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November 2015 <sup>TM</sup>

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**Cover:** Black-diamond Dave's Run at Mammoth Mountain Ski Area is named for ski-area founder Dave McCoy, who celebrated his 100th birthday this year. Photo by Peter Morning.

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Brad Tilden, Chief Executive Officer

## It's All About People



Ben Minicucci

*This month, I've asked Ben Minicucci, our chief operating officer, to speak about the role of veterans and military members in our company today.*

*Ben served in the Royal Canadian Air Force for 14 years. —Brad Tilden*

I'll never forget my first day in the military, when I began boot camp at Canada's Royal Military College, the Canadian equivalent of West Point. It was August 13, 1983, and I was 17 years old. I am not sure I knew what I had signed up for, but it was an emotional send-off as my Italian-speaking parents, brothers and sister left behind the youngest of their family, and the first to join the military. Little did I know that my life would be irrevocably changed by the experiences I was about to embark upon.

Military life profoundly shaped my thoughts on leadership, and gave me opportunities to lead, at a very young age, large and complex organizations. I was fortunate that I had good mentors, noncommissioned officers who took me under their wings and taught me how to gain the trust of the men and women I was leading, while accomplishing the mission at hand. It was all about people then, just as it is now at Alaska Airlines.

We are very fortunate at Alaska and Horizon Air to have more than 1,000 military veterans, serving in several departments across our company. I strongly believe that the men and women who have served (or are serving) in the U.S. armed forces bring not only extraordinary experience and skills, but also an understanding of the powerful impact of values, integrity, courage, honor and work ethic.

This fall, we welcomed Commander Kevin Sproge, from the U.S. Navy, to Alaska Airlines. Commander Sproge is rolling up his sleeves and joining us for a year as part of the Secretary of Defense Corporate Fellows Program. This elite program is an opportunity for top military officers with strong operational backgrounds to part-

ner with leading companies across the U.S. to gain corporate experience, while at the same time working alongside our employees and sharing insights. We are incredibly fortunate to have Commander Sproge on board and to learn from him.

In addition to our armed-forces employees, we are proud to have so many service members as customers. We work hard to make sure that these important men and women feel welcome on our flights, with early boarding and free bag check, and we support the Hero Miles Program, which provides airfare to wounded, injured and ill service members who are undergoing treatment at a military or VA medical center, and family members traveling with them.

And we recently helped the USO expand its facility at Seattle-Tacoma International Airport, which welcomes thousands of active-duty-military, reserve and guard service members and their families as they travel between assignments. Employee volunteers from our maintenance team helped put the finishing touches on the new facility as it opened early this year.

But nowhere is our dedication to veterans felt more deeply than through our Fallen Soldier program.

A volunteer group of maintenance employees designed a customized cart with blue paint, red carpet and American-flag curtains to transport fallen service members when they fly Alaska to their final resting place. Alaska now offers the Fallen Soldier solemn service program in Seattle, Portland, Anchorage, Los Angeles and San Diego.

We are lucky to have our veterans and service members reminding us every day that service is about people, and about taking care of each other. Please join me this month in devoting a moment to honor our country's heroes and their families, and remembering those who paid the ultimate price for our freedom.

Thanks for flying with us today.

—Ben Minicucci



*Alaska and USO Northwest recently honored Vietnam-era veterans.*



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PORTLAND, OR

## Cheers for winter beers

**M**ore than 50 unique brews, crafted specifically for the holiday season, will be debuted at the **20th-annual Holiday Ale Festival** in Portland's Pioneer Courthouse Square, Dec. 2-6.

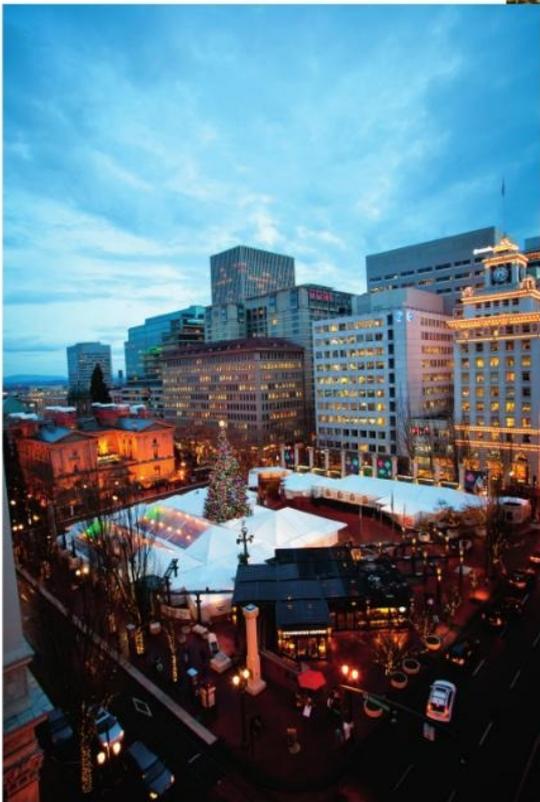
Breweries, cideries and meaderies from the Northwest and other parts of the country will be participating, and some will be showcasing limited-release vintage beers. A large heated tent will keep attendees warm while they meet featured brewers, and enjoy beer samples and self-guided pairings of beers with hard-rind cheeses.

Also taking place in conjunction with the festival will be the Dec. 6 **Sunday Beer Brunch**, with European pastries, cured meats and artisan cheeses accompanying vintage drafts and large-bottle-format winter beers not available at the regular festival events.

Contact: [holidayale.com](http://holidayale.com). (Festivalgoers can use the website's mobile edition to get up-to-date information on special tapplings during the festival.) —Francesca Steele



the **Region**



Festivalgoers celebrate above and left. A heated tent at historic Pioneer Courthouse Square, far left, will keep celebrants' spirits merry and bright.

TIMOTHY HORN (3)

“My Best 10 changed my life almost immediately.”



Photo: Arlene Chambers Photography

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



before

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

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

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

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

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

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

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

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

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



mybest10.com

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BOZEMAN, MT

## 'Tyrant Kings'



COURTESY MUSEUM OF THE ROCKIES

One of the most impressive *Tyrannosaurus rex* skeletons ever discovered is now on display in **The Museum of the Rockies** at Montana State University in Bozeman. Called "Montana's *T. rex*," the fossilized skeleton, more than 65 percent complete, was discovered near northeastern Montana's Fort Peck Dam. The skeleton is the only one that shows the species' tiny third finger, and is also the only one found with its floating ribs intact. It stands 12 feet tall and about 40 feet long.

The *T. rex* would have weighed nearly 7 tons as it roamed the land about 65 million years ago, says MOR Curator of Paleontology Jack Horner, who was a consultant on all four of the *Jurassic* movies. The skeleton is on display in the museum's new permanent "**Tyrant Kings**" exhibit, which also includes a skull series—three actual skulls and three casts—showing the growth of the dinosaur species from juvenile to adult. One of the actual skulls is 60 inches long, making it the largest *T. rex* skull in the world. It was found in south-central Montana.

Another new permanent exhibit in the museum's **Siebel Dinosaur Complex**—which boasts one of the largest collections of dinosaur fossils in the world—is "**Burrowing Dinosaurs: Digging Deeper into Dinosaur Behavior.**"

Contact: 406-994-2251; museumoftherockies.org.

## news & notes

▼ During **Christmas in the Garden**, enjoy ice-skating, a traditional German Christmas market, carolers, holiday foods and 400,000 lights illuminating **The Oregon Garden** in Silverton, about 45 miles south of Portland. The celebration takes place Nov. 27-Jan. 3 (oregongarden.org).



COURTESY THE OREGON GARDEN

**Boise Little Theater** in Idaho presents **Every Christmas Story Ever Told** (including "every Christmas carol ever sung"), in a fun, all-ages-appropriate tribute to the holiday season, Nov. 27-29, and Dec. 3-6 and 10-12 (boiselittletheater.org).



MARK THEISSEN

▲ The exhibit "**Monster Fish: In Search of the Last River Giants**" runs Nov. 14-April 26 at the **Terry Lee Wells Nevada Discovery Museum** in Reno. The exhibit—with videos, life-size sculptures and interactive displays—features the research of Zeb Hogan, a University of Nevada, Reno, assistant biology professor who hosts the Nat Geo Wild TV series *Monster Fish* (nvdnm.org).

**String Orchestra of the Rockies'** 31st season includes concerts such as "**Dido—Queen of Carthage**," Nov. 22 at the University of Montana Music Recital Hall in Missoula (sormt.org).

SEATTLE, WA

## Muscle memory

How do your muscles learn to ride a bike, shoot a basketball or play the piano? Those are the kinds of questions addressed in the exhibit "**Memory: Past Meets Present**" at **Pacific Science Center** on the Seattle Center campus. Explore muscle memory via activities such as playing a videogame developed by University of Washington graduate students to help patients relearn muscle memory after diseases or injuries. The "Memory"



exhibit, on view through March 6, is part of the science center's **Portal to Current Research series**, which showcases local scientists' advances in research. Also explore the exhibits "**Meet Your Microbes!**" through Dec. 6, and "**Grossology: The (Impolite) Science of the Human Body**," through Jan. 3, and enjoy IMAX films such as *Spectre: The IMAX Experience* (Nov. 5–Nov. 18), *Tiny Giants 3D* and *Hubble 3D* (both ongoing). Alaska Airlines is a sponsor of Seattle Center. Contact: 206-443-2001; pacificsciencecenter.org.

COURTESY PACIFIC SCIENCE CENTER

# My brother found freedom from addiction

*Based on a true story*



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

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

A friend of mine suggested that I have him contact Schick Shadel Hospital. I knew about their reputation for helping people overcome addiction during 10 days of inpatient treatment.

Rather than depending on a patient's willpower alone, Schick Shadel's approach involves medical detox, counterconditioning, counseling, education and sober support.

Counterconditioning helps people break the cycle of addiction through behavior modification that changes how people think about their addictive substance. By treating the addiction on a psychological and physiological level, Schick Shadel gives their patients the ability to spend their time and energy on rebuilding their lives, medically conquering the physical dependency and allowing counseling to heal the emotional damage that assists the addiction.

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

**Day four:** *He sounds different.*

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

**Day ten:** *I picked up my brother today. His cravings are gone due to the unique and powerful medical model Schick Shadel uses. He was touched by the care and support he received during his stay. He described the highly skilled counselors who made a difference.*

He said the staff allowed him to see the world as a responsible, accountable sober adult.

Thank you Schick Shadel Hospital for your professionalism, compassion and kindness. My brother can now live alcohol-free.

I feel blessed to have had such a wonderful place to treat my brother. In 80 years, they have treated more than 65,000 men and women. I am proud to be able to count my brother among them.

— As told by the grateful brother of a former patient

## About us

Schick Shadel Hospital is an inpatient hospital and medical detoxification facility founded 80 years ago by those that understand alcoholism is a medical problem that cannot be conquered by traditional methods alone. Our staff works to treat addiction on the level that it exists; as a life-threatening disease. We have a 65% success rate for treating alcoholism\* during our 10-day program.

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\*\* Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

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LAKE TAHOE AREA, CA

## Alpenglow film series

Famous athletes in the skiing and climbing worlds will share their extraordinary experiences during the **10th-anniversary Alpenglow Winter Film Series** at Squaw Valley Alpine Meadows in the Lake Tahoe area, approximately 45 miles southwest of Reno.

Once a month from November through March, a top athlete will give an hour-long multimedia presentation sharing his or her story about the mountains.

**Dave Nettle**, a well-known Tahoe-based climber who has ascended mountains all over the world, and who co-founded the Alpenglow series, will speak on Nov. 19, followed by **Jeremy Jones** (Dec. 17), **Adrian Ballinger and Emily Harrington** (Jan. 28), **Kelly Cordes** (Feb. 25), and **Kate Rutherford** (March 17).

Jones is one of the world's premier extreme snowboarders. Ballinger is one of the globe's most respected high-altitude mountain guides. Harrington is one of the world's top all-around female



Emily Harrington.

climbers, including rock, ice, high-altitude and big-wall climbing. Cordes is an alpinist renowned for his extreme ascents. Rutherford is known for her Yosemite Valley climbing accomplishments.

The shows, at Squaw Valley's Olympic Village Lodge, are free to attend, and will be followed by an informal Q&A session and an opportunity to meet the athlete.

Contact: 530-583-6917; [alpenglowsports.com](http://alpenglowsports.com).

—Olivia Moon

TACOMA, WA

Canines show off big-air stunts, dancing and entertaining antics in Chris Perondi's **Stunt Dog Experience**, Nov. 28 at the **Broadway Center for the Performing Arts' Pantages Theater** in Tacoma. Also being staged at the center are **The Christmas Revels**, Dec. 19-23, which will feature Nordic music, dance and drama this year ([broadwaycenter.org](http://broadwaycenter.org)).

PORTLAND, OR

The **Portland Art Museum** has opened its **new Center for Contemporary Native Art**, with an inaugural exhibition, on view through March 13, featuring three contemporary Oregon Native

artists: Greg Archuleta, Greg Robinson and Sara Siestrem ([portlandartmuseum.org](http://portlandartmuseum.org)).



AROUND THE COUNTRY

National parks ranging from Mount Rainier to Crater Lake, to Yellowstone and Yosemite, are participating in the new **Every Kid in a Park** program. The program provides free entrance passes to fourth-graders and their families (and to educators of fourth-graders) to visit

talked about

federally managed lands and waters during the 2015-16 school year. For details, see [everykidinapark.gov](http://everykidinapark.gov).

SEATTLE, WA

**The Museum of History and Industry** in Seattle's Lake Union neighborhood is celebrating **Hip Hop History Month** in November, with special performances and presentations ([mohai.org](http://mohai.org)).

BOISE, ID

## 'SuperStruct'



You can crawl through a 40-foot-long tunnel, constructed with materials such as 2,000-plus rolls of packaging tape, at the **Discovery Center of Idaho** in Boise, starting on Nov. 20.

The "SuperStructure" tunnel is part of the new exhibit "**SuperStruct: Some Assembly Required**," on view Nov. 20 into May, with opportunities to explore design, mechanical and structural-engineering principles.

For example, you can design and build your own simple structures, and then test their performance at stations such as Foil Float, Stress Test, Gravity Racers and Impact Test Tower. Possible creations include wooden cars and cardboard bridges.

In addition, a recent center expansion includes a **1,000-square-foot Young Learners space**, with exhibits such as funhouse mirrors and a foam-noodle forest for toddlers to kindergartners.

Contact: 208-343-9895; [dcidaho.org](http://dcidaho.org).

—Olivia Moon

EMILY HARRINGTON PHOTO BY BEN WHEELER; TAPE: SHUTTERSTOCK.COM

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AROUND THE ROUTE SYSTEM

Gift ideas for happy holidays



1.



4.



6.



9.



7.



2.



5.



8.



10.



3.



1. Twenty-piece **Holiday Assortment** or the 81-item **Grand Collection Gift Box**, with the finest of confections, from outstanding truffles to award-winning salted caramels, all crafted by acclaimed **Fran's Chocolates** in the Seattle area ([franschocolates.com](http://franschocolates.com)).  
 2. Delicious handcrafted gourmet cheeses, in gift packs such as the **Premium Picnic Pack**, from award-winning **Face Rock Creamery**, Bandon, OR ([facerockcreamery.com](http://facerockcreamery.com)).  
 3. **Lavender** from Sonoma County fields, in relaxing, beautifully presented, handcrafted products such as **candles, sleep masks, travel pillows and**

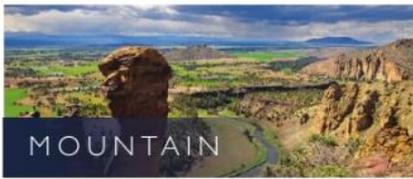
**sachets.** Local-eucalyptus items are available, as well ([sonomalavendershop.com](http://sonomalavendershop.com)).  
 4. Handmade "affirmative adornment" for men and women from the Portland area's **Saucy Jewelry**, such as a gemstone-adorned **floral pattern sterling silver cuff bracelet**, which can be **customized** with your own words, or with options such as "Walk in beauty—live your dreams—follow your heart" ([saucyjewelry.com](http://saucyjewelry.com)).  
 5. New products for **Nintendo's Wii U** system, such as **Super Mario Maker**, which encourages you to create your own fun **Super Mario Bros.** levels, and

**Yoshi's Woolly World**, a cute yarn-themed adventure ([nintendo.com](http://nintendo.com)).  
 6. **Prairie Unique's Montana BBQ Dream Grilling Gift Basket**, including Terry [Montana] Badlands BBQ Sauce, Rocky Mountain Gold Dust meat seasoning, fry-bread mix and more, in a handmade pine crate ([cynshop.com](http://cynshop.com)).  
 7. Toys designed to be "safe, smart and sustainable"—such as the great **Sorting Bus, Mini Golf set and Creative Playhouse**—from **PlanToys** in the Bay Area ([usa.plantoy.com](http://usa.plantoy.com)).  
 8. Colorful and flavorful gift baskets such as **Chocolate Holiday** and **Tis the Season**, and gift towers

such as **Deluxe Sweets and Splendid Cherries**, from renowned Prosser, WA–based **Chukar Cherries**. Chukar uses Northwest cherries to handcraft its treats ([chukar.com](http://chukar.com)).  
 9. Hip, Lake Tahoe—area inspired and designed casualwear, **from T's to tanks to hoodies**, from **TahoeMade Attire**, celebrating its 10th anniversary ([tahoemadattire.com](http://tahoemadattire.com)).  
 10. **Idaho microbrews gift set** or **Idaho Essentials Gift Box**, with items such as **wild-huckleberry jam**, canned **Idaho trout**, and **chocolate-covered potato chips**, from **Boise-based Taters** ([idahotaters.com](http://idahotaters.com)).

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

1. HOLIDAY ASSORTMENT, COURTESY FRAN'S CHOCOLATES; 2. COURTESY FACE ROCK CREAMERY; 3. COURTESY SONOMA LAVENDER INC.; 4. COURTESY SAUCY JEWELRY; 5. COURTESY NINTENDO OF AMERICA; 6. COURTESY PRAIRIE UNIQUE; 7. PLAN TOYS INC.; 8. CHOCOLATE HOLIDAY GIFT BASKET, COURTESY CHUKAR CHERRIES; 9. PHIPPS HOODIE PHOTO BY MAX RAINFOLD; 10. COURTESY TATERS LLC. WINE: SHUTTERSTOCK.COM



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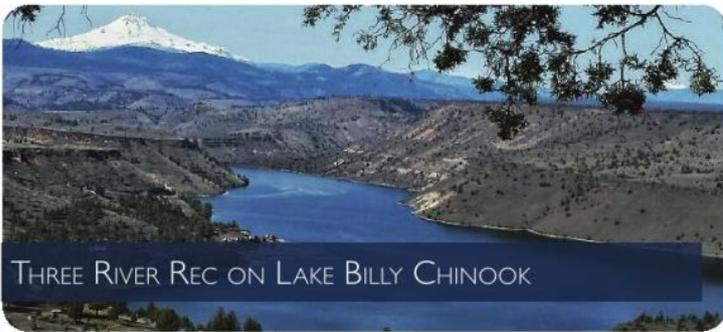


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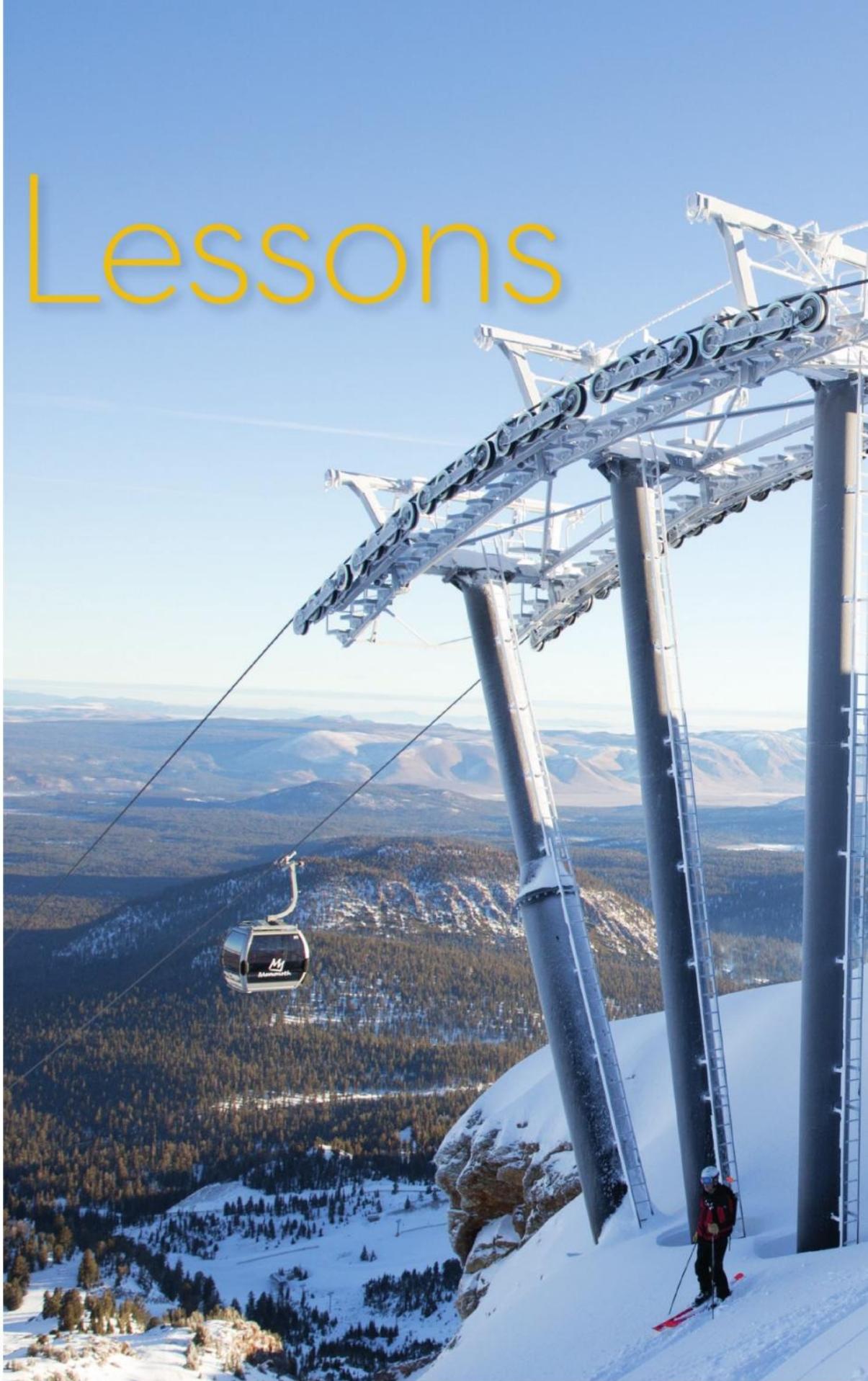
# Ski Lessons

Learning more about fun in the snow and sun at Mammoth Mountain and Sun Valley

BY TODD SCHWARTZ

❄️ I've been having a nice conversation with a woman on the Panorama Gondola at Mammoth Mountain, and when we get off at the summit, she kindly offers to show me a couple of her favorite runs. ❄️ "Great," I say. "I was thinking about starting with Cornice Bowl," mentioning steep runs a ways off to our right, in hopes of impressing her with my skiing ability.

PETER MORNING





The Panorama Gondola carries visitors to the 11,053-foot summit of Mammoth Mountain.

## Mammoth Comforts

Mammoth Mountain and the town of Mammoth Lakes offer a long and varied list of exceptional places to stay and eat, along with places to buy clothing, gear and gifts.

A room at the **Mammoth Mountain Inn** provides a catch-first-tracks location next to the gondola base at 9,000 feet. If you prefer your digs somewhat more oxygenated, you'll find a wide range of lodging choices about 1,000 feet lower in town, including **Snowcreek Resort** and **Sierra Nevada Resort & Spa**.



For food, you can go elegant (the wonderful **Lakefront Restaurant** at nearby Tamarack Lodge on Twin Lakes), go stylish (**53 Kitchen & Cocktails** or **Campo** in The Village), or go unassuming-but-awesome at **Toomey's** (there's often a wait, but it's worth it).

Additional recreation options range from **Woolly's Tube Park and Snow Play Area** (a family fun zone with inner-tube sliding served by a rope tow) to **cross-country skiing** at Tamarack Lodge, **dogsled trips**, **snowmobile tours** and **scenic gondola rides**. —T.S.



PETER MORNING (3)

The smile she gives me communicates “let’s go rip it!” enthusiasm. As we put on our skis, I have a feeling I’m about to be the one who is impressed.

“Follow me,” Deb says, taking off on Upper Road Runner, which tops the ridgeline that crowns Mammoth, at a pace that has me skating hard to catch up.

When we reach the top of Cornice, she makes a hard right, and without so much as a nod to me—or the deep, sliced-off moguls at the entry—she drops in like, well, like what she turns out to be: a Mammoth Lakes local and former ski racer, teaching a little black-diamond lesson about skill and strength.

I have a great view of her line from where I’ve slid to a stop to reconnoiter. I plan my first few turns (always a good idea on the steeps, unless you’re, you know, *her*) and jump in. The snow is a couple days old, but still cold and soft, and I make aggressive-yet-controlled “slarves” (a combination of a carved and a sliding turn) to the bottom.

Which leaves me about three miles behind my impromptu guide, who is arcing high-speed GS turns down the groomed runs in Saddle Bowl back to McCoy Station. She’s kind enough to wait, and as I pull into line, I manage, “Wow, you’re fast!”

“I know,” she answers, with an even bigger version of her smile.

The chance to learn from fellow skiers is one of the reasons I enjoy my regular visits to **two historic yet modern icons of Western skiing: California’s Mammoth Mountain and Idaho’s Sun Valley**. Of course, both resorts also offer magnificent views, vast and varied terrain, and spectacular runs.

## Top of the Sierra

Deb and I arrive back at the top of the gondola, and it’s breathtaking up here: Physiologically, since at 11,053 feet this is the **highest lift-served terrain west of the Rockies**, and spiritually, since on a cloudless, super-cerulean day like this, all of central California’s High Sierra is laid out around me. I admire the spires of the Minaret Range to the northwest and the massive granite monolith of Balloon Dome to the southwest. To the east lies Long Valley, the bowl of a large caldera that was formed by a huge volcanic explosion some three-quarters of a million years ago. Above the caldera, I can see a plane on approach to Mammoth Yosemite Airport, just six miles from the town of





HILLARY MAYER / IDAHO STOCK IMAGES



Mammoth Lakes. (The airport's name reflects the fact that **Yosemite National Park's eastern entrance**, typically open sometime in May to sometime in November, is just a 45-minute drive northwest from Mammoth Lakes; Yosemite is celebrating its 125th anniversary this year.)

Below Mammoth Mountain's pinnacle, in a 220-degree arc, are 28 lifts and 3,500 skiable acres, from mellow cruisers to narrow double-black chutes. "Let's do Dave's," my new guide says, so we go the opposite way along the ridge until we reach **Dave's Run**, named for Dave McCoy, the man who started the ski area with a portable rope tow in the 1940s. That rope tow was followed by a permanent rope tow and then a permanent ski lift, now a high-speed quad known as the Broadway Express. McCoy, who celebrated his 80th birthday this year, also helped launch several important community services in Mammoth Lakes through The Mammoth Lakes Foundation, including the first water district, fire department, high school and college.

He also supported the work of Louis Zamperini, featured in the book and movie *Unbroken*, to make a difference for young people. In Zamperini's book, *Devil at My Heels*, the acknowledgments include: "My enduring appreciation also to Dave McCoy, president of the Mammoth Mountain Ski Area. For ... fifty years he has graciously provided ski equipment and access to the mountain to myself and the many kids I've

**Above: A skier enjoys the snow and the view at Sun Valley.**

**Left: The Village at Mammoth offers many après-ski options.**

**Far left, top: A boarder takes advantage of Mammoth terrain.**

**Far left, center: Campo is one of the numerous restaurants providing excellent cuisine in the Mammoth Lakes area.**



COURTESY SUN VALLEY

Sun Valley has an exceptional terrain park with numerous rails and boxes, as well as an Olympic-size superpipe.

brought to the slopes in search of a good time and a better life.”

Over the decades, the ski area, now owned by Starwood Capital Group, has drawn growing numbers of snow aficionados, and today this amazing mountain is on the bucket list of every serious skier.

Dave’s Run is a little steeper than Cornice—with a lot more bumps. I keep my shoulders square to the fall line, my hands forward, my knees loose and my skis on the snow, and this time I do a slightly better job of staying in the same general time zone as my new ski idol, Deb. I’m learning.

After we exit the bowl, she leaves me behind as we cruise on perfect corduroy down 2,000 vertical feet to the bottom of the **Stump Alley Express**. She rolls her knees and drops her hip toward the snow to create racer-style 45-degree edge angles with her skis. I do a

passable version of the same, carving hard, and, inside my head at least, I’m all Lindsey Vonn and Ted Ligety.

Deb is meeting her daughter for the renowned barbecue at **Mammoth Mountain’s Mill Cafe**, so I shake her hand and thank her for the inspiration and the company. She recommends I try the steep treed chutes off Chair 22.

On the way there, I get to talking on the lift with a guy half my age who’s new to Mammoth. I invite him to join me for a couple of runs. “Great,” he says, sizing up my relative antiquity and pointing to a double-black called Grizzly. “I was thinking about starting with some of that *steeper* stuff.”

I reply with a smile, sensing a teachable moment.

## Harriman’s Heaven

Even the most occasional skiers likely know the story by now: In the mid-1930s, railroad baron and lifelong skier Averell Harriman wanted somewhere new for his trains to go in the West and in the winter. He dispatched an Austrian count named Felix to search for the perfect spot for a winter resort, and the roaming royal eventually stumbled upon remote Ketchum,

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Idaho, at the far end of a Union Pacific spur line. The combination of **perfectly pitched Dollar and Bald mountains**, dependable snow and lots of sunshine sealed the deal, and by 1936 Harriman had founded Sun Valley. Soon the world's first chairlifts (converted by one of Harriman's engineers from a system used to move bananas onto ships) were hauling bunches of movie stars, starlets and assorted bigwigs up to *vadel* with handsome, sun-browned Austrian ski instructors.

Nearly 80 years later, I step off the **Roundhouse Gondola** (which would hold a heck of a lot of very comfortable bananas) next to the famous circular restaurant 7,700 feet up Baldy. From there, I ride Christmas Chair toward the 9,150-foot summit. Far below, I can see the **legendary Sun Valley Lodge**, where Ernest Hemingway wrote part of *For Whom the Bell Tolls*, and celebrities such as Gary Cooper and Clark Gable enjoyed many a whiskey.

Next to the Lodge is Dollar Mountain, home to **Sun Valley's Family Cross Course** for skiers and snowboarders, and to a **world-class terrain park**. Those younger and more unbreakable than I are down there enjoying the huge superpipe, the jumps and tons of

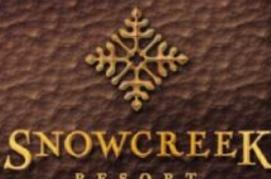
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## Magnificent Makeover and More

The big news in Sun Valley is the extraordinary, many-months-and-many-millions makeover of **Sun Valley Lodge**. The lodge's history and casual elegance are unchanged, but everything else is brand-new—more spacious, more comfortable and more family-friendly. The rooms and their bathrooms are much bigger, and beautifully designed and furnished, and 65 of them feature fireplaces. There is a **gorgeous new 20,000-square-foot spa**, a **big new pool deck with a poolside cafe** (never fear, the circular saltwater pool is still there), and an expanded lobby. Lodging at America's first destination ski resort is ready for its next eight decades. You will also find lots of lodging options in and around Ketchum, from condos to luxury homes.

When dinner calls, there are many answers. From icons such as **Roundhouse**, high on Baldy, which has been serving fondue, fun and fabulous views since 1939 (open for lunch and dinner in season; check ahead for days and hours) to the European-feeling **Ram at Sun Valley Village**. In Ketchum, I like **Vintage Restaurant**, **Enoteca**, the **Cornerstone Bar and Grill**, and of course, the one-and-only **Pioneer Saloon**. And a **sleigh ride to dinner at Trail Creek Cabin** is frosty/cozy fun. Sun Valley visitors also enjoy **ice-skating, cross-country skiing and snowshoeing**, and both Sun Valley Village and Ketchum provide ample opportunities for retail therapy. —T.S.





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**Nov 7**

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**Nov 7**

Godsmack | Grand Sierra Resort

**Nov 7**

Life In Color | Reno Events Center

**Nov 13**

Jo Koy | Silver Legacy

**Nov 20**

Melissa Etheridge  
Grand Sierra Resort

**Nov 20**

Terry Fator | Silver Legacy

**Nov 20-22**

Reno Comic Con | Reno

**Nov 22**

America's Got Talent All-Stars Tour  
Grand Sierra Resort

**Nov 24-Dec 27**

Ebenezer | Eldorado

**Nov 27**

Rodney Carrington | Silver Legacy

**Nov 28**

Brian Wilson | Atlantis

**Dec 11**

Jennifer Nettles | Silver Legacy

**Dec 26-31**

Nevada Chamber Music Festival  
Reno

**Dec 29-Jan 3**

Zoot Suit Riot | Eldorado

**Jan 7-11**

Reno Latin Dance Festival  
Silver Legacy

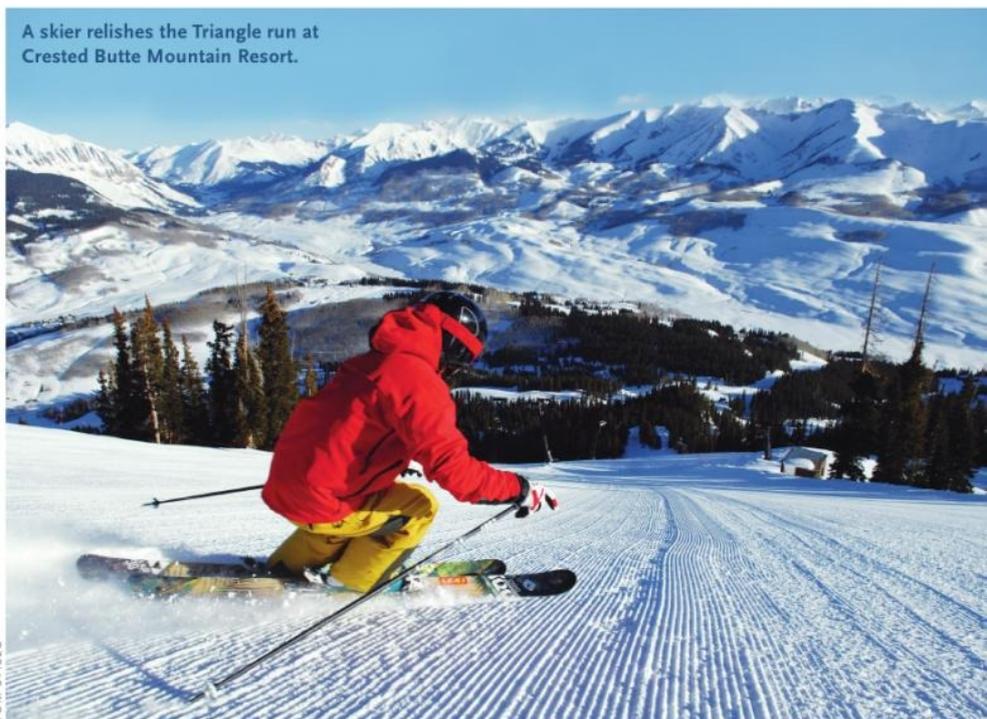
**Jan 29**

Donny Osmond | Silver Legacy



VisitRenoTahoe.com

A skier relishes the Triangle run at Crested Butte Mountain Resort.



TOM STILLO

## Crested Butte

Spectacular skiing at Crested Butte Mountain Resort and Old West charm in the town of Crested Butte—just a free three-mile shuttle ride from the slopes—make this southwestern Colorado destination a must for winter-sports enthusiasts.

Visitors enjoy **121 trails on 1,547 acres of uncrowded terrain known for its deep powder**. Expert skiers will find plenty of thrills, while more than 80 percent of the terrain is devoted to beginners and intermediates, making Crested Butte popular with skiers and board riders of all abilities. The mountain also has three terrain parks, progressing from beginner-friendly Painter Boy and Keystone to the more challenging Cascade Park.

**Snowbiking; a snowcat-driving experience; an ice-skating rink (in town); sleigh rides; winter zipline tours; winter trail rides; snowmobile rentals; a Nordic center for cross-country and snowshoe trails; and a Winter Adventure Park** with mini-golf, bungee trampolines, a climbing wall and a tubing hill provide additional recreation variety.

When you're not playing in the snow, enjoy spas, art galleries, shops, nightlife and dining. One of the popular options is the **Magic Meadows Yurt Dinner Experience**. A mile-long cross-country-ski or snowshoe excursion leads to a five-course meal, accompanied by live music, in a heated 40-person yurt. And in the town of Crested Butte, **more than 50 restaurants** offer a variety of ambiances and cuisines.

Special events in the Crested Butte area this winter include the **Rock on Ice** ice-carving festival, Dec. 16–20; **Mountain High Music Festival**, Jan. 13–17; **Fat Bike World Championships**, Jan. 27–31; **IFSA (International Freeskiers & Snowboarders Association) Junior Regional Freeskiing Competitions**, Feb. 6–7; **Alley Loop Nordic Marathon**, Feb. 6; **U.S. Nationals Ski Mountaineering Championship**, Feb. 12–14; **IFSA 2-star and 4-star events**—part of the qualifying series for the world extreme-skiing championship—Feb. 26–28; **Skitown Breakdown** concert, March 19; **Al Johnson Uphill/Downhill Telemark Ski Race**, March 20; and the 40-mile **Grand Traverse** ski-mountaineering race, March 26.

*Alaska Airlines begins service between Los Angeles and Gunnison, Colorado (Crested Butte's air gateway), December 16. For tickets or flight information, visit [alaskaair.com/ski](http://alaskaair.com/ski) or call 800-ALASKAAIR. For more information about the Crested Butte area, go to [visitgcb.com](http://visitgcb.com) and [skicb.com](http://skicb.com).*

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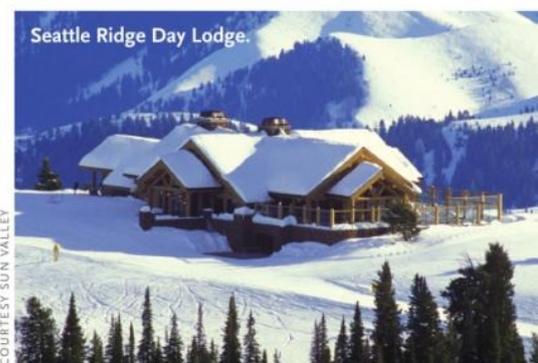
CONTINUED FROM PAGE 23

other features. I'd be there, of course, flipping and flying, totally *sick*, but, hey—I'm working here.

Famous for long, pitched (flat spots are very rare) and superbly groomed cruisers (with what may be the most extensive and most water-efficient snowmaking system anywhere), Sun Valley offers me ribbons of sun-splashed corduroy in several directions, but I choose to work my way along the ridge that leads to a series of connected black-diamond bowls stretching along the top of Baldy.

I turn down **Easter Bowl**, steep enough to be exciting, yet friendly enough for me to take the long, skier-scribed moguls with some abandon. Halfway down I reach the trees, and the lines begin to funnel together, ending in a single exit point onto the **Broadway** groomer. Now I know how the sand in an hourglass feels.

My next run takes me off a small cornice into **Mayday Bowl**, the perfect slope to practice the steep-skiing technique of making a solid platform with my downhill ski and using the rebound to make a smooth,



Seattle Ridge Day Lodge.

COURTESY SUN VALLEY

fast edge change to the new downhill ski, staying straight in the fall line, yet controlling speed. At least that's how they do it in the movies. I could be the outtakes.

A few laps later I'm at the top of **Seattle Ridge**, site of what has to be one of the world's most beautiful on-mountain lodges. I'm thinking about having lunch in the richly upholstered lap of luxury when I meet Taylor and her dad. Taylor, 10 years old, is a small whirlwind of joy in a little purple parka and a big pink helmet. At about 200 words a minute, she explains



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that she has been ripping **Gretchen's Gold** with her dad all morning, sometimes so fast that her eyes got blurry.

"Let's charge!" she says to her dad, and they're off to **Christin's Silver**. Deciding lunch can wait, I follow my new friends, and the lesson begins. I didn't know it was possible to laugh continuously for 1,400 vertical feet, but Taylor pulls it off. This run is a wide, smooth groomer, nothing heart-pounding or ego-stroking, yet I've rarely seen anyone have more fun more easily. No objective, no bragging rights, just Taylor-ing sun and snow and gravity and a day with your dad into the most musical giggles you've ever heard.

That becomes my metaphor for Sun Valley: not the steepest or the biggest ski area in the world, just one of the most perfect—sun and snow and gravity combining into pure fun.

And that's the simple teaching I take with me for the rest of the day (after a terrific meal at Seattle Ridge Day Lodge—enlightenment makes me hungry). Exploring the **new glades that have been opened in the Frenchman's area**, warp-speeding down a **near-empty Upper Greyhawk**, becoming one with my knees on **Exhibition's car-size bumps**, it's clear: Life is short, Sun Valley is long, and skiing is true joy.

At the end of the day, I'm learning and laughing my way down **Upper College** and **Flying Squirrel** with the lowering sun directly behind me. Most everyone has headed for après, it's just me and the magic light, and I open it up and charge—so fast my eyes get blurry. ■

*Todd Schwartz lives in the Portland area.*

*Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) provides service to Mammoth Lakes, the Sun Valley area, and other destinations with outstanding ski resorts. See [alaskaair.com/ski](http://alaskaair.com/ski) for special offers. For more information on Mammoth Mountain and Mammoth Lakes: [mammothmountain.com](http://mammothmountain.com) and [visitmammoth.com](http://visitmammoth.com). For more information on Sun Valley: [sunvalley.com](http://sunvalley.com) and [visitsunvalley.com](http://visitsunvalley.com).*

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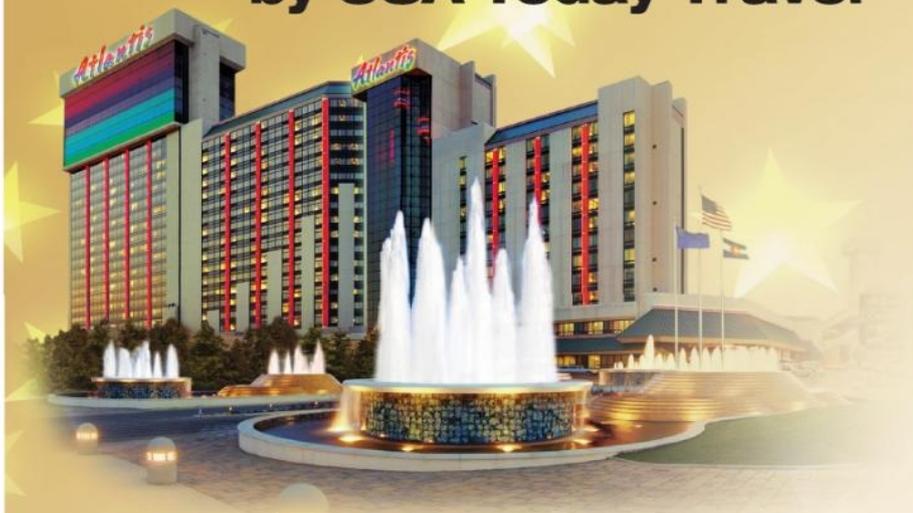
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## Western Slopes

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides access to ski resorts throughout the West. The airline has partnered with several leading resorts to offer exclusive savings. Learn more at alaskaair.com/ski. The following listings provide basic mountain stats and contact info for various resorts; see state and local websites for additional information on resorts in each area.

### WESTERN UNITED STATES

#### ALASKA

**Alyeska Resort** Lifts: 7. Skiable terrain: 1,610 acres—11% beginner; 52% intermediate; 37% advanced/expert. Vertical rise: 2,500 feet. Trails: 76. 907-754-7669; www.alyeskaresort.com.

**Eaglecrest** Lifts: 4. Skiable terrain: 640 acres—20% beginner; 40% intermediate; 40% advanced/expert. Vertical rise: 1,540 feet. Trails: 36. 907-790-2000; www.skijuneau.com.

#### CALIFORNIA/NEVADA

**Heavenly Mountain Resort** Lifts: 20. Skiable terrain: 4,800 acres—20% beginner; 45% intermediate; 35% advanced/expert. Vertical rise: 3,500 feet. Trails: 97. 775-586-7000; www.skiheavenly.com.

**Kirkwood Mountain Resort** Lifts: 10. Skiable terrain: 2,300 acres—12% beginner; 30% intermediate; 58% advanced/expert. Vertical rise: 2,100 feet. Trails: 86. 209-258-6000; www.kirkwood.com.

**Mammoth Mountain** Lifts: 28. Skiable terrain: 3,500 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 3,100 feet. Trails: 150. 800-626-6684; www.mammothmountain.com.

**Northstar California Resort** Lifts: 13. Skiable terrain: 3,170 acres—11% beginner; 56% intermediate; 33% advanced/expert. Vertical rise: 2,280 feet. Trails: 100. 800-466-6784; www.northstarcalifornia.com.

**Sierra-at-Tahoe** Lifts: 9. Skiable terrain: 2,000 acres—25% beginner; 50% intermediate; 25% advanced/expert. Vertical rise: 2,212 feet. Trails: 46. 530-659-7453; www.sierraattahoe.com.

**Squaw Valley | Alpine Meadows** Lifts: 35. Skiable terrain: 6,000 acres—25% beginner; 43%



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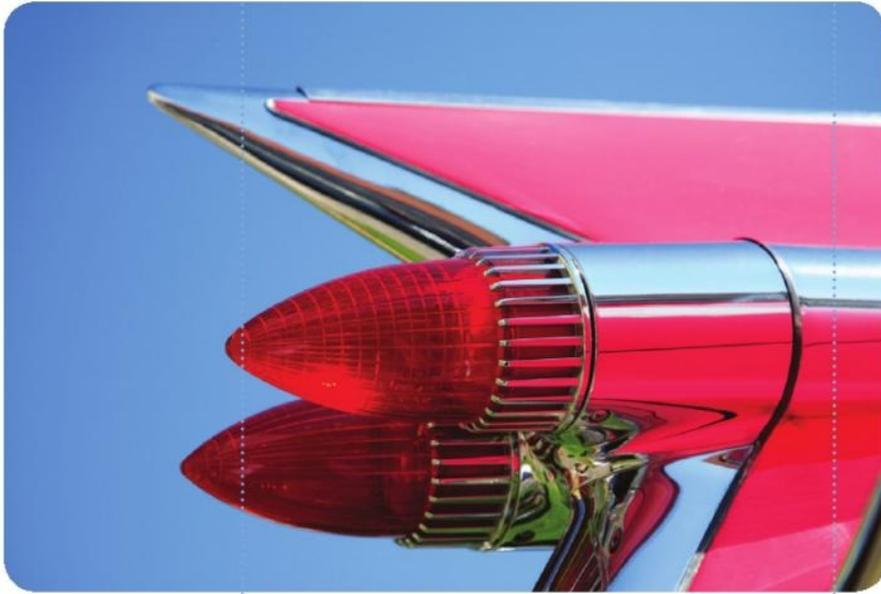
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COURTESY SQUAW VALLEY ALPINE MEADOWS

Squaw Valley.

intermediate; 32% advanced/expert. Vertical rise: 2,850 feet. Trails: 170+. 800-403-0206; [www.squawalpine.com](http://www.squawalpine.com).

**Sugar Bowl Resort** Lifts: 12. Skiable terrain: 1,650 acres—17% beginner; 45% intermediate; 38% advanced/expert. Vertical rise: 1,500 feet. Trails: 103. 530-426-9000; [www.sugarbowl.com](http://www.sugarbowl.com).

**Yosemite's Badger Pass Ski Area** Lifts: 4. Skiable terrain: 88 acres—35% beginner; 50% intermediate; 15% advanced/expert. Vertical rise: 800 feet. Trails: 10. 209-372-8430; [www.badgerpass.com](http://www.badgerpass.com).

**IDAHO**

**Bogus Basin Mountain Recreation Area** Lifts: 7. Skiable terrain: 2,600 acres—22% beginner; 45% intermediate; 33% advanced/expert. Vertical rise: 1,800 feet. Trails: 53. 208-332-5100; [www.bogusbasin.org](http://www.bogusbasin.org).

**Brundage Mountain Resort** Lifts: 5. Skiable terrain: 1,500 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 1,800 feet. Trails: 46. 208-634-4151; [www.brundage.com](http://www.brundage.com).



COURTESY SCHWEITZER MTN RESORT

Schweitzer Mountain Nordic skiing.

**Schweitzer Mountain Resort** Lifts: 7. Skiable terrain: 2,900 acres—10% beginner; 40% intermediate; 50% advanced/expert. Vertical rise: 2,400 feet. Trails: 92. 877-487-4643; [www.schweitzer.com](http://www.schweitzer.com).

**Silver Mountain Resort** Lifts: 7. Skiable terrain: 1,600 acres—20% beginner; 40% intermediate;



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40% advanced/expert. Vertical rise: 2,200 feet. Trails: 77. 800-204-6428; www.silvermt.com.

**Sun Valley Resort** Lifts: 15. Skiable terrain: 2,154 acres—36% beginner; 42% intermediate; 22% advanced/expert. Vertical rise: 3,400 feet. Trails: 121. 800-786-8259; www.sunvalley.com.

**Tamarack Resort** Lifts: 4. Skiable terrain: 900 acres—21% beginner; 41% intermediate; 38% advanced/expert. Vertical rise: 2,800 feet. Trails: 39. 208-325-1000; www.tamarackidaho.com.

### MONTANA

**Big Sky Resort** Lifts: 22. Skiable terrain: 5,804 acres—15% beginner; 24% intermediate; 61% advanced/expert. Vertical rise: 4,350 feet. Trails: 300. 800-548-4486; www.bigskyresort.com.

**Bridger Bowl** Lifts: 8. Skiable terrain: 2,000 acres—25% beginner; 25% intermediate; 50% advanced/expert. Vertical rise: 2,600 feet. Trails: 79. 800-223-9609; www.bridgerbowl.com.

**Whitefish Mountain Resort** Lifts: 11. Skiable terrain: 3,000 acres—12% beginner; 40% intermediate; 48% advanced/expert. Vertical rise: 2,353 feet. Trails: 105. 877-754-3474; www.skiwhitefish.com.

### OREGON



**Mt. Bachelor** Lifts: 10. Skiable terrain: 3,683 acres—15% beginner; 25% intermediate; 60% advanced/expert. Vertical rise: 3,365 feet. Trails: 88. 800-829-2442; www.mtbachelor.com.

**Mt. Hood Meadows Ski Resort** Lifts: 11. Skiable terrain: 2,150 acres. 15% beginner; 50% intermediate; 35% advanced/expert. Vertical rise: 2,777 feet. Trails: 85. 800-754-4663; www.mthoodmeadows.com.

**Mt. Hood Skibowl** Lifts: 4. Skiable terrain: 960 acres (breakout by difficulty unavailable). Vertical rise: 1,500 feet. Trails: 65. 503-222-2695; www.skibowl.com.

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**Timberline Lodge** Lifts: 7. Skiable terrain: 1,650 acres—25% beginner; 50% intermediate; 25% advanced/expert. Vertical rise: 3,690 feet. Trails: 41. 503-272-3311; [www.timberlinelodge.com](http://www.timberlinelodge.com).

**UTAH**

**Alta Ski Area** Lifts: 7. Skiable terrain: 2,200 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 2,100 feet. Trails: 116. 801-359-1078; [www.alta.com](http://www.alta.com).

**Brighton Resort** Lifts: 6. Skiable terrain: 1,050 acres—21% beginner; 40% intermediate; 39% advanced/expert. Vertical rise: 1,875 feet. Trails: 66. 855-201-7669; [www.brightonresort.com](http://www.brightonresort.com).

**Deer Valley Resort** Lifts: 21. Skiable terrain: 2,026 acres—27% beginner; 41% intermediate; 32% advanced/expert. Vertical rise: 3,000 feet. Trails: 101. 800-424-3337; [www.deervalley.com](http://www.deervalley.com).

**Nordic Valley** Lifts: 3. Skiable terrain: 110 acres—36% beginner; 45% intermediate; 19% advanced/expert. Vertical rise: 1,000 feet. Trails: 22. 801-745-3511; [www.nordicvalley.com](http://www.nordicvalley.com).

**Park City** Lifts: 37. Skiable terrain: 7,300 acres—12% beginner; 47% intermediate; 41% advanced/expert. Vertical rise: 3,200 feet. Trails: 300+. 800-222-7275; [www.parkcitymountain.com](http://www.parkcitymountain.com).

**Powder Mountain Resort** Lifts: 4. Skiable terrain: 2,800 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 2,205 feet. Trails: 144. 801-745-3772; [www.powdermountain.com](http://www.powdermountain.com).

**Snowbasin Resort** Lifts: 9. Skiable terrain: 3,000 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 2,915 feet. Trails: 104. 888-437-5488; [www.snowbasin.com](http://www.snowbasin.com).

**Snowbird Ski and Summer Resort** Lifts: 11. Skiable terrain: 2,500 acres—27% beginner; 38% intermediate; 35% advanced/expert. Vertical rise: 3,240 feet. Trails: 85. 801-933-2222; [www.snowbird.com](http://www.snowbird.com).

**Solitude Mountain Resort** Lifts: 8. Skiable terrain: 1,200 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 2,047 feet. Trails: 66. 801-534-1400; [www.skisolitude.com](http://www.skisolitude.com).

**Sundance Mountain Resort** Lifts: 4. Skiable terrain: 450 acres—35% beginner; 45% intermediate; 20% advanced/expert. Vertical rise: 2,150 feet. Trails: 45. 866-259-7468; [www.sundanceresort.com](http://www.sundanceresort.com).

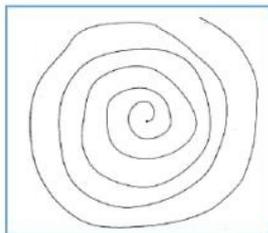
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## WASHINGTON

**Crystal Mountain Resort** Lifts: 10. Skiable terrain: 2,600 acres—11% beginner; 54% intermediate; 35% advanced/expert. Vertical rise: 3,100 feet. Trails: 57. 360-663-2265; www.crystallmountainresort.com.

**49° North Mountain Resort** Lifts: 6. Skiable terrain: 2,325 acres—30% beginner; 40% intermediate; 30% advanced/expert. Vertical rise: 1,851 feet. Trails: 82. 509-935-6649; www.ski49n.com.

**Mission Ridge Ski & Board Resort** Lifts: 4. Skiable terrain: 2,000 acres—10% beginner; 60% intermediate; 30% advanced/expert. Vertical rise: 2,250 feet. Trails: 36. 509-663-6543; www.missionridge.com.



Mt. Baker Ski Area.

**Mt. Baker Ski Area** Lifts: 8. Skiable terrain: 1,000 acres—24% beginner; 45% intermediate; 31% advanced/expert. Vertical rise: 1,500 feet. Trails: 38. 360-734-6771; www.mtbaker.us.

**Mt. Spokane Ski & Snowboard Park** Lifts: 5. Skiable terrain: 1,425 acres—23% beginner; 45% intermediate; 32% advanced/expert. Vertical rise: 2,000 feet. Trails: 45. 509-238-2220; www.mtspokane.com.

**North Cascade Heli** 800-494-4354; www.heli-ski.com.

**Stevens Pass Mountain Resort** Lifts: 10. Skiable terrain: 1,125 acres—11% beginner; 54% intermediate; 35% advanced/expert. Vertical rise: 1,800 feet. Trails: 39. 206-812-4510; www.stevenspass.com.

**The Summit at Snoqualmie** Lifts: 20. Skiable terrain: 1,994 acres—14% beginner; 45% intermediate; 41% advanced/expert. Vertical rise: 2,280 feet. Trails: 101. 425-434-7669; www.summitatsnoqualmie.com.

**White Pass Ski Area** Lifts: 6. Skiable terrain: 1,402 acres—20% beginner; 65% intermediate; 15%

advanced/expert. Vertical rise: 2,050 feet. Trails: 45. 509-672-3101; www.skiwhitepass.com.

## WESTERN CANADA

### ALBERTA

**Lake Louise Ski Resort** Lifts: 6. Skiable terrain: 4,200 acres—25% beginner; 45% intermediate; 30% advanced/expert. Vertical rise: 3,250 feet. Trails: 145. 877-956-8473; www.skilouise.com.

**Marmot Basin** Lifts: 6. Skiable terrain: 1,675 acres—30% beginner; 30% intermediate; 40% advanced/expert. Vertical rise: 3,000 feet. Trails: 86. 866-952-3816; www.skimarmot.com.

**Mt. Norquay** Lifts: 4. Skiable terrain: 200 acres—31% beginner; 25% intermediate; 44% advanced/expert. Vertical rise: 1,650 feet. Trails: 60. 403-762-4421; www.banffnorquay.com.

**Resorts of the Canadian Rockies** Varying resorts, lifts, terrain and skill levels. 800-258-7669; www.skircr.com.

**Sunshine Village Ski and Snowboard Resort** Lifts: 12. Skiable terrain: 3,358 acres—20% beginner; 55% intermediate; 25% advanced/expert. Vertical rise: 3,514 feet. Trails: 111. 877-542-2633; www.skibanff.com.

### BRITISH COLUMBIA

**Apex Mountain Resort** Lifts: 3. Skiable terrain: 1,112 acres—16% beginner; 48% intermediate; 36% advanced/expert. Vertical rise: 2,000 feet. Trails: 73. 877-777-2739; www.apexresort.com.

**Big White Ski Resort** Lifts: 12. Skiable terrain: 2,834 acres—18% beginner; 54% intermediate; 28% advanced/expert. Vertical rise: 2,550 feet. Trails: 118. 800-663-2772; www.bigwhite.com.

**Cypress Mountain** Lifts: 6. Skiable terrain: 600 acres—13% beginner; 35% intermediate; 52% advanced/expert. Vertical rise: 2,010 feet. Trails: 53. 604-926-5612; www.cypressmountain.com.

**Grouse Mountain** Lifts: 4. Skiable terrain: 212 acres—50% beginner; 35% intermediate; 15% advanced/expert. Vertical rise: 4,100 feet. Trails: 26. 604-980-9311; www.grousemountain.com.

**Mt. Seymour** Lifts: 3. Skiable terrain: 200 acres—35% beginner; 45% intermediate; 20% advanced/expert. Vertical rise: 1,082 feet. Trails: 41. 604-986-2261; www.mtseymour.ca.

**Mt. Washington Alpine Resort** Lifts: 5. Skiable terrain: 1,700+ acres—14% beginner; 35% intermediate; 51% advanced/expert. Vertical rise: 1,657 feet. Trails: 81. 888-231-1499; www.mountwashington.ca.



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**Red Mountain Resort** Lifts: 5. Skiable terrain: 2,877 acres—18% beginner; 31% intermediate; 51% advanced/expert. Vertical rise: 2,919 feet. Trails: 110. 800-663-0105; www.redresort.com.

**Revelstoke Mountain Resort** Lifts: 3. Skiable terrain: 3,121 acres—7% beginner; 45.5% intermediate; 47.5% advanced/expert. Vertical rise: 5,620 feet. Trails: 66. 866-373-4754; www.revelstokemountainresort.com.

**Silver Star Mountain Resort** Lifts: 7. Skiable terrain: 3,269 acres—15% beginner; 40% intermediate; 45% advanced/expert. Vertical rise: 2,500 feet. Trails: 128. 800-663-4431; www.skisilverstar.com.

**Sun Peaks Resort** Lifts: 6. Skiable terrain: 4,270 acres—10% beginner; 58% intermediate; 32% advanced/expert. Vertical rise: 2,894 feet. Trails: 133. 800-807-3257; www.sunpeaksresort.com.

**Whistler Blackcomb** Lifts: 25. Skiable terrain: 8,171 acres—18% beginner; 55% intermediate; 27% advanced/expert. Vertical rise: 5,280 feet. Trails: 200+. 800-766-0449; www.whistlerblackcomb.com.

## ADDITIONAL AREAS

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For New Mexico ski resorts, visit [www.newmexico.org/ski-areas](http://www.newmexico.org/ski-areas). ■

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# ENTERTAINMENT SCIENCE

## Movies and other media inspire interest in scientific concepts BY SALLY JAMES

IN THIS YEAR'S HIT MOVIE *ANT-MAN*, A SUPERHERO GETS HELP FROM DIFFERENT SPECIES OF ANTS TO FIGHT EVIL. SOME OF THESE SPECIES OF ANTS, SUCH AS THE FIRE ANT AND TAWNY CRAZY ANT, TRULY EXIST, AND BEHAVE SOMETHING LIKE THEIR ON-SCREEN VERSIONS. FIRE ANTS DO BUILD RAFTS WITH THEIR BODIES, AND CRAZY ANTS CAN SHORT OUT ELECTRICAL CIRCUITS.

Movies may sometimes stretch science to make fiction more dramatic, but the recent *Ant-Man* movie won praise from an entomologist. "I thought it was pretty cool. It had real, authentic, natural-history behavior of ants," says Clint Penick, a postdoctoral researcher in the Department of Applied Ecology at North Carolina State Univer-



sity in Raleigh. For instance, the fictional fire ants in the movie made a raft out of their own bodies to enter a building through a water pipe. Penick recently helped staff a "BugFest" exhibit for the public, and his team displayed fire ants making a raft in a container of water. He heard people comment: "Look, just like the movie."

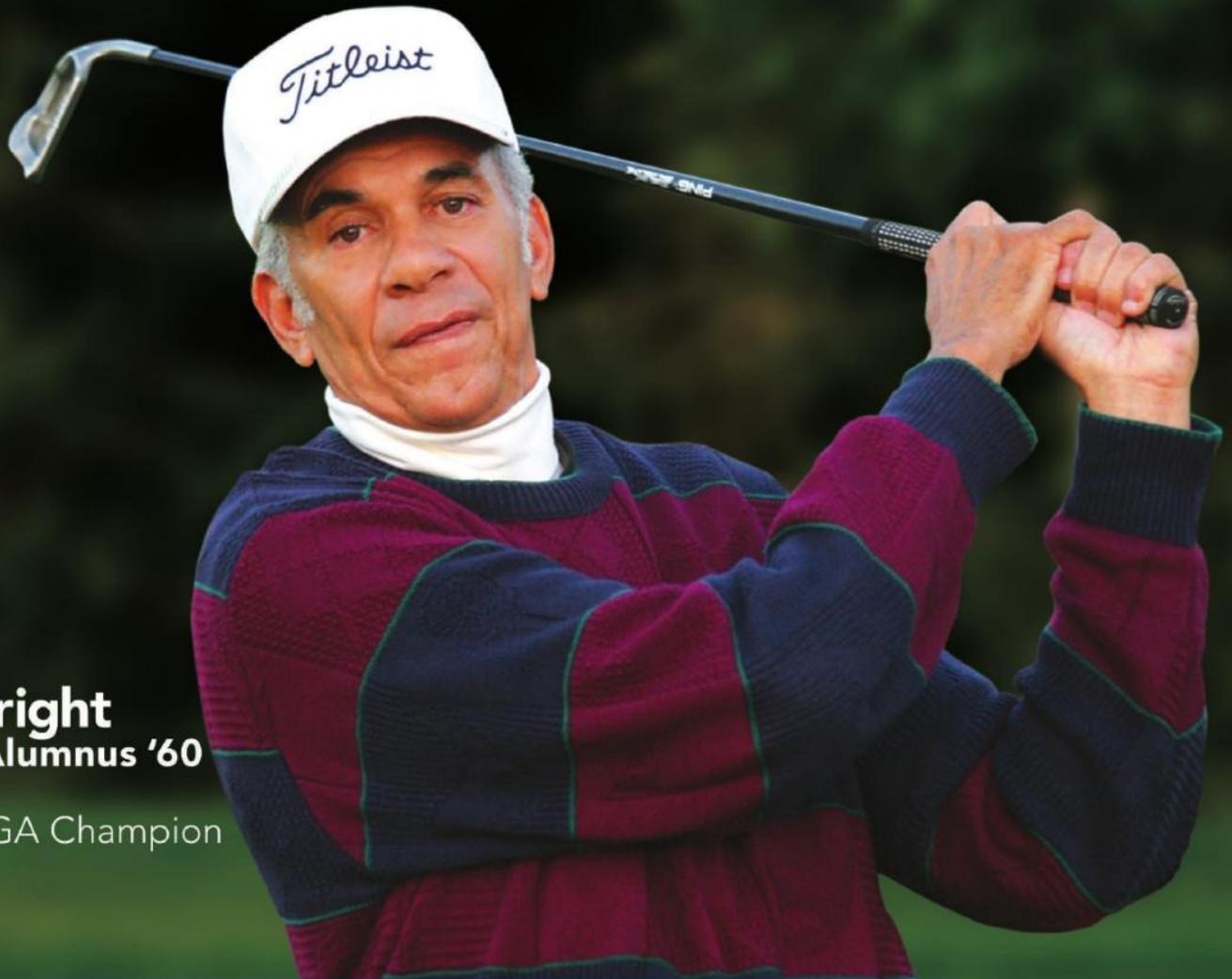
Sadly the movie got gender wrong, he says. Most ants are female, and the lead fictional ant was Antony, who should have been Antonia. But Penick feels little need to nitpick. The movie succeeded in showing ants as "incredible" with many abilities, he says.

A useful science lesson can also be found in Disney's animated feature about a girl discovering her magical power. Take a closer look at *Frozen*, and you may be surprised to find concepts about how water freezes into six-sided crystals and why ice floats. Physicists admire the movie for accurately showing ice floating in the river during the early scenes. Ice floats because it is less dense than liquid water. The movie does not teach the audience explicitly, but does represent this concept accurately.



Snowflakes in movies such as *Frozen*, and ant behavior in the film *Ant-Man* (facing page and left) have conveyed scientific principles.

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**M**ore and more, science is celebrated in big-budget popular entertainment, from the romantic comedy *Her*, about a computer operating system, to this year's *The Martian*, whose lead astronaut character is also a botanist and mechanical engineer, to the approximately 19 million fan base of the TV series *The Big Bang Theory*. Police and detective story lines increasingly use exotic plots where forensic laboratories help nail the killer. A chemistry teacher was the star of the acclaimed AMC series *Breaking Bad*. And Google created the website <https://interstellar.withgoogle.com/> for educators to help teachers explore science and math (and also arts and literature) concepts in the film *Interstellar* with their classes, via different lesson plans for grades 6 to 12.

Not all the science depicted in entertainment media is accurate, of course. But teachers can use even inaccurate depictions to get kids engaged in a concept as the instructor explains the correct information. Inspiring the public to embrace science is valuable, even critical, in the 21st century, experts note, because science influences everything from making public-policy decisions to making choices about aspects of our lives such as the energy we use, the foods we eat and the cars we drive.

**To engage people in science, physicist and public-television star Brian Greene, a professor of math and physics at Columbia University in New York, wants human emotion and suspense in every story, and he wants people to see the journey of science as full of highs and lows. He believes fiction can exaggerate science, just as**

**Scientist David Saltzberg, below, creates whiteboard equations, such as the ones at right, for *The Big Bang Theory*.**



science from the periphery to the center of the cultural landscape," he says. Greene appeared in an episode of *Big Bang* as himself, and estimates more millions noticed him there than have seen his *Nova* television series about string theory and Einstein's theory of relativity.

"Science is starting to be less siloed. ... That is a fulcrum from which we can leverage a greater understanding of real science. That's the big dream," Greene says.

**David Saltzberg, a professor of physics and astronomy at UCLA, consults for the *Big Bang* creators when they want science information in the show.** He likes to say that 100 people may read one of his papers in a peer-reviewed science journal, but around 19 million will see what is written on the whiteboards in an episode of the show. Whiteboards appear in the character Sheldon's apartment, and in his office at the university. They can also appear when a character visits someone else's office.

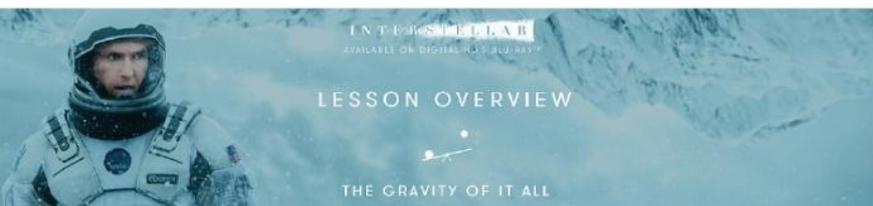
"You aren't just teaching science ... but allowing scientist characters into our lives," Saltzberg says. His role is to provide accuracy when the scriptwriters want it, such as preparing equations to appear on a whiteboard

long as it keeps the rules consistent during the story.

"You don't learn physics from watching *Big Bang Theory*," he says, about the popular series that follows researchers. The TV scientists live lives of not-so-quiet hilarious social foibles. Dating and mating are big parts of the plot. But what Greene likes about *BBT* is that scientists (not lawyers, not doctors) are central to the situation comedy.

"Part of our goal is to shift

**Google created a website to help teachers lead classes exploring science and math concepts in the film *Interstellar*.**



during a scene. For example, in one episode he provided equations related to reciprocating (piston) engines. For another episode, he provided equations related to deviated-septum surgery (including the odds of an asteroid strike complicating the surgery).

Saltzberg is humble about his role, which he sees as supplying raw material “fit to order” for the narrative bosses who have to keep a story moving and laughs coming. His real research life includes using high-altitude balloons, in places as far-flung as Antarctica, to chase down high-energy particles known as neutrinos.

Saltzberg helped the *Big Bang* creators put into a script some authentic news from the academic physics world about a discovery that hints at evidence of gravitational waves. He also wrote equations to appear as belonging to famous scientist Stephen Hawking’s office. “He [Hawking] was satisfied with it,” Saltzberg says.

“Even if only one-tenth of a percent of viewers Google a concept introduced on the show, the real message is that it can be understood,” Saltzberg says. He believes putting science out into the general culture helps encourage people to be brave about looking things up and getting more understanding.

For Greene, who has devoted more than 20 years to writing popular non-fiction books and television specials, the goal has always been to capture people’s imaginations first. “I want someone to feel like they’ve been transported, excited by what we humans have been able to figure out.”

Greene used some of what he’s learned from television to create “World Science U,” an outgrowth of New York’s World Science Festival, which he co-founded with award-winning journalist Tracy Day. The site includes a free physics class. Videos and “stories” are part of the World

Science U curriculum.

Stories are the primal way that humans learn, Greene points out. Science needs stories with emotional weight and suspense. Dry textbooks in classrooms are never going to be enough.

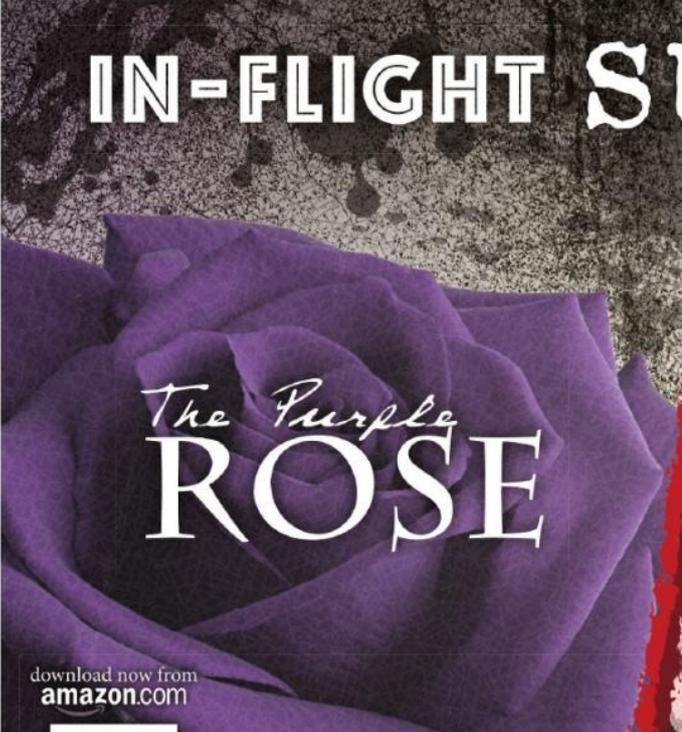
Letters from grateful people are one of the main ways that Greene measures his success at explaining concepts via entertainment. One extremely popular concept is part of Einstein’s work on relativity—the idea that both motion and gravity influence the passage of time. A person traveling at a faster speed and under more gravitational influence would not age the same way as someone on Earth.

Greene wrote a children’s book, *Icarus at the Edge of Time*, that illustrated that idea by having a character journey to the edge of a black hole, a

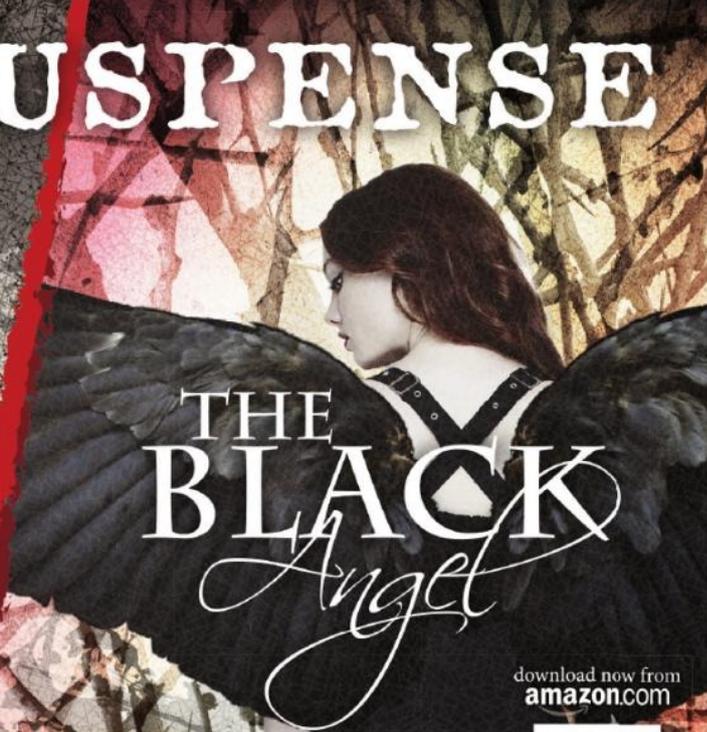


Physicist and public-TV star Brian Greene, above, wrote the book *Icarus at the Edge of Time*, now also a multimedia presentation, to showcase concepts related to time in an entertaining fashion.

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John Lithgow—at the 2010 World Science Festival in New York, and it has gone on to be performed at more than 30 different venues around the world, including in Seattle.

### Entertaining Education

Producing material for the public has changed how Greene sees his own academic role back in the temple of knowledge—the university.

“For 25 years, I have wanted vibrant accurate animations of key concepts,” he explains. He used to use a chalkboard, but says he now lets his students spend time with ideas online and watching visualizations, so they come to the classroom energized and ready to talk about ideas they’ve already absorbed via animations he has created. Some educators call this a “flipped classroom,” in which the student gets most of the pedantic information online, and gets conversation and dialogue in class.

The pure joy of discovery, and sharing it with other people, helps inspire **Mariette DiChristina, who is the editor-in-chief of *Scientific American* magazine.** In 2014, she spent an entire day at the USA Science & Engineering Festival, which drew 325,000-plus visitors over several days. “It was standing-room only, and the audience was so engaged,” she says. The 2016 festival will be April 16–17 in Washington, D.C.

*Scientific American* is the oldest continuously published magazine in the United States, founded in 1845. But the publication is not aimed at insiders in science. DiChristina testified in front of the U.S. Congress last year that business leaders add up to more than 50 percent of the magazine’s audience of more than 3.5 million in print and more than 6 million online.

“We need to put people in touch with their inner scientist,” she says.

special kind of star that has collapsed in on itself and has a strong gravitational field. At the black hole’s edge, time slows, according to Einstein’s general theory of relativity.

The story debuted as a multimedia presentation—with film, an original musical score composed by Philip Glass and performed by a live orchestra, and live narration delivered by

COURTESY: BRIAN GREENE (2)

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"I want to invite them in."

If nonscientists sometimes get things wrong or write naive comments on blogs, she's not worried. Having an engaged public is more valuable than being in a time when only scientists and professional journalists wrote about science. "I would not turn back the clock," she says.

Contributions from ordinary people are a growing phenomenon. Some call it "crowdsourcing" scientific research. In one example, an estimated 200,000-plus people have played a game called *EyeWire*, designed by MIT scientists, that allows citizens to contribute to the mapping of a mouse retina, in the back of the eyeball. The work requires thousands of individuals to try to help map the 3D structure of the cells. The game was released in December 2012.

### When Games Teach

Playing is a natural part of learning. But playing games has not always been welcomed in academics, and playing videogames, especially, has been criticized as a distraction from homework. But are you ready for this? "Sorry, Mom, I can't take out the trash because I'm playing my chemistry videogame."

New ideas are changing the perception of games. For example, Northeastern University's Seattle and Boston campuses are co-founding—with the National Girls Collaborative Project and the Institute for Systems Biology, both based in Seattle—a nonprofit called GAMES, to raise money and volunteers to help educate young women in science and technology via appealing videogames designed for and by girls. The letters stand for **Girls Advancing Mathematics, Engineering + Science**. Volunteers are working hard to move the project forward, and hoping to have the first videogame out by fall 2018.

In the science-education game world



COURTESY MELANIE STEGMAN

**The Immune Defense bio-chemistry-strategy video-game is a fun way to learn about science.**

there are different flavors of trying to make learning fun. For example, gamifying may involve dressing up a task—such as memorizing the periodic table of elements—into more of a game by adding rewards and points, and competition.

In other cases, a whole world might be explored via a game. For example, Seattle videogame designer Melanie Stegman, who has a doctorate in molecular genetics, has created the game *Immune Defense*, in which the entire human immune system becomes an adventure where players use knowledge to pursue complex strategies incorporating real science to advance toward a goal.

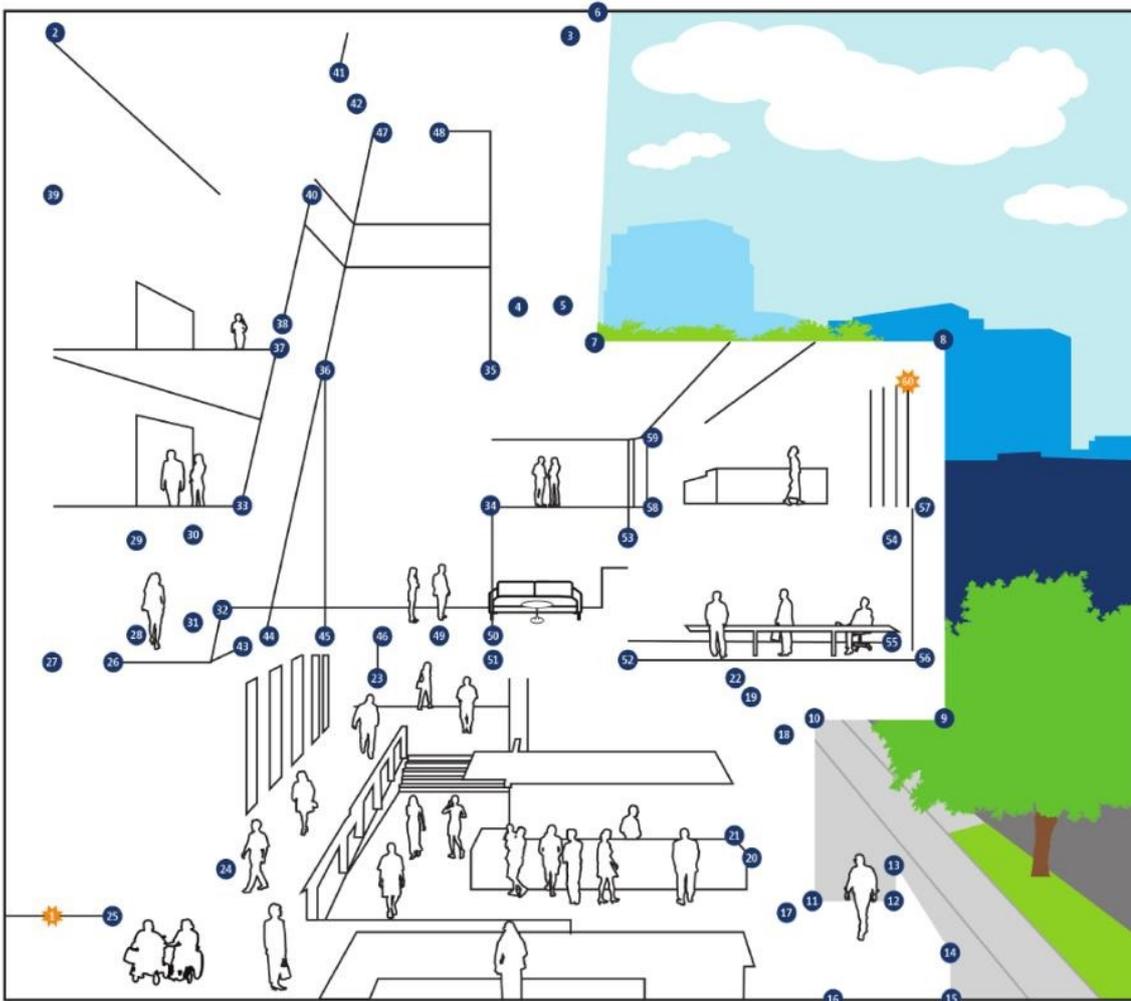
Seattle technology veteran Frank Catalano—a longtime education-technology-industry consultant, who founded the company Intrinsic Strategy—wholeheartedly embraces creative new ways to bring science into the lives of adults and schoolchildren, although he also sees that there could be a shallow element to it. "The danger is that science becomes a set dressing. Whenever a storyteller needs something intellectual or cool, they throw in some science. But there is no avenue for the viewer to go deeper," Catalano says.

He likes the idea that science in entertainment is the "gateway" that motivates people to investigate the real science. In the 1960s, the fact that the U.S. was trying to send a rocket to the moon did not necessarily teach anyone about the physics of rockets, but it likely made many a young person dream of being a scientist.

Playing with model rockets, and reading science-related comic-book stories, and see-

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ing astronauts in movies was the entertainment magic that created a public atmosphere rich with science images. Those images might have spurred youngsters to study science in greater depth. “How do we reach students via new avenues? Do we use digital technology? Of course, there is no one right answer,” Catalano says.

He sees many fads in education, which he calls putting chocolate on broccoli—efforts seeming to disguise rigor and information as dessert—but he is an enormous fan of what is called the “**Maker Movement**,” bringing to a mass audience the tools and laboratories for exploring and advancing technology. The movement is characterized by individuals and groups using their ingenuity to tinker with technology and create items for fun or, in some cases, even to take to market.

He says the American Library Association is helping public libraries to embrace “maker” spaces. For instance, the ALA notes that the Chicago Public Library’s Maker Lab includes 3D design software, 3D printers, laser cutters, a milling machine and a vinyl cutter. The lab also offers free workshops, open lab hours and demonstrations.

Sometimes called “hackerspaces” or “DIYlabs,” not all maker spaces are connected to a library, and they exist in hundreds of cities, including many in the western United States.

### **Room for Improvement**

At the same time that people may be seeing more science at the movie theater, on television and on devices, the actual literacy of the public on certain science principles appears modest.

Last year, the **Pew Research Center** asked **12 questions about science** in a survey of the center’s American Trends Panel, a nationally representative panel of randomly selected U.S. adults. While the 3,000-plus people surveyed got more correct than incorrect answers, only 35 percent knew



**Even nonscience movies** can help a science teacher, according to Jacob Clark Blickenstaff, director of the Washington State Leadership and Assistance for Science Education Reform (LASER) program at Seattle’s Pacific Science Center. Blickenstaff writes the monthly column “Blick on Flicks” for the National Science Teachers Association. “If you are looking for science, you will find it in almost any movie,” he says.

As a former physics teacher, he gives formulas for a classroom to examine whether a superhero from *Captain America: The Winter Soldier* can really climb a building with suction cups. Or, he measures the size of barrel needed to float a dwarf in a scene from *The Hobbit: The Desolation of Smaug*.

“I’m helping teachers see movies, games or television as teaching tools,” he says. —S.J.

what property of sound waves determines loudness, and only 34 percent knew whether water boils at a lower or higher temperature at high altitudes. **Just 26 percent of those polled answered 10 or 11 questions correctly, and only 6 percent got a perfect score.** (Take the quiz yourself at [pewresearch.org/quiz/science-knowledge](http://pewresearch.org/quiz/science-knowledge).)

In a 2013 Pew Research Center/*Smithsonian Magazine* survey, with different questions, participants were asked why they think young people don’t pursue degrees in science and math. Twenty percent said the subjects were “too boring.” And 46 percent said they were “too hard.”

This is exactly the attitude that most science enthusiasts and educators want to change. After *Icarus at the Edge of Time* premiered in New York, Greene had some staff people interview audience members and ask them to explain the science after they watched the film.

“I watched a little kid give a pretty good answer [for Einstein’s theory of relativity],” Greene says. “That’s gratifying.” ■

Writer Sally James lives in the Seattle area.

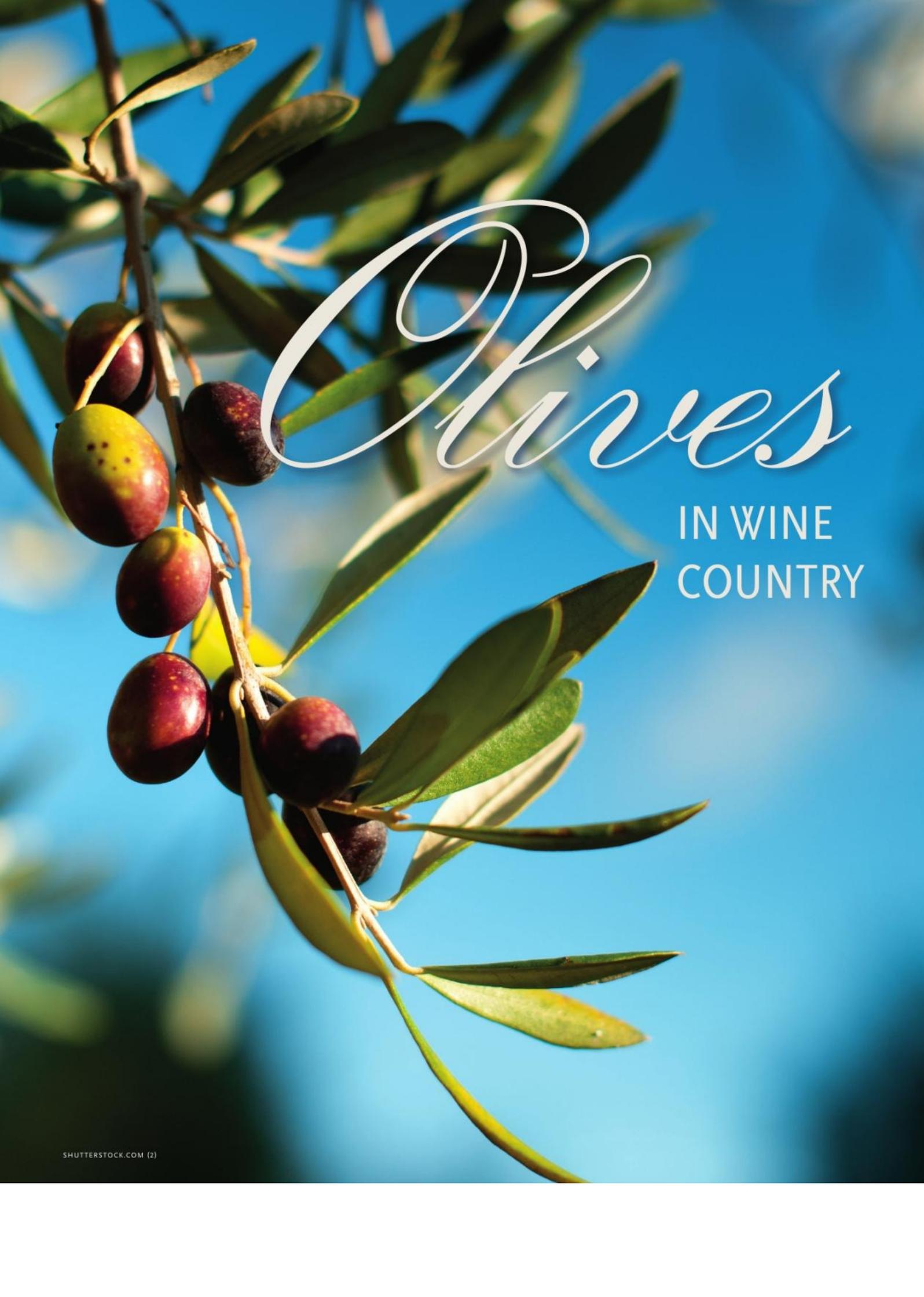


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A close-up photograph of an olive branch with several olives in various stages of ripeness, from green to dark purple. The background is a clear, bright blue sky. The text 'Olives' is written in a large, elegant, white cursive font, partially overlapping the branch and the sky.

# Olives

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THE TWO-MONTH OLIVE SEASON FESTIVAL TAKING PLACE THROUGHOUT NORTHERN CALIFORNIA'S SONOMA VALLEY WAS ONLY HALF OVER, YET I'D ALREADY ENJOYED OLIVES IN AN EXTRAORDINARY NUMBER OF DELICIOUS WAYS.

For instance, at the festival's **Feast of the Olive Dinner** at the Ramekins Culinary School, I had my choice of three five-course menus that together presented olives in nearly 30 different preparations, by a cadre of 19 local chefs. A 48-foot-long table in the school's Event Center was dedicated to each menu. I'd selected Menu No. 2, featuring dishes such as French Picholine olives in a salad course of Marsala-glazed pork belly on winter chicory and pine nuts, prepared by Depot Hotel Restaurant and Garden in the town of Sonoma.

For the main course, luscious braised boneless short ribs lay atop a cake made with mild Red Bella di Cerignola olives—a variety that originated in the Italian province of Puglia—accompanied by asparagus spears, Parmesan crisps, a ruby-red port reduction and glittering gold olive oil caviar (olive oil encapsulated by gelatin in caviar-size spheres)—a dish created by Aventine restaurant in Glen Ellen.

At the festival's **Olive Bash** at Sonoma Valley Inn, I nibbled a slice of olive loaf, and explored mountains of locally grown brined olives in a dozen-plus varieties. I also sampled olive-seafood canapes, mini olive tarts, and roasted vegetables drizzled with an array of different olive oils.



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**Above:** Harvest time at McEvoy Ranch, one of the nation's largest producers of certified-organic and extra-virgin estate-grown olive oil.

**Below right:** Innovative olive-focused dishes are served at the Feast of the Olive Dinner during the annual Olive Season festival.



For the past eight years I've made it a point to attend this fantastic festival (olivefestival.com), which takes place each January and February in the southeastern part of Sonoma County, and will celebrate its 15th anniversary in 2016. The event encompasses everything from olive-curing workshops to soothing olive oil massages at top spas

to the **Blessing of the Olives** ceremony at the early-1800s Mission San Francisco Solano at Sonoma State Historic Park in the town of Sonoma.

**OLIVES**—traditionally thought of as a Mediterranean fruit—are feted annually during the festival because the **Golden State produces more than 95 percent of the olives grown in the United States**, approximately 57,000 acres of olive production. Tulare, Tehama and Glenn counties are the top-three olive-producing areas, but cultivation takes place throughout the state, from north to south, and Sonoma County has more olive oil producers than any other California county, according to *Olive Oil Times*, which oversees the prestigious New York International Olive Oil Competition.

About 35,000 of California's olive-producing acres are for olive oil, with about 22,000 acres for table olives, according to Paul Vossen, a University of California Division of Agriculture and Natural Resources farm adviser for Sonoma and Marin counties.

That equates to about 2.4 million gallons of extra-virgin olive oil (EVOO) from the 2014 harvest, reports the California Olive Oil Council. More than 4 million

gallons are predicted for the 2015 harvest. The 2015 California table-olive forecast is 60,000 tons, up 62 percent from last year's crop of 37,120 tons, according to a survey conducted by the USDA National Agricultural Statistics Service.

**THE WORLD'S FIRST OLIVE TREES** originated thousands of years ago, with edible olives thought to date back approximately 5,000 to 6,000 years, according to Vossen. The origins of edible olives can be traced to areas such as Southern Turkey, Syria, Lebanon, Palestine and Israel, he says.

Today, olives are popular throughout the world, and U.S. consumers now use around 90 million gallons of olive oil annually, making the U.S. the largest market outside of the European Union, according to the American Olive Oil Producers Association.

Slowly but surely, U.S. producers are crafting more of the oil consumed in this country. Earlier this year, the California Olive Oil Council projected that some 3,500 new acres of olive orchards would be planted each year in California through 2020, noting that most of the olive trees in the state have been planted within the last 15 years.

Olive groves were first planted in California in the 1700s and 1800s when Franciscans were establishing



COURTESY SONOMA VALLEY VISITORS BUREAU

#### A FEW MORE WEST COAST PLACES TO DIP INTO OLIVE OIL

**11 Olives**, Seattle, WA (11olives.com).

**Apollo Olive Oil**, Oregon House, CA (apollooliveoil.com).

**Bari Olive Oil Company**, Dinuba, CA (barioliveoil.com).

**Bozzano Olive Ranch**, Stockton, CA (bozzanoranch.com).

**California Olive Ranch**, Chico, CA (californiaoliveranch.com).

**Calistoga Olive Oil Company**, Calistoga, CA (napavalleyevo.com).

**Cloud 9 Orchard**, King City, CA (cloudgorchard.com).

**Figone's California Olive Oil Co.**, Sonoma, CA (figoneoliveoil.com).

**Lucero Olive Oil**, Corning, CA (lucerooliveoil.com).

**MoonShadow Grove**, Paso Robles, CA (moonshadowgrove.com).

**Oregon Olive Mill**, Dayton, OR (redridgefarms.com).

**Pasolivo**, Paso Robles, CA (pasolivo.com).

**Round Pond Estate**, Rutherford, CA (roundpond.com). —C.S.



M. J. WICKHAM

**Benziger Family Winery has more than 1,000 olive trees throughout its property, part of the commitment to biodiversity at the winery, which offers a Biodynamic Vineyard Tram Tour.**

missions, according to the olive festival website, and some of these heritage trees remain—at locations such as Mission San Francisco Solano. I like to savor olive-related products with a picnic under the mission's trees.

Olive-harvesting activities in November and December and the olive-celebration festival in January and February make late fall/early winter a great time for a getaway to Sonoma County. You can also see migrating gray whales (peak months are December and January), take a guided excursion to catch Dungeness crab (typically November into June) and go wine touring during a season when vintners may have more time to chat and offer behind-the-scenes looks at their operations.

Numerous Sonoma County wineries offer combination wine/olive oil-tasting experiences, while **The Olive Press** in the town of Sonoma is one of the most lauded olive oil producers in the country, with more than 370 medals—in international as well as U.S. and California competitions—since 2001.

The Olive Press was the first olive mill to operate in

Sonoma County. In 1995, two local olive growers, inspired by the mills of Italy and France, brought in Perialisi processing equipment from Italy. Although that original equipment has been retired, the mill—whose proprietors include the owners of Jacuzzi Family Vineyards, a Sonoma winery that has about 45 acres of Italian and Spanish olive trees—still attracts flocks of visitors eager to watch olives being crushed, and to sample and buy artisanal oils.

**THREE OLIVE OILS** crafted by The Olive Press were among the award-winning olive oils in the 2015 New York International Olive Oil Competition for extra-virgin olive oils, whose categories are divided by Northern Hemisphere and Southern Hemisphere, and then by monovarietal or blend, and then by delicate, medium and robust intensity.

In general, a quality EVOO should taste “green” and like olives, and may have other notes such as banana or grass, explains *Olive Oil Times*, and there should be no “bad” tastes such as cardboard or metallic. From there, the sophisticated palates of experienced judges determine which entries shine.

This year, the judges chose **251 “World’s Best Olive Oils”** from nearly 700 entries from 25 countries.

**Thirty-eight of the oils were from the United States, and most of those were from California.** The contest-results website commented: “They’re the new kids on the olive oil block, but American companies are already producing some of the world’s best olive oils. By pairing modern production techniques to an ancient craft, producers from California to Georgia are turning out award-winning EVOOs and increasing their share of the huge domestic market.”

The Olive Press received awards for oils derived from Spanish cultivars: a gold award for its Arbequina and a silver award for its Sevillano, both medium-

## HOW TO TASTE AND EVALUATE



**Check the label.** Unless an oil has been certified by a reputable organization such as the California Olive Oil Council or the International Olive Council, its quality is not guaranteed. Last year, California adopted new quality and labeling standards for olive oil produced in the Golden State, to ensure that olive oil produced, bottled and labeled as “extra vir-

gin” is truly 100 percent extra-virgin olive oil. To qualify for certification by the California Olive Oil Council, an EVOO must meet standards such as being free of any chemical processing; it must have been cold-processed at a temperature less than 82 degrees Fahrenheit; it must have an acidity level of no greater than 0.5 percent; it must be free of defects; and it must have the bouquet and taste of pedigreed olives in the judgment of an expert panel.



**Look for the harvest date and/or best-by date.** According to the American Olive Oil Producers Association, as long as olive oil is stored away from heat and light, an unopened bottle of good-quality oil should be fine for 18 to 24 months from the date it was harvested. Once the bottle is opened, it should be used within a few months. Continue to store it in a cool, dark place to retain quality.

intensity monovarietals, and a silver award for its delicate-intensity Picual monovarietal.

Sonoma County gold-award winners also included **Olive Leaf Hills** in Sebastopol, for a robust monovarietal and a medium-intensity blend. In addition, a medium-intensity Olive Leaf Hills Tuscan blend won a best-of-class award in the 2015 Los Angeles International Extra Virgin Olive Oil Competition.

**OTHER AWARD-WINNING SONOMA COUNTY** olive growers are also winemakers, such as **Trattore Farms (Dry Creek Olive Company)** and **Ferrari-Carano Vineyards & Winery**, which are among the 200 wineries in the **Wine Road Northern Sonoma County** association, celebrating its 40th anniversary in 2016.

Sonoma County estates are often involved in both wine and olive production, because the two crops thrive in the same climate: a Mediterranean-like environment of warm, sunny days and cool, crisp nights.

**DESIGNATING A PORTION** of a winery estate for olives also increases biodiversity, says Chris Benziger, winery manager at **Benziger Family Winery** in Glen Ellen. "The olive groves are a part of the overall biodiversity found here. We take a holistic view of the vineyard and believe that our gardens, wetlands, olive groves, animals and pastureland all contribute to a balanced and healthy ecosystem. The fact that we also get to bottle and enjoy our own estate olive oil is a bonus."

A few more of the many winegrape/olive endeavors include **B.R. Cohn** in Glen Ellen, where more than 450 olive trees are believed to have been planted in the 1870s; **McEvoy Ranch** in the Petaluma area; and **DaVero Farms & Winery, Preston Vineyards and Jordan Winery**, all in the Healdsburg area.

Jordan Winery Executive Chef Todd Knoll likes to

compare olives and grapes, calling them "chameleons" of flavor that change year to year.

Various wineries sell their artisanal olive oils in "olioteca" sections of their tasting rooms, and some herald their annual olive oil release with parties and fanfare similar to those for new wine vintages.

**MCEVOY RANCH** is one of the nation's largest producers of certified-organic and extra-virgin estate-grown olive oil. Milling is accomplished with McEvoy's state-of-the-art Rapanelli *frantoio* (Italian for "oil mill"), or what Farming Manager Samantha Dorsey calls the "Maserati of olive oil mills." Consumers are invited to the ranch to witness the milling on certain days.

It takes an average of 80 pounds of olives to yield one gallon of EVOO, Dorsey says. It's fascinating to watch the hard green and softer blackish fruit miraculously turning into a golden stream, through a slow process involving mechanical grinding stones, stainless steel blades and centrifugal spinning chambers.

McEvoy also hosts by-appointment olive-centric tours that include an orchard and mill walk, followed

## TAPENADE RECIPE

Courtesy of Benziger Family Winery, Glen Ellen.

Number of servings:

4 to 6 as hors d'oeuvres.

Suggested pairing: Benziger de Coelo Pinot Noir, Terra Neuma.

### Ingredients

1 cup Sonoma-grown black olives, pitted and roughly chopped

1 cup Sonoma-grown green olives, pitted and roughly chopped

1/2 cup extra-virgin olive oil

1 tablespoon fresh lemon juice

Sea salt and fresh ground pepper to taste

1 clove garlic, smashed

French bread, for serving

### Instructions

Mash about 1/4 of the olives with the garlic in a mortar and pestle. Fold in the remaining ingredients. Serve the tapenade on toasted French bread rubbed with raw garlic and a tiny drizzle of olive oil.

 **Taste test.** If you are visiting a grower/producer or a boutique shop versus a supermarket, the purveyor may let you pour the oil into a shot glass or a small ramekin, accompanied by a small wooden spoon, for tasting (wood doesn't disrupt flavor and acids, as metal or plastic utensils can).

First, warm the glass or ramekin in one hand while covering the top with your other hand, for about 30 seconds. Then, sniff

deeply. Warming intensifies the oil's aromatic components, making it easier to experience the aroma, which should first and foremost smell like rich fruit and olives. Top-quality EVOO may have a bouquet with notes of grass, hay, herbs, nuts, tropical fruit, pepper, flowers, artichoke or cinnamon, depending on the fruit variety.

Next, dip your spoon in the oil or sip from the glass. Much like wine, olive oil tastes of

its terroir, and the fruit at the oil's heart. Colors may range from green and grassy to buttery yellow. (Color is not an indication of quality or freshness.) Flavors vary broadly, from vibrant spice to mild, from black pepper to ripe banana, from bitter to silky aftertaste.

All good oil showcases depth, flavor and character, and what's best depends on your taste, and the recipe you want to use the oil for. —C.S.



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by oil and wine tastings. On my visit, I learn that olives can be harvested at any point of ripeness—from green to purple to black, depending on the oil desired. Greener fruit yields oil that is more peppery and pungent, with a grassy, herbaceous character, while black fruit yields mild, buttery oil. Most oils mix fruits of various ripeness/color stages for deepest complexity.

I also discover that olives and wine taste wonderful together, as Dorsey pairs wines such as the 2011 Red Piano blend and the 2012 Evening Standard Pinot Noir with certified-organic oils ranging from the rich, robust Traditional Blend of six Italian varietals to the limited-edition Olio Nuovo (Italian for “new oil”), lavish with bright fruit flavor and a peppery finish.

LAST YEAR, I spent a November weekend at **Beltane Ranch**, in Glen Ellen, which in addition to award-winning wine, has been producing well-regarded olive oils since 1990. I wandered the estate’s fruit-laden orchards and even got to carefully knock down some of the fruit myself as professional workers picked a combination of colors.

Each morning, I tucked into a meal that included eggs, prepared in olive oil, from the ranch’s heritage-breed hens; homemade jam; produce from the ranch gardens; local meats; and farmstead cheeses.

I particularly enjoyed the pipérade of assorted ranch-grown peppers and cherry tomatoes that were sautéed in olive oil, and then served over grits with a poached ranch egg, and adorned with a sprinkle of chives and shaved dry Jack cheese.

By the end of the weekend, I was humming, “Olive me. ... Why not take olive me? ...” ■

*Writer Carey Sweet lives in Sonoma County.*

*Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) flies daily to Santa Rosa, gateway to olive and wine experiences in Sonoma, Napa and other California counties. For more information on visiting Sonoma County, go to [sonomacounty.com](http://sonomacounty.com).*

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Puzzle on page 58.

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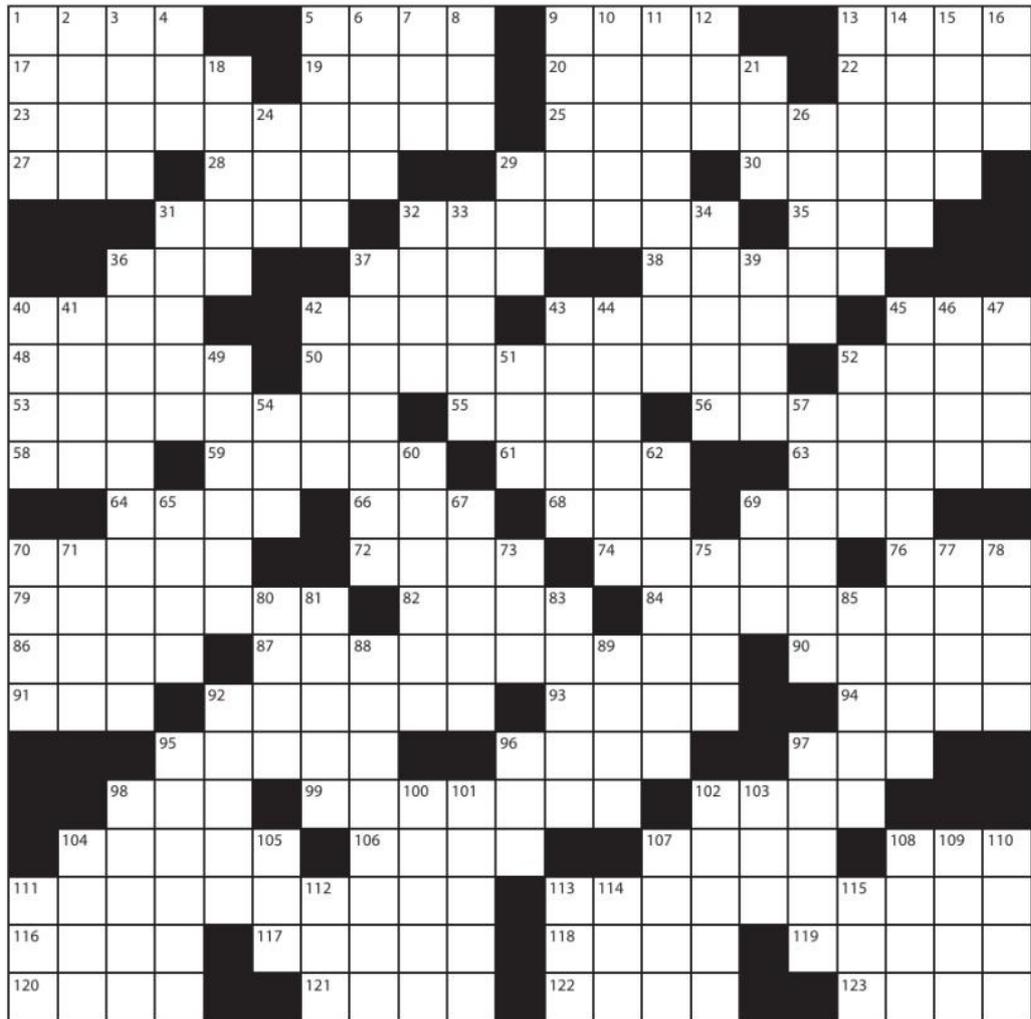
Signature \_\_\_\_\_

By signing this entry I agree to the rules of the contest.

## FAMOUS LAST WORDS

### ACROSS

- 1 Vikki's role
- 5 Exploit
- 9 Spanish chest
- 13 Finn's float
- 17 Fragrance
- 19 Woody's boy
- 20 Charter
- 22 Nobelist Wiesel
- 23 ... of picnickers?
- 25 ... of the mechanic?
- 27 Author Deighton
- 28 Spiffy
- 29 Money premium
- 30 Tear up the road
- 31 Mutual or super
- 32 Dog pounds
- 35 Samovar
- 36 Unwell
- 37 Fixed benches
- 38 Objects
- 40 Entr' \_\_\_\_\_
- 42 Corner
- 43 Get a tax deduction
- 45 End of the A-line?
- 48 Authority
- 50 ... of procrastinators?
- 52 Mr. Bartok
- 53 Unreliable
- 55 Rock on the roll?
- 56 Subscription request
- 58 Not morn
- 59 Barn toppers
- 61 Yours for the picking
- 63 Make up for
- 64 Fit
- 66 Dowel
- 68 Shadowy
- 69 Egyptian deity
- 70 German city
- 72 Small combo
- 74 "Star Trek" milieu
- 76 St. Anthony's cross
- 79 Small pianos
- 82 Pads
- 84 Honorably discharged
- 86 Casserole meat
- 87 ... of the doctor?
- 90 Metric measure
- 91 Ararat visitor
- 92 Heir raiser?
- 93 Aphrodite's son
- 94 Ah, me!
- 95 Actor Romero
- 96 Fish trap
- 97 Every bit
- 98 Floor cleaner
- 99 Let's see
- 102 Ms. Lamarr
- 104 TV and radio
- 106 Become threadbare
- 107 Kinks hit
- 108 Do lunch
- 111 ... of the driver?
- 113 ... of the accountant?
- 116 Warrant
- 117 Ruckus
- 118 Aristocrat



- 119 Banana oil, e.g.
- 120 Hitch
- 121 Immature newts
- 122 Mice, to owls
- 123 Party spread

### DOWN

- 1 Knight wear
- 2 Museo display
- 3 Cut
- 4 Latin I word
- 5 Capacity measure
- 6 Part of QED
- 7 Mr. Baba
- 8 Cargo unit
- 9 Adjust
- 10 Fix a shoelace
- 11 Jackie's daughter
- 12 Tempe sch.
- 13 Points (to)
- 14 Foreign
- 15 Come across
- 16 Golf gadget
- 18 Void
- 21 USNA grad
- 24 Decimal base
- 26 Froth
- 29 Part of Q and A
- 31 Gibe
- 32 It's best when it's even
- 33 Monroe costar
- 34 Flight part
- 36 ... of the captain?
- 37 Doctrine
- 39 Cigar end
- 40 St. Peter's has one
- 41 Clerical mantle
- 42 Double
- 43 Michelangelo masterpiece
- 44 African ruminants
- 45 ... about the town crier?
- 46 Dash
- 47 Cock or bull
- 49 Gorge
- 51 Scratch the surface
- 52 \_\_\_\_\_ noire
- 54 Block
- 57 Dubbers
- 60 Lecture

- 62 The Mikado, e.g.
- 65 Rockfish
- 67 New York player
- 69 Good service?
- 70 This, senora
- 71 Goad
- 73 Baseball hero
- 75 Qtys.
- 77 Feeling
- 78 Applications
- 80 Pedro's aunts
- 81 Band
- 83 Followers
- 85 Bologna's place
- 88 Lycanthrope
- 89 "Mitla Pass" writer
- 92 Frankish king
- 95 Encryption
- 96 Conflict
- 97 Saw
- 98 Stiller's partner
- 100 Adjust
- 101 Abhors
- 102 Yule decor
- 103 Pipe type

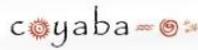
- 104 Base
- 105 Cashbox?
- 107 Draw
- 108 Jazzy James
- 109 Prime the crime
- 110 Lorry wheel
- 111 Director Craven
- 112 Appomattox figure
- 113 You betcha!
- 114 It fits in a lock
- 115 Seer's letters

*Solution on page 56.*



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**Sunriver Resort**  
[www.sunriver-resort.com](http://www.sunriver-resort.com)

**Sun Valley Resort**  
[www.sunvalley.com](http://www.sunvalley.com)

**Village at Mammoth**  
[www.villageatmammoth.com](http://www.villageatmammoth.com)

**Visit Reno Tahoe**  
[www.visitrenotahoe.com](http://www.visitrenotahoe.com)

**The Westin Monache Resort, Mammoth**  
[www.westinmammoth.com](http://www.westinmammoth.com)

**WINE & WINERIES**

**Wine Road Northern Sonoma County**  
[www.wineroad.com](http://www.wineroad.com)

**CULINARY CORNER**

**Bear Republic Brewing Co.**  
[www.bearrepublic.com](http://www.bearrepublic.com)

**Chukar Cherries**  
[www.chukar.com](http://www.chukar.com)

**Face Rock Creamery**  
[www.facerockcreamery.com](http://www.facerockcreamery.com)

**Fran's Chocolates**  
[www.franschocolates.com](http://www.franschocolates.com)

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# DISCOVER ALASKA AIRLINES FEATURES & AMENITIES

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



## TABLE OF CONTENTS

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A3	<a href="http://alaskaair.com">alaskaair.com</a>	A7	Airport Gate Location Maps
A3	Mileage Plan™		

# ONBOARD AMENITIES

## SNACKS & BEVERAGES Available for purchase on select flights

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



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

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



## FEATURED REGIONAL WINES & MICROBREWS

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

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

## COMPLIMENTARY BEVERAGES

### Hot Beverages:

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



### Juices:

- Orange Juice
- Apple Juice
- Cranberry Juice

### Sodas & Mixers:

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



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

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

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## A GUIDE FOR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

### AT YOUR SEAT

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

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

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

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

### USING YOUR DEVICES

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

#### Allowed on the Ground and in the Air



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

#### Not Allowed During Flight



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

### WHILE IN THE AIR

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

**Smoking** is not permitted on any flight.

**Child-restraint devices** must bear the FAA approval sticker.

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

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

**Chewing tobacco** and electronic cigarettes are not permitted.

**Alcohol** may not be consumed unless it has been provided by a Flight Attendant.

**Cellphones** may be used while the boarding door is open until advised by your Flight Attendant that cell service must be turned off. Upon landing, your Flight Attendant will advise when cell service can be enabled.

**Headphones** must be worn when using portable electronic devices that produce sound.

## DISCOVER ALASKA AIRLINES

### ALASKAAIR.COM

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

### MILEAGE PLAN

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

### ONBOARD RECYCLING

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



### ALASKA AIRLINES VISA® CARD

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

# WHERE WE FLY

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

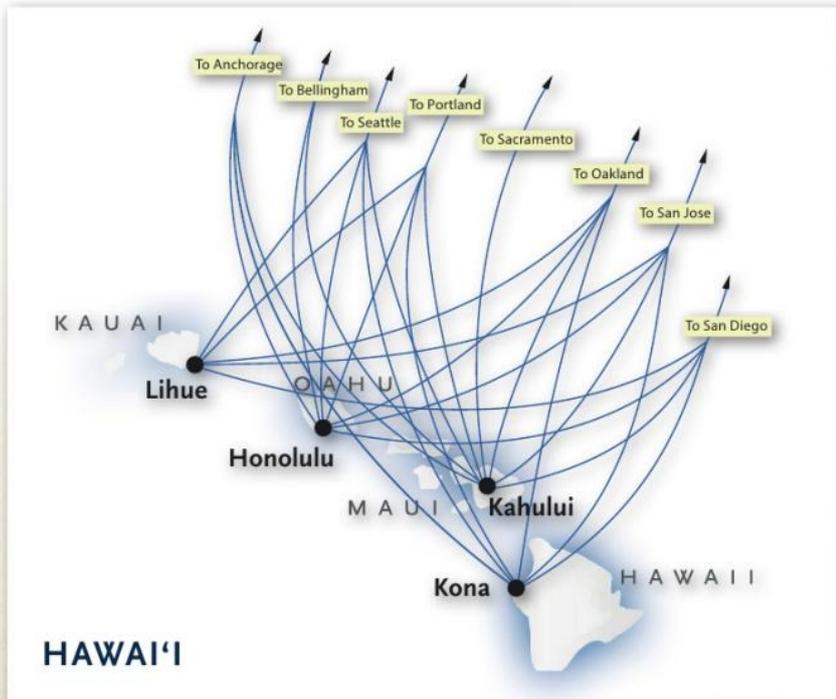
## U.S. MILEAGE

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

## LEGEND

-  **Alaska**
-  **American Airlines**
-  **DELTA**

Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.  
Some routes shown operate seasonally.

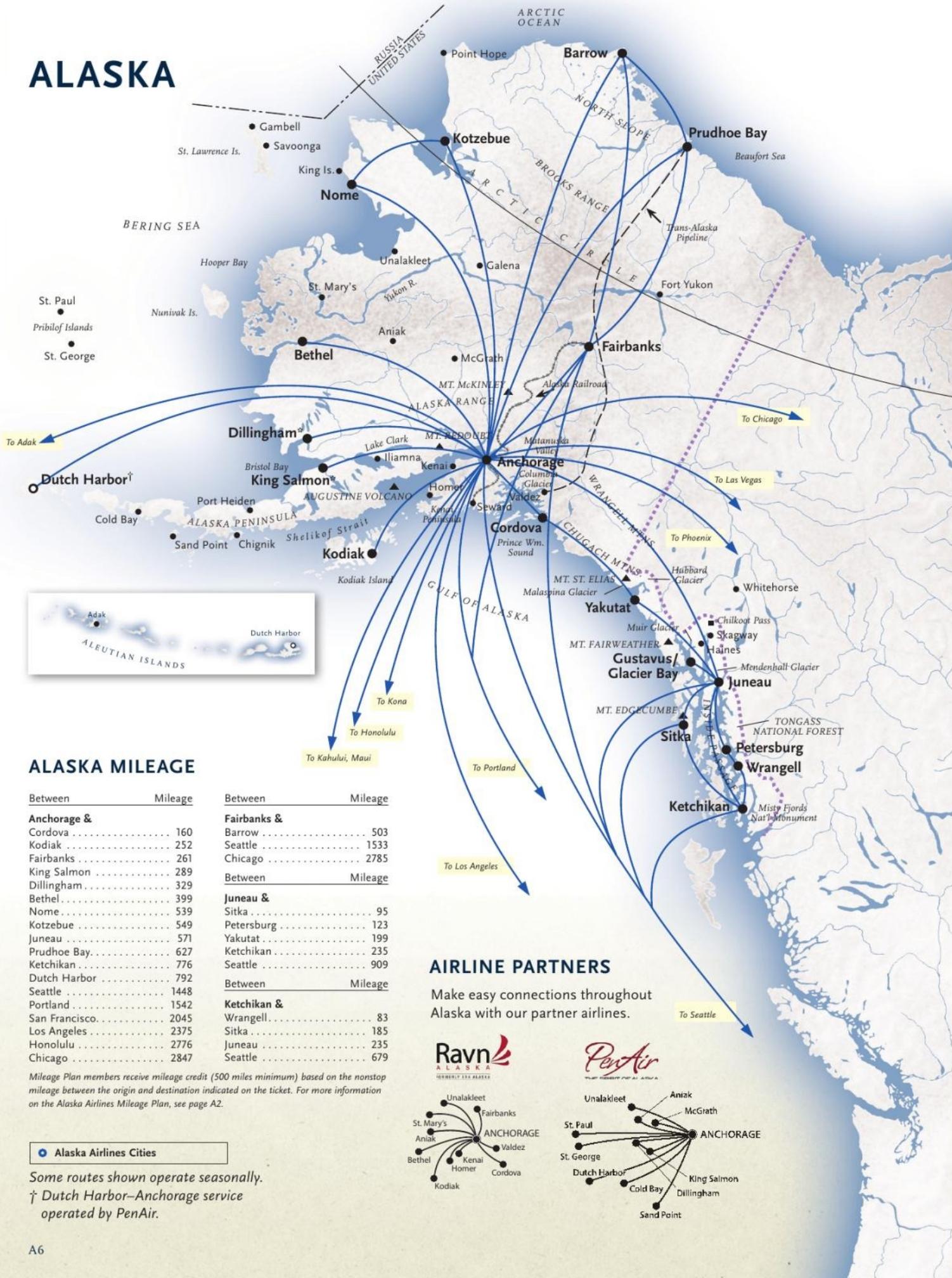




### UPCOMING NEW SERVICE

Route	Service Begins
Boise–Reno	Nov. 5, 2015
Eugene–San Jose	Nov. 5, 2015
LAX–Monterey, CA	Nov. 5, 2015
Portland–Austin	Nov. 5, 2015
Seattle–Charleston	Nov. 16, 2015
LAX–Gunnison, CO	Dec. 16, 2015
Portland–Kansas City	Feb. 18, 2016
Portland–Minneapolis	Feb. 18, 2016
Portland–Omaha	Feb. 18, 2016

# ALASKA



## ALASKA MILEAGE

Between	Mileage	Between	Mileage
<b>Anchorage &amp;</b>		<b>Fairbanks &amp;</b>	
Cordova .....	160	Barrow .....	503
Kodiak .....	252	Seattle .....	1533
Fairbanks .....	261	Chicago .....	2785
King Salmon .....	289		
Dillingham .....	329	<b>Between</b>	<b>Mileage</b>
Bethel .....	399	<b>Juneau &amp;</b>	
Nome .....	539	Sitka .....	95
Kotzebue .....	549	Petersburg .....	123
Juneau .....	571	Yakutat .....	199
Prudhoe Bay .....	627	Ketchikan .....	235
Ketchikan .....	776	Seattle .....	909
Dutch Harbor .....	792		
Seattle .....	1448	<b>Between</b>	<b>Mileage</b>
Portland .....	1542	<b>Ketchikan &amp;</b>	
San Francisco .....	2045	Wrangell .....	83
Los Angeles .....	2375	Sitka .....	185
Honolulu .....	2776	Juneau .....	235
Chicago .....	2847	Seattle .....	679

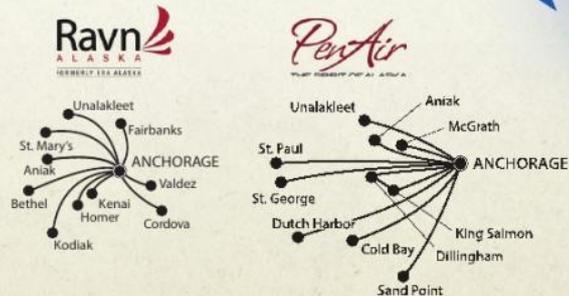
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

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

## AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



# CUSTOMS AND IMMIGRATION

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

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

## TO THE UNITED STATES

### U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

#### Helpful tips

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



### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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

### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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

### FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



## 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.)

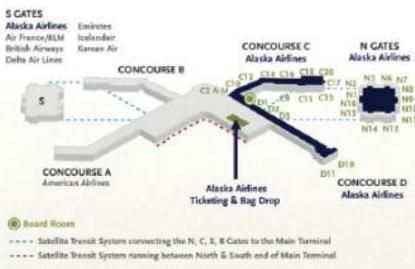
#### Datos de ayuda

- 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)



# My Father's Epic Thanksgiving

A celebration of family, country, achievement and fulfillment | BY JIM GULLO

The list of appetizers my father requested one Thanksgiving was the first thing that would have made our long-departed Italian ancestors frown and start up the tsk-tsking and eyebrow raising. The menu for that year, and that year only, began with shrimp cocktail and raw, shucked clams, *and* clams casino. "Such extravagance!" the ancestors would have whispered. Three fish starters, at Thanksgiving? Who did the Gullos think they were, the Rockefellers?

My father also requested olives, specifying black and green just so there would be no confusion or skimping. Plus chunks of provolone cheese and Gorgonzola cheese (insert sound effect of a dowager ancestor fainting here), and artichoke hearts, carrot sticks and celery.

Thanksgiving dinners had always been special occasions in our family, with turkeys that Papa Joe, my paternal grandfather, claimed to have plucked himself, and the usual trimmings of a full, festive American Thanksgiving, right down to the pumpkin pie. Maybe a little pasta, too, because as far as we could tell, Papa Joe, who arrived on a boat by himself from Sicily at the age of 11, ate macaroni every single day of his life, and why should the fourth Thursday in November be any different?

But in 1973, my dad, Joseph F. Gullo, the eldest son of poor Italian immigrants, who was a very prudent and careful man, decided to be extravagant, just once, on that Thanksgiving. He conjured up a meal that would celebrate his success in achieving the American Dream. He was the only child in his family to attend college; he went on to get his doctorate in education at night school; and he became a college professor of education, raising three sterling (yet modest) children. This would be an epic meal, a once-in-a-lifetime feast that our family would remember and talk about well into the future. Here I am, 42 years later, still fondly recalling it.

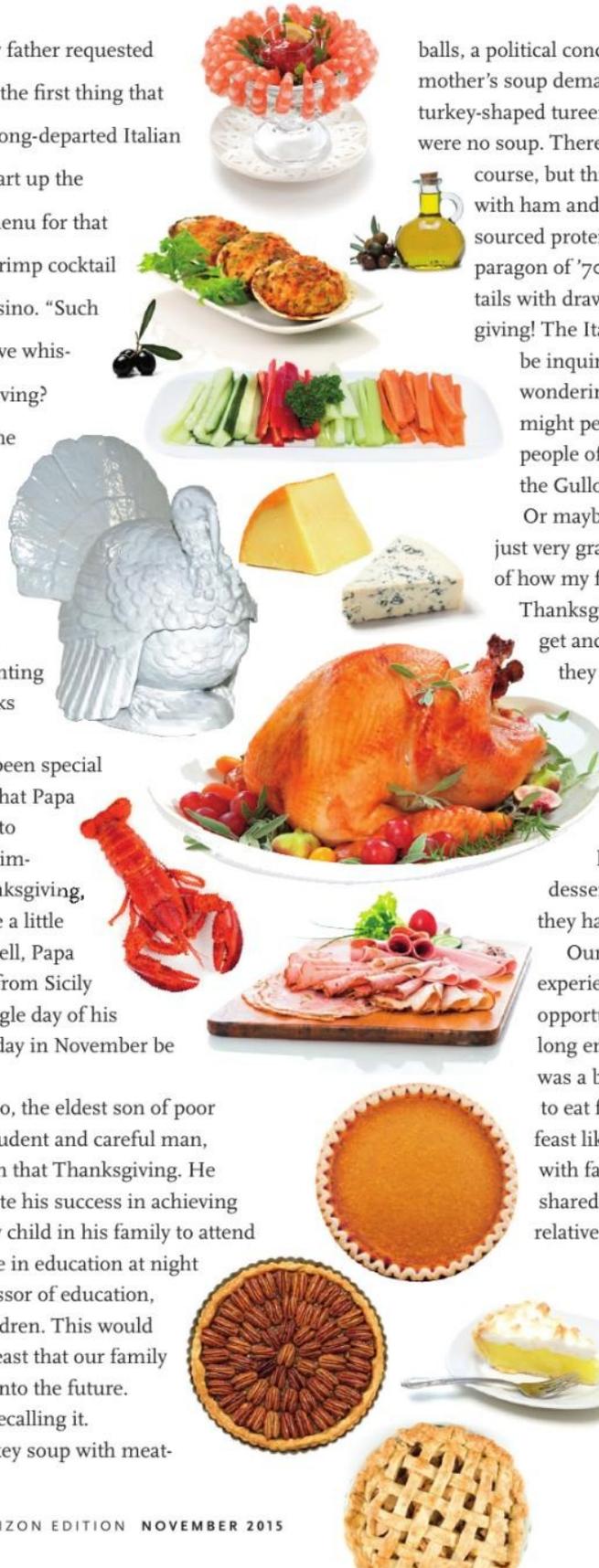
After the appetizers, there was turkey soup with meat-

balls, a political concession to my maternal grandmother's soup demands, not to mention the big, white turkey-shaped tureen that would go unheralded if there were no soup. There would be a real, roasted turkey, of course, but this year the bird would be paired with ham and roast beef. And all of those land-sourced proteins would share billing with that paragon of '70s high-class fine dining: lobster tails with drawn butter. Lobster tails! At Thanksgiving! The Italian ancestors would at this point be inquiring into the sanity of Dr. Gullo, and wondering aloud if too much education might perhaps not be such a great thing for people of our humble beginnings. Who did the Gullos think they were, the Carnegies? Or maybe, on closer look, the Gullos were just very grateful. The stories were still warm of how my father's parents—honored at our Thanksgiving table—had worked so hard to get and keep jobs in America, and how they often had barely enough to feed their four children, let alone themselves. They had sacrificed everything to ensure a better life for the next generation, and now, in Gorgonzola cheese and lobster, and four kinds of pie for dessert, my father was showing them that they had succeeded.

Our family had learned from our own experience that America was a land of opportunity. If you worked hard and long enough—as my father had since he was a boy who often had only a tomato to eat for dinner—you might one day feast like a king. And share your bounty with family and friends, just as my dad shared his generosity of spirit with his relatives and others.

For that meal, Dr. Joseph Gullo ate like a king, or for that matter, like a Rockefeller. And deserved every bite of it.

Writer Jim Gullo lives in the Portland area.



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