

Scott Morris heads Spokane-based Avista Corp., which serves about 680,000 electricity and natural gas customers in Eastern Washington, North Idaho, Oregon and Alaska.

Born and raised in Spokane, Morris attended Gonzaga University, where he earned his bachelor's and a master's degree.

In addition to being Avista's board chairman and CEO, Morris is vice chairman of Gonzaga University's board of trustees and current chair of the board of the Federal Reserve Bank of San Francisco, Seattle branch. He has served two terms as campaign chairman for the Spokane County United Way.



DEAN DAVIS PHOTOGRAPHY

Scott Morris.

He and his wife, Liz, have four children and two grandchildren.

AAM: How has your hometown changed during your lifetime?

Morris: Spokane has always been a family-friendly community, but it has become a destination for bicycling, skiing, fishing, hiking and golf, as well as organized events such as Bloomsday.

AAM: How has Avista evolved since you joined the company?

Morris: We've built on our strengths—trust, innovation and collaboration—and a culture of engagement. We've taken our commitment to customers, employees, investors and the community to a higher level.

AAM: Last year saw completion of the Avista-funded Huntington Park and City Hall Plaza projects. Soon, Mobius Science Center will move into the annex next to the utility's landmark Post Street Substation.

Morris: Making the community a better place has always been in our DNA, going back to 1904, when we helped preserve Manito Park for future generations.

AAM: What goals would you like Spokane to embrace?

Morris: Spokane already has wonderful schools. Avista is working with other partners to leverage that strength by supporting expansion of medical education here and helping create more job opportunities in our community.

AAM: What do you consider the community's greatest assets?

Morris: Our can-do spirit, productive workforce, quality of life and world-class health care. Spokane is a place where an individual or business can make a difference in others' lives.

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Phil Haugen.

Phil Haugen

Phil Haugen is general manager of Northern Quest Resort & Casino, the Kalispel Tribe's award-winning property just west of Spokane.

Haugen grew up in Spokane, earned a degree from Eastern Washington University, and spent nine years teaching and coaching high school students.

He began working at the casino as a tribal gaming inspector before rising to executive director of the Kalispel Tribal Gaming Agency. Haugen became Northern Quest's general manager in 2010.

AAM: What are your memories of childhood in Spokane?

Haugen: My family lived on the North Side, when NorthTown Mall was just an open-air plaza. We rode our bikes over there all the time when traffic wasn't nearly as busy as it is now. It's been incredible to watch our community grow and improve, including the revitalization of downtown.

AAM: How has the casino evolved?

Haugen: Our facilities have grown from 50,000 square feet to 750,000. When we opened, we provided 300 jobs. Now we employ 1,500. We're now a destination resort with a 250-room hotel, 14 restaurants and lounges, and a world-class spa.

AAM: How has the casino helped?

Haugen: The Kalispel Tribe was on the verge of bankruptcy in 1998. Many tribal members had almost nothing, and the future was bleak. Thanks to the success of Northern Quest, we've helped save the Salish language, developed education programs, funded roads, infrastructure and law enforcement on the reservations, and created convenient access to a variety of health programs for tribal members and other community residents.

AAM: What goals should Spokane have?

Haugen: I'd like to see Spokane attract more businesses and industries, which would encourage our younger generation to stay in this area after graduation. We need to cultivate the high-quality workforce and amenities that make Spokane such a great place to work, live and visit. **S**

Michael Guilfoil writes weekly business profiles for The Spokesman-Review in Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about business in the Spokane area, contact Greater Spokane Incorporated, 509-624-1393, greaterspokane.org.

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slopes there are plenty of après ski activities, inside and out, including art galleries, skating rinks, eclectic restaurants, pampering spas and more.

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Mountains above Sandpoint with an average of 300 inches of annual snowfall and a stunning view of Lake Pend Oreille below. Nearby towns of Sandpoint, Priest River and Coeur d'Alene offer overnight lodging, gift shops, galleries, plus restaurants, cafes and bars.

Getting to Idaho for your Vitamin ID fix is easy. Just grab your gear, load up the fam and hit the road or hop on a short plane ride. Get ready to put your tray tables and seat backs



PICTURES COURTESY OF SUN VALLEY RESORT

resorts throughout the state, Idaho offers a range of terrain, pricing and amenities to satisfy everyone's craving for bluebird days and Vitamin ID. And short lift lines mean you can make the most of your winter getaway.

Idaho is proud to be home to the country's first ski resort, Sun Valley, which attracts visitors from around the world. It has a cozy, Old World feel of a European alpine village paired with cosmopolitan sophistication. When you're off the

ranges from upscale on the lake to RV facilities and campgrounds in the pines. A short drive from McCall takes you to Brundage Mountain, packed with powder (320 inches annually) and wide, groomed trails.

To the north, Schweitzer Mountain Resort lies high in the Selkirk

in the upright position for some serious fun.

Escape endless doldrums and leave winter-as-usual behind. One word of caution: Vitamin ID straight from the Idaho mountains may be habit-forming, however side effects are undeniably positive.

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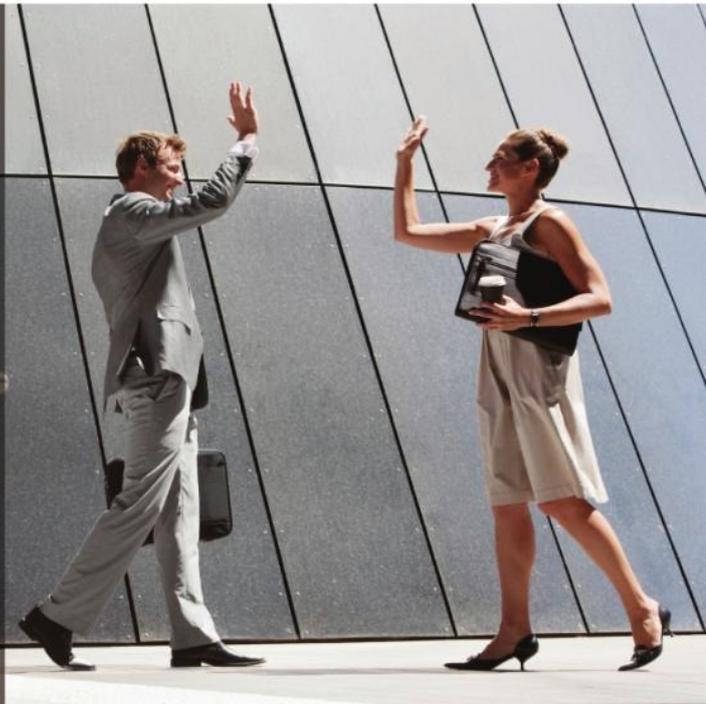
9th Morningstar Peer Ranking

Percentile rank out of 666 Large Cap Value Funds for the ten-year period ended 12/31/14. Based on total returns.



Overall Morningstar Rating™

Out of 1,106 Large Cap Value Funds as of 12/31/14. Derived from weighted average of the performance figures associated with its 3-, 5- and 10 year Morningstar Rating metrics, based on risk-adjusted returns.



Morningstar Large Cap Value Peer Ranking (based on total returns)

December 31, 2014	1 Year	5 Year	10 Year
BVEFX Percentile Ranking %	40th	28th	9th
Number of Funds in Peer Group	1,290	975	666

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Standardized performance data current through the most recent quarter-end can be obtained by calling 800-551-3998 or by visiting www.beckercap.com.

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Mountain biking in Riverside State Park is one of many options for outdoor recreation in and around Spokane.

Outdoor Experiences

SPORTS AND RECREATION AROUND IN THE INLAND NORTHWEST **By Derrick Knowles**

I grew up near the Spokane River and still live close enough to catch the scent of willow and cottonwood on a spring breeze and to find the occasional caddis fly flitting through our backyard.

The river is a familiar neighbor. Yet the view of the city's spectacular waterfalls from below the cascades, on a section of the Spokane River Centennial Trail that was constructed just last year, is a sight that can cause even locals like me to stop and stare. I often bike this new section of trail just west of downtown Spokane, and I still find myself marveling at the spectacle of the falls each spring, when they are swollen with snowmelt. For many visitors, a trip to Spokane wouldn't be complete without a bike ride or urban hike on this world-class, urban section of the Centennial Trail.

Yet there are plenty of other activities to explore, as well.

"People who love the outdoors quickly fall in love with Spokane," says Jeanna Hofmeister, chief marketing officer at Visit Spokane. "You have incredible hiking, cycling, whitewater rafting and deep-powder skiing—all these



things along with an annual average of 260 days of sun.”

In fact, Spokane boasts terrific golfing, fly-fishing, mountain biking, whitewater rafting, rowing and paddling, all within city limits. The city also hosts some of the finest sporting events of their kind, including Hoopfest (the largest three-on-three basketball tournament) and the Lilac Bloomsday Run, a Spokane tradition.

Biking the Centennial Trail

The **Spokane River Centennial Trail**, a 37.5-mile paved pathway, follows the course of the Spokane River eastward from the Nine Mile Falls area, through Riverside State Park and through downtown Spokane on to the Washington/Idaho state line. At that point, the 2.4-mile



Top to bottom: Canoeing is one of the many water sports possible in and near Spokane; the Circling Raven Golf Club near Coeur d'Alene, Idaho, is among the many fine courses in the Spokane region.

North Idaho Centennial Trail picks up where its Washington counterpart leaves off, continuing east to Coeur d'Alene.

If you head west from Riverfront Park in downtown Spokane, you can explore the newest section of trail. Bike shops such as Spoke 'N Sport (spokensportinc.net) rent road bikes and mountain bikes downtown.

Leaving the park and the falls behind, the trail continues northwestward along the north bank of the river through the Kendall Yards development, with its restaurants and trailside patios. Farther west, city views give way to neighborhood streets overlooking the river, as the trail temporarily merges with the Lilac Bloomsday Run route, including a section on Bloomsday's famous "Doomsday Hill."

From the bottom of Doomsday Hill, cyclists can cross the river and continue northwest along the Centennial Trail through Riverside State Park, the second largest in the Washington State Parks system. Here you can enjoy fantastic river views and miles of smooth riding. With bald eagles and osprey soaring over the pine-filled river gorge, it's easy to forget that you're only minutes from downtown.

Mountain Biking in Riverside State Park

Riverside State Park also has terrific opportunities for a more rugged form of biking—via its vast network of mountain-biking singletrack. The easiest way to access this network is at the **Bowl and Pitcher area** of the state park (and fit riders reach the park on the Centennial Trail from downtown even before starting in on their mountain biking).

To mountain-bike here, pick up a trail map from the park's ranger station and choose a well-worn trail, following the twists and turns on narrow ribbons of smooth dirt and through occasional rock gardens. Newcomers should know that



An Inland Running Icon

Don Kardong, a former Olympic marathon runner and the founder of one of the largest road races in the nation—the Lilac Bloomsday Run—got his start in running while training for high school basketball.

"I found out that I had more talent for running than I did for shooting hoops," says Kardong, now 66. He organized the first Bloomsday Run in 1977, shortly after running in the 1976 Summer Olympics.

Bloomsday brought to Spokane a race model that was becoming popular elsewhere. The idea of bringing elite racers



The 2015 Lilac Bloomsday Run is scheduled for Sunday, May 3. Visit bloomsdayrun.org.

and citizen runners together in one road race that started and ended in downtown Spokane captured Kardong's imagination: "I thought that was a great concept, and I made that comment to a reporter at the local newspaper. It showed up in headlines, and that started the ball rolling."

Kardong, who serves as race director, has watched the 12k (7.46-mile) local race become a destination event. Of 49,094 registered racers in 2014—split about 50-50 between runners and walkers—nearly 21,000 were from out of the area.

"Spokane has become more and more accessible for running and other kinds of outdoor recreation over the years," says Kardong. "Spokane is a great city, and its real claim to fame is that it's situated for quick, easy access to a variety of outdoor-recreation opportunities." —D. Knowles

CLOCKWISE FROM TOP RIGHT: BOB JOHNSON; COURTESY: LILAC BLOOMSDAY RUN; BEN TOBIN / VISIT SPOKANE; JESSE A. WANKSMITH / GETTY IMAGES

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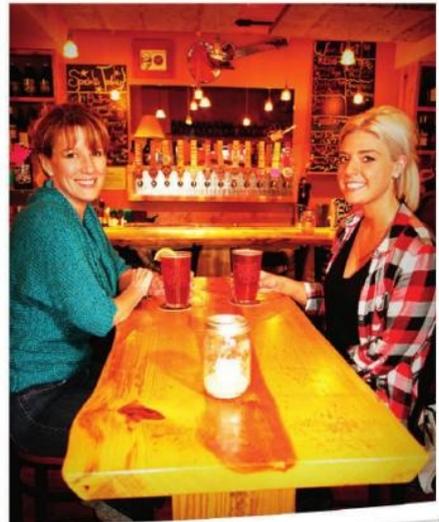


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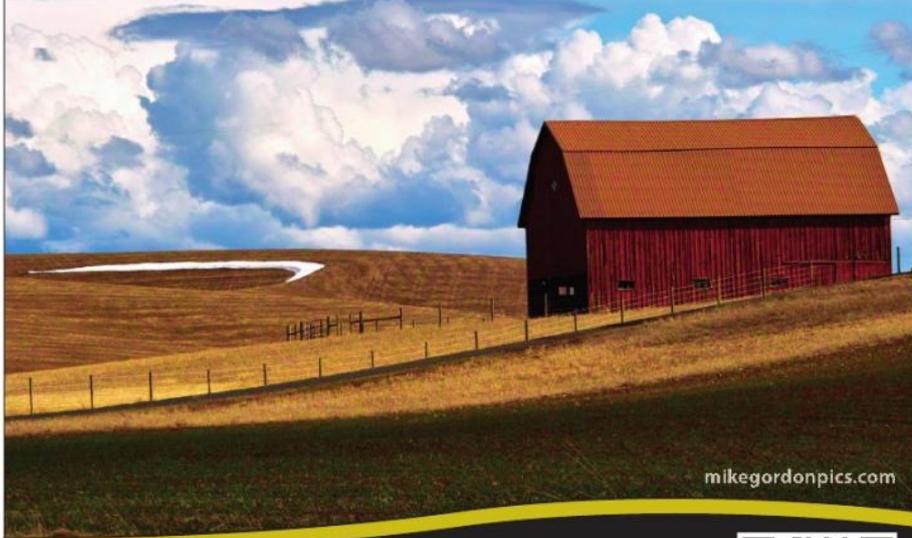


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there isn't signage for all of the 50-plus miles of trails in and around the park—which can be a bit disorienting. But with limited elevation gain and mostly non-technical trails, Riverside's novice-friendly cross-country trail system on the edge of a major urban area has few rivals in the Northwest.

Other Great Recreation in or Near Downtown

Many recreation options will help make your next Spokane trips ones to rave about. Heading out on foot from downtown Spokane, walkers can explore the winding paths and bridges with breathtaking views of the Spokane Falls on an urban hike through Riverfront Park and Huntington Park that can range from a few blocks to several miles long.

There are many ways to get out on Spokane's beautiful urban riverfront.

Fly-fishing on the lower river west of downtown is excellent after peak river flows decline in June. Anglers fishing from shore and from rafts may hook trout of lengths up to 20 inches. Try a guided trip with a local fly shop to improve your odds.

On hot summer days, there's perhaps no better way to enjoy the river than **rowing, tubing, paddling, paddle-boarding or rafting**. Options include the scenic, mellow stretch below the falls; the flatwater section just upriver from downtown that is perfect for paddle-boarding; and the thrilling class III+ whitewater farther downstream of the falls. Several outfitters offer a range of guided trips. In the spring, the Spokane River Rowing Association offers multi-session courses for newcomers to learn the sport on calm sections.

For golfers, getting onto a course couldn't be easier. The Spokane region is home to **33 fine public and private golf courses**, featuring fairways surrounded by stunning natural beauty.

Spokane

Several courses are minutes from the city core, including Indian Canyon, The Creek at Qualchan and Downriver. Choose your course—or destinations for other outdoorsy activities—from the many options at visitspokane.com/things-to-do/recreation.

Outside the City

Spokane's proximity to some of the West's finest outdoor destinations makes the city a **premier gateway to fantastic skiing, hiking and sightseeing locations**. Nearby are the Mt. Spokane Ski & Snowboard Park and 49° North Mountain Resort. The Coeur d'Alene, Idaho, area offers additional recreation opportunities—from mountain biking to hiking, camping, fishing, hunting and more.

Spokane is also an excellent launching point for trips to classic destinations such as Schweitzer Mountain Resort, near Sandpoint, Idaho, and Priest Lake, Idaho, in the Selkirk Mountains. Within a drive of about 3 hours is the world-renowned and powder-blessed Kootenay region of British Columbia, with legendary ski resorts and heli-skiing, hut-skiing and cat-skiing operations.

You don't need to leave Spokane to find terrific outdoor opportunities, however; due to the city's great trails, centrally located water sports and spectacular parks, there is plenty to do outdoors without taking a step out of town. **S**

Derrick Knowles is the co-publisher and editor of Out There Monthly, a guide to outdoor adventure, travel and the outdoor lifestyle in the Inland Northwest. He has spent more than 30 years exploring the area's trails, mountains and rivers.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane.

For more information about outdoor activities in the Spokane region, contact Visit Spokane, 888-SPOKANE; visitspokane.com.



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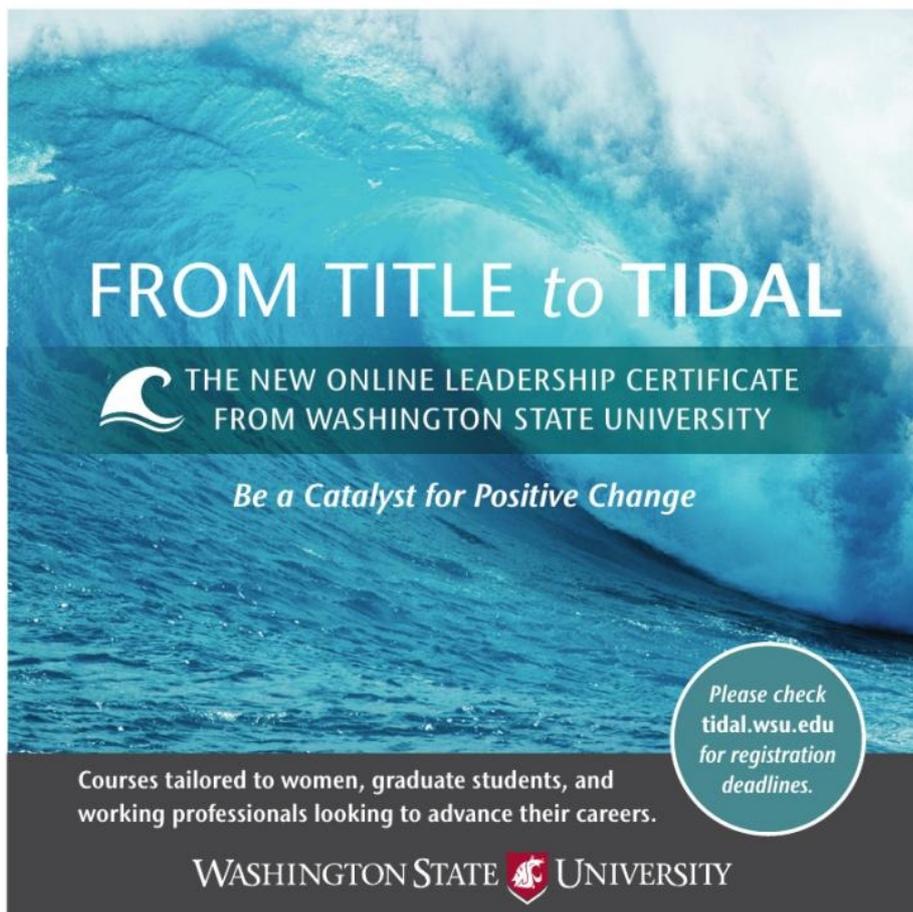


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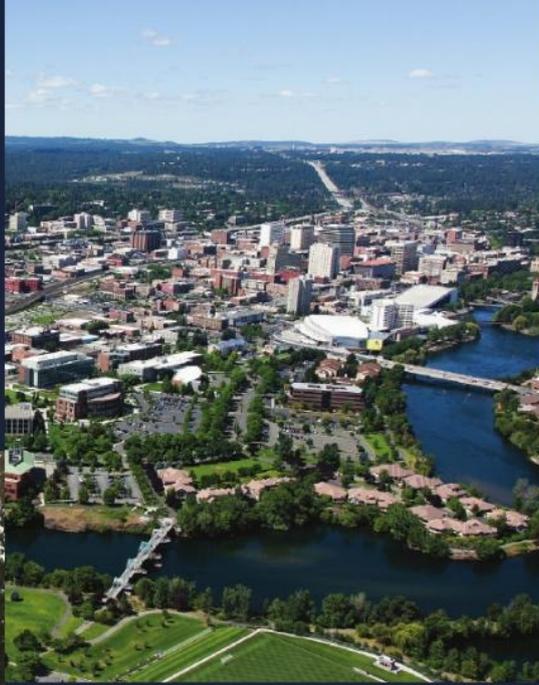
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A behind-the-scenes look at the entertaining avocation of being a

Movie Extra

By Ted Fry



When the film *Captain Fantastic*, a drama set in the Pacific Northwest and scheduled for release this year,

needed extras, one of the people chosen was Bruce Schickler, a retired freight-industry logistics manager from Seattle. His primary qualifications: He was a man of a certain age, and he owned a business suit.

He was cast for a large-scale, extras-intensive scene that unfolded in the airy grand atrium at Seattle-Tacoma International Airport. As star Viggo Mortensen strode across the sweeping space, Schickler stood in the camera's view, looking appropriately businesslike at a simulated information desk. To actual travelers, passing through the atrium between takes, it seemed real enough. "We had maybe a dozen people thinking we were bona fide information-desk employees," says Schickler, "so I guess we were doing our job well."

The experienced movie extra has been part of approximately 40 Seattle-filmed productions over the past eight years, including a 2015 high-profile pilot, *Man in the High Castle*, on Amazon Instant Video, but that

doesn't mean you'd recognize him on the street, he says. "I've got a hat that's appeared in more scenes than my face has."

While extras are typically just part of the background, real people who fit the image and mood a director wants to convey in a scene are vital to making a movie feel authentic.

Although Computer-Generated Imagery (CGI) might be used to fill in people for certain situations, such as an extremely large crowd, directors would likely use at least 200 to 300 real extras to form the basis of the group, and camera shots would usually include close-ups, making real extras essential, says Danny Stoltz, founder of Extras Only, which handles a lot of background casting for productions that shoot in and around Portland.

Almost anyone is a potential movie extra, or background actor, as it is more accurately called. Sometimes filmmakers choose people because they have a particular skill, such



as juggling, lifting weights or being a barista. Or a scene may call for extras who can convey the essence of what it is to be a plumber, a frat guy, a mother or a business professional. But background actors are usually cast for how they look, not what they do. So the experience you bring can be as varied as the alternate reality du jour.

For instance, 47-year-old Tacoma, Washington, resident Greg Marks is the PR director for a major fashion-week event in Seattle. He got his first job as an extra five years ago, while he was a road-construction supervisor, and he now works in productions two to three days a month. His credits include various commercials; movies such as *4 Minute Mile*, *21 @ Over*, *Eden*, and the upcoming film *The Architect*; and the Portland-based TV show *Grimm*, where he went from being an extra to getting a speaking part as Approaching Sheriff.

He says he knows a top NBA executive who pursues background work for recreation. "There are people like that. They have other businesses, but it's just like a kick, so they can say, 'Hey, I was on this show.'"

Film finesse

Jill Evans, a 49-year-old substitute teacher from the Portland area, was cast as a background actor for the 2010 medical drama *Extraordinary Measures*. As an educated, middle-aged Oregonian, she was well qualified to depict a researcher in a medical lab. She spent a couple of days in Beaverton, about 10 miles southwest of Portland, dur-



Bruce Schickler.



Jill Evans.



Linda Kay Gross.

ing filming of a scene for which she donned a white lab coat and pretended to work in the same space as Harrison Ford.

During lulls in the filming, Evans watched the unassuming actor as he snacked, sat quietly or spoke softly just a few feet away. "I'm not really the type to get star-struck, but I have to admit, I had one of those 'oh, my goodness' moments," she says. "I just thought, 'Wow, that's him. This is Indiana Jones and Han Solo,' but it was also just him."

Evans' background-actor pastime started two decades ago when she signed up with a casting director in Portland because someone told her being an extra was fun. And it is, she says. She's augmented her income, met some wonderful friends, and experienced the action and banter that take place on a set.

She's not only enjoyed the close encounter with Harrison Ford, but has also played a passerby in *Twilight*,

run for cover in a shootout between Benicio Del Toro and Tommy Lee Jones in *The Hunted*, and appeared frequently on the fringes of scenes for *Grimm* and the TV series *Leverage*, which ran from 2008 to 2012, and was filmed in Portland for all but the first season.

Also drawing on years of experience is 50-something actress and housekeeper (a job that gives her the scheduling flexibility to go to auditions) Linda Kay Gross, who was a background actor in Tucson, Arizona, for many years before she relocated to Portland in 2013. She is seriously pursuing acting, and has been in more than 100 films, including several in which she had speaking roles, she says.

How To



1. GETTING STARTED: Depending on the requirements of the casting company, you can likely get started by making contact online or in person, or both. The company may let you know the next steps via its website or during an in-person visit.

The first step is to contact an extras casting director, agrees Denise Gibbs, founder of Seattle-area-based Foreground Background. "After that, you'll need a photo or two that shows the real you. It doesn't have to be a professional headshot. It doesn't need to be a glamour shot with any silly poses, hair and makeup. We want to know what you look like. Just good, boring, old you."

Fees to be on a list of extras available for projects vary by situation and location. In some cases, it is not permissible to charge a fee. In others, fees may be collected. Fees also vary by company. For instance, Foreground Background charges no fees for "membership," while Portland-based Extras Only options range from free (to have info kept on file) to a one-time fee of \$25, plus up to \$8 a month (to be an active member of the company's interactive casting website). But in no case should you pay a fee as a condition of possible employment on a specific project, says Extras Only founder Danny Stoltz.

He adds that casting directors/companies (such as Extras Only and Foreground Background) are primarily paid by production companies, to provide appropriate actors. (In Canada, companies coordinating extras are typically paid commissions from extras' pay.)

Stoltz says that in the U.S., it's beneficial to sign up with extras casting directors/companies that have actual contracts with production companies. It might be a red flag if a company just says it's "a resource" for casting or production companies, Stoltz says, so do more research.

Extras also have the best chance of getting work if the casting company is based in the same area the person wants to work, Stoltz says.

2. ETIQUETTE ON SET: Most casting companies give recruits an idea of what to wear, what to bring, what to expect, what to do →

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Scott Bones at work in Seattle on a TV pilot in 2013.

Using a recent photo, she registered at the website for Extras Only, and she promptly started getting bookings for *Grimm* and, through another casting company, for the sketch comedy show *Portlandia*, she says.

Last year, Reese Witherspoon smiled at her in a diner scene for the 2014 film *Wild*, based on the book of the same name by Portland writer Cheryl Strayed. "I've done this for decades, and I still get the same thrill I did the very first time I did it," Gross says.

New faces are welcomed

But new background actors are sought, too. Jennifer Bender, a senior vice president at Central Casting—the oft-referenced grande dame of background-actor selection—says the entertainment industry is always hungry for new faces. "We will take all shapes and sizes and ages, because it's Hollywood. It's whatever the director's imagination is, right?"

She says she loves talking to rookies, who can be students, retirees, people between careers, would-be movie stars and "even millionaires who do it just because they think it's fun."

Last year, on a lark, novelist and retired Oakland, California, paramedic Anthony Patch applied with an informal photograph to the Extras Only website after hearing about it from a friend. He had no expectations, he says, but a few days later he found himself on the Portland set of *Grimm*.

"It never occurred to me that I would really be an extra," he says. But he dove in and was up to speed in no time, and now he

has a whole new circle of friends related to his avocation.

Extras Only founder Danny Stoltz says he supplies directors with the legions of people they often need on very short notice and mostly just for a day. "We don't really find out what we need until the week before, sometimes the day or hours before," Stoltz says. "When we're working a big TV series like *Leverage* or *Grimm*, sometimes we're averaging 200 extras per episode. We're always looking for new people so we can show a variety of options to directors."

Diversity is valued

Stephanie Schneider, owner and casting director of Hollywood North Extras—whose name reflects the moniker that Vancouver, British Columbia, has been given because of its reputation as an entertainment-industry hub— marvels at the diversity of people who enter the loop. "Vancouver stands in for lots of other places—it's almost never Vancouver," she notes, and because it can look like anything or anywhere, background actors are uniquely qualified precisely because of their individuality.

Angela Gooliaff has a blossoming career as a visual artist, but while seeking some additional money in 2013, the Vancouverite, now 37, learned about Hollywood North. She started working right away, and after just six months her resume included appearances in TV shows such as *Arrow*, *Bates Motel* and the Bravo TV series *Girls' Guide to Divorce*. In addition to having a blast, she's learned a lot about the process. "You have a role; you are really acting," she says. "You learn about cues, and it's very structured."

While working on the 2014 Lifetime TV movie *Flowers in the Attic*, Gooliaff even got full wardrobe and makeup treatment for the period setting. "We were dressed in beautiful 1950s-style clothing. I turn around, and there's Heather Graham. I thought, 'Wow, look who my co-worker is today!'" The only thing Gooliaff got to keep was the memories, though; extras don't go home with costumes.

How To continued

and what not to do, and will clue you in on lingo and decorum. Sometimes this is done in person, sometimes via website tutorials. "You might not know what they mean by 'back to one,'" says Gibbs. "That means: Go back to the first spot, because we're going to do it again ... and again ... and again."

You must be willing to stay until filming wraps up for the day, even if that's 12 to 18 hours. Patience and professionalism are key words for everyone on a movie set. Be yourself; be flexible; and realize that there's lots of waiting around between short bursts of actual moviemaking. There are also strict rules—about listening, following direction, being quiet and not disturbing others.

Even if you're rubbing elbows with the likes of Harrison Ford or Heather Graham, selfies, Snapchat and any form of social media is a big no. Ditto autograph hounding or striking up conversations. It's OK if someone starts talking to you, though. When a Los Angeles actor named James—who doesn't want his full name used because he has parlayed his extras work into a real acting career—was booked for a day of background acting on the 2013–2014 TV series *The Crazy Ones*, he found himself standing next to Robin Williams for eight hours. "He was so nice," says James. "He gave me a carrot. We talked about improv."

3. PAY: It won't be much, usually minimum wage. It could be more, or it could be zero for student films. But there may be intangible returns. After retired Oakland, Calif., paramedic and novelist Anthony Patch appeared as part of the zombie horde that invaded Portland on several episodes of *Grimm*, he and his fellow undead started a Facebook group in 2013, and regularly got together for *Grimm*-watching parties.

"There was a group of about 30 of us, and we became really tight after spending four 14-hour days in the pouring rain," Patch says. "A film set is a very social environment. We have a variety of backgrounds, but the same purpose for being there, so the camaraderie is almost instantaneous." —T.F.



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Movie Extras

She says she now watches movies and TV with a different perspective. "I overheard one assistant director say, 'Now that's background art.' It is quite an art to be coordinating where the movement is going to be. You may not notice when you're watching, because it looks so natural, but you'd really notice if it weren't there."

**But wait,
there's more**

For some background actors, their time on the set turned into more than they expected. Tacoma model Jessica Allum, who has been an extra in more than 30 movies, was booked as Keira Knightley's stand-in, as well as an extra, for last year's *Laggies*, whose filming venues included the Puget Sound area. "As a stand-in, I'm basically a human prop," says Allum, who went by Jessica Ganulin at the time. She pantomimed the actions of the lead actor so that the crew could block scenes, adjust lights and focus the camera before shooting.

Regular-guy Greg Marks was chosen from an extras pack on a Seattle set for a specific role in 2013. "I was a background actor on the 2014 film *Lucky Them*," says Marks. "The guy came in the room and started looking around, and he pointed and said, 'You.'"

Marks ended up having face time with the camera—it followed him as he tipped a busker, instead of just showing his shoulder, arm or the back of his head, which is often how it works out.

Portlander Scott Bones—a 37-year-old extra who describes himself as a ski bum and "remarkably average in every way," yet has been an extra or stand-in on numerous productions, including *Wild*—recounts how a few years ago he spent a long day on the set of *Leverage*, holding hands with a stranger as he and she pretended to be husband and wife. "I thought she was a really great actress and wasn't really into me, but I found out when it was over that there was real chemistry there," he



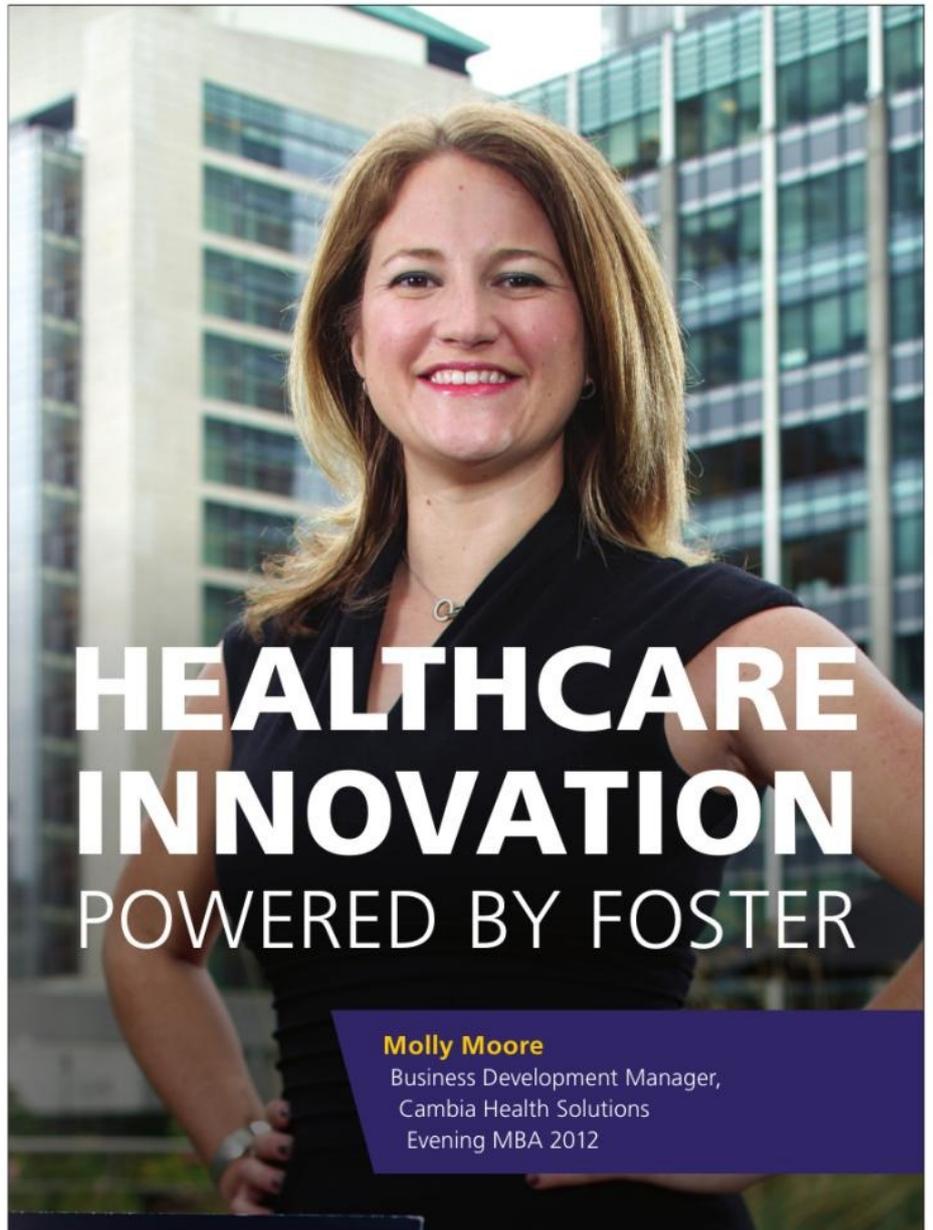
Lynn Shelton

(above), a Seattle-based director with credits that include films such as *Laggies*, and an episode of *Mad Men*, five episodes of *New Girl* and an episode of the new TV series *Fresh Off the Boat*, says she realized early in her career that the background which viewers aren't supposed to notice leaps to the foreground when the choreography isn't right.

"In my first feature film, *We Go Way Back*, I had to reshoot a couple of party scenes because I royally screwed up the direction of the background actors," Shelton explains. "They looked like statuary! That experience made me realize that the accomplished direction of extras is an exquisite, high art."

For the 2014 romantic comedy *Laggies*, Shelton needed lots of extras to move around appropriately in scenes shot at Seattle-Tacoma International Airport, and aboard a party boat docked on Lake Union, and for a fancy wedding at Chihuly Garden and Glass at Seattle Center.

"Good background actors are incredibly important to the success of film and television projects," she says. "First off, make sure you have the patience for it. My advice is to try to provide as positive and innocuous a presence on set as you can. If you do a good job and are polite, cheerful and unobtrusive, you will likely be invited back." —T.F.



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Movie Extras

says. They had their first date soon after and have been inseparable ever since.

With or without the prospect of love, the feeling of satisfaction can be immensely inspiring. "A movie crew is a close-knit, respectful community of creative people working really hard," says Denise Gibbs, founder of Foreground Background, which supplies numerous extras for productions that shoot in Seattle and the Northwest.

"When you finally get to see what was created, you know you were part of that—you were needed; you were important." ■

Writer Ted Fry lives in the Seattle area.

Here are a few websites that can provide more information on being a background actor, aka extra:

Casting Companies

Central Casting, various locations, centralcasting.com

Extras Only, Portland, OR, extrasonly.com

Foreground Background, Seattle area, foregroundbackground.com

Hollywood North Extras, Vancouver, BC, hollywoodnortheextras.com

General Information and Resources

Seattle Mayor's Office of Film + Music, seattle.gov/filmoffice

Washington Filmworks, washingtonfilmworks.org

Oregon Governor's Office of Film & Television, oregonfilm.org

Northwest Production Index, nwfilm.com

Talent agencies, list of current productions and extras information for British Columbia, creativebc.com

SAG-AFTRA union, sagaftra.org/locals/seattle/local-resources; sagaftra.org/locals/portland/local-resources; sagaftra.org/los-angeles-local/local-resources; sagaftra.org/content/scams —T.F.





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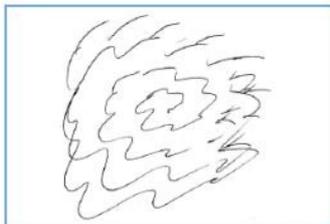
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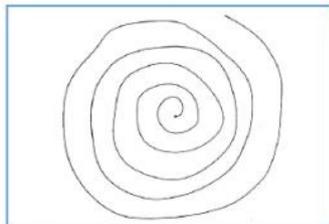
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Traveling Keyboards

If your keyboard needs are relatively minor while you're away from home, you may like the "smart" software-based keyboard apps from developers such as Swype and SwiftKey in the Apple or Android app store that let you "swipe" from key to key without lifting your finger from your screen, so you don't have to use your thumbs to type. Windows Phone 8.1 has a Word Flow keyboard with a swipe-style—"shape writing"—feature.



A swipe-typing method may come close to the words per minute you can type on a "real" keyboard, although it takes practice.

Another option is one of the compact physical keyboards. These connect to devices wirelessly via Bluetooth, and fold up nicely into packages in the 6x3.5-inch range. Unfolded, they give you a keyboard nearly 12 inches long. Fold-up keyboards are available from several companies, including Verbatim, Perixx and iwerkz. Be aware that because these keyboards fold up, there design compromises, such as space bars divided in half, tiny return keys, and a folding hinge on the keyboard.

If you feel more comfortable with a "real" keyboard, it's probably best to get one that's at least 9 inches wide. Among my new favorites is Logitech's Keys-To-Go ultraportable standalone keyboard. Measuring 9.5x5.4 inches and weighing only 6.4 ounces, the keyboard comes in multiple colors and is fabric-covered to help prevent spills from impairing its performance. And while it's designed for iPad users, it works equally well with any Blue-

tooth-compatible computer, tablet or phone. My other favorite is the Anker Bluetooth Ultra-Slim version that is 9.5x5.1 inches, with a weight of about 6 ounces.

Some companies offer keyboards for specific tablets that make them resemble one-piece mini-laptops. Logitech and Zagg do this successfully for full-size iPads and iPad minis. Although few “laptop-look” keyboards are available for Android tablets, dozens of other keyboards work with Android.

Microsoft has keyboards such as the Surface Pro Type Cover that’s designed to give its Surface Pro 3 that integrated laptop look. Microsoft is also touting its Universal Mobile Keyboard, designed to work with iPad, iPhone, Android devices and Windows tablets.

My overall recommendation is to get the largest keyboard you can carry.

Power Cables

So once you’ve chosen your phone/tablet and keyboard, what about those pesky power cables? A company called Nomad has an innovative cable substitute for Apple and Android/Windows. The NomadKey is a 2.5-inch-long, half-inch-thick device that fits on your key ring, and has either a Lightning cable (iOS) or a micro USB plug on one end, and a USB 2.0 plug on the other. Nomad also offers a carabiner-size NomadClip.



Nomad charging cable.

If you’re staying at a hotel for more than a night or two, you’ll probably want longer regular cables, which give you more options for attaching devices, to power your tech in your room, but for pocket-size power-ups on the go, the Nomad devices are quite handy.

Chargers

Portable power devices are cropping up everywhere, in many different sizes. Testing a unit is probably the only good way to know how much power it will actually provide, but at the very least, look for a big “mAh” number (milliampere-hours), which tells you how much energy the charger can store before needing a recharge. Also make sure that your battery has the right amperage to power your device.

Portable chargers seem to break into two camps: (A) Smaller and lighter, without built-in electric wall plugs, which require precharging before you travel, via a separate cable and wall charger that each attach to the mobile charger. (B) Larger and heavier, with

built-in electric wall plugs that let you recharge wherever there’s an electric socket.

My preference is for complete solutions such as the myCharge XTMax, a 6,000 mAh mobile charger with a built-in electric wall plug and two USB ports. It’s roughly 4x3 inches and weighs about 8 ounces.

An interesting pocket-size portable battery for mobile road warriors is the LinearFlux LithiumCard, a 1,200 mAh battery, about the thickness of five credit cards, that weighs less than 2 ounces.

It enables rapid device charging and will add back roughly 50 percent of your phone’s or tablet’s full charge.

Don’t expect it to fully charge your device, but for its weight and size, it should get you through an emergency situation. The company says the LithiumCard can recharge about 1 percent of a mobile device’s battery approximately every minute; in which case, give it 10 minutes and you’ll have back 10 percent of your full battery.

If you want your digital stuff with you in the great outdoors, perhaps look into Goal Zero’s solar-powered



LithiumCard

What I Use

What, you may wonder, do I personally carry?

If I’m off for an overnight trip, I take my **Samsung Galaxy Note 4 phablet**, the **LinearFlux battery** and the **NomadKey**, all of which fit in a bag about the size of a shaving-kit case, or even in my pockets. If I’m renting a car, I’ll add my **Belkin Car Charger**.

If I’m staying for a few days, I’ll go with a small carrying bag and take my **Samsung Galaxy Note 4**, plus devices such as a **Nexus 7 Android tablet** or an **iPad mini**, a **myCharge battery** unit, a **Bluetooth mouse**, a **foldable portable keyboard** and **in-ear headphones**. If I know I’ll be on a long flight, I might even bring my **Kindle Paperwhite e-reader** to use after I read the in-flight magazine.

If I’ll be away for a while and need ease of typing for longer documents, I’ll take a shoulder bag, roughly 12x10 inches; include all the above stuff; and add my approximately **9-inch Android Nexus 9 tablet**—now with the new Microsoft Word app; my **Anker keyboard**; **Microsoft’s Arc Touch Bluetooth Mouse**; three cables; and other fun stuff.

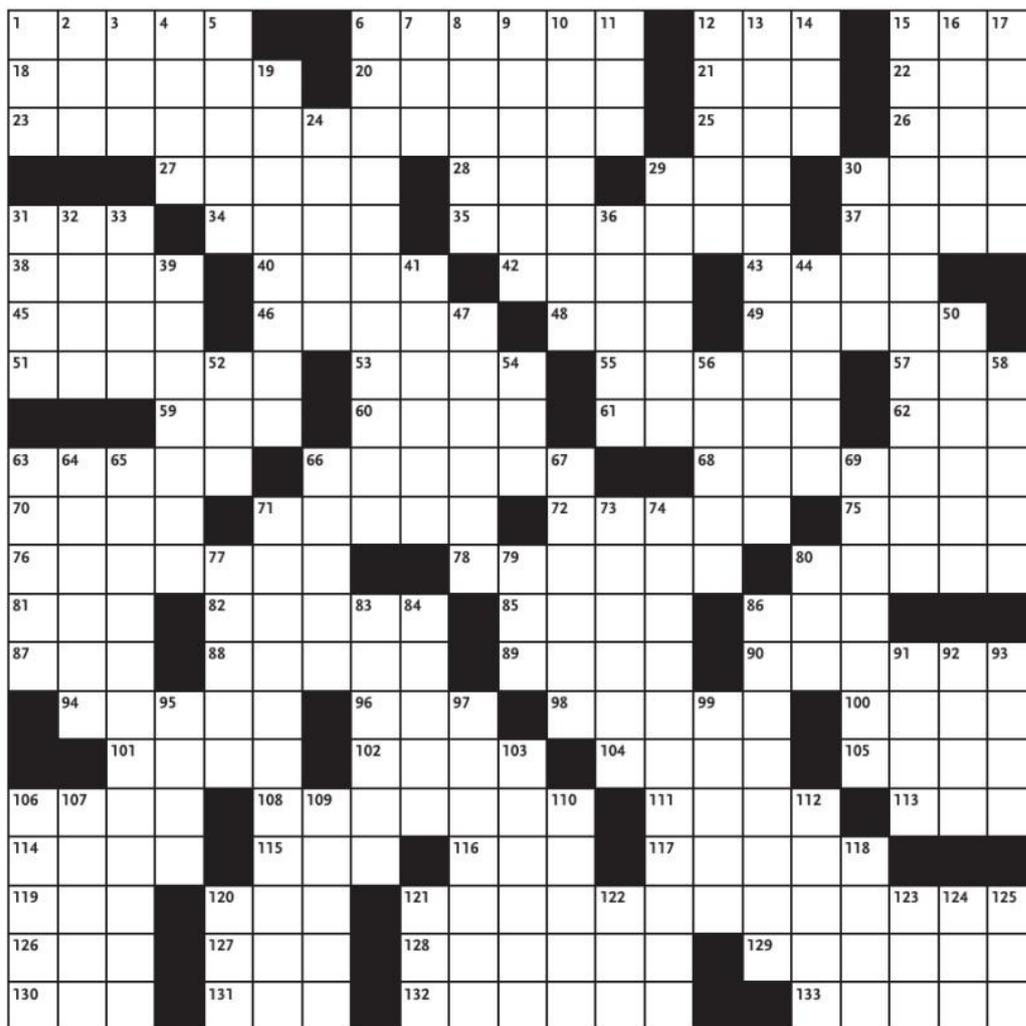
I keep all my files in **Microsoft’s OneDrive cloud service**, including transferring my photos from my phone to OneDrive, and I keep myself entertained with all my media services.

I’m more of an Android person than an Apple user, but the Anker keyboard, Arc Touch Bluetooth Mouse and OneDrive service above could all be used with an iPhone or an iPad—or the new generation of Windows 8.1 tablets, for that matter. —Skip Ferderber

NURSERY RHYME CHARACTERS

A C R O S S

- 1 Do penance
- 6 Nudge
- 12 Recede
- 15 Papa
- 18 Angel
- 20 Annie, e.g.
- 21 Cow's low
- 22 Caesar's breakfast?
- 23 He stole the tarts
- 25 Attorney's gp.
- 26 Dupe
- 27 Arab nation
- 28 Young bug
- 29 Triangular sail
- 30 Related to the ear
- 31 Quiche base
- 34 Stitched
- 35 Piquantly
- 37 Mine deposit
- 38 Projectile
- 40 Turkish titles
- 42 Peruse
- 43 Mix
- 45 Hip bones
- 46 Piped instrument
- 48 Part of G.B.
- 49 Horse feet
- 51 Cared for
- 53 Regrets
- 55 Temple table
- 57 Slugger Mel _____
- 59 Intrude
- 60 Light beige
- 61 Pages through
- 62 Six, to Sophia
- 63 Warmth, in Madrid
- 66 Annoys
- 68 Put on excessive weight
- 70 Agitate
- 71 Weather balloon
- 72 Picture
- 75 Campbell of "Scream"
- 76 Apollo's sister
- 78 Very
- 80 Bogs down
- 81 Addams cousin
- 82 Harbingers
- 85 Fuse metal
- 86 Chest muscle, briefly
- 87 Four qts.
- 88 Light spar
- 89 Scallion-like vegetable
- 90 Deteriorates
- 94 Flush
- 96 ____ de deux
- 98 Nasty
- 100 Actual
- 101 Tunnel
- 102 Also
- 104 Chemical compound
- 105 Church area
- 106 Identify
- 108 Chooses
- 111 Smooth-talking
- 113 Crimson
- 114 Wish
- 115 Wrath



- 116 Shred
- 117 Chair weaver
- 119 French cay
- 120 Outback bird
- 121 He was born on Monday
- 126 Supplement
- 127 Pinnacle
- 128 Stellar
- 129 Small sofa
- 130 Drain
- 131 Colonial insect
- 132 Quiz taker
- 133 Gray

D O W N

- 1 Inquire
- 2 Hamilton bill
- 3 Man-mouse link
- 4 Sea force
- 5 Fencing blades
- 6 He put a cat in the well
- 7 Bauxite, e.g.
- 8 Bridges
- 9 Plant-eating pests
- 10 Trellis
- 11 Printer's measures
- 12 It may be spam
- 13 He had silver buckles on his knee
- 14 Fluffy scarf
- 15 He went to Gloucester
- 16 Steer clear of
- 17 Fandango
- 19 Person who stays in
- 24 Not as many
- 29 Advertising tune
- 30 Hodgepodge
- 31 Revise text
- 32 Strong wind
- 33 Facial expression
- 36 Erie or Suez
- 39 Baby frog
- 41 Covered with gravy
- 44 Upper body
- 47 Jitters
- 50 Derrick
- 52 Bobble
- 54 Challenge in court
- 56 Yummy
- 58 Prongs

- 63 ____ T. Nelson
- 64 Of a major artery
- 65 She lost her sheep
- 66 Impostor
- 67 Binges
- 69 Mythical beast
- 71 He met a pieman
- 73 First name in cosmetics
- 74 He called for his fiddlers three
- 77 Swiss architectural family
- 79 Pooh's pal
- 80 Mal de ____
- 83 Baby's bottle projection
- 84 Musty
- 86 Potato discards
- 91 Beloved
- 92 Roof overhang
- 93 Snow coaster
- 95 Election
- 97 Sweetener
- 99 Gold medal swimmer Tom ____
- 103 Walking poles

- 106 Recoils
- 107 "The Beer Barrel ____"
- 109 Gush
- 110 Olympic event
- 112 Kentucky college
- 118 Furrows
- 120 Schedule info
- 121 Modeled
- 122 Daisy ____
- 123 The greatest degree
- 124 Fourth letter
- 125 Desire

Solution on page 72.



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battery packs. The smallest is the Switch 8 Recharger, a cylinder weighing roughly 3 ounces and featuring a 2,200 mAh battery. If you can carry a small flashlight in your pocket, you can carry the Switch 8. The Switch can be charged with household current or from a computer, both via USB—or by solar power in four to eight hours with Goal Zero's Nomad 7 Solar Panel, an unfolding panel, about the size of a book, that weighs about 13 ounces. Attach the open solar panel on your backpack during the day and enjoy movies under the stars at night.

One last power entry: Instead of yesterday's bulky car charger with an attached wire, look at the thumb-size Belkin Car Charger. Couple it with a small cable solution such as the Nomad-Key, and your charging gear can be next to nothing in size. Yes, it can be an awkward way to charge, but considering the portability, some find it worthwhile. I know I do.

Files

The development of solid-state hard drives, the availability of online cloud services (e.g., Dropbox, Apple's iCloud, Microsoft's OneDrive, Google Drive), and the existence of many streaming entertainment services (Netflix, Pandora, etc.) may reduce or eliminate your need to take files along on your travels.



Leef Access

But if you feel more comfortable knowing your key files are there with you, and if your phone doesn't have the capability for a storage (SD) card, and/or lacks a standard USB port, you may want to consider devices that plug into your power port to allow you to transfer files.

The Leef Access, roughly the size of a postage stamp, plugs into your power port and lets you transfer files from a micro-SD card. Leef also makes the Bridge 3.0—literally a “bridge” with built-in file storage. There's a USB on one end and a micro-USB plug on the other end. Plug the Bridge into your computer with the USB, then use the smaller plug for your mobile device.

Leef and SanDisk have devices—Leef's iBridge and SanDisk's iXpand—that offer the same file-transfer function for iPhone and iPad users. Both require a service app from your respective app store. These services are compatible with Windows tablets but not Windows phones, for which you'll need to use a connection with a cloud server such as Microsoft's OneDrive to import/export files.

The bottom line: There are many small, portable options available these days that make travel with digital gear easier than ever. Think small, and have fun. ■

Technology writer Skip Ferderber lives in the Seattle area.

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Puzzle on page 70.



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A3	Mileage Plan™		

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Sodas & Mixers:

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 Coke Zero
 Diet Coke
 Sprite
 Sprite Zero
 Seagram's Ginger Ale,
 Seltzer & Tonic
 Sparkling Water
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Please take a moment to review the following information to ensure that everyone on board the plane has a safe and comfortable trip

PLEASE TAKE YOUR SEAT

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

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

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

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

Allowed on the Ground and in the Air



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

Not Allowed During Flight



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

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

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

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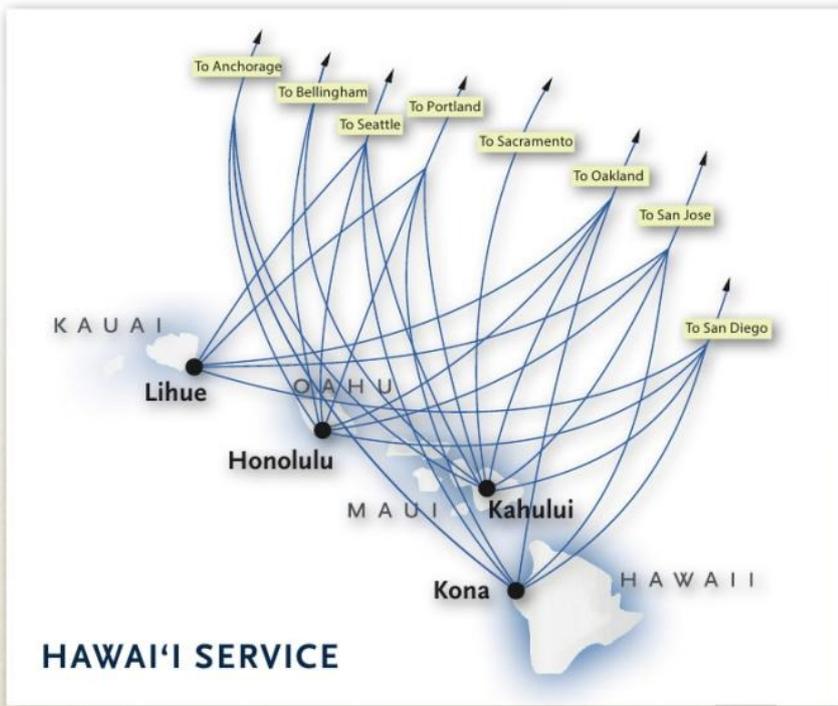
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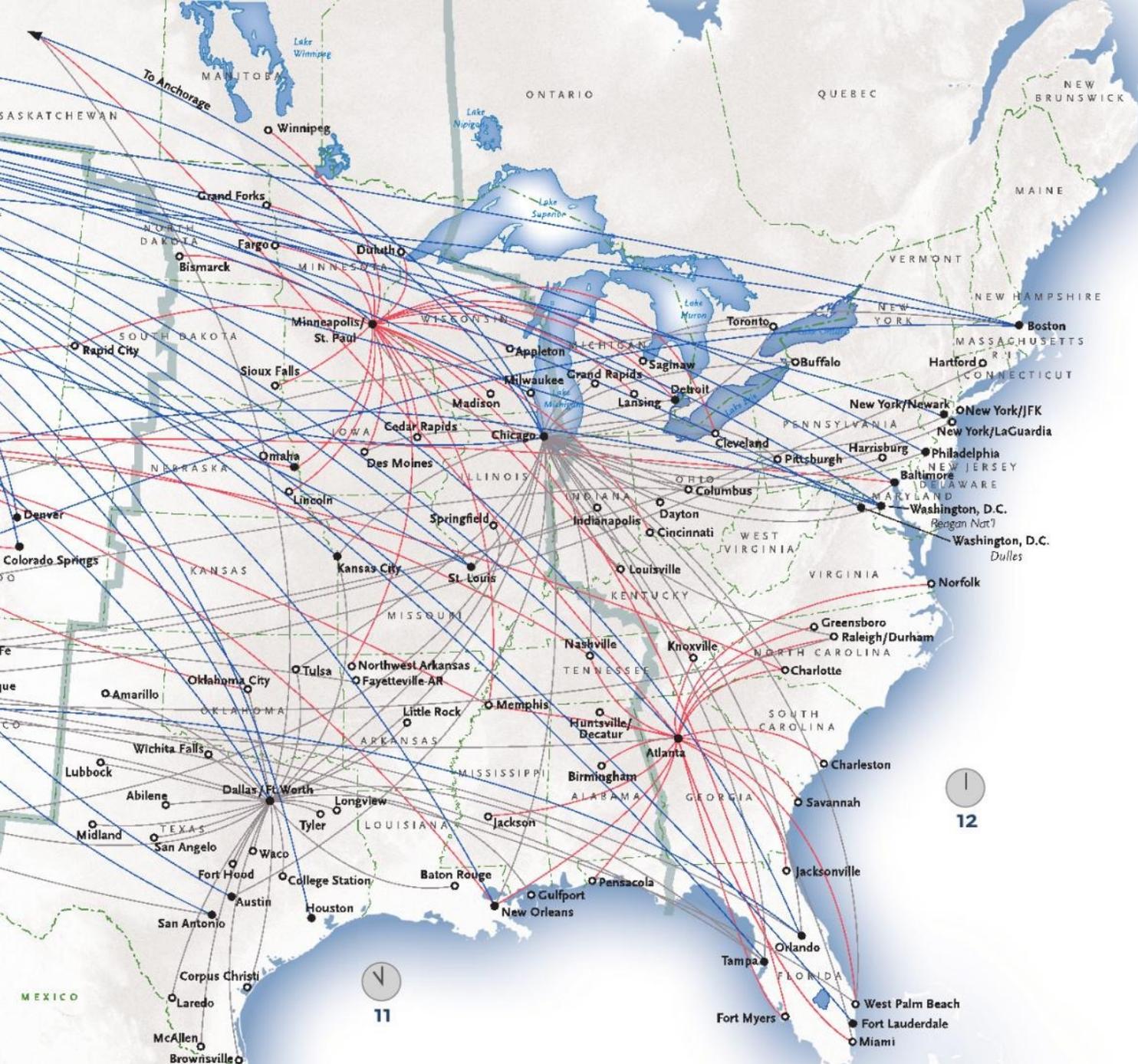
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-  Alaska Airlines
-  American Airlines
-  DELTA

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

Some routes shown operate seasonally.





U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Honolulu	2677
Los Angeles (LAX)	954
Fort Lauderdale	2697
New York City/Newark	2401
Phoenix	1106
San Diego	1050
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
Phoenix	1009
San Diego	933
San Francisco	550

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UPCOMING NEW SERVICE	
Route	Service Begins
San Diego–Kona	March 5, 2015
Seattle–Washington/Dulles	March 11, 2015
Portland–St. Louis	July 1, 2015
Seattle–Milwaukee	July 1, 2015
Seattle–Oklahoma City	July 1, 2015

ALASKA



ALASKA MILEAGE

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

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

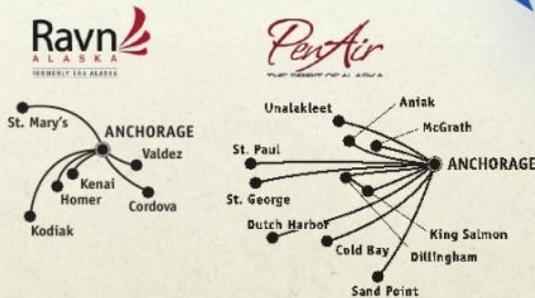
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● Alaska Airlines Cities

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 † Dutch Harbor-Anchorage service operated by PenAir.

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CUSTOMS AND IMMIGRATION

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

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

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

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



DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

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

FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

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



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

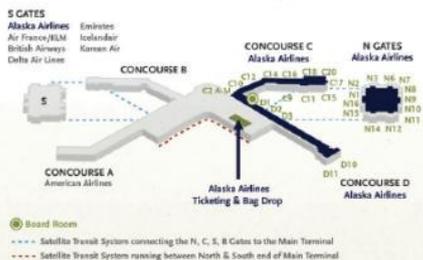
Datos de ayuda

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



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Honestly Abe

Striking a presidential pose | BY TODD POWELL

A couple of years ago I underwent a Lincoln makeover. It was February, and I was the keyboardist in a variety show held at a historic barn. I had a beard and mustache at the time, so I was “volunteered” for the assignment—which meant having my mustache shaved on stage, a bow tie affixed to my shirt collar and a not-quite-stovepiped top hat placed on my head. The bit was done in honor of Presidents Day, and I was happy to play my part, especially since Abe and I go back a long way.

It’s easy to be fascinated by a man of such historic magnitude: A man who rose from humble log cabin beginnings to become the 16th president of the United States. Who ended slavery and preserved the Union. Who charmed others with his homespun humor.

My first memorable encounter with Lincoln’s greatness occurred at Disneyland. I was enthralled as a kid by how his audio-animatronic likeness haltingly stood from a chair and delivered highlights from his famous speeches.

Not long afterward, I stood up in a Cub Scout troop meeting and delivered a speech of my own—an oral report on Lincoln that included selections from a *Reader’s Digest* version of his life. I showed photographs of Lincoln and his family, and pointed out how my first name was the same as Lincoln’s wife’s maiden name. (When you’re 8, certain coincidences bear a lot of meaning.)

Several years later, when I attended basketball camp in Pullman, Washington, all the campers received a collection of motivational pamphlets. I ignored most of these materials because I really just wanted to shoot hoops, but one printout caught my attention. It described a man who had failed so many times in life that he might as well have given up—a man who lost jobs and businesses, and was defeated in multiple political races. And yet this man became one of the most pivotal figures in American history. Abraham Lincoln, in short, was a model of perseverance.

For an assignment in a college speech class, I examined his First Inaugural Address, in which he appeals to “the better angels of our nature” to avoid civil war. I parsed the rhetorical brilliance of the speech against the political realities of his time and concluded that, despite the compelling attempt at persuasion, this appeal fell short. The first shot on Fort Sumter occurred about five weeks later. And yet, thankfully for American history, Lincoln persevered.

Years later, I underwent my makeover amid the Oscar buzz for Daniel Day-Lewis’ performance in the Steven Spielberg movie, a

film that portrays Lincoln’s insistence on having Congress pass the 13th Amendment before the Civil War ended. I knew I could never be Lincoln—certainly not in the way that an Academy Award-winning actor could. But at least I could try walking around in his shoes for a while. When I showed a photo of my post-makeover self to my dad, he said, “Why am I looking at a picture of Abraham Lincoln?”

I don’t think I look that much like Lincoln, but I guess there was something about the pose—the penny profile, the slightly jutting lower lip—that made friends and family do a double take.

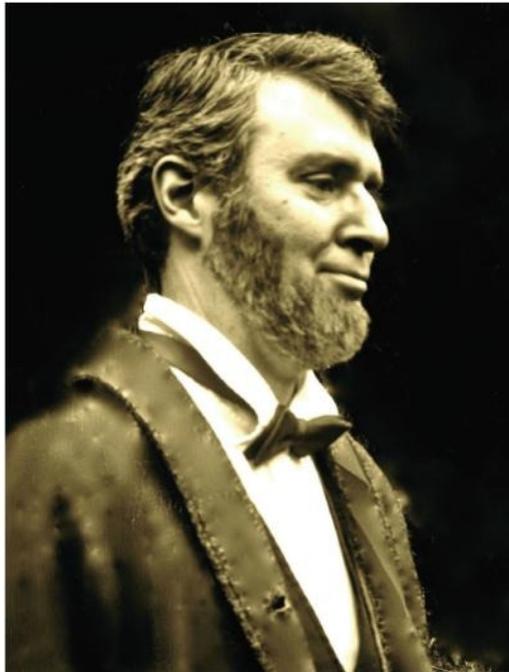
Impersonating Lincoln full time is not in my plans, but it’s good to know that I have a go-to costume and a story to accompany it. This outfit now includes a stovepipe hat, given to me by

a brother-in-law, and a tuxedo that belonged to my dad. And, yes, I used these items to reprise my presidential role last Halloween. For a few brief hours at a costume party, I was Abe again. I even met a man who was writing a Lincoln-related book, and he admired my outfit.

I received other compliments, as well, but I know my costume will always remain incomplete. After all, Lincoln was a man whose shoes could never be properly filled by another person.

Todd Powell portrays Lincoln in the Seattle area.

Did you know? Abraham Lincoln, born on Feb. 12, 1809, was the first president to have a beard, according to alincoln-library.com.





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